

# The Weekly Post

READ BY 60,000 PEOPLE EVERY WEEK

March 20, 2024

No. 214



**INSURANCE BROKERS FOR ALL YOUR INSURANCE NEEDS**

We insure Cars, UK reg vehicles, Classic cars, Household, Pets, Caravan, Mobile homes, Medical, Funeral, Boat, Commercial etc.

Call: 965 845 463 or 965 843 861 Email: [ellen@bobcats.es](mailto:ellen@bobcats.es)  
C/ SARDINAL 4. 03590 ALTEA (just 1 street back from the harbour)

# Knife wielding robber in custody

A man has been arrested for robbing five 24-hour shops at knifepoint, reported the National Police and Guardia Civil.

The first robbery was at the end of 2023, followed by two more early this year, all of which were in Elda, while the other two were in Sax.

According to a spokesman for both security forces, the crimes were all committed at night and on weekends, when there were not many people about, and at times when there were no men working in the shops.

The assailant would enter wearing a

balaclava, threaten the female employee with a large knife and leave on foot with the takings from the till.

Security camera footage from the shops indicated they were all robbed by the same person, who wore the same clothing and used the same methods every time.

The suspect, a 29-year-old Spanish man, was arrested after the fifth robbery thanks to an intervention by local police in Sax, where he lived.

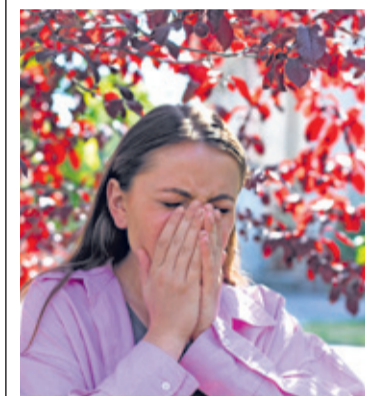
He has been remanded in custody by a court in Elda.



Photo: Guardia Civil

# Pollen allergies

Many people in Spain suffer from allergies. These allergies mainly affect people during the spring and summer months.



Page 11

ALL YOU NEED FOR BETTER OUTDOOR LIVING



A CIELO ABIERTO  
OUTDOOR FURNITURE

[www.acieloabierto.net](http://www.acieloabierto.net)

DISCOVER OUR PREMIUM BRANDS



Avenida Europa 179 · L'Alfaz del Pi · ALTEA · +34 966 13 54 70 · [altea@acioloabierto.net](mailto:altea@acioloabierto.net)  
Avenida La Marina, 314 · Ctr. Calpe a Moraira · BENISSA · +34 965 747 286 · [info@acioloabierto.net](mailto:info@acioloabierto.net)

# ANDURA ABROAD

# Noneedtopaint

Don't paint your house

WALL COAT IT & FORGET IT!

CALL IN THE EXPERTS

Established 34 Years in Spain

711 07 67 67  
[contact@noneedtopaint.com](mailto:contact@noneedtopaint.com)  
[www.noneedtopaint.com](http://www.noneedtopaint.com)



\*for installations booked for Spring



30% off during March\*

AFTER



BEFORE

## Classroom of the future



Photo: Town hall

**By Irena Bodnarec**

La Nucía has been taking part and hosting the implementation of the classroom of the future, a new educational space which will train teachers and students to incorporate digital skills into their daily lives.

This concept has been possible thanks to the collaboration of the town hall, providing the space at Lab Nucía and the education department providing the equipment such as computers, robotics, multimedia equipment and more.

Nuria Soler Martínez, deputy director of teacher training and Carmen Pinilla, head of planning and management service for lifelong training paid a visit to the centre to see first-hand the trans-

formative classroom and CE-FIRE (territorial centre for innovation, training and resources for teachers) headquarters.

This space will serve the educational centres of the Marina Baja and a large part of the Marina Alta, providing continuous training to 6,000 teachers from 127 educational centres.

It encourages students to share ideas, investigate, make presentations with a large touch screen or enhance creativity with a chroma key and 3D printer to make prototypes.

Teachers are offered a portal with various training resources, including a guide for the transformation of centres to follow this model.



Photo: Town hall

## Flower offering for the saint

**By Irena Bodnarec**

A spectacular flower offering took place in Benidorm old town on Saturday evening to honour the arrival of the town's patron saint, the Mare de Déu del Sofratge, 284 years ago.

The statue was found unscathed in the ashes of a burnt-out boat that had drifted onto the Poniente beach and adopted as the town's patron saint.

A procession took place from Elche park up to the top of the old town, where the statue was carried on the shoulders of members of the La Barqueta cultural association.

They were followed by the fiesta queens and their courts of ladies, mayor Toni Pérez and councillors, president of the festival committee plus hundreds of members of the public.

The façade of the en-

trance to the San Jaime and Santa Anna church was decorated with thousands of flowers and once completed, a special poem was recited by Valentina Almodóbar Barceló, the fiesta queen.

The mayor then said a few words, congratulating the fiesta queens and ladies and the entire commission before a spectacular firework display was lit from the adjoining square

## Unravelling Roman mysteries in Alfaz del Pi

Excavation work has confirmed the existence of a 'torcularium' – for making oil or wine – at the Albir Villa Romana site in Alfaz del Pi.

Open-air museum director Carolina Frías said the structure was initially thought to be an oil mill with a press for oil extraction.

However, the continuing dig at the site has unearthed more of the remains, which 'suggest that it was used for wine production'.

Full report in Friday's

**Costa Blanca News**



Photo: Town hall

## Cyclists hospitalised after Ondara car crash

Two teenage cyclists were rushed to hospital last Wednesday afternoon after a collision with a vehicle in Ondara, emergency services report.

Paramedics were called to the scene on the CV-7221 at around 12.30 to attend to the injured young men.

They had been out training on their bikes with a group when they became involved

in a traffic accident, although the circumstances of this have not been revealed.

One rider, aged 18, sustained a broken collarbone, and another, aged 16 suffered multiple cuts and bruises.

They were taken in separate ambulances to A&E in Denia.

Cycle accidents on northern Marina Alta roads have

often hit the headlines in recent years.

The worst on record was in May 2017 between El Verger and Oliva on the N-332, when six members of a Jávea triathlon team were mown down by a drunk driver.

Two were killed outright, one died four days later in hospital, and two others spent years undergoing surgery for life-limiting injuries.

The Weekly Post

Depósito Legal:  
A 64-2020 - ISSN 2695 - 7418

Edited by Rotativos del Mediterráneo, S.L., Finestrat (Alicante)

Printed by Henneo Print, S.L.,  
Villanueva de Gállego (Zaragoza)

Distributed by Self Select Media S.L., Tel 609 643 577



**HEAD OFFICE:** Calle Alicante 39, Pol. Ind. La Cala, 03509 Finestrat  
info@weeklypost.es - Tel: 617 369 005

**BENIJÓFAR OFFICE:** C/ Vicente Blasco Ibáñez, 36,  
Tel: 617 369 433

**Photos:** Editorial, dpa

**Editorial team:** Dave Jones, Jasmine Rokadia,  
Alex Watkins, Irena Bodnarec, Joyce French

**Contact:** editor@weeklypost.es

**Advertising:** advertising@weeklypost.es, Tel: 617 369 005

**PLACE YOUR SMALL ADS AT OUR DESKS:**

**ELS POBLETS: SERVICE CENTER,** Partida Barranquets Cl 29  
Tel: 966 47 50 50

**DÉNIA: SERVIBOX,** Patricio Ferrándiz 40  
Tel: 966 426 017

**JAVEA ARENAL: QUICKSAVE ARENAL,**  
CC Arenal, local D, Avda. del Pla 126, Tel. 965 794 648

**JALÓN: JAYS OF JALÓN,** C/ Lepanto 8,  
Tel: 966 480 757, 636 100 873

**ALTEA: LEOS SOFT FURNISHINGS SUPERSTORE,**  
Ctra. N332, The Big Red Shop, Tel. 965 844 848

**LA MARINA-SAN FULGENCIO:**  
**FALKEN TOURS,** Avda. de los Fueros 2 (local 12)  
Tel. 966 730 151

**LA ZENIA: FALKEN TOURS,** Avda. de la Playa 1, local 5,  
Tel. 966 730 151

# Burglar fingered by glove

A suspected burglar has been arrested after his DNA was connected to a break-in at a house in 2020.

The suspect, a 31-year-old Moldavian man was arrested in Elche and has been handed over to a court in Torrevieja, a National Police spokesman explained.

The investigation followed the discovery of a revolver in February 2021 by a resident in Maitano, a rural district of Elche.

The gun was hidden inside one of several gloves that were scattered on the ground by a roadside along with some socks.

The registered owner of this revolver had reported it stolen after a burglary of his home in December 2020.

The weapon, gloves and socks were tested for DNA, and a sample from one of the gloves revealed the suspect's identity.

He has now been tracked down and arrested on suspicion of burglary with forced entry and illegal possession of weapons.



Photo: National Police

# Convict caught

A man who went on the run after being sentenced to 16 years in prison for drug dealing in Italy has been caught in Elche.

According to the National Police, the Italian authorities issued a European Arrest Warrant for the fugitive over offences which were committed in the cities of Milan and Sesto San Giovanni in the year 2000.

The 46-year-old Moroccan citizen, who was a member

of a gang dedicated to selling cocaine and hashish, still had 14 years left to serve of his sentence.

Suspecting that he could be living on the coast of Alicante province, the police's fugitives group informed their organised crime group in the province, who started making enquiries and tracked him down in Elche.

He was handed over to the High Court (AN) in Madrid to process his extradition.



Photo: National Police

# Body armour for Costa cops

Orihuela local police now have bulletproof jackets for the whole force, announced councillor for security Mónica Pastor.

At the official reception of the equipment she was joined by the chief inspector, Rubén Selma.

"This is an important investment of €31,000 to provide our officers with means for them to be able to do their work safely," she said, noting that the jackets would be made available immediately.

The jackets afford protection that is designed to resist the impact of bullets and knives or other sharp objects.

Those which are being



Photo: Town hall

supplied to female officers are specifically adapted to fit women.

Aside from being robust, the jackets only weigh 1,735 grams, thus preserving the

comfort and mobility of officers.

They also come with ballistic panels, a waterproof casing and an exterior covering.

# A sea of green for St Patrick



Photo: Irena Bodnarec

St Patrick's Day celebrations in Benidorm and Orihuela Costa turned the streets into a sea of green on Sunday.

Tens of thousands of revel-

lers in the two areas celebrated Ireland's national day in the sunshine. Full report in Friday's

**Costa Blanca News**

**TOTAL SATISFACTION WITH LÍNEA DIRECTA**

9 OUT OF 10 CUSTOMERS RECOMMEND US\*

**952 147 834**

LEGAL ASSISTANCE\*

*in just one Click*

— CAR BIKE HOME —

**INSURANCE**

**linea directa**

\*Voluntary insurance cover. Subject to company underwriting conditions. \*Data extracted from process closure surveys after using our Roadside Assistance and breakdown services.

## New old people's home



Photo: CARM

A new old people's home is to be built in San Pedro del Pinatar, announced the president of Murcia region, Fernando López Miras on a visit last week.

He said €12.7 million of EU recovery funds will be invested in this 'modern' residential home, work on which will start in the second half of this year and is estimated will take two years.

The centre, the plans for which are being drawn up now, will be built in the town centre on the same plot as the existing one, but any services that may be affected while the work is underway

will be moved so that the residents' care is not affected.

Sr López Miras said the new installations will be 'more functional and accessible to improve personal autonomy and quality of life for the 120 seniors who currently live there', with 'areas that are wider and adapted to the needs of the users'.

The existing centre belongs to the regional government's social action institute (IMAS) and is managed by the association Edad Dorada Mensajeros de la Paz (golden age messengers of peace).

The centre is part of a new model of long-term residential

care which is centred on prioritising wellbeing and quality of life for seniors, and homes in Lorca and Molina de Segura will also be modernised.

The new care home has a circular design and will occupy 6,688 square metres of the 20,000m2 plot, with the rest for outdoor spaces and gardens.

It will have a basement and two floors, containing a canteen, kitchen, physiotherapy hall, therapy and activities hall, nursing and pharmacy, a hairdresser's, a laundry and bedrooms with individualised spaces.

## New school a step closer



Photo: Town hall

**By Irena Bodnarec**

A geo-technical study is being carried out on a plot of land that will be the site of a new infant and primary school for La Nucía, the third in the town.

The 8,860m2 plot is located behind the small shopping area on the CV-70 that has Aldi, Rossman and JYSK between Carrer Sorolla and Carrer Benlliure.

Mayor Bernabé Cano, councillor for education Sergio Villalba and town hall architect Manuel Cortés

visited the site.

The mayor hopes that once all relevant tests have been carried out, construction works will begin after the summer 'as it is very necessary since we have saturated primary schools'.

The new 4,092m2 school building, able to accommodate 490 children, will have two classrooms for two year olds, six for infants and 12 for primary plus a gymnasium and cafeteria with capacity for seating 400 children across two shifts.

## Unclaimed bikes held at Jávea police station



Photo: Town hall

Bicycles, scooters and skateboards are piling up at Jávea police station and will be donated to charity if they remain unclaimed.

Officers say these items have been found dumped or recovered during investigations into theft, but none of them have been reported as lost or stolen.

This means they have no way of returning them to their rightful owners.

If a bike or scooter has a serial number registered to

an individual or company, they will be contacted to tell them it has been found and asked to come and collect it.

But none of the ones held at the local police station has a traceable owner, leading the force to launch a public appeal.

Anyone who has lost such items may find it is now in the hands of Jávea police.

In the event of a theft, a report must be filed to enable officers to release the bike, skateboard or scooter.

## Plan to link the coast to the A-7 motorway



Photo: GVA

A plan is being drawn up to connect the CV-95 Torrevieja-Orihuela road with the A-7 motorway, according to regional environment and infrastructure councillor, Salomé Pradas.

Sra Pradas noted that her department is designing an integral infrastructure plan for the area.

The first action will be the demolition of the damaged bridge on the CV-95 at San

Miguel de Salinas, she noted, which will be rebuilt with a budget of €2.7 million.

Full report in Friday's

**Costa Blanca News**

# U3A Marina Baixa - lunch with friends

By Joan Flint, press officer

On Wednesday, March 13 a total of 16 members of the Solo Amigos Group met for lunch at Restaurante Everest in Albir. They enjoyed lovely food with friendly people and were pleased that this dominantly female group were joined by four males! It should be stressed that this is not a dating group but was formed to provide an opportunity for members who live alone to get together with others in a similar situation. Their next get together will be on April 10.

A trip to Valencia on April 5 promises to be an interesting day with three venues to choose from – The first is the Oceanografic which is the largest oceanographic aquarium in Europe and is just one of the outstanding buildings at the Ciudad de las Artes y las Ciencias. The second op-

tion is the old town of Valencia with its Gothic cathedral, Colon market and La Lonja (the Silk Exchange) to name just three of the many interesting places to visit and the third option is the Bioparc located in Valencia's Turia riverbed providing an opportunity to see a wide range of animals in a natural habitat rather than behind traditional railings and cages. The cost of the trip is just €24, excluding entrance fees. If you would like to take advantage of this day out please contact Elizabeth Potter on 677 698 860 or email her at liz.potter@live.com

If you are not already a member of U3A Marina Baixa their next monthly meeting will be at the Casa de Cultural, Alfaz del Pi on Monday, March 25 at 11.00. Membership costs just €10 for the year.



Photo: U3A



## Phoenix Rising spiritualists

By Kenny Corris

There wasn't an empty seat in the house as international medium, Ian Elliot, from Denmark led the weekly spiritual meeting with a demonstration of mediumship on March 11.

The Phoenix Rising Group

meet every Monday at 16.00, and always this includes a demonstration from one of our mediums. We meet at the Albir social centre, Calle San Miguel 1, Albir. We are next to Mercadona with ample street parking and car parks adjacent.

We are on the N° 10 bus route too.

You are assured a warm welcome. For information about all of our activities, or any spiritual advice please contact Kenny Corris on 686 361 594/ What's App.

Photo: Phoenix Rising

For full reports on social and cultural events see Friday's **Costa Blanca News**

## The Costa Blanca Anglican Chaplaincy - annual meeting

### Notice convening the annual parochial church meeting

The APCM will be held on Tuesday, April 16 at El Cid restaurant, Benidoleig at 10.30 for the election of parochial representatives of the laity as follows:

- To the parochial church council
- To the deanery synod
- For the appointment of the independent examiner or auditor
- For the consideration of:
  - (a) A report on changes in the roll since the previous APCM
  - (b) An annual report of the proceedings of the parochial church council and the activities of the parish generally
  - (c) The financial statements of the council for the year ending December 31 immediately preceding the meeting audited or independently examined
  - (d) A report on the fabric, goods and ornaments of the church or churches of the parish
  - (e) And other matters of parochial or general church interest

For more information contact the chaplaincy secretary, Elaine Mitchell by sending an email to albirchurch@gmail.com



HCB DENTAL

NEW!

DÉNIA

CAMINO DE GANDÍA 45  
966 130 190

CALPE

AVDA. DIPUTACIÓN 49  
966 072 737



HCBHOSPITALES.COM

SURGERY AND IMPLANTS

COMPLEX DENTAL REHABILITATIONS

ORTHODONTICS

RESTORATIVE DENTISTRY AND ENDODONTICS

TEMPOROMANDIBULAR JOINT DISORDERS AND OROFACIAL PAIN

COMPLEX TREATMENTS WITH SURGERIES AND REHABILITATIONS

A CONSOLIDATED AND PRESTIGIOUS MEDICAL TEAM WITH OVER 15 YEARS OF EXPERIENCE

STATE-OF-THE-ART RADIOLOGICAL DIAGNOSTIC SERVICE AND OPERATING ROOMS

# Young women are our future

It was a day to celebrate the young! Benitachell social centre hosted a meeting with a difference... testimonies from 10 young women from the ages of 17 to 39 by video from across the world. Their fresh faces and honesty, their determination and their hope was palpable and extraordinary. "We journeyed to Armenia, China, Australia, Iran, Germany, New Zealand, Sweden, Spain and even mid ocean to hear their plans for the future, their experiences, their

dreams," said Margaret Hales, president of European Union of Women (EUW) Marina Alta.

The members of EUW Marina Alta were joined by a group of young students from nearby Lady Elizabeth School, Dones de Benitachell association and Classicas y Modernas and were welcomed by councillor Isabel Garrido.

Afterwards, a momentous reading of the Benitachell manifesto for International Women's Day in the three languages, Val-



enciano, Castellano and English symbolised the strong desire to work together to better the lives of women.

Next events include the ambitious art exhibition from April 19 - May 17 at DAR social

centre. Nearly 30 local artists will display their interpretation of 'Women who shaped the world'. A programme of events will be held throughout those four weeks.

For more information on

EUW Marina Alta contact us via email at [euwmarinaalta@gmail.com](mailto:euwmarinaalta@gmail.com), see Facebook [www.facebook.com/groups/euwmma](http://www.facebook.com/groups/euwmma) or Instagram <https://www.instagram.com/euwmma/>

Photo: EUWMA

► For full reports on social and cultural events see Friday's **Costa Blanca News**

## Marina Alta Costa Blanca Floral Club

By Pat Bramah

Our next demonstration is on Thursday, March 21 at the Salon de Actos, La Senieta, Moraira, when we look forward to welcoming Lynne Sharpe. Lynne has been interested in all things 'fauna and flora' since an early age, having been inspired by her parents love of gardening. She passed her NAFAS area demonstrator's test in 2012, and apart from being a keen floral art competitor, is a member of the Leicester Cathedral Flower Guild and has helped to create floral installations at Lincoln Cathedral, Belvoir Castle Flower Show and RHS Chatsworth. In April Lynne has once again been invited to demonstrate at the Harrogate Spring Show. She says she has a passion for recycling and up-cycling items sourced from car boot sales, many of which often

make an appearance at her demonstrations.

A very popular demonstrator, Lynne will be bringing us 'Pot Luck'... Do come and join us for an afternoon of floral fun - our demonstrators are always happy to answer any questions and share tips and ideas with us.

Doors open at 14.15 and we ask everyone to be seated by 14.50. Entrance is €10 and everyone is welcome. If you have never been to one of our floral extravaganzas before do come along and enjoy a relaxing afternoon watching one of the UK's leading demonstrators create stunning arrangements from a variety of beautiful flowers and foliage. There is certain to be an exhibit that you would love to win at the end of the afternoon.

Thanks to the generosity of



members and friends who supported our Christmas hamper fundraising raffle, we will be making a donation of the monies raised to Protección Civil, Teulada/Moraira to buy much-needed items for the ambulance service.

For further information visit our website [www.marinaaltafloralclub.es](http://www.marinaaltafloralclub.es), follow us on Facebook or ring Pat 622 921 812 or Christine 602 246 546. We look forward to seeing you.

Photo: Lynne Sharpe

## Torre Vieja U3A - AGM and new groups

By Barry Weston, Torre Vieja U3A press officer

Following on from the 2024 annual general meeting of the Torre Vieja U3A, the new committee has pleasure in announcing the start of a couple of new activities which have been added to the long list of those currently available to members.

The new groups are Canasta, which will meet weekly on Thursdays, and easy jive and dance, which will run on the first Tuesday of each month.

Fuller details of both of these new activities, along with information about all of the other groups, can be found on our new website [torreviejau3a.org](http://torreviejau3a.org)

The Morris dancing group will, in future, be holding its meetings in the CMO (municipal leisure centre) building in Torre Vieja, which is where the U3A also meets on the last Monday of each month, apart

from during its summer break.

Anyone interested in finding out more about the organisation or joining can attend the monthly CMO meetings or visit our members' tables on the second Thursday of each month at Rocky's Bar on the N-332 at Playa Flamenca.

There have been a couple of requests recently about art, painting or photography classes. We do not currently have any art groups, and would love to hear of local groups that interested members could contact, or better still, any budding artists who would like to run such a group. It could be a 'self-help' style-group, where likeminded people just get together to share their knowledge and passion. I am happy to help with finding a venue.

For more information please contact Michelle at [u3agroupsliasion@gmail.com](mailto:u3agroupsliasion@gmail.com)

## Standing ovation for The Entertainers

By Peter Sockett

The Entertainers opened their 2024 season with a stand-out performance in the immaculate residents' lounge in the central building of the Ciudad Patricia Senior Resort on the outskirts of Benidorm. Set in its beautiful grounds and surrounded by its five accommodation blocks, this was a wonderful setting for The Entertainers to show that the hours of practise in developing their new programme had not been wasted, and the audience were soon appreciative of the quality of their performance.

The Entertainers first set of

songs was a mixture of old favourites, including Life is a Rollercoaster, songs developed late in their 2023 season, including Bridge Over Troubled Water, and some superb new songs - including the Spanish classic Quizás, Quizás, Quizás and a wonderful fun adaptation of Sweet Caroline, with the Dollies dressed as cheerleaders with pompoms. After this the audience couldn't wait for the promised up beat songs of the second set.

There was a poignant moment when Jo sang The Wind Beneath My Wings in tribute to Sandra Welham, a founder member of the group who

sadly passed away at the beginning of the month. This was always Sandra's favourite and the group have renamed it in their repertoire as 'Sandra's Song'.

What a super evening everyone had at Ciudad Patricia, where retirement is tailored to resident's individual needs. With an audience request to return again next year, The Entertainers went home happy at giving so much pleasure to a new audience for their songs.

Prior to this show the residents had been raising money for charity, and at the mid-show break Nadine Sweers, resident manager, advised that



€820 had been raised for the local Benidorm branch of The Red Cross.

Due to holidays for group members their next shows will be:

May 15 - Benitachell Bowls Club

June 6 - SCAN at Los Arcos, Pedreguer

You can follow the Entertainers on Facebook at The Entertainers Marina Alta and they look forward to seeing you at their events later this year.

Photos: The Entertainers



There are other saints  
on St. Patrick's day.  
They're called:  
designated drivers

Línea Directa celebrates  
a safe St. Patrick's day



CAR, BIKE & HOME INSURANCE

**952 147 834**



línea directa

## Over 1,000 pairs of glasses collected for the Lions Club

By Specsavers Ópticas

A total of eight boxes of glasses have been handed over from Specsavers Ópticas Jávea to Carole Saunders from Calpe & Benissa Lions Club, containing over 1,000 pairs of glasses. These glasses have been donated by customers over the last 12 months and are gifted to people without access to optical care via the Lions Club's extensive global network.

Store director Cecilia Navarro comments: "We collect between 1,000 and 2,000 pairs of glasses for the Lions Club every year and have been doing so since 2006. It's great that there are now more than 30,000 people with improved vision around the world thanks to our generous customers. In countries where optical care isn't easily available, these glasses make the difference between being able to study and getting a job or not, so every pair is really precious.

"Massive thanks to all our customers who bring their old glasses into our store when their prescription changes, or when they want to change their style of frames. We'd also encourage anyone with old specs hanging around in their house or car to drop them in and put them to good use. You can declutter and do good at the same time!"

Carole Saunders from Calpe & Benissa Lions Club commented: "These glasses will now be sent to the Melvin Jones Recycling Centre in San Vicente del Raspeig near Alicante. This centre is run by the Elche Lions, alongside members of the Alfaz del Pi Lions. Once the glasses have



Cecilia Navarro and Maria Georgieva of Specsavers Ópticas Jávea, with Carole Saunders (r) president of the Calpe & Benissa Lions Club Photo: Specsavers Ópticas

been checked, they are sent to other Lions Clubs all over the world. In the last six months, thousands of glasses have been sent to Venezuela, Honduras, Uganda and Morocco to name just a few, and also to Romania for the Ukrainian refugees there. Every pair will be put to good use."

All six Specsavers Ópticas stores on the Costa Blanca collect used and unwanted glasses to be donated to worthy causes. There are stores in Jávea, Calpe, Benidorm, Torre Vieja, Guardamar and La Zenia (Orihuela Costa). Visit [www.specsavers.es](http://www.specsavers.es) to find your nearest store.

The Calpe & Benissa Lions Club are busy fundraising and supporting a range of excellent causes in the area. This includes making monthly donations to buy food for local families in need via the charities Cáritas and Cruz Roja in

Benissa and Calpe. They funded Christmas gifts and organised a Christmas party for the disabled children of the Gargasindi special needs school in Benissa, and have just bought six tables for the workshop in the Maite Boronat day centre for disabled adults. They also make annual donations to the Lions Training Centre for Guide Dogs in Chicago, which supply guide dogs for sight impaired people in Spain.

They are now working on two large fundraising events for summer and autumn. Their famous annual fashion show at El Toro restaurant, Calpe will take place on June 7. They will also be holding a fabulous outside concert in the gardens of Finca Jacarandi at the end of September.

You can find out more about their activities on Facebook @calpebenissalions.

## Roger Gallant - April 9, 1936 to March 2, 2024

By Paul Freeman

Sadly, on Saturday, March 2, 2024 Roger Gallant passed away in Denia hospital.

Roger left the USA in 1972 and worked in Holland and Germany before he retired to Spain in 1980.

He had been a very keen barbershop singer in the States and after trying in Holland and Germany he finally started the Costa Barber Singers in Spain in 1988.

During the past 35 years

(CBS), with Roger leading as the chorus director, have performed over 300 singouts (concerts) most of which were for various charities.

He was also a keen quizzier and regularly enjoyed the quizzes at the Gran Sol, Calpe.

He will be greatly missed by barbershoppers, quizzers and all his many friends.

The photo shows Roger at the forefront with some of the CBS members

Photo: CBS



## ABBA charity night

Magnum Concert Productions would like to extend a cordial invitation to a fabulous, premium class charity event, planned for Saturday, April 6. This will be a first class dinner and dance with an ABBA theme and is to be held at the La Sella Golf Marriott Hotel. Fancy dress is encouraged, or the attire will be black tie. Profits from this event will

go to support Masonic charities.

Tickets are priced at €75 and can be booked by completing the JotForm via the link <https://form.jotform.com/231751914658362>.

For details on the special packages available for this event please email [concerts@gmail.com](mailto:concerts@gmail.com), or call or WhatsApp 618 017 201.



► For full reports on social and cultural events see Friday's **Costa Blanca News**

## Alcoholics Anonymous

Is alcohol costing you more than money?

Drinking to excess not only affects your health it can spill over into all aspects of your life, damaging everything that is important to you.

AA OFFERS FREE HELP TO ANYONE WITH A DRINKING PROBLEM.

Meetings are held throughout the Costa Blanca from Valencia to Murcia.

**AA Costa Blanca North**

Helpline +34 648 169 045 · [aa.costablanca@gmail.com](mailto:aa.costablanca@gmail.com)

[www.aa-costablanca.org](http://www.aa-costablanca.org)

**AA Costa Blanca South**

Helpline: +34 625 912 078 · [aacostablancasouth@gmail.com](mailto:aacostablancasouth@gmail.com)

[www.aa-costablancasouth.com](http://www.aa-costablancasouth.com)

All contact is kept **STRICTLY CONFIDENTIAL**

## Musical director wanted for theatre group

The musical theatre Company Studio 32 is looking for a new musical director to join its creative team.

Can you oversee all the elements of fully-staged musicals and concerts? Do you have experience with choirs, teaching harmonies and de-

veloping singers with a range of experience? Then Studio 32 would love to hear from you.

Based in the Vega Baja area, Studio 32 stages two productions a year at the Cardenal Belluga theatre in San Fulgencio, and since

2013 has donated over €45,000 to local charities.

For further information about Studio 32 visit the website <https://studiothirtytwo.org>

To enquire about the musical director role, contact Linda on 679 062 272 or email [tickets@studiothirtytwo.org](mailto:tickets@studiothirtytwo.org)





# Laughter therapy for mind and body

Laughter therapy is a therapeutic technique that benefits health, quality of life and general well-being for everyone; it helps to immunise against illnesses such as depression, releases accumulated tension in the body, releases K-lymphocytes, strengthens the immune system and is a good anti-stress remedy. It is different from general medical treatments; it has a variety of positive effects on anxiety, depression, tension, anger and even in the treatment of cancer patients, because it



improves quality of life, resilience, immunity, anxiety, de-

pression and stress.

Last week the centre for the

third age 'La Casilla' in La Nucía hosted a laughter therapy work-

shop (taller de risoterapia) where 29 people enjoyed the activity 'Ponle Humor al Día' (put humour into the day) with Débora Newton. The activity was included in the March programme of the centre and organised by the department for the third age.

In this dynamic workshop the group first worked on body language, followed by a round of presentations. This was followed by a variety of individual and group dynamics, concluding with laughter yoga.

Photo: La Nucía town hall

## Blindness prevention - Calpe NGO takes campaign to Africa

The Calpe-based NGO, Visión Sense Fronteras, is about to start three new eye check-up and cataract surgery campaigns in Africa. On this occasion, it will travel first to Senegal, where it plans to carry out a revision of patients who underwent cataract surgery in December.

The expedition is made up of two optometrists and an ophthalmologist who will attend to

the patients in a small clinic run by a Spanish nun in the Sam Sam 3 area on the outskirts of Dakar.

They will then travel by road to the south of Mauritania, where they will carry out visual check-ups and care for the general population. The Rotary Club of Jávea and the Rotary Club of La Manga del Mar Menor are collaborating in this project.

After returning from this expedition, the Calpe NGO is scheduled to start a new campaign in Cameroon on March 27, specifically in the capital Yaoundé. A team of seven people will travel there - two ophthalmologists, two nurses, two optometrists and a collaborator. They will be supported by a local ophthalmologist with whom they usually collaborate.



In this case, the objective of the campaign will be the treatment of blindness due to cataracts and it is estimated that they will carry out around 250 surgical interventions.

Calpe town hall is collaborating again this year with the projects of Visión Sense Fronteras and for this purpose has allocated a grant of €15,000 for 2024. Photo: Calpe town hall

Advertising Feature

## What We Need to Know About Ovarian Cancer

**Dr. Rodolfo Martín Díaz, head of the Gynaecology Service at Quirónsalud Torrevieja and Alicante, summarises the origin of this pathology and what surgery consists of to address it.**

One of the malignant diseases that occupies the first places among female tumours is ovarian cancer. Its incidence in women is around 1.2% of the general female population, but if we take into account its age of onset, it will represent 5% of female tumours and the fourth most frequent.

In Spain, around 3,300 new cases are diagnosed annually, an incidence relatively higher than that of the world population (4%).

Despite its low incidence, it is still the leading cause of cancer death in women, with around 2,000 deaths per year.

Rodolfo Martín Díaz, explains in greater detail what this disease consists of and how it can be treated. In addition, he specifies the average age of patients who suffer from it and when studies should begin for early detection of the disease.

**Ovarian cancer & the patient's age**  
Ovarian cancer is a disease more common in postmenopausal women, with the highest incidence between the ages of 50 and 75. In this sense, the average is around 63 years old. These purely statistical data only reflect the import-

ance of regular check-ups after menopause.

Survival of ovarian cancer depends purely and exclusively on the stage or degree of progression that is diagnosed. The Quirónsalud professional explains that in stage I, the cure can reach 95%, while in stage II, it is 70% and in stage III, it is 30%. However, "unfortunately, most cases are diagnosed in stage III or IV. This is mainly due to the fact that it is a silent disease, which when it manifests it does so with symptoms that are mistaken between banal anomalies of the digestive tract, urological and gynaecological problems. Added to this, the lack of an accurate diagnostic imaging method leads to the vast majority of times being discovered in advanced stages.

Faced with this scenario, **specific gynaecological check-ups from the age of 40 are very important**, in which a gynaecological ultrasound will be performed to detect any abnormality in the ovaries. If there is a family history of ovarian cancer, screening should begin earlier.

Regarding the causes of ovarian cancer, a specific one is currently unknown, but there are a number of factors that reduce the incidence of ovarian cancer. These include pregnancy and the use of birth control pills.

More well-known, but rare, are



hereditary syndromes that predispose to ovarian cancer due to mutations in some specific genes such as BRCA1 and BRCA2, linked to breast and ovarian cancer and other tumours (prostate, pancreas, melanoma).

More recently, other genes are also linked to ovarian cancer.

### Treatments for Ovarian Cancer

Dr Díaz, from Quirónsalud Torrevieja and Alicante, says that ovarian cancer surgery differs in the early and advanced stages, but in all cases the objective is the same: to leave the patient without any tumour remains.

In early stages I and II, minimally invasive surgery plays a fundamental role.

Minimally invasive surgery allows surgical procedures to be performed

through minimal incisions in the skin, avoiding the opening of the abdomen. This is why post-surgical recovery is faster, less painful and associated with a lower risk of infection, allowing patients earlier mobility, incorporating into family, social and work life in a much shorter time than in the case of patients operated on by laparotomy.

Therefore, recovery after ovarian cancer surgery can vary significantly depending on several factors, such as the extent of the surgery, the stage of the cancer, the patient's overall health. If the surgical approach is minimally invasive, recovery is much faster and less painful.

For advanced stages, in which treatment of the genital tract is required, but also digestive, urinary or peritoneal, the recommended route is the open route, sometimes intraperitoneal chemotherapy with hyperthermia may be added (HIPEC).

In these cases, the exposure of the abdomen is maximum so that both the upper and lower abdomen can be addressed and thus completely eliminate all visible tumour disease. Here, there is a higher incidence of post-surgical pain, surgical wound infections, bleeding, and limitation of early mobility. In the first case, the hospital stay is usually 2 days on average, while in the second it is approximately 7 days.

Finally, the Dr maintains that: When ovarian cancer is suspected or diagnosed, patients should be referred to centres with experience and capacity. To have multidisciplinary teams and the appropriate technology, because the surgical treatment of ovarian cancer has only one surgical opportunity and the survival of our patients depends on it, which in the advanced stages can range from 72 months to 30 months, depending on the type of surgery we are able to perform.

You can request more information at Quirónsalud Torrevieja hospital about this disease or any other pathology.

Hospital  quirónsalud  
www.quironsalud.es/torrevieja/en  
Quirónsalud • Partida de la Loma, s/n • 03184 Torrevieja

# The latest on pollen allergies this spring

By Joyce French

Pollen allergies affect many people in Spain, and the health problems they cause are expected to increase in the future. Here's what you need to know about hay fever in Spain.

Many people in Spain suffer from allergies. These allergies mainly affect people during the spring and summer months.

Rising temperatures due to climate change lead to higher levels of pollen in the air, resulting in an increase in pollen-related allergies such as hay fever.

More than a third of the population in Spain suffers from some form of pollen al-

lergy, causing symptoms such as itchy nose, watery eyes, sneezing or difficulty breathing, making it one of the most common health problems in the country.

### Why do allergies get worse in spring and summer?

Different types of allergenic pollen dominate different seasons and regions. Trees release more pollen in winter and early spring, while grasses produce higher levels in spring and summer, according to university studies.

Each plant species has its own pollination period, which can vary from place to place.



For example, on the Mediterranean coast, grass pollen levels can remain high until July. Olive pollen, another major allergen from mid-April to June is low in the northern provinces but high in the southern regions and the Mediterranean.

### Which plants and pollens cause allergies in Spain?

The main allergens in Spain today are cyprus, birch, olive, grass pollen: arizonica, salsola and parietaria.

Many people are also allergic to the seeds of the plane tree, which can cause sneezing and coughing fits. Plane trees, along with other species, are considered a major source

of airborne irritants.

Pollen seasons are expected to lengthen, leading to more people suffering from allergies.

Recent studies suggest that pollen seasons are becoming longer each year due to climate change. Increased carbon dioxide levels stimulate plant growth, leading to larger plants that produce even more pollen. Research suggests that airborne pollen levels have increased not only in Spain, but worldwide.

### What to do if you get hay fever in Spain?

University experts recommend treating symptoms with oral or topical antihistamines, which can reduce itching, sneezing and runny

nose. Nasal decongestants are also effective and can prevent the onset of symptoms.

However, it's important to limit your exposure to pollen, although this can be difficult. Health officials offer several suggestions to minimise exposure

Avoid early mornings and evenings when pollen levels are highest.

Avoid being outdoors for long periods on days with high pollen counts.

Avoid drying clothes outdoors when the pollen count is high.

Shower when returning indoors from outdoor activities.

Keep car windows closed when driving.

Photos: Freepik

quironsalud.es     

## Your personalised health plan

The path to better health starts here

**New**  
Health  
Premium  
Card



**Initial**  
medical check-up



**Personalised**  
Health Plan



**Premium**  
Lounge



**Priority access**  
to appointments



**Advice with**  
the best  
medical services

**Come**  
and visit the  
**Premium**  
Lounge

PETER SMITH  
CÓDIGO CLIENTE 0000-0000-0000 1234

**HEALTH PREMIUM CARD**

FECHA VIGENCIA XX/23

We speak your language 

Health Advisor 



#1 hospital group in Spain  
#1 in Europe



JOINT COMMISSION INTERNATIONAL  
QUALITY APPROVAL



Torre Vieja

**The Weekly Post** NOTICE TO ADVERTISERS

Please note THE WEEKLY POST reserves the right to edit adverts placed in this section...

**Contacts**

**FRENCH ELEGANT** slim sexy naughty Lady Sophie, speaks 3 languages,(massage)priv. apartm. Escort services. All areas 693 357 526

**TORREVIEJA GISELLE PARAGUAYA.** Beautiful slim blond. Massages. Tel 613 218 820

**TANTRA MASSAGE, CALPE CENTER.** Authentic, Professional, Lovely. In a beautifully studio. www.ahamprematantramassage.com WhatsApp: +34 605 581 820

**MISUKY, THE BEST** Asian Qualified masseuse is back. Unforgettable massage. Much more DD. Campoamor Opposite CEPESA 663 088 170 www.sensualspain.net

**I AM MARY** a beautiful Polish lady, I do erotic and relaxing massages, all the best care for the best attention. Clean and private apartment in Campoamor T 672 539 332

**BENIDORM. RUSSIAN LADY,** blonde, 38 yrs old, erotic massage with happy end. ☎ 613 717 342

**MELISSA 28 NEW** in house 75, La Zenia. Scultural body. 602 662 458

**"LIA", EROTIC MASSAGE** in Punta Prima, Orihuela Costa. Tantric massage, body to body with happy ending. Call or WhatsApp 653958958

**SPANISH MATURE LADY,** 44, Playa Flamenca Urb Zenia Mar by the new carrefour 5 min Torrevieja, sensual massage. Discreet. Private house parking ☎ Call Ana 657 603 495 speaks English. 08.00 to 19.00hrs

**BLACK DOMINA,** very cruel lady. Mulata .Enjoy. Discreet Outings, 24 hrs - by appointment. ☎613 456 140.

**ALBIR SHARON** Beautiful Polish lady. Massage with all types of services. Opp BBVA☎ 634 127 645

**NATURIST MALE GIVES** relaxing massage in Jávea. Half price first appointment €25. For men and women. Private and discreet at my home, WhatsApp Rob on 613 831 380

**VALERIA IN DÉNIA,** clean and discreet, erotic massage, relaxing, outings and much more, call 686 094 328

**TORREVIEJA LUNA COLUMBIANA** novelty 28 yrs, lovely body, very slim, versatil. Outings with appointment 602 698 120

**TORREVIEJA SHEMALE** Yaiza 29yrs. Elegant. Massage & much more. Outings. Tel. 631 760 246

**ALBIR OPPOSITE BBVA** bank. Torrevieja. Busty attractive lady offers massage. Tel 602 062 319

**BENIDORM: SEXY NURSE,** excellent body massage including happy ending. Hour 50€, Above Restaurant Tony Roma's, Avda. del Mediterraneo 28☎ 646 667 604

**TORREVIEJA AGATA SPANISH** lovely body. Massages. 24 hrs available. Tel 652 504 907

**SILDENAFIL (VIAGRA) AND** Tadalafil (Cialis) Various Strengths. 10 pack From 22 Euros. gadgetman3b53@gmail.com

**SHARON 36 BEAUTIFUL** Caribbean chocolate big sexy breast very good massage 643617175 Orihuela costa

**CORAL BUSTY SCULTURAL** body. All Fantasies. La Zenia CC Zenia Boulevard Tel 624 254 637

**NADIA, BEAUTIFUL MOLDAVIAN,** lovely who receives you with great attention and respect for your time Tel 643 276 205 www.sensualspain.net

**CINDY, EROTIC** Massage, hot blonde. La Zenia. Slim, sexy, caring, sweet, elegant ☎ 607 735 745

**Beauty & Wellness**

**SANCT BERNHARD** Albir. Offers inc. Spiruline 1350 for essential nutrients. 1350 tablets, 5 month supply, €29.95 966 864 171

**SANCT BERNHARD** Costa Blanca. Offers inc. Cod Liver Oil for a healthy bone structure. 200 caps €10.90 or buy 3+ for €9.95 each. 965 780 425

**SANCT BERNHARD** Denia. Offers inc. CoEnzym Q10 for a strong heart. 60 caps €18 or buy 3+ for €16.80 each. 965 780 425

**Health**

**SANCT BERNHARD** Moraira. Offers inc. Green-Lipped Mussel for healthy joints. 150 caps €12.50 or buy 3+ for €11 each 966 491 573

**CHIROPODIST/PODIATRIST,** Philip Mann, clinics in Moraira, Jávea, Calpe and Albir. Tel. 686 912 307

**SANCT BERNHARD** Benidorm. Offers inc. Pumpkin Seed Oil for a healthy prostate and bladder.130 caps €7.95 or 400 caps €19.95. 965 858 663

**Friendship**

**NATURIST GENT WLTM** lady for outings and holiday Romance. Tel 634 326 528 (Calpe)

**Carers**

**PRIVATE CARE HOME.** Full board and care. British owned near Alicante. Luxurious villa €1,200 per month. Call: 747 438 225

**PURE GOLD RADIO**  
94.1 FM & 102.4 FM  
BR2 Pure Gold Radio  
PLAYING THE GREATEST HITS FROM THE 60'S TO THE 90'S

☎ 656 634 000 ☎ 966 265 051 🌐 BR2FM.COM

**Employment**

**BECOME A SALES** representative for BR2 Pure Gold Radio, and Self Select Media - two established businesses, one great opportunity. Enjoy flexible hours and fantastic commissions on each sale. We're looking for an autónomo based sales representative, or we will offer the right candidate a contract after a successful trial period. If you're interested, email info@bigradiospain.com with your CV. We look forward to hearing from you!

**Animal world**

**IF THERE IS** anyone looking for a puppy or a dog that is in desperate need of a new home please contact the facebook site " costa blanca dog homing" We are always in desperate need of foster homes, short and long term, and if anyone can offer this please call 965 698 052

**THE EASIEST WAY** to get your classifieds in The Weekly Post is to e-mail the text to info@cbnews.es

**P.E.P.A. (THE HELPING** Hands Charity for Animals) Needs Help! By fostering an abandoned dog or spending a few hours each week on our telephone helpline You could help save the lives of many animals. Please telephone: 650 304 746 or 96 283 3325 For more information and to view our animals please browse our website: www.pepaspain.com

**General**

**SANCT BERNHARD** Costa Blanca. Offers inc. Omega 3-6-9 for a cholesterol and joint-conscious diet. 180 caps €9.60 or buy 3+ for €9.00 each. 965 780 425

**SANCT BERNHARD** Calpe. Offers inc. FORMOFIT for natural weight control. 210 caps (1 month supply) €35 or buy 3+ for €32 each. 965 836 807

**THE EASIEST WAY** to book your classifieds in The Weekly Post: e-mail the text to info@weeklypost.es

**BOOK THIS SPACE FOR YOUR ADVERT** advertising@weeklypost.es

**SANCT BERNHARD** Torrevieja. Offers inc. VITAFIT Ginkgo-Magnesium. 400 tablets €20.50 or buy 3+ for €18.50 each. 966 706 765

**Items for sale**

**YAMAHA CLAVINOVA CVP-3** for sale. Excellent condition for 500 Euros. Tel. 682 605 522

**THE EASIEST WAY** to book your classifieds in the CB News is to e-mail the text to info-t@cbnews.es (South) or info@cbnews.es (North)

**Items wanted**

**SEARCHING FOR RECORDS.** All types of music wanted. We pay the best prices. Tel: 622 750 117

**GRAPHIC SERVICES**  
**dprint**  
DIGITAL PRINTING  
OFFSET PRINTING HIGH QUALITY  
LAYOUT PACKAGING  
CORPORATE IMAGE  
LARGE PRINTING  
3D LETTERING  
LED DISPLAYS  
ILLUMINATED SIGNS  
DECORATIVE VINYL  
SIGNAGE  
Tel. 965 509 008 . office hours 9am-2pm / 4 -7pm  
Tel. 663 279 311 . English spoken 10am -3pm  
comercial@dprint.es . www.dprint.es  
Avda.Pais Valencià 1, 03580 Alfaz del Pi (Alicante)

**FREE**  
Classified adverts for abandoned animals in need of a home  
Tel: +34-965 855 286  
+34-617 369 083  
smallads@cbnews.es  
**Costa Blanca News**

**Properties**

**ORBA - VERY NICE TOWNHOUSE**, needs refurbishment, just a few metres from the centre. Over 3 floors - Grd floor; Spacious entrance hall +small living room, living/dining room +fireplace, fully fitted kitchen + dining room & bathroom with bathtub. Access from kitchen to 1st courtyard, laundry room & stairs leading to 1st flr used as storage. At the rear we have a 2nd inner courtyard + a 2nd building (former stables) distributed over 2 floors. From the living/dining room stairs lead up to the 1st floor & small bedroom used as storage, master bedroom & 2 adjoining rooms. Top floor attic totally diaphanous, a recently replaced new roof. Beautiful views from exterior terrace. Original floors on the 1st floor, 2 generous interior patios with enough space to build a guest house & even a swimming pool. The property needs to be viewed to appreciate its potential. Ref-1237- 165.000€ Tel: 609 211 710 <https://karmaproperties.net>

**PREMISES FOR SALE IN TORREVIEJA**

- Possibility to construct a five storey building
- Good investment (approx. 200 m<sup>2</sup>)
- Centrally located (Rambla Juan Mateo)
- 5 mins walk to the town centre
- Also suitable as a business premises, office, shop

**607 200 041**

**TOWNHOUSE IN CAMPELL** (La Vall de Laguar). 142m2 Lovely stone townhouse well renovated maintaining charm & tradition. Consists of; Grd floor: Entrance hall, Lounge +cast iron cooker, Dining room, Bathroom +shower, fully fitted Santos kitchen with Fridge, Oven, Vitroceramic hob, Dishwasher & Washer/Dryer. 1st flr: Large bedroom + wardrobe & ensuite bathroom withbathtub, dressing room, large living room, wood burning stove & large windows, loft that could be a bedroom or study. Original stone walls & arches. All the carpentry is Mobila' wood, dble glazed windows & terracotta floors. La Vall de Laguar is 29 km from Denia & 17 km from the Valencia-Alicante motorway. Standing out for its landscapes & famous hiking routes (Barranco del Infierno) & is only 30 mins away from the beaches of Denia & all its services. Ref-1238. 174.900€ Tel: 609 211 710 <https://karmaproperties.net>

**PREMISES FOR SALE.** Possibility to construct a five storey building. A very good investment. Approximately 200m2. Centrally situated (Rambla Juan Mateo). Just 5 minutes walk to the town centre. Suitable as business premises, office, shop etc. For more information - Tel: 607 200 041

**DIRECT FROM THE owner.** Large house in Benijófar, 255m2 plot, currently has a 2 storey house with a build size of 180m2 ground floor, 2nd floor 50m2 + inside patio. Situated in Calle Vicente Blasco Ibañez. Within 5minutes walk from all amenities. Also suitable for business premises, offices etc. 175.000€. For more information - Telephone: 607 799 799

**TARBENA - CHARMING VILLAGE** house. The property has three floors distributed as; Grd floor: Entrance Hall, Living room +fireplace, large fully fitted kitchen +island, dining room & interior patio. 1st Floor: Dble Bedroom, Bathroom +shower, Room/Space used for storage, ironing area & in which the washing machine is located. Dble bedroom + balcony, a/c & en-suite bathroom with shower. 2nd Floor.-Living room with wood burning cooker, large open plan attic space could be used as a further bedroom & bathroom, or as a study & terrace. ~The property has original wooden beams, rustic floors & is located in the centre of the village of Tarbena, and where you can enjoy its hiking trails as well as the tranquillity that surrounds it. Ref-1239.- 129.000€ Tel: 609 211 710 <https://karmaproperties.net>

**Pools**

**UNDERWATER TILING SPECIALIST**  
Replace missing or broken tiles using underwater cement or concrete repair. 5 year guarantee. Replace lights, leaks ...without draining your pool  
**Vicente 622 696 373**  
[www.workinpools.com](http://www.workinpools.com)

**Property services**

**STRUCTURAL SURVEYS** Mark Paddon BSc Hons Building Surveying. MCIQB. Buyer's reports and defects assessment from €195 + IVA. Tel 962 807 247 or 653 733 066 Free initial phone advice [www.costablancasurveyors.com](http://www.costablancasurveyors.com)

**AWNINGS, MOSQUITO** blinds, roller shutter repairs, motorisation. Calpe + 50kms. Tel. 659 464 992. [tar@toldosalchemy.com](mailto:tar@toldosalchemy.com)

**Lawyers & Solicitors**

**NIE, RESIDENCIA, CAR IMPORT,** holderchange, driving licence, last will / inheritance, assistance purchase / sale properties, insurances, Tel: 965 792 451, more under [www.costalevanteservice.com](http://www.costalevanteservice.com)

**Removals & transport**

**TRANSCONE REMOVALS & SHIPPING** Fortnightly trips. Spain - UK - Spain. All Spanish internal moves. Fully insured, friendly, reliable service. From Valencia to Alicante. All areas in UK covered. WhatsApp: (0034)603 135 480 (0044) 7742 798 568 Email: [transconeshipping@hotmail.com](mailto:transconeshipping@hotmail.com) Facebook Paul- transcone - website - [www.transconeshipping.com](http://www.transconeshipping.com)

**MAN & VAN** for hire, cheap and reliable. Jalon Valley & surrounding area. Call/WHATSAPP 636 100 873

**Plumbing & electrical installations**

**PLUMBING DRAINAGE & HEATING**  
**NO JOB TOO SMALL!**

**DRIPS & LEAKS**

Boiler installations & repair •  
Blocked drains, sewers & septic tanks etc •  
Burst pipes & leaks •  
Sonar Water Leak detection •  
& drainage cameras  
Air-conditioning •

**24HRS**  
NO CALL OUT FEE

Tel: 965 874 944  
[info@dripsandleaks.com](mailto:info@dripsandleaks.com)  
All major credit cards taken

**Gardening**

**PROFESSIONAL TREE CARE.** Palm cleaning and treating/pine trees. Overgrown gardens. Quick with quality service. Plastic & gravel work. Economical prices. Free Quote. Call David 643 989 634

**SPECIALIST TREE CUTTING & trimming** palm/pine tree + dangerous work. Gravel work & Garden cleaning also weekly maintenance. Free quote. Good rates Call Adrian 627 103 412

**WITH MORE THAN 20 YEARS** of experience all kinds of garden work: cleaning+ spraying palm, trees clearlance, high pine alpine technical pruning, garden construction: rock garden and garden ponds, irrigations systems, garden and pool maintenance. Call Joseph ☎ 642 741 454

**Sat & TV**

**UK Satellite TV**  
**The Sat & PC Guy**

System Installations  
Maintenance Repairs  
Realignments Upgrades

BBC ITV C4 Five Freesat Sky

Subscription Free UK TV -  
11 Free HD TV channels

freesat sky

Min required dish : 100x110cm  
Recommended dish : 125x135cm

962 819 796 / 620 130 292  
[www.satandpcguy.com](http://www.satandpcguy.com)  
[info@satandpcguy.com](mailto:info@satandpcguy.com)

**SATELLITE SYSTEM REPAIR** service, dish alignment, upgrades, installations. All problems solved. 965 666 206

**WHAT ARE INSERTS?**

In addition to regular advertising, inserts are a popular and successful way to reach potential customers. We are happy to place flyers/leaflets inside any of our publications.

**HOW MUCH DO INSERTS COST?**

The price of inserts depends on the circulation, weight and frequency of the material. Call now for more information, we are happy to give you a no obligation quote.



+34-617 369 005 | [advertising@cbnews.es](mailto:advertising@cbnews.es)  
Ask about our special offers



Share your **VIEWPOINT** with Giles Brown  
Tuesdays 10am – 12pm

Contact the studios and join the debate

Whatsapp 654 996 795

Call 952 78 4000

Email: [studio@tre.radio](mailto:studio@tre.radio)

TalkRadioEuropeOfficial

Find Apps & frequencies at [www.tre.radio](http://www.tre.radio)

@TRETalkradio

Advertising: [sales@tre.radio](mailto:sales@tre.radio)



# Pets' Corner

## Pets in Spain



**CHILI** is an eight-year-old poodle cross and needs a home as her owner is critically ill in hospital. She is chipped, sterilised and vaccinated.

Please call Pets in Spain on 645 469 253.



**SAKURA** is a sweet three-year-old French bulldog cross who is house trained, walks well on the leash, loves cuddles and is used to living with a cat - sadly her owner was very unwell and had to hand them both in. She would suit a home with older children and would prefer to be an only dog, if possible, as she likes a lot of fuss!

Please call 657 689 567 or send an email to akirashelter@aol.com



**CARMEN** Female, shelter since 03.04.21. American pit-bull DOB 15.04.14 - Large

Carmen is a beautiful dog and as is normal with her breed, very strong. Very good with people. She has to be the only pet in the household - she doesn't get along with other dogs or cats. The new owners would have to know the breed, and obtain a special PPP licence and a secure home with fenced garden is a must. No children. For more info contact APASA - 96 646 3976.

**Animal Angells** **COCO** is a lovely little girl who is quiet and is happy sitting on a lap and being cuddled. She has an incredible personality and needs a home where she gets the attention she longs for.



Animal Angells have many incredible cats and kittens that are in need of loving homes. All cats / kittens are vaccinated, blood tested and will be neutered (once old enough).

So, if you or someone you know would like a new little friend then please call Sue from Animal Angells on 696 103 092. Please make 2024 a better year for these lovely cats and kittens.

**APAD** **CHERRY** is a young, handsome sharpei mix who was taken to the shelter for his safety. At first, he didn't understand what had happened to him, he was confused and didn't let anyone get close to him, but gradually with patience and love we were able to win his trust. Cherry values his personal space and wants to get to know new people slowly and calmly. He trots confidently with a loose leash. Cherry is housebroken but would benefit from learning a few basic commands. Therefore he needs an experienced owner who can give him all the important knowledge for living together.



Please contact APAD on 966 427 678, email to info@apad-apad.org or see www.apad-apad.org

**K9 Club** Meet **FINN** our two-year-old large German shepherd cross looking for his forever home.



Finn was found abandoned, he has only been us a short time, he is gentle, loved cuddles and affection, loves going for walks, he gets on well with other dogs and is fully vaccinated, neutered, chipped with passport.

Please call 711075305 or WhatsApp or send an email to k9clubinfo@gmail.com

**BARC** **CRISTA** is a sweet gorgeous six-month-old Spaniel (Bretón), found wandering on her own. All attempts to find the owner have failed so she is now looking for her forever loving home.



Crista is super friendly and gives lots of love. She is full of puppy energy, playfulness, fun and mischief. She loves to go for walks and is very good on a lead. Crista is very good with other dogs. Like any puppy she needs lots of training and direction, but she is very quick to learn and eager to please. She will make the most amazing family addition.

Crista is just starting her vaccinations. She will have a passport so will be able to travel once all her vaccinations are complete. For more information contact Sue at BARC via WhatsApp on +34 643 802 300.

**PEPA** **MORK** and **MINDY** are siblings born mid-December 2023.



Mork (left) is a handsome tabby more grey in colour with a soft and furry coat and Mindy (right) a cute girl with a more golden colour. They are both tortoiseshell cats.

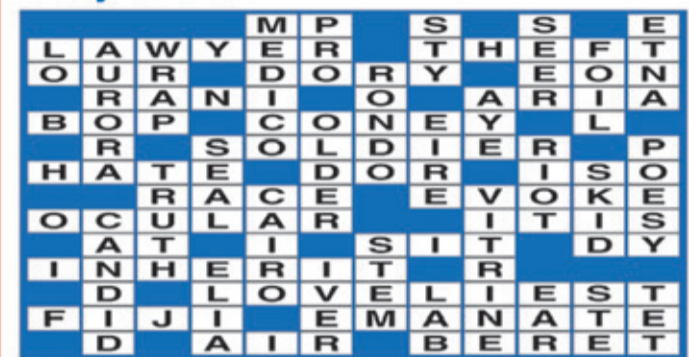
Both cats have been brought up together in a home with other cats and are litter trained and domesticated. We are looking for a forever home either together or separately.

Would you like to add them to your family then please contact Pepa on 650 304 746, email p.e.p.a.animalcharity@gmail.com or see the website www.pepaspain.com

## Fishing for words



## Crazy letters



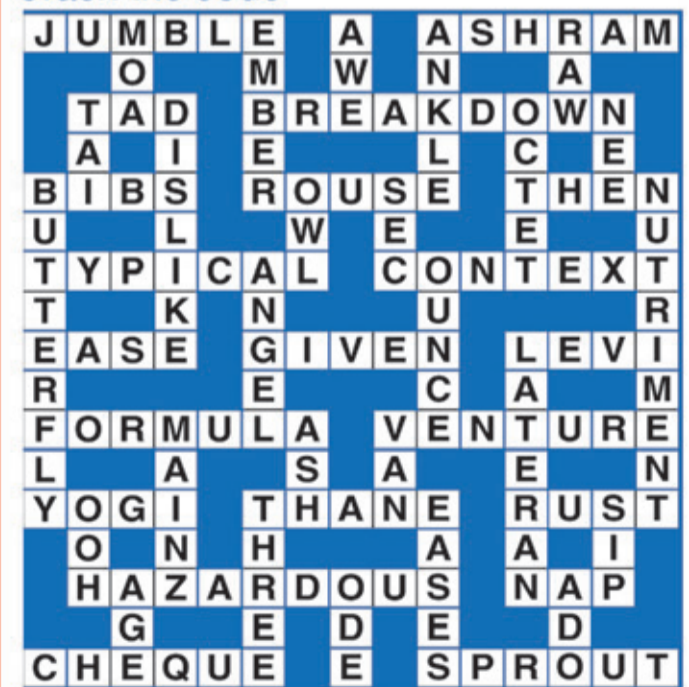
## Brain teaser

$$\begin{array}{r} 63 + 285 = 348 \\ + \quad + \quad + \\ 116 + 414 = 530 \\ \hline 179 + 699 = 878 \end{array}$$

## Sudoku (Fiendish)

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

## Crack the code



1	2	3	4	5	6	7	8	9	10	11	12	13
M	A	I	N	Z	E	C	B	T	Y	K	L	F
14	15	16	17	18	19	20	21	22	23	24	25	26
R	D	S	X	P	J	O	U	G	V	W	H	Q

# Some quick-growing crops for impatient gardeners

By Hannah Stephenson, PA

Gardening whizz Huw Richards reveals his top picks for growers who don't want to wait too long for a harvest.

If you're a beginner gardener, or just someone who doesn't want to wait long to see the fruits of their labour, then growing quick-maturing crops is the answer.

From windowsill micro greens, to young lettuce leaves and radishes which will be ready to pick in just a few weeks, there are many veg you can harvest while waiting for the slower ones to grow.

Permaculturist, digital creator and author Huw Richards, whose gardening YouTube channel has over 750k subscribers, believes growing veg doesn't need to be expensive or time-consuming – although he does have some reservations about people being impatient with their edibles.

"All the best tasting crops take a bit longer to grow than the fast crops. Peas, for instance, will take six to eight weeks longer than radish, but they taste four times as

good," says Richards, co-author of *The Self-Sufficiency Garden*, written with fermenter chef and Instagram star Sam Cooper.

However, if you are a beginner and need some quick results to motivate you to continue, he recommends the following quick-maturing veg...

## Pea shoots

"The gateway to gardening is growing pea shoots, because that takes you two weeks," Richards says. "And if you can't wait two weeks then you shouldn't be a gardener."

Start them off in a yogurt pot with holes in the bottom, resting on a saucer on a windowsill. Put 5cm of peat-free multi-purpose compost in the pot.

For pea shoots, he says it doesn't matter which type you choose, whether it's peas or mangetout or sugar snap, because you're not going for the pod. Look for tall-growing varieties which have vigour, Richards adds.

## New potatoes

Potatoes are among the veg which really do taste

better straight out of the ground and cooked immediately – and they are easy to grow. Just buy a bag of seed potatoes, space them around 30cm apart and bury them 15cm deep in a large container filled with multi-purpose compost, or a soil and compost blend.

You should see some growth within three to four weeks, Richards reckons. If you grow them in tubs they will require more water, but you should be harvesting them 10 weeks after planting them out (bottom right photo). "If they've started flowering, that's a sign that they are ready.

One single seed potato should give you 700-800g of new potatoes. If you wait longer to harvest them.

## Nasturtiums

These vibrant flowers add a peppery flavour as well as rich colour to salads (top right photo) and other summer fare, but don't start them off until April because they are frost-sensitive.

"You can harvest the leaves after six weeks and after eight to 10 weeks, you'll get the flowers. Grow them from seed, one to two seeds in a 7cm pot, 2-3cm deep and start them off inside on a sunny windowsill," Richards advises.

You can also plant them outside into a container. Every part of the plant above ground can be eaten. The seedheads which appear later in the year can be pickled and are known as 'poor man's capers'.

## Leafy greens

Lettuce and spinach are among the most popular leafy

greens, says Richards, and they are all pretty fast-growing.

"There are so many different types of lettuce and so many different colours, so just pick out the one that stands out the most to you. As long as you keep the slugs off, they are fool-proof and they are not very hungry crops either," he says.

Sow them outside from mid April in sun or partial shade and, depending on the weather, they can start appearing in as quickly as five to seven days and be ready for harvesting in seven to eight weeks.

## Mint

If you are growing edibles in a container, a mint plant is perfect as you can add the leaves to summer drinks and salads, and they are pretty tough specimens (bottom left photo). Either buy a plant from your local nursery or get a pot of mint from the super-

market and split it into smaller plants, or you can take cuttings and just propagate it in water, says Richards. "It grows so quickly and you can keep it within a pot and harvest it within three to four weeks if it's on a sunny windowsill."

Pots of mint will thrive outside and you can be picking it throughout spring and summer.

*The Self-Sufficiency Garden* by Huw Richards and Sam Cooper is published by DK. Available now.



Photos: Alamy/PA



**HOT FM Gold** The most listened to Gold Radio Station on the Costa Blanca  
 ENJOY ALL THE HITS OF THE 60s, 70s AND 80s

CALPE TO EL CAMPELLO 96.2 fm  
 ONDARA TO CALPE 91.8 fm

**HOT FM RADIO**  
 For advertising contact: [advertising@hotfm.fm](mailto:advertising@hotfm.fm)

amazon alexa Google Home [www.hotfm.fm](http://www.hotfm.fm) AND ON ALL ONLINE PLATFORMS



# Tough loss for Huesitos-La Vila

By Joyce French

Huesitos-La Vila suffered a second defeat in the elite play-off league on March 10 when they took on Industriales away in Madrid.

A victory could have meant them taking top spot in the league, however, they were defeated by a single point, 23-22, in a match in which it is claimed the Madrid team pushed the boundaries of the rules from the outset, concentrating on weakening their opponents rather than playing strategic rugby.

From the start, the Madrid players aggressively targeted Javi Carrión with tackles that bordered on unsporting behaviour. The Villajoyosa team was astonished that the referees 'failed to penalise these actions'. The blatant disregard for the rules of the game led to a fiery protest from 'Falu' Quirelli on the bench, which resulted in him receiving a red card just three minutes into the game.

In the early stages of the encounter, Industriales took advantage of the rough play and the referee's leniency to take the lead. Iñigo Fuica's penalty in the eighth minute, followed by a 10th-minute try from Javier Guillermo, converted by Fuica, made it 10-0. Huesitos-La Vila came back into the game with a try from Gonzalo Paulin in the 24th



Photo: La Vila rugby club

minute to cut the deficit to 10-5. As the half drew to a close, a try from Guillermo and a successful kick from Fuica extended Industriales' lead to 17-5.

The second half saw a remarkable improvement from Huesitos-La Vila, despite being outnumbered after Gonzalo's dismissal on 49 minutes. Fuica's subsequent penalty added a further three points to Industriales' tally.

Despite the setback, Mauri's impressive display, including a stolen ball and subsequent try in the 52nd minute, brought La Vila back into the game at 20-12. Mauri's successful penalty kick in the 58th minute reduced the deficit to 20-15, only for

Fuica to score again to make it 23-15. The travelling team's persistence paid off in the 75th minute when Levin went over and Mauri converted to make it 23-22.

Team captain, Oveja, was 'optimistic' about his side's second-half performance and stressed the need to 'keep up the momentum' for the rest of the season.

Elsewhere in the league, Sant Cugat and Málaga held on for Barbarians narrow 20-19 victories over Liceo and Valencia respectively. The Basque derby between Zarautz and Getxo ended in a 17-17 draw.

La Vila resume action at home this Sunday, March 24, against San Cugat at 12.00.

# On your marks

By Irena Bodnarec

The 18th El Campello five kilometre and 10km runs take place on Friday, March 29 (Good Friday).

Online registration at <https://grupobrotons.com/event/xviii-5k-10k-villa-de-el-campello-2024/> is open until Monday, March 25 at 23.59.

Both events set off at 09.00 from the town hall square, which is also the finish point, and head down to the Sant Vicent promenade and back.

The prize-giving ceremony will take place at 11.00 with trophies and prizes for the top three runners in each category.



Photo: Town hall

**SALVATEC**  
MOVILIDAD Y ACCESIBILIDAD

[www.salvatecmovilidad.es](http://www.salvatecmovilidad.es)  
[www.stairlifts-salvatec.com](http://www.stairlifts-salvatec.com)

C/ Menéndez Pidal, 29  
Pol. Ind. "Los Urreas" San Javier (Murcia)

☎ 968 193 404 🇪🇸  
☎ 628 825 610 🇪🇸🇬🇧  
☎ 625 887 503 🇪🇸

**VERTICAL PLATFORM**  
Indoor / outdoor use

Model: EPA-1  
Max weight: 300 kg  
Max height: 3 m  
Bespoke made

**From 9500€**  
+VAT

**STAIRLIFT**

Indoor / outdoor use. For straight stairs

Model: H-1100  
Max weight: 140 kg  
Max length: 35 m  
Max angle: 50°

**From 2500€**  
+VAT

**SCOOTER**

Model: TAJO  
Autonomy: 50 km  
Speed: 15 km/h  
Max weight: 228 Kg  
Size: 145 cm x 69 cm

**+VAT 2750€**

**INCLINED PLATFORM**

Indoor / outdoor use. For straight stairs

Model: LOGIC  
Max weight: 250 kg  
Max length: 15 m  
Max angle: 45°

**From 7900€**  
+VAT

**STAIRLIFT**

Indoor / outdoor use. For straight stairs

Model: FREECURVE  
Max weight: 125 kg  
Max length: 35 m  
Max angle: 61°

**From 6800€**  
+VAT

**SCOOTER**

Model: NALÓN SPORT  
Autonomy: 35 km  
Speed: 10 km/h  
Max weight: 160 Kg  
Size: 119 cm x 64 cm

**+VAT 2180€**

Specialists in the fitting and upkeep of stairlifts and platform lifts  
Please don't hesitate to get in touch with us at your convenience  
Rest assured, we'll tackle your staircase challenge with the utmost professionalism and affordability  
Explore our wide range of models on our user-friendly website  
For any further questions, feel free to reach out via WhatsApp or email