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## Visit top museum for free

Entry is free to the Alicante museum of archaeology (MARQ) tomorrow (Thursday, May 9) to celebrate Europe Day.

Members of the public can visit the permanent exhibitions and the latest international exhibition, 'Dynasties, the first kingdoms of prehistoric Europe', which is open until October 13 and has received over 11,000 visits since it was inaugurated on March 26.



Photo: Dipu

Dynasties involves 20 museums and cultural institutions from seven European countries: Germany, Hungary, Denmark, Slovakia, Belgium, Portugal and Spain.

on display are a sword Schifferstadt and the halberds of Meltz (all from Germany), the golden diadem

of Quinta da Água Brava (Portugal), the decorated sword and axe from the hoard of Téglas (Hungary), the sword of Guadalajara and gold diadem of Caravaca de la Cruz (both Spain), and the recently restored treasures of Dohmsen and Teicha (also Germany).

And, returning to Spain for the first time in 120 years, there are the Bronze Age funeral goods excavated in Almería and Murcia during the 19th century then kept at the Royal Museums of Art and History in Brussels.

The museum will be open for its usual hours of 10.00 until 19.00.

## What to prune

How to cut back shrubs at the right time



Page 15 Photo: iStock/PA

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# Furry friend for children from firefighters

A special teddy dog has been created for the provincial fire brigade to help them rescue children in emergencies.

Developed with the children's product technology institute (AIJU) and the Crecer Jugando (grow play-

ing) foundation, the toy is designed to get their attention, distract them and calm their nerves.

It was presented last week by provincial government president Toni Pérez and takes the form of a Belgian

shepherd with its own interchangeable fire brigade uniforms.

"This idea, on which they have been working for the last three years, came from the ample experience of our officers in this field in order to divert the attention of children to minimise, as much as possible, the shock, stress or anxiety they may feel in an emergency situation," he explained.

In this way, the children will interact more easily with the firefighters, above all in situations when they need to follow specific instructions, either to get to safety, avoid making their situation any worse or so that they can be rescued.

The design took various factors into account, including



giving it an attractive appearance, a specific texture and size that enable it to be hugged as a physical expression of emotions, and associating it with the work that is carried out by the firefighters.

The breed of dog was chosen because it is associated with the rescue dogs in the canine unit, and the uniform gives it more personality, noted the service's chief inspector, Pepe Rubio.

AIJU research coordinator Pablo Busó said they had

worked with various ideas and proposals to achieve the most suitable toy, taking into account factors such as making the teddy very lovable and something children may want to communicate with.

"We are not aware of any initiative like this on a national level," he emphasised.

A total of 1,900 of these teddy dogs have been manufactured, so that they can be deployed in diverse situations from traffic accidents, to fires or rescues.

Photos: Fire brigade



## Beware of the huggers

"The hug method is one of the favourites by criminals with older and not so older people," warn Elche local police.

They advise people to 'distrust if someone you don't know hugs you' in the street.

The person could be what

has become known as a hugger mugger.

"These kind of people are very skillful," explained a spokesperson for the force.

And they can 'magically' make a wallet, pendant or watch 'disappear'.

## School mobile phone ban brought in

A 'general ban' on mobile phone use by pupils in schools has been introduced by the Valencia government, except in specific cases.

Regional education councillor José Antonio Rovira said devices will have to be handed over when youngsters enter the premises.

The regulations have been published in the region's official bulletin (DOGV) and came into force on Monday.

Sr Rovira noted that it



Photo: GVA

applies to primary and secondary schools in the state education sector.

Full report in Friday's **Costa Blanca News**

**The Weekly Post**

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## The early bird...

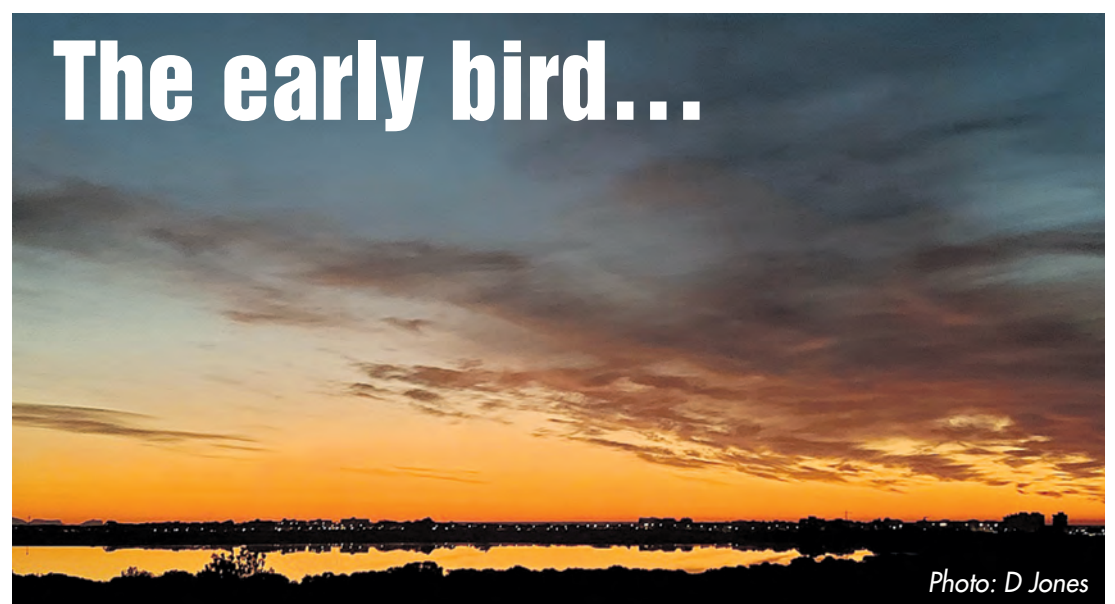


Photo: D Jones

Spectacular sunrises are greeting early risers around Alicante province. This photo was taken

at 06.25 on Friday morning and takes in La Mata Salt Lake and the village behind it.

Daylight is coming earlier and will continue to do so for around six more weeks.



# All aboard the bikes

By Irena Bodnarec

Around 500 people turned out on Sunday morning, May 5 at the Foietes park in Benidorm to mark 'bicycle day for all'.

Participants gathered at 09.30 for a 10.00 start, all equipped with a variety of bicycles and helmets – a rule for those wishing to join in and each was given a number to participate in a free raffle at the end of the event to win one of 11 bicycles.

Mayor Toni Pérez signalled the start, clapping alongside the councillor for sport, Javier Jordá as the riders passed the start line, heading down Avenida Jaime I, along and to the end of the Poniente promenade and back again, where refreshments were available.

It was a real family event, with many parents accompanying their children on a car-free route of just over seven kilometres.



Photos: Town hall

# Homes evacuated in Jávea wildfire

Residents were evacuated from their homes in Jávea on Sunday after a wildfire broke out at the Camí de la Morera in the Saladar area at around 17.30.

The town hall reported that 'the intensity of the flames and the gusts of wind at the time forced the evacu-

ation of around 70 people from 25 properties'.

The blaze was declared as being 'under control' by the fire service at 19.26 and the residents were able to return to their homes.

Full report in Friday's

**Costa Blanca News**



Photo: Town hall

# Police spot fake UK licence

A man was arrested for allegedly presenting a fake UK driving licence when he was stopped by Elche local police.

According to city hall, officers stopped the suspect's car at a routine checkpoint on Calle Alcalde Vicente Quiles in order to examine the driver and the vehicle's documentation.

The 29-year-old man showed them a UK driving licence, which they noticed did not have the required security features.

The defects included that the card did not react to ultraviolet light, the expiry date had been applied with flat ink instead of in relief, and the hologram on the



Photo: Local police

back did not change when viewed under light shone from different angles.

The driver is accused of the offence of falsifying documentation.

# Drugs washed up on Campello beach

A father and son fishing off the beach near the fish market in Campello spotted a suspicious square package in the water, blue in colour and just a few metres from the shore.

The young man went into the water to retrieve the package and deposit it on the shore, then contacted the

Guardia Civil.

When several local police patrols arrived on the scene, it was discovered that the package, which measured 60x50x20cms and had the words SCAN written on it in red, contained drugs.

The package was then taken to the Guardia Civil station.



Photo: Local police

# Back on in a flash

By Irena Bodnarec

A 'flashmob' was performed in Benidorm's town hall square on Monday afternoon to mark International Dance Day – an event that should have taken place the week before (April 29) but was postponed due to rain.

The event was a collaboration between the department of culture and the association of dance profes-

sionals of the Valencia region in Benidorm. Participating were dancers from the Paqui Mora dance school, the Pilar Segura dance academy, the Maria José Moya dance studio and the Lope de Vega dance school.

The routine lasted for 15 minutes and among the audience was mayor Toni Pérez and other town hall councillors.

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# Solidarity with Peru

By Irena Bodnarec

Around 300 people attended a special solidarity event in Benidorm to raise funds for projects in Chimbote, a city in north-central Peru organised by Jaume Benaloy, priest at the Ermita de Sanz and where he has been working as a missionary for the last 15 years.

The event was attended by mayor Toni Pérez, numerous councillors, fiesta queens and representatives from several charities such as the Rotary Club, Benidorm-Chimbote solidarity association, and Cáritas church charity.

During the afternoon, the priest was presented the Corporate Medal, which was awarded to him last December to mark Constitution Day in recognition of his dedication to others.

A special thanksgiving Mass took place followed by the presentation then a meal, for which attendees contributed €25.

The funds raised will go to support two different projects, one a school reinforcement and nutrition project for children, which includes the construction of a library, which will bear the name of Virgin del Sufragio, Benidorm's patron saint.

Mayor Toni Pérez expressed his pride, collaborating for such a worthy cause.

The event concluded with the reading of Pope Francis' blessing to Jaume Benaloy for his 25 years of service.



Photos: Town hall



Photo: Town hall

## Inclusive tourism programme launched

By Irena Bodnarec

Benidorm is hosting the very first Imsero tourism programme specifically for deaf people, in which 200 people with hearing disabilities from across the whole of Spain will have the opportunity to holiday in the resort.

The trips take place over two different week's, the first was April 21-27 and the second visit is this week, May 5 to 11.

Councillor for social services, Angela Zaragozı met with some of the participants of the scheme and explained that it is an inclusive leisure experience promoted by the state confederation of deaf people (CNSE) and the federation of deaf people of the Valencian region (Fesord CV) which also has funding from Imsero, from the ONCE foun-

ation and the Valencia government.

The promoters made available a complete programme of activities accessible in sign language and the group visited several places outside of Benidorm including the toy museum and sea museum in Denia, the chocolate museum in Villajoyosa, Oceanogràfic in Valencia plus they enjoyed a sunset catamaran ride and boat trip to L'Albufera.

The councillor stressed how Benidorm is 'one of the first tourist destinations that has been clear about the importance of being welcoming and accessible to any tourists who visit us regardless of their abilities and a pioneer in the development of different plans to promote inclusive tourism'.

# Calpe carries out work on pipeline

Aguas de Calpe is refurbishing the drinking water pipeline in Calle Almendros, which connects the networks of Avda Ejércitos Españoles (Calpesa water reservoir) and Avda Puerto de Santa María (Corralets water reservoir).

The cost of the work is €44,532 and it will take one month to complete.

The project is part of the measures included in Calpe's 'special drought plan' for the pre-alert phase of the drought and will significantly improve the response capacity of the supply system for the entire municipality, according to the town hall.

This action will improve the resilience of the drinking water distribution network that serves the centre of Calpe by improving the connection between the two deposits that serve this area: the Corralets deposit (with a capacity of 10,000 m<sup>3</sup>) and the Calpesa deposit (with a capacity of 5,000 m<sup>3</sup>).

It will also improve the capacity of the supply system to respond to possible incidents in the distribution networks of both the Orba wastewater treatment plant and the Barranc Salat desalination plant.

Since 2020, Calpe's drinking water supply has had a

Digital Twin that simulates in real time, improving the effectiveness of daily operational tasks, carrying out various studies and even contributing to the planning of works and the response of the system.

The Digital Twin, which works with a hydraulic model linked in real time to the network's sensor system, makes it possible to simulate hydraulic behaviour in any period and under any operating scenario, whether real or hypothetical.

Calpe is currently one of the few water supplies in the world to have this operational technology.



Photo: Town hall





## Retired RN sailors support Alzheimer's charity

By Tony Jenkins, press officer

As part of the ongoing annual support for local charities, the shipmates (members) of the Royal Naval Association Torrevieja Branch (RNATB), were pleased to make a donation to Torrevieja Alzheimer's association (AFA).

Each year at the RNATB AGM, shipmates nominate and vote for preferred charities to receive donations from funds collected during the year.

RNATB welfare officer, Kath Marks nominated AFA as one of the charities for this year's selection, but unfortunately was unable to attend the presentation from the RNATB chairman, Tony Jenkins to Mario Céspedes, one of the AFA Torrevieja committee. Also present was staff member Gema, and the RNATB treasurer, Carl Louden and organiser locum, Maureen Jenkins, who was taking the photos.

AFA Torrevieja then pres-

ented the RNATB with an appreciation plaque.

AFA as a charity relies on grants and donations in order to provide its valuable services across the Costa Blanca. These services include the implementation of many programmes that allow people with neurodegenerative diseases to improve their physical, mental and emotional condition, while increasing their interests, creativity and social skills and reducing symptoms of anxiety and depression.

AFA can be contacted on telephone on 96 670 25 00, email to [tecnicas@afatorrevieja.es](mailto:tecnicas@afatorrevieja.es), via the website at <http://afatorrevieja.es/en/> and are located at Avenida de la Estación 1.

The RNATB shipmates wish AFA every success with the phenomenal service and support they provide across the Costa Blanca area.

The Royal Naval Association (RNA) has a 'free mem-

bership' and is a UK registered charity 266982.

Although primarily founded for serving and retired Royal Naval personnel with the motto 'Once Navy Always Navy', it also welcomes all serving or retired military veterans and civilians alike.

The local overseas branch in Torrevieja (RNATB) has a diverse mix of members, who are a friendly and engaging group of people who embrace the ethos of 'comradeship, loyalty, patriotism and unity' and enjoy a variety of social events.

### Why not join us?

The RNATB meets formally throughout the year, on the first Wednesday of each month at 17.00. Currently this is at the Lakeview Bar & Restaurant, Calle Toledo 16, Ciudad Quesada, Rojales. Alternatively, contact the chairman Tony Jenkins, by email to [chairmanRNATB@gmail.com](mailto:chairmanRNATB@gmail.com) or telephone on 693 866 709.

## Serenade at La Siesta

On Wednesday, May 15 at 19.30 at La Siesta church, La Siesta urbanisation, Torrevieja, the locally renowned and popular vocal group Lyrical present the second of their two spring concerts called Springtime Serenade – a brand new programme for spring 2024 including much-loved classic show tunes from smash hit musicals, such as Phantom of the Opera, State Fair, and Carousel with everything from Mozart to Manilow.

At Peter and Paul church, Torrevieja, which is hosting the concert, will welcome back their friends from Lyrical to give another of their enjoyable programmes.

Lyrical began singing together in January 2019 and was the brainchild of Trent Harris and Philip Mitchell, who between them decided

to create a small group of local talented singers, musicians and friends who just love singing together in four-part harmony.

Father Seabrook said: "The concert is an opportunity for a delightful evening of music at La Siesta and then refreshments outside with – you've guessed it – a raffle. Lyrical are giving of their time and talents generously to raise money for church funds as we have to be self-supporting. I am really grateful for this."

Tickets for Springtime Serenade are €10 and available from Sue Maude on 693 530 935 or by email to her at [wardenlasiesta@gmail.com](mailto:wardenlasiesta@gmail.com)

"We look forward to a really great evening – it is open to everyone," said Father Seabrook. "Bring your family and friends. All are welcome."

## Fun fundraiser for voluntary firefighters

On Saturday, May 18, in support of the local voluntary fire-service the Original Charity Shop is holding an afternoon of fun, with all proceeds going to the Bomberos Voluntarios. These guys are our local heroes who work so hard and risk their own health and lives to keep us all safe.

From 14.00 come and enjoy an afternoon of fun. The shop, on Carrer Nancy, 1, Platja de l'Arenal, Jávea, will remain open all afternoon and we have lots of beautiful summer clothes for ladies and gents for you to choose from.

There will also be a tombola

table with fabulous prizes to be won, such as hampers, restaurant vouchers, wine, cava and much much more. You can also enjoy our bake sale with mouth watering cakes and cup cakes. There will also be a book sale with a great selection of books for as little as 50 cents.

So please come along, and help us raise lots of cash for these brave firefighters, who have already had to deal with 15 call outs so far this year, and summer hasn't even started yet. So there is all that equipment that needs to be cleaned or replaced after each episode.

Thank you for your support.

### Calp News

## New mobile ecopark service in Calp

Consorti Mare launches the mobile ecopark service in Calp. The mobile ecopark service will be available every Saturday from 9.00 to 13.00 in Calle Finlandia, which will be set up and closed to the public for this purpose.

Anything that cannot be disposed of in the usual street containers can be disposed of in the ecopark: waste oil, ink cartridges, batteries, small electrical appliances, light bulbs, fluorescent lamps, X-rays, metals, tyres, paints, plastics... are just a few examples of what citizens can recycle at these points.

The aim of this measure is to

make it easier for citizens to separate waste correctly and deposit it in the right places for proper management, therefore contributing to environmental protection and achieving the objectives set by the regulations.

On the other hand, people who need to get rid of old household items, furniture or larger electrical appliances can also notify Acciona, the street cleaning company, so it can be collected.

You can do this by calling 965 83 25 61, sending an e-mail to [limpiezaurbanacalpe@acciona.com](mailto:limpiezaurbanacalpe@acciona.com) or in the town hall app, that can be downloaded free.





## A happy social day for Torrevieja U3A

By Barry Weston Torrevieja U3A press officer

The Citrus Centre at Playa Flamenca (Orihuela Costa) was visited by 30 members of Torrevieja U3A on the morning of Thursday April 25.

They went there to take over the new mini golf course for a couple of hours. An enjoyable match ensued and this event may be repeated in the future. After the games were concluded the participants crossed the road to visit The Cavern bar where they settled down to a brunch meal.

That same afternoon, the venue of the social bridge group was packed out and a pleasant afternoon was enjoyed by all.

Friday saw the members of the military history group being given an insight into the Vietnam War by a relative of one of the many soldiers who took part before eventually being severely wounded and succumbing to his wounds shortly afterwards.

The above are just a sample of the activities that Torrevieja U3A has to offer its members. Anybody interested in taking part in any of these groups can visit our website [torrevieja3a.org](http://torrevieja3a.org) where full details on how to join up for a moderate fee and all the groups can be found.



Photo: TU3A

For full reports on social and cultural events see Friday's

Costa Blanca News

## Montgó Chorale ready for Jávea charity concert

By Sarah Tree

Montgó Chorale and musical director Aileen Lightfoot would like to welcome people to their spring concert, on Saturday May 18 at 17.00. This year the performance is at the Loreto church (also known as the Fishermen's church) in Jávea port. Doors open at 16.30.

The musically wide-ranging pro-

gramme contains works by Bach and Handel, more contemporary composers including Karl Jenkins, traditional songs such as Danny Boy and the well-known madrigal Now is the Month of Maying. The choir will be accompanied by Kirsty Glen.

Entry is free – as at the choir's traditional Christmas concert a retiring collec-



Photo: Montgó Chorale

tion will be taken in aid of Cáritas, the church's charity that does such important and worthwhile work supporting local families in need.

For more information please visit the choir website <https://montgochorale.wixsite.com/website> or send an email to [montgochorale@gmail.com](mailto:montgochorale@gmail.com)

## Aircrew Association celebrates a 70th wedding anniversary

On Wednesday, April 24, members of the Aircrew Association Costa Blanca (ACCB) were delighted to share in the 70th wedding anniversary celebration of one of its members, Gordon Blythe and his bride of so many years, Caroline, at Casa Toni restaurant in Moraira.

Gordon and Caroline met and fell in love in 1953 in Singapore. Gordon was serving in the army there and Caroline was the daughter of Gordon's regimental sergeant major. Courting was, therefore 'interesting'! They shortly became engaged and, the following year, married at the Church of Christ The King on April 24. So began a marriage that took them to BAOR (Germany), Singapore twice and Northern Ireland.

Having served in the army for 43 years, Gordon and Caroline eventually retired and have lived in Altea for over 30 years.

Having heard a resumé of their life together, followed by a toast to the amazing couple from Max Maxwell, the association chairman, members and other guests and friends of Gordon and Caroline, enjoyed an amusing and emotional reply from Gordon. This was followed by a very personal and much appreciated tribute from their son, Gordon the younger, who had flown in from Germany to



Photos: AACB

share the moment with his parents and sister, Julie, who also lives in Altea.

Prior to the lunch, life vice president Peter Langley said a highly appropriate grace and the excellent and very happy

function was brought to a close with the aircrew toast proposed by the president, Tom Brown.

The Aircrew Association wishes Gordon and Caroline many more happy, peaceful and healthy years together!

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## Cantãmus prepare for their concert of world rhythms

Cantãmus choir will be celebrating the start of summer with a concert called 'Rhythms of One World' at the Ermita de San Josep, La Fustera (Benissa coast) on Friday, May 31 at 16.00.

With so much tragedy and despair reported in the news it's easy to lose hope. Cantãmus have devised this concert to

bring some hope back into our lives. You will be able to enjoy songs such as Here Comes the Sun by the Beatles, I Believe made famous by Robson and Jerome, You are the Reason by Callum Scott, and a range of other music including pop, classical and some musical theatre.

Included in the ticket price is a slice of cake and glass of cava

to enjoy during the interval.

A portion of the ticket money will be given to Cáritas so they can continue their work in the local community.

Tickets are €12.50, which includes the cava and cake, and are available from members of the choir, by phone on 96 558 14 83, or online at [www.philipashley.com/boxoffice.php](http://www.philipashley.com/boxoffice.php)





Pam Small (right) and some of Pam's People Photo: Pam's People

## No lack of fun and frolics with Pam's People

Pam Small is a dance instructor who runs fun dance fitness classes around the Marina Alta.

All funds raised at the classes are passed over to charities in the community, and in addition to keeping fit, sometimes you'll find the group doing demonstration dances at local events. One such occasion was the April Parkinson's Support Group held at the

HELP Activity Centre in La Xara, Denia.

Pam's People danced to some old time tunes, and all the attendees were then invited to join in and 'cut some shapes'. There were some entertaining moves! The finale of 'Doing the Lambeth Walk' had everyone dancing, singing and laughing, and the whole performance was much appreciated by the audience.

## Giving4giving to open new charity home store

Since opening its doors in July 2012, volunteers at the Giving4giving (G4G) charity have raised well over €300,000 to help and support local cancer charities and other worthy causes up and down the Costa Blanca. The money has been raised through sales at the charity shops, furniture warehouse and also organising various fundraising events. As a growing charity, Gary Burr, the charity president is delighted to announce that an additional furniture store is to be opened in early June, this time in Albir.

The new 'Home Store' will be situated on Avenida de Europa, 26, right next door to the Hotel Europa. Not only will the new store help to provide additional income for the charity, hopefully it will also benefit from becoming part of the local community and raise awareness of its vital work and people it supports.

### Donate your unwanted items

Donations are urgently needed to fill the empty store ready for the grand opening in early June - namely, household furniture, sofas, beds, table sets, garden furniture, bric a brac, electrical goods, wall prints, rugs, etc.

The Home Store aims to provide an array of discount goods and in-



terior decor to suit every room, every style, every season and every budget.

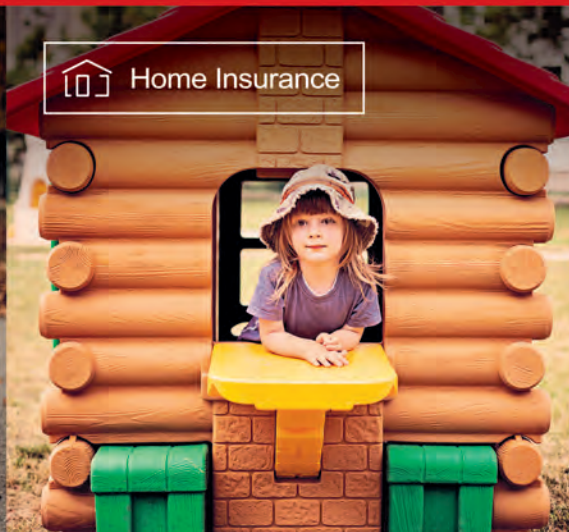
Your kind donations can be dropped off at the new store or, alternatively, Gary can arrange a free pickup service for larger items, covering all areas.

The charity is also appealing for volunteers to join the team running the store. If you enjoy meeting new people and would like to make a difference in the local community, please get in touch soon.

For further information, contact Gary on 603 137 697 or alternatively, message the Facebook page - Giving4Giving.

G4G, the charity that keeps on giving. Registered charity N°: CV-01-052196-A.

Photo: G4G



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# Not long to go!

By Peter Sockett

The Entertainers have had to delay their usual spring programme of shows due to extended holiday commitments. However, they are back to perform on May 15 for the Benitachell Bowls Club at their club house in Benitachell with many new songs and dance routines being rehearsed.

The Entertainers have re-structured their programme of songs for the U3A Vall del Pop event on June 28 so that it can be a tribute to Sandra Welham, who died unexpectedly quite recently. Sandra was a founder member of The Entertainers. Yesterday, as I went through an old scrap book of press cuttings, I came across one from the Costa Blanca News for November 1, 2019, which is par-

ticularly poignant. This article reported on one of the very early shows by The Entertainers, where they were performing at a U3A Vall del Pop event in Alcalá, in which I had highlighted Sandra's performance with the words: "Sandra took everyone's breath away in closing the (first) set with Send In The Clowns," and "Sandra, supported by Linda and Ditas, gave us a hauntingly beautiful I Know Him So Well."

I understand the group will be featuring The Wind Beneath My Wings and I Know Him So Well, particular favourites of Sandra, with Jo leading the tribute to her – a beautiful lady.

Get your tickets for that event soon, I hear they are selling fast, as do tickets for many of The Entertainers' shows – so



The Entertainers in costume, with Sandra seated, taken for their 2020 CD cover

mark your diary and book your tickets for the following events.  
 May 15: Benitachell Bowls Club  
 June 6: SCAN at Los Arcos  
 June 28: U3A Vall del Pop (Sandra Welham tribute) at Los Arcos  
 August 1: Make A Smile at Pool Bar Benidoleig  
 September 6: U3A Denia at Los Arcos

September 19: Jalón Valley Help at Los Arcos  
 September 26: Royal British Legion Jávea at Los Arcos  
 September 28: Guardian Angels at the Denia Marriott  
 October 6: APROP at Los Arcos.

The Entertainers' performances in the beautiful garden at Los Arcos are always special

nights, so make sure you book up early. These events will be publicised by the organising charities, from whom the tickets should be purchased.

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

Photo: The Entertainers

# 13th edition of Alfaz international choir festival

The 13th Alfaz del Pi international choir festival will bring together more than 200 vocalists from 25 nationalities, for two concerts on May 10 and 11.

The first is a charity concert on Friday, May 10 entitled

'Voces por una sonrisa' (voices for a smile), which will bring together the Tabaguera Alicantina choir and the Benissenca chorus.

The performance, at the culture centre auditorium, starts at

19.30 and brings together more than 100 voices on stage.

Money raised from this concert will be donated to Aspanion - the association of parents of children with cancer. Admission is by a donation of €10.

The second concert is on Saturday, May 11 at 17.30, and will feature the International Choir Project - an international choir made up of more than 70 singers of 25 nationalities, with musical direction by Erlan

Dalen and José Antonio Rubio. Tickets for the concert cost €15.

Tickets for both concerts are already on sale at the Casa de Cultura box office, open from 09.00 to 14.00.

Advertising feature

## The SuperCASAfragalistic Homes Gardens & Lifestyle Show is OPEN on the 10th & 11th MAY 2024!

**The most informative and inspiring event of the year is HERE! At the SUITOPIA HOTEL, CALPE**

Over 65+ exhibiting stands! Pick up on everything you need to know about living on the Costa Blanca! Information INSPIRATION Attractions FUN Entertainment AND Features at the SUITOPIA HOTEL CALPE located in the town by the Arenal-Bol Beach. **FRIDAY 10th & SATURDAY 11th May.** 10.00 - 17.00 See, try, taste, touch and buy products & services for on-trend solutions, fresh ideas and many with **SHOW DISCOUNT OFFERS!**

Plenty of parking at and around the venue, refreshments available all day, daily talks and interactive demonstrations, cooking demos, live music, wine tasting sessions, enjoy the art gallery and the FREE taster Tapa Trail, lots of FREE prizes draws, and much, much more! Soak up our sunny Show atmosphere and networking in our friendly community vibe! Plus breaking news, introducing Hanna Magnusson the Costas newest talent on the music scene singing for us LIVE both days!

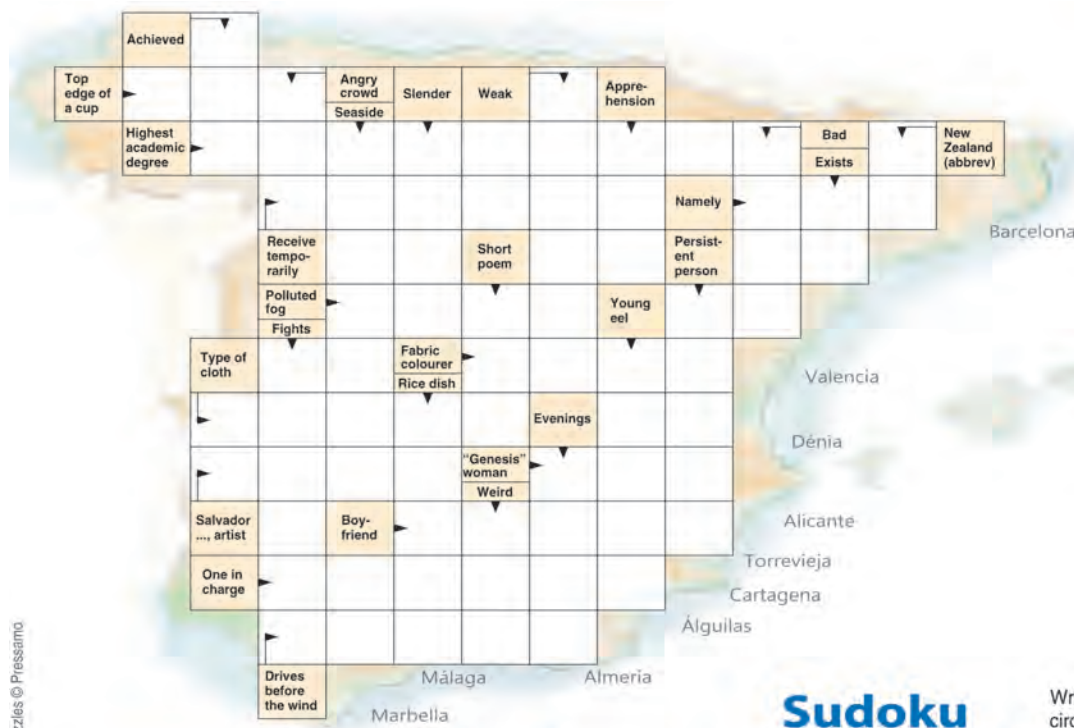
Come and join us and find out who's going to

be occupying these stands!! For home furnishings to fragrances, fashion to flowers and flooring, health and healing, lifestyle improvements, financial, insurance cover to currency exchange and solar solutions, for shopping, browsing, learning and finding out what's on offer in our area. Refreshments available all day, 1 euro entry.

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All puzzles © Pressimo

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

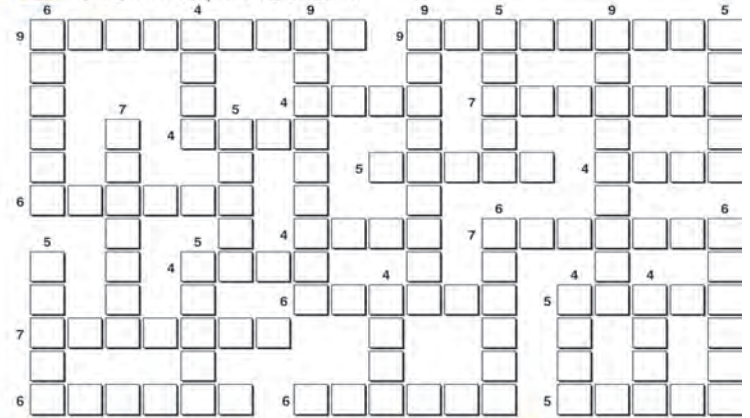
### Sudoku

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

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

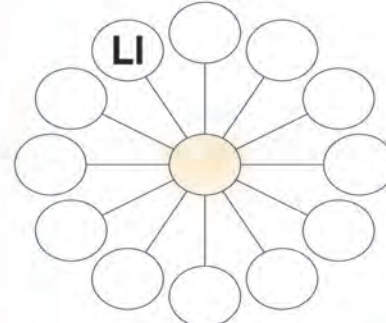
### Kriscross

- 4 Letters: CHIC, CLIC, EDEN, IODO, LORD, NUBE, OCHO, ROMO, SANO
- 5 Letters: ACTOR, AJADA, CANTO, CIEGO, CROMO, LLAMA, OPALO, RUBIO
- 6 Letters: ADOBAR, MONADA, MONTAR, OJEADA, ORONDO, RACANO, TRAUMA
- 7 Letters: ADOBADO, BACALAO, BELGICA, TEDIOSO
- 9 Letters: AEROPLANO, ALCACHOFA, ESCONDIDO, LAGARTIJA, MATUSALEN



### Couplets

Write the listed pairs of letters into the outer circles so that each line running through the centre circle produces a word with an unlisted pair of letters.  
BA - BE - BU - EN - ER - ER - KI - LE - LE - LI - ON - RA

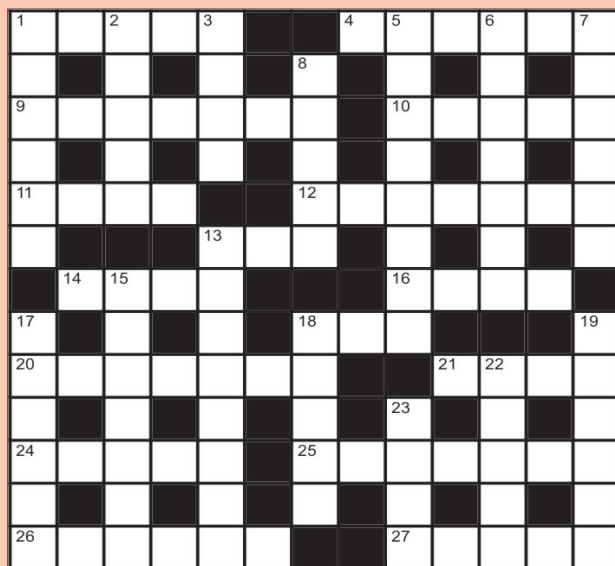


### Step by step

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



### Crossword



#### Down

- 1/14 Becoming featureless and suffering a setback in prestige (6,4)
- 2 Having a liability in taking on a dog (5)
- 3 Shake cocktail and wet (4)
- 5 Roused when a vigil comes to a sorry end (8)
- 6 Wanted to see a knight in action (7)
- 7 English medium ends improvements (6)
- 8 Adapted? Yes as a short story (5)
- 13 Eve plods around upgrades (8)
- 15 Very old account includes restoration of chair (7)
- 17 Shout angrily and the rebate is different (6)
- 18 Rather cautious animals in the market (5)
- 19 One way to get a bachelor (6)
- 22 Top team, though not to the fore (5)
- 23 Wasps' nest contains snakes (4)

#### Regular clues

##### Across

- 1 Landowner (5)
- 4 Burden (6)
- 9 Moments (7)
- 10 Passageway (5)
- 11 Informant (4)
- 12 Avowed (7)
- 13 Dehydrated (3)
- 14 See 1 Down
- 16 Finishes (4)
- 18 Offer (3)
- 20 Emit (7)
- 21 Indonesian island (4)
- 24 Site of famous American siege (5)
- 25 Latent (7)
- 26 Remove (6)
- 27 Sight (5)

##### Down

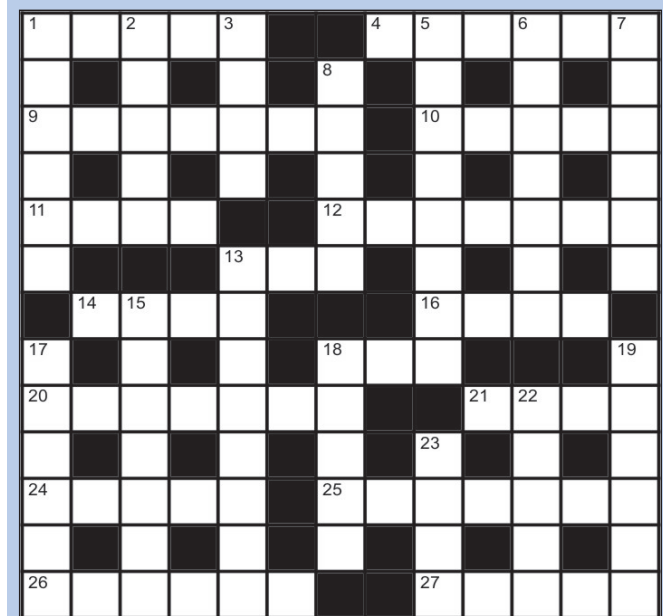
- 1/14 Reduction in one's reputation (6,4)
- 2 Bring upon yourself (5)
- 3 Damp (4)
- 5 Roused (8)
- 6 Wanted (7)
- 7 Alters (6)
- 8 Composition (5)
- 13 Alters (8)
- 15 Ancient (7)
- 17 Rebuke (6)
- 18 Tolerates (5)
- 19 On its own (6)
- 22 Apart (5)
- 23 Snakes (4)

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

#### Cryptic clues. Across

- 1 The French first class road is a landowner (5)
- 4 Mobile seat obtained by theologian in a sale (6)
- 9 Fighter's assistants aren't perfect apparently (7)
- 10 Ale is concocted in a passage (5)
- 11 Annoy the informer (4)
- 12 Swore a few made a mistake (7)
- 13 Prohibitionist is dirty without it (3)
- 14 See 1 Down
- 16 Go to extremes to get goals (4)
- 18 Ask one for an offer (3)
- 20 Get rid of waste from former Greek island (7)
- 21 An island of global importance (4)
- 24 A novice joins a doctor at a famous siege (5)
- 25 Getting support when inactive (7)
- 26 Cut out for this type of duty? (6)
- 27 Incident begins with Santa Claus eating nine eclairs (5)

### Spanish-English crossword



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

#### Across

- 1 Patos (5)
- 4 Sillas (6)
- 9 Más pequeño (7)
- 10 Pañal (5)
- 11 Pistolas (4)
- 12 Alguien (7)
- 13 Sentarse (3)
- 14 Zapato (4)
- 16 Ciervo (4)
- 18 Edad (3)
- 20 Piratas (7)
- 21 Ambos (4)
- 24 Limpio (5)
- 25 Enemigos (7)
- 26 Hermana (6)
- 27 Pulmones (5)

#### Down

- 1 Diseño (6)
- 2 Cadena (5)
- 3 Sal (4)
- 5 Hecho a mano (8)
- 6 Mejorar (7)
- 7 Estilos (6)
- 8 Muñeca (anatómico) (5)
- 13 Frase (8)
- 15 Arreos (de caballo) (7)
- 17 Especies (6)
- 18 Cenizas (5)
- 19 Fantasmas (6)
- 22 Cebolla (5)
- 23 Campana (4)



# Protecting your eyes at work

Article supplied by **Specsavers Ópticas**

As part of their commitment to helping keep eyes healthy, Specsavers Ópticas are sharing their advice on how you can protect your eyes and your vision while you're at work.

## Protect your eyes from the sun

If you work outside, you must make sure that your eyes are protected from the damaging UV rays. UV radiation from the sun has been identified as a leading risk factor for developing cataracts, as well as being linked to a host of eye problems later in life. Lifeguards and those working at sea should take extra care, as water and sand can reflect UV radiation and increase your exposure.

You should always wear sunglasses that offer 100% UV protection against both UVA and UVB radiation and conform with agreed safety standards to ensure they are giving you the protection they should. Wear sunglasses which offer maximum coverage such as wrap-around frames and combine with a wide-brimmed hat, even if it is cloudy or overcast.

## Reduce eye strain

If you work in an office, you will likely be on the computer for long periods of time. We're meant to be out as hunter-gatherers, looking out for predators in the distance. Instead, most of us spend hours every day reading and sitting in front of a screen.

Our eyes are not designed to be fixed on a single object for a long period of time and extended use of computers can cause eye strain if you don't manage your usage carefully. When we focus on

our screens for too long, eyes become stressed and strained and may feel uncomfortable, sore, tired and as if they are itching or burning. You may also be experiencing blurred vision and headaches too.

We advise anyone working in an office and using computers for a long period of time to follow these tips:

- Follow the 20:6:20 rule: look up from your screen every 20 minutes and look at something six metres away for at least 20 seconds. Looking into the distance helps relax the focusing muscles of your eyes, which in turn reduces eye fatigue.

- Adjust your workstation – Adjusting your screen settings to ensure that the brightness and contrast are balanced correctly can help, as well as making fonts larger. Also be mindful of how your workstation is positioned. Adjust your screen so it is 15-20 degrees below eye level and around 50-70cm away from the eyes and make sure your room is properly lit to avoid squinting.

- Reduce glare – Reflections on your computer screen can cause glare and lead to eye strain. Try reducing this by attaching an anti-glare screen to your monitor or windows to avoid external light shining onto the screen.

## Wear the right eye protection

If you work in construction,

gardening, or in a location with conditions which might lead to something going into the eye, it is vital to wear the appropriate safety goggles or spectacles for the task in hand. Eye injuries are one of the major causes of blindness and low vision worldwide.

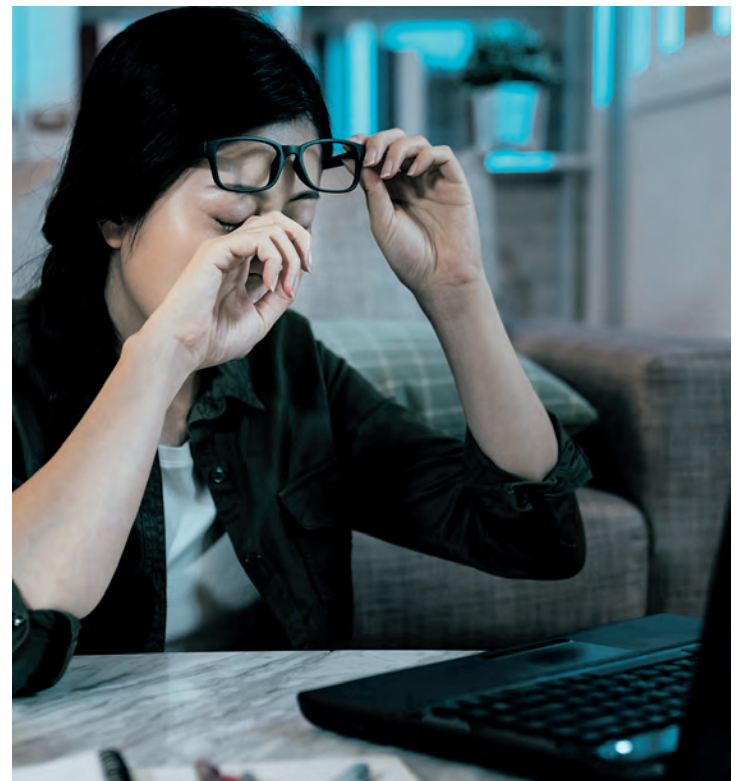
Here are some common eye hazards to be aware of at work, so you can protect yourself when required:

- Trimming the hedge: Twigs in the eye are incredibly common – sometimes people may fail to notice the tip of a branch as they lean over to prune a hedge or push piles of twigs into the bin. This can cause



anything from small scratches to ripping off layers of the cornea which can be extremely painful.

- Mowing and strimming: Watch out for objects hidden in the lawn that could be caught up and spat out by



your lawnmower or strimmer.

- Handling irritants: It's so important to avoid touching or rubbing your eye as there are chemicals which can burn the eye and even plants that can cause severe allergic reactions.

- Power tools and pressure washers: Take extra care using power tools and pressure washers that can cause foreign objects to fly into the eye at speed.

- Paint, solvents and chemicals: Paint can contain chemicals that are severe irritants while substances with a high alcohol content – even alcohol-based hand gel for example – can be a real danger as it can remove the epithelium...the layer of tissue that covers the cornea. Strong alkalis such as caustic soda and wet plaster and cement are also very harmful to the eyes.

- Joinery: This can be a key culprit of foreign objects in the eye. Don't risk hammering without safety goggles on as it's so easy for a nail or flint to spark back up

into the eye.

## Get your eyes tested regularly

Many problems with the eyes have no symptoms, so you should have a check-up with your optometrist every two years from the age of three. While many people know that a routine eye test can identify sight-related illnesses such as glaucoma and cataracts, a relatively unknown fact is that the same eye test could help to detect serious medical conditions that you wouldn't usually associate with the eyes, such as diabetes, high blood pressure and brain tumours. If necessary, the optician will refer you directly for further medical examination to an ophthalmologist or your GP for treatment.

They can also advise you on how to take care of your eyes at work and recommend eye protection, products or healthy habits to reduce problems in your workplace.

Specsavers Ópticas are passionate about providing the best quality, most comprehensive eye tests, using the latest technology.

To book a free eye test or to find your nearest store visit [www.specsavers.es](http://www.specsavers.es)

Photos: Freepik





# Why is melanoma on the rise?

By Yasmin Vince, PA

## New personalised 'gamechanger' skin cancer jab is tested

It's the fifth most common cancer in the UK and experts are concerned about ever-increasing rates.

The world's first personalised mRNA cancer jab for melanoma is being tested in British patients.

The "gamechanger" jab – which also has the potential to stop lung, bladder and kidney cancer – is custom-built for each person in just a few weeks, and works by signalling the body to hunt down cancer cells and prevent them coming back. This is phase three of the trial, led by University College London Hospitals NHS Foundation Trust (UCLH), and researchers believe it offers hope of a cure.



Photos: Alamy/PA

the mole have an uneven shape?)

B – border (are the edges blurry or jagged?)

C – colour (is it an uneven colour with different shades and tones?)

D – diameter (is the mole

or changing should be checked out.

Surgery is the main treatment for melanoma, which is easier if it's caught early. Sometimes chemotherapy, radiotherapy and drugs are also required.

believe the rise in temperatures and hotter summers could be playing a part in growing rates of the disease – and scientists have predicted 2024 could be our hottest year yet.

People are often keen to

son, which look abnormal. These are not necessarily melanoma but those with FAMMM are at a higher risk."

People with past exposure to sunburns during childhood are also at higher risk, as well as those who've used sunbeds.

## Can you prevent melanoma?

According to Cancer Research UK, more than 80% of melanoma cases in the UK are preventable. Protecting skin from sun damage is key, by spending time in the shade on sunny days, wearing a hat and sunglasses and applying sunscreen generously and regularly – at least SPF 30, although Dr Mayou recommends SPF 50.

"And SPF 50 is only SPF 50 if you put it on quite thickly, but almost no one

## Why is melanoma on the rise?

Dr Susan Mayou, consultant dermatologist at the Cadogan Clinic, says dermatologists are "definitely diagnosing more cases of melanoma" than in any previous year.

"This is partially because the public health awareness campaign has been so effective," says Mayou. "More people see dermatologists about abnormal moles than they used to, and we are able to diagnose melanoma, even pre-melanoma, early."

However, Dr Mayou is clear that the overall number of cases has increased as well, adding: "The majority of cases are related to sun exposure, and we are exposed to more UV rays now than we used to be."

## Are climate changes playing a role?

As sun exposure is a key factor in melanoma, experts



Melanoma is the fifth most common cancer in the UK, with one of the highest mortality rates. According to Cancer Research UK, around 16,700 people are diagnosed every year, and the charity has warned these numbers could increase by over 50% in the next two decades.

So, why is melanoma rising in the UK, and what else do you need to know about it?

## What is melanoma?

Melanoma starts in our melanocytes – the cells which produce melanin, the pigment that gives skin its colour and helps protect us from UV radiation – and occurs when abnormal cells spread uncontrollably. Key symptoms include new abnormal moles, and existing moles that are changing.

The ABCDE checklist can help identify if a mole is abnormal. This stands for:

A – asymmetrical (does

bigger than your other ones?)

E – evolving (is it changing, such as starting to itch, bleed or become crusty?)

These changes don't always mean you have cancer, and it's important to remember some melanomas won't have all of these characteristics – especially on black and darker skin tones. But anything that's unusual

make the most of hot weather, but as many Brits are not used to being exposed to the sun, we may not always be vigilant with applying SPF and protecting our skin. It's also far more common now to go on holiday to hotter climes.

## Who is most at risk?

Dr Mayou says there are several factors that could increase a person's risk of melanoma. "There is a genetic influence," says Mayou. "One in 10 melanoma patients have a family history of the disease."

Skin type can also play a part. "People with fairer skin that burns easily are more likely to experience the type of skin damage that causes melanoma," Mayou adds. "There is also a condition called familial atypical multiple mole melanoma syndrome (FAMMM), where those that have it have more moles than the average per-



does. So, you should put on as strong sunscreen as possible," she adds. "Be aware of your moles, and if they start to look like an ugly duckling, see a doctor. And never go on a sunbed. There is no such thing as a safe tan, unless it comes out of a bottle."

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**SENIJA VILLAGE HOUSE.** Needs renovation. Situated in centre of village. Consists of, Grd floor; Entrance hall, lounge/dining room +fireplace very light, old kitchen with dining room & adjoining room used as laundry room, family bathroom + bathtub & inner courtyard half covered with 2 storage rooms. 1st floor large outside terrace, 2 single bedrooms + fitted wardrobes & the master bedroom + fitted wardrobe & window to the street. Property has original flooring throughout, wooden windows + single glazing, wooden beams on both floors & a solid wooden front door. A visit is recommended to appreciate the charm of the village as well as its proximity to nature & the beach. Ref-1250 -Price-110.000€ Tel: 609 211 710 https://karmaproperties.net

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

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

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**Contacts**

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

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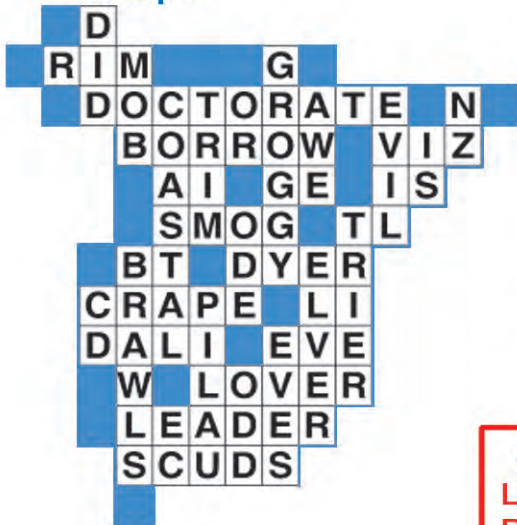
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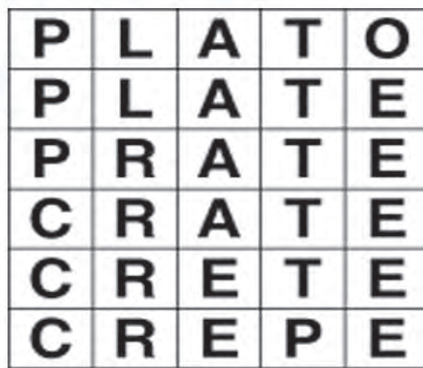




Shape



Step by step



Couplets

LITTLE, KITTEN, BETTER,  
RATTLE, BUTTON, BATTER

KrissKross



Crossword

Across: 1 Laird, 4 Saddle, 9 Seconds, 10 Aisle, 11 Nark, 12 Averred, 13 Dry, 16 Ends, 18 Bid, 20 Excrete, 21 Bali, 24 Alamo, 25 Resting, 26 Excise, 27 Scene.

Down: 1/14 Losing face, 2 Incur, 3 Dank, 5 Awakened, 6 Desired, 7 Emends, 8 Essay, 13 Develops, 15 Archaic, 17 Berate, 18 Bears, 19 Single, 22 Aside, 23 Asps.

Sudoku easy

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

Sudoku fiendish

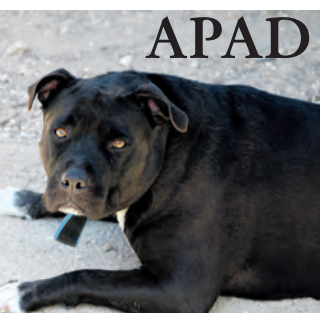
6	2	8	7	3	5	4	1	9
5	3	9	1	6	4	2	7	8
7	4	1	9	2	8	6	3	5
9	8	5	3	4	7	1	6	2
4	1	3	6	9	2	5	8	7
2	7	6	8	5	1	9	4	3
1	9	4	2	8	3	7	5	6
3	6	7	5	1	9	8	2	4
8	5	2	4	7	6	3	9	1

Spanish-English Crossword

Across: 1 Ducks, 4 Chairs, 9 Smaller, 10 Nappy, 11 Guns, 12 Someone, 13 Sit, 14 Shoe, 16 Deer, 18 Age, 20 Pirates, 21 Both, 24 Clean, 25 Enemies, 26 Sister, 27 Lungs.

Down: 1 Design, 2 Chain, 3 Salt, 5 Handmade, 6 Improve, 7 Styles, 8 Wrist, 13 Sentence, 15 Harness, 17 Spices, 18 Ashes, 19 Ghosts, 22 Onion, 23 Bell.

Pets' Corner



APAD

**KIRA** is a wonderful mixed-breed lady in the prime of her life. She is seeking a calm and loving home to enjoy her well-deserved relaxation. Although Kira values tranquility she loves her outdoor walks. As an experienced lady, she knows the rules of behaviour and is an exemplary companion. She walks calmly by your side, is house-trained, and is simply a joy to have around. Kira radiates with the joy of life and is eager to captivate you with her charm.

Please contact APAD on 966 427 678, send an email to [info@apad-apad.org](mailto:info@apad-apad.org) or see [www.apad-apad.org](http://www.apad-apad.org)

**AKIRA CARMEN** came to us as her owner has had to return to his home country to care for a sick family member - it is heartbreaking for both of them.



Carmen is nearly two and selective about who she likes, including other dogs and cats. She loves children and walks well on the leash. Please contact Akira on 657 689 567 or send an email to the shelter: [akirashelter@aol.com](mailto:akirashelter@aol.com)

Pets in Spain

**BENI-HUNI** is 12 months old and weighs around 50 kilos, he is chipped, vaccinated and neutered. He is good with the other dogs and ideally needs a home with large garden.



Call Pets in Spain on 645 469 253

Animal Angels

The **FANTASTIC 4**. These four little brothers and sisters are without names and are looking out for a new loving home. They get on extremely well with all our other cats and kittens and they like nothing more than a toy to play with and a cuddle.



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

Los Infiernos

This black pup is **HELEN**, she is three months old and will remain small. She's possibly a chihuahua mix. She's very sweet, all of her siblings have left but she's still waiting alone for her social people. We have many pups of different ages and sizes that are also gorgeous.



Please contact us at Los Infiernos, we have more than 300 dogs available for adoption.

Contact: via messenger from our Facebook page-LosInfiernosProtectoraSupportersSPAIN, find us on Instagram: [losinfiernosprotectora](https://www.instagram.com/losinfiernosprotectora) or you can email: [losinfiernosdogs@gmail.com](mailto:losinfiernosdogs@gmail.com)

**BARC PIP**, is approximately seven months old. Partially vaccinated and will be neutered in the next few weeks. Pip was adopted but recently returned to BARC as his owner has to go away to work. A very friendly boy, loves cuddles.



If interested please contact Yvonne on 647048943.

K9 Club

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



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



# What to prune and when?

By Hannah Stephenson, PA

## Here's how to cut back shrubs at the right time

Don't lose a mass of flowers by pruning your prized shrubs at the wrong time. Hannah Stephenson looks at what to prune now, and what can wait...

It's almost time for plants to start back into life, when gardeners dust off their secateurs to get their prized shrubs and trees into shape.

New buds are usually clearly visible by the end of February, and it's best to finish winter pruning before the spring growth really gets underway.

But it can be confusing for newcomer gardeners to know which plants to prune when, especially as if you start snipping at the wrong time, you could end up losing a load of this season's flowers.

So, here's a quick guide to take you through the key points...

### What to prune now

The general rule of thumb is that if your shrubs are deciduous and flower from late summer to autumn, then you can prune them in spring.

Before new spring growth starts, you can tidy up some woody plants, pruning broken stems which are rubbing up against each other, taking them back to a healthy bud or a main stem, and generally getting shrubs back into shape while they are



Photos: iStock/PA



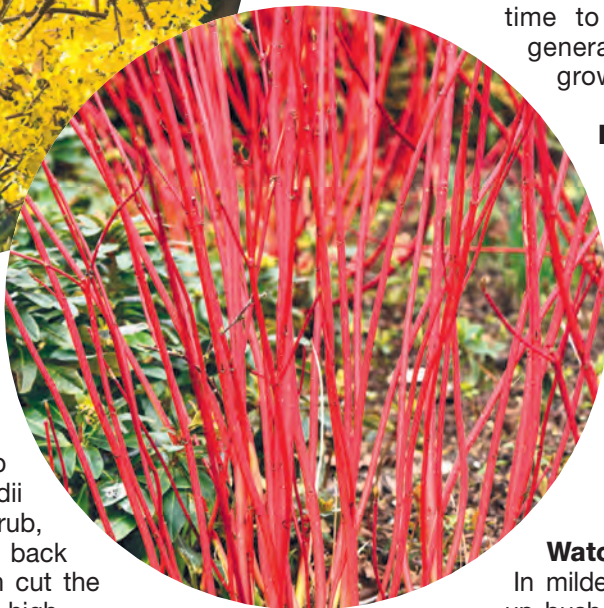
which will bear flowers in the same year.

### Cut back wisteria

This glorious climbing shrub, whose purple

a year - once at the end of summer and again in late winter.

Cut back last season's long sideshoots to two or three buds. This process produces spurs, which allow the fatter buds to remain and bear larger flowers. It's also a good time to tidy the plant up generally, removing wispy growths, says the RHS.



### Deal with dogwood

Dogwood, which is grown for its colourful winter stems, can be cut down to the ground. This will re-energise the plant and encourage many new colourful stems for next winter.

### Watch the weather

In milder areas, start to tidy up bush roses, removing thin shoots and dead, diseased and dying stems. But if the weather is really cold, wait until next month.

leafless.

Plants including Buddleia davidii, potentilla, fuchsia, dogwood and wisteria can be tidied up now. Buddleia davidii is a vigorous shrub, which will come back stronger, so you can cut the stems down to 20cm high.

Cut back old wood hard - old wood looks rougher and darker - to a low bud to encourage strong new growth

flowers adorn the walls of houses during the summer months, needs pruning twice

### Cut certain clematis

You can also prune large-flowering clematis (group 3) such as Clematis viticella and hybrids such as C. 'Jackmanii' and 'Etoile Violette', which flower in late summer, cutting the stems back down to 30cm (12in) to promote good growth.

Prune to a 'nodal point', just above a pair of leaves or buds, where the cut is more likely to heal. If you cut where there aren't buds, you could end up with fungal infections and die-back.

You can also tackle winter-flowering jasmine, untangling the strands and cutting out dead, diseased and damaged stems. To give it a sound framework for next year, tie in new stems to the support system and trim back the side shoots to within about 5cm (2in) of the main stem.

### What not to prune now

Avoid pruning shrubs whose flowers are produced on shoots which developed in the previous growing season. The flowering shoots should be cut as soon as they have finished flowering, to allow new shoots to form.

These include spring and early summer-flowering shrubs such as forsythia, which blooms in March and April, weigela, kerria and philadelphus (mock orange).

### Help overgrown shrubs feel better

While it's still cold enough, you can renewal-prune overgrown shrubs but don't go mad. Just take it in stages, removing some of the oldest branches each winter so that the plant will slowly rejuvenate, replacing those old branches with new ones over time. Within a few years, your shrub should have been revitalised with strong, healthy young growth.



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# Route 10 Pool winter league 2023/24

**By Terry Read**

Route 10 play recognised official blackball rules, games are played weekly every Thursday evening during our season (September to April), at various bars in Alfaz del Pi and El Albir.

This year we have had a super season of eight ball pool, once again culminating in a close finish between the top three teams.

The overall winners, El Niu Slammers, fought a late challenge from Camping Almafra (A) with only a game to spare. Just a Bar (B), last season's winners, finished in third place.

This year we had a record number of 14 teams taking part. The season started in September and finished in April with some 124 players taking part.

This year's presentation awards took place last Saturday, May 4 at Camping Almafra. This was an ideal venue with a separate bar area which was available exclusively for Route 10.

In all there were 100 attendees who came along for the evening. Awards were made for teams and individual player achievements.

The El Niu Slammers while



**El Niu Slammers, league winners**

Photos: Louise Read



**Group photo of all players this season**

taking the overall top spot commended the other teams on their sportsmanship during the season.

Best individual performance this year went to Phil Lowe a member of the Almafra (A) team. Phil Lowe also won a small tournament which was played during the presentation event.

The food and drink flowed throughout the evening with live entertainment provided by The Sugar Shack Duo and an Eminem tribute act.

Our thanks go to our sponsors and hard working administrators.

It was a very successful evening and probably the best one yet, commendations were made to the organisers of the event.

We are always looking for new teams and players for the next season. If you have any interest in taking part please contact Route 10 on 96 506 3299. We are very diverse league and have players of all ages and gender taking part.

The new winter season starts in September and we will be running a smaller summer competition in June, July and August.



**Almafra B runners up**



**Phil Lowe, player of the year**



**Third place went to team Just a Bar**



**Route 10 administrative team: Adam Westall, Terry Read, Antonio Brown and Richard Tate**



**Belinda, captain for team Pocket Rockets**



**Team Septimo Arte**