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'State of shock Expats held in heist probe

By Tara Rippin

TEN expatriates have been held after a balaclava-clad, knife- wielding gang stormed into the Mallorcan home of two sisters in their 80's.

After a lengthy investigation, officers involved in 'operation castle wing' uncovered a well-organised gang of criminals responsible for the theft and disposal of €50,000 concealed in a safe at the annex connected to the Es Verger restaurant in

A police spokesperson confirmed three men wearing balaclavas broke down the door before threatening and intimidating the elderly victims, owners of the business.

The gang, aged between 21 and 29, and of Polish, German and Maghrebi origin and living in the Arenal area of Palma and Inca. were found to have orchestrated and carried out the raid in Mav

The subsequent arrests





were carried out over an almost eight-week period.

Although the elderly victims suffered minor injuries, they were extremely shaken up and cared for by health services after the raid.

The spokesperson added: "This was because of the state of shock caused by the violence of the event and the

See us on

page 25

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situation of superiority held by the offenders."

Along with the raiders, two further accomplices allegedly carried out surveillance work abroad to dispose of the cash and arrange an escape vehicle, while another four are believed to be responsible for 'receiving and concealing.' "The

Guardia Civil has made arrests for the crimes of cover up and reception, and helping the offenders to divert some of the money through transfers to Morocco via money transfer companies," added the spokesperson.

"They acted under a preconceived plan and had detailed information about the

BREAK IN: 12 suspects have been held.

objective that made the investigators suspect the existence of a person linked to, or who could be, the restaurant which the victims ran."

This triggered the arrest of a cooperator, who is said to have provided information leading to the leader of the gang. Various precautions were used to avoid detection, including using three different telephone lines within a two- month period.

The investigation has revealed large amounts of money had been spent on leisure, clothing and games, and more than €11,000 at a roulette table in Palma in a single night.



Wondering how to save on your overseas money transfers?

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NEWS EXTRA

Rolling in the isle

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

Rock shock

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

Total boob

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

By Matt Ford

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

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

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

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

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

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

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

Tat row goes on



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

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

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

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

"There was a group of Irish lads there as well and Tomek. He isn't homeless he lives with my friend and works on the strip.

"I got drunk and was asked to leave the bar. I was never in the tattoo parlour and as far as I know he was not paid money."

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

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

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

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

Holidaymaker Paul, a 35year-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.





Legless in **Palma**

THREE tourists have been arrested for throwing a table over the balcony of a fourth floor hotel room in Playa de Palma, Mallorca, hitting a car below. The Dutch men, all 21, were said to be 'highly drunk' when police arrived after the s'Arenal hotel receptionist called the police.

Fine promise

THE regional government has pledged to crack down on an estimated 2,700 yachts being illegally let out in Mallorca and the Balearic Islands. Council employees will scour internet sites for boat rentals and will hand out fines of between €500 and €10,000 to unregistered boats advertised for rent.

All bagged up

PLASTIC bags are being sacked from Mercadona's 49 stores in the Balearic Islands, in favour of paper or recycled alternatives. Customers will be asked to pay 10 cents for the environmentally friendly options. The aim is to implement the substitution across all of the stores throughout Spain by the end of next year.

Pipe 'playas' up

A DAMAGED pipeline which caused the discharge of sewage and the subsequent closure of Cuidad Jardin beach for a week has been fixed. The municipal water and sewerage company of Palma carried out the work yesterday (Wednesday) and has reassured beachgoers it will continue to monitor water quality.

Skull found

A HUMAN skull has been found on a beach in Cabera, Mallorca. Police recovered the gruesome find which will now be examined by a forensic expert to determine the age of the skull, if any violence occurred and whether the deceased was a man or a woman. A court in Palma has opened pro-

Spray support

GRAFFITI in support of Ryanair's cabin crew strikes has been sprayed across the € 10 million mansion owned by the airline's president Michael O'Leary. 'Solidarity with Ryanair workers' and 'you are not welcome' has been painted on a wall of the luxury property in Sant Juame street in Palma.



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

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."

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Not welcome here

MALLORCA has declared Italy's interior minister Matteo Salvini a 'persona non grata' over his anti-immigrant stance.

The motion, which makes it clear the far-right minister is not welcome on the island, was presented by leftwing Podemos, the Balearic Islands' branch of the Socialist party (PSIB) and the Mes Per Mallorca coalition.

And it has been approved by island

Salvini has come under fire for his continued attacks against sea-rescue charities, which he said "fear losing business."

The vessel Aquarius was forced to divert to Spain with more than 600 migrants in June after Salvini blocked its entry to dock in Sicily.

Open Arms, a ship operated by the Spanish charity Proactiva, has also brought migrants to Spain after Italy refused entry into port.

Driving forward

A NEW natural gas station in Coll d'en Rabassa will be up and running within the next few months.

Mercapalma is confident that from early next year, the establised facility will be offering its own and natural gas for cars, as well as catering for freight vehicles.

A public company spokesperson said: "It will be a reality in a few months and will respond to the demands of users of this agro-food in-

Electric vehicles can already be charged at the 1,000 sq metre site.

The Mercapalma board of directors recently approved the €37,000 installation of photovoltaic panels on the office building for self-consumption as part of its environmentally friendly drive.

Palma City councillor Antonia Martín, said the new gas station "responds to the council's policy of promoting sustainable mobility and reducing emissions."

Do you have news for us?

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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.

George

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

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

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

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

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

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

20th century without penicillin.

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

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

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

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

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

Orwell later moved to the Scottish island of Jura, where he completed Nineteen Eighty-Four as his tu-

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

POLL OF THE WEEK

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

LAST WEEK'S POLL:

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

Yes 84%

No 16%

EWN online this week 173,024 Page views





EVACUATION: After mobile phone fire.

7,372

Emergency evacuation of Ryanair flight in Spain after mobile phone fire

6,586

It's a heatwave: Spain's record high temperature 'could be beaten' this week

4,939

Community rallies in Benidorm after stag party pay 'vulnerable' man for tattoo

4.877

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

Stag at centre of Benidorm tattoo row 'already split from partner'

*For week 31 July - 6 August 2018

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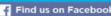
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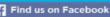


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OUR VIEW

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

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Cursach enquiry

AUTHORITIES have lodged a case in court after claiming 66 workers were fraudulently sacked from the Cursach Groupowned Megasport gym complex. The Balearic government's work department claimed staff members' employment files were improperly handled. Bartolome Cursach, the head of the Group, is also under investigation for a string of offences.

Officials said workers should have had their contracts suspended while the site closed for refits. It was shut down by Palma City Council earlier this year. Their contracts were terminated and no workers' representative was appointed.

The case comes as Bartolome Cursach remains on bail while investigations and hearings continue into various allegations including murder claims and firearms offences. Prosecutors asked a judge to open a case into the nightlife mogul's alleged bribery of Local Police officers with sex parties at his Tito's venue

Palma authorities also fined Cursach almost €1m last month for breaking planning rules at his Pacha nightclub.



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Dad for it

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



LITTLE LIAM: Gene Gallagher.

Ull shook up

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

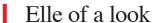
But former cycling star Jan Ullrich says separation from his wife AND children has "thrown me into the deepest despair" after being arrested in

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."

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

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



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.



include 18-

Lennon.

year-old

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.





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Ullrich during his

pro cycling days.



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NEWS EXTRA

Booze sellers cleaned out

LOCAL POLICE seized - in July alone - 3,100 drinks, including 2,722 cans of beer, from illegal vendors who were trying to sell them on the streets of Arenal, despite by-laws which have made it a serious offence.

Pool death

EMERGENCY services attended a drowning victim who was found in the pool of the Hotel Paraiso Beach, Ibiza, yesterday (Wednesday), but they could not revive the 33year-old man from Sevilla.

Good kids

PALMA Council is launching a campaign called #RompentMites to improve the image of young people by highlighting the activities and events which youngsters not only take part in, but also the 3,700 they organised for themselves last year.

Music boost

THE Fundatur foundation is giving €2 million to build a new headquarters for the Illes Balears Symphony Orchestra, with the regional government giving €1 million and Palma Council supplying the land.

Bad boob

A PLASTIC surgery clinic has been ordered to pay a woman €24,700 compensation after her breast implant became infected and had to be removed, forcing her to have a total of three operations followed by breast reconstruction.

Beauty spot

PRESTIGIOUS magazine National Geographic has included the Caves of Drach as one of the 18 Natural Wonders of Spain alongside renowned spots like the Valley of Jerte in Extremadura, and Timanfaya National Park in Lanzarote.

A FORMER priest acquitted of the sexual abuse of a 12-year-old girl in Mallorca has been removed from the priesthood.

Antoni Cano has stepped down as parish priest of Selva before the finalisation of an ecclesiastical criminal process opened against him for pae-

It has been revealed that Cano, aged 74, assumed the punishment that would have been imposed should

Shamed priest steps down

he have been found guilty.

An official statement from the bishopric of Mallorca, read: "Cano has requested the dispensation of public and private practice as a priest and the Congregation for the Doctrine of the Faith has granted it," adding that the criminal administrative process against him is now finalised.

The bishopric then appealed to the young girl and her family for 'sincere forgiveness.

Cano was aquitted by the Provincial Court of Malaga on the principle of 'dubio pro reo,' which establishes that in the case of doubt, the benefit must prevail for the accused.

This came about in the first section of

the hearing which declared 'the exculpatory thesis maintained by the defendant and the defence of the accusations were credible.

During the process, the priest attributed the complaint to an economic motive of the minor's family. The prosecution, however, maintained that the parish priest abused the girl at her home in Es Calonge, Santanyi, in February



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

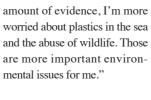
"But the heatwaves everywhere must also be a result of climate change



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

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

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



STREET TALK

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

But is climate change to blame? 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

Do you believe in

climate change?

Spain is sizzling as a historic heatwave contin-

ues to scorch Europe, with above-average tem-

peratures forecast for the next three months.

Chris, 35, lives in Spain but originally from Essex

revolution so maybe they have

a right to have theirs!"

"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 inFEELING 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

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!"





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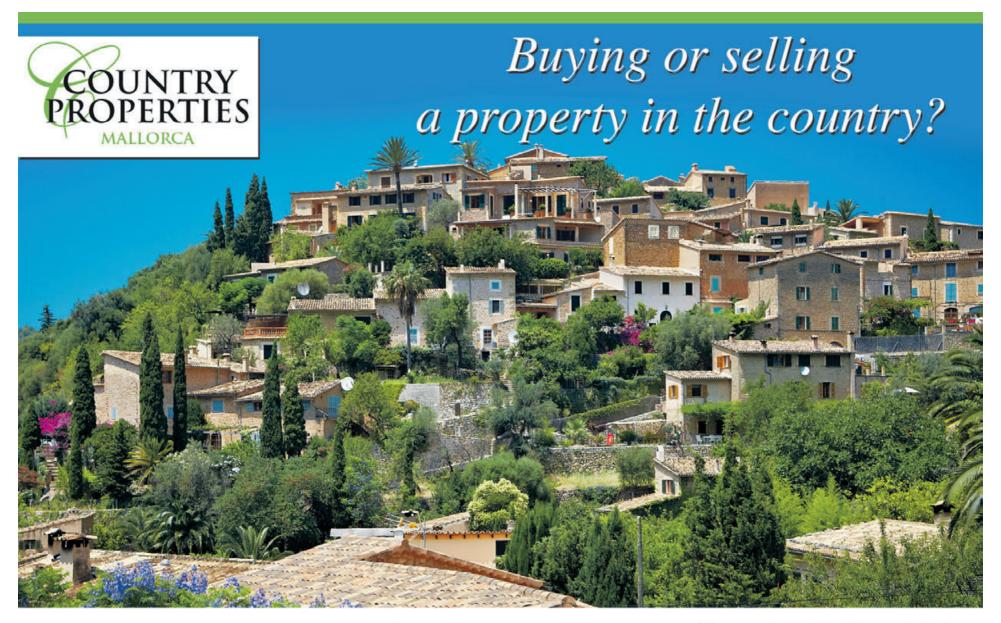
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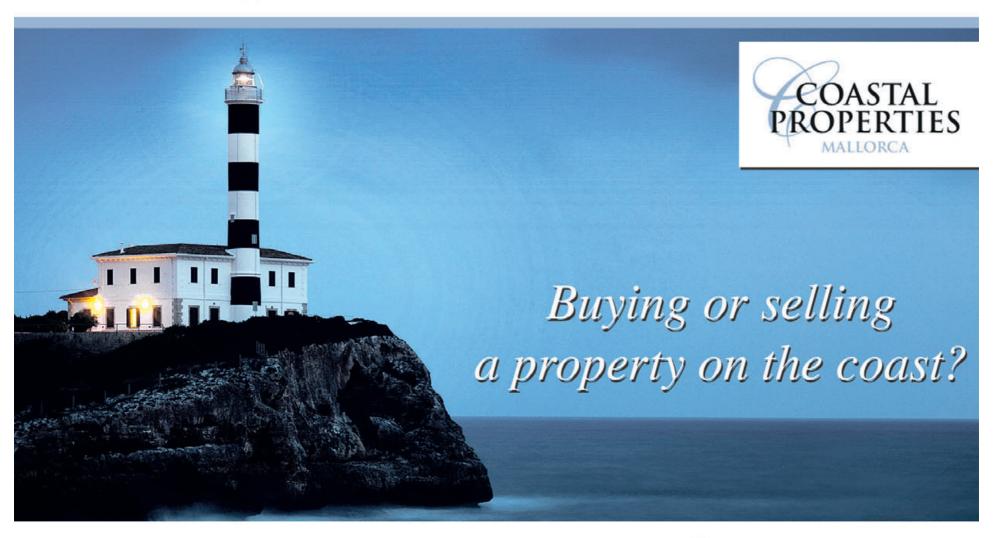
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Plunge victim vanishes

Brit fell six floors while 'having a poo'

A BRITISH holidaymaker who plummeted from a Mallorca hotel balcony while having a poo has discharged himself from hospital to avoid a €600

The unnamed 25-year-old is believed to have fallen from the sixth floor of the TRH Magaluf and landed on an interior

And local reports suggest he checked himself out of island capital Palma's Son Espases hospital two days later without receiving the all-clear from medics.

He reportedly lost his balance after dropping his trousers and squatting over the edge of the balcony, and faced a €600 fine for doing so.

Police confirmed he was 'seriously injured' in the wake of the accident after photos of him lying on the ground appeared in a Spanish newspaper.

And distressing video



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

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

The state of his health remains unclear after he vanished from hospital, with a Calvia Council statement suggesting he suffered a broken kneecap.

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

And Irish teen Padraig Morgan was last week left fighting for his life after plunging from a second-floor balcony at the Hotel Apartments Deya in Santa Ponsa.

The 18-year-old from West Belfast hurt his 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

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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.

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.'

So far 19 arrests have been made after 19 homes were searched. A total of 11 laptops, 23 mobile phones, four tablets, 11 external hard drives, seven pen drives and five large capacity memory cards were seized and found to contain millions of child porn images and videos.

Police are now trying to identify the children abused.

Police say those arrested had tried to use sophisticated encryption programs to hide their illegal activities. A specialist unit of the National Police was able to penetrate the networks and identify 14 chat groups, 58 users and huge amounts of shared files.

Investigators also discovered that the illegal activity was not limited to Spain, but extended to another seven countries in Europe and

Those arrested came from Barcelona Burgos Cordoba, Granada, Palma de Mallorca, Jaen, Las Palmas de Canaria, Leon. Madrid, Murcia, Santander, Tarragona, Teruel, Valencia and Valladolid.





















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Brit found dead



TRAGIC: The body of Anwaar Lahrichi-Greenwood was found in San Antoni's harbour.

A DEAD British tourist found floating in the harbour of Ibizan party resort San Antonio has been named as Anwaar Lahrichi-Greenwood.

The body of the 24-yearold London business consultant, was discovered near Portmany Bay last Sunday, 48 hours after he was reported missing.

The cause of death has not yet been confirmed.

Anwaar's sister Lulu paid tribute to her 'gentle' brother, and wrote: 'Knowing you went on holiday and died in the sea alone... I tried to find you with all my power my love.'

The deceased, who was last

seen alive when he left a party at around 3am, had been staying with friends at a hostel on the island.

San Antonio Guardia Civil, investigating the case, said the body showed some signs of violence, namely bumps and bruises, although these may have been caused after his death by bumping into rocks or being struck by a

This is the fourth fatality in Portmany Bay this summer. On July 27 the corpse of a man of Asiatic appearance was recovered. Police are still trying to identify him. Two tourists drowned earlier this summer.

NEWS EXTRA

No police overtime

PALMA Council is failing to pay Local Police overtime for the long hours they are putting in this summer despite promises from Councillor for Citizen Security, Angélica Pastor, claims the Ciudadanos political party.

No relief

IF you want to buy a cheap fan to help deal with the heatwave you may be too late as shops are reportedly running out of stock following a sales spike of 40 per cent.

Space talk

PUPILS from Sant Josep Obrer and Luis Vives schools will next year talk directly to astronauts on the International Space Station after a project from maths teacher Miguel Siquer was accepted by NASA.

Mills open

TWO restored water pumping windmills have been opened to the public in Can More, Pla de Sant Jordi and will form part of the Route of the Mills that covers large parts of Spain and

Heated row

PARENTS of the 131 youngsters at the Ciutat Antiga nursery school plan to complain to the regional government that their children are having to swelter in the summer heat as there is no airconditioning.

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Advertising Feature

BoE raise rates

Commentary by Moneycorp

THE Bank of England (BoE) raised interest rates to 0.75%. The BoE Monetary Policy Committee voted unanimously to raise the interest rates, taking the bank rate to its highest level since 2009.

Predicted growth for the second quarter is coming in at just 0.4% but solid employment growth, steady pay growth and a rebound in consumer spending proved reason enough to deliver on the much anticipated increase.

In addition, the Purchasing Managers' Index (PMI) jumped from 53.1 in June to 55.8 in July, the fastest rate of expansion in 14 months. Brexit continues to weigh on the pound, although after Brexit Minister Dominic Raab conceded in a parliamentary committee that PM May is leading the negotiations, investors took this as a sign that a softer Brexit would be more likely.

The European Central Bank maintained current interest rates. In a recent speech, ECB president Mario Draghi suggested that

ECB interest rates will remain at their current low levels 'at least through the summer of 2019.' This is a reflection of the slowing of growth in Europe.

Eurostat published data which estimated that GDP growth in the eurozone stood at 0.3% in the second quarter, compared with the first. Quarterly growth is holding steady at 0.4% across the European Union but annual GDP growth slowed from 2.4% in the first quarter to 2.2% in the second.

There was some good news: a meeting between US President Trump and Jean-Claude Juncker lead to an agreement that the US and the EU will refrain from imposing new tariffs.

The US dollar fell after Donald Trump expressed dissatisfaction with Federal Reserve monetary policy - the Fed were concerned that the president was attempting to influence policymaking. For now, the US Federal Reserve left monetary policy unchanged with a 1.75% - 2% target range,



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but hinted that higher interest rates may be a possibility later in the year.

The announcement of a \$12bn support programme for farmers affected by the repercussions of the Trump trade war was followed by the US president suggesting that he may impose more and higher tariffs in the future.

The Canadian dollar struggled after news that the country had been excluded from trade talks between Mexico and the US but

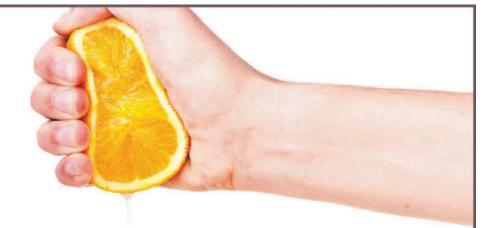
rebounded after monthly GDP data showed that Canada's economy expanded 0.5% in May. Despite global tailwinds, growth in Canada is widespread, with statistics showing positive numbers in 19 of the 20 sectors measured by Statistics

Australian inflation came in slightly below forecast at 2.1%. The Australian trade surplus rose to \$1.9 billion from \$725 million and beat the analysts' estimate of \$900 million, largely due to a contraction in imports. New Zealand's trade figures for June showed an unexpected deficit as exports declined and imports held steady.

The Reserve Bank of New Zealand took a dovish approach: a rate hike is unlikely any time before the fourth quarter of the year weighed on the Kiwi dollar. New Zealand has an export-led economy and there is concern about the impact of the US - China trade war which is denting confidence.

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Painkiller 'killing Brits'



DEADLY? Nolotil

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

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

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

The painkiller has not

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

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

The regulators, therefore, require analysis of safety

and efficacy data by population, gender and age.'

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

Boehringer Ingelheim. manufacturer of Nolotil, responded in a

"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."



Airport 'suicide'

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

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 replacement pilot was organised.

A well-placed source told UK media: "He'd never missed a flight in 15 years and so people knew something must be wrong."

An official from the budget Irish airline said: said: "His colleagues are in deep shock. We offer our deepest sympathv."

Captain Schrale had been flying with the carrier for a decade, and leaves behind

partner 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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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

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

ing elected and the success of others in Austria

"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

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



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



RALLY: An estimated 2,000 protestors attended.

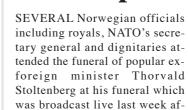
have finished their working replica of Odin, the country's first train which was built in Manchester in Britain in 1846, and museum staff are due to exhibit it in September.

Jail break

POLICE closed Copenhagen's

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 Italy.

Norway **Tribute** paid



Oil cash

ter he died aged 87.

NORWAY'S Finance Minister has deposited around €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

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.

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 €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

FRESHWATER fish in Germany and 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

rainfall amidst temperatures of nearly 40

Family policy

IMMIGRATION authorities have reinstated a reunification programme for a selected 1,000 refugees per month living in Germany after the right for asylum seekers to bring immediate family members to the country was suspended in

FRANCE



LAWMAKERS in Paris have voted to give police the power to slap people with up to €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.

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.

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

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.

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Back to nature



the Euro Weekly News, is set to leave the company to join a European-wide nature conservation project.

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

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

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

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

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

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

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

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

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

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

Matt has now hung up his reporter's notepad and pen and is preparing to 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 Camnewspaper bridge 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.

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

be doing will go on to influence government policy, in my case with fishes in

"The work I and others will

rivers and fresh water areas. Those areas are arguably our most important natural resources," Matt said.

The PhD comes on the back of Matt's lifelong passion for nature. "The chance to do this is a

dream come true for me. I have always had a passion for nature and I remember drawing pictures of birds and animals from being a small child. I'm basically a nature geek.

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

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

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

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

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

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



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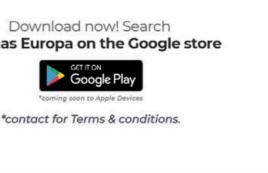


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38.9 billion

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.

FINANCE business & legal

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.

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

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

Manos Limpias filed hundreds of law-

by Matt Ford

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

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

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

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

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.

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'No blank cheque' in F1 renewal deal



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

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

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

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

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

» BUSINESS EXTRA

Summer job surge

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

Lift off

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

Girl power

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

Spanish pilots to sue

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

The organisation said in a statement it has filed a lawsuit with the country's High Court, adding: "After a year of negotiations, the failure of Ryanair to recognise Sepla and apply Spanish labour legislation for the pilots who operate in Spain forces the union to take a legal path to attain this objective." SEPLA represents around 500 of 800 Ryanair pilots in Spain, and although the carrier agreed to recognise unions for the first time last December it has struggled to strike deals, leading to strikes across Europe.







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LONDON - FTSE 100

COMPANY	Price(p)	CHANGE(P)	% Снс.	NET VOL
Anglo American	1,674.80	-18.00	-1.06	23,266.07
Associated British Foods	2,459.00	16.00	0.65	19,213.93
Admiral Group	1,966.50	0.50	0.03	5,602.32
Ashtead Group	2,338.50	33.50	1.45	11,049.66
Antofagasta	942.00	-17.60	-1.83	9,373.53
Aviva	492.90	-1.50	-0.30	19,247.68
AstraZeneca	5,807.00	-39.00	-0.67	73,599.70
BAE Systems	626.90		0.30	20,235.16
Barclays	188.50	-0.20	-0.11	31,920.08
British American Tobacco	4,168.25	-21.25	-0.51	95,189.97
Barratt Developments	534.50	5.70	1.08	5,305.86
Berkeley Group Hold (The			0.56	4,852.05
British Land Co	644.90		-1.69	6,369.66
BHP Billiton	1,682.30		-0.94	35,143.64
Bunzl	2,284.50		0.24	7,580.47
BP BP	564.95		0.79	111,173.45
Burberry Group	2,129.50		0.16	8,647.53
BT Group	237.78		1.44	22,820.38
Coca-Cola HBC	2,747.50		0.31	10,087.03
Carnival	4,416.00		-0.92	8,899.75
Centrica	144.25		0.49	8,000.93
Compass Group	1,636.00		-0.06	25,862.96
Croda International	5,205.00		0.06	6,779.62
CRH	2,558.50		0.29	20,928.48
DCC	6,887.50		0.23	6,137.36
Diageo	2,820.50		-0.09	68,906.84
Direct Line Insurance Gro			-0.59	4,609.00
Evraz	547.60		-0.04	7,678.67
Experian Experian	1,869.25		0.20	16,927.64
easyJet	1,548.50		-0.06	6,077.28
Ferguson	6,013.50		0.56	13,726.34
Fresnillo	984.60		-2.95	7,317.35
	312.73		-2.93	44,841.59
Glencore GlaxoSmithKline			1.29	
	1,573.20			76,086.45
GVC Holdings	1,128.50		-0.31	6,564.15
Hargreaves Lansdown	2,113.50		1.76	9,733.02
Halma	1,409.00		-0.07	5,303.65
HSBC Holdings	707.80		-1.12	140,377.16
International Con Airlines			0.13	13,810.20
InterContinental Hotels G			0.35	8,808.95
3i Group	940.40		0.79	8,952.98
Imperial Brands	2,907.00		-0.75	27,739.44
Informa	789.40		0.41	9,732.45
Intertek Group	5,858.00		0.31	9,364.03
ITV	165.05		0.67	6,521.16
Just Eat	791.00		-1.91	5,358.57
Johnson Matthey	3,649.00		-0.68	7,046.55
Kingfisher	290.05		-1.41	6,199.91
Land Securities Group	936.40		-0.76	6,902.25
Legal & General Group	260.05		0.37	15,245.62
Lloyds Banking Group OR	D 62.44	-0.11	-0.18	44,846.26

COMPANY F	PRICE(P)	CHANGE(P)	% Сна	. NET VOL
London Stock Exchange G	roup4.436.50	-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) Supermark		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
	457.50	-5.00	-1.08	
Royal Mail				4,614.00
Rightmove	4,882.50	20.50	0.42	4,380.12
Rolls-Royce Group	1,080.75	-13.25	-1.21	19,780.27
Randgold Resources	5,496.00	-114.00	-2.03	5,186.54
RSA Insurance Group	622.50	-5.70	-0.91	6,460.61
Rentokil Initial	326.55	-0.85	-0.26	5,898.67
Sainsbury (J)	331.00	2.00	0.61	7,180.08
Schroders	3,104.00	-17.00	-0.54	6,947.93
Sage Group (The)	664.30	4.30	0.65	7,009.21
Segro	668.20	-1.80	-0.27	6,602.05
Shire	4,442.75	13.25	0.30	40,206.13
Smurfit Kappa Group	3,272.00	58.00	1.80	7,481.65
Sky	1,511.75	-1.25	-0.08	26,120.47
Standard Life Aberdeen	310.05	2.15	0.70	9,063.82
Smith (DS)	505.70	3.70	0.74	6,726.12
Smiths Group	1,597.75	3.75	0.24	6,237.20
Scottish Mortgage Inves Tr	ust 547.50	2.50	0.46	7,643.80
Smith & Nephew	1,357.25	0.75	0.06	11,703.17
SSE	1,249.25	-8.25	-0.66	12,598.69
Standard Chartered	689.20	-0.10	-0.01	22,264.14
St James's Place	1,150.75	-12.25	-1.05	6,044.76
Severn Trent	1,927.50	-1.50	-0.08	4,466.24
Tesco	259.55	0.05	0.02	25,219.44
TUI AG	1,571.00	-4.00	-0.25	9,204.35
Taylor Wimpey	171.23	0.43	0.25	5,562.15
Unilever	4,383.50	14.00	0.32	51,773.18
United Utilities Group	720.00	-2.40	-0.33	4,799.13
Vodafone Group	185.93	1.13	0.61	48,434.41
WPP Group	1,179.75	2.75	0.23	14,718.54
Whitbread	3,901.50	-10.50	-0.27	7,130.29
TTHIBICUU	5,501.50	10.50	0.27	1,130.23

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PRICE	MOVEMENT

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DEALING PRICE	PRICE MOVEMENT
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€1,0678	€0,0022
£1,3540	-£0,0022
€1,2307	-€0,0022
£1,5396	-£0,0025
€1.4074	

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Denmark kroner	7,45268
Norway kroner	9.52753

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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

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COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Protagonist Therapeutics, Inc.	\$ 8.0601	1.0501 ▲ 14.98%
GreenSky, Inc.	\$ 20.30	2.45 ▲ 13.73%
Intercept Pharmaceuticals, Inc.	\$ 110	12.74 🛦 13.10%
T2 Biosystems, Inc.	\$ 6.0325	0.6725 ▲ 12.55%
Rockwell Medical, Inc.	\$ 4.42	0.48 ▲ 12.18%
Web.com Group, Inc.	\$ 28.25	2.85 ▲ 11.22%
Surmodics, Inc.	\$ 66	6.65 ▲ 11.20%
Lonestar Resources US Inc.	\$ 9.95	0.85 ▲ 9.34%
Gladstone Land Corporation	\$ 12.88	1.07 ▲ 9.06%
Ra Pharmaceuticals, Inc.	\$ 9.83	0.81 A 8.98%
Connecticut Water Service, Inc.	\$ 68.465	5.615 ▲ 8.93%
Most Declined		
Ovid Therapeutics Inc.	\$ 6.50	3.02 ▼ 31.72%
Restoration Robotics, Inc.	\$ 2.054	0.776 ▼ 27.42%
Kopin Corporation	\$ 2.49	0.55 ▼ 18.09%
Clementia Pharmaceuticals Inc.	\$ 8.59	1.24 ▼ 12.61%
ACADIA Pharmaceuticals Inc.	\$ 14.02	1.20 ▼ 7.88%
MDC Partners Inc.	\$ 5	0.40 ▼ 7.41%
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%



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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

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 court



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

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.

TECH FOR THE TIMID

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

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

And it's full?

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

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

Terence Kennedy gets out the broom for a digital sweep



CLEAN SWEEP: Out with the digital dross.

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

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

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

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

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

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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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

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

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

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

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.

columnists@euroweeklynews.com

Nora Johnson Breaking Views



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

And what irritates my male friends?

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



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

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

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

Which reminds me of the story of one

poor guy who years ago was strongarmed into playing the organ in a nearby church - the Episcopalian Church of Scot-

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,

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.norajohnson.net) available from Amazon in paperback/eBook (€0.99;£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

MH (Costa del Sol)

Article 14 of David Searl Spain's law of associations says only that they must pre-

sent accounts that give a

You and the Law in Spain



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.

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11:30pm Regional News

GOOD NEWS FORYOUR CAR 902 123 309

THURSDAY	ВВС	one	ВВС	TWO	į	bv	СН	annel 👍	CHA	ANNEL 5		y sports ain event
	6:15pm 7:00pm	Impossible BBC News at Six	3:30pm 4:30pm	Escape to the Continent Coast and Country Auctions	6:00pm 7:00pm	The Chase ITV News London	6:00pm 6:30pm	Come Dine with Me The Simpsons	4:20pm 6:00pm	The Wrong Child 5 News at 5	10:00am	Good Morning Sports Fans

THURSDAY	ВВС	one	ВВС	TWO	j	b	CHA	NNEL	CHA	NNEL 5	main event	
9 AUGUST	6:15pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 10:00pm 11:30pm 11:30pm	Impossible BBC News at Six BBC London News The One Show EastEnders European Championships 2018 Keeping Faith BBC News at Ten BBC London News New Tricks	3:30pm 4:30pm 5:15pm 6:15pm 9:00pm 10:00pm 11:30pm 12:15am	Escape to the Continent Coast and Country Auctions Flog It! European Championships 2018 Inventing the Impossible: The Big Life Fix The Prosecutors Quacks Newsnight Hospital	6:00pm 7:00pm 7:30pm 8:00pm 8:00pm 9:00pm 9:30pm 10:00pm	The Chase ITV News London ITV Evening News Emmerdale Eat, Shop, Save Emmerdale Birds of a Feather Our Shirley Valentine Summer ITV News at Ten and Weather	6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	Come Dine with Me The Simpsons The Simpsons Hollyoaks Channel 4 News George Clarke's Old House, New Home Meet the Drug Lords: Inside the Real Narcos Ramsay's 24 Hours to Hell and Back	4:20pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm 11:00pm 12:05am	The Wrong Child 5 News at 5 Neighbours Home and Away 5 News Tonight Cricket on 5 Bad Tenants, Rogue Landlords The New Wife Rich Kids Go Skint Gangland	10:00am 11:00am 7:45pm 11:30pm 3:30am 3:45am 4:00am 5:00am	Good Morning Sports Fans Cricket Live T20 Blast Live Caribbean Premier League T20 My Icon My Icon Sky Sports News Sky Sports News
FRIDAY 10 AUGUST	6:15pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 9:30pm 10:00pm 10:30pm 11:00pm 11:25pm	Impossible BBC News at Six BBC London News The One Show A Question of Sport EastEnders Still Open All Hours Would I Lie to You? Mrs. Brown's Boys BBC News at Ten BBC London News	2:45pm 3:30pm 4:30pm 5:15pm 6:15pm 10:00pm 11:30pm 12:05am 12:35am	Red Rock Escape to the Continent Coast and Country Auctions Flog It! European Championships 2018 Gardeners' World Mock the Week Newsnight Taxi Tales My Brother the Devil	6:00pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 9:30pm 10:00pm 11:00pm	The Chase ITV News London ITV Evening News Emmerdale Coronation Street James Martin's American Adventure Coronation Street Doc Martin ITV News at Ten and Weather	5:00pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	Sun, Sea and Selling Houses Come Dine with Me The Simpsons The Simpsons Hollyoaks Channel 4 News The Crystal Maze 8 Out of 10 Cats Does Countdown The Last Leg	3:15pm 4:15pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm 11:00pm	Cagney and Lacey Lifetime of Lies 5 News at 5 Neighbours Home and Away 5 News Tonight Cricket on 5 Britain by Bike with Larry and George Lamb Jane Mcdonald and Friends Blind Date	10:00am 11:00am 8:00pm 11:30pm 12:00am 12:30am 1:00am 1:30am	Good Morning Sports Fans Cricket Football Gary Neville's Soccerbox Premier League Today Barclays Premier League Preview Football Live Caribbean Premier League T20
SATURDAY 11 AUGUST	2:15pm 5:30pm 6:10pm 6:20pm 6:25pm 6:30pm 10:10pm 11:00pm 11:15pm	European Championships 2018 Final Score BBC News Regional News Weather European Championships 2018 Casualty BBC News Weather	5:30pm 6:30pm 6:50pm 7:50pm 8:30pm 9:00pm 10:00pm 11:00pm	European Championships 2018 Flog It! Inventing the Impossible: The Big Life Fix BBC Proms Extra Dad's Army Blitz Sylvia Plath - Inside the Bell Jar QI XL	4:00pm 5:00pm 6:00pm 7:00pm 7:15pm 7:30pm 8:00pm 9:00pm 11:35pm	Tipping Point The Chase Wos Wrestling ITV Evening News Regional News and Weather Japandemonium Big Star's Little Star Info not available ITV News Wanted	4:35pm 5:35pm 6:35pm 7:30pm 8:00pm 9:00pm 10:00pm 12:00am	A Place in the Sun The People's Vet Escape to the Chateau DIY Channel 4 News A Year in the New Forest My Family and the Galapagos Eye in the Sky The Twilight Saga: Breaking Dawn - Part 2	3:20pm 4:15pm 5:15pm 8:00pm 8:55pm 9:00pm 10:00pm 11:00pm	Police Interceptors Police Interceptors Pirates of the Caribbean: The Curse of the Black Pearl Cricket on 5 5 News Blind Date Gino's Win Your Wish List When Live TV Goes Horribly Wrong	10:00am 11:00am 12:30pm 4:15pm 6:15pm 9:00pm 11:15pm 12:15am 12:45am	Good Morning Sports Fans Live - Soccer Am Football Cricket Football Live T20 Blast Cricket Cricket Live Caribbean Premier League T20
SUNDAY 12 AUGUST	2:15pm 6:00pm 6:20pm 6:25pm 6:30pm 7:30pm 10:00pm 11:00pm 11:20pm	European Championships 2018 BBC News Regional News Weather Countryfile European Championships 2018 Fake or Fortune BBC News Regional News	6:00pm 7:30pm 8:00pm 9:00pm 10:00pm 11:00pm	European Championships 2018 Mortimer and Whitehouse: Gone Fishing Inside the Factory Dragons' Den Travels in Trumpland with Ed Balls Lost Boys? What's Going Wrong for Asian Men	3:30pm 4:30pm 7:40pm 7:50pm 8:00pm 10:00pm 11:05pm 11:20pm 12:20am	The Chase Info Not Available ITV Evening News Regional News and Weather Midsomer Murders Unforgotten ITV News Carry on Forever Tonight at the London Palladium	5:00pm 6:00pm 6:30pm 7:30pm 8:00pm 9:00pm 10:00pm 11:20pm	Location, Location, Location A Place in the Sun Homes by the Sea Channel 4 News Flying Across Britain with Arthur Williams Hidden Britain by Drone The Handmaid's Tale Mama's Angel: Walter Presents	5:15pm 6:15pm 7:05pm 8:00pm 8:55pm 9:00pm 11:55pm	Bad Tenants, Rogue Landlords Can't Pay? We'll Take it Away! Can't Pay? We'll Take it Away! Cricket on 5 5 News Pirates of the Caribbean: Dead Man's Chest The Expendables 2	1:30pm 4:30pm 8:00pm 8:30pm 9:00pm 10:00pm 12:00am	Live Renault Super Sunday Live Renault Super Sunday Gary Neville's Soccerbox Info not available Live ATP 1000: Toronto Final Live Caribbean Premier League T20
MONDAY 13 AUGUST	4:30pm 5:15pm 6:15pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 9:30pm 10:00pm 11:00pm	Royal Recipes Flog It! Impossible BBC News Regional News The One Show Snowdonia Shepherdess EastEnders Fake Britain Who Do You Think You Are? BBC News	6:15pm 7:00pm 7:45pm 8:30pm 9:00pm 9:30pm 10:00pm 11:30pm 12:10am	Antiques Road Trip Celebrity Eggheads The Repair Shop Great British Menu Nadiya's Family Favourites University Challenge Bollywood: The World's Biggest Film Industry The Wedding Guru Newsnight Weather	6:00pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 9:30pm 10:00pm 11:00pm	The Chase Regional News and Weather ITV Evening News Emmerdale Coronation Street Give it a Year Coronation Street Lewis ITV News at Ten and Weather	6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 9:30pm 10:00pm 11:00pm 11:35pm	Come Dine with Me The Simpsons The Simpsons Hollyoaks Channel 4 News How to Get Rich Quick Jamie Cooks Italy Saving Poundstretcher Who is America? 8 Out of 10 Cats Does Countdown	3:15pm 4:15pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm 11:00pm	Cagney and Lacey Stolen From the Womb 5 News Neighbours Home and Away 5 News Cricket on 5 Traffic Cops Tower Block Kids Lawless Britain	10:00am 11:00am 11:30am 8:00pm 11:00pm 12:00am 1:00am 2:00am	Good Morning Sports Fans Cricket Cricket Live ATP 1000: Cincinnati The Debate - Live Info not available Sky Sports News Live WWE Late Night Raw
TUESDAY 14 AUGUST	5:15pm 6:15pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 10:00pm 11:30pm 11:40pm	Flog It! Impossible BBC News Regional News The One Show EastEnders Holby City Age Before Beauty BBC News Regional News Weather	3:15pm 4:15pm 5:15pm 6:15pm 7:00pm 7:45pm 8:30pm 9:00pm 10:00pm 11:00pm	24 Hours in the Past Nature's Weirdest Events Oceans Antiques Road Trip Celebrity Eggheads The Repair Shop Great British Menu Inside the Factory A Passage to Britain Goodness Gracious Me: Reunion Special	5:00pm 6:00pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 10:00pm 11:00pm	Tipping Point The Chase Regional News and Weather ITV Evening News Emmerdale 10k Holiday Home Love Your Garden Long Lost Family ITV News at Ten and Weather	5:00pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	Sun, Sea and Selling Houses Come Dine with Me The Simpsons The Simpsons Hollyoaks Channel 4 News Ackley Bridge 999: What's Your Emergency? On the Edge	6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	5 News Neighbours Home and Away 5 News Moto GP Highlights The Dog Rescuers with Alan Davies Sinkholes: Swallowed Whole Hurricane Hell: 30 Deadly Days	3:00pm 3:30pm 6:30pm 6:45pm 7:00pm 8:30pm 11:00pm 12:00am	Info not available Live Women's T20 Super League Katherine Brunt: No Boundaries My Icon Cricket Football The Debate - Live Cricket's Greatest Games
WEDNESDAY 15 AUGUST	3:30pm 4:30pm 5:15pm 6:15pm 7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 10:00pm 11:00pm	Escape to the Country Royal Recipes Flog It! Impossible BBC News Regional News The One Show Rip Off Britain The Sheriffs are Coming The Real Marigold Hotel BBC News	6:15pm 7:00pm 7:45pm 8:30pm 9:00pm 9:30pm 10:00pm 11:00pm	Antiques Road Trip Celebrity Eggheads The Repair Shop Great British Menu Recipes That Made Me: Punjab Recipes That Made Me: Sri Lanka Picnic at Hanging Rock Rhod Gilbert's Work Experience	7:00pm 7:30pm 8:00pm 8:30pm 9:00pm 9:30pm 10:00pm	Regional News and Weather ITV Evening News Emmerdale Coronation Street Paul O' Grady's Little Heroes Coronation Street The Bletchley Circle: San Francisco ITV News at Ten	3:10pm 4:00pm 5:00pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	Countdown A Place in the Sun Sun, Sea and Selling Houses Come Dine with Me The Simpsons The Simpsons Hollyoaks Channel 4 News Orangutan Jungle School 24 Hours in a and E	3:15pm 4:20pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 9:00pm 10:00pm	Cagney and Lacey Deadly Secrets by the Lake 5 News Neighbours Home and Away 5 News Traffic Cops Britain's Parking Hell Flights From Hell: Caught on Camera	1:00pm 2:00pm 3:00pm 4:00pm 7:00pm 7:15pm 7:30pm 11:15pm	Sky Sports News Sky Sports News Sky Sports News Live Women's T20 Super League Cricket Katherine Brunt: No Boundaries Cricket Caribbean Premier League Highlights

and Weather

11:00pm Hang Ups

11:00pm Hang 'Em High

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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
- 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
- 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)

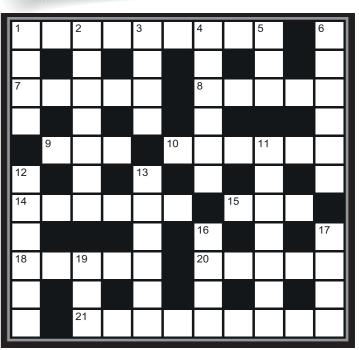
- 1 Sir Cliff is spotted in Zurich, Ardennes and St Tropez (7)
- 2 Madagascar goatherd carries a load (5)
- 3 Surprised when beginning was first? (8)
- 4 All in the Republican Party run at top speed (6)
- 5 Lied about being workshy (4) 6 Touching diplomacy by the
- 12 16 22 23 25
- Italian Embassy's 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
- 16 The potential uses for a Greek hero
- 17 Came in anyway for the entertainment (6)
- 18 Point of view for fish (5)
- 20 Put up with a sailor, one of the French (5)
- 21 Annoy first boy arriving in town (4)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 6 represents W and 10 represents L, so fill in W every time the figure 6 appears and L every time the figure 10 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.

20	2	7	8	12	2	18	15	14	7		12	15	2	20	2	16
22		14		8			3		2		2		-	16		18
15	23	2	15	13	3	18	14		20	18	17	18	1	1	14	9
16		11		14	1		8		19		18		•	13		21
25	15	11	18	18	3		8	13	2	26	1	8	Í	13	13	8
		10		13	3				20				•	10		20
18	23	8	14	22	2	15	1	10	20		20	8	8	3	7	20
23				15	5		9		15		1					18
8	5	4	8	10)		6 W	2	10 L	10	4	18	(3	8	14
14		10					14				8		Í	15		
12	10	15	9	16	3	22	2	9	3		14	1	Í	14	15	10
18		20		18	3		13		10		9		•	13		15
15	13	13	8	19)	4	13		15	9	18	13	2	22	8	14
14		2		21			8		20		23		•	18		23
7	1	16	22	24	1		9	18	20	13	15	10		3	2	15
	10	10		_	-	_		_	La	La	1.			_	40	40
1	2	3		4	5		6 W	7	8	9	\int_{-1}^{1}	°L	11		12	13
14	15	16	3	17	18	3	19	20	21	22	2	3	24	7	25	26

Quick



Across

- 1 Self-service restaurant (9)
- 7 Functions properly (5)
- 8 Measuring stick (5)
- 9 Lacking in light (3) 10 Courageous (6) 14 Like better (6)
- **15** Beer (3)

OSS WOR

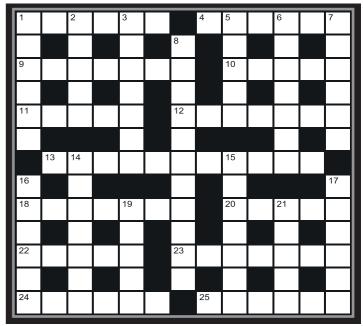
- 18 Angry (5) 20 Join together (5)
- 21 Lacking flavour (9)

Down

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

English - Spanish

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



Across

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

Down

- 1 Billete (6)
- 2 Argument (verbal disagreement) (5)

16 Siempre (indicando frecuencia)

- 3 Sensible (7)
- **5** Kings (5)
- 6 Shopping trolley (7)
- **7** Piso (6)
- 8 Accommodation (11)
- 14 Walnut tree (7)
- **15** Coward (7)
- (6)
- **17** Summer (6)
- **19** Encima de (5)
- 21 Pecho (5)

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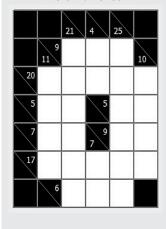
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Kakuro

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



Nonagram

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



TARGET:

Average: 10

Good: 13

Very good: 19

Excellent: 25

LAST WEEK'S SOLUTION

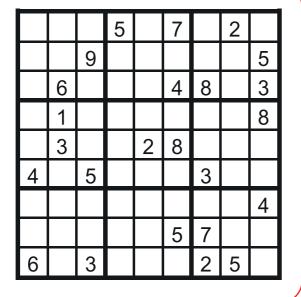
camp cape clap clip epic lamp leap limp pace pact pail pale palm pate peal peat pelt pica pile pita plat plea tamp tape temp tipi ample clamp impel leapt lepta maple petal pilei place plait plate pleat plica tempi epical impact impale limpet plaice plicae plicate IMPLICATE

Sudoku

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

LAST WEEK'S SOLUTION

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



LOTTERY (5) (17) (23) 52 25) (34) (51) **IRISH LOTTO** (3) (4) (5) (24) (26) **EURO MILLIONS** BONUS BALL 20 25 34 (6) 11) (42) (45) Friday August 3 7 (26) (36) 6 (12) (38) (43) EL MILLON: GBG43976 LA PRIMITIVA 10 (18) (25) (32) (37) (38) (49) (9) JOKER: 1 361 981 (15) (35) (49) (37) (45) (48) (3) JOKER: 5 658 454 EL GORDO DE LA PRIMITIVA (5) (12) (16) (0) 23) 53)

KAKURO

OUR STARS FOR NEXT 7 DAYS **AQUARIUS** (January 21 - February 19) LE₀ (July 24 - August 23)

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



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.



ARIES (March 21 - April 20)

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



TAURUS (April 21 - May 21)

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



GEMINI (May 22 - June 21)

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



CANCER (June 22 - July 23)

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



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



VIRGO (August 24 - September 23)

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



LIBRA (September 24 - October 23)

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



SCORPIO (October 24 - November 22)

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



SAGITTARIUS (November 23 - December 21)

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



CAPRICORN (December 22 - January 20)

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

LAST WEEK'S SOLUTIONS

1 Citar, 4 Mostaza, 8 Missing, 9 Fresa, 10 Stitches, 11 Caia,

ENGLISH-SPANISH

- 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
- 18 Often, 20 Ocaso, 21 Allí.

Aparato, 12 Palillos, 13 Cohetes, 15 There is, 16 People

CRYPTIC

- 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.

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.

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

CODE BREAKER

CODE DIVERNILIA													
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DEM BONES. DEM BONES

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

- According to a 1973 UK top four hit by Elton John, who was 'travelling tonight on a plane'?
 Based in Tolworth in the Royal Borough of Kingston upon Thames, with which sport would you principally associate Corinthian-Casuals?
- 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

and wife duo?

- 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
- Not a lot of people know that... the Bible was written over a period of 1,500 years by approximately 40 differen

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

Answers:

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Your Paper - Your Voice - Your Opinion

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

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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 scary 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, Villajoyosa.

This 'becerradas' as it is known oc-

curs in a number of towns across Spain and a petition which wants to see the practice banned is hosted at www.be

in Spain which continues to fight

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

against cruelty to animals.

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!

 ${\it Outraged of Orbeta, Costa Blanca North.}$

HAVE YOUR SAY

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

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

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

Get your beauty sleep

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 up.

The study aimed to find out more 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 appearance.



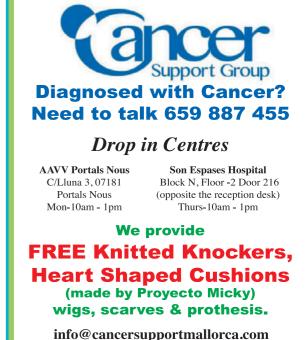
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EARLY BIRD: Build your stamina.

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: protein, fibre and complex carbohydrates.

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

Dinner should be eaten at least three hours before sleeping.

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

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Update on food, drink, entertainment, what's on and weekly happenings

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Jazz, delicious when hot

AS part of the 24th Sa Pobla Festival of Jazz, the Mallorca Jazz Collective will be playing free of charge in the Plaça Major at 10.30pm on Monday.

It's one of a number of groups put together by Toni Vaquer, one of Mallorca's prominent names involved with the genre of jazz.

This presentation brings together a number of talented local musicians who took part in his master class which covered four days this week.

He is currently involved in composing and arranging for the DO New Ensemble, Andrea Motis and Joan Chamorro, The Voodoo Children Collective and he has recently formed a new sextet and a trio.

This line up includes a horn section, drums, guitar and piano.



UB40: Featuring Ali, Astro and Mickey.

UB40 featuring Ali, Astro and Micky - last call

IF you want to enjoy the summer sounds of reggae crossover then don't forget that UB40 featuring Ali, Astro and Mickey hits Port Adriano on Tuesday.

The undoubted face and indeed voice of the band, Ali Campbell, has been in a longterm dispute with his two brothers over the use of the

name UB40 - which is why this current band is touring as UB40 featuring Ali, Astro and Mickey (all three having previously played with the chart topping group).

According to Ali who was featured in all of their many hits before he left the band a decade ago, this is the real sound of

UB40 and he promises a great evening for anyone who can make it to Port Adriano as with just two other Spanish concerts, in Estepona and Torrevieja, this could well be a gig not to miss.

Tickets cost from €28 to €165 but are selling fast via www.portadriano.com/mu sicfestival.

Eat Well to Live Well by Andrew Harding

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

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

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

Explaining B Vitamins



SLOWLY DOES IT: Italian stewed beef.

next two weeks.

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

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

cracking, dermatitis and anaemia.

• This week's recipe: **Italian Stewed Beef**

Serves 4

1 kg stewing beef, cubed

2 tablespoons olive oil

1 large onion, skinned and chopped

6 whole garlic cloves, skinned and

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

The Three 'new' Tenors

THREE tenors. Jose Manuel Sanchez, Joan Gabriel Riera and Joan Lainez, accompanied on piano by Francesc Blanco, will be appearing at the Castell de Bellver in Palma at 8.30pm on Thursday August 16.

Joined by guest Roger Berenguer and backed by the Mallorca Gay Men's Chorus, the performance will include a repertoire reminiscent of that popularised in the 1980's by Carreras, Payarotti and Placido Domingo as The Three Tenors.

Tickets cost from € 18 and for more information call 971 735 065.







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

The Tenerife hotel will have 370



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

rooms, four restaurants, six bars and will maintain the company's leading standards in multi-generational vaca-

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.

Children can enjoy a variety of facilities including two large swimming pools, waterparks, children's clubs and even spas just for children.

The teens' club, known as 'The Loft,' is equipped with a gym, cinema, dance floor with DJ, video consoles and a billiard table.

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Ever heard of Llucmajor? Nice town in the south eastern part of Mallorca, very well communicated with Palma and offering some of the most interesting coast sites on the island.

Ref 3151, Cala Pi, 1,390,000 €

Front line Chalet, 3 bedrooms, 2 bathrooms, Lounge, Kitchen, Garage, Pool, Heating, living area 190 m2. Plot 720 m2.



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Ref 3152, La Rapita, 255,000 €

Semi-detached chalet, 2 bedrooms, 1 bathroom Lounge with open Kitchen, community pool. Living area 100 m2, Plot 150 m2.



Ref 3138, Llucmajor, 260,000 €

Renovated Townhouse, 2 bedrooms, 2 bathrooms, Lounge, Dining room, Roof terrace, Living area 157 m2, Plot 107 m2.



Ref 3154, Vallgornera, 550,000 €

Chalet which needs modernising. 3 Bedrooms, 2 Bathrooms, lounge, dining room, Kitchen. Pool, living area 185 m2 plus 92 m2 Garage. Plot 1,500 m2.



Ref 3146, Llucmajor, 275,000 €

Big townhouse which needs modernising with garden, 3 bedrooms, 2 more rooms, 2 Bathrooms, Hallway, lounge, dining room, Kitchen, living room 264 m2, garden 82 m2, plot 180 m2.



Ref 3136, Vallgornera, 195,000 €

Apartment in a very good state of repair. 2 bedrooms, 2 bathrooms, lounge, Kitchen, large terrace, Parking place, Pool, living area 84 m2.



Ref 3149, Felanitx, 140,000€

Townhouse for reform with garden. 3 bedrooms, 1 bathroom, Hallway, lounge, Kitchen, living area 147 m2, plot 265 m2.



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:



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

"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.

A secluded Spanish

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

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

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.

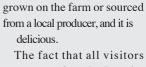
A rustic feel pervades across the house, with worn brown leather seats, wreathes of dried flowers, trough-like sinks and beamed ceilings.

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



ter practices through workshops

All the food provided is either

by experts in permaculture.

come away from La Donaire singing its praises means that its 'heard-it-

> through-thegrapevine' nature could soon be a thing of the past.

> > **RURAL IDYLL:** The views from the property are breathtaking.



Lifestyle Properties Mallorca Real Estate





Port Andratx - LPC-2091 Villa with beautiful port views.

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4 154m² ____2

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Santa Ponsa - LPC-2087

€675,000 Costa den Blanes - LP-2021

971 675 035

€750,000 Santa Catalina - Palma - LPC-2080

€320,000

63m²

152m²

€850,000

4 4 4

99m²

131m²

\$57m²

57m²



by Adam Whalley-Lewis

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

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

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

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

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

Shirley Valentine chasing The Governess anyone?



A GAGGLE OF CELEBS? Our Shirley Valentine Summer.

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

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



WONDERFUL TO WEIRD: The BBC Proms.

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

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 blast of sounds from London.

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

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

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

> Happy Viewing. HappyViewing1@outlook.com



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Greed and power

Mike Senker In my opinion Views of a **Grumpy Old Man**

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

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

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

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

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

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Planning gardens to survive the summer



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.



SOOTHING: The sound of water in a garden.

This is available inexpensively from Amazon in English and Span-

Luckily many plants have a defence mechanism when the weather is very hot and slow down their activity with growth and flowering being reduced, except for true tropical and semi-tropical flowering plants and

But even then most plants wel-

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

When we purchased our house we kept old trees and planted more, we maximised the use of the natural shade for part of the day on the north side and for much of the day on the western side. Likewise we now take

maximum advantage of large trees on the eastern southern and western boundaries, trailing climbers over pergolas or wires from trees to the house wall. With very few spots in the garden that are not in at least dappled shade for at least part of the day there is always somewhere to rest, read or work in the shade and one can stroll the entire perimeter of the plot largely in the shade.

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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DECORATING a house can be difficult, but here are some tips on how to do it well, regardless of its size.

Establishing a colour scheme is the first step towards the perfect home. Choosing favourite colours and matching various items really makes it work. Orange and blue, purple and pink, vellow and lime green or grey, complemented by any colour, are good combinations.

Painting the walls different colours - for example, 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. Hand-made home decor is also a good addition to any home.

How to keep your garden hydrated

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 bot-

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

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

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

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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,

The dangers of sunstroke



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

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.

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

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 ...

Puppy love

CHILDREN love dogs, because they are cuddly and fluffy, but growing up with a dog can actually benefit physical and psychological development.

Childhood is not always easy, children experience stress and worries. A dog can provide company through the ups and downs. For children who do not have siblings or friends to play with, cuddling dogs can be the best way to relieve stress and help them relax.

Looking after a dog encourages a more active lifestyle. A recent study showed that children with dogs exercise 11 minutes a day more than those without.

Studies have found that children raised with pets have a better immune system and experience a reduced risk of allergies and getting sick.

Looking after a pet is also a great way to teach children responsibility.

JOIN us in our fun, summer competition to find the funniest pet photo. Every year at HouseSitMatch.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

Theme must be pet-related.

The photo must be legal.

Now, we know it's hard to catch them doing that thing they do on camera that makes you laugh out loud. Give it a go - why not?! You never know what you might cap-

Rules of the Competition:

One entry per contestant.

It's our fun, summer competition!

decent, honest and true!

Send your entries by email to Admin@housesit match.

Deadline for entries is Monday September 14, 2018.

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What our members say about us:

At HousesitMatch.com we use Trustpilot to manage and authenticate our customer reviews. Here is a recent review from a UK house-sitter:

"I am a house-sitter with HouseSitMatch, I find Lamia and the team very helpful. When there are problems they are soon on to them.

"The new website was causing some problems initially, but I think it has been fixed now. Lamia always seems to be on the phone to help whatever time it is, 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 welcomed me into their homes. I am even getting adept at using an Aga!! I would recommend this company, it is like being part of a family."

Liz Edge.

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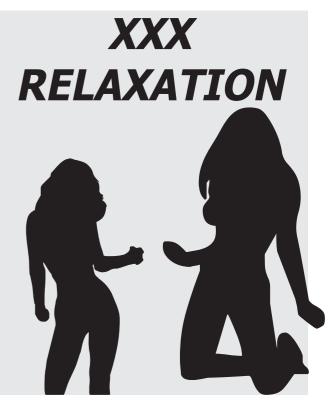
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A right royal success

THE 37th Copa del Rey has been hailed a great success as a record field of 152 yachts from 29 countries joined the fleet for a superb week of racing.

Saturday's round of races saw the winners crowned - including Sir Ben Ainslie's British team - with King Felipe VI presenting the prizes.

There were plenty to hand out too, with 13 classes raced. For the first time the Melges 40 swing keel one design and the historic six-metre boats which raced in classic and modern divisions - were included in the regatta.

To add to the excitement, the Copa del Rev counted towards the GC32 Racing Tour, the Swan Nations Mediterranean Trophy as well as the Melges 40 Grand Prix series.

In the GC32 Cup series, Sir Ben Ainslie's Team INEOS UK won

the flying catamaran class by nine points over Franck Cammas America's Cup Norauto team in second.

The Club Swan 50 title wasn't decided until the last two races. German owners Hendrik Brandis and Sönke Meier went face to face with their Earlybird and NiRaMo

Earlybird went into Saturday with a single point lead, but two wins meant they retained the trophy they won last year by five points. King Felipe also

Skipper-helm Hendrik Brandis was relieved to clinch the title with two wins: "Sometimes, and it is very seldom, you feel like you maybe could walk on water TRUE BRIT: Sir Ben Ainslie's INEOS team celebrate their win.

classic division on Bribon, his sixth title in a row and his 11th overall. In the 23-strong BMW ORC Class 1, the title was taken by Estrella Damm, prompting noisy celebrations from the crew.

The DK46 of Nacho Montes and Oscar Chaves was up against fivetimes Copa del Rey winning Swan 45 Rats on Fire, steered by five-times J/80 World Champion Rayco Tabares. Estrella Damm took a first and second on the last day to take the overall win

cho Montes and brothers Paco and Arturo, sailing

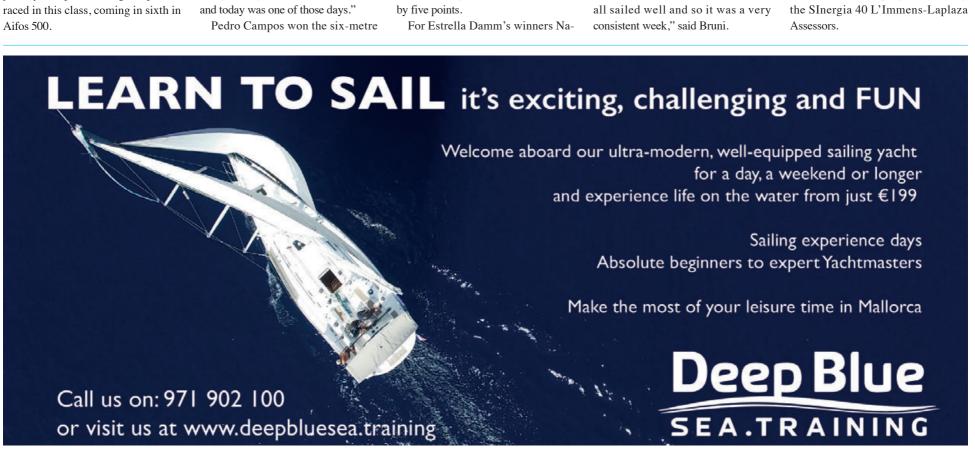
with cousins Nacho Morube and Nacho Lamadrid, the win comes 20 years after they won the overall Copa del Rey Movistar MAPFRE in 1998.

In the Melges 40 class America's Cup team helm Francesco Bruni helped Alessandro Rombelli's Stig take the title with a first and two seconds on Saturday, clinching the Melges Grand Prix by six points.

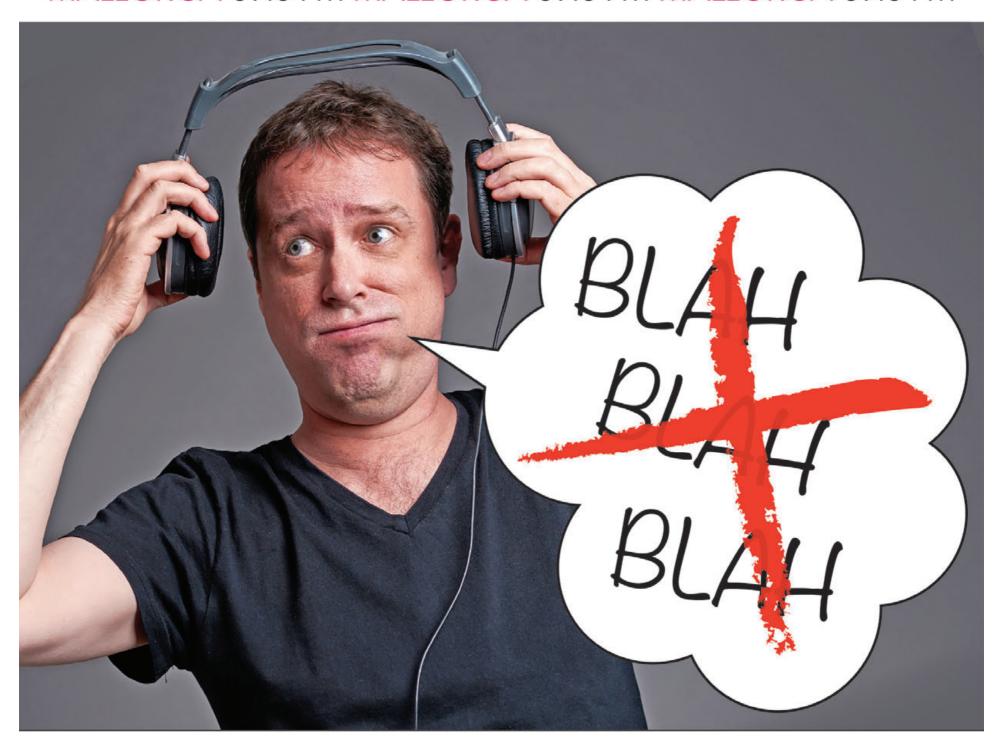
"It has been a great week. We started well and sailed fast all week. We

MRW Swan 45 category was won by K-Force, while Pez d'Abril took the overall victory in the ClubSwan 42. Hugo Steinbeck's Sophie Racing led the six-metre Modern class all week to take the trophy.

Bribon Movistar retained the Herbalife Nutrition J/80 class title, while the X41 of Javier Banderas took the BMW ORC Class 2. The ORC Class 3 category was won by the SInergia 40 L'Immens-Laplaza

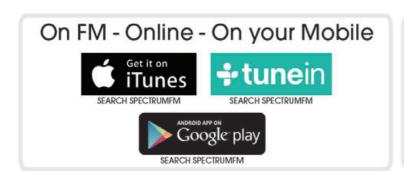


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Ford offered the first ever intermittent wind shield wipers as an option on the company's Mercury line, beginning with the 1969 models.

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 and absurdly comfortable seats.

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

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

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

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

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 registration plate could end up on a Ferrari 250 GTO, the most expensive car ever

Once licensed to an Austin Healey 'Frogeye' Sprite, the '2 GTO' plate has belonged to the same owner since 1970. The iconic number plate has now been put up for auction with an official estimate of ≤ 225.000 to ≤ 337.000 . however it may fetch much

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.

LOOKING

SPRITE: Iconic 2 GTO first registered to

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, cost $ing \in 656,000.$

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

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

ROAD TEST bv Nick Fletcher

Honda Civic Sport Plus

HONDA'S Civic hatchback has a been a strong seller over the years and

the latest version, with a sporty look is likely to atlighter chassis and a more tract 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.

Prices start at €21,200 (£18.895) and there are three main trim levels -

THE CLASSIC **CAR SHOP** For classic cars. Please visit www.classiccarshop.co.uk Sport, Sport Plus and Prestige.

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

Features include sunroof, wireless charging, adaptive dampers, heated front seats and cross-traffic monitor, in addition to the extensive kit on the standard versions which includes alloy wheels, dual-zone climate control, auto lights and wipers, satnav, 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 evecatching sporty styling, with a low nose, sharp lines, discreet side-skirts and centrally-mounted exhausts, yet it is a car that doesn't compromise when it comes to everyday practi-

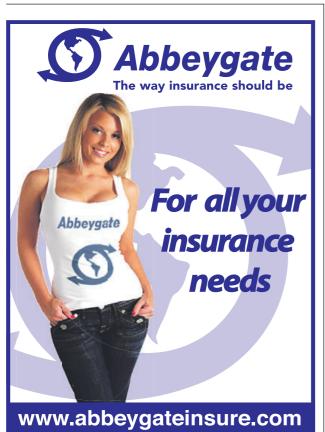
The redesigned cabin offers more occupant space and headroom in the rear is good even for taller passengers.

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

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 enthusi-



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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."

TO READ MORE



Aguero gives Chelsea the Blues

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

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

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

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

Some of their lethargy going forward



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

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

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

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

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

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

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 five-year 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)

Rayo 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 €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)

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.



Ramos gets extra holiday

REAL MADRID'S galaxy of stars are annoyed 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.

€429.000 prize.

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 European 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

Trailing Pornanong
Phatlum by a shot overnight,
Hall moved clear of the Thai
on Sunday with two holes
remaining, and held her
nerve on the 18th to secure victory.

Hall also says she is
just as superstitious

, with Hall admitting she

had previously missed ma-

jors because of the cost.

Hall also says she is just as superstitious as her father and caddie, Wayne, who refused to change his socks for four days.

"I am quite superstitious as well, I have to touch every golf club before I tee off to make sure there are 14,"

TROPHY GIRL: Georgia Hall celebrates a wonderful Open victory.

I tee off sure there she added.