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January 2022

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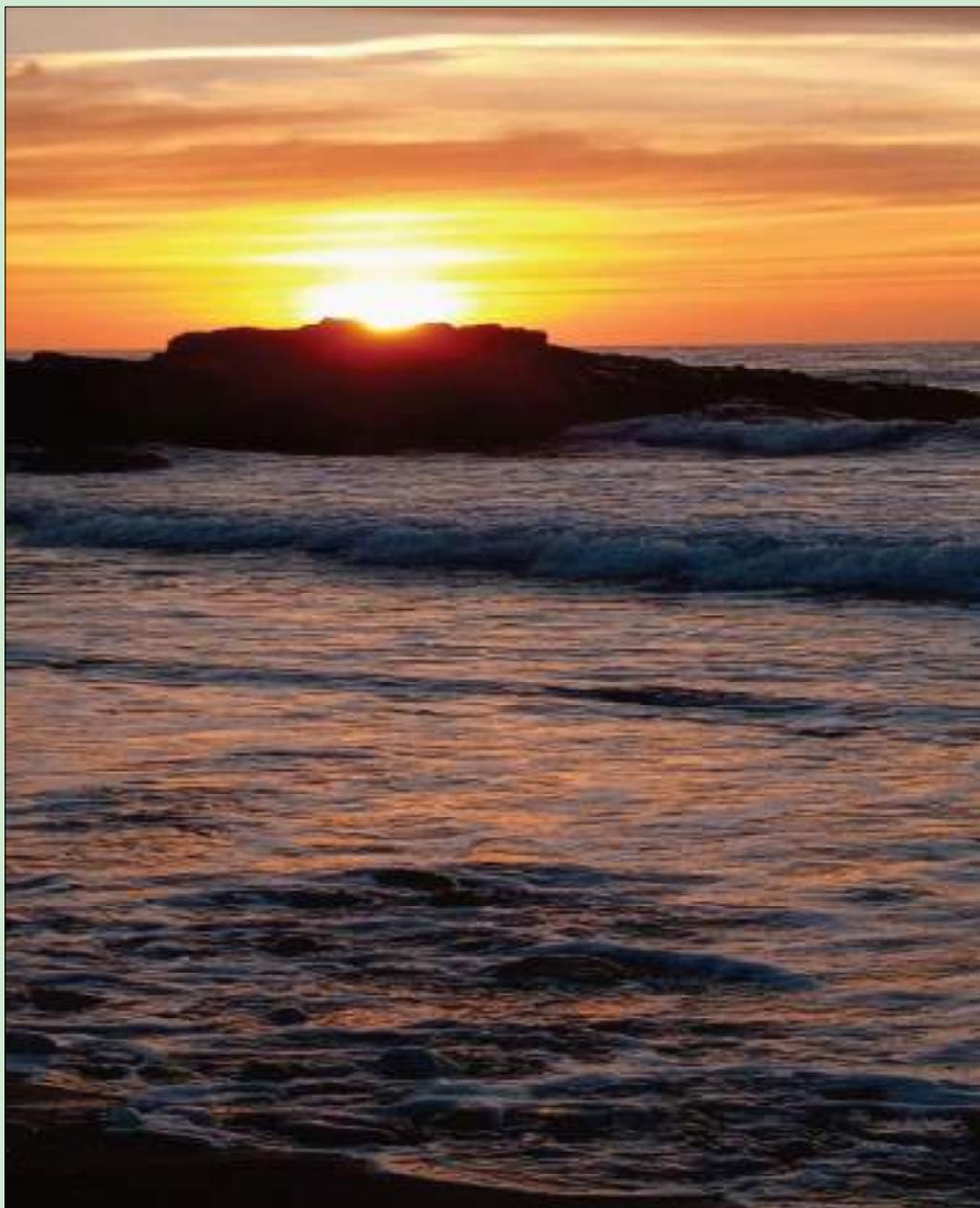
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## Townhouse of the month

**Canillas de Albaida Price: €135,000 TT992**



This is one of our wonderful townhouses situated in the centre of the beautiful mountain village of Canillas de Albaida, within walking distance of all the local amenities. It has lovely views from the roof terrace over the village, up to the mountains and down towards the Mediterranean sea. The interior accommodation consists of on the ground floor a large open plan living

area and fully equipped modern kitchen, on this floor one will find a pellet burner. An open style staircase takes you from this floor up to the first floor which comprises two spacious double bedrooms, and two bathrooms both equipped with showers. One is then taken to the large, partially covered roof terrace, making the most of the stunning views of the surrounding village and mountains.



**Nerja: Price: 470.000€**



Living space: 181m<sup>2</sup>  
Bedrooms : 3  
Pool: Yes  
Garage : No

Terrace: Yes  
Bathrooms: 4  
Views: Sea views  
Area: Village  
**Ref.TTH458**

**Cómputa: Price: 498.000€**



Living space: 240m<sup>2</sup>  
Bedrooms : 4  
Pool: Yes  
Plot: 5000m<sup>2</sup>

Terrace: Yes  
Bathrooms: 3  
Views: Sea views  
Area: Countryside  
**Ref. CP068**

**Canillas de Albaida: Price: 330.000€**



Living space: 125m<sup>2</sup>  
Bedrooms : 3  
Pool: Yes  
Garage: No

Terrace: Yes  
Bathrooms: 2  
Views: Sea views  
Area: Countryside  
**Ref. CP291**

**Sayalonga: Price: 440.000€**



Living space: 196m<sup>2</sup>  
Bedrooms : 2  
Pool: Yes  
Plot: 7600m<sup>2</sup>

Terrace: Yes  
Bathrooms: 2  
Views: Sea views  
Area: Countryside  
**Ref. CP316**

**Torrox Costa: Price: 525.000€**



Living space: 70m<sup>2</sup>  
Bedrooms : 2  
Pool: Yes  
Garage: Yes

Terrace: Yes  
Bathrooms: 2  
Views: Sea views  
Area: Village  
**Ref. TAP251**

**Torrox: Price: 472.000€**



Living space: 200m<sup>2</sup>  
Bedrooms : 5  
Pool: Yes  
Garage: No

Terrace: Yes  
Bathrooms: 3  
Views: Sea views  
Area: Countryside  
**Ref. TCP163**

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January/Enero  
2022  
Issue Nº 286

Published by Streetwise  
Apartado de Correos 136,  
Torrox, 29770, Málaga, España  
Publisher: Dawn Ashurst  
Sales: (00 34) 638 474 718  
Design work: Dawn Ashurst  
Design work : Chelsea Ashurst  
Deposito Legal: MA 3272-2009

Web Site: [www.streetwise.es](http://www.streetwise.es)  
e.mail: [info@streetwise.es](mailto:info@streetwise.es)

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### Welcome to Streetwise magazine -

Firstly as Editor I will be keeping my opinions to myself! Secondly, I would like to say a huge huge thank you to all my clients, contributors and readers who over the years have continuously supported Streetwise magazine. Your support is very much appreciated and I am happy to call many of you friends.

2021 was a difficult year for me on many levels and the support I have been shown and have received will not be forgotten, thank you!

Here in our beautiful corner of Spain business continued as usual and we were happy to see the tourists back. We can look forward to 2022 with great optimism and believe that it will be a very good year, for businesses. Family and friends are already planning their holidays to Spain and we look forward to seeing them during 2022.

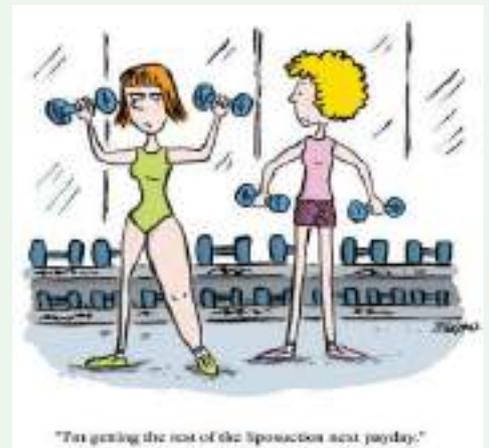
We have a packed Streetwise to start off the new year, enjoy!

Dawn x



'Torrox Sunrise'

Photograph: Sheila MCaslan



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Attractive apartment, refurbished, in El Capistrano Village, comprises of terrace with beautiful sea views, bright lounge-dining room, fitted kitchen, 2 ample bedrooms, 2 bathrooms,, lovely private garden.

**Price: €235.000**

**Ref: NV: N021A**



New houses on El Capistrano. Ground floor : ample terrace, 2 bedrooms, 2 bathrooms, cloakroom. Upstairs: spacious, bright lounge-dining room, open plan kitchen, terrace with partial sea views, bedroom, bathroom. Amazing roof terrace with private pool and 360° of stunning sea and mountains views.

**Prices from €349.000 -€395.000**

**Ref:NV.BLOQ-JES**



**RESERVED**

Lovely top floor apartment, in El Capistrano Village, completely refurbished, comprises of ample terrace with lovely sea views, bright lounge-dining room, fully equipped kitchen, family bathroom, spacious bedroom with wardrobes.

**Price: €160.000**

**Ref: NV.PO70A**



Lovely villa, in the popular Capistrano Village, comprises of 2 floors. Ground floor consisting, patio, garden, lounge with fireplace, dining room, separate fitted kitchen, toilet. Top floor consisting terrace with nice sea views, 2 bedrooms, bathroom. It enjoys Communal facilities such as several swimming pools, ample garden areas, etc. Good location within the Village and big rental potential.

**Price: €339.000**

**Ref: R004**

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**Price: €300.000 Ref: NV.MAR019**



Charming apartment at El Capistrano Village, comprises of spacious living-room with fireplace, fitted kitchen, bathroom, double size bedroom, lovely patio-garden with sun most of the day. Located within 1 minute walk to the swimming pools. Great rental potential!

**Price: €150.000 Ref: NV.PO59**



Detached villa on 3 floors, 150m<sup>2</sup> built, in El Capistrano. Ground floor, patio-parking area, terrace, lovely private pool, lounge-dining room, fitted kitchen. First floor, 2 bedrooms with built-in wardrobes, 2 bathrooms, access to a solarium with a beautiful sea and mountain views. Basement, ample lounge-dining room, kitchen, bathroom, bedroom with built-in wardrobes..

**Price: €140.000 Ref: NV.ORG2**



Detached villa on 3 floors, 150m<sup>2</sup> built, in El Capistrano. Ground floor, patio-parking area, terrace, lovely private pool, lounge-dining room, fitted kitchen. First floor, 2 bedrooms with built-in wardrobes, 2 bathrooms, access to a solarium with a beautiful sea and mountain views. Basement, ample lounge-dining room, kitchen, bathroom, bedroom with built-in wardrobes.

**Price:€497.500 Ref: NV.CARP**



**SOLD**

Lovely villa, in El Capistrano Village. Comprising, Ground-floor, lounge, separate dining room, independent fitted kitchen, toilet, ample terrace, leading to a beautiful private garden, with access to the, basement with bed, bath, and a storage room. First floor, accessed from the living room area, comprising 2 beds, with built-in wardrobes, 2 baths, terrace with sea views.

**Price:€375.000 Ref: NV.R0104**



Luxury detached villa (2 x self-contained dwellings), in Capistrano Village, with private pool and communal pools, consisting of 5 bedrooms, 4 bathrooms, 2 spacious outdoor and 1 indoor terrace, with sea views and BBQ area, private car garage, 2 living-dining rooms, 2 equipped kitchens, lovely private garden.

**Price:€790.000 Ref: NV.CO02**



**SOLD**

Lovely apartment in El Capistrano Village. Comprising, private garden, terrace, south facing with sun all day, lounge-diner, kitchen, bathroom, bedroom with fitted wardrobes. Facilities include pools, restaurants, garden areas. Huge rental potential.

**Price:€169.000 Ref: NV.PO39**

**Due to our many successful sales, ...we urgently require properties for our extensive list of potential purchasers. Located in El Capistrano Village, we are open every day of the year. We Await your call or visit!**



# Spain approves new law recognizing animals as 'sentient beings'

Thanks to the legislation, which was only opposed by the far-right Vox party, pets and wild species will no longer be considered as 'objects' in the Spanish Civil Code. Animals in Spain will no longer be considered as 'objects' by the law thanks to new legislation passed on Thursday by Spain's lower house, the Congress of Deputies.

From now on, animals will be treated as 'sentient beings', and as such will have a different legal standing than an inanimate object. They will no longer be able to be seized, abandoned, mistreated or separated from one of their owners in the case of a divorce or separation, without having their wellbeing and protection taken into account.

The new law to modify the legal framework of animals was approved on Thursday with wide support from Spain's Congress, only the far-right Vox party voted against the measure. The legislation changes the Civil Code, Mortgage Law and Civil Procedure Law, and broadly applies to all animals, whether they are domesticated or wild.

Animals were already recognized as sentient beings, with rights and interests that must be taken into account, in European law, regional administrative laws and even Spain's Criminal Code. But this recognition was not present in the Spanish Civil Code, which covers issues relating to property, family and obligations. This meant that lawyers did not have a legal basis to address certain problems, such as what to do with pets in divorce cases. 'It's a step forward and it says that in separations and divorces, the arrangement that will be applied to the animals will take into account not only the interests of the humans, but also of the animal,' explained María González Lacabex, from INTERcids, a legal organization specializing in animal protection. We are the only species that recognizes the suffering of others and as such we have an obligation to prevent that suffering. The process to get the law approved has been long and winding. It was first proposed in 2017, but did not move



forward due to the upheaval caused by Spain's two general elections in April and November of 2019. It was not until April of this year that the initiative appeared before Congress, where it was supported by all parties except Vox. In September, the law was then approved by Spain's upper house, the Senate, which introduced some modifications. And on Thursday, it was given the final green light by Congress.

The conservative Popular Party (PP) largely supported the text of the document, but warned the coalition government, which is led by the Socialist Party (PSOE) and junior partner Unidas Podemos, that it will not back greater protections for animals. The warning was in reference to the Social Rights Ministry, headed by Ione Belarra from Unidas Podemos, which is preparing a draft for a new animal welfare law that includes stricter measures to prevent animal trafficking and abuse. Teresa Aguada, a lawmaker from the PP, called on the Socialists not to 'cede to the extremist pressure of your partners (Unidas Podemos) to attack our traditions, culture and rural world.' Most of Spain's congressional parties, however, welcomed the law's approval. 'It's a moral victory in a country where 200,000 animals are abandoned each year,' said Juanxo López de Uralde, from Unidas Podemos. Sonia Guaita, from the PSOE, pointed out that similar legislation exists in most European countries, adding: 'Those who are violent against animals are potentially violent against humans as well.' Guillermo Díaz, from the center-right Ciudadanos (Citizens), also defended the law. 'We are the only species that recognizes the suffering of others and as such we have an obligation to prevent that suffering,' he said, explaining that up until now, 'animals were not considered different from a television' in divorce cases. The sole voice of dissent came from Vox lawmaker Ángel López Maraver, who is the former president of the Spanish Hunting Federation. He described the law as 'insanity, nonsense, stupidity. It humanizes animals and dehumanizes man.'

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## Spain tightens travel restrictions amid concerns over omicron coronavirus variant!

Visitors from the United Kingdom who are not EU residents will now only be able to enter the country if they are fully vaccinated, while those from 'high-risk' areas will need to provide a negative Covid test in addition to proof of vaccination.



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### TORROX COSTA

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Reduced to: €265.000 Ref: 6340 V13



### TORROX COSTA

Spacious corner apartment of 85 m<sup>2</sup> with 2 beds, 2 baths, full kitchen with laundry room, lounge - diner and a lovely terrace with sea views. Fully furnished, A/C in lounge, double insulated bedrooms plus a large roof terrace with pool.

Price only: €208.000 Ref: 6506 AP2



### TORROX COSTA

Urban plot of land with stunning sea views to build a detached villa. On various floors with garage underneath and a private pool. Close to the coast, beach and amenities.

Price: €136.000

Ref: 6510 PL



### PUNTA DEL FARO

Stunning penthouse frontline to the beach. Close to the centre and the promenade. 2 beds, 2 baths, separate kitchen, lounge, 100 m<sup>2</sup> South facing terrace, large gardens and 2 communal pools. Underground parking space & storage

Price: €520.000

Ref: 6517 AP2



### ALCAUCIN

Prestigious villa close to the village. 260 m<sup>2</sup> built size with 3 bedrooms, 2 baths, WC, full kitchen, wonderful lounge with fireplace and gallery, conservatory and Andalusian patio. Air conditioned, private garage, tool shed and a lovely pool.

Price: €419.000

Ref: 6514 V13

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# Strategic financial New Year

**Of course, you can review your financial planning any time to ensure it is on the right path, but the New Year is the perfect prompt to do so if you have not taken a fresh look for a while.**

One key reason to review your wealth management is to ensure it is up to date. Establish whether any tax rules or financial regulations have changed and consider if developments in your personal circumstances mean you should adjust previous arrangements. But an effective review of your financial planning, to ensure it is suitable for your life in Spain and wishes for the future, needs to go beyond that. Many people only consider segments of their finances at a time. They may have bought shares in companies they like and/or invested in funds recommended by an adviser years ago. They may speak to a tax accountant about Spanish taxation and to a lawyer about setting up a Spanish will. At some point they look at their pension funds. For truly effective financial planning, however, you need to consider all these various aspects together. For example, how you hold your investments can make a difference to your Spanish tax liabilities. Estate planning in Spain is no simple matter, with its complex succession tax regime and forced heirship rules, and how you own assets can impact on what you can achieve. When deciding what to do with your pensions, look at all your retirement savings and what income they can generate for you. Here are three key areas to consider in your financial planning review.

## Spanish residency and taxation

The fact that you are resident in Spain, rather than the UK, has a significant impact on your financial and tax planning. Make sure you know where you are resident for tax purposes, especially if you are new to Spain or spend significant time in both countries. The Spanish and UK residency rules are different and more complex than first meets the eye. The double tax treaty determines where you pay tax if you are resident in one country and earn income in the other.

Regardless of how effective your tax planning in the UK was, you pretty much need to start afresh in Spain. What was tax efficient in the UK is unlikely to be tax efficient here. Explore the compliant arrangements available in Spain to establish what would work for your situation and aims, and how much tax you can save.

## Estate planning

Don't leave estate planning to the final stage of financial planning. The way you own assets could make a difference to how you can distribute them on death and how much tax your beneficiaries pay, so take this into consideration early on. The Spanish succession tax rules are very different to UK inheritance tax rules and you need to understand these to be able to plan around them. Succession law in Spain establishes forced heirship rules and protects children over your spouse - in general terms, children are entitled to receive two thirds of an estate's assets. This can have unwelcome consequences for certain families unless you plan ahead. UK nationals can use the EU regulation 'Brussels IV' to distribute

# Financial planning for the

**by Kelman  
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their estate under the appropriate UK jurisdiction's law, but research this first to confirm if it is the best solution for you.

### **Financial structuring for life in Spain**

Perhaps the key rule for financial planning is that it must be specifically structured around your personal circumstances – your lifestyle today and plans for the future, family situation, income requirements, objectives, time horizon and risk tolerance.

If you do not already have a strategic financial plan in place for Spain, you may need to take a fresh look at all your investments and consider if they are suitable for you today and the current economic climate.

Are they too risky? Do you have adequate diversification? Can they provide income without risking the capital? Could you consolidate shares and funds so they are easier to manage?

At the same time, consider your tax liabilities on investment income and gains, as well as the annual wealth tax, and whether you could use tax efficient arrangements to hold your investments as resident of Spain. And how will these savings be passed to your heirs?

What inheritance taxes will they have to pay? Can the funds be passed on directly or will there be a lengthy probate process?

Every family is different. Your strategic financial planning must be carefully designed for you. All the various aspects should work cohesively together to create an overall wealth management plan that provides long-term financial security for yourself and achieves your wishes for your heirs.

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# La Palma...

## Two months after the new volcano on the Spanish island of La Palma began to erupt.

They have been, according to the president of the island authority, Mariano Hernández Zapata, "the worst" in the recent history of the island. The eruption has been the protagonist of these 61 days in the lives of the nearly 85,000 residents on the Canary Island, located off the northwest coast of Africa. The eruption is now the

longest since 1712, when there was a volcano in El Charco, also on La Palma. It is said, however, way off the 2,055 days that the eruption of Timanfaya, on neighbouring island Lanzarote, lasted. According to the Volcanology Institute of the Canaries (Involcan), the energy being released is as much as 286.2 terawatts per hour, a figure that's equivalent to 35.9 times the energy needs of the entire Canary Islands archipelago. So much of this natural energy has served to destroy man-made constructions on La Palma. Many residents have already lost their homes, while others are waiting anxiously to see if their properties will escape the passing of the lava. Hundreds have lost their jobs while many others may lose theirs in weeks to come. The numbers can't reflect the entire reality of the situation, but they can help when it comes to describing the magnitude of the tragedy on what is affectionately known as the "Isla Bonita" (the beautiful island).



When the volcano began to erupt, the whole world looked on with amazement at the natural spectacle. The island residents, however, were aware from the very first moment of the dangers they were facing. By the next morning, the lava had razed a large part of El Paraíso neighbourhood in the municipality of El Paso, as

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well as part of Las Manchas, and was moving downhill at great speed in a southwesterly direction.

'The volcano does what it wants,' María José Blanco, a volcanologist from the National Geographic Institute, has explained on a number of occasions. On its erratic route, the lava has covered El Pedregal, Todoque, Los Campitos and Callejón de la Gata. In total, up to 1,041 hectares of land had been covered by the lava, that's 1.4% of the total area of La Palma, with a perimeter of 53 kilometers. The lava has also created a new delta in the sea, starting from September 28<sup>th</sup>, with 42.8 hectares of new territory up to now.



The widest part of the lava flow expelled from the Cumbre Vieja mountain ridge measures as much as 3,200 meters. As well as this surface area, a further 2.5 kilometers have been declared an exclusion zone by the team of experts monitoring the phenomenon, the Volcano Risk Prevention Plan (Pevolca). The objective is to avoid gases and pyroclasts, rock fragments produced and ejected by the volcano from affecting the population.

The reduced effect of the lava is clear for all to see. The explosiveness of the cone, however, is causing constant collapses, which is changing the route of the lava flows. This means that, two months later, there have been as many as 12 different routes for the molten rock, each creating its own path of destruction.

So far, the eruption has destroyed 1,184 homes according to land registry figures. Those are the dreams of 2,120 people, the number of residents in the exclusion zone according to data from La Palma Cabildo, as the island authority is known. The anxiety, however, is being felt by a total of 7,000 people, the number of residents who have had to be evacuated since September 19<sup>th</sup>, the moment everything began.

On that Sunday, the Canary Islands' regional government urgently ordered 5,000 people to abandon their homes. Five days later, a further 350 people were evacuated from Tajuya, Tacande de Abajo and Tacande de Arriba. On October 12<sup>th</sup>, another ordeal began for around 1,200 residents of La Laguna,

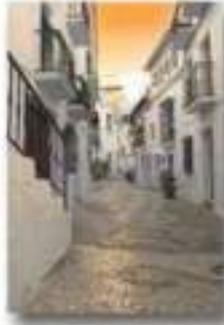


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the neighbourhood where, King Felipe VI and Queen Letizia of Spain said that they were left 'speechless' by what they had witnessed on a visit there.



The Canarian government has prepared two hotels and a number of other facilities for those who have been displaced but barely 483 residents have made use of them. The remainder of the evacuees are doing the best they can in the homes of relatives or friends.

'We are still in the thick of it,' the regional premier of the Canary Islands, Ángel Víctor Torres, has stated over and over. That is why the actual cost of the damage caused by the volcano continues to rise, minute by minute. Notwithstanding, Torres has sought to estimate the final bill: between €550 and €700 million. This figure would qualify the island for access to the European Union's solidarity fund: the requirement is damages above 1% of gross domestic product (GDP), some €430 million.

The problems, however, are not limited to people losing their homes or their businesses. Up until now, 66 kilometers of roads have also been damaged. Among them, one is particularly important: the 2.1 kilometers of the LP-2 that have been cut off by the lava. There are just 15 kilometers between Los Llanos de Aridane and Fuencaliente. After the eruption and the blockage of this route, many people are having to travel halfway across the island every day.

The third time the Spanish Prime Minister Pedro Sánchez travelled to the Canary Island after the eruption began the Socialist Party (PSOE) leader announced a 'powerful package of measures' that would be designed for the rebuilding of infrastructure as well as the reestablishment of the water supply, investment in employment, housing, agriculture, tourism and a range of tax breaks. The total budget for these policies is €206 million, he explained.

As well as these funds, the Canarian government has allocated €40 million more in spending during this first phase, and a further €10.5 million has been approved by the central government for housing and essential items. The regional executive, meanwhile, will include an extraordinary item in its 2022 budget to begin the rebuilding of the island. What's more, the Cabildo has received €7.5 million in donations and there is also the promise of more money from Brussels.

Earth tremors have been a regular feature of the eruption, but the fact that they have been so regular has not stopped the population of La Palma from suffering every time the ground shakes and it has shaken a great deal in the last two months. Since the eruption began up until November 18<sup>th</sup>, there have been 5,100 tremors on the island, which is 85 a day, according to data from IGN seismologist Ithaiza Domínguez.

Of these, 547 have been below a depth of 20 kilometers. But it's not just the quantity that is significant, but also their virulence. Sixty nine of them have measured at least 4 on the Richter scale, and a total of 750 have been felt by the population.



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## National Trust to fell at least 30,000 trees hit by ash dieback!

Charity warns of 'catastrophic' increase in tree and plant disease because of climate breakdown.



An ash tree felled at Hardcastle Crags in West Yorkshire

It is expected that 75–95% of the UK's ash trees will be lost in the next 20 to 30 years. Photograph: National Trust/PA At least 30,000 ash trees are due to be felled by the National Trust this year at a cost of £3m due to dieback, as the charity warns of a "catastrophic" increase in tree and plant disease because of climate breakdown.

Changing weather patterns are expected to cause pests and diseases that destroy trees to thrive, which could bring dramatic change to British landscapes.

The charity has released aerial images showing how this is already happening with some species. For example, tens of thousands of larch trees will be felled due to Phytophthora ramorum, affecting views such as Tarn Hows in the Lake District. The spread of the fungus-based pathogen is accelerating across the Lakes and in some sites it is predicted that 75% of larch in the woodland will be lost. Foresters in the area expect 95% of their time will be spent dealing with the disease.

Just this autumn, two fresh threats to plant health have been identified in the UK – a new disease, Phytophthora pluvialis, and a new outbreak of the eight-toothed spruce bark beetle has been found in south-east England, meaning restrictions have been placed on the movement of trees, bark, wood chipping and cut foliage in various parts of the country.

Phytophthora pluvialis was discovered last month in an area of Cornwall, the first time the disease has been identified in Europe. The disease has since been found in Devon and Cumbria. Although it has not yet been found on National Trust land, experts are keeping a close eye on western hemlock, Douglas fir and several pine species.

The National Trust says it is trying to build "woodlands of the future" that are resilient to climate change, including using species from warmer climates, which are less likely to be affected by disease, for example, by replacing ash trees with walnut.

Ash dieback is also taking up resources, with the cost of removing diseased ash trees having risen from £1m to £3m over the past year. It is expected that 75–95% of the UK's ash trees will be lost in the next 20 to 30 years.

Scientists are also braced for an outbreak of Xylella, an incurable plant disease that can cause serious stress and death in over 150 species including oak, cherries, hollies and walnuts. It has not yet hit the UK but there have been major outbreaks elsewhere in Europe, with olive groves ravaged. It is likely that the disease will come to the UK on an imported plant, much like other pathogens that have been brought over by the horticulture trade.

The National Trust has also warned that an increase in the incidence of storms such as Arwen last week is disrupting disease management efforts and costing millions of pounds to clear up. Thousands of trees are also being lost to the extreme weather events, further adding to decimation of the UK's woodlands.

Trees lost due to disease and pests need to be replaced to help Britain meet its climate change commitments, the National Trust argues, as they are crucial in effectively sequestering carbon as well as continuing to provide homes for wildlife and public access to nature.

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# Spanish Wills

**A will is one of the most common legal needs, but less than 25% of Europeans have one.**

We are now finishing the year and it could be a good moment to think about making a Spanish will or update the existing one.

As you may know, a will is not exclusively about making sure that the right people will inherit without disagreement or problems. It is a formal declaration of intention made by a person in his life-time of his wishes concerning the disposal of his property after his death.

We understand the need to preserve and protect your assets and those of your family. If you have purchased or already have a property in Spain, we strongly recommend you making a Spanish will in order to facilitate the distribution of your Spanish assets.

We have arranged many wills in Spain for foreigner people just like you and we believe that it is a satisfying part of life's planning and not something which should simply be left to chance. It is a good idea to talk to your family about it so they understand your issues and know what you want. It may help those around you to understand your wishes in distressing circumstances.

In Spain, the signing of wills must be made by the testator in the presence of a Public Notary who will keep in his file the original document until the day of

death, and will register it in the Spanish Central Registry of wills which is situated in Madrid. If you have already made a will in Spain, please note that your financial and familiar circumstances can change and therefore your will should be reviewed and updated. If you decide to contact us, we can:

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# Andalucian Winter fruits and vegetables

Let's take a look at 10 of the best seasonal fruits and vegetables that are grown during the winter months in Andalusia. All of these foods are available now and very cheap to buy.

## 1. Citrus fruits, oranges, lemons - (Naranja, Limon)

The orange trees are weighed down at the moment, ready to be picked and turned into marmalade, squashed for a juicy breakfast, or better still, eaten straight from the tree. The lemons won't be too far behind before being ready to be picked.

## 2. Quince - Membrillo.

Eating Manchego cheese will never be the same. You must try some of the jam-like



Citrus fruits - Fruta citrica



## Quince - Membrillo

accompaniment known also as Membrillo, like the fruit of the same name. Large and round and very hard - impossible to eat raw - but boiled down with sugar a delicious friend to cheese and more. Also, quartered and added to stews and casseroles - fantastic with pork - think apple sauce!

## 3. Persimmon – Caqui

Everywhere you go right now you'll see caqui packed in boxes at your green fingered neighbours house or you can pick up a few from your local market - but don't bite into them when they're hard, you'll be left with a rather dry mouth - they're really astringent whilst

unripe. The best way to soften them up is to place them around a glass of clear alcohol - it draws the astringency away. Or, if you have a log burner in your home, then slice them and leave to dry for a chewy and vitamin packed snack.

## 4. Avocado - Aguacate.

Adore these, they're ten a penny at the moment and so tasty in a bacon sandwich, or



Persimmon -Caqui



Avocado - Aguacate

topped with juicy coastal prawns, or just as they are, fresh and full of goodness. They might be more fattening than most fruit, but did you also know that the avocado is also a superfood? Some fats can be good!



Custard apples - Chirimoya

## 5. Custard Apple - Chirimoya

Along the coast you might see rows upon rows of these right beside the road. Miles of orchards full of this tropical fruit, and harvested during January - so therefore cheap and plentiful at the local market or village van. Plus they actually do taste like custardy apples! Once you get past all of those fiddly black seeds...

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**Lettuce - Lechuga**

**6. Lettuce - Lechuga.**

Yes, even in winter, lettuce grows well in Andalucia. A Menu del Día will always have a plate as a first course - it's the rule here in Spain! All types are grown, and found for sale. The mild daytime temperatures of the Costa del Sol mean you can enjoy a fresh salad in the open air and sunshine - even in winter.

**7 Roots - Tubérculo comestible.**



**Roots - Tuberculo comestible**

Back to your roots! There's nothing like a warming stew served in the mountains of Andalucia in the depths of winter. Ski holidays with a daily dose of sunshine and cosy nights by the fire of some little mountain village restaurant, a bowl of local stew served in an earthenware dish with some crusty bread on the side. Potatoes, carrots, parsnips,



**Squash - Calabaza**

they're all great value right now and locally available. Try



**Cabbage - Col**

slicing them really thinly and frying for your own homemade crisps.

**8. Squash – Calabaza**

Not just for Halloween - there are giant specimens of all kinds of squash out here: butternut, pumpkin, marrow, courgette - they're all from the same thick skinned family. Great for whipping up quick soups, roasted, even in puddings and pies - a very versatile winter fruit from Andalucia.

**9. Cabbage - Col.**

Green and leafy, not always rubbery! Choose tender heads of cabbage from the market and stuff the leaves with whatever takes your fancy, it's dirt cheap at the moment and plentiful. Stir fry it, or blanch it - just don't overdo it!

**10. Chard - Acelga.**

Similar to cabbage, Swiss chard comes in green or red, and has a slightly bitter taste. You just know it's good for you! Stir fry it, finely chopped, with Andalucian pine nuts and Spanish olive oil for the best quick snack or add some to that Spanish tortilla in place of potato if you like.



**Chard - Acelga**



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**New this month!**  
 bath townhouse (99m<sup>2</sup>) with living/dining, separate kitchen, easy access to local amenities, roof terrace, ideal lock up and leave holiday home or rental property  
 EPC: in process  
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# 'Lost' Sun Temple

## Lost Sun Temple From 4,500 Years Ago Discovered In Egypt — Beneath A Newer One

The mud brick temple discovered in Abu Ghurab dates back to the mid 25th century BCE and is likely one of six sun temples mentioned in ancient Egypt inscriptions. The sun temple of the Egyptian pharaoh Nyusera covered a much older one. Thousands of years ago, a great pharaoh in Egypt ordered the construction of a sun temple. But the sands of time and the political will of his successors buried it in the desert. Now, archaeologists say they've found his 'lost' sun temple hidden beneath a more recent one.

Archaeologists from the University of Naples L'Orientale and the Polish Academy of Sciences came across the temple in Abu Ghurab, some 12 miles south off Cairo. They suspect that the temple dates back to the mid 25th century B.C. It's likely one of six sun temples built during Egypt's Fifth Dynasty and just the third to be discovered.

The 4,500 year old temple long lay hidden in plain site beneath the temple of Nyusera, a pharaoh who ruled Egypt between 2400 and 2370 B.C. Archaeologists discovered Nyusera's temple in 1898 but didn't realize the significance of the mud bricks beneath it. 'The archaeologists of the 19th century excavated only a very small part of this mud bricks building below the stone temple of Nyusera and concluded that this was a previous building phase of the same temple,' explained Massimiliano Nuzzolo, the co-director of the dig. Nuzzolo, who is also an assistant professor of Egyptology at the Polish Academy of Sciences' Institute for Mediterranean and Oriental Cultures in Warsaw, has spent his career looking for Egypt's sun temples. And he's fairly sure he's found one.

'Our finds demonstrate that this was a completely different building, erected before Nyusera', he said. He ruled Egypt for between 20 and 30 years.

In the beginning, though, archaeologists weren't as sure. Could the 19th century archaeologists have been right? Were the mud bricks connected to Nyusera's temple and not the remains of a different one?

'We knew that there was something below the stone temple of Nyuserre, but we don't know if it is just another building phase of the same temple or if it is a new

temple,' Nuzzolo explained. But Nuzzolo and his team found a 'huge, monumental' entrance which he believed suggested that they'd found a separate building. 'So, why not another sun temple,' he said, 'one of the missing sun temples?' His team soon uncovered a number of clues that suggested that they had indeed found a sun temple. Significantly, they found beer jars filled with ritual mud. These pottery jars date back to the mid 25th century before Nyuserre's time and were only used for specific rituals. I have now many proofs that what we are excavating here is one of the lost sun temples,' Nuzzolo said triumphantly. He suspects that although the original temple was impressive in size, Nyuserre had it destroyed so that he could build his own. Sun temples were a popular option for pharaohs during Egypt's Fifth Dynasty. Ra, the Egyptian sun god, is considered one of the most powerful Egyptian deities. And pharaohs sought to embody his power by building sun temples in their own names. Each king wanted a pyramid for achieving his resurrection but this was not enough for the fifth dynasty kings,' Nuzzolo explained. 'They wanted something more. The king built [a sun temple] to turn himself into a god. The sun god.' He added, 'Indirectly, therefore, the main purpose of the temple was that of being the place for the deification of the living king.'

In addition to the most recent temple and Nyuserre's temple, archaeologists in the 1960s also found a sun temple honouring the pharaoh Userkaf. But to date, they aren't sure which pharaoh built the recently discovered temple.

That's just one of the many mysteries Nuzzolo and his team hope to uncover. By studying pottery they recovered at the site,



A statue of Nyusera as a young and old man

the archaeologists also seek to discover how people ate, what they believed, and how they lived.

**In the meantime, the search for Egypt's other three sun temples continues. But if those temples were built with mud brick, it's possible that they slowly eroded over the centuries, leaving behind no hint of their former might.**



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## Pine Processionary Caterpillars!

With the mild winter we are enjoying, the Costa Animal Society (CAS) would like to warn you that we can expect an early visit from the annual Pine Processionary Caterpillars in 2022. Pine Processionary Caterpillars usually start their annual march from their pine nest into underground burrows in late winter to early spring. They get their name because they undertake this journey in single file lines and follow one another much like a religious procession.

The danger for your pets, and for humans, is that this is when we are most likely to come into contact with these rascals. At this stage of their lifecycle they possess an unusual defence mechanism. That is, they are covered in fine white poisonous hairs, which can cause reactions ranging from an extremely itchy rash to very deadly anaphylactic shock when they are touched or ingested.

During the winter Pine Processionary Caterpillars make nests, which resemble large cotton balls or white cotton candy, in our local pine trees. If you live near pine trees, especially ones with white nests, extreme care must be taken with your pets as the weather begins to warm in the spring.

You should not let your dog roam free and you should try to keep your cat indoors. Unfortunately, the inherently curious nature of your pet may lead them to investigate these unusual creatures. If your pet has the misfortune to sniff, lick or bite these caterpillars your animal would likely suffer a severe allergic reaction or anaphylactic shock, possibly causing airway closure and death.

The symptoms of exposure to caterpillar hair are excessive drooling or frothing at the mouth, difficulty in breathing and/or white spots in the mouth or tongue. If you think your pet is suffering from these symptoms, our vet recommends you flush your animal's mouth with as much water as possible and immediately take your pet for emergency treatment.

A final warning: if you are thinking of taking a pre-emptive strike against these nests you should bear in mind that they too are full of caterpillar hair, which can easily fall out when disturbed. Exposure in humans has been known to cause a severe skin irritation that can last up to three weeks, temporary blindness and/or respiratory problems. Make sure you take appropriate precautions or hire a professional.



### Available for Adoption

Buzz is a young Border Collie type dog who was found on the San Juan de Capistrano urbanisation in Nerja last month after wandering the streets near the tower for a few days. His photos and story have been shared on social media as a found dog but no owner has come forward. The Costa Animal Society (CAS) is now advertising Buzz for rehoming. He is an 18 month-old male who has the coat, colouring and size of a smooth Collie with the temperament and good nature to match. Buzz is a sweet boy who loves to please people and he gets along well with other dogs. He would make a wonderful companion for a single person or a family of two or more and he will be easily trained.

If you would like to meet one of the animals under the care of the Costa Animal Society (CAS), and are looking to adopt or are willing to foster a pet please contact Kurt and Laura at 95 252 1426 or view the CAS website and Facebook page.

### CAS Cat of the Month

The Costa Animal Society (CAS) would love to find a home for the elegant Señor Shorty, a five year-old male cat who was born with a short tail in a garden near La Noria in Nerja. All of his siblings found new homes but Shorty grew up in the garden where it became his domain. Unfortunately, the owner of the house now needs to move back to the UK, so Shorty needs a new house to call home. He has



## The Costa Animal Society...

been vaccinated, neutered and has always been treated for fleas, ticks and worms, but he still needs a chip and passport.

Shorty likes to spend his time in the garden but also comes into the house to sleep. He is not a cuddly boy, but a talkative cat with an independent streak who will tell you when he is hungry. If you would like to give Shorty a chance please call Laura at 95 252 1426 and she can arrange for an introduction.

For more local information about cats in need of fostering and rehoming, contact CAS on 601 629 938, visit the shop, or see us online at [www.casnerja.webs.com](http://www.casnerja.webs.com) or on our Facebook page [lcasnerja](https://www.facebook.com/lcasnerja). We are also on Instagram at: [cats\\_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja.

For more information regarding cats available for fostering or adoption see the Facebook page [East of Malaga kittens](https://www.facebook.com/EastofMalagaKittens) or [cats/Gatitos de la Axarquia](https://www.facebook.com/cats/GatitosdeLaAxarquia).

CAS needs you!

The Costa Animal Society (CAS) is seeking animal-loving, energetic, social media savvy persons to come on board. If you're a compassionate person who respects the lives of unfortunate animals who live a treacherous life in the wild, hop aboard. There is an occasional heartache, but the rewards in homing animals and receiving videos of these rescue dogs and cats romping about in their forever homes is something to behold.

We are a small, voluntary charity organisation, that has been successfully rehoming and assisting abandoned animals in the Nerja, Frigiliana and Maro for over 30 years.

We are presently looking for enthusiastic people to join our committee, continuing the work started by the sitting committee,



some of whom have recently stepped down after many, many (some, decades) of years of service. Most importantly, the official posts of President and Secretary need to be filled. For more information, please contact acting President Mae Delaney on 601 629 938. (It should be noted that these are voluntary, unpaid positions.) If interested, there will be a long-standing cadre of volunteers to provide all the necessary details and assist you along the way. We look forward to hearing from you soon.

### CAS Shop

The Costa Animal Society (CAS) shop has restocked with all the clothing you'll need to keep warm this winter. Also, we have a nice selection of contemporary books in stock, best-sellers in all genres. If you're as old as me and still want to hold a book in your hand, smell the paper, turn a page not scroll through an ebook screen, stop in, you're sure to find something that will delight.

The shop's large inventory is clean and well-presented, updated daily, with a friendly staff of volunteers on hand to help. Donations are always welcome - please help us to restock our shelves. Of course all shop proceeds go directly towards helping our animal friends in need, primarily for vet bills, food and kennelling costs.

The Costa Animal Society (CAS) Shop is located next door to the Good Stuff Café



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in Nerja at No. 2 Calle Castilla Perez. Our opening hours are Monday to Saturday from 10.00am until 2.00pm. CAS is always eager to hear from people who are interested in becoming shop volunteers. One four-hour shift once a week makes a big difference. There are always two volunteers per shift making for a safe, relaxed, congenial environment. For more information please stop by the shop or feel free to call our shop manager May Delaney on 601 629 938

**CAS News - Sponsorship Program**  
The Costa Animal Society (CAS) would like to make you aware of our recent initiative of sponsoring a specific animal in our care. Given the restrictions due to Covid, fundraising has been extremely difficult.

Now, however, you can sponsor one of our dogs or cats directly for €25 for six months or €45 for a year. You will receive Ecards on their birthdays and at Christmas, and there will be options via our website and Facebook page for sponsors to contact us to check in on their chosen animal.

If your sponsored dog or cat is adopted before the time limit, you can choose another animal to be informed about. Sponsorships can also be purchased as gifts.

For more information you can contact CAS on 601 629 938, visit the shop, or see us online at [www.casnerja.webs.com](http://www.casnerja.webs.com) or on our Facebook page [casnerja](https://www.facebook.com/casnerja). We are also now on Instagram at: [cats\\_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja.

Can you help CAS?

The Costa Animal Society (CAS) is always in need of more volunteer helpers in a number of areas so if you have spare time to fill, please make contact! In particular, we are currently seeking someone or ones

who can help with fundraising and social media promotion. In addition, fosterers are always required to take short-term care of animals until a permanent home can be found. CAS will provide fosterers with all they need: food, medicine, bedding, leads, etc., as well as advice at any time. Even if you are only here for few months a year, CAS would appreciate your help.

For general enquiries and a no-obligation chat, feel free to contact Mae on 601 629 938..

Despite the horrors of the pandemic, the Brexit chaos, etc, CAS relies exclusively on donations to cope with the continuous flow of abandoned dogs and cats requiring our attention. If you could chip in a little to help, or consider becoming a member of CAS, we and the animals would be most grateful.

For more information you can contact CAS on 601 629 938, visit the shop, or see us online at [www.casnerja.webs.com](http://www.casnerja.webs.com) or on our Facebook page [casnerja](https://www.facebook.com/casnerja). We are also now on Instagram at: [cats\\_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja. Bank : Cajamar  
Account Name : Costa Animal Society  
Account Number : 3058 0728 03 2720100283 BIC-Swift Code : CCRIES2A \*PayPal donations are also accepted through our website [www.casnerja.webs.com](http://www.casnerja.webs.com), under the "Donate" tab.

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Keep in touch with Costa Animal Society through the CAS website

[www.casnerja.org](http://www.casnerja.org)

**Animal Charity**

Contact:  
**Scott Huston**

Tel:  
**603 416 632**

E.mail:  
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# Axarquia Animal Rescue



## BUD (AAR 2474)

**Darling Dillon (AAR 2474)** is looking for his forever home. Found in the bin with his siblings. Born around 24<sup>th</sup> Nov 21 Dillon has been hand reared by his amazing bottle feeding fosterer and is a happy and adorable boy. Dillon is now ready for the next stage of his life - HE NEEDS NEW FOSTER FROM 8 JANUARY 22 or even better a forever home. This little lad, likely to be medium size when grown, is so loving, funny and playful. He is used to being around other dogs of all sizes and just loves life. Could you fall in love with this baby boy?

**Bud (AAR2479)** Bud is new on our books, and we are still waiting for full information. Bud is a happy, energetic older pup, at 15 month old.



## LENA (AAR2472)

Bud loves other dogs, and lives with cats, he has been neutered, and just loves to play and run around. Unfortunately due to having to now work extremely long hours, Bud's owner can no longer give him the attention and exercise he needs.

**Field (AAR2464)** is one of 4 siblings who were found roaming alone in the Countryside of Axarquia without their mother. They were rescued by an AAR volunteer and brought to one of our kennels, they were very thin, hungry and exhausted 6 weeks old puppies. Field will be ready soon for adoption here in Spain or in Europe & UK. And he is looking for his forever home or foster home so he can socialise with humans and other animals.

**Grace (AAR 2402)** Since Grace has been in her foster home, and with all the hard work and care that her foster carer has given to her, she has really come along in leaps and bounds. She will now take treats out of your hand and will let you stroke her, and she seems to enjoy it now rather than just putting up with it. Grace will also now walk in and out of the house without needing to be lead on her lead. She is becoming more confident all the time. Grace is also sleeping further in the house not just by the door and is getting more curious about her surroundings. This may not sound much but in Grace's



## GRACE (AAR2402)

world these are huge steps for her. She still needs more work to be fully confident but she is definitely getting there. Follow Grace's story on our Facebook page and our website, Axarquia Animal Rescue.



## DILLON (AAR2474)

**Lena (AAR2472)** Lena came into our care mid November, she had been abandoned in a compound, luckily still fed by concerned locals and passers by. Lena has been in a caring foster home since then, and has adapted to home living extremely well after the first few days. She is a very happy dog, loves her foster carers, and going out in the car with them estimated to be 3 years old. Lena has started her vaccinations, and will be neutered soon. She is a big girl, weighing just over 30kg. If you would like to know more about our dogs looking for their forever homes, please contact us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



## FIELD (AAR2464)



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Avda. de Andalucía no. 147, 29740 Torro del Mar (Málaga)

## New Year Resolutions for You AND Your Dog!

The presents are opened, the dinner is eaten and now it's time to start thinking about those New Year's resolutions. It's that time of year again when we think about what we could have maybe done differently this year and vow to do better next year.

My efforts are usually (make that almost always) a bit half-hearted. My personal resolutions have ranged from becoming fluent in Spanish (this year WILL be the one!) to keeping the office neat and organised (don't ask). I haven't decided what my resolutions for the new year will be but I'm thinking...not only about resolutions for myself but also for my dogs. Here are 10 resolutions you and your dog can work on together so you can both have your best year yet!

**1.** Leave your mobile phone in your pocket on walks so that you are truly present and spending time with your dog. It's the time you spend together that builds the relationship, and this is one of the easiest ways to enjoy each other's company.

**2.** Try a new activity with your dog. Training classes or a class in agility perhaps. We live in a beautiful part of the world with some amazing places to walk or hike – take advantage of this and explore with your dog.

**3.** Provide better nutrition for your dog. This is a big task for most of us, but even a few simple steps can make a difference. Try a better quality dog food, add fresh vegetables and fruit to your dog's diet and give them things like blueberries or carrots as treats instead of the usual biscuits or chews.

**4.** Give back to the canine community. Volunteering at a shelter or rescue, fostering a dog, or giving money to one of the many organisations in the area that work hard to improve the lives of animals.

**5.** Teach your dog something new. Practical training skills such as walking nicely on a leash, waiting at the door or a solid stay all pay big dividends. Other possibilities are to teach your dog a new game so you can play together more. Fetch, tug, find it, hide and seek, and chase games are all options, though depending on your dog, not every game may be a good fit.

**6.** Take better care of your dog's teeth. Have a chat with your vet about a dental cleaning or about brushing at home. Dental care helps improve overall health and can make your dog's breath more pleasant, too.



**7.** Play with your dog! Training and exercise are great, but sometimes a dog just needs some simple playtime. I know you are busy, but your dog is a social animal. Spend twenty minutes a day enjoying your dog. Let your dog enjoy you. Play fetch, or teach your dog to tug. Have fun with your dog!

**8.** Get your dog a food puzzle toy. This is known as "enrichment". Enrichment is providing animals with mentally and physically stimulating experiences. There are many food-dispensing toys for dogs on the market or you can use your imagination and make your own. I prefer toys that can hold an entire meal for the dog. The dog must paw, push with his nose, and otherwise move the toy around so that pieces of food or treat are released.

**9.** Exercise More. It's important to take some time out of your busy schedule each day to help your dog stay happy and healthy. One of the biggest risk factors for dogs is pet

obesity which can cause breathing problems, skin and coat issues, arthritis, and mobility concerns.

Take 15 minutes to get outside and go for a walk, throw a frisbee around, or play at the dog park. Daily walks provide many different health benefits for your dog. In addition, it's also extra exercise for you as well!

Our best friends mean so much to us, and if they live a long, happy, and healthy life, that's what matters most.

**10.** Drink more water! Just like humans, staying hydrated is

essential for your pet's health! It helps to regulate body temperature, flush waste and bacteria, and promote skin health. Remember to refresh your pet's water bowl daily and when you see your dog taking a sip, don't forget to take one yourself.

If you want to try a new activity or try a new class with your dog, then watch out for some new class updates coming in the next couple of months to Dog School – starting with a Tricks Class and regular Social Walks where you can meet up with other dog owners and me and my dogs for a walk round some of our beautiful countryside. Keep up with the news and class schedules on social media or the Dog School website at [www.dogschoolnerja.com](http://www.dogschoolnerja.com)



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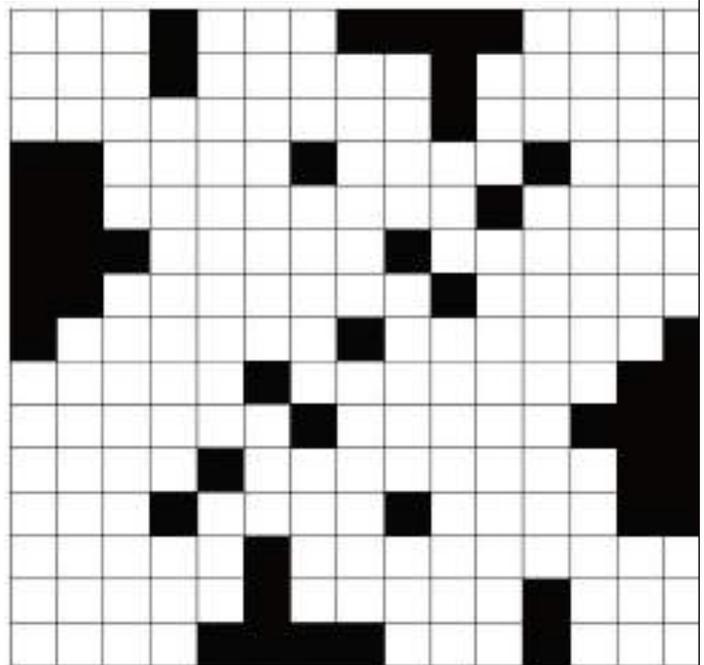
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## Number Search Puzzle #002

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

0	3	6	6	5	8	5	8	2	9	3	3	8	6	3
9	7	6	1	5	4	6	0	6	5	6	3	3	8	2
9	8	2	7	8	5	4	6	9	5	0	7	1	4	7
6	2	5	7	6	6	9	6	4	4	8	6	2	0	0
5	6	4	6	6	6	0	4	6	6	4	2	8	0	6
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| 170596 | 466855 | 689972 |
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| 274797 | 489151 | 855033 |
| 376203 | 524548 | 865664 |
| 389980 | 606563 | 868369 |
| 400950 | 608607 | 954445 |
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| 417 | 769 | 4494 | 36097 | 081862 | 10604769 | 822654986  |
| 471 | 815 | 6243 | 36364 | 316916 | 36606760 | 843233110  |
| 471 | 919 | 6815 | 43397 | 354388 | 43919931 | 5095128346 |
| 483 | 921 | 7200 | 48532 | 454595 | 52648881 | 8290854570 |
| 499 | 834 | 8318 | 73618 | 494804 | 93174822 |            |
| 513 | 976 | 8549 | 73614 | 739232 | 96670213 |            |

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63							64					65	

**Across**

- 1. Cordelia's da
- 5. Honored mil. Award
- 8. Word with point or plane
- 13. Lowest deck
- 15. LAX posting
- 16. When the hike may start?
- 17. Keaton, star of 28-Down
- 18. Goat-legged Greek god
- 19. Violinist's need
- 20. Push- up
- 23. Squats
- 26. Russian fighter jet
- 29. Company that bought Time Warner
- 30. Back muscle, to Billy Blanks
- 31. What did ewe say?
- 32. How some popcorn is popped
- 34. Hat or maid leader
- 35. Seed case
- 36. Run
- 40. "Smooth Operator" chanteuse
- 41. Genealogy word
- 42. Where McLean drove the Chevy
- 43. This may end alcohol
- 44. It's a relief

- 45. The "ugly" to Clint's "good" and Lee's "bad"
- 47. They may be personal
- 48. Sit-up
- 52. Pull-up
- 56. Yellowish pigment
- 58. A CPA might recommend one
- 59. Nitrous \_\_\_ (laughing gas)
- 60. Extract by force
- 61. "Winter of Artifice" author
- 62. Air Jordans
- 63. Members of the harp family
- 64. Word with real or well
- 65. Telegraphed

**Down**

- 1. Where Napoleon defeated the Austrians in 1796
- 2. British Idle
- 3. Wings, in Latin
- 4. Pocket Fisherman provider
- 5. Chicago campus
- 6. Philatelist's purchase
- 7. Senorita's scarf
- 8. Obscure of trees, for some
- 9. Big man Shaq
- 10. Coastal region in NE Spain
- 11. Young Darth Vader's nickname
- 12. "The Ipress File" author

- Deighton
- 14. Cotton bed sheet fabric
- 21. "The name of Rose" author
- 22. Is familiar with Asimov to Zola
- 24. Stuck, gymnastically
- 25. Major point on the Oregon Trail (with "The")
- 26. "The little woman"
- 27. How ransoms are paid
- 28. Sue Miller work (with "The")
- 33. Anger
- 34. 2001 honor for J.K. Rowling
- 35. Bart's grandpa
- 37. "\_\_\_ Out" (Kevin Kline film)
- 38. Little robin
- 39. Omission of a vowel in pronunciation
- 44. Low bathroom fixtures
- 45. Off the mark, as a throw
- 46. Did not follow
- 49. Better antithesis
- 50. Spine-tingling
- 51. They pick up and drop off
- 53. He never reached his peak?
- 54. Adam's apple location?
- 55. Kind of home or room
- 56. Hooting hunter
- 57. Get all misty





### ARIES (March 21<sup>st</sup> - April 19)

When they speak, you follow, making them a bit bossy at times. They are the confident friend who will make you talk to your crush for the first time. They can be a bit intimidating because they are so strong, so when trying to be their friend just be chill. They will be the first people to audition for theatre musical and not be afraid to sing a solo in choir. Maybe even go behind Mr. Cope's back, and dare you to climb the rock climbing wall, ending in you both getting into trouble.

### TAURUS (April 21 - May 21)

The friend who will constantly make you feel loved and appreciated. Commonly known as the sign of the foodies. They won't hesitate to get into a fight with you because you stole their french fry on hamburger day, and will make you stay in the cafeteria so they can repeat their taco. They go by the saying "quality over quantity", which can be seen in their fashion sense. Taureans love splurging on items, making them a great shopping buddy. The best sign in the entire horoscope. That has nothing to do with the fact that I'm a Taurus.

### GEMINI- (May 21 to June 20)

The twin sign. Two faced, even. They can change their mood faster than you can even blink. One day they say your summative is due on Tuesday, the next day they say that they're changing the entire assignment. You never know who you're going to get with a Gemini. They are like a chameleon, who can change their personality due to the vibe of a group and atmosphere. An incredibly smart and passionate sign. They're very witty and energetic; a glass-half-full sort of person.

### CANCER- (June 21 - July 22)

The most lovable person in the world. They will do everything to make you happy. If you want to have a romcom movie marathon, they are the ones to call. They will likely show up with candy bars also. To them, little things matter. They will take the time to do a small act because they know it will cheer you up. They will cry when you go to CWW, and you hear someone talking about a sad past experience. They're the friend you go to for venting. They will mostly cry with you half the time, which can be counterproductive, but at least you know they care.

### LEO- (July 23 to August 22)

Very bold and courageous, they are of one of the few signs that will fight to the death in order to help you. The person who yells the senior's chant in assembly. They will also likely get daily detention for being late to class because they were talking to their friends in the hall. Can be a little hard to handle, and around them, you will definitely have to become the "mom" friend. They will force you to participate in a karaoke contest, and party with you until you drop. They will dance in heels for the entire night, and make friends with everyone at the party. Can get a little annoying once they ditch you for a

stranger they met in the bathroom. Very worth it though, they are the best party companion.

### VIRGO- (August 23 - Sept. 22)

Highly intelligent. They will have a plan ready before you even need one. The Knowledge Bowl club leaders and Presidents of StuCo. They will get into an Ivy League school because they've got the Eagle Award since freshman year. The one who will tell you to text them once you get home, and to be responsible when you're going out. Their attention to detail is like none other. Virgo's are organized and efficient. They are the boss who brings a company from bankruptcy to making millions of dollars. They can come off as a little high maintenance because they will get mad when one little book is missing from their shelf. The Monica Geller of the group.

### LIBRA (Sept. 24 - October 23)

The sign of fairness. They know equal is different than fair. They will look at every individual person to see what they need. Libra's also love keeping the peace and will do everything to avoid a conflict. They love Ms. Davenport's famous mindful moments sessions in class, so they can close their eyes and reflect on their day. Libra's will be the first person to go to a teacher and argue with them over how they believe their summative grade is unfair. They will talk during a movie because they think that the main character is doing a dumb decision, causing you to pause the movie so they can stop talking. They will probably be a judge or the lawyer. No one can lie to them, or try to finesse them.

### SCORPIO- (Oct. 23 - Nov. 22)

Interesting and mysterious. An incredibly passionate and determined sign that fights hard but loves a million times harder. They can come off as mean before you know them, making some rude remarks or rolling their eyes. It's as if they're a chocolate truffle. They have a shell on the outside but are very sweet and unexpected on the inside. When they trust you, they will give you their world. They are one of the best friends you will ever make. It was probably a Scorpio who came up with the idea of having a Senior Lawn, so they can have a secluded place from the rest of HS to chill out or work on their assignments.

### SAGITTARIUS (Nov. 23 - Dec. 21)

They are a free soul. The best PGC leader you'll ever have. They are the fun friend who will take you to Disney World in the morning and the bowling alley at night. They are the

most open-minded, wise, and intelligent sign. They are all very child-like. If you see a high schooler in the lower school playground swinging on the swings, 90% chance they're a Sagittarius. They can be immature, but when you need them to be serious they can be. If a teacher gets mad at them they will laugh at their face but realize they were wrong, and later for being rude. They are also very blunt. They will tell you if you look bad in an outfit, or if you're being too dramatic.

### CAPRICORN- (Dec. 22 - Jan. 20)

The world would not function without them because they get things done on their own. They are very strong people, and if someone tells them that they are weak, they will prove that person wrong. They can be in any leadership position in the school that they want. They are the student that the entire grade votes for to be class representative for StuCo because people trust that they will get stuff done. They are the most hard-working sign. They can be a little boring since they are very work-oriented. If you get a Capricorn to loosen up, they will actually be very fun people. But that's a big if.

### AQUARIUS- (Jan. 21 - Feb. 18)

They want to help people, and they do it well. If you listen to them, your life will change. Probably run some sort of happiness club, and will bring cupcakes to their mentoring group because they felt like it. They always want to make the world a better place, and frankly, thanks to them it already is. They are the philanthropists, the people who donate to charity, the teachers, etc. It can be annoying how good of a person they are because they never want to be on anyone's bad side. They don't position themselves in an argument, which can hurt at times because they won't fight with you in a war. They'll be on the sidelines watching both sides.

### PISCES- (Feb. 19 - March 20)

Wisest sign of them all. They are emotional and caring; they feel whatever you feel. Pisces are the kind of people who always help even if they don't know you. Counsellors, nurses, psychologist and anyone in school you get a more personal support from. Although be warned, if a Pisces gets emotional (which happens a lot), they will never stop crying. They are a romantic comedy as a person. They feel so many emotions, that's why they will always make sure you are loved. When you hear a story from Ms. Roy that involves a person taking care of her friend at a party, the caretaker is most likely a Pisces.

# Horoscopes.

by Kristian Marconi

# Dry January – does life without alcohol seem unbearable?



The holiday season is almost over, fun has been had and we've all overindulged with food and alcohol. Most people will be looking at a January of moderation, a chance to get stuck into the New Year's resolutions by eating healthily, a bit of exercise and cutting back on the booze.

What if you struggle to cut back on alcohol, you realise that a dry January isn't an option you can or want to contemplate. Not drinking seems to be the worst idea in the world, and what, or where, would you get your pleasure? Deep down you know things can't carry on as they are. The consequences of your drinking are catching up with you.

The hangovers are killing you; maybe you are starting to drink earlier, or once you pick up a drink you don't know how it will end. Physically your body isn't doing well, shakes in the morning, struggling to eat properly, or other health worries that are only getting worse. Relationships are suffering, family members are commenting on your drinking, invites out with friends are drying up because it always seems to end in disaster, and when you try and control or stop the alcohol you are just angry and irritable.

There is a warning flagging in your brain, a thought that maybe you have a problem with alcohol, but another part is telling you that you can't consider not drinking anymore, that life without booze would be unbearable. This isn't true, there is an alternative, a solution that millions of people worldwide have used to combat issues with problem drinking.

Here a couple of members of Alcoholics Anonymous (AA) talk about how they found an answer to their struggles with alcohol, and how their lives have turned around.

"My name is Clifford and when I came into AA, I thought my life was over. I was in debt to the tune of hundreds of euros, owed to bars, clubs, and friends. I was dirty and greasy, people didn't want me around them. My family could no

longer deal with me, and I'd just lost my best friend to alcoholism. I was 25 years old, and I had no future and no hope.

In just five months my life has transformed completely. Things changed the moment I walked into my first meeting, I found a crazy bunch of people who constantly make me laugh and who will love and support me through anything. I have real friends now. My life has meaning and purpose. Whatever idea you may have of AA in your head, get rid of it because it is not what you expect at all. It is life changing and it makes me happy to be alive every single day!"

"My name is Amelia. I was driven to AA by my loneliness, depression, and self-sabotage. On the days when I was drinking, I was full of darkness, and it was slowly killing me. When I wasn't drinking it was worse, whether I was hungover or not I was always lonely and sad. I could see no way out.

I am 35 years old; it took me over 10 years to get into AA. It was suggested to me in my early 20s, but I let every excuse stop me from attending meetings. I was sure that my life would be over - little did I understand I had no life before, all I did was think about alcohol. Drinking, not drinking, planning my drinking, trying to stay sober and all the time I was so unhappy. AA has shown me a new way to live, how to manage my life. I now have hope for the future, all my relationships have improved, and my day-to-day life is easier. I am so grateful."

There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

**Call the English-speaking AA helpline for support: +34 600 379 110 or visit the website for help and information:**  
[www.aacostadelsol.com](http://www.aacostadelsol.com)

## CALL THE AA HELPLINE FOR SUPPORT:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or  
visit the website for help & information:

[www.aacostadelsol.com](http://www.aacostadelsol.com)

## Archeologists Uncover Massive 1,500-Year-Old Wine Making Factory In Israel

The sprawling site in Yavne, Israel, once produced half a million gallons of wine a year and exported it around the world. The wine factory in Yavne was the world's largest. Raise a glass the largest known Byzantine-era wine factory has been unearthed in Israel. The sprawling site in Yavne, 15 miles south of Tel Aviv extends 75,000 square feet and includes five wine presses, as well as vats.

Some 1,500 years ago, the wine factory was the largest in the world. 'The wine was taken to many, many countries around the Mediterranean,' explained Jon Seligman one of the leaders of the excavation. 'We're talking Egypt, we're talking Turkey, Greece, maybe to southern Italy as well.' The excavation, which began two years ago, offers an impressive look at how ancient people mass-produced wine. Barefoot workers once crushed grapes with their feet on the treading floor, before others collected the liquid and fermented it in large vats. Warehouses on site provided a place for workers to prepare the wine for sale. 'We were surprised to discover a sophisticated factory here, which was used to produce wine in commercial quantities,' stated the directors of the excavation, led by the Israel Antiquities Authority. Adding that the factory marketed about two million litres of wine (or 530,000 gallons) a year they said: 'We should remember that the whole process was



conducted manually.' The factory produced a wine called 'Gaza And Ashkelon' wine, so named for the ports it passed through. The wine was shipped in 'Gazan jars,' which have been found across Europe, a sign, archeologists said, of the wine's popularity at its peak. 'They have a specific and very recognizable shape,' explained Seligman. 'The same jars were found in many places around the region, including Egypt, and we know that they were used for exporting the wine.' People at the time, even children often drank wine instead of water. They considered it safer, since water could sometimes be contaminated. The wine factory itself also stands as a symbol of Yavne's lost prestige. Now a quiet city, it once reigned as one of the most influential places in Israel. 'The wine press was important enough to be put in a map from the period with the large churches,' said Seligman, noting that it was primarily home to Christians, as well as Jews and Samaritans. 'It was located in what

at the time was on a major road, called the sea highway, which went from north to south, and on its junction with the Sorek River.' In addition to exposing Yavne's impressive wine factory, the dig has also shed some light on the history of the town itself. Archeologists found ancient lanterns, children's toys, and other signs of industry. 'We have been exposing an industrial area of ancient Yavne,' Seligman explained. We found remains of other industries, for example, producing glass and metal. 'We also found remains from other periods, such as a house from the ninth century and some other buildings from the interim period between the Byzantine and Islamic periods.' Significantly, archeologists even found traces of an even older wine factory. Another wine press discovered on the site appears to date back some 2,300 years, or to the Persian period. The Mishna [Old Torah] even mentions a vineyard in Yavne. 'In the Mishna it is said that after the destruction of Jerusalem [which the Romans destroyed in 70 AD], the Jewish leadership migrated to Yavne, and that the sages of Yavne lived in a vineyard and studied Torah,' the archeologists explained. 'The excavation shows a continuum of existence of the wine industry at the site over many centuries.' As for the wine itself? Seligman says that the Yavne factory produced a 'prestige ... light white wine.' According to ancient texts, he said, people of the era found it 'agreeable to the taste.'

### Gazan jars found at the Yavne wine factory



# SUISSE HOME



We need properties near the coast, from Chilches – Torrox and Arenas to offer to our clients.



**Ref. SH1082:** Nice apartment in Caleta de Vélez, Urbanization with pool and communal tennis court on the 2nd line of the beach. The apartment consists of living room, kitchen, 2 bedrooms and optional 1 closed garage in the same building and at street level of 24m<sup>2</sup>, price of the garage 20,000 euros.

**Price: €150.000**



**Ref. SH1065:**

**Price: €625.000**

# SOLD



**Ref. SH1083:** Nice apartment with east facing, in the heart of Torre del Mar and about 300 m from the beach. Enclosure with communal pool and tennis court. The apartment consists of living room with glazed terrace, open kitchen, 1 bathroom and a bedroom.

**Price: €120.000**

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 Tel./Fax: 0034/952 54 70 76 /658 93 31 87  
 Email: info@suissehome.com :: www.suissehome.com



## Albondigas Soup

Prep time: 55mins / Serves: 8

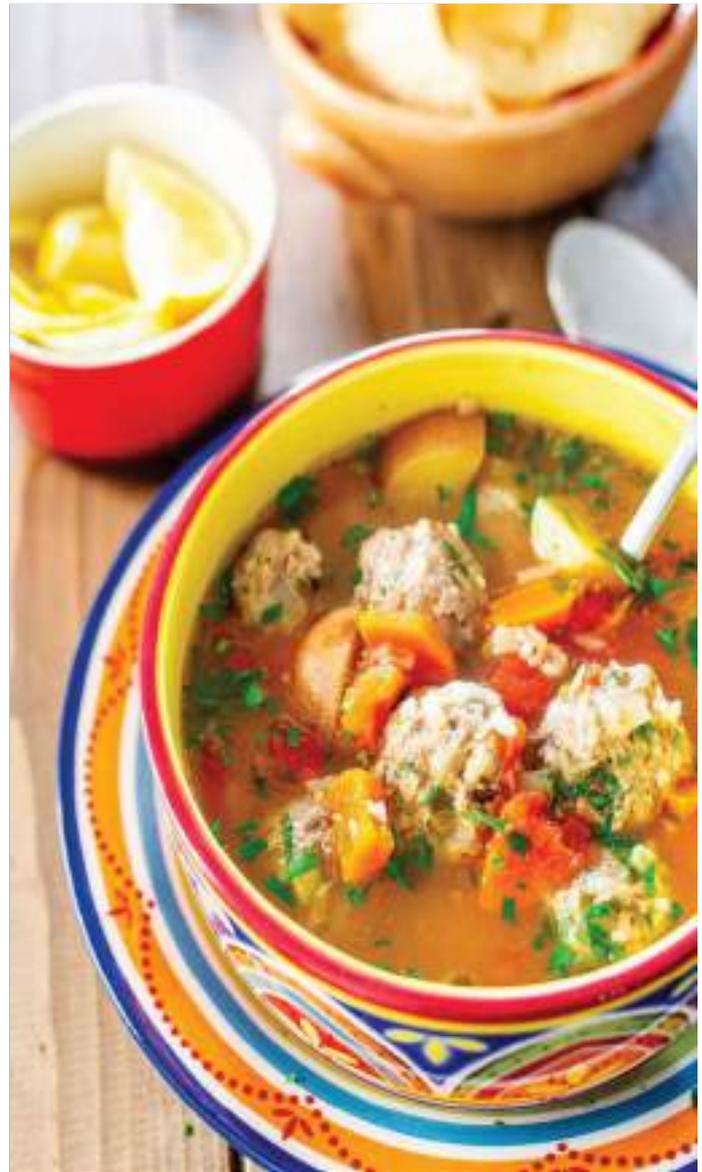
### Ingredients:

#### Meatballs:

- 1/2 lb lean ground beef
- 1/2 lb chorizo sausage, casing removed (not the fully cooked kind)
- 1 egg, beaten
- 2 garlic cloves, minced
- 1/2 carrot, minced
- 1/2 cup cooked rice
- 1/2 cup cilantro leaf, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground cumin

#### Albondigas Soup:

- 6 cups chicken broth
- 1/2 cup onion, chopped



- 3 stalks celery, cut in chunks
- 1 (16 ounce) can diced tomatoes (with nothing added)
- 1/2 teaspoon ground cumin
- 1 teaspoon oregano 1/2 cup coriander
- 1 large courgette, sliced
- Salt
- Pepper

### Instructions:

Make the meatballs first: Combine everything and mix thoroughly.

Form meatballs and roll between your palms (Otherwise, meatballs will fall apart in the soup).

You should make around 20 to 24 meatballs, set aside.

Combine chicken broth, onion, celery, tomatoes and their liquid, cumin, oregano and coriander leaves in a large pot.

Bring to boil, and reduce heat and simmer for 10 minutes.

 The logo for Restaurante JING features a circular emblem with a stylized Chinese character '京' (Jing) in the center, surrounded by a peony flower and bamboo leaves. The word 'JING' is written vertically to the left of the emblem.
 

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 A small map showing the location of the restaurant. It indicates the intersection of Avenida Espavento and Paseo Marítimo de Ferrera, near Hotel Ferrera. The restaurant is marked with a red dot and the name 'JING'.
 

Bldg. 9, local 8  
(on the sea front)  
**TORROX COSTA**  
Tel: 952 53 46 37

[www.restaurantejing.com](http://www.restaurantejing.com)

Drop meatballs in the soup (Make sure the soup is slightly boiling, the meatballs need to be cooked quickly).

Return to simmer and cook another 10 minutes.

Add coriander and cook 10 minutes.

Season with salt and pepper, to taste.

You could top the soup with cooked rice, or just by itself.

## Pumpkin and Potato Soup

Prep time: 1hr 10mins / Serves 6-8

### Ingredients:

- 2 ounces butter or 2 ounces margarine
- Onion, peeled and sliced
- 1 garlic glove, crushed
- 2 lbs pumpkin, peeled and diced
- 12 ounces potatoes, peeled and diced
- 1.5 teaspoons tomato paste



- 2 1/2 cups chicken stock or 2 1/2 cups vegetable stock
- Salt & freshly ground black pepper
- 1 teaspoon lemon juice
- 1/2 teaspoon ground allspice
- 2 1/2 cups milk
- 6 tablespoons sour cream
- Freshly chopped coriander or parsley (to garnish)

### Instructions:

Melt butter in a large saucepan and sauté onions and garlic very gently until soft but not browned.

Add pumpkin and potatoes and cook for a few minutes, then add tomato paste, stock, seasonings, lemon juice and allspice and bring to boil.

Cover pan and simmer gently for about 40 minutes or until very tender.

Puree in a blender or food processor and return to a clean pan.

Add milk and bring back to boil, whisking continuously. Simmer for 2-3 minutes. Adjust seasonings and stir in sour cream.

An advertisement for RnR bar &amp; dining. At the top, the logo 'nerja | RnR bar &amp; dining' is displayed. Below it, a banner lists 'ALL MAJOR SPORTS SHOWN' including Football, Rugby, F1, Tennis, and Cricket, with a Golf icon. A large, diagonal red stamp reads 'CLOSED 31 JAN - 31 JAN 2022'. Underneath, the text says 'WE ARE OPEN EVERYDAY!! (TIMES SUBJECT TO CHANGE - CHECK FACEBOOK FOR UPDATES)'. Further down, it advertises 'FULL BREAK MENU AVAILABLE WEEKLY FOOD SPECIALS!' and 'SERVING TEA, COFFEE, SOFT DRINKS &amp; ALCOHOLIC BEVERAGES ALL DAY!'. A section titled 'BEAUTIFUL SUN TERRACE AT REAR' is also present. The bottom of the ad provides the address 'C/ Los Huertos 40, Nerja', contact information 't: +34617552269 / e: mr-nerja@outlook.com w: rnr-nerja.com', and social media icons for Facebook, Instagram, and Twitter.

# Manantia Service and timetable



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## WHO 'confident' current COVID-19 vaccines will work against Omicron.

A World Health Organization senior scientist said Tuesday that "there is no doubt" about the efficacy of current vaccines to protect Omicron infected patients from severe forms of COVID-19. The current vaccines are effective against Omicron, which does not appear to be more dangerous than Delta, the variant that circulates most in the world. This comes as Poland and several other countries across Central and Eastern Europe battle a massive surge of new infections and deaths fuelled by the transmissible Delta variant, and amid fears the current vaccines will be less effective against the new Omicron variant.

"We have very effective vaccines that have proven to be effective against all variants so far, in terms of severity of disease and hospitalisation, and there is no reason to think that this would not be the case with Omicron," said Dr Michal Ryan, executive director of the WHO Health Emergencies Programme. However, Ryan acknowledged that vaccines might be less effective against Omicron, which is characterised by a very high number of mutations. But "it is highly unlikely" that the variant could escape vaccine protection entirely.



The WHO emergency manager stressed that studies of the variant detected only on November 24<sup>th</sup> by the South African authorities and which was since spotted in dozens of countries were still in their infancy. "The general pattern we are seeing so far shows no increase in severity. In fact, some places in southern Africa are reporting milder symptoms," Ryan insisted.

The appearance of this new variant has caused wide panic in Europe, which is already experiencing a fifth wave of COVID-19 cases caused by the Delta variant. The WHO has confirmed over 400 infections across the continent since the first case was discovered. Several countries around the world have announced border closures, including for South Africans.

The Austrian government turned to mandatory vaccination for all of its citizens, while Norway announced on Tuesday that it was strengthening health measures to combat an outbreak of coronavirus, including limiting the number of people at home events.

However, the WHO has advised governments to only use mandatory vaccination as a last resort in fighting the pandemic.

On Wednesday, BioNTech's Chief Medical Officer, Özlem Türeci, said that the coronavirus vaccine developed jointly by BioNTech and Pfizer neutralises the Omicron variant of the virus after three doses. A laboratory study by its makers found that "three doses of our vaccine neutralise the Omicron variant", but warn-ed that "two doses show significantly reduce neutralization of this new variant." Pfizer and BioNTech also said that an Omicron-specific version of the anti-coronavirus vaccine, currently in development by BioNTech, would be available by March.

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H NERJA PILATES 9.15H	CLASES INDIVIDUALES
	PILATES 10.30H		PILATES 10.30H	CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBATICO ADOLESCENTES 17.30H 24TH SEP -A 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		

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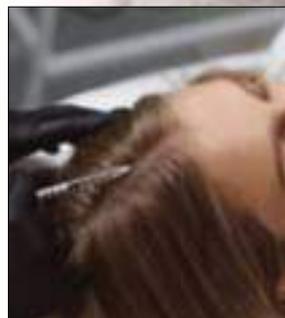
*Medical and aesthetic medicine centre*

*- Medical assistance as an internist.*

*- Aesthetic medicine:*

### **Facial and body treatments:**

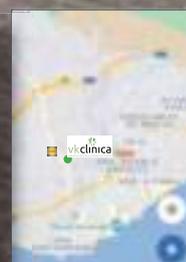
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# healthwise

## LUMBALGIA AND ACUPUNCTURE

Lower back pain is localized in the area that goes from the last rib to the gluteal area. According to traditional Chinese medicine, this area houses the body's energy base. Low back pain is a major health problem in industrialized countries, where it is estimated that 70% of the population suffer from it at any given time.

### ACUPUNCTURE, AN EFFECTIVE TREATMENT

Facing with lower back pain, it must be determined if it is a mechanical pain, which worsens with physical activity and improves with rest, or due to a nerve root alteration or an inflammatory pain or visceral disease, since the treatment is different in each case. Acupuncture is an effective treatment for the majority of lower back pain, including also those associated with a nerve root disorder. With acupuncture and through electrical, thermal or mechanical stimulation of the appropriate points, muscle and tendon relaxation and neuromodulation of pain are achieved. That is, a blockage in the transmission of the painful impulse.

### THE LUMBAR ZONE, KEY

During activities of daily living or during physical exercise, technically incorrect movements can be performed which, carried out repeatedly, can negatively affect the lower back, which is responsible for a large part of the forces generated. Regarding its structure, the lumbar area has five vertebrae that we represent with the letter L and the corresponding number from L1 to L5. Between two vertebrae we find the intervertebral disc. The vertebrae provide the rigidity and the discs the elasticity; this combination makes it possible to withstand significant pressures and at the same time have a wide controlled mobility in different planes.

The natural curvature of the lower back is called lordosis. The intervertebral disc is a viscoelastic structure that acts as a shock absorbing system. The discs are prepared to absorb pressure, so they have 60-90% water, but great care must be taken because from 15° of flexion the disc can already be injured. Hyperflexion of the lumbar spine, as well as hyperextension or torsion of the same, can eventually produce excessive pressure on the intervertebral disc and joint structures, favoring the appearance of lower back pain.

With age and use, the spine wears out naturally and by age 50, most lumbar discs are degenerated, the last segments, from L3 to L5, being the most affected. It should also be noted that the normal pressure that the disc receives without any load suffers an increase equivalent to twice the weight of the body with a flexion of 20°, both in the sitting and standing positions. It is convenient to move from time to time, promoting circulation and relieving the tensions that are produced. Hence the importance of sitting properly, because we spend many hours a day in this position.

### BACKGROUND PREVENTION

When it comes to doing simple tasks at home or at work, it is important to adopt appropriate postures to damage our lower back as little as possible. It is necessary to practice exercises correctly and safely, guided by physiotherapists who adapt them to our age, physical condition and weaknesses of our locomotor system, in order to maintain optimal muscle tone and smoothly and harmoniously strengthen our paravertebral muscles. Excessive work or unusual activity end up giving an imbalance that reduces our energy and can translate into lower back pain.

Finally, at a less physical level, highlight that intense or lasting worries or fear, due to job loss, financial problems, etc., contribute to increased tension in the lower back. Acupuncture also helps in these cases due to its good results on an emotional level, which are worked in conjunction with the physical plane.

There is scientific evidence on the clinical benefit of medical acupuncture, always insisting that it is not incompatible with other treatments, but complementary to conventional systems. It also means significantly reducing the consumption of drugs in chronic disease, increasing the quality of life.

### CLINIC OF PHYSIOTHERAPY OF NERJA.

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# Antibiotic Guardians

**WE ARE FACING A global catastrophic threat as more and more bacteria becomes resistant leaving us with more and more untreatable infections. While over the last thirty years, we have discovered at least one new infectious disease, very few new antibiotics have been developed leaving our pharmaceutical armoury almost empty as bacteria evolve and become resistant.**

November 18 is European Antibiotic Awareness Day, an annual European public health initiative, to raise awareness about the threat to public health of antibiotic resistance and prudent antibiotic use. The latest data confirms that across the European Union the number of patients infected by resistant bacteria is increasing and that antibiotic resistance is a major threat to public health.

Before the discovery of antibiotics, thousands of people died from bacterial diseases, such as pneumonia or infection following surgery. Antibiotics were once considered "wonder drugs" - efficiently fighting diseases from pneumonia, diarrhea, ear and sinus infections. Since antibiotics have been discovered and used, more and more bacteria, which were originally susceptible, have become resistant and developed numerous different means of fighting against antibiotics. Because resistance is increasing and few new antibiotics have been discovered and marketed in recent years, the problem of antibiotic resistance is now a major public health threat. Yesterday's wonder drugs have become not so wonderful in face of new super bacteria ironically mutated through the misuse of antibiotics.

Data from the European Antimicrobial Resistance Surveillance Network (EARS-Net) show that there is a North-South gradient with low rates of resistance in Scandinavian countries and the Netherlands and high resistance rates in Southern Europe. Countries with lower resistance rates have generally lower use of antibiotics, whereas countries with higher antibiotic resistance rates use more antibiotics. For those who live here full or part time, you should be aware that amongst western countries, Spain has one of the highest rates of antimicrobial consumption, and antimicrobial resistance.

Embarrassingly, it is the medical profession that is most culpable for the inappropriate use of antibiotics. Studies indicate that nearly 50% of an-

timicrobial use in hospitals is unnecessary or inappropriate. Some doctors may not have kept up to date on the latest protocols for the right use of antibiotics. Other doctors write out prescriptions to "be safe".

In August, I was interviewed by the BBC as to proposals by the National Institute for Health and Care Excellence, NICE, to sanction doctors who are "soft touches" for antibiotic prescriptions.

During the BBC interview, I pointed out and continue to maintain that patient demands put pressure on doctors to prescribe antibiotics even though they are ineffective for their infections. Almost everyday I am asked for antibiotics for viral infections, such as a cold, cough, flu or most bronchitis. It would be easier to write out the prescription than face the frustration and, sometimes, anger when I explain that antibiotics are not going to make them feel better, make them less contagious

or cure their viral infections. In fact, each time a person takes antibiotics, sensitive bacteria are killed, but the resistant germs are left to grow, mutate and



Acute bronchitis, or chest cold, occurs when the bronchial tubes leading to the lungs become inflamed. This

usually follows an upper respiratory infection like a cold. Antibiotics are rarely required in acute bronchitis as it is almost always viral in origin - no matter how green and gooky the sputum you are coughing up. Acute rhinosinusitis had been traditionally treated with antibiotics, however a study published in the Journal of the American Medical Association in December 2007 found that antibiotics were ineffective in treating the majority of these infections. Antibiotic therapy should be reserved for acute rhinosinusitis patients meeting specific criteria and then should be narrow-spectrum agents targeting the most likely pathogens such as Streptococcus pneumoniae or Haemophilus influenzae.

Preventing an infection is easier than treating one. No antibiotic or other medication is as effective as practicing good hand hygiene. Keep your immune system healthy with a vitamin-rich, low-fat diet. Reduce environmental risk factors by not smoking and avoiding second-hand smoke.

Go to [antibioticguardian.com](http://antibioticguardian.com) for more information. Take the Pledge and become an Antibiotic Guardian.

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## Detoxing your body in January - and the FIVE foods you need to add to your diet right now to see results

With the new year in full swing many people want to start the year with a detox.

A nutritionist has revealed her top tips on how to do it properly and healthily.

Stephanie Masterman recommends avoiding starving yourself and fad diets.

She has also shared the five foods you should consume more of in your diet.

January can be hard to stomach if you've fuelled the festive period with enough food and booze to last a lifetime. This being said, it's the perfect time of year to regroup, refresh and begin to repair any damage following the festive season. Whilst there's no magic reset button, giving your body all it needs to encourage its natural detox processes will help you to have a healthy start to the year.

### 1. Don't starve yourself

Forget living on green juices and fresh air, according to Ms Masterman detoxifying is about giving your body all it needs - not starving it of

every worldly pleasure. The food we eat provides our body with the nutrients it needs to detox, so starvation diets make it impossible for our detox organs to function properly. Your liver, lungs, kidneys, gut and skin all work in synergy to rid the body of toxins, but each needs different nutrients to work efficiently. Restricting your diet to only a handful of foods and omitting entire food groups will drive nutrient deficiencies and slow down this natural detox process. She recommends that those who are trying to lose weight or look after their health forget fad diets and fasting as there are a variety of nutrients that are essential for detoxification and going without them will do you more harm than good.

### 2. Don't waste your money

The turn of the year is the busiest period for the health and fitness industry. There's no end to adverts and promotions enticing us to join gyms, invest in new fitness trackers and lace up expensive running shoes. Whilst there's nothing more important to invest in than your health, for every genuinely great detox product there's one hundred more that will be of no benefit at all. Packages of teas, powders and capsules which offer a one-stop solution to detoxing should be scrutinised carefully. Many contain a whole host of synthetic compounds and nasty additives that are hard for our bodies to absorb and utilise, and may have no effect whatsoever.

### 3. Know your nutrients

Ms Masterman explained that the human body has evolved over thousands of years to remove harmful waste products and naturally detoxify. Foods high in vitamins, minerals, healthy fats and antioxidants will all support your body's natural detoxification process. Here's her pick of the best five plant-based foods to support a natural detox:



#### • Citrus Fruit –

Lemons, limes, oranges and grapefruit all provide a whopping dose of Vitamin C, a powerful antioxidant that detoxifies free radicals before they can build up as toxins in the body.

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#### • Green Tea –

High in 'catechins' compounds which have been shown to boost the production of detox enzymes.



#### • Beetroot –

Contains high amounts of 'betanin', a compound which activates antioxidant enzymes in the liver.



#### • Nuts and Seeds –

These are a source of healthy fats which our body needs to fuel the whole detox process, we also need these to absorb the fat soluble vitamins (A, D, E and K) – all essential for detoxifying.



#### • Berries –

High in insoluble fibre, berries help to remove waste through the gut, along with the toxins it contains. They're also the best low sugar fruit option for a detox double whammy.



#### 4. Don't expect miracles

'The wild, exaggerated claims of the food industry only feed the high hopes of New Year detoxers,' Ms Masterman said. Promises of weight loss and looking ten years younger! One of the most popular New Year's resolutions is to lose weight. For instant fat loss, dieters embark on liquid diets, low calorie 'cleanses' and fasting.' Although following these fat diets may look good on the scales, you will only be losing water, glycogen stores and even muscle. Losing weight fast is not sustainable. Follow a healthy lifestyle with good food, exercise and avoid things that are bad for us to promote looking good.

#### 5. Start as you mean to go on

Whether you want to lose weight or get fit a January detox is a platform for a healthier lifestyle, not a temporary quick fix with instant results. Starting the year as you mean to go on will introduce healthier habits that will help you to stay well in the long term. Avoiding toxins in the first place is a great way to begin your detox. It will help you to live without the harmful and addictive substances that may be holding you back and causing your body damage. Limit your intake of the following is a good place to start:

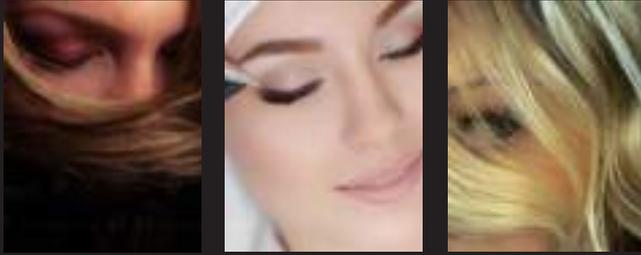
- **Sugar** – Provides no nutritious value other than energy, these empty calories can raise blood sugar levels, damage teeth and create chronic cravings

- **Caffeine** – In moderation, coffee has many health benefits, but high caffeine intakes can have negative effects on our mood, sleep and anxiety levels, try limiting yourself to 2-4 coffees per day

- **Alcohol** – Needless to say, drinking too much booze can leave us dehydrated, low in energy and lacking concentration, not to mention overloading our liver and making it harder to get rid of other toxins.

- **Processed foods** – Most are full of nasty non nutrients like trans fats, preservatives, additives and salt, cooking from fresh and avoiding convenience foods is a good way to swerve these.

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#### Permanent Make-up

Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment your natural features.

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Anyone who has had quality permanent makeup will tell you that it has changed their lives in a most positive way.

**Freedom from the hassle of applying makeup = Nearly maintenance-free.**

Nothing is more frustrating than to have to re-apply makeup after every activity. This is true for busy people who want to look their best for sports activities (such as swimming, hiking, biking, tennis, or aerobics) but don't have (or want to) spend time applying and refreshing makeup throughout the day and evening.

Citing convenience above all else, many women and men find permanent makeup to be the most economical for saving time and money. Active people will tell you that permanent makeup is a great option.

Permanent makeup lasts for years. With regular touch ups, you may never have to purchase pencils and liners again! It's an assurance that you can wake up looking beautiful every day, with little to no effort.

**Suffer allergies no more.**

Micropigmentation (aka, permanent makeup) is especially valuable to people who can't wear traditional cosmetics because of allergies and skin sensitivities. No more chronically red and watery eyes caused by traditional eyeliner products. In most cases the dye used in micropigmentation does not contain the same allergens as traditional makeup.

**Great for vision challenged, or those with an unsteady hand.**

Now that you're getting older, admit it, it's harder to see to put your makeup on. Either that, or your arms are getting shorter! It seems that no matter how far away, or near you get to the mirror, it's always a challenge to get that liner on straight. If you don't have a steady hand or have difficulty holding makeup applicators because of some muscular disorder (arthritis, Parkinson's disease, or multiple sclerosis) permanent makeup is a lifesaver.

**Symmetry created.**

Irregular shapes of your brows, eyes or lips can be modified with permanent makeup. People who have alopecia or whose hair has been affected by



chemotherapy, permanent eyebrows are a realistic solution to enhance and improve their natural features and draw attention away from irregularities.

**Self Confidence Assured!**

You can be a better version of yourself. If, you've ever had that conversation in the mirror about how your eyebrows are a complete disaster – overplucked, thinning, non-existent or not symmetrical – we're talking to you. There's probably no better way to give your self confidence a boost than to make the investment of permanent makeup. Unlike regular makeup, permanent makeup does not make you look different, only better. It'll help you feel beautiful!

**Reduced spending on eye makeups.**

By getting eyebrows, eyeliner, or lip micropigmentation, you can cut the costs associated with expensive cosmetic products. The money that you'll spend on a permanent makeup procedure is far less than the cost of traditional makeup products. If your brows are always on point, you have no need to purchase the latest pencils, gels, and brushes. If you also have your eyeliner or lips done, you increase your overall savings.

As you can see, there are many inherent benefits to getting permanent makeup. Depending on which benefits motivate your decisions, it's important to remember that permanent makeup application is a skill. You'll want to select a trained and experienced permanent makeup professional. While permanent makeup might not be for everyone, those that have it, love it, and wouldn't do without it

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# This will be the Year!

## Why New Year's Resolutions are so difficult to keep!

It's that time of the year again, where you decide that you are definitely going to stop smoking, lose weight or get fitter as of Jan 1st. Two weeks in and the enthusiasm is wearing off and by the time you hit February you've given up altogether. So why do we find keeping our New Year's Resolutions so challenging? There are a number of reasons and we'll look at losing weight to illustrate the effect of a few.

The creator of Rapid Transformational Therapy Marisa Peer, has, during her 30 years of therapeutic work, discovered certain rules of the mind that affect the decisions and choices we make. The first one that makes keeping those resolutions a challenge, is that the mind always goes to what is familiar. So if you've existed for several years on a diet of burgers, fries, chocolate and crisps your mind will lean towards them and not the lovely vegetable and fruit options of your new eating plan. It takes at least 21 days to train the mind to embrace a new habit. Another rule is that your mind does what you tell it to do. Great, I hear you say. I'm telling it that I want to lose weight. However, this is where it becomes more complex. Your conscious mind may be telling you that you want to lose weight but your extremely powerful subconscious mind has a totally different agenda. So, for example, if you had watched your mother

struggling to cope when you were young and had wished that you were bigger and could help, your adult mind may still be holding onto that childhood belief. And of course, one of the easiest ways to become bigger is to put on weight. So as much as you think you want to lose weight, there is another agenda going on behind the scenes that you have to battle against. There are 17 rules of the mind but these 2 help to illustrate how your subconscious mind and outdated beliefs can scupper your plans for a 'new you' this year.

So, we all know that eating healthily and exercising more will cause us to lose weight. But knowing this often isn't enough. And often willpower isn't enough either because your subconscious mind continues to disrupt and destroy all your good intentions.

This is why a session of Rapid Transformational Therapy can be so beneficial, as it helps you to understand why you put on weight, keep it on or find it so hard to lose. Once you change your beliefs, your subconscious and conscious minds start working in harmony and then changing your eating and exercise habits becomes so much easier.

Like many people I approached each New Year determined that this year was the year I would lose weight. My willpower would last anything from a couple of days to a couple of months. Every time I lost weight and started feeling better things would suddenly change and before I knew it, I was putting it all back on. I ate healthy foods as regards mealtimes but I had a total weakness for sweet snacks of any kind; biscuits, cakes and sweets (especially chocolate). What was going on?

My weight continued to creep up over the years until I was over 13 stone, far too heavy for my 5'3" frame. I felt lethargic and struggled to exercise and was very unhappy with how I looked. I tried all sorts of diets and weight loss groups but every time I would lose weight it would creep back on and then increase even more.

Finally, while training in RTT, I had a session myself around the snacking. The first thing that happened after the session was a desperate craving for some chocolate. One bar later I was feeling very despondent but I continued listening to my personalised recording and after a few days I realised that I had no interest in snacking. I could walk past cake shops or past the chocolate section in Mercadona without any desire to buy anything. 6 months later and I had lost 13kg and nearly a year on I have kept the weight off.

So a huge cheer of support for those who want to change their lives for the better this year. You can do it! What ever works for you, embrace it and keep telling yourself 'you've got this'. But if you want a little extra help and knowledge to make it easier to succeed, then consider a Rapid Transformational Therapy

session.

**Katrina Jones (Cert Hyp) Licensed  
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Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

**The Anglican Church of St. George, Málaga**  
Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.  
Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capel-  
la de San José, Calle Linares 7, Veléz Málaga.  
Chaplain: Fr. Louis Durrant, Tel: 630 909 131  
Email: [info@stgeorgemalaga.org](mailto:info@stgeorgemalaga.org) or contact one of the chaplaincy wardens. More information can be found at: [www.stgeorgemalaga.org](http://www.stgeorgemalaga.org)

**Evangelical Church, Torre del Mar**  
Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop. Tel: 634 540 519.  
Minister: Rev. Colin Dickson. Tel: 654 894 658





# NEWS & What's ON

## Lux Mundi Ecumenical Centre

Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casade la Viña), Torre del Mar, 29740. Open mornings only Monday and Wednesday 10.00 till 13.00 and Fridays as usual 11.00 - 13.00. We would like to assure you that we are complying with all the Covid regulations to make your visits to our centre as safe as possible. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

Gradually we will re-open usual activities so please come or phone us for further.



Recently, friends of the Lux Mundi, Torre del Mar Half Orange (widows, widowers and singles) group celebrated their Christmas lunch at the Samba restaurant in Torre del Mar. The food was delicious and a good time was had by all.

## CORAXALIA INTERNATIONAL CHOIR

Coraxalia International Choir has moved! We have relocated to Vélez Málaga - easier access to people in local communities who want to come and sing with us. We will begin rehearsing at the beginning of September, Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de Los Estudiantes, Plaza de los Sastres, 1, CP29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro).

For more information please contact :- 657 951 755 (English) or 689 111 352 (Spanish) or email eucorax@hotmail.es

## ROYAL BRITISH LEGION, NERJA BRANCH

Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us.

Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim\_bowel@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowel@hotmail.com.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

## Closed from January the 1st thru to re-opening on Friday 7th January

In the New Year we continue with our usual groups. Craft group on Mondays and art group on Wednesdays. Time 10.00 to 13.00.

Every Monday, Wednesday and Friday - "Our Shop" is open with clothes for the winter season and also household goods. Time 11.00 to 13.00.

Every Friday - Catch up with friends, collect the free newspapers. For the bookworms amongst you, check out our Book shop, hundreds of second-hand books waiting to be read. CDs and DVDs too. Time 11.00 to 13.00.

Thursday 6th January - Three 'Kings Party'. Lux Mundi invites you to come and enjoy a buffet tea to celebrate king's day in the Centre. Price includes the buffet, a glass of Cava and music to dance to if you wish. Limited numbers; Price: 18 euros or with a Friends of Lux Mundi card 15 euros. Funds will be used to enable us to continue helping others. Time 16.00.

Thursday 20th January - Coach Excursion to Marbella and Plaza Mayor/McArthur Glen Designer Outlet. We invite you to join friends on an excursion to Marbella Old Town, arriving at approximately 10.30. Enjoy a coffee in the beautiful Plaza de los Naranjos/Orange Square and meander through the narrow, cobbled streets. You will be transported back in time. Go for a walk down to the seafront, admiring the Salvador Dali sculptures on the way. There will be time for you to have lunch before boarding the coach at 14.30 for the drive to Plaza Mayor in Malaga where you can enjoy shopping in the January sales of the Designer Retail Outlet, McArthur Glen. The coach will leave for the homeward journey at 17.30. Ticket Price: 19 euros or 16 euros with Friends of Lux Mundi card. Funds will be used to enable us to continue helping others. Bus Departure Times: Viñuela (Football Pitch) 08.40, Algarrobo (Lidl) 09.05, Caleta (Vets) 09.10, Torre del Mar (Bus Station) 09.15.

## Lux Mundi Ecumenical Centre Lux Mundi/Caritas Christmas Shopping Bag Gifts.

Each month Lux Mundi, Torre del Mar prepares 11 Shopping Bags for the needy families in Torre del Mar. This is done with the help of the Caritas charity, who supplies Lux Mundi with the details of the families to whom the bags will be given, when they present proof they are entitled at the Centre. This month the bags hold special items for Xmas which we hope they will enjoy and bring a little faith and hope over the Festive Season and for the year to come.



## Shopping bags ready for collection in the Centre.

Royal British Legion Nerja Branch Last year saw us yet again in the middle of a global pandemic. As a proud branch of the Royal British Legion we coped extremely well. This is entirely due to our members and supporters who never fail to amaze us with their generosity. In 2021 we raised approximately 9000 euros for the Poppy Appeal. An excellent result for a small branch. Thank you all for your donations and support. Moving forward we are delighted to welcome Dennis Bolsover as our new President and Sylvia le Duc as Secretary.

I would like to take this opportunity to wish you all and your families a happy, healthy and prosperous 2022.

Eddie Bowe - Chairman  
Royal British Legion Nerja Branch

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**KÖMMERLING**



**The Arts Society Nerja**

has the pleasure to invite you to two fabulous live lectures at the Centro Cultural, C/Granada, Nerja, during the month of January 2022. If you cannot be at the Centro Cultural, the lectures will be zoomed to your living room. Guests welcome; €10.

**Tuesday, 11<sup>th</sup> January - at 18.00.**

There will a lecture with a Christmas theme; "The Journey of the Magi: Origin, Myth and Reality" This is the story of the three kings and the iconography behind the story from its Eastern and pagan roots to its current Christian interpretation. Pictorial representations of the Magi will also be discussed. The lecturer is Mr. Leslie Primo who has an MA from the University of London and is very much appreciated as a lecturer and tour guide.

**Tuesday, 25<sup>th</sup> January - at 18.00.**

There will be a lecture on Flamenco, From Folklore to Flamenco, the Music of Malaga". In Malaga and surrounding villages unique Flamenco music developed like the Malaguena and the Abandalo . At the lecture, the echos of the past will fill the air with instruments unique for Malaga like the lute or the banderillo or castanets. Sung, danced and played by the wonderful dance company of Antonio Guerra. The lecturer is Ms Helen Sisjling, Chair of the Arts Society Nerja, who is a great lover of Flamenco and has been a student of Antonio Guerra for more than 15 years.

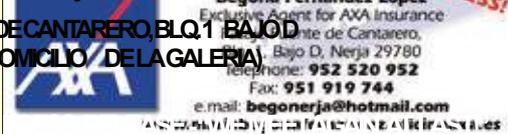
For more information, please visit: [www.theartssociety.com](http://www.theartssociety.com)



**NEW ADDRESS:**

The local AXA Insurance Agentin Nerja has changed office location, it's just a few yards down the passageway, beside La Galeria. Same friendly staff and welcome!

**PASAJEFUENTEDECANTARERO,BLO1 BAJOD (GUALQUEELDOMICILO,DELAGALERIA)**



**41 CLUB NERJA**

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. "Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Facebook page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at [pmacleod5000@outlook.com](mailto:pmacleod5000@outlook.com) or by phone on 0034 678 059 288. 41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at [steve.ryan.sr56@gmail.com](mailto:steve.ryan.sr56@gmail.com) or by phone on 0044 7546 402 770. 41 Club Nerja Website is at [www.41clubnerja.org](http://www.41clubnerja.org) You can also find 41 Club Nerja on Facebook.



**Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.**

**We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).**

**We can also assist by telephone 952 564 910 or e-mail [cudeca@cudeca.org](mailto:cudeca@cudeca.org).**



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# Dozens Of Camels Tossed From Saudi Arabia Beauty Contest Over Botox Injections

Over 40 camels were ejected from the annual King Abdulaziz Camel Festival because of botox and other cosmetic tampering. Humans sometimes use Botox to preserve their looks. Animals, not so much. But dozens of camel owners in Saudi Arabia were ejected from the King Abdulaziz Camel Festival this year for using Botox to beautify their beasts. Officials tossed 43 camels from the competition after finding that their owners had tampered with their appearance. Competing for prize money of \$66 million, the owners injected Botox into the camels' lips, nose, jaws, and head, used collagen fillers to enlarge their lips and noses, and used growth hormones to encourage muscle growth. The owners even relied tactics like rubber bands which they strategically placed on the animals to restrict blood flow, thus making certain body parts seem bigger than normal. "The [Saudi Camel Club] is keen to halt all acts of tampering and deception in the beautification of camels," reported the state-run Saudi Press Agency. Organizers of the contest, they said, imposed strict penalties on manipulators." Judges came across the widespread cheating during an inspection of the camels. The animals were first evaluated for their appearance and their movements before they underwent a thorough examination. At that point, the camels were examined with X-rays and 3D ultrasound. Judges also took samples from the camels for a variety of other tests, including genetic analyses. Thus, they found that dozens of the camels were not exactly as they appeared to be. After judges dismissed 43 camels for Botox and other tampering, they slapped their owners with steep fines for trying to cheat the system. For injecting fillers, Botox, or hormones, some owners had to pay as much as 100,000 riyals (\$27,000) per camel. Meanwhile, owners who had braided, cut, or colored their camels' tails had to pay 30,000 riyals (\$8,000). Such beautification methods can have horrendous impacts on the camels. In August 2021, horrific footage of a camel whose lips ruptured after a Botox injection went viral. "Subjecting any animal to a cosmetic procedure, from ear cropping to declawing, dehorning,



said Jason Baker, senior vice-president of PETA Asia. Calling the beauty contest a "cruel farce," he added that the cheating in this year's competition "shows the humans who use such tactics to be extremely ugly." The King Abdulaziz Camel Festival has run since 1999, when local Bedouins decided to hold a contest to find the most beautiful camel. Today, the festival lasts 40 days and draws thousands of people and their camels from far-flung locations like the US, Russia, and France travelled to Saudi Arabia this year to compete, alongside 100,000 tourists who came to watch more than 100 camels. The festival includes camel races, sales, and even a parade with the tallest and shortest camels. Camel breeding today is a multi-million-dollar industry and events like the King Abdulaziz Camel Festival take place across the country, though it's the largest in the world. "The camel is a symbol of Saudi Arabia," said Fawzan al-Madi, who judged the competition in 2018, the first year that judges deemed Botox an "illegal advantage." He added: "We used to preserve it out of necessity, now we preserve it as a parasite." Indeed, camels hold an important place in Saudi Arabian society. Referred to as the ships of the desert, they appear often in religious texts and play an important role in Saudi Arabian history and culture. Camels were used in ancient times as a source of food and milk, as well as methods of transport and trade. Though Saudi Arabia is rapidly modernizing, festivals like the King Abdulaziz Camel Festival aim to preserve and celebrate the camels' long history in the country. As such, it's gratifying for some to see modern technology, like Botox used in a festival meant to celebrate tradition.

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## COMPETA

COUNTRY HOUSE

Beds: 2 Baths: 1

EPC: In process

M<sup>2</sup>: 101 m<sup>2</sup>

Plot: 5.005 m<sup>2</sup>

Private Pool

REF: 7414



**250.000€**



Happy New Year 2022

## CANILLAS DE ALBAIDA

VILLA

Beds: 4 Baths: 2

Garage

EPC: In process

M<sup>2</sup>: 312 m<sup>2</sup>

Plot: 1.292 m<sup>2</sup>

REF: 7436



**410.000€**

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

 +34 609 176 586

## TORROX

TOWN HOUSE

Beds: 4 Baths: 1

Patio

EPC: In process

SOLE AGENCY

M<sup>2</sup>: 128 M<sup>2</sup>

REF: 7433



**189.000€**

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

## CALETA DE VELEZ

SEMI-DETACHED HOUSE

Beds: 3 Baths: 2

Garage

Storeroom

Communal Pool

EPC: In process

M<sup>2</sup>: 239 M<sup>2</sup>

REF: 7405



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