

Costa Weekly News tm

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Trump threatens to cut all trade with Spain PAGES 17-24

Europe lead 6G telecoms technology 5G 6G PAGE 10

Your FREE weekly TV Guide PAGES 17-24

Enjoy cooking one of our delicious recipes PAGE 29

How about a cheeky puzzle? PAGE 32

Armed robbers take hostages in San Pedro bank raid



Two masked and armed robbers who stormed a bank in the town of San Pedro del Pinatar on Friday were arrested after taking staff and customers hostage during a tense incident in the town centre.

The attempted robbery unfolded

at a bank branch located directly opposite the Town Hall in the popular coastal town, which is well known among British expatriates and tourists.

According to authorities, the two suspects—one of whom is a minor—entered the bank armed

with a machete and what was later determined to be a replica firearm. At the time of the incident, six people were inside the branch: three customers and three members of staff.

The robbers demanded money and forced those inside to

comply. The thieves reportedly focused on the ATM system and forced a customer to initiate the delayed mechanism used to open the bank's safe. While waiting for the safe to unlock, the robbers escorted the hostages to the basement, where they were ordered to kneel and had their heads covered.

During the ordeal, the suspects also confiscated the victims' mobile phones. However, one hostage had been speaking to a friend at the time and did not end the call. The person on the other end realised something was wrong and alerted the police. At roughly the same time, a bank employee managed to activate the alarm system.

Local Police officers from San Pedro Local Police quickly arrived at the scene and surrounded the building. As the safe finally opened, officers negotiated with the suspects from outside, urging them to surrender and release the hostages.

With police already on site, the

robbers reportedly became nervous and seemed unsure how to escape. After a tense negotiation, officers successfully detained both suspects and freed the hostages without anyone being injured.

Police confirmed that the two detainees were already known locally due to previous incidents. They now face allegations of robbery with violence and intimidation.

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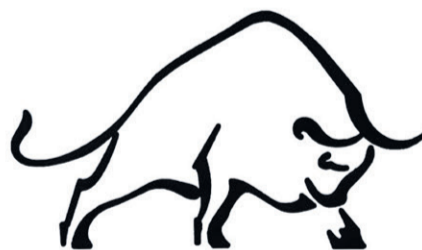
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Torreveija backs a future tram connection to Alicante Airport

Plans for a future tram system in Elche are starting to stretch beyond the city itself, with fresh talk of a possible connection to Torreveija and Alicante-Elche Miguel Hernández Airport.

During a recent visit to Elche Town Hall, Torreveija's mayor publicly backed the long-term expansion of the planned Elche tram system, suggesting it could eventually stretch south towards Vega Baja, with the airport acting as the key transport hub.

At this stage, the tram project in Elche itself is still only in the study phase. Routes, operating models and costs are being analysed, and there is no confirmed construction start date. Even under optimistic timelines, the first phase is unlikely to be operational before 2027.

However, what makes the discussion relevant for residents of Torreveija and the wider southern Costa Blanca is the emphasis on the airport.

Alicante-Elche Miguel Hernández Airport is the main international gateway for the area, serving millions of passengers every year. For many foreign residents, it is

quite literally the connection to family, work and travel abroad.

Currently, most journeys from Torreveija to the airport depend on the N-332 or the AP-7. In summer, traffic volumes rise sharply, and delays are common. A future tram or light rail link feeding into the airport could provide an alternative to driving and reduce congestion on key routes.

The concept being discussed would see Elche better connected to Alicante by modern public transport first, followed by potential extensions inland and southwards.

In that wider vision, Torreveija and the rest of Vega Baja could eventually be integrated into the same network, with the airport

forming the central interchange point.

It's important to underline that this remains a long-term ambition rather than a funded project. No extension towards Torreveija has been approved, budgeted or formally designed. For now, the focus remains on technical studies in Elche.

Even so, the fact that Torreveija is being mentioned as part of a future tram network shows that better links to the airport are at least being talked about. For a city with so many international residents and visitors, having another way to reach Alicante Airport without relying entirely on the road would be a huge improvement.



Escaped Brit drug trafficker arrested at Alicante-Elche Airport

A 43-year-old British man wanted by authorities in the United Kingdom for alleged drug trafficking offences has been arrested by the National Police at Alicante-Elche Miguel Hernández Airport.

According to police, the suspect was detained when he arrived at the airport to collect a relative who had landed on a flight. Officers had been alerted to the international arrest warrant issued by the UK through the International Fugitives Group of the General Commissariat of the Judicial Police.

Investigators believed the fugitive might be hiding in Alicante Province prompting authorities to launch a surveillance operation in the area. During the investigation, officers obtained information suggesting the man would appear at the airport to meet an arriving family member.

Police set up an operation at the airport, where they located and arrested the suspect.

The alleged offences date back to May 2024, when the man was reportedly detained in the United Kingdom while transporting around one kilogram of high-purity cocaine. As the investigation expanded, British authorities accused him of involvement in several cocaine shipments.

Before he could be formally arrested in

the UK, however, the suspect fled and his whereabouts remained unknown. An international arrest warrant was eventually issued against him in mid-September 2025.

Officers from the Organized Crime Group of the Alicante Provincial Police Headquarters carried out the arrest. Authorities say the suspect could face a life sentence in the United Kingdom if convicted of the alleged crimes. Police also discovered that the man was living in Spain without legal residency after checking his documentation.

Following his arrest, the suspect was brought before Spain's National Court of Spain in Madrid, where the Central Court of Instruction will handle the legal procedures for his potential extradition to the United Kingdom.



Torreveija opposition proposes 24-hour study

The Municipal Socialist Group in the Torreveija City Council (PSOE) has presented a motion to expand and improve the network of public study spaces in the city. It is proposing to increase the number of places available, distribute these spaces throughout the different neighbourhoods and create at least one study room that opens 24 hours a day through a QR code access system. The initiative, promoted after collecting the demands of Socialist Youths, aims to adapt the offer of study spaces across the municipality, which has more than 110,000 inhabitants and a significant population of students in secondary school, vocational training, university and public examinations.

According to the socialist group, currently the public offer of study spaces in Torreveija is limited to just three facilities: the Carmen Jalón Municipal Public Library, with 44 reading stations; the library on Diego Ramírez Avenue, with 34 spaces; and the read-

ing point in La Mata, with 12 places. In total, barely 90 study places for the entire city. This represents an approximate ratio of one place for every 1,220 inhabitants, a figure that the Socialists consider "inadmissible", especially for a city that aspires to consolidate itself as a university benchmark.

The PSOE compares this situation with nearby municipalities. In Guardamar del Segura there is a study room open 24 hours a day, 365 days a year with 63 places and access by QR code, in addition to the municipal library, which means an approximate ratio of one place for every 187 inhabitants. In Orihuela, the María Moliner municipal library alone has a capacity for about 200 people, not counting other study spaces linked to the university. The Socialists also warn that the low number of places causes saturation at exam times and difficulties in finding a place in certain time slots. Added to this is a limited technological

endowment, with only four public computers in total, whose use requires an appointment.

They also point to the territorial concentration of study spaces and limited hours, which forces many students to move and makes it difficult for those who combine studies with work to have access. Despite this, PSOE recognises some recent improvements, such as the acquisition of Diego Ramírez's library in 2023 or the renovation works at the La Mata study point, although they consider that these actions are insufficient.

The motion presented by the PSOE proposes five main measures: progressively increase the number of study places, reinforce the reading point of La Mata, implement a study room open 24 hours with access by QR code, include new study spaces in municipal projects such as the future iHub building and create participation channels to evaluate the operation of these services.

International Women's Day celebrated

International Women's Day is celebrated across the world annually on 8th March. The event encourages a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.

International Women's Day has been around for over a hundred years, as have many of the issues still impacting women's advancement. It celebrates women's achievements and raises awareness about discrimination.

The day was marked across local communities with events, marches and cultural activities.

In **Orihuela**, a protest march took place from the door of the City Hall ending at the Glorieta Gabriel Miró, where the reading of the manifesto under the slogan "Orihuela making equality a reality" took place. During the event, the Councillor for Equality, Agustina Rodríguez, stressed the importance of continuing to advance in the defence of women's rights.

In **Los Montesinos**, the commemoration took place at the Women's Tree, where the manifesto of 8M was read to reflect on the progress made and the pending challenges in terms of equality. In addition, a talk on well-being and health in the menopause, followed by a laughter therapy session was held.

San Miguel de Salinas had a day with different activities that included the photographic exhibition "Looks that endure:

women of San Miguel de Salinas" was held. The reading of the manifesto, a musical performance and a 'wine of honour' event were all organised by the Department of Equality and Social Services with the support of the Mancomunidad la Vega.

In **Guardamar del Segura**, the activities formed part of Women's Month, with different proposals during March. Among them is the XI Film Series with a Gender Perspective, which will screen the film Barbie on 15th March at 6pm in the conference room of the Municipal Library.



New leisure centre at Torrevieja Port to open

Following delay after delay, the new Paseo del Mar leisure centre at the Port of Torrevieja is finally set to open between the end of April and the beginning of May.

The concessionaire behind the project has confirmed that this will be the definitive launch window after previous forecasts, including Easter, came and went. Although most of the privately funded construction work is complete, progress slowed due to delays in surrounding redevelopment works being carried out by Torrevieja City Council to improve access and modernise the seafront.

Now, with municipal works underway, businesses preparing to move in have stepped up their efforts. Fit outs have been continuing for weeks, even at weekends, as operators race to get ready.

The waterfront complex covers more than 20,000m² facing the bay, with 8,500m² dedicated to 27 retail and hospitality units. Around 80% of the units are already leased and 100% committed, according to the managing agents.

The space will focus on hospitality and leisure, in line with port regulations, and is expected to include a multiplex cinema and an American style bowling alley.

Work is also nearing completion on the large pedestrian access ramp at the main port entrance, along with LED lighting, large screens and landscaped areas designed to give the area a modern feel.

The wider regeneration project continues around the port, including Plaza de Capdepont and access roads linked to the underground car park, which opened last year and has already eased parking pressure in the town centre.

The overall investment has exceeded €50 million, more than double the original €20 million estimate, with the concession granted for 50 years.

Even if some surrounding public works are still ongoing, Paseo del Mar is expected to open its doors this spring, marking a major change for Torrevieja's traditional waterfront.



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House prices soar with Torrevieja pushing the limit



Buying a home on the Costa Blanca has never been harder. A new report from property consultancy Tinsa Accumin paints a stark picture of a housing market under serious pressure, with prices along the Alicante coast rising faster than almost anywhere else in Spain and affordability stretched

well beyond what most experts consider sustainable.

The report found that prices are accelerating in 68% of the smaller municipalities it looked at, and nearly half of those, 45%, have seen year-on-year increases of more than 10%. Alicante province

is one of the places where this trend is most obvious, and the numbers coming out of its coastal towns will make any potential homeowner a bit nervous.

Torrevieja and Benidorm, in particular are both now showing what the report calls a "theoretical purchase effort" of 63%, meaning a typical buyer would need to put 63% of their income towards buying a home. To put that in context, 35% is considered the upper limit of what's reasonable.

In Benidorm, the average price per square metre has hit €2,398 after jumping 19.1% in a single year, one of the biggest annual rises anywhere in the country. That figure also sits 32% above the provincial average, making it one of the most overheated markets in the entire study.

Torrevieja isn't far behind, with prices averaging €1,858 per square metre and a 16% annual increase. Orihuela is also feeling the pressure, with a 48% purchase

effort score and prices up 12.5% year on year. The report specifically flags the Mediterranean coast as home to some of the most strained markets in Spain right now.

Elche is also seeing sharp price growth, with a 15.6% annual increase that puts it among the fastest-rising cities in the country. However, its purchase effort figure of 31% still sits just below the danger threshold, and its average price of €1,529 per square metre remains more accessible than the coastal hotspots. At the more affordable end of the scale, Alcoy and Elda stand out. Alcoy's average price is €900 per square metre with an affordability ratio of 19%, and Elda comes in at €942 per square metre with a 24% ratio, making both towns a very different proposition for buyers priced out elsewhere.

As we move further into 2026, Alicante province is looking at an increasingly two-speed market, where coastal tourist appeal

keeps pushing prices higher and access to housing for ordinary buyers gets tougher.

According to data from Spain's National Statistics Institute, Alicante province recorded 54,767 home sales in 2025, up 4.6% on the 52,364 recorded in 2024. The resale market drove most of that growth, rising from 42,479 to 44,051 transactions, though new-build sales also climbed, from 9,885 to 10,716.

Across the wider Valencian Community, Alicante dominated the market, accounting for 54,767 of the region's 110,591 total transactions in 2025, just under half of all sales. Valencia recorded 41,553 transactions and Castellón 14,271.

Alicante's lead was even more pronounced in the new-build sector, where its 10,716 sales made up more than half of the area's 20,235 new-build transactions, and its share of the existing housing market reached nearly 49%.

Off duty Orihuela police officers spot car stolen in France

The quick intervention of two Orihuela Local Police officers, who were off duty, made it possible to recover a vehicle stolen in France and arrest its two occupants in the municipality of Algorfa.

The officers were driving at the exit of the AP-7 toll in the direction of Alicante when a car with French license plates that was advancing at high speed caught their attention. With their suspicion aroused, they decided to check the license plate in the police databases. This confirmed that the vehicle was listed as stolen in French territory.

From that moment on, they began a discreet tail, while alerting the rest of the police forces in the region to coordinate an intervention. Thanks to this collaboration, the car was intercepted shortly afterwards in Algorfa, where the two occupants were arrested and the vehicle was recovered.

Both detainees were brought to justice. Orihuela Local Police underlined the importance of the action, which demonstrates the professionalism and commitment of the officers even outside their service hours.



Orihuela Costa continued investment to double water supply

The Orihuela City Council has launched the tender process for the construction of a new drinking water storage tank in Orihuela Costa, a project designed to strengthen the local supply network and increase water reserves for residents.

The announcement was made during a press conference led by the mayor of Orihuela, Pepe Vegara, alongside several councillors from the municipal government.

According to the councillor for infrastructure, Víctor Valverde, the project addresses a long-standing weakness in the coastal area's water system. He noted that although residents may not notice the change in their daily lives, the infrastructure will be crucial in guaranteeing supply if problems arise within the network.

Valverde explained that Orihuela Costa currently lacks sufficient reserve capacity, a situation he

said has developed over years due to inadequate planning. The new tank will significantly strengthen the system's resilience in the event of breakdowns or other incidents.

The contract has been put out to tender through a simplified open procedure with a total budget of €2,344,795.81 (VAT included) and an expected construction period of eight months from the signing of the contract.

The new facility will be built next to the existing tank in the El Canal area and will have a storage capacity of 6,000 cubic metres, matching the current tank. Once operational, the additional capacity will double the water reserve available for the Peña de las Águilas intake, increasing the reserve from approximately five hours to ten hours.

In addition to constructing the tank, the project includes upgrades to surrounding infrastruc-

ture. Planned improvements include new cast iron supply pipes, a pipe intake that will allow the existing tank to be bypassed, and a ductile iron pipe system connected to the bottom intake. These installations aim to improve the efficiency and reliability of the overall system.

The site will also be equipped with remote control technology, chlorination equipment and anti-intrusion alarm systems, while the surrounding plot will be redeveloped with paving, lighting and perimeter fencing.

Municipal officials described the project as the first phase of the Master Plan for the Supply of Drinking Water in Orihuela Costa, which was updated in 2023 following the arrival of the current municipal government.

The plan outlines the hydraulic infrastructure needed to ensure adequate water supply and reserves for both existing homes

and future development planned under the municipality's urban planning framework. Officials say the strategy is intended to guarantee sufficient water pressure, flow and reserve capacity across the coastal area. Future projects planned under development, will include additional projects such as a new intake connection from the Cartagena canal at PAU-21. A new pumping connection to the future PAU-21 reservoir, construction of a 2,000 cubic metre head tank, a 6,000 cubic metre pumping station linked to the existing T-2 tank

Once both phases of the master plan are implemented, the council says the system will be capable of supplying drinking water to meet all current demand and future urban growth foreseen in the municipal planning framework.

Wider investment in Orihuela

Costa Mayor Pepe Vegara also highlighted other infrastructure projects planned for Orihuela Costa. These include a new pedestrian footbridge over the AP7, which is expected to go out to tender soon, and plans for a second health centre for the coastal district, for which the council has already submitted documentation to the Generalitat Valenciana. He also pointed to ongoing work to improve roads and public spaces in the area, including re-surfacing projects across several streets. "Orihuela Costa is one of the jewels of the municipality," Vegara said. "For many years the focus was on short-term solutions, but we are now investing in infrastructure that may not always be visible but ensures the safety, comfort and well-being of residents."

Trump threatens to cut all trade with Spain over Iran



US President Donald Trump has threatened to cut off all trade with Spain after the Spanish government refused permission for the United States to use the jointly operated Rota and Morón air bases in operations linked to the conflict with Iran.

The warning, delivered during a meeting at the White House, has escalated tensions between the two NATO allies and placed nearly €47 billion in bilateral trade at risk.

During a meeting on Tuesday with German Chancellor Friedrich Merz in the Oval Office, Trump sharply criticised Spain's position. He described the country as "a terrible partner" within NATO and said he had instructed Treasury Secretary Scott Bessent to "cut off all dealings" with Madrid.

"We're going to cut off all trade

with Spain. We don't want anything to do with Spain," Trump said. He also insisted that "nobody" would tell him he could not use Spanish facilities, despite Madrid's refusal to authorise their use in military action against Iran. The dispute centres on the Rota naval base in Cádiz and the Morón air base in Seville, which are jointly operated under bilateral defence agreements. Spain has prohibited their use for strikes related to Iran, a decision that has triggered the diplomatic clash.

Trump further accused Spain of failing to meet its NATO commitments. He claimed Spain "was the only NATO country that did not agree" to raise its defence spending to 5% and argued that Madrid had wanted to keep spending at 2%.

Response from Spain and the EU

The government of Pedro Sánchez responded swiftly. Sources at the central Moncloa Palace in Madrid said Spain has "the necessary resources to contain any potential impacts, help sectors that could be affected, and

diversify supply chains".

They stressed that Spain is a "key member of NATO, which fulfils its commitments and makes a significant contribution to the defence of European territory". The Spanish government also underlined that any review of trade arrangements by Washington must respect "the autonomy of private companies, international law, and the bilateral agreements between the European Union and the United States," with the expectation that Donald Trump would honour existing agreements under the current world order.

According to government sources in Spain, the country's intention remains to promote free trade and economic cooperation



based on mutual respect and compliance with international law, arguing that citizens expect stability and prosperity rather than further disruption.

In Brussels, the European Commission expressed confidence that the United States would honour its commitments under existing trade agreements with the European Union. Trade spokesperson Olof Gill said the EU's position "has not changed" and reiterated that Brussels is prepared to defend the interests of member states if necessary. "The Commission will always guarantee the full protection of the EU's interests," he said, without outlining specific measures.

Could affect a possible €47 billion in trade

Trump's warning places almost €47 billion in annual trade flows in jeopardy. Last year, Spain exported goods worth €16.716 billion to the United States, an 8% decrease compared with the previous year, while imports from the US totalled €30.175 billion, up 7%.

Data from Spain's Ministry of Economy, Trade and Business

show that Spain's trade deficit with the United States has widened by more than 34%, surpassing €13.4 billion amid the wider tariff tensions initiated by the White House. Even so, trade with the US represents just over 4% of Spain's total exports and close to 6% of imports.

Among the main Spanish exports are olive oil, wine and table olives, along with engines, machinery, electrical equipment and pharmaceuticals. Industrial products are considered particularly exposed. These include semi-manufactured goods such as aluminium, steel, copper and chemical products, as well as capital goods like machinery and tools used in manufacturing.

It remains unclear whether the threat will translate into concrete measures, but the exchange has introduced fresh uncertainty into transatlantic relations at a time of already heightened geopolitical strain.

Image 1: POTUS/X
Image 2: La Moncloa

Torre Vieja's clucking nuisance

Not to put too fine a point on it, but Torre Vieja has a chicken problem. Hundreds of feral roosters, hens and chicks have made themselves at home in the city's squares, parks and streets, and getting rid of them is proving far trickier than anyone expected.

The council awarded a contract worth €23,600 to specialist firm Adda Ops back in October to round up what's estimated to be around 700 birds roaming public spaces. So far, just over 125 have been captured, and progress has ground to a halt thanks to the current avian flu alert.

The Valencian regional government has made it clear that none of the collected birds can be moved outside the municipality until restrictions are lifted, leaving the council scrambling to find temporary space in the local animal shelter, which

was never designed for poultry. There's no avian flu in Torre Vieja itself, councillor Concha Sala was keen to point out, although neighbouring Guardamar has had to cull more than 50 birds in its Reina Sofia park as a precaution.

The problem has its roots in the 1990s, when Las Naciones Park opened with a small animal enclosure that included ducks and chickens. Over time the birds escaped and spread, and they've been multiplying ever since, turning up everywhere from hospital gardens to the branches of trees near the seafront.

Images that went viral last summer brought the town some unwanted international attention, and the council is clearly keen to get the situation under control before the Easter tourism season gets into full swing.





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Spain reacts to the US bombing of Iran

Since Saturday February 28, the United States and Israel have been launching missiles at Iran, killing the Ayatollah and several other high-ranking Iranian officials, while Iran has launched its own missile attacks on military bases around the Middle East belonging to the US and its allies.

In Spain, the general mood and reaction from official sources have been predictably down the line when it comes to a liberal democratic, rules-based world order point of view.

President Pedro Sánchez, one of few world leaders who has dared to be openly critical of Trump in the past, called for an "immediate de-escalation" of the conflict last Sunday, March 1, a resumption of dialogue as soon as possible.

He walked a line between those who celebrate the downfall of the Ayatollah's oppressive 37-year reign and those who criticise Trump and Netanyahu's unlawful, unilateral warfare tactics, saying that it is possible to be against both a "hateful regime" and

an "unjustified, dangerous and illegal intervention" at the same time.

In his speech at the traditional gala dinner at the Museu Nacional d'Art de Catalunya (MNAC) to mark the opening of the 20th edition of the Mobile World Congress (MWC), presided over by Spain's King Felipe VI, Sánchez indicated that the world is at a crossroads, where the choice is clear: "war or peace". And on this point, Spain is clear about where it stands, he said.

"In the need to resume dialogue as soon as possible, Spain will be there."

The King himself, in his speech, said, "We call for restraint in the use of force, respect for civilian life, a diplomatic solution and the restoration of dialogue for peace."

Addressing the attendees of the mobile technology conference, he added, "Technology must be part of the ethical framework for connection, not division. Let us continue working to ensure that

connectivity is more than just a technical advance, but a lever for progress, cohesion and wellbeing."

Leader of the conservative opposition party, PP, Alberto Núñez Feijóo, took a different tack in his comments, stating, "The world is better when a tyrant falls. In Iran, for decades, the ayatollahs have maintained a regime of repression and constant threat... the fall of such a system is good news for freedom and democracy."

However, he refused to condemn the US and Israel's actions in the intervention.

Iran's ambassador to Spain, Reza Zabib, stated in comments to the press, "We do not expect this to be a short-lived attack" and that there would be retribution for those responsible.

"In terms of military defence, we are much better prepared than we were before the aggression of June 2025, and all capabilities have been improved. Therefore, the aggressors will pay a high

price," he said.

Against accusations that the US used its naval base in Spain's Rota (Cádiz) in its attack against Iran, Foreign Minister José Manuel Albares stated that he has no information that the US used Rota or Morón in the attack on Iran.

Meanwhile, France, the United Kingdom and Germany, which form the so-called E3 bloc, warned on Sunday that they would consider collaborating with the US in taking measures to destroy Iran's ability to launch missiles and drones.

"We will take steps to defend our interests and those of our allies in the region, potentially through enabling necessary and proportionate defensive action to destroy Iran's capability to fire missiles and drones at their source," the three countries said in a joint statement issued on Sunday.

As well as high-profile military and political targets in Iran, there have been hundreds of civilian casualties, including at least 165 dead and many more injured in a drone strike on the Shajarah Tayyebah girls' elementary school in Minab.



Three new flights from Alicante to the heart of Europe



Ryanair has announced its Alicante-Elche Miguel Hernández Airport summer 2026 schedule, introducing three new international destinations, including two cities in Germany and the capital of Slovakia. Tickets are now on sale, with launch fares starting at €27.99 for travel until October, if booked before 5 March 2026.

The airline's expansion includes direct flights to Friedrichshafen and Saarbrücken in Germany, each with two weekly frequencies. Friedrichshafen, located on Lake Constance near the Swiss and Austrian borders, is known for its natural attractions, industrial technology centers, and as the birthplace of the Zeppelin. Saarbrücken, the cultural hub of the Saarland region near France, offers easy access to the Rhine Valley transport networks.

Bratislava, Slovakia's capital, joins Ryanair's network with four weekly flights. The city is renowned for its medieval old town, Bratislava Castle overlooking the Danube, unique architectural landmarks like the UFO, bronze statues, and cultural events including the Coronation Festival, highlighting its historical significance.

In addition to the new routes, Ryanair will increase capacity on 40 existing connections, including Liverpool, Ibiza, Poznan, Budapest, and Porto. The airline maintains a base of 20 aircraft at Alicante, representing a \$2 billion investment, and will operate 89 routes with more than 580 weekly flights, strengthening the province's connectivity with Central and Eastern Europe.

According to Ryanair, the 10% increase in capacity supports over 7,300 local jobs, highlighting the economic impact of the expanded operations. However, the announcement also addressed regulatory concerns. Ryanair opposed Aena's proposed 21% increase in airport charges over five years, warning that Spain's competitiveness as a tourist destination relies on keeping costs low rather than investing in what the airline calls "unnecessary luxuries."

This summer schedule underscores Ryanair's strategy to enhance European connectivity while balancing operational growth with cost efficiency.

Los Montesinos reinforces protection for gender violence victims

Authorities in Los Montesinos have approved a new agreement that will allow the town's Local Police of Los Montesinos to access Spain's national monitoring system for victims of gender-based violence.

The agreement was signed during a meeting of the Local Security Board, held in the municipal plenary hall and attended by representatives of several law enforcement agencies. Through the deal, the town's local police force will be integrated into the VioGén System, a nationwide platform designed to coordinate public authorities in the prevention of gender violence and the protection of victims.

Officials say the move will improve the monitoring and safety of victims living in the municipality by enabling faster communication and information sharing between police forces and public administrations.

The meeting was co-chaired by the town's mayor, José Manuel Butrón, and

José Antonio Cuadros. Also present were the councillor for Citizen Security, Nathalie Dubi, as well as representatives from the Guardia Civil, National Police of Spain, the Local Police of Los Montesinos, and the Policía de la Generalitat Valenciana.

Mayor Butrón described the agreement as a significant step forward for the municipality, saying integration into the VioGén system would strengthen coordination between security forces and improve the speed and effectiveness of responses to cases of gender violence.

He also reiterated the town hall's commitment to promoting equality and continuing efforts to eradicate gender-based violence through stronger resources and protective measures.

Municipal officials say the agreement marks another step in improving public safety in Los Montesinos while reinforcing support and protection for victims of gender violence.



Four ways Iran war could affect you

The latest military escalation following US and Israeli strikes on Iran, and their retaliation, has unsettled international markets and raised concerns about the knock-on effects for Europe.

At the centre of the tension is the Strait of Hormuz, the narrow passage through which around 20% of the world's oil and a third of global liquified natural gas trade flows. Any disruption there quickly feeds into energy prices, trade and inflation across the continent, including Spain.

In the end, it will end up being felt in at least four major ways by the average person:

1. Fuel prices will rise

The first and most immediate impact is on oil. Since the end of last week, crude prices have climbed by more than 10%. Brent crude, Europe's benchmark, has moved above \$80 a barrel, up from \$72.48 at Friday's close, and some analysts warn it could approach \$100 if the situation worsens. Iran holds about 10% of the world's proven reserves and is the third-largest producer within Organisation of the Petroleum Exporting Countries.

Drivers in Spain are already feel-

ing the effect. The Mediterranean Federation of Service Stations, FedMes, based in Valencia, says suppliers have announced sharp increases for this week's deliveries. Diesel could rise by around 12 cents per litre and petrol by roughly six cents.

Gas markets are also reacting. After the war in Ukraine, Europe reduced its reliance on Russian gas and increased imports of liquified natural gas from the Gulf. Spain is less directly exposed thanks to diversified supplies from Algeria, the United States and several African countries. However, energy is traded globally, so higher gas prices in Europe are likely to push up

electricity bills as well.

2. Stock markets will feel the pressure

Rising energy costs feed into transport and production, increasing the price of goods across the board. Economists warn of so-called second-round effects, where higher costs become embedded even if oil prices later fall. If inflation were to pick up again, the European Central Bank might slow or halt planned interest rate cuts. Inflation in the eurozone is about 1.7%, while in Spain it is slightly above the 2% target.

Financial markets have also re-

acted. The Ibx 35 has fallen for a second consecutive session and slipped below 17,300 points. Its heavy weighting towards banks, which tend to be sensitive to economic uncertainty, has increased the pressure. Airlines are also among the hardest hit, facing both higher fuel costs and flight disruptions.

3. Global transport and freight will slow down

Shipping companies including Maersk, MSC and COSCO have suspended or adjusted operations in the area. Avoiding the Strait of Hormuz can mean sailing around Africa to reach Europe, adding days to journeys

and significantly increasing costs. Insurers have begun applying war risk premiums, which are ultimately reflected in the price of imported goods.

Air travel is also affected. Iberia Express has suspended its Madrid to Tel Aviv route until 10 March, while Air Europa has introduced temporary cancellations. The Lufthansa Group has halted flights to several Middle Eastern destinations. Higher kerosene prices and longer routes may lead to more expensive tickets if the disruption continues.

4. Shopping will become (even) more expensive

The effects of the war could eventually reach the weekly shop. Around a third of global fertiliser supplies, including ammonia and sulphur, pass through the Strait of Hormuz. The region also produces about 15% of the world's polyethylene, widely used in packaging. Spanish agriculture depends on these inputs, whose costs are linked to gas and oil prices. Sustained disruption and oil above \$100 a barrel could push up the price of fruit, vegetables and other essentials in the coming months – as if they weren't already high enough as it is!



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Suspect in John George murder case shot dead in Torrevieja

A 33-year-old Czech man, Michael Maly, who had previously been arrested on suspicion of being connected with the murder of Northern Irish man John George, was killed in the early hours in the Rocío del Mar area of Torrevieja. A neighbour raised the alarm at around 1.30am after spotting a man lying in the street with a serious head wound on Calle Pleamar.

Emergency services attended the scene, and paramedics attempted to resuscitate him, but he was pronounced dead. The Guardia Civil has confirmed that no arrests have yet been made in relation to this latest shooting and all lines of investigation remain open.

Maly had previously been arrested as part of the investigation into the death of John George, whose

body was discovered under a lemon tree in Rojales in January 2025. He had been released on provisional bail and was subject to precautionary measures, including surrendering his passport, reporting to court every 15 days and remaining in Spain.

Earlier this year, lawyers representing John George's family requested that he be remanded in custody following forensic analysis of blood found on the number plates seized from his vehicle. According to sources close to the case, the tests indicated the blood belonged to John George. The investigating court, however, decided to maintain the existing bail conditions.

Sources have previously stated that Michael M.'s cooperation helped investigators locate John

George's body. He had denied involvement in the killing and said his only connection to the case was a recent friendship with the main suspect.

Following this latest fatal shooting, the only remaining person under formal investigation in the John George case is Jonathan Alan Smyth. The Northern Irish national was arrested in Portugal last year after an international manhunt and later extradited to Spain. He is accused of being the principal suspect in the killing of John George.

Investigators believe he was one of the last people to see John George alive. He has denied the allegations. After spending several months in custody, he was released from Villena prison

in December 2025 on €100,000 bail. A judge ruled at the time that, although there was sufficient evidence for the homicide charge to remain active, strict pre-trial detention was no longer considered necessary. He remains on bail as

the case continues towards trial.

The investigation into both deaths is ongoing.

Image: Family handout



Challenge sees a hundred bikers travel from Pilar to Denia



A total of 100 motorcyclists travelled around 400 kilometres on Saturday (7th March) between Pilar de la Horadada and Dénia through inland roads and the Mediterranean coast.

This is the second edition of the Titan Perimeter Alicante Challenge, a motorcycle event organised by the Riders Club of Adventure. The challenge started from the El Mojón area in Pilar de la Horadada, and the route ran along secondary roads in the interior of the province of Alicante, passing through municipalities of Murcia, Albacete and Valencia before reaching the coast of Dénia.

The event offered two different routes adapted to the skill level of the participants. The Rookie/Pro itinerary

was about 380 kilometres and entirely on tarmac and open to any type of motorcycle. The Titan route, of about 400 kilometres, was outlined for trail and maxitrail motorcycles and included narrow roads, tarmac roads and some sections of dirt or gravel.

One of the most characteristic elements of the event is its roadbook navigation system, which forces riders to follow turn-by-turn directions to find the correct route. This makes the route a real orienteering adventure in which correctly interpreting each junction is key to completing the route.

The arrival point was the Marina El Portet de Dénia, where the riders were greeted to an official reception and recognition of completion.

Amazon to invest another €18bn in data centres in Spain

Amazon has announced an additional €18 billion investment in data centre projects in Spain, significantly expanding its commitment to infrastructure supporting artificial intelligence and cloud computing. The announcement was made on recently at the Mobile World Congress.

With this latest funding, Amazon's total planned investment in Spain rises to €33.7 billion through 2035, with the projects expected to generate nearly 30,000 jobs nationwide.

In a statement, the US tech giant said the investment will "expand and support data infrastructure, delivering advanced artificial intelligence and cloud computing capabilities to organisations across Europe."

Amazon had already committed €15.7 billion last year to extend its data centre network in the northeastern region of Aragón, an area increasingly popular for energy-intensive projects due to its abundant solar and wind power resources. Regional leaders are hoping that Aragón's renewable energy capacity will establish the region as a hub for data centres critical to running generative AI technologies.

Spanish Prime Minister Pedro Sánchez welcomed the announcement during the MWC, posting on X that "in a world filled with uncertainty, our country is a safe bet," after meeting Amazon representatives.

David Zapolsky, Amazon's chief global affairs and legal officer, described the plan as "a long-term bet on Spain," underlining the company's confidence in the country as a stable location for strategic infrastructure.

While Amazon's spending in Spain is substantial, it remains modest compared with the global sums expected from major tech firms, including Microsoft, Google, and OpenAI, in AI and cloud infrastructure in the coming years. Nevertheless, the investment signals strong faith in Spain's potential as a technology hub.

The announcement also comes amid ongoing European debates over technological sovereignty, highlighting concerns about dependency on US cloud providers. Currently, most cloud services used by European governments are supplied by Amazon Web Services, Google Cloud, and Microsoft Azure, while European domestic alternatives remain limited.

Torrevieja Local Police train to protect marine life

A group of officers from the Torrevieja Local Police have taken a day's training at the Oceanographic Foundation in Valencia, to learn how to deal the stranding or appearance of marine animals on the coast.

The session was led by Aitor Campos, a veterinarian with the Oceanographic Foundation and a member of its rescue team, who explained the procedures activated through the Valencian Community's Stranding Network. This network involves the Ministry of the Environment, the University of Valencia, and the Oceanographic Foundation itself, working in a coordinated manner to provide a rapid and specialised response.

During the day, the officers were able to delve deeper into intervention protocols, the initial assessment of the animal's condition, the delimitation of the area to guarantee public safety, and proper communication with specialized technical teams.

The mayor of Torrevieja, Eduardo Dolón, emphasised that "the ongoing training of our Local Police is essential to effectively address situations that can generate significant concern and anxiety among residents and visitors." He also noted that

"Torrevieja is a coastal city committed to protecting the marine environment, and having officers trained to act as the first point of contact is crucial to ensuring both the well-being of the animals and the safety of the public."

Eduardo Dolón added that "collaboration between administrations and scientific entities is essential to provide a professional and rigorous response to any stranding, and from the City Council we will continue to promote initiatives that strengthen this cooperation."

The work of the Local Police is crucial in these types of situations, as their officers act as authority in public spaces with citizens present, ensuring the correct application of the protocol, cordoning off the area if necessary and facilitating the intervention of specialised teams.

The Oceanographic Foundation recommends that in the event of the presence of an injured or stranded marine animal on the coast, it is essential to call the emergency number 112. This will immediately activate the Stranding Network and ensure an appropriate, rapid and coordinated response.



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Europe to lead 6G telecoms technology

Europe is stepping up efforts to lead the next generation of global communications, with a new initiative aimed at accelerating the development of satellite-enabled connectivity that could underpin future 6G networks and advanced Artificial Intelligence.

The European Space Agency (ESA) and the GSMA announced at Mobile World Congress a joint funding programme worth up to €100 million to speed up the integration of satellite and terrestrial mobile technologies. The programme focuses on Non-Terrestrial Networks (NTNs), which use satellites alongside traditional ground-based infrastructure to deliver connectivity. According to ESA officials, these hybrid networks will form a critical backbone for future digital services.

Antonio Franchi, head of ESA's 5G/6G NTN Programme Office, said the funding will support the development of new technologies, infrastructure and services designed to accelerate the digital transformation of industries and public services.

Potential applications include remote medical services such as telemedicine and telesurgery, autonomous vehicles, and precision agriculture, all of which depend on highly reliable and ubiquitous connectivity.

The initiative represents one of Europe's most significant public investments so far in the commercialisation of combined satellite and terrestrial communications, coming as global competition

intensifies to dominate next-generation connectivity.

The funding will be open to proposals from companies and organisations based in EU member states. Projects will be selected and approved by the European Space Agency.

The programme will focus on four key areas:

- Artificial intelligence management of satellite constellations and ground networks
- Direct-to-device connectivity allowing smartphones and Internet of Things devices to connect directly to satellites
- Collaborative testing platforms for 5G and 6G technologies
- Early research into advanced Internet of Things systems and edge intelligence

It's believed that the collaboration between the mobile and space industries could transform global connectivity, particularly in remote or underserved regions.

Although companies in the United States currently dominate the satellite internet sector, ESA officials believe Europe's expertise in advanced manufacturing and specialised software could offer a competitive alternative.

Public funding is intended to reduce the risks for European companies developing technologies capable of scaling globally. Several European firms are already involved in the initiative, including Nokia, Filtronic, Celeste, Lasting Software, OQ Technology, and MinWave Technologies, which showcased demonstrations of

hybrid satellite-terrestrial networks during the event.

Among the highlights at Mobile World Congress was a mixed-reality model of the Argonaut lunar lander, designed by ESA to transport cargo to the Moon. Visitors were able to remotely control a training vehicle through a real-time satellite connection, demonstrating how future communications infrastructure could support operations not only on Earth but also in space.

Meanwhile, Nokia showcased its 360-degree RXRM camera technology streaming live images from the LUNA facility, a site designed to replicate the harsh conditions of the lunar environment.

ACTS encourages locals to enjoy 'Drinking Habits'



ACTS Community Theatre has finalised the venue and dates for its upcoming production. It will be performing 'Drinking Habits' by Tom Smith at the Benijofar Cultural Centre on 14th, 15th and 16th May at 7.30pm.

This play is a particularly hilarious farce, in fact the cast believes it's one of the funniest they have performed, with many humorous twists and turns. The performance is being directed by Julia Parker who has been a welcome addition to the group.

The 'action' takes place in a convent where very pious, but naughty nuns are secretly pro-

ducing wine to help their finances and keep the convent solvent. Mother superior has no idea what's going on. She innocently believes that grape juice is being sold successfully to support the cause.

However, undercover reporters turn up to investigate the award-winning wine and get into all sorts of mischief and mad situations. Mistaken identity surprises from the past and a touch of romance all add to the mix to keep the audience glued to their seats.

Come along a little earlier and buy raffle tickets and drink or too... but whether early or

on time, make sure you have this extremely entertaining evening in your diary and come along and enjoy the fun and frivolity.

If you would like to join this great group of talented people in any capacity please contact chairman Julie Irvine at: irvinejulie90@gmail.com

Orihuela police arrests two thieves in petrol station robbery

Two men have been arrested by the Guardia Civil in connection with a series of vehicle thefts and robberies across the Vega Baja del Segura and neighbouring municipalities.

The arrests were made as part of Operation Leoniza, an investigation that intensified after an attempted robbery at a service station during the early hours of the morning.

According to investigators, the suspects used a consistent method to steal vehicles. They allegedly forced entry into parked cars, manipulated the ignition systems to start them, removed the sound equipment and then slashed all four tyres before abandoning the vehicles.

Police believe one of the stolen cars was later used in a robbery at a petrol station in Archena. Days later, the suspects allegedly attempted a similar robbery in Orihuela, where they were surprised by a patrol from the Orihuela Local Police. One of the suspects was arrested following a brief chase, while the second was detained several days later in Albaterra.

In total, the two men face charges related to four vehicle thefts as well as three robberies involving forced entry at homes and businesses. The investigation also linked

the suspects to several break-ins in properties across the area, where officers say the perpetrators acted quickly and used force to gain access. In one incident at a country house in La Algueña, the suspects fled into nearby woodland after being surprised by police.

Days later, investigators say the pair used another stolen vehicle to ram the door of a petrol station in Archena, where they allegedly stole a tobacco vending machine. Authorities were able to connect the crimes through the distinctive damage left on the stolen vehicles, including slashed tyres, tampered ignition systems and ripped-out sound systems.

The operation was coordinated by the ROCA Team of Ibi of the Guardia Civil, with support from the National Police of Spain and local police forces in Orihuela and Albaterra.



Pedro Sánchez rejects heart illness rumours

Spain's prime minister, Pedro Sánchez, has publicly rejected rumours circulating online that he is secretly undergoing treatment for a serious heart condition, calling the claims false and politically motivated. The speculation emerged after a report by Libertad Digital alleged that the 53-year-old leader had been receiving treatment for a cardiovascular problem for several months at Ramón y Cajal Hospital.

The story quickly spread on social media and among right-wing commentators, despite swift denials from government sources who told Spanish journalists the prime minister was not suffering from any illness. Officials acknowledged that the hospital is often used by government personnel but insisted there was no medical issue involving Sánchez.

Online speculation continued in the following days, with some critics pointing to what they described as the prime minister's slimmer appearance at recent public events.

The issue was raised publicly in Spain's parliament when Cayetana Álvarez de Toledo, a lawmaker from the opposition People's Party (PP), referred to the report during a plenary session and asked Félix

Bolaños, Spain's justice minister, to clarify whether the prime minister had any health problems.

Álvarez de Toledo also argued that information about Sánchez's health should be declassified if necessary, claiming it was a matter of public interest.

After initially ignoring the rumours, Sánchez responded directly on social media. "I do not suffer from any cardiovascular disease, but even if I did, it would not be a problem," he wrote, adding that millions of people live normal lives with such conditions thanks to public healthcare services.

The prime minister also used the message to criticise the right-wing opposition's support for policies he said could weaken Spain's public health system.

In a separate post, Sánchez accused his political opponents of spreading misinformation, saying rumours were often launched by what he described as "pseudo-media outlets" before being amplified by politicians and commentators. He added that after years of predicting the imminent collapse of his governments, critics were now circulating false claims about his health.

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Free instant payments across Europe as Bizum rolls out

Free instant payments between Spain and much of Europe are set to become a reality from 2026, after Bizum agreed to make its system compatible with several major European mobile payment platforms.

The Spanish payment solution, which many people now simply call when they want to “make a Bizum”, has partnered with Germany’s Wero, Portugal’s MB Way, Italy’s Bancomat and the Nordic platform Vipps MobilePay. Together, the alliance connects more than 130 million users in 13 countries, covering around 72% of the population of the EU and Norway.

Bizum, which launched in 2016 and has since become Spain’s go-to tool for sending small sums between friends and family, and

more recently has expanded into physical shops with its tap-to-pay feature, is now taking what it describes as a decisive step towards becoming part of a wider European payments network.

In practical terms, nothing will change for users inside Spain. Bizum will keep its name, app and functions. The difference is that from 2026, people will be able to send instant peer-to-peer payments to users of the other participating European platforms. Payments in online shops and physical stores are expected to follow in 2027.

There has already been a smaller-scale test of cross-border payments. Platforms within the EuroPA Alliance, including Spain, Italy, Portugal and Andorra, began operating together in March 2025

and closed that year with €6 million in cross-border transactions.

Jordi Nebot, CEO and founder of PaynoPain, says the agreement effectively turns national systems into part of a broader ecosystem. “It’s no longer enough to lead in a national market,” he explains. “These platforms must integrate into a reliable and competitive European system, offering users and businesses the ability to pay and receive payments instantly in any country within the network.”

For consumers, the goal is simplicity. Nebot says users will be able to “make peer-to-peer transfers, pay in physical stores, or complete online purchases using the same app they already know, without worrying about exchange rates, hidden fees, or complicated verification processes.”

In the short term, Visa and Mastercard will continue to operate alongside these systems. However, Nebot believes the longer-term significance lies in “financial sovereignty”, allowing Europe to depend less on US payment networks while operating within a regulated and transparent

framework.

For Spain’s millions of regular Bizum users, the message is straightforward. The app will work as it always has, but from next year, its reach will extend far beyond Spain’s borders.



Renfe creates own bus company to combat disruption

Renfe has announced a major shake-up to its approach in managing disruptions in Spain. The rail operator will create its own bus company in a bid to handle growing interruptions on the track, especially on routes like the one between Málaga and Antequera.

The investment totals €61.5 million, but Renfe says it will save between €9 and €13 million per year compared to its current method of hiring buses ad hoc. The move comes as Renfe braces for more disruptions from large-scale railway works planned in the coming years.

Juan Pérez, a Renfe spokesperson, explained, “We’ve seen that traditional bidding for bus services just isn’t

enough.” He added that the new company structure, with Renfe holding 51% and the bus firm 49%, will provide a stable, long-term solution.

This development comes as Renfe faces increasing competition. Just a few weeks ago, Renfe relaunched its own nationwide promotion, offering seats from €7 and then only a day later Ouigo ignited a fresh fare war by undercutting Renfe with bargain tickets.

At the same time, the operator is also dealing with delays. For example, passengers on the Madrid-Málaga route have been using buses since storms damaged the line, and Iryo has announced temporary layoffs for staff

in Málaga due to the disruption.

The Madrid-Barcelona line is also expected to see major infrastructure works soon, further increasing the need for a robust alternative transport solution. As the only high-speed operator offering its own bus network, Renfe believes it is positioning itself to stay resilient in this increasingly competitive landscape.

“We can’t rely on last-minute bus hires,” Pérez said. “By investing in this company, we secure a better service for our passengers in the long run.”

Secrets of Spain’s 23-F coup revealed in declassified docs



The world has seen its share of explosive document releases recently, and now Spain has released its own. With the death of Antonio Tejero, the former lieutenant colonel who led Spain’s infamous 23-F coup attempt, the Spanish government released over 160 previously classified documents. These declassified documents provide a detailed look at the plot that shook Spain’s young democracy on February 23, 1981.

Born in Alhaurín el Grande in 1932, Tejero joined the Guardia Civil in 1951 and quickly built a reputation for clashing with state and military officials. He openly opposed Spain’s new constitution, which had been approved in 1978 as the country tried to move away from nearly 40

years of Francisco Franco’s authoritarian rule. Before the 23-F coup, Tejero had been implicated in another failed coup, Operación Galaxia, and other actions against the government.

On February 23 1981, Tejero made history for all the wrong reasons when he stormed the Congress of Deputies during the investiture vote for Leopoldo Calvo-Sotelo. He fired shots into the ceiling and held members

of parliament hostage for nearly 18 hours, including acting prime minister Adolfo Suárez. The standoff became a turning point for Spain’s young democracy. Scenes such as Tejero shouting “Everyone freeze,” as he fired rounds into the ceiling, and his confrontation with Vice President General Manuel Gutiérrez Mellado sound like something straight out of a movie but were terrifyingly real.

Inside the coup: What the Documents Reveal

The newly declassified documents reveal even more. They show that the planning for the coup had begun months before, with intelligence and military assessments mapping out civilian, military, and joint civilian-military operations. Some transcripts reveal confusion among participants, with certain Guardia Civil officers being misled about the plot. Six members of a special CESID (Superior Defence Information Centre) intelligence unit were actively involved, either in planning or in supporting the takeover. The CESID was Spain’s

main military and national intelligence agency from 1977 until 2002. Their later efforts to cover their tracks by correcting dates and creating cover stories were closely watched, tracked, and controlled.

The files also reveal just how decisive the role of King Juan Carlos I was. From the moment Tejero entered parliament, the king ordered military leaders to remain loyal to the constitution and not to give in to the rebels’ demands. Later documents show that even after the coup failed, there were ongoing worries about the mood in the armed forces. The documents detail efforts by some to spread false information that tried to implicate the king in the conspiracy.

Some documents go even further, showing that after the 23-F failure, certain military circles considered further attempts, including “un golpe a la turca” (a Turkish-style coup) to remove parties and regional authorities, and plotted dates around the celebration of the King’s saint’s day or national election cycles.

The newly released records really give a sense of how fragile Spain’s democracy felt at the time and how close the country came to a very different outcome.

Antonio Tejero was sentenced to 30 years for military rebellion, serving just under 16 before his release in 1996. In later years, he denied being a central figure, claiming he was merely “an actor” in the events. Yet his actions on that February day, and the broader information revealed in these newly released files, make it clear that 23-F remains one of the clearest tests of Spain’s transition from dictatorship to democracy.

With the 23-F files now public, some politicians have said it could be a good moment for the exiled King Juan Carlos I to return, because of the decisive role he played in stopping the coup. The former king has been living abroad for several years while under investigation for financial matters.

San Javier airport to be European Space Agency hub

San Javier has been selected as one of the new headquarters for a Business Incubation Centre run by the European Space Agency, and it's a really significant moment for the area and for the future of the old San Javier airport.

The centre will be based at the former airport facilities, where work is already underway to create a dual technology hub focused on the aerospace sector, with that part of the project due to open next summer.

The Business Incubation Centre will sit alongside it, co-financed and coordinated through the Spanish Space Agency and the European Space Agency.

The plans allow for up to four startups to be incubated at a time over three-year periods, which could mean as many as 12 new space sector companies getting their start at the San Javier site, bringing skilled

jobs and fresh investment to the area.

Mayor José Miguel Luengo described the news as "good news for the CAETRA project, for the entire Region of Murcia and for San Javier."

It looks like the old airport is set to become a hub of activity on several fronts. The OM2 project will establish a Centre for the Recovery and Conservation of species from the Mar Menor, combining scientific work with a cultural and tourism element, with the preliminary project due to be presented shortly.

Alongside that, the CAETRA aerospace technology project is already drawing major events to the site, including UNVEX 2026, the largest drone gathering in Spain, which is set to take place at the airport on September 17 and 18.

Image: Ayuntamiento de San Javier



Huge multi-million boost for Alicante Airport expansion



Big changes are on the way for Alicante Elche Miguel Hernández Airport, with airport operator Aena confirming it will pour €868 million into the Costa Blanca hub over the next five years.

The investment will be spread out over two planning cycles, known as DORA 3 and DORA 4, stretching the project's horizon to 2036. Of the €1.154 billion overall package previously announced, €453 million will be allocated from 2027, with the remaining €701 million set aside for the 2032 to 2036 period.

The scale of the project reflects the airport's rapid growth. Alicante Elche Miguel Hernández Airport handled a record 19.9 million passengers in 2025, making it the fifth busiest airport in Spain. Forecasts suggest numbers could rise to 22.3 million within the next five years.

Roughly half of the €868 million earmarked for the coming phase will go on physically expanding the terminal. The rest

will fund upgrades across the wider site, including parking areas, access roads and operational zones.

Plans include enlarging the terminal by almost 30%, installing a new security control area with modern scanners that remove the need to take liquids and electronics out of hand luggage, and demolishing the old terminal to make way for a new non-Schengen boarding area. This is particularly relevant for British travellers, who remain the largest foreign group using the airport.

Aena also intends to improve aircraft taxiways to reduce waiting times and emissions.

To help fund the programme, the operator has proposed an average annual fee increase of €0.35 per passenger at Alicante, a move that has already drawn criticism from some airlines like Ryanair concerned about rising costs.

Image: Enaire



Mazda Cx3 2.0 petrol
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km 80300,
price 17950€



Hyundai i30 tgd petrol,
year 2017, km 126250,
price 10950€



Fiat 500 1.2 petrol,
year 2018, km 44050,
price 9750€



Renault grand Scenic
tce petrol , 7 sits, year
2019, km 163400,
price ,14950€



Volkswagen Polo 1.2
Tsi petrol Automatic,
year 2015, km 124040,
price 9950€



Kia Sportage 1.7 Crdi,
year 2017, km 83150,
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Tax deductions lost after Congress axes social shield

The Spanish Congress recently voted against Royal Decree-Law 2/2026, a piece of legislation that had been covering a range of social and economic protections, including a freeze on certain evictions.

But buried within that same decree were several important income tax deductions and its rejection means some of those are now gone. Here's a straightforward breakdown of what's changed and what it means for you.

Home energy improvement deductions

There were three state-level tax deductions available to people who had carried out energy-saving home improvements, things like replacing windows or installing solar panels. Two of those have now been lost for the 2025 tax year, according to tax specialists TaxDown, although one remains in place until 2026.

The first of the two lost deductions allowed homeowners to claim back 40% of costs, up to a maximum of €7,500, for renovation work on a main home that

either reduced non-renewable primary energy consumption by at least 30% or brought the property's energy rating up to an A or B.

That deduction now only applies to work carried out between October 6, 2021 and December 31, 2024, so anything done from 2025 onwards can no longer be claimed.

The second deduction that's being lost allowed people to claim 60% of costs, up to €5,000, for works that achieved similar energy improvements but applied to whole buildings rather than just individual homes. This one can still be claimed for the 2025 tax return, but it will not be available for the 2027 return onwards.

It's also worth knowing that if your eligible costs exceed that €5,000 annual limit, the remainder can be carried forward over the next four tax years, as long as the total claimed doesn't go above €15,000.

Electric vehicles and home charging points

If you bought an electric car or had a home charging point installed in 2025, you can still claim the 15% deduction on this year's tax return, with a maximum base of €20,000. However, anyone planning to do either of those things in 2026 will no longer be able to claim anything on their 2027 return, because the decree that would have extended that deduction through to the end of 2026 has now been scrapped.

Changes for the self-employed

Small business owners and self-employed people who pay tax under the simplified "módulos" system will also feel the impact. The rejected decree had included an extension of the income and purchase thresholds that allow people to use this simplified approach to taxation, which keeps paperwork lighter and payments more predictable.

Without that extension, those thresholds will now drop back to lower levels, meaning some self-employed people may find themselves forced to switch to a different tax method without much time to prepare.

Property owners with unoccupied homes

If you own a property in Spain that isn't your main home and isn't being rented out, this one affects you too. The rejected decree had kept the imputed income tax rate at 1.1% for properties whose cadastral values were revised after January 1, 2012. With the decree gone, that rate reverts to 2%, which means a higher tax bill for affected owners.

One last thing to bear in mind

Whatever deductions you do or don't claim, it's worth knowing that Spain's Tax Agency has up to four years to review income tax returns. That means they have until 2029 to look back at 2025 returns and flag any deductions that were claimed incorrectly.

If in doubt, it's always worth getting advice from a qualified tax professional before you file.



Pope Leo XIV confirms his visit to Spain this summer

The Vatican has confirmed that Pope Leo XIV will travel to Spain from Friday 6th June to Thursday 12th June, 2026 for what will be the first papal visit in 15 years.

In a short statement, the Holy See explained that the Pope has accepted an invitation from the Head of State and Spanish Church authorities. The full itinerary will be released at a later date.

The trip will be the first since Pope Benedict XVI visited Madrid in 2011. According to the Vatican, Leo XIV is also set to travel to Monaco in March and to four African countries in April, but it's the Spain visit that is already generating excitement.

Draft plans suggest the Pope will begin in Madrid with official meetings, a gathering with young people and a large open air Mass. He is then expected to travel to Barcelona to mark the centenary of the death of Antoni Gaudí and bless the completed towers of the Sagrada Família.

The visit could also include a stop in the Canary Islands, specifically Gran Canaria and Tenerife, where he would focus on the ongoing migrant situation. It would be the first time a Pope has ever visited the islands.

The invitation was first extended by

Felipe VI during a meeting at the Vatican last May, and Church leaders have since renewed it. Preparations are now under way in Rome, with organisers working alongside Spanish authorities to finalise the programme.

More details are expected in the coming weeks as Spain prepares to welcome the Pope back this summer.



Global warning as sea level rises 1.5 metres

A major international study has found that global sea levels may be higher than scientists previously estimated, meaning far more people are already living in vulnerable coastal areas.

Researchers reviewing hundreds of climate studies say the rise in sea level has likely been underestimated by around 30 centimetres on average. In some regions, the difference between predictions and reality could be as much as 1 to 1.5 metres.

The findings come from a study published in the journal Nature by researchers from Wageningen University & Research in the Netherlands. Scientists analysed 385 research papers on coastal exposure to rising seas published over the past 15 years.

Their conclusion is that many studies rely too heavily on satellite-based models that calculate sea level using gravity and the Earth's rotation. These models often fail to account for local conditions such as winds, tides and ocean currents, which can significantly influence how high the sea actually sits along a coastline.

"Most studies on sea level do not reflect reality because they are based on models and do not use direct measurements," said hydrologist Philip Minderhoud.

Because of these limitations, earlier estimates suggested around 30 million people lived below sea level, but the new analysis puts the figure closer to 80 million worldwide.

The gap between predictions and reality is not the same everywhere. The largest differences appear in parts of Southeast Asia and the Pacific, where sea levels may be much higher than previous projections suggested.

Researchers warn that these underestimates could affect how governments plan for flooding and coastal protection.

"The additional risk to the population is much greater than expected, especially in the most vulnerable countries," the researchers said, pointing particularly to low-lying developing nations and small island states.

According to climate researcher Xavier Rodó, the models used to estimate sea levels tend to be more accurate in the Mediterranean, meaning the gap between projections and real measurements in Spain is likely to be relatively small.

NEWS IN BRIEF

Orihuela keeps refuse charge at 202 euros

Orihuela will maintain its refuse collection charge at 202 euros per year in 2026, despite previously describing the charge as flexible and open to annual revision. The council had hoped that a new waste treatment plant in the Vega Baja would halve service costs, but the facility remains in the planning stage and its proposed location in Torremendo has met local opposition.

The current rate was increased from 70 to 202 euros last year to ensure the service does not run at a deficit, as required by law. The council collects around 6.5 million euros annually, while service costs exceed 15 million euros. Residents pay the charge in two six-monthly instalments of 101.44 euros.

Gas supply restored at Orihuela Costa

school after months without heating Playas de Orihuela school has had its gas supply restored after 153 days without heating and 41 consecutive days of protests by the school community. Families had also launched a petition campaign to press for action.

Despite the reconnection, the school is still waiting for the Town Hall to repair the boiler, which has been broken since March

2024. The Association of Pupils' Families has said that if there is no solution by Thursday, it will continue taking weekly photographs in protest. It stressed that heating remains a basic necessity and that the issue is about ensuring dignified conditions all year round.

Guardamar new network to monitor beach erosion

Guardamar del Segura Council has launched a new system to monitor coastal dynamics and study beach erosion through the installation of a network of sensors along its shoreline.

The technology includes a current meter, several oceanographic buoys and coastal video monitoring systems. The network gathers high-resolution in situ data on hydrodynamic behaviour in the surf zone, where most sediment movement caused by waves takes place.

According to the council, continuous data collection will help identify patterns in marine sediment movement, supporting the development of predictive models and decision-making tools. The instrumentation also provides direct information from the coastal front, reducing the need to rely solely on numerical propagation models to estimate shoreline conditions.

The project has been funded with

82,728.20 euros from EU Next Generation funds through the Sustainable Tourism Plan. It was developed with technical advice from the Coastal Ecology Institute, and installation was carried out by the specialist company Oceannet.

Delivery driver arrested in Elche over alleged mobile phone thefts

A 38-year-old delivery driver has been arrested in Elche on suspicion of stealing high-end mobile phones worth almost 7,000 euros. National Police believe he is responsible for theft and document forgery.

According to police, the suspect allegedly removed the devices from parcels during deliveries and later resold them through online second-hand sales platforms. Investigators say he used falsified invoices from a well-known electronics retailer to give the phones an appearance of legitimacy.

The investigation began after a mobile phone company reported irregularities in the seals of several recently received packages. Officers linked the affected deliveries to the same courier company and, more specifically, to the same driver.

Habaneras sets new visitor record after major investment

Habaneras Shopping Centre ended 2025 with a record 4.9 million visits, a 2% increase on the previous year. Sales rose by 4% between January and December. Since Castellana Properties acquired the centre in 2018, footfall has grown by 20%, with occupancy now at 98.1%.

The company has invested nearly 2 million euros in refurbishments to adapt the site for new brands. Over the past year, twelve commercial operations have been completed, covering more than 3,900 m² through new openings, relocations and refurbishments. New arrivals include JD Sports, Juguetos, Koala Bay, Casa Carmen and Ozone Bowling.

The upper floor has been the focus of a major leisure and dining overhaul. Ozone Bowling has opened a 600 m² entertainment space, introducing QubicaAMF's Duckpin Bowling to the region for the first time. Big Jump has also been renovated, adding 354 m² of updated inflatable attractions.

Opened in 2005, Habaneras offers 25,021 m² of space, 850 free parking spaces and 66 brands, supporting around 650 jobs. Castellana Properties acquired the centre in 2018 for 80.6 million euros and has continued to reposition it as a leading retail and leisure destination on the Costa Blanca.



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 <p style="font-weight: bold; color: white;">CORBERO DISHWASHER</p> <p style="color: white; font-size: small;">CLVM605W</p> <p style="color: red; font-weight: bold; font-size: large;">329€</p>	 <p style="font-weight: bold; color: white;">CORBERO MICROWAVE</p> <p style="color: white; font-size: small;">CMICM4020W 20L</p> <p style="color: red; font-weight: bold; font-size: large;">59€</p>

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Diddly Squat donkey

Jeremy Clarkson has sparked debate among fans after revealing a new addition to Diddly Squat Farm in Oxfordshire: a donkey named Ben. The television presenter shared a photograph on Instagram on 4 March 2026 with the caption, "Please welcome to Diddly Squat. New Ben." The post quickly attracted attention, not just for the animal's arrival but for concerns about its welfare.

Several followers pointed out that donkeys are highly social animals and generally should not be kept alone. One commenter asked whether Ben would have a donkey companion, describing it as very important. Others echoed the same concern. Clarkson responded directly and briefly, writing: "Yes. We know that." The reply appeared to reassure some fans that the farm had considered the animal's needs.

The new donkey arrives during a chal-

lenging period for Diddly Squat. Filming for the sixth series of Clarkson's Farm, his Amazon Prime show documenting the realities of running a working farm, has been paused. Clarkson has said relentless rainfall since the start of the year has prevented him from planting crops, and ongoing bovine TB restrictions have added further complications. For anyone who has tried to keep a garden alive through a soggy British winter, the frustration will sound familiar – now scale that up to hundreds of acres.

Despite the setbacks, activity on the farm continues. Clarkson's partner, Lisa Hogan, recently confirmed that their flock of sheep is pregnant, ensuring there will be new arrivals in the coming months. The addition of Ben the donkey adds another chapter to the evolving story of Diddly Squat, where animal care, weather challenges and public scrutiny regularly collide.



Rumoured relationship



Kim Kardashian and Lewis Hamilton have added fresh fuel to rumours of a relationship after appearing to holiday at the same high-end resort in Utah. Both posted separate images on social media showing dramatic desert cliffs, calm blue water and glowing sunset skies. They did not share any photographs together, but the similarities in scenery quickly caught fans' attention.

The location is believed to be Amangiri, an exclusive retreat popular with celebrities and long favoured by the Kardashian family. Nightly rates start at about £3,200, roughly €3,750 and around \$4,050, for suites and tented pavilions set against the desert landscape. It is the kind of place known for privacy, which only adds to speculation when two global stars appear to be there at the same time.

The pair were previously spotted together at

the 2026 Super Bowl, prompting early whispers of a romance. Reports now suggest their connection may have begun earlier than fans realised. According to claims cited in The Sun, Kim visited Lewis in Los Angeles before the Grand Prix on 22 November. One source alleged she was invited into the garage during preparations and was present on race day, spending time with him before he headed out on track.

Another source claimed that three days before the race, Kim was seen leaving the garage where Lewis's car was kept and heading towards his trailer. At the time, it reportedly drew little attention. In the world of Formula One, garages are usually reserved for engineers, drivers and the odd celebrity guest, so any repeated appearances tend to stand out. Whether it is friendship or something more, the timing and the shared holiday backdrop have certainly kept fans watching closely.

Game of Thrones feature film



Beau Willimon, best known for his work on Andor and House of Cards, has signed on to write the first Game of Thrones feature film. The news was confirmed on 4 March by several major entertainment outlets. The project will focus on Aegon I Targaryen, also known as Aegon the Conqueror, the warrior who united the Seven Kingdoms and founded the Targaryen dynasty.

Aegon I is a pivotal figure in George R.R. Martin's fantasy history. Accompanied by his sister-wives Visenya and Rhaenys, and backed by three dragons, he conquered much of Westeros and established the Iron Throne as the seat of power. His story takes place generations before the events of Game of Thrones and even before House of the Dragon, which centres on his descendants.

The film will mark the first time Martin's

world has been adapted for the big screen. Until now, the franchise has been exclusively a television phenomenon. Game of Thrones ran for eight seasons and became one of the most talked-about series of its time. It was followed by House of the Dragon, exploring the Targaryen civil war, and The Knight of the Seven Kingdoms, another prequel set in the same universe.

No casting, director or release date has been announced. For fans, that means the project is still in its early stages. Bringing Aegon's conquest to cinemas suggests a larger scale than ever before, with dragons, battles and political power plays designed for a theatre screen rather than a television set. For viewers, it could mean experiencing Westeros not from the sofa, but surrounded by strangers clutching popcorn as dragons take flight overhead.

Britney drink driving...again

Pop star Britney Spears has been arrested on suspicion of driving under the influence in California, as those close to the singer say the incident could mark the beginning of a "long overdue change" in her life.

The 44-year-old was taken into custody by officers from the California Highway Patrol at around 9:30 p.m. in Ventura County following multiple 911 calls reporting a vehicle driving erratically. According to records from the Ventura County Sheriff's Office, Spears was later released.

In the emergency calls, dispatchers and officers described the situation as it unfolded. One dispatcher reported: "A black sedan, erratic braking, swerving and driving with no tail light."

Representatives for Spears said in a statement that the incident was "an unfortunate" and "completely inexcusable"

situation.

"Britney is going to take the right steps and comply with the law and hopefully this can be the first step in long overdue change that needs to occur in Britney's life," the statement said. "Hopefully, she can get the help and support she needs during this difficult time."

The statement added that Spears' loved ones are working to put a plan in place to support her wellbeing.

Spears shares two sons – 20-year-old Sean Preston Federline and 19-year-old Jayden James Federline – with her ex-husband, Kevin Federline. The two currently live in Hawaii with their father, though family members said the singer's children are expected to spend time with her as she navigates the aftermath of the incident.





THIS WEEK'S FILM PICKS

Steel Magnolias

Thursday 12th March, Film4, 7.40pm



Steel Magnolias is a 1989 American comedy drama film starring Sally Field, Dolly Parton, Shirley MacLaine, Daryl Hannah, Olympia Dukakis and Julia Roberts.

M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy DeSoto (Daryl Hannah). Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

Materialists

Saturday 14th March, Sky Premiere, 9pm



Materialists is a 2025 American romantic comedy-drama film written and directed by Celine Song and starring Dakota Johnson, Chris Evans, and Pedro Pascal.

The film follows a love triangle between a matchmaker, her ex-boyfriend, and a wealthy financier amid New York City's competitive dating scene. A young and ambitious New York City matchmaker finds herself torn between a seemingly perfect match and her imperfect ex-boyfriend.

TV Guide

Tuesday 10th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	13:15 Politics Live	11:00 This Morning	11:25 The Real Housewives of Miami	11:30 Winter Paralympics 2026: Live	12:30 Storm & Alexis
12:30 Homes Under the Hammer	14:00 Impossible	13:15 ITV Lunchtime News	12:20 The Real Housewives of Beverly Hills	12:45 Channel 4 News Summary	13:45 5 News at Lunchtime
13:15 Bargain Hunt	14:45 Unbeatable	13:35 ITV News London	13:15 Ant & Dec's Limitless Win	12:50 Winter Paralympics 2026: Live	13:50 Matt Allwright
14:00 BBC News at One	15:30 The Boss	13:45 ITV Racing: Cheltenham Festival Live	14:15 Wheel of Fortune	16:40 Countdown	15:00 Vanessa <i>Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery</i>
15:00 Bear Grylls - Wild Reckoning	16:15 Weatherman Walking	18:00 The Chase	15:15 The Only Way is Essex <i>Reality series. Love is in</i>	17:30 A New Life in the Sun <i>In France, Jen and Nick must dig deep to keep their horse charity going. And will Brian and Paula's new</i>	16:00 The Good Ship Murder
15:30 Amanda & Alan's Spanish Job	16:30 New Zealand: Earth's Mythical Islands	19:00 ITV News London	16:10 The Real Housewives of	18:30 Four in a Bed	17:00 Bargain-Loving Brits in the Sun
16:00 Escape to the Country	17:30 Antiques Roadshow	19:30 ITV Evening News	17:10 The Real Housewives of Miami	19:00 Come Dine with Me	18:00 5 News at 5
16:45 The Repair Shop on the Road	18:05 Flog It!	20:15 New: The Martin Lewis Money Show Live	18:00 The Real Housewives of Beverly Hills	19:30 Winter Paralympics 2026 Highlights	19:00 Love Nature <i>We meet the Chief</i>
17:30 The Finish Line	19:00 Richard Osman's House of Games <i>Every day this week, former winners Chris McCausland, Claire Richards, Adele Roberts and Olly Smith</i>	21:00 Emmerdale <i>Cain needs to face his future, Joe feels unappreciated, and Kim is surprised when visiting</i>	19:00 Celebrity Catchphrase	20:00 Channel 4 News <i>Channel 4's flagship news</i>	19:05 Susan Calman's Grand Day Out
18:15 Pointless	19:30 Do You Know Your Place?	21:30 Coronation Street <i>Gary intervenes to</i>	20:00 Wheel of Fortune	20:55 The Political Slot	20:00 Celebrity Puzzling
19:00 BBC News at Six	20:00 Great British Menu	22:00 The Summit	21:00 Ant & Dec's Limitless Win	21:00 Battle of the Brands <i>Aldi vs M&S: It's posh versus upstart. From cakes to wine, Kate Quilton explores the ultimate British</i>	21:00 The Yorkshire Vet
19:30 BBC London	21:00 Digging for Britain	23:00 ITV News at Ten	22:00 The Princess Diaries	23:00 Gogglebox	22:00 Ellis
20:00 The One Show	22:00 Europe on the Edge with Katya Adler	23:30 ITV News London <i>The latest news and weather from London and the South East. [S,HD]</i>	23:00 Family Guy		23:00 Fare Dodgers: At War with the Law <i>Transport for London investigators go on the trail of a fare dodger they suspect has avoided paying</i>
20:30 EastEnders	23:00 QI <i>Sandi Toksvig hosts a very</i>	23:45 Indiana Jones and the Temple of Doom	00:30 American Dad!		00:05 The Bailiffs
21:00 Sort Your Life Out	23:30 Newsnight				
22:00 MasterChef: The Professionals	00:00 Forensics: The Real CSI				
23:00 BBC News at Ten					
23:30 BBC London					
23:40 Marry Me					

Entertainment Sport Movies

Sky Max HD	Sky Documentaries	DMAX	RTÉ One	Sky Sports Mix	Sky Premiere
11:00 Will & Grace	11:00 Breath Of Fire	11:00 Deadliest Catch	11:00 The Drew Barrymore Show	11:00 TGL Highlights	11:45 How To Train Your Dragon (2025)
12:00 The Simpsons	15:10 OJ: Made in America	13:00 Treasure Quest: Snake Island <i>A vital clue on Snake Island sees the team in the perilous Paraguayan jungle. A historic artefact brings</i>	11:25 The Kelly Clarkson Show	15:00 PL Greatest Liverpool/Arsenal 2004	14:00 Icefall
13:00 David Attenborough's Galapagos	17:00 Discovering: Nicolas Cage	14:00 Expedition Unknown	12:20 Father Brown	15:15 PL Greatest	15:45 Pets On A Train <i>When a crew of animal</i>
14:00 Hawaii Five-0	18:00 J. Lee Thompson: The Directors	16:00 Alaska: Homestead Rescue	13:15 10 Things To Know About	15:30 PL Greatest: N Forest/Liverpool '92	17:25 Plainclothes
15:00 NCIS: Los Angeles <i>All the Little Things: When</i>	18:55 100 Foot Wave	18:00 Outback Opal Hunters <i>The Blacklighters are forced to move their 10-ton processing plant to a new claim. Plus, the Cheals try</i>	13:45 Telly Bingo	15:45 PL Greatest: Man Utd/Liverpool '09	19:15 Adulthood (2025)
16:00 S.W.A.T.	19:55 The Comedy Store	20:00 Deadliest Catch	14:00 RTÉ News: One O'Clock	16:00 ICC T20 WC Highlights	21:00 Icefall
17:00 Police 24/7	21:00 David Fuller: Monster In The Morgue	22:00 Hoffman Family Gold	14:30 Home and Away	17:00 ATP Final: Acapulco <i>Frances Tiafoe targets a</i>	22:45 Jurassic World: Rebirth
18:00 The Simpsons	23:00 OJ: Made in America	23:00 Deadliest Catch	15:00 Shortland Street	18:00 PL Darts: Cardiff	
18:30 The Simpsons Xmas		00:00 Aussie Gold Hunters <i>The Gold Retrievers chase off a late-night intruder. Shane and Russell venture out on a new expedition,</i>	15:30 Madraí		
19:00 The Office (US)			16:00 EastEnders		
20:00 The Simpsons			16:30 Today		
21:00 Rob & Romesh Vs...			18:40 Nuacht RTÉ		
22:00 The Dyers' Caravan Park			18:55 RTÉ News with Signing		
23:00 Ted			19:01 RTÉ News: Six One		
00:30 Grimm			20:00 Home of The Year		
			20:30 EastEnders		
			21:00 Fair City		
			21:30 Our Farm - A GIY Story <i>Into the Soil: Planting</i>		
			22:00 RTÉ News: Nine O'Clock		
			22:35 Prime Time		
			23:15 This Town		
			00:20 Annika		

Sky Family

11:40 Blithe Spirit (2020)
13:25 It Takes Two
15:15 Teenage Mutant Ninja Turtles
17:05 Lemony Snicket's A Series Of...
19:00 Look Who's Talking Too
20:30 Hook
23:00 The Last Airbender
00:50 Peter Pan

U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Fresh Food
13:00 Border Force America's
15:00 World's Most Dangerous Roads
16:00 Top Gear
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Fresh Food
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

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly <i>Mike and Molly realise that Frannie doesn't have any</i>
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 Mock The Week
23:00 I Love You, Man

Sport

11:00 TGL Highlights
15:00 PL Greatest Liverpool/Arsenal 2004
15:15 PL Greatest
15:30 PL Greatest: N Forest/Liverpool '92
15:45 PL Greatest: Man Utd/Liverpool '09
16:00 ICC T20 WC Highlights
17:00 ATP Final: Acapulco <i>Frances Tiafoe targets a</i>
18:00 PL Darts: Cardiff
22:00 PGA Tour Golf Highlights
00:00 ICC T20 WC Highlights

Movies

Sky Premiere	Sky Greats	Film4
11:45 How To Train Your Dragon (2025)	11:15 The Last Starfighter	12:00 It Should Happen to You
14:00 Icefall	13:00 Men In Black	13:45 Sailor of the King
15:45 Pets On A Train <i>When a crew of animal</i>	14:40 Bad Boys (1995)	15:30 Halls of Montezuma
17:25 Plainclothes	16:40 Batman	17:45 Western Union
19:15 Adulthood (2025)	18:50 Batman Returns	19:40 Jumanji: The Next Level
21:00 Icefall	21:00 Batman Forever	22:00 Ticket to Paradise
22:45 Jurassic World: Rebirth	23:05 Batman & Robin	00:05 Friends with Benefits

TV Guide

Wednesday 11th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live	12:15 Politics Live <small>The big political issues of</small>	11:00 This Morning	11:10 The Real Housewives of Miami	11:30 Winter Paralympics 2026: Live <small>GB's clash against reigning</small>	12:30 Storm & Alexis
12:30 Homes Under the Hammer	14:00 Impossible	13:15 ITV Lunchtime News	12:05 The Real Housewives of Beverly Hills	14:50 Channel 4 News Summary	13:45 5 News at Lunchtime
13:15 Bargain Hunt	14:45 Unbeatable	13:35 ITV News London <small>The latest news and weather from London and the South East. [S,HD]</small>	13:00 Ant & Dec's Limitless Win	14:55 Winter Paralympics 2026: Live	13:50 Matt Allwright <small>Matt looks at the big news stories developing during the day and offers help and advice to save you money</small>
14:00 BBC News at One	15:30 The Boss	13:45 ITV Racing: Cheltenham Festival Live	14:05 Wheel of Fortune	16:40 Countdown	15:00 Vanessa <small>Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery</small>
15:00 Bear Grylls - Wild Reckoning	16:15 Weatherman Walking	18:00 The Chase	15:05 The Only Way is Essex	17:30 A New Life in the Sun	16:00 The Good Ship Murder
15:30 Amanda & Alan's Spanish Job	16:30 New Zealand: Earth's Mythical Islands	19:00 ITV News London	16:10 The Real Housewives of Cheshire <small>Reality series following a</small>	18:30 Four in a Bed	17:00 Bargain-Loving Brits in the Sun
16:00 Escape to the Country	17:30 Antiques Roadshow	19:30 ITV Evening News	17:10 The Real Housewives of Miami	19:00 Come Dine with Me <small>Third host Amy throws an American-themed dinner party. But after one guest gets a mouthful of tin foil,</small>	18:00 5 News at 5
16:45 The Repair Shop on the Road	18:15 Flog It!	20:30 Celebrity Lingo <small>Adil Ray hosts the game of words as Good Morning Britain's Kate Garraway and This Morning's Ashley</small>	18:00 The Real Housewives of Beverly Hills	19:30 Winter Paralympics 2026 Highlights	19:00 Love Nature
17:30 The Finish Line	19:00 Richard Osman's House of Games	21:00 Emmerdale	19:00 Celebrity Catchphrase	20:00 Channel 4 News	19:05 Susan Calman's Grand Day Out
18:15 Pointless	19:30 Do You Know Your Place?	21:30 Coronation Street	20:00 Wheel of Fortune	20:55 The Political Slot	20:00 Celebrity Puzzling
19:00 BBC News at Six	20:00 Great British Menu	22:00 New: The Stolen Girl	21:00 Ant & Dec's Limitless Win	21:00 Kirstie and Phil's Love It or...	21:00 Alice Roberts: Our Hospital Through Time
19:30 BBC London	21:00 Britain's Biggest Warship	23:00 ITV News at Ten	22:00 The Princess Diaries	22:00 New: A Woman of Substance	22:00 Ellis
20:00 The One Show	22:00 Hostage	23:30 ITV News London	23:00 Family Guy	23:00 Night Coppers <small>PCs Jodie and Zoe are called to break up a brawl between neighbours. And veteran officer Emma</small>	23:00 The Surgeon
20:30 EastEnders	23:00 We Might Regret This	23:45 New: Peston	00:35 American Dad!		00:05 Ambulance: Code Red
21:00 MasterChef: The Professionals	23:30 Newsnight	00:40 The Jonathan Ross Show <small>Jonathan is joined for this edition by one of Hollywood's best-loved and</small>			
22:00 Ambulance	00:00 Unspun World with John Simpson				
23:00 BBC News at Ten	00:30 The Misadventures of Romesh Ranganathan				
23:30 BBC London					
23:40 UEFA Champions League					

Entertainment Sport Movies

Sky Max HD	Sky Documentaries	DMAX	RTÉ One	port Sky Sports Mix	Sky Premiere
11:00 Will & Grace	11:00 Last Call: When A Serial Killer Stalked	11:00 Deadliest Catch	11:15 The Drew Barrymore Show	11:00 TGL Highlights	11:45 The Gentleman
12:00 The Simpsons	15:00 OJ: Made in America	13:00 Treasure Quest: Snake Island	11:40 The Kelly Clarkson Show	15:00 PL Greatest : Man U/Man City 2009	13:30 Adulthood (2025)
13:00 David Attenborough's Galapagos	17:00 Discovering: Jeremy Irons	14:00 Expedition Unknown <small>Josh travels to the Caribbean to hunt for the</small>	12:30 Father Brown	15:15 PL Greatest Games:Leics/Man U '14	15:20 Pets On A Train
14:00 Hawaii Five-0	18:00 Rob Reiner: The Directors	16:00 Alaska: Homestead Rescue	13:30 10 Things To Know About	15:30 PL Greatest Games:Man Utd/Derby'97	17:00 How To Train Your Dragon (2025)
15:00 NCIS: Los Angeles	18:55 100 Foot Wave	18:00 Outback Opal Hunters	14:00 RTÉ News: One O'Clock	15:45 PL Greatest: B'mouth/Liverpool '16	19:15 Icefall
16:00 S.W.A.T.	19:55 The Comedy Store	20:00 Deadliest Catch <small>Winter kicks into high gear on the Bering Sea. While an unruly deckhand forces captain Sean Dwyer to</small>	14:30 Home and Away	16:00 ICC T20 WC Highlights	21:00 Jurassic World: Rebirth
17:00 Police 24/7	21:00 Tony Hawk: Until The Wheels Fall Off	22:00 New: Maine Cabin Masters	15:00 Shortland Street	17:00 WTA Final: Merida	23:20 Bring Her Back
18:00 The Simpsons	23:30 OJ: Made in America	23:00 New: Barnwood Builders <small>Mark Bowe and the Barnwood Builders crew build a beautiful, two-story log cabin addition for an old</small>	15:30 Fair City	18:00 PGA Tour Golf Highlights	
19:00 The Office (US)	Da U&Dave	00:00 Aussie Gold Hunters	16:00 EastEnders	20:00 S/Lge: Leigh v Catalans	Sky Greats
20:00 The Simpsons	11:00 Railroad Australia	HGTV	16:30 Today	22:45 My Icon: Duke McKenzie	12:25 Three Days Of The Condor
21:00 A League Of Their Own	12:00 Rick Stein's Fresh Food	11:00 The Big Bang Theory	18:40 Nuacht RTÉ	23:00 Australian F1 GP Highlights	14:25 The Day Of The Jackal
22:00 Ted 2 (2015)	13:00 Border Force America's	15:00 Mike & Molly	18:55 RTÉ News with Signing	00:00 ICC T20 WC Highlights	16:50 Batman Forever
00:10 Grimm	15:00 World's Most Dangerous Roads	16:30 Young Sheldon	19:01 RTÉ News: Six One		18:55 Batman & Robin
Sky Family	16:00 Top Gear	18:00 The Big Bang Theory	20:00 Nationwide		21:00 The Mummy (1999)
11:30 Sonic The Hedgehog 3	18:00 Hairy Bikers' Best of British	22:00 New: Dr Pimple Popper: Breaking...	20:30 EastEnders		23:05 Twister
13:25 Hook	19:00 Rick Stein's Fresh Food	00:00 Dr. Pimple Popper	21:00 Eva Pau's Asian Kitchen		Film4
15:50 Harold and The Purple Crayon	20:00 Would I Lie To You?		21:30 Neven's Ulster Food Tour		12:00 Tomahawk
17:30 Cats & Dogs	20:40 Richard Osman's House of Games		22:00 RTÉ News: Nine O'Clock		13:40 The Bravados
19:00 Sonic The Hedgehog 3	22:00 QI XL		22:35 All That Remains with Niall Breslin		15:40 Gunman's Walk
21:00 Scooby-Doo!	23:00 Have I Got A Bit More News For You?		23:35 Goodman : Too Big To Fail		17:35 Send Me No Flowers
22:30 A Minecraft Movie	00:00 Taskmaster		00:50 Call The Midwife		19:40 Notting Hill <small>(1999) Hugh Grant and</small>
00:15 The Borrowers					22:00 The Equalizer 2
<small>Fun comic adventure about</small>					00:20 The Father

TV Guide

Thursday 12th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
12:30 Homes Under the Hammer
13:15 Bargain Hunt
14:00 BBC News at One
15:00 Bear Grylls - Wild Reckoning
15:30 Amanda & Alan's Spanish Job
16:00 Escape to the Country
16:45 The Repair Shop on the Road
17:30 The Finish Line
18:15 Pointless
19:00 BBC News at Six
19:30 BBC London
20:00 The One Show
20:30 EastEnders
21:00 Dragons' Den
22:00 The Apprentice
23:00 BBC News at Ten
23:30 BBC London
23:40 Question Time
00:40 Newscast

BBC TWO

13:15 Politics Live
14:00 Impossible
14:45 Unbeatable
15:30 The Boss
16:15 Weatherman Walking
16:30 Scotland from the Sky
17:30 Antiques Roadshow
18:15 Flog It!
Today Flog It! comes from Allerton Castle, North Yorkshire. Raj Bisram falls
19:00 Richard Osman's House of Games
19:30 Do You Know Your Place?
20:00 Great British Menu
21:00 This Farming Life
22:00 Dunblane: How Britain Banned Handguns
23:00 The Apprentice: Unfinished Business
23:30 Newsnight
00:00 AI Confidential with Hannah Fry

ITV

ITV1 HD

11:00 This Morning
13:15 ITV Lunchtime News
The latest headlines from around the world at lunchtime with reports and analysis from ITV's
13:35 ITV News London
13:45 ITV Racing: Cheltenham Festival Live
18:00 The Chase
19:00 ITV News London
19:30 ITV Evening News
20:30 Spring Clean: Keep, Chuck or...
21:00 Emmerdale
Graham gives Rhona a last chance, Arthur rejects Jai's
21:30 Coronation Street
22:00 New: Britain's Countryside...
23:00 ITV News at Ten
23:30 ITV News London
23:45 The Late Debate
00:15 Who Wants to Be a Millionaire?

ITV2

11:25 The Real Housewives of Miami
12:20 The Real Housewives of Beverly Hills
13:15 Ant & Dec's Limitless Win
14:15 Wheel of Fortune
15:15 The Only Way is Essex
16:10 The Real Housewives of Cheshire
17:10 The Real Housewives of Miami
18:00 The Real Housewives of Beverly Hills
19:00 Celebrity Catchphrase
20:00 Wheel of Fortune
21:00 Ant & Dec's Limitless Win
22:00 The 1% Club
23:00 Family Guy
00:35 American Dad!

Channel 4

Channel 4

11:30 Winter Paralympics 2026: Live
14:35 Channel 4 News Summary
14:40 Find It, Fix It, Flog It
Simon O'Brien and Henry
15:40 A Place in the Sun
16:40 Countdown
17:30 A New Life in the Sun
18:30 Four in a Bed
Sue hosts the week's final visit at her Victorian townhouse B&B in Penrith, where a marmalade tasting
19:00 Come Dine with Me
19:30 Winter Paralympics 2026 Highlights
20:00 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
20:55 The Political Slot
21:00 George Clarke's Building Home
22:00 New: A Woman of Substance
23:00 24 Hours in A&E

Channel 5

5

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...
18:00 5 News at 5
19:00 New: Love Nature
We join the marine conservation manager at Ulster Wildlife as his team deploys over 20,000
19:05 Susan Calman's Grand Day Out
20:00 New: Celebrity Puzzling
21:00 New: Alexander Armstrong in India
22:00 New: The Hotel Inspector
23:00 The Body in the Thames
00:05 New: Killer on the Run

Entertainment

Sky Max HD

11:00 Will & Grace
12:00 The Simpsons
13:00 David Attenborough's Galapagos
14:00 Hawaii Five-0
15:00 NCIS: Los Angeles
16:00 S.W.A.T.
17:00 Police 24/7
18:00 The Simpsons Xmas
18:30 The Simpsons
19:00 The Office (US)
20:00 The Simpsons
21:00 An Idiot Abroad
22:00 Never Mind The Buzzcocks
23:00 Mr Bigstuff
00:00 The Dyers' Caravan Park

Sky Family

11:00 The Borrowers
12:30 The Spongebob Movie: Sponge Out
14:05 The Cat In The Hat
15:30 Spy Kids 2: Island Of Lost...
17:15 A Minecraft Movie
19:00 How To Train Your Dragon (2025)
21:10 The Golden Compass
23:05 The Spongebob Movie: Sponge Out
00:40 The Witches

Sky Documentaries

11:00 The Yogurt Shop Murders
15:20 OJ: Made in America
17:10 Discovering: Emma Thompson
18:00 Stephen Frears: The Directors
18:55 100 Foot Wave
19:55 The Comedy Store
21:00 Elizabeth Taylor: The Lost Tapes
23:00 OJ: Made in America

U&Dave

11:00 Railroad Australia
12:00 Rick Stein's Far Eastern Odyssey
13:00 Border Force America's
15:00 World's Most Dangerous Roads
16:00 Top Gear
18:00 Hairy Bikers' Best of British
19:00 Rick Stein's Far Eastern Odyssey
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 Will and Ralf Should Know Better

DMAX

11:00 Deadliest Catch
13:00 Treasure Quest: Snake Island
14:00 Expedition Unknown
16:00 Alaska: Homestead Rescue
18:00 Outback Opal Hunters
20:00 Deadliest Catch
22:00 Expedition X
Josh, Jess and Phil are looking for a werewolf-like creature in Wisconsin. Eyewitness accounts have
23:00 Expedition Unknown
00:00 Aussie Gold Hunters

HGTV

11:00 The Big Bang Theory
15:00 Mike & Molly
Mike's ego is put on the line during a bowling date with Molly. S1/Ep3
16:30 Young Sheldon
18:00 The Big Bang Theory
22:00 New: 90 Day: The Single Life
23:00 New: Sister Wives
Meri's speed dating event starts out awkward until she meets an encouraging
00:00 Dr Pimple Popper: Breaking Out
Dr. Lee meets Dot, who has a large lump growing on her inner thigh. Plus, a new doctor helps 68-year-old

RTÉ One

11:00 The Drew Barrymore Show
11:25 The Kelly Clarkson Show
12:20 Father Brown
13:15 10 Things To Know About
13:45 Telly Bingo
14:00 RTÉ News: One O'Clock
14:30 Home and Away
15:00 Shortland Street
15:30 Madraí
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 Scannal!
22:00 RTÉ News: Nine O'Clock
22:35 Prime Time
23:15 Iron Ladies
00:15 We Hunt Together

Sport

port Sky Sports Mix

11:00 TGL Highlights
13:00 TGL Golf M1: NY GC v Atlanta Drive
15:00 PL Greatest: Arsenal/Charlton 2001
15:15 PL Greatest: Coventry/Man Utd 1997
15:30 PL 1994
15:45 PL Greatest: Man City/Fulham 2008
16:00 ICC T20 WC Highlights
17:00 ATP Final: Santiago
18:00 Indycar Highlights
19:00 Australian F1 GP Highlights
20:00 TGL Highlights
22:00 ICC T20 WC Highlights
23:00 PL Greatest: M'boro/Man City 2008
23:15 PL Utd 1996
23:30 PL Greatest: Man Utd/Norwich 2015
23:45 PL Greatest: Oldham/So'ton 1993
00:00 PGA Tour Golf Highlights

Movies

Sky Premiere

11:40 How To Train Your Dragon (2025)
13:55 Plainclothes
15:40 Pets On A Train
17:10 Adulthood (2025)
19:00 I Know What You Did Last...
21:00 Icefall
22:45 Jurassic World: Rebirth

Sky Greats

11:45 Gremlins
13:35 Gremlins 2: The New Batch
Loveable Mogwai Gizmo
15:25 The Mummy (1999)
17:30 Twister
19:25 Big Daddy
21:00 The Wedding Singer
22:40 American Pie
00:20 Gremlins

Film4

12:00 For Whom the Bell Tolls
14:40 Beast Interview Special
14:50 All the King's Men
17:05 Mary, Queen of Scots (1971)
19:40 Steel Magnolias
22:00 Honest Thief
00:05 The Killing Fields

TV Guide

Friday 13th March 2026

BBC		ITV		Channel 4	Channel 5
BBC ONE	BBC TWO	ITV1 HD	ITV2	Channel 4	5
11:45 Crimewatch Live 12:30 Homes Under the Hammer 13:15 Bargain Hunt 14:00 BBC News at One 15:00 Father Brown 15:45 Escape to the Country 16:45 The Repair Shop on the Road 17:30 The Finish Line 18:15 Pointless 19:00 BBC News at Six 19:30 BBC London 20:00 The One Show 20:30 MasterChef: The Professionals 21:30 Would I Lie to You? 22:00 Death in Paradise 23:00 BBC News at Ten 23:30 BBC London 23:40 The Claudia Winkleman Show 00:25 RuPaul's Drag Race UK vs the World	13:30 Political Thinking with Nick Robinson 14:00 Impossible 14:45 Unbeatable 15:30 The Boss 16:15 Weatherman Walking 16:30 Scotland from the Sky 17:30 Antiques Roadshow 18:15 Flog It! 19:00 Richard Osman's House of Games <small>Every day this week, former winners Chris McCausland,</small> 19:30 Do You Know Your Place? 20:00 Natural World 21:00 Gardeners' World 22:00 Big Cats 24/7 <small>Abandoned by their dominant males, the Xudum pride comes under siege from more intruder</small> 23:00 Live at the Apollo 23:30 Newsnight 00:00 Girl	11:00 This Morning 13:15 ITV Lunchtime News 13:35 ITV News London <small>The latest news and weather from London and the South East. [S,HD]</small> 13:45 ITV Racing: Cheltenham Festival Live 18:00 New: The Chase <small>All that stands between John from Manchester, Miriam from Middlesex, Tori from Chesterfield, Frankie</small> 19:00 ITV News London 19:30 ITV Evening News <small>National and international news with reports and</small> 20:30 It'll Be Alright on the Night 21:00 Emmerdale 21:30 Coronation Street 22:00 The Affair 23:10 ITV News at Ten 23:40 ITV News London 23:55 Devil In Disguise: John Wayne Gacy	11:20 The Real Housewives of Miami 12:15 The Real Housewives of 13:10 Ant & Dec's Limitless Win 14:10 Wheel of Fortune 15:10 The Only Way is Essex 16:10 The Real Housewives of Cheshire 17:10 The Real Housewives of Miami 18:00 The Real Housewives of 19:00 Celebrity Catchphrase 20:00 Wheel of Fortune 21:00 Ant & Dec's Limitless Win 22:00 Pacific Rim: Uprising 23:05 FYI Daily 23:10 Pacific Rim: Uprising 00:15 Family Guy	11:30 Winter Paralympics 2026: Live 15:25 Channel 4 News Summary 15:30 F1 Chinese GP Sprint Qualifying... 16:00 A Place in the Sun 16:40 Countdown 17:30 A New Life in the Sun 18:30 Four in a Bed 19:00 Come Dine with Me 19:30 Winter Paralympics 2026 Highlights 20:00 Channel 4 News 20:55 The Political Slot <small>The Conservative Party:</small> 21:00 Inside the World's Most... 22:00 New: Gogglebox 23:00 Live: The Last Leg 00:05 Greg Davies: The Back of My... <small>...Mum's Head: Greg Davies' acclaimed live comedy. Stung by his mum's suggestion that he's</small>	12:30 Storm & Alexis 13:45 5 News at Lunchtime <small>National and international news.[S]</small> 13:50 Matt Allwright 15:00 Vanessa 16:00 The Good Ship Murder 17:00 Bargain-Loving Brits in... 18:00 5 News at 5 <small>Join Dan Walker and the team for the news that matters to you.[S]</small> 19:00 New: Love Nature 19:05 Susan Calman's Grand Day Out <small>In Lyme Regis, Susan visits</small> 20:00 New: Celebrity Puzzling 21:00 New: Building the Impossible... 22:00 Mysteries of the Pyramids with... 23:55 New: Piers Morgan: Uncensored

Entertainment Sport Movies

Sky Max HD	Sky Documentaries	DMAX	RTÉ One	Sport Sky Sports Mix	Sky Premiere
11:00 Will & Grace 12:00 The Simpsons 13:00 Chinese F1 GP: Sprint Qualifying 14:00 Hawaii Five-0 15:00 NCIS: Los Angeles 16:00 S.W.A.T. 17:00 Police 24/7 18:00 The Simpsons 19:00 The Office (US)  20:00 The Simpsons 21:00 Chinese F1 GP: Sprint Qualifying 22:00 New: Ted 23:30 Intelligence 00:00 Grimm	11:00 Lockerbie 15:00 OJ: Made in America 17:00 Discovering: John Travolta 18:00 John Carpenter: The Directors 18:55 100 Foot Wave 19:55 The Comedy Store 21:00 Bowie: The Man Who Changed The World 23:00 OJ: Made in America	11:00 Deadliest Catch 13:00 Treasure Quest: Snake Island 14:00 Expedition Unknown 16:00 Alaska: Homestead Rescue 18:00 Outback Opal Hunters <small>The Young Guns rethink their black opal hunt when they face impenetrable mine walls. The</small> 20:00 Deadliest Catch 22:00 Cornwall Air 999 00:00 Aussie Gold Hunters	11:00 The Drew Barrymore Show 11:25 The Kelly Clarkson Show 12:20 Father Brown 13:15 10 Things To Know About  13:45 Telly Bingo 14:00 RTÉ News: One O'Clock 14:30 Home and Away 15:00 Shortland Street 15:30 Fair City 16:00 EastEnders 16:30 Today 18:40 Nuacht RTÉ 18:55 RTÉ News with Signing 19:01 RTÉ News: Six One 20:00 Nationwide 20:30 Fair City 21:00 Catherine Fulvio's St Patrick's Way 21:30 Seisiun 22:00 RTÉ News: Nine O'Clock 22:35 The Late Late Show 00:15 The Goodbye Girl  <small>An out-of-work dancer is</small>	12:00 Players Championship R1 Highlights 13:00 TGL Golf M2: Boston C v LA GC  15:00 PL Greatest: P'mouth/So'ton 2005  15:15 PL Greatest: QPR/Liverpool 2012  15:30 PL Greatest '07  15:45 PL Greatest:Sheff Utd/Arsenal 2006  16:00 ICC T20 WC Highlights  17:00 WTA Final: Austin  18:00 PL Darts: Nottingham 22:00 TGL Highlights 00:00 ICC T20 WC Highlights 	11:40 Icefall 13:25 Pets On A Train 14:55 Adulthood (2025) 16:40 I Know What You Did Last... 18:40 Jurassic World: Rebirth 21:00 Materialists 23:00 Icefall 00:45 Bone Lake
Sky Family	Da U&Dave	HGTV			Sky Greats
12:00 Penguins Of Madagascar 13:35 Madagascar: Escape 2 Africa 15:10 Despicable Me 4 16:50 How To Train Your Dragon (2025) 19:00 Free Willy  21:05 Babe 22:50 E.T. The Extra-Terrestrial	11:00 Railroad Australia 12:00 Rick Stein's Far Eastern Odyssey 13:00 Border Force America's 15:00 World's Most Dangerous Roads 16:00 Top Gear 18:00 Hairy Bikers' Best of British 19:00 Rick Stein's Far Eastern Odyssey 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	11:00 The Big Bang Theory 15:00 Mike & Molly <small>When Mike invites Molly over to his apartment, his plans for romance are interrupted by an untimely</small> 16:30 Young Sheldon 18:00 The Big Bang Theory <small>Howard contemplates a serious decision in his relationship with Bernadette, and Leonard</small> 22:00 New: 90 Day Fiancé: Before The 90 Days <small>Emma and Ziad take their relationship to the next</small> 00:00 Georgie & Mandy's First Marriage			12:20 Sixteen Candles 14:05 Big Daddy 15:40 American Pie 17:20 The Wedding Singer 19:00 Beverly Hills Cop 21:00 Beverly Hills Cop II 22:45 Beverly Hills Cop III 00:30 Risky Business
					Film4
					12:00 Western Union 13:55 The Admirable Crichton 15:45 The Bedford Incident 17:50 Garden of Evil 19:55 Central Intelligence 22:00 Men in Black: International 00:15 John Wick: Chapter 3 - Parabellum

TV Guide

Saturday 14th March 2026

BBC

BBC ONE

11:00 Saturday Kitchen
12:30 Homes Under the Hammer
13:00 Football Focus
13:45 BBC Weekend News
13:55 BBC Weather
14:00 Bargain Hunt
14:25 Escape to the Country
14:55 Spider-Man: Into the Spider-Verse
16:40 BBC Weekend News
16:50 BBC London
16:55 BBC Weather
17:00 Six Nations Rugby
20:15 Gladiators
21:15 Casualty
22:10 The Walsh Sisters
23:00 BBC Weekend News
23:15 BBC Weather
23:20 Match of the Day
00:30 The Football Interview
00:45 Alan Partridge: Alpha Papa

BBC TWO

13:05 Sweet Charity
15:30 Great British Menu
17:30 Final Score
18:15 Do You Know Your Place?
The competition kicks off in Belfast as Vernon Kay and
18:45 Italy's Invisible Cities
Using the latest 3D scanning technology, Alexander Armstrong and Dr Michael Scott explore
19:45 Flog It!
20:15 Celebrity Antiques Road Trip
Rock 'n' roll hero Francis Rossi, from Status Quo, and the duchess of disco, Linda Nolan, take a trip
21:15 Europe on the Edge with Katya Adler
Katya is in Germany's Bavarian mountains, paragliding over Neuschwanstein Castle.
22:15 Liza: A Truly Terrific Absolutely True Story
23:55 Cabaret

ITV

ITV1 HD

13:15 Raymond Blanc's Royal Kitchen Gardens
13:45 ITV News
14:00 Men's Six Nations: Ireland v Scotland
17:30 Celebrity Lingo
18:00 ITV Evening News
18:10 ITV News London
18:20 The Chase Celebrity Special
19:20 New: Wheel of Fortune
20:20 Men's Six Nations: France v England
23:50 ITV News
National and international news with reports and analysis from ITV's
00:05 It'll Be Alright on the Night
00:35 English Football League Highlights
Action from the day's games in the Football League including Coventry City v Southampton,

ITV2

11:40 The Princess Diaries
13:40 The Floor
14:45 Britain's Got Talent
16:10 Celebrity Catchphrase
17:10 Madagascar: Escape 2 Africa
Animated adventure comedy sequel. New York zoo animals Alex the lion, Marty the zebra, Melman
18:10 FYI Daily
18:15 Madagascar: Escape 2 Africa
18:55 Johnny English Reborn
19:55 FYI Daily
20:00 Johnny English Reborn
21:00 Jurassic World Dominion
22:10 FYI Daily
22:15 Jurassic World Dominion
23:45 Family Guy
00:45 American Dad!

Channel 4

Channel 4

11:30 Winter Paralympics 2026: Live
15:00 F1 Chinese GP Sprint Race and...
...Qualifying Highlights: The year's first Sprint race means flat-out racing with
16:30 A Place in the Sun
17:15 Location, Location, Location
In Sheffield, Kirstie Allsopp's with Lois and Ahmed, who've already lost out on eight houses, while
18:15 George Clarke's Amazing Spaces
19:15 Channel 4 News
19:45 Winter Paralympics 2026 Highlights
20:15 New: The Race for Ancient Egypt...
21:15 Roman Empire by Train with Alice Roberts
22:15 New: Bill Bailey's Vietnam
23:15 Stillwater

Channel 5

5

11:40 Ben Fogle: New Lives in the Wild
Ben returns to Western Australia to catch up with charismatic widow Barbara. Since he last saw her, there
12:40 Dogs Behaving (Very) Badly
14:40 Catching Up with the Royals with Rev Richard Coles & Emily Andrews
15:40 The Yorkshire Vet
16:40 Our Yorkshire Farm
19:40 5 News Weekend
19:45 To the Manor Born: Britain's Best Loved Comedy
21:15 Lip-Reading the Royals: What Are They Really Saying?
22:15 Queen Victoria & the Groomsmen: The Scandal That Nearly Brought Down the
23:45 Those Were the Days

Entertainment

Sky Max HD

11:30 Ted's Quali Notebook: China
12:00 Chinese F1 GP: Sprint
13:00 Gillette Soccer Saturday: Build-Up
16:00 Gillette Soccer Sat: Live Scores
18:00 Chinese F1 GP: Qualifying Hlts
20:00 The Simpsons
20:30 The Hobbit: The Desolation of Smaug
23:30 Ted 2 (2015)

Sky Family

12:20 Despicable Me 4
14:00 Shrek
15:40 Shrek 2
17:20 Shrek The Third
19:00 Peter Rabbit
20:50 The Hobbit: An Unexpected Journey
23:50 Charlie And The Chocolate Factory

Sky Documentaries

12:00 McEnroe
14:00 The Apollo
16:00 Faye
17:50 My Icon: Heather Watson
18:00 Elizabeth Taylor: The Lost Tapes
20:00 I'm Chevy Chase And You're...
22:00 Robin Williams: Come Inside My Mind
00:20 I Am Richard Pryor

U&Dave

11:00 Top Gear
13:00 World's Most Dangerous Roads
15:00 Motorhoming with Merton and Webster
Paul and Suki head for
16:00 Would I Lie To You?
20:00 Richard Osman's House of Games
22:00 I'm Alan Partridge
00:00 QI
00:40 Have I Got A Bit More News For You?

DMAX

11:00 Outback Opal Hunters
14:00 Outback Crystal Hunters
17:00 Aussie Gold Hunters
20:00 Hoarding: Buried Alive
Wanda dealt with trauma by relentlessly shopping and hoarding and now faces her fourth eviction. Ray's
22:00 New: Paranormal Caught On Camera
A mysterious entity is spotted in the Irish countryside. Plus, a seance goes violently wrong, and a
23:00 New: Ghost Adventures
The crew confront a dark, foreboding energy at the abandoned Roxie Theater in LA. The once majestic

HGTV

11:00 Georgie & Mandy's First Marriage
12:00 The Big Bang Theory
22:00 Mock The Week
Dara Ó Briain hosts more laughter filled game play with guests Rhys James, Angela Barnes, Sarah
23:00 New: Beverly Hills Cop

RTÉ One

11:20 Ros na Rún
12:20 European Parliament Report
12:55 MasterChef: The Professionals
14:05 RTÉ News: One O'Clock
14:15 Dancing with The Stars
16:15 Eva Pau's Asian Kitchen
16:45 Saturday GAA Live
18:45 Nuacht RTÉ
18:55 RTÉ News with Signing
19:01 RTÉ News: Six One
19:35 Two By Two: Overboard!
21:05 Raised By The Village
22:10 RTÉ News: Nine O'Clock
22:40 The Tommy Tiernan Show
Tommy will once again
23:50 Frameworks 28
00:00 These Sacred Vows

Sport

port Sky Sports Mix

11:30 PL Darts: Nottingham
15:30 Darts Gold: Taylor v Barneveld
15:45 Chinese F1 GP: Sprint
16:45 Darts Gold-Part v Wade 2012
16:50 Live Netball Super League
18:30 My Icon: Pam Cookey
18:40 My Icon: Kadeen Corbin
18:50 Live Netball Super League
20:30 PL Greatest Games: Stoke/L'Pool '15
20:45 PL Greatest: N'castle/S'land 2013
21:00 Chinese F1 GP: Sprint
22:00 Players Championship R2 Highlights
The second round of the
23:00 PL Darts: Nottingham

Movies

Sky Premiere

11:35 Materialists
13:35 Adulthood (2025)
15:20 Jurassic World: Rebirth
17:40 Icefall
19:20 Sketch
21:00 Materialists
23:00 Jurassic World: Rebirth
Sky Greats
12:15 The Golden Child
13:50 Police Academy
15:40 Police Academy 2:...
17:20 Police Academy 3:...
19:00 Raiders Of The Lost Ark
21:00 Indiana Jones And The Temple Of...
23:00 Indiana Jones And The Last Crusade

Film4

12:00 Annie
14:20 The Longest Day
17:55 Beast Interview Special
18:05 Made in Italy
19:55 Ticket to Paradise
22:00 Erin Brockovich
00:40 The Hunt

TV Guide

Sunday 15th March 2026

BBC

BBC ONE

11:00 Politics London
11:30 Pilgrimage
12:30 Celebration Kitchen
13:30 Bargain Hunt
14:00 BBC Weekend News
14:10 Weather for the Week Ahead
14:15 Songs of Praise
14:50 Women's League Cup
17:35 Gladiators
18:35 BBC Weekend News
18:50 BBC London
18:55 BBC Weather
19:00 Countryfile
20:00 Antiques Roadshow
21:00 The Other Bennet Sister
22:00 The Capture
23:00 BBC Weekend News
23:25 BBC London
23:30 Match of the Day
00:40 The Women's Football Show

BBC TWO

11:30 Lover Come Back
Jerry Webster is a Madison Avenue advertising executive who has achieved success not
13:10 Pillow Talk
Interior decorator Jan Morrow shares her phone line with philandering songwriter Brad Allen, a
14:50 Flog It!
15:30 How the West Was Won
Epic western about three generations of a pioneer family, showing how its fortunes fluctuated during
18:00 Earth's Great Rivers
19:00 Six Nations Rugby
20:00 This Farming Life
21:00 Big Cats 24/7
Abandoned by their dominant males, the Xudum pride comes under siege from more intruder
22:00 Forensics: The Real CSI
23:00 The Martian

ITV

ITV1 HD

12:25 New: Fletchers' Family Farm
Documentary series. Friends and family are called in to lend a hand as the Fletchers biggest event
13:25 New: Talking Royals
13:55 ITV News
14:10 Love Your Garden
15:10 Wheel of Fortune
16:15 Indiana Jones and the Last Crusade
18:35 Tipping Point: Lucky Stars
19:30 ITV Evening News
19:45 ITV News London
19:55 The Chase Celebrity Special
Are four celebrities clever enough to take on one of the country's finest quiz
21:00 Who Wants to Be a Millionaire?
22:00 Gone
23:00 ITV News
23:15 New: Oscars Live

ITV2

11:50 The Princess Diaries
13:50 Wheel of Fortune
14:50 Catchphrase
15:50 Johnny English Reborn
16:50 FYI Daily
16:55 Johnny English Reborn
17:55 Kung Fu Panda 3
18:55 FYI Daily
Latest news from the world of entertainment.
19:00 Kung Fu Panda 3
19:40 Tomb Raider
20:40 FYI Daily
Latest news from the world of entertainment.
20:45 Tomb Raider
Action-adventure based on an iconic fictional character
22:00 Suicide Squad
All-star action adventure.
23:00 FYI Daily
23:05 Suicide Squad
00:20 Family Guy

Channel 4

Channel 4

11:30 Winter Paralympics 2026: Live
Neil Simpson, Sam Cozens and Fred Warburton fight for medals as the Men's Slalom reaches its climax.
14:00 F1 Chinese GP Highlights
16:30 Four in a Bed
19:00 Devon and Cornwall
Horseman David Jones tackles some bothersome
19:30 Channel 4 News
Channel 4's flagship news programme. Including the weather. [S]
20:00 Winter Paralympics Closing....
...Ceremony: Ade Adepitan, Billy Monger, Ed Jackson, Dame Sarah Storey, Sean Rose and Alice Tai present
23:00 Gogglebox
00:00 The Son
(2022) Hugh Jackman, Vanessa Kirby, Laura Dern, Zen McGrath and Anthony Hopkins star in Florian

Channel 5

5

11:05 Hotel Benidorm: Fun-Loving Brits in the Sun
13:00 Cruising With Jane McDonald
15:00 Portugal with Michael Portillo
17:00 Elizabeth I: Battle for the Throne
19:00 5 News Weekend
19:05 Celebrity Puzzling
20:00 All-Inclusive: How Do They Really Do It?
21:00 Rich Holiday, Poor Holiday
Strangers from opposite sides of the wealth divide travel together on two wildly different holidays. Wealthy
22:00 Rich House, Poor House
In a wonderfully heart-warming episode, millionaire parents swap
23:30 When Motorhoming Goes Horribly Wrong

Entertainment

Sport

Sky Max HD

11:00 Chinese F1 GP Highlights
12:00 Live WSL: Aston Villa v Man City
15:00 Live Women's League Cup Final
18:00 The Simpsons
18:25 Agatha Raisin
20:15 Hobbit: The Battle Of The...
23:00 New: Saturday Night Live
00:30 Jack Dee: Small World
Recorded live at the

Sky Family

12:20 Shrek
14:00 Shrek 2
15:40 Shrek The Third
17:20 Peter Rabbit
19:00 The Smurfs
20:55 The Smurfs 2
22:50 The Hobbit: The Desolation Of...

Sky Documentaries

11:00 The Fog Of War
13:00 Man On Wire
15:00 Love Means Zero
16:50 Rory's 2025
18:20 I Am Steve McQueen
20:00 Spielberg
22:50 George Carlin's American Dream
The life and work of the

U&Dave

11:00 Border Force America's Gatekeepers
12:00 Top Gear
14:00 Mortimer & Whitehouse: Gone Fishing
15:20 Hairy Bikers' Best of British
17:25 Robson Green's Weekend Escapes
Robson and actor Mark
18:00 Cornwall With Simon Reeve
19:00 Wilderness with Simon Reeve
20:00 Special Ops: To Catch A Criminal
21:00 Will and Ralf Should Know Better
22:00 Have I Got A Bit More News For You?
23:00 QI
23:40 Mock the Week

DMAX

11:00 Chasing Classic Cars
A proud son wants to surprise his dad with a 1960 Chevy pickup truck for his 65th birthday. And,
15:00 Kindig Customs
18:00 Shorty's Dream Shop
20:00 Mysteries Of The Deep
22:00 Cooper's Treasure
00:00 Expedition X
11:00 The Big Bang Theory
21:00 New: Georgie & Mandy's First...
...Marriage. Georgie's attempt to break up Missy and her new boyfriend backfires, with severe
22:00 New: Mock The Week
23:00 Mock The Week
00:00 Guz Khan's Custom Cars
Guz wraps up his S2000

HGTV

RTÉ One

11:05 The Frankie Drake Mysteries
12:00 Sunday Worship
13:00 Patrick: A Slave to Ireland
14:00 RTÉ News: One O'Clock
14:10 Home of The Year
14:40 Beyond Paradise
15:40 The Towering Inferno
18:40 Nuacht RTÉ
18:50 RTÉ News with Signing
19:01 RTÉ News: Six One
19:30 Dancing with The Stars
21:30 Fair City
22:00 RTÉ News: Nine O'Clock
22:25 The Great House Revival
23:25 Mrs Brown's Boys
00:00 The 98th Academy Awards Ceremony

Sky Sports Mix

11:00 WTA Final: Merida
12:00 Live WSL Multiview
15:00 Live Women's League Cup Final
18:00 Chinese F1 GP Highlights
19:00 PGA Tour Golf Highlights
20:00 Darts Gold: Matchplay Final 2013
20:15 Darts Gold: Grand Slam Final 2012
20:30 Chinese F1 GP Highlights
21:30 PGA Tour Golf Highlights
Highlights from the final day
23:30 WTA Dubai 2026 Review
00:00 Chinese F1 GP Highlights

Movies

Sky Premiere

11:50 Icefall
13:35 Sketch
15:15 Materialists
17:15 Coyotes (2025)
19:00 I Know What You Did Last...
21:00 Jurassic World: Rebirth
23:20 Materialists

Sky Greats

11:20 Demolition Man
13:20 Raiders Of The Lost Ark
15:20 Indiana Jones And The Temple Of...
17:20 Indiana Jones And The Last Crusade
19:30 Naked Gun: From The Files...
21:00 The Naked Gun 2 1/2:....
22:30 Naked Gun 33 1/3: The Final Insult

Film4

12:00 Steel Magnolias
14:20 Beast Interview Special
14:30 Jumanji: The Next Level
(2019) Adventure comedy sequel with Dwayne
16:50 Howards End
19:40 Beast Interview Special
19:50 Knight and Day
22:00 The Equalizer 2
00:20 The Infernal Machine



TV Guide

Monday 16th March 2026

BBC

BBC ONE

11:45 Crimewatch Live
 12:30 Homes Under the Hammer
 13:15 Bargain Hunt
 14:00 BBC News at One
 15:00 Bear Grylls - Wild Reckoning
 15:30 Amanda & Alan's Spanish Job
 16:00 Escape to the Country
 16:45 The Repair Shop on the Road
 17:30 The Finish Line
 18:15 Pointless
 19:00 BBC News at Six
 19:30 BBC London
 20:00 The One Show
 20:30 EastEnders
 21:00 Assisted Dying: What Next? -...
 21:30 Trace, Track, Get My Car Back
 22:00 MasterChef: The Professionals
 23:00 BBC News and Weather
 23:30 BBC London News
 23:40 Trying
 00:35 Have I Got News for You

BBC TWO

13:15 Politics Live
 14:00 Impossible
 14:45 Unbeatable
 16/45. Jason Manford hosts the quiz show where players face a question and
 15:30 The Tournament
 16:15 The Hairy Bikers' Cookbook
 16:30 Scotland from the Sky
 17:30 Antiques Roadshow
 Items of interest in this edition include a picture embroidered with sock-darning wool in
 18:15 Flog It!
 19:00 Richard Osman's House of Games
 19:30 Do You Know Your Place?
 20:00 Global Eye
 20:30 Grand Tours of Scotland's Lochs
 21:00 Mastermind
 21:30 University Challenge
 22:00 Inside the Rage Machine
 Documentary.
 23:00 Small Prophets
 23:30 Newsnight
 00:00 Hostage

ITV

ITV1 HD

11:00 This Morning
 13:30 ITV Lunchtime News
 13:55 ITV News London
 The latest news and
 14:00 Celebrity Catchphrase
 15:00 Lingo
 16:00 New: Riddiculous
 Ranvir Singh hosts the rapid-fire quiz as contestants Jonathan and Dale, Shivani and Lokesh,
 17:00 Tipping Point
 18:00 New: The Chase
 19:00 ITV News London
 19:30 ITV Evening News
 National and international news with reports and analysis from ITV's Correspondents in the UK
 20:30 New: Fletchers' Family Farm
 21:00 Emmerdale
 21:30 Coronation Street
 22:00 Gone
 Chilling mystery drama. Annie and her colleagues begin to see things in a new light as fresh information
 23:00 ITV News at Ten
 23:30 ITV News London
 23:45 New: Oscars Highlights

ITV2

11:20 The Real Housewives of Miami
 12:15 The Real Housewives of Beverly Hills
 13:10 Ant & Dec's Limitless Win
 14:10 Wheel of Fortune
 15:10 The Only Way is Essex
 16:10 The Real Housewives of Cheshire
 17:10 The Real Housewives of Miami
 18:00 The Real Housewives of Beverly Hills
 19:00 Celebrity Catchphrase
 20:00 Wheel of Fortune
 21:00 Ant & Dec's Limitless Win
 There's more life-changing money on offer as Ant and Dec introduce NHS matrons Karis and Tim to
 22:00 The 1% Club
 23:00 Family Guy
 The guys regale each other with stories of youthful athletic accomplishments -
 00:35 American Dad!

Channel 4

Channel 4

11:10 Frasier
 12:10 Ramsay's Kitchen Nightmares USA
 13:05 Channel 4 News Summary
 13:10 Find It, Fix It, Flog It
 14:10 Matt Baker: Our Farm in the Dales
 15:10 Countdown
 16:00 A Place in the Sun
 17:00 A New Life in the Sun
 Renovation rookies Angie and Ash dream big in the
 18:00 Four in a Bed
 18:30 Come Dine with Me
 The new run continues. On night one in Bedfordshire and Cambridgeshire, self-described 'drunk
 19:00 New: A Place in the Sun: What...
 20:00 Channel 4 News
 20:55 The Political Slot
 21:00 New: Batch from Scratch...
 22:00 New: Handcuffed: Last Pair...
 23:00 First Dates
 00:05 Naked Attraction
 Pansexual Sarah can't wait to road test her new body on her first date as a woman. Plumber Jamie's

Channel 5

5

12:30 Storm & Alexis
 13:45 5 News at Lunchtime
 13:50 Matt Allwright
 15:00 Vanessa
 Raw, unfiltered, authentic and personal, Vanessa Feltz wants you to tell her what's on your mind. Fiery
 16:00 The Good Ship Murder
 A photographer, hoping to recapture the magic of his former years by recreating an iconic photograph of his
 17:00 Bargain-Loving Brits in the Sun
 18:00 5 News at 5
 19:00 Love Nature
 19:05 Susan Calman's Grand Day Out
 20:00 Celebrity Puzzling
 21:00 Motorway Cops: Catching Britain's Speeders
 22:00 Police Interceptors: Taking Down the Shoplifting Gangs
 23:00 Police: Hour of Duty
 The 999 comms team get a
 00:05 Traffic Cops
 Following a tip-off about a suspected disqualified driver, officers search for and arrest the driver of a

Entertainment

Sport

Sky Max HD

11:00 Will & Grace


 Polk Defeats Truman: Will's
 12:00 The Simpsons

 13:00 David Attenborough's Wild City

 14:00 Hawaii Five-0

 15:00 NCIS: Los Angeles
 16:00 S.W.A.T.
 17:00 Police 24/7

 18:00 The Simpsons

 19:00 The Office (US)

 20:00 The Simpsons
 21:00 UFO
 22:00 New: Andor
 23:00 New: Rooster
 23:40 New: Last Week Tonight with John Oliver

 00:25 Grimm

Sky Family

12:00 Penguins Of Madagascar
 13:35 The Smurfs
 15:20 The Smurfs 2
 17:10 Lemony Snicket's A Series Of...
 19:00 Pokemon Detective Pikachu
 21:00 The BFG
 23:00 Spy Kids 2: Island Of Lost...
 00:45 The Karate Kid (1984)
Sky Documentaries
 11:00 Ken Burns: The Civil War
 12:05 The Sixties
 13:00 Marathon: The Patriot's Day.
 15:10 Faye
 17:00 Discovering: Matthew Broderick
 18:00 Steven Spielberg: The Directors
 18:55 100 Foot Wave
 19:55 Ken Burns: The Civil War
 21:00 Ghislaine Maxwell: Epstein's Shadow
 00:00 Bright Lights: Starring Carrie...

U&Dave

11:00 Railroad Australia
 12:00 Rick Stein's Far Eastern Odyssey
 Thailand and Malaysia: More colourful eastern adventures with Rick Stein. In Thailand, he learns the
 13:00 Border Force America's Gatekeepers
 15:00 Guy Martin: Proper Jobs
 16:00 Top Gear
 18:00 Hairy Bikers' Best of British
 19:00 Rick Stein's Far Eastern Odyssey
 20:00 Would I Lie To You?
 Rob Brydon hosts a special Christmas episode as guests Jo Brand, Joe Swash, Joe Lycett and
 20:40 Richard Osman's House of Games
 22:00 QI XL
 23:00 Have I Got A Bit More News For You?
 Team captains Paul Merton and Ian Hislop are joined by a variety of guest hosts and panellists for a compilation
 00:00 Taskmaster
 David Baddiel steers some heavy machinery toward a representation of his

DMAX

11:00 Deadliest Catch
 Edgar Hansen is fed up with the 22 year marathon of pain, and finally confronts older brother Sig.
 12:00 Deadliest Catch: Inside the...
 13:00 Treasure Quest: Snake Island
 14:00 Expedition Unknown
 16:00 Alaska: Homestead Rescue
 18:00 Outback Opal Hunters
 20:00 Deadliest Catch
 22:00 Body Bizarre
 00:00 Aussie Gold Hunters
HGTV
 11:00 The Big Bang Theory
 Howard contemplates a serious decision in his relationship with Bernadette, and Leonard
 15:00 Mike & Molly
 Molly becomes jealous when Mike introduces her as his friend to a woman who is clearly flirting with
 16:30 Young Sheldon
 18:00 The Big Bang Theory
 22:00 New: Ruby & Jodi: A Cult Of Sin...
 00:00 Death By Fame








RTÉ One

11:15 The Drew Barrymore Show
 11:40 The Kelly Clarkson Show
 12:35 Father Brown

 13:30 10 Things To Know About
 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 Slan Go Feoil

 Following 11 Irish farming
 22:00 RTÉ News: Nine O'Clock
 22:35 Turbulence - The Story of Ryanair
 23:35 De Valera's Ireland
 00:40 The Late Late Show

port Sky Sports Mix

11:00 TGL Golf M3: The Bay v Atlanta

 The Bay Golf Club take on Atlanta Drive Golf Club in the third match of the TGL. En route to winning last
 13:00 TGL Highlights

 A match-up from season two of the TGL as Tiger Woods' Jupiter Links take on last year's runners-up
 15:00 Players Championship R4 Highlights

 16:00 Chinese F1 GP: Sprint

 Chinese Grand Prix weekend sees the first of
 17:00 Chinese F1 GP Highlights

 18:00 Live: Baller League

 00:00 ICC T20 WC Highlights




Middle East airspace crisis leaves Spain travellers in limbo

The conflict in the Middle East is now having a direct impact on travellers to and from Spain, with flight cancellations leaving families separated and holiday plans in limbo.

According to the Organización de Consumidores y Usuarios (OCU), thousands of passengers have already been affected by cancellations linked to airspace closures and security concerns. Many of those impacted are people living in Spain with relatives overseas, or travellers due to fly from Spanish airports such as Madrid, Barcelona and Alicante.

The consumer group explained that basic passenger rights remain fully in force, even in war scenarios. Although EU Regulation 261/2004 does not specifically mention armed conflict, case law from the Court of Justice of the European Union considers events outside an airline's control to be extraordinary circumstances.

That means airlines may not have to pay financial compensation for cancellations, but they are still legally required to offer assistance.

Passengers flying to or from Spain must

be given the choice of a full refund or re-booking on the next available flight at no extra cost. If they are stranded, airlines must also cover accommodation and provide meals and refreshments where necessary.

Consumer platform reclamador.es added that if a journey is interrupted mid-route, for example during a layover, the airline must pay for accommodation until the passenger can travel onwards.

Meanwhile, FACUA-Consumidores en Acción stressed that EU airlines operating from affected Middle Eastern airports must cover accommodation costs until alternative transport is arranged.

With Easter approaching and uncertainty continuing, experts are urging Spain-based travellers not to cancel flights themselves unless they have flexible tickets or insurance. If passengers cancel voluntarily, they may lose the right to a refund.

Instead, they are advised to wait for the airline to officially confirm any cancellation so they can claim either a refund or rebooking under EU rules.

Ouigo offers cheap tickets

If you have been thinking about a city break in Spain but keeping one eye on your budget, you might just be in luck.

Low-cost rail operator Ouigo has announced a fresh batch of tickets from just €9 across all its routes, covering travel between August 3 and December 12. The tickets will go on sale via the company's app next Wednesday and on its website the following day.

Families are also being targeted with discounted fares. Children aged between four and 13 can travel for a flat rate of €7, and little ones up to the age of three go free as long as they sit on an adult's lap.

Ouigo's network stretches across some of Spain's most popular cities. The company runs high speed services between

Madrid and Barcelona, stopping in Zaragoza and Tarragona along the way. There are also routes from Madrid to Sevilla and Malaga, both with a stop in Cordoba.

Travellers can also head from Barcelona to Sevilla on a newer route that was launched last December, opening up even more options for cross country trips without flying.

From Madrid Chamartín station, Ouigo connects passengers to Valencia via Cuenca, to Murcia with stops in Albacete and Elche, and to Alicante on the Valladolid-Madrid-Alicante line, which also calls at Segovia. Direct services between Valladolid and Valencia complete the network, bringing the total to 15 exciting destinations.



Alicante Airport runway to close every night

If you're flying into or out of Alicante-Elche Airport late at night or in the very early hours during March, it's worth double-checking your flight times because there are some changes you'll want to know about.

Aena, which manages general operations at the airport, has announced that the runway will be closed every night from March 2 to 29, between midnight and 5.59am. The closure is needed to carry out a package of improvement works on the airfield, including work connected to the construction of a brand new taxiway that is already underway.

Anyone who had a flight arriving in Alicante after midnight or departing in that early window between 5.30am and 5.45am should check with their airline, as a number of those flights have already been rescheduled.

The new taxiway is the biggest project in the package, with Aena investing €13.8 million in the infrastructure. The idea is to improve the flow of aircraft moving around on the ground and to make overall operations at the airport more efficient.

During the overnight closure periods, workers will be focused on laying the duct bank that will eventually carry the cabling for the taxiway's lighting system.

On top of that, Aena is also putting nearly €1.42 million into resurfacing the existing parallel taxiway that runs alongside the runway. That work involves two five-metre-wide strips running the full length of the taxiway, and it's quite an involved process – the lighting cabling has to be taken out first, then the surface and intermediate layers are milled away, new layers are laid down and fresh lighting grooves are cut in.

There's also a separate project focused on the pavement at the head of runway 10, with a budget of €482,470 covering an area of around 2,200 square metres. The damaged asphalt will be stripped out, the surface and part of the layer beneath it will be replaced, and new markings will be painted on once the work is complete.

Aena said the programme had been carefully planned from the start, explaining that the works "have been meticulously scheduled, and flight planning has been adjusted so that airlines can adapt their schedules to the limitations imposed by these improvements."



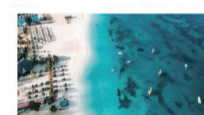
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Mixing the grape and the grain

A night out often begins with good intentions. You'll eat beforehand. You'll pace yourself. You'll keep a glass of water nearby. And, of course, you'll follow the golden rule whispered across bars and college parties for generations: "Beer before liquor, never been sicker. Liquor before beer, you're in the clear."

But how much truth is actually hiding inside that rhyme? For decades, mixing drinks has been blamed for everything from dizzying spins to next-day regret. Beer and tequila? A recipe for disaster. Wine and whiskey? Guaranteed headache. Yet science tells a more nuanced story—one that has less to do with mixing and more to do with math.

The myth of the dangerous mix

Let's start with the basics: alcohol is alcohol. A standard drink contains roughly the same amount of pure alcohol whether it comes in the form of 12 ounces of beer, five ounces of wine, or a 1.5-ounce shot of spirits. From your body's perspective, ethanol is ethanol. There's no chemical

showdown that happens when gin meets lager in your bloodstream.

In other words, there's no scientific evidence suggesting that combining different types of alcohol creates a uniquely toxic reaction. The chaos people blame on "mixing" is usually something else entirely.

Where Things Go Sideways

So why does the legend persist? The answer lies in perception—and pace. When you begin the evening with beer, which typically has a lower alcohol percentage, your brain and body settle into a rhythm. You sip, you chat, you feel the slow rise of a buzz. Then someone suggests a round of shots. Suddenly, you're switching from single-digit alcohol content to something far stronger.

Here's the catch: your body doesn't instantly adjust to that jump. More importantly, your perception doesn't either. It becomes easier to underestimate just how much alcohol you're consuming when you move from

weaker drinks to stronger ones. The result? You may feel far more intoxicated than you expected, faster than you expected. But before you start rearranging your drink order, there's a twist.

Starting with liquor isn't a fool-proof strategy either. Alcohol impairs judgment almost immediately, even in small amounts. If you kick off the night with spirits, that early buzz can create a false sense of control. When you later switch to beer or wine, you might drink more—and drink it faster—because it tastes lighter or feels less intense.

Either way, the danger isn't in the mixing. It's in misjudging the total.

It's not the order it's the amount

Hangovers don't care about rhymes. They care about volume. The pounding headache, nausea, and fatigue that follow a big night are largely tied to how much alcohol you consumed overall—not whether you paired cabernet with cocktails. Losing track of your drink count is far more likely to cause a miserable

morning than switching from beer to bourbon. That's why strategies like eating beforehand, hydrating throughout the evening, and pacing drinks still matter. They don't magically cancel out alcohol's effects, but they can help you stay more aware of how much you're actually taking in.

Lesson learned

Mixing drinks isn't inherently reckless. There's no secret chemical catastrophe waiting to happen when different bottles collide. What matters most is

awareness: how strong each drink is, how quickly you're consuming it, and how many standard drinks you've had in total.

The old rhyme makes for a catchy party rule. But when it comes to avoiding a brutal hangover—or an unexpectedly intense night—it's less about whether you mixed, and more about whether you measured. So the next time someone warns you about crossing beverage boundaries, remember, it's not the combination that gets you. It's the amount.



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UK supermarket chain Iceland drops trademark dispute with Iceland

The British supermarket chain Iceland has ended its decade-long legal battle with the Nordic nation of Iceland over the rights to the name "Iceland," announcing plans instead to offer a goodwill discount to shoppers in the country.

The frozen food retailer said it would abandon further appeals after losing a third court ruling last year. Rather than continue the dispute, the company's executive chair, Richard Walker, said the money set aside for additional legal fees would be redirected toward a gesture aimed at repairing relations.

Walker said that the company planned to take the "couple of hundred grand" it expected to spend on a final appeal in EU courts and use it to fund what he described as a "rapprochement discount" for Icelandic consumers. The initiative is expected to come in the form of shopping vouchers that residents of the country can use in the retailer's stores.

The conflict began in 2016 when the government of Iceland challenged the supermarket's exclusive European trademark registration for the word "Iceland." Officials argued that the registration prevented businesses in the country from marketing their products and services abroad under their own national name.

In July 2025, the General Court of the European Union upheld a previous decision cancelling the retailer's EU-wide trademark for "Iceland." Judges ruled that geographic names should remain available for public use, reinforcing the earlier legal findings against the supermarket chain.

A spokesperson for Iceland confirmed the company had dropped the legal action.

Walker became executive chair of the supermarket group in 2023 after his father, Malcolm Walker, stepped down from leading the company he co-founded in 1970.

Headquartered in Deeside, the privately owned retailer is controlled by Malcolm Walker and its chief executive, Tarsem Dhaliwal, who joined the company in 1985 as a trainee accountant. The business began as a single shop selling loose frozen food in Oswestry and has since grown into a nationwide chain with more than 900 company-owned outlets across the UK. Stores operate under the Iceland and The Food Warehouse brands and also trade in Spain and Portugal.

Spain will ban energy drinks for children under 16

Spain is set to ban the sale of energy drinks to children under 16 in what the government describes as a major step towards protecting young people's health.

The Ministry of Consumer Affairs confirmed that shops will no longer be allowed to sell drinks such as Red Bull or Monster to under 16s. For products containing more than 32 milligrams of caffeine per 100 millilitres, the restriction will apply to anyone under 18.

Consumer Affairs Minister Pablo Bustinduy announced the move in Barcelona during a meeting with the Gasol Foundation, which campaigns against childhood obesity. He explained that the measure forms part of a national strategy to reduce access to unhealthy products and help children develop better eating habits.

According to data released by the Spanish Agency for Food Safety and Nutrition, 9 out of 10 people in Spain support banning energy drink sales to under 16s. The same survey found that 25% of respondents drink energy drinks around twice a week, and almost half of consumers have at least one every day. Some 47% admitted they regularly mix them with alcohol.

The agency warned back in 2021 that excessive caffeine intake can lead to sleep problems, psychological and behavioural changes and even cardiovascular disorders.

The debate intensified in 2024 after a 14 year old boy in Madrid died from a heart attack after drinking an energy drink that contained a lethal mix of cocaine, ecstasy and ketamine.

The government explained that similar restrictions already exist in countries including Germany and Lithuania, and in Spanish regions such as Galicia and Asturias. Ministers pointed out that introducing a nationwide rule would create consistency across the country.

The ban follows an earlier decree that already removed energy drinks from school cafeterias. Another proposal is now being prepared to tighten rules on advertising unhealthy food to children.

According to the World Health Organisation, exposure to junk food advertising increases calorie intake and encourages poor dietary habits. Spanish officials said children can see more than 4,000 adverts for unhealthy food each year on television alone, and that figure rises sharply once social media is included.

Mother's Day at Hotel Algorfa

Mother's Day is a special opportunity to show appreciation for the love, care, and support that mothers give every single day. Instead of the usual gifts, why not create a meaningful experience the whole family can enjoy together at Hotel Algorfa. With its warm and welcoming atmosphere, it's the perfect place to celebrate in style. Families can gather around a delicious traditional carvery, featuring perfectly cooked meats, all the classic trimmings, and comforting flavours that make a Sunday meal truly special. To make the day even more memorable, all ladies will receive a complimentary glass of Prosecco, adding a touch of elegance to the celebration. The experience continues with live entertainment from Alex Tipping, creating a relaxed and enjoyable atmosphere for everyone. It's not just about the meal—it's about spending quality time together and making Mum feel truly valued. This Mother's Day, give her something she'll remember: great food, laughter, and a day dedicated entirely to her.

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Lasagna

It is possibly one of the most loved foods in the whole wide world, and understandably so. There is just something so sentimental about lasagna, so comforting. It evokes images of gatherings with family and friends. It is the sort of food that is like a big warm hug, and so more-ish you want to keep digging in until you burst.

Ingredients

Ragu Bolognese:

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 medium carrot, peeled & finely diced
- 1 celery stick, very finely diced
- 2 garlic cloves, minced
- 1 kg / 2 lb beef mince (ground beef)
- 1800g / 28 oz canned crushed tomato
- 75 g tomato paste
- 250 ml red wine
- 3 beef bouillon cubes, crumbled
- 2 bay leaves, dried or fresh
- 0.5 tsp EACH dried thyme and oregano
- 2 tsp Worcestershire Sauce

- 1 - 2 tsp sugar
- 0.5 tsp salt and black pepper

Cheese Sauce:

- 60g / 4 tbsp butter
- 75 g flour
- 1 litre milk, preferably full fat
- 200 g gruyere or cheddar OR 1 cup / 100g shredded parmesan
- Pinch of freshly ground nutmeg
- Salt and pepper

Lasagna:

- 350g/ 12 oz fresh lasagna sheets
- 150 g mozzarella cheese
- Finely chopped basil or parsley, for garnish (optional)

Instructions

Ragu:

Heat oil in a large heavy based pot over medium heat. Add garlic, onion, celery and carrots. Cook for 10 minutes until softened and sweet – they should not brown (if they do, turn heat down). Add beef, turn heat up and cook the beef, breaking it up as you go. Once the beef has all turned brown, add the remaining Ragu ingredients EXCEPT

the sugar.

Stir then adjust the heat so it is bubbling very gently. Place the lid on and cook for 1.5 – 2 hours, stirring every now and then, then remove the lid and simmer for 30 minutes.

The ragu is ready when the meat is really tender and the sauce has thickened and is rich. Adjust salt and pepper to taste, and add sugar if required

Cheese Sauce:

Warm milk up in a saucepan (optional – just makes sauce thicken faster).

In a large saucepan, melt butter over medium low heat. Add flour and mix constantly for 1 minute.

Pour about 1 cup of the milk in, mixing as you go to incorporate into the flour mixture. Once mostly lump free, add remaining milk. Use a whisk if needed to make it lump free.

Turn heat up to medium high. Stir occasionally at first then regularly after a few minutes until sauce thickens – about 5 – 8 minutes. It should coat the back of the wooden spoon.

Remove from heat, add cheese, nutmeg, salt and pepper. Mix until the cheese is melted. The Sauce should be thick but

still easily pourable – the consistency of heavy cream (you need to be able to drizzle it over the Ragu when layering). If it's too thick, add a splash of water or milk.

Assemble:

Preheat oven to 180°C/350°F.

Use a 33 x 22 x 7 cm / 13 x 9 x 2.5" baking dish.

Smear a bit of Ragu on the base, then cover with lasagna sheets. Tear sheets to fit.

Spread over 2 1/2 cups of Ragu (enough to cover sheets), then drizzle over 1 cup of Cheese Sauce.

Top with lasagna sheets. Spread with another 2 1/2 cups of Ragu, then 1 cup of Cheese Sauce. Top with lasagna sheets then repeat 1 more time.

Top with a 4th layer of lasagna sheets, then pour over the remaining Cheese Sauce.

Sprinkle with Mozzarella, then bake for 25 minutes or until golden and bubbling. Stand for 5 to 10 minutes before cutting and serving, garnished with basil or parsley if desired.



Curried Rice

This pilaff-style fluffy basmati rice recipe is flavoured with everyday curry powder plus extra spices to give it a punch of flavour. With sweetness from carrots and peas, a sprinkle of cashews and a garlic flavour base, this is a rice side dish that will jazz up any meal.

Ingredients

Spices:

- 3 tsp yellow curry powder
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp paprika
- 1/2 tsp chilli powder (adjust spiciness to taste)

Rice:

- 40g (3 tbsp) butter (or ghee or oil)
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 2 tsp ginger, finely chopped or grated
- 1 1/2 cups (275g) uncooked basmati rice

- 2 small carrot, peeled and grated
- 2 1/4 cups (560 ml) chicken or vegetable broth, low sodium
- 2 cups (300g) frozen peas
- 1 1/4 tsp salt
- 1/2 tsp black pepper

Finishes:

- 1 cup (150g) cashews, roasted, unsalted
- 1/2 cup coriander/cilantro leaves, finely chopped
- Yogurt, for serving (optional)

Instructions

Rinse rice until water runs pretty clear, then drain well.

Melt butter in a small to medium pot (or large saucepan) over medium high heat. Add garlic and ginger, cook 30 seconds. Add onion and cook for 2 minutes until partly translucent.

Add carrot and cook for 2 – 3 minutes until softened and sweet.

Add rice and stir to coat all the grains in the oil.

Add Spices and mix to coat the rice. Add broth, peas, salt and pepper, stir. If any rice is protruding above the surface, poke it under the liquid.

When the entire surface of the liquid is simmering, stir once, place lid on and immediately turn heat down to low. Cook for 14 minutes, do not peek while cooking!

Lift lid slightly and quickly tilt pot to check to ensure liquid has been absorbed. Clamp lid back on and remove from heat. Stand for 10 minutes, undisturbed. Use a rubber spatula to gently fluff the rice.

Add most of the cashews and coriander, stir through. Transfer to serving bowl, sprinkle with remaining cashews and coriander.

Marvellous Marinade for Pork

A great pork chop marinade that will make your pork extra juicy with a terrific savoury flavour and a gorgeous, caramelised crust without overpowering the natural flavour of pork.

Ingredients

- 4 bone in pork chops, 2 cm / 4/5" thick about 280g/9 oz each
- 1 tbsp oil

Marinade:

- 1/3 cup (85 ml) soy sauce (light or all purpose, not dark)
- 2 tbsp brown sugar

- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 2 garlic cloves, minced
- 1/4 tsp black pepper

Instructions

Place Marinade ingredients in a ziplock bag. Massage to combine.

Add chops. Massage to coat in the Marinade. Marinate for 1 – 24 hours. Take the chops out of the fridge 20 minutes before cooking.

Brush BBQ grill or drizzle oil in pan, heat

on medium high. Add pork and cook for 4 minutes or until the underside is caramelised and the pork releases from the grill, then turn the chops and cook for 3 minutes.

Baste both sides with residual marinade from ziplock bag, then cook the basted side for 30 seconds before serving. The chops should have a great crust. Transfer chops to a plate, cover loosely with foil. Rest for 3 minutes before serving.





Thousands in Spain could retire 10 years early under new health rules

Spain has been overhauling its approach to retirement over the past year or so and the latest change is a significant one for tens of thousands of people living with serious long-term health conditions.

Social Security Minister Elma Saiz announced on Thursday February 26 that eleven new illnesses are being added to the list of conditions that qualify workers for a reduced retirement age. Under the updated rules, people affected by these conditions who have a registered disability of at least 45% will be able to retire from the age of 56, with no reduction to their pension.

That could mean stepping away from work up to ten years earlier than the standard retirement age.

The full list of newly included conditions is spina bifida, variant transthyretin amyloidosis, Parkinson's disease, myotonic dystrophy type 1 (also known as Steinert disease), Huntington's disease, stage 5 chronic kidney disease, systemic sclerosis, spinal cord injury, corticobasal degeneration, multiple system atrophy and progressive supranuclear palsy.

The government estimates that around 50,000 people with disabilities in Spain stand to benefit from the measure.

"It is a measure of justice for thousands of people who suffer from serious illnesses that greatly affect their daily lives and who, therefore, need to bring forward their retirement age to be on equal footing with the rest of the workers," Minister Saiz said,

adding that it was a commitment the government had made and a demand that had come directly from the groups affected.

To qualify for early retirement under the scheme, workers will need to meet a few specific criteria. They must be registered, or in an equivalent situation, on the date the benefit is triggered, have at least fifteen years of contributions across their working life, and have been living with one of the qualifying conditions at a disability level of 45% or more for a minimum of five years within that period.

Where those conditions are met, the years by which retirement is brought forward will still count towards the contribution period used to calculate the final pension amount, meaning people won't be penalised for leaving

work early.

This latest announcement follows a separate measure introduced last May, when the government opened up early retirement from age 52 for workers

in particularly demanding roles, covering jobs involving heavy lifting, extreme temperatures, constant vibration, exposure to chemicals or a high risk of accidents.



Don't fall for the food myths



In the age of wellness trends, viral diet advice and "clean eating" hashtags, it's easy to become confused about what healthy eating actually means. From carbs being cast as villains to "natural" sweeteners wearing a health halo, food myths have a way of sticking around long after science has moved on.

The reality? Many of the rules people follow in the name of health are oversimplified—or simply wrong. Here are five of the most common nutrition myths, and what experts say you should know instead.

The Carbohydrate Scare Story

Few nutrients have had their reputation battered quite like carbohydrates. For years, people trying to lose weight or "eat clean" have been encouraged to cut carbs dramatically.

But carbohydrates are not the enemy. In fact, they are the body's primary source of energy,

powering everything from brain function to physical activity.

What often gets overlooked is that "carbs" is a broad category. It includes sugars, starches and fibre—each behaving differently in the body. The quality of carbohydrates matters far more than simply avoiding them.

Foods such as whole grains, fruits and vegetables provide nutrient-dense carbohydrates alongside fibre, a component many people are lacking in their diets. Fibre supports digestion, helps regulate appetite and plays an important role in gut health. Nutrition experts estimate that around 90% of people are not consuming enough of it—making fibre-rich carbs a valuable addition to the plate, not something to fear.

Why Calories Don't Tell the Whole Story

For decades, diet culture has reduced food to numbers—specifically, calories. But focusing only on calorie counts can distort how we think about eating.

When foods are judged purely by their energy value, their nutritional content is often ignored. Yet two foods with identical calorie counts can affect the body very differently.

Consider 100 calories of chocolate versus 100 calories

of banana. The chocolate may cause a rapid spike in blood sugar followed by a dip that leaves you reaching for more snacks. A banana, on the other hand, releases its sugars more gradually while also delivering fibre, vitamins and minerals that help keep hunger at bay.

None of this means chocolate is off the menu. A balanced diet allows room for both nourishing staples and occasional treats. The key, nutritionists say, is not to demonise foods—but to focus on overall eating patterns rather than obsessing over numbers.

"Natural Sweetener" Illusion

Honey in tea instead of sugar. Maple syrup in pancake batter. Agave syrup in a "refined sugar-free" recipe.

These swaps are often marketed as healthier choices, largely because they are perceived as more natural. But nutritionally speaking, the body processes them much the same way it does ordinary sugar.

While some natural sweeteners contain trace amounts of micronutrients, the quantities are so small that they make little difference to overall health. At the end of the day, they are still forms of sugar.

Guidelines from the World Health Organization recommend limit-

ing "free sugars"—which include honey, syrups and fruit juices—to less than five percent of daily energy intake. In practical terms, that works out to roughly six to seven teaspoons of added sugar per day.

The takeaway: whether it comes from a white packet or a jar labelled organic, sugar is still sugar.

The Protein Question for Vegetarians

Another persistent myth is that vegetarians struggle to get enough protein without meat or fish. In reality, most vegetarians meet their protein needs without difficulty.

Dairy products, eggs, pulses, nuts and seeds all provide significant amounts of protein. Vegans, too, can meet their requirements by combining a variety of plant-based foods across the day.

Including a range of protein sources also helps ensure the body receives the full spectrum of amino acids needed for building and repairing cells.

However, those following vegetarian or plant-based diets should pay attention to certain micronutrients. Vitamin B12 and iron are two nutrients that sometimes require extra planning. B12 is commonly found in dairy products and fortified foods such as

plant-based milks and breakfast cereals, while iron can be obtained from pulses, legumes and dark leafy greens.

The "Free-From" Health Halo

Walk through any supermarket and you'll see entire aisles dedicated to foods labelled "free from"—gluten-free, dairy-free or wheat-free. The branding often suggests these products are automatically healthier.

In reality, free-from foods are designed primarily for people with specific medical conditions, not for the general population.

Gluten, for example, is a protein found in wheat. People with coeliac disease—an autoimmune condition—must avoid it entirely. Similarly, those with lactose intolerance need to limit milk products because lactose is the main sugar in milk.

For individuals without these conditions, however, eliminating gluten or dairy usually offers no health advantage. In some cases, free-from products can even contain more sugar, fat or additives to compensate for removed ingredients.

If digestive symptoms suggest a possible intolerance or allergy, experts advise consulting a healthcare professional before cutting out entire food groups.

How much exercise is enough

For decades, the message has been clear: exercise is essential for a healthy lifestyle. Doctors, researchers and public health campaigns have long promoted physical activity as a key ingredient for wellbeing.

What scientists are now discovering, however, is just how profound its impact can be—particularly when it comes to living longer.

Recent research suggests that even small amounts of daily movement can significantly improve longevity. And perhaps the most encouraging finding of all is this: you don't need long gym sessions to see the benefits.

Rethinking the "Workout"

For many people, the biggest barrier to exercise isn't motivation—it's time. Office jobs, commuting and busy schedules often leave little room for a full workout.

But health experts say the idea that exercise must happen in one continuous block is outdated. Instead, physical activity can be broken into smaller segments spread throughout the day.

The widely recommended target for adults is about 150 minutes of moderate activity each week—

roughly 30 minutes a day, five days a week. The key point is that those minutes don't have to happen all at once. Short bursts of activity can add up just as effectively.

Small Efforts, Big Impact

The difference even a little exercise can make is striking. Studies have found that people who go from no physical activity to just 15 minutes of exercise a day can reduce their overall risk of death by around 14 percent.

Health professionals emphasise a

simple principle: any movement is better than none. Even brief activity helps counter the risks associated with long periods of sitting. Short bouts of exercise throughout the day have also been linked to lower risks of certain chronic diseases, demonstrating that the cumulative effect of movement matters just as much as the intensity.

Everyday Movement Counts

The encouraging news is that you don't need multiple trips to the gym to fit these bursts of activity into your schedule. Experts

say just two or three minutes of movement at a time can make a difference.

That might mean climbing the stairs instead of taking the lift, doing a few squats while unpacking groceries or walking around while taking a phone call. Even holding a plank while dinner heats in the microwave can count toward your daily activity.

These micro-workouts may seem small, but repeated several times a day, they quickly add up.

Technology as a Motivation Tool

Fitness apps—many of which are already built into smartphones and smartwatches—are helping people stay motivated. By tracking steps, activity minutes and progress over time, these tools can make improvements visible.

Watching those numbers increase can be surprisingly rewarding. Seeing consistent patterns in your activity levels often reinforces the habit and encourages people to keep moving.

A Simpler Path to Fitness

Perhaps the most liberating aspect of this approach is how simple it is to start. Beginning a healthier routine doesn't require expensive gym memberships, specialised equipment or a wardrobe of workout gear.

Instead, it starts with a mindset shift: viewing movement as something that can happen anywhere, at any moment.

A few minutes here, a few minutes there—and suddenly, exercise becomes something that fits into everyday life rather than competing with it. Over time, those small choices can add up to meaningful improvements in both health and longevity.



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Turn to page 38 for all puzzle results

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	G R A S S	START
2	- - - - -	
3	- - - - -	
4	- - - - -	
5	- - - - -	
6	- - - - -	
7	- - - - -	
8	S T O N E	END

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

WORD SEARCH

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

1. NIGHT 2. FRIEND 3. MOTHER 4. BOOK 5. KEY 6. FOOD 7. KITCHEN 8. TOMORROW
 9. GREETING 10. PASSAGE 11. SCHOOL 12. LANDSCAPE 13. SECRET 14. WINDOW
 15. BOTTLE 16. BUTTERFLY 17. TOYS 18. SHIRT 19. ADVENTURE 20. EXERCISE
 21. HEALTHY 22. CONVERSATION

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Step by step guide on registering your electric scooter with the DGT

If you own an electric scooter in Spain, you probably already know that 2026 has brought an important change. All personal mobility vehicles must now be registered with the DGT before they can legally be used on public roads, and that registration is also required before taking out compulsory civil liability insurance.

The Directorate General of Traffic estimates that around four million scooters will need to be added to the new Register of Light Personal Vehicles, so it's worth understanding exactly what you need to do.

The rule applies to vehicles with one or more wheels, a single seat

and powered only by an electric motor, with a maximum speed of between 6 and 25km/h.

What are your registration options?

The DGT offers two ways to register your scooter: online or in person.

To complete the process online you will need Cl@ve Móvil, a digital certificate, DNIe or Cl@ve Permanente. If you prefer to do it in person, you must book an appointment via the DGT website, the miDGT app or by calling 060.

However, people over 65 and

those with mobility issues can attend a DGT office without an appointment.

Registering online step by step

First, log in and confirm whether you're registering the scooter in your own name or on behalf of someone else. If it's for a minor, you must provide the child's NIF and year of birth and confirm that you are their legal guardian. You'll also need to provide an email address, phone number and the address where the scooter is normally kept.

Next, enter the vehicle details. This includes the VMP certificate

number or the make and model, the serial number and whether the scooter is for private or public use. If it is used for sharing, extra business details are required. You must also upload the technical data sheet or a photo showing the serial number.

Finally, you pay fee 4.1, which costs €8.67. Once approved, you can download a PDF registration certificate showing your details and the scooter's unique identification number.

Registering in person

If you choose to go to a DGT office, you will need to download

and complete the registration form in advance, including your personal details, tax address and vehicle information. If the scooter belongs to a minor, a responsible adult must complete additional paperwork to be listed as their authorised representative.

The same €8.67 fee applies, but payment in cash is not accepted.

With the new rules now in place, registering your scooter is no longer optional. Without it, you will not be able to insure it or legally ride it on Spanish streets.

Spain's new Auto+ Plan offers up to €4,500 off electric cars

The Spanish Government has launched a new round of financial support for drivers thinking about going electric. Since Thursday January 1, 2026, the Auto+ Plan has officially replaced the old Moves III scheme, with a budget of around €400 million aimed at boosting sales of low emission vehicles across Spain. If you're buying an electric or plug-in hybrid vehicle that meets the criteria, you could receive

thousands of euros off the price. The total support available ranges from €1,000 up to €4,500, depending on the type of vehicle, and the money will be split between the Government and participating dealerships. That shared contribution is one of the key differences compared with Moves III. The plan covers electric cars, vans, motorcycles and quadricycles, with the following maximum amounts:

Passenger cars: €4,500 from the Government plus €1,000 from the dealer

Vans: €5,000 from the Government plus €1,000 from the dealer

Motorcycles: €1,100 from the Government

Quadricycles: €1,500 from the Government

There are, however, conditions attached. To qualify, you must be resident in Spain, or be a self employed

worker or company legally registered and active with the Spanish tax authorities. The vehicle must be new or nearly new, purchased from Thursday January 1, 2026 onwards, and registered on or after Wednesday January 1, 2025.

There is also a price cap. The vehicle cannot cost more than €45,000 before taxes, and buyers must commit to keeping it for between two and five years to prevent quick

resales and speculation.

How to apply for the Auto+ Plan

One of the selling points of the Auto+ Plan is that the process has been simplified. Rather than navigating a complicated application on your own, you simply visit a participating dealership, choose an eligible vehicle and complete the paperwork there.

Spain's cars now average 14.6 years old putting safety at risk

If you are driving an older car in Spain, you might want to think about that next ITV (Spain's equivalent of an MOT). New figures show the average age of vehicles here has hit 14.6 years across a fleet of 32 million cars, according to Anfac (Spanish Association of Automobile and Truck Manufacturers) and Ideauto (Institute of Automotive Studies).

First owners are keeping theirs for 12.7 years too, per Ganvam data. Safety experts say this ageing trend is worrying, especially with economic pressures and the shift to electric cars making people hold on longer.

Guillermo Magaz from Aeca-Itv puts it bluntly: "Older cars, over 10 years old, double the risk of fatalities in an accident." He explains they lack the latest safety tech and perform worse in crashes. Bruno Brito, CEO of Ideauto, agrees: "Although cars from the early 2000s are still up-to-date in terms of comfort and systems, they are far from current safety levels. They haven't incorporated Advanced Driver Assistance Systems (ADAS)."

At ITV stations, the signs are clear. "75% of the defects we find are in the lighting, wheels, suspension, or headlights," Magaz notes. Some owners skip inspections

knowing they will fail, leading to even worse condition on the roads. Environmentally, it is a problem too with many still on Euro 4 emission standards (from 2005-2009) as Euro 7 rules (upcoming stricter limits) loom.

Why is this happening? Car prices are 45% higher than in 2019, says Ganvam president Jaime Barea. New sales have dropped below a million a year since the pandemic. Plus, the push for electrics has bred uncertainty. "The push for electric vehicles has created uncertainty among people, regarding charging methods, the new system which isn't mature enough," Magaz adds. People opt for used cars or stick with what they have.

Experts call for action like better scrapage incentives. Barea says the new Auto+ plan falls short without them: "We have the goal of zero emissions, but also zero fatalities." Brito wants awareness campaigns on safety tech paired with financial help. Magaz suggests tougher fines for expired ITVs, as the current €200 penalty is not enough deterrent.

For many of us, our cars are reliable old friends. But with risks like these, it might be time to weigh up the options.

First fines doled out in Spain for not carrying a V16 beacon

Drivers in Spain who still haven't made the switch to the new V16 connected emergency beacon are now facing real consequences, with the first fines already being issued. The initial penalty has been handed out in Valencia, and with no clear end date ever given for the so-called grace period, there's nothing stopping traffic police from issuing more.

The V16 beacon has technically been law since 2021, when it was published in Spain's Official State Gazette under Royal Decree 159/2021, but the DGT's communication around the transition has been widely criticised as unclear, something even acknowledged by the Head of the DGT's Telematics Department in a recent interview.

Neither the Minister of the Interior nor the Director General of the DGT ever put a firm date on when the grace period would end, which has left drivers in a frustrating state of uncertainty.

The current position is straightforward enough: the Traffic Division of the Guardia Civil can issue an €80 fine at any time for not carrying the device, and that's exactly what's now happening.

Appeals are always an option, and there's a legal argument to be made that the

lack of clear guidance from the authorities could amount to a violation of the principle of legitimate expectation, which requires the administration to act in a way that is predictable, transparent and consistent. That argument draws support from a Supreme Court ruling dating back to February 9, 2004, but whether it holds up will depend on the individual case.

It's also worth remembering that the V16 rules come with broader obligations. If your vehicle breaks down, you must pull over as quickly as possible, deploy your beacon and put on an approved high-visibility vest.

Failing to do so can mean a €200 fine and the loss of four points from your licence. A routine check where you simply don't have a vest in the car carries a lower €80 penalty with no points lost.



Aries (21 Mar – 19 Apr)

Life

Aries, the universe hints at a surprise encounter with inspiration—potentially in Aisle 5 of your favorite store. Channel newfound creativity into a DIY project, but maybe not a new haircut. It's a perfect week to show off your legendary enthusiasm!

Mind

This week encourages you to focus on creating a balanced routine, Aries. Simplify your schedule by setting aside specific times for relaxation and creative pursuits. Allow yourself to explore new hobbies, as they might bring unexpected joy and inspiration.

Heart

This week, Aries, focus on communication in your relationships. Open up about your feelings, and you may discover new depths with your partner or friends. Plan a fun activity that lets everyone express themselves freely.

Taurus (20 Apr – 20 May)

Life

Taurus, your week promises a harmonious rhythm, like a perfectly brewed cup of coffee. Consider rearranging your space to invite more comfort—it's a great excuse to avoid laundry. Enjoy the small moments and don't forget to treat yourself!

Mind

Taurus, it's a good time to nurture connections with those around you. Plan a cozy gathering with friends or family to rejuvenate your spirit. Consider introducing a small act of kindness into your daily routine, which will uplift both you and others.

Heart

Taurus, your nurturing side is shining brightly. Show your loved ones how much you care with small acts of kindness. A simple gesture can strengthen bonds and bring more joy into your connections.

Gemini (21 May – 20 Jun)

Life

Gemini, communication is your superpower, and this week you're practically a mind reader. Use this talent to mend fences or plan that group outing everyone's been hinting about. Also, your cooking experiments are likely to be a hit—just maybe not the cauliflower cookies.

Mind

Gemini, find your rhythm by organizing your space this week. A clutter-free environment

can enhance your focus and energy levels. Take a moment to appreciate the little things and engage in activities that bring you pure enjoyment.

Heart

Gemini, curiosity leads the way in your relationships this week. Explore new interests with those you love and share your enthusiasm. A lively conversation could introduce fresh perspectives and deepen your connections.

Cancer (21 Jun – 22 Jul)

Life

Cancer, home is where the heart is, but maybe it's also where you find that missing sock. This week, indulge in comfort with your favorite book or movie marathon. Consider extending your caring nature to a local charity—you'll feel great spreading the love.

Mind

This week, Cancer, prioritize self-care by setting boundaries that protect your energy. Engage in soothing activities like journaling or a gentle walk by water. Remember, it's okay to take things one step at a time while nurturing your emotional well-being.

Heart

Cancer, embrace the comfort of home and family ties. This is a great time to organize a gathering that celebrates togetherness. Let your warmth guide you in creating a joyful environment for everyone.

Leo (23 Jul – 22 Aug)

Life

Leo, this week your inner lion roars with charm and a dash of drama. Take center stage in social situations, but resist the urge to turn every conversation into a soliloquy. An impromptu dance party could be just what you and your friends need.

Mind

Leo, use this week to reconnect with your creative side. Whether it's painting, writing, or dancing, let your imagination run wild. Balance your creative pursuits with moments of stillness to recharge your inner fire.

Heart

Leo, your charisma is magnetic this week. Use it to bring excitement into your relationships by planning a creative outing. Your confidence will inspire others and make memorable moments for you all.

Virgo (23 Aug – 22 Sep)

Life

Virgo, organization is your friend, but even your color-cod-

ed planner deserves a night off. Try something spontaneous, like an unplanned walk or calling an old friend. Your knack for detail could help solve a mystery—like who ate the last cookie.

Mind

Virgo, focus on grounding yourself with a simple routine that complements your lifestyle. Spend time decluttering your mind through meditation or mindful breathing. Little moments of stillness will help maintain clarity and peace.

Heart

Virgo, focus on the details in your interactions with loved ones. Thoughtful words or gestures can make a significant impact. Show appreciation, and you'll find your relationships growing stronger and more fulfilling.

Libra (23 Sep – 22 Oct)

Life

Libra, balance is key, but this week consider leaning a bit more into fun. A new hobby might catch your eye, sparking joy and perhaps a few giggles. Remember, it's okay to choose the colorful path over the beige one now and then.

Mind

Libra, harmony is key this week. Seek balance by enjoying both social activities and solitary reflections. Engage in activities that make you feel at ease, like listening to music or taking a leisurely stroll in nature.

Heart

Libra, balance is key in your relationships this week. Seek harmony with those around you by finding common ground and compromising when needed. A harmonious environment will uplift everyone involved.

Scorpio (23 Oct – 21 Nov)

Life

Scorpio, this week your intensity can turn a simple board game into a high-stakes competition. Channel that energy into something constructive, like writing or painting. You'll find meaningful connections if you open up a little—just leave the dramatic pauses at home.

Mind

Scorpio, allow your intuition to guide you this week in making small yet impactful changes. Revamping your personal space can invigorate your energy. Embrace the transformation by letting go of what no longer serves your highest good.

Heart

Scorpio, your intensity can lead

to deep connections. Use this week to share something meaningful with someone special. Your honesty and depth will be appreciated and reciprocated, strengthening your bonds.

Sagittarius (22 Nov – 21 Dec)

Life

Sagittarius, adventure calls, even if it's just a new coffee shop across town. Your quest for knowledge might lead to interesting conversations, so be ready with your best anecdotes. Humor is your ally this week; use it wisely and frequently.

Mind

Sagittarius, adventure calls, but remember to find joy in the simple pleasures. Explore a new book or plan a day trip to a nearby place you've never visited. Embracing spontaneity in small doses can bring unexpected delight.

Heart

Sagittarius, adventure awaits in your relationships. Try something new with your loved ones, whether it's a weekend trip or a simple outing. Embrace the joy of shared experiences and watch your connections flourish.

Capricorn (22 Dec – 19 Jan)

Life

Capricorn, your practical nature shines this week, especially when crafting the perfect to-do list. Take time to celebrate small victories, like getting the groceries without forgetting the milk. A bit of lighthearted fun won't distract from your goals but will enhance them.

Mind

Capricorn, this week is perfect for rekindling connections with loved ones. Plan a casual meeting or catch up over a simple meal. Remember to balance your ambitions with moments of personal joy and relaxation.

Heart

Capricorn, patience and understanding are your strengths this week. Listen attentively to your loved ones and offer support when needed. Your steady pres-

ence can provide comfort and reinforce trust in your relationships.

Aquarius (20 Jan – 18 Feb)

Life

Aquarius, your inventive mind is buzzing, perhaps leading you to a quirky new passion. Social gatherings offer delightful discoveries—maybe even a new favorite snack. Embrace the weird and wonderful; it's what makes you uniquely you.

Mind

Aquarius, innovation is in the air, encouraging you to explore new ideas. Channel your thoughts into a creative project or brainstorming session. Balance mental activity with grounding practices to maintain your energy flow.

Heart

Aquarius, innovation in your relationships can bring fresh energy. Introduce a new hobby or activity that everyone can enjoy together. Your creativity will inspire others and add excitement to your connections.

Pisces (19 Feb – 20 Mar)

Life

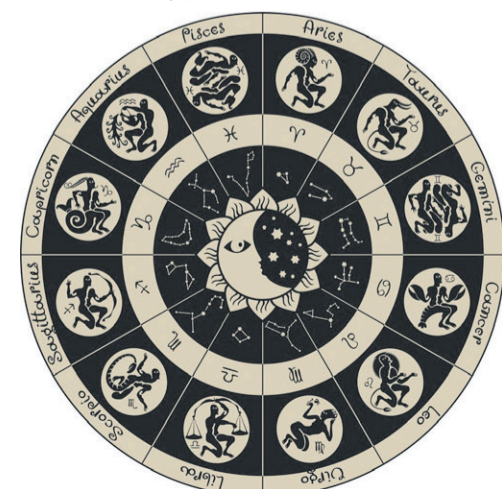
Pisces, dreams may blend with reality this week, offering whimsical insight. Capture your brilliant ideas, but maybe hold off on that underwater basket weaving class. Surround yourself with creativity and people who support your artistic flair.

Mind

Pisces, the emphasis is on emotional nourishment this week. Engage in activities that bring you comfort, like reading or listening to soothing music. Remember to celebrate small victories and cherish gentle moments of reflection.

Heart

Pisces, let your empathy guide your interactions. Offer a listening ear or a comforting word to those close to you. Your compassion will create a safe space for others, deepening the trust and love in your relationships.



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New Gibraltar agreement gives Spain more authority

Spain will be granted sweeping new powers over entry and residency in Gibraltar under a post-Brexit treaty designed to redefine the territory's relationship with the European Union and bring nearly a decade of uncertainty to a close.

The 336-article agreement, accompanied by 46 annexes and published in English, would allow Spanish authorities to block British travellers and other non-EU nationals from entering Gibraltar on grounds of security, public health or international relations. Spain would also gain the authority to deny residency permits on similar grounds.

Under the proposed arrangements, checks at Gibraltar's airport and port would be conducted jointly by Spanish and British officials and police. The move would effectively eliminate controls at the land frontier with Spain, and the barbed-wire fence that has divided Gibraltar from the Spanish mainland for more than 100 years would be dismantled.

The treaty would in practice incorporate Gibraltar into the EU's Schengen free-travel area, creating

a fluid land border while introducing dual-control checks for air arrivals. Spanish officers carrying out Schengen checks would not be permitted to refuse entry to Gibraltar residents but could deny access to non-resident third-country nationals, including British citizens who do not live in the territory.

British and Gibraltar authorities would not have direct access to Schengen databases. Instead, they would provide advance passenger information for flights arriving in Spain from outside the EU, including services from the UK.

The agreement also contains significant economic changes. Gibraltar will end its VAT-free regime, long criticised by Madrid as distorting competition and encouraging cigarette smuggling. In its place, a new import levy described as a "transaction tax" will be introduced, set at a rate equivalent to EU VAT. The tax would begin at 15% and rise to 17% by 2029.

Additional customs infrastructure will be created in Spain at Sagunto, Algeciras and La Linea, as well as at one site in Portugal. Goods entering Gibraltar will be required to comply with EU standards, includ-

ing labelling rules.

Travel links would also be reshaped. The ferry service between Gibraltar and Morocco would be discontinued, and cruise ships would have to dock at a Schengen port before arriving in Gibraltar to ensure passengers undergo border checks in advance.

Gibraltarians and residents would be permitted to travel freely within the Schengen area for up to 90 days in any six-month period.

The treaty stems from a political agreement reached last June but still requires ratification by the

parliaments in Gibraltar and the UK. Spain will not submit the text to its national parliament; instead, it will seek approval from the European Parliament in Brussels. If ratification is not completed before 10 April – the planned date for opening the land border – the agreement could be applied provisionally.

The shift in border control has already drawn criticism from British conservatives, who argue it dilutes UK sovereignty over the territory, which has been under British control since the 18th century. Gibraltar's status and its frontier with Spain have remained political-

ly sensitive since the UK voted to leave the EU in 2016.

Within Gibraltar, reaction has been mixed. At a recent meeting of business leaders, concerns were evident. The Gibraltar Chronicle reported that the Gibraltar Federation of Small Businesses and the Chamber of Commerce summarised sentiment in three words: "Frustration. Worry. Anger."

However, the territory's Chief Minister, Fabian Picardo, defended the deal, saying it "unequivocally protects our position on sovereignty, safeguards our economy and delivers the certainty our people and businesses need."



British duo arrested in Benidorm over fake kidnapping

Two British tourists have been arrested in Benidorm after allegedly staging a bizarre fake kidnapping and demanding an €830 (£725) ransom from a relative back in the UK.

The men, aged 51 and 37, are accused of filming a dramatic video in which one appeared to threaten the other with a knife. The supposed victim was shown covered in what looked like blood, and the footage was sent to a family member as proof that his life was in danger unless the money was paid.

According to the National Police, the investigation began after a tip off from Interpol about a possible abduction of a British national in the holiday hotspot. A concerned relative had alerted the authorities in the UK after receiving the alarming video and further messages demanding payment.

Spanish officers contacted British consular officials and obtained copies of the footage and recordings of phone calls in

which the alleged kidnapper warned that the man would be killed if the €830 was not transferred into his bank account.

Specialist officers dealing with kidnappings and extortion were brought in from Madrid and a large-scale operation was launched in Benidorm. Local police paused other investigations and focused on locating the supposed hostage before any harm could come to him.

After tracing the pair to a hotel where they had checked in days earlier, officers kept watch and eventually saw the two men chatting calmly together. It quickly became clear, police explained, that there was no kidnapping at all.

Both were arrested on suspicion of faking a crime and fraud. Officers also discovered that the alleged kidnapper had used a false name, which could lead to an additional identity fraud charge. If convicted, they could face prison as well as being ordered to cover the cost of the police operation.



Murcia weather radar to deliver early storm warnings across Alicante



A new weather radar operated by the State Meteorological Agency (Aemet) is due to become operational in early March at Sierra de la Pila, bringing more accurate and detailed monitoring of storms across the Region of Murcia and parts of Alicante province.

The installation replaces the long-standing dome that has crowned the summit of the regional park, located in the north east of Murcia, for years. Earlier this month, a helicopter was used to remove the large spherical structure from the 1,200 metre peak and it will soon be replaced with a new polyhedral dome housing upgraded radar equipment.

According to Juan Esteban Palenzuela, Aemet's delegate in the Region of Murcia,

the new system uses dual polarisation technology, allowing weather scanning on both vertical and horizontal planes. This means meteorologists will be able to identify targets that were previously undetectable and better determine the type and intensity of precipitation. The radar will be able to distinguish more precisely between rain, snow and hail, improving warnings during episodes of severe weather affecting the area.

Aemet is in the process of upgrading or replacing its radar systems in towns across Spain with an investment of €80 million. The new systems have a coverage radius of up to 240 kilometres and are expected to be fully integrated into the wider European meteorological observation network by April.

Work at the Sierra de la Pila site began last year with improvements to the power supply and grounding systems. The previous infrastructure was damaged by a lightning strike in 2021, temporarily disrupting the transmission of weather data.

The new radar is expected to significantly strengthen forecasting capability across the south east of Spain.



Stray Sod heads to New Sierra

On Friday 6th March, 40 members of the Stray Sod Golf Society headed to New Sierra Golf Course. The day before the weather was horrendous, so the standard of the course was not expected to be in the best condition. However, when we arrived the sun was out and the course looked pretty good.

None of us were disappointed; the greens were smooth and lush which made for a great day's golf. The rain held off and it wasn't as blustery as some days have been recently.

This reflected in the scoring as the winner, Paul Hunter, came in with 42 points winning on countback from Andy Walthew. Our Struggler of the Day Bob Eardley came in with 12 points. All-in-all everyone enjoyed the day, with the usual mix of fun, banter and healthy rivalry. As usual it was back to The Stray Sod, La Fuente, for a hearty meal – this week curry and rice – and maybe a Guinness or two.

Our next outing is Friday 13th March (for the non-superstitious) at Altaona. If you would like to play or join our great society contact the staff at Stray Sod Green fees on: 966775920

The Stray Sod Green Fees has been nominated for 'Best Inbound and Outbound Golf Tour Operator' in the World Golf Awards. Anyone wishing to vote can do so at: www.worldgolfawards.com/vote. All support is greatly appreciated.



San Miguel GS at La Serena Golf

San Miguel GS at La Serena Golf (4 March 2026)

Back to La Serena today, and we hadn't been here since October. A late-night call for a box of balls – because it's "that course with all the water" – isn't uncommon, so accurate and careful golf is very much the order of the day if you don't want to end up with a mortgage-sized golf ball bill. It was a cooler day than last week, when we enjoyed sunshine and 22°C, although a Calima hung in the air, making conditions hazy and, despite that, fairly cool with a stiff breeze. We are still seeing smaller fields at the moment, thanks to holidays and various goings-on in the wider world (including the odd padel-induced wrist fracture).

The course itself was in relatively good condition, with plenty of fairway repairs clearly underway and bedding in nicely. The greens appeared quick at first, but putts slowed noticeably as the round went on. Recent dry weather may have played a part, despite regular course watering.

Nearest-the-pin honours were claimed by Greame Millington (3rd), Nigel Hinds (9th), Kenny Winton (15th) and Mike Stott on the 17th. There was also a veritable plethora of twos, courtesy of Greame Millington, Issy Wiggins-Turner, Phil de Lacy and Martin Readman.

There were some solid results today, as follows:

Gold: Mike Stott (34 points)
Silver: Charlie Jackson (32 points)
Bronze: Kevin Whiting (36 points)

The notorious McBride Bottle – named at this course last year following the sad loss of our member Norman McBride – was this time received by John Simmons (ouch). The football card was Sunderland, with Peter Harding taking the pot.

Next week we head north to El Plantio. There are also a few action pictures this week, as we were given just one job – to take a winners' photo – and still managed to fail. Sorry, Secretary! So, here are Messrs. Eastman, Harding and Wade Palmer and Mr. Merga in full flow.



New Leeson Street Golf

Twenty golfers from Leeson Street played Altaona on Tuesday 3rd March with the weather being fresh and the golf course looking in good condition.

We met in the fabulous new clubhouse – definitely worth a look whether you're a golfer or not. Very nicely done and a great menu. Inside and terrace dining, so suitable for all weathers. We had breakfast and then headed out to play our round.

We had prizes for nearest the pins on all par threes, a nearest the pin in two and a longest drive.

The course is a very challenging but a fair one and our winner of the day was Mick Riley who came in with 36 points.

Back at Leeson Street bar in the Rioja Centre, we had great food waiting for us as always, thank you to owners Llinos and Andy. We ended the day with the prize presentation and a few well-deserved drinks.

Our next outing is back at Altaona on Tuesday 17th March, and we still have spaces if you would like to play. Please call into the bar and the staff will book you in.

If you would like to join the society, again call into the bar leave your name and we will contact you, it's a really friendly, small society and lots of fun.



Torre Vieja awards 65,000 euros in sports scholarships

The City Council of Torre Vieja has awarded €65,000 in sports grants to 85 local athletes, completing the payment of the aid just one month after its approval.

The announcement was made by the Councillor for Sports, Diana Box Alonso, who said the initiative reinforces the municipality's commitment to promoting both grassroots and competitive sport.

A total of 98 applications were submitted for this year's programme. Following a technical evaluation carried out in accordance with the rules governing the call, 85 applicants met the established criteria and were selected. The final award of the grants was approved by decree of the Councillor for Economy and Finance.

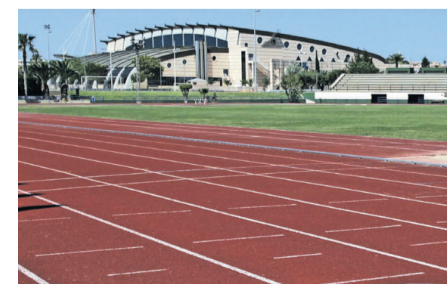
According to Box Alonso, the payments were made on 26 January 2026, highlighting what she described as "agile and efficient" administrative management. The swift processing, she said, ensures that athletes receive financial support when they most need it, helping to cover costs related to training, travel, equipment and participation in official competitions.

The grants span 11 different sports, underlining the breadth of Torre Vieja's

sporting community. Rowing accounts for the highest number of beneficiaries, with 28 athletes receiving support. Beach handball follows with 13 recipients, while rhythmic gymnastics has nine.

Eight sailors and seven skaters were awarded grants, along with six athletes from track and field. The list is completed by four judokas; three swimmers, three fin swimmers and three windsurfers; and one tennis player.

Box Alonso said the scheme not only recognises individual sporting achievement but also supports the wider network of clubs, coaches and families who contribute to the development of local sport. She added that the programme reflects the council's ongoing commitment to encouraging values such as discipline, teamwork and self-improvement among young athletes.



Clocks spring forward



Just as we were getting used to the winter routine, the clocks are about to change once more. If you've found yourself wondering whether they go forward or back this month, don't worry, you have plenty of company. The twice-yearly time change always causes a bit of head-scratching, particularly for expats who may also be keeping track of different times in their home countries.

Here's what you need to know for the upcoming change in Spain.

The clocks are going forward, not back, this month. Daylight saving time officially begins in the early hours of Sunday 29th March. In mainland Spain and the Balearic Islands, that means at 2am the time will jump forward to 3am. For those in the Canary Islands, the change happens at 1am, which then becomes 2am.

A handy way to remember which way to set the clocks is the old

saying "spring forward, fall back." As we are heading into spring, forward it is.

This means the day will officially have just 23 hours, so you will lose an hour of sleep. However, the trade-off is that the evenings will gradually become lighter for longer as summer approaches.

The time change is applied simultaneously across all European Union member states, ensuring coordination for transport, cross-border trade and communications. It remains part of a long-standing EU directive designed to make better use of natural daylight during the warmer months.

For those with family or business contacts in the United States, it's worth noting that America follows a completely different schedule. The US will begin daylight saving time weeks earlier on March 8, and will not revert to standard time until

the first Sunday in November.

As for the future of daylight saving both in Spain and further afield, the debate over whether to abolish the seasonal time change has been going on for several years now. In 2018, the European Commission conducted a public consultation in which a significant majority of participants expressed support for ending the twice-yearly adjustment.

The Spanish government has acknowledged that the original energy-saving benefits are now limited and that the disruption to people's circadian rhythms can be an issue for some. However, with no consensus among EU member states on whether to adopt permanent summer or winter time, any final decision has been delayed. For the time being, the current system remains in place, and those of us living in Spain will continue to adjust our clocks twice a year.

Spain considers Swift nest bricks as legal requirement in new builds

The common swift, known scientifically as *Apus apus*, has seen its population fall dramatically over the past two decades. According to data from the Royal Society for the Protection of Birds, breeding pairs in the UK dropped from nearly 150,000 to fewer than 90,000 in just 20 years, a decline of around 40%, and the picture in Spain is similarly worrying.

The species now appears on the Red Book of Birds as vulnerable and ornithologists say the main reason for the collapse is that swifts are losing the places they nest.

Unlike most birds, swifts don't

build nests in trees. Instead, they return each year from their winter in Africa to the exact same gap or cavity in a building where they've bred before, often for their entire lives.

The problem is that those gaps are disappearing fast. Energy-efficient renovations, crack sealing and building demolitions are all quietly wiping out nesting spots, leaving birds that have returned thousands of miles to find their home simply no longer exists.

The solution, now mandatory in Scotland, could also come to the rescue in Spain. A swift brick is a standard building block, made

from concrete or terracotta, with a small hollow cavity inside and a narrow slot on the outside just big enough for a swift to slip through. They're fitted into the upper sections of a building's facade during construction or renovation, sit flush with the rest of the wall and require no maintenance whatsoever.

They don't affect insulation, structural integrity or energy efficiency in any way. Each one reserves a cavity of around 10.5 cubic centimetres, which is all a swift needs.

The Scottish Parliament has passed a reform requiring all new buildings to include swift brick

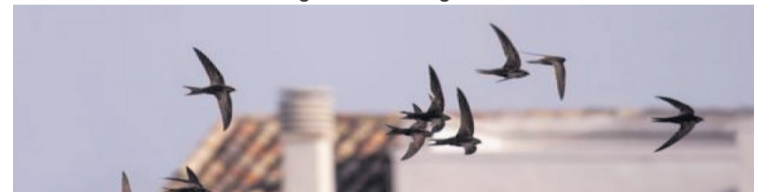
openings in their facades, making it the first part of the UK to make this a legal requirement and putting it ahead of most of Europe on urban wildlife protection.

Now Spanish ornithologists and conservationists want to see the same thing happen here.

SEO/BirdLife, Spain's leading bird conservation organisation, has been pushing for swift-friendly construction to become a legal

requirement under the Spanish Building Technical Code, covering both new builds and energy-efficient renovation projects.

Back in 2023 the organisation published a technical guide and a catalogue of solutions aimed at architects and developers, setting out practical and cost-effective ways to incorporate bird shelters into building facades without any significant impact on design or budget.



PUZZLE SOLUTIONS

Word Ladder — Medium Solution

1	GRASS	START
2	GROSS	
3	PROSS	
4	PROSE	
5	PRONE	
6	PHONE	
7	SHONE	
8	STONE	END

Word Ladder — Easy Solution

1	COLD	START
2	CORD	
3	CORM	
4	WORM	
5	WARM	END

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

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

Spain's miserable winter weather to end

It feels like Spain's weather has been all over the place since the start of the year. Warm days, cold snaps, storms rolling in one after another and hardly a settled week in sight. Another storm is forecast to sweep through this week, in fact. But there may finally be some light at the end of the tunnel, according to the World Meteorological Organisation, the United Nations' leading authority on global weather and climate.

The WMO confirmed this week that La Niña, the climate phenomenon linked to cooler-than-average temperatures across much of the planet, is showing signs of weakening. The organisation puts the probability of it ending and transitioning to a neutral phase at 60% between March and May, rising to 70% between April and June.

After that, things could warm up consider-

ably. The WMO says there's a 40% chance that El Niño, La Niña's warmer opposite, could arrive between May and July, bringing with it rising surface temperatures across the central and eastern Pacific and shifts in atmospheric circulation patterns around the world.

The last El Niño, which ran from 2023 into 2024, was one of the strongest ever recorded and contributed significantly to the record global temperatures seen during those years.

Before you take your shorts out of moth balls, it's worth stressing that the WMO points out that this natural cycle is playing out against a backdrop of human-driven climate change, with global temperatures continuing to rise year on year and extreme weather events becoming more frequent as a result.



Easter Holidays in Spain



Christmas and New Year feel like a distant memory at this stage and most of us are probably ready for a bit of a break. The good news is that we don't have very long to wait as one of the biggest celebrations on the Spanish calendar, Holy Week, is just around the corner.

Holy Week, or Semana Santa, is marked by religious processions, family gatherings and plenty of traditional sweets such as torrijas, pestiños and buñuelos. It is also one of the few times in spring when schools close and many businesses shut their doors, giving people the chance to travel or simply enjoy a long weekend.

Here is the full Easter holiday calendar

for 2026:

Palm Sunday: Sunday March 29, 2026

Holy Monday: Monday March 30, 2026

Holy Tuesday: Tuesday March 31, 2026

Holy Wednesday: Wednesday April 1, 2026

Maundy Thursday: Thursday April 2, 2026

Good Friday: Friday April 3, 2026

Holy Saturday: Saturday April 4, 2026

Easter Sunday: Sunday April 5, 2026

Easter Monday: Monday April 6, 2026

Good Friday, which falls on Friday April 3, is a national public holiday and cannot be moved, so it applies across all autonomous communities. That guarantees a three day weekend everywhere in Spain.

Maundy Thursday on Thursday April 2 is slightly different, since it's a public holiday that regions can move if they want. In 2026, it will be observed in every region except the Valencian Community and Catalonia. In those two regions, Maundy Thursday will be a normal working day and instead Easter Monday, April 6, will be a public holiday.

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