


# Costa Weekly News <sup>tm</sup>

Email: [costaweeklynews@alicantetoday.com](mailto:costaweeklynews@alicantetoday.com) DEPÓSITO LEGAL: MU 170-2026 10th February - 16th February 2026 - ED - 2

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## Crime clean-up in Orihuela Costa



**ACTUACIONES**  
Intervención y Detenido

El pasado viernes, **Agentes de la Policía Local de Orihuela** realizaron un dispositivo en conjunto con **Guardia Civil** donde se **incautó** en varios establecimientos de Orihuela Costa **material ilegal y sustancias ilícitas**, así como se realizó **1 detención por posesión de cocaína**

Officers from the Local Police and Guardia Civil launched a major joint crackdown across Orihuela Costa on Friday, stepping up checks on public safety, illegal activity and business compliance across the municipality.

The operation saw officers visit a number of local establishments, carrying out detailed inspections of documentation and regulatory requirements to ensure premises were operating within the law.

During the sweep, police arrested a 40-year-old man for alleged possession of cocaine. Officers also seized several dangerous weapons and a range of narcotic substances. Among the items confiscated were illegal knives, which are banned from being sold or carried due to the risk they pose, as well as street drugs removed over public health concerns.

In a statement posted on the Police Facebook page, officers

said: "Thorough inspection of documentation and regulations in establishments within our municipality we ensure compliance with the law. Our goal is clear: to ensure Orihuela Costa remains a safe place for all our residents and visitors. Prevention is our best tool!"

The clampdown comes amid heightened attention on crime in the area following the arrest of a British man suspected of killing a 29-year-old Englishman who was shot dead at a house in Orihuela Costa last December.

A judge has ordered the suspect to be remanded in custody without bail. A second British man linked to the case has also been jailed after allegedly fleeing to England despite a court order banning him from leaving Spain.

Police were alerted by members of the public on 21st December and discovered the victim dead inside a property in the Lomas de Cabo Roig area

when they arrived at the scene. He had been shot.

Investigators moved quickly, making an arrest within five weeks of the killing. Officers are examining possible links to organised drug crime and believe the murder may be connected to a separate shooting involving a 32-year-old man in an underground garage in the same area.

In that incident, the victim's car was reportedly sprayed with bullets, and he was hit three times. He survived but later fled to the UK after being discharged from hospital.



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## National train strike to go ahead

Those planning on travelling by rail this week will need to make other arrangements as drivers hold a nationwide strike. After three rounds of talks between the unions and Spain's Ministry of Transport, negotiations have stalled and train drivers have voted to go ahead with the strikes planned for February 9, 10 and 11.

Disruptions are expected to be fairly major as the industrial action will impact every facet of rail services, from driving and maintenance work to on-board services.

Unions are demanding a huge improvement in safety standards and a change to the entire railway system model following the tragic accidents in Adamuz and Gelida, which together claimed the lives of 47 people.

The main train drivers' union, Semaf, said there was still a wide gap be-

tween the unions and the Government on key issues such as operational improvements, increased investment and job creation at the start of this third round of negotiations. The session was chaired by the Minister of Transport, Óscar Puente. The general secretary of the CCOO railway sector,

that view, saying the progress so far was not sufficient. The union stressed the need to work together with the Spanish Government and the Railway Safety Agency to develop new, stricter safety protocols. Semaf believes the Safety Agency should oversee the system for all operators, including Renfe,



Ouigo and Iryo on high-speed routes, and set common standards to guarantee consistent service quality for passengers.

Renfe, Ouigo and Iryo on high-speed routes, and set common standards to guarantee consistent service quality for passengers.

Pepa Páez, said after the second meeting that some progress had been made, but not enough to reach a final agreement, meaning the planned strike action is still going ahead. Mr Páez explained that proposals for investment in maintenance and staffing at Renfe and the infrastructure manager Adif still need to be backed up with concrete figures, which the Ministry of Transport will have to negotiate with the Treasury. Semaf shared

Travel disruption throughout Spain is expected to be extensive since, in addition to Adif and Renfe, the call extends to the private rail operators Iryo and Ouigo, as well as freight transport and logistics companies such as Captrain, Logirail, Transervi, Redalsa and Medway.

## Spain vows to ban social media for under 16's

Spain is set to ban under 16s from accessing social media and will require platforms to implement age verification systems, President of the Government Pedro Sánchez announced on Tuesday February 3. Speaking at the World Governments Summit in Dubai, President Sánchez declared that Spanish children are "exposed to a space they should never have navigated alone" and vowed that the government would no longer accept it. He urged other European countries to follow suit with similar measures.

The government has repeatedly raised concerns about the proliferation of hate speech, pornography and disinformation on social media and their negative effects on young people.

"We will protect them from the digital Wild West," Mr Sánchez said.

At the end of March last year, the Council of Ministers approved a draft law for the protection of mi-

nors in the digital sphere. Among a wide range of measures, it raises the minimum age in Spain for opening a social media account or subscribing to any platform from 14 to 16.

Under 16s will only be able to access social media with explicit authorisation from their parents or legal guardians, according to the draft law the government will now try to pass. The government also plans to discuss with the Public Prosecutor's Office ways to investigate possible legal violations by companies including Grok, TikTok and Instagram.

Last December, Australia became the first country to ban social media for those under 16. The measure is being closely watched by other nations considering similar age-based restrictions, including the UK and France.

The proposed Spanish law is likely to face significant pushback from both tech companies and parents who question whether the state should impose such restrictions on family decisions about technology use.

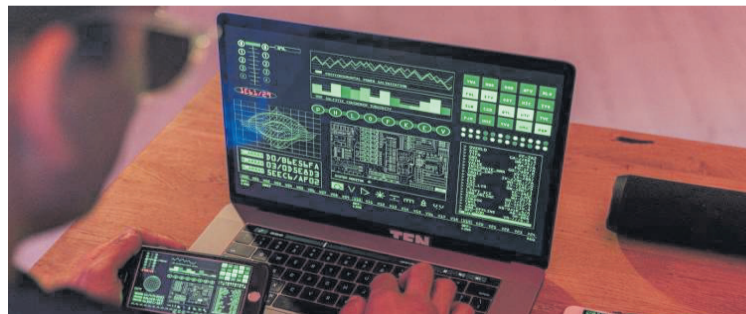
Image: Freepik



## Hacker claims huge breach of Spain's tax data

A hacker attack on Spain's Ministry of Finance is under investigation after a cybercriminal claimed to have accessed tax data on almost the entire population of the country. According to security sources, specialists are now tracing the network to find out who is behind the intrusion and whether any information was actually downloaded.

The attacker, who uses the



name "HaciendaSec", says he has obtained "the updated tax database" affecting 47.3 million citizens. In a message posted on a Dark Web forum on Friday January 31 at 7.16pm, he offered the data for sale and described it as covering "47.3 million citizens". The post has since been removed from the site. The database that is being advertised is said to include full names, national identity and tax identifi-

cation numbers, postal addresses, telephone numbers, email addresses and bank account numbers, as well as tax information. Cybersecurity experts and state investigators are now checking whether the sample data shown really matches genuine taxpayers and if the figures can be trusted. One source involved in the checks notes that there are "details that do not add up", although the investigation is still ongoing.

Doubts have been raised in particular about the sheer size of the alleged leak. Spain has around 49 million inhabitants, but the number of taxpayers was estimated at around 30 million in 2025. That makes a tax database supposedly covering 47.3 million people look suspi-

cious on paper, and there is still no confirmation that the Ministry of Finance's core systems have been breached.

Even so, state cyberdefence bodies have taken the claim seriously. The National Cryptologic Centre (CCN-CERT), which is part of the National Intelligence Centre and is responsible for protecting public administration, is leading the technical response. Other ministries are also said to be coordinating on the case while specialists try to identify the person or group behind the "HaciendaSec" alias, which appears to have been created specifically for this attack.

For ordinary taxpayers, the main concern in the short term is not only whether their data has been exposed, but how it might be

used. Experts warn that phishing campaigns (where scammers send fake emails or messages pretending to be from trusted organisations like banks or government offices to trick you into sharing personal details such as passwords or bank information) often follow high-profile breaches, using very realistic-looking communications from official bodies.

Citizens are being urged to treat any unexpected messages that seem to come from the Ministry of Finance with caution, especially if they ask for personal or banking details, and to verify anything suspicious through official channels before responding.

## Benidorm asks government for loan to avoid bankruptcy

The City Council of Benidorm has asked the Spanish government for an eye-watering €55million loan in a bid to starve off the risk of bankruptcy over a €350million compensation award. The unprecedented sum of €283 million, plus interest, was awarded by the Valencian Supreme Court in May 2024 to the Murcia Puchades family for the loss of building rights in the protected Serra Gelada Natural Park. The Murcia Puchades family has a prominent real estate and develop-

ment dynasty based in Benidorm and, through their companies, including Murcia Puchades Expansión SL, they held three substantial plots of land totalling over two million square metres (494 acres) within the Serra Gelada. These landholdings had been classified as urban and suitable for development since the 1960s.

The dispute began after Benidorm City Council rescinded urban planning agreements and voted to keep the Serra Gelada protected from construc-

tion. These were scrapped without providing the alternative building rights or financial offsets promised. This triggered a massive legal battle that concluded in a landmark ruling by the Valencian Supreme Court, which then ordered the council to pay the staggering €283million in compensation.

On 30th January, the family demanded the immediate execution of the huge payment, which equates to roughly two annual municipal budgets. So far, all legal routes taken by Benidorm council

to overturn the ruling have failed. As a result, the authority has applied to the Spanish Government's Economic Impulse Fund for help. If granted, the €55million loan would have to be repaid within 12 years at an interest rate of around 3.5%.

Benidorm Mayor, Toni Perez, issued a message to residents over the Serra Gelada payment, stating that it 'should concern us, but in the right proportion'. Mr Perez has also informed all of the

council's political groups about the application to the fund, which helps authorities deal with financial court rulings that could affect the provision of local services.

With interest rising by around €50,000 per day on the compensation award, the council is still investigating how to cover the remaining €300 million. One option could be to take the issue to Spain's Supreme Court, which is something that the council is looking in to.

# Orihuela Costa private hospital project moves forward



was considered but has been scrapped. Located in La Zenia's commercial area, about 500 metres from the AP-7 motorway, the development will feature a two-storey building. Most of the land will be green spaces, roads and footpaths, with 16,000 square metres set aside for commercial and healthcare use. The twelve-month construction period will cover everything from clearing the land to installing public lighting, paving, water, electricity and drainage networks. A vegetated drainage ditch will prevent water from flowing directly onto the Villamartin road, and the green area will have benches, tables and two playgrounds. The developers say the hospital will serve an area with around 30,000 year-round residents, including a large number of foreign residents who typically use private insurance. Those numbers swell significantly during the peak tourist season. Currently, Orihuela Costa only

has one health centre with serious limitations. The area has been waiting years for either an expansion of the Aguamarina clinic or a new facility. After a long wait, the council has now taken on responsibility for building a new centre in the Villa Rosa area with around €8 million in funding from the Valencian government. The coastal area does have two hospitals in nearby Torrevieja: the public University Hospital and the private Quirón Hospital. The Ribera healthcare group has also requested land in Lomas de Cabo Roig for another private hospital. After more than six years of processing, the El Barranco project has reached its final phase. Mayor Pepe Vegara signed off on the environmental assessment, which determined the development won't have significant environmental impacts. However, conditions include protecting endangered species like the cat's-head rockrose and Tudorela mauretana snail, as well as the declining sand martin population. Invasive plants will need to be removed and native species planted in their place.

Plans for a private hospital in Orihuela Costa are finally moving ahead, with construction work on the site expected to begin in April. The developer of the El Barranco sector has submitted the project to prepare a 33,304-square-me-

tre plot between Calle Pimienta and Calle Clavo, the Villamartin road and Los Dolses. The public consultation period is now open. Once the groundwork is done, the plan is to have a private clinic with operating rooms up and running by the end of the year.

The developers, Espiral de Inversiones y Patrimonio and Inmuebles del Sol, are in advanced talks with two healthcare companies about building and managing the centre. The site will also include a small shopping centre. A nursing home



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# Shoppers in Spain start 2026 paying more for food

Spanish shoppers ended 2025 on a surprisingly upbeat note, even if their wallets still feel a bit lighter than they used to. Overall spending grew by 5% compared with the previous year, thanks to a mix of slightly higher prices and people actually buying more again, according to consultancy Circana.

After a few years of economic uncertainty and price swings, it seems things are slowly getting back to normal.

Not everything has gone up at the same pace, though. The big surprise on supermarket shelves was eggs, which shot up almost 23%. That makes them nearly a quarter more expensive than in 2024. Chocolate wasn't far behind, rising by 21% and coffee

also saw a noticeable jump of 16%.

On the bright side, olive oil got a little cheaper, helping to balance out some of those increases.

Fresh produce continues to be a favourite with shoppers, making up nearly half of the growth in value, driven again both by slightly higher prices and stronger demand. Dry foods also did well, particularly eggs and ready-to-eat or ready-to-cook meals, tapping into the trend for convenient, healthier options. It seems Spanish households have regained a bit of their pur-

chasing power after the years of tight belts, and people are once again buying what they need without fretting too much over



every euro. However, promotions remain an important tool for savvy shop-

pers. Around 16% of all sales last year came from items on special offer, with popular discounted items including olive oil, beers,

diapers, laundry detergents and soft drinks. When it comes to where people are doing their shopping, big supermarkets still rule the roost, accounting for more than half of all spending and leading the growth charge. Online shopping is growing fast too, up 16.6%, even if it's still a relatively small slice of the market. Hypermarkets, meanwhile, are losing a little ground, as shoppers favour more convenient local stores.

Supermarket own-brand products are also having a moment, now making up more than half of all sales. They're particularly strong in food and cleaning products and their growth is outpacing that of the more expensive manufacturer brands. While big-name brands continue to do well in drinks and personal care, it's clear that shoppers are loving the combination of quality and better prices that private labels bring.

All in all, Spanish consumers are starting 2026 with a little more breathing room in their budgets, keeping a watchful eye on prices but still spending.

## Rising rat sightings spark warnings

Environmental health specialists are warning that rats are becoming more visible in towns and cities across Spain, and they say the problem will only get worse without a long-term, coordinated plan.

The National Association of Environmental Health Companies, known as ANECPLA, has raised concerns after a growing number of reports of rodents appearing in homes, streets, squares and busy central areas. The organisation says this is not an isolated issue, pointing to recent incidents in places including Alicante, Málaga and Mazarrón.

Recent complaints from locals about rats appearing in residential areas have highlighted growing concern at local level. In Alicante, last year the issue had also drawn attention after reports of large numbers of dead rats appearing along parts of the coastline, raising public health worries. Málaga has also faced similar alarm, with residents reporting an increase in rat sightings in streets and built-up areas, keeping the issue firmly in the public eye.

Manuel García Howlett, director general of ANECPLA, says the situation needs to be taken seriously before

it becomes entrenched. "If preventive and continuous action is not taken, the problem tends to become chronic and much more difficult to control," he warned.

According to the association, rats are now being detected not just on the outskirts of towns but in central neighbourhoods, streets and even private homes. Without proper planning, experts fear the sightings will become more frequent and harder to manage.

ANECPLA highlights two major challenges facing rat control. The first is that some rodent populations have developed resistance to traditional anticoagulant rodenticides that have been widely used in the past. The second is the tightening European regulatory framework, which has placed increasing restrictions on how and where these products can be used.

Because of this, García Howlett says quick fixes or one-off measures simply do not work. "A comprehensive and long-term strategy is essential, combining surveillance, infrastructure maintenance, civic education and the intervention of qualified professionals," he said.

The association is calling for an integrated approach to pest control. This includes prevention, improved urban cleaning and hygiene, professional technical intervention and coordination between Ayuntamientos, specialised companies and residents themselves.

ANECPLA also stresses that pest control work should only be carried out by companies registered with the Official Register of Biocidal Establishments and Services, known as ROESB, to ensure safety and effectiveness while respecting environmental standards.

Public procurement is another key issue, according to the organisation. García Howlett says choosing contractors purely on price can undermine results. "Public health cannot depend solely on cost, but on the quality and professionalism of the service," he said.

With rat sightings making headlines in several regions, experts are urging authorities to act early and decisively before a growing nuisance turns into a persistent public health concern.

## Spanish PM slammed over social media ban plans

Telegram founder Pavel Durov has lined up with fellow tech billionaire Elon Musk in criticising Spanish Prime Minister Pedro Sánchez, accusing him of pursuing a 'dangerous' proposal to ban social media access for under-16s (see page 2).

The socialist (PSOE) leader unveiled a package of measures in Dubai recently, aimed at shielding Spanish minors from harmful online content, including violence and pornography.

Alongside the proposed age ban, Sánchez said Spain would seek to amend its laws so that senior executives at tech companies would 'face criminal liability for failing to remove illegal or hate-

ful content'.

In a post on his Telegram messaging platform, Durov warned of 'dangerous new regulations that threaten your internet freedoms'. Telegram, which is known for its privacy-focused design, claims around a billion users worldwide.

'These measures could turn Spain into a surveillance state under the guise of 'protection', he wrote, arguing that their implementation would lead to widespread data collection and censorship. Durov later shared the same post from Telegram on X.

Sánchez replied on X with a reworked line attributed to Miguel

de Cervantes's 17th-century novel *Don Quixote*, suggesting that criticism was proof he was on the right path.

'Let the techno-oligarchs bark, Sancho, it's a sign that we are riding,' Sánchez wrote.

Spanish government sources later accused Durov of using his 'unrestricted control' of Telegram to distribute a message to Spanish users containing 'lies and illegitimate attacks'.

They said the episode underlined 'the urgent need to regulate social media and mobile messaging apps'.

Musk, meanwhile, had already

responded angrily to Sánchez's announcement on Tuesday, posting a series of messages on his platform X in which he branded the prime minister 'dirty', a 'tyrant and traitor to the people of Spain' and 'the true fascist totalitarian'.

The SpaceX and Tesla chief has previously clashed publicly with Sánchez over the government's decision to regularise the status of hundreds of thousands of undocumented migrants.



Image: La Moncloa

# Trail Blazing

The coastline of the Vega Baja del Segura has added a new distinction to its growing list of recognitions. The Consortium for the Economic Development of the Vega Baja del Segura (CONVEGA) has received the Award for the Best Approved Trail of the Valencian Community 2025 for stage 22 of the Mediterranean Path, a route that runs along the coast of Torrevieja, Orihuela Costa and Pilar de la Horadada.

The award, granted by the Federation of Mountain Sports and Climbing of the Valencian Community, was presented during its annual gala held at the Universitat Politècnica de València.

Beyond the specific recognition, CONVEGA said the prize strengthens the region's promotional campaign, "Vega Baja del Segura, your land and mine," while reinforcing a broader strategy based on cooperation between municipalities and a growth model tied to sustainability and active tourism.

After receiving the award, CONVEGA president Carlos Pastor stressed that the recognition goes beyond a single stage. "This recognition transcends a single stage and highlights a shared coastal project, the result of the joint work of the coastal municipalities of the Vega Baja

del Segura," he said. Pastor added that the award "contributes to the cohesion of the territory and consolidates its position as an active and sustainable tourism destination."

Pastor also underlined the trail's experiential value, noting that it offers visitors the opportunity to explore on foot the four coastal municipalities of the region, while discovering their natural and cultural heritage and promoting healthy lifestyle habits linked to outdoor leisure and sport.

The award highlights not only stage 22, but also the wider Vega Baja coastal trail project, which includes stage 21 between Guardamar del Segura and Torrevieja. Both stages are currently the only approved sections of the Mediterranean Path in the entire

Valencian Community.

Spanning nearly 50 kilometres, the itinerary passes around 30 points of interest, combining beaches, small cliffs, protected natural areas and elements of historical and cultural heritage, creating a route of strong scenic and tourism value.

The initiative, promoted by CON-

VEGA with the support of the Provincial Council of Alicante, has equipped the trail with standardised infrastructure, including full signage, visitor information and digital resources. These measures aim to consolidate the GR-92 as a key backbone of the Vega Baja coastline and as a strategic asset for sustainable tourism in the region.



## Belgian woman arrested in Orihuela on international warrant



National Police officers have arrested a 44-year-old woman in the town of Orihuela, who was

subject to a European Arrest Warrant (EAW) issued by the Belgian authorities for crimes of fraudulent insolvency, damage and aggression, committed between 2020 and 2024.

After having suspicions that the fugitive could be residing in the province of Alicante, the investigators

began to locate the claimant, finding out that she was in the town of Orihuela and after carrying out a police surveillance she was located and arrested.

The fugitive had fled justice in Belgium after being sentenced to two years in prison for her crimes. There, the detainee fraudulently declared herself insolvent after being sentenced to pay compensation of 5,219 euros to a victim for crimes

of falsification of documents, computer fraud and fraud, facts for which she was convicted in 2019. Subsequently, she agreed with a third party to sell the entire contents of her home on the condition that she could continue to make use of these assets, in order to avoid a judicial seizure.

Thanks to the exchange of information and the effectiveness of coordination between police authorities from other countries

and the National Police, it was possible to carry out the arrest of this person. The detainee has been placed at the disposal of the Central Court of Instruction of the National Court, the body in charge of carrying out the procedures for her subsequent extradition.

Image: Freepik

## Unemployment drops across Vega Baja

Unemployment fell in the Vega Baja last January with 145 fewer unemployed people compared to the previous month according to data from the Public Employment Service, which places the total number of unemployed at 21,652.

The data by municipalities shows the number of unemployed has decreased in several of the municipalities. Leading the way is Orihuela with 104 fewer unemployed and Albatera with 33 fewer unemployed. Torrevieja adds 68 more unemployed to its unemployment rate, as well as Guardamar del Segura with 31 unemployed. The unemployment rate of these municipalities is as follows: Orihuela with 4,121 unemployed, Albatera with 706 unemployed, Torrevieja with 6,728 unemployed and Guardamar del Segura with 917 unemployed.

Unemployment has registered a decrease across all sectors, except in the

services sector, which has increased by 44 more people. The most significant decrease is in the construction sector with 81 fewer unemployed. This is followed by general industry with 27 fewer unemployed and agriculture with 25 fewer unemployed. The number of unemployed by sector in this region is therefore as follows: Agriculture 825, Construction 2,251, Industry 1,797 and Services 15,107. If analysing the data by gender, unemployment fell both in the female listings, with 135 fewer unemployed, as well as in the male statistics with 10 fewer unemployed. With these data, the female unemployment rate stands at 13,186 unemployed, a figure that is still much higher than that of men with 8,466 unemployed.

Given the data, the UGT is calling for employment policies that promote the incorporation of women into the workplace in decent and

quality conditions, as well as the application of the same salaries as men, since although these differences have been reduced over the last decade, "they still exist in all sectors" it says.

Unemployment fell in all age groups, with the over-45s standing out with 109 fewer unemployed, followed by the 25-44 age group with 29 fewer unemployed and those under 25 with 7 fewer unemployed. The rates by age bracket are established as follows: 1,195 for young people under 25 years of age, 13,131 for those over 44 years of age and 7,326 between 25 and 44 years of age.





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# Storm leaves significant damage



The agricultural association Asaja Alicante has confirmed "significant" damage to a range of crops across the province after a week of intense winds that battered fields and farming infrastructure between 25th and 31st January.

During the episode, Spain's state weather agency, Aemet, activated alerts for strong winds, recording persistent gusts that in many parts of Alicante reached very high speeds. Winds of up to 90 km/h were reported along the coast and in several inland areas.

According to Antonio Gascón, head of Asaja Alicante's insurance department, the winds are not expected to drastically reduce the overall harvest volume – but they have had a serious impact on product quality.

"The wind is not going to significantly alter the capacity of the harvest, but it has caused significant damage to the quality of the products, especially due to branching and fruit fall," Gascón said.

Asaja said the worst damage has been concentrated in citrus

production, particularly in the Vega Baja and Marina Alta areas, where strong gusts caused fruit to rub against branches, known as branching, and knocked large quantities of fruit to the ground.

The damage is expected to significantly affect both the volume and quality of lemons, oranges and tangerines, during what Asaja described as a sensitive phase in the citrus production cycle.

"The total volume will be maintained, but part of the crop will go to waste and will not be able to go to market, which means a

direct loss for the farmer," Gascón warned.

Beyond open fields, Asaja also reported damage to greenhouses in several areas of Vega Baja and Marina Alta. Farmers have seen tarpaulins and fastening systems break, which the organisation said will create additional costs and could reduce production capacity in the coming months.

Asaja Alicante used the latest storm damage to renew its call for stronger agricultural and climate policies, warning that

extreme weather events – including intense winds, prolonged droughts and torrential rain – are becoming increasingly common. The organisation argued that current agricultural insurance does not adequately protect farmers against wind damage.

"The problem is that wind is very poorly covered by agricultural insurance," Gascón said. "In crops such as lemons, this coverage does not exist directly, and in the rest the insurable damages are very limited."

## February gas cylinder price change

The maximum retail price of the traditional 12.5-kilo butane cylinder has been increased again, according to the latest update published in the Official State Gazette.

From February, the cylinder will cost €15.58, representing a 0.7% rise compared with the previous rate. While the increase is modest, it breaks the price stability that had been maintained since the last review in November.

The change will be noticed by households that rely on bottled gas—mainly for cooking and heating—who will now see a slight rise in their monthly energy costs. The Ministry for the Ecological Transition and the Demographic Challenge said the increase is largely driven by higher freight rates and rising international commodity prices, despite a small depreciation of the euro against the dollar.

The new maximum price will remain in force until 20 March 2026, when the next official revision is due to be published. Under the current system, price changes are capped at 5%, both upward and downward, to shield consumers from sudden swings caused by raw material or transport costs.

The maximum selling price for bottled liquefied petroleum gas (LPG) in containers between 8 and 20 kilograms—includ-

ing the widely used butane cylinder—is reviewed every two months through a resolution issued by the Directorate-General for Energy Policy and Mines.

The review is calculated using a formula that takes into account: international prices for butane and propane, the cost of freight transport and the euro-dollar exchange rate. In this latest update, butane prices rose slightly on international markets, with quotations at around \$480.3 per ton in December and \$479.1 in January, while freight costs also edged upward.

Bottled LPG—mainly made up of butane—is commonly used as an alternative to natural gas in areas without access to the gas network, particularly in smaller towns and rural communities.

Despite its continued reach, the fuel is steadily losing ground. Around 64.5 million LPG containers of different sizes are consumed each year, but overall bottled LPG use has fallen by more than 25% between 2010 and 2021, reflecting a broader shift toward other energy sources. Is this conversation helpful so far?



## Orihuela attempted murder arrest

National Police officers have arrested a 31-year-old man as allegedly responsible for the crimes of attempted homicide, breaking and entering, injuries, illegal possession of weapons and membership of a criminal group. The arrest follows his involvement in a violent assault that occurred in a house in Orihuela, where two men were gagged, tortured and shot.

The events took place last July, when six hooded individuals, posing as police officers, forcibly broke into a home. Once inside, they tied up and gagged the residents, beating them with sticks or blunt objects in order to obtain information, and even shot them with handguns.

Due to the severity of the injuries, one of the victims was transferred to the Vega Baja Hospital, where he underwent emergency surgery, while the other was admitted to the Intensive

Care Unit of the General Hospital of Elche.

The investigation was taken over by the Judicial Police of the Orihuela Police Station, with the close collaboration of the Local Police of Formentera del Segura, whose contributions were key to the progress of the investigations.

The efforts made it possible to locate one of those involved, who resided mainly in Formentera, despite having homes in other nearby municipalities. The arrest took place when the suspect was about to leave his house in his vehicle.

After obtaining judicial authorisation, the officers carried out a house search, in which two pistols with ammunition, an airsoft rifle, four katana swords, large knives, a machete, masks, zip ties, geolocation devices, a blue police siren-type strobe light, a holster with the "National Police" logo and numerous mobile phones were seized.

Also, 17,000 grams of nitrous oxide, a substance that they allegedly used to lull the victims to sleep, were seized, as well as small amounts of marijuana and hashish, and a precision scale.

The investigation revealed that the detainee acted as the national liaison for a foreign criminal group, specialised in the so-called "vuelcos", robberies of other criminal gangs, mainly linked to drug trafficking. To do this, the perpetrators posed as officers of security forces.

The arrested man provided the necessary infrastructure and logistics in the area, while the rest of the group travelled from abroad to carry out the assault and later left the country to evade police action.

The detainee was placed at the disposal of the Courts of Instruction on duty in Orihuela after the completion of the proceedings.

# Torre Vieja to expand its overwhelmed hospital

The Valencian Health Minister Marciano Gómez and Torre Vieja Mayor Eduardo Dolón announced on Wednesday February 4 that the city will hand over 12,000 square metres of land to expand Torre Vieja University Hospital.

But while the land transfer marks a step forward, the project currently has no budget and no detailed plan for what will actually be built.

It all comes in response to years of complaints from campaigners who say the hospital and its health centres are buckling under the pressure of serving more than 220,000 registered patients from ten municipalities along the coast and inland areas of the Vega Baja.

The minister couldn't say exactly what the expansion would include but suggested it would likely involve a bigger surgical block, more outpatient clinics and additional hospital beds. However, the land transfer itself hasn't even been formalised yet and the proposal is still in its early stages.

"We are going to work on a functional plan that we will present before the summer, where the expansion will be clearly explained with the number of beds, operating rooms and central ser-

vices for this hospital, not only for the near future, but also for the distant future that we think we must plan for the growth of

and lagoon. Instead, the new facilities will go on land between the existing hospital and the Torre Vieja desalination plant.

for public facilities and this is where the hospital expansion will be located. The planning application still needs approval from the

try already put out to tender last January a €3.7 million contract to add modular buildings for outpatient consultations and rehabilitation, as well as expanding the haemodialysis unit.

The announcement comes just three days before a protest organised by the Platform for Public and Quality Health, which has spent years highlighting serious failings in healthcare across the Torre Vieja department. According to the group, the problems pre-date the hospital's return to public management at the end of 2021.

Their complaints range from waits of more than 15 days for a first GP appointment at most health centres in the area to desperate delays for specialist treatment and surgery. They claim hospitals routinely close appointment slots to manipulate waiting list figures, a tactic they say is used across the public health system wherever delays are running high.

By the time of reading this the protest will have taken place with buses having been organised from Los Montesinos, Guardamar, San Miguel de Salinas and Torremendo to bring supporters to the rally.



this city, for the growth of this department," Mr Gómez said. The expansion won't be built on the current health centre site, which still has unused land at the back near the Natural Park

The process starts with the developer behind a planned 2,000-home housing project in Sector 29, which sits on agricultural land. As part of the development, the builder must hand over land

town's governing board, advisory committee and full council, according to Mayor Dolón. Given the urgency and need to expand the healthcare capacity of Torre Vieja Hospital, the Minis-

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## Orihuela population rises as coastal growth accelerates

Orihuela ended 2025 with a registered population of 88,970 residents, confirming a sustained upward demographic trend. Municipal census figures show year-on-year growth of 3.7 per cent, equivalent to 3,245 new residents, marking a faster pace of increase than in previous years.

Growth has again been particularly centred in Orihuela Costa, where the population rose by 7.7% to 30,171 people. This compares with growth of just 1.1 per cent in the city of Orihuela, which now has 33,260 residents. Together, the city and the coast account for 71% of the municipality's total population.

The sharp rise on the coast has reinforced demands from residents' groups and political representatives for greater public investment based on actu-

al population levels. Campaigns are also under way to encourage residents to register on the municipal census ahead of the 2027 local elections, with estimates suggesting more than 60,000 people live permanently in the coastal area.

Several outlying villages recorded growth of more than five per cent, including Barbarroja, Corrientes Bajas and Torremendo. La Murada remains the most populous village with 3,382 residents. Across the municipality, Spanish nationals make up 60.4 per cent of the population, although Torremendo has a British majority.



## Daily protests over lack of heating at Orihuela Costa primary school

Teachers, families and education unions have begun daily protests outside a primary school in Orihuela Costa over the continued lack of heating at the centre. The problem has remained unresolved for more than 120 days, forcing pupils to wear coats inside the classroom because of low indoor temperatures.

The parents' association has stressed that the protest is not intended to create confrontation, but to publicly expose a situation affecting children's health and wellbeing. As an emergency measure, families have purchased portable heaters, saying they cannot stand by while their children are cold at school.

The issue dates back to 2024, when the school's boiler broke down and was not repaired. After the Christmas holidays, concerns were raised with the local edu-

cation councillor, who said the problem would be resolved, but the school was later excluded from an emergency fuel supply contract covering other schools.

Unions and community groups have criticised the council's lack of action and commitment to public education. They are calling for an immediate and permanent solution, along with clear and transparent communication to guarantee safe and dignified learning conditions.



## Torre Vieja Carnival gets underway

Torre Vieja will once again celebrate its annual carnival with a packed programme of events running between 30th January and 21st February 2026 – filling the city with colour and excitement. The festivities began with the traditional opening gala at the Municipal Theatre, featuring the official proclamation and the presentation of the Escudo de Oro.

The show-stopping great carnival parade was held on Sunday (8th February) and over the coming weeks the carnival will fill the streets with colour and music, including costume parades, neighbourhood events and activities for all ages. Highlights include the Carnival Animal event, school parades, celebrations for older residents, and the popular Quedada Carnavaleira through the town centre. The carnival will conclude with the National Chirigotas Competition, bringing togeth-

er leading comedy singing groups from across Spain.

### Key remaining events:

**Friday, 13th February;**  
Parade of Foreign Comparsas

**Saturday, 14th February;**  
Night Carnival Parade and Awards Ceremony

**Sunday, 15th February;**  
"Teatro del Carnaval" at the Municipal Theatre

**Saturday, 21st February;**  
National contest of Comparsas and Chirigotas.

## Los Montesinos to introduce door-to-door waste collection

Los Montesinos Council is finalising the tender documents for a new door-to-door waste collection service, which will also include street cleaning and sweeping. It will be the largest service contract in the town's history, covering a population of around 5,800 people and running for ten years.

The contract has an estimated value of 5.38 million euros, including VAT, which works out at just over five hundred and thirty-eight thousand euros a year. The price includes possible future cost increases. The council wants Los Montesinos to become the third municipality in the Vega Baja to fully introduce door-to-door collection, after Dolores and Daya Vieja.

Ahead of the main contract, the council has already awarded two supporting deals using European funding. These include the purchase of an electric waste collection lorry for ninety-three thousand euros and new containers, bags and user identification systems costing more than four hundred and thirty-four thousand euros.

Supporters say the system reduces waste, transport costs and pressure on household rubbish charges, which have risen due to national rules requiring full cost recovery. However, some residents remain sceptical, and the council has scheduled further public information meetings, including one this week with the Mayor of Dolores.

# Trump breaks record for deportations of migrants without criminal backgrounds

Marking the first anniversary of President Donald Trump's return to office, the administration said it has reached what it described as record-breaking levels of immigration enforcement, claiming nearly 3 million undocumented immigrants have left the United States over the past year.

In a statement, the Department of Homeland Security said the departures were driven by the administration's aggressive crackdown on illegal immigration.

"In President Trump's first year back in office, nearly 3 million illegal aliens have left the U.S. because of the Trump administration's crackdown on ille-

gal immigration, including an estimated 2.2 million self-deportations and more than 675,000 deportations," DHS said. However, the administration has not provided a detailed breakdown of the figures or explained how they were calculated, making the totals difficult to independently verify. The lack of clarity has raised questions about whether the numbers truly represent "historic" removals – and how they compare with previous administrations.

Experts note that comparisons across presidents are complicated in part because there is no single legal definition of what constitutes a "deportation."

In practice, totals may include multiple categories of removals, including people denied entry at airports or turned away at U.S. borders.

"The administration's deportation number likely includes noncitizens turned away at U.S. borders and at airports; limited release of immigration enforcement data means it is unclear who is being counted and how," the Migration Policy Institute said in a report.

The types of deportations taking place also appear to differ from prior enforcement strategies. While the Obama and Biden administrations largely emphasized the removal of migrants

with criminal records, Trump's second-term approach has not followed the same pattern, despite repeated claims by his administration that criminals are being prioritized.

According to available estimates, only 25% to 35% of those deported under the current administration had criminal records.

Even so, the administration's deportation milestone – 675,000 removals – remains below the one million annual deportations Trump had set as a goal as part of his pledge to conduct what he has called the "largest deportation operation in American history."

The figure also does not clearly exceed the estimated number of deportations carried out during the final year of President Joe Biden's term. The Biden administration was estimated to have deported roughly 685,000 people in 2024, though official data for that year is only available through November.



# FREE LUNCH SEMINAR IN QUESADA

## Questions about living in Spain?

Join us for the **FREE** Lunch event at Quesada Fish & Chips, 11am, Wednesday 18th February.

The team at Free Lunch Spain have supplied essential information about life in Spain to over 3,000 people. They ensure that all the people who have attended get the correct answers to their specific questions.

Enjoy FREE fish & chips once all questions are answered.

This will be a fantastic opportunity for everybody to get all the facts about life in Spain. Everybody who attends will be able to ask the experts in various areas of business about how things work in Spain, which is a refreshing change to the continued confusion that reigns here. Once again, the highly respected UK & Spanish companies based in Spain are inviting all British, Irish & European nationals, spending time or living in Costa Blanca, to a meeting for their questions regarding life here to be answered.

Some of the topics that will be covered will be as follows: -

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2. Wills & Inheritance Tax
3. Funeral Plans

4. Non-Resident or Resident Taxes
5. Currency Transfers & Exchange Rates
6. Savings and Investments – How to get the best returns for your money.
7. TIE renewals and residencia.
8. Pensions – If you are dependent on your UK pension come and hear how to protect your way of life here in Spain.
9. Spanish Law

Experts from four companies will be providing professional advice on all these topics and answering all your questions. Everybody who attends the event will get all their questions answered. How fantastic is that!!

Once all the questions have been answered will get a free fish & chips at Quesada Fish & Chips. The event begins at 11am on Wednesday 18th February. To register to attend this unique event you can e-mail [freelunchspain@gmail.com](mailto:freelunchspain@gmail.com) with your name address and telephone number or call 685 733 278. Spaces are limited so please register.



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# New EU border checks raise fears of lengthy airport queues for UK travellers

UK holiday makers in Spain or heading to Europe are being warned to brace themselves for potentially long queues at passport control as the EU's new Entry Exit System continues its gradual rollout.

Reports from several airports suggest that waits of two to three hours are already being recorded at busy times, with industry bodies cautioning that delays could stretch much longer during peak travel periods. Airports and travel associations are warning that the new biometric border checks could lead to five or even six hour queues this summer if contingency measures are not used.

The digital Entry Exit System,

known as EES, is designed to replace traditional passport stamps for non-EU travellers. Instead, passengers must register fingerprints and have a photograph taken the first time they cross into the Schengen zone, with the data then stored for three years. While the system officially began a phased introduction in October, it is still only operating at around half of border points.

Problems have already been reported at airports popular with British travellers. Geneva Airport has acknowledged congestion at passport control, particularly on Saturdays during the busy ski season, saying that the introduction of EES has been a "major challenge". Videos shared

online recently showed queues lasting up to three hours.

Similar issues have been seen in Spain. At Tenerife airport,



some passengers have passed through border control in around 20 minutes, while others have faced delays of up to two hours when several flights arrive close together. As one airport business

owner put it, "It's really hit and miss. A few times the systems have gone down, and that's when the queues build very quickly."

According to Airports Council International Europe, the new checks mean border processing now takes four to five times longer than before. Its director general, Olivier Jankev, warned that without flexibility, "the situation could become unsustainable at border control" during the Easter and summer holidays.

EU officials insist the system is largely working as intended. European Commission spokesperson Markus Lammert said that 23 million entries and exits have already been recorded under

EES, adding that member states can temporarily scale back or suspend the system during peak periods if necessary.

Travel groups say this flexibility is not always being used. ABTA has urged border authorities to make full use of contingency measures to avoid passengers being "caught up in lengthy delays", especially as EES is due to be fully operational for all eligible travellers from April.

For now, the advice to travellers is simple. As Julia Lo Bue-Said of the Advantage Partnership said, "Plan for the worst. Bring refreshments, allow extra time, and be prepared for longer waits, particularly at peak travel times."

## Thousands evacuated in Southern Spain



If you've been staring out at relentless downpours or listening to the wind rattling your windows this week, Storm Leonardo's been the main culprit keeping everyone on edge, at least in Andalucía. It's lashed the region with heavy rain, fierce gusts and swollen rivers, triggering evacuations, road closures and school shutdowns across pretty much all eight provinces.

Early Wednesday in San Fernando near Cádiz, winds gusted to 81.7kmh around 4am, with 21 litres of rain soaking the ground in 24 hours. The mayor shared a relieved update on social media: "The night ends with hardly any incidents in San Fernando," thanking residents for hunkering down sensibly and emergency teams for their overnight vigilance.

Things grew dicier in other parts, though. Aemet issued red alerts for the Strait of Gibraltar, the Sierra de Grazalema and Serranía

de Ronda, warning of up to 120 litres of rain per hour. Over 3,000 people were evacuated from flood-prone areas in Cádiz, Jaén and Málaga, including 36 overnight in Algeciras after the Pícaro River overflowed its banks.

President of the Junta de Andalucía, Juanma Moreno, suspended in-person classes on Wednesday and Thursday, switching to online (for some schools) after an emergency huddle.

With six rivers at red alert and 18 more on orange, the official advice was "to anticipate and act preventively", which is why dozens of roads stayed shut too.

More than just a spot of bad weather, the situation is so serious for Andalucía precisely because of the relentless nature of the storms in an area that is just not used to them.

You see, weeks of almost continuous rain have left the ground

completely saturated. Normally dry soil can only absorb so much water, and once it reaches its limit, any further rainfall simply runs off the surface. That water quickly ends up in streets, rivers and low-lying areas, which is why flash flooding is happening even in places that rarely see it.

In coastal areas, strong winds and waves have weakened beaches and promenades, stripping away sand and damaging seafront infrastructure. Inland, the risks are different but just as dangerous. Waterlogged hillsides become unstable, leading to landslides, falling rocks and road failures, especially in mountainous areas.

At the same time, dams and reservoirs have had to release water to prevent overflow and structural damage. When these controlled releases happen during heavy rain, river levels can rise fast and spill into towns, farmland and residential areas.

This is why, although it's tempting for those of us who hail from areas further north that regularly receive much more rain than this to say, "it's just a bit of rain, what's all the fuss about?", authorities here are treating the situation with such urgency.

But if despite all that you've

still been braving the weather to reach the office, here's some reassurance for you: you have a legal right to stay home on paid leave during orange or red alerts.

The Ministry of Work and Labour made it clear this week, reminding people that bosses must tweak hours, cut shifts or grant up to four days' justified absence if roads flood or buses halt with no pay docked and no comebacks.

Farmers are feeling the squeeze too. Farming association Asaja Andalucía's Ricardo Serra described it as "total paralysis", with fields too sodden for tractors to even move. Winter wheat sits 50% unsown past the December 15 deadline in Seville, Córdoba and Cádiz with some patches underwater for 25 days already.



Potato planting has also stalled since December, sunflowers are lagging behind, and citrus harvests are grinding to a halt.

"It's clear we need water," Serra said, "but we also need a little bit

of clear weather to be able to do our work."

Amid all the gloom, there's been a couple of bright spots: reservoirs now stand at 61.26% capacity holding 6,790 cubic hectometres (hm<sup>3</sup>). That's a massive near-1,000hm<sup>3</sup> jump in just seven days – 20 points above decade averages and 23 better than last year at this time. The Guadalquivir basin led the charge, gaining 758hm<sup>3</sup> to hit 59%, while nationally Spain's sitting pretty at 67.3%, so at least drought fears are fading fast.

Even Doñana's marshes are perking up, with heavy rains flooding 90% of the parkland, almost double the historical average. Eloy Revilla from the Doñana Biological Station called it a positive step for the aquifer's slow recovery, especially as flooding hit early enough for breeding birds.

"The difference is that it's happening much earlier," he noted. "If the rain stops at some point and the water levels stabilise, they'll start to recede, and they'll be able to begin breeding. I'm confident we'll have a very strong breeding season this year."

While the 2024-2025 cycle brought 675mm of rain (above the 530mm norm), experts caution the aquifer's still vulnerable to overexploitation – good news for wildlife, though continued monitoring and protection will be essential.

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# Spanish tax return 2025/2026 key dates

Tax season is rolling around again and April marks the start of the 2025 income tax return campaign (Declaración de la Renta), even though you'll be filing it in 2026. The process can be completed online, by phone or in person as long as you book an appointment in advance. The first period of the tax calendar has already closed on January 30, covering things like employee and professional withholdings, quarterly rental withholding declarations and income from movable capital for the fourth quarter of 2025. But there are still plenty of important dates to keep track of.

## When does the 2025 tax return process begin?

Online filing for the 2025 tax year opens on April 8 and the deadline is June 30, 2026.

## Filing by phone

From May 6 to June 30, 2026, the Tax Agency can prepare your 2025 income tax return over the phone. You'll need to schedule an appointment, which can be requested between April 29 and June 29.

## Filing in person

The Tax Agency can prepare your 2025 income tax return at their offices from June 1 to June 30,

2026. An appointment is required and the booking period runs from May 29 to June 29.

To get help from the Tax Agency either by phone or in person, you need to make an appointment online at the Tax Agency's electronic office or by calling these numbers:

•Automatic telephone: 91 535 73 26 / 901 12 12 24

•Income tax appointment service: 91 553 00 71 / 901 22 33 44

Some dates are still to be confirmed, including when you can check your tax data (normally available from mid-March) and request a reference number.

## Other key dates for your income tax return

June 25, 2026 is the deadline for filing your income tax return (and wealth tax) if you owe money and want to pay by direct debit. This only applies if your return shows you owe the Tax Agency something and you've chosen to have it debited straight from your bank account. If you're getting a refund or paying by bank transfer instead of direct debit, this dead-

line doesn't apply to you.

If you opted to pay in instalments, the second payment is due on November 5, 2026. You can't push this second instalment beyond that date.

The Tax Agency has six months from the filing deadline to issue any refunds. After that, you'll be entitled to interest on the amount owed to you.



## Record tourism spending

Spain has ended 2025 on a historic high for tourism, with new figures confirming record levels of both international visitors and spending. According to data released by the National Statistics Institute (INE), the country welcomed almost 96.8 million international tourists last year, who spent a combined €134.712 billion, marking the strongest performance on record.

What stands out most in the latest data is not just the volume of visitors, but how much they are spending once they arrive. Spending continues to grow faster than visitor numbers, reinforcing a trend already highlighted of higher-end and luxury travel to Spain.

Compared to 2024, total tourist spending rose by 6.8 percent, comfortably surpassing the €126.282 billion recorded the previous year. Arrivals also increased, but at a more moderate pace of 3.2 percent, underlining what the INE data describes as a shift towards a model based more on quality and value than sheer numbers. The UK once again topped the spending rankings, with British visitors contributing €23.65 billion in 2025, up 4.9 percent year on year. Germany followed with €15.831 billion, while France recorded €11.613 billion, a notable 5.9 percent increase. In terms of arrivals, the UK also led with 19 million visitors, ahead of France and Germany.

Regionally, Catalonia consolidated its position as Spain's leading destination, both in visitor numbers and total spending. The region welcomed 20 million tourists in 2025, while generating €24.807 billion in revenue, a rise of 4.5 percent compared to the previous year. The Canary Islands and the Balearic Islands completed the top three for spending, each also posting solid annual growth.

The final month of the year neatly summed up the wider trend. In December, arrivals rose only slightly to 5.3 million tourists, but spending jumped by 5.5 percent, topping €8 billion. Average spend per visitor climbed to €1,514, with daily spending reaching €167.

Taken together, the figures point to a tourism sector that is evolving rather than slowing. As the data makes clear, Spain is attracting visitors who are staying longer, spending more, and contributing to a steadier and more sustainable growth pattern across many parts of the country.



## Sonic boom rattles windows



If you were sitting at home in Orihuela Costa or Torrevieja on Wednesday afternoon, February 5, and nearly jumped out of your skin when a massive bang shook your windows, you weren't the only one! The noise hit at exactly 4:12pm and lasted only a few seconds, but it was loud enough to send residents rushing to their windows wondering what on earth had just happened.

With no storm in sight and no earthquake recorded (despite them being fairly common around the southern Costa Blanca), attention quickly turned to the Pilatus training flights from San Javier that regularly fly along the coast from Murcia to Torrevieja. But those usually stick to morning sessions.

The culprit appears to have been Eurofighter jets conducting exercises in the area. They won't show up on flight

tracking apps because they've switched off their transponders, the devices that allow their flight paths to be monitored, specifically to avoid being tracked during training.

The route of two Italian military aircraft providing cover for the exercises does show up on tracking systems, and they also turned off their transponders when heading back to their base at Albacete military airport.

Residents in Albaterra have been hearing aircraft noise during afternoons in recent days too, thanks to increased air traffic from the Tactical Leadership Programme (TLP), an international military training exercise running from January 15 to February 6.

Flights ramped up significantly from January 26, with fighter jets and support aircraft from various allied countries taking part. The Blue team is flying 22 aircraft including Spanish Eurofighters, Belgian, Greek and Portuguese F-16s, French Rafale-Bs and Rafale-Cs, and Czech JAS-39s. The opposing Red Air team has 10 aircraft with French Rafales, Spanish F-18s and more F-16s from Belgium, Greece and Portugal.

So, there you have it. Not an earthquake, not a storm, just military jets doing their thing and giving everyone a proper fright in the process.

Image: Ayuntamiento de Orihuela

## World Cancer Day

Held on 4th February, World Cancer Day is an annual event to raise awareness about cancer, encourage its prevention, and mobilise action to address the global cancer epidemic.

The day is led by the Union for International Cancer Control and was established in the year 2000. By catalysing personal, collective and government action, the campaign reimagines a world where millions of cancer deaths are prevented and access to life-saving cancer treatment and care is equitable for all no matter who you are and where you live.

Each year, hundreds of activities and events take place around the world, gathering communities, organisations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship - in the streets and online - acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

Cancer touches millions of lives in countless ways but it doesn't define who we are. We are more than a disease, more than a statistic. The World Cancer Day campaign 2025-27 "United by Unique" places people at the centre of care and explores new ways of making a difference. It offers a three-year journey from raising awareness to taking action. UICC runs World Cancer Day campaigns in three-year cycles to allow for a deeper exploration of a particular theme and achieve greater impact.

Locally, Maria and the Pink Ladies supported the initiative with a World Cancer Day event at Zenia Boulevard to raise aware-

ness and funds. The raised nearly €800, with an additional €500 donation from Zenia Boulevard to boost the coffers in support of the fight against cancer.

Local artistes once again generously donated their time, with performers on the day including Cindy Fitzpatrick, Holly Hepburn, the David Bowie Tribute, Marsy Poppa, Valentin & Vitality Sax, with Tre Amici closing the event. The day was hosted by Simon Morton who presented the event throughout.

Despite weather conditions, the event was well attended and created a powerful sense of community. At 3pm, a minute's silence was observed, providing a poignant moment to honour those currently fighting cancer, celebrate those who have survived, and to remember those who have sadly lost their lives to the disease.

Speaking after the event, Maria said: "I would like to sincerely thank all the artists and Simon for donating their time and support. Even though the weather wasn't kind to us, it was still a wonderful day, and the moment of silence allowed us to reflect on why World Cancer Day is so important to so many people."

Maria and the Pink Ladies also extended their thanks to Zenia Boulevard for its generous contribution and continued support of cancer awareness and early detection initiatives.



## Vital water pipe bursts yet again in Orihuela



You'd think after the recent downpours that water wouldn't be such a precious resource, but in Spain's drought-stricken south every drop still counts. That's why news that the Tajo-Segura Water Transfer pipe running through Orihuela has burst yet again has caused real alarm in the community.

One of the joints in the massive conduit that carries water to the La Pedrera reservoir gave way early this week, sending a huge cascade gushing through the metal structure under intense pressure. The Segura River Basin Authority managed to get the leak under control several hours later and the damaged pipe is now being repaired.

But not before the torrent of escaping water flooded the road and neighbouring terraces, which were already receiving a steady deluge throughout the morning. These leaks happen because the structure contracts and expands when temperatures change suddenly. The Se-

gura Hydrographic Confederation (CHS) maintains that the volume of water lost is negligible compared to the siphon's five-kilometre transport capacity, but it's still a frustrating waste in an area that can't afford to lose any water.

What makes this particularly concerning is that exactly the same thing happened at several different points along the siphon just last December.

Back then, the CHS announced it was taking immediate action to minimise losses from pressurised water leaking at the joints of the siphon, which sits between the Orihuela and Hurchillo mountain ranges.

The structure consists of two steel pipes, each 2.30 metres in diameter and 5.2 kilometres long, designed to carry Transfer waters across the Segura river valley as it passes through Orihuela on the way to the Pedrera reservoir.

Clearly those fixes didn't quite do the job.

# STO MEDIA GROUP

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# Tourist numbers in Spain hit record high



Spain welcomed a record 96.8 million foreign visitors in 2025, the country's National Statistics Institute said on 3 February, marking the highest annual figure ever recorded for international tourism.

The total represented a 3.2% increase from 2024, when Spain received 94 million tourists, reinforcing its status as one of the world's most popular travel destinations. Tourism accounts for 12.6% of Spain's gross domestic product, and the country ranks third on the UN World Tourism Barometer's list of top tourism earners, behind the United Kingdom and France.

Spending by international visitors also climbed, with income from foreign tourists rising 6.8% to €134.7 billion in 2025, up from €126 billion the year before, according to Spain's Ministry of Tourism.

The broader economic impact of the sector was even larger. The World Travel & Tourism Council (WTTC) estimated that tourism's total contribution to Spain – including direct, indirect and induced spending – reached around €260 billion, a 4.7% rise compared to 2024.

In a statement, the tourism

ministry said the growth in visitor numbers and spending supported its aim of reshaping the sector into a model "more sustainable and based on prioritising quality over quantity."

Catalonia, home to Barcelona, remained Spain's top destination region, drawing around 20.1 million tourists in 2025, a modest 0.6% increase year-on-year. It was followed by the Mediterranean islands and the Canary Islands, long associated with Spain's sun-and-sea tourism appeal.

The largest share of travellers came from the United Kingdom,

with 19 million visitors, followed by France with 12.7 million and Germany with 12 million.

The year marked Spain's third record-breaking tourism performance since 2019, the last full year before the COVID-19 pandemic disrupted international travel.

The resurgence has also intensified pressure on accommodation, particularly in city centres. Short-term rentals have expanded rapidly in recent years, and in some areas this has contributed to tensions with residents who say mass tourism is pushing housing and rental prices beyond their reach.

Spain's record year came as tourism worldwide also reached new peaks. WTTC said global travel and tourism generated around €10 trillion in 2025 – 10.3% of the global economy – representing growth of 6.7% compared with the previous year.

The organisation said the sector

now supports one in three workers worldwide.

"If we were a country, we would be the third largest economy in the world," said WTTC president and CEO Gloria Guevara.

More than 1.5 billion people travelled internationally during 2025, around 80 million more than in 2024, according to WTTC. The average of 219,000 international arrivals per day was seen as evidence that the industry had fully recovered globally.

In Europe, tourism's contribution reached €2.5 trillion, or about 10% of the region's GDP, with growth of 5.1% year-on-year and 11.6% above 2019 levels.

The UN tourism barometer also reported a post-pandemic record of about 1.52 billion international tourist arrivals worldwide in 2025, nearly 60 million more than in 2024.

## Elephant bone finding in Spain may be from time of Hannibal's war

A baseball-size bone discovered near Córdoba in southern Spain may be the first direct archaeological evidence of one of Hannibal's war elephants, according to a new study.

The 2,200-year-old find – identified as an elephant's right carpal bone, part of the animal's "ankle" – was unearthed during excavations in 2019 at the site of a fortified Iberian village. Researchers later determined it did not match any native species and eventually recognized it as elephant remains.

The study, published in the February issue of the *Journal of Archaeological Science: Reports*, suggests the animal may have been deployed by Carthaginian forces during the Second Punic War (218–201 B.C.), when Hannibal famously marched 37 elephants from Iberia across the Pyrenees, through southern Gaul, over the Alps, and into Italy in an assault on Rome.

"This could prove to be a landmark," said Rafael Martínez Sánchez, an archaeologist at the University of Córdoba

and the study's first author. Until now, he noted, "there has been no direct archaeological testimony for the use of these animals."

Previously, the best physical evidence tied to Hannibal's elephant march came from what some researchers believe are churned soil and other traces left by large animals crossing an alpine pass along the modern French-Italian border.

At the Córdoba-area site, the elephant bone was recovered from a layer radiocarbon-dated to roughly 2,250 years ago – centuries before Roman control of the region, which began around 150 B.C. The settlement was an *oppidum*, a type of fortified village often associated with ancient Celtic communities. While many were built on hilltops, this one sat in a defensible bend of a river.

The researchers believe the site shows signs of a military clash involving Carthaginian forces stationed nearby during the Second Punic War. Alongside the elephant bone, archaeologists recovered 12 spherical stones

believed to have been ammunition for Carthaginian catapults.

Most of the elephant's skeleton appears to have decomposed, the study notes, but the carpal bone may have survived because it was shielded beneath a collapsed wall. The authors also suggest another possibility: that the bone was kept and carried away as a souvenir, since it is small enough to transport.

The study cannot yet determine whether the animal was an Asian elephant – the species used by Pyrrhus of Epirus in earlier wars against Rome – or a now-extinct type of African elephant thought to have been favoured by Carthage.

Carthage, a powerful Mediterranean city-state on the coast of modern Tunisia, relied on both its feared navy and its land armies in the Punic Wars, using war elephants in its battles with the Roman Republic for control of key territories across the western Mediterranean.

## Spanish storms fill reservoirs with equivalent of 1.8 million Olympic pools in one week

Spain's reservoirs have experienced their largest weekly increase since records began in 1988, with water reserves surging by more than 4,500 cubic hectometres in just seven days. That's equivalent to nearly two million Olympic-sized swimming pools.

According to figures published on Tuesday February 3 by the Ministry for Ecological Transition, the intense rainfall has

significantly affected the entire country. Reservoir levels have jumped by more than 8% in a single week, surpassing the previous record set on January 5, 2010, when reserves increased by 4,288 cubic hectometres.

The heaviest rainfall this week so far was recorded in Vigo, Galicia, where 206.4 litres per square metre fell. Following a particularly wet January, Spain's water reserves now stand at a remark-

able 67.28% of capacity, storing 37,706 cubic hectometres.

This is a dramatic improvement on previous years. Twelve months ago, reservoirs held 32,691 cubic hectometres at 58.3% of capacity, almost 10% lower than now. The current situation is also up to 15 percentage points higher than the average for this same week over the last decade, which stands at 52.95% with 29,668 cubic hectometres.

With more storms expected this week, several areas are releasing water from their reservoirs as a precaution. Andalusian president Juanma Moreno announced on Tuesday that more than 50 reservoirs are opening their floodgates. Currently, 33 reservoirs belonging to the Guadalquivir River Basin Authority are being emptied, along with another 19 in the Guadiana River Basin.

Madrid is also releasing water

from five of its reservoirs to maintain safety: Pinilla, Riosequillo, Puentes Viejas, Pedrezuela and El Vado. The 13 reservoirs managed by the Canal de Isabel II are at 77% of capacity.



# NEWS IN BRIEF

## Tagged eels released into Mar Menor

Seventy European eels have been released into the Mar Menor as part of a long-term conservation effort. The project is being led by environmental group ANSE, working alongside WWF and the San Pedro del Pinatar Fishermen's Guild. Each eel has been tagged so researchers can monitor its movements and survival.

The release followed the end of the winter eel fishing season on 15th January. Fishing in the Mar Menor is tightly controlled, with limited seasons and a maximum annual catch, after eel numbers fell sharply over recent decades. The European eel is now listed as 'critically endangered' by the International Union for Conservation of Nature.



## Torreveija mayor backs new residents' association

The mayor of Torreveija, Eduardo Dolón, has held a working meeting with representatives of the newly created La Mata and Torrelamata Residents' Association.

The association has been set up to enhance social, cultural, and community life in the La Mata district, covering the area between Cabo Cervera and Puerto Romano. Its priorities include organising leisure, cultural, and festive activities, improving neighbourly relations, and addressing urban and environmental concerns, while working closely with local institutions.



## Protest over hospital delays

A campaign group in Torreveija has appealed to the public to back a protest over what it says is the 'progressive deterioration of public healthcare' and the collapse

of Torreveija Hospital. The Plataforma por la Sanidad Cien por Cien Pública y de Calidad says delays in the emergency department have reached up to sixty hours before patients are admitted to hospital.

The platform, supported by the nurses' union SATSE, says these waits are up to eight times higher than the Valencian Community average and pose a serious risk to patient safety. It argues that pressure on emergency care is a symptom of wider problems, including staff shortages, insufficient resources and a lack of planning for a fast-growing and ageing population.

## Suspected animal cruelty in Guardamar

Guardamar council has reported the deaths of two cats to the Guardia Civil following the results of a veterinary post-mortem examination. The report concluded that the animals died from multiple traumatic injuries and internal bleeding, prompting concerns about a possible case of animal cruelty. The cats were found in the area around Avenida Cervantes.



Mayor José Luis Sáez has publicly condemned the incident in a message posted on social media, stating that the council condemns such acts categorically. He also thanked residents who care for animals in the municipality and encouraged the public to report any suspected mistreatment. He stressed that the duty of care, attention and assistance in cases of animal abuse is a shared responsibility.

## Torreveija threatens to leave waste consortium

Torreveija Council has made a formal complaint to the Vega Baja Sustainable Waste Consortium, over what it describes as a repeated collapse at the Dolores waste transfer plant. The facility, run by the Prezero-Cívica joint venture, is responsible for transferring municipal waste to recycling and disposal plants, but the council says it is no longer operating normally.

According to a report the council says the



plant has suffered months of systematic saturation, particularly at weekends and on public holidays. Refuse lorries from Torreveija have faced long and unjustified waits, and some have been turned away altogether. The situation reached a critical point recently, when ten loaded vehicles were unable to unload, disrupting collections and putting public hygiene at risk.

Torreveija produces around fifty-five thousand tonnes of waste a year, the highest figure among the twenty-seven municipalities in the consortium, and contributes about eight million euros annually to its budget. The council says diversion to other plants in Alicante or Elche has increased fuel use, costs and staff hours, without resolving the problem.

## Over 150,000 children in severe poverty in Valencian Community

Save the Children has warned that severe child poverty remains a major problem in the Valencian Community, with more than 150,000 children affected. According to analysis based on the latest Living Conditions Survey from Spain's National Statistics Institute, 152,613 children live in households whose disposable income is below 40% of the median.

The figures mean that 13.8% of households with children in the region are expe-



riencing severe poverty, more than a point higher than the national average of 12.5%. By comparison, the rate for households without children stands at 9.7%, highlighting the greater vulnerability faced by families with dependants.

Lone-mother families continue to be the hardest hit, with one in four living in severe poverty. The organisation has also noted a rise in the risk of poverty or social exclusion among children, which now affects more than 347,000 young people across the Valencian Community.

Save the Children has called for stronger measures to tackle child poverty, including improvements to the Valencian Inclusion Income, better support for single-parent and large families, and expanded access to social housing. It has also urged governments to prioritise children in welfare, housing and education policies to prevent the situation from worsening.

## Orihuela refuse workers vote to begin strike action

Refuse and street cleaning workers in Orihuela have voted for strike action following a general assembly attended by around eighty per cent of the workforce. The meeting was held at the municipal waste depot in the Puente Alto industrial estate and was supported by the three main unions.

The unions say the service has been suffering from serious problems for more than a year, including unpaid overtime, agreed pay rises that have not been applied and the use of an outdated collective agreement. They also point to staff shortages after more than forty workers were



laid off following the summer without replacements, forcing longer shifts.

Further complaints include ageing refuse vehicles that frequently break down, a lack of repairs, expired insurance policies and the absence of mandatory medical checks during two thousand and twenty five. The unions also claim health and safety rules are being breached and say workplace cleaning contracts have expired, leaving facilities in poor condition.

Union representatives say they will begin formal strike procedures, allowing at least ten days for talks, while also planning to report the situation to the labour inspectorate. The council has confirmed it will meet with worker representatives. Problems with refuse collection remain one of the main concerns raised by residents, according to the council's own surveys.



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## Jesy open to Little Mix reunion

Jesy Nelson has extended an apparent olive branch to her former Little Mix bandmates, signalling a possible thaw in their long-running rift more than four years after she left the group. The singer, 34, quit Little Mix in December 2020 after nine years, citing the severe toll the experience had taken on her mental health. At the time, the group — made up of Perrie Edwards, Jade Thirlwall and Leigh-Anne Pinnock — continued as a trio, later confirming that they were no longer in contact with Jesy.

However, during a recent appearance on the podcast *Great Company*, Jesy appeared to reach out to her former bandmates while reflecting on the group's early success and shared memories, prompting speculation that relations may be softening.

Her comments come ahead of the release of her new Amazon Prime documentary, *Jesy Nelson: Life After Little Mix*, which premieres on 13 February. Speaking during a Q&A session to promote the project, Jesy said the film would mark the first time she has

fully explained her reasons for leaving the band.

"I have always stayed quiet because — I don't actually know why I stayed quiet," she said. "I've just never said anything, and this felt like the time to tell my story."

In the documentary, Jesy explores her childhood, her relationship with her father, and what she describes as



the previously unspoken circumstances surrounding her departure from Little Mix. "I speak about the reasons why I left Little Mix, which I have never, ever spoken about. It was really tough," she added.

Little Mix were formed by music mogul Simon Cowell on *The X Factor* in 2011, becoming the first group to win the competition. The

band went on to achieve five UK number-one singles and sell more than 75 million records worldwide before announcing an indefinite hiatus in 2022.

Jesy, who rose to fame through the show, was widely believed to have been estranged from both her bandmates and Cowell for several years. More recently, she has also revealed that she has reconciled with Cowell and is open to the idea of reconnecting with Little Mix in the future.

The singer, now a mother of two, has credited the birth of her twin daughters with changing her outlook. The children were recently diagnosed with the life-threatening condition Spinal Muscular Atrophy Type 1, an experience Jesy says has profoundly affected her.

"They have healed a part of me which I never thought was possible," she said. While no reunion plans have been confirmed, Jesy's recent comments suggest that the door may no longer be closed on a future reconciliation with her former bandmates.

## Gordon Ramsay spills beans on Peaty family row

Gordon Ramsay has spoken publicly for the first time about the controversy surrounding his daughter Holly's wedding to Olympic swimmer Adam Peaty, insisting that he and his wife Tana "did nothing wrong" and treated Adam's family "like royalty" despite a very public family rift.

The celebrity chef, 59, and his wife Tana, 51, had remained silent amid widespread media attention after it emerged that members of Adam Peaty's family were uninvited from the wedding in the run-up to the ceremony. What was meant to be a joyful celebration for the newlyweds was overshadowed by claims of a deep family fallout that later played out in the press.

Adam's parents, who did not attend the wedding, have since spoken publicly about the situation, saying they were effectively barred from the event. In one interview, Adam's mother, Caroline, claimed her son was "in Gordon's clutches" and suggested the Ramsay family were "insular" and had pulled him away from his own relatives.

Ramsay has now addressed those claims directly, saying the decision about attendance was made by the couple themselves. He stressed that he and Tana merely respected Holly and Adam's wishes.

"It was Adam and Holly's wishes for them not to attend and so we had to respect that," Ramsay said. "There's stuff they need to sort out as parents. That's nothing to do with Tana and me. But we are very mindful we want to move on and allow Holly and Adam to continue starting their lives together."

He added that he would even consider travelling with Tana to Nottingham, where Adam's parents live, in an effort to resolve the situation and "draw a line in the sand."



Speculation about tensions between Adam, Holly and his family had been

growing for months before the wedding. Rumours first surfaced when Caroline did not attend Holly's hen do. The situation escalated after Adam's aunt publicly criticised Holly, claiming her sister — Adam's future mother-in-law — had been excluded despite other family members and friends being invited.

Further reports later alleged that Adam's brother, James, had been arrested for supposedly sending abusive messages to Adam, while Adam's father was said not to have been invited to the stag do.

When the couple eventually married, Adam's family were absent with the exception of his sister Bethany, who served as a bridesmaid alongside Holly's sisters. Caroline again voiced her frustration publicly at the time, while the Ramsays chose not to comment — until now.

Ramsay maintained that he and his wife had acted appropriately throughout and said their focus remains firmly on supporting the newlyweds as they begin married life.

## Fern Britton flaunts weight loss after dropping 5 stone

Fern Britton turned heads recently as she attended The Broadcast Awards in London, confidently showcasing her transformed figure after losing an impressive five stone.

The veteran presenter, 68, looked elegant in a sparkling boat-neck gown that highlighted her slimmed-down frame. Smiling brightly as she made her exit and stepped into a waiting taxi, Fern completed her look with a diamond-studded clutch and delicate pearl earrings.

Fern has been candid for years about her fluctuating weight, previously revealing she has moved between a size 22 and a size 12 during her career. However, the broadcaster credits her recent transformation to a lifestyle reset following her departure from *This Morning* and a move to a slower-paced life in Cornwall. Since stepping back from

daily television commitments, Fern has undergone what she describes as a complete health overhaul, resulting in her five-stone weight loss. She has been keen to stress that the change was achieved naturally, without surgery or weight-loss injections.

Addressing speculation in an interview last year, she said: "People often wonder when you've lost lots of weight whether you've done it naturally. And I can look at you and say, 'Yes, I have.'"

Fern explained that a shoulder operation a couple of years ago prompted a period of reflection, pushing her to reassess her overall wellbeing. "I thought, 'I need to get my life back on track. I need to stop smoking, stop drinking, get eating under control and stop lying in bed feeling sorry for myself,'" she recalled.

Her determination to prioritise her health was also

shaped by a serious medical scare in 2016, when she developed life-threatening sepsis following a hysterectomy — an experience she has described as near-fatal and deeply motivating.

As part of rebuilding her strength, Fern took on the NHS Couch to 5K programme and regularly shared updates with fans about her progress. In September, she revealed on Instagram that she had successfully run 6.5 kilometres.

"I just did 40 minutes of actual running, with a five-minute warm-up walk, and then a five-minute cool-down walk at the end," she told followers.

Now, Fern appears more confident than ever, celebrating both her physical transformation and a renewed focus on health and balance.

## Kate Ferdinand unhappy in Dubai

Kate Ferdinand has opened up about the emotional reality of starting a new life in Dubai, admitting she has been struggling with homesickness and missing key parts of what she left behind in the UK.

The former *TOWIE* star, 34, became tearful as she spoke about being away from her family, as well as her two stepsons, Lorenz, 19, and Tate, 17, who remained in Britain to focus on their football careers.

Kate relocated to the UAE with husband Rio Ferdinand, 47, in August last year, moving with their children Shae, two, and Cree, five, alongside Rio's daughter Tia, 14. However, Lorenz and Tate did not join the move — something Kate has suggested has been one of the hardest parts, after building a close bond with the boys.

Although she described

Dubai as an "amazing place to live", Kate has hinted that the transition has not been as smooth as she hoped. She admitted she found it difficult returning to Dubai after spending a cosy Christmas back in London, saying the trip heightened her longing for familiar comforts.

She has also spoken about the emotional toll of being separated from close friends. After being visited by an old friend a few months into the move, Kate confessed she found it hard to say goodbye once the visit ended, describing how meaningful it felt to spend quality time together.

In recent weeks, Kate has revealed she has even been missing the smaller, everyday parts of British life — including shopping at Marks & Spencer. Sharing photos from a visit to one of the chain's stores in Dubai, she said the experience gave her

a comforting sense of home.

Kate also admitted she misses the British weather, despite its reputation, saying she longs for the rain and the feeling of "cold, cool air" on her face — a stark contrast to Dubai's year-round sunshine.

Reflecting on what she misses most, Kate said it is not just the people closest to her, but also the wider atmosphere of life in England.

"I think I miss people. I miss the rain. The cold, cool air on your face. I miss the culture of England," she said. "Certain types of people and all different types of people."



# WHAT'S

# ON

# TV?



## Your FREE weekly TV Guide

### This Week's Movie Picks

#### The Pope's Exorcist

Wednesday 11th February, Film 4, 10pm



The Pope's Exorcist is a 2023 supernatural horror film directed by Julius Avery from a screenplay by Michael Petroni and Evan Spiliotopoulos, based on the 1990 book An Exorcist Tells His Story and the 1992 book An Exorcist: More Stories by Father Gabriele Amorth. Rome, 1987. Having performed hundreds of successful exorcisms throughout his decades-long career, Father Gabriele Amorth, the Vatican's chief exorcist, travels to Spain to shed light on the peculiar case of troubled Henry, a boy reportedly possessed by a powerful unholy spirit. But as the child's condition deteriorates, the grizzled priest joins forces with local cleric Father Tomas Esquibel to cast out the demonic legions from possessed Henry. However, the exorcism is just the tip of the iceberg. Can guilt, sin, and a well-hidden, centuries-old conspiracy threaten the soul of the Pope's exorcist?

#### Bone Lake

Saturday 14th February, Sky Premiere, 10.30pm



Bone Lake is a 2024 American erotic thriller film directed by Mercedes Bryce Morgan and starring Maddie Hasson, Alex Roe, Andra Nechita, and Marco Pigossi. A couple's romantic vacation at a secluded lakeside estate is upended when they are forced to share the mansion with a mysterious and attractive couple, leading to a disturbing series of mind games and manipulation. In this darkly hilarious and seductive horror story, a dream getaway spirals into a nightmarish maze of sex, lies, and manipulation, bringing terrifying secrets to light and triggering a bloody battle for survival.

## TV Guide

Tuesday 10th February 2026

## BBC

## BBC ONE

10:00 Winter Olympics 2026  
 14:00 BBC News at One  
 15:00 Winter Olympics 2026  
 18:15 Pointless  
 19:00 BBC News at Six  
 19:30 BBC London  
 The latest news, sport and weather from London.  
 20:00 The One Show  
 20:30 EastEnders  
 Ravi struggles to deal with recent events, Max attempts to manage a situation, Kat and Vicki join  
 21:00 MasterChef: The Professionals  
 22:00 Silent Witness  
 23:00 BBC News at Ten  
 23:30 BBC London  
 23:40 Trying  
 00:40 Dinosaur

## BBC TWO

10:00 Breakfast  
 10:30 Morning Live  
 11:45 Dr Xand's Con or Cure  
 Ashley John-Baptiste goes to the moon and back to explore new treatments for pain, devised for  
 12:15 Homes Under the Hammer  
 13:15 Bargain Hunt  
 14:00 Winter Olympics 2026  
 15:00 Politics Live  
 15:45 Unbeatable  
 16:30 Escape to the Country  
 17:30 Flog It!  
 18:15 Winter Olympics 2026  
 23:00 QI  
 23:30 Newsnight  
 00:00 Queer

## ITV

## ITV1 HD

10:30 Lorraine  
 11:00 This Morning  
 13:30 Loose Women  
 14:30 ITV Lunchtime News  
 14:55 ITV News London  
 15:00 Dickinson's Real Deal  
 16:00 Riddiculous  
 17:00 Deal or No Deal  
 18:00 The Chase  
 19:00 ITV News London  
 19:30 ITV Evening News  
 20:15 New: The Martin Lewis Money Show  
 21:00 Emmerdale  
 21:30 Coronation Street  
 22:00 The Summit  
 23:10 ITV News  
 23:40 ITV News London  
 23:55 Social Media Murders  
 00:50 The Summit

## ITV2

10:25 The Only Way is Essex  
 11:25 The Real Housewives of Miami  
 12:20 The Real Housewives of  
 13:15 Dinner Date  
 15:15 The Only Way is Essex  
 16:15 The Real Housewives of  
 17:10 The Real Housewives of Miami  
 18:00 The Real Housewives of  
 19:00 Celebrity Catchphrase  
 20:00 Deal or No Deal  
 21:00 The Real Housewives of  
 22:00 New: Love Island All Stars  
 23:05 Family Guy

## Channel 4

## Channel 4 HD

10:10 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 Chateau DIY: Win the Dream  
 19:00 A Place in the Sun  
 20:00 Channel 4 News  
 21:00 Bargain Holiday Secrets  
 22:00 24 Hours in Police Custody  
 The Horror House (Part 1/2): A lone detective is on the trail of a Luton man who  
 23:00 New: 999: What Happened Next  
 00:05 Manhunt

## Channel 5

## 5

10:00 Milkshake! Love Nature Young Voices  
 10:05 Milkshake! Story Den  
 10:15 Jeremy Vine  
 12:30 Storm & Alexis  
 13:45 5 News at Lunchtime  
 13:50 Matt Allwright  
 15:00 Vanessa  
 16:00 The Madame Blanc Mysteries  
 18:00 5 News at 5  
 19:00 Love Nature  
 19:05 The Motorway  
 20:00 Dorset: Country and Coast  
 21:00 Dogs Behaving (Very) Badly  
 22:00 The Good Ship Murder  
 23:00 Fare Dodgers: At War with the Law  
 00:05 The Bailiffs

## Entertainment

## how SkyShowcase

10:00 Stargate SG-1  
 12:00 Wildlife ER  
 13:00 The Flash  
 14:00 Hawaii Five-0  
 16:00 S.W.A.T.  
 17:00 Magnum P.I.  
 18:00 The Simpsons  
 18:30 The Office (US)  
 20:00 Gillette Labs Soccer Special  
 Follow the full story of the  
 23:30 Josh Widdicombe: Bit Much...  
 00:45 The Force: North East

## Sky Max HD

10:00 Stargate SG-1  
 12:00 Karl Pilkington: The Moaning of Life  
 13:00 The Flash  
 14:00 Hawaii Five-0  
 16:05 S.W.A.T.  
 17:10 A League Of Their Own Road Trip: Dingle To Dover  
 18:10 Karl Pilkington: The Moaning of Life  
 19:10 Stargate SG-1  
 21:10 Never Mind The Buzzcocks  
 22:00 Eye in the Sky  
 23:55 New: Fear The Walking Dead  
 00:55 The Force: North East

## Sky Family

10:05 The Spongebob Movie: Sponge Out of Water  
 11:45 The Borrowers  
 13:20 Monster Trucks  
 Family adventure about a  
 15:15 Peter Rabbit  
 17:00 Jack The Giant Slayer  
 19:00 The BFG  
 21:05 Harold and The Purple Crayon  
 22:45 Monster Trucks  
 00:40 Bookworm (2024)

## nat Sky Nature HD

10:00 Hope For Wildlife  
 11:00 Great Blue Wild  
 12:00 Wildlife ER  
 13:00 Island Of The Monsoon  
 14:00 Monkey Life  
 15:00 Africa's Wild Year  
 16:00 Hope For Wildlife  
 17:00 Great Blue Wild  
 18:00 Wildlife Icons  
 19:00 Island Of The Monsoon  
 20:00 Monkey Life  
 21:00 David Attenborough's Wild City  
 22:00 My Best Friend's An Animal  
 23:00 Island Of The Monsoon  
 00:00 Wildlife Icons

## DaU&amp;Dave

10:00 Border Force America's Gatekeepers  
 11:00 Speed with Guy Martin  
 The motorbike racer and mechanic heads to Bala Lake to try to set the world  
 12:00 Rick Stein's Secret France  
 13:00 Bangers & Cash  
 15:00 Extreme Fishing with Robson Green  
 16:00 Top Gear  
 18:00 Hairy Bikers' Best of British  
 19:00 Rick Stein's Secret France  
 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

10:00 Guardians Of The Glades  
 11:00 Deadliest Catch  
 13:00 Cooper's Treasure  
 14:00 Expedition Unknown  
 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

## HGTV

10:00 Young Sheldon  
 11:00 The Big Bang Theory  
 15:00 New: Mike & Molly  
 16:30 Young Sheldon  
 18:00 The Big Bang Theory  
 22:00 Mock The Week  
 23:00 The Truman Show

## RTÉ One

10:35 The Drew Barrymore Show  
 11:25 The Kelly Clarkson Show  
 12:20 Father Brown  
 13:15 Nico's Cook In Cook Out  
 13:45 Telly Bingo  
 14:00 RTÉ News: One O'Clock  
 14:30 Home and Away  
 15:00 Shortland Street  
 15:30 Super Garden  
 16:00 EastEnders  
 16:30 Today  
 18:40 Nuacht RTÉ  
 18:55 RTÉ News with Signing  
 19:01 RTÉ News: Six One  
 20:00 High Road, Low Road  
 20:30 EastEnders  
 21:00 Fair City  
 21:30 Great Irish Interiors  
 22:00 RTÉ News: Nine O'Clock  
 22:35 RTE Investigates - The Psychiat ric Care  
 23:40 Unforgotten  
 00:40 Annika

## Movies

## Sky Premiere

10:35 M3GAN 2.0  
 12:45 Reckless (2025)  
 14:30 Smurfs (2025)  
 When Papa Smurf is taken by evil wizards Razamel and Gargamel, Smurfette leads the Smurfs on a  
 16:05 Neighborhood Watch (2025)  
 Shunned by the police after witnessing an abduction, a  
 17:45 The Ballad of Wallis Island  
 19:30 The Naked Gun (2025)  
 21:00 M3GAN 2.0  
 Two years after M3GAN's rampage, her creator, Gemma, resorts to resurrecting her infamous  
 23:10 Reckless (2025)  
 00:55 Prisoner Of War (2025)  
 A British RAF Wing Commander during World War II is captured and forced to fight in a

## Film4

12:00 The Black Swan  
 (1942) Swashbuckling adventure with Laird Cregar and Tyrone Power. Privateer Captain Henry Morgan tries to rid the Caribbean of pirates when  
 13:45 They Rode West  
 (1954) Tough western with Robert Francis and Phil Carey. A cavalry doctor discovers that a Native American tribe is dying of  
 15:30 The Man from Colorado  
 (1948) Western. When a sadistic Union colonel (Glenn Ford) becomes a federal judge after the Civil War, his friend (William Holden) takes the deputy  
 17:35 Charade (1963)  
 (1963) Comedy thriller with Audrey Hepburn and Cary Grant. After her husband is murdered, a woman discovers he was part of a gold heist during World War  
 19:50 The League of Extraordinary...  
 ...Gentlemen: (2003) Fantasy with Sean Connery. In an alternative Victorian age, can Allan Quatermain, Dorian Gray, Captain Nemo, Mina Harker  
 22:00 Alice, Darling  
 (2022) Provocative psychological thriller with Anna Kendrick. A woman's friends stage an intervention so that she can  
 23:45 The Drop  
 (2014) Tense thriller with Tom Hardy, James Gandolfini, Noomi Rapace and Matthias Schoenaerts. Two cousins get into trouble with the gangsters

TV Guide

Wednesday 11th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4 HD	5
10:00 Winter Olympics 2026 <small>Coverage of day 5 of the</small>	10:00 Breakfast	10:30 Lorraine	10:25 The Only Way is Essex	10:10 Frasier <small>A Midwinter Night's Dream: Niles fights temptation when he's trapped at home with Daphne during a</small>	10:00 Milkshake! Love Nature...
14:00 BBC News at One	10:30 Morning Live <small>Conversation, advice and</small>	11:00 This Morning	11:25 The Real Housewives of Miami	12:10 American Pickers	10:05 PAWsome Puzzles
15:00 Winter Olympics 2026	11:45 Dr Xand's Con or Cure	13:30 Loose Women	12:20 The Real Housewives of Beverly Hills	13:05 Channel 4 News Summary	10:10 Milkshake! Story Den
18:15 Pointless	12:15 Politics Live	14:30 ITV Lunchtime News	13:15 Dinner Date	13:10 Car S.O.S	10:15 Jeremy Vine
19:00 BBC News at Six	14:00 Winter Olympics 2026	14:55 ITV News London	15:15 The Only Way is Essex	14:10 Find It, Fix It, Flog It <small>Simon O'Brien's restorer Gemma turns an old TV</small>	12:30 Storm & Alexis
19:30 BBC London	15:00 Unbeatable	15:00 Dickinson's Real Deal	16:15 The Real Housewives of	15:10 Countdown	13:45 5 News at Lunchtime
19:55 Party Political Broadcasts - Conservative Party	16:30 Escape to the Country	16:00 Riddiculous	17:10 The Real Housewives of Miami	16:00 A Place in the Sun	13:50 Matt Allwright
20:00 The One Show	17:30 Flog It! <small>Flog It! comes from the the Discovery Museum, home to a fantastic collection of science and social history.</small>	17:00 Deal or No Deal	18:00 The Real Housewives of	17:00 A New Life in the Sun	15:00 Vanessa
20:30 EastEnders	18:15 Winter Olympics 2026 <small>Coverage of day 5 of the Milano Cortina 2026 Olympic Winter Games.</small>	18:00 The Chase	19:00 Celebrity Catchphrase	18:00 Chateau DIY: Win the Dream	16:00 The Good Ship Murder
21:00 MasterChef: The Professionals	23:00 One Foot in the Grave	19:00 ITV News London	20:00 Wheel of Fortune	19:00 A Place in the Sun	17:00 Bargain-Loving Brits in the Sun
22:00 Can You Keep a Secret?	23:30 Newsnight	19:25 Party Political Broadcast:...	21:00 The Real Housewives of Orange County <small>Reality show following the</small>	20:00 Channel 4 News	18:00 5 News at 5
22:30 Black Ops	00:00 Unspun World with John Simpson	19:30 ITV Evening News	22:00 New: Love Island All Stars	21:00 New: Kirstie and Phil's Love It...	19:00 New: Love Nature
23:00 BBC News at Ten <small>The latest national and international news, with reports from BBC correspondents worldwide.</small>	00:30 Digging for Britain	20:30 Deal or No Deal Banker's Best Battles	23:05 Family Guy	22:00 New: Michael Jackson: The Trial	19:05 The Motorway
23:30 BBC London		21:00 Emmerdale		23:00 New: First Dates: Be My Valentine	20:00 New: GPs: Behind Closed Doors
23:40 Match of the Day		21:30 Coronation Street		00:05 Gogglebox	21:00 New: Casualty 24/7: Every...
		22:00 The Summit			22:00 New: Surgeons: A Matter of Life...
		23:00 ITV News at Ten			23:30 New: Ambulance: Code Red
		23:30 ITV News London			00:30 New: Skin A&E
		23:45 New: Peston			
		00:40 Social Media Murders			

Entertainment

Movies

how Sky Showcase	Sky Family	DaU&Dave	DMAX	RTÉ One	Sky Premiere
10:00 Stargate SG-1	11:05 Oliver!	10:00 Border Force America's Gatekeepers	10:00 Guardians Of The Glades <small>Lower temperatures force Dusty and the team to change strategies. Then, a run-in with his old rival</small>	10:35 The Drew Barrymore Show	10:15 The Naked Gun (2025)
12:00 Wildlife ER	13:35 The BFG	11:00 Speed with Guy Martin	11:00 Deadliest Catch	11:25 The Kelly Clarkson Show	11:45 M3GAN 2.0
13:00 The Flash	15:40 Harold and The Purple Crayon	12:00 Rick Stein's Secret France	13:00 Cooper's Treasure	12:15 Keeping Up Appearances	13:55 Neighborhood Watch (2025)
14:00 Hawaii Five-0	17:20 The Golden Child	13:00 Bangers & Cash	14:00 Expedition Unknown <small>Josh Gates dives into the mysteries of the Bermuda Triangle. He goes to the ocean floor, the skies and</small>	12:50 Leaders' Questions	15:45 Beast Of War
15:00 S.W.A.T.	19:00 Stuart Little	15:00 Extreme Fishing with Robson Green <small>Trout and about with our Robson, who visits the world's top fishing hotspots. In the wilds of Australia,</small>	16:00 Homestead Rescue: Raney Ranch	14:00 RTÉ News: One O'Clock	17:30 The Ballad of Wallis Island
16:00 Magnum P.I.	20:35 Stuart Little 2	16:00 Top Gear <small>High-octane high jinks with Jeremy, Richard and James, plus guest Philip Glenister. The chaps</small>	18:00 Outback Opal Hunters	14:30 Home and Away	19:20 Reckless (2025)
18:00 The Simpsons	22:00 Stardust	18:00 Hairy Bikers' Best of British <small>Francophile: The Bikers continue their culinary journey by looking across the Channel to see how the</small>	20:00 Deadliest Catch	15:00 Shortland Street	21:00 M3GAN 2.0
18:30 The Office (US)	00:10 The Tiger Rising	19:00 Rick Stein's Secret France	22:00 New: Alaska: Homestead Rescue	15:30 Fair City	23:10 The Toxic Avenger
20:00 The Simpsons	<b>nat Sky Nature HD</b>	20:00 Would I Lie To You? <small>Rob Brydon hosts the sly panel show in which David Mitchell, Lee Mack, Ben Miller, Henning Wehn,</small>	00:00 Aussie Gold Hunters	16:00 EastEnders	
21:00 New: Landscape Artist Of The...	10:00 Hope For Wildlife	20:35 Richard Osman's House of Games	<b>IGTV HGTV</b>	16:30 Today	
22:00 Robin Williams: Come Inside My	11:00 Great Blue Wild	22:00 QI XL <small>Stephen Fry glances</small>	10:00 Young Sheldon <small>Sheldon has a scientific breakthrough at the dentist. Dale and Meemaw go to the casino. Georgie makes</small>	17:00 Nuacht RTÉ	
00:10 Karl Pilkington: The Moaning of Life 2	12:00 Wildlife ER	23:00 Have I Got A Bit More News For You? <small>Guest host Damian Lewis and panellists Katy Balls and Chris McCausland join team captains Paul Merton</small>	11:00 The Big Bang Theory	18:40 RTÉ News with Signing	
<b>Sky Max HD</b>		00:00 Taskmaster	15:00 New: Mike & Molly	18:55 RTÉ News with Signing	
10:00 Stargate SG-1	13:00 Island Of The Monsoon		16:30 Young Sheldon <small>After graduating high school, Sheldon has a breakdown when he realises he may not be</small>	19:01 RTÉ News: Six One	
11:00 Rob Beckett's Smart TV	14:00 Monkey Life		18:00 The Big Bang Theory <small>Wolowitz and Sheldon can't get a drone to fly, Leonard nearly misses giving a commencement address,</small>	20:00 Nationwide	
12:00 Karl Pilkington: The Moaning of Life	15:00 Africa's Wild Year		22:00 New: The Bad Skin...	20:30 EastEnders	
13:00 The Flash	16:00 Hope For Wildlife		23:00 The Bad Skin...	21:00 Mark Moriarty: Cook Like a Chef	
14:00 Hawaii Five-0	17:00 Great Blue Wild			21:30 Neven's English Food Tour	
15:00 Rob Beckett's Smart TV				22:00 RTÉ News: Nine O'Clock	
16:05 S.W.A.T.	18:00 Wildlife Icons			22:35 Any Given Day: Cork University Hospital	
17:10 A League Of Their Own Road Trip:	19:00 Island Of The Monsoon			23:35 NORAIID: Irish America & the IRA	
18:10 Karl Pilkington: The Moaning of Life	20:00 Monkey Life			00:40 Return to Paradise	
19:10 Stargate SG-1	21:00 Age Of The Big Cats				
21:10 Never Mind The Buzzcocks	22:00 Kenya Wildlife Diaries 				
22:00 FILM: Johnny Mnemonic	23:00 Island Of The Monsoon				
00:00 New: Fear The Walking Dead	00:00 Wildlife Icons				

Film4

12:00 Hell and High Water  
14:10 Sherlock Holmes: Terror by Night  
15:25 Broken Lance  
17:20 Destroyer  
19:25 Battleship  
22:00 The Pope's Exorcist  
00:10 3:10 to Yuma  
(2007) Western starring Christian Bale and Russell Crowe. An impoverished rancher tries to earn some

## TV Guide

Thursday 12th February 2026

## BBC

## BBC ONE

14:00 BBC News at One  
 15:00 Winter Olympics 2026  
 18:15 Pointless  
 19:00 BBC News at Six  
 19:30 BBC London  
 20:00 The One Show  
 Alex Jones and Roman Kemp bring you the stories that matter from across the country.  
 20:30 EastEnders  
 Kat is desperate to get answers, and Bea meddles in a situation.  
 21:00 Dragons' Den  
 22:00 The Apprentice  
 It's week 3 and chicken v egg. Lord Sugar's candidates must hatch a plan to turn ingredients into  
 23:00 BBC News at Ten  
 23:30 BBC London  
 The latest news, sport and  
 23:40 Question Time  
 00:40 Newscast  
 Lighthearted discussion of the week's political events.

## BBC TWO

10:30 Morning Live  
 11:45 Dr Xand's Con or Cure  
 12:15 Homes Under the Hammer  
 13:15 Bargain Hunt  
 14:00 Winter Olympics 2026  
 15:00 Politics Live  
 15:45 Unbeatable  
 16:30 Escape to the Country  
 17:30 Flog It!  
 18:15 Winter Olympics 2026  
 Coverage of day 6 of the Milano Cortina 2026 Olympic Winter Games.  
 23:00 The Apprentice: Unfinished Business  
 23:30 Newsnight  
 00:00 Mystery Road: Origin  
 Trying to prevent vengeance for past crimes puts Jay in the line of fire, while Mary is caught up  
 00:55 Free Solo

## ITV

## ITV1 HD

10:30 Lorraine  
 11:00 This Morning  
 13:30 Loose Women  
 14:30 ITV Lunchtime News  
 14:55 ITV News London  
 15:00 Dickinson's Real Deal  
 16:00 Riddiculous  
 17:00 Deal or No Deal  
 18:00 The Chase  
 19:00 ITV News London  
 19:30 ITV Evening News  
 20:30 New Build Nightmares - Tonight  
 21:00 Emmerdale  
 Victoria is mortified, Cain warns Joe to stay away, and Paddy tries to coach Bear.  
 21:30 Coronation Street  
 22:00 Grantchester  
 Crime drama. Cathy and Mrs C embark on their new  
 23:00 ITV News at Ten  
 23:30 ITV News London  
 23:45 Ghost

## ITV2

10:25 The Only Way is Essex  
 11:25 The Real Housewives of Miami  
 12:20 The Real Housewives of  
 13:15 Dinner Date  
 15:15 The Only Way is Essex  
 16:15 The Real Housewives of  
 17:10 The Real Housewives of Miami  
 18:00 The Real Housewives of Beverly Hills  
 19:00 Celebrity Catchphrase  
 20:00 Deal or No Deal  
 21:00 The Real Housewives of  
 22:00 New: Love Island All Stars  
 23:05 Piglets  
 23:35 Family Guy  
 00:35 American Dad!

## Channel 4

## Channel 4 HD

10:10 Frasier  
 12:10 American Pickers  
 Divide and Conquer: Mike and Frank split up on a packed property in order to find what they're looking for  
 13:05 Channel 4 News Summary  
 13:10 Car S.O.S  
 14:10 Find It, Fix It, Flog It  
 In Oxford, Henry Cole and Simon O'Brien get hands-on in a second-hand  
 15:10 Countdown  
 16:00 A Place in the Sun  
 17:00 A New Life in the Sun  
 18:00 Chateau DIY: Win the Dream  
 19:00 A Place in the Sun  
 20:00 Channel 4 News  
 21:00 George Clarke's Building Home  
 22:00 New: Michael Jackson: The Trial  
 23:00 New: Not Welcome: The Battle to...  
 00:35 24 Hours in A&E

## Channel 5

## 5

10:00 New: Milkshake! Love Nature...  
 10:05 PAWsome Puzzles  
 10:10 Milkshake! Story Den  
 10:15 Jeremy Vine  
 12:30 Storm & Alexis  
 13:45 5 News at Lunchtime  
 13:50 Matt Allwright  
 15:00 Vanessa  
 16:00 The Good Ship Murder  
 17:00 New: Bargain-Loving Brits in...  
 18:00 5 News at 5  
 19:00 New: Love Nature  
 19:05 The Motorway  
 20:00 The Railway Map of Britain  
 21:00 New: Spain with Michael Portillo  
 22:00 Ben Fogle: New Lives in the Wild  
 23:00 How to Kill Your Boss: A...  
 00:05 New: The Limbs in the Loch...

## Entertainment

## how Sky Showcase

10:00 Stargate SG-1  
 12:00 Wildlife ER  
 13:00 The Flash  
 14:00 A League Of Their Own  
 15:00 S.W.A.T.  
 16:00 Magnum P.I.  
 18:00 The Simpsons  
 18:30 The Office (US)  
 20:00 The Simpsons  
 21:00 Rob & Romesh Vs Fashion  
 22:00 The Dry  
 00:10 The Pacific

## Sky Max HD

10:00 Stargate SG-1  
 11:00 Rob Beckett's Smart TV  
 12:00 Karl Pilkington: The Moaning of Life  
 13:00 The Flash  
 14:00 Hold The Front Page  
 15:00 Rob Beckett's Smart TV  
 16:00 S.W.A.T.  
 17:00 A League Of Their Own Road Trip: Dingle To Dover  
 18:00 Karl Pilkington: The Moaning of Life  
 19:00 Stargate SG-1  
 21:00 Never Mind The Buzzcocks  
 22:00 Evil  
 23:00 A League Of Their Own  
 00:00 New: Fear The Walking Dead

## Sky Family

10:50 Robin And The Hoods  
 12:35 Journey To The Center Of The Earth  
 14:15 Stuart Little  
 15:45 Stuart Little 2  
 17:10 The Last Airbender  
 19:00 A Minecraft Movie  
 20:50 If (2024)  
 22:40 The Witches  
 00:20 Journey To The Center Of The Earth

## nat Sky Nature HD

10:00 Hope For Wildlife  
 11:00 Great Blue Wild  
 12:00 Wildlife ER  
 13:00 Island Of The Monsoon  
 14:00 Monkey Life  
 15:00 Africa's Underwater Wonders  
 16:00 Hope For Wildlife  
 17:00 Great Blue Wild  
 18:00 Wildlife Icons  
 19:00 Island Of The Monsoon  
 20:00 Monkey Life  
 21:00 My Best Friend's An Animal  
 22:00 A Wild Year On Earth  
 23:00 Island Of The Monsoon  
 00:00 Wildlife Icons

## Da U&amp;Dave

10:00 Border Force America's Gatekeepers  
 11:00 Speed with Guy Martin  
 12:00 Rick Stein's Long Weekends  
 13:00 Bangers & Cash  
 15:00 Extreme Fishing with Robson Green  
 16:00 Top Gear  
 18:00 Hairy Bikers' Chicken and Egg  
 19:00 Rick Stein's Long Weekends  
 20:05 Would I Lie To You?  
 The Unseen Bits: It's frankly unbelievable that these unaired clips were cut from  
 20:45 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

10:00 Guardians Of The Glades  
 11:00 Deadliest Catch  
 13:00 Cooper's Treasure  
 14:00 Expedition Unknown  
 16:00 Homestead Rescue: Raney Ranch  
 18:00 Outback Opal Hunters  
 20:00 Deadliest Catch  
 22:00 Expedition X  
 23:00 Expedition Bigfoot  
 00:00 Aussie Gold Hunters

## HGTV







10:00 Young Sheldon  
 11:00 The Big Bang Theory  
 15:00 New: Mike & Molly  
 16:30 Young Sheldon  
 18:00 The Big Bang Theory  
 22:00 New: 90 Day Fiancé UK  
 00:00 The Bad Skin...

## RTÉ One




10:35 The Drew Barrymore Show  
 11:25 The Kelly Clarkson Show  
 12:15 Keeping Up Appearances  
 12:50 Leaders' Questions  
 13:45 Telly Bingo  
 14:00 RTÉ News: One O'Clock  
 14:30 Home and Away  
 15:00 Shortland Street  
 15:30 Super Garden  
 16:00 EastEnders  
 16:30 Today  
 18:40 Nuacht RTÉ  
 18:55 RTÉ News with Signing  
 19:01 RTÉ News: Six One  
 20:00 Ear to The Ground  
 20:30 EastEnders  
 21:00 Fair City  
 21:30 Cheap Irish Homes  
 22:00 RTÉ News: Nine O'Clock  
 22:35 Prime Time  
 23:15 SisterS  
 23:45 Traces  
 00:45 Death In Paradise

## Movies

## Sky Premiere

10:00 Prisoner Of War (2025)  
  
 12:00 The Ballad of Wallis Island  
  
 13:45 M3GAN 2.0  
  
 Two years after M3GAN's rampage, her creator, Gemma, resorts to resurrecting her infamous  
 16:00 Reckless (2025)  
  
 17:45 Neighborhood Watch (2025)  
  
 Shunned by the police after witnessing an abduction, a  
 19:25 The Naked Gun (2025)  
  
 Following in his father's footsteps, Frank Drebin Jr must save his police department by solving a

## M3GAN 2.0

21:00 M3GAN 2.0  
  
 23:10 Reckless (2025)  
  
 00:50 Xeno  
  
 A young girl and a terrifying alien form a powerful bond after a chance encounter in the desert, sending them on

## Film4

12:00 The Virginian  
 (1946) Western romance starring Joel McCrea and Sonny Tufts as a couple of cowboys who compete for the affections of a new schoolteacher from out  
 13:45 Criss Cross (1949)  
 (1949) Muscular film noir starring Burt Lancaster and Yvonne De Carlo. A dame convinces her ex-husband, an armoured car guard, to  
 15:30 One Day Interview Special  
 Stars Anne Hathaway and Jim Sturgess and director Lone Scherfig talk about making the big-screen adaptation of the best-selling novel One Day.  
 15:35 Shadow of a Doubt  
 (1943) Hitchcock thriller starring Joseph Cotten as a serial killer fleeing the law. Teresa Wright is his adoring niece who, initially, refuses to believe her uncle  
 17:50 Lifeboat  
 (1944) Alfred Hitchcock's Oscar-nominated Second World War drama starring Tallulah Bankhead, William Bendix and Walter Slezak as three of the survivors  
 19:45 Fisherman's Friends  
 22:00 The Other Woman  
 (2014) Romcom starring Cameron Diaz, Leslie Mann, Kate Upton and Nikolaj Coster-Waldau. Three women plot revenge  
 00:10 Wuthering Heights  
 (2011) Andrea Arnold's radical adaptation of Emily Brontë's classic novel of obsessive love, anger and revenge on the weather-beaten Yorkshire

TV Guide

Friday 13th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4 HD	5
14:00 BBC News at One The latest national and international news from the BBC.	10:30 Morning Live	10:30 Lorraine	10:25 The Only Way is Essex	10:10 Frasier	10:00 Milkshake! Love Nature Young Voices
15:00 Winter Olympics 2026	11:45 Dr Xand's Con or Cure	11:00 This Morning	11:25 The Real Housewives of Miami	12:10 American Pickers	10:05 PAWsome Puzzles
18:15 Pointless	12:15 Homes Under the Hammer A double dose of Dorset dwellings, and a missing toilet in Cumbria keep Martin and Martel on their toes.	13:30 Loose Women	12:20 The Real Housewives of	13:05 Channel 4 News Summary	10:10 Milkshake! Story Den
19:00 BBC News at Six The latest national and international news from the BBC.	13:15 Bargain Hunt Charlie Ross and the teams visit Ardingly Antiques Fair with experts Caroline Hawley and Tim Weeks.	14:30 ITV Lunchtime News	13:15 Dinner Date	13:10 Car S.O.S	10:15 Jeremy Vine
19:30 BBC London	14:00 Winter Olympics 2026	14:55 ITV News London	15:15 The Only Way is Essex	14:10 Find It, Fix It, Flog It	12:30 Storm & Alexis
20:00 The One Show	15:00 Political Thinking with Nick Robinson	15:00 Dickinson's Real Deal	16:15 The Real Housewives of	15:10 Countdown	13:45 5 News at Lunchtime
20:30 The FA Cup Hull City look to kick off the FA Cup fourth round with an upset when they host Chelsea, with Liam	15:30 Unbeatable	16:00 Riddiculous	17:10 The Real Housewives of Miami	16:00 A Place in the Sun	13:50 Matt Allwright
23:00 BBC News at Ten	16:15 Escape to the Country	17:00 Deal or No Deal	18:00 The Real Housewives of	17:00 A New Life in the Sun	15:00 Vanessa
23:30 BBC London	17:15 Flog It!	18:00 The Chase	19:00 ITV News London	18:00 Chateau DIY: Win the Dream	16:00 The Good Ship Murder
23:40 The Graham Norton Show	18:15 Winter Olympics 2026	19:00 ITV Evening News	19:30 ITV Evening News	19:00 A Place in the Sun	17:00 Bargain-Loving Brits in the Sun
00:30 RuPaul's Drag Race UK vs the World The fierce Drag Race UK spin-off continues as our international queens fight to impress Mama Ru and do	23:00 Live at the Apollo	20:30 New: It'll Be Alright on the Night Comedian Tom Allen uncovers hilarious cock-ups	20:30 New: It'll Be Alright on the Night	20:00 Channel 4 News	18:00 5 News at 5
	23:30 Newsnight	21:00 Emmerdale	18:00 The Real Housewives of	21:00 New: Frontline: Our Soldiers...	19:00 Love Nature
	00:00 Moulin Rouge!	21:30 Coronation Street	19:00 Celebrity Catchphrase	22:00 New: Gogglebox The Goggleboxers gets stuck into a new series and more of the biggest and best TV. What do they think	19:05 The Motorway
		22:00 Beat the Chasers	20:00 Deal or No Deal	23:00 Live: The Last Leg	20:00 Jewels of the Med
		23:00 ITV News at Ten	21:00 The Real Housewives of	00:05 First Dates: Be My Valentine For the most romantic day of the year, an ex-Gogglebox star hopes a	21:00 Holyroodhouse: A Royal Residence
		23:30 ITV News London	22:00 New: Love Island All Stars		22:00 The 1970s: Those Were The Days
		23:45 Devil In Disguise: John Wayne Gacy	23:05 Olivia Attwood: Getting Filthy Rich		23:30 ABBA: Legends of Pop
		00:45 Social Media Murders	00:05 Family Guy		00:30 Piers Morgan Uncensored

Entertainment

how SkyShowcase	Sky Family	DaU&Dave	DMAX	RTÉ One
10:00 Stargate SG-1	10:25 Cats & Dogs: The Revenge Of...	10:00 Border Force America's Gatekeepers Money and guns belonging to a cartel are found in a car, an illegal shipment of exotic reptiles is discovered	10:00 Jeremy Wade's Dark Waters	10:35 The Drew Barrymore Show  The actress hosts a talk
12:00 Wildlife ER	11:55 How To Train Your Dragon (2025)	11:00 Speed with Guy Martin	11:00 Deadliest Catch	11:25 The Kelly Clarkson Show 
13:00 The Flash	14:05 A Minecraft Movie	12:00 Rick Stein's Long Weekends	13:00 Cooper's Treasure Following the Columbus trail, bad weather strikes and Darrell dives past the limits of his gear into	12:20 Father Brown
14:00 A League Of Their Own	15:50 Yogi Bear	13:00 Bangers & Cash	14:00 Expedition Unknown One of the puzzles of The Secret, a case Josh Gates has been chasing for years, might have been solved.	13:15 Nico's Cook In, Cook Out
15:00 S.W.A.T.	17:20 Daddy Day Care	15:00 Extreme Fishing with Robson Green	16:00 Homestead Rescue: Raney Ranch The Raney's push beyond their limits to finish two cabins, harvest the garden and mount a hunting	13:45 Telly Bingo
16:00 Magnum P.I.	19:00 How To Train Your Dragon (2025)	16:00 Top Gear More four-wheeled antics with the guys. Jeremy and The Stig race two Caterham 7s around a	18:00 Outback Opal Hunters	14:00 RTÉ News: One O'Clock 
18:00 The Simpsons	21:10 The Cat In The Hat	18:00 Hairy Bikers' Chicken and Egg France: The Bikers find the world's most delicious chicken and egg recipes - Si and Dave this time find	20:00 Deadliest Catch	14:30 Home and Away 
18:30 The Office (US)	22:35 If (2024)	19:00 Rick Stein's Long Weekends	22:00 Saving Lives At Sea At Beachy Head, the	15:00 Shortland Street
20:00 The Simpsons	00:20 Cats & Dogs: The Revenge Of...	20:00 Would I Lie To You? Lies, damned lies and Christmas. Bill Bailey, Ruth Jones, Jo Brand and Kelly Holmes join Rob Brydon,	00:00 Aussie Gold Hunters	15:30 Fair City
21:00 A League Of Their Own:	<b>nat Sky Nature HD</b>	20:40 Richard Osman's House of Games Comedian Cally Beaton, actors Louis Emerick and Helen George, and funnyman Justin	10:00 Young Sheldon	16:00 EastEnders
22:00 Ted	10:00 Hope For Wildlife		11:00 The Big Bang Theory	16:30 Today
23:30 Lucy Beaumont: Live From The Royal	11:00 Great Blue Wild		15:00 New: Mike & Molly Molly is so focused on her job that she doesn't notice a fellow teacher hitting on her. Vince talks Mike into	18:40 Nuacht RTÉ
00:30 True Blood	12:00 Wildlife ER		16:00 Mike & Molly	18:55 RTÉ News with Signing
<b>Sky Max HD</b>	13:00 Island Of The Monsoon		16:30 Young Sheldon	19:01 RTÉ News: Six One
10:00 Hold The Front Page	14:00 Monkey Life		18:00 The Big Bang Theory	20:00 Nationwide
11:00 Rob Beckett's Smart TV	15:00 Africa's Underwater Wonders 		22:00 New: 90 Day Fiancé: Before The 90 Days	20:30 Fair City 
12:00 Karl Pilkington: The Moaning of Life 2	16:00 Hope For Wildlife		00:00 Georgie & Mandy's First Marriage Georgie worries that he's leaving Connor out of his new project with Jim. Meanwhile, Mandy and	21:00 Donal's Festival Kitchen
13:00 The Flash	17:00 Great Blue Wild 		16:00 Mike & Molly	21:30 The Best Place To Be
14:00 Hold The Front Page	18:00 Wildlife Icons		18:00 The Big Bang Theory	22:00 RTÉ News: Nine O'Clock
15:00 Rob Beckett's Smart TV	19:00 Island Of The Monsoon		22:00 New: 90 Day Fiancé: Before The 90 Days	22:35 The Late Late Show 
16:05 S.W.A.T.	20:00 Monkey Life		00:00 Georgie & Mandy's First Marriage	00:15 Peggy Sue got Married
17:10 A League Of Their Own Road Trip:	21:00 Extraordinary Animals		16:00 Mike & Molly	
18:10 Karl Pilkington: The Moaning of Life 2	22:00 Patrick Aryee's Wild World		16:30 Young Sheldon	
19:10 TV's Greatest Gameshows	23:00 Island Of The Monsoon		18:00 The Big Bang Theory	
21:10 Never Mind The Buzzcocks	00:00 Wildlife Icons		22:00 New: 90 Day Fiancé: Before The 90 Days	
22:00 An Idiot Abroad			00:00 Georgie & Mandy's First Marriage	
23:00 The 00s: Cinema's Greatest Decade			16:00 Mike & Molly	
00:00 New: Fear The Walking Dead			16:30 Young Sheldon	

TV Guide

Saturday 14th February 2026

BBC		ITV		Channel 4	Channel 5
<b>BBC ONE</b>	<b>BBC TWO</b>	<b>ITV1 HD</b>	<b>ITV2</b>	<b>Channel 4 HD</b>	<b>5</b>
11:00 Saturday Kitchen 12:30 Bargain Hunt 13:00 Football Focus 13:45 BBC Weekend News 13:55 BBC Weather 14:00 Winter Olympics 2026 Coverage of day 8 of the Milano Cortina 2026 17:30 Final Score 18:10 BBC Weekend News 18:20 BBC London 18:25 BBC Weather 18:30 The FA Cup 21:00 Gladiators 22:00 The Weakest Link 22:45 Casualty 23:35 BBC Weekend News 23:50 BBC Weather 23:55 The FA Cup	14:00 Shaun the Sheep: Farmageddon 15:20 Homes Under the Hammer 16:20 Money for Nothing JJ Chalmers is on Scotland's east coast, looking for quality discards at Wallyford Recycling 16:45 Flog It! This edition comes from the Old College, part of 17:30 Winter Olympics 2026 Coverage of day 8 of the Milano Cortina 2026 Olympic Winter Games. 23:00 Love Songs at the BBC It's a time for guilty pleasures, for courtship, for declarations of love, for looking someone in the eye	10:25 ITV News 10:30 New: James Martin's Saturday Morning 13:00 New: Ainsley's Taste of the Bahamas 13:30 ITV News 14:00 Men's Six Nations: Ireland v Italy 17:10 Men's Six Nations: Scotland v England 20:00 New: The Masked Singer 21:30 New: The 1% Club Valentine's Special 22:35 New: The Jonathan Ross Show 23:35 It'll Be Alright on the Night 00:00 ITV News 00:20 English Football League Highlights	10:40 The Only Way is Essex Reality series. Sparks fly as the group gather for Chloe's 11:40 Deal or No Deal 14:45 The Floor 15:45 Ant & Dec's Limitless Win 16:45 Hotel Transylvania 2 17:50 FYI Daily 18:35 Marley & Me 19:45 FYI Daily 20:50 Dirty Dancing 21:50 FYI Daily 21:55 Dirty Dancing 23:00 New: Love Island All Stars: Unseen Bits 00:05 Family Guy	10:20 The Simpsons 10:50 Dora and the Lost City of Gold 12:55 Come Dine with Me: The... 13:55 Four in a Bed 16:25 Kirstie and Phil's Love It or... 17:25 Location, Location, Location 18:30 Protein: Everything You Need to... 19:30 Channel 4 News 20:00 Sailing the Shipping Forecast... 21:00 The Great Icelandic Swim with Ross 22:00 Roman Empire by Train with Alice Roberts 23:00 Bullet Train	10:00 Entertainment News on 5 10:05 Tales from the Riverbank 10:50 Ben Fogle: New Lives in the Wild 13:50 Dogs Behaving (Very) Badly 15:45 Catching Up with the Royals with Rev 16:45 Our Yorkshire Farm 19:35 5 News Weekend 19:40 William & Catherine: Putting Family First 21:00 Secrets of the Royal Traditions 22:00 Crime of Passion? The Trial of Jane Andrews 23:30 Most Shocking Celebrity Moments

Entertainment

how SkyShowcase	Sky Family	DaU&Dave	RTÉ One	Sky Premiere	Film4
10:00 Boss Shark  11:00 The Simpsons 13:00 Gillette Soccer Saturday: Build-Up  16:00 Gillette Soccer Sat: Live Scores 18:00 The Simpsons 20:00 Landscape Artist Of The...  21:00 Rob & Romesh Vs... 22:00 The Matrix 00:30 Never Mind The Buzzcocks 	11:00 How To Train Your Dragon (2025) 13:10 Mousehunt 14:50 Lemony Snicket's A Series Of... 16:40 Hook 19:00 Charlie And The Chocolate Factory 21:00 How To Train Your Dragon (2025) 23:10 Paul Blart: Mall Cop 2 00:50 The Smurfs <b>natSky Nature HD</b> 10:00 Super Shark Highway 11:00 Snow Leopards With Dan O'Neill 13:00 Extraordinary Animals 14:00 My Best Friend's An Animal 15:00 Bugs That Rule The World 17:00 Europe's Amazon 19:00 David Attenborough's Dragons And 20:00 Attenborough's Journey 21:00 Battle Of The Alphas 22:00 Super Shark Highway 23:00 Land Of The Far North	10:00 Rick Stein's Long Weekends 11:00 Top Gear 13:00 World's Most Dangerous Roads 15:00 Guy Martin: Proper Jobs 16:00 Would I Lie To You? 20:00 Gavin and Stacey 21:20 QI 22:00 Not Going Out 00:00 Would I Lie To You? <b>DMAX</b> 10:00 Deadliest Catch 11:00 Outback Opal Hunters 14:00 The Snake Catcher 15:00 Outback Crystal Hunters 17:00 Aussie Gold Hunters 20:00 Hoarding: Buried Alive 22:00 New: Paranormal Caught On Camera 23:00 New: Ghost Adventures <b>HGTV</b> 10:00 Young Sheldon 11:00 Georgie & Mandy's First Marriage 12:00 The Big Bang Theory 22:00 Blades Of Glory 00:00 Mock The Week	10:20 Fair City Omnibus 12:20 European Parliament Report 12:55 MasterChef: The Professionals 14:05 RTÉ News: One O'Clock 14:15 High Road, Low Road 14:45 The Shelter: Animal SOS 15:15 Amazing Hotels: Life Beyond The Lobby 16:15 My Uni Life 16:45 Dancing with The Stars 18:45 Nuacht RTÉ 18:55 RTÉ News with Signing  19:01 RTÉ News: Six One 19:35 Minions: The Rise of Gru 21:15 DIY SOS: The Bigger Build Ireland  Baz Ashmawy presents the 22:20 RTÉ News: Nine O'Clock 22:50 The Tommy Tiernan Show 00:00 These Sacred Vows 	11:05 Xeno  12:55 Neighborhood Watch (2025)  14:35 M3GAN 2.0  Two years after M3GAN's rampage, her creator, Gemma, resorts to resurrecting her infamous 16:45 Prisoner Of War (2025)  18:45 How To Train Your Dragon (2025)  An unlikely friendship holds the key to Vikings and dragons forging a new future together as an 21:00 The Naked Gun (2025)  22:30 Bone Lake  00:15 Reckless (2025)  A former convict on parole must outwit the police to get his share of an old heist. Offbeat action comedy with	12:00 Wonder Park (2019) Animated adventure featuring the voices of Jennifer Garner, Mila Kunis, John Oliver and Matthew Broderick. A girl's imaginary 13:45 Charade (1963) (1963) Comedy thriller with Audrey Hepburn and Cary Grant. After her husband is murdered, a woman discovers he was part of a 16:00 Romancing the Stone (1984) Comedy action adventure starring Michael Douglas and Kathleen Turner. An adventurer helps a bestselling author 18:05 10 Things I Hate About You (1999) Teen comedy with Julia Stiles and Heath Ledger. A student is furious to discover her prom date was bribed by her sister to 19:55 One Day (2011) Romantic drama. Jim Sturgess and Anne Hathaway star as friends whose lives intertwine and diverge over the years, 22:00 Sleepless in Seattle (1993) Romantic comedy with Tom Hanks and Meg Ryan. A bereaved man gets another chance at love when his son puts him on a 00:10 Fresh (2022) Adults only horror with Daisy Edgar-Jones. When date-weary Noa meets a guy in a supermarket, she thinks

TV Guide

Sunday 15th February 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4 HD	5
10:00 Sunday with Laura Kuenssberg	14:00 Winter Olympics 2026	10:25 ITV News	10:25 The Only Way is Essex	10:25 Frasier	10:05 Entertainment News on 5
11:00 Politics London	Coverage of day 9 of the Milano Cortina 2026 Olympic Winter Games.	10:30 New: Love Your Weekend with...	11:20 Deal or No Deal	11:00 Live: Sunday Brunch	10:15 Cruising With Jane McDonald
11:30 Sunday Morning Live		12:30 New: Fletchers' Family Farm	13:20 Celebrity Catchphrase	Jay McGuinness chats about his new theatre show. There's music from JP Cooper and Gabrielle. Suzi	10:30 Bargain-Loving Brits in the Sun
12:30 Bargain Hunt	23:00 Gisèle Pelicot: The Newsnight Interview	13:30 ITV News	Stephen Mulhern hosts a celebrity special of the classic game show with Nikki Fox, Robert Rinder,	14:00 The Simpsons	12:25 Jewel of the Med: Majorca and
13:00 Gladiators	In an exclusive UK interview, Victoria Derbyshire talks to Gisèle Pelicot in Paris. She earned international recognition after waiving her anonymity at her mass-rape trial in 2025. Her husband and 50	13:45 New: Julia Bradbury's Wonders...	14:25 The Masked Singer	15:20 George Clarke's Amazing Spaces	13:20 Malta: The Jewel of the Med
14:00 BBC Weekend News		14:45 Midsomer Murders	15:55 Hotel Transylvania 3: A Monster Vacation	16:25 A Place in the Sun	14:20 Cruising With Jane McDonald
14:10 Weather for the Week Ahead	23:30 Beetlejuice	Ben Shephard welcomes McFly's Harry Judd, The Great British Sewing Bee's Patrick Grant, and	17:00 Hotel Transylvania 3: A Monster Vacation	17:25 Sandi's Great British Woodland...	16:20 Inside The Tower of London
14:15 Songs of Praise	Adam and Barbara are still coming to terms with being ghosts stuck in the afterlife, when an awful family from New York move into their house and start destroying their most treasured possessions and memories.	17:40 The Chase Celebrity Special	17:50 Evan Almighty	18:25 Devon and Cornwall	17:20 The Tower of London Special: Elizabeth I &
14:50 Escape to the Country		18:40 ITV Evening News	18:50 FYI Daily	19:20 Channel 4 News	18:25 5 News Weekend
15:30 Six Nations Rugby	00:55 Crimes of the Future	18:55 ITV News London	19:45 Godzilla vs Kong	Channel 4's flagship news programme. Including the	18:35 Secrets of Your Favourite Chocolate Bars
18:35 BBC Weekend News	A celebrity performance artist showcases the metamorphosis of his organs in a live show.	19:00 The 1% Club Valentine's Special	20:55 FYI Daily	19:50 The Dog House	20:00 Scams: Don't Get Caught Out
18:50 BBC London		20:00 The Floor	21:00 Godzilla vs Kong	Could a fluffy abandoned Pomeranian be the missing piece of a family puzzle? And Reverend Alex prays	21:00 22 Kids & Counting
18:55 BBC Weather		21:00 New: Ant and Dec's Limitless Win	22:00 New: Love Island All Stars	20:50 New: The Great Pottery Throw Down	22:00 Rich House, Poor House
19:00 Countryfile		22:00 Betrayal	23:05 Olivia Attwood: Getting Filthy Rich	22:00 New: Secret Genius	23:30 The Girl in the Box: The Kidnapping of
20:00 MasterChef: The Professionals		23:00 ITV News	With the rise of the Strong	23:00 Gogglebox	
21:00 Call the Midwife		23:15 Yellowjackets	00:05 Family Guy		
22:00 Lord of the Flies					
23:00 BBC Weekend News					
23:25 BBC London					
23:30 The FA Cup					
00:40 The Women's Football Show					

Entertainment

Movies

how SkyShowcase	Sky Family	DaU&Dave	DMAX	RTÉ One	Sky Premiere
10:00 The Office (US)	11:35 Twist	10:00 Mortimer & Whitehouse: Gone...	10:00 Baggage Battles	10:35 The Frankie Drake Mysteries	11:00 How To Train Your Dragon (2025)
	13:15 Charlie And The Chocolate Factory	...Christmas Fishing. Bob Mortimer returns to his childhood roots in Middlesbrough to fish the	11:00 Chasing Classic Cars		
Michael's Birthday: As the	15:15 A Dog's Purpose		Wayne buys the ultimate dream car: an all-original 1955 Mercedes 300 SL	11:30 Fóram	An unlikely friendship holds
12:00 Live WSL: Chelsea v Liverpool	17:05 The Smurfs	11:20 Guy Martin: Proper Jobs	15:00 Kindig Customs	12:00 Sunday Worship	13:15 King Ivory
15:30 The Simpsons	19:00 Pokemon Detective Pikachu	12:20 Top Gear	Kevin and Dave prepare for the biggest car show in America. At the annual Back To The '50s, over		15:35 The Naked Gun (2025)
18:30 David Attenborough's First Life	21:00 The BFG	14:20 Richard Osman's House of Games	18:00 Ant Anstead: Born Mechanic	13:00 The Week In Politics	
21:00 A League Of Their Own: The Rally	23:05 The Smurfs 2	15:35 Hairy Bikers' Best of British	20:00 Mysteries Of The Deep	14:00 RTÉ News: One O'Clock	17:05 Reckless (2025)
22:00 The Dry	<b>nat</b> Sky Nature HD	17:40 Mediterranean with Simon Reeve	22:00 In Search Of Monsters	14:10 Ear to The Ground	
	10:00 Australia's Hidden Islands	19:40 Mortimer & Whitehouse: Gone...	00:00 Expedition X	14:40 Neven's English Food Tour	18:45 How To Train Your Dragon (2025)
00:10 New: Evil	12:00 Wild Pacific Rescue	...Christmas Fishing. Bob Mortimer returns to his		15:10 Beyond Paradise	
	15:00 Extreme Animals: One Wild Day	21:00 Guy Martin: Proper Jobs	10:00 Young Sheldon	16:10 Only Fools and Horses	21:00 King Ivory
<b>Sky Max HD</b>	16:00 Wild Battlegrounds	Guy joins a multi-generational family business who rescue crashed or broken-down	11:00 The Big Bang Theory	16:40 Zeppelin	23:20 Bone Lake
10:00 A League Of Their Own - European Road Trip	17:00 Untamed Valley	22:00 Have I Got A Bit More News For You?	21:00 New: Georgie & Mandy's First...	18:40 Nuacht RTÉ	
16:00 Fear The Walking Dead	18:00 New: My Best Friend's An Animal	Stephen Mangan is host as writer and comedian Andy Hamilton - and comedian Chloe Petts - join team	22:00 New: Mock The Week	18:50 RTÉ News with Signing	
	19:00 New: Extraordinary Animals		23:00 Mock The Week	19:01 RTÉ News: Six One	
22:00 New: Evil	20:00 Attenborough: Behind The Lens	23:00 QI	Dara Ó Briain introduces topical chat and hilarious games with guests Rhys James, Ahir Shah, Angela	19:30 Dancing with The Stars	
	21:00 Obama And Attenborough	23:35 Mock the Week	00:00 Guz Khan's Custom Cars	21:30 Fair City	
00:00 The Force: North East	22:00 World's Most Toxic Animals			22:00 RTÉ News: Nine O'Clock	
	00:00 New: My Best Friend's An Animal			22:30 These Sacred Vows	
				23:35 SisterS	
				00:05 The Week In Politics	

Film4

12:00 Terror by Night
13:20 Think Like a Dog
15:05 Kindergarten Cop
17:15 The Art of Racing in the Rain
19:25 Battleship
22:00 The Last Stand
00:10 Bad Boys for Life

## TV Guide

Monday 16th February 2026

## BBC

## BBC ONE

14:00 BBC News at One including BBC...  
 15:00 Winter Olympics 2026  
 18:15 New: Pointless  
 19:00 BBC News  
 The latest national and international news from the BBC.  
 19:30 BBC London News  
 20:00 The One Show  
 20:30 EastEnders  
 21:00 Framed for Murder? - Panorama  
 21:30 New: Would I Lie to You?  
 22:00 Death in Paradise  
 23:00 BBC News and Weather  
 The latest national and international news, with reports from BBC  
 23:30 BBC London News  
 23:40 Industry  
 00:40 The Traitors Ireland

## BBC TWO

10:30 Morning Live  
 11:45 Dr Xand's Con or Cure  
 12:15 Homes Under the Hammer  
 13:15 Bargain Hunt  
 14:00 Winter Olympics 2026  
 15:00 Unbeatable  
 15:45 Escape to the Country  
 16:30 Cities: Nature's New Wild  
 17:30 Flog It!  
 18:15 Winter Olympics 2026  
 23:00 Small Prophets  
 A strange discovery on a  
 23:30 Newsnight, followed by Weather  
 00:00 What We Do in the Shadows  
 00:25 What We Do in the Shadows: The...  
 00:55 Let It Snow

## ITV

## ITV1 HD

10:30 Lorraine  
 Lorraine Kelly presents a topical mix of  
 11:00 This Morning  
 13:30 Loose Women  
 14:30 ITV Lunchtime News  
 14:55 ITV News London  
 15:00 Dickinson's Real Deal  
 16:00 Riddiculous  
 17:00 New: Tipping Point  
 18:00 The Chase  
 19:00 ITV News London  
 19:30 ITV Evening News  
 20:30 New: Fletchers' Family Farm  
 21:00 Emmerdale  
 21:30 Coronation Street  
 22:00 Betrayal  
 23:00 ITV News at Ten  
 23:30 ITV News London  
 23:45 The British Airways Killer  
 00:40 Long Lost Family

## ITV2

10:25 The Only Way is Essex  
 11:25 The Real Housewives of Miami  
 12:20 The Real Housewives of  
 13:15 Dinner Date  
 15:15 The Only Way is Essex  
 16:15 The Real Housewives of  
 17:10 The Real Housewives of Miami  
 18:00 The Real Housewives of  
 19:00 Celebrity Catchphrase  
 20:00 Deal or No Deal  
 21:00 The Real Housewives of  
 22:00 New: Love Island All Stars  
 23:05 The 1% Club Valentine's Special  
 00:05 Family Guy

## Channel 4

## Channel 4 HD

10:10 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 Chateau DIY: Win the Dream  
 19:00 New: A Place in the Sun  
 Sarah sees what the Canary Island of Fuerteventura has to offer  
 20:00 Channel 4 News  
 21:00 New: Jamie's Feasts for a Fiver  
 22:00 24 Hours in Police Custody  
 23:00 New: 999: What Happened Next  
 00:05 999: What Happened Next

## Channel 5

## 5

10:05 Come & Play with Pip and Posy  
 10:10 Milkshake! Story Den  
 10:15 Jeremy Vine  
 12:30 Storm & Alexis  
 13:45 5 News at Lunchtime  
 13:50 Matt Allwright  
 15:00 Vanessa  
 16:00 The Good Ship Murder  
 17:00 Bargain-Loving Brits in the Sun  
 18:00 5 News at 5  
 19:00 Love Nature  
 19:05 The Motorway  
 20:00 Police Interceptors  
 21:00 Motorway Cops: Catching Britain's Speeders  
 22:00 The Curfew  
 23:00 Platoon 24/7: Preparing For War  
 00:05 999: Police Hour of Duty

## Entertainment

## how Sky Showcase

10:00 Stargate SG-1  
 12:00 Wildlife ER  
 13:00 The Flash  
 14:00 A League Of Their Own  
 16:00 Magnum P.I.  
 18:00 The Simpsons  
 18:30 The Office (US)  
 20:00 The Simpsons  
 21:00 Rise Of Animals With David Attenborough  
 22:00 Riddick  
 00:10 New: Last Week Tonight with John  
 00:55 The Essex Murders: Who Killed.

## Sky Max HD

10:00 Hold The Front Page  
 11:00 Rob Beckett's Smart TV  
 12:00 Karl Pilkington: The Moaning of Life 2  
 13:00 The Flash  
 14:00 Hold The Front Page  
 15:00 Rob Beckett's Smart TV  
 16:00 There's Something About...  
 17:05 A League of Their Own Road Trip:  
 18:10 Karl Pilkington: The Moaning of Life 2  
 19:10 Friends: The Reunion  
 21:10 Never Mind The Buzzcocks  
 22:00 New: Last Week Tonight with John  
 22:45 Sport's Funniest Moments  
 00:45 The Force: North East

## Sky Family

11:25 The Mountain  
 13:00 Pokemon Detective Pikachu  
 15:00 The BFG  
 17:00 Jack The Giant Slayer  
 19:00 Peter Rabbit  
 20:40 Monster Trucks  
 22:30 The Borrowers  
 00:00 Journey To The Center Of The Earth

## nat Sky Nature HD

10:00 Hope For Wildlife  
 11:00 Great Blue Wild  
 12:00 Wildlife ER  
 13:00 Island Of The Monsoon  
 14:00 Monkey Life  
 15:00 Africa's Underwater Wonders  
 16:00 Hope For Wildlife  
 17:00 Great Blue Wild  
 18:00 Wildlife Icons  
 19:00 Island Of The Monsoon  
 Life on the Wing: Yala  
 20:00 Monkey Life  
 21:00 Rise Of Animals With David Attenborough  
 22:00 Extraordinary Animals  
 23:00 Island Of The Monsoon  
 00:00 Wildlife Icons

## DaU&amp;Dave

10:00 Border Force America's Gatekeepers  
 11:00 Speed with Guy Martin  
 12:00 Rick Stein's Long Weekends  
 13:00 Border Force America's Gatekeepers  
 15:00 World's Most Dangerous Roads  
 16:00 Top Gear  
 18:00 Hairy Bikers' Chicken and Egg  
 19:00 Rick Stein's Long Weekends  
 20:00 Would I Lie To You?  
 20:40 Richard Osman's House of Games  
 22:00 QI XL  
 23:00 Will and Ralf Should Know Better  
 00:00 Taskmaster

## DMAX

10:00 Jeremy Wade's Dark Waters  
 11:00 Deadliest Catch  
 13:00 Cooper's Treasure  
 The discovery of a lifetime  
 14:00 Expedition Unknown  
 16:00 Homestead Rescue: Raney Ranch  
 18:00 Outback Opal Hunters  
 20:00 Deadliest Catch  
 An additional 15 million dollars in crab sends the fleet into a fishing frenzy. To get ahead, the Time  
 22:00 Body Bizarre  
 00:00 Aussie Gold Hunters

## HGTV

10:00 Young Sheldon  
 11:00 The Big Bang Theory  
 15:00 Mike & Molly  
 16:30 Young Sheldon  
 18:00 The Big Bang Theory  
 22:00 New: Hollywood Demons  
 00:00 Death By Fame

## RTÉ One

10:50 The Drew Barrymore Show  
 11:40 The Kelly Clarkson Show  
 12:35 Father Brown  
 The Kembleford ramblers  
 13:30 Nico's Cook In, Cook Out  
 14:00 RTÉ News: One O'Clock  
 14:30 Home and Away  
 15:00 Shortland Street  
 15:30 Fair City  
 16:30 Today  
 18:40 Nuacht RTÉ  
 18:55 RTÉ News with Signing  
 19:01 RTÉ News: Six One  
 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 Impact  
 23:35 Any Given Day: Cork University Hospital  
 00:40 The Dry

## Movies

## Sky Premiere

10:50 How To Train Your Dragon (2025)  
 An unlikely friendship holds the key to Vikings and dragons forging a new future together as an  
 13:05 King Ivory  
 Based upon extensive research with law enforcement, gangs, inmates, migrants and  
 15:25 Reckless (2025)  
 A former convict on parole must outwit the police to get his share of an old heist. Offbeat action comedy with  
 17:05 The Cut (2024)  
 Retired boxer Orlando Bloom returns to the ring for one last shot at the title, but must embark on an illegal  
 18:45 How To Train Your Dragon (2025)  
 An unlikely friendship holds the key to Vikings and  
 21:00 M3GAN 2.0  
 Two years after M3GAN's rampage, her creator, Gemma, resorts to resurrecting her infamous  
 23:10 King Ivory  
 Based upon extensive research with law enforcement, gangs, inmates, migrants and

## Film4

12:00 Broken Lance  
 (1954) Western. A strict rancher (Spencer Tracy) treats his sons (Robert Wagner, Richard Widmark, Earl Holliman and Hugh O'Brian) as little more than  
 13:55 The Black Swan  
 (1942) Swashbuckling adventure with Laird Cregar and Tyrone Power. Privateer Captain Henry Morgan tries to rid the Caribbean of pirates when  
 15:40 Criss Cross (1949)  
 (1949) Muscular film noir starring Burt Lancaster and Yvonne De Carlo. A dame convinces her ex-husband, an armoured car guard, to come in on a daring  
 17:25 Warlock  
 (1959) Western starring Henry Fonda. A gunfighter is hired to protect a town from a raiding gang. But a vendetta could undermine him. With Anthony Quinn, Richard Widmark and  
 19:50 The League of Extraordinary...  
 ...Gentlemen: (2003) Fantasy with Sean Connery. In an alternative Victorian age, can Allan Quatermain, Dorian Gray, Captain Nemo, Mina Harker  
 22:00 M3GAN  
 (2022) Creepy-doll horror with Allison Williams. A robotics engineer simultaneously invents an AI dolly and takes on the care of her orphaned niece.  
 00:05 Late Night with the Devil  
 (2023) Unsettling found-footage horror with David Dastmalchian. A has-been host tries to save his 70s talk show using a demonically possessed



# New Alicante Airport bus still bypasses Orihuela Costa



Orihuela Costa has fuelled a surge in illegal pirate taxis in recent years, with tourists and residents left with few options for getting to and from the airport.

A new public bus service connecting the Vega Baja region with Alicante-Elche Airport launched on 1st February but still doesn't serve Orihuela Costa, one of the most popular tourist destinations in the province.

The €1.5 million contract, awarded to Bus Sigüenza for the next two years, covers 16 municipalities across five routes and includes direct airport connections for Almoradí, Formentera del Segura, Rojales and Guardamar del Segura. But Orihuela Costa, with its huge expat community and year-round influx of British and European tourists, remains without a direct link.

The lack of airport transport to

The new service, which came into effect this month, is great news for those living in several popular inland towns. It's structured around five routes serving 15 municipalities in Alicante and one in Murcia.

Key additions include a specific airport route and reinforced connections between Guardamar del Segura and Orihuela, which now operate on Sundays and holidays throughout the year.

Line 1 runs between Orihuela and Guardamar del Segura with seven trips in each direction Monday to Friday during winter (six in summer), three trips each way on Saturdays and two on Sundays and holidays.

Line 2 connects Almoradí, Rojales and Alicante with three trips in each direction Monday to Saturday all year.

Line 3 is the airport route, running between Almoradí, Guardamar and the airport with two outbound and three return trips Monday to Sunday in winter, reducing to one trip per direction in summer.

Line 4A links Abanilla (Murcia), La Murada, Benferri and Orihuela with two outbound and three re-

turn trips Monday to Friday, plus two trips each way on Saturdays, Sundays and public holidays. Line 4B is a new addition connecting La Murada, Benferri, Orihuela and Hospital Vega Baja with two trips in each direction Monday to Friday, plus an extra outbound trip and two extra return trips on Tuesdays.

The new public bus service also increases frequencies between Santa Pola and Alicante to meet demand on one of the coast's busiest routes and expands

weekend and holiday services across several routes. The concession includes a minimum fleet of six buses plus one spare, which will make more than 10,600 trips per year and cover 392,600 kilometres annually.

All vehicles comply with current accessibility regulations and are equipped with a Fleet Management System that lets passengers check real-time bus locations and arrival times.

BUS SIGÜENZA Desde ALMORADÍ hasta AEROPUERTO DEL ALTET			BUS SIGÜENZA Desde AEROPUERTO DEL ALTET hasta ALMORADÍ		
HORARIO INVIERNO (1 DE SEPTIEMBRE A 30 DE JUNIO) TODOS LOS DÍAS			HORARIO INVIERNO (1 DE SEPTIEMBRE A 30 DE JUNIO) TODOS LOS DÍAS		
Almoradí Estación de autobuses	7:15	11:30	Aeropuerto de Alicante - Elche	10:00	13:00 16:30
Formentera del Segura Av. de Constitución	7:30	11:45	Elche Urb. Buenavista - La Marina I Av. La Alegria - La Marina	10:25	13:25 16:55
Rojales Av. Vega Baja	7:35	11:50	Guardamar del Segura Estación de Autobuses	10:35	13:35 17:05
Guardamar del Segura Estación de autobuses	7:50	12:05	Rojales Av. Vega Baja	10:50	13:50 17:20
Elche Urb. Buenavista - La Marina I Av. La Alegria - La Marina	8:00	12:15	Formentera del Segura Av. de Constitución	10:55	13:55 17:25
Aeropuerto de Alicante - Elche	8:25	12:40	Almoradí Estación de autobuses	11:10	14:10 17:40

## Madrid named world's best city for street art



The Spanish capital Madrid was named the Number 1 World's Best Street Art City for "its 425 street art masterpieces." It is followed by Athens, Greece and Lisbon, Portugal. New York City ranked 10th on the list and Los Angeles was 19th.

The top spot for best mural of 2025 went to the artist KLE for a colourful graffiti in the Greek city of Kalamata depicting the late opera singer Maria Callas surrounded by birds and branches. Second prize went to Pijanista for Deep reflection, a mural located in Belgrade, Serbia.

The top prizes in the mural category for Best of 2023 and Best of 2024 went to two works in Fene, in northwestern Spain.

To select the winners, hundreds of new murals created each year are analysed and judged. This is done by a combination of an expert jury and the Street Art community, touted as "the largest street art community in the world," with votes for the best one.

Each month, the jury selects 100 examples of urban art that they have found themselves or that have been suggested to them. After sharing these murals on Instagram, the number of interactions is extracted using a proprietary algorithm, calculating a score that takes into account factors such as views, votes, and engagement.

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## Michelin awards local fabulous food

Michelin awards local fabulous food

Alicante has reaffirmed its place as one of Spain's leading culinary provinces following the publication of the Michelin Guide's recommended restaurants list for 2026.

The newly recognised venues recently received their official Michelin plaques at an event hosted by CaixaBank at CaixaForum Valencia, attended by more than 200 professionals from the food and hospitality sector.

This year's selection strengthens Alicante's reputation for quality and variety, adding two new restaurants to the list – while also marking one notable departure.

The biggest boost for the province comes with the debut of Vituco Gourmet and Nazario Cano, two establishments included for the first time in the Michelin Guide's recommended category.

Their arrival highlights the

breadth of Alicante's current gastronomic offering, with Michelin once again rewarding restaurants that combine strong identity, high-quality ingredients and consistent technical execution.

The 2026 edition also brings a significant exit: Casa Cantó, in Benissa, has been removed from the recommended list.

The change has drawn attention among local diners and food lovers, underlining the evolving nature of Michelin's annual evaluation process and the high standards required to remain included.

### Michelin-recommended restaurants in Alicante province:

Ausiàs (Pedreguer)

Celeste and Don Carlos (Alicante)

Distrikt41 (Alicante)

El Carreter (La Xara)  
El Portal Alicante Krug Ambassade (Alicante)

Erre que Erre (Ibi)

Espacio Montoro (Alicante)

Koiné (Alicante)

La Ereta (Alicante)

La Masía de Chencho (Elche)

La Perla de Jávea (Jávea)

La Sirena (Petrer)

La Taberna del Gourmet (Alicante)

La Vaquería Mediterránea (El Campello)

Maestral (Alicante)

Manero (Alicante)

Monastrell (Alicante)

Nazario Cano (Moraira)

Nou Manolín (Alicante)  
Open (Alicante)

Piripi (Alicante)

Steki (Alicante)

Tosca (Jávea)

Vituco Gourmet (Alicante)

Volta i Volta (Jávea)

Despite the limited changes, the Michelin list for 2026 maintains a solid backbone of long-established names, particularly in Alicante city, where restaurants such as Nou Manolín, Piripi, La Ereta, El Portal, Monastrell, La Taberna del Gourmet, Maestral and Manero continue to hold their positions. Meanwhile, newer projects including Koiné and Distrikt41 remain on the rise, consolidating their place among the province's most notable dining rooms.

The Michelin selection once again reflects Alicante's geographic diversity. In Marina Alta, restaurants such as Tosca, La Perla de Jávea and Volta i Volta continue to stand out, now joined by Nazario Cano in Moraira. Elsewhere across the province, Michelin continues to recognise strong culinary projects in towns and inland areas, including El Carreter, Ausiàs, Erre que Erre, La Masía de Chencho, La Sirena and La Vaquería Mediterránea.

With two new additions and a roster that remains largely intact, Alicante enters 2026 with its gastronomic credentials firmly reinforced – and with Michelin's spotlight still shining across the province.



MICHELIN  
STAR

## Valentines Day in Spain



Valentine's Day, also known as St. Valentine's Day or the Day of Love and Friendship, is an occasion that is celebrated on 14th February each year and often involves romantic gestures, gifts and expressions of affection.

But how does the tradition of 'San Valentín' fare in Spain, a country rich in cultural festivities and traditions?

The roots of Valentine's Day can be traced back to ancient Rome, during the reign of Emperor

Claudius II in the 3rd century. Legend has it that Claudius II issued an edict banning marriages for young people, believing that unmarried soldiers made better warriors as they were unencumbered by family ties.

However, a defiant priest named Valentine defied this decree and clandestinely performed marriages for young lovers. When he was eventually discovered, Valentine was sentenced to death on 14th February in the year 270 CE, for his acts of dis-

obedience and rebellion against the emperor's orders. Thus, Valentine's Day is commemorated annually in remembrance of this martyr, just as many Catholic saints have their own feast day in the Spanish calendar.

The commercialisation of Valentine's Day...or, how to show your love by buying stuff. The modern celebrations Valentine's

Day is characterised by the exchange of gifts, cards and romantic gestures, and it finds its roots in the mid-19th century in America.

Artist Esther A. Howland is credited as a pioneer in the sale of romantic-themed gift cards, which she began producing in the 1840s. These cards, adorned with images of love and affection, quickly gained popularity and became a staple of Valentine's Day celebrations and

cementing the idea that the only love language that really counts is that of doing physical gifts.

Valentine's celebrations in Spain

In Spain, Valentine's Day holds a special place among couples, with many embracing the American tradition of exchanging gifts and romantic gestures. However, for those who find themselves single on this day, there's no need to fret. In Spain, February 14th is also affectionately known as 'San Solterín' day, a day for singles to celebrate with friends or family. Moreover, the 13th of February has recently gained recognition as a Singles' Day too, although it remains relatively unknown to many.

The other important day of love in Spain, apart from Valentine's Day, is the Day of Sant Jordi or St. George's Day on April 23, which is especially celebrated in Barcelona, Catalonia and Aragón with the giving of books and roses.

In some other Spanish speaking countries in Latin America, Valentine's Day has a bit of a different meaning, or the Day of Love is celebrated on different

days. For example, in Puerto Rico and Peru, February 14 is more about commemorating love and friendship and exchanging gifts between friends, not necessarily in a romantic way.

In Uruguay, their day of love is celebrated in October, while in Bolivia, the first day of spring is celebrated on 21st September, prompting displays of affection and love with gifts, flowers and cards.

In Colombia, the third Saturday of September is known as the day of the bride and groom, when they celebrate love and friendship and do a sort of Secret Santa-style gift swapping.

While Valentine's Day undoubtedly serves as a significant occasion for expressing love and affection, in Spain as much as in other Western countries, it's important to remember that gestures of love shouldn't be confined to a single day dictated by consumerism. Any day is a good opportunity to cherish and appreciate the ones you love and show them that, whether through gifts, kind words, helpful actions or just a heartfelt hug or a kiss.

**Happy Valentine's Day!**

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## How long to wait after drinking to drive

With Spain's strict drinking laws and low levels of tolerance it's important to know how long you need to refrain from driving after a night on the booze. While you may wake up feeling totally sober, there may still be enough alcohol in your system to impair your driving and subsequently blow over the limit on a breathalyser.

So, for the sake of keeping other road users safe and avoiding a day in court, it's worth knowing what your limits are when it comes to driving the morning after.

Drinkaware – [www.drinkaware.co.uk](http://www.drinkaware.co.uk) – operates a handy drink calculator which gives users a good estimate of how long you should wait before getting behind the wheel.

According to Drinkaware, it takes at least one hour to process one standard drink. Examples of a

standard drink are half a pint of beer, a 100ml glass of wine, or a measure of spirits – but not a Spanish free pour measure! An average pint of beer equals two standard drinks. This means it will take your body two hours to process one pint.

Drinkaware says time starts when the last drink is finished. For example, if a person finishes three pints of beer at midnight, they will have consumed six standard drinks. This means they need six hours from midnight when they stopped drinking before their body has processed the alcohol, and they should not get behind the wheel of a car until 6am at the earliest.

### Examples:

6 pints of lager/stout: Pints of Guinness, Heineken, Carlsberg or another lager or stout are in and around 4.5%. If you have

six, Drinkaware recommends you don't drive for 12 hours after you finish your last drink. So if you head to bed at midnight, you can't drive until noon the following day.

1 bottle of wine: According to Drinkaware, if you finish one bottle of red or white wine, you must stay off the road for eight hours afterwards.

8 gin and tonics: Drinking 8 gin and tonics would mean no driving for 8 hours after your final drink.

5 pints and 5 vodkas with mixers: A night of pub-to-clubbing could have you feeling particularly bad the next day, and it's reflected in how long you have to stay off the road. According to Drinkaware, you will have to avoid driving for 15 hours after your last drink.

Please remember that spirit measures will be a single optic

measure. Also bear in mind that the only way to remove alcohol from your system is time; no amount of food or water will speed up the process.

Binge drinking is defined as consuming 60 grams of pure alcohol – six or more standard drinks – in one sitting. This is the equivalent of three pints of cider (568ml), six bottles of lager (330ml) or four glasses of prosecco (150ml).

If you want to reduce your alcohol consumption, change doesn't have to be huge or overwhelming. Experts encourage everyone to focus on changes that work for them, and if they find it difficult, to focus on why they are making the changes and what their motivations are.

- If drinking at

home, it can be as simple as choosing a smaller glass or using a measure

- Have at least three consecutive days without alcohol

- If drinking while you're out at a pub or another venue, think about alternating each round with a glass of water

- Think about choosing low or no-alcohol options at the bar

- Set yourself a spending limit so that you can anticipate reducing your alcohol intake in advance



## It matters how you take your tea

Drinking tea, particularly green tea, is linked to better heart health, improved metabolism, and lower risks of chronic diseases like diabetes and cancer. It may also help protect the brain and preserve muscle strength as people age. However, processed teas—such as bottled and bubble varieties—often contain sugars and additives that may cancel out these benefits. Moderation and choosing freshly brewed tea appear key.



A comprehensive review finds that tea, especially green tea, is strongly associated with a reduced risk of cardiovascular diseases, obesity, diabetes, and several forms of cancer. Beyond these well-known benefits, tea consumption is also linked to brain protection, reduced muscle loss in older adults, and anti-inflammatory and antimicrobial effects. Together, these findings point to tea as a beverage with broad potential to

support long-term health. At the same time, the review highlights important concerns related to certain modern tea products, particularly bottled and bubble teas, which may include artificial sweeteners, preservatives, and other additives.

Tea is produced from the leaves of *Camellia sinensis* and has been consumed worldwide for centuries. It was first used mainly for medicinal purposes before becoming a widely enjoyed daily drink. Researchers have long been interested in tea because it contains high levels of polyphenols, especially catechins, which are believed to play a key role in its health effects. While green tea has been studied extensively, much less is known about the health effects of other varieties, including black, oolong, and white tea, particularly when comparing their benefits. The review also considers potential risks tied to additives and contaminants found in some commercially produced tea beverages.

Despite tea's many advantages, the review

cautions that not all tea products offer the same health value. Bottled teas and bubble teas often contain added sugar, artificial sweeteners, and preservatives that may weaken or offset tea's natural benefits. The authors also note concerns about pesticide residues, heavy metals, and microplastics found in tea. While these contaminants are not considered a significant risk for most people at typical intake levels, they may be more relevant for individuals who consume large amounts of tea over long periods. The review also discusses how tea can interfere with the absorption of certain nutrients, including non-heme iron and calcium, which may be important for people following vegetarian diets or those with specific nutritional requirements.

Overall, the review concludes that tea provides clear health benefits, especially when consumed in its traditional, freshly brewed form. The authors suggest that regular, moderate intake of brewed tea may help reduce the risk of cardiovascular diseases, diabetes, and cancer.

## Air Fryers produce far fewer toxic particles than frying

As air fryers cement their place on kitchen counters, researchers are taking a closer look at what they mean for the air we breathe at home. A new study from the University of Birmingham suggests the popular appliances may significantly reduce indoor pollution compared with traditional frying methods – even when cooking foods high in fat.

The research, published in the American Chemical Society journal *ES&T Air*, is among the first to comprehensively track the range of pollutants released during air frying. The findings come as surveys show air fryers are rapidly becoming a standard fixture in UK households.

Across multiple foods, the team recorded lower emissions of volatile organic compounds and ultrafine particles than those typically produced during shallow frying or deep fat frying. Both VOCs and ultrafine particles have been linked to health concerns, yet indoor sources such as cooking have historically

received far less attention than outdoor air pollution.

The study builds on earlier work from the same group, which found air frying chicken breast released substantially fewer VOCs. This time, researchers investigated whether the fat content of different foods alters what ends up in the air.

To measure emissions in detail, the team conducted experiments in custom-built air quality chambers designed to detect subtle changes in VOCs and airborne particles. Using a commercially available 4.7-litre air fryer, they cooked batches of frozen fried foods, fresh low-fat items, and fresh high-fat foods under consistent conditions to allow direct comparisons.

While overall emissions from air frying were lower than other frying methods, some foods produced noticeably higher levels of pollutants even inside the air fryer. Frozen onion rings – possibly due to their pre-fried oil coating –

ranked among the highest emitters. Smoked and unsmoked bacon also generated elevated emissions, which researchers attributed to cured fats and the thin slices that allow fats to fry almost instantly.

The starkest differences emerged when researchers compared air frying with other ways of cooking the same high-fat foods. When a deep fat fryer was used instead, VOC levels rose dramatically – between 10 and 100 times higher. The team noted the results matched earlier experiments in a research kitchen, where frying lean chicken breast in oil using various methods consistently produced much higher pollutant levels than air frying.

Researchers say the findings add to growing evidence that air fryers could offer indoor air quality benefits, particularly for households that frequently cook with oil or fry fatty foods.



## Beef Enchiladas

These beef enchiladas are extra tasty with a juicy filling made with beef, refried beans and a homemade Enchilada spice mix. The refried beans fill them out, making the filling juicy and adding flavour.

### Ingredients

#### Spice Mix

- 1 tsp each onion & garlic powder
- 1 tbsp each cumin powder, paprika and dried oregano
- 1/2 – 1 tsp cayenne pepper (optional, spiciness)

#### Enchilada Sauce

- 2 tbsp olive oil
- 3 tbsp flour, plain
- 2 cups (500ml) chicken stock / broth, low sodium
- 1 1/2 cups (375 ml) tomato passata or 1 can (8 oz) canned tomato sauce
- 1/4 tsp each salt and pepper

#### Beef

- 1 tbsp olive oil
- 2 garlic cloves, minced

- 1 onion, finely chopped
  - 1 lb / 500g ground beef (mince)
  - 400g / 14oz refried beans (1 can)
  - 400g / 14oz black beans, drained
- Enchiladas**
- 8 tortillas (or burrito wraps)
  - 1.5 cups (150g) grated melting cheese
  - Cilantro/coriander leaves, roughly chopped (optional garnish)

### Instructions

Mix together Spice Mix ingredients. Set aside.

#### Enchilada Sauce

Heat oil in a large saucepan over medium heat. Add flour and mix to combine into a paste. Cook for 1 minute, stirring constantly.

Add 1/2 cup chicken broth, whisk straight away then it will turn into a thick smooth paste quite quickly.

Add remaining chicken broth, passata, salt, pepper and 2 tablespoons of

reserved SPICE MIX. Whisk. Increase heat slightly to medium high. Cook for 3 to 5 minutes, whisking regularly, until the sauce thickens to the consistency of thick syrup. Remove from stove.

### Filling

Preheat oven to 180C/350F.

Heat oil in a skillet over high heat. Add garlic and onion, cook for 2 minutes. Add beef and cook for 2 minutes, breaking it up as you go. Add remaining Spice Mix. Cook for a further 2 minutes or until completely brown.

Add refried beans, black beans, about 1/4 cup of Enchilada Sauce + salt & pepper. Mix and cook for 2 minutes then remove from stove (see video).

### Enchiladas

Smear a bit of Sauce on the bottom of a baking dish (stops sliding).

Place filling on the lower third of a tortilla. Roll up then place in the baking dish, seam side down. Repeat with remaining Filling & Tortillas.

Pour Sauce over the Enchiladas, top with cheese, bake for 10 minutes covered, then 10 minutes uncovered.



## One Pot Portuguese Chicken & Rice

Chicken and rice cooked together in one pot is seriously good. The rice absorbs all the juices from the chicken and any vegetables you use, plus broth flavourings. The flavour combinations are endless. Here we're doing Portuguese-style chicken and rice.

### Ingredients

- 500 g chicken thighs, boneless, skinless, cut into bite size pieces
- Portuguese chicken seasoning:**
- 2 tsp paprika (regular/sweet, not spicy)
  - 1 tsp garlic powder (substitute large garlic clove, minced)
  - 1 tsp dried oregano
  - 0.25 tsp coriander
  - 0.25 tsp cayenne (can omit for zero spicy)
  - 1 tbsp brown sugar
  - 1 tsp cooking salt
  - 1 tbsp extra virgin olive oil
  - 0.5 tbsp lemon juice (substitute apple cider vinegar)
- Spicy rice (or not):**
- 2 tbsp extra virgin olive oil
  - 2 garlic cloves, finely minced
  - 1 small onion, diced
  - 1 red capsicum (bell pepper), deseeded,

- chopped into 1cm/0.4" squares
- 270 g basmati rice (or long grain rice or medium grain rice)
- 0.25 tsp chilli flakes / red pepper flakes (omit for not spicy)
- 2 tsp turmeric powder
- 560 ml chicken stock/broth, low sodium
- 260 g frozen peas (still frozen)
- 0.5 tsp cooking salt / kosher salt (+50% for flakes, halve for table salt)

### Garnishes:

- Green onion, finely sliced

### Instructions

Mix the Portuguese Chicken Seasoning ingredients in a bowl. Add chicken and toss to coat. Set aside while you prepare the rest of the ingredients, or overnight if you want (though not necessary). Heat the 2 tablespoons of oil in a large heavy based pot over high heat. Add the chicken and cook until the outside is sealed and gets a bit of colour (it won't go golden). Remove with a slotted spoon into a bowl, leaving oil behind in the pot. Add garlic and onion into the pot, cook for 1 minute. Add capsicum and cook for 1 1/2 minutes or until onion is translucent.

Add rice and stir to coat in the tasty oil. Add remaining rice ingredients, then scatter the chicken evenly across the surface. Also add any juices accumulated in the bowl. Stir, bring to a simmer, then put the lid on and lower heat to medium low so it's simmering gently. Cook 15 minutes – no peeking, no stirring! Liquid should be absorbed – tilt pot and lift lid for quick peek. Rest 10 minutes – Remove pot from the stove and leave to rest for 10 minutes with the lid still on. Fluff & serve – Remove lid, gently toss the rice. Spoon into bowls, sprinkle with green onions and serve.



## 15 Minute Meat Balls

Here's how to make Sausage Meatballs in just 15 minutes – and still have time for a glass of wine. It even comes with a homemade tomato meatball sauce!

### Ingredients

- 1 tbsp olive oil
- 700 g good sausages, cut into uniform 1.5 cm pieces (keep the skin on) – your favourite ones for eating, any flavour, any meat

- 2 garlic cloves, finely chopped
- 180 ml chicken stock/broth, low sodium
- 700 g tomato passata
- 0.5 tsp dried Italian herb mix (substitute dried oregano, or 50/50 oregano/thyme)
- 0.5 tsp cooking salt
- 0.25 tsp red pepper flakes, optional (hint of warmth – substitute pinch of pepper)
- 1 sprig basil – stalk for sauce

### Serving:

- Parmesan, finely grated

- 350 g pasta of choice, or polenta, mash or make substitutes!

### Instructions

Heat the oil in a large non-stick pan over high heat. Add the meatballs and stir for 4 – 5 minutes until lightly browned but still raw inside. Add garlic and stir for just 15 seconds until light golden (careful, don't let it burn!) Add the stock and simmer rapidly for 1 minute to reduce by half. Add everything else, stir, bring to a simmer, then lower heat to medium high and let it simmer

energetically (but not crazy rapidly) for 4 minutes.

Serve with lots of parmesan and hand-torn basil leaves over pasta, polenta, mash or other starchy vehicle of choice, or stuff into subs!

### Serving with pasta

Add cooked pasta with 1/2 cup of the pasta cooking water into the pan with meatballs. Toss over medium heat for 1 – 2 minutes until the sauce is stuck to the pasta and it's stained red, rather than pooled in the base of the pan. Divide between bowls and enjoy!



## Spain performs world's first face transplant with an assisted dying donor



A Barcelona hospital has made medical history by performing the world's first face transplant using tissue donated by a person who had received euthanasia.

Vall d'Hebron Hospital carried out the groundbreaking 24-hour procedure, which involved around 100 medical profession-

als. For the recipient, a woman named Carme, it was "the only way to live a normal life" after a devastating insect bite destroyed half her face.

In July 2024, Carme was on holiday in the Canary Islands when an insect sting triggered a bacterial infection that caused

severe necrosis of her facial tissues. She fell into a coma and spent months in intensive care fighting for her life.

"When I woke up, the necrosis had consumed half my face," she said. She couldn't eat because she was unable to open her mouth and struggled to breathe properly because half her nose was missing.

Four months after the transplant, Carme says her life is now "starting to get better" and credits Dr Joan-Pere Barret i Nerin, head of Plastic Surgery and Burns at the hospital, with being her guardian angel.

The donor was a middle-aged woman who chose euthanasia. Dr Elisabeth Navas, medical coordinator of Donation and

Transplants at Vall d'Hebron, described the gesture as one of "immense" generosity and altruism.

"It demonstrates a level of maturity that leaves one speechless," she said, "deciding to end her life and then giving one of her last wishes to a stranger that will allow her a second chance."

For a face transplant to work, the donor and recipient must share the same sex and blood type as well as similar head measurements, which was the case for Carme and her donor.

Dr Barret explained that face transplantation is functional surgery carried out when patients have lost areas of the face that cannot be restored with common plastic surgery techniques.

"These are patients with severe facial disfigurement as a result of diseases, burns, trauma or congenital defects that affect basic vital functions," he said.

Vall d'Hebron has now performed three of the six facial transplants in Spain and three of the 54 carried out worldwide. In 2010, the hospital's team performed the world's first full face transplant, five years after a hospital in Amiens, France, carried out the first partial face transplant.

Laura Escot, a biomedical engineer from the 3D Technologies Unit, explained that a digital three-dimensional model was created from a CT scan to help professionals understand how to carry out the surgery.

## Overthinking at night linked to unresolved emotions

Your bedside clock says it's well past midnight. The room is quiet. Your body is begging for sleep. And yet your mind is doing the exact opposite—loud, restless, and strangely determined to re-run the entire day.

A throwaway comment you made in a meeting suddenly feels catastrophic. Next week's conversation with your boss plays out in your head like a worst-case rehearsal. Then, out of nowhere, you remember the call you promised your parents... and never made.

It's a familiar mismatch: physically exhausted, mentally wide awake. Your brain starts rewinding, fast-forwarding, and re-editing moments like a late-night film. And the oddest part is how the same thoughts that felt manageable at 4pm now feel urgent, heavy, and emotionally charged.

That shift isn't random. During the day, your attention is constantly being pulled away—emails, notifications, traffic, children, deadlines, someone asking, "Got a minute?" Your brain spends its energy coping with the schedule and

prioritising what needs to be done, not what needs to be felt. It's in survival mode.

But at night, the distractions drop away. The lights go out. The noise fades. And with nothing left to focus on, your mental guard lowers.

What rises to the surface are the emotions you didn't have time to process. Night doesn't magically create new problems—it simply removes the clutter that was hiding the existing ones. Once the flotsam and jetsam clears, what's left is whatever still feels unresolved.

Research supports this pattern. A 2021 study published in *Brain Sciences* found that people tend to ruminate more in the evening and at night, especially about social situations and perceived personal failures. Interestingly, the thoughts weren't necessarily more negative than daytime thoughts—they just felt heavier, and harder to push aside.

Part of the reason is neurological. Emotional regions of the brain, like the amygdala, remain highly alert. Meanwhile, the prefrontal cortex—the area responsible for

logic, planning, and perspective—starts to fatigue. In other words: feelings get louder, reasoning gets quieter.

Psychologists sometimes refer to nighttime overthinking as "unfinished emotional business." All the small frustrations, swallowed resentments, and fears you brushed off with "I'll deal with it later" start lining up at the door. Sleep pressure increases. Melatonin rises. But emotional pressure rises too.

And there's another factor: your brain is naturally wired to process memory and meaning as you drift toward sleep. During this transition, the hippocampus and related networks begin sorting the day—what to store, what to discard, what still needs attention. If something feels unresolved or threatening, your brain flags it as high priority. That's why certain thoughts don't simply pass through. They loop. Your emotional system is trying to finish a job your daytime self postponed.

### Declutter your mind for better sleep

One surprisingly effective

strategy is to schedule a "worry window" earlier in the evening. Set aside 10–15 minutes and write down what's on your mind: what bothered you today, what you're anxious about tomorrow, which conversations feel unfinished. Then, for each item, write one small next step—something like "ask for a meeting" or "look up a therapist."

This does something powerful: it tells your brain, I've heard you—and there's a plan. Emotional systems settle down when they feel acknowledged.

A lot of people skip this because it seems too simple, even silly. Instead, they lie in bed trying to argue themselves out of their feelings. But the harder you fight the thoughts, the more your brain interprets them as a threat—and the more tightly they stick.

Try the worry window a few evenings a week, and you'll often notice a shift. Over time, your brain starts to trust that your daytime self will show up and handle the hard things. And when it believes that, it stops trying to solve your life at 2am.

## Body Shop brings back Dewberry

The Body Shop is bringing back one of its most iconic products: Dewberry, the fruity-floral fragrance that became a defining scent of the 1990s.

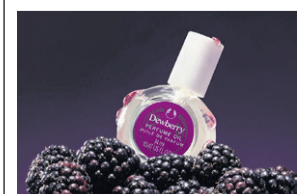
First launched in 1988, Dewberry quickly found cult status the following decade thanks to its sweet, nostalgic blend and its distinctive pocket-sized huile de parfum format. After being discontinued in 2002, the fragrance developed a devoted fanbase that has spent years urging the brand to revive it — a request The Body Shop has now officially answered.

The relaunch won't be limited to the original perfume oil. Instead, the brand is rolling out a full Dewberry collection, including a fast-absorbing Body Yogurt infused with the signature scent and offering up to 48 hours of hydration, as well as a Bath & Shower Gel designed to cleanse without stripping the skin. However, the standout for long-time fans is expected to be the new Fragrance Mist, a reformulated version of the classic

scent. The updated blend is described as vibrant and mood-boosting, while still feeling more sophisticated than its nostalgic reputation suggests. Warm cedarwood and soft musk form the base, lifted by jasmine, freesia and white lily, with a bright top layer combining dewberry and eucalyptus.

In a statement, The Body Shop said the revived fragrance is intended as "the perfect way to reawaken cherished memories of a thrilling era, while creating bold new ones today," positioning the launch as timely for shoppers looking to refresh their scent wardrobe for spring.

The range is also expected to appeal to budget-conscious beauty buyers, with pricing described as accessible — and early impressions suggesting the fragrance lasts longer than its price tag might imply.



# Reconnecting With Life: How Hearing Aids Help People Feel Present Again

Hearing loss rarely arrives all at once. It often slips in quietly, changing daily life in ways that are easy to dismiss at first. Conversations start to feel harder to follow. Background noise becomes exhausting. Moments that once felt effortless begin to require real concentration. Over time, many people find themselves withdrawing — not because they want to, but because listening has become tiring and frustrating.

It's common for people to adapt by smiling and nodding, hoping they've understood enough. Group conversations can feel overwhelming, and social situations that were once enjoyable may begin to feel stressful. Little by little, confidence can fade, replaced by a sense of disconnection from the people and places that matter most.

For many, taking the first step and booking a hearing as-

essment can feel daunting. Worries about looking old, dependent, or different often stand in the way. Yet modern hearing care is about much more than test results. It starts with being listened to. We take time to understand individual concerns, daily challenges, and what truly matters to each person's life.

When hearing aids are introduced, the impact can be surprisingly emotional. Many people notice everyday sounds returning — sounds they hadn't realised they were missing. Voices become clearer, conversations flow more naturally, and listening no longer feels like hard work. The effort of constantly trying to keep up begins to fade.

Perhaps the most meaningful change is the effect on relationships. When communication improves, frustration eases on both sides. People feel more present in conver-



sations, more confident contributing, and more connected to family, friends, and their wider community. Laughter comes more easily. Moments feel shared again.

Hearing aids also help restore independence. With clearer hearing comes renewed confidence to socialise, take part

in hobbies, and engage with the world without hesitation. Rather than feeling limited, many people describe feeling like themselves again.

Today's hearing aids are discreet, comfortable, and designed to fit real lives. They are not symbols of loss, but tools that support connec-

tion, confidence, and emotional well-being.


Hearing loss does not have to mean stepping back from life. With the right support and modern hearing solutions, it is possible to feel present, engaged, and truly connected once more — at any age.



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 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	<b>Home</b> 1-1 Conversation TV	<b>Family</b> Family gatherings Shopping	<b>Groups</b> Cafes Small groups	<b>Social</b> Large groups Terraces Sports	<b>Complex</b> Restaurants Parties Bars	<b>Demanding</b> 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



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Turn to page 36 for all puzzle results

**Word Ladder — Easy (4 letters)**

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

1	<b>C O L D</b>	START
2	- - - -	
3	- - - -	
4	- - - -	
5	<b>W A R M</b>	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	<b>L I G H T</b>	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	- - - - -	
8	- - - - -	
9	- - - - -	
10	<b>H E A V Y</b>	END

**WORD SEARCH**

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

1. BOOKKEEPER 2. NEIGHBOUR 3. BACKYARD 4. BLUEBIRD 5. GRANITE 6. COUNTRY  
7. GARDEN 8. MARKET 9. WINDOW 10. BREAD 11. CHAIR 12. TODAY

**SUDOKU**

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



## Register your electric scooter with the DGT Spain today to avoid fines

Electric scooter owners in Spain are being warned to register their vehicles with the Directorate General of Traffic (DGT) as soon as possible, to avoid significant fines under new national regulations.

After several delays, the Ministry of the Interior has confirmed that a new National Vehicle Registry for personal mobility vehicles is now up and running. From now onwards, all electric scooters used on public roads must be officially registered and must also have valid civil liability insurance.

Failure to comply with these requirements could result in fines of up to €800. The penalties apply not only to riders who have not registered their scooter, but also to those who are riding without insurance or with insurance that does not meet the new legal standards.

The new system applies to all per-

sonal mobility vehicles, commonly known as PMVs. These are defined as vehicles with one or more wheels, fitted with a single seat and powered exclusively by an electric motor, capable of reaching speeds between 6 and 25 kilometres per hour.

Owners must register their scooter through the DGT website, which costs just €8.67. Once the process is complete, a registration number will be generated, and a digital registration certificate will be issued. Users must then obtain an official identification sticker and display it on the vehicle in a visible location.

The Ministry has explained that there are two types of scooters under the new system. Certified scooters that already meet official



technical standards can be fully registered using their existing documentation. Non-certified scooters, which do not have an official circulation certificate, can still be registered but will only be allowed to operate until January 22, 2027.

Even these older or non-certified vehicles must still be registered and insured during the transitional period. Owners will need to provide personal information and basic documentation such as an

invoice, technical data sheet or a photograph of the scooter in order to complete the process.

Alongside the registration requirement, new insurance rules have also come into force under Insurance Law 5/2025. All electric scooters must now be covered by third party liability insurance that meets strict minimum levels of protection.

The law requires that every policy provides cover of at least €6,450,000 per claim for damage to people and at least €1,300,000 per claim for damage to property. Any policy that does not meet these minimum limits will be considered legally insufficient, and the scooter will be treated as uninsured.

This means that some existing insurance policies may no longer be valid under the new regulations. Riders who already have insurance are being advised to check carefully that their coverage meets the updated legal requirements.

The overall aim of the new measures is to improve road safety, protect victims in the event of accidents and ensure that all scooter users take proper responsibility for any damage they may cause.

With enforcement now beginning, the DGT is urging all electric scooter owners to act quickly. Registering the vehicle and ensuring it has proper insurance are now essential steps for anyone who wishes to continue riding legally on Spanish roads.

You can register your electric scooter today through the official DGT website

## Chinese brands lead car luxury

There are so many Chinese brands that there are manufacturers dedicated to every type of possible segment of the automotive market. IM Motors is one of those such firms and after presenting the LS9 with a large premium SUV, it has now shown the world its top-of-the-range version, an LS9 Hyper that already has just entered the luxury segment.

It is a large SUV, 5.2 metres long, two metres wide and 1.8 metres

high. It sports a very minimalist image, with body panels with soft and rounded shapes without visible ribs. Slim details such as the front light clusters, window frames and skirt slats are what give it its identity.

The really striking elements though come together inside the vehicle. Although it has not been shown yet, it should have everything that the LS9 has and even more: a 27.1-inch central screen

that also doubles as an instrument cluster, a 15.6-inch screen for the co-driver, Bang & Olufsen sound system, heated floor, the features go on.

As is often the case with this type of vehicle, it is almost preferable to ride in the back than in front. It has two individual seats that are reclining seats, with massage function, heated and ventilated - and from the ceiling a 27-inch screen with 5K resolution

unfolds.

But, surely, the most curious detail is an accessory more typical of a camper van: a shower that can be integrated into the tailgate. When opened, a fabric structure unfolds that allows you to shower in private.

The LS9 Hyper relies on an extended range electric mechanics, which are extremely popular in China. It mounts a 1.5 turbo four-cylinder petrol engine with 153 hp whose sole function is to act as a generator to power the system's 65.9 kWh battery. It then supplies power to three electric motors, one on the front

axle and two on the rear, the first with 195 kW (261 hp) and each with 160 kW (215 hp) of power. This configuration allows it to drive for 308 kilometres in electric mode, but the manufacturer has not provided the data of what their joint range is.

Other interesting aspects of its driving are the presence of a braking system that allows 100% energy recovery in deceleration and the fact that it has two steering axles, which allow a rotation of the wheels of up to 24 degrees, enhancing stability at high speeds and agility at low speeds.

## Trial starts for car 'clocking' gang

The suspects in a long-running alleged car scam in Alicante's Vega Baja area are finally heading to court this week, with 10 people accused of cheating buyers out of thousands of euros by reselling doctored second-hand vehicles.

The trial gets under way this Monday January 26 at the Provincial Court of Alicante and centres on a group that allegedly operated out of towns including Almoradí and Torrevieja, as well as l'Alfàs del Pi in the Marina Baixa. According to prosecutors, the gang ran what looked like legitimate used-car businesses

from industrial estates in both areas, while quietly manipulating vehicles behind the scenes.

The Public Prosecutor's Office says the defendants bought second-hand cars from rental and leasing companies, as well as from private sellers. Before putting them back on the market, they allegedly wound back the odometers and forged paperwork to make the vehicles appear newer and more valuable than they really were. In doing so, they are accused of defrauding around 100 buyers over a three-year period, between 2011 and 2014.

All 10 defendants now face charges of belonging to a criminal group, aggravated fraud and falsifying private documents. Prosecutors are provisionally seeking prison sentences ranging from four to nine years.

The case is expected to stretch on for several months. After the opening hearings last week, the trial resumes this week and on February 23rd and is scheduled to continue until June.



**Aquarius (20 Jan – 18 Feb)**

Life

Aquarius, your innovative brain is lighting up like a disco ball. Channel this brilliance into brainstorming sessions or a quirky DIY project. Your uniqueness is your superpower, so let it shine in new and exciting ways.

Mind

Aquarius, your innovative spirit will shine this week. Pursue a creative idea or a brainstorming session with colleagues. Taking time to relax and recharge with a good book or music will provide the balance you need.

Heart

Aquarius, your innovative ideas spark fresh dynamics in relationships. Engage in creative projects with loved ones to explore new dimensions of your connection. Your originality is inspiring, encouraging others to express themselves freely.

**Aries (21 Mar – 19 Apr)**

Life

Aries, your week may feel like a high-speed race, but remember, even race cars need pit stops. Take a breather and enjoy a good book or a funny movie. You'll find that slowing down can be its own kind of adventure.

Mind

This week, Aries, focus on creating a balanced routine. Try to start your day with a few minutes of meditation or deep breathing. This small commitment will boost your energy levels and help you tackle challenges with a calm mind.

Heart

This week, Aries, your fiery spirit brings a spark to your relationships. If misunderstandings arise, approach them with patience rather than impulsiveness. Plan a fun outing to strengthen bonds and create lasting memories.

**Cancer (21 Jun – 22 Jul)**

Life

Cancer, your nurturing side is in full bloom. Channel it towards yourself for a change—treat yourself to a homemade spa day or a creative project. Your kindness deserves to be shared with the person in the mirror too!

Mind

Cancer, nurturing your emotional well-being is key this week. Set aside some quiet time for

journaling or a creative activity. Your intuition is strong now, so trust your instincts when making everyday decisions.

Heart

Cancer, your nurturing energy is particularly strong this week. Focus on creating a cozy atmosphere at home to welcome warmth and love. Simple gestures, like preparing a favorite dish, can make your loved ones feel cherished.

**Capricorn (22 Dec – 19 Jan)**

Life

Capricorn, you're climbing life's mountain one step at a time. This week, take a moment to appreciate how far you've come. Celebrate with a small treat or a quiet evening in—rewards needn't be extravagant to be meaningful.

Mind

Capricorn, practical planning will offer you stability this week. Create a simple schedule to manage tasks more efficiently. Don't forget to reward yourself with a moment of relaxation, like a favorite movie or a warm bath.

Heart

Capricorn, your dedication to relationships shines through this week. Show appreciation for the stability others bring into your life. A thoughtful gift or gesture can speak volumes, reinforcing the bonds you treasure.

**Gemini (21 May – 20 Jun)**

Life

Gemini, your social life is buzzing this week like a bee in a flower shop. Enjoy connecting with friends, but don't forget to carve out some 'me' time with a good playlist and a cozy corner. Balance is key, as always.

Mind

Gemini, your curiosity is your strength. Channel it into learning something new, whether it's an interesting book or a fun hobby. Social interactions will be uplifting, so share joyful moments with friends or family.

Heart

Gemini, your natural curiosity leads to exciting conversations this week. Dive deeper into understanding your partner's perspective. A playful debate could turn into an enlightening experience, strengthening your emotional ties.

**Leo (23 Jul – 22 Aug)**

Life

Leo, your inner lion is roaring with creativity this week. Don't cage that energy! Dive into an art project or get dramatic with karaoke. Your stage awaits, even if it's just your living room.

Mind

Leo, embrace your vibrant energy by setting small, achievable goals. A burst of energy mid-week will help you shine in group activities. Celebrate achievements, no matter how small, and remember to support the successes of others.

Heart

Leo, your vibrant personality shines brightly in your relationships. Take the lead in organizing a group activity that brings everyone together. Your confidence will inspire others, leading to shared laughter and joy.

**Libra (23 Sep – 22 Oct)**

Life

Libra, harmony is your natural state, but this week might feel like a duet going solo. Balance the scales by surrounding yourself with uplifting people and peaceful environments. You'll find your groove in no time.

Mind

Libra, balance is your keyword this week. Ensure you're giving equal time to work and play. Engage in activities that bring you harmony, like yoga or listening to soothing music, to maintain a peaceful mindset.

Heart

Libra, balance is key in your relationships this week. Focus on fairness and mutual respect in all interactions. Consider planning a cultural outing to appreciate beauty together, enriching both your experiences and bonds.

**Pisces (19 Feb – 20 Mar)**

Life

Pisces, your dreams are like a starry sky, vast and full of possibilities. Dive into creative visualization or a meditative moment. Let your imagination lead, and you might just find a path to those dreams becoming reality.

Mind

Pisces, your empathy is a superpower this week. Spend a few moments each day reflecting on gratitude, which will ground and uplift you. Connect with your senses through art or nature to nurture your imaginative spirit.

Heart

Pisces, your empathetic nature creates a nurturing environment for love to flourish. Use your intuition to support and uplift those around you. A heartfelt conversation or shared moment of quiet reflection can deepen emotional ties.

**Sagittarius (22 Nov – 21 Dec)**

Life

Sagittarius, adventure is calling, and it sounds a lot like your favorite song. Say yes to spontaneous plans and let your curiosity guide you. Remember, sometimes the journey is just as thrilling as the destination.

Mind

Sagittarius, adventure calls in subtle ways this week. Explore your neighborhood or try a virtual experience that broadens your horizon. Let your optimism guide you, and remember to laugh—it's the best energizer.

Heart

Sagittarius, your adventurous spirit invites new experiences into your love life. Plan a spontaneous day trip or explore a new hobby with your partner. Your enthusiasm is contagious, brightening the week for both of you.

**Scorpio (23 Oct – 21 Nov)**

Life

Scorpio, your passion is on fire, like a spicy salsa dance. You're irresistible this week, so channel that intensity into a new hobby or a long chat with an old friend. Your depth is your charm, so share it wisely.

Mind

Scorpio, channel your intensity into something creative this week. Whether it's a project or a new recipe, let your passion guide you. Reach out to a friend or loved one for a meaningful conversation, providing mutual inspiration.

Heart

Scorpio, your intense emotions can lead to profound connections. Share a secret or a heartfelt story to create closeness. Embrace vulnerability with those you trust, opening doors to deeper understanding and affection.

**Taurus (20 Apr – 20 May)**

Life

Taurus, stability is your jam, but this week, try adding a little spice to your routine. Experiment with a new recipe or dance to a new tune. Your comfort zone will still be there

when you return, but you might discover a new favorite.

Mind

Taurus, simplicity is your friend this week. Decluttering your workspace or home can provide a refreshing sense of clarity. Enjoy the little things—like a cup of tea, a walk in nature, or listening to your favorite song.

Heart

Taurus, your steady nature is a source of comfort for those around you. A small act of kindness can ignite a deeper connection. Consider writing a heartfelt note or sharing a comforting meal with someone special.

**Virgo (23 Aug – 22 Sep)**

Life

Virgo, you're solving puzzles faster than a detective in a movie. But remember, there's no need to have all the answers right now. Enjoy a little mystery and let life surprise you with delightful twists and turns.

Mind

Virgo, this week is all about refining your routines. Focus on organizing a part of your life that feels a bit chaotic. Small adjustments can lead to big improvements in your sense of peace and productivity.

Heart

Virgo, your attention to detail makes your relationships thrive. This week, listen intently to those you care for. Your genuine interest will deepen connections and foster trust, making room for more meaningful interactions.



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# Man climbs on plane

It's not every day you see someone climb onto the roof of a plane, but that's exactly what happened at Valencia's Manises Airport recently. A 24-year-old man somehow made his way onto the top of a Vueling aircraft that was due to fly to Amsterdam, causing a two-hour delay to the flight.

Airport staff spotted the man and immediately called the Guardia Civil, who quickly took control of the situation. The man was safely brought down and later taken to hospital after showing signs of distress, according to the Valencia Emergency Coordination Centre

(CICU).

No one was hurt, but the scene caused a real commotion among passengers waiting to board. Footage shows the man running up and down the full length of the plane's roof, gesturing wildly, before the Guardia Civil managed to bring him down.

He has been reported for breaching aviation security laws, and the flight, originally due to leave at 6.30pm, finally took off two hours later. Authorities have not yet said why the man climbed onto the plane.



## Three companies bid for Torrevieja's multi-million-euro bus contract

Three transport groups have presented offers to run Torrevieja's new public bus service under a contract valued at 138 million euros over ten years. The bidders are Monbus, Sagalés, through its subsidiary Osona 25 Bus, and Avanza, which currently operates the service. The contract does not include extensions and is one of the largest public transport tenders in the Vega Baja area.

Avanza has continued to operate the network since 2012 without a formal contract, with the council paying around 250,000 euros a month. Repeated warnings from municipal auditors and regional authorities urged the council to put the service out to public tender, both to regularise the situation and improve quality for thousands of daily passengers. An earlier tender in 2025 was

cancelled after a successful legal challenge over the contract conditions.

The new concession proposes a major overhaul of the network, including more routes, higher frequencies and improved passenger information. Plans include a new fleet of six electric buses and twenty-six hybrid vehicles, real-time tracking, and an expanded workforce of more than one hundred staff. Most users will pay fares under the new system, while discounted and free travel will remain for eligible groups.



## The rain in Spain...

The State Meteorological Agency (Aemet) has forecast that February 2026 will see the rain in Spain fall mainly... everywhere! The official wording explained that 'an atmospheric dynamic similar to that recorded during January, with a recurrent presence of Atlantic storms and active fronts that will favour frequent rainfall across much of Spain'.

According to the monthly weather models, February will be, as a whole, above the seasonal average in terms of rainfall and with temperatures slightly higher than the usual values for this time of year.

Forecasts indicate that the west of the peninsula will be one of the areas most exposed to the passage of frontal systems from the Atlantic. In addition, large areas of the centre and south of the Peninsula will register above-average accumulated precipitation, with episodes of rain that could be persistent at certain times of

the month.

A 'surplus' of rainfall is expected in areas of the Mediterranean coast and in the eastern Cantabrian Sea, while the Canary Islands will move, in general terms, in values close to climatological normality.

The dominant Atlantic circulation will favour a recurrence humid and temperate air masses, which will result in successive fronts that will cross the Peninsula from west to east. Rainfall will tend to be more abundant in areas such as Galicia, the Cantabrian coast and various mountain ranges in the south of the peninsula. Between the passage of fronts, periods of more stable time will alternate.

With regard to temperatures, Aemet points out that February could see higher than average values across much of the peninsular territory. The average values would be slightly above normal in the interior, the south, the east of the peninsula and

the Balearic Islands. In the far north, however, temperatures would tend to stay within normal ranges for the season.

The above does not exclude the appearance of winter episodes typical of the month of February. Throughout the month, cold air irruptions, night frosts and snowfall in mountain areas will continue to be possible, especially during days of more pronounced instability. From a climatological point of view, February is one of the key winter months in Spain. The national average temperature is around 8.6°C and the average rainfall is around 53 millimetres.

The forecast for February points to a month that could be above average in terms of rainfall in many of the usually rainiest regions, as well as in other areas of the centre and south of the peninsula. Temperatures, on the other hand, would tend to be somewhat milder on average, without this implying the absence of fully winter conditions.

## PUZZLE SOLUTIONS

### Word Ladder — Easy Solution

1	C O L D	START
2	C O R D	
3	C O R M	
4	W O R M	
5	W A R M	END

### Word Ladder — Medium Solution

1	L I G H T	START
2	S I G H T	
3	S I G H S	
4	S I N H S	
5	S I N D S	
6	H I N D S	
7	H E N D S	
8	H E A D S	
9	H E A D Y	
10	H E A V Y	END

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

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



## Prison for president of Hercules football club

The High Court of Justice of the Valencian Community (TSJCV) has overturned the acquittals issued by the Provincial Court of Alicante in the so-called 'Abde case', sentencing the current president of Hércules CF, Carlos Parodi, to two and a half years in prison for misappropriation of assets.

In its ruling, the TSJCV also extends criminal liability to Valentín Botella, former president of the Hércules Foundation, and trustee José Francisco Javier León Barahona. Both have been sentenced to one year and seven months in prison, in addition to financial penalties.

The case centres on the €2

million earned from the transfer of Moroccan footballer Abde – now playing for Real Betis – to FC Barcelona. According to the proven facts, Hércules redirected the money on August 31, 2021, transferring it into a bank account belonging to the Hércules Foundation at Caja Rural Central. The account, opened in 2008, had been inactive since 2014.

The TSJCV has not altered a single point of the facts established by the Alicante court. However, it strongly disagrees with the lower court's conclusion that the events lacked criminal relevance. The High Court argues that the crime was completed the very day the funds were moved to the Foundation, as the transfer was

carried out "without real economic justification" and placed the money beyond the immediate reach of the Tax Agency, despite a public debt being due and payable at the time.

After the transfer, the money was split into 34 nominal cheques made out to the club. These were later used to pay staff wages, suppliers, and other routine expenses of the Alicante-based team.

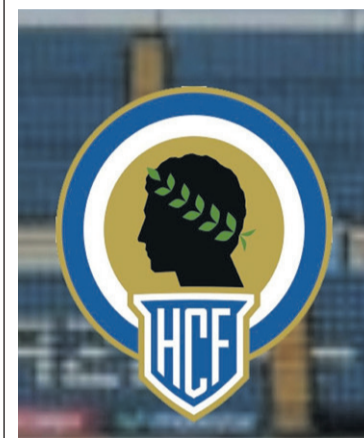
The Provincial Court of Alicante had previously acquitted the defendants, accepting that the Prosecutor's Office and the State Attorney's version of events was proven but concluding the funds were used for legitimate club

costs, without personal enrichment, and that the debt to the Tax Agency was ultimately paid.

The TSJCV rejected that reasoning, stressing that personal profit is not required for the offense. What mattered, the court said, was that the Tax Administration was deprived of the ability to seize the funds at a key moment. While the later payment of the debt could be considered a mitigating factor, the judges ruled it does not erase the crime or justify acquittal.

In particularly blunt language, the Civil and Criminal Chamber of the TSJCV said the defendants engaged in "a series of tendencies, moreover repeated," led

especially by the club's president, aimed at preventing the effectiveness of any seizure by the State Tax Administration Agency (AEAT) for debts owed by Hércules to the Treasury.



## Stray Sod Golf Society plays Las Colinas

Fifty-six golfers teed off on Friday (6th February) at las Colinas, lovely weather and a superb course made for a great day's golfing.

Las Colinas is one of the top courses in the area and it didn't disappoint. After the fun and frivolity of the day the weary golfers headed to The Stray Sod for some sustenance. Big thank you to head chef Jake and his team, who cook a hot meal each outing, which is free to society members. This week's offering was hearty bangers and mash and was much appreciated after a long round.

The presentation followed, with prizes given for nearest the pins on all par threes, longest drive ladies and gents. There were also prizes for the best guest and two categories for the members. Highest scorer of the day was Oliver O'hara who won Category A with 41 points and at the oppo-

site end, our Struggler of the Day was guest Paul Roids coming in with 13 points and still taking home a bottle of wine. There were 7 winners on the two's pot, who scooped 15€ each. This week's competition to win a breakfast at The Stray Sod, asked how many golfers scored more than 25 points on Stableford. The winner was Bob Eardley with a guess of 32 players.

Next week's round will be at Roda Golf for another fun day out. If you are interested in joining our great society pop into The Stray Sod Green Fees shop at la Fuente Centre or phone 966775920.



Pic Cap: Winner Oliver O'Hara and Society Captain John Batteredby

## Rugby Six Nations

The 2026 Six Nations bursts back into life on 5th February, delivering familiar rivalries, new storylines and early signs that another blockbuster championship could be on the way.

The annual international rugby union tournament – contested by England, France, Ireland, Italy, Scotland and Wales – remains the oldest competition played by the Home Nations, and this year's edition is already shaping up to be a heavyweight battle.

France began the campaign as defending champions after reclaiming the title in 2025, but England and Ireland have both started with enough firepower to suggest they will be firmly in the hunt. Scotland, Italy and a rebuilding Wales also remain capable of upsetting the established order as the tournament unfolds.

The opening weekend provided immediate drama.

At Twickenham, England dismantled Wales in emphatic fashion, running in seven tries in a 48-7 victory. Henry Arundell stole the headlines with a first-half hat-trick as the hosts showed no mercy against last season's wooden spoon winners. Wales now face an even tougher test in round two, with France travelling to Cardiff – a fixture that could quickly define the early shape of their campaign.

France, meanwhile, produced a statement performance of their own in the tournament's Thursday-night opener in Paris, brushing aside Ireland 36-14 with a display of sharp attacking rugby. The result immediately strengthened their credentials and underlined why they remain the team

to beat. Elsewhere, Scotland's struggles continued as they fell 18-15 to Italy in a rain-soaked contest in Rome, adding early pressure to their tournament hopes and handing Italy an important morale-boosting win.

With marquee clashes still to come – from the glamour of Paris under lights to an explosive Saturday finale – the 2026 Six Nations is already delivering on its promise.

**Round two**  
Saturday, 14th February  
Ireland vs Italy (2:10pm, Aviva Stadium, ITV1)

Scotland vs England (4:40pm, Murrayfield, ITV1)  
Sunday, 15th February  
Wales vs France (3:10pm, Principality Stadium, BBC One)

**Round three**  
Saturday, 21st February  
England vs Ireland (2:10pm, Allianz, ITV1)

Wales vs Scotland (4:40pm, Principality Stadium, BBC One)

Sunday, 22nd February  
France vs Italy (3:10pm, Stade Pierre-Mauroy, ITV1)

**Round four**  
Friday, 6th March  
Ireland vs Wales (8:10pm, Aviva Stadium, ITV1)

Saturday, 7th March  
Scotland vs France (2:10pm, Murrayfield, BBC One)

Italy vs England (4:40pm, Stadio Olimpico, ITV1)  
**Round five**  
Saturday, 14th March  
Ireland vs Scotland (2:10pm, Aviva Stadium, ITV1)

Wales vs Italy (4:40pm, Principality Stadium, BBC One)

France vs England (8:10pm, Stade de France, ITV1)

## Spain's Alcaraz beats Djokovic to claim first Australian Open title

Spanish tennis star Carlos Alcaraz has defeated Novak Djokovic to claim his maiden Australian Open title, becoming the youngest man ever to complete a career Grand Slam and blocking the Serbian from securing a historic 25th major crown.

After dropping the opening set, the 22-year-old Spaniard took control on Rod Laver Arena to beat the 38-year-old 2-6, 6-2, 6-3,

7-5, sealing his seventh Grand Slam title and confirming his status as the undisputed world number one.

With the victory, Alcaraz became the youngest man of the Open era to win all four majors, adding the Australian Open to the two Wimbledon titles and the French and US Open crowns he already held. He achieved the feat two years younger than compatriot Rafael Nadal, who was present

in the stands to witness the moment.

The seventh Slam places Alcaraz alongside John McEnroe and Mats Wilander on the all-time list, leaving him one behind Andre Agassi, Jimmy Connors and Ivan Lendl.

For Djokovic, it marked a rare disappointment in Melbourne, where he had won all 10 of his previous finals. The loss means

he remains level with Margaret Court on 24 majors, with the Australian legend also watching from centre court.

Djokovic had been bidding to become the oldest men's singles Grand Slam champion, having last lifted a major trophy at the 2023 US Open. Since then, Alcaraz and Jannik Sinner have dominated the biggest prizes.

Both finalists had endured

demanding five-set semi-finals – Alcaraz overcoming Alexander Zverev and Djokovic battling past Sinner – raising questions over recovery, but neither showed obvious signs of fatigue early on.

The result keeps Alcaraz at world number one, with Sinner second and Djokovic moving up to third ahead of Zverev.

# What is Trust?



This month the Scriptures will highlight more on the subject. Reviewing more texts, it will reveal more intensely ones understanding of the relevance and necessity of trusting in Yehovah's word. Lets now investigate more from the Scriptures.

There are many verses in the book of Psalms which are both encouraging and warn of the dangers of trusting the flesh. Let's look at a few. Psalms chapter 40 and verses 3 and 4 says "And he hath put a new song in my mouth, even praise unto our God, many shall see it, and fear, and shall trust in the Lord. Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies". In psalms chapter 56 and verses 3, 4 and 11 it states "What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust, I will not fear what flesh can do unto me. In God have I put my trust, I will not be afraid what man can do unto me".

Psalms chapter 62 and verse 10 warns "Trust not in oppression, and become not vain in robbery, if riches increase, set not your

heart upon them". Note the contrast in Psalms chapter 64 and verse 10 which declares "The righteous shall be glad in the LORD, and shall trust in him, and all the upright in heart shall glory". Psalms chapter 71 and verses 1 and 5 states "In thee, O LORD, do I put my trust, let me never be put to confusion. For thou art my hope, O Lord GOD, thou art my trust from my youth". Another warning in Psalms chapter 118 and verses 8 and 9 declares "It is better to trust in the LORD than to put confidence in man. It is better to trust in the LORD than to put confidence in princes".

According to Scripture one must not lean on one's own understanding as noted in Proverbs chapter 3 and verse 5 "Trust in the LORD with all thine heart and lean not unto thine own understanding". Proverbs chapter 29 and verse 25 says "The fear of man bringeth a snare, but whoso putteth his trust in the LORD shall be safe". To clarify, in Proverbs chapter 30 and verse 5 it explains "Every word of God is pure, he is a shield unto them that put their trust in him".

The book of Isaiah has much to say on trust. Here are a few quotations. Isa-

iah chapter 42 and verses 16 and 17 highlights "And I will bring the blind by the way that they knew not. I will lead them in paths that they have not known. I will make darkness light before them, and crooked things straight. These things will I do unto them and not forsake them. They shall be turned back, they shall be greatly ashamed, that trust in graven images, that say to the molten images, ye are our gods".

Isaiah chapter 51 and verses 4 and 5 describes the goodness and mercy of Yehovah "Hearken to me, my people, and give ear unto me, O my nation. For a Law shall proceed from me, and I will make my judgement to rest for a light of the people. My righteousness is near, my salvation is gone forth, and mine arms shall judge the people. The isles shall wait upon me and on my arm shall they trust".

Is there justice and truth in this world? Look what Isaiah chapter 59 and verses 4, 7 and 8 says on the matter "None calleth for justice, nor any pleadeth for truth. They trust in vanity and speak lies. They conceive mischief and bring forth iniquity. Their feet run to evil, and they

make haste to shed innocent blood. Their thoughts are thoughts of iniquity, wasting and destruction are in their paths. The way of peace they know not, and there is no judgement in their goings. They have made them crooked paths, whosoever goeth therein shall not know peace".

Take a look at the following warnings. Jeremiah chapter 7 and verses 4, 8, 9 and 24 states "Trust ye not in lying words....Behold ye trust in lying words that can not profit. Will you steal, murder, commit adultery, and swear falsely, and burn incense to Baal, and walk after other gods whom ye know not, and come and stand before me in this house, which is called by my name, and say, we are delivered to do all these abominations? But they hearkened not, nor inclined their ear, but walked in the imagination of their evil heart, and went backward, and not forward".

Also, in Jeremiah chapter 9 and verses 4 to 6 they explain "Take ye heed every one of his neighbour, and trust ye not in any brother. For every brother will utterly supplant, and every neighbour will walk with slanders. And they will de-

ceive every one his neighbour, and will not speak the truth. They have taught their tongue to speak lies, and weary themselves to commit iniquity. Thine habitation is in the midst of deceit, through deceit they refuse to know me, saith the LORD".

Trusting in Yehovahs (Jehovah or God) word gives wisdom and peace. Proverbs chapter 10 and verse 31 states "The mouth of the just bringeth forth wisdom....". Also in Proverbs chapter 11 and verse 12 it says "He that is void of wisdom despiseth his neighbour, but a man of understanding holdeth his peace". Yehovah has given all freedom to choose whom they will serve. Note these words in 1st Thesalonians chapter 5 and verses 8 and 9 which make known "But let us, who are of the day, be sober, putting on the breastplate of faith and love, and for a helmet, the hope of salvation. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ".

I hope you have learned more about the Scriptures. If you would like to know more, contact Sandra 602 466 534.

# Talking Dogs

## The Moment That Stopped the Scroll

The button clicks. A recorded voice says outside. The dog pauses, looks directly at its owner, then presses it again. In that brief silence, something feels almost impossible: intention. Across Instagram and TikTok, millions of viewers have now watched similar moments unfold. Dogs appear to request walks, toys, affection and companionship through simple sound buttons placed on the floor. For many people encountering this trend for the first time, the experience is both moving and unsettling, challenging long-held assumptions about what animals can truly understand.

## How the Buttons Actually Work

These devices belong to a category known as Augmentative and Alternative Communication systems, originally designed to support humans with speech impairments. Adapted for animals, each button is programmed with a recorded word. Through

consistent repetition and positive reinforcement, dogs learn that pressing a particular button reliably produces a specific outcome: a door opens, food appears, a game begins. This is not language acquisition in the human sense. It is associative learning, a process well established in behavioural science, where animals form strong links between actions and predictable consequences.

## What Science Confirms

Research in canine cognition has repeatedly shown that dogs can discriminate between dozens of spoken words and visual cues. Studies conducted by institutions such as the University of California San Diego's Comparative Cognition Lab demonstrate that dogs respond meaningfully to learned signals rather than merely reacting to tone or gesture alone. Brain imaging research also indicates that familiar words activate dedicated processing areas in the canine brain, suggesting genuine

recognition of learned sounds. Veterinary behaviourists emphasise that dogs understand symbols functionally, not linguistically. They learn that a sound represents an outcome, much like a road sign conveys meaning without words.

A simple example illustrates this clearly: a dog that consistently presses a button labelled



outside before walking to the door is demonstrating intentional association, not imitation or guesswork.

## Where Social Media Gets Carried Away

On Instagram and TikTok, short-form videos naturally reward

emotional impact and novelty. Some clips blur the boundary between learning and interpretation. While certain dogs appear to combine multiple buttons, scientists caution against assuming grammar, abstract thought or emotional storytelling. Most sequences are best understood as behavioural chaining linking several learned actions to achieve a familiar result.

Human enthusiasm can unintentionally project meaning that exceeds what the animal is cognitively expressing.

## Why This Can Benefit Dogs

Used responsibly, button communication can improve wellbeing. Behaviour professionals report reductions in frustration, improved confidence and clearer communication of needs. For anxious dogs, predictable communication can reduce stress and uncertainty. It can also encourage owners to observe behaviour more carefully and respond more consistently.

## The Ethical Line We Should Not Cross

Experts agree that button training must never replace natural canine needs: movement, exploration, social interaction and rest. Over-humanising animals risks misunderstanding their biology. Most professionals recommend keeping vocabulary simple and practical rather than emotionally loaded or theatrical.

## So, Are Dogs Really Talking?

Dogs are not speaking in sentences or forming abstract ideas, but they are communicating intentionally in ways that science increasingly understands. The button phenomenon is neither magic nor myth. It reflects how modern platforms such as Instagram and TikTok can surface remarkable behaviours quickly, while reminding us to remain grounded, curious and responsible in how we interpret them. True understanding comes not from viral clips, but from patient observation, respect and evidence-based care.

# The 3-5-7 Rule: the code behind effortless interiors



## Stop Guessing. Start Styling.

You don't need more cushions, another vase or a new sofa. You need a rule. The 3-5-7 decorating rule is the fastest way to make a shelf, console or sideboard look intentionally styled. Once you understand it, you'll see why some rooms feel balanced and others

feel restless.

## Why Your Brain Loves Odd Numbers

Human vision looks for pattern, rhythm and manageable groupings. Cognitive psychology shows that the brain processes odd-numbered clusters more

easily because they avoid symmetrical mirroring, which can feel static and artificial. Three creates a clear focal point, five adds richness without clutter, and seven introduces layered complexity while still remaining readable. Your eye keeps moving, which creates visual interest.

## How To Use 3, 5 and 7 Properly

With three objects, think anchor, texture and life: a frame, a plant and a sculptural object. It feels clean, confident and modern. With five objects, introduce height variation and contrast: books, a bowl, a tall vessel, artwork and one statement piece.

This creates depth and hierarchy, guiding the eye across the surface. With seven objects, you can layer storytelling: stacked books, greenery, art, ceramics and one unexpected form, but always grouped in small sub-clusters so the composition never collapses into chaos.

## The Science Of Visual Calm

Neuroscience supports this. The Gestalt principles of visual perception show that our brains organise elements into meaningful wholes, favouring asymmetry, proximity and balance. Odd groupings reduce cognitive load while maintaining stimulation, which explains why well-styled spaces feel calming rather than busy.

## The Real Luxury Is Editing

The rule isn't about filling space; it's about restraint. Choose pieces with contrast, keep negative space visible, and stop at the number that feels composed. Your home looks curated, expensive and visually coherent because your brain recognises order, not noise.

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