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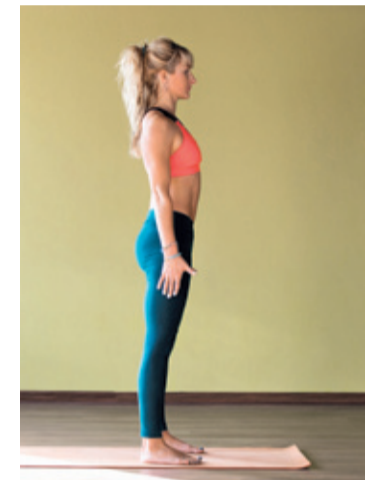
Two injured as vehicle plunges off mountain road

By Shelley Liddell
Two men were injured at around midday Sunday when the vehicle they were driving on a mountain road close to Venta Lanuza in Campello left the road and plunged into a ravine, according to the Emergency Information and Coordination Centre (CICU).
Access for the emergency services was extremely difficult.
A medicalised helicopter belonging to the Valencian regional health service



(SESCV) was sent to the scene.
The fire brigade rescue unit managed to extract the victims from the vehicle to an area where two ambulances were waiting.
Here a SAMU fully medicalised ambulance transported a 79-year-old man with polytrauma and traumatic brain injury to the Dr Balmis general hospital in Alicante, and a basic transport ambulance took a 53-year-old man with polytrauma to San Juan hospital.

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Page 10 Photo: iStock/PA

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Lottery ticket scam suspects arrested

By Shelley Liddell

National Police officers have arrested three people in Alicante for allegedly committing two frauds against elderly people.

The fraudsters used the fake winning lottery ticket method to get money from their victims.

In this method, a person approaches the victim and says that he or she has some winning tickets but does not live in the area and therefore asks for help in finding a lottery office to collect the prize. At this point another person appears, in full collusion with the first, and offers to hand over

some of their money in exchange for one of the winning tickets, and invites the victim to take part in the deal by getting them to withdraw money from their bank or home and hand it over in exchange for a 'winning' ticket, which is of course fake, explained police.

The perpetrators then leave with the money.

The victim is usually an elderly person and the perpetrators take advantage of the fact that their reflexes and cognitive abilities are somewhat impaired.

The investigating officers received at least two reports of this type of incident and,

based on the evidence provided, were able to establish that the perpetrators were the same in both cases.

An operation was carried out to locate and arrest the suspects.

The vehicle used by the alleged perpetrators was located in the same area where the victims of the two previously reported incidents had been approached.

The suspects were intercepted just as one of them was approaching an elderly person, allegedly with the intention of committing a new fraud using the same method.

At the time of their arrest,



Photo: National Police

various lottery tickets and three bundles of photocopied €100 notes were found among their belongings, all of which had been used in the scams.

The detainees belonged to a travelling clan of Spanish nationals, a man and two

women aged between 28 and 49.

They had previous criminal records for fraud.

On this occasion, they were charged with fraud and belonging to a criminal organisation and sent before a court in Alicante.

Underwater investigators drafted in

A 'special team of marine vigilance environmental officers' is being set up by the Valencia government.

Regional councillor for the environment, infrastructure

and land, Salomé Pradas said they will 'check on diving in protected underwater areas', manage the access of boats to coastal caves, and support scientific inves-

tigation into marine species, amongst other activities.

Full report in this Friday's

Costa Blanca News



Photo: GVA

The Weekly Post

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British school honoured

By Irena Bodnarec

Last Friday, the Sierra Bernia school in Alfaz del Pi alongside the Den Norske Skole Costa Blanca Norwegian school were awarded the 'L'Alfàs 2024' prize as part of the town's 13th Historical Cultural Week which this year was dedicated to 'tourists who came from the cold' - analyzing the origin of the north Europeans settling in the town, which started in the 1960s.

The award was created in 2010 to recognise the careers of individuals, groups and organisations that, in one way or another, stand out for their contribution to the community of Alfaz, whether in the field of the arts, history, culture or the economy.

Collecting the award on behalf of Sierra Bernia was the director Duncan Allen who was accompanied by his wife Amanda, also closely involved with the school.

It was opened in 1973 with just 15 students, operating from a villa off the N-332 but due to high demand and lack of space moved to their current location on Avenida San Rafael the following year.

There are currently 240 students of many nationalities including British, Spanish, Norwegian, Ukrainian, Chinese, German and French, providing education from three to 18 years of age.

Photo: Town hall

Alicante on fire

Alicante province was hit by two fast-moving wildfires on consecutive days, leading to home evacuations in several different municipalities.

After spending the whole of Saturday trying to bring a blaze in Jávea under control, the provincial fire service received the worst possible news on Sunday – that a potentially worse fire had taken hold in a remote mountain area between Tár-



Photo: GVA

bená and Parcent.

The danger presented by the second inferno meant that 170 people had to be evacuated from their homes and the army's UME emergencies brig-

ade was called in along with firefighters from Murcia region. Full report in Friday's

Costa Blanca News

Callosa begins work on new social centre for the elderly

By Shelley Liddell

Work began on Monday in Callosa de Ensarriá on a new municipal building that will house the new social centre for the elderly.

The new building is located in Calle Ramón y Cajal, next to the building that houses the town planning office and the Callosa local police.

The works will take place over the next 10 months.

The project, subsidised by

Alicante provincial government, was tendered and



Photo: Town hall

awarded for €438,750, and will be carried out by the company SERVEO.

The mayor of Callosa, Andrés Molina, said: "This legislature is full of projects and improvements for Callosa de Ensarriá, and the construction of this third building is proof of this, as well as the management of this government team to obtain the necessary funding for all the projects we have in mind to improve Callosa."

Free lifeguard training

Lifeguard training for beaches, swimming pools and natural spaces is being offered by Torrevieja town hall next month.

The 210-hour course, involving theory and practice, is a very useful qualification on the coast since lifeguards are very much in demand, especially in the summertime, noted councillor for youth Domingo Paredes.

Students will obtain three qualifications from a single course, in first aid, lifesaving in water (with practicals in pools and the sea) and training to use automatic and semi-automatic defibrillators.

There is also a module on social skills and employability to help find work.

It is totally free for unemployed people aged between 18 and 29 who are registered with the national youth guarantee system (SNGJ), as the cost is subsidised by the provincial chamber of commerce and the European Social Fund.

The course starts on Tuesday, May 7 and places are limited.

Registration opened last week and more information is available from the youth centre (CIAJ) at Paseo Marítimo Huan Aparicio, 5, the town hall youth department social network profiles, telephone 96 571 40 72. WhatsApp 606 055 291, email juventud@torrevieja.es and the website www.torrevieja.es in the section 'Juventud'.



Photo: Town hall

Letter from the King to Jávea pupils

Pupils from a Jávea school were thrilled to get a letter from King Felipe VI thanking them for their hard work to 'protect the oceans', their teachers revealed this week.

The Port de Xàbia primary schoolchildren, aged six to eight, put together a 'recipe' for 'improving the world' under the title 'the sea heals everything',

during a wider class project on nature, climate and biodiversity.

They were given age-appropriate information on global warming, pollution, and the purpose of trees and rain.

Class trips were arranged to the fishing port and coast-guard headquarters, and they were shown plaques – designed by local artist and

sculptor Toni Marí – next to drains on the streets, which read: "Don't dump anything, the sea starts here."

Taking their inspiration from the US artist Courtney Mattison, a passionate campaigner for preserving the seas, the youngsters created their own pictures and posters.

Their 'instructions' for sav-

ing the seas were hand-delivered to mayoress Rosa Cardona, Father Christmas, and the Three Kings – and one parent visiting Madrid dropped off a copy at the main royal residence, the Zarzuela Palace.

A reply was received from the King's personal secretary, Cristóbal Moreno, on the Monarch's behalf.

"His Majesty has asked me to thank you on his behalf," the letter read, "and to send you all an affectionate greeting – to all the pupils at the school and the educational community.

"He hopes you will all have great success in your studies, and I am delighted to fulfil His Majesty's request."

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Good neighbour stops squatter

A resident of Almoradí called the local police after seeing a man going up the stairs to the terrace of an adjacent house, where no one is staying at the moment.

A police spokesman explained on Thursday that officers went to the house and confirmed that it was uninhabited, then interviewed the neighbour who had called them.

The neighbour said the man in question had run off down the road afterwards, so the police sent officers on the different shifts to make sweeps of the area as a deterrent.



The spokesman said it is fundamental, in order to prevent squatting, for members of the public to advise the police if they see this sort of behaviour. Almoradí local police can be called on 96 678 33 86. Photo: Local police

Repairing playgrounds

A contract to repair children's playground apparatus has been awarded by Orihuela town hall.

This job covers three parks in the city: Bernardo Ruiz (Ocarasa), Plaza de San Sebastián and Jardines del Príncipe.

It has a budget of €33,335 and the work is scheduled to take three months.

"We are aware of the need to repair children's playground equipment, as many of them have significant deficiencies which require action to ensure the safety of users," said councillor for infrastructure Víctor Valverde.

The first phase will include replacing the cushioned paving, cleaning and sanding the paint/varnish on the equipment, completely replacing the double

swing at Jardines del Príncipe, and checking the fixings and screws on all the apparatus.

The municipal budget, which was approved on Monday, includes €60,000 for a project from 2019 to completely restore the Bernardo Ruiz park, so these repairs will service as a preliminary phase.

In parallel, the municipal company Ildo, which employs people with disabilities and has been contracted to maintain green areas in the rural districts, is carrying out the same sorts of repairs in parks in La Aparrecida (by the civic centre) and the Barrio Sagrado Corazón (by the Hurchillo road).



Photo: Town hall

New floodlights for football pitch

By Shelley Liddell

Callosa de Ensarriá town council has equipped the Galbis football pitch with LED lighting to improve energy efficiency, safety, visibility and comfort.

The work involved replacing the light projectors of the four main towers and two support towers, which had deteriorated considerably due to age and usage, as well as improvements to the facility's fuse boxes.

The job was tendered with a maximum budget of €40,000 and the contract was awarded to a bid to carry it out for €25,964, which was fully funded by the town hall.

The installation of these new floodlights, which are al-

ready in use, will save the council 50% of the annual energy consumption of the facility, which, according to the technical department's calculations, could amount to almost €35,000 per year.

This project is in addition to

others of a similar nature similar which Callosa de Ensarriá town council has already carried out or are in the pipeline to promote sport and leading an active and healthy lifestyle, as well as sustainable development.



Photo: Town hall



Firefighters avert cat-astrophe

The provincial fire brigade from the Benidorm fire station was called out last Tuesday afternoon to rescue a cat that had climbed to the top of a palm tree on a street in La Nucía.

The firefighters brought

their special high-altitude rescue vehicle to the scene in El Tossal urbanisation and, with the help of La Nucía local police, helped the cat down from its hiding place.

Photo: Fire brigade

Training hub

By Irena Bodnarec

Students from Ireland, the Netherlands, Hungary and Romania have spent a week in Benidorm at the TAO bike centre, as part of training in bicycle mechanics promoted by the Bicycle Engineering Academy (BEA) and accredited and approved by the City and Guilds Institute.

The training project, co-financed by the Irish government and the European Union, firstly entailed three weeks of online theory work and, last week, the practical part had an option to be car-

ried out at various centres in Ireland or here in Benidorm.

Mayor Toni Pérez and councillor for mobility Francis Muñoz popped by the centre last Tuesday morning to see first-hand about the training project and meet the students.

"Having an approved centre immersed in European training projects will mean that students of different nationalities will stay in our city on a regular basis, while contributing to reinforcing Benidorm's model for sustainability," said Sr Pérez.



Photo: Town hall

Adoption day festival in Alfaz

By Jasmine Rokadia

The 8th Alfaz pet adoption festival takes place this Sunday, April 21 in the Eucalyptus Park in Albir, from 10.00 and running throughout the morning.

Organised by APPA animal protection association, in collaboration with Alfaz town hall animal protection department, the event aims to raise awareness of the importance of 'adopting rather than buying, and never abandoning', find homes for the large number of dogs and cats living in shelters and being fostered, and also to raise funds to promote animal welfare.

There will be 12 associations

and animal shelters collaborating: Save my Life, Protectora de Benidorm, Bosque Felino, La Manada de Molly, Somos Gos, El Refugi de Perla, Senderos Felinos, Manos y Patas, Protectora de La Nucia, Gatos Finestrat, La Cruz and Bigatos, as well as businesses and companies - as without their support it would be impossible to organise such a special day.

Thanks to this initiative, more than 75 dogs and cats have found a new home in previous editions. Please note that cats looking for homes are not brought along because of the stress they would suffer, but photos are available for anyone



Last year's adoption day

Photo: Town hall

interested in adopting.

Another objective is to find volunteers who offer themselves as foster homes, as well as raising public awareness of animal abandonment and mistreatment.

The organisers have programmed a number of activities,

such as a beauty contest and a canine gymkhana. There will also be musical entertainment with a concert by Black Velvet at 14.30, children's entertainment and a solidarity bar will be set up where drinks and food will be served at popular prices.

Thanks to the contribution of

businesses and establishments in the municipality there will be a charity raffle.

The most emotional moment will undoubtedly be the parade of dogs looking for homes, one at 11.30 and the other at 13.15, in which the story of each of them will be told.

Torre Vieja sailors support Movers and Shakers

By Tony Jenkins, RNATB press officer

The shipmates of the Torre Vieja branch of the Royal Naval Association (RNATB) make donations to different charities each year. This year one of the four chosen charities to receive a donation was the Association of Movers and Shakers.

Movers and Shakers support people and families affected by Huntington's disease, ataxia, motor neurone disease, multiple sclerosis and Parkinson's disease.

Shipmate Brenda Maw nominated the Movers and Shakers as one of the charities for this year, and was at the presentation of the donation by the RNATB treasurer, Carl Loudon to the association president, Marion Smith. Also present were Movers and Shakers treasurer, Peter Jones (not in photo) along with members Steve and Diane Douglas, Andrew Busby, David Smith and Mick Gray, together with the

RNATB welfare officer, Kath Marks; standard bearer, Nicola Louen; and shipmates Brenda Maw and Graham Shelton.

The RNATB shipmates wish the Movers and Shakers every success with the support they provide across the Costa Blanca area.

Almoradi-based Movers and Shakers works across the Costa Blanca and meets each Friday between from 13.00-15.00 at O'Brien's Bar & Restaurant, El Raso



Photo: T Jenkins

urbanisation, Guardamar. To contact them you can reach them via email at info@amscb.org.es or by

telephone on 711 008 250. They also have a Facebook page and a website: www.amscb.org.es

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Busy times at Torrevieja U3A

By Barry Weston

The latest Torrevieja U3A walking/hiking group adventure took them to the mountains of Elche, via the Aspe waterfalls.

The group walked up the hill past the magnificent waterfall and along the boardwalk before heading off to see the sculptures carved into the rock. El Cau de Elche is an open-air museum which has been carved in rock by Mariano Ros over many years.

It was a 13-kilometre walk over a few hours, with a picnic stop at the carvings before heading downhill back to the start.

The ramblers group met at Restaurante Asador Casa Paco in Rojales and then set

off. The route was half tarmac and half gravel and dirt paths. They started walking along the roads down towards the Río Segura, then along the river towards the sea. We almost reached the sea on the opposite bank to Guardamar del Segura but then followed the irrigation ditches along the quiet road back to the starting point at the restaurant. A total of 30 members took part on a warm but overcast morning.

The first get together of the new Canasta group was held at the lovely La Laguna Hotel in Quesada. A total of eight members attended, including Barbra, the group leader.

Set up as two tables of four, with, thankfully, an experi-

enced canasta player on each table, Barbra was very organised and had printed out several copies of the rules and the game's quite different scoring system. There was a lot of laughter and nearly as much guessing by the 'newbies', so everyone had a very enjoyable couple of hours.

The first meeting of the new 'Easy Jive and Dance' group took place at their new venue, the CMO building in Torrevieja. It's a great space for dancing, with Maxine, the group leader, in the centre of the circle so that everyone could follow the moves in easy stages before trying out the steps to music. It is a very sociable activity, as everyone gets to dance with



Carved rock at El Cau de Elche

Photo: Torrevieja U3A

everyone else, lots of different abilities and all doing very well. It was so well attended, with 18 people in total, that Maxine has offered to run the group fortnightly, if the May meeting proves as popular.

For fuller details, plus all the other activities available to members as well as how, for a nominal sum, anyone can join the association and take advantage of the many groups, see the website: torreviejau3a.org,



Guided walking group

A walk does not have to be hard to be good - on Wednesday, April 3, the CB Walkers group covered only five kilometres and climbed under 200 metres but enjoyed wonderful views of the coast and of Puig Campana, at 1,408m it's the second highest mountain in the Costa Blanca.

We walked along a narrow trail high above the Barranco

de Margoig and followed tracks through the pinewoods above La Nucía (see map L7 on our website), before a social drink and chat outside a local bar.

On Saturdays we offer harder walks for the fitter walkers.

See our website for maps, photos and forthcoming walks: <https://costablancawalks.weebly.com/>

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

New nurse at HELP of Marina Alta

Fabulous news - our new HELP nurse Paula is with us every Friday morning in our Activity Centre in La Xara. Avda Oeste 29, from 10.00 to 12.00 .

If you have a concern with regards to your medication, care etc, if you are diabetic or undergoing treatment for cancer, struggling to under-

stand your illness and need more support with your treatment, or maybe you are the carer of your loved one and want to make sure you are doing things the right way, then call nurse Paula on 690 116 825. HELP is here for you.

To find out more about HELP of Marina Alta visit their website helpmarinaalta.org or



Facebook page - HELP of Marina Alta

Photo: Freepik

April floral club meeting comes with an Edwardian tale

On Thursday, April 25, Marina Alta Costa Blanca Floral Club proudly presents 'A Country Diary of an Edwardian Lady'.

We have a surprise guest demonstrator this month, yes an Edwardian lady, who through the medium of floral art will be relating the story of the diary with beautiful flowers, interspersed with interesting snippets. All this takes place at the Salon de Actos, La Senieta, Moraira. Do come and join us, apart from watching a floral artist create some beautiful exhibits, learn a little of the contents of the diary, you might be one of the lucky ones going home with one of the beautiful arrangements.

Our doors open at 14.15. and we ask everyone to be seated by 14.50 for the demonstration at 15.00. Entrance €10. All welcome.

We would remind our 2023 and 2024 members that our annual general meeting takes place earlier, starting at 12 noon, and this will be held in one of the aulas upstairs.

There are still some places available for our May fundraiser luncheon, which is at Victoria Station, Parcent, on Thursday, May 23. There will be a cava reception, followed by a three

course luncheon, plus bingo, a quiz and for those who are feeling artistic, a decorated hat or fascinator competition. We will also be holding a raffle, and if anyone would like to donate a prize for this, then we would be very grateful.

For further information contact Pat 622 921 812 or Christine 602 246 546, visit our website www.marinaaltafloralclub.es or follow us on Facebook.



Photo: Freepik

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Women who shaped the world

By Lorraine Henshaw

The European Union of Women Marina Alta is a bit different from other organisations in the Marina Alta. After its successful first art exhibition in April last year, the organisation is holding its second exhibition from April 19 to May 17 at the DAR social and community centre (on the Jesus Pobre road from Jávea). The exhibition this year features 21 artists. "We have asked them to paint to the theme 'Women who shaped the world' said Emma Lawton, the organiser of the exhibition. An artist herself, she has created a painting depicting Amelia Earhart. "The standard of the entries is incredible," she said. We have artists like Marissa Osterlee (currently in the Casa de Cable Jávea), and Teresa Fons and Mireia Ripoll Bertomeu (recently in the Museo Soler Blasco, Jávea) as well as Dee Brown and Ag Szyfter, members of EUW Marina Alta, all wanting to exhibit. Many of the pieces of work will be for sale.

'This is not some quiet sterile sort of exhibition', explained EUWMA president, Margaret Hales: "Where you walk around in hushed silence. We are going to celebrate women with enthusiasm, admiration and love."

There will be workshops, discussions, presentations, music, arts and crafts, innovative women (Lauren Staton and Anne Gripton), videos of women and their oral histories (featuring women of the Marina Alta), photographs by Jake



Some of our committee preparing for the exhibition Photo: EUWMA

Abbot, women's associations meetings (Clásicas y Modernas) and presentations... Plus art demonstrations, a cream tea and girls' art from The Lady Elizabeth School. Refreshments and tapas will be available.

This is an event you cannot miss!

Relax, be inspired, feel the support and the quiet power of women.

The next monthly meeting will be, as usual, in Jávea golf club on April 24 at 10.00 for coffee and cake, presentations and discussion 'Women with a caring heart in the Marina Alta', all welcome. Sign up as a member too.

For more information on the art exhibition please contact us on 648 052 911 or email euwma.treasurer@gmail.com

For information on EUW Marina Alta please email euwmarinaalta@gmail.com or see Facebook www.facebook.com/groups/euwma or Instagram https://www.instagram.com/euwma/

Canto Mundial serenades for spring

By Chris Hills Farrow

The international choir Canto Mundial is giving two performances of their new concert called Springtime Serenade. The first performance is on Wednesday, May 8 at 16.00 at The Comm (formerly Forum Mar Nostrum) in Alfaz del Pi, with the second show on Friday, May 17 at 19.00 at the Albir social centre.

The concert is an eclectic mix of well-known and popular songs ranging from musical theatre gems, including Mary Poppins and Les Misérables through to pop classics, such as I Believe and The Rose.

The choir of over 20 singers all speak a range of languages, although these performances will be entirely in English. Why not come along to one of their concerts in order to begin the summer with some beautiful music?

A portion of the ticket money will be donated to the Alfaz del Pi food bank.

Tickets are priced at €8 and available from the choir members themselves, by calling Philip Ashley on 96 558 14 83 or on the website www.philipashley.com/boxoffice.php

Photo: International Choir Festival - Alfaz del Pi 2022



Advertising feature

The Countdown Begins! THE HOMES GARDENS & LIFESTYLE SHOW Friday 10th & Saturday 11th May

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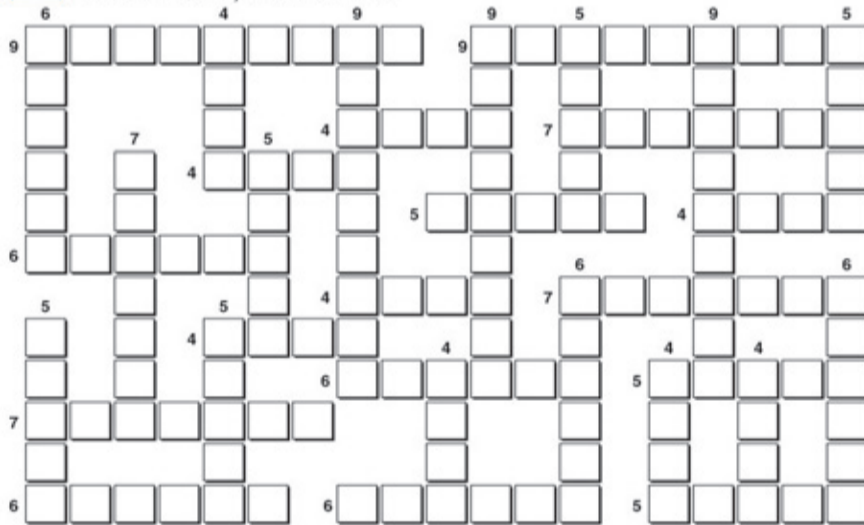


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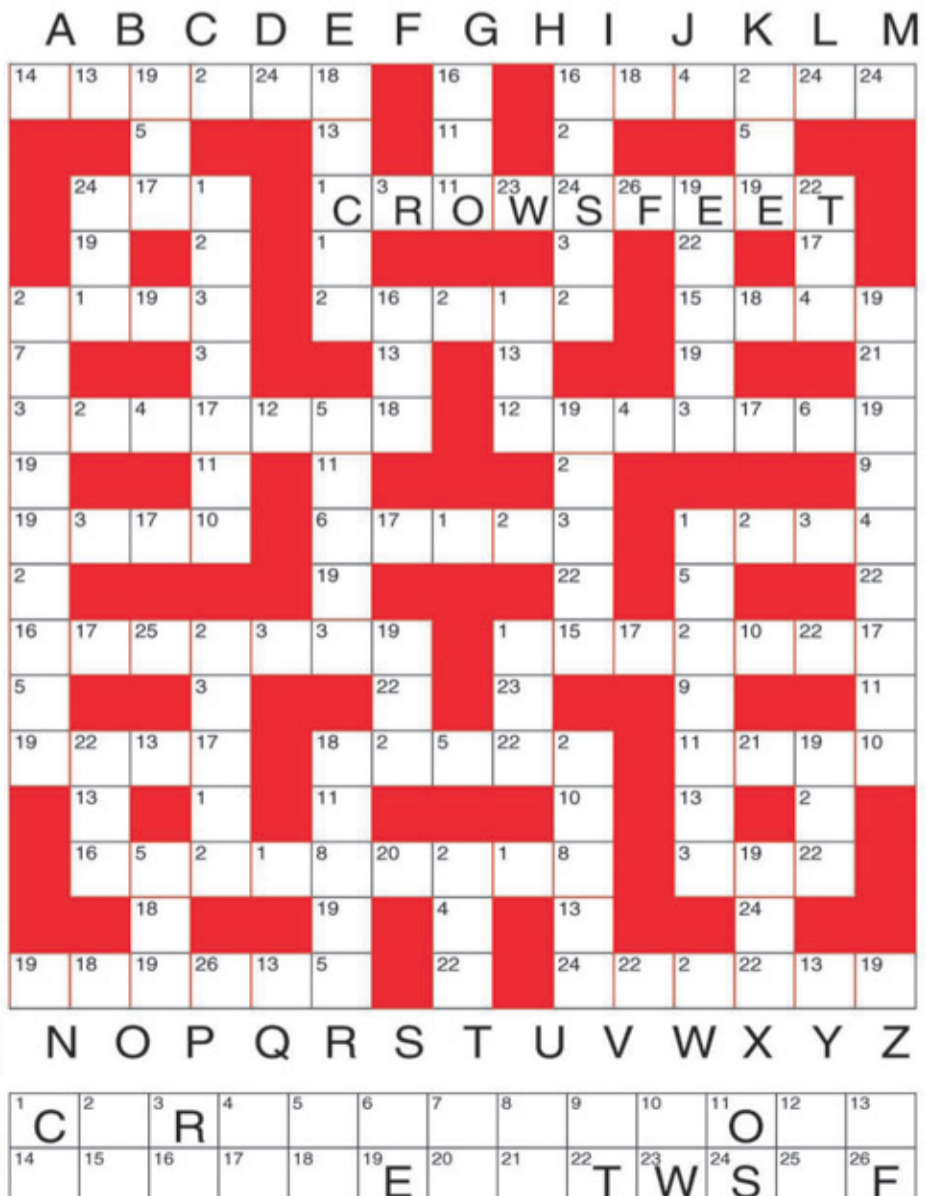
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- 4 Letters: ALLI, CAÑI, CHUT, CINE, DEDO, LEMA, OLEO, TINO, VETO
- 5 Letters: COMUN, EVADE, LUNCH, MASAI, OTOÑO, PATIO, TRAER, VATIO
- 6 Letters: ACCION, ADONIS, AGOSTO, ALONSO, CHOTIS, PELUCA, RACANO
- 7 Letters: ACLAMAR, ALCOHOL, ALCORZA, SALCEDA
- 9 Letters: ADORACION, ALCACHOFA, ALMANAQUE, INDIRECTA, PAPELERIA



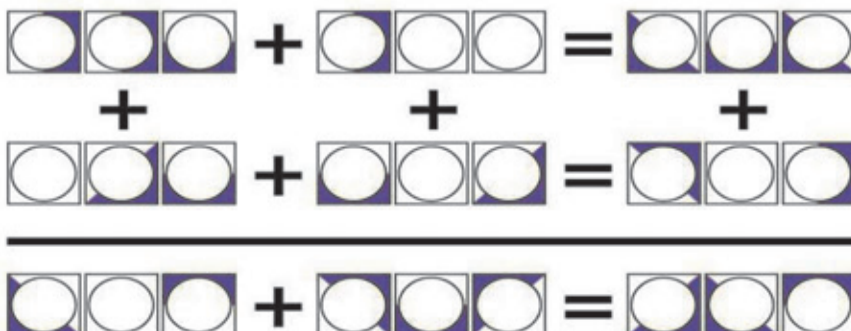
Crack the code

Each number in the grid represents a letter of the alphabet. Some letters are already decoded to get you started.



Brain teaser

Each symbol represents a number from 0-9



Improving your posture

By Lauren Taylor, PA

Many of us were told as children to stand up straight - but how often do you inadvertently find yourself slouching over your desk, shoulders rounded, head dipped?

Generally speaking, our lives are becoming more and more sedentary - we sit at work, we sit to get to work, we sit to relax after work - which doesn't help when it comes to keeping our backs strong and healthy.

Physiotherapist Tim Allardyce says if problems aren't corrected early, people can sometimes end up with 'dowager's posture' or a rounded, forward-flexed upper back.

"Eventually that causes all kind of problems with mobility, loss of balance, problems walking, and mechanical issues with the ribs," says Allardyce.

He adds that there is some degree of inevitability here (we often naturally become more rounded as we age), but "it can be minimised" and tackling things early often helps.

But, generally speaking, there's lots we can do to help improve our posture day-to-day.

Here's seven ways to help improve your posture now...

1. If you have a tendency to sick your bottom out, curve your pelvis slightly inward

Many of us naturally stand with our lower back curved outwards - it can be even more pronounced if you wear high heels.

Orthopaedic spine surgeon Dr Ken Hansraj explains: "At the level of the spine, common sense dictates that the belly becomes more belly-shaped, [this lower curve in the spine is known as lordosis].



Photo: iStock/PA

"With increased lordosis, the nerves have less space to exit and [are] more likely to be tweaked, causing pain, numbness and weakness. This curve in the spine also puts a strain on nerves in the lower back."

2. Move your head slightly backwards

This will straighten your upper spine. "When our posture is poor, we tend to sit or stand with a forward head posture, and that places strain on our neck muscles as they try to support the weight of the head," says Allardyce.

"If the head is forwards, gravity is exerting greater pressure on our neck muscles, in the same way that it's harder to lift a kettle with an outstretched arm than closer to your body. The more forward head posture, the more tension is placed on the neck muscles."

3. Roll your shoulders back and down

This is a classic, but slouching shoulders are very common and not good for the

shoulders, neck or upper back, Allardyce notes.

"The big problem with slouching is that we may develop an excessive kyphosis - that's the normal forward curvature in our upper back. If we slouch a lot, this kyphosis can become exaggerated," he says.

It means we can end up leaning forward more, which places pressure on discs and muscles and can lead to back ache, he explains.

4. Use your core more

It seems we really underestimate how important core strength is when it comes to posture - and we're not just talking about a six-pack or abs here, rather all the internal core muscles and stabilisers.

"I believe the inner core muscle, called the psoas muscle, is a great indicator of spinal health and has great implications for ageing gracefully," Hansraj says, adding that posture is an "important mitigation tool" to balance spinal forces most efficiently.

In other words, helping balance the load on the spine.

Think of your core muscles as your body's anchor - they're all helping support and take pressure off your spine.

Allardyce says: "Yoga is fantastic for strengthening the core, pelvic floor, and encouraging correct breathing. It is good for posture, and strengthening the scapula (shoulder blade) muscles."

Pilates-based exercises can be very beneficial too.

5. Watch your 'text neck'

Modern life has created a very modern problem - text neck. It seems we're looking down at our phones far too much and it's contributing to poor posture and neck pain.

"The more phone and laptop use we do, the more we get into the habit of looking down," says Allardyce. "To improve your posture, lift your chin, look along the horizon line."

Try holding your phone higher too (or stop looking at it so much!), as our necks

aren't designed to support our heads for long in a forward-tilt position.

Hansraj headed up a study looking at this, which found that the weight through the spine "dramatically increases when flexing the head forward at varying degrees".

An adult head weighs approximately 4.5-5.4kg - but the research found that when the head is tilted forward by 30 degrees, the forces felt by the neck surge to the equivalent of 18kg, or 27kg at 60 degrees. So this kind of posture equals a lot of extra strain on our spines.

6. Sit less and sit better

Hansraj says sitting for prolonged periods can strain your back - but it's the positioning that can make it even worse. So your posture in a chair is just as important as when standing.

Having both feet flat on the floor is vital, and he advises making sure your back is aligned against the back of the seat, keeping your shoulders straight and avoiding rounding forward. A lumbar support pillow or just a rolled-up jumper behind your lower back will encourage you to stay in a good position too.

7. Try 'the dart'

This is a Pilates exercise known for helping to promote good posture. Allardyce says: "Lie on your front. Squeeze your shoulder blades in a V-shape, down and in. Lift your arms behind you."

Always seek advice from a doctor or physiotherapist before beginning any new exercise regime, especially if you have a history of pain or injuries.



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Routine eye test leads to diagnosis of a macular hole

Article supplied by
Specsavers Ópticas

Orihuela Costa resident Pearl Whatford went into Specsavers Ópticas in La Zenia to change her glasses for more modern ones, but got more than she'd bargained for.

During the routine eye test to determine her prescription, she was shocked to discover that when she closed her left eye, she had very little vision in the right eye. Despite not noticing any deterioration of her vision, or any other symptoms, 80-year-old Mrs Whatford was later diagnosed with a macular hole, a small gap in the centre of the retina in the area responsible for central and fine-detail vision. Following surgery to repair the hole, her vision is now good and improving every day.

Optometrist Jade Rose was performing the eye test when this issue was revealed. "The patient came into the store, with no concerns about her vision. However, during the testing process, I asked her to close her left eye and she realised that her sight was quite poor in her right eye."

"I was shocked", stated Mrs Whatford, "I could not see the letters or anything at all on the test through the right eye, even though I had-



Jase Rose and Pearl Whatford

Photo: Specsavers Ópticas

n't noticed any change in my vision."

Further tests were performed which clearly demonstrated the macular problems, so Jade urgently referred Mrs Whatford to a specialist. She was seen the same day and received the diagnosis of a macular hole and was treated through surgery to repair the

hole and replace the lens due to early stages of cataracts.

Mrs Whatford explains, "The treatment has been amazing from start to finish and I can't thank the team at Specsavers Ópticas La Zenia and the Torrevieja hospital enough. Following the surgery, my vision is good and getting better every day. I

don't require any ongoing medication and they are not expecting any further deterioration to my vision. I am so grateful to Jade and all the team at Specsavers for their help and advice - they've been brilliant!

To anyone who hasn't had their eyes tested for a while I'd say please make sure you

get your eyes tested regularly, whether you need glasses or not - it is so important. The specialists at Specsavers will check the health of your eye, as well as your prescription. In my case it was so important, as if I hadn't had a diagnosis, it could have affected my other eye."

Jade explains, "Macular holes are most common in women aged 60-80. In many cases of macular holes, you may notice blurred or distorted vision such as straight lines looking wavy and you could have trouble reading small print. At later stages you may see a black patch, or notice an area of your vision is blank. However, in some cases, as we can see with Pearl, the unaffected eye compensates for the other eye and patients don't notice any changes in their vision - that's why regular eye tests are so important."

Specsavers Ópticas La Zenia is located in Calle Unamuno 1, Local 2 and comprehensive eye tests, using the latest equipment are free. There are stores in Jávea, Calpe, Benidorm, Torrevieja, Guardamar and La Zenia on the Costa Blanca. To find your nearest store and book an eye test, visit www.specsavers.es

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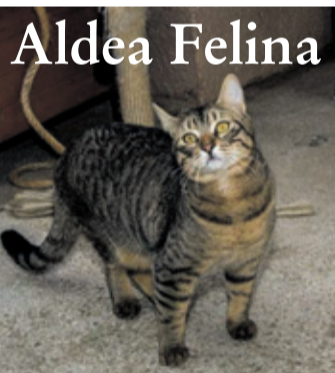
Pets' Corner



Animal Angels This beautiful female kitten is called **RICKY**. She was previously advertised as a boy, but alas we made a mistake!

She is a cheeky little girl that likes to get into mischief but is good at heart. Ricky always wants a cuddle a few toys or a cardboard box and some warmth. She is about five months old.

Animal Angels have many incredible cats and kittens that are in need of loving homes. All 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 Angels on 696 103 092.



Aldea Felina Denia Cat Protection League (Aldea Felina). <http://www.aldeafelina.es> Many loving, playful and cuddly cats are at the shelter. Like the cute little **ARUBA** here.

Most have gone through their health checks and are ready for adoption.

They urgently need a real home and are looking forward to your visit.

For adopting Aruba or any of our other cats, please call or send a WhatsApp for an appointment to 669 376 113 or email aldea@aldeafelina.es

PEPA MAMI was born approximately June 2021. She's sterilised, blood tested and vaccinated.

She enjoys going for a walk with her rescuer and their own two cats and two dogs!

If you have place in your family for Mami please contact Pepa on 650 304 746, send an email to p.e.p.a.animalcharity@gmail.com or see the website www.pepaspain.com

Los Infiernos

This is **FLASH**,

a two and a half year old, medium size, podenco mix, male.

Flash is a volunteers' favourite and guaranteed to make you smile. There are two ways to describe his personality fun and loving. He goes from 100 mph to zero for a cuddle! He is consistently good with dogs but far too interested in playing and chasing cats.

He could suit a young, energetic family but would need initial restrictions and supervision until he learns his boundaries as he tries to play with everything he comes into contact with.

We have lots of photos and videos of Flash, we know him well. He is at Los Infiernos Protector near Torre Pacheco.

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



AKIRA XULA is a lovely, eight year old girl who has been waiting for so long for her forever home. She has spent time with a wonderful trainer who has been training and assessing her - she knows how to drop, retrieve and lots more. Good with cats too.

Please contact Akira shelter on 657 689 567 or you can send an email to us at akirashelter@aol.com

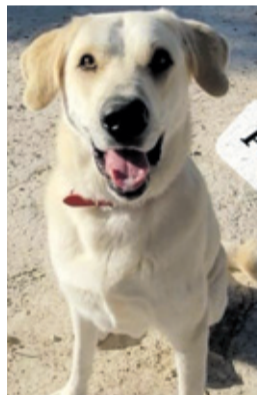
BARC PATSY

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.



APASA THAI

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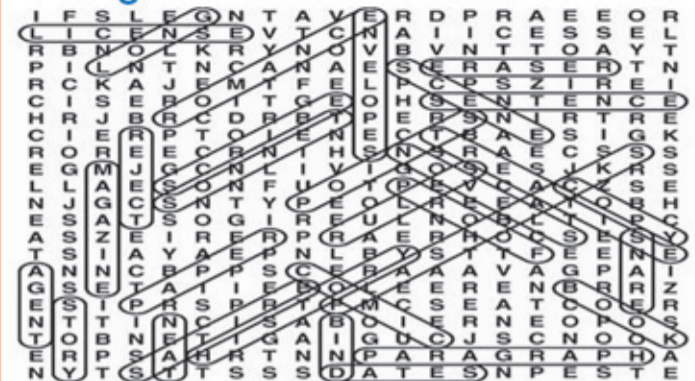
19.02.19. Podenco mix, DOB 01.08.16 - 40 cm

Meet Thai. He is just a small podenco mix, who struggles to build courage around humans. He loves to be around other dogs, that is where he is most comfortable. He arrived at the shelter in February 2019 and has been here ever since. When you see him, he will run away and bark, but some days he feels strong enough to have courage and enjoy some attention from humans. We would really like to find a special home for Thai, where he is understood and given lots of patience, preferably a home with other dogs too.

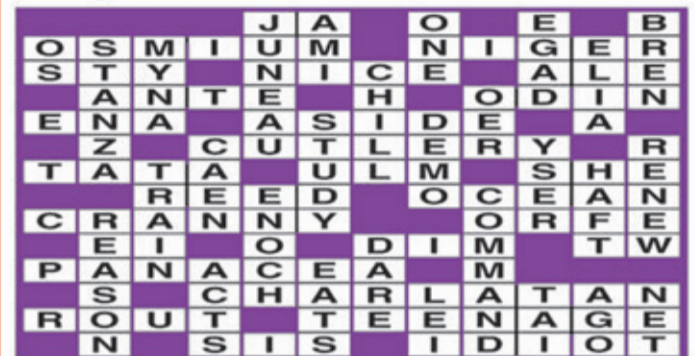
If you would like to meet Thai or find out more please contact APASA - 96 646 3976.



Fishing for words



Crazy letters



Brain teaser

$$\begin{array}{r} 223 + 211 = 434 \\ + \quad + \quad + \\ 193 + 319 = 512 \end{array}$$

$$416 + 530 = 946$$

KrissKross



Crack the code



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

How to make your garden more joyful

By Hannah Stephenson, PA

We all know how much better being in a beautiful garden can make us feel, but there are ways to bring even more joy to your open space.

So says Penelope Walker, who is creating her first show garden Flower Show this year.

She aims to bring the interiors dopamine décor trend – filling your home with colours and furniture that bring you joy – to the garden.

To create a more joyful garden, Walker suggests:



Photos: Alamy/PA

Keep it natural

“The most important thing is keeping it quite organic,” says Walker. “In our show garden there’s a gently winding path and absolutely no straight lines in the garden whatsoever.”

“Even the terrain is all mounded, and we’ve some really unusual trees.”

Scrap geometry and straight lines and formality to keep it natural, she suggests.

Make it playful

“Having surprisingly quirky, playful features is something that people can think about. So just because it’s not mainstream, if you like it, you can look at clever ways to introduce different design ideas.

Furniture can also be playful, she suggests. “It might be anything that is a bit tactile or something surprising.”

Think about colour

“Don’t be afraid to use colour. You can use quite vibrant colours if you want to. I don’t generally use harsh primary colours (like bright yellows or reds) but think about pastel shades which can soften it down. You can use lots of colours, it’s about keeping it harmonious in terms of how those colours blend into each other.”

You can incorporate white, a light and reflective colour, as a way to introduce light or give a garden a good sense of energy with a more uplifting feel, she advises.

If you are focusing on containers, try to be consistent in style and colour so it is not too jarring visually.

“In the same way that you wouldn’t paint your living room wall four different colours and then put a fifth colour into your dining room table, think about using those tips that you would use in-

side outside to have that consistency.”

Emphasise abundance

“This involves lots of planting and try to create more abundance by increasing the square meterage of the outside area, which might come back to having mounded terrain.”

“If you have a budget to buy, say, 50 or 100 plants, it will be much better to buy fewer varieties but more of the same plant so the colours give a much stronger impact because there’s a bigger group of them,” she advises.

“Mounded terrain doesn’t need to be big bold lumps of earth, you can mound your terrain up 2ft or so, which brings the plants much closer to eye level, which is going to make you feel surrounded by nature and surrounded by planting,” she says.

Consider repeat planting

Don’t necessarily think in terms of block planting, but larger groups of planting will create more of a visual impact. Repetitive planting – repeating particular groups of plants throughout the garden – will create a cohesive whole and a good use of colour, she suggests. Don’t be afraid of using bright pops of colour to stand out among the crowd and make you smile.

“If we are taking in a lot of information visually, it’s really confusing for our brain and it can feel busy and tiring – the opposite of joyful.”

“In having repetition, you are quite literally reducing the stimulus that your brain has to take in at one point, which means you naturally feel calmer and the whole

scheme feels more harmonious and more balanced.”

Plants which are good for repetitive planting to create calm include those with larger leaves, such as hostas, but you might include playful plants such as lollipop-flowered alliums, she suggests.

Prove your personality

What brings some people joy, like bright colours and energy, may not appeal to those who like a calmer outside environment, so don’t be afraid to break rules, she says.

“But it’s not just about promoting a sense of calm, it’s about promoting that unexpected smile which will help you nail that joyful feeling.”



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Dart tournament hits the bullseye

By Jasmine Rokadia

For the third consecutive year La Nucía hosted the 'international RadikalDarts 2024' competition at the Camilo Cano municipal sports centre.

This is the biggest electronic darts event in Spain, which brought together 4,000 players from seven countries. This championship had a prize fund of €20,000, and also generated significant economic returns for the municipality and the Marina Baixa area, making one of the most important sporting events of the year.

There were participants from Hungary, Germany, Norway, Austria, Switzerland, Portugal and Spain - the overall number of players has gone up due to the increased amount of female players compared to the previous editions.

The event was organised by Radikal Darts and Gaelco Darts, with the collaboration of La Nucía sports department and Alicante provincial government.

In order to host the four-day event, a total of 122 electronic darts machines were installed on the central court of the Camilo Cano pavilion. The event featured team, pairs and individual categories.

Radikaldarts sports director, Alejandro Álvarez stressed that after hosting three editions the event is well established in La Nucía, with each year showing an increase in the level of standards and skill.

La Nucía's objective is to continue hosting the international open for the next few years, 'as it is the most important darts tournament in Spain'. As the 'sports city' grows and the hotel and the commercial areas open it will make it easier for the players to stay in the town. It is one of the sporting events with the biggest economic return, both in La Nucía and the whole of the Marina Baixa area, 'so we will continue to support this tournament', concluded Bernabé Cano, mayor of La Nucía.

Photos: Town hall



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