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Caught red handed in Campello Sexual health checks

By Shelley Liddell

Local police officers in El Campello have arrested two men who allegedly specialise in stealing high-end cars broken into with sophisticated electronic equipment.

The detainees had devices for unlocking the electronic control unit and even the possibility of erasing the VIN number, according to a statement from the town hall.

An ordinary local police patrol on Calle San Ramon, accompanied by a Guardia Civil patrol, observed a man on the right side of the road wearing a short-sleeved shirt, which was strange given the low temperatures at the time, noted a council spokesman.



This aroused the officers' suspicion that he was acting as a lookout, which led them to discover that just across the road, in a car park, another man was crouching and manipulating the passenger door of a Hyundai Tucson.

The police then stopped their patrol cars level with the two

men, at which point they began to walk 'in a hurried, evasive manner in the opposite direction of the officers, with the intention of evading the police, and were caught a few metres away'.

When they were stopped, they were identified and said that they did not know each other, but with many inconsis-

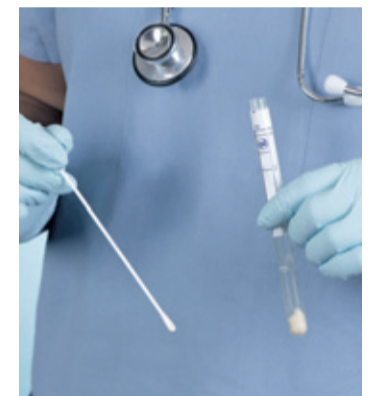
encies that made the police and Guardia Civil even more suspicious.

One of the detainees had a criminal record for vehicle theft, so a search was carried out and items that could be used for this type of crime were found among his belongings.

A black plastic bag containing a complete car-opening kit and materials normally used for car theft was found next to the vehicle they were tampering with.

After their arrest, the two men were taken to the Guardia Civil headquarters, where they were charged with attempted car theft, as they had already started tampering with the vehicle.

An expert explains why STI testing is so important – for everyone.



Page 10 Photo: Alamy/PA

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BEFORE



Burglaries lead to local criminals

Guardia Civil investigating numerous burglaries in Callosa de Segura have arrested three suspects.

The case was opened following two break-ins at the municipal sports centre in March, in which technological equipment and tools were taken, according to a spokesman for the force.

The methods used, the area and the type of things stolen led officers to suspect two known local criminals, a 26-year-old Spanish man, who was allegedly the ringleader, and a Frenchman aged 23.



Photo: Guardia Civil

There were more burglaries in early April, at a primary school, a community garage, four houses and the

sports centre again.

A 38-year-old Spanish man was identified as allegedly acquiring the stolen goods to sell them and finance his drug habit.

His house was in a 'well-known neighbourhood' of the town, the spokesman noted, so additional security provided by units from Alicante and Torrevieja, as well as Callosa local police when it was searched on April 17.

They seized tools and technological equipment, amongst other items.

The three suspects are ac-

cused of nine burglaries with forced entry and two thefts, depending on their level of involvement.

The prime suspect was found to be already wanted by one court in Orihuela and the third man was wanted to serve a prison sentence by another, so he has been jailed while the other two were granted conditional bail.

Officers are still trying to determine whether the goods which they recovered in searches but have not yet returned may have been stolen in other burglaries.

Diplomas presented to trainees

By Irena Bodnarec

The year-long T'Avaletm youth training programme in Benidorm has come to an end and the 20 participants received their diplomas.

They were presented by the councillors of employment and local development, Mónica Gómez and Ana Soliveres, who congratulated the group and conveyed their wishes that 'all the training received over the year will be useful for their entry



Photo: Town hall

into finding jobs'.

Half of the group trained in administrative activities for customer relations whilst for the other half it was gardening work covering installation and maintenance of gardens, parks and nurseries. T'Avaletm is a mixed employment and training programme run through Labora aimed at unemployed people

who are under 30 years of age.

Alfaz town hall obtained a subsidy of €501,557 from the European social fund and contributed €60,000 out of their annual budget.

They are now working on the next courses, having already secured a subsidy of €528,256 and will contribute a further €50,000.

PM Sánchez 'will continue'

After five days of 'reflection', Prime Minister Pedro Sánchez has said he will continue is his post.

In an address to the nation at 11.00 on Monday, he stated that 'I have decided to carry on'.

He said he will do so 'with more strength than before' and to oversee a 'regeneration of democracy'.

He also vowed to put an end to the 'mud' which is destroying democratic life.

Full report in Friday's



Photo: Moncloa

Costa Blanca News

The Weekly Post

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Tel. 966 730 151

Denia to join scheme safeguarding domestic violence victims' pets

Denia council intends to sign up with a government scheme offering protection to beloved family pets whose owners are affected by domestic violence.

Launched by Spain's ministry for social rights and Agenda 2030, the VIOPET programme is set to be a game-changer for abuse victims by providing temporary foster care for their dogs, cats and other animals.

Research has shown that people in violent relationships are often unable to leave their aggressors because they cannot keep their pets in hotels, emergency rentals or sheltered accommodation, and refuse to leave them behind.

Also, serial abusers have been known to harm their victims' much-loved animals as a way to hurt the person, and



Photo: Town hall

the owner may have no way of keeping their pets safe from this vicarious violence.

Through VIOPET, they can place their furry friends out of harm's way in foster care, or give them a temporary home when the victims themselves are forced to flee their domestic situation.

Survivors can then get their pets back once they are

settled and safe.

In Denia, the scheme would be coordinated by the police, working closely with local animal shelters APAD and Llogaret Felí.

These rescue centres would either set aside space on their premises, or place the animals with trusted members and volunteers to be looked after in their own homes.

Ooh beehive!

The spring weather has intensified the amount of work for Cartagena municipal fire brigade to remove beehives, reported city hall.

They have been called

out several times, including for a hive in a tree in the Isaac Peral neighbourhood.

The firefighters had to deal with swarm in a street in El Ensanche the following

day, which had formed on the wing mirror of a car and required them to brush the bees into a plastic bucket and spray the mirror so they could not return.

That same day, a small hive in the front patio of a house in the Virgen de la Caridad neighbourhood had to be removed.

They did this by putting the bees into a box smeared with swarm-trap wax, and asked the homeowner stay inside while they were working.

Firefighters also attended a shop in El Ensanche, where a large swarm of bees has spread out across one of its advertising signs and the shutter.

The surrounding area was cordoned off and the bees were collected in a box at dusk, when most of them had clustered together.



Photo: CARM

Recycling on Fridays

By Irena Bodnarec

The mobile ecopark will be stationed in Alfaz del Pi every Friday morning between 09.00 and 13.00 next to the weekly street market.

The premier was attended by deputy mayor Mayte García, councillors for cleaning and the environment Oscar Pérez and Luis Morant plus councillors from the opposition Partido Popular party.

The aim is to encourage local residents who are attending the market to recycle more and better, all entirely free with this new strategic collection point which sees a significant influx of people. There are additionally two recycling parks in

the town for residents on the municipal register (padrón) – users must present their ID when attending.

One is in Alfaz on Calle Reino Unido, open Monday to Saturday from 10.00 until 13.00 and the second in Albir on Calle Tauró, open at the same times and additionally on Tuesday and Thursday between 16.00 and 19.00.



Photo: Town hall

Islanders hope for a ferry

The concession to run the first regular public transport service between Santa Pola and the island of Tabarca was put out to tender by the regional government last week.

The five-year contract is worth €2.1 million and can be extended by up to five years more.

The aim is to provide the 70-or-so inhabitants of the smallest populated island in the country, and the only one in Valencia region, with a regular line all year round to the nearest point on the mainland, where they usually do for their day-to-day chores.

The regional infrastructure department will decide the best bid based on the conditions it has set, including evaluation of ticket prices, the type of boat and the services offered.

A department spokesman told state news agency EFE that Tabarca already has private services aimed just at tourists, but this concession is not so interesting in financial terms because it will also cover out-of-season periods to serve residents.

The president of the 'Isla Plana' residents' association, Carmen Martí said

their request for such a service had been taken into account after the tender launched by the previous regional government received no bids at all.

"We hope it will be resolve this time because insularity cannot be an obstacle to enjoying the same rights as residents of any other part of Alicante," she commented.

They are calling for a minimum of three boats per day at set times all year round, in addition to any additional ones which the concessionary may wish to provide.

Brits warned about golf buggies

British residents of Cartagena learned about road safety in a talk by municipal firefighters, local police and the N332 association at La Manga club.

More than 100 people attended the meeting on April 19, which councillor for the coast Gonzalo López said was a key element to avoid traffic accidents and update knowledge.

The talks started with the president of La Manga Clubs property owners' community, Andrew Millard, followed by the director of Cartagena public safety school (ESPAC), Manuel Asensio and he head of the fire extinction services, Francisco Gómez.

The N332 association emphasised one of the biggest

problems in the resort, small electric vehicles, especially golf buggies, saying that many Britons do not know the regulations for these vehicles and therefore the majority are used in an illegal manner.

The talk also highlighted the dangers of alcohol or drugs before driving, by demonstrating how the ability to concentrate and react are affected using special glasses which simulate the effects of these substances or tiredness on vision.

The municipal fire brigade also put on a demonstration of how they respond to a traffic accident involving a head on collision in which people are injured.



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Hash warehouse in Els Poblets village centre

A warehouse in the heart of a small Marina Alta village has been hiding a giant hash farm – leaving locals in the close-knit community stunned. Over 2,434 marijuana plants weighing approximately 135 kilos were found in the unit in the centre of Els Poblets, which

had been rented in the name of a 44-year-old Albanian man. As is usually the case, the address was not registered with any utility board, but was found to be using an extremely high amount of electricity, disproportionate to its size, occupation or

likely business activity.

In total, the warehouse has consumed over €90,000 in electricity, none of which has been paid for.

It took from November until nearly Easter before police were able to confirm their suspicions and, on inspection, Guardia Civil officers in neighbouring El Verger – the nearest force to Els Poblets – discovered four makeshift rooms had been fashioned using plasterboard and planks of wood, each with a complex ventilation system which failed to disguise the tell-tale smell of cannabis.

The man whose name appears on the rental agreement is said to have a criminal record for similar activities in the



Photos: Guardia Civil

province of A Coruña, in Spain's far north-western region of Galicia.

He reportedly lived in the warehouse, spending long periods without stepping outside, to avoid discovery, as well as 'acquiring' massive piles of pre-used soil and

broken-down machinery.

The machinery had been repaired in order to use in harvesting the hash plants, police say.

An adult male matching the description of the warehouse renter has been remanded in custody.

Poniente gets a zip code

By Irena Bodnarec

Benidorm town hall has installed a 20-metre-long zip line on the Poniente beach, aimed at children between the ages of six and 14.

The fixture, with an animal and marine theme, has a smooth braking system thanks to a cushioned stop at the end.

In addition, the cable tension is adjustable, with an anti-vandal system.

The new addition complements the extensive leisure activities already available on the beaches such as floating platforms, eight children's play areas and beach libraries, stated the councillor for beaches Mónica Gómez.



Photo: Town hall

Signs out of storage

Orihuela town hall announced it has started a campaign to replace missing or damaged street signs in the municipality.

A council spokeswoman said last Wednesday that they have installed six signposts, which had been in storage in the offices of the statistics department for over a year.

These included two in Orihuela Costa and the rest in rural districts, two in Molins, one in La Aparecida and one in Vereda del Rollo.

By improving signposting in these areas, the statistics department aims to improve security and comfort for residents and visitors.

To this end, the depart-



Photo: Town hall

ment assured it is 'constantly monitoring to detect and resolve any sign which is deteriorated or in bad condition'.

Arch support

Road works at the entrance of Ciudad Quesada mean that access to Avenida de las Naciones through the archway is closed from Wednesday until May 12, advised Rojas town hall.

The council published this map to illustrate which alternative routes are available.

More details in Fridays.



Photo: town hall

Costa Blanca News

Denia school break in

A swift police response proved crucial in catching two youths red-handed as they broke into a Denia primary school last week, according to local reports.

Intruder alarms linked to a central security office went off at the undisclosed school, alerting National Police, who were on the scene within minutes and surrounding the building.

They spotted a young man apparently keeping watch over the premises whilst texting, and another seemingly scaling the outer wall.

The latter was found to be under 18.

Both attempted to make a run for it when police closed in on them, but without success.

Witnesses were able to

provide more details, and CCTV footage showed the youths climbing the boundary fence.

A full inspection appeared to show nothing had been stolen, as the suspects were captured just in time.

The elder youth was handed over to Denia court, and his companion to the juvenile prosecution service.

Disinfection campaign

By Irena Bodnarec

La Nucia town hall is currently embarking on an intensive disinfection campaign of the sewer system throughout the town, which will take place throughout April and into May.

The comprehensive works will entail an inspection and review of the drains to prevent the proliferation of cockroaches and other insects, targeting the source.

The department of environment carry out this annual inspection through CTL Pest Control and Environmental Health, a company registered in the ROESB – official register of biocidal establishments and services of the Valencia region.



Photo: Town hall



Photos: I Bodnarec

St George's Day

By Irena Bodnarec

Last Tuesday April 23 was St George's Day – England's National Day and Camping

Almafra in Alfaz del Pi once again organised another fantastic charity event – with proceeds going to the Royal

British Legion. Red and white was the colour theme of the day, which almost everyone embraced. Flags and bunting

decorated the restaurant and there was a great line up of live entertainment on throughout the day, featuring Chris Cabetyo duo, Cameron

James, ABBA, The Temptations, Jill Ryan, Rosalinda, Laney and Rihanna plus a delicious poolside barbecue which was enjoyed by all.



Debbie Clark and Dave Brettle

RBL Jávea say thanks

By Michael Allen, Jávea branch publicity/promotion

On Saturday, April 20 Café Cortado hosted a fundraiser for Royal British Legion Jávea Branch, with entertainment provided by Pam's People.

A huge thank you to Debbie at Café Cortado's for hosting the event for the RBL Jávea. The hospitality was fabulous, as too were the homemade cakes.

Thank you to all the bakers. Another huge thank you to Pam and her fit steps team - Pam's People, for performing their dance routines and their generous donation.

Thank you to everyone who came to support the event and for raising an incredible €390 for RBL Jávea.



Pam's People

Photos: RBL Jávea

Debbie Clarke of Café Cortado, presented Dave Brettle from the RBL Jávea branch with

the donation. Everyone's generosity is greatly appreciated. Thank you.

Press Release

10th, 11th and 12th of May FIRAUTO.....Motor show EXPOCAR...Second hand car show SOBRE2RUEDAS...Motor cycle show

The 51st edition of FIRAUTO Motor show, the 37th edition of EXPOCAR Used auto show & the 19th edition of SOBRE2RUEDAS Motorcycle show, come together for a fabulous 3-day event in Alicante.

IFA will be the biggest showcase of new and used vehicles in the Alicante Province over 3 fun-packed days. FIRAUTO offers visitors the latest trends on the car scene and the chance to checkout fabulous new vehicles. Meanwhile, in EXPOCAR you have the chance to grab a bargain – you will find vehicles on offer, ex-showroom models and second-hand cars as well as motorbike accessories. This year's event will feature more than a 130 vehicle and 50 motorbike brands. It is a larger selection of motorbikes than in previous editions, in a total area of 29,400 square metres. Furthermore, during the event, visitors will be able to enjoy great discounts and exclusive prices during the fair on hundreds of mid-range and top-of-the-range models.

All this makes FIRAUTO EXPOCAR & SOBRE2RUEDAS an unmissable event for those looking to buy a new vehicle. Entrance tickets cost just 7€, children under 12 entrance is free, get your discount voucher on our website or purchase an advance ticket online for 4€.

See www.firalacant.com

IFA Alicante Exhibition Hall, will open from 10.00am till 9pm during the event.



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SOBRE2RUEDAS MOTORCYCLE FAIR



Never a dull day with U3A Vall del Pop

Car boot sale

On Sunday April 14, a boiling hot day, U3A Vall del Pop held its spring car boot sale on the rastro site in Jalón.

Over 50 stallholders arrived early to their assigned pitches and began unpacking their wares

Even before official start time buyers were snapping up bargains, enjoying the music

provided by our very own Paul J and the cold drinks from our bar plus some tasty barbecue food, kindly provided by Shaun Smith. The cake and savouries stall did a roaring trade, which was hardly surprising as they looked delicious, and our lovely tea ladies kept everyone topped up!

A hot and tiring day for everyone but well worth it, as the Goodwill team, who organised the event, raised a whopping €821 for local charities.

A huge thank you to everyone who helped, who took part and who attended. We were delighted to see so many people there.

By popular demand we will be holding an autumn car boot sale on Sunday, October 6, so pop it in your diaries.

Ladies at Lunch

On Tuesday, April 16 a total of 30 ladies went to La Solana, Al-



calá for their monthly lunchtime feast and lovely to see four new members join us.

The Solana crew looked after us well and there was lots of discussion and happy chatter. We are looking forward to our next meeting on Tuesday, May 21.

Further information will be sent in due course.

If you would like to be part of our group please visit the website and register.

U3A Vall Del Pop have a multitude of activities to enjoy, including holidays and trips through our Travel, Culture and Entertainment Team. The very active Goodwill fundraising team are always organised events too..

Explore our website, there's bound to be something that takes your interest - www.u3avallpop.com

Photos: U3A VdP



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Members of the cast rehearsing the number Steam Heat

Photo: Studio32

Final preparations for Studio 32 show put to bed

The musical theatre group Studio 32 is presenting the musical comedy The Pajama Game at the Cardenal Belluga theatre in San Fulgencio from tomorrow Thursday, May 2 to Saturday, May 4 inclusive.

Based in a pyjama factory in Cedar Rapids, Iowa, it follows the story of the workers who, led by their union rep Prez, are seeking a seven and a half cent 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 in the 1950s film version).

Final preparations are now underway and tickets are selling fast. Do not miss out on a fun evening.

Tickets (€12) are available online via studiothirtytwo.org or

by telephone on 679 062 272.

They are also available in person from the following outlets: The Post Box, Doña Pepa, Rojas (96 671 71 56); Cards and More, La Marina urbanisation; San Fulgencio (96 679 09 54); Con Amor, Ciudad Quesada, Rojas (86 548 16 01); Elipacrafts, Ciudad Quesada, Rojas (86 575 63 20); The Post Room, Benijófar (96 671 23 82); and Bob's Bar, La Marina urbanisation, San Fulgencio (641 992 164).

Women making a difference!

By Lorraine Henshaw

The European Union of Women hosted another impactful event: "Women with a Caring Heart, in the Marina Alta." We were honoured to hear from some incredible guest speakers who are true pillars of our community.

Sue Nutbrown from Guardian Angels, Candida Wright MBE from HELP of Marina Alta, and Jeanette and Jayne from Cancer Care Jávea shared their experiences and presented anonymous case studies that shed light on the real needs of vulnerable individuals in our community. Their stories highlighted the importance of community effort in finding solutions.

These charities are invaluable, and their work touches countless lives. If you're able to lend a helping hand by volunteering or making a donation, it would make a world of difference. This event reaffirmed that when women come together, incredible things happen!

A heartfelt thank you to everyone who came and contributed to this inspiring gathering!

Forthcoming events

A series of events have been scheduled for our art exhibition - 'Women who shaped the world'.

A total of 23 female artists from across the Marina Alta are taking part in this fabulous exhibition which is on show at the DAR social and community centre, (Carretera Jesus Pobre, 196, Jávea). You can find out more on the website - <https://www.darcentre.com>

In addition to the talks, you can visit the exhibition to admire the art from now until May 17.

The works on show are a unique, artistic interpretation of historical, mythical, literary character or completely modern women. The subjects range from a beloved sister and a lost friend to Queen Elizabeth II and Tina Turner.

We are also exhibiting artwork from girls studying at Lady Elizabeth School, which formed part of their exam submission.



Artist Teresa Fons

Photo: EUWMA

Events taking place are related to women, such as talks and demonstrations with artists, a short film and photography based on the history of the Marina Alta, a presentation of how clothes swapping on the Marina Alta leads to the empowerment of women in third-world countries and the local craft group displaying their pieces of work.

Wednesday, May 1 at 13.00 - 15.00: Art exhibition and business fair arranged by DAR

Thursday, May 2 at 10.30 - 13.00: Art exhibition and arts and crafts group open morning. Nimble fingers and inventive minds. The resident arts and craft group showcase their work.

Monday, May 6 at 10.30 - 14.00: Art exhibition and Marina de Rijke presentation and 'cream tea' style lunch. Booking is essential, please email euwma.treasurer@gmail.com to reserve your place.

For further information see www.facebook.com/groups/euwma or Instagram <https://www.instagram.com/euwma/> or you can email us on euwmarinaalta@gmail.com

Film favourites by Costa Blanca concert band

By Graham Robinson

The Costa Blanca International Concert Band will be giving its second performance of the year at the Salt Church, Calle Daya Nueva 12, Los Montesinos on Friday, May 24 starting at 19.00.

Under the musical direction of Jeremy Davies, we will present an exciting concert called Night at The Movies, with music from Phantom of the Opera, Les Misérables, Mamma Mia!, Joseph and the Amazing Technicolor Dreamcoat, Disney film favourites and many more.



Once again we are very much looking forward to this event and are pleased to announce that we will be joined for

the first time by the Melody Makers choir.

Tickets are available at €10 from the The Post Box Doña

Pepe - Ciudad Quesada and The Treasure Chest - Ciudad Quesada. Card Shop- Punta Prima or Benimar, and Bargain

Books in San Miguel de Salinas. You can also telephone Graham on 711 056 343, Pat on 646 031 584 or Jeremy on 722 160 667.

The band is totally international, with musicians from the UK, Spain, Norway, Germany and Switzerland. We are always looking for more players to join us, contact Graham on 711 056 343, alternatively just come along to one of our rehearsals. We rehearse every Friday downstairs at the library in San Miguel from 16.30-19.00. You will be made very welcome.

Photo: CBICB

Did you know Calpe has a cat shelter?

Yes, it exists! Not many people know that there has been a real cat shelter in Calpe for several years - run entirely by volunteers, including numerous English speakers.

Calpe Cat Shelter. could use extra helping hands and you certainly don't have to live here permanently for that. We also always have cats waiting to be

adopted (currently also kittens). We take care of abandoned and sick cats. And we also make sure that street cats are sterilised.

Donations of food, medicines, cleaning products and soft blankets are al-



ways welcome.

To pay for our veterinary costs, we rely on donations: IBAN ES69 1583 0001 1390 5311 7235.

To help in any way or if you are looking to adopt, we will be happy to answer your questions, just send an email to calpecatshelter@gmail.com



Turron

Photos: CCS

Advertising feature

DISCOVER AND EXPLORE! AT THE HOMES GARDENS & LIFESTYLE SHOW!

WE ARE READY TO ENTERTAIN YOU at the 2024 edition of the **HOMES GARDENS & LIFESTYLE SHOW** on **Friday 10th & Saturday 11th May** at the **SUITOPIA HOTEL** in **CALPE**. Two day's full of information, inspiration, fresh ideas, talks, cooking demos, feature attractions, plus all things A - Z for your homes and gardens, not to mention your lifestyle and wellbeing here on the Costa Blanca.

You are invited to join us for a super entertaining event! Meet over 65 exhibitors displaying products and services, providing advice and expertise that we all need for everyday living here on the Costa's! Not to mention **Show Special Discounts**, and **FREE prize draw's** and give aways galore! Enjoy the interactive feature attractions and the Free Tapa Trail as you browse the stands and the chance to Win a Night at the Hotel and much more!

Don't miss this fabulous line up of interesting talks/presentations and Show cooking by our Show Chefs.

Look forward to seeing YOU at the Show! Friday 10th & Saturday 11th May 10.00 -

17.00 THE SUITOPIA HOTEL CALPE, Avda Europa No 2. 03710. 1 euro entry, refreshments available all day.

Parking 300, places available under the hotel pay on exit or the towns FREE car park where the Wednesday market is held, is just a two-minute walk from the hotel.

Details on www.gmpromotions.es
Facebook: @HomesGardensandLifestyleShow
Tel 695 399 841

Email: office@gmpromotions.es



TALKS & DEMO'S



FRIDAY 10th MAY

- 11.30 Styling - Hair & Make Up Demo
Diamond Nails & Beauty
- 12.00 Cooking Demo
Costa Blanca Catering
- 12.45 Knot & Grow
Ilike Landman
- 13.15 The Spanish Wine Revolution!
Tastings with Simply Spanish Wine
- 13.45 You Can Save A Life!
CPR Demo -
Moonstone Bespoke Training
- 14.15 Self Defence & Security Sense
Paddy Brennan MBE
- 14.45 Cooking Demo
La Sobremesa
- 15.15 Ice Bath Arctic Rejuvenation
Tankk'd
- 15.45 Cooking Demo
Chef Angela's Kitchen
- 16.15 The Super Patch Company
Dee Wilkes

SATURDAY 11th MAY

- 11.00 Choosing Miracles For Life
Dorota Owen
- 11.30 Ice Bath Arctic Rejuvenation
Tankk'd
- 12.00 Cocktail Time
Havanas Beach Club
- 12.30 You Can Save A Life!
CPR Demo -
Moonstone Bespoke Training
- 13.00 Cooking Demo
- 13.45 Family Constellations
House of Mila
- 14.15 The Spanish Wine Revolution!
Tastings with Simply Spanish Wine
- 15.00 Guest Speaker
- 15.30 Styling - Hair & Make up Demo
Diamond Nails & Beauty
- 16.00 Fashion Show
Cancer Care
- 17.00 Prize Draw Results!
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Musical talent on show

By Richard Millington

Open mic nights are organised by Doug Kerr and Cazzie Millington. The idea of open mic nights is to give amateur musicians an opportunity to perform before live audiences in a no pressure environment. This hopefully encourages them to perform more often and enjoy their music more.

Doug has been a local well known performer on guitar for many years and Cazzie runs the U3A Denia guitar group and the Jukes of El

Verger, a local ukulele group

There was another great musical evening at Tio Rico Italian Restaurant camping Los Patos in Denia with nine performers performing to an appreciative audience of happy campers.

We had a great variety of music with modern pop, oldies, musical comedy and even some Spanish and Italian songs during the evening.

We had performances of 50 songs, whilst many of the audience enjoyed the great food that is available at Tio Rico.



Performers (l-r): Doug, Jos, Cazzie, Antonio, Terry, Martin, Andrea, Robert and Mark
Photo: R Millington.



Photo: Pip Shall

Quiz night proceeds donated

Customers at El Bar S C in San Cayetano (Torre Pacheco) enjoy testing their brains every week, at the regular Friday night quiz.

They are also keen to win a meal for two in the half-time raffle. Over the past six months in the raffle, the bar's generous customers have raised €2,000, which the owners, Sally and Caroline have decided should benefit the local community.

A total of €1,000 was presented to the village's local primary school, CEIP San Cayetano, and as can be seen in the photo, the quizzers turned out in force to see the cheque presented to director, Antonio and head of studies, Pencho.

Antonio said: "We want to use the donation to create a decorative mural that serves as inspiration and motivation for our students. It is expected to be launched shortly and will be completed by the end of this year, 2024."

The other half of the money is to go to the San Cayetano fiesta committee, who organise three weeks of celebrations in the summer, culminating with a procession up the Cabezo Gordo.

The Friday night quiz at El Bar S C starts at 20.00 every week, entry is €1 per person with €4 for an optional half-time snack. To book, contact the bar on 711 030 590 or follow them on Facebook.

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



The cast on stage during a dress rehearsal

Photo: Jesse Daniels

Sail away with 'Fantasea', a bilingual school theatre production

The European School of Alicante proudly presents a captivating new musical theatre production, which will take place on May 3-5 at 18.00, offered by the non-profit association Upstage, spearheaded by Mrs Nicholson.

Written and composed by the dynamic duo of Elissa Nicholson and Annabelle Lee Revak, this enchanting piece explores themes of inclusion, capitalism and materialism, interspersed with humorous narration in Spanish.

The story was brought to life during a residential workshop with a talented cast of multilingual students under the guidance of award-winning writer and workshop director Elissa Nicholson, musical director Annabelle Lee Revak - whose recent credits include the West End production of the acclaimed Stranger Things

- and choreographer Katie Mayfield.

The story is set aboard a fantastical cruise ship inhabited by the rich and powerful. The spell-binding musical follows the journey of a tyrannical captain and her crew of magical creatures. But as the ship ventures into uncharted waters, secrets unravel, and the true nature of power and privilege is laid bare. In a world where conformity reigns supreme, who will emerge victorious, and who will be left adrift at sea?

Adding to the allure of the production are two mischievous engineers who provide a comedic Spanish commentary, ensuring that even the captain remains oblivious to their antics.

With a cast of 31 talented actors, singers, and dancers, ranging in age from 11-18, the production promises to captivate audiences of all ages.

Under the guidance and coordination of Anja Fischer and accompanied by a live band featuring Michael Purcell, Simen Listerud, Carolina Martínez Baez and Ramon Calvo, audiences are in for a musical experience like no other.

"We invite audiences to suspend their disbelief, don their finest white and gold attire, and join us aboard the Fantasea for an evening of wonder and enchantment," said Deborah Nicholson.

Tickets are available online at <https://buytickets.at/upstage1/1198769>, with minimum donations requested to support the non-profit association's ongoing commitment to the arts.

It will be performed in the Salon de Actos at the school (Escuela Europea de Alicante) which can be found on Avenida Locutor Vicente Hipólito, s/n, Alicante.



Rojales mayor Antonio Pérez (c) accepts the donation on behalf of Caritas
Photos: RPG

More RPG donations

This year, Rojales Pantomime Group (RPG) is distributing funds raised from its 2023 pantomime across four charities.

Torre Vieja Alzheimer's association (AFA) recently accepted €2,000, and last week a further €1,000 was shared between Rojales Cáritas and Help Vega Baja. Further funds are also earmarked for San Fulgencio Cáritas.

Last year's show director, Dee Braiden and RPG chairman, John Fagg presented the donations to the grateful recipients.

This year's pantomime preparations are well underway, with a full cast who are raring to go and a new director Alison Clough, who is supported by her co-director, Leigh Humphries.

While the group is extremely lucky to have many members who are happy to work behind the scenes, they still require more people to work backstage, front of house, etc. If you think you might be able to help, contact Alison at dw2024rojalespanto@gmail.com for further details.



Help Vega Baja receives its donation

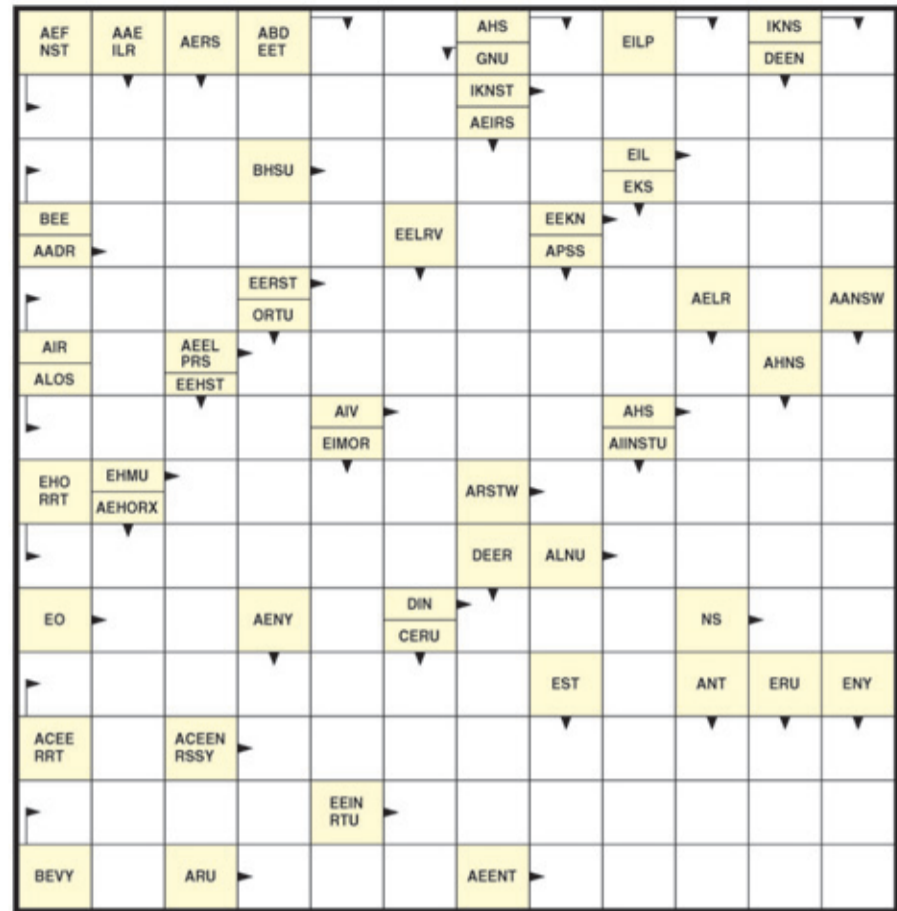
Photo: RPG

Fishing for words

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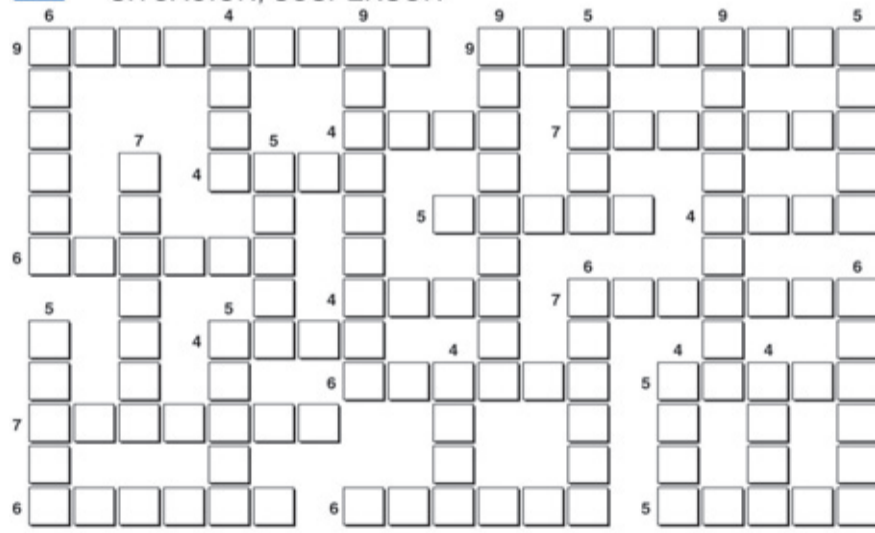


Crazy letters



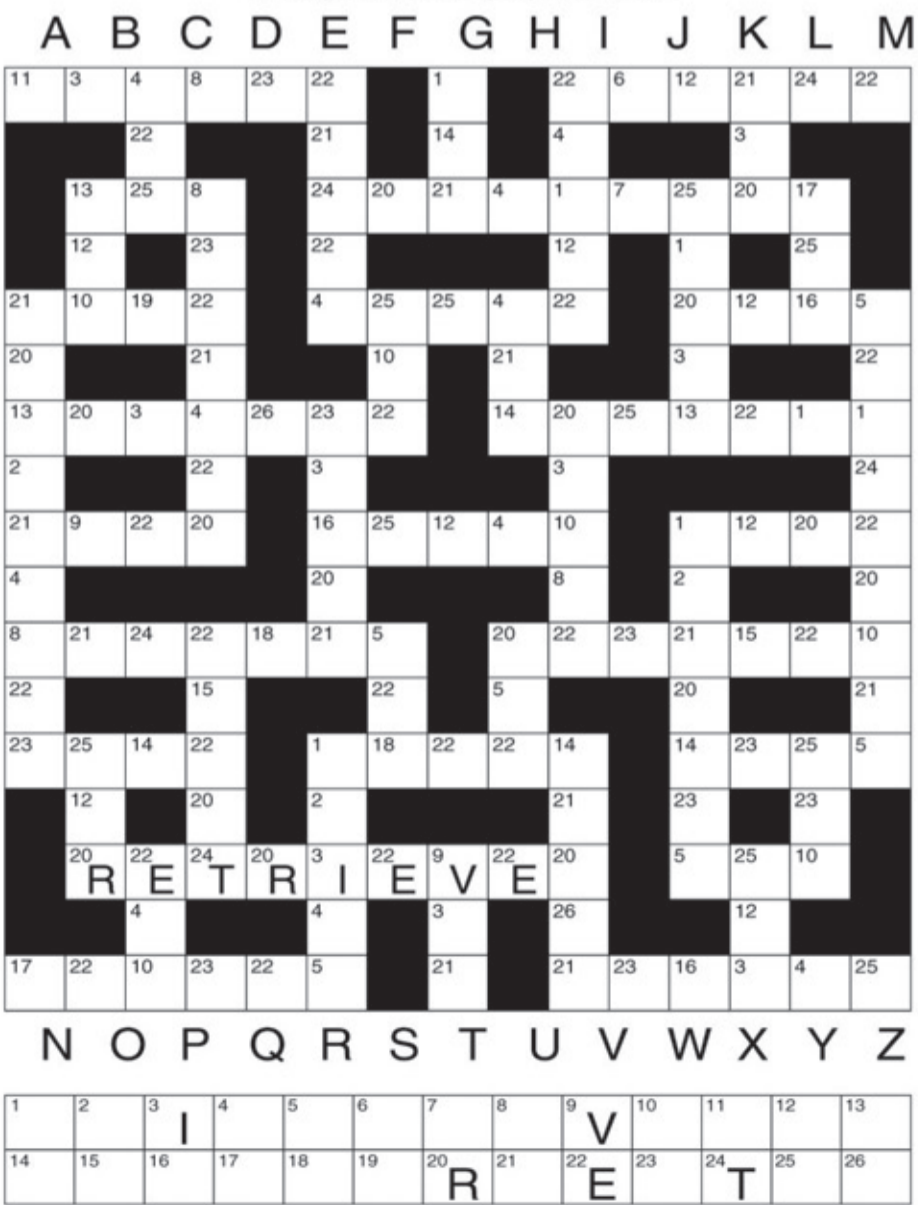
Krisskross

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- 9 Letters: ACONTECER, PRIMOROSO, SEMBRADIO, SITUACION, SUSPENSOR



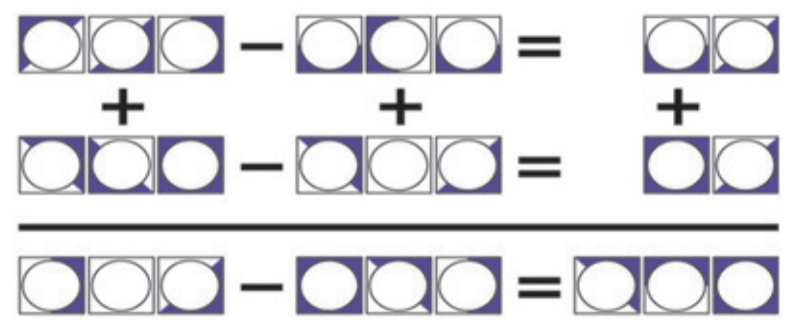
Crack the code

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



What happens at a sexual health check-up?

By Katie Wright, PA

An expert explains why STI testing is so important – for everyone.

With record levels of gonorrhoea and syphilis cases reported by the Health Security Agency, it's important to take sexual health seriously – and not just for young people.

In fact, the number of common sexually transmitted infections (STIs) among over-65s increased by 20% from 2017 to 2019, according to the Local Government Association.

This is why if you are sexually active, regular testing is necessary whatever your age – even if you don't have any symptoms.

"Sexual health check-ups are important because STIs can be silent but can also have significant health implications," says Dr Priyanka Patel, consultant ambulatory

gynaecologist at London Gynaecology.

"STIs such as chlamydia can affect female fertility, and STIs such as HIV weaken the immune system."

Dr Patel talks through some key points about STI screening...

How often should you have an STI check?

"You need to have an STI check whenever you have a new partner, especially if you're not using condoms, or think you were exposed to an STI," says Patel.

"Everyone should have an STI screen, including an HIV test, every year if having sex without condoms with new or casual partners."

Testing is also advised for anyone who develops possible symptoms. These may include unusual discharge from the vagina, penis or anus; pain when peeing; blisters,

sores, lumps or skin growths on the genitals or anus; itching or a rash.

What will you be asked at a check-up?

You can find your nearest sexual health clinic or doctor to book an appointment. Many sexual health services now offer free self-sampling kits to order online for people who don't have any symptoms and want to do a check-up at home.

"Men may have to hold their urine before testing, but women do not need to do anything in particular to prepare," Patel says.

"You will be asked about your sexual history, partners, contraceptive use and general health. You will be asked for details about your recent sexual partners and types of sex you have."

These questions may feel personal or intrusive but are

important to ensure the correct tests are done. Remember, taking care of your sexual health is about being safe and empowered and healthcare professionals are there to help.

What tests are done?

"The testing will depend on the answers you give about the types of sex you have," says Patel. "Vaginal, throat and anal swabs may be done – these will be used to test for chlamydia and gonorrhoea."

To do this, the clinician rubs a cotton bud inside the area for a few seconds. A blood sample will be taken to test for syphilis and HIV.

Patel continues: "If you have symptoms, then the clinician will usually carry out a speculum examination to look at the health of the vagina and cervix."

How do you get STI test results?

The way your results are delivered varies between clinics, and they will advise when you should expect to hear back.

"Most will send results via a text message or give you a number to call for results," says Patel, while some have a 'no news is good news' policy, meaning if you don't hear anything then you've got the all-clear.

For home testing kits, you'll get a notification to say your samples were received and results are usually sent via text message.

"If you test positive for an STI, they will arrange for treatment and offer support," Patel explains – which goes for both clinic and self-sampling. She adds: "It's important to notify partners of any positive results and the sexual health clinic can also assist in anonymous partner notification."

New team specialised in advanced ophthalmology at Gran Alacant and Elche

The new unit will be led by Dr. Cristian Fernández, a leader in cataract treatment with premium lens implants

Quirónsalud Elche and Quirónsalud Gran Alacant strengthen their Ophthalmology service with the incorporation of a new team of ophthalmologists led by Dr. Cristian Fernández, in their commitment to offer com-

prehensive, quality and cutting-edge care for the visual health care of their patients.

Dr. Cristian Fernández, a leader in the province of Alicante in the treatment of ocular pathologies, has more than sixteen years of experience during which he has participated in fifteen medical research projects and is the author of more than 25 publications in books and

scientific journals. Dr. Fernández is highly specialised in the surgical approach to cataracts with premium lens implantation and astigmatism, in addition to having extensive experience in the medical and surgical treatment of retinal and vitreous diseases such as age-related macular degeneration (AMD), diabetic retinopathy, epiretinal membrane or retinal detachment, among others.

Dr. Itziar Coloma, a leader in ocular plastic surgery and tear ducts; Dr. Alfredo Marchena, an expert in the medical and surgical treatment of glaucoma; and Dr. Ainhoa Fernández, a specialist in paediatric ophthalmology, strabismus, and treatment of amblyopia (lazy eye), complete the new team with which they intend to continue improving the quality of care provided to all their patients.

Technology and experience in the treatment of eye pathology

The Ophthalmology service of Quirónsalud Elche and Quirónsalud Gran Alacant aims to provide all the most effective and advanced medical care and surgical treatments for visual health care. Equipped with the latest technology for the diagnosis and treatment of multiple eye pathologies, it incorporates important innovations such as the implantation of multifocal and extended-

range lenses in cataract

surgery, laser therapy for glaucoma, micropulsed laser treatment for the retina, state-of-the-art laser surgery for myopia and astigmatism, and novel vision therapy for children and adults.

Quirónsalud in the Valencian Community and the Region of Murcia

Quirónsalud has ten centres in the Valencian Community and the Region of Murcia, forming a network at the forefront of private medicine where people are the epicentre.

Quirónsalud is at the forefront of private healthcare in the Valencian Community and Murcia in terms of technological endowment, as well as comfort and benefits for both the patient and the professionals who provide their services in its centres.



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How to keep your brain sharp in your 50s and beyond

By Yolante Fawehinmi, PA

There are numerous things you can do to maintain brain function in older age.

The pandemic lockdown has had a “real lasting impact” on the brain health of people over 50, researchers have suggested.

A study by the University of Exeter and the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King’s College London found that working memory and cognitive function in older people rapidly declined during the pandemic, regardless of whether people were diagnosed with Covid-19 or not.

Staying healthy in later life can sometimes be complex, especially if other health problems are in the mix.

But, generally speaking, is there anything people can do to help keep their cognitive function and memory sharp in their 50s and beyond? We asked some experts...

Don't stop learning

There's often a belief that once you reach a certain age, it's 'too late' to learn anything new.

“But that isn't really the case,” Dr Anthony Thompson, postgraduate psychology programme leader at Arden University told the PA news agency. “In fact, research shows that lifelong learning, along with formal

education and literacy, is an important factor behind our health and security as we grow older.

“Research shows that learning new skills and acquiring knowledge can stimulate the growth of new neural connections and increase the brain's overall plasticity. This can have a range of positive effects on cognitive function, including improved memory, attention, and problem-solving skills.

Having an active older generation – whether that is through working or volunteering – reaps personal benefits and economic benefits for following generations.”

Whether it's volunteering, taking up a new hobby, musical instrument or language, find new things to keep your mind well oiled.

Stay active

“Aim for at least 150 minutes of moderate-intensity aerobic exercise per week,” said Dr Adam Moreton, consultant older adult psychiatrist at Pall Mall Medical. “I wouldn't recommend everybody take up marathon running, but most people can find some way to gradually and gently increase their levels of activity.”

There's a wealth of research linking higher rates of physical activity with better physical and mental health in later life – including cognitive decline.

Get plenty of sleep

Moreton added: “Quality sleep is essential for memory consolidation and cognitive function. Aim for seven to nine hours of uninterrupted sleep per night. Some people can manage on less, and how much sleep you need can change as you get older,” he added. “But you should wake feeling refreshed in the morning and if that isn't happening, then perhaps you aren't getting enough sleep or there is another problem (such as depression) getting in the way.”

If you are struggling to sleep, check in with your GP in case there's anything else going on that they can help with.

Be mindful of your diet and alcohol intake

The food and drink we consume is also a major factor for maintaining brain health.

Moreton said: “A diet rich in fruits, vegetables, whole grains and lean proteins can support brain health. Omega-3 fatty acids, found in fish and nuts, may also be beneficial. It isn't about denying yourself things you enjoy, that's important too, but what you eat is essentially fuel for your body and your brain.

“Be sure to drink enough water throughout the day. But excessive alcohol consumption and smoking can harm cognitive function.



Photo: Alamy PA

Even if you can't stop completely, then any reductions will be helpful.”

Relax!

“Chronic stress can also have a negative impact on cognitive function,” said Moreton. “Practices like meditation, deep breathing, and yoga can help reduce stress. Stress and depression can sometimes look like dementia – however, the distinction is important as treatment for stress and depression should help resolve the memory problem.”

Make sure chronic health issues are well managed

Similarly, if you have chronic health conditions such as diabetes, hypertension and high cholesterol, these can also affect cognitive health, particularly as we get older. So it's important to follow your GP's advice and get your medication reviewed when necessary.

Stay connected

There are strong links between loneliness and social isolation and reduced physical and mental health – including cognitive decline. “Maintaining social connections and staying mentally active through conversations and social activities can support cognitive health,” said Moreton. “Evidence shows that preventing social isolation helps prevent dementia.”

Can brain training apps help?

“Yes, some studies show an improvement, whilst others found brain training to be ineffective,” said Abbas Kanani, a pharmacist at Chemist Click. “Brain training games are designed to test your memory with a range of different games and challenges. This may help to sharpen certain skills that can deteriorate with age, such as decision making, reaction time, and short-term memory.

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Pets' Corner



Animal Angells

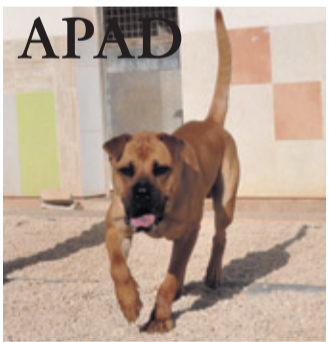
This beautiful kitten is **MILLIE**. She are approximately six months old.

She is such an angel and so very friendly to people and other cats.

She has been spayed and fully vaccinated.

A new friend and owner would make them so incredibly happy. Animal Angells 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 Angells on 696 103 092.



BARKLEY ended up in the shelter in September 2014 after having roamed the beach for a couple of days. He's a good natured, calm and friendly, people oriented dog, but he's not happy in the shelter, he needs tranquility and equilibrium. He's looking for a home with some dog experience that can guide him and grow his confidence. It would be great a home with garden to roam in. As he loves tranquility he prefers a home without small or energetic children.

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

AKIRA NORMA is a gentle giant who was found wandering locally but nobody came to claim her. She is a young dog, eager to learn and loves cuddles and playing with people and other dogs. She would be a lovely addition to any family and she is clean in her kennel.



Please contact Akira Shelter on 657 689 567 or email akirashelter@aol.com

Los Infiernos

HARKEN and **HASKA** These two dogs are an absolute dream to walk, most of our walkers can easily manage them both together even though they are large. They were abandoned and collected by the police. They were micro-chipped but the owner denied they had dogs.



They are still confused why they are with us and have been here for a few months now. However, they are calmly curious. Harken is long haired, he is a little more aware than Haska (the female, short haired dog) and he seems to look after her. They have excellent manners. They seem hungry but never greedy and do not protect food. These two are far easier to look after than most single dogs we have. We really want them to be adopted together. Estimated age is 10 plus. No obvious health issues although we can conduct tests. No issues with dogs, cats, children as far as we are aware. Everyone who meets them loves them.

Contact: via messenger from our facebook page - LosInfiernos- ProtectoraSupportersSPAIN Instagram: losinfiernosprotectora Email: losinfiernosdogs@gmail.com

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 **BELMA** here.



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

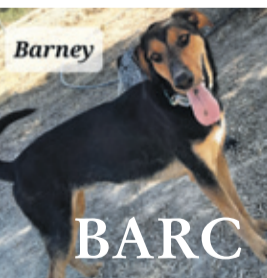
They urgently need a real home and are looking forward to your visit.

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

K9 Club This is **TRIGGER** a seven-year-old large dog. He is so affectionate, good on a lead and very obedient. He would make a great companion, and is house trained as he has come from a loving home. Trigger has a passport and is fully vaccinated. Can anyone please give Trigger another safe and loving family home?



Contact us at the shelter if you would like to come and meet him on 711 075 305 or WhatsApp. Email k9clubinfo@gmail.com

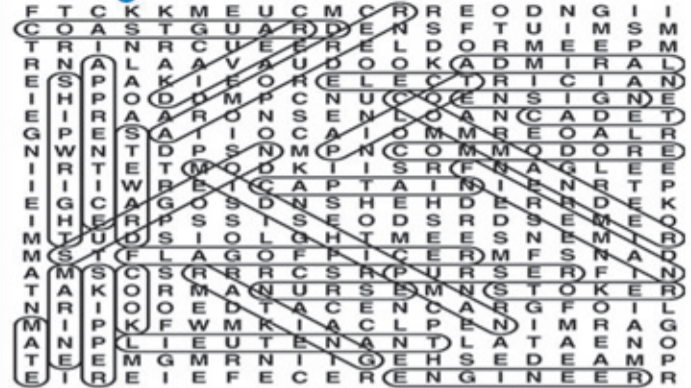


BARNEY We really can't understand why no one has offered this wonderful boy a forever loving home. Barney is a lovely gentle two-year-old boy of medium size but loves to sit on your knee for a cuddle. We think he is a doberman/galgo cross. He is a little shy at first meeting, but very loving once he gets to meet you. He is friendly and playful with most other dogs and loves to play especially in water. He is not cat tested so would recommend a home with no cats. He walks very well on a lead and is eager to please. He loves his treats and food.

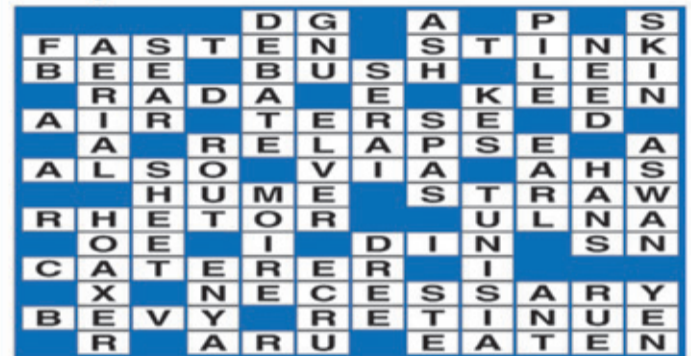
All Barney needs is a forever loving home with a family who will help him become the best friend and companion he was always meant to be.

Could you be that lucky family? Barney is fully vaccinated, sterilised and has a passport and chip, so can travel. For more information contact Sue via WhatsApp on +34 643 802 300.

Fishing for words



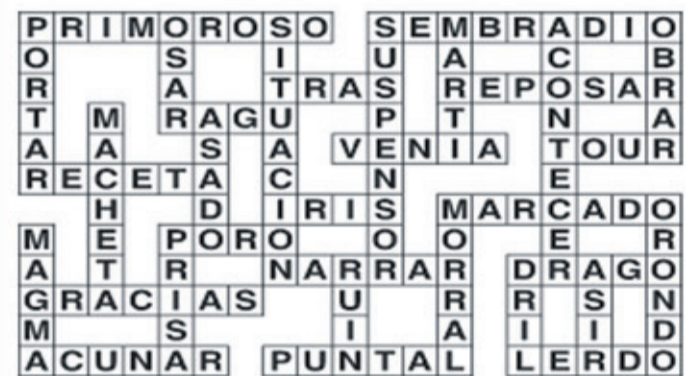
Crazy letters



Brain teaser

$$\begin{array}{r} 537 \\ + 186 \\ \hline 723 \end{array} - \begin{array}{r} 494 \\ + 123 \\ \hline 617 \end{array} = \begin{array}{r} 43 \\ + 63 \\ \hline 106 \end{array}$$

KrissKross



Crack the code



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S	H	I	N	Y	Q	F	G	V	D	J	U	C
14	15	16	17	18	19	20	21	22	23	24	25	26
P	X	B	M	W	Z	R	A	E	L	T	O	K

Moving house? How to tackle a new garden

By Hannah Stephenson, PA

When Gardeners' World presenter Frances Tophill moved to her two-bedroom stone cottage in Devon, she inherited the biggest garden she had ever owned.

There, she has created her own pocket of paradise, but has learned much along the way, as she explains in her new book, *A Year In A Small Garden*.

Here, she offers tips to anyone who has just moved and is wondering what to do with their new plot of land in the next year.

1. Watch and learn

"The first year, I would just almost be observing what the garden does. The light changes so much from winter to summer, the position of the sun. You learn where there are wet patches and dry patches, windy patches, or there might be bits that never get any rain because a wall gives you a rain shadow."

2. Try to do the minimum

"See what comes up. In my garden I had daffodils, rhubarb and things that I thought had died or I didn't think there was anything there and suddenly you have growth shooting from the soil.

"Doing the very minimum is really important, because if you take the



time to do that then by the time you put pen to paper to make a little design of what you want your garden to be, you'll know which bits you can use, where the sun hits, where you want to sit and where you want to store stuff.

"You can also find what your natural pathways are and how you move through the space, and you'll also learn what you like and what you don't like."

In time, you may want to move plants that have emerged but might be in the wrong place.

Moving plants is best in autumn or spring, or for a shrub or a tree, when it's fully dormant."

3. Keep a diary

"I made notes, kept a diary, maybe because I'm not a particularly organised person. What tends to happen is that you notice the things that matter.

"I noticed, for example, that my garden has a very big wall to the south side, so in the middle of winter I get no sun at all because the low sun is behind that wall all the time. When I moved in February last year I realised I had no sun, but in March the sun hit the corner of the garden and I wrote that down.

"Those detailed observations will help you to work out where to put plants that need sunlight and where you won't be able to put certain plants."

4. Take photos

"Definitely take photos because that will jog your memory and you'll see what was where. See how it's comparing to what it was before."

5. Test your soil

"Work out how alkaline or acid the soil is – soil testers are easily available from garden centres. Also look at how wet the soil is. Do a bit of a dig, see how many worms you have, assess the condition of the soil.

"If the soil is very wet in the winter it might be very dry in the summer. A lot of clay soils, for example, store the water in the soil in the winter and then bake solid in the summer.

"If you don't want the soil to be

quite as wet, add organic matter, either compost or manure, once the soil has dried. Never add organic matter to waterlogged soil because it then breaks down and creates lots of anaerobic bacterial conditions which will make it worse.

"Once the soil has dried out a bit, dig in organic matter that will slowly improve the structure of the soil. Adding grit can help but generally that gets sucked into the clay anyway and doesn't make a huge difference."

6. Choose suitable plants for your soil

"This is the best thing to do. On permanently wet ground you might grow bog plants like ligularias, filipendula, astilbes and ferns. If you have soil that is wet in the winter and dry in the summer, plant more of the floodplain plants like astrantias and veronicastrums."

7. Don't tidy up too much

If your new garden is totally overgrown, full of brambles and weeds, without any semblance of order, don't clear it too vigorously, Tophill suggests.

"You are going to want to clear, whether you get a brush cutter or just lay down cardboard to suppress some of the weeds and create some beds, or just mow parts through it, which can be a really nice way to give you access. If you must clear, do it with gentleness."

8. Make friends with the neighbours

"That is really important, especially if you are planning on doing any kind of work. Get to know people first so they know you're all right. I've learned this."

Indeed, a month after moving in, a BBC camera crew came in to film her



Photo: Jason Ingram/PA

garden for Gardeners' World, and she also had a greenhouse built which takes up about a fifth of her outdoor space. Although she had told neighbours, it took a bit of getting used to.

9. Focus on your own needs

"Work out what you want or need as a couple or a family or if you're on your own. For a lot of people it's just a bit of fresh air and maybe a kind of outdoor room that they're going to use to sit in, but a lot of people want to grow vegetables. Is that going to be what your garden needs?"

"Do you need storage, a lawn mower, a lawn, or a low-maintenance spot to chill out after a day of working at a computer?"

"Try to distil your own needs from the garden and combine that with your observations. I'd also write that down. What do you want from the garden? What do you need from the garden? You can probably take quite a few of the things off the want list. You might be able to combine some of the two."

10. Keep it simple

"If you try to fit too much into a small space, it will look smaller and more cluttered."

A Year In A Small Garden by Frances Tophill is published by BBC Books, Available now



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Victory for Huesitos La Vila Rugby Club

Huesitos-La Vila rugby club won in Valencia last weekend and now face Industriales in Las Rozas, Madrid, for promotion to the highest level of Spanish rugby - the DHA.

In the second half of the semi-final, the Villajoyosa team scored three tries. Industriales did the same to beat Liceo in the last minute, by just one point.

The final will be played -

subject to confirmation by Industriales - on Sunday, May 12 at El Cantizal ground in Las Rozas, when Huesitos-La Vila will no doubt be supported by a large number of travelling fans, as they were in Valencia.

For the full match report see this Friday's

Costa Blanca News



Photo: @marinabaixa

Young wrestlers

By Irena Bodnarec

La Nucía hosted the international Olympic wrestling tournament for promising young wrestlers recently with a total of 300 promising young athletes from 14 countries taking part at the event in the Camilo Cano pavilion

During the course of the two-day tournament, wrestlers competed in under

17, under 20 and under 23 categories, with the Spanish team winning a total of 67 medals - 24 gold, 23 silver and 20 bronze, in addition to first place for teams in all three age categories.

The event was a qualifier for the Spanish team competing in the U20 World Championships taking place in Pontevedra in September.



Photo: Town hall

Benidorm bike day

On Sunday, May 5, Benidorm will celebrate the 39th edition of the 'bicycle day for all', an annual event bringing together hundreds of people and with each year that passes, the event gains a multitude of followers. This year's event coincides with Spanish Mother's Day, so this is a perfect day for families to join in and encourage the use

bicycles as a form of leisure that respects the environment and is a healthy and fun activity.

As in previous years, the rally will start at 09.30 at the auditorium of the Parc de Foietes and half an hour later, at 10.00 the start of the cycle 'race' will take place, covering a route of 7.2 kilometres through the Poniente area.



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