

Issue No. 1727 9 - 15 August 2018

Minor op leads to tragedy

A MAGISTRATE is investigating the death of a young man following a minor operation.

Jose Manuel Gonzalez, aged 29, suffered a cardio-respiratory arrest when what was supposed to be a simple operation under local anaesthetic to remove a cyst from his leg went tragically wrong.

He was transferred from the San Jose Clinic in Alcantarilla to the University Hospital Reina Sofia in Murcia, where he died 12 days later.

Now a damning report on the incident has been completed by the health inspectorate, leading magistrate Raquel Lacunz to investigate whether any crimes were committed.

The report points a finger at the anaesthetist and nurse involved in the procedure, saying they left the patient unattended, frequently leaving the room.

The most probable cause of the cardio-respiratory attack was the drugs used.

Despite knowing of the possible side effects, the report says, the patient was not monitored.

This could be seen as professional negligence and recklessness, it added.



POISONED: Callum was kept in intensive care.

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

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 \in 3,000, with Helen thanking everyone who helped.



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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 including winners Dani Dver and Jack Fincham flew back from Mallorca with rival 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 bulletproof vests 'adapted to the female anatomy.'

Beach hell

A FOUR-YEAR-OLD boy drowned on Retin beach in Barbate on the Costa de la Luz, Cadiz, after he fell into the water while playing on a lilo, with medics unable to revive him.

Tat row goes on 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 dav.

"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 go to jail as well as



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



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 any money."

The incident has sparked outrage among expatriates in the holiday hotspot, and Karen Maling Cowles, president of the Benidorm

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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."

And a witness has claimed he saw Mr Blake offer the cash to Tomek.

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 and dog in death crash

A MAN and his dog died when their van crashed head on into a coach at la Aparecida, Orihuela. The 20-year-old and his unrestrained pet were killed, while the bus driver and two passengers were slightly hurt when the van encroached half a metre into the wrong carriageway on the N-340.

Castle facelift

DOWN in the dumps Guardamar castle is to finally get a €1 million facelift thanks to EU funds. The historic site has been slipping into a state of neglect, with it becoming a rubbish dumping ground and graffiti appearing on its imposing walls. Restoration work will take 18 months.

Sticky swim

BATHERS were warned not to swim off Torreviejas's busy Los Naufragos beach when swimmers complained of being covered in a sticky brown substance that was impossible to wash off. Lifeguards advised those affected to go to hospital for a check-up, although no injuries were reported.

Leaden footed

TWO men who allegedly stole equipment from La Torreta school were arrested as they tried to make a getaway on foot. Local Police arrested the 24 and 27-year-old when they saw them dragging a heavy metal desk down the middle of the road several streets away from the school.

Flying high

A MAN has been arrested after 27 kilos of marihuana was found in his luggage at Alicante-Elche airport. Guardia Civil carrying out a routine search of the cargo hold of a flight to the Netherlands smelled the drugs. They forced a 48-year-old Spaniard to disembark and arrested him.

Ground shook

A MINOR earthquake registering 2.2 on the Richter scale hit the Vega Baja at 2.22am on Tuesday. Its epicentre was just south of Algorfa, very close to Benejuzar and Los Montesinos, according to the National Geographic Institute and the Mastral Project. Last week six earthquakes shook the Marina Alta region.

THE BIG PICTURE № 26 Photo credit Carlos F. Turienz

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

Shooting

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."

REGULARS **INSIDE** News 1 - 40 Finance 42 Leapy 46 Letters 64 **Time Out** 65 - 68 **Health & Beauty** 69 - 73 Social 74 - 77 Property 79 - 81 **Services** 85 - 87 **Classifieds** 89 - 91 Motoring 92 - 93 Sport 95 - 96

Family drugs

AN Elche couple have been arrested for using their home as a drugs den where users would get high in front of their children aged two and four.

The couple also used their 14year-old daughter as a courier in their drug dealing activities.

It was only by chance that police uncovered the criminal enterprise. Officers searching for a fugitive had gone to a property but found it empty.

While there they noticed a girl leave a neighbouring home, approach a known drug addict and pass him a white wrapper.

While the plain clothes officers detained the girl a uniformed patrol stopped the addict and found the drugs he had just bought.

Officers then went back to the girl's home where they discovered the couple and their young children as well as a user still high from the drugs he had just consumed.

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for the EWN news team.

€1m house for free

SQUATTERS have moved into six empty homes that were once valued at $\in 1$ million each, just days after security surveillance on the houses was stopped.

Up until recently the houses, which have been empty for eight years, have had regular security patrols. But squatters were quick to move in to the luxury houses which, although nearly finished, have never been put up for sale.

In total 11 houses were built

dreds of homes were due to be built. The original developers went bust before the sale of the villas. and since then any enquiries

but never sold due to the finan-

cial crisis which hit Spain. They

sit on an enormous plot in Via

Parque, Alicante, where hun-

about the sale of the homes has been answered with the reply that the present owners want to sell them to a developer as a job lot

newsdesk@euroweeklvnews.com

The total number of news and features which appeared in Issue 1726 of the Euro Weekly News Costa Blanca South edition, including 80 local stories.

Do you have news for us?

POLL OF THE WEEK

In the wake of recent boiling temperatures,

do you think humans are causing the global

climate to change?

Should the European Union do more to help Spain with

the ongoing migrant crisis?

LAST WEEK'S POLL:

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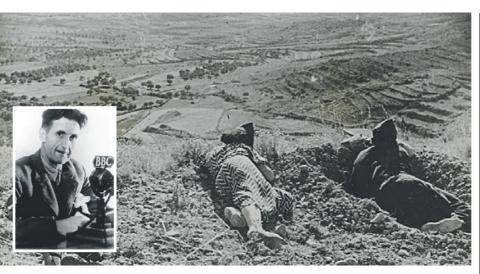
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2018 Professional Trajectory -Premios AEEPP XII edition 2017 Best free publication in Spain - Premios AEEPP XI edition 2015 Working together with Foreigners Department Mijas Town Hall 2014 Diploma of Honour -Premios AEEPP 2011 Company of the Year -Costa del Sol Business Awards 2010 I Love Marbella – Professionalism award 2005 Working together with Foreigners Department Mijas Town Hall

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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 au-

thor George Orwell was killed by tuberculosis he

The Nineteen Eighty-Four penman died from a

And while the cause of his death is well known, it

has remained unclear where he contracted the condi-

tion. But scientific tests on a letter the author sent to

Sergey Dinamov, editor of the Soviet journal For-

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 Zilber-

stein, who in an earlier study verified traces of kid-

nev disease on the manuscript of Russian writer

He used acetate film to extract bacteria and mor-

phine 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.

Mikhail Bulgakov's The Master and Margarita.

eign Literature, appear to have solved the mystery.

caught in a Spanish hospital.

haemorrhage in January 1950.

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 givil wor when

"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

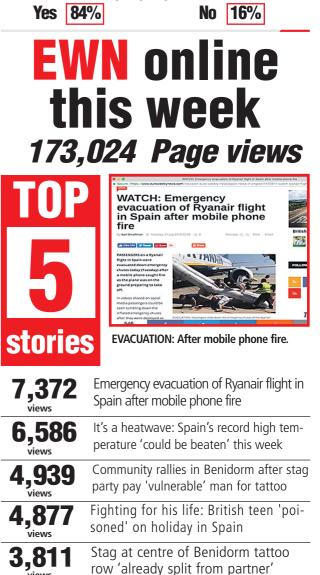
Marxist Unification. He was shot in May 1937 through the neck by a sniper while moving through trenches at the Aragon Front, with the injury permanently affecting his voice. Zilberstein says there is a "very high probability"

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.







Double

drowning

woe

TWO people drowned within minutes of each other in two separate incidents on

The first casualty, a 75-

year-old woman, died while

swimming in the sea at

Muntanyar beach in Javea.

Emergency services ar-

Minutes later, a 60-year-

old got into trouble and

drowned in the Jose Tren-

zano municipal pool in Al-

coy. Again, emergency ser-

vices were unable to assist

and could only confirm the

As of July 31 this year,

there have been 184 cases

of people drowning in

public aquatic spaces in

Figures show that 58 peo-

ple lost their lives in public

swimming areas in July

rived at the scene but could

the Costa Blanca.

not revive her.

death.

Spain.

alone.

Alicante's own Trump

A SENIOR Alicante politician has called for the mass deportation of immigrants and a Donald Trump-style border closure against Muslims.

Vice-president of Alicante Provincial Council and mayor of Bussot, Aleiandro Morant, made his comments in an inflammatory Facebook post. He added that immigration

www.toldosguardamar.com

to Islam." A member of the right wing Partido Popular (PP), his comments go far beyond offi-

should be considered a "silent

invasion that will end the

western world, converting it

cial party policy. Now opposition groups PSOE, Compromis, Podemos and Esquerra Unida have accused Morant of fomenting

Digging deep

SINCE putting out an appeal for more money the Easy Care Horse Sanctuary (ECHR) has had to dig deep to fund surgery on one donkey and rescue another which had been abandoned. The *EWN* reported that ECHR was € 26,000 in debt after a string of bad luck and unexpected expenses, but Sue and Ron Weeding vowed to never turn away an animal that need their help. More information: www.easy horsecare.net.

hatred and xenophobia and have demanded his resignation.

In his post Morant outlined his 'solution' to the migrant crisis he insists Spain is facing. This includes stopping aid, toughening anti-immigration laws, giving more power to judges and police as well as border closures and deportations. He also said being born in Spain does not make you Spanish.

He deleted his Facebook post, but has since doubled down on his comments, saying 80 per cent of people agree with him.

Morant defended his position as an example of freedom of expression and has declared himself the victim of an 'exaggerated' reaction by the media and opposition parties in Alicante. He said: "I think and say what I hear in the bars, in the sports centre, in the town square, in the cafeteria, in the school: that there must be a

more rigorous control in the transit of people. "It is time to put an end to immigration, there cannot be

open doors and that everyone comes."

The vice president of the Generalitat regional government and leader of Compromis, Monica Oltra, has accused Morant of aligning himself with the 'most extreme right' in the world and committing a hate crime.

LDOS AWNINGS MARKISEN





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 frontman was on holiday with his three children, all from different mothers, who also include 18year-old Lennon.

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.

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 previ-

ously 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."

FORMER CHAMP:

Ullrich during his

pro cycling days.

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.



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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 www.euroweeklynews.com

Fire threat

A COUPLE aged 80 had to be evacuated from their San Miguel de Salinas home by the Guardia Civil when smoke and flames from a car fire threatened to spread to their house.

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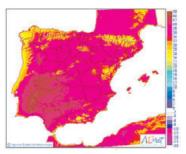
By Matt Ford, Tara Rippin and Joe Gerrard

THE death toll has risen to at least nine after Spain was gripped by a scorching heatwave.

A 40-year-old German holidaymaker walking the Camino de Santiago pilgrimage was the latest victim after he succumbed to heatstroke in the eastern region of Extremadura.

It comes after the mercury soared to 46°C in parts of the country over the weekend, just short of the all-time record of 47.3°C set in Montoro, Cordoba, last summer.

And firefighters were left battling a



SCORCHIO: A temperature 'heat map' of the Iberian Peninsula last Saturday.



TINDERBOX: Flames rip through forest in Huelva.

series of forest blazes which broke out in the wake of the sizzling conditions.

Alerts for extreme fire risk were issued across the country, with Civil Protection warning against throwing cigarette ends from vehicles or leaving rubbish, especially empty glass bottles, in the sun.

Nature scare

Two wildfires in Huelva Province, Andalucia, were eventually brought under control by more than 200 firefighters, 10 helicopters and four large capacity aeroplanes after flames ripped through forest near the tourist village of Almonaster la Real and nearby Calañas. They followed hours after more than 1,700 hectares of land

were burned in the municipality of Nerva, also close by, with police now probing whether the three incidents were the result of arson.

And a blaze near La Jonquera in the Pyrenees mountains, Cataluña, forced the closure of the border with France for several hours.

Thousands evacuated

Thousands of people were evacuated from their homes as fire ripped through the mountain range of of Llutxent in Valencia.

An estimated 1,400 hectares of forest is believed to have been destroyed in the blaze which saw 2,500 people seek refuge.

The Military Emergency Unit dispatched 120 troops, 25 vehicles, and nine aircraft, 12 forestry brigades.

The fire started in the Pujol de Llutxent area but continued to move uncontrollably northwards until it threatened the natural area of

El Surar, an environmental reserve protected for its ecological wealth.

WALL OF FLAMES: A firefighter surveys the wildfire in Llutxent.

Panic in Portugal

Hundreds of firefighters were deployed in the Algarve to tackle a wildfire which spread towards the Spanish border. At least 740 firefighters, 12 aircraft and 122 vehicles headed to the Sierra de Monchique to tackle the blaze which broke out last Friday and remained out of control five days later, with smoke clouding the skies of beaches packed with sunbathers.

Spain sent two large aircraft to help Portuguese emergency services fight the fire and unconfirmed reports on Monday placed the number of personnel on the ground at more than 1,000.

The blaze later spread near to the towns of Tavira and Vila Real de Santo Antonio, both of which lie near Portugal's border with Huelva.

At least 29 people were injured and several firefighters received medical attention for exposure to heat and smoke.



RISK TO LIFE: Flames approach houses in Monchique.





NEWS EXTRA Children in cliff rescue

THREE children aged 10, 14 and 17 had to be rescued by six firefighters when they got stuck trying to climb along a steep slope above an eight metre drop next to Alicante's Santa Barbara castle.

Debt demand

DUE to having joint liability, Torrevieja Council has to pay \in 130,000 back social security payments for waiters at the municipal leisure centre after management company Parilla de Beas SL defaulted on the fees.

Phone saving

ORIHUELA Council says its new integrated communications contract covering fixed and mobile telephone lines as well as internet access will cost an annual €145,000, a saving of \in 50,000 a year on the current deal.

Salty trip

THE opening of Torrevieja's salt pans to tourists has been hailed a success after more than 2,750 visitors took advantage of tours in just 15 days, despite there being no advance publicity for the new attraction.

Death crash

POLICE have launched an investigation after a 30-year-old man was killed instantly when his motorcycle was involved in a head-on collision with a car at the Altos de la Bahia urbanisation in Torrevieia.

Talk French

ORIHUELA has for the first time published information leaflets in French as well as English, German and Spanish after a survey showed it was one of the most requested languages at tourism offices.

POLICE called after shots were heard in a village found two men 'defending' their illicit marihuana plantation with a Second World War submachine gun.

Guardia Civil were investigating reports of a shoot-out in Cieza, near Murcia, when they noticed the pungent smell of the drug.

As they approached a house to investigate the source of the smell they came across a man who was armed with a

Drugs gang shoot out

vintage American submachine gun.

On questioning he told officers he had been surprised by several people who had broken into the building intent on stealing his crop of drugs.

This failed to impress the Guardia Civil, who arrested the man and seized the 45 calibre gun, which had 23 rounds

of ammunition in its magazine. A further search led them to a second man who was also arrested.

After getting a warrant the officers searched the building and found 101 cannabis plants, 400 grams of dried marihuana and equipment needed to grow the drug in a hidden room.

They also found empty shell cases and numerous bullet impact marks on the wall of the house.

The detainees - Spaniards, aged 27 and 43 - have been accused of illegal possession of arms and ammunition, the cultivation and manufacture of drugs and defrauding the electricity company by bypassing their meter.

Guardia Civil are now searching for their alleged assailants.

STARTS FROM





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 diffic u l t 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

Mrs Smith, 56, fives 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

BOILING

POINT: Chris.

it's not all down to humans. "There's not a huge

BAKING BAD: Maria.

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.

volved 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!"



www.toldos4sun.com

C/Pedro Maria Unanue, C.C. Monte Victoria 1, local 24 Urb La Marina, 03177 San Fulgencio



by Dilip Kuner

A MAJOR operation to recapture three escaped Japanese Macaques ended in tragedy when one of the monkeys drowned while trying to escape.

Guardia Civil mobilised a 50-strong team and a helicopter to try to capture the mum and her two offspring which had been missing for six weeks after escaping from a private zoo.

The elusive trio was finally tracked down to an orchard

Monkey dies in police raid near Rojales. Once there Local Police, council staff, members from the Primadomus and Arca de Noe animal welfare groups, vets and specialists from Rio Safari helped corral

the monkeys. But they proved to be too difficult to catch. Eventually, after a full morning chasing the

monkeys, the mother and one of her offspring took refuge in an abandoned farmhouse where tragedy struck.

The two macaques tried to hide in a well. The youngster was captured, but was left an orphan when her mother fell down the well and drowned.

The third macaque escaped

and at the time of going to press remained at large.

During their extended freedom the trio had been spotted in a vegetable plot in Rojales and near a Chinese restaurant next to the N-322 by the Segura

riverbed. Originally humane traps had been set in various places in an attempt to capture the monkeys, but the animals proved too wiley to be caught.

Eventually the Guardia Civil's environmental squad, Seprona, was brought in to capture the threesome.

They had escaped from a zoo in Guardamar which is in the process of having its exotic animals removed as it did not have all licences required.



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Child porn gang busted

POLICE have seized 2.4 million images and broken up a network that distributed child porn via WhatsApp.

In what has been described as one of the largest ever operations against child porn Spanish National Police led an operation that involved Interpol and Europol

So far 19 arrests have been

child porn images and videos.

identify the children abused.

unit of the National Police was

able to penetrate the networks

and identify 14 chat groups, 58

users and huge amounts of

Investigators also discovered

that the illegal activity was not

limited to Spain, but extended

to another seven countries in

Those arrested came from

Alicante. Oviedo, Barcelona,

Burgos, Cordoba, Granada,

Palma de Mallorca, Jaen, Las

Palmas de Gran Canaria, Leon.

Madrid, Murcia, Santander,

Tarragona, Teruel, Valencia and

Europe and America.

shared files.

Valladolid

They moved against 14 groups on the instant messaging service that were dedicated exclusively to 'extreme brutality on children from up to eight years old

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DATED: Old photograph of suspected child rapist Neil Jackson.

Hunt is on

A PREDICTIVE drawing of a suspected child rapist thought to be living in Alicante Province has been released by British police.

Officers in Derbyshire want to question Neil Jackson in connection with the indecent assault and rape of a young girl.

The only photograph available for a BBC Crimewatch 'most wanted' appeal was taken a number of years ago, so an artists' impression was created in the hope it will better resemble the now 62-year-old Jackson.

He has a number of tattoos on his left arm and back, including his own name, and while he has many connections to Spain, Derbyshire Constabulary suspect Jackson may be in Alicante.

Anybody with information is asked to call Crimestoppers on the Spanish overseas number 900 555 111.





Balcony plunge horror Brit fell six floors while 'having a poo'

by Matt Ford

A BRITISH holidaymaker is fighting for his life after plummeting six floors while allegedly relieving himself over a Mallorca hotel balcony.

The unnamed 25-year-old is believed to have fallen from the sixth floor of the TRH Magaluf and hit an interior patio head first.

Local reports suggest he lost his balance after dropping his trousers and squatting over the edge of the balcony just before 3.30am.

Images of the victim lying on the ground surrounded by police officers and medics appeared in a Spanish newspaper.

And distressing video footage shows a tourist thought to be a friend or relative breaking down in tears after arriving at the scene.

He can be hear shouting "no, no, no" before a blonde woman appears to comfort him and the pair are led away by a police officer.

Guardia Civil investigators confirmed they are probing the incident as an official confirmed: "The matter is under investigation."

British holidaymaker Andrew Rhys Phillips was last May hospitalised after falling from the first floor at the same hotel.

It comes days after Irish teen Padraig Morgan was left fighting for his life after plunging from a second-floor balcony at the Hotel Apartments Deva in Santa Ponsa.

The 18-year-old from West Belfast hurt his

8



CRITICAL CONDITION: The hotel where the accident took place and (inset) medics and police tend to the victim.

hip and spine and medics said he had been admitted to intensive care at Palma's Son Espases Hospital.

The accidents are the latest in a spate of balcony falls involving British and Irish tourists in Mallorca this year, in which seven people have died.



Airport 'suicide'

ment pilot was organised.

wrong."

thy."

A well-placed source told

UK media: "He'd never missed

a flight in 15 years and so peo-

ple knew something must be

An official from the budget

Irish airline said: said: "His

colleagues are in deep shock.

We offer our deepest sympa-

Captain Schrale had been

flying with the carrier for a

decade, and leaves behind

A RYANAIR pilot found dead at a Spanish airport is thought to have committed suicide.

It comes after Captain Jouke Schrale, 45, failed to turn up for a short-haul flight from Malaga

to Brussels. The Dutchman, who lived in Mijas on the Costa del Sol and was known to friends as Jake, reportedly died in his vehicle in

a staff car park. The 8.30am flight was delayed for hours while a replacepartner Jessica.

A tribute on Facebook read: 'Rest in peace Captain Jouke Schrale. In this moment of sorrow we express our most sincere condolences to the family and we embrace each other in a fraternal embrace. High skies for you Captain!'

Ryanair pilots and cabin crew have recently held a series of strikes over working conditions, sparking travel chaos across Europe.

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Thief gets the bird

POLICE launched a sophisticated surveillance operation after a ransom demand was made for the return of a kidnapped parrot.

National Police in Elche were alerted when a complaint of burglary was

made. Apparently some one had gone to great lengths to kidnap the parrot. First a perimeter fence had been scaled, then an inner courtyard wall had to be overcome before the parrot could be reached.

The burglar then made his escape with the bird still in its cage.

Police had few leads - until a ransom demand for the return of the Burrowing parrot was made.

The bird's owner tipped off police, who told him to carry on with a rendezvous with the kidnapper.

Police then surrounded the meeting spot, but did not move in on the criminal as he had left the parrot in a secret location, fearing - rightly - that police may have been called. Unfortunately for him, police recognised the 43-year-old Spaniard due to his numerous previous run-ins with the law.

> They simply waited for him outside his home and arrested him when he came out with the parrot sometime later after the owner had 'agreed' to pay € 100 for its return.

> > FREEDOM: Parrot is back home after kidnapping.





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What will I need to sell my property in Spain?

There are many guides on buying a property in Spain, but what are the steps to follow when you wish to sell your Spanish property? What documentation will you need? And as a vendor what are your obligations?

Documents that need to be presented to the buyer's lawyer before the sale of the property in question;

- Power of attorney.
- Private purchase contract.
- A copy of the deeds.
- Land registry search certificate.
- A copy of last water, electricity and gas invoices.

• The last property tax invoice (IBI) or even 4 years behind in case the vendor is non-resident.

 Non-infraction certificate (Certificado de no infracción) from the local town hall.

A copy of your valid NIE / DNI numbers and Passport.

 Certificate of first or second occupation (Certificado de primera o segunda ocupación) from the local town hall.

- A copy of the certificate from the community of owners.
- Energy certificate.
- Tax certificate proving resident or non-resident.

The buyers and their lawyers may wish to have the property surveyed before committing themselves fully to the purchase of the property.

Please note on the day of the sale you will need to have originals of the abovementioned documentation to show the Public Notary.

The vendor's obligations are:

To pay capital gain tax if applies as resident or non-resident.

To pay the plusvalía tax and previous utility bills.

To inform the supply companies (electricity, water, gas, etc...), the town hall and the community of owners that you are no longer the owner of the property.

At **Pellicer & Heredia** we can help you sell your property in Spain, quickly and easily, and provide you expert advice that could save you thousands of euros.

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For more information on this particular issue or any other legal matter, do not hesitate to contact our Law Firm at 965 480 737 or email us at info@pellicerheredia.com

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

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€4m drugs blaze



SEIZED: Police discovered \in 4mn worth of heroin.

A DRUGS gang caught red handed with €4 million worth of heroin tried to get rid of the evidence by setting fire to the house it was stored in.

The three alleged leaders of the gang failed in the attempt and now find themselves behind bars awaiting trial.

They were amongst 17 arrested in a National Police operation aimed at shutting down

Supermarket

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a series of drugs dens in Alicante City.

These allowed users to not only buy drugs but also gave them a 'safe' space to consume them, with 24-hour video security in place to warn of police raids.

National Police launched an operation to shut down the dens more than a year ago and with this latest phase of the operation claim they have now succeeded, with the problem 'almost completely eradicated.'

The latest gang to be broken-up used one apartment as a warehouse from which to distribute heroin to a series of apartments used as drugs dens.

Police say they seized 3.5 kilos of the narcotic - enough for about 350,000 doses.

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RARE SIGHT: The aquatic predators have made Elche their home.

Pull the otter one

OTTERS have made an appearance at Elche dam, which could be good news for the city's plans to make the area a natural park.

The city council and specialists from Miguel Hernández University (UMH) have been carrying out a survey of the fauna and flora around Elche's reservoir.

One of their most outstanding findings has been the discovery of otters, whose presence had been unknown up to now.

Researchers have discounted the possibility that they may have been just passing through as video captured the animals marking their territory - a sure-fire sign that they have taken up residence.

Alongside the otters the experts spotted many more species including the Iberian worm lizard, Iberian skink, Bonelli's eagle, marsh harriers, eagle owls and red-billed chough.

Wild boar, genets and foxes have also been seen living in the area. The city council wants to give the marsh protected status not only because of its wildlife, but also because of its flora.

More than 400 species have been catalogued, including the rare and endangered limonium and a giant and unique species of orchid.



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Prostitute theft rap

OFFICERS of the Investigation and Protection Group of Malaga's Local Police force have arrested a young man on charges of robbery with violence, including the theft of money that he had paid a prostitute.

The 18-year-old from Elche allegedly grabbed the woman forcefully by the arms before snatching the €20 he had previously given her after sex, and fleeing on a bicycle.

Later in the day he is be-

lieved to have approached a man using an iPad on Calle Tomas Heredia, and threatened to stab him if he did not hand it over.

However the man was not intimidated and so the suspect took flight again on his bicycle

The defendant had been pursued by a friend of the prostitute, who caught and punched him in the head at the junction of Alameda Principal.

Fortunately a group of Local Police officers were patrolling the area nearby and they arrived on the scene to arrest the suspect.

He was initially taken to hospital for treatment, before being accompanied to the police station

A police investigation is ongoing, and sources suggest the individual may have been involved in other robberies, including the bicycle he was riding.

Jewel gang busted

A GANG that specialised in house burglaries across Spain has been broken up.

Ten people have been arrested for a spate of house break-ins in Alicante, Murcia, Almeria, Valladolid and Malaga.

The gang was based in Torrevieja, where in a sophisticated operation they planned their raids.

The break-in experts were the women members of the group. They would use cut plastic bottles or drinks cans to spring the locks of targeted homes while the men kept a lookout.

Once in they would help themselves to valu-

ables before making their way back to Torrevieja. A police investigation started in April following a burglary in Cartagena. Officers identified several suspects and put the Croatian gang under surveillance. In the finale of the operation seven arrests were made in Torrevieja and three in Malaga, where they had allegedly just committed a burglary.

Police discovered a large quantity of jewels, allegedly the gang's ill-gotten gains. Officers are trying to identify them to see if they have been reported stolen.



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CHORUS FINANCIAL By Sam Kelly, Managing Partner, Chorus Financial.



I have written articles in the past highlighting the damaging effects that inflation can have on your long-term savings. Over 10 years, inflation can lose you over 25% of the spending power of your savings. The reality is, many of us have savings set aside for a rainy day, and often that rainy day is many years, or indeed decades, away. Investing is part of everyday life for the majority of us. Whether you have a pension, you own a property, you have an ISA or some shares, you're an investor. But are you a wise investor or are you just leaving it to chance?

In January 2016 the world was ending, the financial markets lost two-trillion dollars in a month... by the end of 2016 the markets were at record highs, and the turbulent start to the year was just a distant memory. Over two centuries of market data have shown that every bear market (when markets go down) is followed by a more powerful bull market (when markets go up).

JP Morgan did a study of the S+P 500 (an

index of America's leading companies) over the last 20 years which showed average annual returns to investors of 8.2%, so effectively doubling your money every 9 years based on compound growth. But, if over those 20 years you'd been out of the market during the 10 best trading days, your growth would've fallen from 8.2% per year to 4.5%. If you missed the 20 best trading days, so just 1 day a year over 20 years, your returns would've fallen to just 2%. This vividly highlights the importance of staying invested over the long term.

Statistics like this show the benefits of long term investing, but if you are taking this approach it is absolutely essential you are in the right type of investments in the first place.

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Support for political parties



PSOE tops election poll

by Joe Gerrad

THE results of an opinion survey have found that Prime Minister Pedro Sanchez's left -leaning Partido Socialista (PSOE) would win a general election if one is called early.

The poll, from the Sociological Research Centre (CIS), found that almost 30 per cent of its respondents would vote for PSOE in an early election. The party came to power two months ago following a no confidence motion.

Adriana Lastra, the party's spokesperson in the Congress of Deputies, said it was the first time since 2009 that the PSOE had topped the survey.

The poll placed the conservative Partido Popular (PP), who were ousted from government following the motion, second with 20.4 per cent of respondents backing them. They came joint second with the centrist Ciudadanos party.

A total of 15.6 per cent of those surveyed said they



SUPPORT SURGE: Pedro Sanchez's party would win an early election according to pollsters.

would vote for the leftist antiausterity Podemos party in the CIS's latest quarterly survey.

The previous quarterly survey, released in April, placed the PSOE second with 22 per cent of respondents backing them. The PP, in government at the time, came first with 24 per cent.

There are currently 84 PSOE members in the Con-

gress of Deputies, Spain's lower house of parliament, out of 350 lawmakers. The party has 62 out of 266 seats in the Senate, making it the government with the smallest minority in Spain's democratic history.

The poll was taken shortly before the PP chose Pablo Casado to succeed predecessor, and former prime minister, Mariano Rajoy. Casado stood on a platform of moving the party to the right on a number of issues including abortion and migration. He also floated banning independence parties such as those in Cataluña in a bid to thwart their independence ambitions.

The new PP leader met with Sanchez in Madrid at his official residence of La Moncloa on Wednesday.

The results of the poll come as the PSOE marked two months since they toppled the PP government on Wednesday.

The party came to power after the then ruling PP became embroiled in the Gurtel corruption scandal.

The motion passed with 180 votes in favour and 169 against, after Sanchez secured the backing of regionalist parties.

The PP became the first party to be ousted by a no confidence motion since Spain transitioned to democracy in the late 1970's.

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NEWS EXTRA

Street party broken up

A REGULAR botellon street drinking party that led to complaints that hundreds of youngsters were getting drunk, shouting and screaming near the Torrevieja sports centre every Saturday night has been broken up by Local Police.

Cool down

ORIHUELA beachgoers can finally have a cooling drink after the town's 11 beach bars reopened following a four-month break for a new contract to be awarded following claims that the previous deal was fraudulently given.

Smelled out

POLICE have made one arrest after finding 500 marihuana plants growing in an Elche home's cellar after a neighbour tipped them off about a strong smell seeping from the house.

Jobs chance

ALICANTE Council has hired 121 young people for a year using $\in 6.7$ million from the European Social Fund with the aim of giving under 30's the skills and experience needed to find a permanent job.

City refurb

MORE than € 1.1million has been budgeted by the city council to renovate playgrounds and street furniture as well as refurbishment of several sports centres and improvements to the El Tossal wooded area.



SAINT AND SINNER: The graffiti was found last Monday.

AUTHORITIES at the Cathedral of Santiago de Compostela have spoken out after arriving at the holy site to find a statue covered in graffiti mimicking the American rock band Kiss.

Vandals are believed to have targeted the statue, which dates from the 12th century, at the cathedral which is part of a UNESCO World Heritage Site. The building is located in the Galicia region.

The city council said workers arrived at the holy building to find the statue defaced last Monday. The sculpture is located on one of the building's facades and those responsible remained at large yesterday (Thursday).

Martin Noriega, Santiago's mayor, said on Twitter the graffiti was an attack on the city's heritage and on its citizens.

"It shows a lack of civility and respect," the mayor said. Pictures of the statue showed its face covered with graffiti which mimicked the make-up of Kiss drummer Peter Criss, also known by his stage name 'The Catman.' The vandal also scrawled the band's name on a document the figure is holding.

Roman Rodriguez, Galicia's culture spokesperson, said the graffiti was a "barbarity" and a cultural attack.

"Penalties for such actions can range from € 6,000 to €150,000," he said.

Daniel Lorenzo, the director of the cathedral's foundation, said workers had begun cleaning the statue last Monday.

The Cathedral of Santiago de Compostela is believed to be the burial place of St James, one of Jesus Christ's 12 apostles.

The site marks the traditional end of the Way of St James pilgrimage route and thousands visit it and the city every year.

Mayor Noriega said the city was very open and tolerant towards visitors but added it would not tolerate the vandalising of its historical sites.

Kiss were formed in New York City in 1973. They went on to score hits with the songs such as *Love Gun* and *Crazy Crazy Nights*.

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Painkiller 'killing Brits'

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

Conditions abbly

linea directa

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, require analysis of safety and efficacy data by population, gender and age."

The Spanish Agency of Medicines and Medical De-

vices 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."





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

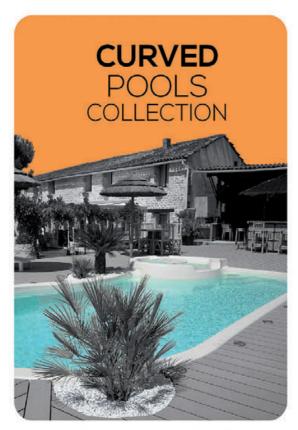
She was visiting the dog's owner with her family when the animal turned on her and bit her on the cheek.

The girl was treated locally in Massamagrel before being transferred to the Hospital Clinico de Valencia. According to hospital sources she had been kept in but her condition is 'evolving favourably.'

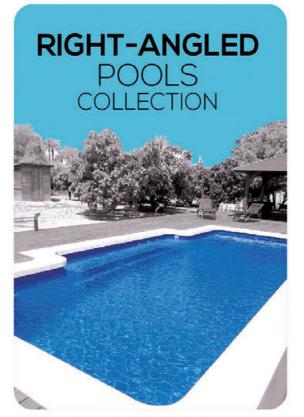
The owner of the dog, a man aged 27, is being investigated for a crime of injury, while the dog has been taken to an animal shelter in El Puig. There it remains in quarantine until a judge determines its fate.



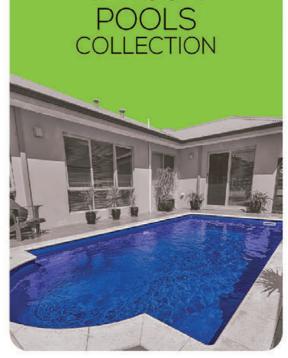




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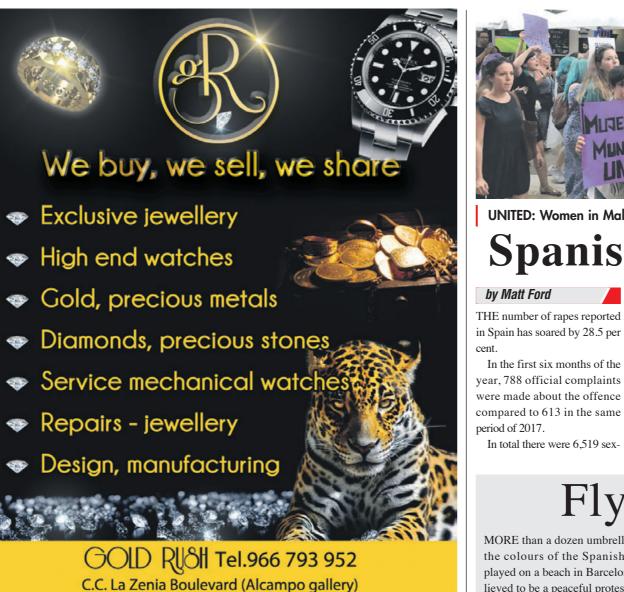
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UNITED: Women in Malaga marched to protest against sexual assault.

Spanish rape cases up

cent.

vear, 788 official complaints were made about the offence compared to 613 in the same

In total there were 6,519 sex-

ual crimes reported, a 14.4 per cent increase. This pushed the overall crime rate up 2.7 per

By contrast, homicide and murder cases fell by 3.3 per cent to a total of 146, while attempted homicide and murder complaints fell 17.3 per cent to 354. Vehicle theft dropped nearly

20 per cent from 22,055 cases to 17,681.

The biggest increase in crime came in Cataluña (12.7 per cent) and the Basque Country (5.9 per cent), while it decreased in Andalucia (-2.8 per cent), Aragon (-3.4 per cent) and Canary Islands (-4.8 per cent)

Flying the flag

MORE than a dozen umbrellas and towels in the colours of the Spanish flag were displayed on a beach in Barcelona in what is believed to be a peaceful protest.

The items remained in place on the sands of Arenys de Mar for two hours, in a supposed response to the placement of crosses and yellow ties on the Catalan coast.



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Refugee camp opens New arrivals flood coast as populism fears grow

By Joe Gerrard

SPAIN'S Interior Ministry has opened a temporary refugee camp in the Algeciras area to house the growing number of migrants arriving in Spain.

It comes after Spanish Prime Minister Pedro Sanchez said his government will set up a command centre to coordinate Madrid's response to the increasing influx of Africans crossing the Strait of Gibraltar into Spain.

The site, set up on a field in Crinavis near San Roque in Cadiz Province, is set to house migrants arriving at three ports in the province.

It comes as European Union (EU) officials said the handling of the migrant situation could fuel a rise in anti-immigration political populism.

The first 442 people arrived at the camp last Saturday. The facility, which has beds, toilets and showers, can house a maximum of 600 people for 72 hours

Jose Medina, a migrant co-ordinator, said the camp would shelter people rescued and taken to Tarifa, Barbate and Algericas.

The facility is set to take in 400 people every 24 hours as those who complete their 72-hour stay leave, Medina added.



MIGRANT CRISIS: New arrivals queue at Algeciras port and (inset) the new camp at nearby Crinavis.

Pepe Villahoz, of the Acoge immigration advocacy group, said they were concerned by the uncertainty arrivals faced.

"Protocols to deal with migrants have never been established and resources have not been allocated to solve the issue," Villahoz said.

The opening of the camp follows a pledge from European Union member states to set up migrant reception centres at June's Paris summit.

The new facility also comes as EU officials said they would support Spain on migration.

Dimitri Avramopoulos, the EU Commissioner for Migration, said during his Madrid visit last Friday that Spain would receive additional resources to address the issue.

"Spain has the full support of the European Commission in dealing with the increased arrivals along the western Mediterranean Sea route," he said. EU officials are concerned the Spanish electorate could be wooed by politicians standing on radical anti-immigration platforms.

The officials reportedly fear a rerun of populist

parties including the far right La Liga in Italy being elected and the success of others in Austria and elsewhere.

"At the moment, we cannot afford to lose Spain," one unnamed senior EU official reportedly said.

Pablo Casado, the new leader of the conservative Partido Popular (PP), has begun moving his party to the right on migration.

He recently claimed Spain could not accommodate the 'millions' of people arriving on its southern frontier.

The far right Vox political party also organised a meeting in Algeciras on Wednesday to address what they claimed was a migrant 'invasion.'

Sergio Carrera, of the Centre for European Policy Studies (CEPS) think tank, said the Spanish government had the right approach to the issue. "The response of the Spanish government has been correct, putting the figures in perspective and showing that we are not facing a crisis," he said.

Many of the migrants are refugees fleeing war, conflict and poverty in sub Saharan Africa. More than 23,000 migrants have arrived in Spain so far this year, according to statistics from the United Nations.

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Court to weigh leader claims



DEGREE CLAIMS: Casado (centre) denied any wrongdoing.

SPAIN'S Supreme Court is set to decide on whether to hear a case in connection with allegations that the leader of the conservative Partido Popular (PP) wrongfully gained a degree.

Judge Carmen Rodriguez-Medel, an investigative judge in Madrid, has referred the case to Supreme Court justices after finding signs of wrongdoing over a regional law masters awarded to Pablo Casado.

The PP leader got the degree from the University of King Juan Carlos' Public Law Institute in Madrid in 2009.

Casado said there was no evidence he was guilty of the charges.

"What they've done to me, they haven't done to anyone else in this country or in any other country. I am not under investigation by any court and there is no evidence of guilt against me." he said.

Prime Minister Pedro Sanchez, of the governing leftleaning Partido Socialista (PSOE), said the PP leader owed the Spanish people 'explanations' over the allegations.

Casado has admitted that he did not attend classes at the Public Law Institute. He added he did not sit exams or present his dissertation.

The university waived 18 out of 22 modules as he already had a law degree from Madrid's Complutense University. He was required to produce four papers which are now subject to an investigation. Judge Rodriguez-Medel's court said it could not hear the case as Casado is protected by immunity laws for public officials. The Supreme Court will decide whether the case can go ahead in light of the immunity status.

Casado was a regional deputy when he obtained the degree. This means he could have a case to answer over accepting gifts offered based on his public position and for abetting illegal decisions from civil servants.

The probe comes as Cristina Cifuentes, the PP President of the Madrid region, was forced to resign in April after facing allegations she falsified her degree. Casado was elected as leader of the PP on July 21.

Bleach attack charge

A WOMAN in her 60's has been jailed for killing her friend with bleach fumes after an attack of extreme violence in Alfafar, Valencia.

A jury heard how the two sextagenarians were in the bathroom of the victim's home when an argument exploded into extreme violence. Harsh words led to the victim pushing her friend - an act that would lead to her

own death.

A red mist descended on

the killer, who knocked the victim to the floor, snatched up a porcelain toilet brush and hit the woman over the head with it so hard it snapped.

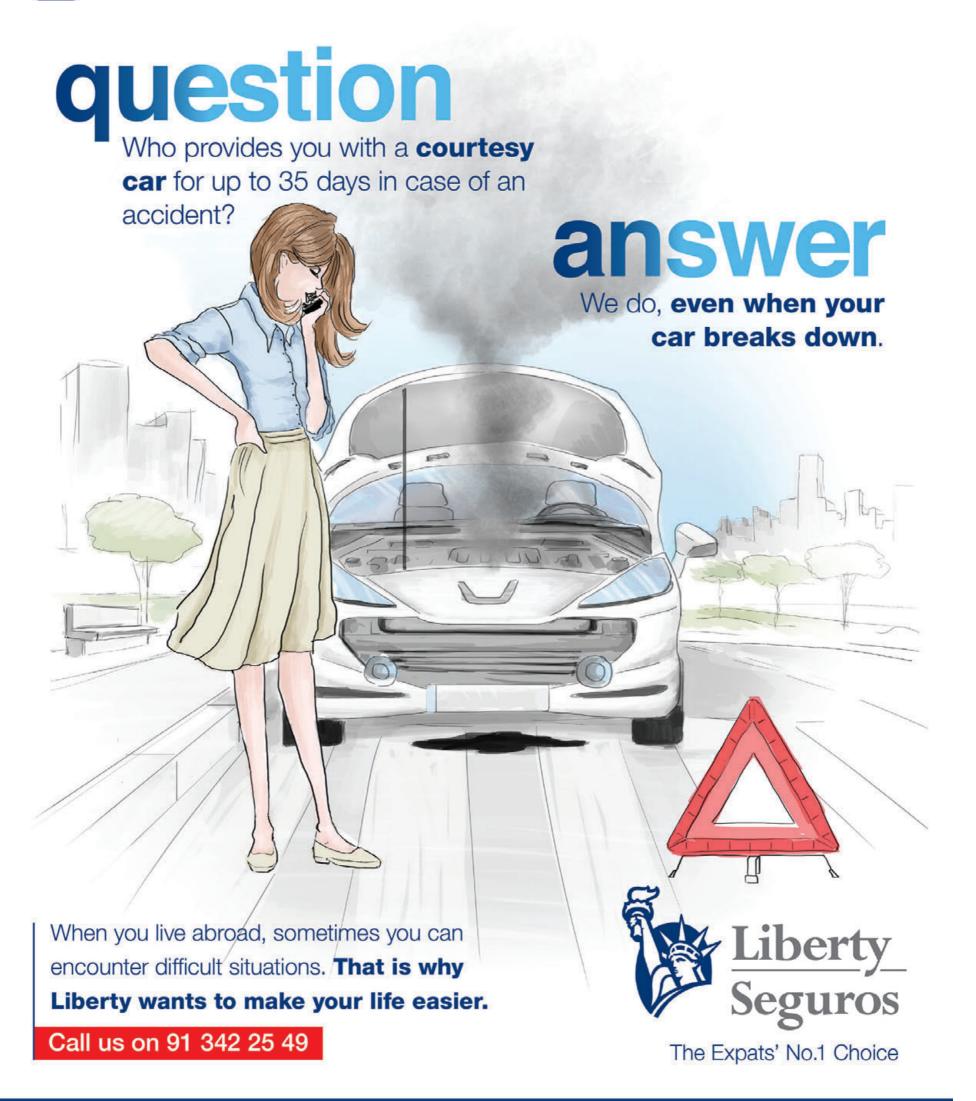
Stunned and by now helpless, the victim then had her head repeatedly smashed against the edge of a bathtub. The killer then sprayed the

unconcious woman's wounds with bleach before closing the bathroom door due to the strong fumes - an act which would finish the victim off.

Emergency services were called by the aggressor's son, but they were unable to save the woman who died in the ambulance on the way to hospital due to fluid in the lungs and brain, which was caused by a lack of oxygen and the bleach fumes.

Judges at a Valencia court jailed the unnamed aggressor for 15 years after applying a reduction for the killer's full confession.





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Urgent recall

by Staff Reporter

Durex warns of faulty condoms

DUREX has issued an urgent recall of its Real Feel condoms in Spain amid fears they could split during sex.

The firm says the 12-pack contraceptives are failing to meet its 'stringent shelf-life durability tests.'

A total of 14 batches due to expire between December 2020 and February 2021 are affected.

In a statement posted on its website the company said: "The safety of our consumers always comes first, and this is reflected in our rigorous quality standards.

"We recently found that a limited number of the above condoms made earlier this year are not passing our stringent shelf-life durability tests.

"Our tests have shown that some batches which are currently on the market in the UK and Ireland do not pass the requirements for burst pressure towards the end of the shelf life for the product.

"The expiry date of the affected batches is between December 2020 and February 2021.

"Our condoms are intended to provide a method of contraception and prevent the transmission of sexually transmitted infections (STIs) through a non-latex barrier that offers a benefit to consumers sensitive to latex.

"Only for the batches of condoms affected by this issue, there could be an increase in the number of condoms that burst during application or use.

"Always read the label which states 'Should a condom leak or burst during use, seek doctor or pharmacist assistance as soon as possible, at least within 72 hrs.'

"There is no immediate safety concern for consumers and only a limited number of batches are affected.

"However, working closely with the relevant regulatory

authorities we have decided to recall the following Durex Real Feel and Durex Latex Free batches."



BREAKING POINT: 14 batches have been recalled.

The Health Products Regulatory Authority is advising people to check the bottom of the outer pack and on the foil wrapping to see if they have one of the affected products. They said: "Reckitt Benckiser recently became aware that a number of Durex Real Feel 'Latex-Free' and Durex Latex Free Polyisoprene condoms manufactured in 2018 do not pass the requirements for burst pressure towards the end of the shelf life for the product.

"The expiry date of the affected batches is between December 2020 and February 2021.

"There could be an increase in the number of condoms that burst during application or use

for the batches of condoms affected by this issue. "A recall of the affected batch numbers has been initiated by Reckitt Benckiser."

The batches being recalled are:

Durex Real Feel 12 pack - 1000416204 -December 2020 Durex Real Feel 12 pack - 1000417778 -December 2020 Durex Real Feel 12 pack - 1000429702 -January 2021 Durex Real Feel 12 pack - 1000433146 -January 2021 Durex Real Feel 12 pack - 1000444370 -February 2021 Durex Real Feel 12 pack - 1000481558 -March 2021 Durex Real Feel 12 pack - 1000382341 -December 2020 Durex Real Feel 12 pack - 1000419931 -January 2021 Durex Real Feel 12 pack - 1000422929 -January 2021 Durex Real Feel 12 pack - 1000422936 -January 2021 Durex Real Feel 12 pack - 1000444367 -February 2021 Durex Durex Real Feel 12 pack - 1000461535 -February 2021 Durex Real Feel 12 pack - 1000472410 -February 2021 Durex Sin Latex 12 pack - 1000483802 -March 2021

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'Wolfpack' member jailed



IN COURT: Angel Boza appeared before Sevilla's Court of Instruction Number 16 yesterday.

A COURT in Sevilla has remanded Angel Boza, the youngest member of the La Manada ('Wolfpack' in English) gang, in custody without bail after he was charged with attempted robbery.

Boza, 26, was arrested in Sevilla on Thursday. He stands accused of attempting to steal a

pair of sunglasses worth almost ${\in}\,200$ and of trying to run over two security guards.

Agustin Martinez, the lawyer acting for Boza, called on justices not to add more bail conditions to ones previously handed down by Navarra's Superior Court of Justice.

The Navarra court bailed

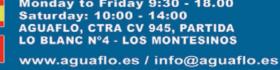
Boza and the four other men convicted of sexually assaulting an 18-year-old woman at Pamplona's San Fermin festival pending an appeal.

"The conditions connected with the Pamplona case were strictly observed. It would not make sense for them to be expanded," Martinez said.



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9 - 15 August 2018 EWN 31

Drug driver kills

TWO cyclists were killed and two others injured following a collision with a car driven by a drug driver in the north of Spain.

An 18-year-old man was arrested at the scene and has since been charged with reckless driving and driving under the influence of narcotics as well as causing the death of the two cyclists, thought to be aged between 50 and 60.

Two other riders, who were cycling with the victims, were slightly injured having been rammed by the same vehicle on the T-310 at Tarrogona on Sunday.

The Catalan Traffic Service believes the driver swerved into the opposite lane, 'overwhelming' the group of cyclists, and causing the instant death of two of them.

Ex-ETA boss freed

by Joe Gerrard

A FORMER head of the Basque nationalist ETA terror group has been released from a Salamanca prison after being behind bars for 31 years on a string of murder convictions.

Santiago Arrospide Saradola, also known as Santi Potros, was pictured walking out of Topas prison last Sunday at around 8.15am. He was accompanied by three family members and did not stop to make a statement to reporters.

Potros was found guilty of being behind some 40 killings which resulted from ETA attacks he helped to plan. He served 13 years of his sentence in France and 18 in Spain and was originally jailed for 70 years.

Attacks included one in Madrid's Plaza de la Republica Dominicana in 1986 and another at the Hipercor shopping centre in Barcelona which left some 21 people dead in 1987.

Groups including the Association of the Victims of Terrorism (AVT) have said they are concerned Potros could receive a hero's welcome from supporters when he returns to the Basque Country.

Carmen Ladron de Guevara, an AVT



RELEASED: Santi Potros was a leading member of ETA.

lawyer, said psychologists with the group would be monitoring victims of ETA attacks who were most likely to be affected by his release.

The Collective of Victims of Terrorism (COVITE) said on Twitter that the release made Sunday a day to remember victims of the group's attacks.

Fernando Grande-Marlaska, Spain's Interior Minister, said the government would be monitoring the situation.

"If there is a crime which constitutes the glorification of terrorism or contempt for its victims then that is what the state security forces are there for," Grande-Marlaska said.

Potros first joined the ETA in 1968 and was arrested in France in 1987 on 11 charges in connection with the group's attacks.

ETA, or Euskadi Ta Askatasuna (Basque Homeland and Liberty), was established in 1959 in the Basque region of northern Spain and southern France.

It morphed from a group promoting

Basque culture, language and traditions into a paramilitary organisation dedicated to achieving independence for the region by violent means.

It wound up its operations after announcing it had given up its weapons and ceased activities earlier this year.

Several countries have listed the group as a terrorist organisation and more than 820 people, including 340 civilians, were killed during its attacks. More than 300 of its members are in prison in Spain, France and elsewhere.



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Up to

Sex attack rap



HOLIDAY HORROR: The alleged assault took place in Arona.

By Matt Ford

A MOROCCAN man has been held in Valencia in connection with the sexual assault on a British OAP in Tenerife.

The 25-year-old is suspected of violating the unnamed victim, 74, during a break in at a holiday apartment on the holiday island.

He has reportedly been re-

manded in custody ahead of a court appearance following his arrest in the city's Plaza del Mercado.

A police statement said: "National Police officers have arrested a 25-year-old Moroccan man in Valencia on suspicion of a sex attack and robbery in Tenerife.

"He allegedly got into an apartment in Arona via the bal-

cony in May and sexually attacked a 74-year-old British woman before taking her belongings.

"He was arrested in Valencia and has been handed over to the courts.

"The incident in question took place on May 13 at apartments in a tourist part of Arona. "The woman victim was

staying at the apartments."



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Cats need help

TORREVIEJA municipal animal shelter (Albergue Municipal de Animales) is urgently seeking homes and volunteers to help lost and abandoned cats.

There are dozens of beautiful domestic cats and kittens in the shelter waiting for adoption, but too few people are coming forward to

offer them homes. Carmen Morate, councillor for Animal

Welfare, said: "We do everything we can to care for the cats and kittens, but shelter life can be distressing for them so we really do need more people to come forward to adopt now."

Most of the adult cats were

once well-loved pets that through adverse circumstances have found their way to the shelter. Many crave human attention, and anyone taking one of these cats home would be rewarded with a beautiful and affectionate pet.

The shelter also has lots of adorable kittens that desperately need homes while still young and able to bond with a new family.

Staff and volunteers fear that too few people are aware that the shelter takes in cats as well as dogs and that this is con-



FELINE LONELY: These cats need a home.

tributing to the lack of adoptions. So, they really need everyone to spread the word that there are many beautiful cats and kittens just waiting for the right home.

The shelter also urgently requires volunteers to help care for the cats in the shelter. Volunteers are needed to clean the cat

area and feed the cats, but also to spend time socialising with cats and kittens to ensure they are ready for adoption.

If you can give a cat or a kitten a home,

then visit the shelter between 10am and 2pm Monday to Friday, or 9am and 1pm on Saturdays and Sundays. If you wish to volunteer, you can also visit during these times.

The shelter is in Avenida Los Nenufares, which is just off of the CV905 close to Habaneres. Take the slip road that runs in front of the Local Police station and turn right at the Albergue sign.

You can also visit the Facebook site Concejalia de Proteccion Animal de Torrevieja.

Almoradi Monday Club

THE Almoradi Monday Club known also as the AMC is ringing the changes from September 2018.

This club has been in operation since March 2016 and has over 100 members, with meetings twice per month, plus a monthly meal.

But the club is about to switch from a social meeting club to a social eating club.

The group is dropping the meetings and in their place will be having two meals per month at various restaurants in and around the area of Almoradi.

Some will be lunches and others evening meals.

Existing members will be notified by email as usual, but new members will have to look at the club's Facebook page or email *dav edanie@gmail.com* for details.

If you fancy meeting new friends and enjoy a meal out, then look the club up.

Stroke Association Spain

THE association has organised its first-ever Awareness Fun Day.

Taking place at Cat's Bar in Campo Sol, Mazarron, it will feature music, a raffle, bric-a-brac, a tombola and lots more! The big day is set for next Wednesday from 10am to 3pm.



Little green bags

FOLLOWING new legislation which states shops (including charities) must charge customers for plastic bags, HELP Vega Baja thought they would look for an alternative solution.

After seeking sponsorship, president Michele Masson met up with Jose Miguel Perez from Grupo ASV and discovered that both organisations wanted to do what they could to help the environment.

The group is keen to do what it can to not only help keep costs down for the charity but to consider the environment too. When they met with Jose it was wonderful to hear that he shared the same views and they agreed to work together to produce carrier bags made of paper.

Grupo ASV covered the cost of the bags and HELP was last week delighted to take delivery of 1,000 bags.

As charities have to now charge for plastic bags the situation can be a little crazy. For example, HELP has heard from other charities that in some cases customers insist on new bags as they have to pay rather than accept used bags which are often donated.

Sadly this could lead to charities having to purchase plastic bags which obviously negates the whole benefit of the legislation.

The sponsorship and support HELP has received from Grupo ASV has been terrific and the bags are now available in the shop in San Miguel.

The charity still asks that customers bring along their own bags when shopping and any donations for the paper bags will go towards future stocks. The aim of the charity is to go completely plastic-free for bags and it is working towards this.

If you would like to find out more about sponsoring HELP Vega Baja with any of their projects (bags, leaflets, posters, etc), volunteering, or if you have a group and you would like the team to come along to give a talk on the charity, please contact the San Miguel Centre on 966 723 733 or Michele Masson direct by emailing *president* @*helpveg abaja.com* or calling 661 365 606.

HELP Vega Baja - helping the community when it is needed *www.helpvegabaja.com*.

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RETURN TO OLYMPIA: The Campoverde Theatre Group. Supper on Broadway

THE latest production by the Campoverde Theatre Group will be their new supper show Supper on Broadway.

After an absence of several years the theatre group are pleased to be returning to The Olympia Restaurant, at Mil Palmeras. Again they are offering a one-course meal and a memorable show, all for the price of $\in 10$.

Campoverde Theatre Group's latest show will honour well-loved musical theatre successes that enchanted audiences on both Broadway and West End

stages. The group will remember famous shows such as My Fair Lady, Camelot, The Boy Friend, Carousel, Half a Sixpence, Les Miserables and will introduce to many people the musical The Blitz. These famous musicals will be remembered through short sketches, song and dance. Patrons of Campoverde

Theatre Group have said that they really enjoy the supper show format and feel that they can enjoy a great evening out. The meal will commence at 7.30pm and

the show will start when the food is finished. Show dates are Wednesday 26, Thursday 27 and Friday September 28.

Tickets are available from The Olympia Restaurant, Mil Palmeras, the Help at Home Shop, Flamenco Beach Commercial Centre, and the Community Centre/Reading Point, Ramon de Campoamor, Calle Cipres, near Aldi, on Monday and Wednesday afternoons.

Call 626 772 256/666 186 084. or contact the ticket line by emailing *ctgticket* line@gmail.com.

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DENMARK Burqa march

A PROTEST in the Norrebro area of Copenhagen against Denmark's banning of the burqa last week was attended by around 2,000 marchers according to organisers who claimed the measures were an attack on the right to free expression.

'Theft' arrest

A 36-YEAR-OLD man arrested in Croatia in connection with a spate of burglaries in the Zealand and Southeast Jutland areas of Denmark in 2016 and 2017 has been extradited back to the country to face charges.

On the rails

VOLUNTEER railway enthusiasts at the Jernbanemuseum in Odense

GERMANY Nazi gaffe

LEADERS of the far-right Alternative for Germany (AfD) political party have condemned one of its regional youth leaders who branded a Second World War German officer who attempted to assassinate Adolf Hitler as a 'traitor' on social media.

Welfare cash

THE German treasury spent almost $\in 1$ trillion on its social security system last year, an increase of € 36.5 billion on 2016 levels which was largely driven by increasing pension costs according to figures from the Social Affairs Ministry.

Fish deaths

Jail break

throughout Europe have been suffocating after rivers such as the Rhine dried out and reached low levels following the continent's recent heatwave and minimal

NETHERLANDS **Drought plan**

THE chairperson of a Dutch climate crisis body said it was drawing up plans for droughts in the country after some provinces faced water shortages last week and Michele Blom added they were trying to limit potential damage.

Meth making

A POLICE spokesperson said this year has been a 'turning point' for crystal meth production in the Netherlands after 10 labs were shut down this year whereas officers hardly saw facilities to make the drug before.

Freight stats

MORE goods were transported to and from the Netherlands by road this year and international road haulage has grown in volume by 4.3 per cent according to the country's statistics office.

Death probe

PROSECUTORS are pursuing the theory that a fatal shooting in a shisha lounge in The Hague could have been a revenge killing after several suspects were arrested in connection with the death of a 17-year-old there in April.

FRESHWATER fish in Germany and

SWEDEN

Gunned down

POLICE in Stockholm have shot and killed a 20-year-old with Down's syndrome and autism after he left home with a toy gun and was reported missing by his family, his mother said.

Jewel theft

POLICE were tracing two suspects last week after thieves stole two crowns and an orb belonging to 17th century monarchs King Charles IX and Queen Christina the Elder from a cathedral in Strangnas before escaping by boat.

Missile buy

SWEDEN'S government has announced it is set to acquire Patriot air defence missiles from the United States which they said were able to combat 'ballistic robots' and added were due for delivery in 2020.

Man held

CHINESE authorities have asked their Swedish counterparts to extradite a man arrested in the town of Huddinge wanted in China on charges of gross fraud and embezzlement as Sweden's National Anti-Corruption Unit opened a probe to verify the claims

NORWAY **Tribute paid**

SEVERAL Norwegian officials including royals, NATO's secretary general and dignitaries attended the funeral of popular exforeign minister Thorvald Stoltenberg at his funeral which was broadcast live last week after he died aged 87.

Oil cash

NORWAY'S Finance Minister has deposited around $\in 210$ million into the country's state oil due to the rising prices of the commodity, the first payment into the fund since 2016 after several withdrawals.

Activist back

HERMAN REKSTEN, a protestor jailed in Israel for three days after a ship carrying him and supplies to Gaza was raided by the country's security officers, said it was good to be back in Norway after returning last week.

Trade talks

CHINA's foreign minister said free trade negotiations between his country and Norway should be stepped up after both governments agreed to put a previous row about the latter's Nobel committee awarding the prize to a Chinese dissident behind them.

FRANCE

Cat call ban

LAWMAKERS in Paris have voted to give police the power to slap people with up to \in 750 in fines if they are caught threatening, insulting, intimidating and following women in the country's public spaces in a crackdown on sexist behaviour.

Asylum law

MEMBERS of France's parliament have passed a bill into law which cuts processing and application times for migrants down to 90 days and six months respectively amidst criticism from defenders and opponents of mass migration.

Road warnings

TOURISTS holidaying in France have been warned about driving on the country's roads after a recent heatwave saw 66 out of 96 of mainland French departments issuing alerts which extended into this week.

Tower shuts

THE Eiffel Tower had to turn away visitors for a second day last week after workers walked out over a new access policy which they claimed was causing waiting times of up to three hours for tourists.

BELGIUM

Tempers fry

CLAIMS in a French newspaper that Belgian frites, otherwise known as French fries, were invented in France have caused uproar in Belgium, with La Figaro's story claiming the dish was first served to theatre goers in revolutionary era Paris.

Reporter fee

JOURNALISTS who arrived in Brussels to cover a recent meeting of European Union leaders arrived to find they had to pay a €50 charge for credentials to report on the summit which one said was 'completely unacceptable.

Baby plunge

A FATHER had to dive into a lake to save his child after its mother mistakenly released the brakes on the baby's pram which then rolled into the water, however the child was said to be in good health.

Ivory effort

BELGIUM'S government has launched a campaign aimed at tourists from the country holidaying in Africa and Asia dubbed 'Get your teeth out' which aims to recover and destroy ivory items before they make it to the black market.



Italy.

degrees.

2016.

Central Station last week

whilst they traced a 46-year-old

terror suspect who escaped

from Vestre Prison after allegedly

swapping his identity with

a visitor following a decision

from the Danish capital's

council to extradite him to

rainfall amidst temperatures of nearly 40

IMMIGRATION authorities have rein-

stated a reunification programme for a

selected 1,000 refugees per month living

in Germany after the right for asylum

seekers to bring immediate family mem-

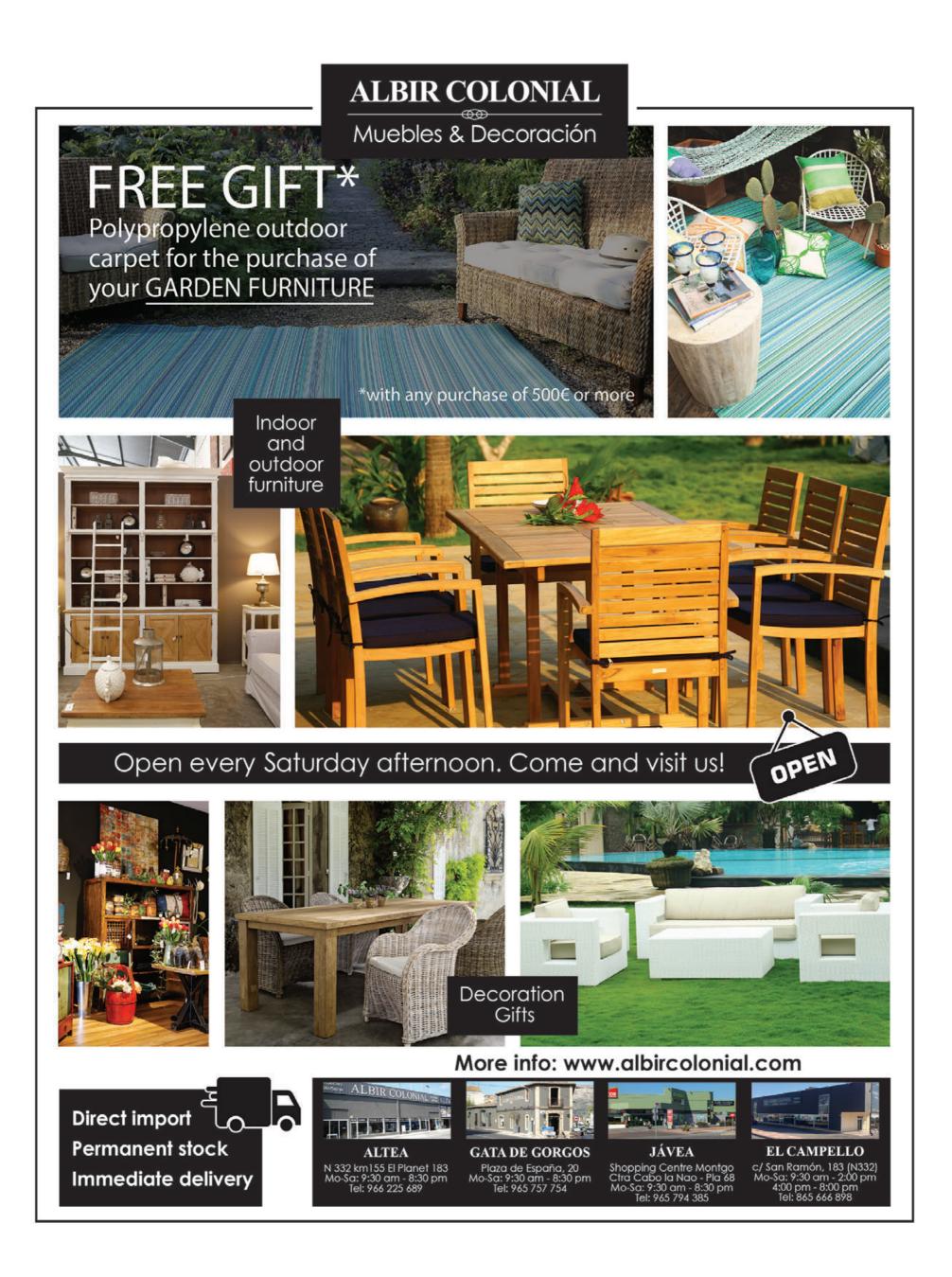
bers to the country was suspended in

Family policy

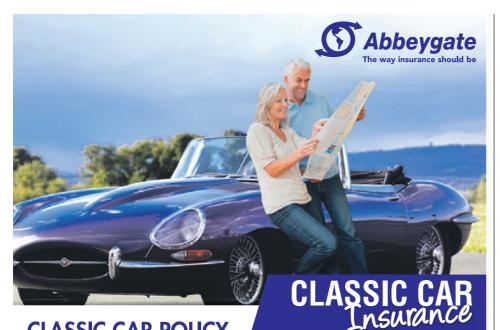
RALLY: An estimated 2,000 protestors attended.

have finished their working replica of Odin, the country's first train which was built in Manchester in Britain in 1846, and museum staff are due to exhibit it in September.

POLICE closed Copenhagen's



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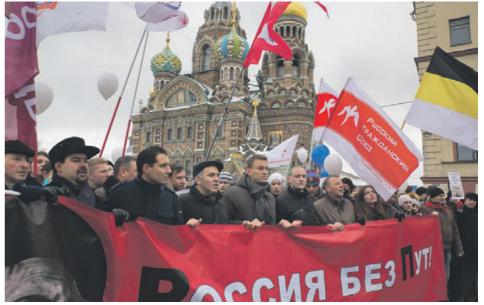
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WILLING: The survey found more Russians were prepared to protest.

Poll: Willingness to rally at a high

THE amount of Russians prepared to take to the streets for economic and political protests are higher now than at any time in the last two decades, according to a survey. The independent Levada Centre's poll of 1,600 Russians found 28 per cent of respondents would be willing to personally participate in demonstrations - up from 8 per cent in March.

Band members freed

■ FOUR jailed members of a rock band have been released after being arrested for storming the pitch during the World Cup final last month. Pussy Riot's Nika Nikushina, Olya Pahtusova, Olya Juracheva and Petya Verzilov were freed before being arrested again, held for another day and let go, their lawyer said.

Disputed islands call

JAPAN'S Defence Minister said his country's government has called on Russia to reduce military activity in islands claimed by both countries after Moscow sent reinforcements there. Russian warplanes were de-

Hip-hop bear ad

A VIDEO of a polar bear rapping about the public services offered by a town in the Russian Arctic has gone viral after being unearthed by social media users. The bear, who is not named, appears in front of the Norilsk coat of arms singing rehashes of Soviet and Russian songs adapted to praise street cleaning and financial management. The video is around two years old. ployed to the Kuril Islands, or Northern Territories to the Japanese, in February amidst Kremlin concerns over the United States' military presence in the area.

Reporter death vow

• A NEWS organisation head has said he will make efforts to identify those who killed three reporters working for him in Africa.

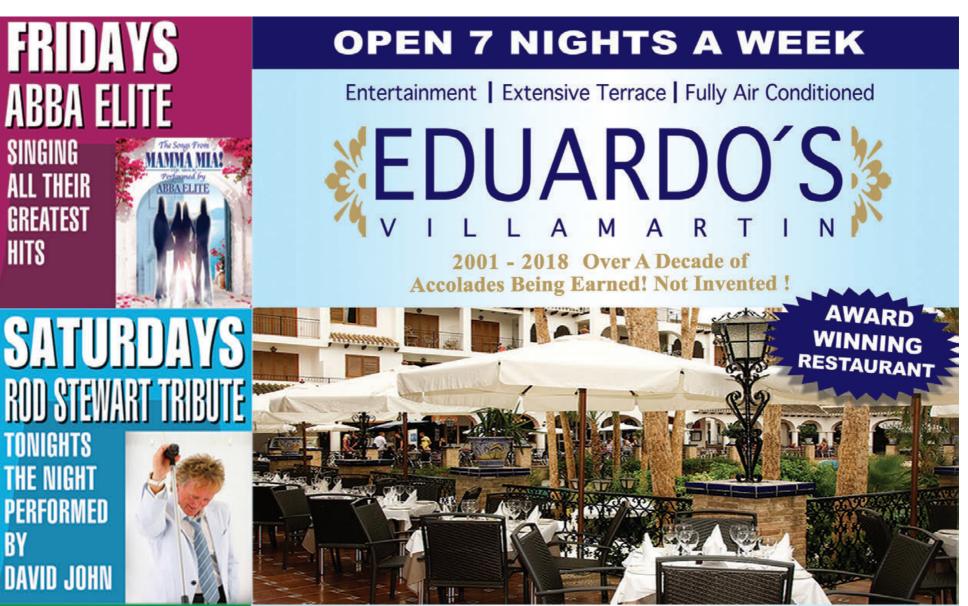
Mikhail Khodorkovsky's comments follow the deaths of Orhan Dzhemal, Alexander Rastorguyev and Kirill Radchenko in the Central African Republic. They were reporting on Russian mercenaries, Khodorkovsky added.

Prison torture trials

■ SEVERAL Russian prison guards have being found guilty of ignoring the beating and torture of inmates after an abuse video sparked an outcry. The convictions, including three at a Magadan court in Russia's Far East, come as the Federal Prison Service said it would inspect prisons and probe the allegations.



BEAR-ABLE: The bear praises local authorities.



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STAT OF WEEK

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 conpany 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.

38.9 billion

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-

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INSURANCE

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

Virgina 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 exisiting 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.

» 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 women to hold such a prestigious role at the institution.

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'No blank cheque'

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

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.

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.

blank cheque."

And she added the new

THE amount spent by foreign holidaymakers in Spain over the first six months of 2018, a year-on-year increase of 4.2 per cent, according to the National Statistics Institute.



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Anglo American	1,674.80	-18.00	-1.06	23,266.07	London Stock Exchange Gro		
Associated British Foods	2,459.00	16.00	0.65	19,213.93	Micro Focus International	1,185.2	
Admiral Group	1,966.50	0.50	0.03	5,602.32	Marks & Spencer Group	296.7	
Ashtead Group	2,338.50	33.50	1.45	11,049.66	Mondi	2,202.5	
Antofagasta	942.00	-17.60	-1.83	9,373.53	Melrose	214.3	
Aviva	492.90	-1.50	-0.30	19,247.68	Morrison (Wm) Supermarke	ts 261.3	0
AstraZeneca	5,807.00	-39.00	-0.67	73,599.70	National Grid	806.5	5
BAE Systems	626.90	1.90	0.30	20,235.16	NMC Health	3,872.0	0
Barclays	188.50	-0.20	-0.11	31,920.08	Next	5,667.0	0
British American Tobacco	4,168.25	-21.25	-0.51	95,189.97	Ocado Group	1,077.5	0
Barratt Developments	534.50	5.70	1.08	5,305.86	Paddy Power Betfair	8,165.0	0
Berkeley Group Hold (The)	3,696.50	20.50	0.56	4,852.05	Prudential	1,746.0	0
British Land Co	644.90	-11.10	-1.69	6,369.66	Persimmon	2,454.0	0
BHP Billiton	1,682.30	-15.90	-0.94	35,143.64	Pearson	913.9	0
Bunzl	2,284.50	5.50	0.24	7,580.47	Reckitt Benckiser Group	6,862.0	0
BP	564.95	4.45	0.79	111,173.45	Royal Bank of Scotland G (1	he) 250.8	5
Burberry Group	2,129.50	3.50	0.16	8,647.53	Royal Dutch Shell	2,555.7	
BT Group	237.78	3.38	1.44	22,820.38	Royal Dutch Shell	2,599.5	
Coca-Cola HBC	2,747.50	8.50	0.31	10,087.03	RELX	1,682.7	
Carnival	4,416.00	-41.00	-0.92	8,899.75	Rio Tinto	3,906.5	
Centrica	144.25	0.70	0.49	8,000.93	Royal Mail	457.5	
Compass Group	1,636.00	-1.00	-0.06	25,862.96	Rightmove	4,882.5	
Croda International	5,205.00	3.00	0.06	6,779.62	Rolls-Royce Group	1,080.7	
CRH	2,558.50	7.50	0.29	20,928.48	Randgold Resources	5,496.0	
DCC	6,887.50	7.50	0.11	6,137.36	RSA Insurance Group	622.5	
Diageo	2,820.50	-2.50	-0.09	68,906.84	Rentokil Initial	326.5	
Direct Line Insurance Group	335.20	-2.00	-0.59	4,609.00	Sainsbury (J)	331.0	
Evraz	547.60	-0.20	-0.04	7,678.67	Schroders	3,104.0	
Experian	1,869.25	3.75	0.20	16,927.64	Sage Group (The)	664.3	
easyJet	1,548.50	-1.00	-0.06	6,077.28	Segro	668.2	
Ferguson	6,013.50	33.50	0.56	13,726.34	Shire	4,442.7	
Fresnillo	984.60	-29.90	-2.95	7,317.35	Smurfit Kappa Group	3,272.0	0
Glencore	312.73	-5.37	-1.69	44,841.59	Sky	1,511.7	5
GlaxoSmithKline	1,573.20	20.00	1.29	76,086.45	Standard Life Aberdeen	310.0	5
GVC Holdings	1,128.50	-3.50	-0.31	6,564.15	Smith (DS)	505.7	0
Hargreaves Lansdown	2,113.50	36.50	1.76	9,733.02	Smiths Group	1,597.7	5
Halma	1,409.00	-1.00	-0.07	5,303.65	Scottish Mortgage Inves Tru	st 547.5	0
HSBC Holdings	707.80	-8.00	-1.12	140,377.16	Smith & Nephew	1,357.2	5
International Con Airlines G	670.70	0.90	0.13	13,810.20	SSE	1,249.2	5
InterContinental Hotels G	4,728.50	16.50	0.35	8,808.95	Standard Chartered	689.2	
3i Group	940.40	7.40	0.79	8,952.98	St James's Place	1,150.7	
Imperial Brands	2,907.00	-22.00	-0.75	27,739.44	Severn Trent	1,927.5	
Informa	789.40	3.20	0.41	9,732.45	Tesco	259.5	
Intertek Group	5,858.00	18.00	0.41		TULAG	1,571.0	
· · · · · ·				9,364.03 6,521.16	Taylor Wimpey		
ITV Just Fot	165.05	1.10	0.67			171.2	
Just Eat	791.00	-15.40	-1.91	5,358.57	Unilever	4,383.5	
Johnson Matthey	3,649.00	-25.00	-0.68	7,046.55	United Utilities Group	720.0	
Kingfisher	290.05	-4.15	-1.41	6,199.91	Vodafone Group	185.9	
Land Securities Group Legal & General Group	936.40	-7.20	-0.76	6,902.25	WPP Group Whitbread	1,179.7	
	260.05	0.95	0.37	15,245.62		3,901.5	

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Company	PRICE(P)	CHANGE(P)	% Снд.	NET VOL
London Stock Exchange (Group4,436.50	-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) Superma	rkets 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		-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 (TL)	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	Frust 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
rui ag	1,571.00	-4.00	-0.25	9,204.35
Taylor Wimpey	171.23	0.43	0.25	5,562.15
Jnilever	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	1,115.15	-10.50	0.25	7,130.29

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DOW JONES CLOSING PRICES 6 AUGU

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

5.615 ▲ 8.93%

Kleinwort Hambros Elite PCC Limited

Distributing Funds

Sterling Fixed Income B

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

£0,9014..... -£0,0060

DEALING	PRICE
PRICE	MOVEMENT
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€1,0678	€0,0022
£1,3540	
	,
€1,2307	€0,0022
£1,5396	
	· ·
€1,4074	€0,0025

Remaining Elite Fund prices available on request

Prices correct as at 01/08/2018

NASDAQ CLOSING PRICES 6 A COMPANY PRICE CHANGE NET / % Most Advanced \$ 8.0601 1.0501 🛦 14.98% Protagonist Therapeutics, Inc. 2.45 🛦 13.73% GreenSky, Inc. \$ 20.30 Intercept Pharmaceuticals, Inc. \$ 110 12.74 🛦 13.10% \$ 6.0325 0.6725 🛦 12.55% T2 Biosystems, Inc. Rockwell Medical, Inc. \$ 4.42 0.48 🛦 12.18% Web.com Group, Inc. \$ 28.25 2.85 🛦 11.22% 6.65 🛦 11.20% Surmodics, Inc. \$ 66 Lonestar Resources US Inc. \$ 9.95 0.85 🛦 9.34% Gladstone Land Corporation \$ 12.88 1.07 ▲ 9.06% \$ 9.83 0.81 🛦 8.98% Ra Pharmaceuticals, Inc.

Connecticut Water Service, Inc.

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%
Insmed, 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%

\$ 68.465



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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.
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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.

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What our customers say...

My mother felt that she didn't want me to have to deal with all of this alone when the time came, so she set up a Golden Leaves funeral. I would recommend taking out a funeral plan to anyone. L. Musgrove

See L'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!

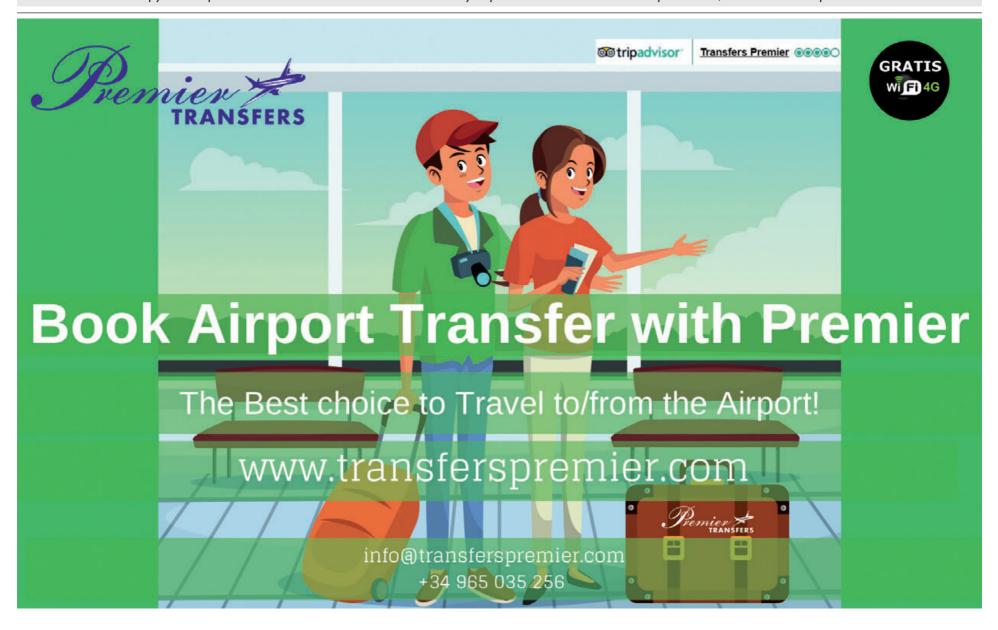
Well, all I can say is on your own heads be it. Let's hope that at the next UK elections a new party emerges which has a degree of common sense and is not petrified of 'upsetting' or 'offending' someone or another. But don't hold yer breath.

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 badmington 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.





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Clean up your act

Terence Kennedy gets out the broom for a digital sweep

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

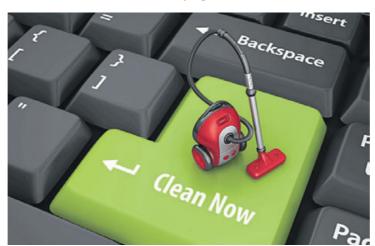
Really? Let's see: with a memory card it can hold 144 GB of data. At a rough calculation that would hold every word of, say, the Bible (4.13 MB in its free download from Project Gutenberg), more than 35,000 times with room left over for a few cat videos.

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-eeee-ean, clean clean clee-ean.'

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 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

n? 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? Easypeasy.

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 failsafe 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 surefire 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 unsullied version of your operating system - and then schedule lots (and lots) (and lots) of midnight oil to get it all back the way you want it.

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LETTERS FROM CANARIES

By Barbara Belt barbarabelt@gmail.com

SINCE the 15th century, when the Spanish took the Canaries as both a practice and way station for subsequent trans-Atlantic plundering adventures, the islands have been a bridge between Africa and the Old and New Worlds.

The New World needed slaves, we're close to Africa, the rest is history.

Centuries later, oppressed Canarians migrated to the Americas. Many stayed - lots came and went. A musical melting pot is one of the more obvious results, making provincial capital, Santa Cruz de Tenerife, the perfect venue for a recent revamp of the traditional bridge role.

The recently held, second edition of the South Atlantic Performing Arts Market (Spanish initials MAPAS) morphed Santa Cruz into an international cultural showcase of some clout.

Long may it last! Think state of the art performing arts and music trade fair, add networking, training and information exchange, and you've got it.

Although performances were public, free and popular, the 56 acts from 16 countries were there to impress some 150 programmers, bookers and agents, who'd come from 40 countries to shop for festival and event acts.

Musicians had 30-minute slots to strut their stuff, while dance, theatre and circus groups' slots varied. Artistic, technical and organisation-



Cultural showcase brings in millions

Cava bubbling in the evening sun, waves

splashing below, we were delighted by perform-

ers like Lornoar (Cameroon) - as a quick survey,

to make sure it wasn't just the cava, revealed:

"Wonderful! We're so lucky to be here!,"

"I'm amazed. It's like a really upmarket festi-

Dacil, 22, Tenerife.

val," Liam, 27, UK.

CULTURAL MELTING POT: The event drew artists from 16 countries.

al quality were keynotes thoughout. It was an impressive event.

The pearl of waterside Santa Cruz is the Auditorio Adan Martin, designed by Santiago Calatrava. It has shimmered beautifully there in the sun since 2003. Many of the MAPAS gigs were there and evening audiences loved its outside venues.

Links to further info:

MAPAS: http://mapasmercadocultural.com/en/mapas-2018-presentation.
 Tips: https://www.lornoar.com/copie-de-epk (Lornoar from Cameroon); http://kukai.info/es/topa (Spanish dance group Kukai Dantza).
 Favourite: https://soundcloud.com/trokerofficial (Troker, from Mexico).

from all over the world! Incredible!," *Carmen-Lola*, 79, *Tenerife*. And so on. As well as performances, artists' groups

"All these marvellous performers here

As well as performances, artists groups from the Canaries and 29 countries in Africa, Latin America and southern Europe met international cultural agents and programmers in pitch and networking sessions, workshops, round tables and conferences.

At the inaugural conference, Miami University's Prof. George Yudice said: "Nowadays, performing artists have to compete with increasing competition from the digital world. It's vital not only to promote good artist/venue matching, but also to help performing artists thrive in these conditions."

Performers and programmers alike agreed that MAPAS was: "A great new initiative," *Katja Somrak, programmer, Slovenia.*

"It's been marvellous, very worthwhile. We've had appointments with lots of bookers, met a lot of people and enjoyed Tenerife," *Ana Rodriguez, Troker (Mexico)'s minder.*

A soggy gem in Andalucia

HIDDEN away in the parched landscape of Andalucia you can find an oasis of verdant green - the natural park of Grazalema.

Somewhat surprisingly the pretty white village of Grazalema is renowned for being the rainiest spot in Spain, a title that you might expect to be taken by a town in the cooler regions of Asturias or Galicia.

The magnificent rocky outcrop of Peñon Grande that towers over both the village and the whole park is the reason for all the rain - it is the first high peak that warm wet winds from the Atlantic encounter when they hit Spain.

The copious rain has made this a unique place in An-



PRETTY: Grazalema is one of Andalucia's famous white villages.

dalucia. An ecology has developed over thousands of years that combines Mediterranean and more northerly species, with microclimates providing a haven for all manner of wildlife.

Grazalema village is an idyllic spot from which to explore the glories of the park. Its steep cobbled streets and selection of small bars and restaurants are well worth a visit on their own, as are the magnificent views.

The restaurants are extremely proud of the fish that comes from Europe's most southerly trout river, which wends its way through this area of outstanding natural beauty.



50 EWN 9 - 15 August 2018

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	Par ALICANTE			24 Hour 15 Trans Car Wa	s		40	0	2 years	W	ww.Park 606 68		
BBC	one	BBC	TWO	BBC	FOUR	СНА	NNEL 🦺	СНА	NNEL 5		4		y sports ain event
10:15am	Animal Park	7:30am	Animal Park	5:00am	This is BBC Four	10:00am	Frasier	9:05am	Paw Patrol	9:00am	Melissa and Joey	7:30am	Good Morning
	Summer Special		Summer Special	8:00pm	World News	11:05am	Ramsay's Kitchen	9:20am	Floogals		Baby Daddy		Sports Fans
11:00am	Homes Under the	8:15am	Impossible	0.20	Today	12.00	Nightmares USA	9:40am	Digby Dragon		Young and Hungry	0.00	Bitesize
12:00nm	Hammer Fake Britain	9:00am	The Island That Saved My Life	8:30pm 9:00pm	Top of the Pops Australia with	12:00pm 1:00pm	The Simpsons Channel 4 News	9:55am	Nella the Princess Knight	12:00pm	How I Met Your Mother	8:00am	Good Morning Sports Fans
	The Farmers'	9:30am	Caught Red	3.000111	Simon Reeve	1:05pm	Couples Come Dine	10:05am	Mofy	12:30pm	How I Met Your	9:00am	Good Morning
	Country	bibouin	Handed		Simon travels down	noopiii	with Me		The Wright Stuff	12.50pm	Mother	5.000	Sports Fans
	Showdown	10:00am	European		the east coast of	1:50pm	The Great British	12:15pm	Nightmare Tenants,	1:00pm	The Goldbergs	10:00am	1
1:15pm	Bargain Hunt		Championships		Australia to the		Bake Off		Slum Landlords	1:30pm	The Goldbergs		Sports Fans
2:00pm	BBC News at One	2.45	2018 Ded Dedu		magnificent cities of	3:10pm	Countdown	1:10pm	5 News Lunchtime	2:00pm	The Big Bang Theory		Round-up of the
2:30pm 2:45pm	BBC London News European	2:45pm 3:30pm	Red Rock Escape to the		<i>Sydney and Melbourne.</i>	4:00pm	A Place in the Sun: Winter Sun	1:15pm	GPs: Behind Closed Doors	3:00pm	Melissa and Joey Baby Daddy		sports news with
2.45011	Championships	2.20hiii	Continent	10:00pm	Super Senses:	5:00pm	Sun, Sea and Selling	2:15pm	Home and Away	4:00pm 4:30pm	Baby Daddy Baby Daddy		live analysis and comment plus
	2018	4:30pm	Coast and	rereepin	The Secret Power	5.00pm	Houses	2:45pm	Neighbours	5:00pm	Young and Hungry		extended interview.
6:15pm	Impossible		Country Auctions		of Animals	6:00pm	Come Dine with Me	3:15pm	Cagney and Lacey	5:30pm	Young and Hungry		with the headline
7:00pm	BBC News at Six	5:15pm	Flog It!	11:00pm	In Search of	6:30pm	The Simpsons	4:20pm	The Wrong Child	6:00pm	The Goldbergs		makers.
7:30pm 8:00pm	BBC London News The One Show	6:15pm	European	12.00	Science The Great British	7:30pm	Hollyoaks	6:00pm	5 News at 5	6:30pm	The Goldbergs	11:00am	
8:30pm	EastEnders		Championships 2018	12:00am	Year	8:00pm 9:00pm	Channel 4 News George Clarke's Old	6:30pm 7:00pm	Neighbours Home and Away	7:00pm 7:30pm	The Big Bang Theory The Big Bang Theory		<i>Day one of the second Test</i>
9:00pm	European	9:00pm	Inventing the	1:00am	Top of the Pops	5.00pm	House, New	7:30pm	5 News Tonight	8:00pm	Hollyoaks		between England
1.1	Championships		Impossible: The	1:30am	Mechanical		Home	8:00pm	Cricket on 5		The Goldbergs		and India at
	2018		Big Life Fix		Monsters	10:00pm	5	9:00pm	Bad Tenants, Rogue	9:00pm	Young Sheldon		the iconic Lord's.
	Keeping Faith		The Prosecutors	2:30am	Australia with		Lords: Inside the	40.00	Landlords		The Big Bang Theory	7:45pm	Live T20 Blast
11:00pm 11:30pm	BBC News at Ten BBC London News	11:00pm	Quacks Newsnight	3:30am	Simon Reeve The Rules of	11:00nm	Real Narcos Ramsay's 24 Hours	10:00pm 11:00pm	The New Wife Rich Kids Go Skint		Brooklyn Nine-Nine Brooklyn Nine-Nine	11:30pm	Live Caribbean Premier League
11:45pm	New Tricks		Hospital	J.J0 am	Abstraction with	11.00pm	to Hell and Back	12:05am	Gangland		The Big Bang Theory		T20
	How to Stay Young	1:15am	Rhod Gilbert's		Matthew Collings	12:00am	Who is America?	1:00am	Super Casino		ine big bang moory	3:30am	My Icon
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6:05am	The Jeremy Kyle Show	i	Work Experience	IJ	This is BBC Four	4:00am 7:00am	Ev 4 Teleshopping The Chase	Sicy ACTION 10:45am	CINEMA & ADVENTURE Pirates of the Caribbean:	12:30pm	SPFL Greatest Games	sk f 10:00am	My Icon sports ootball Premier League 100 Club
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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 selfconfidence 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



A GAGGLE OF CELEBS? Our Shirley Valentine Summer.

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 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 Philhar-



WONDERFUL TO WEIRD: The BBC Proms.

monic in a concert of Beethoven and Brahms. the composer, not of Grace Brothers fame - although Wendy Richard with a French horn 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.

Shirley Valentine chasing

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 Lon-

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



GOOD NEWS FOR YOUR CAR 902 123 309

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50am	BBC News	9:35am	David Attenbrough's	5:00am	This is BBC Four	8:55am	Everybody Loves	5:45am	House Doctor	9:15am	Couples Come Dine	6:00am	Sky Sports New
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00am	Breakfast		Natural Curiosities	8:00pm			Raymond		The Great Artists			7:00am	Sky Sports New
:00am	Saturday Kitchen	10:00am	European	9:00pm	Wonders of the	9:20am	Frasier	6:35am	Wildlife SOS	10:20am	Made in Chelsea	8:00am	Good Morning
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	A look ahead to this	2:15pm	The Hairy Bikers'		world where life is		The Big Bang Theory		Ninja Turtles	11:25am	Made in Chelsea:		Sports Fans
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Nora Johnson Breaking Views

Nora is the author of popular psychological suspense and crin 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



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 ($\in 0.99; \pm 0.99$) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

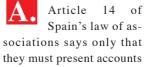
columnists@euroweeklynews.com

LEGALLY SPEAKING Can they use spreadsheets?

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)



David Searl You and the Law in Spain

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.



GOOD NEWS FOR YOUR CAR 902 123 309



B B C	one	BBC	TWO	BBC	FOUR	СНА	NNEL 🦺				4		y sports nain event
2:40am	BBC News	5:20am	This is BBC Two	8:00pm	BBC Proms 2018	7:00am	Kirstie's Vintage	6:35am	Wildlife SOS	6:15am	How I Met Your	6:00am	Sky Sports News
:00am	Breakfast	7:05am	Gardeners' World	0.000	National Youth	71000111	Home	7:00am	Milkshake!	orrounn	Mother	7:00am	Sky Sports News
					Orchestra.	7:05am	Mobil 1		Teenage Mutant	7:00am	Hollyoaks Omnibus	7.00411	All the news from
	Match of the Day	8:05am	Countryfile	0.45mm	BBC Proms Encores:	7.0Jaiii	The Grid.	TT.UUdill	5		Made in Chelsea:		
	Sunday Morning Live	9:00am	European	9:45pm		7.20		11.20	Ninja Turtles	9:20am			the Premier
	Bargain Hunt		Championships 2018	40.00	Schubert Rondo	7:30am	Motorsport	11:30am		40.25	Croatia		League and beyo
•	Songs of Praise	2:15pm	· ·	10:00pm	The Stolen	8:30am	Everybody Loves		Police Interceptors		The Crystal Maze	8:00am	Total Goals
:00pm	BBC News		Best of British		Maharajah: Britain's		Raymond		Police Interceptors		Doctor Dolittle 2	9:00am	Total Goals
:10pm	Weather for the	3:15pm	Wastemen		Indian Royal	8:55am	Everybody Loves	1:20pm	Police Interceptors	1:15pm	Brooklyn Nine-Nine	10:00am	Total Goals
	Week Ahead	4:15pm	Money for Nothing	11:00pm	The Sky at Night		Raymond	2:15pm	Police Interceptors	1:40pm	Brooklyn Nine-Nine	10:30am	Sunday Supplem
:15pm	European	5:00pm	Escape to the		A look at the world	9:25am	Frasier	3:15pm	Police Interceptors	2:10pm	Young Sheldon	12:00pm	Goals on Sunday
. 1	Championships 2018		Country		of astronomy.	9:55am	Frasier	4:15pm	Bad Tenants, Roque	2:40pm	Young Sheldon	1:30pm	Live Renault Sup
:00pm	BBC News		Series which helps	11:30pm	Mission to Mars: A	10:30am	Sunday Brunch		Landlords	3:10pm	The Big Bang Theory		Sunday
:20pm	Regional News		prospective buyers		Horizon Special	1:30pm	The Simpsons	5:15pm	Bad Tenants, Rogue	3:40pm	The Big Bang Theory	4:30pm	Live Renault Sup
	Weather		find their dream	12.30am	The Comet's Tale	2:00pm	The Simpsons	5.15pm	Landlords	4:10pm	The Big Bang Theory	4.Johin	Sunday
:25pm					Flights of Fancy:	2:30pm	Peng Life	6:15pm	Can't Pay? We'll		5 5 5	0.00	,
:30pm	Countryfile		home in the country.	1:30am	5 ,		5	o: i opin	,	4:40pm	The Big Bang Theory	8:00pm	Gary Neville's
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	Championships 2018		Championships 2018		British		Kid: Rodrick Rules	7:05pm	Can't Pay? We'll	5:40pm	The Big Bang Theory	8:30pm	Gary Neville's
	Fake or Fortune	7:30pm	Mortimer and	2:30am	Arena: American Epic	5:00pm	Location, Location,		Take it Away!	6:10pm	The Big Bang Theory		Soccerbox
1:00pm	BBC News		Whitehouse: Gone	3:30am	The Stolen		Location	8:00pm	Cricket on 5	6:40pm	The Big Bang Theory		To be Announce
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1	The latest weather	9:00pm	Dragons' Den		•	7:30pm	Channel 4 News		Caribbean: Dead		Fear the Walking	12:00am	Live Caribbean
	information.		Travels in Trumpland			8:00pm	Flying Across Britain		Man's Chest		Dead		Premier League
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	The Truth About	11:00nm	Lost Boys? What's			9:00pm	Hidden Britain by	1:50am	Criminals Caught on		The Big Bang Theory	3.300111	Games
2.55aiii		11.000	· · ·			5.00pm	Drone	1.500111	Camera		The Big Bang Theory		Relive some of t
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	<i>report.</i> BBC News	2:15am 3:15am	Holby City This is BBC Two			12:15am 1:15am	Fruitvale Station		Built Britain with Chris Tarrant	4:15am	Hollyoaks Omnibus	4:00am 5:00am	Sky Sports News
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Travel Valencia: The old with the new

VALENCIA City sits on the Mediterranean coast and is the capital of the region of the same name.

The city and regional like its neighbour Cataluña has preserved many of its traditions including its own language, Valencian, owning to it once being part of the Kingdom of Aragon.

Despite boasting some of its own quirks the city is in many ways the site of many of the staples of Spanish culture.

Its bullring is now a leading museum and travellers are well advised to try paella which originally hails from the city.

Valencia may be home to much of what characterises Spain's rich and vibrant past, but it is also among the cities in the country that has enthusiastically embraced the future.

Its main river once



OLD AND NEW: Valencia showcases Spain's past and future.

flowed through the city centre. A spate of floods resulted in local authorities deciding to drain it and turn it into a park which now snakes its way through the urban landscape.

The new park offers visitors a chance to walk from one end of the city to the other. At the end lies Valencia's City of Arts and Sciences which is characterised by its cutting edge modern architecture.

Those wishing to stay the evening have the choice of traditional Spanish squares and contemporary haunts visited by the city's burgeoning student population.

Whether you spend a few hours or several days in Valencia you will not fail to see the mixture of old and new side by side.



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10:15am	Animal Park Summer		Winter	8:30pm	What Do Artists Do		Raymond		Can't Pay? We'll	9:30am	Melissa and Joey	7:00am	Good Morning
	Special	7:30am	Animal Park		All Day?	9:30am	Everybody Loves	•	Take it Away!		Baby Daddy		Sports Fans Bitesize
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6:05am	The Jeremy Kyle	7:00am	The Planet's Funniest	3:30am	Teleshopping	4:00am	Teleshopping	9:15am	Air Force One	4:45am	Journey to Oz	12:00pm	One2eleven
	Show		Animals	7:00am	Classic Coronation	7:00am	The Chase	11:30am	Guardians of the	6:30am	Moana: Special	12:30pm	SPFL Greatest
	Good Morning	7:20am	Totally Bonkers		Street	7:50am	Pawn Stars		Galaxy Vol.2	7:00am	Ali and Nino		Games
	Britain		Guinness World	7:25am	Classic Coronation	8:10am	Pawn Stars	2:00pm	Thor: Ragnarok	9:00am	Quackerz	12:45pm	SPFL Greatest
	Lorraine	7.45.000	Records	7.50.000	Street Heartbeat	8:30am	Kojak Owingy M F		Air Force One	10:45am		1.00mm	Games Football's Greatest
	The Jeremy Kyle Show	7:45am	Totally Bonkers Guinness World	7:50am 8:50am	The Royal	9:30am 10:35am	Quincy, M.E. Mindor	6:30pm	Guardians of the		We Go Again: Special	1:00pm 1:30pm	Football's Greatest
	This Morning		Records		Judge Judy		The Sweeney	9:00pm	Galaxy Vol.2 Thor: Ragnarok	11:15am		1.200111	Teams
	Loose Women	8:10am	Dress to Impress		Judge Judy		The Professionals		Domino	1:15pm	Canaries	2:00pm	SPFL Round Up
	ITV Lunchtime News	9:00am	Emmerdale		George and Mildred	1:50pm	Kojak	1:40am	Cyborg 009	3:00pm	Final Score: Behind		Show
2:55pm	Regional News and	9:30am	Coronation Street	11:20am	Inspector Morse	2:55pm	Quincy, M.E.	3:20am	Underworld: Blood		the Scenes	2:15pm	SPFL Greatest
	Weather	9:55am	Coronation Street		Feature-length	4:00pm	Minder		Wars	3:15pm	Kingsman: The		Games
	Judge Rinder	10:25am	The Ellen DeGeneres		drama series	5:00pm	The Sweeney				Golden Circle	2:30pm	MLS Round Up Show
	Dickinson's Real Deal	11.20	Show		featuring Colin	6:05pm	The Professionals	sky	CINEMA.	5:45pm	Quackerz	3:00pm	Championship
	Tipping Point	11:20am	The Bachelorette		Dexter's laconic	7:05pm	Storage Wars Texas		COMEDY	7:15pm	2:22 Kingsman: The	4:00nm	Season Review
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	Weather	2:15pm	Coronation Street	2:40pm	Heartbeat	8:30pm	Pawn Stars		As Good as it Gets		Taron Egerton	ohiii	Teams
			The Ellen DeGeneres	3:40pm	Classic Coronation	9:00pm	River Monsters	10:25am	Miss Congeniality 2: Armed and Fabulous		returns as suave	5:00pm	Football's Greatest
1.000	LLV Evening News	7:4500			clussic coronation				Armed and Fabulous		secret agent Eggsy,	sicopin	Teams
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8:00pm 8:30pm <mark>9:00pm</mark> 10:00pm	Emmerdale 10k Holiday Home Love Your Garden Long Lost Family		Show The Jeremy Kyle Show The Jeremy Kyle	4:15pm 4:45pm	Classic Coronation Street Inspector Morse	11:00pm	Enough	2:15pm 3:45pm	The Dictator American Pie		teaming up with stateside allies to take down ruthless		One2eleven Football Years
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Congratulations and Good Luck Matt

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 sto-

ries like that," he said.

Matt has now hung up his reporter's notepad and pen and is preparing to relocate to the German capital Berlin where he will join a PhD conservation research programme.

He will be working at the Liebniz 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.

in my case with fishes in great working at rivers and fresh water **EWN. I never** would have imagined I would end up editing a the back of Matt's lifenewspaper

long 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.

areas. Those areas are

arguably our most im-

portant natural re-

The PhD comes on

sources," Matt said.

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

TROPICS: Dip-netting in Borneo



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."

LAKE SALDA: Fieldwork in Turkey. "The work I and others will be doing will go on to influ-**66** It's been ence government policy,

Back to nature

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Travel

Monfrague National Park a bastion of Iberian wildlife

by Matt Ford

FROM Imperial Eagles soaring, Egyptian Vultures riding the thermals to Iberian Lynx, otters, badgers and deer - the Monfrague National Park is a haven to hundreds of species.

Declared a Biosphere Reserve by UNESCO in 2003, many millions have been spent to regenerate and preserve the flora and fauna that have made this area such a special place for thousands of years.

The very remoteness of the region has helped preserve the habitat and made it a very special place to visit.

The park is formed within an imaginary triangle formed by the ancient towns of Plasencia, Trujillo and Navalmoral de la Mata, any of which make a good base from which to explore this magnificent natural space.

Man too has long lived here, but always hand-inhand with nature. Called Mons Fragorum by the Romans, little has changed since those days. The rugged terrain and scrubland means it has escaped the worst excesses of the modern world.

The flora is dominated by oak forests, wild olives and Mediterranean trees and shrubs, making it probably the best preserved Mediterranean mountainscape anywhere in the world.

It is the perfect environment for a host of bird species, making it a favourite destination for ornithologists. While much of the park is difficult to access via a series of hiking trails, the most popular bird-watching site is actually right next to the main road that wends its way through the park.

A short drive from Villarreal de San Carlos (the only village in the park) brings you to the spectacular Salto del Gitano, which is a spectacular 300 metre cliff plunging down to the Tagus river.

Handily enough as one of the easiest to reach parts of the Park it is also the best spot to see some of the main attractions - eagles, hawks and in particular Griffon Vultures.

There are few places in Europe where you can see the latter, and it is hard to believe there is anywhere you can get so close to these magnificent, if rather ugly creatures.

No binoculars are needed as they soar almost within touching distance of you



CASTLE REMAINS: An excellent spot to watch the birds.

against the stunning backdrop of the Tagus.

Smaller Egyptian Vultures can be spotted too, as well as the mighty Imperial Eagle and Black Storks.

Above the Salto del Gitano is the remains of a Moorish castle, which is also an excellent spot to watch the birds and take in the breathtaking scenery. Traffic is banned though, so be prepared for a bit of an uphill slog or better still, especially in the scorching summer, time your visit for the free bus that will take you up the hill. Heading back towards Villarreal de San Carlos, by the bridge that spans the reservoir are two drinking fountains, the Fuente de los Tres Caños and the Fuente del Francés. These shady spots are the ideal place for a picnic - for the wildlife as well as human visitors.

When we were there a 'tame' deer wandered straight past the tables and benches in search for any scraps to eat.

On the road to Plasensia, just after you leave the park is an impressive visitor centre. Free to enter it has audio visual displays that show the fauna of the park in close-up.

It also shows the history and traditions of the inhabitants of this wild area, and how prehistoric cave paintings show that people have been at one with nature for thousands of years.

Star gazers too are catered for at Monfrague. It has been protected from light pollution as a dark-sky preserve, making it an excellent place to view the night sky, especially from the park's own observatory.

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 stu-

dio and cut out the middle man. Well, they finally 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

mikesenker@gmail.com



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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 daughterin-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 scarv situation.

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



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, Villajovosa.

HAVE YOUR SAY

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

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

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

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.be cerradas.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 conplain loudly people!

Outraged of Orbeta, Costa Blanca North.

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TIME OUT www.euroweeklynews.co

'OLDEST' CITY: Damascus was once the capital of the Umayyad Islamic Caliphate.

Trivia from around the world

*** Bialowieza Primeval Forest in Poland is Europe's last ancient forest. It covers an area of around 150,000 hectares and is home to 800 European bison.

*** Hun Sen, the Prime Minister of Cambodia, was the youngest head of government in the world when he

took office in 1985 at the age of 32. He is also one of the longest serving leaders of any nation.

*** There is an ice-sheet in Greenland so large that if it melted the world's sea level would rise by seven metres. *** Luanda, the capital city of Angola, is known as the Paris of

DID YOU KNOW?

The cities of Beirut, Byblos, Damascus, Jericho and Luxor have all been continuously inhabited for more than 5,000 years. Damascus, now the capital city of Syria, is believed to be the longest continuously inhabited city in the world. There is evidence of people living at the site of the modern day city for at least 11,000 years and it has benefited from its strategic location.

Women's wit

Human nature is so well disposed towards those who are in interesting situations that a young person who either marries or dies is sure of being kindly spoken of." Jane Austen, writer

Famous quote

The truth is a snare, you cannot have it without being caught. You cannot have the truth in such a way that you catch it but only in such a way that it catches you.' Soren Kierkegaard, philosopher

World of English Prosopagnosia - A brain

Africa due to its apparent cultural

said to be highly sought after and

*** French Polynesia's islands cover

around 4,000,000 square kilometres

which an area as large as Europe.

fetch high prices all over the world.

* Arabian horses bred in Oman are

sophistication.

OVE YOUR CAR 902 123 309

condition, sufferers have the inability to recognise the faces of familiar people. Comes from the Greek prosopon meaning face and agnosia meaning ignorance.



YOUR STARS FOR NEXT 7 DAYS

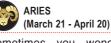


(January 21 - February 19)

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 vou don't agree with the reply, you will feel that you have made a step in the right direction



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



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



(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 vou do.



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?



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.

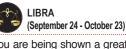
the events midweek bring a new perspective.



Something has come to your attention and, quite frankly, vou don't understand what is going on. It is possible that, if vou 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.



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.



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.

(October 24 - November 22)

By deciding now that you will not rise to the bait on a certain matter vou 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.



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.



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?

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10

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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

Code Breaker

- Italian Embassy's head (7) 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)
- 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)

25

17 Came in anyway for the

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16

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.

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Boggled

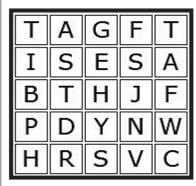
How many English words can you find in the Boggled grid, according to the following rules?

· The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.

Words must contain at least four letters and may include singular and plural or other derived forms.

· No letter may be used more than once within a single word, unless it appears twice.

· No vulgarities or proper nouns are permitted.



TARGET:

• Average: 23 • Very good: 45 • Good: 32 • Excellent: 59

SCORING:

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

LAST WEEK'S SOLUTION

teed teds text else held flex floe floes detect dews dhole weds whole whose lids lido lidos lose loses loser losers shelf slid sloe sloes shod shoe shoes sole soli solid sold hole hols hold holds hose hoses hoser hosers hods hoes hoer hers sweet ilex idle idol idols dole dosh dose doses does doer doers olds resole resold

App of the week

Inner garden

An app designed to help users with mindfulness by giving them a garden full of virtual plants to look at. It is designed to focus users' attention, increase concentration and bring the mind into full bloom with features including 12 peaceful experiences to help practise meditation. It uses a camera to track facial movements.

Nonagram

Hexagram

AFFORD

BIOPSY

CONFER

CUPFUL

DENIES

DISPEI

FI FDGF

HIDDEN

MARAUD

MICRON

MORGUE

PUFFED

PYRITE

SCHOOL

SUFFER

SUNDER

SWEATY

WISDOM

COCOON (10)

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.

Ε Е А D Т L в Y L

TARGET: Average: 10 Good: 13 Verv 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

Kakuro

LOVE YOUR CAR

902 123 309

6

11

16

E

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.

19 Galaxv

		21	4	25	36 X
9	9 11				10
20					
5			5		
7			9 7		
17					
	6				

LAST WEEK'S SOLUTION

The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19

cells. The letters at the edges of

interlocking cells MUST BE THE SAME. The

letters in the words must be written

CLOCKWISE. The word in cell 10

(COCOON) and one letter in four other cells

are given as clues.

LAST WEEK'S SOLUTION

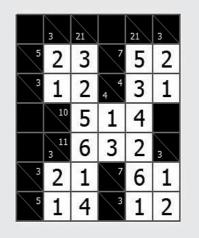
1 Sodden 2 Lichen 3 Dugout 4 Decree

9 Feeble 10 Fickle 11 Extent 12 Bauble

5 Trifle 6 Resort 7 Riffle 8 Rustic

13 Kindle 14 Clutch 15 Garble

16 Recode 17 Target 18 Global



QUICK

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

CODE BREAKER

¹ M	² T	³ V	⁴ X	⁵ H	⁶ Z	⁷ R	⁸ S	° F	10 E	11 	12 N	13 L
¹⁴ Y	¹⁵ C	¹⁶ P	17 W	¹⁸ G	¹⁹ K	²⁰ J	21 Q	²² U	²³ 0	²⁴ D	²⁵ A	²⁶ В

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

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

ENGLISH-SPANISH

Acr

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.

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 Allí.

BOOKS OF THE BIBLE

and wife duo?

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

Down:

18 Use

11 Windbag, 12 Bandit,

13 Avert, 15 Actor, 16 Urge,

- associate Corinthian-Casuals? 3. Founded in 1872, which British daily newspaper ceased publication in October 1960, being absorbed into
- the Daily Mail?
- 4. 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?

5. Released in August 1968, which rock ballad was the first single from the Beatles' record label Apple Records? 6. The novelty song Cinderella Rockefella was a UK number one hit single in 1968 for which Israeli husband

7. What was the name of the character played by comedy performer Ronnie Corbett in the 1980s BBC television sitcom Sorry!? 8. What was the name of the English perjurer who fabricated the 17th century 'Popish Plot', a supposed Catholic

conspiracy to kill King Charles II? 9. Which American journalist, fiction writer and folklorist is best known for his collection of Uncle Remus stories? 10. 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 differen

authors



Answers:

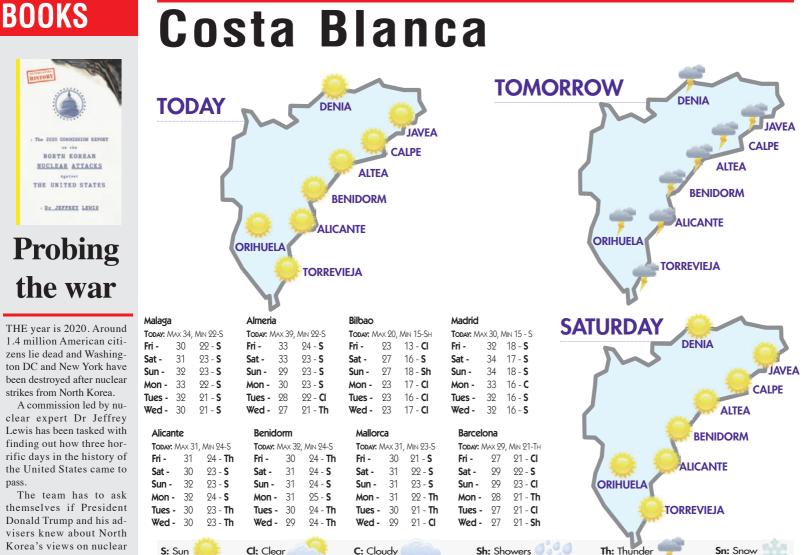
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LAST WEEK'S SOLUTIONS CRYPTIC 1 Recap, 2 Cobbler, 3 Rise, 4 Shrill, 5 All, 6 Essay,

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1.4 million American citizens lie dead and Washington DC and New York have been destroyed after nuclear strikes from North Korea.

clear expert Dr Jeffrey Lewis has been tasked with finding out how three horrific days in the history of the United States came to pass

The team has to ask themselves if President Donald Trump and his advisers knew about North Korea's views on nuclear weapons. Did the United States provoke North Korea with social media posts and military exercises?

Ultimately Dr Lewis and his team need to establish if the nuclear strikes that killed so many civilians and laid waste to American cities were inevitable. Or could Donald Trump and his team have averted the catastrophe? The 2020 Commission Report seeks the answer

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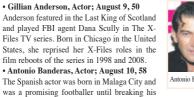
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in theatres and then in cinema and has landed roles in The Mask of Zoro, Desperado and Interview with the

Born Terry Gene Bollea in Augusta, Georgia in the

1977 and v Greatest Gu

Fill the grid so that every row, every column and every 3X3 box

He went on to defeat The Great Muta in the
1993 Heavyweight Champions match and was
inducted into the WWE Hall of Fame in 2003.
• Mark Knopfler, Musician; August 12, 69
Knopfler was the singer, songwriter and lead
guitarist with the rock band Dire Straits which
he formed with his younger brother David in
Born in Glasgow in Scotland, he later went solo
vas ranked 27th in Rolling Stone magazine's 100

United States, the wrestler dropped out of

iniversity in Florida to form the band Ruckus

itarists of All Time

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Sarah Marshall, Bad Moms and Black Swan. Born in Chernivtsi in Ukraine, she began taking acting classes aged nine which is where she met her future manager. • Belinda Peregrin, Singer; August 15, 29

was in her school's production of The Tempest and she

went on to feature in the film Not Another Happy

Kunis became known for playing Jackie Burkhart in the That 70's Show TV series before featuring in Forgetting

• Mila Kunis, Actor; August 14, 35

Peregrin was born in the Spanish capital of Madrid and later moved to Mexico where she landed a role in the Amigos X Siempre aged 10. She went on to pursue a music career and her debut album Belinda sold more than two and a half million copies.

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

> NMOL NWOM NAOM MEAN MEAL DEAL Solution

355 - Rebel ruler

Roman general Claudius Silvanus proclaims himself Emperor in opposition to ruler Constantius II. Silvanus would go on to be hacked to death after being dragged out of a church in Milan. 1099 - Battle fought

Crusaders under the command of Godfrey of Bouillon defeat Al-Afdal Shahanshah's Fatimid forces at the Battle of Ascalon. The engagement is the final bat-

tle of the First Crusade which resulted in the establishment of the Christian Kingdom of

Jerusalem.

1483 - Chapel blessed Pope Sixtus IV consecrates the Sistine Chapel at the Vatican 1675 - Stone laid

Workers lay the foundation stone for the Royal Greenwich Observatory in London

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1792 - King held Parisian protestors storm the Tuileries Palace and arrest French King Louis XVI as part of the country's revolution. He would later be executed after the National Convention found him guilty of high treason.

1888 - Recording debut

A recording of English composer Arthur Sullivan's The Lost Chord is

played at a London press conference introducing the phonograph. The piece is one of the first audio recordings ever made.

1977 - Protestors clash

Around 500 far-right and fascist members of the National Front clash with anti-fascist and anti-racist counter demonstrators in Lewisham. A total of 214 people were arrested in what would become known as the Battle of Lewisham.

DVD

Isle be dogged



IN a dystopian Japan in the near future the new authoritarian mayor of Megasaki City decides there is only one solution to a flu outbreak

among the area's dogs. Kobayashi exiles the city's canine population to Trash Island which has up until now being used as a rubbish and toxic waste dump.

One of those sent there is Spots who belongs to Atari Kobayashi, currently under the mayor's guardianship. Atari sets out to retrieve Spots in director Wes Anderson's Isle of Dogs.

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The Spanish actor was born in Malaga City and was a promising footballer until breaking his foot at the age of 14. He went onto pursue acting first • Hulk Hogan, Wrestler; August 11, 65

• Freya Mavor, Actor; August 13, 25 The Glasgow-born actor modelled before playing Mini McGuiness in the TV series Skins. Her first acting role Word Ladder

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

contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

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Truth or myth?

HEALTH &

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 vou 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.

This shows that changes in meal timing can influence obesity and success of weight loss.

Perk up in the morning

EXCERCISING 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, poultry, 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: pro-



EARLY BIRD: Build your stamina.

tein, 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.



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missina.

WHEN we eat, food goes from the mouth to the stomach through a tube called the oesophagus, which has a small muscle ring on the lower end, acting as a valve. Gastric reflux occurs when the lower oesophageal sphincter (LOS) does not work as it should and allows acid to flow back and burn the lower part of the oesophagus.

"This irritates and inflames the oesophagus, causes a sensation of acidity, and in time may even damage the oesophagus. It is often accompanied by the existence of a hiatal hernia, in other words, the stomach rises to the thoracic cavity in differing degrees, though this is not always the case," says Dr Pedro Bretcha, president of the Sociedad Española de Oncologia Ouirurgica (SEOQ, Spanish Society for Surgical Oncology) and surgical oncology specialist at Hospital Quironsalud. Torrevieia.

Among its multiple symptoms, Dr Blas Flor, Head of the Digestive Surgery Service and surgical oncology specialist at Hospital Quironsalud, Valencia, highlights: pyrosis or heartburn, which is the sensation of retrosternal stinging or burning; regurgitations, which are the reflow

Surgery with benefits

of content from the stomach to the mouth; as well as epigastric abdominal pain, thoracic pain, aphonia, cough with no apparent cause and sleep problems.

"This disease is benign and, in most patients, has no complications, though at times," warns the specialist, "the persistence and intensity of the symptoms may negatively affect the patient's quality of life and interfere with the activities of daily life.

"In fact, chronic reflux may develop a premalignant condition called Barrett's Oesophagus, which in turn evolves into cancer. The vast majority of lower oesophageal cancers originate in chronic reflux.

"Gastro-oesophageal reflux is usually treated in three progressive steps. In the first place, a lifestyle change is considered, with a change in diet and use of over-the-counter

antacids to reduce the frequency and severity of symptoms.

"Weight loss, reduction or elimination of smoking and alcohol consumption, and the modification of eating and sleep habits, can also be helpful," Doctor Bretcha points out.

In case the symptoms persist after these lifestyle changes, it is possible that patients may need pharmacological treatment. Antacids neutralise gastric acids, and overthe-counter medications reduce the amount of gastric acid produced. Both may be effective in resolving the symptoms. Prescribed medications are more effective in healing oesophageal irritation and alleviating the symptoms, though before starting treatment, patients must consult their surgeon.

High effectiveness of laparoscopic surgery:

Laparoscopic surgery is highly

effective in treating gastro-oesophageal reflux, and definitively eliminates the need for medications which, in the long term, cause side effects. As Dr Blas Flor explains:

"The surgery is performed under general anaesthesia, and consists of building a full or partial cuff, using the stomach, around the oesophagus, placing it below the diaphragm. In order to do this, we make small incisions, only millimetres in size, in order to access the abdomen through the laparoscope, which connects to a small video camera to fully view the abdominal cavity.

"Among the advantages of the laparoscopic approach, we can include a reduction in post-operatory pain, minimal scarring and quick reincorporation to work.

"Patients find relief for their symptoms in nine out of 10 cases, and only 15 per cent have a recurrence of the symptoms after five years. To these benefits, we must add suspension of the medication, which has been proven, with continued use over time, to be associated with a greater risk of kidney disorders, dementia and hip fractures," concludes Dr Bretcha.

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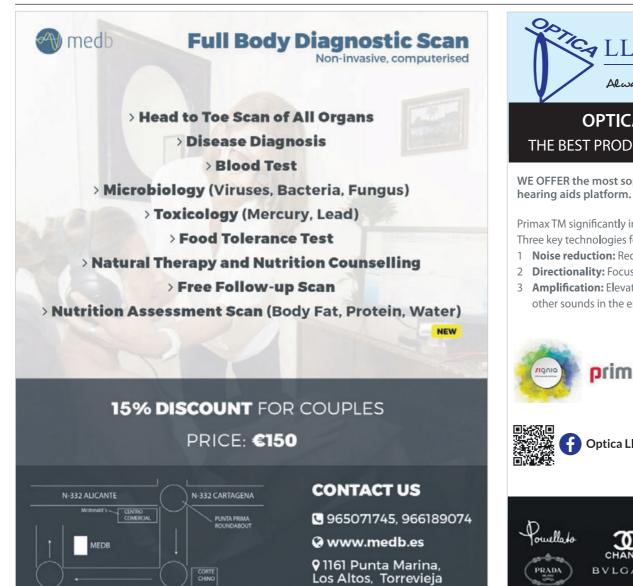
WHEN it comes to looking good and feeling good it is wise to pay attention to the old saying 'have you had your beauty sleep?'

The secret to well-being can involve many factors including keeping fit, eating the right diet and taking care to select the right beauty products.

But according to a recent study, getting a good night's sleep is not an option - it's a must!

A-list stars like Jennifer Lopez and Mariah Carey - renowned for looking years younger than their real age - have long advocated a decent night's sleep as their number one beauty tip and a survey by UK bed company Sealy seems to back them

The study aimed to find out more





VENETA

HEALTH & BEAUTY | www.euroweeklynews.com

t your ty sleep

about the UK's sleeping habits and whether there really is a link between a good night's sleep and an improved physical appearance.

The research revealed that more than half of people (60 per cent) believe that the quality of sleep they get has a positive effect on their physical appearance, with the majority of those who enjoy good quality sleep claiming to have experienced a number of physical benefits including brighter eyes (42 per cent), a better complexion (21 per cent) and clearer skin (20 per cent).

The study also discovered that people who achieve an

average of nine hours and 10 minutes good quality sleep each night are most likely to report the most positive benefits to their physical appearance.

Those questioned rated sleep as the second most important factor in looking good, coming above exercise, fashion, and even make up and grooming, with diet being the only factor they believed had a greater impact on their appear-





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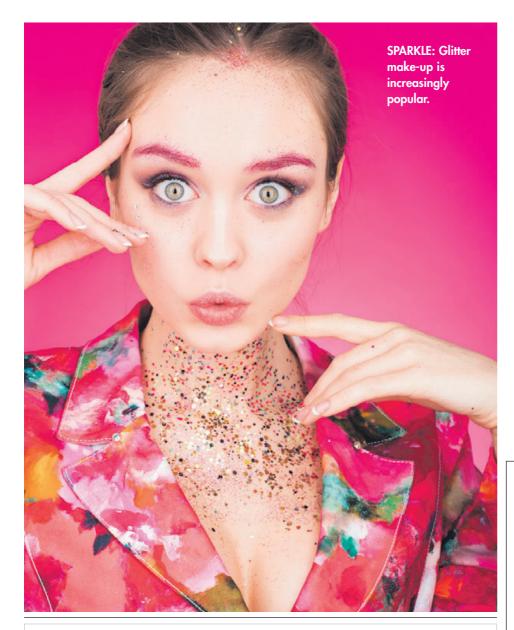
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Love glitter

GLITTER cosmetics are having a massive comeback as fun-loving youngsters look to add a little sparkle to their lives.

Spanish-shot reality show Love Island is partly to thank for the latest trend, together with summer festivals and Spain's party hotspots.

Sales of glitter cosmetics were worth more than \in 337,000 to retailers between June 25 and July 21 in the UK alone, up an impressive 321 per cent compared to the same period last year.

According to data analysts IRI, festival goers, party lovers and fans of the ITV series Love Island, helped boost sales of glitter products by 60,000 so far this year.

Top sellers include face glitter and eye glitter, which accounted for the majority of growth.

However, nail products, the mainstay of glittery cosmetics over recent years, have fallen - down 5 per cent since last year.

"We are seeing something of a revival in glitter from the glam rock days and discos of the 70's and 80's, but with a new twist," said Kaajal Bhatti, Senior Insights Manager, IRI.

She added: "The glitter craze we are seeing this season really kicked off last year when the Love Island contestants had a glitter party.

"Last year's glitter cleavage trend has turned into this year's glitter craze with no body part untouched, including glitter lips, eyes, brows and even tongues!

It seems that viewers are rushing out to copy the sparkly antics of Georgia, Megan and Samira."

Food for thought



CANCER WARNING: Tinned foods can cause cancer.

MANY of the best tasting foods are the worst, because they are artificially constructed flavours and not like those found naturally.

Research has found that eating red or processed meat every day increases the risk of cancer by 22 per cent.

Consuming alcohol may damage DNA, which may lead to cancer. Research has found that the more alcohol you drink, the higher risks for developing certain kinds of cancer which include head and neck, liver, mouth, breast and colorectal cancers.

Alcohol consumption is

thought to be the second leading cause of cancer worldwide after smoking. Eating a lot of red meat

Eating a lot of red meat such as beef, veal or lamb is linked to colorectal, pancreatic and prostate cancer.

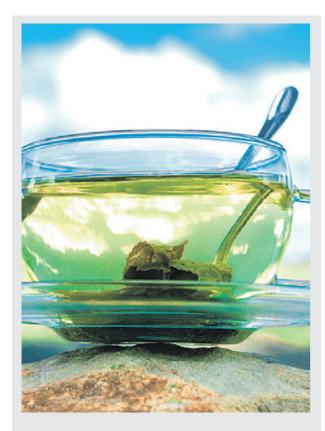
Popcorn is generally a healthy snack, however the most convenient way to cook it makes it extremely unhealthy. Microwave bags are lined with a chemical called perfluorooctanoic acid (PFOA). Studies show that consuming PFOA can cause cancers of the kidney, bladder, liver and pancreas.

Tinned foods are linked to cancer because almost all aluminium cans are lined with cancer-causing bisphenol-A (BPA). High acidity foods, including canned tomatoes, are dangerous to eat out of a can because the acid tends to leech BPA directly into the food at high levels.

Crisps are extremely high in fat and sodium.

They also contain artificial flavours, preservatives and food colours which the body doesn't recognise as food.

Vegetable oil isn't as healthy as it sounds because it is not extracted naturally. The extraction process makes it hydrogenated and potentially carcinogenic.



HAVE A TEA: Most effective cooling down method.

Cup winner

SCIENTISTS say a hot drink will you 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.



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Grey matter

GREY hair comes with maturity and wisdom. However it can happen early in life too.

Hair dyes can cover the grev hair, however they contain harmful elements which can cause hair loss or even affect health.

Luckily, there are natural ingredients which work to reduce or reverse the growth of grev hair and create shades of auburn, red, mahogany, black and blonde

Research shows that genetics is the major cause of grey hair. Other causes include stress, poor nutrition and vitamin intake, as well as continuous lack of sleep.

An onion is a good way of reducing the grev hair. Onions are rich in the antioxidant enzyme catalase, which restores the hair's natural colour.

The phytonutrients in onion, along with vitamin C, folic acid and copper, all help in delaying the greys. Eating onion is a way to colour reverse. Applying onion juice onto the scalp reduces the build-up of hydrogen peroxide and reverses grey hair. It even helps with hair loss and

HOME **REMEDIES:** Use natural products.

of grey hair.

makes the hair grow faster, softer and shinier.

Henna is a natural alterna-

Coconut oil is good for hair when mixed with other herbs conditioning and growth, and works as an anti-dandruff including indigo, coffee or treatment and prevents growth clove it creates various shades. Henna is also condi-

tioning which adds shine. tive to hair dyes. It gives hair Rosemary, as well as a warm red-brown colour and adding flavour into foods,

works as a hair colourant and slows appearance of grey hair. It also revitalises hair, leaving it shiny and soft.

Chamomile tea works with scalp dryness, dandruff and tints hair giving it a golden shade.

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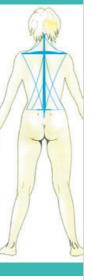
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Advertising Feature

EVEN though they've only been open since June 24 this year, The Plaice in the Corner has already built up a superb reputation as the first and only British restaurant in Alicante City.

Owner Gwyn John, a passionate Welshman, originally came to Spain to retire and play golf and some tennis - but subsequently decided he needed a challenge. He realised there was something missing in Alicante during a visit ... and that is the secret to the rapid success of his business which has seen The Plaice in the Corner receive some fantastic reports from satisfied customers.

"If you are feeling a little homesick for the great fish and chip experience with excellent portions, then look no further. Alicante's newest little gem has arrived all shiny and polished," said one diner.

As well as offering traditional fish and chips, pie and chips, a full English breakfast and a Sunday lunch, this unique venue - located in the square behind the town hall 'in the corner' - also serves a selection of other British and Spanish foods.

In the spacious and comfortable in-



SUPERB REPUTATION: Find them 'in the corner' of the square.

terior, there is seating for 60 people as well as a few tables and chairs on the outside terrace - and plenty of space to hold special events and private parties.

In addition to the extensive menu, there is the usual stock of beers. wines and spirits as well as a range of cocktails ... so be sure to visit The Plaice in the Corner to enjoy their Happy Hour between 7pm and 8.30pm.

The Plaice in the Corner is currently a small but professional team, although there is no doubt whatsoever that if the immediate success of Gwyn's business venture continues

as it's begun, they will surely grow themselves.

A visit to The Plaice in the Corner will prove that this is no ordinary restaurant/fish and chip shop, as their stylish and innovative presentation of their food has been well thought through. When it comes to a refreshing drink, where else would you find 'White Sangria?'

Breakfast is served between 10am and 12.30pm and Sunday lunch is available from 12.30pm to 4.30pm, although booking is

The Plaice in the Corner welcomes everyone to experience something unique, and with its central Alicante location will quickly be the 'plaice' to visit when in town.

> Plaza Fantisima Faz. 3 03002 Alicante Tel: 965 034 239.

advisable for Sunday.

The Plaice

The Plaice in the Corner



Unrisen Queen to play San Javier

BELIEVED by some to be the most authentic of the Queen tribute bands in Europe, Unrisen Queen will appear in San Javier on Friday, August 31, as part of their Temptation Tour 2018.

Formed in Spain and first performing in Murcia in 2010, the band aren't lookalikes but are a collection of professional musicians who offer their own interpretation of classic numbers by the legendary band.

Their last visit to the town in 2017 saw an audience of 1,600 attend the gig and it is estimated that some 1,100 ticket buyers were British.

Tickets for the event at the Parque Almansa Auditorium starting at 10pm $\cos t \in 12$ in advance or $\in 15$ at the door.

So popular is the band that it has been chosen in the past to headline the Freddie Mercury Memorial Day in Montreux, Switzerland, on two occasions, receiving



UNRISEN QUEEN: By the Freddie Mercury statue in Montreux.

considerable praise for the quality of their performance.

In 2015, the band performed a concert with the Symphonic Orchestra of Murcia which was seen by more than 20,000 people thanks to the online streaming.

For this concert, Unrisen Queen will be presenting a completely new show which will consist of popular Queen numbers, alongside some of the songs which will be released on their next album.

This promises to be a very exciting show and tickets can be obtained from the Oficina de Festivales of San Javier or online from Ticketmaster or Fnac, although there may be booking fees online.

If you can't make this gig, there will be further appearances from Unrisen Queen in Valencia and Rojales later this year.



and dessert or coffee. Complimentary glass of wine, 8,95 small beer or soft drink.

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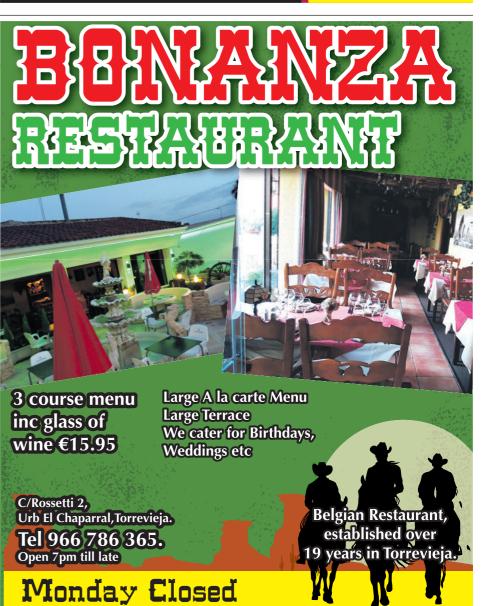
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76 EWN 9 - 15 August 2018



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 be-

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 fourparts: one this week and the rest over the



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, eves 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 contnue 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).



Enjoy a show in San Fulgencio

ALTHOUGH a lot of community activity stops during the height of summer, the New Cardenal Belluga Theatre Group is taking this opportunity to rehearse their next show.

This will be a variety show full of dancing, singing and comedy entitled 'It's Showtime' and promises to be a show performed by, and for, all ages.

Totally Dance from Benijofar are performing and dancing to much loved numbers from *The Greatest Showman* whilst youngsters of various ages will also be appearing presenting a number from *Oliver* which everyone in the audience will recognise.

Although the accompanying picture shows a group of ladies, the theatre actually boasts a number of first-rate male singers and they are sure to give the ladies 'a run for their money.'

Tickets are now on sale costing \in 7 and



IT'S SHOWTIME: Some of the ladies involved with the theatre group.

Music by the

sea - free for all

are available from the Post and Card Shop in Benijofar, the Urb La Marina, tourist office and council office, as well as Cards and More in the area of Lara Cars.

Alternatively, you can call Linda on *966 712 089* to make sure of your reserva-

tion for the show which takes place on September 19, 20 and 21 at the New Cardenal Belluga Theatre Calle Rojales, 14, 03177 San Fulgencio,

Enjoy one of the three evenings and help raise funds for local charities.

Bring your pet to the party

FOR those who love their pets, the first Festival of Families and Pets will be taking place in Mazarron tomorrow (Friday), Saturday and Sunday.

The concept behind the festival is to bring humans and their pets together as a single family which relies on each part to produce a whole.

Apart from simply having fun, one of the main aims of the event is to educate the owners to appreciate their animal friends and treat them well, but also to ensure that they cause no offence or problems to other people.

There is a complete range of activities during the three days including music, food trucks, agility shows, competitions and stalls offering animal products for sale.

Appropriately it all takes place in the port at the Playa Canina, Mazarron and is open from 7pm to 1am each day. ORIHUELA Council has, for the first time, launched a festival of music by the sea with different entertainment every Saturday night for the rest of August.

This Saturday will see a performance by up and coming Belgian pianist Toby Jacobs, which starts at 11 pm at the Avenida de las Adelfas (Urb Campoamor), in the green zone next to the marina.

The programme will continue on the following Saturday, August 18, with the appearance of the group Kassia who will perform great songs from the 80's and 90's. This concert, which is part of their Spanish tour, will also start at 11pm but on the Avenida de la Playa/Paseo del Mar (Urb La Zenia).

Finally, the month of music will be brought to an end with the last concert on Saturday, August 25,



KASSIA: Ready to rock Orihuela.

with a tribute to ABBA by ABBA Revival. You can 'take a chance' on them at 11pm in the Calle de las Orquideas, on the esplanade of Playa Flamenca. The council hopes that residents and visitors will appreciate and enjoy this initiative which offers a wide range of free music to suit all tastes.

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Disney hotels are a child's dream

BAHIA PRINCIPE HOTELS AND RESORTS, a leading all-inclusive resort chain with properties in Spain, the Caribbean and Mexico, is preparing to debut its newest property - Fantasia Bahia Principe Tenerife.

Nearly two years after the opening of the successful Luxury Bahia Principe Fantasia in Punta Cana, in the Dominican Republic, the property will be the second Fantasia-class hotel, both offering a Disney-like setting.

Fantasia Bahia Principe is a familyfriendly concept which boasts a range of accommodation, activities and dining options, catering to guests of all ages.

The Tenerife hotel will have 370 rooms, four restaurants, six bars and will maintain the company's leading standards in multi-generational vacations.

A massive fairytale castle will be its centre point (as with the Punta Cana), and the hotel will be home to spectacular nightly light shows including a video mapping story of Tenerife, its characteristics and history



DISNEY WORLD: Children will love the fairytale-inspired architecture.

Children can enjoy a variety of facilities including two large swim-

ming pools, waterparks, children's clubs and even spas just for children.

The teens' club, known as 'The Loft,' is equipped with a gym, cine-

ma, dance floor with DJ, video consoles and a billiard table.

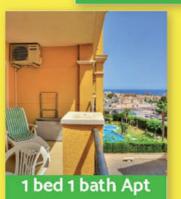


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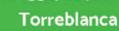


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Credit: La Donaira/Facebook

A secluded Spanish sanctuary

MOST people find out about La Donaire hotel, tucked away in the mountains of Andalucia, by word of mouth.

This old Spanish cortijo (farmhouse) holds just nine bedrooms, a few yurts, a sybaritic spa and two spring-water-fed pools.

It has been operating for the past two years as an eco-friendly farm with rooms, part of a growing trend of boutique agroturismos.

This is a form of agricultural hospitality which celebrates farm-to-table food, a laid-back atmosphere and, above all, authenticity.

It is popular in places such as such as rural Italy and Ibiza, but it is the first hospitality experience of its kind in Andalucia.

La Donaire is located in the middle of the dramatic Sierra de Grazalema Natural Park, framed by craggy-faced mountains and undulating green farmlands.

A rustic feel pervades across the house, with worn brown leather seats, wreathes of dried flowers, trough-like sinks and beamed ceilings.

Four-poster beds sit next to Maria Vargas paintings and copper bathtubs, and a 70's theme pervades the living room with low sofas, shaggy rugs and chrome lamps.

However, the real highlights of the property are the huge picture windows with stunning views, reminding guests exactly where they are.

La Donaire's biodynamic farm runs a 'soil school,' teaching local farmers better practices through workshops by experts in permaculture.

All the food provided is either grown on the farm or sourced from a local producer, and it is

d e l i cious. The fact that all visitors come away from La Donaire singing its praises means that its 'heard-

it-through-the-grapevine' nature could soon be a thing of the past.

RURAL IDYLL: The views from the property are breathtaking.

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LUXURY LIVING: San Sebastian now boasts one of the group's stylish hotels.

Room Mate hotels expand empire

SPAIN-BASED Room Mate hotels is on track to double its portfolio from 1,522 guestrooms to more than 3,052 by 2019.

The hotel chain has already branched out to several new destinations recently, including San Sebastian, Rome, Paris, Mallorca and Lisbon.

Room Mate's latest addition is the Bruno in Rotterdam, which is the company's first property in the Netherlands.

The Bruno enjoys a very central location, near the new courthouse, railway station, and Dam square.

Room Mate hotels converted a 19th century spice warehouse in the city's port into the 217-

room hotel, which also shares the space with the market Foodhallen.

Italian architect Teresa Sapey designed the property and said:

"We have kept the building's naval identity, but we also wanted to take Spain's sun, flavour and colour to northern Europe."

The group also recently added the new Room Mate Gorka in Spain to its portfolio.

The hotel is located in Plaza Guipuzcoa, San Sebastian, near to the beach of La Concha.

In 2018 the Room Mate Group brand was formed, combining the hotel division, tourist apartments and the consultancy X-Perience.



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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 maximum 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 TerraCottem 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 severalhundred 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



SOOTHING: The sound of water in a garden.

and flowering being reduced, except for true tropical and semitropical 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

LESS WATER IN YOUR GARDEN

DICK HANDSCOMBE

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 terraces 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.



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Hydrate your garden

WITH the arrival in the hot summer months of temperatures of up to 40 Celcius, keeping your garden maintained is extremely difficult.

Here are some tips on how to keep your garden hydrated, even in the hottest summer months.

Container gardens and potted plants will suffer most during the heat. Potted plants in direct sunlight may need to be watered twice a day.

However here are some tips on how to deal with it

without having worry about gardening every day: Use plant trays placed in saucer trays filled with water, so the plants soak the water in from the bottom.

Moving plants to shady areas during the heat will prevent them from drying out too quickly.

Putting potted plants in areas near sprinklers so no watering is required is a good option.

Drip-irrigation is also an idea for plotted plants these systems ensure plants get watered constantly. If you have a vegetable garden it is important to water it consistently. Inconsistent watering can cause vegetables like root crops and tomatoes to crack, and leafy crops to bolt.

When vegetable plants are dehydrated, the stress can cause the plant to stop flowering or even drop its fruits and flowers.

Sprinklers set on timers are the best option to maintain your vegetable garden with little maintenance needed.

Design a home

DECORATING a house can be difficult, but here are some tips on how to do it.

Establishing a colour scheme is the first step. Orange and blue, purple and pink, yellow and lime green or grey, complemented by any colour, are good combinations. Painting the walls different colours - eg, a dark orange and a light orange will make the room look brighter and bigger.

Another way to warm a room up is with mirrors. A pattern of mirrors will make it look personal and enlarge the space.

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TAKE special care of your dog in hot summer months - dogs have inefficient cooling systems compared to humans. The sweat glands are in the tongue and paw pads, the primary method of sweating being the obvious one of panting

If a muzzle or a respiratory blockage interferes with this ability to pant, a dog may overheat quickly. Obese dogs suffer most. Never exercise a dog in the heat of the day and keep its weight under control. Make sure there is plenty of shade and water

Temperatures of more than 40°C can result in rapid panting, bright red gums, tongue and other mucus membranes, vomiting, watery and bloody diarrhoea and staggering. Thick saliva is also a sign of an impending heat stroke. If a dog is not treated immediately it is possible that coma, respiratory collapse and death can result.

If there are signs of heat stroke, cool the dog off by submerging it in tepid water before taking it to a vet. Flap a towel to fan the dog and allow gradual cooling.

Cooling a dog that is in shock too fast with cold water can cause further problems,

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WARNING SIGNS: Dogs can overheat quickly.

even hypothermia. Certainly do not use ice water for this could result in a narrowing of the arteries to the skin, meaning the dog will retain the heat longer.

Do not leave dogs in cars even with the windows down, and do not allow them to travel with their heads out of the car windows. If you see a dog in an unattended car in hot weather for more than five minutes call the police. Keep water in the boot of the car and out of the sun, dogs do not like warm or hot water.

Hot pavements, tarmac and sand on a beach can burn paws. Jogging with your

dog running behind is also unwise, as is making your dog run behind a car.

The dangers of sunstroke

Remember young or small dogs take 10 steps to our one and young dogs need most of their energy for growing.

Don't clip long-haired dogs too short otherwise there is the danger of the skin being sun burnt, their coats are for protection against cold weather and the sun.

It is not natural for dogs that have been bred for cold climates, such as Huskies and Ankitas, to be taken to warm climates for then behavioural and health problems will occur.

Brexistential crisis?

THE claim: If Brexit negotiations fail it will make it harder to travel with pets from the UK to the EU. Reality check verdict: If there is no deal then it will indeed be harder to take pets to the EU. The pet passport scheme includes countries that are not EU members, but a deal would need to be done.

EU negotiator Michel Barnier has warned French newspaper Le Journal du Dimanche of some of the consequences of the UK leaving the EU without a deal.

Among those, he spoke about 'the ability ... of dogs and cats to cross the Channel.'

At the moment you can take your pet dog, cat, or indeed ferret, from the UK to the EU and back again without quarantine provided that certain conditions are met, such as having a pet passport and your pet being microchipped.

Pet passports are issued by EU countries and a short list of other countries such as Greenland, Iceland and Switzerland.

The UK could be added to this list, but clearly agreements would be needed to make that happen - it would not be automatic. At 11pm on March 29, 2019, the United Kingdom will officially leave the European Union or at least it will begin a 21month transition period aimed at smoothing the way toward post-Brexit relations. But for worried observers of the process that was set into motion on June 23, 2016, when the leave vote was narrowly victorious in a referendum, the process has been anything but smooth until now.

I will keep you informed ...

It's our fun, summer competition!

JOIN us in our fun, summer competition to find the funniest pet photo. Every year at Hous eSitMatch.com we invite our followers and members (you don't have to be a member to join in!) to send us their funny photos of amusing pets.



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FUNNY PHOTOS: Capture your amusing pets on camera.

ing 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, even weekends.

"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 wel-

am even getting adept at using an Aga!! I would recommend this company, it is like being part of a family." Liz Edge.

comed me into their homes. I

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are soon on to them. "The new website was caus-

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Kept at arm's length

Cassandra Nash

A weekly look - and not entirely impartial reaction to the Spanish political scene

IT was a good-looking, low-key, high-impact gesture when the former president of the Spanish government, Mariano Rajoy, packed his bags after the vote of no confidence.

As a high-ranking civil servant, the post of Property Registrar in Santa Pola (Alicante) had been kept open for him for 28 years and was his to return to whenever he wished.

"I've come to Santa Pola to stay," he said in June, but less than two months later he announced a transfer to the Property Register in Madrid's Paseo de la Castellana, a stone's throw from the Partido Popular's party headquarters in Calle Genova.

Earlier the PP's new leader Pablo Casado drew attention to Rajoy's Santa Pola connection and commented that his wife's family always spent the summer there. No doubt he would prefer his former boss to spend the entire year there, reassuringly distant



END OF AN ERA: Ex-prime minister Mariano Rajoy congratulates Pablo Casado on his appointment as Partido Popular leader.

from Calle Genova. After all, Casado is an Aznar man.

Mr Bumble gets it right

THE Manada - the five men convicted of gang-raping an 18-year-old girl - are still free while appealing their sentences for what a Pamplona court classed as 'sexual abuse.'

Meanwhile, Juana Rivas risks five

years in jail and loss of custody rights over her children for six years because she tried to snatch her children from her abusive Italian husband and return to Spain.

The law is the law, the judges say, and must be obeyed to the letter regardless of sentiments. All of which brings to mind - to an English-speaker at least - Mr Bumble.

Remember what he said in Oliver Twist? 'If the law supposes that, the law is an ass - an idiot.' And before I get done for contempt of court, 'it was Dickens wot said it, not me, m'lud.'

Biding her time

SORAYA SAENZ DE SANTA-MARIA, the former vice-president and Rajoy's right hand woman, has just suffered the biggest setback of her political life.

She lost the Partido Popular primaries to Pablo Casado and now has the indignity of seeing her eternal rival, Dolores de Cospedal - who was knocked out in the first round - in a more promising position than her own. But although she has never before been so publicly tested or rejected, Saenz de Santamaria is tough enough to survive and revive, not least because Casado still has the little matter of his curiously-acquired Master's Degree in Autonomic Law to explain away.

In the meantime, the ex-vice president has declared, "I shall, as always, be loyal," which is never a good sign.

Loyalty should be a given, not a promise.

Nice little earner

CARMEN CALVO, vice-president and also Minister for Equality, would like to see the Spanish Constitution written so that it is 'bi-gender.'

This has nothing to do with sexual orientation but is a newspeak way of banishing the old grammatical preference for masculine plurals. So niños can include a niña or two, and likewise female ministers can be lurking amongst the males referred to in ministros.

It's been pointed out that this might be unfair and belittling but doctoring the constitution as Calvo wants - niñas y niños and ministras y ministros each time - will make for grim and clumsy reading, while depriving the 1978 document of most of its literary punch.

The formula is already peppering politicians' speeches and is noticeable in the written media, but possibly this is one instance where it's welcome - by the hacks who get paid by the word.

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EWN Media Group we lead others follow

Ports of call

FROM crystal clear rivers to stunning rocky outcrops, the little-known Serra del Ports is a haven for those wishing to get off the beaten track.

Located close to the River Ebro delta, the massif offers a dramatic, rugged landscape which covers around 60,000 hectares of the Cataluña, Valencia and Aragon regions.

The rivers Senia and Matarranya rise in the mountains and have carved out spectacular limestone formations, with impressive cave and pothole systems and plenty of hidden pools where you can take a dip.

There is also a range of signposted hiking and cycling trails covering all types of ground, from ravines to streams, thick forest or high plains.

Wildlife includes Spanish



ibex, wild boar, roe deer, badger, fox, wildcat, squirrel, and otter, plus numerous bird species including eagles and an important griffon vulture colony, while there are over 1,000 species of flora and other vegetation.

The main access routes

are at Horta de Sant Joan, where there is a small museum and information centre, Roquetes, and La Senia.

Accommodation, including camping, can be found around the villages of Valderrobres, Beceite and Arnes in addition to those mentioned above.

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ROUNDABOUT CHARITY SHOP. We are now into summer and very soon we will be feeling the heat! It is time therefore for another visit to the shop where you might find a bargain or two. Choose from the clothing selection, jewellery, household goods, books or bric-a-brac. There is usually something there for everyone - but not always. Charitable donations have recently been made to The Alzheimers Centre, Cancer Research and The Amigos Ambulance Service. We still need your help with donations etc. Please keep them coming in! We are situated on Avenida Del Furs close to the Fountain Roundabout and immediate left by Don Colchon bed shop. (93325)

THE ROYAL NAVAL ASSO-CIATION, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

THE ROYAL BRITISH LE-GION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website www.orihuela costarbl.co.uk (95457)

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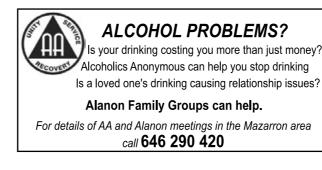
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THE ROYAL BRITISH LE-GION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email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

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ROYAL MARINES ASSOCIA-TION (Costa Blanca) The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

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

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

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

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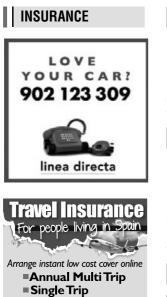
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MOTORING FACT

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 fiveseater, 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.

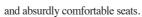


BEAST MODE: The Touareg combines power with style.

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



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.



A licence to sell

THE '2 GTO' licence plate could potentially be the most expensive ever to be sold in the UK. The regis-

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 $\in 225,000$ to $\in 337,000$, however it may fetch much more.

Now retired, the owner prefers to remain anonymous but admits that the coveted plate has previously been used on ordinary, run of the mill cars.

MOTORING

www.euroweeklynews.com

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 $\in 58$ 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.

ROAD TEST by Nick Fletcher

HONDA'S Civic hatchback has a been a strong seller over the years and the latest version, with a lighter chassis and a more sporty look is likely to attract a lot of new buyers to the brand.

Honda says the new Civic - lower, longer and



wider than its predecessor - has been 're-imagined,' delivering a more engaging driving position, upgraded technology, a more

spacious cabin and introducing two new turbopetrol engines, alongside a diesel unit.

Honda Civic Sport Plus

 $(\pounds 18,895)$ and there are

My test model was the mid-range Sport Plus with a 180 hp turbo-petrol engine and six-speed manual gearbox. With extra equipment, this version costs €28,970 (£25,820).

Features include sunroof, wireless charging, front seats and cross-traffic monitor, in addition to the extensive kit on the standard versions which dual-zone climate control, nav, front and rear parking sensors and reversing camera, and connectivity including Apple CarPlay and Android Auto.

The 1.5-litre engine is smooth and responsive. with a quick 0-100 kph time of just 8.3 seconds, a top speed of 220 kph (137 mph) and fuel economy of 17.2 kpl (48.7 mpg). Emissions are 133 g/km.

The Civic is well-mannered, with good ride quality and crisp handling, aided by its adaptive damper system and Agile Handling Assist function which finetunes the responses and gives reassuring grip and balance.

The exterior has eyecatching sporty styling. with a low nose, sharp lines, discreet side-skirts and centrally-mounted twin exhausts, yet it is a car that doesn't compromise when it comes to everyday practicality.

The redesigned cabin offers more occupant space and headroom in the rear is good even for taller passengers.

A wide tailgate gives good access to a large 420 litre boot, expandable to 770 litres by folding the rear seats.

One Civic quirk has been retained - the rear screen still has a dividing bar, though it has been slimmed down to the point where it doesn't significantly impede the view.

Civic competes in a tough sector which includes rivals such as the Ford Focus, Vauxhall Astra and Volkswagen Golf but in my view Honda need not be concerned.

The new Civic is going to widen the appeal of this well-established model. Its potent styling and eager driving feel should attract younger more image-conscious buyers, and its practicality and the brand's near legendary dependability should retain the more traditional Honda enthusiasts.

Prices start at €21.200

three main trim levels -Sport, Sport Plus and Prestige.

adaptive dampers, heated includes alloy wheels, auto lights and wipers, sattration plate could end up on a Ferrari 250 GTO, the most expensive car ever sold. Once licensed to an

Harley Davidson 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 company 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 is set to 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.

US President Donald Trump recently criticised the company over their plans to move production abroad to avoid newly imposed European Union tariffs.

Sales in the US have fallen by around 8.7 per cent in the first six months of this year. They fell in Canada by 4.9 per cent during the same period.

The company also faces the ageing of their traditional customers.

The Motorcycle Industry Council said the average age of American motorcycle owners has gone up from 32 to 47 since 1990. Around 46 per cent of riders are over 50

and about 10 per cent are aged 30-34.



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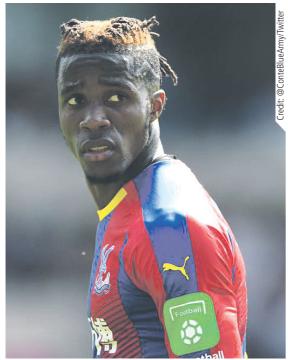
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Transfer rumours Who is in, who is out, and who is most wanted in England and Spain?

Chelsea are favourites to sign €84 million rated Crystal Palace and Ivory Coast winger Wilfred Zaha, after Tottenham pulled out. (Mirror)



WANTED WILFRED: The winger could be the subject of a hefty bid from Chelsea.

Everton have reached an agreement to sign Colombia defender Yerry Mina, 23, for €32 million, on a fiveyear deal. (GOAL)

Manchester United midfielder Paul Pogba is in negotiations with the club in the wake of keen interest from Barcelona and Juventus. (Daily Mail)

Chelsea keeper Thibaut Courtois, 26, has been heavily linked with Real Madrid and has told manager Maurizio Sarri that he wants to leave the club. (ESPN)

Tottenham manager Mauricio Pochettino is interested in Celta Vigo midfielder Stanislav Lobotka, who has a € 35 million release clause in his contract. (Mirror)

Manchester United are closing in on a €67 million deal to sign Tottenham's Belgium defender Toby Alderweireld, 29. (Metro)

Ravo Vallecano are in talks to sign former Newcastle midfielder Hatem Ben Arfa, 31, on a free transfer. (Sun)

Real Madrid have been told to pay the $\in 120$ million release clause if they want to sign Valencia and Spain forward Rodrigo, 27. (BBC)

Manchester United are preparing a bid for Leicester centre-back Harry Maguire, 25, and know they will have to pay a world record fee for the England international. (Sky Sports)

Arsenal boss Unai Emery is plotting a € 28 million move for Besiktas' Croatian defender Domagoj Vida, 29. (Sun)



England bowl India over

ENGLAND'S cricket team held their nerve to complete a tense 31 run victory over India on an enthralling fourth morning of the first Test at Edgbaston.

India - resuming on 110-5 in pursuit of 194 - were bowled out for 162 as tension mounted among an increasingly raucous crowd.

In only his second Test, Sam Curran's performance stood out, with his bowling on the second day and batting on the third dragging England back into the game and setting the

Ramos gets extra holiday

REAL MADRID'S galaxy of stars are annoved at the special treatment club captain Sergio Ramos has received this summer, according to Spanish sources.

Fellow Spain teammates Isco, Marco Asensio, Lucas Vazquez and Nacho returned from their holidays on July 25 and 26, with Dani Carvajal back by July 29.

Ramos however, has been holidaying with fiancée Pilar Rubio and did not return until the day after the pre-season friendly against Manchester United.

It is believed this has irritated the other players who were on international duty, who feel the captain should be leading by example, not swanning in at a time of his own choosing.

There is a different look to Los Blancos this season with Cristiano Ronaldo sold to Juventus and Julen Lopetegui replacing Zinedine Zidane.

Real Madrid's first competitive match is against Atletico Madrid on August 15 in the UEFA Super Cup final.

stage for a thrilling finish.

James Anderson removed Dinesh Karthik with the sixth ball of the final day before Ben Stokes produced a superb over to dismiss captain Virat Kohli for 51 and Mohammed Shami for a duck

The all-rounder sealed victory by having Hardik Panya caught at first slip to finish with 4-40.

Stokes bowled with aggression and shrewdness but will miss the second test at Lord's due to his court case for alleged affray.

While India came up short, their performance was a far cry from their dismal tour four years ago and bodes well for the remainder of what promises to be a hotly contested five-Test series

England captain Joe Root said:

"It was a fantastic team performance with ups and downs, but credit has to go to the bowlers from both teams."

India captain Virat Kohli said his first century in England "does not matter" after his side's narrow defeat.

Peaty makes waves again

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

23-year-old The 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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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."

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

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

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

could be put down to the heat, which

made it difficult for both sides to sustain

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.

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 sevenminute spell around the halftime break earned the Dutch a commanding victory.

Minnows Ireland had won a raft of new fans on their unlikely road to the final, but had no answer to their opponents' intensity and class.

Their reward for reaching

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

The Dutch extended their unbeaten run in all competitions to 32 matches, and Kitty van Male finished as the tournament's top scorer.

Hall claims Women's Open

ENGLAND'S Georgia Hall hopes she can encourage more young girls to take up golf after winning the Women's British Open at Royal Lytham & St Annes.

The 22-year-old is only the third British winner since the event became a major championship in 2001.

Hall, who won by two shots at 17 under par, also hopes to help attract new sponsors to the Ladies Euro-

pean Tour. "I want to be a good role model for young girls in Britain and hopefully I can encourage a lot of them to take up the game," she said.

> Victory meant the 2013 British ladies' amateur champion emulated compatriot Karen Stupples and Scot Catriona Matthew, the other two British winners since this event became a major.

It also secured the Bournemouth-based golfer a €429,000 prize.

Credit: georgiahall96/Twitter TROPHY GIRL: Georgia Hall celebrates a wonderful Open victory.

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