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# Police chase catches stolen car

National Police chased a stolen car all the way from Elche to San Fulgencio, eventually catching a seasoned criminal but not before he had damaged numerous other vehicles along the way.

According to a spokesman for the force, the vehicle was first detected speeding and being driven recklessly in the Palmerales district of Elche city.

The driver fled at high

speed along the road to the rural district of La Hoya with a patrol car following.

Along the way he endangered several other drivers he passed, and ignored the police's indications to stop and any traffic signs, crossing into the opposite lane on several occasions.

The driver also collided with various parked cars and one of the police vehicles that was trying to catch him.

Two more patrols joined



Photo: National Police

the pursuit and managed to catch up and stop his progress in San Fulgencio, where he put up considerable resistance to being arrested, the spokesman alleged.

The officers' initial inspection of the vehicle found that it had been hotwired and be-

longed to a resident of Guardamar del Segura, who had not yet noticed that it had been stolen.

The suspect had a criminal record for 10 other types of previous offences and was handed over to a court in Elche.

## 'Me time'

'Me time' sounds so indulgent, doesn't it? Time to do whatever it is you want to do. But in times like this, it can be a bit of a life saver.



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# GP cleared of 'confidentiality breach' against former stepdaughters

A doctor facing being struck off for 'unauthorised' access to patients' data has been cleared by the Regional Supreme Court.

The GP, who practises in Onda was accused by her two former stepdaughters of entering their medical records in the course of her job 'without consent'.

Breaches of patient confidentiality can lead to a custo-

dial term, and the private prosecution was calling for seven years in jail and €6,000 in compensation.

But judges did not find evidence that the patients' ex-stepmother had accessed 'sensitive data', as opposed to 'classified data'.

Information considered 'sensitive' relates to 'intimate details' such as 'ideology, religion, beliefs, health,

racial origin, or sex life', the judges explained, referring to a precedent from Spain's Supreme Court, the highest contentious audience in the land.

The defendant had 'only accessed the registration details' of one of the sisters, which include residential address and ID number and are kept separate on the system from

medical history.

And at the time, she and the patient 'had a good relationship', as the GP was still married to the plaintiff's father.

Concerning the other sister, the court was 'unable to confirm' the contents of the patient records the defendant had allegedly accessed, the court found.

"Where the specific data that was uncovered is not

known or revealed, it is not viable to presume that de facto damage could have been caused through said data being particularly sensitive," the court report states.

The GP was acquitted, although the case is open to appeal.

Judges 'have not ruled out' the sisters' having a case in the civil courts for an 'administrative offence'.

## Shoplifters versus shopkeeper

Orihuela local police have detained two people who were wanted for arrest, after they were involved in an altercation at a food shop in the city centre.

A patrol was alerted to the struggle by a taxi driver and when they arrived the officers separated the suspects from the shopkeeper to interview them individually.

The shopkeeper claimed

the pair had tried to take products without paying, and had injured him during the fight.

He also showed his security camera footage to corroborate his version.

The two individuals were arrested and found to be wanted for other crimes.

The shopkeeper was taken to a health centre for treatment to minor injuries and scratches.



## Calpe celebrates new easyJet hub

Mayor of Calpe Ana Sala, and the councillors for tourism, Mireia Ripoll, and international promotion, Marco Bittner, attended the inauguration of the new easyJet hub at Alicante-Elche airport on Wednesday.

With their presence, the local authorities wanted to emphasise the importance of this company's base for Calpe in terms of increasing European and national connections.

The new hub will start with three Airbus 320 aircraft operating from the airport and a half million seats offered for this high season.

It is estimated that the different tourist routes will attract almost 21 million people to the province throughout the year.

The Calpe tourist board has highlighted the fact that the municipality has a large number of direct routes from

the airport to Calpe, such as Beniconnect and ALSA, companies that have highlighted their commitment to the municipality.

Sra Sala said: "The easyJet base in Alicante is essential for Calpe as we are one of the reference destinations in the province of Alicante, we receive thousands of tourists from different European countries every year."

Photo: Town hall

## Fake ITV website accused of ripping off vehicle owners

By Shelley Liddell

The regional department for Innovation, Industry, Trade and Tourism is warning the public about a 'fraudulent' website that is posing as the legitimate website of the public company which runs the ITV (MOT) motor vehicle inspection service in the Valencia region.

This website pretends to be and has been charging users to book false appoint-

ments for inspections at all ITV stations in the Valencia region, according to the regional government.

"Said website has already been reported to the competent authorities and the appropriate measures are being taken against those behind it," an industry department spokesman assured.

Full story in this Friday's

**Costa Blanca News**



Photo: Shelley Liddell

The Weekly Post

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# Improving the waste collection service

Benitachell council continues to improve its fleet of vehicles in order to provide a better waste collection service, they stated.

It has recently acquired two new rear-loading trucks of different tonnages: one of 3,500 kg, of smaller dimensions, and another with two compartments (with one compartment of 8 m<sup>3</sup> and another of 3 m<sup>3</sup>), which makes it possible to load packaging or paper and cardboard in one compartment and organic waste in the other, optimising the collection service.

The council had to invest €90,562 for the smaller truck

and take out a lease for the double compartment truck.

Meanwhile all the rubbish bins have been modified to have four wheels and rear loading.

Previously, in addition to having an old fleet with vehicles over 20 years old, the service faced management problems due to the fact that there were different models of bins.

While some containers were igloo-shaped and loaded with a top-loading truck, others were four-wheeled and required a rear-loading truck.

"This meant that two

types of vehicle had to be used, which was very inconvenient if one of the two trucks broke down or was being repaired, as the other could not be replaced and the service was disrupted for a few days," said a council spokesperson.

For more than three years now, the public waste collection company Poble Net S.L. has been in a process of modernisation, with actions such as the implementation of the door-to-door collection pilot in several urbanisations and the gradual renewal of its fleet, said the spokesperson.



Photo: Town hall

In addition to the two new trucks added in recent weeks, a mechanical sweeper, two tipper trucks, a pressure washer and two electric trolleys were purchased in 2023 and 2022 respectively.

## All change - rail upheaval set to hit line 9



Photo: GVA

The light railway network which connects Alicante city with Denia is partially closed as of yesterday (Tuesday April 9) until December.

A bus service will transport passengers on sections of TRAM line 9 while works are being carried out by regional train operator, FGV.

A spokesman for the regional department for public works explained that the rail infrastructure around the Mascarat tunnel between Altea and Calpe was damaged by the wildfire that hit the area in January.

Full report in Friday's

**Costa Blanca News**

## For a cleaner Polop

The Polop municipal cleaning department has launched an awareness campaign called 'For a cleaner Polop'.

The aim is to promote the commitment of all Polop residents to recycling and keeping the town clean, while respecting the environment.

The councillor responsible, Christian Rodríguez, presented the campaign together with the mayor José Luis Susmozas, and Matías Romá, director of FCC MA, the company responsible for rubbish collection and street cleaning.

Sr Susmozas explained that 'informative posters with all the necessary information, such as services, opening hours and contact telephone numbers, have been placed on all the organic waste containers in the municipality'.



Photo: Town hall

They have asked for the public's cooperation to make this campaign a success for the benefit of all citizens and visitors.

The hours for depositing waste are from 20.00 to 23.00.

The free collection service for bulky household items can be contacted at 96 585 51 84.

The Polop clean point is open on Wednesdays from 17.00 to 20.00 and on Saturdays from 10.30 to 13.30.

## Potentially dangerous toys seized by the Guardia Civil

Guardia Civil officers have removed more than 43,000 contraband toys from the market as part of their campaign to locate articles introduced irregularly into the European Union to prevent tax fraud or counterfeiting.

They also ensure that games and toys have the necessary safety measures for consumers and users.

Since October 2023, officers from the Guardia Civil's customs and border patrol (PAFIF), based in Santa Pola, have conducted 20 inspections of premises



Photo: Guardia Civil

belonging to import companies in the towns of Monforte del Cid, Sax, Elche,

Crevillente, San Vicente del Raspeig, Alicante, Ibi, and Santa Pola.

During these inspections, officers found six warehouses where they seized a total of 47,771 toys, mostly from China, Taiwan, and the United States.

The largest seizure, totaling 36,900 units, was made in Elche.

The toys were turned over to the competent authorities, and the companies have been reported and proposed for administrative sanctions.

Administrative infringements of smuggling and safety can result in the closure of the establishment or

suspension of the activity.

Fines of up to €1,000,000 could also be imposed.

The Guardia Civil advises the general public that purchasing such toys can be hazardous to children's health.

They may pose a choking risk due to improperly sized or poorly assembled parts, or may contain harmful chemicals.

"It is important to note that counterfeit products lack quality control during manufacturing," said a force spokesperson.



# Marina Alta villages take Boxing Day off work



Photo: Wikipedia

Boxing Day is not a public holiday in Spain – but seven Marina Alta towns think differently, according to the district culture committee MACMA.

This organisation, run by local council heritage departments and volunteers with a strong interest in the Marina Alta's history, has released its public holiday calendar for 2024, which details dates that are non-working days in specific towns and villages as well as regionally and nationally.

They include the patron saint's day for Sant Vicent, always the Monday a week after Easter, which falls on April 8 and is observed in 16 towns, including Jávea and Teulada-Moraira.

Another of these is De-

ember 26 – a normal working day in Spain, where national holidays over the festive season are Christmas Day, New Year's Day and January 6, or the Three Kings.

That's because Boxing Day used to be a public holiday in the entire Valencia region, marking Saint Stephen's Day or, as it is known locally, Sant Esteve or San Esteban.

Dating back to the Western-European Carolingian Empire days, which covered most of the ninth century, Saint Stephen's Day was traditionally when travellers embarked on the long ride home from the family nest after celebrating the typical Christmas Day feast.

In the Valencia region, cus-

tom dictated that the family would dine with the maternal side on Christmas Day and on the paternal side on Saint Stephen's Day, preventing the usual domestic tugs of war over who was going to host whom for the festive season.

And although you can go shopping practically anywhere in Spain on Boxing Day – and won't get the day off work unless you book it as annual leave – this is not the case in Pego, Beniarbeig, Orba, Parcent, Sagra, the Vall de Gallinera, or the Vall de Laguar.

Expect to find everywhere shut in these villages the day after Christmas – and if your workplace is based there, don't bother going in until December 27.

# Help for pupils with special needs

By Irena Bodnarec

Benidorm town hall has approved a budget of €173,010 to assist families of minors with special needs, specifically help in funding private treatments such as speech therapy, behavioural disorders and learning difficulties.

There are currently 143 children registered with learning/ behavioural difficulties or disorders who will benefit.

Depending on the type of treatment, recipients will be entitled to aid packages ranging between €95 and €230 per month over the 10-

month school period, with a maximum of €2,000 per student.

Maite Moreno, councillor for education, indicated that these treatments 'are essential for the students, both on a personal and academic level' and available to pre-school, primary and secondary pupils.

Compared to 2019, she stated that the money available has increased by almost 77%.

"We do not want any student who has special needs or needs to treat a disorder to be left behind," she said.



Photo: Town hall

# Testing testing

By Irena Bodnarec

Benidorm town hall given the go ahead for the hiring of water quality monitoring equipment for the development of safety and hygiene protocols to the drinking water supply.

The project will see the installation of six sampling points to test and control chlorine, turbidity and pH levels.

Battery powered chlorine, turbidity and pH analysers will be installed in the Salt de l'Aigüa next to the Gabriel Miró school, Conia Madrid next to the Aitana school and La Cala-Armada Español next to the storm-water pumping station.

A chlorine analyser with external powered will be installed in the Xixo network, a battery chlorine analyser at the Almafra network and lastly, another at the Trinquet in front of the Costa Blanca



Photo: Town hall

school on Calle Pekín.

Councillor for water, José Ramón González de Zárate said that Benidorm 'is a global benchmark in the use and quality of water'.

"At the entrance to the town we have a formidable

water treatment plant that analyses and cleans the water so that people can drink without problems and now we are going further to control aspects such as chlorine, turbidity and pH at various points," he said.

# Builder rescued by firefighters

A construction worker had to be rescued by the fire brigade after suffering an injury on a building site in Algorfa last Friday.

The accident happened at Calle San Miguel, 7, and the provincial fire service said it was alerted at about 09.40.

The 30-year-old man had received a blow while working on the first floor of the structure and when firefighters arrived he was said to be 'conscious and with probably a few broken ribs'.

He was evacuated down to the street on a stretcher using a ladder truck then carried to an emergency medical team ambulance (SAMU).

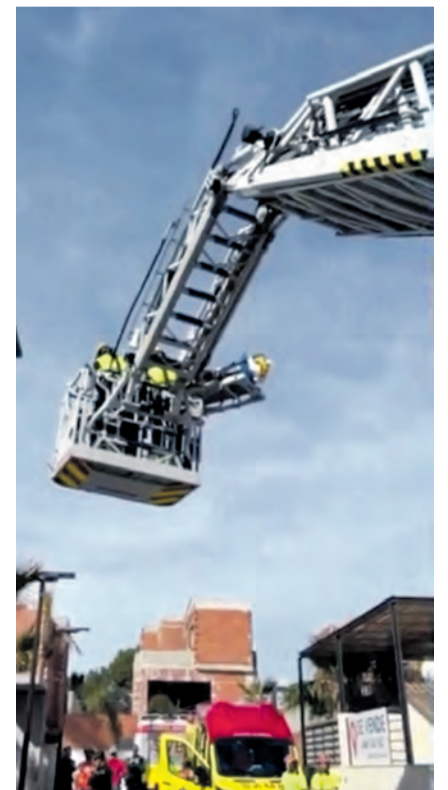


Photo: Provincial fire service



# Three villages, one festival

By Jasmine Rokadia

For another year the Sant Vicent Ferrer del Captivador fiestas united the municipalities of Altea, Alfaz del Pi and La Nucía, for an intense weekend.

Toni Pérez, president of the Alicante provincial government, together with mayors Diego Zaragoza (Altea), Vicente Arques (Alfaz del Pi) and Bernabé Cano (La Nucía), participated in the Mass and pilgrimage of San Vicent Ferrer in the Captivador chapel in La Nucía.

Sant Vicent del Captivador chapel is located at a cross-roads between the three towns, which makes the traditional fiesta a common event for each municipality. The festivities are held on different dates each year as they are held the weekend after Easter Monday, so this year took place from April 5-8, with the main day of celebration being Monday.

### Pilgrimage and dances

At midday on Monday the Sant Vicent pilgrimage went from the CEM (environmental



education centre) to the Captivador chapel. La Nucía fiesta queen Marta Ferrer and her ladies in waiting headed the parade, accompanied by Toni Pérez, mayors and councillors of the three towns, the fiesta organisers, and local drum and pipe bands.

This was followed by an open-air Mass in honour of the saint at the chapel, with the participation of Alfaz del Pi choir. During the Mass, under the chapel's olive grove, the Gojos a Sant Vicent were sung at the end of the Eucharist. This was followed by bell ringing and the fireworks which acted as a precursor to a performance by the Pedreguer dance group.

### Book presentation

The day of Sant Vicent began in the morning with a grand despertá (wake-up call) through the streets of La Nucía, then, in the CEM, there was a presentation of the book 'Contes i narracions- Sant Vicent Ferrer' by Ferran Garcia-Oliver, professor of medieval history at Valencia university. The book brings together the tales, narrations, fables and

stories that Sant Vicent Ferrer used in his sermons.

Afterwards, the 'gold badge' of II Centenari de l'Ermida de Sant Vicent association was awarded to José Soler, one of the founders of the association and a person who has worked

for the recovery of the traditions, festivities, culture and heritage of the Captivador and San Vicent fiestas. In fact, Sr Soler donated the land for the construction of the CEM centre.

The Monday festivities ended the celebration of the Dia de Sant Vicent after four intense days of events, including dances, children's activities, races, concerts performances by several music groups, a book presentation, environmental workshops, pilgrimage, Valencian pilota matches and Masses. This year, the weather favoured the celebrations and all the events in the programme were able to take place.

### Majorals

During the four days of the festival, the Majorals d'Agost 2024 Penya Els Penjats provided a 24-hour bar and food service in the marquee at the town hall, in order to raise money for the August fiestas.

Photos: La Nucía town hall



All town hall articles are also in English, French, German and Dutch.

Go to [noticias.calp.es](https://noticias.calp.es) and select a language from the drop-down menu. You will be able to read the news in the selected language.

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## Jamming for charity

By Richard Millington

On Wednesday, April 3 the Jukes (The Jamming Ukuleles of El Verger) gave a free rendition of some 10 musical numbers to an appreciative audience at the Monthly Lite Bites Help guests in La Xara.

Lite Bites lunch group raises much needed funds for

local charities it supports and an appreciative audience of attendees sang along whilst enjoying a fabulous lunch.

Photos show The Jukes members (top) are Cazzie our leader, Richard, Adele, Chris, Gotta, Lynn, Gilly, Pat, Jo and Pete, and (below) their audience

Photos: Cazzie Millington



## The Pajama Game comes to the Costa Blanca

The talented musical theatre group Studio 32 is presenting the musical comedy 'The Pajama Game' at the Cardenal Belluga theatre, San Fulgencio from Thursday, May 2-Saturday, May 4 inclusive. This is roughly a month earlier than planned due to the theatre having been commandeered by the powers that be.

Based in a pajama factory in Cedar Rapids, Iowa, it fol-

lows the story of the workers, who, led by their union representative Prez, are seeking 7.5 percent pay rise from their miserly boss, Mr Hasler.

Featuring memorable songs such as Hernando's Hideaway and I'm not at all in love, it also captures the blossoming romance of grievance committee chairman Babe Williams and the new factory superintendent Sid Sorokin (played by Doris Day and John Raitt respect-

ively in the 1950s film version.

Tickets are €12 each and are available online from studiothirtytwo.org, or from the following outlets: The Post Box, Doña Pepa, Rojales; Cards and More, La Marina urbanisation; San Fulgencio, Con Amor, Ciudad Quesada, Rojales; Elipacrafts, Ciudad Quesada, Rojales; The Post Room, Benijófar; and Bob's Bar, La Marina urbanisation, San Fulgencio.

Photo: Studio32

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

## Good music and good food equals a great open mic night

By Richard Millington

What an amazing open mic night we had at our new venue, Tío Rico El Italiano Restaurante on Los Patos campsite.

We had a total of 10 artists turn up, plus performances from hosts Doug Kerr and Cazzie Millington.

So in all more than 50 songs were performed during the

evening to a very appreciative audience.

Not only were the performances great, but we all enjoyed some fabulous food as well, 'Que rico!'

We are delighted with our new venue and looking forward to our next open mic night here on Thursday, April 18 starting at 19.00.

Our performers were: José Ramon Valdivia, Jos Ooms, Adele Fellows, Paco Garcia, Doug Kerr, Cazzie Millington, Herbert Meier, Martin and Andrea Vela, Terry Parker and Antonio Saler. With special thanks to our sound engineer, who did not make the photograph, Don Hanson.

Photo: R Millington



## 11th Save My Life

Save My Life was officially set up as a legally registered charity last year, although the events have been taking place for a number of years now and are dedicated to helping organise foster and ultimately the adoption of abandoned dogs here on the Costa Blanca. By becoming an official charity they can now also help other smaller rescue organisations.

This month, on Sunday April 28, the 11th Save My Life charity fundraiser will take place at Benidorm Palace, raising vital and much-needed funds.

Premiering at this year's event will be a new original song entitled 'Save My Life', written and produced by Chris Pile, who, along with his wife Sue, became foster parents to pup sisters Grace and Beth last December. The soundtrack will be performed live by Benidorm entertainer Tasmin Euriona Roberts at



Grace and Beth Photos: C Pile

the event. Tasmin herself has adopted blind boy Danny and little baby Jessi, who happens to be the sister to Grace and Beth.

Tickets for the event are available from the Palace box office, priced at just €12.



Chris Pile with singer Tasmin



# Maskeraid invites all to their open day

Maskeraid amateur theatre group is holding a second open day in their new studio in Gata de Gorgos (first was April 6) this Saturday, April 13. We are looking for people to join the team in any capacity, both front and backstage. "Be part of the applause" and have a lot of fun at the same time!

Come along and meet the team and who knows - you may find yourself a new career!

We perform purely for charity and fun, plus it is a great way to meet new people too.

If you cannot get to the studio on the 13th, the group meets on most Saturday afternoons, so please just let us know by Whatsapp message or email that you are coming along and we will ensure a warm welcome.

For more details, call or WhatAapp on 683 178 070 or email maskeraid22@gmail.com



Cast photo from rehearsals for a previous production - Little Shop of Horrors Photo: Maskeraid

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

## Stroke Association street market

By B Wright

Stroke Association Spain is holding a fundraising market on Saturday, April 13 from 10.00-15.00.

Taking place at Calle Ramón y Cajal, Benimar (Benijófar), next to Plaza Diferente, the market will host around 30 stalls, the majority of which will be offering craft and handicraft products.

In addition to this, the Stroke Association will be offering a selection of the vast amount of the secondhand goods it has on display in its shop, including ladies, gents and children's fashions, bric-a-brac, household goods, and lots more.

In addition to the stalls there will also be there will also be craft demonstrations

and exhibitions.

The event is taking place courtesy of Benijófar town hall, and is being supported by many local businesses, including Vincent Real Estate.

For further information about Stroke Association Spain, visit their Facebook page at [www.facebook.com/p/Stroke-Association-Spain-100078517387420/](https://www.facebook.com/p/Stroke-Association-Spain-100078517387420/)

## Church of England now in Alfaz del Pi

The Anglican Church, formerly in Albir is now in Alfaz del Pi in the 'Escuelas Viejas' (old school house) building. The time hasn't changed, still 09.30 and notices at 09.25. There is always a warm welcome to everyone and Fr Paul always indicates that our altar is open to all. There is also a weekly service of Holy Communion every Thursday at 11.00 in the Forum Mare Nostrum.

The building is located on

Carrer les Escoles opposite the outdoor sports grounds with plenty of parking in the lower car park, surrounding streets or the Casa de Cultura parking area less than five minutes walk away. Also, the number 10 bus stops at the Casa de Cultura. Just walk up the road with the Casa de Cultura and the Hogar de Pensionista on your right and you will find the small white school house on your left.

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## RBL Jávea branch celebrates 34 years

By Michael Allen, Jávea branch publicity/promotion

Formed in 1990, RBL Jávea celebrated its 34th birthday last Wednesday, March 27.

A celebratory lunch was enjoyed by 36 members at La Bodeguilla restaurant in Jávea Port.

Since its early days RBL Jávea has enlarged its footprint, growing from the Jávea

area to now covering the whole of the Marina Alta.

We meet every second Tuesday of the month at Jávea golf club.

For more information on the branch and its activities please visit the website: <https://branches.britishlegion.org.uk/branches/javea-spain/>



Photos: RBL

## Can you spare some time for Age Concern

Age Concern Costa Blanca Sur is always on the lookout for volunteers at its centre at Calle Paganini, La Siesta urbanisation, Torrevieja, and at its shops in Torrevieja town centre and Los Montesinos

The centre requires volunteers for a variety of interesting and rewarding roles aimed at enhancing the day to day quality of life of service users,

whilst the shops, which are frequented by international clientele, are looking for male or female volunteers to work mornings.

For further information about becoming a member of this large, friendly team, telephone the Age Concern centre on 96 678 68 87, Monday to Friday from 10.00-13.30. Alternatively, pop in during opening hours.

## 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**

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## Parkinson's - a personal perspective

World Parkinson's Day is celebrated tomorrow, Thursday, April 11 and in light of this The Association of Movers and Shakers (AMAS) has shared this story from Andrew Busby:

"I'm sorry to inform you Andrew that you have got Parkinson's disease" those were the words of my Spanish consultant back in 2014. I'd visited my G.P. over something else and a student doctor on placement noticed the tremors in my left arm, her preliminary tests caused her to refer me on to the consultant.

Discovering I had Parkinson's didn't frighten me but it worried me. I live alone and not in my country of origin. I then did what I guess a lot of people do when they find out something about their health, yes, I Googled it to find out what I may have to consider for the future.

Parkinson's affects different people in different ways and at different speeds, though there are some universal characteristics. I think that I had it long before the diagnosis reflecting on how it had manifested itself over time.

Parkinson's is a chronic degenerative disease. Over time it will limit my mobility, prevent me from driving, cause me to have more pronounced shaking and generally reduce the quality of my life, I will have to rely on friends and family more and organisations like Movers and Shakers.

The Association of Movers and Shakers is a local charity in the Costa Blanca region offering support to family and sufferers of neurodegenerative diseases and disorders

Members meet every Friday at O'Brien's Bar, El Raso,



Andrew Busby Photo: AMAS

Guardamar del Segura.

Contact president Marion Smith on 711 008 250, or send an email to [marion.smith@amscb.org.es](mailto:marion.smith@amscb.org.es)

To read Andrew's article about his experiences, thoughts and feelings towards an illness which he says 'won't kill me but will progressively make my life more difficult', see this Friday's

### Costa Blanca News

## Commemorating Parkinson's in Almoradí

Almoradí Casino is hosting an exhibition of paintings by Paqui López, which is being inaugurated at 11.30 on Saturday, April 13. In addition to the paintings, the inauguration will also feature a conference by the neurologist Dr Eric Freide Álvarez and his team, commemorating World Parkinson's Day. Dr Álvarez will give a presentation and also be answering questions.

Photo: Town hall



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

## Bitchy women – spooky!

By Gillian Ashworth

When Madame Arcati, a medium, conducts a séance for Charles Condomine (James Grigor), the latter gets more than he bargained for. He just wanted some background information for his next novel, but instead his deceased wife, Elvira (Ariella Wallace), returns to haunt him. Not only that, she causes havoc with his current wife, Ruth (Rachel Gibbons), who can't see or hear her. Please note that in error I named Lesley Davies as playing Ruth in last week's issue (senior moment!)

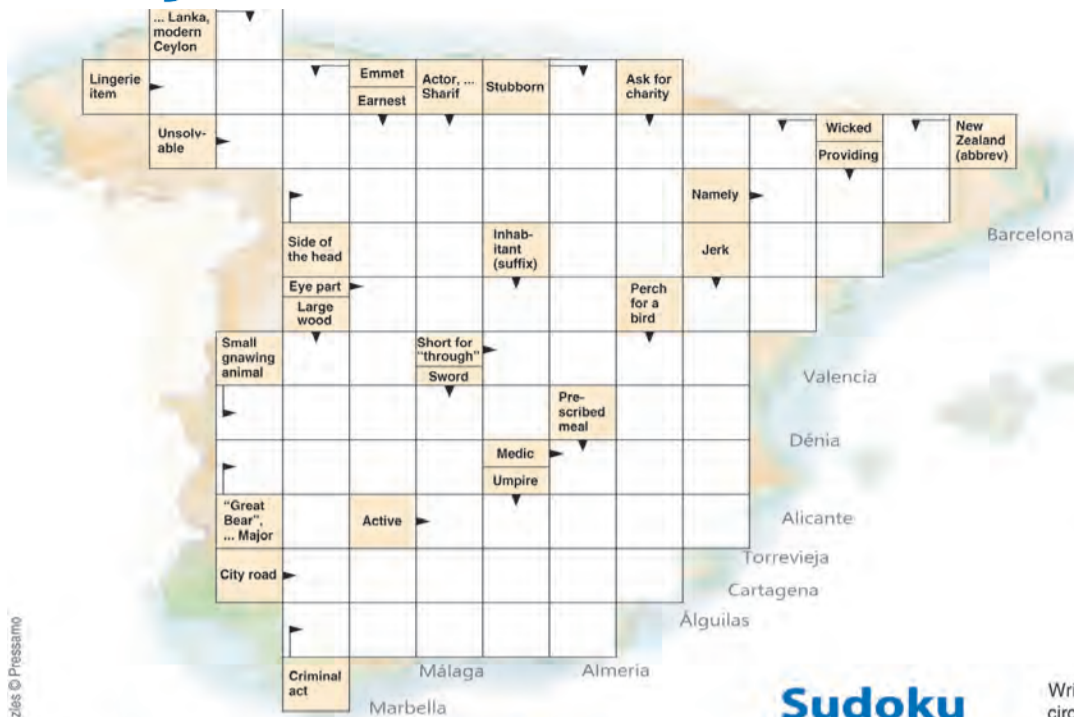
A recipe for disaster? Not under Noël Coward's penmanship – it's the perfect plot for a very amusing play.

Blithe Spirit will be performed at the Unión Musical, Gata from April 22 to 27 at 19.30. The 22nd is a gala evening with cava and canapés following the performance. The Saturday is a matinée at 16.00. Coach transport from interiors, Jávea port on April 22 and 23 and April 24 from La Senieta, Moraira. See <https://javeaplayers.com/jp/> for more details.



Photo: Phil Mansell





All puzzles © Pressimo

The idea is to place a number into each box so that each horizontal row, each vertical column, and each small 9-box square within the larger square, contains all the numbers 1 to 9 just once.

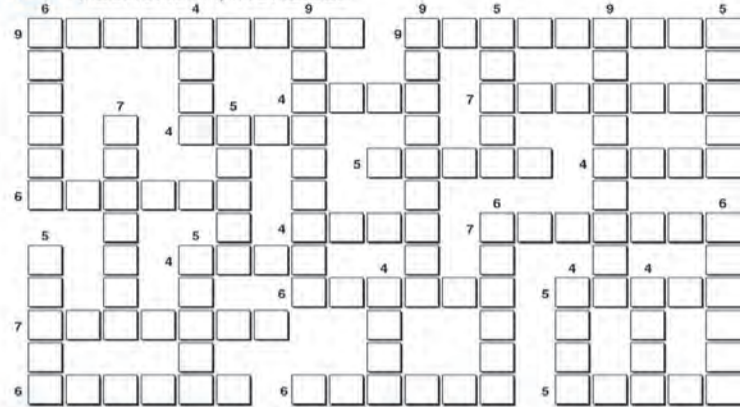
Easy								
4			8			1		
	9		4	2	1		7	
	1	8	6			5	9	
5			7			4		
	2	7				6	3	
		1			8			2
	6	3			5	9	4	
	8		1	3	7		6	
		2			6			7

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

### Sudoku

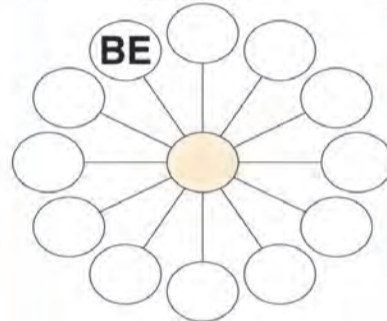
### Kriscross

- 4 Letters: ASIR, AULA, BAZA, BESO, CHIC, EMIR, GONG, TELL, VALE
- 5 Letters: ACION, ENVES, ETAPA, MACHO, MIGAS, RUEDA, SALVE, TEXAS
- 6 Letters: ABEDUL, AGOSTO, ALARMA, ENGAÑO, RASURA, SEGURO, SUMISO
- 7 Letters: ABRIGAR, CEBOLLA, EMENTAL, GALAXIA
- 9 Letters: ACROBACIA, ADMIRABLE, ADORACION, ALCACHOFA, INCREIBLE



### Couplets

Write the listed pairs of letters into the outer circles so that each line running through the centre circle produces a word with an unlisted pair of letters.  
AS - BE - CA - DE - DE - DE - DE - GN - GN - IN - NO - RE

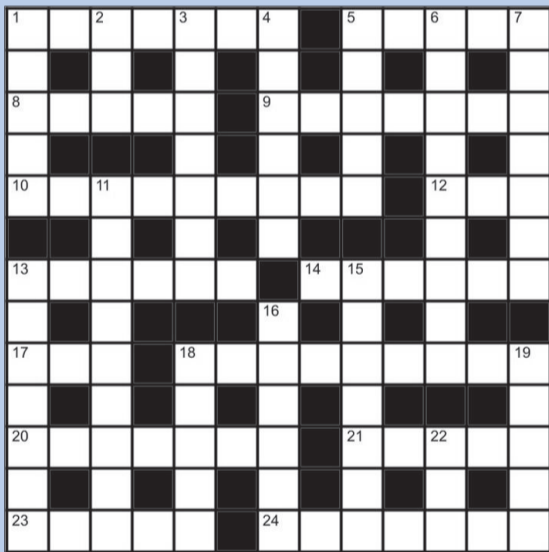


### Step by step

Convert the word at the top of the grid to the word at the bottom, by changing one letter at a time.



### Crossword



- 24 Use band-aids without a split (7)  
**Down**  
1 Get rather old looking during a spell in Edward's employ (5)  
2 Pig or plant (3)  
3 Held back one's feelings in favour of a wearisome fellow (7)  
4 Programmes that may give out a sense of deja-vu (2-4)  
5 Wide ship's tail direction blows gently (5)  
6 Rising again, a surge in the rent (9)  
7 Having funds that are liquid (7)  
11 One in bond to a group of dealers? That's talking nonsense (9)  
13 Connection, as in oil production (7)  
15 Well, well, they could be seasons (7)  
16 Sped round it, but still hurt the feelings of (6)  
18 Almost a fight (5)  
19 Made a bird violent (5)  
Snake with feathers? (3)

Complete the puzzle using the Cryptic or Regular clues - the answers are the same.

#### Cryptic clues

##### Across

- 1/5 Speechless like the crossword solver sometimes (4,3,5)
- 8 Renew what's damaged with something modern (5)
- 9 Rejection of damaged seal fur (7)
- 10 Wholly disregards bargain offers (9)
- 12 Type of whiskey found in every Essex pub (3)
- 13 Skips pages (6)
- 14 Just one facet of the view (6)
- 17 Yes, it's Scottish (3)
- 18 A parrot is very ill, on oxygen apparatus (9)
- 20 Prolong a race incident (4,3)
- 21 Bob, an exotic Mogul governor (5)
- 23 Have a thing about the dark (5)

#### Regular clues

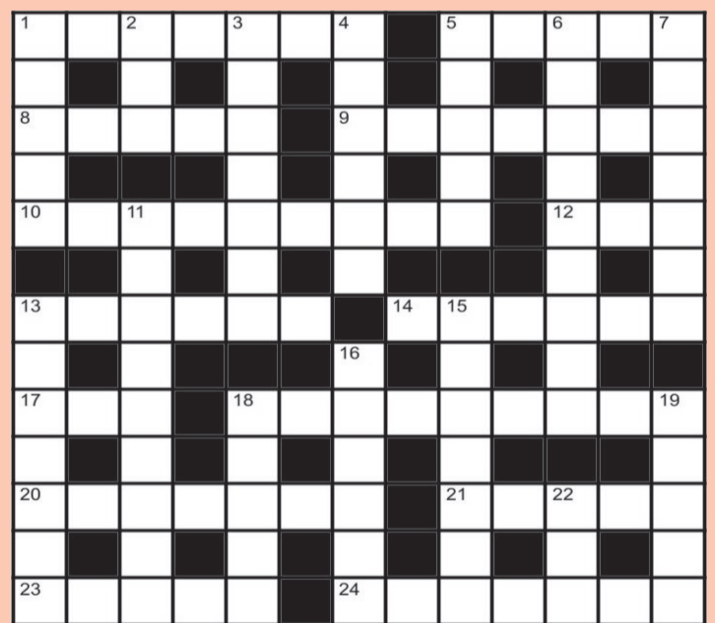
##### Across

- 1/5 Unable to speak (4,3,5)
- 8 More modern (5)
- 9 Negative response (7)
- 10 Reduction (9)
- 12 Whiskey (3)
- 13 Goes away (6)
- 14 Feature (6)
- 17 Affirmative (3)
- 18 Air pump (9)
- 20 Prolong (4,3)
- 21 Wealthy oriental (5)
- 23 Hours of darkness (5)
- 24 Break up (7)

##### Down

- 1 Wrinkled (5)
- 2 Propagate (3)
- 3 Refrained (7)
- 4 Broadcasts again (2-4)
- 5 Drift (5)
- 6 Rising again (9)
- 7 In the black (7)
- 11 Drooling (9)
- 13 Link (7)
- 15 Bounces (7)
- 16 Hurt feelings of (6)
- 18 In relation to (5)
- 19 Fanatical (5)
- 22 Fluffy scarf (3)

### Spanish-English crossword



Improve your vocabulary with our Spanish/English crossword. The clues are in Spanish and the answers are in English.

#### Across

- 1 Cestos (7)
- 5 Tuberías (5)
- 8 Dueño (5)
- 9 Agujas (7)
- 10 Músicos (9)
- 12 Uso (3)
- 13 Podrido (6)
- 14 Genio (6)
- 17 Té (3)
- 18 Miles (9)
- 20 Arco iris (7)
- 21 Águila (5)
- 23 Baile (5)
- 24 Plátanos (7)

#### Down

- 1 Escoba (5)
- 2 Hijo (3)
- 3 Dolor de oídos (7)
- 4 Domingo (6)
- 5 Poetas (5)
- 6 Contaminación (9)
- 7 Hermanas (7)
- 11 Situación (9)
- 13 Jubilado (7)
- 15 Del este (7)
- 16 Telaraña (6)
- 18 Mesa (5)
- 19 Semillas (5)
- 22 Pistola (3)



# How do you make time for yourself?



**By Claire Spreadbury, PA**

'Me time' sounds like such a nice idea, so why is it so hard to achieve? Claire Spreadbury finds out more.

There has never been a more important time to put yourself first. To check in, see how you're feeling, think about what you need, and schedule in some time just for you.

'Me time' sounds so indulgent, doesn't it? Time to do whatever it is you want to do. But in times like this, it can be a bit of a life saver.

So, what happens if you find it almost impossible to do? I can't remember a time when my evenings and weekends were ever quite so free. Yet when they roll around, I don't seem to be spending any precious moments slathering on face masks while luxuriating in a hot bubble bath. Or closing the curtains and cuddling up with a film I've been desperate to watch for yonks. Why is that?

"We think 'me time' needs to be grand or elaborate, so it overwhelms us and we don't make a start," says psychologist and wellbeing expert, Suzy Reading, whose

book *Self-care In Tough Times* is out in paperback now.

"We get distracted by all the other things that need doing and our health doesn't get a look in – after all, we're worthy when we're being productive, right?"

People often feel guilty about taking time out, or feel they have to earn it first, she continues: "We have to see our 'to do' list through to completion before we can stop

chotherapist Toby Ingham ([tobyingham.com](http://tobyingham.com)). "In one way, we have more time at home, but in another, it becomes hard to enjoy that time. We can't get together with friends, so can end up feeling guilty that we don't spend enough quality time with others. Also, busy people tend to fixate on the things they should be doing and on accomplishing tasks. This mentality can be hard to shift. However, this is a learned behaviour – as children, 'me time' was usually play time – and was not associated with guilt. It was a time to have fun."

So, it all comes down to habit, really? "Rest is not indulgent or lazy," notes Reading. "We must prioritise our health and wellbeing. Sometimes, rest is the most productive thing possible."

## What is 'me time'?

Not knowing where to start is a genuine barrier. "Relaxation is a bit of a lost art," says Reading, "so people need easy and accessible inspiration on bringing me time back into everyday life – and not equating me time with screen time."

Me time can be absolutely anything that makes you feel wonderful. Exercise or stretching, a walk in the woods, listening to a podcast, cooking while listening to your favourite songs, reading, journaling, creating any kind of art (without any pressure to make it impress anyone at all, including yourself), having a bath, doing some breathwork, singing – literally anything that makes you happy. Think about it – what makes you happy? Pretty sure it isn't clearing up the house, doing an online shop or filing your nails.

– and our 'to do' list today is endless, so when is there ever a 'good' time to rest?"

Reading is right. How many of us have endless lists, which are genuinely impossible to tick off? Even when we feel exhausted and take some time out to rest, we often lay there agitated about the million and one things we should be doing around the house. It's why holidays are so wonderful, because you're not at home, so you can't do all those things. Instead, you can actually take some time out to relax. But we're holidaying at home right now, and all too often get our rewards from productivity.

"I think the pandemic has been a very difficult and disorienting experience for lots of us," adds psy-

balm after washing your hands, a few mountain breaths, one song to lift your mood..."

It doesn't take a lot, but it can make a big difference. If it helps, make a plan for your me time. Set yourself a challenge to enjoy five minutes of me time every day, or 30 minutes three times a week – some people find it easier to stick to it that way. It's similar to running a race – before you signed up to that race, you never found the time to do any running, but once it's in the diary, suddenly the training plan is almost immovable.

"The more we prioritise it, the better we will become at it," says Ingham. "It's like any habit."



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Photos: iStock/PA



# Four boosting alternatives to coffee

By Liz Connor, PA

Coffee keeps us going through sleepy mornings, but there can be too much of a good thing. Liz Connor finds some simple switches for your morning brew.

It's safe to say we're a nation of coffee drinkers. Whether you're a fan of a fancy flat white or you stick to a humble jar of the instant stuff, we're estimated to get through two billion cups around the world, each and every day.

If you're one of the people that's keen to take a break from coffee in 2021, but can't seem to sacrifice the energy hit, saying goodbye to your daily fix can be a tricky business.

Instead of going cold turkey, you might want to try one of these natural coffee alternatives that provide a similar pick-me-up.

## 1. Matcha

Matcha is a Japanese tea powder that's made from grinding up dried tea leaves. Known for its distinctive green colour, it can be a helpful sub-



Photos: iStock/PA

stitute for hardcore coffee drinkers, especially if you tend to feel afternoon energy crashes after slurping on espressos all morning.

"Although matcha contains caffeine, it also contains the amino acid L-theanine, which slows its release in the body," explains nutritionist Jenna Hope (@jennahopenutrition). "As a result, you'll experience a gradual rise and fall in energy when you drink it, rather than the sharp spike, followed by an unpleasant low."

Hope says that matcha also has another big benefit; it's rich in antioxidants, which help to fight free radicals in the body – unstable atoms that can damage cells, causing

both illness and aging.

## 2. Kombucha

This funky tasting tea has been a major wellness trend in recent years, thanks to its supposed health benefits – advocates say that the fermented drink can aid digestion and improve immune function.

Kombucha can also act as a helpful alternative to sugary drinks or coffee, because it's generally low in sugar and, like many types of tea, contains lower amounts of caffeine – popular drinks brand Remedy Kombucha (remedydrinks.com) contains around 10mg per 100ml, for instance.

The sweet tea also has a slight fizz to it, which some

find helps to wake them up first thing, better than a still glass of H<sub>2</sub>O.

## 3. Bananas

These nutritionally-dense foods are secretly the healthiest way to get an energy hit first thing on a Monday morning.

The banana's secret weapons are sucrose, fructose and glucose – three natural sugars that give you a substantial source of fuel. They're also a grab-and-go source of potassium and vitamin B6, all of which can help to keep your energy levels stable.

If you want something soothing to sip on while starting the day, whizz them up in a shake for a morning treat.

## 4. Green tea

Functional medicine health coach Suzy Glaskie (peppermintwellness.co.uk) warns that coffee can wreck our sleep as well as exhaust our adrenal glands. "I prefer a cup

of green tea, which provides a more gentle caffeine lift," she says.

Similarly to matcha, it has slightly less caffeine than a cup of Joe, but enough to give you a boost without any of the coffee jitters. "Studies have found that adding a squeeze of lemon may make the active ingredients even more potent," says Glaskie.

Green tea is also rich in polyphenols, natural compounds that are thought to have potent health benefits, including reducing inflammation and helping to treat digestive issues.



Advertising Feature

## First private hospital in Alicante with a department for advanced robotic surgery

The goal is to offer your patients more precise surgeries, with less postoperative pain and a much faster recovery than the rest of the surgical techniques

The Quirónsalud Torrevieja Hospital has launched the first Advanced Robotic Surgery Unit in the private health sector in the province of Alicante, incorporating the most advanced model of Da Vinci robot. The hospital has extensive experience in robotic surgery, since 15 years ago it was one of the pioneering hospitals in Spain in implementing and training its surgeons in the use of this technology.

The Da Vinci robotic surgical system is designed to offer minimally invasive surgery of the highest level in the approach of complex pathologies in the area of specialties such as Urology, General and Digestive System Surgery, Thoracic Surgery, Oncological Surgery and Gynaecological Surgery.

The robotic surgical system has a camera arm and 3 mechanical arms, and surgical instruments mounted on them that are controlled by the surgeon while

sitting in front of a computer console within the operating room itself.

The system also has a vision tower that processes the image, providing a real, magnified and 3D view of the surgical field that allows the surgeon to perform more complex procedures with greater precision, flexibility and control compared to conventional techniques.

Thanks to the Da Vinci robotic surgery system, Quirónsalud Torrevieja Hospital offers the best treatment and results for patients with prostate cancer who require a radical prostatectomy. "To perform it," explains Dr. Sven Petry, head of the Urology Service at the Quirónsalud Torrevieja Hospital, "only small incisions in the skin of 0.5 to 1 cm in length are necessary through which we can perform, guided by the high-definition camera, the complete removal of the prostate with an optimal level of precision."

Regarding the many advantages offered by robotic urological surgery, Dr. Sven Petry highlights a greater recovery of urinary continence, whose success rates thanks to the robot reach 97% compared to 88%, as well as a complete recovery from erectile dysfunction of traditional surgery. An-

other benefit is the rapid recovery of the patient who, after discharge, can lead a completely normal life, four weeks after the intervention.

The specialist in urological robotic surgery also recommends this technique for the treatment of bladder cancer, kidney cancer or genital prolapse.

The Da Vinci robotic surgery system has proven to be the best instrument for the multidisciplinary treatment of benign or malignant pathologies. These surgeries include hepatobiliary surgery, oesophageal-gastric surgery, colorectal surgery, metabolic surgery for obesity and abdominal wall surgery.

Within this section of robotic surgery, Dr. Pedro Bretcha, head of the General Surgery and Digestive System Service at Quirónsalud Torrevieja Hospital, highlights the results achieved by this technique in the treatment of colorectal cancer. As Dr. Bretcha explains, "thanks to robotic surgery in the treatment of colorectal cancer, we can perform a much more precise resection of the tumour while maintaining the principles of proper cancer surgery and preserving the surrounding healthy tissue. In addition to achieving less blood loss, a

lower risk of infections due to the small size of the incisions made, as well as less postoperative pain, a shorter hospital stay and a quick return to daily activities."

Another area in which robotic surgery has proven to be the best ally is in the surgical treatment of gynaecological pathologies such as hysterectomy, myomectomy, endometriosis or genital prolapse, in which it stands out "for facilitating more precious movements in narrow and delicate areas such as those that make up the female sexual and reproductive system". says Dr. Rodolfo Martín Díaz, head of the Gynaecology Service at Quirónsalud Torrevieja Hospital. The benefits of gynaecologic robotic surgery include, but are not limited to, better preservation of pelvic structures, a very significant improvement in urinary incontinence and bowel and bladder control.

Thanks to the minimally invasive

approach assisted with Da Vinci robotic surgery, interventions that



previously required long hospitalisations for patients with pulmonary pathology can be performed on an almost outpatient basis, with hospital discharge in just 48 hours. "In addition," says Dr. José Belda, head of the Thoracic Surgery Service at Quirónsalud Torrevieja, "the great precision of the Da Vinci's interventions allows the treatment of benign and malignant pulmonary pathologies such as lung cancer, including lobectomies and sublobar resections, all without any detriment to oncological radicality". Other advantages pointed out by the Quirónsalud Torrevieja specialist are less blood loss and a lower risk of postoperative infections.

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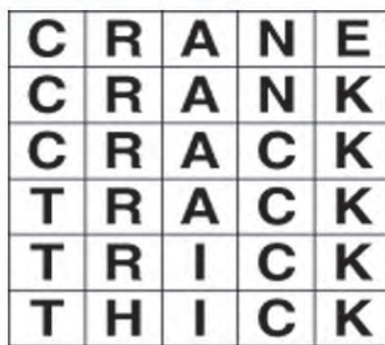
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Shape



Step by step



Couplets

BESIDE, DESIGN, DESIRE, ASSIGN, INSIDE, CASINO

KrissKross



Crossword

Across: 1/5 Lost for words, 8 Newer, 9 Refusal, 10 Discounts, 12 Rye, 13 Leaves, 14 Aspect, 17 Aye, 18 Aspirator, 20 Spin out, 21 Nabob, 23 Night, 24 Disband.

Down: 1 Lined, 2 Sow, 3 Forbore, 4 Re-runs, 5 Wafts, 6 Resurgent, 7 Solvent, 11 Slavering, 13 Liaison, 15 Springs, 16 Spited, 18 About, 19 Rabid, 22 Boa.

Sudoku easy

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

Sudoku fiendish

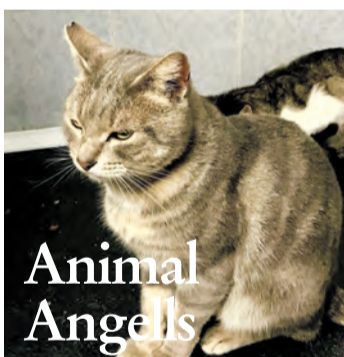
5	7	1	3	2	6	4	8	9
4	8	6	5	7	9	3	2	1
9	2	3	1	8	4	5	7	6
1	6	5	2	9	8	7	4	3
8	4	9	7	1	3	6	5	2
2	3	7	4	6	5	1	9	8
6	1	2	8	5	7	9	3	4
3	5	8	9	4	1	2	6	7
7	9	4	6	3	2	8	1	5

Spanish-English Crossword

Across: 1 Baskets, 5 Pipes, 8 Owner, 9 Needles, 10 Musicians, 12 Use, 13 Rotten, 14 Genius, 17 Tea, 18 Thousands, 20 Rainbow, 21 Eagle, 23 Dance, 24 Bananas.

Down: 1 Broom, 2 Son, 3 Earache, 4 Sunday, 5 Poets, 6 Pollution, 7 Sisters, 11 Situation, 13 Retired, 15 Eastern, 16 Cobweb, 18 Table, 19 Seeds, 22 Gun.

Pets' Corner



Animal Angells

**BUSTER** is two years old and has a lovely temperament, enjoys playing with toys and sitting in boxes. He gets on very well with other cats but longs for some human attention

Please make 2024 a better year for these lovely cats and kittens.

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).

If you or someone you know would like a new little friend then please call Sue from Animal Angells on 696 103 092.

**BARC PATSY** is a beautiful Spanish mastin/golden retriever cross. She is 2 years old (born 15/03/22) and weighs 35kg. She is fully vaccinated and sterilised, has a chip and passport so can travel. Patsy is good with other dogs with a very sweet temperament. She loves cuddles and will snuggle in when she hears your voice. She loves to go for walks, and walks very well on a lead or harness. Patsy really likes to play. She is a happy girl and always seems to have a smile on her face.

Her owners could no longer care for her due to medical issues within the family so we are hoping we can find her a new forever loving home.

For further information WhatsApp Sue on +34 643 802 300



**APROP COPITO** has

been in a foster home for some time now but is looking for a permanent home very soon. He is 8 years old, dog and child friendly, confident and well behaved in the home. A super medium sized dog perfect for any family scenario. Although sometimes he can be a little reactive in new surroundings it is nothing of huge concern.

Please contact APROP by email at [apropago@gmail.com](mailto:apropago@gmail.com), or call 654 6160 43.



**AKIRA**

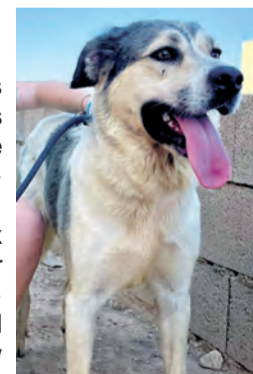
**CAM** is a lovely boy who lived in a home but grew larger than his owners anticipated! He enjoys rides in the car, walks well on the leash and is looking for a home possibly with older children as he doesn't realise his size and can be boisterous when playing. He loves people, cuddles and belly rubs. He is very much missing his own home and with some training would be a wonderful, loyal family member.

Please contact Akira on 657 689 567 or email [akirashelter@aol.com](mailto:akirashelter@aol.com)

**Los Infiernos**

This stunning lady is **SARA**. She is estimated at being 18-24 months old, a mixed breed and 35kg. She arrived at the Los Infiernos Protectora in June 23 and shared a kennel with three other dogs for six months and then fostered. Her fosterer has worked on her behaviour who reported at first she had growled at other dogs. She is now good, after a slow introduction with dogs, she is house and car trained and has a great off-lead recall. She loves to please people and responds very well to training. Sara is a ready made pet who will be returned to the Protectora in the next few weeks unless she finds a home. She is currently in the La Zenia area.

Contact us by email at [losinfiernosdogs@gmail.com](mailto:losinfiernosdogs@gmail.com) or see the Facebook page <https://www.facebook.com/LosInfiernosProtectoraSupportersSPAIN> to see the 300 plus dogs we currently have.



**K9 Club**

This is the gorgeous **COOKIE** who is a six-year old mastin cross. She loves her walks and is good on the lead, likes being made a fuss of, lots of cuddles and is very playful.

Can anyone give Cookie her forever home? Please call 711082807 or send an email [k9clubinfo@gmail.com](mailto:k9clubinfo@gmail.com)



# Time-saving tips for your balcony plants

**By Hannah Stephenson, PA**  
If you've no time to tend your balcony plants, gardening influencer Patrick Vernuccio has some answers.

If you lead a busy life, have a balcony which you want to transform with veggies and fruits but don't know where to start, Instagram and TikTok influencer Patrick Vernuccio, aka @TheFrenchieGardener, may be able to help.

Half French, half Italian and then living in Berlin, he began his gardening journey five years ago as a complete novice, with just one pot.

He bought a few packets of seeds and tried to grow vegetables on his fifth-floor balcony, sharing his results on social media, which has led to a new career inspiring urban dwellers on how to make use of their outdoor space.

"A lot of people mention to me that they would love to grow their own food and that they have a balcony full of plants but don't have the time

and that is a barrier for sure, but it is possible to select specific varieties that will require less time for planting and less maintenance,"

much sun you'll get in your place."

### Invest in a quality potting soil

The priority is to invest in organic potting soil mixed with compost and it will last many seasons, he says.

### Focus on short-growth cycle plants

"These grow in two to three months and are easy to start from seeds

extremely easy to propagate in water."

### Make watering easier

You could invest in a little water pump, connected by drip hoses which have tiny holes that drip water into the soil to water your pots. Some pumps are fuelled by solar energy.

"I place big buckets of reused household water outside (you could also do it if you have a water butt), place the pump in them and programme when the pump will distribute water according to my plants' watering needs."

"Mulching will save you a lot of time on watering duties," he adds. It will help pots retain moisture and reduce evaporation.

It's also wise to put saucers under your pots to help retain water longer and help your plants stay hydrated in summer, he suggests.

### Go for dwarf tomatoes

"If you don't have much time, maybe I would say avoid growing tomatoes, because they are the divas of the garden. If you have one tiny thing that is not going in the

right direction, the plants will suffer.

"However, if you want to grow tomatoes, grow smaller ones, dwarf tomatoes, which are easier. You won't end up with a plant that is 2m high. It will be 40-50cm high and you don't need a huge space for them. You can even grow them on a windowsill or trail them." He recommends the varieties 'Gourmandise Yellow' and 'Tiny Tim'.

It takes less time to tend dwarf tomatoes, he says, although you will need to feed and water them regularly. "But the growth cycle is so much shorter. You don't need to keep the plant for four or five months, with all the staking."

### Grow perennials in pots

"Phacelia is one of my favourite plants and among the easiest to grow. Just put 20 seeds in a pot or a window planter and it grows by itself, will reseed itself in the same pot and will regrow again. It's great for bees and biodiversity."

You can also grow lemon balm, which is hugely resilient and one which Vernuccio neglects, but which still grows back.

Tomatoes & Basil on the 5th Floor by Patrick Vernuccio is published by DK. Available now



Photo: Sabine Gudath/PA

says the engaging influencer, who left his marketing jobs at PlayStation and Netflix to become a full-time urban gardener and content creator.

Now he shares some time-saving tips for the busy balcony gardener in his new book, Tomatoes & Basil on the 5th Floor.

For balcony gardeners with limited time, he suggests:

### Plan before planting

This will save you an enormous amount of time, so you don't end up putting sun lovers in the shade, or plants which like heavy soil in gravel gardens.

"Analyse your place. If you've just moved in, ask your neighbours to give you an idea of how

or from seedlings that you can buy in garden centres, such as lettuce, radishes – which are one of the easiest to start off with and you can sow them directly into the pots or raised bed."

### Split supermarket herbs

If you don't have time to sow, but want fresh herbs to last, you could split up your supermarket plants and repot them.

"Supermarket basil looks so fresh but after a week it's wilted and you don't think you have green fingers. But if you just divide the plant into five chunks of basil and repot them individually into pots you should have lots of basil. The same goes for mint, which is

DK Patrick Vernuccio

## Tomatoes & Basil on the 5th Floor



All you need for a bountiful balcony harvest

Photo: DK/PA



Photos: Alamy/PA

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# First school Olympics in La Nucía

By Joyce French

On March 27 a total of 700 students from La Nucía took part in the first school Olympics and Acrosport festival at the Camilo Cano Olympic stadium. Students from secondary level competed in middle-distance races such as the 400 metres and 800m, as well as the 100m sprint and the 4x100m relay. There were also

high jump, long jump and shot putt events. The day ended with the Acrosport festival, where classes from first and second year 'bachillerato' (equivalent to A Level) took part in an acrobatic dance style competition, where there were some exceptional performances.

The event featured a total of 500 students from years one

to four ESO level (obligatory secondary education). It was a significant turnout for the first edition, which was supported by all the school's teachers. The top three finishers in each event received medals and T-shirts.

The Acrosport festival took place in the Olympic stadium, and was the most eagerly awaited moment of the day, as the students had been preparing for months. Each class presented a choreographed set, with music and costumes, showing human figures, balances, pirouettes, towers and dances. There were 10 performances in total, and after each one the jury, made up of the school's physical exercise teachers, scored them on a scale of one to 10. The level of competition was high and the scores were close. In the bachillerato first year category, the winners were 1° BAT C with their per-

formance 'Las Vegas', which scored a total of 56 points. The awards for best choreography went to 'the circus' from 1° BAT A, best costume was for 'cheerleaders and athletes' from 1° BAT B, best sound was for 'back to the future' from 1° BAT D, and best theme went to 'Disney' for class 1° BAT A.

In the second year cat-

egory, all three classes gave excellent performances that were close to perfection, with great choreography, lots of figures, pirouettes and jumps. The first prize went to 'Rio de Janeiro' - 2° BAT A, with 60 points, the second prize to 'pirates' from 2° BAT C, with 58 points, and the third went to 'Indians and cowboys' from 2° BAT B, with 55 points.



Photos: Town hall



## VII Volta a Peu de Benitatzell

By Jasmine Rokadia

Last Saturday afternoon, the seventh Volta a Peu in El Poble Nou de Benitatzell took place, with around 1,000 athletes taking to the streets, including adults, boys and girls.

The start was spectacular, with confetti being fired from an air cannon turning the start of the race blue and yellow (the colours of the local club) and a rendition of the local hymn 'Jo soc mitjafava'. In addition, there was music at different points around the course to encourage the athletes.

The route covered an 8.4-kilometre circuit through local vineyards - a slightly modified route compared to previous edition. The first metres passed through the streets of the beautiful historic town centre, where the finish line was also located. Fortunately, there were no incidents to report. The organisation of by Club Multiesport was excellent. And the role of the

security forces, was crucial in ensuring that everything went smoothly.

The overall winner was Juan Antonio Fernández from Club Atletismo Benidorm, who finished the race in 29.18 minutes. In the female category, Andrea Abad from Club Atletismo Publidom won the race and crossed the finish line in 33.20 minutes.

The victory was also celebrated by

Club Multiesport Benitatzell. In the local classification, Victoria Noguera, Vanessa Yuste, Monika Domok and Nina Dos Santos were on the women's podium, and Julián López, Vicente José Pastor, Javi Femenia, Damián Berenguer and Alfons Padilla on the men's podium.

Children also played a starring in this edition, as the brought along a large number of family members who cheered



Photos: Town hall



on their little ones. Some 200 young athletes competed, and a highlight was the triumph in the 'juvenile' category of the promising athlete in an impressive time of 10.27. Also on the podium were the young athletes Aurora Román (Barrufets female) and Enzo García (Barrufets male).

The public took to the streets to cheer on the runners in a tough race that has already been dubbed the 'Tourmalet' of the Marina as it is the most demanding of all due to its steep slopes.