

Costa Weekly News tm

Email: costaweeklynews@alicantetoday.com DEPÓSITO LEGAL: MU 170-2026 3rd March - 9th March 2026 - ED - 5

<p>More money for millions of workers in Spain</p> <p>PAGE 7</p>	<p>Your FREE weekly TV Guide</p> <p>PAGES 17-24</p>	<p>Hacker who booked luxury hotel for one cent</p> <p>PAGE 25</p>	<p>Enjoy cooking one of our delicious recipes</p> <p>PAGE 29</p>	<p>How about a cheeky puzzle?</p> <p>PAGE 32</p>
---	--	--	---	---

Torreveija to stage largest earthquake drill in Valencian Community

Torreveija will carry out the largest seismic drill in the Valencian Community with more than 350 participants. The exercise will practice emergency plans; evacuations and a wide deployment of security forces as would happen in the event of a possible earthquake and tsunami.

The drill, organised by Torreveija City Council will take place tomorrow, Wednesday, 4th March and be coordinated by the Generalitat Valenciana to test the municipal response capacity in the face of a high magnitude seismic event.

The mayor of Torreveija, Eduardo Dolón, together with

the Councillor for Security and Emergencies, Federico Alarcón, and the Chief of the Main Fire Station of Torreveija, Tomás Gallardo, outlined the plans for the drill.

The test will begin at 9am with the activation of the pre-emergency phase for a possible tsunami on the Alicante coast, mainly in Torreveija, which will lead the City Council to activate its Municipal Territorial Emergency Plan (PTM), the CECO-PAL and the coordination and self-protection protocols, sending an ES-ALERT to the entire

population of Torreveija to their mobile phones informing them of the beginning of the drill.

Throughout the morning, different operational actions will be carried out that will include preventive evacuations in three main scenarios: the International Auditorium, the CP Nuestra Señora del Rosario, and the Aquópolis water park, where the Basic Units of Intervention, Security, Health, Damage Assessment and Shelter and Assistance will intervene.

The operation will involve mem-

bers of the Local Police, Civil Guard, Civil Protection, SAMU, Red Cross, firefighters from the Provincial Consortium of Alicante, Valencia and Castellón and SPEIS. Foresters, along with other security and emergency bodies, as well as manned and unmanned aerial support, rescue helicopters and a seaplane, drones and specialised units will also take part in the operation.

The drill will also include the participation of extras and the mobilisation of municipal resources for the management of evacuees, the care of simulated

victims and the coordination of basic services.

The exercise will end at 12:30pm with a subsequent debriefing and information sharing in the International Auditorium. The main objective being to strengthen coordination between administrations and emergency services, evaluate the effectiveness of municipal protocols and improve the response capacity to real situations of seismic risk, guaranteeing the safety of the residents of Torreveija.



0034 691 961 315
victoria.scott1985@gmail.com

Licence Exchange & Vehicle Name Transfer

No Padron, No trip to Trafico, Delivered not Posted

THE Emerald Isle See our advert on page 28
LA FLORIDA

Vincent Real Estate

LIST IT. SELL IT.

"The right decision"

api AIPP 10+ years vincent-realestate.com +34 986 71 24 40

WWW.PATAGONIAGRILLHOUSE.COM

A wide selection of Argentinian and Spanish wines to compliment your steak

PATAGONIA GRILL HOUSE

ASADOR ARGENTINO

WE'RE ON 618864296

m

400M THROUGH THE ARCHES

Av. de las Naciones, 52, 03170 Cdad. Quesada, Alicante

CostaWeeklyNews[™]

Contact:

CostaweeklyNews@alicantetoday.com

Deposito Legal:

MU 170-2026

ISSN:

2026013000127

Publishing Company:

Spain Today Online SL
Carretera de Fuente Alamo
Corvera, Murcia
30153

Printed in Elche (Alicante Province)

Ryanair fires back as AENA pushes for airport fees hike

The latest row over airport charges could mean pricier flights and fewer routes for travellers to and from Spain.

Tensions between airlines and Spain's airport operator AENA are boiling over again and, as usual, Ryanair's outspoken CEO Eddie Wilson isn't holding back. Wilson has come out swinging against AENA's proposed fee increases for the next five-year regulatory period, which would see charges rise by a cumulative 21% between 2027 and 2031 under the new DORA III framework.

Wilson called the plans "regrettable," although he admitted they didn't come as much of a surprise, accusing AENA of behaving like "a monopoly with a history of charging the highest fees at the expense of traffic development," particularly at regional airports.

He went further, claiming that AENA is "manipulating passenger figures to avoid taking risks and keep all the profit potential," and warned that if DORA III is approved in its current form it could mark "a turning point for Spanish tourism."

For passengers, the news could hardly be worse. If airlines are forced to absorb higher costs, fares are likely to go up. And for smaller regional airports, the risk is even greater since airlines may simply decide some routes are no longer worth operating. It's happened before. When AENA last raised its fees, Ryanair axed around two million seats at regional airports across Spain.

The budget Irish airline has already warned of potential further cuts this summer, although in some areas it has actually been moving in the other direction, adding new routes and increasing frequencies at airports including Murcia International.

Completely opposing AENA, the Airline Association (ALA) and the International Air Transport Association (IATA) are both calling for a 4.9% annual reduction in fees, arguing that a more competitive pricing structure would drive traffic growth in Spain and deliver a bigger economic benefit overall.

The ALA says its position is backed by independent studies from global consultancies Steer and CEPA, and insists that AENA's €10 billion investment plan

for the period could be delivered without any increase in charges at all.

Wilson argues the real loser in all of this would be the Spanish economy, which depends heavily on tourism and air connectivity. Even the Canary Islands, traditionally among Spain's strongest performing airports, could lose ground to rival European destinations if charges make them less attractive to airlines.

Both Ryanair and ALA are now calling on the National Commission for Markets and Competition and the Ministry of Transport to step in and review the proposals before they are signed off.



Suspicious package at Alicante-Elche airport uncovers drug network

A routine inspection at Alicante-Elche Airport has led to the dismantling of an alleged international drug trafficking network accused of distributing opium poppy capsules across Spain and to the United States.

The investigation began after officers intercepted four suspicious postal shipments containing nearly seven kilograms of dried poppy capsules. Laboratory analysis confirmed the substance was 'somniferum', commonly known as the opium poppy, a plant linked to the production of opiates.

According to the Guardia Civil, the same surname appeared on both the sender and recipient details across all packages. Although the parcels had been dispatched from different addresses, investigators traced them all to the municipality of Los Alcázares.

Officers from the Tax and Border Analysis and Investigation Unit, working alongside the Organized Crime and Anti-Drug Team in Alicante and the Civil Guard Company of Torre Pacheco, travelled to Los Alcázares to identify those allegedly responsible.

The suspects – three men, all born in India – were located and linked to the shipments. Database checks further indicated they may have been connected

to recent thefts of legally cultivated opium poppies intended for pharmaceutical use in the province of Albacete.

Following the identification of the alleged ringleaders, officers carried out three searches at properties in Los Alcázares. The operation resulted in the seizure of 527 kilograms of 'Papaver somniferum' capsules and the arrest of the three men. All have been remanded in custody pending further proceedings.

The operation, codenamed "Guru25," remains ongoing. Authorities say the group is suspected of stealing the plant material from authorised plantations and exporting it through postal channels to several Spanish provinces as well as overseas.

The Guardia Civil said the dismantling of the network has prevented the illegal commercialisation of a highly dangerous substance and represents a significant blow against organised drug trafficking.



Three violent robbers arrested



Three men have been arrested in connection with a string of violent robberies and burglaries across the Vega Baja region, following a months-long investigation led by Spain's Guardia Civil.

The suspects, aged between 19 and 29, are accused of carrying out two violent robberies, three business burglaries and two thefts from vehicles. The arrests were made as part of Operation Morcar26, a coordinated effort that relied heavily on security camera footage and close collaboration with the Almoradí Local Police.

The investigation began in late 2025 after a series of vehicle break-ins were reported in Almoradí, along with two burglaries at bars and restaurants in Algorfa.

Due to the frequency and severity of the incidents, the Investigation Unit at the Almoradí Civil Guard station took charge of the case.

Officers conducted a detailed analysis of surveillance images captured both inside targeted establishments and on public streets. Investigators determined that the same group was responsible for all of the crimes. The suspects were already known to authorities for previous offences involving crimes against property and individuals.

Tracking the trio proved challenging, as they had no fixed address. During the search, additional crimes with similar methods were reported, further strengthening the link to the same

suspects.

Among the most serious incidents were two violent robberies in Almoradí. In one case, a man walking with crutches was assaulted and had his mobile phone stolen, suffering a fractured tibia during the attack. In another, a young man was threatened with a knife and forced to surrender his electric scooter.

The final phase of Operation Morcar26 was carried out on February 7 and 8, when officers arrested the three suspects in Almoradí's town centre. After appearing before a judge, the men were released pending trial under precautionary measures.

The Guardia Civil thanked members of the public for their assistance. In one instance, residents detained one of the alleged perpetrators until officers arrived and provided crucial video recordings that helped confirm his identity.

Local Police arrest a woman for several thefts from Zenia Boulevard

Local Police of Orihuela has arrested a woman for her alleged involvement in thefts from several shops at Zenia Boulevard shopping centre.

The police were alerted by security guards at the centre, who had spotted several people who could be stealing products from different stores. Faced with this situation, local police patrols were notified and asked to respond.

Officers located the vehicle in which the women involved were traveling and proceeded to identify and inspect it. During the intervention, numerous items from different shops were identified, which could not be explained or justified by the occupants.

The seized items, valued at more than 800 euros, matched the products stolen from several establishments in the Boulevard, so officers arrested one of the women involved for an alleged crime of theft, and another was investigated.

During the operation, officers also took into account the presence of a minor, adopting the appropriate measures to guarantee her protection in accordance with the relevant procedures.

The case has been handed to the Civil Guard for the continuation of the investigation, and the recovered goods will be returned to the stores they were stolen from.



Man arrested for Cabo Roig house robbery



Local Police of Orihuela has arrested a woman for her alleged involvement in thefts from several shops at Zenia Boulevard shopping centre.

The police were alerted by security guards at the centre, who had spotted several people who could be stealing products from different stores. Faced with this situation, local police patrols were notified and asked to respond.

Officers located the vehicle in which the women involved were traveling and proceeded to identify and inspect it. During the intervention, numerous items from different shops were identified, which could not be explained or justified by the occupants.

The seized items, valued at more than 800 euros, matched the products stolen from several establishments in the Boulevard, so officers arrested one of the women involved for an alleged crime of theft, and another was investigated.

During the operation, officers also took into account the presence of a minor, adopting the appropriate measures to guarantee her protection in accordance with the relevant procedures.

The case has been handed to the Civil Guard for the continuation of the investigation, and the recovered goods will be returned to the stores they were stolen from.



LOCAL PICK UPS* TORREVIEJA AREA
Opening Times
Mon - Fri
09:00h - 17:00h

BOOKINGS: 691 493 977

@vivaliatravel
 691 49 39 77
 vivaliatravel

ALTEA BREAK
CAP NEGRET HOTEL 4*
4 Days / 3 Nights
Full Board - wine & water
MARCH: 169€_{p.p.}
APRIL: from 179€_{p.p.}
MAY: from 189€_{p.p.}

8 DAY MED CRUISE
VALENCIA TO ALICANTE
MAY 27th 2026 Costa Pacifica
 Valencia-At Sea-Olbia-Rome
 Savona-Toulon-Palma-Alicante
from 599€_{p.p.} TAX INCLUDED
 OPTIONAL ALL INCLUSIVE DRINK PACKAGE
 OPTIONAL TRANSPORT FROM TORREVIEJA AREA

15 DAY GREEK ISLAND CRUISE
SEP 22nd 2026 Costa Fascinosa
 Barcelona-Palma-Malta-Mikonos-Santorini-Athens
 Souda Bay-Mesina-Rome-Savona-Barcelona
from 1429€_{p.p.} TAX INCLUDED
 OPTIONAL ALL INCLUSIVE DRINK PACKAGE
 OPTIONAL TRANSPORT FROM TORREVIEJA AREA

8 DAY MED CRUISE FROM ALICANTE
JUNE 3rd 2026 COSTA PACIFICA
 Alicante-At Sea-Olbia-Rome-Savona
 Toulon-Palma-Alicante
from 759€_{p.p.} TAX INCLUDED
 OPTIONAL ALL INCLUSIVE DRINK PACKAGE
 OPTIONAL TRANSPORT FROM TORREVIEJA AREA

8 DAY MED CRUISE FROM ALICANTE
SEP 16th 2026 Costa Pacifica
 Alicante-At Sea-Olbia-Rome-Savona
 Toulon-Palma de Mallorca-Alicante
from 799€_{p.p.} TAX INCLUDED
 OPTIONAL ALL INCLUSIVE DRINK PACKAGE
 OPTIONAL TRANSPORT FROM TORREVIEJA AREA

ALBIR COACH TRIP
APRIL 19th 4 DAYS / 3 NIGHTS
SUN PALACE ALBIR HOTEL 4*
 Half Board wine & water **179€_{p.p.}**
 SPA Session included 45min
 Transport included from Torrevieja Area, La Marina Urb & Gran Alacant

BENIDORM BREAK
March-April-May 4 DAYS / 3 NIGHTS
4* BENIDORM EAST HOTEL
 Half Board - wine & water
 Free Shuttle **from 139€_{p.p.}**

ALBIR BREAK MARCH **169€_{p.p.}**
 4 DAYS / 3 NIGHTS
SUN PALACE ALBIR HOTEL 4* APRIL **179€_{p.p.}**
 Full Board - wine & water
 including one SPA session

ALTEA COACH TRIP
MARCH 29th 2026 4 DAYS / 3 NIGHTS
CAP NEGRET HOTEL 4* **199€_{p.p.}**
 Full Board - Complimentary wine & water
 Transport included from Torrevieja Area, La Marina Urb & Gran Alacant

10 DAY MED CRUISE
April 6th Costa Pacifica
 VALENCIA-PALMA-IBIZA **from 499€**
 LA SPEZIA-ROME-SAVONA
 MARSEILLE-PALMA-ALICANTE TAX INCLUDED **p.p.**
 TRANSFER ALICANTE TO VALENCIA INCLUDED

IBIZA TRIP MAY 6th 2026 6 DAYS / 5 NIGHTS
4* ES PLA HOTEL
 San Antonio Bay
 FULL BOARDS - Unlimited drinks with meals
 Tickets Ferry Included **499€_{p.p.}**
 Transport included from Torrevieja Area, La Marina Urb & Gran Alacant

TORREMOLINOS TRIP
5 DAYS APRIL 19th
4* COSTA MALAGA HOTEL
 (City Center)
 Half Board - wine & water
 Excursion to RONDA **299€**
 FREE COACH TRANSPORT FROM TORREVIEJA AREA

BOOKINGS: 965 71 66 15 **691 49 39 77** **info@vivaliatravel.com**
 Prices subject to availability at the time of booking. Service charge may apply. All prices are per person on a double basis.
 Pick ups may be available from Torrevieja Area & Orihuela Costa. - Transfers may not be applicable to all offers.

Soaring rental costs eat up 38% of wages

Renting a typical two bedroom home in Spain now takes an average 38% of a household's net monthly income, according to new figures from property portal Idealista.

That is well above what most financial advisers consider sensible. Housing is often recommended to stay within 20% to 25% of your budget, and once it creeps past 30% many experts say you are financially stretched.

Across much of Spain, that line has not just been crossed, it has been left far behind.

The data shows renting is currently more demanding than buying in 48 of Spain's 50 provincial capitals. On average, mortgage payments would account for 26% of household income, compared to the 38%

needed for rent. Buying may look cheaper month to month, but of course that does not factor in the large deposits and upfront costs required by banks.

In some of the country's biggest cities, the pressure is even more intense. Renting a two bedroom flat absorbs 46% of income in Barcelona and 40% in Valencia. Palma sits at 43%, Málaga at 41% and Madrid at 40%. In these areas, close to half of take home pay can vanish on rent alone.

And sadly, buying just isn't an option anymore for so many people, despite recent wage increases, as property prices have continued to climb. Resale homes rose by 16.2% last year to an average €2,639 per square metre, which means an 80 square metre flat now costs around €211,120.

Rental prices increased by 8.5% over the same period, reaching €14.7 per square metre, or about €1,176 per month for a similar sized home.

Only Palma and San Sebastián buck the national trend, where buying requires a bigger share of income than renting. In San Sebastián, average prices have

reached €6,450 per square metre, putting an 80 square metre flat at more than €516,000 and pushing mortgage effort up to 37% of income.

There are still parts of Spain where housing is far more manageable. In 29 provincial capitals, buying a home takes less than 20% of average income. Lleida and Jaén

are the most affordable at around 13%, and in Jaén and Ciudad Real rent also remains under 20%.

For many families across Spain, though, the reality is that renting now eats up far more than the recommended share of income, leaving less room for savings, bills and everything else that comes with everyday life.



Orihuela strengthens maintenance on the coast

The Town Hall of Orihuela has unveiled new digital communication channels aimed at improving the maintenance of roads and public spaces in Orihuela Costa, as part of its ongoing effort to consolidate municipal services under public management.

The initiative, overseen by the municipal company Ecoplan Services, introduces a dedicated website — www.ecoplanservicios.es — and a mobile application that allows residents to report faults directly. Users can upload photographs, pinpoint the exact location of the issue and track the progress of their request. Each report is registered, verified and automatically added to the maintenance schedule.

Mayor Pepe Vegara presented the platform alongside Infrastructure Councillor Victor Valverde and Coast Councillor Manuel Mestre, describing it as a key step in strengthening services in the coastal district.

Since the municipal maintenance service was launched in July 2025, more than 500 work orders have been processed. According to the Town Hall, most have already been completed, while others remain in progress or pending due to recent notification

or the need for specific materials.

The works carried out range from replacing road signage and repairing drainage systems to building pavements, improving accessibility, filling potholes and removing damaged infrastructure. Seasonal beach interventions have also been included, such as installing walkways and maintaining street furniture during peak visitor periods.

Pablo Ruiz, the website's technical manager, said the platform was designed to be accessible and user-friendly so that any resident can quickly report an issue. He added that the system is scalable and intended to become a central information hub for municipal maintenance in Orihuela Costa.

Gerardo Jiménez, head of incidents and maintenance, highlighted that residents will be able to monitor the status of their reports and receive confirmation once problems are resolved, improving transparency and oversight.

Councillor Manuel Mestre stressed that the tool enables incidents to be reported at any time, facilitat-

ing faster responses and better planning. Meanwhile, Victor Valverde pointed to increased financial backing for the service, noting that the budget for road maintenance in Orihuela Costa has doubled and that additional material resources have been secured.

Mayor Vegara said bringing the service under municipal control has already led to improvements in road upkeep and that the new reporting system will allow deficiencies to be addressed more swiftly. He also thanked municipal technicians and neighbourhood associations for their cooperation.

"Orihuela Costa is one of the jewels of the municipality," the mayor said. "We must give it the attention it deserves by strengthening public services and providing residents with the tools they need to communicate their concerns, so we can continue improving daily life."

Orihuela guided tours and visits for March

The Department of Tourism for Orihuela has presented its 'Routes and Visits – March 2026'. A cultural program that will explore some of the municipality's most emblematic spaces and landmarks throughout the month. The initiative includes guided tours, heritage routes, and themed activities aimed at both residents and visitors.

The activities have limited places and require pre-registration through the municipal tourism website.

The programming starts on Thursday, 5th March at 6pm with a visit to the Miguel Hernández's House, guided by Concepción Silvestre, departing from the Miguel Hernández House Museum.

On Friday 6th March at 5pm 'Miguel Hernández: Life and Work' will take place, again with a meeting point at the Hernandez House Museum. The tour will focus on the poet and his legacy.

On Saturday 7th March at 11am the 'Cultural Legacy' route will take place. This will start from the Arch of Santo Domingo and aims to explore the city's historical heritage.

Friday 13th March at 5pm 'The expansion of Orihuela and its historical context + Tasting' will take place. The tour leaves from the Gabriel Miró Roundabout Fountain. This route costs 6 euros.

On Saturday 14th March at 11am the 'Blue Trail and Cabo Roig

Military Detachment' tour will take place on Orihuela Costa. It will start from Levante Street, Cabo Roig.

On Thursday 19th March at 11am the 'Murals of San Isidro' will begin. Participants should meet at the Guernica mural.

On Saturday 21st March at 11am the tour 'Patrons of Orihuela' will take place, leaving from Carmen Square.

Friday 27th March at 5pm the route 'Relics of the Passion' will start from the Plaza del Convento de San Francisco.

On Saturday 28th March at 4.30pm the 'Miguel Hernández. Anniversary of his death' tour will

start from Carmen Square.

The program will end on Monday 30th March and Tuesday 31st March at 11am with a new edi-

tion of the route 'Cultural Legacy' starting from the Arch of Santo Domingo.



Brits keep Alicante at top of foreign property charts

Alicante province has once again topped the national rankings for international home purchases, with foreign buyers accounting for 42.91% of all property sales there in the fourth quarter of 2025.

That means more than four in every ten homes sold in the province went to an international buyer, a figure that stands out sharply against the national average of 13.52%. Across Spain as a whole, 178,270 sales were recorded in the fourth quarter, up 3.31% year on year, but Alicante's international share remains in a league of its own. The total number of foreign purchases in the province for the quarter came in at 5,672.

Málaga is the only other province that comes close. It recorded 2,831 international transactions over the same period, representing 31.11% of its market. Together, Alicante and Málaga accounted for more than 35% of all foreign property purchases across the whole of Spain during the quarter, confirming their status as the two dominant markets for international buyers.

The contrast with Spain's big cities is striking. Barcelona saw a modest 2.01% year-on-year rise in sales with a slight uptick in its foreign buyer share, but Madrid went in the other direction, with total transactions falling by 8.48% and an international share of just 6.43%. To put that in perspective, Alicante's foreign buyer share is more than six times that of Madrid over the same period.

On the nationalities front, British buyers are still out in front overall but their numbers dropped by 10.74% year on year, though there was a small improvement quarter on quarter. The more interesting story is what's happening with Dutch buyers, who have now firmly established themselves in second place. Dutch nationals completed 1,632 transactions in the fourth quarter, representing 6.77% of all foreign purchases, and recorded growth of 15.22% compared to the previous quarter and 10.50% year on year. They are currently the only major nationality showing growth across both measures.

France and Germany both saw

moderate declines, described in the report as part of an adjustment phase after several years of unusually high activity. Poland dropped more sharply, down 11.85% on the quarter and 13.07% year on year, and Russian buyers continued a longer-term retreat with a year-on-year fall of more than 32%.

Within Alicante province itself, the picture is fairly consistent with what's been seen throughout 2025. Industry sources have pointed to the Costa Blanca South, particularly Torrevieja, Orihuela Costa and Guardamar, as the main focus for investment, while the Costa Blanca North, covering areas like Xàbia, Calpe, Altea and Benissa, tends

to attract more buyers from northern and central Europe.

With the fourth quarter data now in, Alicante's position at the top of Spain's international property market looks as solid as ever.

Image: Ximonic via Wikimedia



Spain approves aid for storm-battered regions

The Spanish government has approved approximately €7 billion (\$8 billion) in financial aid to support residents affected by recent storms in the Extremadura and Andalusia regions. The storms, which struck over the past few weeks, have caused extensive damage to homes, businesses, and agriculture, while forcing the evacuation of thousands of people.

Budget Minister Maria Jesus Montero said the aid package aims to compensate more than 12,400 people displaced by the severe weather and to mitigate the impact on infrastructure, agriculture, and fishing. She added that additional support could be provided if further assessments reveal more damage.

Agriculture Minister Luis Planas reported last week that at least 14,000 hectares

(35,000 acres) of crops – including berries, citrus fruits, and olives – were destroyed. Spain's state weather agency AEMET has recorded rainfall levels 38% above average since October, highlighting the severity of the storms.

Neighbouring Portugal has also faced significant storm-related damage this year. The Portuguese government initially estimated over €4 billion in direct reconstruction costs after Storm Kristin struck four weeks ago and has already provided €2.5 billion in loans and incentives to support rebuilding efforts.

Authorities in both countries continue to assess the full extent of the damage as communities work to recover from the unprecedented winter storms.





*Indiana's
Hair &
Lash Boutique*

T-SECTION HIGHLIGHTS 40€
(with this advert)

ALL ABOUT HAIR

- Advanced Cutting
- Blow Dry
- Sets
- Hair Up
- Colour Specialist
- Highlights
- Conditioning Treatments
- Mens Styling

Plaza de La Inmaculada (Behind the Ayuntamiento)
03178 Benijofar (Alicante)
681 250 190
Facebook/ Instagram
Indianas Hair and Lash Boutique
@indianashair&lashboutique

Gender violence on the rise in 2026

Spain has recorded ten alleged femicides in the first weeks of 2026, following a week marked by extreme violence in which four women and two minors were killed. Six of the cases involved prior complaints of domestic abuse, raising renewed questions about the effectiveness of protection measures.

The latest suspected gender-based killing took place in Sarriguren, in the Navarrese municipality of Valle de Egüés. Police arrested a man accused of fatally stabbing his wife and seriously injuring his mother, the victim's mother-in-law. Judicial authorities have sealed the proceedings, and the case remains under investigation.

If confirmed as gender-based violence, the death would bring the total number of women killed by partners or former partners in Spain since official records began in 2003 to 1,353. While 2025 closed with 48 women murdered – the lowest annual figure since records began – 2026 has seen one of the deadliest starts in recent years.

In just six weeks, six children have been orphaned by the killing of their mothers. Since 2013, the number of minors left orphaned due to gender-based violence has reached 510.

Alongside the ten femicides, authorities are investigating the first two cases of vicarious violence of the year – crimes in which children are killed to inflict harm on their mothers.

In Xilxes (Castellón), 48-year-old María José Bou and her 12-year-old daughter Noemí were allegedly murdered by the girl's father, who had a restraining order in place until 2027 following prior abuse complaints. Days before the killings, the mother had been assessed as being at "medium risk" within the Interior Ministry's VioGén protection system.

In a separate case in Arona, a 10-year-old boy was allegedly killed by his father, who struck him with a machete. The man also seriously injured the child's mother, who remains in critical condition. The suspect, who had no prior criminal record or com-

plaints against him, was shot dead by police at the scene.

A week of killings

The recent week of violence began in Benicàssim, where 64-year-old nurse Ana María Sorribas was stabbed to death at the local health centre by her ex-partner, a 70-year-old retired dentist. She had worked at the clinic her entire career and was close to retirement. The alleged attacker was arrested at the scene.

The following day, the double homicide in Xilxes shocked the country.

In Madrid, Petronila, a mother of two, was allegedly strangled by her ex-partner, a 34-year-old man of Paraguayan origin. Officers found signs of strangulation at the residence. The suspect later confessed at a police station.

In total, six of the ten alleged aggressors had been previously reported. In 60 percent of this year's cases, there had been prior complaints – five filed by the victims themselves and one by third

parties. By comparison, in 2025 only 20.8 percent of perpetrators had prior reports.

Some of the women were registered in VioGén or had restraining orders in place. However, the protective mechanisms failed to prevent the killings.

The Minister for Equality, Ana Redondo, acknowledged that risk assessments are not always conducted with sufficient depth. She called for stricter enforcement of restraining orders, suggesting minimum distances of 300 to 350 metres to ensure victims can seek help safely.

Of the nine women killed prior to the Navarra case, six were Spanish and three were foreign nationals. The same distribution applies to the alleged perpetrators. In eight of the cases, the victim and the accused were former partners or in the process of separating; in one case they were still in a relationship. Two suspects took their own lives after committing the crimes and cannot be prosecuted.

Additional arrests

The week also saw several arrests linked to gender-based violence.

In Jdraque, a man was detained for allegedly attacking a woman classified in VioGén as being at "extreme risk." In Onil, police arrested a 24-year-old man who had fled abroad after allegedly attempting to murder his partner and her mother in January in Calella (Barcelona). Both women were hospitalized in critical condition; the daughter remains hospitalized with brain death.

Another man was arrested in Lugo for violating a court order prohibiting him from approaching a woman he accompanied to a hospital emergency room.

Meanwhile, a woman attacked in Sant Antoni de Portmany by her ex-partner – who also had a restraining order against him – remains hospitalised in a serious condition.

Eight out of ten Spanish apples contaminated



A recent European study has revealed alarming levels of pesticide contamination in apples, showing that the majority of conventional fruit sold across Europe carries multiple chemical residues. In Spain, the figure reaches 80%, according to research coordinated by the Pesticide Action Network Europe (PAN).

The investigation, which spanned 13 countries, analysed 59 samples of locally produced apples collected from supermarkets and markets in September 2025. Across Europe, 85% of the apples tested contained residues of more than one pesticide, with each apple carrying an average of three different chemicals and some samples showing up to seven. Eight countries, including Germany, Poland, the Netherlands, and Croatia, reported 100% of apples contaminated with multiple residues, while Denmark and Belgium recorded the lowest percentages, at 20% and 50%, respectively. Spain, France, and Italy were in the mid-range at 80%.

The study highlights two categories of particular concern. Neurotoxic pesticides were detected in 36% of the apples, while PFAS compounds – perfluoroalkyl and polyfluoroalkyl substances linked to long-term health risks – appeared in

64% of the samples. Among individual substances, the fungicide fludioxonil, classified as an endocrine disruptor by the EU in 2024, was found in nearly 40% of the fruit. Captan, a possible carcinogen, appeared in 61%, and the insecticide acetamiprid, deemed neurotoxic by the European Food Safety Authority (EFSA) since 2013 and capable of crossing the placental barrier, was present in about 20% of samples.

The report warns that 71% of the contaminated apples contained substances classified by the EU as "very toxic," some of which should have been removed from the market. Contrary to expectations, the presence of these harmful chemicals in European apples has risen in recent years rather than decreased. Researchers also note that apple trees can be sprayed with pesticides up to 30 times per year, underscoring the scale of chemical exposure in conventional apple production.

Apples, long celebrated for their health benefits and popular across Spain and Europe, are now being called into question by the study, raising urgent questions about food safety and regulatory enforcement in the EU.

Provincial Council invests 300,000 euros in Formentera

The president of the Diputación Provincial de Alicante, Toni Pérez, has inaugurated two new municipal projects in Formentera del Segura, marking the completion of works financed under the Plan Planifica 2024-2027 programme.

Accompanied by the town's mayor, Francisco Cano, Pérez visited the refurbished Town Hall building and a newly constructed camper park. The combined investment in both projects exceeds €350,000, of which €300,000 was funded by the Provincial Council. The newly opened camper park has been developed on a previously unused 3,500-square-metre plot on Calle Castilla y León. Designed to accommodate motorhomes and camper vans, the facility aims to attract touring visitors and stimulate local economic activity.

"This space reflects the vision of a council that understands and responds to new social demands," Pérez said during the visit, highlighting the importance of adapting municipal infrastructure to emerging forms of tourism.

The €177,800 project included clearing and preparing the land, laying paving,

installing concrete platforms for the disposal of grey and black water, and providing drinking water supply points. The site has also been equipped with full water and sanitation networks, three-phase electrical lighting, prefabricated toilet and shower modules, and landscaped areas with gardens and picnic spaces.

Following the tour of the camper facilities, the delegation moved to the Town Hall to inaugurate the interior refurbishment of the municipal building. The €176,000 renovation – €150,000 of which was covered by the Provincial Council – focused on redesigning the ground floor to improve functionality and public access.

The updated layout now includes a public restroom, reception area, corridor, three offices, a car park toilet and a new assembly hall, while the rest of the building remains structurally unchanged.

Pérez was joined at the event by Vice-President Ana Serna, Infrastructure Deputy Antonio Bernabeu and Emergencies Deputy Luis Rodríguez. He underscored the value of cooperation between administrations to enhance services, improve quality of life and strengthen the municipality's appeal.



More money for millions of workers in Spain

Spain's minimum wage is going up and for around 2.5 million workers, mostly women according to government estimates, it will mean a welcome income boost throughout 2026 that will be backdated to the start of the year.

The increase has been agreed between the Ministry of Labour and Spain's two biggest trade unions, UGT and CCOO, although it hasn't gone down well with everyone. Business organisations and employer reps have already rejected the rise, making it clear they weren't on board before the ink was even dry.

Labour Minister Yolanda Díaz confirmed the new Minimum Interprofessional Wage, known in Spain as the SMI, will rise by €37 a month, a 3.1% increase that takes the minimum to €1,221 gross per month. Over the course of a year, that adds up to an extra €518 in workers' pockets.

If you're trying to work out what this means for you personally, there are a few things worth understanding before you get too excited or too disappointed by the numbers.

When does it come into effect?

The increase needs to be formally approved by the Council of Ministers, which was expected to happen this week, after which it will be published in the Official State Gazette, the BOE, within three weeks at most.

Importantly, the government intends for the rise to be backdated to the start of the year, so

workers won't miss out on the months already gone. Once the Royal Decree is signed and in force, every employer in Spain will be legally required to pay the new rate.

How much will you actually take home?

This is where things get a little

more nuanced, because the €1,221 figure is a gross salary, meaning it's the amount before deductions. What lands in your bank account each month will be less, once social security contributions and income tax withholdings are taken out. Annually, the gross minimum wage will come to €17,094, paid across 14 instalments as is standard in Spain.

The exact net figure will vary from person to person depending on individual circumstances such as marital status, whether you have children and the type of contract you're on, which means not every minimum wage worker will see exactly the same amount hit their account.

What about your tax return?

The 2025-26 is fast approaching, kicking off a day early this year on April 8. To stop the pay rise being quietly eaten up by income tax, the government is maintaining a special deduction system similar to the one used last year.

In practice, this means that any tax withheld from minimum wage earners throughout the year will be returned when they file their annual income tax return. The end result is that workers on the minimum wage should get back whatever was withheld and won't find that a chunk of their pay rise has simply disappeared into the tax system.

It's a reassurance worth noting, particularly for those who might otherwise wonder whether a higher gross figure actually translates into anything real at the end of the month.



Flights to vibrant North African city

Alicante-Elche Miguel Hernández Airport is set to add a fresh international route to its growing network, with direct flights to Casablanca starting this April.

Already offering connections to domestic destinations, European capitals and the three North African cities of Algiers, Oran and Marrakech, the Costa Blanca airport will now link travellers to Morocco's bustling coastal hub, increasingly popular with tourists.

The new service will be operated by Royal Air Maroc, which is expanding its presence in Spain with an ambitious plan to reach 80 weekly flights to nine Spanish cities and grow its fleet to 200 aircraft by 2037.

Alicante-Casablanca flights will run three times a week, on Wednesdays, Fridays and Sundays. Departures from Alicante

are scheduled for 1.10pm, landing in Casablanca at 2.40pm local time. Return flights leave Casablanca at 9.30 am, arriving in Alicante at 12.10 pm, with a total flight time of around 1 hour and 45 minutes.

Royal Air Maroc will also start direct flights between Casablanca and Bilbao from April, while March will see new services from Tetouan to Barcelona, Malaga and Madrid. Connections from Tangier to Barcelona and Malaga begin in July, followed by Madrid in September, with Nador to Barcelona launching at the same time.

The Casablanca link complements other recent additions at Alicante-Elche Airport, including the new Jet2.com service from London Gatwick starting in March.






YOUR SPECIALIST IN FITTED KITCHENS AND WARDROBES

Come and visit our NEW SHOWROOM

NEW WEBSITE, VISIT US: www.kitchensemilio.com





Kitchens Emilio



info@kitchensemilio.com
www.kitchensemilio.com
C/ San Mateo 9, Los Montesinos
Customer Service Isabel 645 297 616

Torre Vieja to implement drug addiction prevention in schools

The Torre Vieja City Council has approved a new contract worth an estimated €133,394 to implement drug and addiction prevention programmes in the city's primary and secondary schools. The initiative, approved by the Local Governing Board, aims to promote healthy lifestyles and provide educational tools to students while reinforcing protective factors against addictive behaviours.

The contract, initially set for January 1, 2026, to December 31, 2027, includes the option for a two-year extension through 2029, bringing the maximum duration to four years. The first two years of the programme have a base budget of €66,697, with the total contract value covering potential extensions. No provisional guarantee is required, and the final guarantee will be 5% of the winning bidder's

offer, valid for fifteen days following the last scheduled activity.

The programme will deliver specialised sessions tailored to

different age groups and educational levels across all schools and institutes in Torre Vieja. Sessions are designed by the city council's Community Prevention Unit of Ad-

dictive Behaviours and will focus on early intervention to prevent drug dependence and other addictive behaviours. The tender approval also includes

the technical and administrative specifications governing the bidding process, ensuring the programme is executed with the highest standards.



"This programme reaffirms the City Council's commitment to working closely with schools and professionals to provide universal, high-quality prevention programmes," said council officials. "By engaging students early, we aim to foster healthy habits and equip young people in Torre Vieja with the tools to resist drug use and other addictions."

The initiative is part of Torre Vieja's broader municipal strategy for health promotion and prevention, emphasizing schools as a central space for values education and the development of lifelong healthy behaviours.

Los Montesinos residents call for better transport

Around 300 residents of Los Montesinos took to the streets to demand substantial improvements in interurban transport from the Generalitat Valenciana.

The peaceful demonstration, organized by the Los Montesinos City Council, was held on Avenida del Mar, the town's main road, under the slogan "Dignified public transport now." The rally highlighted longstanding concerns over insufficient bus connections linking Los Montesinos with surrounding municipalities and the broader province.

Mayor José Manuel Butrón criticized the regional government for a lack of institutional dialogue and inadequate proposals, noting that important transport decisions have often been communicated through the media rather than official channels.

"Since 2023, I have repeatedly requested meetings, sent emails, and tried to engage with the Generalitat to convey the real needs of Los Montesinos, without receiving an adequate response," Butrón said.

He acknowledged that the demonstration prompted the Generalitat to finally share a draft of provisional

itineraries. However, he described the plan as "clearly insufficient," citing only one additional daily round trip to Torre Vieja and two to Alicante – far short of the municipality's requirements.

The mayor also expressed concern over the temporary nature of the proposal, which is expected to last only two years, offering no long-term stability for residents. He criticized the exclusion of Los Montesinos from recent regional transport events, calling the approach "disloyal and sectarian," but noted that the mobilization prompted greater receptivity from the Generalitat.

"This demonstration shows that when a community unites, it is heard," Butrón said, emphasizing his commitment to defending equitable and reliable transport for the town. He thanked residents for their participation and did not rule out future mobilizations if the Generalitat fails to provide meaningful solutions.

The City Council reaffirmed its dedication to working with regional authorities to develop an interurban transport system that is sufficient, stable, and responsive to the real needs of Los Montesinos citizens, with active local involvement in planning and implementation.



Year of the fire horse

As communities across China and around the world mark the 15-day Spring Festival to celebrate the Lunar New Year, 2026 ushers in the Year of the Horse – more specifically, the rare and intense Fire Horse.

In the Chinese zodiac, the Fire Horse appears once every 60 years, created by pairing the horse sign with the fire element in the traditional sexagenary cycle. The zodiac system combines 12 animal signs with 10 heavenly stems – symbols representing the five elements of wood, fire, earth, metal and water, each expressed in yin and yang forms. As the animals and elements rotate annually, each year takes on a distinct combination.

The 12 zodiac animals, according to legend, were chosen when Buddha prepared to leave Earth and called animals to bid him farewell. The Rat arrived first, followed by the Ox, Tiger, Rabbit, Dragon, Snake, Horse, Monkey, Sheep, Rooster, Dog and finally the Boar. Their order of arrival determined their place in the zodiac cycle.

The horse is traditionally associated with energy, freedom and independence. When paired with the fire element – a symbol of passion, intensity and transformation – the result is believed to amplify those traits.

A Fire Horse year is widely described by astrologers as fast-moving and high-energy, bringing dramatic change on both personal and global levels.

The last Fire Horse year occurred in 1966, when China's Cultural Revolution began – a period marked by sweeping political and social upheaval. While experts caution against drawing direct historical parallels, the association has reinforced the Fire Horse's reputation for turbulence and rapid shifts.

Looking ahead to 2026, some astrologers predict industries linked to fire will take centre stage. Technology, energy production, fuel-related sectors and any field generating heat or power are expected to thrive. Creative industries such as fashion, the arts and culinary professions – all symbolically tied to fire – may also see heightened momentum.

The fiery influence is also believed to affect climate patterns and human temperament. Astrological forecasts suggest a potential increase in heat-related weather events, along with heightened emotions and tensions in personal and geopolitical relationships.

However, not all predictions are cautionary. In Chinese metaphysics, individuals born in autumn and winter are thought to benefit from stronger fire elements in their personal charts. For them, the Fire Horse year could bring balance, opportunity and renewed vitality.

As celebrations continue, the Year of the Fire Horse arrives with a reputation for dynamism, intensity and transformation – a combination many will be watching closely in the months ahead.



Spanish tax calculator

The countdown to this year's Spanish income tax campaign (Declaración de la Renta) has officially begun. The 2026 filing period for the 2025 tax year opens on Tuesday 8th April and runs until Tuesday June 30. For many people across Spain, that annual date with the taxman brings the same nagging question: will I have to pay or am I getting money back?

The good news is you don't have to wait until April to get a rough idea. The Agencia Tributaria has already activated its online simulator, known as Renta Web Open, so taxpayers can preview their likely result in advance.

What is Renta Web Open?

Renta Web Open is a simple online simulator that lets you enter your tax details and estimate the outcome of your return. It can also help you check if you are actually required to submit a return in the first place.

Unlike the full filing system, you do not need a digital certificate or Cl@ve login to use it. It's purely

for guidance, though, and doesn't generate an official return.

You will still need to submit your actual Declaración de la Renta during the official window between 8th April and 30th June.

How to access the simulator

You'll find the tool on the official Agencia Tributaria website. Head to 'All procedures', click on 'Other services' and then select 'Simulators'. From there, choose the 'Renta Web Open Simulator'.

First, you will be asked for some

basic details such as your NIF, marital status and whether you have children or elderly dependants. On the next screen, you can add income from employment, savings, investments or freelance work.

At the end, the simulator produc-

es a PDF preview showing key figures, including total tax due and withholdings. If the final amount appears as a negative number, that means you are due a refund. If there is no minus sign, you will need to pay that amount.

	CONJUNTA	Declarante	Conyuge
Resultado de la declaración	1.734,63	89,57	-250,00
Rendimientos del trabajo			
Total ingresos íntegros computables	28.870,00	28.870,00	2.870,00
Rendimiento neto	26.870,00	26.870,00	2.870,00
Rendimiento neto reducido	26.870,00	26.870,00	2.870,00
Base imponible general	26.870,00	26.870,00	2.870,00
Reducciones de la base imponible general			
Por tributación conjunta	1.000,00	0,00	0,00
Base liquidable general	25.870,00	26.870,00	2.870,00
Base liquidable general sometida a gravamen	25.870,00	26.870,00	2.870,00
Base imponible del ahorro	0,00	0,00	0,00
Base liquidable del ahorro	0,00	0,00	0,00

Ancient weather traditions predict snowy Easter

If you haven't come across Jorge Rey before, he's a young meteorologist from Burgos who became something of a media sensation after using an ancient traditional forecasting method called the cabañuelas to predict Storm Filomena before it hit.

The cabañuelas is a centuries-old technique, deeply rooted in Spanish rural tradition, that uses observations from the first days of the year to forecast the weather for the months ahead.

It's the kind of folk wisdom that mainstream meteorology tends to dismiss, but young Jorge has built a serious following by combining it with more conventional forecasting, and his predictions have a habit of being scarily accurate.

A calm end to February

To set the scene for his latest forecast, Jorge points to an old Spanish saying, particularly well known in Valencia and Catalonia, that links Candlemas Day on February 2 to what follows. If the day is clear and sunny, winter has another 40 days to run. If it rains or snows, the cold is on its way out.

Based on that, and on his broader

reading of the coming weeks, Jorge is confident that what remains of February should be "pretty calm," with a high-pressure system helping to settle conditions from around the middle of the month onwards.

It's worth noting that Spain has already had a punishing start to the year, working its way through three quarters of the storm name alphabet thanks to a relentless run of high-impact weather.

A warm but unsettled March

March, according to Jorge, should start with a noticeable rise in temperatures, although sadly this won't last. Atlantic fronts will keep rolling in throughout much of the month, bringing rain to western parts of Spain at the end of the first week. There's a brief warm and settled spell expected around the 12th and 13th, but new storms are forecast for the southwest between the 16th and

17th, with Extremadura, Huelva, Sevilla and Cádiz likely to feel it most.

A white Holy Week?

It's the second half of March and the start of April where things get really interesting. Jorge is warning of a possible sharp change in the weather pattern, with cold polar air pushing in and the potential for significant snowfall.

For those planning around Holy Week, his forecast is cautious, pointing to a difficult picture for the north and central parts of the country, with a real risk of both rain and snow.

Whether the anticyclone that is expected to shape such a peaceful end to February can hold on long enough to save Easter remains, for now, very much to be seen.



Spanish prosecutors to investigate X, Meta & TikTok

Spain's left-leaning coalition government has announced plans to ask prosecutors to investigate X, Meta and TikTok over possible criminal offences linked to the creation and dissemination of AI-generated child sexual abuse material, escalating its confrontation with major technology companies.

Prime Minister Pedro Sánchez said the government would formally request that the public prosecutor's office examine whether the three platforms "may be committing offences by creating and spreading child pornography through their AI."

"These platforms are harming the mental health, dignity and rights of our sons and daughters. The state cannot allow it. The impunity of tech giants must end," Sánchez wrote in a message posted on X.

The announcement comes amid intensifying international scrutiny of artificial intelligence tools capable of generating sexually explicit "deepfake" images. Authorities in the UK, France, the European Union and the US state of California have opened separate inquiries into explicit content allegedly produced by Grok, the AI chatbot integrated into X, as regulators grapple with how to police rapidly evolving generative technologies.

In a statement, the Spanish prime minister's office cited growing evidence of harm among minors. It said that one in five young people in Spain report having been victims of fake nude images generated by AI while they were underage, with girls disproportionately affected. The government argues that such material can

spread rapidly online, compounding psychological damage and reputational harm.

The proposed request to prosecutors would target not only X but also Meta, which owns Facebook and Instagram, and TikTok. Officials did not specify which particular AI features or systems are under scrutiny, but signalled concern over tools that can create or amplify explicit synthetic images involving minors.

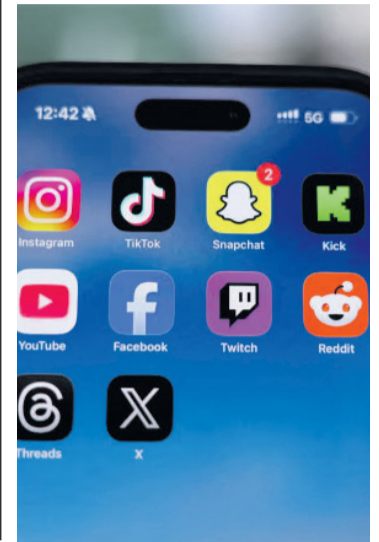
Sánchez has repeatedly called for stricter regulation of digital platforms, criticising what he describes as a small circle of powerful technology executives. He has referred to leading figures in the sector as "techno-oligarchs" and has pushed for stronger European and national rules to curb disinformation, violent content and

online pornography.

Earlier this month, Sánchez publicly clashed with Elon Musk, owner of X, and Pavel Durov, founder of Telegram, after unveiling plans to prohibit social media use for children under the age of 16. The proposal forms part of a broader strategy aimed at shielding minors from harmful digital content and tightening oversight of social media algorithms.

The latest move signals Madrid's willingness to test existing criminal and regulatory frameworks against AI-driven abuses, as governments worldwide race to keep pace with technologies capable of generating highly realistic but fabricated images. Whether prosecutors will open a formal investigation — and how responsibility would be apportioned between

users and platforms — remains to be seen, but the initiative underscores Spain's intention to take a leading role in the debate over AI accountability and child protection online.



Home sales in Spain highest since the real estate bubble

Spain's housing market ended 2025 with its strongest sales figures in nearly two decades, defying rising prices and mounting affordability concerns to post levels not seen since before the global financial crisis.

According to data released by the National Statistics Institute (INE), 714,237 homes were sold over the course of the year — an increase of 11.5% compared with 2024 and the highest annual total since 2007. While still below the extraordinary peaks of the pre-crisis property boom, the figure marks a decisive return to volumes last recorded before the market collapsed.

At the same time, prices climbed to historic highs. The average price per square metre reached €2,230 by year's end, up 13.1% on the previous year and the highest level in the INE's statistical series. The figures underline a striking dynamic: more homes are being bought even as they become more expensive.

Analysts attribute the surge to a persistent structural imbalance between supply and demand. Population growth, inward migration and the creation of new households have continued to fuel demand, while new housing construction has struggled to keep pace. The resulting

scarcity has placed sustained upward pressure on prices and, in some cases, accelerated purchasing decisions among buyers anxious that waiting could mean paying even more later.

The bulk of transactions once again involved second-hand properties. Resales accounted for more than 78% of all operations in 2025, with 558,327 homes changing hands in the segment — a 10.3% annual increase. The dominance of existing housing reflects the limited availability of newly built homes and suggests that, unless construction accelerates significantly, the resale market will continue to drive overall activity.

New-build sales, however, provided one of the year's biggest surprises. Transactions involving newly constructed homes rose by 16.1% to 155,910 units, the strongest performance since 2011. Even so, new housing represented only about one in five of all sales, a proportion analysts say remains too modest to ease price pressures in the short term.

Monthly data showed a volatile but ultimately positive trajectory. The year began strongly, with sales up 11% in January and surging 40.6% in March compared with the

same months a year earlier. Momentum faltered in late summer, with August registering a 3.4% decline — the first drop after thirteen consecutive months of growth — followed by a further 2.5% fall in October.

The market regained strength toward the end of the year. In December, 54,148 homes were sold, a 7.9% increase year-on-year and the highest December figure since records began in 2007.

Regionally, Castilla y León recorded the strongest annual growth, with sales rising 18.9%, while Navarre saw the smallest increase at 2.2%. In December, Cantabria and Navarre led monthly gains, whereas Madrid and the Valencian Community were the only major regions to post declines.



Airlines sued again over unfair gift card rules



Ryanair is in hot water yet again in Spain after a leading consumer organisation filed a fresh complaint against the airline, this time over the way it handles gift cards.

Facua Consumers in Action has formally reported Ryanair, Iberia, Transavia and Wizz Air to the Ministry of Consumer Affairs, accusing them of imposing ex-

piry dates on gift vouchers and, in some cases, adding extra fees on top.

The group argues that putting a time limit on gift cards, after which any unused balance simply disappears, amounts to an abusive practice. According to Facua, customers are being unfairly restricted because once the deadline passes the airline keeps the money even though no flight or service has been provided.

Most of the airlines in question give customers one year to use the card, with Transavia allowing two. After that, the credit is lost.

This is the same Spanish ministry that just last year fined five airlines €179 million for charging

passengers for hand luggage and other practices it described as abusive. Ryanair, Norwegian, Vueling, EasyJet and Volotea were among those sanctioned at the time.

This time around, Facua has asked the ministry to open sanctioning proceedings and pointed out that the issue is not new. Back in 2011, Spain's Consumer Cooperation Commission ruled that expiry clauses on gift vouchers could be considered abusive if they create a significant imbalance to the detriment of the consumer. That same year, the Andalusian regional government fined a clothing chain €20,000 for selling gift cards with expiry dates.

Ryanair is also facing criticism over what it calls an administrative fee for issuing gift vouchers. The airline charges €2 for digital cards and €5 for physical ones. Facua claims this is another abusive practice because it represents an added cost without offering any additional service or benefit.

The timing could be better for the budget Irish airline, since it's currently locking horns with Aena, Spain's airport management company, over plans to hike up airport charges. Most of the airlines are against the fee increase, warning that it could mean higher ticket prices for passengers.

PLATINUM

• REAL ESTATE •

WE **URGENTLY** REQUIRE PROPERTIES
FOR SALE IN ALL AREAS

SELL YOUR PROPERTY
1% + IVA



(0034) 865 758 513



(0034) 602 634 153



✉ sales@platinumproperties.es  www.platinumproperties.es

Avenida Maria Del Mar Rodriguez No 23 (Algorfa)

PLATINUM

• CONSTRUCTION •



FOR ALL YOUR CONSTRUCTION NEEDS

Spanish police chief resigns after rape accusations

Spain's National Police has been plunged into crisis after its second-in-command resigned amid allegations of rape, triggering a political storm that is reverberating through the government of Prime Minister Pedro Sánchez and intensifying pressure on the ruling Socialist party.

The departure of José Ángel González Jiménez, 66, who until recently served as deputy director of operations of the National Police, follows the opening of a criminal investigation by a Madrid court into accusations brought by a female police officer. The case has rapidly escalated from an internal matter to a full-blown political controversy, with the opposition accusing the government of attempting to conceal the allegations.

According to the complaint filed with the court, the alleged assault occurred in April 2025 after a lunch at a restaurant. The officer's lawyer, Jorge Piedrafita, said his client drove González Jiménez to his official residence at his request, where he is accused of raping her.

The complaint accuses the former

senior officer of sexual assault, coercion and causing psychological harm. It also alleges that following the incident, he and other high-ranking officials exerted pressure on the woman to discourage her from reporting what had happened.

Spanish media reports cite the complaint as describing a "systematic, obsessive and intensive campaign" of telephone harassment and psychological manipulation. The alleged actions were aimed at maintaining control over the woman, minimising the seriousness of the conduct, shifting blame onto her, and preventing her from going to authorities. The filing further alleges that employment-related compensation was offered in exchange for her silence.

Piedrafita said his client is currently on psychological leave. Her service weapon has been withdrawn, and she has been declared medically unfit for duty as a result of the distress caused by the events.

The complaint also states that the officer and González Jiménez had previously been in a relationship

characterised by what it describes as a "manifest institutional power imbalance." It alleges that after the relationship ended unilaterally, the former police chief engaged in persistent and unwanted contact.

The case took a decisive turn when Judge David Maman admitted the complaint and formally opened an investigation, according to the newspaper El País. González Jiménez has been summoned to testify on 17 March as a formal subject of the proceedings. Shortly after the court's decision became public, González Jiménez stepped down from his post.

Spain's Interior Minister, Fernando Grande-Marlaska, said the gravity of the allegations left no alternative. "The facts are of such seriousness that, as soon as they became known, resignation was demanded," he said. Grande-Marlaska insisted that neither he nor his ministry had prior knowledge of the accusations. "We knew nothing," he said, adding that had they been aware of the situation, they would have sought the official's resignation earlier.

Spain's public broadcaster RTVE

reported that the Interior Ministry is also examining whether González Jiménez attempted to coerce the alleged victim into refraining from filing a complaint.

The explanations have done little to quell criticism from the opposition. The conservative People's Party (PP) has called for Grande-Marlaska to resign, arguing that the government's response has been insufficient and belated.

PP leader Alberto Núñez Feijóo accused the government of shielding the senior officer until the allegations became public. In a statement, Feijóo said that if a "presumed rapist" had remained at the helm of the National Police for weeks, the only possible conclusion was that the government acted only once the case could no longer be kept quiet. Grande-Marlaska rejected those claims and said he would consider stepping down only "if the victim herself says she did not feel protected."

The scandal comes at a particularly delicate moment for Sánchez. For months, members of his close political and personal circle have faced judicial scrutiny in unrelated

cases. The new allegations risk deepening perceptions of instability within the administration.

They also follow a series of sexual harassment cases that shook the governing Spanish Socialist Workers' Party (PSOE) late last year, forcing several local and regional officials to resign. Sánchez publicly acknowledged "mistakes" at the time and pledged to strengthen safeguards and accountability mechanisms within the party.

Combating violence against women and advancing gender equality have been central pillars of Sánchez's political agenda. The unfolding case, involving one of the country's most senior law enforcement officials, poses a direct challenge to that record and threatens to undermine public confidence in both the police and the government.

The political fallout may already be taking shape. Since the harassment scandals within the PSOE, the party has suffered electoral setbacks in the regions of Extremadura and Aragón. Recent opinion polls suggest that if a general election were held now, the Socialists would trail the PP.

Spain's only aardvark pair breeds

Valencia's BIOPARC has just welcomed its 11th aardvark birth since opening 18 years ago, strengthening its reputation as one of the key centres in Europe for protecting this wonderfully odd-looking species.

The park is home to the only breeding pair in Spain that forms part of the international conservation programme for the aardvark, often called an anteater.

The newborn weighs just over 1.6kg and is currently staying close to its mum behind the scenes under careful supervision from the animal care team. For now, visitors will have to wait as staff focus on making sure the tiny arrival feeds well and settles in safely.

Often jokingly described as a "Frankenstein" animal, the aardvark looks like it has been assembled from spare parts.

It has rabbit-like ears, a pig-shaped body and long snout, a thick tail reminiscent of a kangaroo and powerful claws that would not look out of place on a dinosaur. Yet every feature has a purpose.

Native to sub Saharan Africa, the aardvark is a nocturnal insect eater that uses a sticky tongue up to 30cm long to Hoover up ants and termites. Its huge claws allow it to smash into termite mounds and dig vast underground burrows with extraordinary strength. In the wild, those tunnels are often reused by other animals that can't dig for themselves.

The species is also unique from a scientific point of view. *Orycteropus afer* is the only surviving member of the ancient order Tubulidentata, which makes each successful birth under human care especially significant.



Torre Vieja lighting

The Torre Vieja City Council has approved a new public lighting upgrade for streets surrounding Avenida de Baleares, aiming to boost energy efficiency and improve illumination in the area.

The tender for the project has a budget of €177,394, including VAT, with the works expected to be completed within four months from the signing of the site handover report. Officials emphasised that this timeline will allow the improvements to become operational quickly, bringing immediate benefits to residents and visitors.

Councillor for Public Lighting, Concha Sala, explained that the project will replace the existing lighting network with modern, energy-efficient systems across several streets, including Menorca, Mallorca, Formentera, Ibiza, Mercator, Isla Hormiga, and Martín Pescador. The initiative also covers adjacent areas and key intersections.

The upgrade will feature 63 new lamp posts and 72 light fixtures, designed to enhance visibility and safety while reducing energy consumption. In addition to the installation of lighting hardware, the works will include civil construction, electrical connections, waste management, and compliance with health and safety regulations, ensuring a comprehensive modernisation of the system.

"This project represents another step forward in the City Council's efforts to

modernize municipal public lighting," Sala said. "We are prioritising sustainable and efficient solutions that meet the current needs of our neighbourhoods while contributing to energy savings and environmental responsibility."

The intervention is part of Torre Vieja's broader strategy to improve urban infrastructure through sustainable technologies, reducing energy costs while enhancing public spaces. Residents can expect the upgraded lighting to provide brighter, more reliable illumination across the targeted streets shortly after the project's completion.



First upturn in births in Spain after 10 years of decline

Spain ended 2025 with a new demographic decline, recording 321,164 births and 446,982 deaths, according to provisional figures published Tuesday by the National Institute of Statistics (INE).

The result was a negative natural balance of 125,818 people, marking the tenth consecutive year in which deaths outnumbered births. Still, the latest data included one notable shift: births rose by 1% compared with 2024, the first year-on-year increase since 2015.

The modest increase breaks a long downward trend that has weighed on Spain's natural population growth for the past ten years. However, the INE stressed that the figures remain provisional and could change once final totals are confirmed. Despite the uptick in births, deaths rose even faster. The INE estimated 446,982 deaths in 2025, a 2.5% increase from the previous year.

The rise in deaths was concentrated among older age groups,

reflecting Spain's increasingly elderly population structure. Deaths increased by 6% among people aged 80 to 84, and by 3.7% among those over 90, the most numerous age brackets in the country.

In contrast, deaths among children under four years of age fell by 8.2%, with an even sharper drop among boys, where deaths declined by 12.9%. Deaths among young people aged 5 to 29 rose by nearly 5%, though the INE noted the total number in these ages remains relatively low.

The statistics also highlighted a continued delay in the age of motherhood. In 2015, 7.8% of births were to mothers aged 40 or older. By 2025, that figure had climbed to 10.4%. Meanwhile, women aged 25 to 39 accounted for 80% of births, down from 83% a decade earlier.

Only four territories recorded natural growth

Natural demographic decline was widespread across Spain in

2025. Only four territories ended the year with more births than deaths:

- Community of Madrid: +2,134
- Region of Murcia: +509
- Melilla: +215
- Ceuta: +32

At the other end of the scale, Galicia posted the largest natural

deficit, losing nearly 20,000 people through the birth-death balance. It was followed by Castilla y León (-16,318) and Andalusia (-15,509), regions where ageing has been particularly pronounced for decades.

Madrid also recorded the strongest rise in births, up 3.3%,

followed by the Basque Country at 3%.

The sharpest declines in births were seen in Melilla (-10.1%) and Ceuta (-6.6%), despite both maintaining a positive natural balance.



STO MEDIA GROUP

WHETHER YOU'RE ON AIR, ONLINE, OR IN PRINT – WE'VE GOT YOU COVERED.



MURCIATODAY.COM
ALICANTETODAY.COM
ANDALUCIATODAY.COM
SPANISHNEWTODAY.COM

sales@murciatoday.com



sales@tko.radio



Info.homeandliving@spaintodayonline.com



costaweeklynews@alicantetoday.com



 **Indalo** 
Restaurant & Fitness Guides

sales@murciatoday.com



Burka ban rejected

Spain's lower house of parliament has narrowly rejected a proposal to ban the burka and niqab in public spaces, dealing a setback to the far-right party Vox and exposing deep divisions across the political spectrum over religious freedom, security and women's rights.

The measure was defeated by 177 votes to 170, with one abstention, after a heated debate in the Spanish Congress. The proposal had sought to prohibit full-face veils in public areas and in private spaces open to public view, framing the ban as both a security safeguard and a defence of women's dignity.

The bill received support from the conservative People's Party (PP) and a single lawmaker from Unión del Pueblo Navarro, marking a notable shift in tone from the PP leadership. Party leader Alberto

Núñez Feijóo had described Vox's approach as "attractive" and argued that it could be understood as protecting women's dignity.

However, the governing Socialists of the PSOE, alongside their parliamentary allies, voted against the initiative. Opposition came from left-wing coalition Sumar and Catalan pro-independence parties including Junts per Catalunya (JxCat) and Esquerra Republicana (ERC). Coalición Canaria abstained.

Although JxCat shares the stated objective of restricting full-face veils in public spaces, its vote proved decisive in blocking Vox's proposal. The Catalan party argued that the bill would not withstand scrutiny under European legal standards and criticized what it described as its punitive

focus.

Vox's initiative included financial penalties and possible prison sentences for those found to be coercing women into wearing the garments. It also opened the door to expelling foreign nationals convicted of very serious or repeat offences under the proposed law. The measure explicitly excluded the hijab, which covers the hair but leaves the face visible.

JxCat on the same day introduced its own alternative text. Unlike Vox's proposal, it does not create a specific system of fines or criminal sanctions targeting women who may be compelled to wear the garments. Instead, it relies on existing public order and disobedience legislation and focuses narrowly on identification requirements in public settings. The party

said its proposal was aligned with European legal frameworks and expressed hope that the Socialists would consider backing it.

During the debate, members of the PSOE accused Vox of stoking fear and hostility toward Muslim communities. They argued that banning certain forms of dress would not liberate women but could instead deepen marginalisation.

Second Deputy Prime Minister Yolanda Díaz warned that a sweeping prohibition could conflict with constitutional guarantees, including protections against discrimination and the right to religious freedom.

Vox leader Santiago Abascal countered that full-face veils erase women's identities and symbolise

submission. He also accused Catalan nationalist parties of prioritising what he described as separatist and multicultural agendas over women's freedoms.

Supporters of the ban pointed to measures in other European countries, noting that states such as France, Belgium and Denmark have enacted restrictions on full-face coverings, citing public security and gender equality concerns.



La Sagrada Familia becomes world's tallest church

Builders at Barcelona's iconic Sagrada Familia have installed the final element atop its tallest tower, pushing the basilica to a height of 172.5 metres and securing its status as the tallest church in the world.

The milestone was marked as a 17-metre-tall white cross was hoisted into position to crown the Jesus Christ tower, the central and highest of the 18 spires envisioned in the original plans. Construction workers, suspended in harnesses high above the city, carefully guided the upper arm of the cross into place as crowds of tourists gathered below to witness the moment.

Despite the achievement, full completion of the basilica remains years away. Project leaders estimate that work could continue for roughly another decade, more than 140 years after construction first began.

The Sagrada Familia was conceived by the celebrated Catalan architect Antoni Gaudí, who transformed the project into one of the most ambitious and distinctive works of modern architecture. The foundation stone was laid in 1882, but only one tower had been completed by the time Gaudí died in 1926 at the age of 73, after being struck by a tram. He was buried in the crypt of the basilica,

fully aware that his vision would outlive him.

Today, the church stands not only as a symbol of Barcelona but also as Spain's most visited fee-charging place of worship. In 2024, it sold 4.8 million tickets, underlining its global appeal and its vital role in the city's tourism economy.

Chief architect Jordi Faulí described the installation of the cross as a long-awaited moment. "Everything has gone very well," he told reporters after the operation was completed. Once the surrounding scaffolding is removed, the Jesus Christ tower is scheduled to be formally blessed on 10 June, marking the centenary of Gaudí's death.

Speculation has swirled that Pope Leo XIV could attend the ceremony, though the Vatican has not confirmed any visit to Spain.

With the cross now in place, the Sagrada Familia surpasses Ulm Minster in Germany, which previously held the record as the world's tallest church.

The basilica's long construction history has been punctu-

ated by setbacks. Most recently, the Covid-19 pandemic derailed plans to complete major phases of the project by 2025, as lockdowns and travel restrictions caused ticket revenues – the primary source of funding – to collapse.

Further challenges lie ahead. Plans to construct a grand staircase and public square leading to the unfinished Glory façade remain contentious. The proposal would require demolishing nearby residential buildings, prompting opposition from local residents amid an ongoing housing crisis in Barcelona. City officials are expected to mediate discussions as the project moves into its next chapter.



Big tax deductions for those living with a senior relative



With the 2025-26 Spanish income tax campaign now just a couple of months away, many households are beginning to look closely at what they can deduct before submitting their declaración de la renta. Key dates and deadlines for this year's return have already been

confirmed, so it is wise to prepare early.

One area that may be particularly relevant for older residents is the updated deduction for dependent ascendants. Do you live with a senior citizen? Here's how you can deduct up to €2,550 on

your 2026 tax return.

The allowance applies to taxpayers who support an elderly family member living in their home. The basic deduction is €1,150 for each dependent ascendant over 65 who meets the requirements. If that relative is aged 75 or over, the deduction rises to €2,250. In certain circumstances, the total tax benefit can reach €2,550.

There are, however, specific conditions. The ascendant must live at the same address as the taxpayer and their annual income must not exceed €8,000, excluding income that is exempt under current regulations. One of the requirements is that the taxpayer lives with this person for at least half of the tax period.

The deduction applies only to the main residence and not to second homes.

It can also be claimed if the ascendant is under 65 but has a recognised disability of 33 percent or more.

When filling in the return, the relevant sections are boxes 0090 to 0097.

This deduction forms part of a wider range of potential savings that could significantly reduce a household's final tax bill. For example, some property owners may be able to cut more than €1,300 from what they owe, depending on their circumstances.

Earlier guidance has also

clarified that not all pensioners are required to submit a return, depending on income levels and sources.

Figures from previous campaigns underline how important these allowances can be. To date, €9.042 billion has been refunded to 12,814,000 taxpayers, representing almost 79 percent of all filers.

There are other deductions available, including €1,200 per year for children under three, with a possible additional €1,000 in certain cases. But for households supporting an older relative at home, the dependent ascendant allowance may be one of the most valuable to review carefully before filing.

NEWS IN BRIEF

Ecological restoration at La Mata Natural Park

An ecological restoration day was held on Saturday (21 February) at La Mata and Torrevieja Lagoons Natural Park. The initiative, entitled "Let's Restore Our Wetland", aims to encourage environmental conservation and active community participation.

During the morning, volunteers took part in reforestation using native plant species. Organisers believe that the activity gave participants a better understanding of the importance of restoring natural vegetation and protecting fragile ecosystems. The programme also addressed the problem of invasive exotic plants and explained the environmental benefits of choosing native species for gardens and green spaces.

Terra Natura Murcia's oldest bear Fabila dies aged 34

Terra Natura Murcia has said farewell to its oldest animal, Fabila, a brown bear that turned 34 years-of-age in January. She died after spending nearly three decades at the park.



Fabila arrived at the former Espinardo zoo, now Terra Natura Murcia, in 1997 alongside another bear, Baku. The pair were the first brown bears to be housed at the park, having come from the Martioda Centre in Sobrón, Álava. Fabila went on to live at the park for 28 years, becoming one of its most recognisable animals.

She was the mother of two cubs, Yaki and Nuca, whose names were chosen through a readers' competition organised by local newspaper La Verdad. Over the years, visitors celebrated key milestones with her, including her 23rd birthday in 2015 and her 30th in 2022.

Brown bears have an average life expectancy of between 25 and 35 years. The species is considered threatened in the Iberian Peninsula, and conservation work carried out by parks such as Terra Natura Murcia plays an important role in protecting it.

Sardine boom boosts Torrevieja fish market

Activity has increased significantly at Torrevieja fish market in recent weeks, with thousands of kilos of sardines being landed by around twenty vessels, mainly from Murcia and Almería. In one day the fleet brought in 2,500 boxes, equivalent to around 20 tonnes. First-sale auction prices ranged between 25 and 27 euros per box, generating an estimated 60,000 euros.

The sardines have been caught off the

southern Alicante coast, particularly near Guardamar, Santa Pola and around Tabarca Island, outside the protected marine reserve. The fleet has enjoyed more than a fortnight of strong catches, although sardines are known for their unpredictable movements. Boats typically leave Torrevieja at around 11pm and return to port by 7.30am.

Despite the recent boom, there are currently no locally owned vessels operating from Torrevieja. The local fishing is now largely limited to managing the auction at the modern fish market opened in 2022, along with a small number of smaller fishing vessels. In 2024, Torrevieja ranked as Alicante province's leading fish market by volume, with 2,325 tonnes landed, making it the second largest in the Valencian Community after Castellón de la Plana.

Two men injured in San Javier alleyway fight

Two men have been injured in a fight in the centre of San Javier. The incident took place in an alleyway in the Torres Blancas area, next to the town's courts, which locals describe as a run-down part of the town.

According to reports, two Moroccan brothers who sell second-hand goods in the area became involved in an argument with a customer of Algerian nationality. During the dispute, one of the brothers allegedly produced a knife and stabbed the customer in the thigh. During the altercation the man also injured himself.

Officers intervened in the fight and, after seeing the injuries, arranged for both men to be taken to Los Arcos del Mar Menor Hospital for treatment. An investigation into the circumstances of the incident is ongoing.

Orihuela refuse workers call off strike

A planned strike by refuse collection and street cleaning workers in Orihuela has been suspended after a meeting between union representatives and the council.

The three main unions on the works committee – CCOO, UGT and CSIF – had previously said around 80% of staff backed strike action at a general assembly in January. They cited serious shortcomings in the service, including unpaid overtime, failure to apply agreed pay rises and the continued use of what they described as an outdated contract.

Unions also raised concerns over staffing levels, claiming more than 40 workers were let go after the summer without replacement. They said ageing refuse vehicles frequently break down, and alleged that mandatory medical checks were not carried out in 2025. The department's insurance policy has reportedly not been renewed since 2023.

A negotiation timetable has now been agreed, with two further meetings planned in an effort to secure a deal. However, the Sintta union has distanced itself from the strike call, questioning the level of support

and the legitimacy of the current works committee, despite sharing concerns about the service.

Drug dealing operation near Guardamar betting shop dismantled

The Guardia Civil has dismantled an active drug sales point operating next to a betting shop in Guardamar del Segura, following an anonymous tip-off from a concerned resident.

The investigation began in December when officers received reports of a constant flow of people visiting a flat in a residential block. Visitors were seen entering at all hours, staying only a few minutes and leaving quickly – behaviour consistent with street-level drug dealing.

Officers focused on a 40-year-old tenant with previous convictions. Investigators said he appeared to have a high level of spending with no clear legal income. They also established that he allegedly supplied cocaine and MDMA to customers of a nearby betting shop, causing disturbances and increasing concerns among neighbours.

During a search of the property officers seized 19.3 grams of cocaine, 0.8 grams of methamphetamine, 1.3 grams of hashish, 20 boxes of cutting agents, precision scales and packaging materials.



Torrevieja steps up storm clean-up in parks and gardens

Torrevieja Council has continued an extensive clean-up operation in parks and gardens following severe storms in recent weeks. Strong winds and persistent rainfall led to fallen branches, damaged trees and significant accumulations of vegetation across green areas in the municipality.

The Department of Parks and Gardens, led by Concha Sala, activated a review and recovery plan as soon as the bad weather subsided. Crews have been removing damaged trees and branches to ensure public safety, particularly in parks, children's play areas and along promenades.

Teams are also carrying out technical inspections to assess the structural stability of trees and reduce any future risk. In addition, repairs are underway to irrigation systems and street furniture affected by the wind and rain.

NEW KITCHEN WITHOUT RENOVATION

BEFORE

AFTER

KITCHEN VINYL WRAP

No Demolition

Installed Quickly

Waterproof & Durable

Cost-Effective

SJ&A
PRINTWORKS
ONE STOP PRINT SHOP
DISEÑO E IMPRENTA

624 014 594

Fully Legal Wrap Specialists



Pitbull plans summer festival word record

Pitbull is aiming to break a Guinness World Records title this summer as he prepares to headline BST Hyde Park in London.

The American rapper, 45, will top the bill at the major festival on Friday July 10, where he hopes to set a new record for the largest gathering of people wearing bald caps.

Pitbull announced the plan on Instagram, revealing the unusual idea was first suggested by BBC Radio 1 presenter Greg James, a long-time fan of the star.

"It's official. Let's make history," Pitbull wrote. "After the idea was championed by @greg_james on @bbcradio1, we're on a mission to secure a GUINNESS WORLD RECORDS title for the largest gathering of people wearing bald caps and @pitbull needs YOU there in London's Hyde Park on Friday 10 July. Let's have a real good time!"

Fans quickly reacted in the comments, with many promising they would attend in costume.

The record attempt builds on a viral fan trend that has followed Pitbull on tour, particularly during

his recent sold-out O2 Arena shows in London. Thousands of concertgoers — many of them women — turned up in bald caps, suits and sunglasses in tribute to the rapper's signature look, affectionately branding themselves

"The Bald E's".

The craze has also been reflected online. TikTok data from *The Big Shop Report* found that Pitbull's 2025 Party After Dark tour sparked a 420% increase in costume sales,

including bald caps, while views for #PitbullConcert surged by more than 6000% between May 25 and June 25.

Pitbull is set to perform on the Great Oak Stage at BST Hyde Park, with fans expected to turn out in full costume as he runs through hits including Hotel Room Service, Don't Stop The Party and Get On The Floor.

A festival spokesperson said: "Pitbull's energy is unmatched, and his ability to unite audiences across generations is something special. BST Hyde Park is about joy, connection, and unforgettable nights, and with Pitbull, we know he will deliver all of that and more."

As well as his London headline show, Pitbull will also top the bill at American Express presents Roundhay Festival in Leeds on 3rd July, where he will once again be joined by Kesha. More acts for the Leeds line-up are expected to be announced.



Katie Price lands first movie role

Katie Price has landed a new film role just weeks after surprising fans with her latest whirlwind wedding. The former glamour model, 47, made headlines last month after announcing she had married businessman Lee Andrews, 43, after reportedly knowing him for just a week.

The sudden marriage sparked concern among some of Katie's friends and family, while online speculation has continued to swirl around Lee's identity. A number of fans have even claimed he is "not real" - with some bizarrely suggesting he is AI.

Katie has done little to quiet the rumours, instead fueling the conversation after promoting her own "digital twin" online, which she says is helping her "regain control" of her life.

Despite the chatter, Lee has continued to post about his new bride on Instagram — and has now turned attention to Katie's latest project, a new film titled Jackie The Stripper. Sharing a still of Katie in character, Lee teased the release with popcorn and wide-eyed emojis, alongside the caption: "Coming."

In the image, Katie is seen wearing a pearl necklace, with her dark hair slicked back as she pouts for the camera.

The film is set in 1888 in London's Whitechapel and follows the story of Jackie — also known as Lottie — played by Charlotte Kirk, who finds herself tormented by Jack the Ripper. The killer is portrayed by Hollyoaks actor Jamie Lomas.

The movie also features Pussycat Dolls star Kimberley Wyatt and TOWIE favourite Chloe Meadows, who appear in the trailer alongside Katie, although their roles have not yet been confirmed.

In a follow-up post, Lee affectionately referred to Katie as his "sweet little wife" as she told followers the pair were "coming to the UK!"

However, questions have continued online over why Lee has not yet travelled back to England with Katie since the wedding. Reports had previously suggested he was unable to travel to Dubai, something he has strongly denied, amid claims the couple have even purchased a

property there.

Adding another layer to the speculation, some fans have suggested the wedding itself may have been a stunt linked to Katie's latest business venture in artificial intelligence.

Katie has recently partnered with OhChat, described as an "OnlyFans for the AI era", which allows users to interact with hyper-realistic AI "digital twins" of real-life creators around the clock.

In promotional clips, Katie explains that her AI version can take the "night shift," allowing her real self to be present for fans in the morning. Her digital likeness has reportedly been licensed by the platform, enabling users to chat with an AI version of her online.

It was revealed in June that Katie had trademarked an AI version of herself through OhChat, with the deal reportedly requiring her to record a set of phrases so the company could develop an artificial version of her former glamour model persona, Jordan.

The Godfather's Robert Duvall dies aged 95

Robert Duvall has died at the age of 94, with tributes pouring in for the Oscar-winning actor best known for his role in The Godfather. The Hollywood legend, who played Tom Hagen in Francis Ford Coppola's iconic crime saga, died at his home in Middleburg, Virginia, with his wife Luciana by his side.

In a statement confirming his death, Luciana paid an emotional tribute to the actor, describing him as "one of the greatest

actors of our time" and saying he passed away peacefully, surrounded by love.

"To the world, he was an Academy Award-winning actor, a director, a storyteller," she said. "To me, he was simply everything."

She added that Duvall's passion for acting was matched by his love of "a great meal" and "holding court," and said his performances left behind something "lasting and unforgettable."

Duvall was born in San Diego and raised in Annapolis alongside his brothers William Jr and Jack. He served in the US Army before moving to New York, where he trained at the Neighbourhood Playhouse School under renowned acting teacher Sanford Meisner.

He became a household name through The Godfather films, but his career stretched across six decades, with standout roles in major Hollywood productions

including Apocalypse Now and Wild Horses. In 1984, he won the Academy Award for Best Actor for his performance as Mac Sledge in Tender Mercies. Over the course of his career, he earned multiple Oscar nominations and built a reputation as one of the most respected performers of his generation.

Duvall's family said there will be no formal service, in line with his wishes. Instead, they have asked fans to honour his memory by

watching a great film or sharing stories with friends around the table.

In one of his final interviews in 2022, Duvall reflected on his long career and said his approach to acting was often 'very simple'.

"You just go with your instincts between 'action' and 'cut' and try to be as truthful as you can," he said.



THIS WEEK'S FILM PICKS

Blade Runner 2049

Saturday 7th March, BBC1, Midnight



Blade Runner 2049 is a 2017 American epic neo-noir science fiction film sequel to Blade Runner (1982), the film stars Ryan Gosling and Harrison Ford.

Los Angeles, 2049. With idealistic scientist Niander Wallace now in control of the powerful Tyrell Corporation, the innovative, bio-engineered Nexus-9 replicants seem to have integrated into society. As a result, outdated Nexus models threaten the community. Now, the latest generation of bounty hunters is on a crucial mission: seek and destroy the rebellious androids. And as LAPD's Officer K stumbles upon a dangerous secret hidden in plain sight, the taciturn agent must piece the evidence together to locate a ghost, the most vital element in this knotty case. However, is K destined to find the truth and the long-lost Blade Runner?

Jurassic World Dominion

Sunday 8th March, ITV2, 7.15pm



Jurassic World Dominion is a 2022 American science fiction action film and is the sixth instalment in the Jurassic Park franchise, concluding the original storyline that began with Jurassic Park (1993). It's been three long decades since the calamitous events at Jurassic Park, and humankind has yet to find a solution for the prehistoric animals that made their way to civilization after the devastating eruption of Isla Nublar's long-dormant volcano in Jurassic World: Fallen Kingdom (2018). As humans and dinosaurs become part of a fragile system, Claire and Owen live in seclusion in the Sierra Nevada mountain range, protecting their adopted 14-year-old daughter, Maisie. However, trouble is brewing. When global biotech giant Biosyn Genetics becomes involved in the mysterious disappearance of a human clone, Dr. Ellie Sattler embarks on a mission to uncover the truth and expose the unexpected new adversary that threatens the entire food chain.

TV Guide

Tuesday 3rd March 2026

BBC

BBC ONE

11:45 Crimewatch Live
 12:30 Homes Under the Hammer
 13:15 Bargain Hunt
 14:00 BBC News at One
 15:00 Bear Grylls - Wild Reckoning
 15:30 Marcus Wareing Simply Provence
 16:00 Escape to the Country
 16:45 Clean It, Fix It
 17:30 Celebrity Antiques Road Trip
 18:15 Pointless
 19:00 BBC News at Six
 19:30 BBC London
 20:00 The One Show
 20:30 EastEnders
 21:00 MasterChef: The Professionals
 22:00 Silent Witness
 23:00 BBC News at Ten
 23:30 BBC London
 23:40 Ben Youngs Investigates: How
 00:40 Would I Lie to You?

BBC TWO

13:15 Politics Live
 14:00 Impossible
 14:45 Unbeatable
 15:15 The Boss
 16:00 The Vintage French Farmhouse
 16:45 Villages by the Sea
 17:15 Oceans
 18:15 Flog It!
 19:00 Richard Osman's House of Games
 Every day this week, celebrity contestants Josh Jones, Sarah Keyworth,
 19:30 Do You Know Your Place?
 20:00 Great British Menu
 21:00 Digging for Britain
 22:00 Europe on the Edge with Katya Adler
 Katya visits Italy and Germany to explore how they're changing in the turbulent new world. At
 23:00 QI
 23:30 Newsnight
 00:00 Forensics: The Real CSI

ITV

ITV1 HD

11:00 This Morning
 Magazine show with news
 13:30 Loose Women
 14:30 ITV Lunchtime News
 14:55 ITV News London
 15:00 Lingo
 The fast-paced game of words, hosted by Adil Ray, where three pairs of contestants face Lingo
 16:00 Riddiculous
 17:00 Tipping Point
 18:00 The Chase
 19:00 ITV News London
 19:30 ITV Evening News
 20:15 New: The Martin Lewis Money Show Live
 21:00 Emmerdale
 21:30 Coronation Street
 Sally clocks Carl's latest attempt to swindle Debbie, Tracy realises that Steve is in the dark, George is
 22:00 The Summit
 23:00 ITV News at Ten
 23:30 ITV News London
 23:45 The BRIT Awards

ITV2

11:25 The Real Housewives of Miami
 12:20 The Real Housewives of Beverly Hills
 13:15 Ant & Dec's Limitless Win
 14:15 Wheel of Fortune
 15:15 The Only Way is Essex
 16:10 The Real Housewives of Cheshire
 17:10 The Real Housewives of Miami
 18:00 The Real Housewives of Beverly Hills
 Follow the lavish lives of six savvy champagne-swilling Beverly Hills women who
 19:00 Celebrity Catchphrase
 20:00 Wheel of Fortune
 21:00 Ant & Dec's Limitless Win
 22:00 The Heat
 23:00 Family Guy

Channel 4

Channel 4

11:10 Frasier
 12:10 American Pickers
 13:05 Channel 4 News Summary
 13:10 Car S.O.S
 14:10 Find It, Fix It, Flog It
 15:10 Countdown
 16:00 A Place in the Sun
 17:00 A New Life in the Sun
 18:00 Four in a Bed
 Carl and Liz host the week's second visit at their coaching inn in Cambridgeshire, where
 18:30 Come Dine with Me
 Richard hosts at his pub and sets the bar high with his terrific tartlets,
 19:00 A Place in the Sun
 20:00 Channel 4 News
 21:00 New: Nando's vs KFC: Battle of...
 22:00 Handcuffed: Last Pair Standing
 Self-confessed prude Charlie is cuffed to heavily-tattooed Rob. Can Christian hairdresser Nina
 23:00 Gogglebox

Channel 5

5

12:30 Storm & Alexis
 13:45 5 News at Lunchtime
 13:50 Matt Allwright
 Matt looks at the big news stories developing during the day and offers help and advice to save you money
 15:00 Vanessa
 16:00 The Good Ship Murder
 When Jack recognises a notorious ex-con, things take a sinister turn. Meanwhile, Piers's rivalry
 17:00 Bargain-Loving Brits in the Sun
 18:00 5 News at 5
 19:00 Love Nature
 19:05 The Motorway
 20:00 Celebrity Puzzling
 21:00 The Yorkshire Vet
 22:00 Stonehenge: Secrets of the New Stone
 23:15 The X-Files
 00:15 The Bailiffs
 In West London, Scott and a team of police officers remove squatters from a council-owned building in

Entertainment

Sky Max HD

11:00 Will & Grace
 12:00 The Simpsons
 13:00 Secret World of Sound with David Attenborough
 14:00 Hawaii Five-0
 15:00 NCIS: Los Angeles
 16:00 S.W.A.T.
 17:00 Police 24/7
 18:00 The Simpsons
 19:00 The Office (US)
 20:00 The Simpsons
 21:00 Rob & Romesh Vs...
 22:00 New: The Dyers' Caravan Park
 23:00 Never Mind The Buzzcocks
 00:00 Grimm

Sky Family

11:55 The Spongebob Movie: Sponge Out of Water
 13:30 Scooby-Doo!
 The cowardly cartoon dog is hungry for adventure with meddling human pals Shaggy and the gang.
 15:10 Teenage Mutant Ninja Turtles
 17:05 A Minecraft Movie
 19:00 Wicked
 21:40 Monster Trucks
 Family adventure about a gas-guzzling monster that takes up residence in the
 23:30 Paul Blart: Mall Cop
 An out-of-shape security guard with delusions of grandeur is left to save the day when criminals hold up

Sky Documentaries

11:00 Shaq
 15:00 Beyond The Scorecard
 17:00 Discovering: Glenn Close
 18:00 Mike Nichols: The Directors
 19:00 100 Foot Wave
 20:00 History Of The Sitcom
 In ever-changing America, sitcoms have offered an escape from the pressures
 21:00 Murder On Middle Beach
 23:05 The Inventor: Out for Blood in Silicon Valley

D&U&Dave

11:00 Railroad Australia
 Documentary series. A 1.5km-long train travels one of the toughest runs in Australia, and George
 12:00 Rick Stein's Spain
 13:00 Border Force America's Gatekeepers
 15:00 World's Most Dangerous Roads
 Jamie-Lee O'Donnell and Saoirse-Monica Jackson,
 16:00 Top Gear
 Motoring madness. James learns why the Finns are such good racing drivers, Richard tests the outlandish
 18:00 Hairy Bikers' Best of British
 19:00 Rick Stein's Spain
 Rick heads for the Extremadura region - famous for pimenton and Spain's most celebrated
 20:00 Would I Lie To You?
 20:40 Richard Osman's House of Games
 22:00 QI XL
 23:00 Have I Got A Bit More News For You?
 00:00 Taskmaster

DMAX

11:00 Deadliest Catch
 13:00 Treasure Quest: Snake Island
 14:00 Expedition Unknown
 Josh journeys from Russia to Germany in search of history's most expensive
 16:00 Alaska: Homestead Rescue
 18:00 Outback Opal Hunters
 20:00 Deadliest Catch
 22:00 Hoffman Family Gold
 23:00 Deadliest Catch
 00:00 Aussie Gold Hunters
 11:00 The Big Bang Theory
 15:00 Mike & Molly
 16:30 Young Sheldon
 18:00 The Big Bang Theory
 When the delivery of a full-size prop of 1960's "The Time Machine" causes Penny to miss work, she
 22:00 Mock The Week
 Dara Ó Briain introduces topical chat and laugh out loud games with guests Rhys James, Ed Byrne,
 23:00 Zoolander 2

RTÉ One

11:00 The Drew Barrymore Show
 11:25 The Kelly Clarkson Show
 12:20 Father Brown
 13:15 10 Things To Know About
 13:45 Telly Bingo
 14:00 RTÉ News: One O'Clock
 14:30 Home and Away
 15:00 Shortland Street
 15:30 Madrai
 16:00 EastEnders
 16:30 Today
 18:40 Nuacht RTÉ
 18:55 RTÉ News with Signing
 19:01 RTÉ News: Six One
 20:00 Home of The Year
 20:30 EastEnders
 21:00 Fair City
 21:30 Our Farm - A GIY Story
 22:00 RTÉ News: Nine O'Clock
 22:35 Prime Time
 23:15 This Town
 00:20 Annika

Sport

port Sky Sports Mix

11:00 TGL Golf M3: The Bay v Atlanta
 13:00 TGL Highlights
 15:00 PL Greatest Games: Spurs v

TV Guide

Wednesday 4th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	12:15 Politics Live	11:00 This Morning	11:05 The Real Housewives of Miami	11:10 Frasier	12:30 Storm & Alexis
12:30 Homes Under the Hammer	14:00 Impossible <small>Game show in which 24 players compete across the</small>	13:30 Loose Women	12:05 The Real Housewives of Beverly Hills <small>Follow the lavish lives of six</small>	12:10 American Pickers	13:45 5 News at Lunchtime <small>National and international news.[S]</small>
13:15 Bargain Hunt	14:45 Unbeatable	14:30 ITV Lunchtime News	13:00 Ant & Dec's Limitless Win	13:05 Channel 4 News Summary	13:50 Matt Allwright
14:00 BBC News at One	15:15 The Boss	14:55 ITV News London	14:05 Wheel of Fortune	13:10 Car S.O.S <small>Opel Manta GTE: In</small>	15:00 Vanessa
15:00 Bear Grylls - Wild Reckoning	16:00 The Vintage French Farmhouse	15:00 Lingo	15:05 The Only Way is Essex	14:10 Find It, Fix It, Flog It <small>In Maidenhead, Simon O'Brien falls in love with an old ship's carpenter's chest, which he wants to gently</small>	16:00 The Good Ship Murder <small>Jack and Kate are drawn into the murder of a charismatic but ruthless vineyard owner and a</small>
15:30 Marcus Wareing Simply Provence	16:45 Villages by the Sea	16:00 Riddiculous	16:10 The Real Housewives of	15:10 Countdown	17:00 New: Bargain-Loving Brits...
16:00 Escape to the Country	17:15 Oceans	17:00 Tipping Point	17:10 The Real Housewives of Miami	16:00 A Place in the Sun	18:00 5 News at 5
16:45 Clean It, Fix It	18:15 Flog It!	18:00 The Chase	18:00 The Real Housewives of Beverly Hills	17:00 A New Life in the Sun	19:00 New: Love Nature
17:30 Celebrity Antiques Road Trip	19:00 Richard Osman's House of Games	19:00 ITV News London	19:00 Celebrity Catchphrase	18:00 Four in a Bed	19:05 The Motorway
18:15 Pointless	19:30 Do You Know Your Place?	19:30 ITV Evening News	20:00 Wheel of Fortune	18:30 Come Dine with Me	20:00 New: Celebrity Puzzling
19:00 BBC News at Six	20:00 Great British Menu	20:30 Celebrity Lingo	21:00 Ant & Dec's Limitless Win	19:00 A Place in the Sun	21:00 New: Alice Roberts: Our...
19:30 BBC London	21:00 Britain's Biggest Warship	21:00 Emmerdale <small>Sarah calls Cain a coward, Gabby is suspicious, and Kerry taunts Jai publicly.</small>	22:00 The Heat	20:00 Channel 4 News <small>Channel 4's flagship news programme. Including the weather. [S]</small>	22:00 New: The Surgeon
20:00 The One Show	22:00 Hostage	22:00 New: The Stolen Girl	23:00 Family Guy	21:00 Kirstie and Phil's Love It or...	23:00 The X-Files: Best Ever Episodes
20:30 EastEnders	23:00 We Might Regret This	23:00 ITV News at Ten	00:30 American Dad!	22:00 24 Hours in Police Custody	00:05 Ambulance: Code Red
21:00 The Repair Shop	23:30 Newsnight	23:30 ITV News London		00:05 24 Hours in A&E	
22:00 MasterChef: The Professionals	00:00 Unspun World with John Simpson	23:45 New: Peston <small>Join Robert Peston for a late-night political magazine show featuring big interviews with the country's</small>			
23:00 BBC News at Ten	00:30 Escaping Utopia	00:40 Heathrow: Britain's Busiest Airport			

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	D&U&Dave	DMAX	RTÉ One
11:00 Will & Grace	11:15 Paul Blart: Mall Cop	11:00 Branson	11:00 Railroad Australia <small>Documentary series. A monster-sized freight train continues a 3000-kilometre journey through the</small>	11:00 Deadliest Catch	11:00 The Drew Barrymore Show
12:00 The Simpsons	12:50 My Penguin Friend	16:00 Edge Of The Earth	12:00 Rick Stein: From Venice to Istanbul	13:00 Treasure Quest: Snake Island	11:25 The Kelly Clarkson Show
13:00 Secret World of Sound with David Attenborough	14:30 The Last Airbender	<small>Into the Void: In Alaska's Glacier Bay National Park, three winter athletes attempt a daunting descent</small>	13:00 Border Force America's Gatekeepers	14:00 Expedition Unknown	12:15 Only Fools and Horses
14:00 Hawaii Five-0	16:20 Wicked	17:10 Discovering: Tim Robbins	15:00 World's Most Dangerous Roads <small>Darren Harriott is a former bouncer and self-confessed city boy, while Ria Lina is full of adventurous spirit</small>	16:00 Alaska: Homestead Rescue	12:50 Leaders' Questions
15:00 NCIS: Los Angeles	19:00 Lemony Snicket's A Series Of...	18:00 Ron Howard: The Directors	16:00 Top Gear	18:00 Outback Opal Hunters <small>The end of the mining season is near. The Rookies gamble their hopes on one last haul of opal and</small>	14:00 RTÉ News: One O'Clock
16:00 S.W.A.T.	20:55 Scooby-Doo 2: Monsters Unleashed <small>The Mystery Inc. team must save Coolsville from all of their past monsters when they are brought back to life</small>	19:00 100 Foot Wave	18:00 Hairy Bikers' Best of British	20:00 Deadliest Catch	14:30 Home and Away
17:00 Police 24/7	22:35 Harold and The Purple Crayon	20:00 History Of The Sitcom	19:00 Rick Stein: From Venice to Istanbul	22:00 New: Maine Cabin Masters	15:00 Shortland Street
18:00 The Simpsons <small>Homer The Father: While</small>	00:10 Peter Pan <small>Jason Issacs plays Hook in this captivating adaptation of the classic tale. Rachel Hurd-Wood plays Wendy,</small>	21:00 The Salt Path Scandal	20:00 Would I Lie To You?	23:00 New: Barnwood Builders	16:00 EastEnders
19:00 The Office (US)		22:30 Murder On Middle Beach <small>Madison Hamburg interviews friends and</small>	20:40 Richard Osman's House of Games <small>The best-selling writer and</small>	00:00 Aussie Gold Hunters	16:30 Today
20:00 The Simpsons			22:00 QI XL	11:00 The Big Bang Theory	18:40 Nuacht RTÉ
21:00 A League Of Their Own			23:00 Have I Got A Bit More News For You? <small>Amol Rajan is host as actor and comedian Miles Jupp and Dame Andrea Jenkyns join team captains Paul</small>	15:00 Mike & Molly <small>When Molly gets angry with Mike for not listening to her vent about writing with Peggy, they go their</small>	18:55 RTÉ News with Signing
22:00 Ted (2012)			00:00 Taskmaster	16:30 Young Sheldon	19:01 RTÉ News: Six One
00:00 Grimm				18:00 The Big Bang Theory <small>An intervention is used to try to force Sheldon to</small>	20:00 Nationwide
				22:00 New: The Bad Skin...	20:30 EastEnders
				23:00 The Bad Skin...	21:00 Eva Pau's Asian Kitchen
					21:30 Neven's Ulster Food Tour
					22:00 RTÉ News: Nine O'Clock
					22:35 Swindlers
					23:35 Goodman : Too Big To Fail
					00:50 Call The Midwife

Sport

port Sky Sports Mix

11:00 TGL Highlights
15:00 PL Greatest Games: Liv v Eve 19/20
15:15 PL Greatest Games: Wol v MC 19/20
15:30 Premier League Greatest Games



TV Guide

Thursday 5th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	13:15 Politics Live	11:00 This Morning	11:25 The Real Housewives of Miami	11:10 Frasier	12:30 Storm & Alexis
12:30 Homes Under the Hammer	14:00 Impossible	13:30 Loose Women	12:20 The Real Housewives of Beverly Hills	12:10 American Pickers KISS and Sell: Will expert	13:45 5 News at Lunchtime
13:15 Bargain Hunt	14:45 Unbeatable Jason Manford hosts the	14:30 ITV Lunchtime News	13:15 Ant & Dec's Limitless Win	13:05 Channel 4 News Summary	13:50 Matt Allwright
14:00 BBC News at One	15:15 The Boss	14:55 ITV News London	14:15 Wheel of Fortune	13:10 Car S.O.S. Ford Escort RS2000: Tim Shaw and Fuzz Townshend visit Dorset to fix up a Mk2 RS2000. It belongs to	15:00 Vanessa Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery
15:00 Bear Grylls - Wild Reckoning	16:00 The Vintage French Farmhouse	15:00 Lingo The fast-paced game of words, hosted by Adil Ray,	15:15 The Only Way is Essex	14:10 Find It, Fix It, Flog It	16:00 The Good Ship Murder
15:30 Celebrity Escape to the Country	16:45 Villages by the Sea	16:00 Riddiculous	16:10 The Real Housewives of Cheshire	15:10 Countdown	17:00 Bargain-Loving Brits in the Sun Chip shop owner John races to sell his remaining
16:00 Escape to the Country	17:15 Italy's Invisible Cities	17:00 Tipping Point	17:10 The Real Housewives of Miami	16:00 Live: Crufts 2026	18:00 5 News at 5
16:45 Clean It, Fix It	18:15 Flog It!	18:00 The Chase	18:00 The Real Housewives of Beverly Hills	17:00 A New Life in the Sun	19:00 Love Nature
17:30 Celebrity Antiques Road Trip	19:00 Richard Osman's House of Games	19:00 ITV News London	19:00 Celebrity Catchphrase	18:00 Four in a Bed	19:05 The Motorway
18:15 Pointless	19:30 Do You Know Your Place?	20:30 Cars: What's Driving Up Costs? - Tonight	20:00 Wheel of Fortune	19:00 A Place in the Sun	20:00 Celebrity Puzzling
19:00 BBC News at Six	20:00 Great British Menu	21:00 Emmerdale	21:00 Ant & Dec's Limitless Win	20:30 Live: Crufts 2026	21:00 Alexander Armstrong In India Alexander Armstrong embarks on a journey across India to explore how a nation that gained
19:30 BBC London	21:00 This Farming Life On the Isle of Lewis, Ally's pride is at stake as he and son Noah prepare their ewes to take on mainland	21:30 Coronation Street	22:00 The Heat	22:00 New: Molly vs The Machines	22:00 The Hotel Inspector
20:00 The One Show	22:00 Murder Case	22:00 New: Prescription for Murder:...	23:00 Family Guy	23:50 Gogglebox Gogglebox: This time the Goggleboxers watch Britain's Got Talent, The Heat, 56 Days, Olivia	23:00 The X-Files
20:30 EastEnders	23:00 The Apprentice: Unfinished Business	23:30 ITV News London	00:30 American Dad!	00:50 Lake District Rescue	00:05 Killer on the Run
21:00 Dragons' Den	23:30 Newsnight	23:45 Raiders of the Lost Ark			
22:00 The Apprentice	00:05 AI Confidential with Hannah Fry				
23:00 BBC News at Ten					
23:30 BBC London					
23:40 Question Time					
00:40 Newscast					

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	D&U&Dave	DMAX	RTÉ One
11:00 Will & Grace	11:10 My Penguin Friend	11:00 UFO	11:00 Railroad Australia	11:00 Deadliest Catch	11:00 The Drew Barrymore Show
12:00 The Simpsons	Inspired by a true story, a fisherman finds a friend in a lost penguin. Taking the bird under his wing, he	15:00 I Am Burt Reynolds	12:00 Rick Stein: From Venice to Istanbul	13:00 Treasure Quest: Snake Island	11:25 The Kelly Clarkson Show
13:00 David Attenborough's Kingdom Of Plants	13:00 The Tiger Rising	16:50 My Icon: Leon Pryce	13:00 Border Force America's Gatekeepers	14:00 Expedition Unknown Josh scours the Virginia backcountry in search of the legendary Thomas Beale treasure. With	12:15 Only Fools and Horses
14:00 Hawaii Five-0	14:50 Ride On	17:00 Discovering: Michael Keaton	15:00 World's Most Dangerous Roads Comedians Maisie Adam and Suzi Ruffell wouldn't call themselves road	16:00 Alaska: Homestead Rescue	12:50 Leaders' Questions
15:00 NCIS: Los Angeles	17:00 Sonic The Hedgehog 3	18:00 William Friedkin: The Directors	16:00 Top Gear	18:00 Outback Opal Hunters	13:45 Telly Bingo
16:00 S.W.A.T.	19:00 Hook	19:00 100 Foot Wave	18:00 Hairy Bikers' Best of British	20:00 Deadliest Catch	14:00 RTÉ News: One O'Clock
17:00 Police 24/7	When Captain Hook kidnaps his kids, an adult Peter Pan returns to Neverland to save them.	20:00 David Frost Vs	19:00 Rick Stein: From Venice to Istanbul	22:00 Expedition X The team respond to reports of a half-man, half-beast in Wisconsin. Attacks and sightings of the	14:30 Home and Away
18:00 The Simpsons	21:30 Cats & Dogs	21:00 Elise Christie: No Filter	20:00 Would I Lie To You?	23:00 Expedition Bigfoot	15:00 Shortland Street
19:00 The Office (US)	23:00 Cats & Dogs: The Revenge Of...	22:40 My Mom Jayne	20:40 Richard Osman's House of Games	00:00 Aussie Gold Hunters	15:30 Madrai
20:00 The Simpsons	...Kitty Galore: With a feline	00:40 Stax: Soulsville USA	22:00 QI XL Before the Sandi Toksvig coup, general of knowledge Stephen Fry soldiered on to fire posers at Sheila	11:00 The Big Bang Theory	16:00 EastEnders
21:00 An Idiot Abroad	00:25 Mousehunt		23:00 Have I Got A Bit More News For You? Professor Hannah Fry is host as broadcaster Carol Vorderman and comedian Phil Wang join team	15:00 Mike & Molly	16:30 Today
22:00 Micky Flanagan: If Ever We Needed It			00:00 Will and Ralf Should Know Better	16:30 Young Sheldon	18:40 Nuacht RTÉ
23:15 Mr Bigstuff				18:00 The Big Bang Theory	18:55 RTÉ News with Signing
00:15 The Dyers' Caravan Park				22:00 New: 90 Day: The Single Life Pedro tells Liz he worries	19:01 RTÉ News: Six One

Sport

Sky Sports Mix

- 11:00 TGL Highlights
- 15:00 PL Greatest Games:Man
- 15:15 PL Greatest Games: L'pool/Newc 96
- 15:30 PL Greatest



















TV Guide

Friday 6th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	13:20 Lifeline	11:00 This Morning	11:50 The Real Housewives of	11:10 Frasier	12:30 Storm & Alexis
12:30 Homes Under the Hammer	13:30 Political Thinking with Nick Robinson	13:30 Loose Women	12:50 Ant & Dec's Limitless Win	12:10 American Pickers	13:45 5 News at Lunchtime
13:15 Bargain Hunt	14:00 Impossible	14:30 ITV Lunchtime News	13:50 Wheel of Fortune	13:05 Channel 4 News Summary	13:50 Matt Allwright
14:00 BBC News at One	14:45 Unbeatable	14:55 ITV News London	14:50 The Only Way is Essex	13:10 Car S.O.S	15:00 Vanessa
15:00 Father Brown	15:15 The Boss	15:00 Lingo <small>The fast-paced game of words, hosted by Adil Ray, where three pairs of contestants face Lingo</small>	15:55 The Real Housewives of Cheshire	14:10 Find It, Fix It, Flog It	16:00 The Good Ship Murder
15:45 Escape to the Country	16:00 The Vintage French Farmhouse	16:00 Riddiculous	16:55 The Real Housewives of Miami	15:10 Countdown	17:00 Bargain-Loving Brits in the Sun
16:45 Clean It, Fix It	16:45 Villages by the Sea	17:00 Tipping Point	17:50 The Real Housewives of	16:00 Live: Crufts 2026	18:00 5 News at 5
17:30 Celebrity Antiques Road Trip	17:15 Italy's Invisible Cities	18:00 The Chase	19:00 Celebrity Catchphrase	17:00 A New Life in the Sun <small>Andrew and Richard are chasing their dream lives in Europe. And do you know</small>	19:00 New: Love Nature
18:15 Pointless	18:15 Flog It!	19:00 ITV News London	20:00 Wheel of Fortune	18:00 Four in a Bed	19:05 Motorway Cops: Catching Britain's
19:00 BBC News at Six	19:00 Richard Osman's House of Games	19:30 ITV Evening News	21:00 Ant & Dec's Limitless Win	18:30 Come Dine with Me	20:00 New: Celebrity Puzzling
19:30 BBC London	19:30 Do You Know Your Place?	20:20 Men's Six Nations: Ireland v Wales <small>Jill Douglas presents</small>	22:00 The Heat	19:00 Channel 4 News	21:00 New: Hippo Watch with Steve...
20:00 The One Show	20:00 The Wild Gardener	23:40 ITV News <small>The latest news and weather from London and the South East. [S,HD]</small>	23:00 Family Guy	19:30 Live Winter Paralympics Opening...	22:00 New: Solved: The Mystery of the...
20:45 The FA Cup	21:00 Gardeners' World	00:10 ITV News London	00:30 American Dad!	22:00 New: Gogglebox	23:00 The X-Files: Best Ever Episodes
23:10 BBC News at Ten	22:00 Big Cats 24/7			23:00 Live: The Last Leg	00:00 New: Piers Morgan: Uncensored
23:40 BBC London	23:00 Live at the Apollo			00:05 Rhod Gilbert: The Book of John	
23:50 The Graham Norton Show	23:30 Newsnight				
00:40 RuPaul's Drag Race UK vs the World	00:00 The End We Start From				

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	D&U&Dave	DMAX	RTÉ One
11:00 Will & Grace 	11:20 Cats & Dogs 	11:00 Jackie Stewart  <small>Powerfully emotive film</small>	11:00 Railroad Australia <small>Documentary series. A Fortescue track crew have just four hours to fix a faulty</small>	11:00 Deadliest Catch <small>Skippers Sig and Phil try to re-exchange their deckhands in a high seas transfer. But when both fall</small>	11:00 The Drew Barrymore Show
12:00 The Simpsons	13:00 Cats & Dogs: The Revenge Of... 	13:00 McLaren	12:00 Rick Stein: From Venice to Istanbul	13:00 Treasure Quest: Snake Island	11:25 The Kelly Clarkson Show
13:00 David Attenborough's Kingdom Of Plants 	14:30 Sonic The Hedgehog 3  <small>Sonic, Knuckles and Tails reunite to battle Shadow, a mysterious new enemy with powers unlike anything</small>	14:50 My Icon: Natasha Jonas	13:00 Border Force America's Gatekeepers	14:00 Expedition Unknown	12:20 Father Brown
14:00 Hawaii Five-0		15:00 Benetton Formula 	15:00 World's Most Dangerous Roads	16:00 Alaska: Homestead Rescue	13:15 10 Things To Know About
15:00 NCIS: Los Angeles 	16:30 Hook 	17:00 Discovering: John Malkovich	16:00 Top Gear	18:00 Outback Opal Hunters	13:45 Telly Bingo
16:00 S.W.A.T.	19:00 Stardust 	18:00 Kathryn Bigelow: The Directors 	18:00 Hairy Bikers' Best of British	20:00 Deadliest Catch	14:00 RTÉ News: One O'Clock
17:00 Police 24/7	21:20 Yogi Bear  <small>Yogi and Boo-Boo must save Jellystone Park in this live action version of the</small>	19:00 100 Foot Wave 	19:00 Rick Stein: From Venice to Istanbul	22:00 Cornwall Air 999	15:30 Fair City
18:00 The Simpsons  <small>Dinner Party: Dwight gets</small>	22:50 Grow (2025) 	20:00 Super/Man: The Christopher Reeve Story 	20:00 Would I Lie To You?	00:00 Aussie Gold Hunters	16:00 EastEnders
19:00 The Office (US)  <small>Dinner Party: Dwight gets</small>	00:50 Harriet The Spy 	22:00 Williams & Mansell: Red 5 	20:35 Richard Osman's House of Games	HGTV 11:00 The Big Bang Theory <small>Looking to get friendly with Barry Kripke to gain access to a piece of high-tech lab equipment, Sheldon</small>	16:30 Today
20:00 The Simpsons 		23:50 Tony Hawk: Until The Wheels Fall Off 	22:00 QI XL <small>Sue Perkins, Sami Shah, David Mitchell and Alan Davies join Stephen Fry on a trip to the Mountains of</small>	15:00 Mike & Molly <small>Mike becomes</small>	18:40 Nuacht RTÉ
21:00 The F1 Show: Australia			23:00 Have I Got A Bit More News For You?	16:30 Young Sheldon	18:55 RTÉ News with Signing
22:00 New: Ted 			00:00 Taskmaster <small>Beach balls, water and sand contribute to a seaside feel, a jolly tone that is interrupted when</small>	18:00 The Big Bang Theory	19:01 RTÉ News: Six One
23:30 Intelligence				22:00 New: 90 Day Fiancé: Before The 90 Days	20:00 Nationwide
00:00 Grimm				00:00 Georgie & Mandy's First Marriage	20:30 Reeling In The Years

Sport

Sky Sports Mix

- 12:00 S/Lge: Wakefield v Hull FC
- 14:45 PL Greatest Games: Man
- 15:00 PL Greatest: Chelsea/Man Utd
- 15:15 PL Greatest Games: B'ming/A. Villa
- 15:30 PL Greatest: WBA v Man Utd 2013
- 15:45 PL Greatest: Cardiff v Liverpool
























TV Guide

Saturday 7th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:00 Saturday Kitchen	11:15 The Great Caruso	12:45 ITV News	11:55 Deal or No Deal	11:30 Winter Paralympics 2026: Live	11:20 Ben Fogle: New Lives in The Wild
12:30 Nadiya's Simple Spices	13:05 Mary Berry - Love to Cook	13:00 European Qualifier: England v...	13:55 The Floor	Day 1 continues as Scott Meenagh competes in his third and final Paralympics. Plus, after fighting to be fit,	12:25 Dogs Behaving (Very) Badly
13:00 Bargain Hunt	Mary's featured recipes include an easy stir-fry hoisin chicken, a	16:00 Tipping Point: Best Ever Finals	14:55 Britain's Got Talent	14:00 F1 Australian GP Qualifying...	14:25 Catching Up with the Royals with Rev Richard Coles &
13:45 BBC Weekend News	13:35 Great British Menu	16:35 Men's Six Nations: Italy v England	16:10 Celebrity Catchphrase	15:30 Live: Crufts 2026	15:25 The Yorkshire Vet
13:55 BBC Weather	15:35 Flog It!	20:00 New: Britain's Got Talent	17:15 Trolls Band Together	19:00 Channel 4 News	16:20 Our Yorkshire Farm
14:00 Six Nations Rugby	16:35 The Bridge at Remagen	21:25 New: The 1% Club	18:25 FYI Daily	19:30 Winter Paralympics 2026 Highlights	19:20 5 News Weekend
17:15 Asia	18:30 Do You Know Your Place?	22:25 New: The Jonathan Ross Show	18:30 Trolls Band Together	20:00 Live: Crufts 2026	19:30 The Good Life: 50 Years of Laughter
18:10 BBC Weekend News	19:00 Natural World	23:25 ITV News	19:05 Jurassic World: Fallen Kingdom	22:00 New: Bill Bailey's Vietnam	21:00 Lip-Reading the Royals: What Are They Really Saying?
18:20 BBC London	20:00 Celebrity Antiques Road Trip	23:40 It'll Be Alright on the Night	20:15 FYI Daily	23:00 The Unlikely Pilgrimage of...	22:00 The Three Kings of 1936
18:25 BBC Weather	21:00 Europe on the Edge with Katya Adler	Comedian Tom Allen celebrates TV chaos - with	20:20 Jurassic World: Fallen Kingdom	...Harold Fry: (2023) Rachel Joyce's poignant drama starring Jim Broadbent. A	23:30 Those Were the Days
18:30 The FA Cup	22:00 One-Hit Wonders at the BBC	00:05 English Football League Highlights	21:30 Minority Report		
21:00 Gladiators			22:35 FYI Daily		
22:00 Casualty			22:40 Minority Report		
22:50 BBC Weekend News			00:20 Family Guy		
23:05 BBC Weather					
23:10 The Walsh Sisters					
00:00 Blade Runner 2049					

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	U&Dave	DMAX	RTÉ One
11:00 The Simpsons  Moms I'd Like To Forget:	11:35 Stardust 	12:00 Villeneuve Pironi - Racing's Untold Tragedy 	11:00 Top Gear More motoring mayhem. The lads must each buy a car for under 1500 pounds and drive it across the	11:00 Outback Opal Hunters	11:45 Ros na Rún
13:00 Secret World of Sound with David Attenborough 	13:50 Paul Blart: Mall Cop  An out-of-shape security guard with delusions of grandeur is left to save the day when criminals hold up	14:00 Costa Concordia: Chronicle Of a Disaster	13:00 World's Most Dangerous Roads Twenty Twelve co-stars Hugh Bonneville and Jessica Hynes face an Olympic-sized task as they	14:00 Outback Crystal Hunters	12:50 MasterChef: The Professionals
15:00 Gillette Soccer Sat: Live Scores 	15:30 The Cat In The Hat 	16:00 Music Box: Yacht Rock: A...	15:00 Motorhoming with Merton and Webster	17:00 Aussie Gold Hunters The Poseidon Crew dodge bushfires. The Gold Gypsies go on a night-time	14:00 RTÉ News: One O'Clock
18:30 Australian F1 GP: Qualifying  The grid for the season-opening Australian Grand Prix is set with Formula 1 qualifying, as the	17:05 Grow (2025)  An exuberant tale full of giant pumpkins, madcap characters and a little girl who just might be a	18:00 Bowie: The Man Who Changed The World 	16:00 Would I Lie To You? A compilation of previously unseen bits with Bob Mortimer, Emma Bunton, Alex Jones, Debbie McGee	20:00 Hoarding: Buried Alive	14:10 Eva Pau's Asian Kitchen
20:30 The Simpsons 	19:00 Free Willy 	20:00 I Am Burt Reynolds 	20:00 Richard Osman's House of Games Comedians Babatunde	22:00 New: Paranormal Caught On Camera	14:40 The Shelter: Animal SOS
21:00 The Hobbit: An Unexpected Journey 	20:55 The Hobbit: The Desolation Of... 	21:50 My Icon: Linford Christie 	22:00 I'm Alan Partridge Classic comedy with Steve Coogan. Alan is the only guest at the Linton Travel Tavern when the manager	23:00 New: Ghost Adventures 	15:10 Amazing Hotels
00:00 Ted (2012) 	23:40 The Cat In The Hat  Dr Seuss's mischievous moggy (Mike Myers)	22:00 Hill 	00:00 QI XL Smart aleck Stephen Fry chairs the quiz that revels in ignorance. Ciarad Lloyd, Rhod Gilbert, Noel Fielding	11:00 Georgie & Mandy's First Marriage	16:10 My Uni Life
		23:50 Schmeichel  Peter Schmeichel won the		12:00 The Big Bang Theory Penny hosts a Halloween party, putting Leonard, Sheldon, Wolowitz and Koothrappali through a new	16:45 Dancing with The Stars
				22:00 Mock The Week	18:45 Nuacht RTÉ
				23:00 I Love You, Man Soon-to-be-married Peter's lack of male friends prompts him to undertake a quest to find true	18:55 RTÉ News with Signing
					19:01 RTÉ News: Six One
					19:30 Aontú Ard Fheis: Leader's Speech
					20:00 A Dog's Way Home
					21:50 Pat Shortt's Entertainment From
					22:20 RTÉ News: Nine O'Clock
					22:50 The Tommy Tiernan Show
					00:00 These Sacred Vows

Sport

Sky Sports Mix

- 14:30 PL Greatest Games:Newc/Leics
- 14:45 PL Greatest: Swansea/C Palace
- 15:00 S/Lge: Leigh v Catalans
- 17:45 My Icon: Maggie Alphonsi
- 18:00 My Icon: Rachel Yankey
- 18:15 My Icon: Christine Ohuruogu
- 18:30 Indycar Highlights
- 19:30 Indycar NTT: Qualifying
- 21:00 Live Indycar NTT



TV Guide

Sunday 8th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:00 Politics London	11:30 Saturday Kitchen	12:25 Fletchers' Family Farm	11:35 Deal or No Deal	11:30 Winter Paralympics 2026: Live	11:00 Bargain-Loving Brits in the Sun
11:30 Sunday Morning Live	Best Bites Richard Bainbridge wows the studio guests with a salt-baked sea bass and a wild garlic beurre blanc.	13:25 New: Ainsley's Taste of the Bahamas	14:35 Celebrity Catchphrase	The excitement continues on Day 2 as the Men's Snowboard Cross heats up. And Nina Sparks hits the	12:00 Hotel Benidorm: Fun-Loving Brits in the Sun
12:30 Homes Under the Hammer	13:00 The Life and Death of Colonel Blimp	13:55 New: Talking Royals	15:40 Madagascar: Escape 2 Africa	14:00 F1 Australian GP Highlights	13:00 Malta: The Jewel of the Med
13:30 Bargain Hunt	Powell and Pressburger's classic British epic about the life and loves of a reactionary army officer,	14:25 James Martin's Great British Adventure	16:40 FYI Daily	The grid returns to Albert Park for the opening race of 2026. With new regulations ushering in the next era of	14:00 Cruising With Jane McDonald
14:00 BBC Weekend News	15:40 Angels One Five	Northern Irish Coast: James' British adventure has crossed over the Irish Sea to Northern Ireland,	16:45 Madagascar: Escape 2 Africa	16:30 Live: Crufts 2026	Jane's trip starts in The Everglades or sea of grass
14:10 Weather for the Week Ahead	17:15 Flog It!	14:50 ITV News	17:25 Britain's Got Talent	Claudia Winkleman joins Clare Balding as the excitement builds. The Flyball is wide open with	16:35 Inside The Tower of London
14:15 Songs of Praise	18:00 This Farming Life	15:05 Britain's Got Talent	The search for the most spectacular entertainers to hit these shores continues in Blackpool as more	19:00 Channel 4 News	17:35 Princes in the Tower: A Damning Discovery
14:50 Escape to the Country	19:00 Six Nations Rugby	16:25 Indiana Jones and the Temple of Doom	18:50 New: Britain's Got Talent: Unseen	19:30 Winter Paralympics 2026 Highlights	19:05 5 News Weekend
15:25 Gladiators	20:00 Antiques Roadshow	18:40 The 1% Club	19:15 Jurassic World Dominion	20:00 Live: Crufts 2026: Best in Show	19:10 Celebrity Puzzling
16:25 Spider-Man 3	The roadshow is at Pitzhanger Manor in Ealing,	19:30 ITV Evening News	Dinosaurs now roam the Earth, and humanity's survival hangs in the balance. Old allies unite	20:00 New: The Great Pottery Throw Down	20:00 Britain's Best Mattress: How to Sleep Better
18:35 BBC Weekend News	21:00 Big Cats 24/7	19:40 ITV News London	20:25 FYI Daily	The Final: The finalists create mini model theatres and tackle a tricky throwing technique. Whose final	21:00 22 Kids & Counting
18:50 BBC London	22:00 Forensics: The Real CSI	19:55 The Floor	20:30 Jurassic World Dominion	22:00 New: The Great Pottery Throw Down	22:00 Rich House, Poor House
18:55 BBC Weather	23:00 Platoon	21:00 Who Wants to Be a Millionaire?	22:00 New: The Princess Diaries	The Final: The finalists create mini model theatres and tackle a tricky throwing technique. Whose final	23:30 The World's Most Luxurious Cruise
19:00 Countryfile	Vivid, harrowing war drama following a 19-year-old college drop-out who signs up for service in Vietnam in	22:00 New: Gone	23:00 Family Guy	23:15 Gogglebox	00:30 When Cruising Goes Horribly Wrong
20:00 MasterChef: The Professionals	00:55 The Best Man Holiday	23:00 ITV News	00:30 American Dad!	00:15 First Dates	
21:00 Call the Midwife		23:20 Faked: Hunting My Online Predator			
22:00 The Capture		00:20 Long Lost Family			
23:00 BBC Weekend News					
23:25 BBC London					
23:30 The FA Cup					
00:50 The Graham Norton Show					

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	D&U&Dave	DMAX	RTÉ One
12:00 The Simpsons	11:10 The Portable Door	12:00 Quant	11:00 Border Force America's Gatekeepers	11:00 Cooper's Treasure	11:30 Fóram
13:00 Police 24/7	Two interns discover that	13:50 My Icon: Kadeen Corbin	12:00 Top Gear	17:00 Expedition Unknown	12:00 Sunday Worship
16:00 Rob & Romesh Vs K-Pop	13:15 Free Willy	14:00 Bardot	14:00 Richard Osman's House of Games	22:00 Cooper's Treasure	13:00 The Week In Politics
17:00 Rob & Romesh Vs...	15:15 Teenage Mutant Ninja Turtles...	16:00 Elizabeth Taylor: The Lost Tapes	15:20 Hairy Bikers' Best of British	Last season, Miklos located a shipwreck tied to	14:00 RTÉ News: One O'Clock
18:00 Agatha Raisin	17:15 Scooby-Doo 2: Monsters Unleashed	18:00 I Am Jackie O	17:25 Robson Green's Weekend Escapes	00:00 Expedition X	14:10 Ear to The Ground
Agatha Raisin and The	19:00 Stuart Little	19:45 Tina	18:00 Turkey with Simon Reeve	HGTV	14:40 Home of The Year
20:00 The Hobbit: The Desolation of Smaug	20:40 Stuart Little 2	22:00 Becoming Madonna	19:00 Cornwall With Simon Reeve	11:00 The Big Bang Theory	15:10 Beyond Paradise
23:00 New: Saturday Night Live	22:15 Breaking Point	00:00 Amy (2015)	20:00 Special Ops: To Catch A Criminal	21:00 New: Georgie & Mandy's First...	16:15 Murder On The Orient Express
00:30 Ricky Gervais - Animals	00:10 Blueback	An intimate dive into the life	21:00 Will and Ralf Should Know Better	...Marriage. Georgie helps Connor impress his new crush, while Mandy, Audrey and Jim struggle to butt out	18:40 Nuacht RTÉ
			22:00 Have I Got A Bit More News For You? Richard Ayoade is host as	22:00 New: Mock The Week	18:50 RTÉ News with Signing
			23:00 QI	In the satirical panel show with a standup twist, Dara Ó Briain hosts as two teams of top comedians	19:01 RTÉ News: Six One
			23:40 Mock the Week	23:00 Mock The Week	19:30 Dancing with The Stars
				00:00 Guz Khan's Custom Cars	21:30 Fair City
					22:00 RTÉ News: Nine O'Clock
					22:30 These Sacred Vows
					23:30 SisterS
					00:00 The Week In Politics

Sport

Sky Sports Mix

- 12:45 My Icon: Solomon Wilcotts
- 13:00 Indycar NTT
- 15:30 PL Darts: Cardiff
- 19:30 Gloves Are Off: Dubois v Harper
- 20:00 Elise Christie: No Filter
- 21:40 Darts Gold: Van Gerwen v Anderson
- 21:55 Phil Taylor's Top 5 Moments
- 23:00 Indycar Highlights



TV Guide

Monday 9th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	13:15 Politics Live	11:00 This Morning	11:50 The Real Housewives of Beverly Hills	11:30 Winter Paralympics 2026: Live	12:30 Storm & Alexis
12:30 Homes Under the Hammer	14:00 Impossible	13:30 ITV Lunchtime News	12:55 Ant & Dec's Limitless Win	13:45 Channel 4 News Summary	13:45 5 News at Lunchtime
13:15 Bargain Hunt	14:45 Unbeatable	13:55 ITV News London	14:00 Wheel of Fortune	13:50 Winter Paralympics 2026: Live	13:50 Matt Allwright
14:00 BBC News at One	15:30 The Boss	14:00 Celebrity Catchphrase	15:00 The Only Way is Essex	16:40 Countdown Colin Murray, Rachel Riley and Susie Dent host, with Colin Jackson in Dictionary Corner, as contestants race	15:00 Vanessa
15:00 Bear Grylls - Wild Reckoning	16:15 Weatherman Walking Derek leaves his weather map behind, dons his walking boots and heads for the hills above Aberdyfi	15:00 Lingo	16:00 The Real Housewives of Cheshire	17:30 A New Life in the Sun	16:00 The Good Ship Murder When an 80s rock band reunion ends in murder, Jack and Kate are thrust into a case riddled with
15:30 Amanda & Alan's Spanish Job	16:30 New Zealand: Earth's Mythical...	16:00 New: Riddiculous	17:00 The Real Housewives of Miami	18:30 Four in a Bed	17:00 Bargain-Loving Brits in the Sun
16:00 Escape to the Country	17:30 Vintage Antiques Roadshow	17:00 Tipping Point Ben Shephard hosts the quiz show in which three players take on an	18:00 The Real Housewives of Beverly Hills Follow the lavish lives of six	19:00 Come Dine with Me	18:00 5 News at 5
16:45 The Repair Shop on the Road	18:15 Flog It!	18:00 New: The Chase	19:00 Celebrity Catchphrase	19:30 Winter Paralympics 2026 Highlights	19:00 Love Nature Aged six, Benji decided to
17:30 The Finish Line	19:00 Richard Osman's House of Games	19:00 ITV News London	20:00 Wheel of Fortune	20:00 Channel 4 News	19:05 Susan Calman's Grand Day Out
18:15 Pointless	19:30 Do You Know Your Place?	19:30 ITV Evening News	21:00 Ant & Dec's Limitless Win	20:55 The Political Slot The Liberal Democrats: Susan Murray, MP for Mid Dunbartonshire, sets out the Liberal Democrats'	20:00 Celebrity Puzzling
19:00 BBC News at Six	20:00 Global Eye	20:30 New: Fletchers' Family Farm Documentary series. A break in the weather offers a chance to save a valuable harvest, the family witness	21:00 The 1% Club	21:00 New: Batch from Scratch...	21:00 Motorway Cops: Catching Britain's Speeders
19:30 BBC London	20:30 Grand Tours of Scotland's Lochs	21:00 Emmerdale	22:00 New: The Princess Diaries Reality series. Princess takes brave new steps towards independence as she goes house-hunting,	22:00 New: Handcuffed: Last Pair...	22:00 Police Interceptors: Taking Down the Shoplifting Gangs
20:00 The One Show	21:00 Mastermind	21:30 Coronation Street	23:00 The 1% Club	23:00 Japan's Tsunami: Caught on Camera	23:00 999: Police Hour of Duty A father calls 999 with concerns for the wellbeing of his missing son.
20:30 EastEnders	21:30 University Challenge	22:00 New: Gone Chilling mystery drama. Annie is struck by Michaels strangeness in the wake of an awful discovery, but she	00:05 Family Guy	00:25 Super Surgeons: A Chance at Life	00:05 Traffic Cops
21:00 Dangerous Dogs: Is the Ban...	22:00 AI Confidential with Hannah Fry	23:00 ITV News at Ten			
21:30 Would I Lie to You?	23:00 Small Prophets	23:30 ITV News London			
22:00 Death in Paradise	23:30 Newsnight, followed by Weather	23:45 It's Showtime			
23:00 BBC News at Ten	00:00 Hostage				
23:30 BBC London News					
23:40 Trying					
00:35 Have I Got News for You					

Entertainment

Sky Max HD	Sky Family	Sky Documentaries	D&U&Dave	DMAX	RTÉ One
11:00 Will & Grace	11:55 Scooby-Doo 2: Monsters Unleashed	11:00 Juan Carlos: Downfall Of The King	11:00 Railroad Australia Documentary series. The Ghan train takes 288 passengers across Australia, and there is	11:00 Deadliest Catch Time Bandit heads into False Pass to a crab offloading spot. But in the midst of storms and sand	11:15 The Drew Barrymore Show
12:00 The Simpsons	13:40 Paul Blart: Mall Cop	15:00 OJ: Made in America	12:00 Rick Stein's Fresh Food	13:00 Treasure Quest: Snake Island	11:40 The Kelly Clarkson Show
13:00 David Attenborough's Kingdom Of Plants	15:25 Stuart Little	16:50 My Icon: Shaun Gayle In the next episode of this	13:00 Border Force America's Gatekeepers	14:00 Expedition Unknown	12:35 Father Brown
14:00 Hawaii Five-0	17:05 Blithe Spirit (2020)	17:00 Discovering: Samuel L. Jackson	15:00 World's Most Dangerous Roads	16:00 Alaska: Homestead Rescue	13:30 10 Things To Know About
15:00 NCIS: Los Angeles	When a writer visits a medium for help with a creative block, they unwittingly summon the	18:00 Quentin Tarantino: The Directors	16:00 Top Gear Clarkson gets chased by the British Army in some of their deadliest new toys, while Hammond and May	18:00 Outback Opal Hunters	14:00 RTÉ News: One O'Clock
16:00 S.W.A.T.	19:00 Look Who's Talking	18:55 100 Foot Wave	18:00 Hairy Bikers' Best of British	20:00 Deadliest Catch A massive arctic storm blasts the fleet with hurricane-force winds and monster seas. And every	14:30 Home and Away
17:00 Police 24/7	20:45 Teenage Mutant Ninja Turtles	19:55 The Comedy Store	19:00 Rick Stein's Fresh Food	22:00 Body Bizarre A Kenyan man developed a growth on his genitals as a boy, but it has swollen	15:00 Shortland Street
18:00 The Simpsons	22:35 Save The Cinema	21:00 There's Something Wrong With Aunt Diane	20:00 Would I Lie To You?	00:00 Aussie Gold Hunters	15:30 Madrai
19:00 The Office (US)	00:35 Monster Trucks Family adventure about a gas-guzzling monster that takes up residence in the	23:00 OJ: Made in America	20:40 Richard Osman's House of Games	00:00 HGTV	16:00 Fair City
20:00 The Simpsons		00:50 The Story Of Late Night	22:00 Will and Ralf Should Know Better	11:00 The Big Bang Theory	16:30 Today
21:00 Agatha Raisin			23:00 QI XL Stephen Fry dispels the factoids that don't quite add up in the panel show that's	15:00 Mike & Molly	18:40 Nuacht RTÉ
23:00 New: Rooster			00:00 Taskmaster	16:30 Young Sheldon	18:55 RTÉ News with Signing
23:40 New: Last Week Tonight with John Oliver				18:00 The Big Bang Theory	19:01 RTÉ News: Six One
00:25 Grimm				22:00 New: The Rocky Mountain...	20:00 Nationwide
					20:30 EastEnders
					21:00 Scéalta na Lochanna
					21:30 Saol Na Feirme
					22:00 RTÉ News: Nine O'Clock
					22:35 Goodman : Too Big To Fail
					23:45 Swindlers
					00:50 The Dry

Sport

port Sky Sports Mix

- 11:00 TGL Highlights
15:00 PL Greatest : West Ham/Man Utd '11
15:15 PL Greatest Games: Chelsea/Arsenal



Hacker who booked luxury hotel for one cent arrested

Spanish National Police have arrested a 20-year-old man in Madrid accused of manipulating a travel booking website's payment system to secure stays in luxury hotels for just one cent, in a fraud that allegedly caused losses of around €20,000.

The investigation began after a travel booking agency filed a complaint, warning officers that suspicious reservations were being made through its website. Police said what initially appeared to be irregular transactions soon revealed a deliberate and targeted scheme.

According to investigators, the suspect selected an international electronic payment platform during checkout and then interfered with the transaction validation stage. The system would register the booking as fully paid – at the full price of the reservation – even though only €0.01 had actually been charged.

The fraud was not detected immediately because the booking platform's system recorded the

reservations as valid and correctly paid. The discrepancy only became apparent days later, when the payment provider transferred the real amount collected to the company.

By the time the shortfall was discovered, police said, the guest was already checked into the hotel. Authorities described it as the

first time they have detected this specific method being used.

Police said it took officers four days to identify and locate the suspect. He was found in what investigators described as a predictable setting: staying at a high-end hotel in Madrid. At the time of his arrest, he was reportedly in the middle of a four-night

reservation costing €1,000 per night, which police believe he had also obtained using the same technique.

During the investigation, officers also discovered the suspect had allegedly consumed minibar products and left other unpaid bills at various establishments, suggesting a broader pattern of behaviour

beyond the online manipulation itself.

The 20 year-old man was arrested and brought before judicial authorities as the alleged perpetrator of a computer fraud offence. Police said the investigation remains open and further charges have not been ruled out.



Asia's top two best cities for welcoming tourists

Two Asian destinations have landed on the list of the world's most welcoming cities, highlighting lesser-known travel spots that stand out for warm hospitality and consistently strong service.

The rankings come from Booking.com's annual Traveller Review Awards, which draw on more than 370 million verified reviews submitted by travellers worldwide. The top 10 includes just two cities from Asia: Magong in Taiwan and Takayama in Japan.

Magong, a bustling harbour city on Penghu Island off Taiwan's west coast, earned a spot for what visitors describe as an inviting atmosphere paired with rich history and coastal charm. The city is home to centuries-old temples and traditional architecture, including Tianhou Temple – considered Taiwan's oldest temple dedicated to Mazu, the sea goddess. Food is also a major draw, with night markets around Zhongyang Old Street serving local favourites such as oyster omelettes, grilled squid, and cactus sorbet.

Beyond the city centre, travellers can explore nearby fishing villages for fresh seafood and locally brewed drinks, or take in Penghu's dramatic scenery, including basalt cliffs, sandy coves, and clear waters. Magong is also a popular base during the Penghu Fireworks Festival, a seasonal event that draws

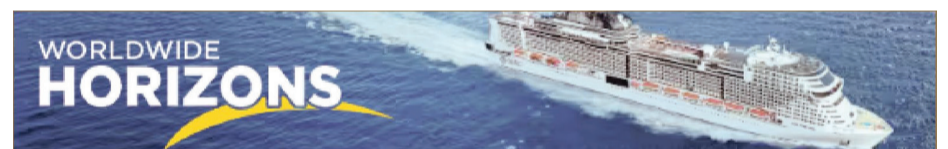
visitors for its celebrations and waterfront displays.

Takayama, located in Japan's mountainous Hida region, was also recognized for its hospitality and preserved cultural character. The city is known for maintaining Edo-period traditions, particularly in the Sanmachi Suji district, where narrow streets are lined with wooden merchant houses, sake breweries, and craft shops. The Miyagawa Riverside Market remains a popular stop for travellers, while nearby attractions include the Hida Folk Village and the UNESCO-listed village of Shirakawa-go, known for its historic rural architecture.

Local cuisine is another highlight, with visitors often seeking out Hida beef and Hoba miso, traditionally grilled on magnolia leaves.

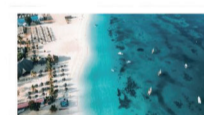
10 most welcoming cities:

- Montepulciano, Italy
- Magong, Taiwan
- San Martín de los Andes, Argentina
- Harrogate, UK
- Fredericksburg, Texas, USA
- Pirenópolis, Brazil
- Swakopmund, Namibia
- Takayama, Japan
- Noosa Heads, Australia
- Klaipeda, Lithuania



MSC MERAVIGLIA

From Barcelona to Tunisia, Sicily, Naples, Livorno, Marseille
Balcony Cabin
Inc Drinks & Tips
Balcony From 1413€ pp
Yacht Club From 2003€ pp
***Dep May - Oct 2026**



VIRGIN CRUISES

Valient Lady
Barcelona to Villefranche, Rome, Corsica, Ibiza (overnight)
Up to 350\$ Bar
Credit FREE!
From 1137€ pp
June - Sep 2026



MARRAKESH

All Inclusive Flights from Alicante
Transfer & 7 nights
All inclusive 4*
Iberostar
Palmeriaie
From 932€ pp
***Dep June - 2026**



EXPLORA JOURNEYS

Luxury Caribbean
Flights from Alicante
Overnight Miami
7 Nights all Inclusive
Virgin Islands, Antigua & Barbuda
Guadalupe, St Marteen, San Juan
From 4610€ pp
***Dep 12th Dec - 2026**



CARIBBEAN CRUISE WITH HAL

Flights from Alicante
Overnight Miami
14 nights cruise from Miami, Florida
Bahamas, Amber Cove, Grand Turk, Nassau, San Juan, St. Thomas
Inc Drinks, Tips & Speciality Dining
From 3109€ pp
Dep 17th Nov 2026



EXPLORA JOURNEYS

Direct flight
Alicante to Athens
1 night pre cruise
9 nights Luxury Cruise
Athens, Milos, Crete, Sicily, Malta, La Goulette
Ibiza, Barcelona
Ocean Suite
***From 5925€ pp -**
Dep 23rd April 2026



PLAYA DEL CARMEN

Direct flight
Madrid
10 Nights All Inclusive, Private
Transfers. Bluebay
Gran Esmeralda 5*
***From 1365€ pp -**
Dep 8th May 2026



NORTHERN LIGHTS CRUISE

Flights from Alicante
Transfers & Overnight
Bergen - Bergen
11 nights
Havila Cruises
From 2605€ pp
***Dep Oct 26 - April 27**

English & Spanish speaking

689 140 360
623 609 399

966 761 492
966 844 484

travel@whtravel.es

All offers subject to availability and reconfirmation at the time of booking



Aldi and Carrefour announce new stores in Spain

France's Carrefour and Germany's Aldi have announced major expansion plans for their supermarket operations in Spain, pledging hundreds of new store openings and significant job creation in what is already one of the country's largest private employers.

Carrefour announced that it plans to open 750 new stores in Spain by 2030, while Aldi announced it will hire 1,100 new workers this year as it continues to grow its network nationwide.

The announcements represent a double boost for Spain's food distribution sector, which employers' associations estimate currently employs between 344,000 and 477,000 people. Industry groups also point to Spain's dense supermarket coverage – particularly in urban

neighbourhoods – as being above the European average.

Alongside its store expansion, Carrefour also revealed a strategic agreement with the Vusion Group, a digitalisation company specialising in retail technology. The partnership is aimed at modernising Carrefour supermarkets by 2030 and will involve investments of more than €150 million, the company said.

Aldi, meanwhile, said it expects to open around 40 additional stores in Spain this year, adding to its existing network of roughly 500 supermarkets. The German retailer said its expansion will focus on several key regions, including the Valencian Community, the Community of Madrid, the Balearic Islands, Andalusia, the Region of Murcia and Catalonia.

The supermarket sector in Spain has returned to growth levels similar to those seen before the COVID-19 pandemic. Figures published by Spain's Tax Agency at the end of 2024 showed that the industry increased gross profitability to more than 6.1%, while total profits rose to a record €7.5 billion. The sector has been widely seen as one of the main beneficiaries of post-pandemic inflation.

The expansion announcements came as supermarket pricing again became a target of political criticism in Spain's parliament. Podemos leader Ione Belarra used a parliamentary session to attack Juan Roig, the billionaire owner of Spain's leading supermarket chain Mercadona, accusing the company of driving up food prices.

"Eggs in Mercadona a year ago cost just over two euros, and now they cost more than 3," Belarra said, arguing that Roig has been allowed to turn Spain's food sector into "a real monopoly."

Mercadona remains the dom-

inant player in the Spanish market, holding a 26.6% national market share at the end of 2024, according to Kantar data, ahead of Carrefour. It is followed by Lidl, Eroski, Día, Consum, Alcampo and Aldi in eighth place.



Province adds two new Repsol Suns restaurants

The province of Alicante has added two new restaurants to the Repsol Guide's list of award-winning establishments after both received a "Sun" at the guide's 2026 gala in Tarragona.

The newly recognised venues are Ausiàs, in Pedreguer, and Erre Que Erre, in Ibi, joining what the guide describes as a select club of standout restaurants across Spain.

With the additions, Alicante now has 35 Sun restaurants, building on the 33 previously included in the guide. Four of the province's restaurants continue to hold the guide's highest distinction of three Suns: Quique Dacosta Restaurant (Dénia), La Finca (Elche), BonAmb (Xàbia) and L'Escaleta (Cocen-

taina).

At Ausiàs, chefs Ausiàs Signes and Felicia Guerra have turned what they call "a dream come true" into a restaurant rooted in the flavours and identity of the Marina Alta.

Set inside a house in Pedreguer, the restaurant focuses on cuisine "of the land," highlighting local products while still aiming to modernise and evolve Alicante's culinary traditions.

The pair describe their philosophy as one that emphasises "excellent products, but of an extreme daily life," with Signes—named a breakthrough pastry chef at Madrid Fusión 2022—regularly blending the boundaries between sweet and savoury across the meal.

The Repsol Guide also recognised chef Ricardo Moltó for his restaurant Erre Que Erre, located in Ibi in the region of L'Alcoià. The guide highlights the restaurant for combining local cooking with "nouvelle cuisine" influences. Moltó describes his style as "signature cuisine," focused on original dishes built around quality ingredients and "an authentic flavour."

Beyond the Sun awards, the Repsol Guide 2026 also expanded its list of recommended restaurants, adding three new venues from Alicante province: Aticcook by Ismael Bilbao (Dénia), Borg (El Campello) and Casa Riquelme (Alicante).

Across the wider Valencian Community, the Repsol Guide now includes 68 Sun restaurants,

placing it behind only Catalonia (122), Madrid (98), Andalusia (77) and the Basque Country (75).

Nationally, the Repsol Guide 2026 features 808 award-winning restaurants and 1,605 recommended establishments.

The gala in Tarragona also saw three new restaurants awarded the guide's top rating of three Suns: A Tafona (A Coruña), Ramón Freixa Atelier (Madrid) and Voro (Mallorca).

Repsol Guide director María Ritter said the 2026 edition reflects evolving dining trends across Spain, including the growing prominence of younger chefs, a renewed focus on artisanal techniques, and more restaurants aiming to offer meals around 50

euros.

The guide also highlighted a shift toward shorter, dynamic menus over long tasting formats, along with the rise of gastronomic bars where chefs cook in front of diners and a stronger fusion of Spain's regional cuisines.

"We have our radar set all year round on restaurants that mix intelligence and intuition," Ritter said, adding that the guide continues to seek out both innovative concepts and more traditional proposals that "coexist" in the same edition.

Chefs Balk at Abu Dhabi as Site of Best Restaurants Ceremony

The organisation behind the prestigious World's 50 Best Restaurants awards has announced that its 2026 ceremony will take place in Abu Dhabi, drawing fresh attention to the host city rather than the chefs it honours.

Each year, the awards ceremony gathers many of the world's most celebrated culinary figures. Typically, the spotlight falls squarely on the winners, whose careers can soar overnight after earning a place on the influential list. Past host cities have included culinary powerhouses such as Las Vegas, New York City and London—locations as renowned for their dining

scenes as for their global profiles.

This year, however, it is the venue itself that is generating conversation. The 2026 awards will be held in November in Abu Dhabi, the capital of the United Arab Emirates, a nation that has faced sustained criticism over its human-rights record.

Rights groups have long highlighted legal inequalities in the UAE. Women do not have equal standing in matters of marriage, divorce and child custody. Same-sex relations are criminalized, and transgender people face legal barriers, including penalties tied to laws prohibiting "disguising" in women's clothing, which can carry

prison sentences of up to a year.

In response to concerns, the awards organisation emphasised its independence from regional politics. In a statement, it said that "50 Best does not endorse violence, hate speech or the incitement of harm in any form," adding that political views or policies in the host region do not reflect the organization's own positions. The group has previously faced scrutiny over its own practices. In 2018, after years of criticism that its honours overwhelmingly went to male chefs, it introduced reforms, including a "50-50 gender principle" for its voting panels. At the time, then-director Hélène

Pietrini wrote in an open letter that the organization sought "an industry where equality is a reality."

Describing the upcoming ceremony as "a significant new chapter," the organization noted that it has already deepened ties with the Emirati capital. Since 2022, it has staged Middle East and North Africa's 50 Best Restaurants in Abu Dhabi, in partnership with the city's Department of Culture and Tourism.

Abu Dhabi has worked to elevate its culinary reputation, though it remains overshadowed internationally by Dubai, another Emirati city known for its glittering skyline and celebrity chef outposts.

Restaurateurs such as Major Food Group have expanded there, alongside high-profile chefs including Gordon Ramsay, Nobu Matsuhisa and Heston Blumenthal.

In a bid to compete, Abu Dhabi has invested heavily in its dining sector. Since 2022, the Michelin Guide has published a city guide backed by funding from the Department of Culture and Tourism. Michelin stars have been awarded to venues including an outpost of Hakkasan and an Italian restaurant overseen by Milan-based chef Antonio Guida. The guide has also staged an annual food festival in the capital, sponsored by the same tourism authority.

QUESADA

Fish & Chips

AND SO MUCH MORE

**C/ Los Arcos 1,
Ciudad Quesada
96 671 9136**



MENU OF THE DAY

12 noon - 5pm
Cod or haddock
with chips, peas,
bread & butter

**MEAL DEALS
FOR ONE OR TWO
PEOPLE**

SUNDAY SPECIAL
Cod, chips & peas

SUNDAY LUNCH
served 12-8pm

**CHILDREN'S MENU
OPEN DAILY TO EAT
IN OR TAKE AWAY**

Open 10am to 10pm, 7 days per week

"At Quesada fish and chips, we are proud to be a family run business, providing quality food in generous portions and at excellent prices."

Extensive Menu - Daily Specials

Vegan, Vegetarian and Gluten free options available

www.quesadafishandchips.com



Genuine  review...

*"Just like home but even better -
Great traditional fish and chippie with an extensive menu.
Great food to eat in or take away. Nice to eat in with a glass
of wine! Not to be missed."*



Quesada Fish and Chips



Swap up your fibre

It seems that protein has been the food focus forever: protein yogurts, protein pancakes and protein shakes have taken supermarkets by storm. However, experts are urging us not to forget the benefits of a high fibre diet. Boost your daily fibre intake to reach the recommended 30g by making simple, nutrient-dense swaps. Key changes include switching to wholemeal bread, pasta, and brown rice, snacking on nuts or popcorn, and increasing vegetable, pulse, and bean intake in meals.

Last year, many of us went protein-mad in the hopes of boosting our strength and fitness. But over the past few months, fibre - something very few of us get enough of every day - has become the hot topic on social media. Posts with the hashtags #fibre-maxxing and #fibermaxxing have been viewed more than 150m times on TikTok, and videos of chia seeds being sprinkled on porridge and nutritionists lauding the benefits of red kidney beans and chickpeas are all over people's feeds. The NHS recommends adults eat 30g of fibre a day, but 96% of us

are not hitting that benchmark - and we aren't even close. Average daily consumption is around 16.4g, with women eating less than men.

Fibre has long been viewed as an "unsexy nutrient" due to its associations with digestion and flatulence, in contrast with protein's longstanding link to fitness and exercise.

As well as benefitting your gut, eating more fibrous food - like brown rice and jacket potatoes - has other benefits too. People who have a higher fibre intake will live longer, have less cardiovascular disease, fewer cancers and are at a lower risk of conditions like diabetes, some studies suggest it can help our mental health, too.

Dietary fibre is a chain of sugar molecules produced by plants that cannot be digested by humans. It is found in fruits, vegetables, grains, beans and nuts. The effects of fibre were first discovered in the 1970s, when it was believed that fibre was just "hard roughage stuff" that helped our bodies get rid of waste. Now we know it's

so much more than that - it has health benefits way beyond the bowel.

Fermentable fibres in foods like oats and legumes help the good bacteria in our large intestine grow, enriching our gut microbiome. Insoluble fibres, found in wholegrain bread, bran and the skins of fruit and vegetables, help our poo travel through the gut. Viscous fibres, found in oats, seeds and some fruits and vegetables, slow down the speed sugar is absorbed and reduce sugar spikes in the bloodstream. All these different types of fibre, among others, help keep us healthy.

It's important to get fibre from a variety of sources, as eating too much of one type of food may not provide you with a healthy balanced diet.

To increase your fibre intake you could:

- Choose a higher-fibre breakfast cereal such as plain wholewheat biscuits (like Weetabix) or plain shredded whole grain (like Shredded wheat), or porridge as oats are also a good source of fibre

- Go for wholemeal or granary breads, or higher fibre white bread, and choose wholegrains like wholewheat pasta, bulgur wheat or brown rice
- Go for potatoes with their skins on, such as a baked potato or boiled new potatoes. Find out more about starchy foods and carbohydrates
- Add pulses like beans, lentils or chickpeas to stews, curries and salads
- Include plenty of vegetables with meals, either as a side dish or added to sauces, stews or curries. Find out more about how to get your 5 A Day
- Have some fresh or dried fruit, or fruit canned in natural juice for dessert
- Because dried fruit is sticky, it can increase the risk of tooth decay, so it's better if it is only eaten as part of a meal, rather than as a between-meal snack
- For snacks, try fresh fruit, vegetable sticks, rye crackers, oatcakes and unsalted nuts or seeds

There's also mounting evidence to suggest that fibre may lower the risk of heart disease, stroke, bowel cancer, and type 2 diabetes. Plus,

because it can't be broken down by the body and remains intact as it passes through our intestines, fibre can keep us fuller for longer.

Fibre-rich foods tend to be lower in calories. However, because we digest them more slowly than simple starches and sugars, they help to keep us fuller for longer - meaning we're likely to eat less. It makes sense then, that research has found dietary fibre to be a healthy tool for weight loss and maintenance.

Health experts agree that it's best to get fibre from a variety of sources to build a balanced diet as possible.

THE Emerald Isle
LA FLORIDA

Talent Competition

Semi Final 1 - Mon 16th

Semi Final 2 - Mon 23rd

Grand Final - 30th March

The Emerald Isle
IN ASSOCIATION WITH SUNSHINE FM
PRESENTS
SEARCH FOR A STAR
EVERY MONDAY STARTING 19TH JAN FROM 7PM
GRAND FINAL MONDAY 30TH MARCH
TALENT COMPETITION

**CAN YOU SING ?
ARE YOU A MAGICIAN ?
ARE YOU A COMEDIAN ?
CAN YOU ENTERTAIN A CROWD ?
IF YOU CAN**

WE WANT YOU!

€4,000 PRIZE MONEY

FIND ENTRY FORMS AT THE EMERALD ISLE ON SUNSHINE FM'S FACEBOOK OR BY CONTACTING SIMON MORTON ON 689 592 395

AMATEUR & PROFESSIONALS WELCOME TO APPLY

35 **Rosa** Mediterranean Houses
sunshine fm Costa Blanca's 102.8fm since 2002 AND NOW 94.0fm
The Emerald Isle

For Directions Visit: **Emeraldislelf** www.emeraldispain.com Calle Marte 2, La Florida, 03189 Orihuela Costa. Tel 865 942 217

THE Emerald Isle
TUESDAY 17TH MARCH
St. Patrick's Day
FROM 1PM - 5.30PM GREAT ENTERTAINMENT WITH

THROUGH THE DECADES
LEROY VICKERS

Patrick's Day Party
FRANKIE MCGINTY JOIN US!

**LEROY VICKERS - NIKKI G - RITCHIE ALEXANDER
MARSY - FRANKIE MCGINTY**
IRISH FOLK MUSIC FROM 7PM-9PM

DRINKS PROMOS
VODKA & POWER HORSE - €3
GIN & TONIC - €4.50
RUM & PEPSI €3

FOOD SPECIALS - SERVED ALL DAY €8.50
BOILED GAMMON HAM OR BACON RIBS & CABBAGE WITH SPRING ONION MASH OR BEEF & GUINNESS STEW

NAVY PETS RESCUE **ECCH**

ALL CHARITY MARKET STALLS IN AID OF HAPPY PETS RESCUE & ELCHE CHILDREN'S HOME

Happy ST. PATRICK'S

For Directions Visit: **Emeraldislelf** www.emeraldispain.com Calle Marte 2, La Florida, 03189 Orihuela Costa. Tel 865 942 217



Baked sausage breakfast hash

This is a big, hearty breakfast hash loaded with sausages, bacon, eggs and potatoes – all baked in the oven instead of endless tossing about on the stove.

Ingredients

Seasoned potatoes:

- 800g / 1.6lb potatoes, peeled, cut into 2cm cubes (Maris Piper or other starchy or all-rounder potato)
- 1 1/2 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp dried thyme (or any dried herb)
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp cooking salt / table salt

Everything else:

- 1 red capsicum / bell pepper, cut into 1" squares
- 1 red onion, cut into 1cm wedges

- Pinch of salt and pepper
- 1 tbsp olive oil
- 100g / 4 oz streaky bacon, cut into 1" squares
- 500g / 1 lb good pork sausages or any sausage you want
- Eggs – as many as you want and can fit!

For serving:

- 1 tbsp parsley, roughly chopped
- Hot buttered toast

Instructions

Preheat the oven to 200°C / 400°F (180°C fan-assisted).

Toss the potatoes with the oil and seasoning in a bowl. Spread on a lined tray, just big enough to hold everything in snugly rather than spread in a single layer. Bake for 15 minutes.

Capsicum and onion – Meanwhile, in the

still-dirty potato bowl, toss the capsicum and onion with the oil, salt and pepper.

Add to tray, then toss with the potatoes.

Sausage & bacon – Squeeze dollops of the sausage meat out of the casings and dot them randomly on top (you could cut the sausages using a knife, but that just isn't as fun). Scatter with bacon.

Bake 35 minutes – Bake 20 minutes.

Toss, then bake for a further 15 minutes, or until potatoes are soft.

Lower oven to 180°C/350°F (160°C fan).

Eggs – Push the potato aside to make holes for the eggs. Crack eggs in. Return to oven for 7 minutes or until eggs are done to your liking (runny yolks which means just-set whites).

Serve – Scatter with parsley, then serve.



Creamy baked fish on potato gratin

This is a one-pan meal with fish baked in cream on top of a potato gratin with a golden crunchy topping. It's a cross between a casserole, gratin and a pie. Fabulously cosy, rustic, oven baked fish recipe that's effortless yet company worthy.

Ingredients:

- 4 x 160g/5oz white fish fillets, 2cm thick, skinless (snapper, tilapia, cod, salmon)
- 0.5 tsp cooking/kosher salt
- 0.25 tsp black pepper

Potato gratin:

- 3 tbsp / 50g unsalted butter
- 2 large leeks, white and pale green part only, washed, cut in half lengthways, sliced 5mm thick or 2 chopped onions
- 3 garlic cloves, minced
- 2 medium starchy potatoes (250g / 8oz each), peeled
- 0.75 tsp cooking/kosher salt

- 0.5 tsp black pepper
- 125 ml dry white wine, any type
- 125 ml vegetable stock/broth
- 250 ml thickened/heavy cream

Crunchy topping:

- 45 g panko breadcrumbs
- 2 tbsp extra virgin olive oil
- 25 g parmesan, finely grated

Instructions:

Preheat the oven to 180°C/350°F (160°C fan) with a shelf in the middle.

Potatoes – Cut the potatoes into quarters, then sliced 4mm thick. Place cut potato in a large bowl of water (prevents from going brown, removes excess starch so it cooks quicker). Drain before use.

Crunchy topping:

Mix panko and olive oil in a bowl. Then stir in parmesan.

Season fish: Sprinkle salt and pepper on both sides of the fish fillets. Set aside.

Sauté – Melt butter in a large oven-proof

skillet (30cm/12") over high heat until foamy. Add leek and garlic, then cook for 3 minutes.

Sauté potatoes – Add potato, salt and pepper. Cook for 6 minutes, stirring regularly. The potatoes should be half cooked at this stage.

Reduce wine and stock – Pour in white wine. Simmer rapidly until it is mostly evaporated – about 1 minute. Pour in stock, then simmer for 1 1/2 minutes or until reduced by half.

Top with fish – Turn the stove off. Place fish on top of the potatoes, presentation side up. Pour cream all over, aiming for full coverage. Sprinkle with panko breadcrumbs.

Bake for 30 minutes – this sounds like a long time but the fish stays succulent.

Colour topping – Switch to the oven grill on high and move the skillet up to the top shelf. Grill 4 minutes or until golden.

Rest – Remove and rest for 5 minutes, then serve. Eat the fish and gratin together with each mouthful for maximum eating pleasure!

Easy French apple tart

This charming puff pastry dessert calls for just four ingredients and twelve minutes effort.

Ingredients:

- 1 square sheet butter puff pastry (10" square), barely thawed
- 5 tsp caster sugar / superfine sugar
- 2 large gala apples (or 3 medium), peeled, cut in half, core removed, sliced 0.5cm thick
- 1 tbsp unsalted butter, melted

For serving:

- Icing sugar / powdered sugar, for dusting
- Vanilla ice cream

Instructions:

Hot tray – Put a baking tray in the oven then turn it on and pre-heat to 210°C/375°F (190°C fan-assisted). Sugar underside of puff – Place a sheet of baking paper (parchment paper) on the counter. Sprinkle with 3 teaspoons of sugar, roughly in the shape of the puff pastry sheet.

Fold edge – Place puff pastry on top of the sugar. Fold the edges inwards to create a 1cm edge.

Apples – Arrange the apples slices in 3 rows, overlapping them slightly.

Butter and sugar – Brush the apple slices and edges with melted butter, then sprinkle with the sugar (apple and edge).

Bake – Transfer the tart on the paper to the hot baking tray (keep it on the paper). Bake for 30 minutes, or until the edges are golden.

Serve – Cut into 6, dust with icing sugar and serve warm with vanilla ice cream.





Intermittent fasting

Intermittent fasting is an eating plan that switches between fasting and eating regular meals. Research shows that intermittent fasting is a way to manage your weight and prevent, or even reverse, some forms of disease. Intermittent fasting is not about what you eat, but when you eat.

With intermittent fasting, you only eat during a specific time. Research shows fasting for a certain number of hours each day or eating just one meal a couple of days a week may have health benefits.

Our bodies have evolved to be able to go without food for many hours, or even several days or longer. In prehistoric times, before humans learned to farm, they were hunters and gatherers who evolved to survive for long periods without eating. They had to: It took a lot of time and energy to hunt game and gather nuts and berries.

Experts note that even 50 years ago, it was easier to maintain a healthy weight. There were no computers, and TV shows turned off at 11pm, people stopped eating because they went to bed. Portions sizes were much smaller. More people worked and played outside and, in general, got more exercise.

With internet, TV and other entertainment available 24/7, many adults and children stay awake for longer hours to watch TV, scroll through social media, play games and chat online. That can mean sitting and snacking all day and most of the night.

Extra calories and less activity can mean a higher risk of obesity, type 2 diabetes, heart disease and other illnesses. Scientific studies are showing that intermittent fasting may help reverse these trends.

How does it work

There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and abstain. For instance, you might try eating only during an eight-hour period each day and fast for the remainder. Or you might choose to eat only one meal a day two days a week. There are many different intermittent fasting schedules.

After going hours without food, the body exhausts its sugar stores and starts burning fat. If

someone is eating three meals a day, plus snacks, and they're not exercising, then every time they eat, they're running on those calories and not burning their fat stores. Intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat.

It's important to check with your doctor before starting intermittent fasting. Once you get his or

her go-ahead, the actual practice is simple. You can pick a daily approach, which restricts daily eating to one six- to eight-hour period each day. For instance, you may choose to try 16/8 fasting: eating for eight hours and fasting for 16.

Another intermittent fasting plan, known as the 5:2 approach, involves eating regularly five days a week. For the other two days, you limit yourself to one 500–600 calorie meal. An

example would be if you chose to eat normally on every day of the week except Mondays and Thursdays, which would be your one-meal days.

Longer periods without food, such as 24-, 36-, 48- and 72-hour fasting periods, are not necessarily better for you, and may be dangerous. Going too long without eating might actually encourage your body to start storing more fat in response to starvation.

Nourishment

During the times when you're not eating, water and zero-calorie beverages such as black coffee and tea are permitted.

During your eating periods, "eating normally" does not mean going crazy. Research shows that you're not likely to lose weight or get healthier if you pack your feeding times with high-calorie junk food, super-sized fried items and treats.

Most nutrition experts regard the Mediterranean diet as a good blueprint of what to eat, whether you're trying intermittent fasting or not. You can hardly go wrong when you pick leafy greens, healthy fats, lean protein and complex, unrefined carbohydrates such as whole grains.

Intermittent Fasting Benefits

Research shows that the intermittent fasting periods do more than burn fat. When changes occur with this metabolic switch, it affects the body and brain and can lead to a longer life, a leaner body and a sharper mind.

Many things happen during intermittent fasting that can protect organs against chronic diseases like type 2 diabetes, heart disease, age-related neurodegenerative disorders, even inflammatory bowel disease and many cancers.

Intermittent fasting benefits:

- Thinking and memory. Studies discovered that intermittent fasting boosts working memory in animals and verbal memory in adult humans.
- Heart health. Intermittent fasting improved blood pressure and resting heart rates as well as other heart-related measurements.
- Physical performance. Young men who fasted for 16 hours showed fat loss while maintaining muscle mass. Mice who were fed on alternate days showed better endurance in running.
- Type 2 diabetes and obesity. In animal studies, intermittent fasting prevented obesity. And, in six brief studies, obese adult humans lost weight through intermittent fasting.
- Tissue health. In animals, intermittent fasting reduced tissue damage in surgery and improved results.



Staying sharp in retirement



Staying sharp in retirement requires a proactive approach combining physical activity, continuous learning, and social engagement to maintain cognitive function. Key strategies include exercising regularly, adopting a Mediterranean-style diet, engaging in mentally stimulating hobbies (puzzles, reading, new skills), and maintaining strong social connections.

Here are actionable ways to stay sharp in retirement:

1. Stimulate Your Brain (Cognitive Training)

Learn Something New: Challenge your brain by picking up a musical

instrument, learning a new language, or taking a class.
 Engage in Strategic Games: Play crossword puzzles, Sudoku, chess, or bridge to foster problem-solving skills.
 Read and Write: Read books, magazines, or newspapers daily; write a journal or memoir to stimulate cognitive processing.
 Use Technology: Use apps like Duolingo, or video-based, strategic games to keep reflexes and thinking skills sharp.

2. Stay Physically Active

Exercise Daily: Regular, moderate physical activity increases blood

flow to the brain, which helps build new cell growth. Examples include walking, swimming, cycling, yoga, and dancing.

Try Hobbies: Engaging in activities like gardening or nature walking keeps you physically active while reducing stress.

3. Nurture Social Connections

Maintain Socialising: Regularly connect with friends and family, as social interaction boosts brain activity.

Volunteer: Give back to your community through organisations and charities to stay engaged and purposeful.

Join Groups: Participate in clubs or community groups that share your interests.

4. Prioritise Diet and Health

Eat for Brain Health: Follow a Mediterranean-style diet rich in fruits, vegetables, whole grains, and healthy fats (e.g., olive oil, nuts).

Manage Health Conditions: Keep blood pressure and diabetes under control.

Reduce Stress: Utilize meditation, mindfulness, or deep breathing exercises to protect the brain.

Limit Alcohol/Avoid Smoking: These habits are crucial to preventing cognitive decline.

5. Have a "reason to get up"

Retirement can accidentally become "endless weekend," and that can dull motivation. A strong retirement life usually includes: a project, a role, a routine or something you're building.

These could include:

- Writing a memoir
- Part-time consulting
- Helping with grandkids
- Volunteering weekly
- Running a small hobby business

6. Protect sleep like it's your job

Sleep is where memory gets processed and stored. Prioritise Sleep: Aim for 7-9 hours of quality sleep to allow the brain to clear toxins and solidify memories.

Try to keep to healthy habits to ensure a good night's sleep:
 Consistent bedtime/wake time
 Morning sunlight
 Limit alcohol at night
 Avoid doom-scrolling in bed

If sleep is poor long-term, it's one of the fastest ways people feel mentally foggy.

7. Keep stress low – but don't

eliminate challenge

A totally stress-free life can actually make people mentally "flat." Instead, aim for low chronic stress and regular small challenges.

Things like:

- Travel planning
- Learning new tech
- Doing new routes/places
- Joining new groups

8. Eat for brain energy

You don't need a perfect diet – but a few basics help a lot.
 Brain-friendly: fish / omega-3s, berries, nuts, olive oil, leafy greens, lots of water.

Try to reduce:
 Ultra-processed foods
 Heavy sugar spikes
 Too much alcohol

9. Keep your "life admin" organised

This sounds boring, but it's real: mental clutter drains sharpness.


Helpful:
 Calendars and reminders
 Keeping finances simplified
 A weekly planning routine
 Reducing piles, clutter, and chaos at home



BETTER HEARING - HAPPIER LIFE

Would you like to discover how better hearing can improve your quality of life?

Hearing Aid Ranges and Prices

	1 Star Aids ★	2 Star Aids ★★	3 Star Aids ★★★	4 Star Aids ★★★★	5 Star Aids ★★★★★	Premium Aids ★
 Ranges	Bernafon Alpha 1	Oticon Zircon 2 Bernafon Alpha 3	Oticon Intent 4 Bernafon Encanta 100	Oticon Intent 3 Bernafon Encanta 200	Oticon Intent 2 Bernafon Encanta 300	Oticon Intent 1 Bernafon Encanta 400
Suitability	Home 1-1 Conversation TV	Family Family gatherings Shopping	Groups Cafes Small groups	Social Large groups Terraces Sports	Complex Restaurants Parties Bars	Demanding Concerts Theatre Music
Battery Powered	Not Available	€1295 single €2290 pair	€1445 single €2590 pair	€1595 single €2890 pair	€1750 single €3200 pair	€1900 single €3500 pair
Rechargeable	€1395 single €1999 pair	€1595 single €2590 pair	€1745 single €2890 pair	€1895 single €3200 pair	€2050 single €3500 pair	€2200 single €3950 pair



All ranges include direction microphones, background noise reduction capability, speech enhancement, Feedback cancellation and Bluetooth connectivity.

Book your hearing test with us now - **Call 698 418 642**

Opening times:

Monday - Friday 08.00 - 15.00
 Closed Saturday & Sunday

Tom (Bsc Hons OST RHAD MSHAA), India May & Michele

Calle Los Arcos 17, Ciudad Quesada 03170

contact@proteawellnessaudiology.es

www.proteawellnessaudiology.es





Turn to page 36 for all puzzle results

Word Ladder — Hard (6 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	G A R D E N	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	M A N T E L	END

Word Ladder — Medium (5 letters)

Change one letter at a time to turn the start word into the end word. Every step must be a valid word.

1	P L A N T	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	C R O W N	END

WORD SEARCH

T	X	O	S	Y	H	X	Q	V	K	P	Z	Y	C	Z	B	D	V	S	M
L	K	I	V	B	C	J	V	R	X	L	R	I	S	E	K	N	F	A	A
K	Z	S	D	G	A	I	S	A	X	J	G	N	M	V	R	Z	A	N	D
Q	B	M	X	U	B	I	L	L	Q	F	U	D	Q	B	W	J	S	D	B
S	C	C	W	H	I	U	A	T	Y	M	U	Z	N	E	B	P	E	W	C
X	H	P	S	A	N	J	G	B	A	P	R	X	R	P	L	I	R	I	V
J	M	P	H	L	E	B	I	D	O	G	X	S	E	A	S	A	V	C	K
B	G	L	G	T	T	O	W	B	A	S	B	R	L	X	T	W	I	H	F
F	B	N	E	W	Y	O	F	H	T	E	O	H	K	G	O	O	C	Z	F
S	S	H	I	G	D	E	G	R	Q	C	R	I	J	E	N	L	E	U	H
B	F	H	I	N	L	X	A	C	L	O	K	B	Q	S	E	L	U	C	X
E	U	O	B	T	N	W	S	G	K	Q	C	V	F	E	X	E	A	I	F
O	C	R	T	S	B	I	B	W	Z	S	M	X	L	J	L	F	L	B	E
T	G	I	G	E	B	Q	G	Q	G	P	T	X	S	Q	Q	B	B	L	Z
I	L	B	R	B	P	B	F	E	E	H	B	A	M	F	I	U	M	L	N
Z	X	R	G	U	I	P	I	Q	B	A	R	Y	R	S	C	G	I	U	Z
I	Y	U	X	G	E	F	O	C	N	C	A	Q	A	M	P	T	P	K	H
A	Q	O	N	X	R	J	S	O	F	O	G	K	R	I	A	H	C	X	M
W	J	K	K	X	I	J	Y	T	I	Z	X	B	E	G	N	H	Z	N	T
M	U	S	H	R	O	O	M	B	Q	T	Q	Q	D	S	L	J	L	I	M

1. STRAWBERRY 2. BEGINNING 3. SANDWICH 4. MUSHROOM 5. CABINET
6. SERVICE 7. LITTLE 8. FELLOW 9. HUMBLE 10. CHAIR 11. BREAD 12. STONE

SUDOKU

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



Cheapest cars to buy in Spain



They want to know the absolute minimum they can expect to pay depending on the type of engine they choose. That is where the latest 2025 report from the OCU comes in. The Spanish consumer organisation has analysed the most competitive prices currently available and broken them down by engine technology.

Two brands dominate the budget end of the market. Dacia and Fiat appear again and again across different categories, each leading three segments when it comes to

been the best selling car in Spain for three years in a row. For many buyers, it simply offers the lowest entry point into brand new car ownership.

Interestingly, the Sandero also tops the list for cars running on Liquefied Petroleum Gas, sometimes called autogas in Spain. The starting price remains the same at €13,940, but the difference in fuel type means it qualifies for the ECO environmental label. That can make a real difference in Spain's Low Emission Zones, where petrol versions only receive the C label.

For drivers set on diesel, the most affordable option is the Fiat Tipo, priced from €18,185. It carries the same environmental label as the petrol Sandero and represents the lowest cost route into a new diesel car.

Fiat also comes out strongly in other ECO labelled categories. The Fiat Panda is the cheapest mild hybrid at €14,945, while the Fiat Grand Panda takes the title for

the most affordable non-plug-in hybrid, starting at €18,200.

When it comes to vehicles classified as zero emissions by the Dirección General de Tráfico (DGT), the prices inevitably climb. The Mazda MX-30 is listed as the cheapest model in its category in the study, at €29,550 at the time the data was compiled.

For buyers who want to go fully electric without stretching into the €30,000 bracket, there is one clear standout. The Dacia Spring is currently the cheapest electric car on the Spanish market, available from €17,890.

With household budgets already under pressure from rising food prices and housing costs, it's easy to see why affordability is driving so many purchasing decisions. For expats living in Spain and weighing up whether now is the right time to buy, these figures offer a useful snapshot of where the real entry level deals can still be found.

Buying a new car in Spain is not getting any easier on the wallet and for many drivers, the price tag alone is enough to make them think twice. With new vehicle prices rising year after year and the second hand market also

hitting record highs, Spain now has one of the oldest vehicle fleets in Europe.

Against that backdrop, plenty of drivers are doing their homework before stepping into a showroom.

affordability.

For petrol drivers, the clear winner is the Dacia Sandero, with a starting price of €13,940. It's no surprise then that this model has

Driving bucket list

If you're a true petrolhead, or even if you just enjoy a good drive then you probably have a bucket list of cars. You know those models that you have seen in magazines, that your neighbour or boss had, the ones you know would give you the drive of your life. Have a glance below and see if any of these hit the spot...

Audi Quattro

It's hard to put into words the impact of this car – not least because it came from Audi, a company with no track record of producing influential driving machines. But it provided one of the most memorable driving experiences of the 1980s.

Jaguar MkII

Think Inspector Morse and you'll know exactly what car this is. The 3.8-litre version offered exceptional power and poise for 60 years ago, one reason they were driven by everyone from car racers to getaway drivers.

Land Rover Series 1

A true icon. Not bad for a car designed with straight edges and built from scrap aluminium left over from the war because it was intended as a stopgap and that was the cheapest way of making them.

Mazda MX-5

It's been thirty years since Mazda launched this little roadster and no one since has done it better.

Dodge Charger 440R/T

There's a good reason they chose this for The Dukes of Hazzard TV show in the 1980s, it epitomises all that was good about America's greatest muscle car era. The 1968 spec cars look best, and the enormous 440-cubic-inch motor is a legend in its own right.

Lotus Elise

The car that saved the company. By going back to its roots and building something advanced but simple, fast but affordable, Lotus found its sweet spot and has been cashing in on it ever since. A landmark in the history of one of the most important and

enigmatic brands.

Porsche 911

For 55 years others have tried to better this car, and for 55 years they have failed. Now as then it's the default choice for anyone looking to drive a true sports car every day.

Rolls-Royce Phantom

Amid much trepidation and speculation, BMW created the finest luxury car of its era and one as worthy of the Rolls Royce name as any other.

Mini

This small car became both a fashion accessory and a Monte Carlo rally winner, a film star and a runabout for millions. Simple, spacious, affordable and adventurous, few cars of any size have been more important.



WHERE THE COMMUNITY READS, YOUR BUSINESS SUCCEEDS!

SUCCEEDS!

Call now to place your advert in

CostaWeeklyNews[™]

costaweeklynews@alicantetoday.com

SWAN AUTOS LA MARINA

itv A GARAGE BUILT ON AN EXCELLENT REPUTATION
Established in La Marina now 15 years

• SERVICING • DIAGNOSTIC SERVICE • CLUTCHES
GEARBOXES • BRAKES • AIR CONDITIONING • SERVICE •
RE-REGISTRATION FROM ENGLISH TO SPANISH PLATES •
PRE ITV AND ITVS - ALL NECESSARY WORK CARRIED OUT
• MOBILE BREAKDOWN SERVICE AVAILABLE



AIR CONDITIONING
Diagnostic A/C machine
to check for any leaks or
problems.



BEFORE AFTER
DEFOGGING HEADLIGHTS
SPECIAL OFFER
FROM 20€

CALL NOW

966 184 806/634 269 184

Email: info@swanautos.es

You can find us by taking the San Fulgencio turn off CV859, on the N332.
Continue for 3km.

Aries (21 Mar – 19 Apr)

Life

This week, Aries, your enthusiasm might lead you to start a new hobby. Just remember, while juggling flaming torches sounds exciting, a safer option might be knitting. Social gatherings will bring joy—try bringing cookies. Who can resist a cookie?

Mind

This week, channel your natural enthusiasm into refining your daily routine. A well-organized schedule will bring you a sense of accomplishment. Spend time outdoors to rejuvenate your spirit—nature has a way of recharging your energy.

Heart

This week, Aries, your enthusiasm is contagious! Whether single or attached, share your vibrant energy through thoughtful gestures. A handwritten note or a spontaneous outing can strengthen emotional connections. Open your heart to fun and watch the magic unfold.

Taurus (20 Apr – 20 May)

Life

Taurus, your love for comfort calls! It's the perfect time to create a cozy corner for reading or daydreaming. Enjoy life's little luxuries, like a bubble bath or fuzzy socks. They're small joys, but they add up to delightful happiness.

Mind

Your week is about finding comfort in small things. Delight in the simple pleasures, like a cozy night with a good book or a warm cup of tea. Balance your work responsibilities with well-deserved relaxation.

Heart

Taurus, focus on creating comfort and warmth in your relationships. A cozy evening at home or a heartfelt conversation can deepen intimacy. Let your loyalty shine by actively listening to your loved ones' needs. Small acts of kindness will go a long way.

Gemini (21 May – 20 Jun)

Life

Gemini, your curiosity is buzzing louder than ever. You might consider diving into a new book or podcast this week. Bring a friend along for a conversation—it's the best way to keep those dual sides of yours entertained!

Mind

Communication flows smoothly for you this week, making it a great time to express your ideas. Connect with friends over a shared interest or hobby to

keep your mind stimulated. Remember to balance socializing with quiet reflection to maintain energy levels.

Heart

Gemini, communication is your superpower this week! Explore new topics with your partner or crush to keep things exciting. Your adaptability will help navigate any minor misunderstandings. Embrace lighthearted banter to bring joy and clarity.

Cancer (21 Jun – 22 Jul)

Life

Dear Cancer, nestling into your home environment brings peace this week. Perhaps redecorate a small space to reflect your inner calm. Invite family over for a game night—laughter and friendly competition are the perfect blend for your nurturing spirit.

Mind

Focus on nurturing relationships this week. Surprise a loved one with a thoughtful gesture or help a friend in need. Ground yourself with routine self-care rituals, and cherish the warmth of home and family.

Heart

Cancer, nurturing is your strength, and this week is perfect for demonstrating it. Plan a special meal or thoughtful surprise for someone you care about. Your intuitive nature will guide you in supporting friends or family. Let your empathy create closer bonds.

Leo (23 Jul – 22 Aug)

Life

Leo, your spotlight is on! This week is perfect for sharing your talents with those around you. Shine like the superstar you are, even if it's just by hosting a karaoke night at home. It's all about fun and letting your mane down.

Mind

Your creativity is in the spotlight. Engage in activities that inspire you and bring joy. Take a break from the hustle, and let your inner light shine through creative expressions or leisurely pursuits.

Heart

Leo, shine brightly this week by being the life of the social scene. Your natural charisma makes you a magnet for positive encounters. Plan a fun gathering or adventure with those you love. Your warmth and generosity will create unforgettable memories.

Virgo (23 Aug – 22 Sep)

Life

Virgo, organization vibes are

strong! Tackle that junk drawer with your usual zeal. You might find an old treasure or two. Reward yourself with a nature walk afterwards. The fresh air is both rejuvenating and grounding for your practical mind.

Mind

This week, maintaining balance is key. Organize your space for a clearer mind, and make time for both work and relaxation. Short walks or a new podcast can provide the refresh you need to stay focused and energized.

Heart

Virgo, attention to detail will enhance your relationships. Take time to notice and appreciate the small things about those you cherish. A simple compliment or act of service can make a big impact. Show your affection through practical, thoughtful actions.

Libra (23 Sep – 22 Oct)

Life

Libra, balance is your jam, and this week is all about harmony. Turn your attention to those unfinished projects. A little effort goes a long way, and the satisfaction is immeasurable. Treat yourself to some art or beauty—it's your natural habitat!

Mind

Embrace harmony by surrounding yourself with beauty and tranquility. A visit to a gallery or a stroll in a serene park can uplift your spirits. Use this peaceful energy to strengthen connections with those around you.

Heart

Libra, balance is key this week in fostering harmonious relationships. Seek out moments of peace and beauty with your loved ones. Your diplomatic skills can smooth any rough edges. A shared cultural experience, like art or music, could bring you closer.

Scorpio (23 Oct – 21 Nov)

Life

Scorpio, your passion is a superpower! Channel it into a creative project this week, like painting or writing. Your insight is deeper than the ocean, so trust it. Connect with someone who understands your vibe, and enjoy a heartfelt chat.

Mind

Dive deep into tasks this week, but remember to come up for air. Take breaks to recharge, perhaps through meditation or a calming hobby. Your persistence will pay off as you move through the week with purpose.

Heart

Scorpio, your passion and intensity are at the forefront. Channel this energy into meaningful conversations with someone special. Trust is your ally, so be open and honest about your feelings. Vulnerability can lead to profound connections this week.

Sagittarius (22 Nov – 21 Dec)

Life

Sagittarius, your adventurous spirit is itching for excitement. Try exploring a new place in your town—it could be a hidden café or a quirky shop. Pack a small snack and make it a mini adventure. Those little journeys often lead to the best stories.

Mind

Adventure calls you this week, even if just a short getaway or exploring a new part of town. Your thirst for knowledge is high—consider learning something new. Balance your wanderlust with moments of rest to maintain your vibrant energy.

Heart

Sagittarius, adventure calls you to explore new romantic horizons. Whether single or partnered, embrace spontaneous activities that excite you both. A shared journey, big or small, can open hearts and minds. Let your optimism illuminate your path together.

Capricorn (22 Dec – 19 Jan)

Life

Capricorn, your ambitious nature is in full swing, but remember to schedule some 'you' time. A quiet evening with a favorite movie can recharge your batteries. Sharing your plans with a friend could spark fresh ideas. Collaboration is key this week!

Mind

This week invites you to streamline your goals. Identify which tasks align with your long-term aspirations and prioritize them. Amidst your diligent efforts, allow yourself moments of repose to recharge.

Heart

Capricorn, your steady presence is a pillar of strength for those you love. This week, focus on showing appreciation through

reliability and support. A small gesture or word of encouragement can speak volumes. Embrace quality time to fortify your bonds.

Aquarius (20 Jan – 18 Feb)

Life

Aquarius, your innovative mind is buzzing with ideas. Start a vision board or jot down your dreams—big things might just be on the horizon. Surround yourself with like-minded thinkers who inspire you. You could spark the next big thing!

Mind

Your innovative spirit shines this week. Engage in brainstorming sessions or group activities to fuel your imagination. Remember to take time for yourself, perhaps with a relaxing bath or quiet evening to reflect on your dreams.

Heart

Aquarius, your innovative spirit is inspiring those around you. This week, think outside the box in your approach to love and friendship. Organize a unique outing or discussion to keep connections vibrant. Your originality will be celebrated and cherished.

Pisces (19 Feb – 20 Mar)

Life

Pisces, your intuition is your greatest guide this week. Embrace your daydreams and let them inspire your reality. Spend some time near water if you can; it's wonderfully soothing. A bit of creative downtime will rejuvenate your spirit beautifully.

Mind

Embrace your empathetic nature by being kind to yourself and others. Artistic outlets can provide solace and joy—paint, write, or listen to music. Create a peaceful sanctuary at home where you can unwind and dream.

Heart

Pisces, your empathetic nature is your superpower. This week, create a safe space for emotional expression with those you care about. Share your dreams and listen to theirs with an open heart. Compassionate understanding will strengthen your relationships.



Leak Detection/pools

LEAK TECH

Tel.: 966 194 179
Mob: 627 752 965
www.leak-tech.net info@leak-tech.net

Are your Pool & Water bills draining you?

Leak Tech uses state-of-the-art technology to accurately locate water leaks in underground systems and swimming pools. This sophisticated technology, in the hands of an experienced technician can pinpoint a water leak in any pipe work (excluding waste).

"New" tracer gas detection



BENEFITS OF USING LEAK TECH

- Non-destructive leak detection
- We guarantee to find leaks in any pipe work in your pool, garden, paths or driveway.
- We have 100% success rate in leak detection.
- We use the latest test equipment, tools, quality repair products & materials.
- We accurately pressure test pipe work in swimming pools & scuba dive to carry out dye test to find leaks.
- We minimise property damage and disruption.

Property Management & Real Estate



TFT
THE FINISHING TOUCH

For all your property sales, letting and rentals use
The Finishing Touch
No1 for service

+34 968 380 904 +34 968 380 071

Removals & Shipping

TRANSCONE
REMOVALS & SHIPPING
www.transconeshipping.com



SPAIN - UK - SPAIN
IRELAND & EUROPE

FROM SINGLE ITEMS TO FULL MOVES, WE ARE FULLY INSURED - STORAGE IN UK & SPAIN!

OUR SERVICES

- Local Removals
- International Removals & Shipping
- Storage Units

EU Customs Compliant
Operator Licensed
Transcone Removals & Shipping

www.transconeshipping.com
paultranscone@gmail.com
+44 7742 798568 +34 603 135 480



Appliance Repairs

DOMESTIC APPLIANCE REPAIRS

FREE CALL OUT
REPAIRS & SALES OF

Washers, Dryers, Electric Cookers, Dishwashers
Call Stewart
Legal + Qualified
19 years on the Costa Blanca

Tel: 966 785 451
Mobile: 654 939 202
domrepair2@gmail.com



MOVE IT VANTASTIC
REMOVALS / DELIVERIES & STORAGE
ELECTRICIAN HANDY MAN
PROPERTY MAINTENANCE
693 251 562

House Clearance, IKEA Deliveries
davendonc@aol.com

LET'S ADVERTISE YOUR BUSINESS

WHY?

- REACHES CUSTOMERS ACTIVELY LOOKING FOR TRADE SERVICES
- TARGETS LOCAL CUSTOMERS WHO WANT NEARBY, RELIABLE TRADES
- BUILDS TRUST FOR IN-HOME AND HIGH-VALUE WORK
- IDEAL FOR URGENT AND EMERGENCY JOBS
- GENERATES DIRECT PHONE-CALL LEADS
- COST-EFFECTIVE, CONSISTENT ADVERTISING FOR TRADES
- SUITS SMALL AND INDEPENDENT OPERATORS
- ENCOURAGES REPEAT BUSINESS AND REFERRALS
- COMPLEMENTS ONLINE ADVERTISING EFFORTS



CONTACT US

 EMAIL NOW
Costaweeklynews@alicantetoday.com

WHERE THE COMMUNITY READS YOUR BUSINESS SUCCEEDS!

Call now to place your advert in

CostaWeeklyNewstm

costaweeklynews@alicantetoday.com

PUZZLE SOLUTIONS

Word Ladder — Medium Solution

1	PLANT	START
2	PLANS	
3	CLANS	
4	CLAWS	
5	CLOWS	
6	CROWS	
7	CROWN	END

Word Ladder — Hard Solution

1	GARDEN	START
2	HARDEN	
3	HARTEN	
4	MARTEN	
5	MARTEL	
6	MANTEL	END

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

T	X	O	S	Y	H	X	Q	V	K	P	Z	Y	C	Z	B	D	V	S	M
L	K	I	V	B	C	J	V	R	X	L	R	I	S	E	K	N	F	A	A
K	Z	S	D	G	A	I	S	A	X	J	G	N	M	V	R	Z	A	N	D
Q	B	M	X	U	B	I	L	L	Q	F	U	D	Q	B	W	J	S	D	B
S	C	C	W	H	I	U	A	T	Y	M	U	Z	N	E	B	P	E	W	C
X	H	P	S	A	N	J	G	B	A	P	R	X	R	P	L	I	R	I	V
J	M	P	H	L	E	B	I	D	O	G	X	S	E	A	S	A	Y	C	K
B	G	L	G	T	T	O	W	B	A	S	B	R	L	X	T	W	I	H	F
F	B	N	E	W	Y	O	F	H	T	E	O	H	K	G	O	O	C	Z	F
S	S	H	I	G	D	E	G	R	Q	C	R	I	J	E	N	L	E	U	H
B	F	H	I	N	L	X	A	C	L	O	K	B	Q	S	E	L	U	C	X
E	U	O	B	T	N	W	S	G	K	Q	C	V	F	E	X	E	A	I	F
O	C	R	T	S	B	I	B	W	Z	S	M	X	L	J	L	F	L	B	E
T	G	I	G	E	B	Q	G	Q	G	P	T	X	S	Q	Q	B	L	Z	
I	L	B	R	B	P	B	F	E	E	H	B	A	M	F	I	U	M	L	N
Z	X	R	G	U	I	P	I	Q	B	A	R	Y	R	S	C	G	I	U	Z
I	Y	U	X	G	E	F	O	C	N	C	A	Q	A	M	P	T	P	K	H
A	Q	O	N	X	R	J	S	O	F	O	G	K	R	I	A	H	C	X	M
W	J	K	K	X	I	J	Y	T	I	Z	X	B	E	G	N	H	Z	N	T
M	U	S	H	R	O	C	M	B	Q	T	Q	Q	D	S	L	J	L	I	M



Brazil striker Neymar considering retirement

Brazil forward Neymar says he is taking his career "year-to-year" as he targets a place at this summer's World Cup, admitting retirement could be a possibility as early as next year.

The 34-year-old, who remains the most expensive player in football history following his £200 million move from FC Barcelona to Paris Saint-Germain in 2017, has struggled with persistent injuries in recent seasons.

Neymar returned to his boyhood club Santos FC from Saudi side Al-Hilal in January 2025 and later extended his contract through the end of 2026. However, his first year back has been disrupted by injury. After undergoing knee surgery in late December, he missed the start of the Brazilian season in January and only returned to action last week.

Speaking to Brazilian online channel

CazeTV, Neymar acknowledged the uncertainty surrounding his future.

"I don't know what will happen from now on, I don't know about next year," he said. "It may be that when December comes, I'll want to retire. I'm living year to year now."

Despite his injury setbacks, Neymar has not given up hope of representing Brazil at the World Cup. He is the national team's all-time leading scorer with 79 goals — two more than the legendary Pelé — but has not featured for Brazil since October 2023.

The forward admitted it would be a "huge challenge" to earn a place in coach Carlo Ancelotti's World Cup squad. "This year is a very important year, not only for Santos, but also for the Brazilian national team, as it's a World Cup year, and for me too," Neymar added.



FIFA keen to expand Club World Cup



World football's governing body FIFA is reportedly considering a major expansion of the Club World Cup following what it views as the tournament's successful staging in the United States last summer.

According to Spanish outlet Marca, FIFA is planning to increase the number of participating teams from 32 to 48 for the 2029 edition — a 50% expansion mirroring the format change introduced for the men's World Cup. The move would significantly broaden global representation in the competition.

The next Club World Cup is scheduled for 2029, the year before the 2030 FIFA World Cup, which will be jointly hosted by Spain, Portugal and Morocco. FIFA is reportedly open to staging the 2029 tournament in

Spain and Morocco as a potential test event ahead of the World Cup. However, the United States — host of the previous edition — remains a candidate to stage the competition again.

In addition to expanding the field, FIFA is also said to be exploring the possibility of holding the Club World Cup every two years instead of its current four-year cycle, although no final decision has been confirmed.

While key details such as the host nation and tournament format have yet to be finalized, the proposed changes signal FIFA's intent to elevate the Club World Cup's global stature and commercial appeal in the coming years.

Trump sends message to Ronaldo



As anticipation builds ahead of the next World Cup, former U.S. President Donald Trump has drawn attention with a public message to Portuguese football star Cristiano Ronaldo, praising him as "the greatest of all time" and expressing hope that he will soon be playing in the United States.

In a video posted to TikTok, Trump addressed Ronaldo directly, fuelling speculation about what he meant by the invitation.

"Ronaldo, you are the greatest of all time. America needs you. Keep it up, we hope to see you soon over here," Trump said in the clip, which quickly went viral across social media platforms.

The remarks have been interpreted in different ways. Some observers believe Trump was referring to the upcoming World Cup and the prospect of seeing Ronaldo represent Portugal on American

soil. Others suggest he may have been hinting at the possibility of Ronaldo joining Major League Soccer, where he could potentially renew his long-standing rivalry with Argentine star Lionel Messi.

Trump has previously expressed admiration for Ronaldo and has increasingly shown interest in football as the global tournament approaches. In November last year, he reportedly invited the Portuguese forward to a White House dinner attended by Saudi Crown Prince Mohammed bin Salman and technology entrepreneur Elon Musk, among other prominent figures.

Whether Trump's latest message was a nod to international competition or a pitch for Ronaldo to play club football in the United States, it underscores his growing public enthusiasm for the sport — and his continued praise for one of its most decorated players.

Samu 'devastated' to miss out on World Cup with Spain

Young forward Samu Aghehowa has been ruled out of contention for his first FIFA World Cup appearance with Spain after suffering a serious knee injury while playing for FC Porto.

The 21-year-old sustained a torn anterior cruciate ligament (ACL) in his right knee during Porto's 1-1 draw against Sporting CP in the Portuguese league. The club later confirmed the severity of the injury, which is expected to sideline him for several months. Describing it as "the unluckiest day" of his career, Samu shared his disappointment in a post on Instagram.

"I suffered a serious injury. I still can't believe it. I'm devastated, speechless," he wrote. "I'll be out of action for a few months. It hurts me not being able to help the team as I'd like, fighting on the field. Now I'm just another fan supporting us. Trusting in God's plan, being strong and positive is what will make me come back stronger than ever."

The setback comes at a particularly painful moment for the young striker, who had been hoping to feature in his first World Cup with Spain. Samu made his senior debut for the national team

in 2024 and was part of the squad that won gold at the 2024 Summer Olympics in Paris.

His absence is expected to be a significant blow both for Porto and for Spain as he begins the long road to recovery.



Wealth is becoming concentrated in Spain

Spain has been lauded as a striking example of how economic growth can coincide with deepening wealth concentration—and a widening gap between those at the top and the rest of society.

Experts say Spain's recent performance cannot be assessed only through traditional macroeconomic indicators. The key question, they argue, is not simply how much the economy grows, but who benefits from that growth and how wealth is being accumulated.

Far from being a temporary trend, wealth concentration has become structural, with consequences that extend well beyond headline statistics. One of the clearest official windows into this shift is Spain's wealth tax data compiled by the Tax Agency. While not a perfect measure—due to deductions, exemptions, and tax planning—it remains one of the few sources that allows for long-term tracking of the fortunes declared by the richest taxpayers.

Between 2011 and 2023, the last year with available data, the number of people filing wealth tax returns rose 75% to 228,000. Over the same period, the wealth they declared more than doubled, climbing from nearly €450 billion

to €934 billion—an increase of 107%.

But the most dramatic rise was concentrated at the very top. Among taxpayers declaring more than €30 million annually, the number of individuals increased from 352 in 2011 to 865 in 2023. Their combined declared wealth surged from €37.3 billion to €146.8 billion—almost quadrupling in just over a decade. In per-person terms, that group now averages close to €170 million, making it the fastest-growing wealth segment by far among those analysed.

The tax data aligns with broader international research. The World Inequality Lab, based in Paris, places Spain among the European countries with the greatest wealth inequality, a pattern that has shown little improvement in recent years.

According to its figures, the wealthiest 10% now control more than 57% of Spain's total wealth. Within that group, the top 1% holds roughly a quarter—an increased share compared to the period before the financial crisis.

Spain is expected to have 33 billionaires in 2025, with a combined fortune of €197.5 billion—suggest-

ing that a significant portion of wealth may not be fully reflected in declarations to the Tax Agency.

Experts believe that the data points toward a broader and potentially more destabilising trend: economic polarization. Unlike inequality alone, polarisation is more closely linked to the rise of social conflict. As the gap widens and the middle class slowly erodes, society becomes increasingly divided into groups with opposing interests—fuelling distrust in institutions and strengthening political extremes.

Experts say the structure of household wealth has become a major engine of inequality. Middle- and lower-income families tend to

concentrate their assets in their primary residence, which has become increasingly out of reach. Wealthier households, by contrast, spread their fortunes across financial products, business holdings, and multiple real estate assets—investments that can generate higher returns and recover faster after downturns.

This helps explain why wealth inequality in Spain is significantly greater than income inequality—and why it persists over time.

Wealthier households are increasingly positioned in assets that generate strong returns, while most others have little capacity to diversify. Tax policy has also played a role, since earned income

is often taxed more heavily than capital income and accumulated wealth.

Researchers and economists say public policy has tools to slow or partially reverse the trend—particularly through taxation and redistributive measures. Eliminating the wealth gap entirely through taxation is unrealistic, but experts well-designed policies can gradually reduce inequality over time.

Without such measures, the experts warn, Spain risks locking in a future where wealth concentration continues to grow—along with the social and political tensions that come with it.



Love your spare room

Most spare bedrooms exist in a strange state of neglect. They begin with good intentions a neatly made bed, fresh cushions, perhaps a lamp bought especially for “the guest room”. But over time, reality creeps in. The spare room becomes the home's silent storage unit. Boxes migrate there. Seasonal clothes get stacked in corners. Gym equipment appears. The ironing board never quite leaves. The bed becomes a surface rather than a sanctuary, buried under life's overflow until the next visitor is announced and a frantic clearing operation begins.

It's not laziness. It's poor spatial logic. A permanent bed dominates a room that rarely hosts anyone overnight, leaving the remaining floor area too compromised to function properly day to day. The result is a space that serves nobody particularly well not the household, and not the guest.

And yet, quietly and almost overnight, this problem is being reimagined. Across contemporary interior design studios and modern home innovations, wall beds and Murphy bed transformations are gaining serious momentum. Design demonstrations showing

spare rooms converting from calm home offices into elegant guest bedrooms in seconds have captured widespread attention, not because they are flashy, but because they solve a real, everyday frustration beautifully.

Modern wall-bed technology bears little resemblance to the clunky fold-up beds of the past. Today's systems are engineered furniture installations that integrate seamlessly into the architecture of a room. When folded away, the bed disappears behind refined cabinetry, shelving or panelling, instantly restoring floor space and visual

calm. The room stops feeling like a dormant bedroom and begins behaving like a purposeful living space.

Suddenly, that underused spare room can become a light-filled office with a generous desk and proper storage. Or a serene reading room lined with books and artwork. Or a luxurious dressing room with full-height wardrobes and concealed compartments. When guests arrive, the bed lowers smoothly in moments, transforming the room back into a comfortable bedroom without dismantling the rest of the space.

The engineering behind this shift is genuinely impressive. Counter-balanced mechanisms allow beds to glide down with minimal effort. Many designs are now built so desks remain level during transformation, meaning laptops and paperwork do not need to be cleared away. Safety locking systems and robust wall fixings ensure stability and longevity, making these solutions practical for everyday living rather than novelty use.

From an interiors perspective, the aesthetic potential is just as compelling. Wall beds can be

finished to match bespoke joinery, painted cabinetry or architectural wall treatments, allowing them to disappear visually when not in use. Integrated lighting, textured finishes and open shelving elevate the room so it feels considered and luxurious rather than purely functional. The space no longer announces itself as a spare room at all.

Perhaps most importantly, the emotional relationship with the room changes. Instead of being a place of clutter and compromise, it becomes a flexible asset that supports daily life while remaining effortlessly guest-ready. No more rushed clearing sessions. No more apologetic explanations about where everything has been moved. Just a space that works beautifully every day and welcomes visitors gracefully when needed.

In homes where every square metre matters, the spare room no longer needs to sit waiting for rare company. With intelligent wall-bed design, it can finally earn its place as one of the most valuable and beautifully used rooms in the house.



Green is the colour

Human beings did not evolve under strip lighting, concrete ceilings or glowing screens. For hundreds of thousands of years, the nervous system learned to regulate itself in landscapes filled with trees, moving light, flowing air and organic textures. Although modern life looks dramatically different, the brain still responds to these same environmental cues. This is why stepping into a green space often produces an immediate sense of relief, even when we cannot explain it.

Psychologists refer to this instinctive pull towards nature as biophilia, the innate human tendency to seek connection with living systems. Research in environmental psychology shows that exposure to natural elements reduces physiological stress markers such as heart rate and cortisol levels while improving emotional stability. Even indirect exposure, such as indoor plants, natural materials or views of greenery, activates the same calming neural pathways. The brain interprets these cues as signals of safety and abundance, allowing the nervous system to soften its constant state of alert.

Colour itself plays a powerful role in perception and cognition. Green sits at the centre of the visible spectrum, requiring less visual adjustment by the eye than more extreme colours. This reduces ocular strain and allows the brain to process visual information more efficiently. Studies in cognitive psychology suggest that natural green environments restore attention capacity and reduce mental fatigue, helping the mind recover from prolonged concentration and screen exposure. This is why even brief moments around plants often feel mentally refreshing rather than stimulating.

Plants introduce subtle movement, texture and rhythm into interior spaces. These gentle sensory inputs regulate the nervous system, supporting steady focus without overstimulation. Research consistently links indoor greenery with improved mood, reduced anxiety and enhanced task performance in work and learning environments. Caring for plants also establishes routine, purpose and quiet mindfulness, reinforcing emotional regulation through small, daily interactions with living growth.

As cities become denser and lifestyles increasingly digital, access to natural environments diminishes. The psychological response is not withdrawal, but substitution. People instinctively recreate

fragments of the outdoors inside their homes through houseplants, natural light, timber finishes and botanical textures. These elements restore a sense of grounding and continuity that modern

architecture often removes, allowing the home to function as a nervous-system refuge rather than another source of stimulation.



Home décor trends shift to warmth and personal meaning

Home décor is entering a new era—one that feels less like a showroom and more like a lived-in story. Across design studios, retail floors, and social media feeds, homeowners are moving away from ultra-minimalist spaces and embracing warmth, texture, and pieces that reflect personal identity.

Designers say the biggest shift is a return to comfort. Soft neutrals, earthy tones, and layered materials like linen, boucle, wool, and natural wood are replacing stark white walls and glossy finishes. The goal is not perfection, but ease—spaces that feel welcoming at any hour of the day.

People want their homes to feel like a retreat and so more clients choose items that carry emotional value—family heirlooms, thrifted finds, and handmade décor—over matching sets.

Retailers are responding quickly. Several major home brands have expanded collections featuring vintage-inspired ceramics, sculptural lighting, and modular furniture designed for smaller living spaces. Wall art is also trending bigger, with oversized prints and gallery walls making a strong comeback.

Sustainability continues to influence buying habits, especially among younger shoppers. Second-hand furniture, upcycled décor, and low-waste materials are growing in popularity as consumers look for ways to decorate without contributing to excess production.

Another standout trend is “quiet colour”—muted greens, dusty blues, clay reds, and warm browns that add depth without overwhelming a room. Combined with textured finishes like limewash paint and plaster walls, these hues create spaces that feel both modern and timeless.

Experts say the overall message is clear: home décor is becoming more personal. Rather than chasing one perfect aesthetic, many homeowners are mixing styles, eras, and materials to create spaces that feel uniquely theirs.

As the lines between work, rest, and daily life continue to blur, the home is no longer just a place to live—it’s becoming a place to recharge, express, and belong.



Why smart walls are redefining luxury bathrooms

The Bathroom’s Most Persistent Enemy Mould is the uninvited guest that never truly leaves. It creeps into grout lines, settles behind sealant and flourishes wherever moisture lingers just long enough to take hold. No matter how refined the tiles or how powerful the extractor fan, damp environments quietly invite microscopic growth. For many homeowners, the bathroom becomes a cycle of scrubbing rather than sanctuary. Designers are now questioning whether the real solution lies not in harsher cleaning, but in smarter materials.

What Mould Needs in Order to Survive Mould thrives when moisture, organic material and stagnant air combine. Modern bathrooms unintentionally provide all three. Impermeable paints trap vapour on surfaces, tiles encourage condensation, and grout absorbs dampness that never fully dries. Even good ventilation struggles once moisture becomes embedded within materials, creating invisible pockets where spores quietly establish themselves.

What “Breathing Walls” Actually Mean When architects describe lime plaster as breathable, they are referring to measurable building physics rather than metaphor. Lime is vapour-permeable and hygroscopic, allowing moisture vapour to pass through its porous structure while temporarily absorbing excess humidity and releasing it slowly as the room stabilises. This moisture buffering softens humidity spikes after showers and reduces

surface condensation, creating a more balanced indoor environment rather than trapping damp against sealed surfaces.

A Surface Mould Simply Dislikes Beyond moisture control, lime plaster offers a natural chemical advantage. Its alkaline composition discourages fungal growth and many bacteria without added treatments. Historically, lime was widely used in sanitation and food storage precisely because of these antimicrobial properties, long before modern disinfectants existed.

Seamless Design Removes the Hiding Places Unlike tiled walls, lime plaster forms continuous, joint-free surfaces with no grout lines or silicone seams for spores to colonise. Fewer hiding places mean easier cleaning, calmer aesthetics and a bathroom that feels closer to a spa than a utility space.

Beauty That Lasts From Moroccan hammams to Mediterranean villas, lime finishes have proven their durability for centuries in humid environments. When applied correctly and maintained gently, lime ages gracefully and allows small repairs rather than wholesale replacement. The result is a bathroom that manages moisture intelligently, resists mould naturally and feels quietly luxurious not through excess, but through material intelligence.

LEAK TECH

POOL & WATER LEAK DETECTION & REPAIR SPECIALISTS
 Tel: 627 752 965 / 966 194 179 www.leak-tech.net

**ARE YOUR POOL & WATER BILLS DRAINING YOU?
 CALL THE LEADING WATER LEAK
 DETECTION COMPANY!**



💧 **A mains water leak accurately detected and repaired**

💧 **A swimming pool leak accurately detected and repaired**



BENEFITS OF USING LEAK TECH



- 💧 Non destructive leak detection
- 💧 We have the highest success rate in leak detection
- 💧 With many years of experience in the industry we've gained a unique perspective and developed a comprehensive skillset that sets us apart.
- 💧 Recognized by the majority of insurance companies
- 💧 We use the latest equipment, tools, quality repair products and materials

CONTACT US TODAY!

**Tel: 966 194 179
 Mob: 627 752 965
www.leak-tech.net
info@leak-tech.net**



ARE YOU TIRED OF RE-GROUTING, LOOSE TILES, CRACKS, AND LEAKS IN YOUR SWIMMING POOL? LEAK TECH ARE CERTIFIED AND REGISTERED PVC LINER INSTALLERS

- LARGE VARIETY OF DESIGNS
- QUICK RENOVATION
- HYGIENIC (DELAYS ALGAE AND BACTERIA)
- 15 YEAR WATERTIGHT GUARANTEE

