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3 beds sunny apartment located in the centre of town. In need of renovation. Walking distance to all amenities.

Price: €149,000
Ref: CN48646



URB. NARICHA

Beautiful sunny villa with 4 beds, 3 baths. Surrounded by spacious terraces with stunning views. Private garage, storage. Communal pool and gardens.

Price: €299,000
Ref: CN48601



TORROX VILLAGE

Townhouse, 3 sep aparts l in Torrox Pueblo. Roof terrace with mountain views. Walking distance to the centre.

Price: €189,000
Ref: CN48615

PROPERTY OF THE MONTH



SAN JUAN DE CAPISTRANO

Town house with 2 apartments and spacious terraces with stunning views. Communal pool and gardens.

Price: €280,000
Ref: CN48658



SAN RAFAEL

3 bedroom villa with private garden, spacious terraces with stunning sea and mountain views. Private garages. Excellent location between Nerja and Frigiliana.

Price: €350,000
Ref: CN48609



LA NORIA

Beautiful 2 bedroom apartment with 2 sunny terraces with open views. Communal pool and gardens.

Price: €169,000
Ref: CN48670



FRIGILIANA - TORROX ROAD

Beautiful country property with 3 bedrooms, wonderful gardens with private pool. Stunning sea and mountain views. Fruit trees. Good access.

Price: €265,000
Ref: CN48655



URB. ALGARROBO

3 bedroom town house with stunning views. Private garage. Communal pool and gardens.

Price: €295,000
Ref: CN48567



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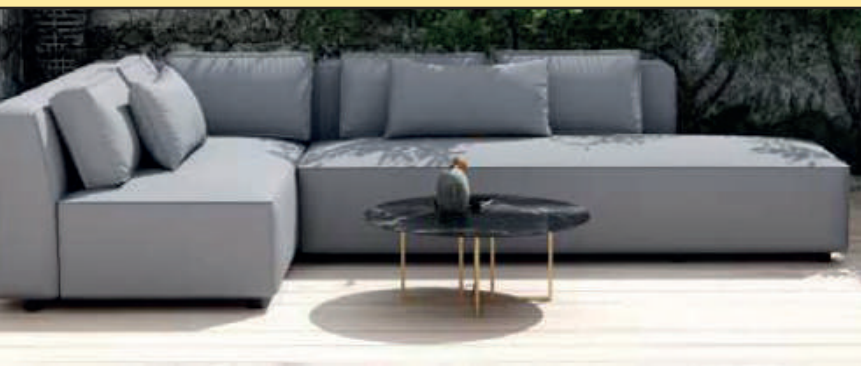


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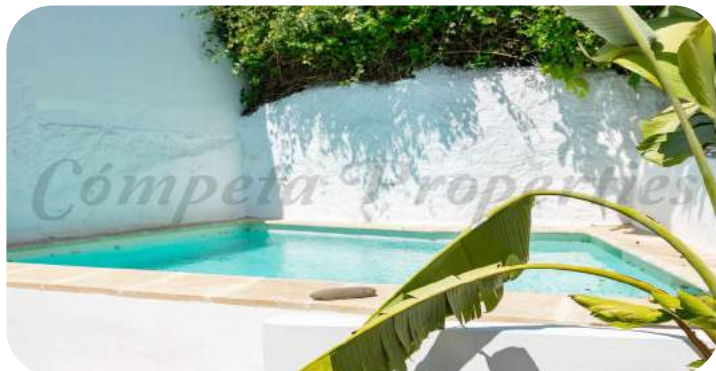


Townhouse of the month

Torrox:

Price: €270.000

TTH530



Charming town house in the historic centre of the white town of Torrox, just a few minutes from the beaches of the Costa Del Sol and the promenade, and very close to the town's businesses such as bars, shops, restaurants and pharmacies. The main square is only 2 minutes away on foot and another 3 minutes away from various free parking areas. This property is divided into two levels, on the ground floor we find a fairly large entrance hall, a double room with A/C, a full bathroom with shower and a second room with a door that gives access to the terraces of the house. From the entrance we go up to the first floor where we find a cozy living-dining room open to the kitchen with a Juliet-style balcony overlooking the town, on this same level we have

a third double bedroom with A/C and a second full bathroom with shower. This level also has access to a first terrace, perfect for al fresco dining, and close to the beautiful heated pool. A luxury property in the village, for hot summer days. From here you go up to a wonderful terrace with a summer kitchen, a "lounge" area and a space to dine with friends or family. From where you can admire the beautiful views of the Mediterranean Sea. This property is ideal for someone who is looking for the comfort of the town, and the tranquility of being able to take advantage of a spacious, equipped house, with many outdoor spaces and the luxury of having a private pool in the centre of town.



Canillas de Aceituno: Price: 75.000€



Living space: 83m²
Bedrooms : 2
Pool: No
Garage : No

Terrace: No
Bathrooms: 1
Views: Mountain
Area: Village

Ref.AP256

Cómputa:

Price: 475.000€



Living space: 136m²
Bedrooms : 3
Pool: Yes
Garage: No

Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Countryside

Ref. CP534

Cómputa:

Price: 335.000€



Living space: 120m²
Bedrooms : 3
Pool: Yes
Garage: No

Terrace: Yes
Bathrooms: 2
Views: Mountain
Area: Countryside

Ref.CP535

Cómputa:

Price: 235.000€



Living space: 130m²
Bedrooms : 2
Pool: Yes
Garage: No

Terrace: Yes
Bathrooms: 2
Views: Mountain
Area: Countryside

Ref. CP539

Cómputa:

Price: 85.000€



Living space: 60m²
Bedrooms : 2
Pool: No
Garage: No

Terrace: Yes
Bathrooms: 1
Views: Sea views
Area: Village

Ref. TH1015

Nerja:

Price: 504.994€



Living space: 382m²
Bedrooms : 5
Pool: Yes
Garage: Yes

Terrace: Yes
Bathrooms: 4
Views: Sea views
Area: Village

Ref. TTH526

In conjunction with Cómputa Properties S.L.

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Cover photo by Fotos Guerrero

Welcome to Streetwise magazine -

Life on the Costa del Sol is flourishing and it's wonderful to see the tourists returning and enjoying our part of the world.

Our much loved Spanish fiestas and ferias are now back for us all to enjoy, normality has finally arrived!

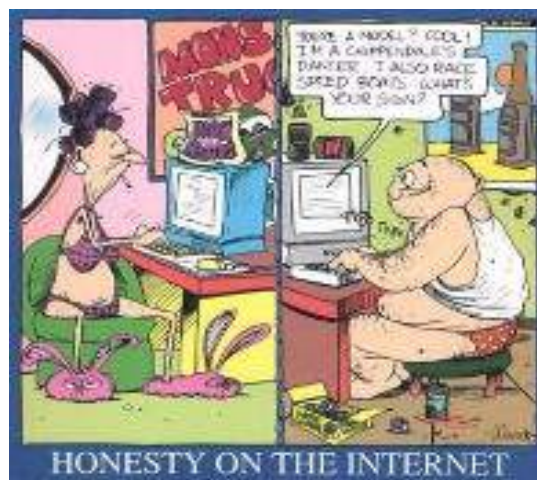
I am getting a lot of great feedback from clients and friends who say the place is buzzing and business is booming.

Don't forget to check out the whats on section for events happening in and around our area.

Thank you to Fotos Guerrero for supplying Streetwise with some great cover photos.

Lastly Happy Birthday to my mum who celebrates her birthday during June.

We have a packed Streetwise for you, enjoy! Dawn x



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Beautiful ground floor corner apartment, In El Capistrano Village, completely refurbished, comprises of ample and lovely patio/garden, lounge dining room, fully equipped kitchen, bedroom, bathroom, parking area, communal pools, ample garden areas, within 15 minute walk to Burriana Beach and to Nerja.

Price: €184.000

Ref: NV: PO85B



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.

Price: €395.000

Ref: NV: BLOQ-JES



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, A/C. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views, several communal pools, restaurant, bar, mini market, laundry, ample garden areas, etc..

Price: €240.000

Ref: NV: GOL26



Magnificent studio, with excellent location within the popular 'El Capistrano village'. It comprises of: Fully equipped kitchen, bathroom, good size living-bedroom and a great outside space, with a sensational south facing terrace, with amazing sea views, and sun most of the day. Good rental potential!

Price: €155.000

Ref: NV: PO19

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Ample Town house in Maro's main street (Calle Real) very close to the square. It is in acceptable condition and it has many possibilities due to its size. Currently it has 5 bedrooms, living room, dining room, kitchen, bathroom, 3 patios, ample terrace, mountain views. Possibility to build a roof terrace, to offer sea views.

Price: €318.000

Ref: NV: MAR019



Beautiful apartment in Capistrano Village. Comprising of 1 bed, livingroom-kitchen, bath, south facing terrace with sea views. Located next to the pool, just 2 mins walk from supermarket and 10 from Burriana beach. 40m2 plus terrace. It has great potential to rent.

Price: €153.000 Ref: NV: PO77A



Townhouse in Nerja. Comprising: 2 beds, living room, bath and terrace. Completely renovated, south facing, beautiful sea views. Ground floor: Kitchen-living room with direct access to the terrace. 1st floor: Beds and bath. It also has a beautiful community pool and parking.

Price: €265.000 Ref: NV: ALG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of: 2 bedrooms, 1 bathroom, full equipped kitchen, nice living room and good size terrace with sea views. It enjoys facilities as a communal pool, gardens and parking.

Price: €250.000

Ref: NV: DA09



Nice apartment, next door to El Capistrano Village. Comprising good sized south facing terrace overlooking the communal pool. Sea views, sun all day, bright lounge-dining room, with fireplace, fitted kitchen, 2 spacious beds with built-in wardrobes, bath, parking area.

Price: €240.000 Ref: NV: DA08



Semi-detached house La Rabitilla area, Torrox. Basement: Garage, storage room. Ground floor: Living room, equipped kitchen, toilet and a bed. 1st floor: 4 beds, bath. Attic floor: several terraces with views, laundry room. House with good light, many renovated elements, solar thermal energy, private garden, communal pool.

Price: €245.000 Ref: NV: RABI



Fully renovated 2 bed villa in El Capistrano Village. Comprising: 2 beds, 2 baths, toilet, equipped kitchen, living room, terrace, balcony, basement with bath. Privileged location, amazing sea views from the balcony and from the terrace and living room.

Price: €375.000

Ref: NV: OL157

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!



Queen Forever Tribute, on their Back to the Light tour, is the focus of the Taytontos Festival Torrox line-up, which returns after two years of the pandemic. Part of the festivals proceeds will be allocated to the Spanish Association Against Cancer of Torrox, who have also been present during the act held in the plenary hall in which it was announced that it will be held on July 2 in the La Granja area.

Medina has thanked the organizers of the festival for having specifically thought of this association, which has recently been established in the municipality. "Cancer is something that concerns us all, directly or indirectly, and we have to be united and give our best to fight against this scourge," the mayor stressed.

Lastly, he invited people to participate in this festival, which promotes tourism and the name of Torrox, and

which will be held "in one of the most beautiful settings in the municipality, such as the La Granja area".

Several of the representatives of the Taytontos association present at the event wanted to show their gratitude to the consistory year after year for being able to carry out this festival, and more specifically through the Department of Festivals and Popular Traditions.

Specifically, its president, has been visibly moved, excited to be able to get it up and running again after these two very difficult years due to the pandemic. Francisco Javier Baena, said that on this occasion the poster will have Queen Forever Tribute as its main protagonists, highlighting that music critics had come to say that they are the best Queen after Queen. The local

Continued on page 13



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Ref: 6540 TH3



TORROX COSTA

Frontline beach apartment. 2 bedrooms, 2 bathrooms, modern kitchen, lounge, terrace with great beach and sea views. Fully furnished, airconditioned and including underground parking space and storage room. Great rental property.

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Ref: 6445 AP2



TORROX COSTA

Spacious semi detached villa in quiet location close to the centre and the promenade of Torrox Costa. 3 bedrooms, 3 bathrooms, a large lounge / diner, open kitchen and a very spacious garage underneath. Pool. Sea views.

Price: €320.000

Ref: 6300 VI3



ALGARROBO COSTA

Sunny 2 bedroom apartment close to the sea. Spacious distribution, South facing terrace with sea views. Centrally located with all amenities within easy walking distance. Communal Pool, private underground parking space and storage room incl.

Price: €185.000

Ref: 6539 AP2



TORROX PARK

Modern ground floor apartment with one bedroom, bathroom, open kitchen, large lounge and a spacious glassed in terrace with stunning sea views. Access to communal gardens. Sold furnished. Communal pool included.

Price: €136.000

Ref: 6456 AP1



NERJA

Great new development close to completion. Last available penthouse with 2 bedrooms, 2 bathrooms, spacious lounge with open kitchen and 2 terraces with a total of 55 m². Large windows, A/C and communal pool. Parking spaces available.

Price: €325.000

Ref: 6453 DEV



TORRE DEL MAR

Only one house left! New development of 14 semi-detached villas close to the centre of Torre del Mar. 200 m² built with large basement, 3 bedrooms, 3 bathrooms, open lounge-diner with American kitchen and lovely terraces with great views.

Price: €419.900

Ref: 6280 VI3



TORROX

Large plot of 4.111 m² with lots of fruit trees and a small house of 24 m². Close to the main road with easy access. Very private and peaceful. Great opportunity to create your own little country retreat less than 15 min. from the coast.

Price: €68.500

Ref: 6411 CO



TORROX COSTA

Lovely studio apartment in Centro Internacional. Centrally located with promenade, beach and amenities within easy walking distance. The renovated studio is in excellent conditions and fully furnished. The glassed in terrace offers stunning sea views.

Price: €125.000

Ref: 6537 ST

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Protecting your

Retirement can last 30 years or more. To help us enjoy these well-earned years and have peace of mind, we all need to plan ahead, build up our savings and then protect them for our long-term future.

While the earlier we start doing this in our careers the better, it gets more important the closer we get to retirement. And we need to continue taking steps to protect our retirement savings even after we've started drawing our pensions, regularly reviewing our arrangements to ensure we continue meeting our retirement goals.

Before retirement

As retirement begins to get closer, it's time to start planning how you want to spend your golden years and ensure you are on the right track financially. There may be steps you can take today to help make your retirement goal a reality.

Questions to ask yourself include:

- Will I be able to afford to retire when I want to?
- What is the best strategy for withdrawing from my business or employment?
- What options do I have for my pensions? Are they likely to change?
- Will I be able to retain my existing wealth and assets?
- Do I want to spend some or all of my retirement abroad?

Let's say that you plan to retire within the next few years and move permanently to Spain. You may have concerns about whether you can afford your preferred lifestyle without having to sell existing assets. Perhaps you have a business to sell and are unsure how best to convert your years of hard work into a retirement

nest egg. Then there are the complex residence and tax implications of living in a different country. Professional financial advice can prove invaluable here, especially with an adviser who understands Spain and can provide cross-border advice covering both countries. A good adviser will take a holistic view of what you have – your savings, investments, assets, pensions – together with what you want – your income requirements, estate planning wishes – and an objective assessment of who you are – your circumstances, timeline, goals, risk appetite – to design a personalised retirement plan for you.

After retirement

Being retired doesn't mean you can forget about retirement planning. Regular reviews allow you to adapt your strategy to suit your changing circumstances and goals, such as incorporating new family members, addressing health issues or relocating. It enables you to keep up with the ever-changing tax and pensions landscape, including new opportunities that could work in your favour.

You also need to keep protecting your savings and retirement income from inflation. As the cost of living rises, the value of your money falls, so that in the long-term you could have considerably less spending power than you have today.

Your pension options

Pensions are usually the foundation of retirement, so deciding what to do here may be one of life's most important financial decisions. Pensions are complex, and with so much

financial security through retirement

**by Kelman
Chambers, Partner,
Blevins Franks**

choice available, you must take great care.

You might benefit from consolidating several UK pensions into one to provide a coherent, more cost-effective investment platform for your retirement income, but first establish what would be the most tax-efficient approach for a Spain resident. Receiving pension income in sterling also exposes you to conversion costs and exchange rate risk.

Many British expatriates have chosen to transfer their UK pensions to a Qualifying Overseas Pension Scheme (QROPS) which have provided flexibility to take income in euros, more freedom to pass benefits to chosen heirs, and protection from further UK lifetime allowance charges. But pension

rules frequently change so you need to keep up-to-date, and in any case always take regulated, specialist advice before making pension decisions to protect your benefits and establish the best option for you. Keep an eye on the UK's lifetime allowance (LTA). The UK caps how much you can hold in combined pension benefits (excluding State Pension) without paying extra tax. Once your funds exceed the limit, you pay a tax charge whenever you access your money – 55% for lump sums or 25% for income or transfers to an overseas pension. This also applies to non-UK residents.

Retiring in Spain

If you plan to retire in Spain, review your retirement strategy early. You need to consider your residence status and cross-border tax implications and adapt your estate planning to suit Spain's different succession rules.

Careful planning is the key to minimising taxation and maximising

the available opportunities so you can enjoy your dream retirement for as long as you need. For the best results, take specialist, cross-border advice.

All advice received from any Blevins Franks firm is personalised and provided in writing. This article however, should not be construed as providing any personalised taxation and/or investment advice.

The tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.

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- Residence** | understanding and applying for post-Brexit residence permits
- Tax planning** | minimising tax on income, capital gains, wealth and inheritances
- Estate planning** | navigating and avoiding foreign forced heirship rules
- Investments** | designing portfolios to suit your circumstances and goals
- UK pensions** | exploring your options to find the best solution for you

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DJ Dani Jiménez will begin by entertaining the evening that will continue with the stereo80 performance paying tribute to the music of the 70s and 80s, to give way to a tribute to the legendary English band, with Los Electroduendes being responsible for closing the festival. For her part, Marina Villena, vice president of Taytantos, has indicated that the tickets, whose advance price is 15 euros and 17 euros at the box office, will be available online from this Friday and that they can also be obtained at the points of sale that are provided in different parts of the municipality, encouraging people to attend the festival, insisted that part of the proceeds will go to the AECC of Torrox. Its vice-president, Beatriz Sevilla, wanted to thank the organizers of the festival for having remembered this group that has been in the municipality for such a short time and that, in addition to the economic contribution, will help them to make themselves known and thus reach a greater number of people who may need your help.

From abandoned Marbella puppy to world canicross championship in France

Ana Gajate and her Schnauzer cross Syra love the sport they do together, and enjoy competing under the slogan Six Feet, Two Hearts and One Team.

It looks as if destiny intended Syra to be a champion, from the time she was abandoned as a puppy outside the Marbella Animal House veterinary clinic six years ago.

"She was about six weeks old, in a basket, and had been well looked-after," says the clinic owner, María Funes.

That day, María's cousin Ana Gajate was returning to Madrid after spending Easter with the family and came to say goodbye. "She had been saying she'd like a dog, and I thought this puppy would be ideal. And now she has made her a champion!" María says.

Ana had always been athletic, but before she adopted Syra she knew nothing about canicross, which consists of running cross-country accompanied by a dog. "I wondered if I could take her with me for a run and looked it up on the Internet, and discovered canicross," she says.

This year, they competed in the World Championship in Plédran, in Brittany, and came 48th. Syra made her debut in the competition in November 2017, in Madrid.

Syra is a Schnauzer cross, she has come second in her category in the Madrid Mushing Cup and sixth in the Spanish Cup in 2020. Last year, they won the Madrid Canicross Championship.

They slow down in the summer because of the heat, sticking to walks by the river, swimming and playing with a frisbee. They are both leading happy lives. "I always used to say to my grandmother that I would find love in Marbella, and I did, with Syra!" says Ana.

CORONAVIRUS

Spain to extend restrictions on international travellers until June 15th

The temporary measures, aimed at slowing the coronavirus outbreak, will not affect essential travel. Spain's Official State Gazette (BOE) on Friday published an order extending restrictions on non-essential travel for people coming into Spanish territory until June 15th. The move acknowledges a recommendation by the European Commission "to prolong the temporary restriction on non-essential travel to the EU until 15th June." The restrictions on travel into the EU space went into effect on March 17th, although Brussels asked member states to allow free internal movement for European citizens.

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the spread of the coronavirus, which has claimed over 27,000 lives in Spain, according to the official count. The Spanish government recently announced a 14-day self-quarantine for international travellers, until the end of the state of alarm. Besides the quarantine, non-essential travel will be heavily restricted. Non-essential travel to Spain will be heavily restricted. As a rule, Spanish authorities will only let in Spanish citizens, permanent residents of Spain, and regular residents of the Schengen area (26 countries that include the EU members, Norway, Iceland, Liechtenstein, Switzerland and Andorra) who are in transit to their place of residence.

Exceptions are also made for cross-border workers, healthcare professionals and caregivers on their way to work, diplomats and individuals who can prove an essential reason to travel, including for humanitarian reasons. The order stipulates that authorities may also turn away EU citizens and their relatives for public health reasons if they are not "registered as residents of Spain, or headed directly to their place of residence in another member state, Schengen-associated state or Andorra." An exception is also made for "the spouse of a Spanish citizen, or partner in a similar relationship that is registered in a public registry, and for descendants and parents living with the citizen, as long as they are traveling with this citizen or on their way to reunite with him or her." The order went into effect on Saturday, May 16th and will remain in place until midnight on June 15th. This pushes the travel restrictions beyond May 24th, the date when the current state of alarm is due to end in Spain, although Prime Minister Pedro Sánchez, of the Socialist Party (PSOE), will ask Congress for permission to extend it to June 29th.

After two months under one of Europe's strictest lockdowns, Spaniards have gradually recovered some mobility through a deescalation plan that is currently underway.

Madrid's 'Instagram pedophile' gets 700 years for abusing minors

The predator, who worked as a lawyer and soccer coach, posed as a young girl on social media and asked victims to send footage of themselves performing sex acts. Patricia Peiró José Ángel S. S., known as the "Instagram pedophile," has been found guilty by a Spanish court of sexually abusing minors, recording sexual encounters with them, distributing child pornography and cyber-bullying nearly 100 underage victims. He has been sentenced to an accumulated prison term of nearly 700 years for these crimes, although the maximum period he can be legally

held behind bars is 30 years. The 31-year-old, a lawyer by trade, was also a coach for teenage soccer players in a town south of Madrid. For three years, between 2015 and 2018, he was a sexual predator who had full relations with at least seven young men, according to the Madrid regional high court, which based its decision on victim testimonies, physical evidence and content found on the defendant's computer and mobile devices.

Monkeypox virus

The disease is spreading in Europe and North America, but it is generally mild and experts believe that very close contact with an infected person is required in order to catch it

The first US case of monkeypox in 2022 was confirmed on Wednesday, when Massachusetts health officials announced that the rare virus had been identified in an adult man, according to CBS News Boston. This individual had recently travelled to Canada, where 13 suspected cases are being investigated. Several monkeypox cases have also been confirmed in the United Kingdom, Portugal and Spain.

15 years since the disappearance of Madeleine McCann

A sex offender imprisoned in Germany is the latest official suspect in the search for the three-year-old, who would now be 18. Kate and Gerry McCann, the parents of the then three-year-old Madeleine who disappeared one night in the resort town of Praia da Luz in Portugal's Algarve region on May 3, 2007, have not stopped looking for their daughter. "Even though the possibility may be slim, we have not given up hope that Madeleine is still alive and we will be reunited with her," the two recently wrote on their website findmadeleine.com.

In Praia da Luz today, there are no longer signs about searching for Madeleine. Tapa's, the restaurant where the McCanns and their friends were dining when the toddler went missing, is now called Izakaya.



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Urb. El Algarrobo, Nerja

Townhouse with two large front terraces with stunning sea views. The top floor comprises a modern open plan lounge/dining area with patio doors leading to the terrace area. Also on this level is a fitted kitchen and a toilet. Downstairs are two bedrooms and a new bathroom. There is a small garden area with fruit trees and a garage. The house has been modernised throughout including quality oak doors and fitted wardrobes in the main bedroom. Communal pool.

Price: 275,000 euros Ref. JG390

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Urb. San Juan Capistrano, Nerja

Apartment with superb views to the Mediterranean Sea from its large 40m² plus south facing terrace. The property comprises two double bedrooms with fitted wardrobes, one family bathroom, a fitted kitchen and very bright open plan living & dining area with direct access to the sun terrace. Furnished. Great rental potential.

Price: 299,000 euros Ref. JG966



Castillo Alto, Nerja

Villa with private pool situated in Castillo Alto, on the road from Nerja to Frigiliana. The property comprises three bedrooms and two bathrooms. It has a roof terrace with very nice sea and mountain views. Outside the house there is a large sunny terrace, a patio with mature trees, a BBQ area and a small workshop room. There is also a garage space with automatic door.

Price: 330,000 euros Ref. JG135

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Urb. Jardines de Nerja

Terraced house comprising on the ground a fitted kitchen and a bright open plan living & dining area which leads onto a sunny terrace. On the first floor there are two bedrooms and a family bathroom. Stairs from this floor take you to good sized roof terrace with stunning sea views. There is a self-contained apartment on the lower ground floor with a living room leading to an open plan kitchen and a shower room. The property benefits from stunning communal gardens and pool as well as off-road parking.

Price: 275,000 euros Ref. JG973TPM

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“Axarquia con Ucrania” receive a 400 Euro donation from 41 Club Nerja

On Nerja's famous Balcon de Europa 41 Club Nerja Chairman, Peter MacLeod presents a 400 euro donation to Gareth Arnold, a key helper at the Charity “Axarquia con Ucrania”. Looking on (as well as the King!) is Yana, a Ukrainian refugee who arrived in Nerja two months ago with her daughter and more than fifty others on the locally organised and driven bus.

Chairman Peter (who with another member of 41 Club Nerja is hosting a refugee family) said how pleased he was to make this contribution to help Axarquia con Ucrania's excellent work. “This was a difficult on going crisis for innocent people that will take a long time to resolve” he added.

While thanking Peter and 41 Club Nerja for their donation Gareth said how grateful he was to so many people and organisations for their amazing support. “It's not just the financial help”, he explained, “But things like the local papers and magazines who have been so generous with their support too. It's all meant”, Gareth went on “That “Axarquia con Ucrania” has been able to provide our refugee friends not only with homes to stay in and to cover their basic daily needs, but also very importantly, to help them become independent. In the short term things like getting jobs, but they will also need support to address some difficult decisions about their longer term options”.

Yana also wanted to say a personal and heartfelt thanks. She wrote “I know I speak for us all when I thank the people of Nerja for their warm welcome and all the people

who have helped so much, the bus driver, Gareth and his team, as well as dentists, nurses, social services, the Town Hall, the Police and everyone who have helped us keep our children safe”.

If you can offer any help or want to make a donation to “Axarquia con Ucrania” please get in touch. You can email them at help.ukraine.nerja@gmail.com Donations can be made at www.gofund.me/8473ee5e They are also on Facebook.

You can find out more about 41 Club Nerja by visiting their website www.41clubnerja.org

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TAX OBLIGATIONS FOR FOREIGNERS IN SPAIN

In Spain there are many foreigners that live here permanently (more than 183 days a year), and there are lots of foreigners that do not live in Spain but own a property here.

Most of them do not pay any personal tax in Spain. Some do not file a tax declaration because they are unaware of Spanish tax laws. It is important to know that ignorance of the Law does not exempt from compliance.

All foreigners that live in Spain or that own a property in Spain, should file a tax declaration: either as a tax resident or as a non-tax resident that owns a property.

If you are a foreigner and live permanently in Spain (more than 183 between January 1st and the 31st of December 2021).

I recommend that you file your income tax return during the months of May and June 2022, for fiscal year 2021. You must submit Modelo 100 form. According to Spanish law, those who live in Spain for more than 183 days a year will be considered tax residents in Spain, and therefore would be liable to pay taxes in Spain on their worldwide income. By doing this you are complying with your tax obligations and are confirming to the Spanish tax authorities that you are, without a doubt, a tax resident in Spain.

You will avoid potential problems and will have all

the legal rights that Spanish law recognises for all those who legally reside in Spain and duly file their income tax return.

It is important to say that, the majority of foreigners living in Spain are pensioners with low monthly income, so they probably do not have to pay taxes in Spain as a result of their income the tax return should be very close to zero.

If you are a property owner in Spain and only come over for holidays, or less than 183 days a year in total, then you are obliged by law to do a tax declaration. This tax is based on the value of the property owned. The declaration must be made annually. It is the Modelo 210 form.

Each owner has to make their own declaration individually, before the 31st of December of each year.

For further advice on this matter or to arrange a no obligation meeting to discuss your particular circumstances in detail, please contact us

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The Dog-Friendly Garden part 2 by Ayshica

Cute picture right! This was taken a few years back when this hoop house was almost all the gardening space I had. It was Mothers day and we had been out all day. A quick Trader Joes pre-packaged dinner was in order. We started to set up a little table and chairs, and food in the hoop house. We went indoors for the rest of what we needed and came out to find this. Whiski decided it was a good spot for him to enjoy dinner! Surprisingly he did not get into the food that was on the table, but that was probably because we were back out before he could. What does this have to do with gardening you ask? My dogs are always in the garden when I am out there and I am guessing yours are too.

Herbs For Dogs

Spinach: Small amounts of cooked spinach can be added to your dog's food. There are many beneficial nutrients in spinach, but it



is good to be aware of the oxalates especially if a dog has kidney issues.

Peas: This has to be one of my dogs' most favourite treats after carrots. Who does not love crunching on fresh sweet shelled peas? Winter evening walks in the garden, means a lot of snacking on these delicious morsels. No one is ever

disappointed! **Squash:** Summer squash, winter squash, and pumpkins can be fed to canines. In fact, keeping pumpkin/ winter squash puree on hand is beneficial if your dog ever has diarrhea issues.

Sweet potato: Some cooked sweet potato makes food more interesting and most dogs will

enjoy the sweet taste. This is also very easy for older dogs to eat.

I tend to keep the brassicas away for the most part, but do give my dogs a small amount of cauliflower. The brassicas tend to cause gas in pets that will quickly clear a room.

Note: Do not feed okra, eggplant, peppers, lima

beans, onions, garlic, or any members of the allium family.

Flowers For Dogs

Of course, you should plant flowers for the dogs! With their powerful sense of smell, they are likely to appreciate it even more than we do.

Chamomile: Imagine your sweet pup sprawled out in a patch of chamomile taking in the spring sunshine! This is an excellent flower/herb for canines. The scent is soothing for dogs, and in addition, a bit of tea can be used to calm down anxious or excitable dogs,



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and even soothe tummies. Flax: While the flax flowers are beautiful and invite many beneficial bugs to the garden, grow this one for its seeds which make for shiny healthy coats. Lavender: Lavender essential oil is too strong for dogs, but a bush of lavender is great. Gently rubbing some lavender flowers on their coat will help calm dogs and is a light flea and tick repellent. Zinnias: There are often pictures on the internet of



dogs and zinnias. These colourful flowers are very safe to have around dogs, while providing colour during the hot summer months.

Sweet potato vine: If you have a large area to cover and want something that is hardy enough for a rambunctious dog, sweet potato vine is an excellent choice. It is edible and safe for canines.

Snapdragons: This easy fall sown ornamental is safe to have around your pet while beautifying your space.

Calendula: Calendula is workaholic! It is excellent to soothe skin issues such as rashes, hot spots, and dryness. Often it is used in salves to soothe paws. Calendula is also excellent to work with for gentle lymphatic support/drainage should a dog be experiencing issues related to that. Combined with plantain, it is great to have on hand as an infused oil

as part of the first aid kit for your dog.

Fruit For Dogs

Many dogs will also enjoy a variety of fruit. It is best not to give dogs too much tropical fruit due to the high sugar content. Also, too much of some fruit may cause intestinal discomfort. Apples: This is another favourite and one people often feed to dogs. Be careful not to give dogs the seeds as they do contain trace amounts of cyanide. Strawberries: Packed with nutrients and antioxidants, berries are excellent for dogs.

Blueberries: Another antioxidant-rich berry that benefits your dog's health. This is another one best eaten outside and not on the light-coloured carpet! (Yes that has happened as well).

Blackberries: Just like the berries above, offering your friend some blackberries will give them a little antioxidant and vitamin boost. Also best served outside away from light-coloured carpet.

Melons and watermelon: Just like us, dogs also enjoy some sweet juicy watermelon or, melon on a hot day. In fact, because of their strong sense of smell, don't be surprised if they get into your melons and watermelons just as they are getting ripe. You may want to protect these crops if your dogs will help themselves to the melon patch.

Note: Do not feed citrus, pineapple, grapes, and avocado.

Finally here are some of the easiest recipes you could whip up to treat and pamper your beloved friend.



This is a 3 part article. Part 3 will be in the next issue of Streetwise magazine.



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Online video

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Online video

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Canillas de Aceituno Price reduced!
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EPC: E

Price: 450,000 euros ref: v1312



Online video

Competa Modern Property!
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EPC: E

Price: 142,500 euros ref: t1333

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June in History

June 1

Birthday - Marilyn Monroe (1926-1962) was born in Los Angeles (as Norma Jean Mortensen). Following an unstable childhood spent in foster homes and orphanages, she landed a job as a photographer's model which led to a movie career. She later married baseball legend Joe DiMaggio. Beneath her glamorous movie star looks she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died in Los Angeles from an overdose of sleeping pills on August 5, 1962. Best known for *Gentlemen Prefer Blondes* (1953), *The Seven Year Itch* (1955), *Bus Stop* (1956), *Some Like It Hot* (1959), and *The Misfits* (1961).

June 3

1937 - The Duke of Windsor married Wallis Warfield Simpson in Monts, France. As King Edward VIII, he had abdicated the British throne in December of 1936 amid tremendous controversy to marry Simpson, an American who had been divorced. Following the wedding, the couple lived in France and had minimal contact with the British Royal family. The Duke died in Paris on May 28, 1972, and was buried near Windsor Castle in England.

1972 - Sally Jan Priesand was ordained a rabbi thus becoming the first woman rabbi in the U.S. She then became an assistant rabbi at the Stephen Wise Free Synagogue in New York City.

June 4

1944 - During World War II in Europe, Rome was liberated by the U.S. 5th Army, led by General Mark Clark. Rome had been declared an open city by German Field Marshal Albert Kesselring amid Allied concerns the Germans might stage a Stalingrad-style defense that would devastate the historic 'Eternal' city.

Birthday - King George III (1738-1820) was born. He ruled England for 60 years from 1760 to 1820 and was the British King against whom the American Revolution was directed.

June 5

1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. In September, they repeated the experiment for King Louis XVI, using a sheep, rooster and duck as the balloon's passengers.

1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died at 1:44 a.m.,

June 6, at age 42, leaving behind his wife Ethel and eleven children, the last one born after his death. President John F. Kennedy had named his brother and campaign manager, Robert Francis Kennedy, to the post of U.S. Attorney General in 1961. Robert served as the president's closest confidant. After the assassination of JFK, Robert remained as Attorney General until 1964, when he resigned to make a successful run for the U.S. Senate from New York. Allied with the plight of the poor and disadvantaged in America, he spoke out against racial discrimination, economic injustice and the Vietnam War. In March of 1968, he had announced his candidacy for the presidency. And with the win in California, appeared headed for the nomination.

Birthday - British economist John Maynard Keynes (1883-1946) was born in Cambridge, England. He wrote *The General Theory of Employment, Interest and Money* in 1936, stating his ideas about government responsibility and commitment to maintaining high employment. He claimed that business investors and governments, not consumers, were the source of business cycle shifts.

June 6

1872 - Pioneering feminist Susan B. Anthony was fined

for voting in a presidential election at Rochester, New York. After voting rights had been granted to African American males by the 15th Amendment, she attempted to extend the same rights to women. She led a group of women that voted illegally, to test their status as citizens. She was arrested, tried and sentenced to pay \$100, which she refused. Following her death in 1906 after five decades of tireless work, the Democratic and Republican parties both endorsed women's right to vote. In August of 1920, the 19th Amendment to the U.S. Constitution was finally ratified, allowing women to vote.

1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France.

1978 - By a vote of almost two to one, California voters approved Proposition 13, an amendment to the state constitution severely limiting property tax rates.

June 7

1965 - The U.S. Supreme Court struck down a Connecticut law banning contraception. In *Griswold v. Connecticut*, the Supreme Court guaranteed the right to privacy, including freedom from government intrusion into matters of birth control.

Birthday - French painter Paul Gauguin (1848-1903) was born in Paris. He worked as a stockbroker, then became a painter in middle age. He left Paris and moved to Tahiti where he developed an interest in primitive art. Among his best known paintings; *Vision After the Sermon* (1888), *When Shall We Be Married?* (1892), *Holiday* (1896), and *Two Tahitian Women* (1899). His style using broad, flat tones and bold colours, inspired artists such as Edvard Munch, Henri Matisse, and the young Pablo Picasso.

June 9

1898 - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

June 10

1652 - In Massachusetts, silversmith John Hull opened the first mint in America, in defiance of English colonial law. The first coin issued was the Pine Tree Shilling, designed by Hull.

Birthday - Judy Garland (1922-1969) was born in Grand Rapids, Minnesota (as Frances Gumm). She is best remembered for her portrayal of Dorothy Gale in *The Wizard of Oz* (1939) and other films including *Meet Me in St. Louis* (1944) and *Easter Parade* (1948). She became one of the most popular concert performers of the 1950s and '60s and broke box-office records in New York City and London. She was found dead of an overdose of sleeping pills in London on June 22, 1969.

June 11

1991 - Mount Pinatubo in the Philippines erupted, spewing ash into the air, visible over 60 miles. The surrounding areas were covered with ash and mud created by rainstorms. Nearby U.S. military bases were also damaged.

Birthday - Undersea explorer Jacques Cousteau (1910-1997) was born in Ste-Andre-de-Cubzac, France. In 1943, he helped invent the first underwater breathing apparatus, called the Aqualung. He is best known for his Emmy Award winning television series, *The Undersea World of Jacques Cousteau*, which premiered in the U.S. in 1968.

Birthday - American football coach Vince Lombardi (1913-1970) was born in Brooklyn, New York. In 1959, he became head coach of the Green Bay Packers, winning five NFL titles and two Super Bowls in nine seasons. He is generally regarded as the greatest coach and the finest motivator in football history. He retired in 1968, but was lured back to coach the Washington Redskins. He contracted cancer after coaching the Redskins for just

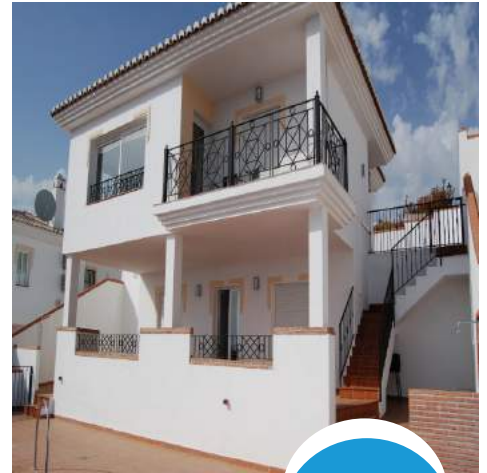
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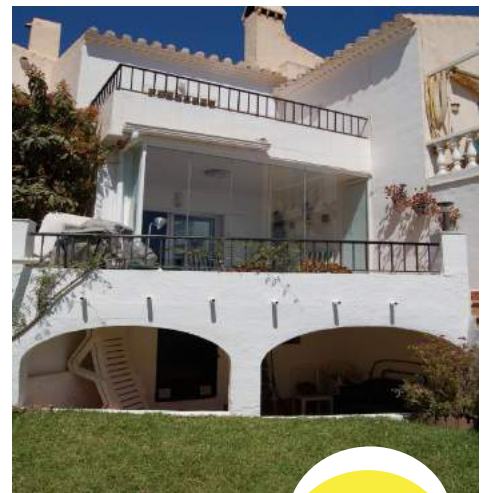
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**BIBI**

Sonrisa was found in the Nerja campo by a Costa Animal Society (CAS) volunteer in early May on a road leading to several homes. Her rescuer saw her one morning and noticed she was staying close to his front gate, but it was not a dog he recognised and when he approached her she seemed to smile but would not let him touch her. He attempted to catch her with a lead, but she evaded his efforts and disappeared into a nearby field. After going out the following afternoon, the rescuer returned home to find Sonrisa in the same spot in the field, sitting and looking around, as if she was waiting for someone to come back for her. Often when a dog is dumped from a car it will hang around in the same spot where it last saw its owner, sometimes for hours or even days, and CAS thinks this is what

happened to Sonrisa. The rescuer prepared some food and water for the abandoned dog and placed it just inside his garden, laid a trail of sausages out to the road, and waited behind the garden gate for Sonrisa to take the bait. At last she entered hesitantly but once she tucked into the bowl of food he quickly closed the gate behind her. Sonrisa is a Podenco cross with short stocky legs so she probably has some Teckle in her genes. She is a healthy female who is about one year old and she weighs close to ten kilos. Sonrisa has a sweet yet timid personality but she gets along well with other dogs and we think she would be good with children and cats. She has been vaccinated and checked by the CAS vet and is now being housed in private kennels until a foster or permanent home can be found for her. If you would like to meet Sonrisa or any of the other animals under the care of the Costa Animal Society, and/or are looking to adopt or are willing to foster a pet please contact us by email at costaanimalsociety@gmail.com or through our Facebook page \casnerja.

Happy Tales!

Bibi's adoption has been finalised, yeah! You may recall her sad story from earlier in the year where her owner of ten years died,

The Costa Animal Society...

leaving her an orphan. A foster home was found for her but it did not work out due to a personality conflict with the other dog that already lived there. A neighbour of the deceased gentleman contacted the Costa Animal Society (CAS) and Bibi was placed in kennels until another solution could be found. A couple of weeks later, after seeing Bibi's story on Facebook, a lovely woman from La Herradura decided to give her a chance even though she has two male dogs and a few cats. Fortunately, this lovely woman has had many years of experience as a pet owner and after proper socialisation and training, Bibi soon found her place amongst the pack. In May Bibi officially became a

permanent part of the family when her chip was officially changed into her name.

CAS Upcoming Events

The Costa Animal Society (CAS) is pleased to announce we are hosting a Jubilee Afternoon Tea on Sunday, 5th June beginning at 15.00.

This is an extremely popular event and given that space is limited it sells out quickly. If you would like to attend, I would call as soon as you read this on 643 515 428 to book your place.

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Axarquia Animal Rescue



Meet Archie AAR 2526-

Archie was found with his brother and taken to the vets. He is now in a loving foster home with his brother and doing well. He is weaned and exploring his environment. He loves to play with his brother, but most of all loves a cuddle. He will be ready for his forever home from 8 weeks in Spain and 15 weeks outside of Spain. If you are interested in giving Archie his forever home please email axarquia-rescue@hotmail.com

Meet Oliver AAR 2523:-

Oliver was found with his brother and taken to the vets. He is now in a loving foster home with his brother and doing well. He is weaned and exploring his environment. He loves to play with his brother, but most of all loves a cuddle. He will be ready for his forever home from 8 weeks in Spain and 15 weeks outside of Spain. If you are interested in giving Oliver his forever home please email axarquia-rescue@hotmail.com

This is our litter of "Cheesy named" kittens. Tied in a plastic rubbish bag and

thrown in the bins when just days old. Thankfully someone heard their cries and they were rescued. Given a date of birth of 30th March they are doing well in their foster home. Starting to explore and play. These adorable little cheesies will be looking for their forever homes in a few weeks time.

For more photos and videos of these little kittens follow these links to their webpages:

Mozzarella:

www.axarquiaanimalrescue.com/meetme.php?id=2513

Keso:

www.axarquiaanimalrescue.com/meetme.php?id=2514

Manchego:

www.axarquiaanimalrescue.com/meetme.php?id=2515

Cheddar:

www.axarquiaanimalrescue.com/meetme.php?id=2516

To express your interest email: axarquia-rescue@hotmail.com



Treacle & Nugget are 2 gorgeous boys that were found in a plastic bag with their 2 other brothers dumped callously by a bin. They are healthy and thriving in the care of AAR. Approximately 7 weeks old they will be available for adoption in Spain when they are 8 weeks old. 15 weeks they can travel for adoption abroad. Breed unknown but maybe Mastin crosses so could be medium to large when fully grown. No guarantees can be given. They are playful pups full of mischief and curiosity. Waiting patiently for their forever home. If you are that lovely person that can adopt either of them please email as soon as possible to: axarquia-rescue@hotmail.com #adoptdontshop #adoptspanishrescue #adoptpuppyfromspain



Beautiful Grace AAR2402:-

DOB: 1st Jan 2016, is looking for her forever home. This is what Grace has to tell you: I was found with another dog in March 2021, we were both strays in search of food and a safe place to rest our heads and shelter. When AAR rescued me there were no available foster homes and I was placed in some kennels, where I received regular food, had a kennel to sleep in and I was safe but I was missing out on the love and comfort of an actual home & family. I was a very nervous dog, especially scared by sudden movements and loud noises. After 6 months at the kennels I was given a foster home. Initially I didn't want to go inside the house, I had probably never known an actual home before and it was all a bit frightening for me. My foster mum has lots of patience and love and very slowly I began to trust her. She has 2 other dogs and I now enjoy playing with them. I have learnt that if I let her gently stroke me she will give me treats, its taking time but I am getting there. I now have a cosy bed in the house and am learning what some things mean, like when the food bowl comes out and when my foster mum puts my lead on, these two things I love. But my very best love is for my ball. I will run and play with my ball, tail up and really enjoying life. I am looking for my very own forever home but I do need a home with people who have patience and time to give me and I am sure I will learn to love you and you will love me and we can have our "Happy Ever After" together. My new home needs to be close to or within the Axarquia region of Spain. #adoptdontshop #adoptarescue www.axarquiaanimalrescue.com/meetme.php?id=2402 email: axarquia-rescue@hotmail.com





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As we move into summer and the temperatures are begin to rise; it's important that you take care of your pets. Don't take risks and keep them safe. Dogs are naturally built to deal with the weather. Their coats are specially designed to keep them warm in cold weather, and cooler when it's warm, however extremes of temperatures can be dangerous, and sometimes fatal. I see people out every day in high temperatures walking their dog and the dog is clearly uncomfortable. It's not necessary to walk your dog for miles in the summer, in fact, it's not necessary to walk your dog at all if it's too hot. As long as they can get out to toilet they'll be just fine.

There are lots of other ways you can keep them busy without walking out in the heat - interactive toys and games, short walks at the beach or a lake where they can swim to keep cool, or let them sleep! My dogs love to sleep and love it more when it's hot!

It's worth remembering too that the hottest time of the day in southern Spain is around 5pm, and not in the middle of the day as you might expect. This is the time to avoid walks completely. If you're not sure, just test the pavement with the palm of your hand - if it's too hot to touch, then it's definitely too hot for your dog's paws. Brachycephalic or short nosed dogs like pugs, shitzus, boxers and french bulldogs struggle more in the heat because of the shape of their faces and they're not as efficient at cooling themselves down by panting. Black dogs heat up much faster and white dogs are prone to sunburn so it's important you pay attention to your dog's individual needs.

Signs of overheating may go unnoticed or ignored. Look for signs of overheating before they become serious health risks: Panting

Dark pink to red tongue lolling out of mouth

Dry, tacky mouth and mucus membranes

Trying to lie down

Lifting feet to avoid hot pavement

Lameness, stumbling

Slowing down and dragging on the leash

Vomiting



These are all signs that a dog is too hot and in danger.

When a dog is overheated, sponge or pour cool water on him or wrap a towel soaked in cold water over him, as well as offering small amounts water to drink. Once your dog is breathing normally again, take him to the vet to be checked properly. Any dog that collapses or shows signs of severe overheating should be taken immediately to a vet. Intravenous or subcutaneous fluids and medical treatments could be life-saving.

- Watch out for the signs of heatstroke and get your dog to the vet if you think they may be suffering. Excessive panting, drooling, thick saliva and collapse.

- Keep your dog hydrated and make sure they have access to plenty of water. Paddling pools are great for cooling down but make sure they're in the shade!

- Freeze some treats; frozen Kongs, ice cubes flavoured with chicken stock, frozen veggies - tasty and fun!

- Don't walk your dog in the middle of the day. Walk early in the morning or wait until the evening when it's cooler, or rest them at home for a day or two with some puzzle toys and enrichment activities instead. It's not the end of the world if your dog doesn't get a walk!



- Never leave your dog in the car even if it's just for a few minutes. A hot car can very quickly turn into a microwave and kill a dog in less than 20 minutes. Just don't do it.

- Check the temperature of the pavement before you take your dog out. If it's hot to touch - it's too hot for your dog's paws.

- When you walk your dog, stay in the shade of trees and take water with you. Make sure you take your time and don't over exert your dog

- Ditch the ball - running around can cause heat exhaustion and collapse. Avoid at all costs!

- Be particularly careful with short nosed dogs such as bull breeds, boxers, pugs, older dogs, and those that are overweight. These dogs can get heatstroke simply by running around.

Your dogs can't make these decisions by themselves so it's up to you to keep them safe!

To find out more about how to keep your dog cool in summer, or to join any of the training classes at Dog School Nerja, you can drop me a message on social media or send me an email to

karen@dogschoolnerja.com



Telephone: 711020098

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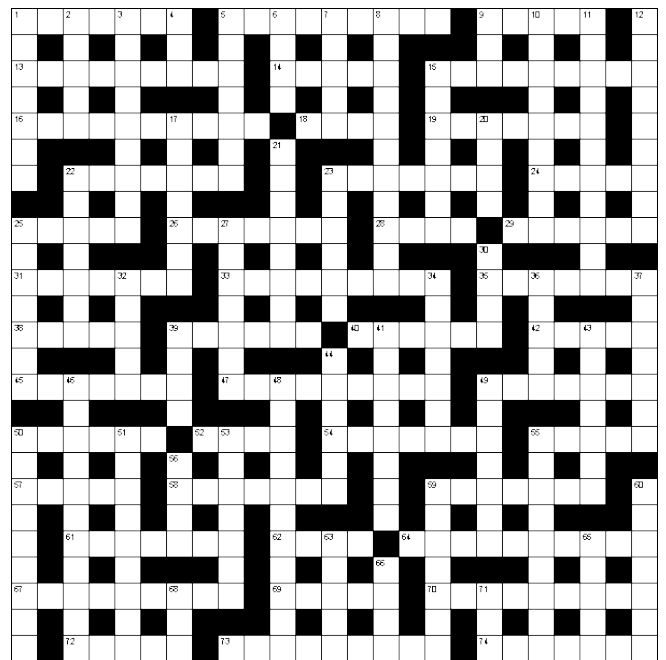
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Across

1. Vegetable (7)
5. Blandished (9)
9. Titled peer (5)
13. Remember (9)
14. Units of time (5)
15. Escapade (9)
16. The study of insects (10)
18. Ship's steering device (4)
19. Cautious (7)
22. Entourage (7)
23. Lands surrounded by water (7)
24. Piece of furniture (5)
25. Rescued (5)
26. Mythical beast (7)
28. Olfactory organ (4)
29. Lets in (6)
31. Nipped (7)
33. Wrong (9)
35. Lower limit (7)
38. Skillful (5)
39. Up-to-date (6)
40. Fraudulence (6)
42. Ringlets (5)
45. Not paid on time (7)
47. Inventions (9)
49. Memory loss (7)
50. Physically strong (6)
52. Grain store (4)
54. Candidate (7)
55. Cake topping (5)
57. Freight (5)
58. Reproduction (7)
59. Patron (7)
61. Irritated (7)
62. Tight (4)

Down

1. Theft (7)
2. Implied (5)
3. Without bounds (9)
4. The night before (3)
5. Weariness (7)
6. Dull pain (4)
7. Cease-fire (5)
8. Similarity in appearance (11)
9. Month, in short (3)
10. Gained (9)
11. Equipose (11)
12. Adolescents (9)
15. Dialects (7)
17. Lackadaisical (7)
20. Hazard (4)
21. Bills (8)
22. Income (7)
23. Disregard (6)
25. Female singing voice (7)
27. Insanely irresponsible (7)
30. Leave out (4)
32. Detested (5)
34. Perfidy (7)
36. Synthetic fabric (5)
37. Type of horse (7)
39. Security interest (4)
41. Tremendous (8)



43. Teller (7)
44. Part of a poem (6)
46. Abashed (11)
48. Conceited (11)
49. Wondrous (7)
50. Advocate (9)
51. Villain (9)
53. Hindered (7)
55. Immediately (9)
56. Quarry (4)

59. Exchanged (7)
60. Ignited (7)
63. Male relative (5)
65. Become liable to (5)
66. Dexterous (4)
68. Indicating maiden name (3)
71. Whole (3)



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

Card Games

E	P	I	Q	U	E	T	Z	B	R	I	D	G	E
M	R	W	H	I	S	T	I	P	S	F	B	B	L
H	A	H	E	A	R	T	S	G	O	F	I	S	H
R	K	C	C	E	S	K	A	T	S	A	N	A	C
W	P	N	N	U	E	P	O	K	E	R	D	R	O
A	Y	A	F	R	E	E	C	E	L	L	I	S	N
T	R	T	T	A	R	A	C	C	A	B	A	E	I
T	A	N	K	I	J	U	A	Y	B	L	M	D	P
E	M	A	W	P	E	S	M	A	L	I	D	A	K
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L	D	L	B	N	Q	E	C	S	Y	Z	O	S	O
V	S	F	O	S	O	H	H	E	L	L	O	P	R

BACCARAT

BLITZ

BRIDGE

CANASTA

CASINO

CRIBBAGE

EUCHRE

FAN TAN

FREE CELL

GO FISH

HEARTS

MAO

NERTZ

OH HELL

OLD MAID

PATIENCE

PINOCHLE

PIQUET

POKER

PYRAMID

ROOK

RUMMY

SKAT

SLAP JACK

SNAP

SPADES

SPIT

WAR

WATTEN

WHIST





one season and died September 3, 1970, in Washington, D.C. June 12

1963 - Civil rights leader Medgar Evers was assassinated in Jackson, Mississippi, by a rifle bullet from an ambush. He had been active in seeking integration of schools and voter registration for African Americans in the South. Widespread public outrage following his death led President John F. Kennedy to propose a comprehensive Civil Rights law. Evers was buried in Arlington National Cemetery.

Birthday - George Bush, the 41st U.S. President, was born in Milton, Massachusetts, June 12, 1924. During World War II, he became the youngest pilot in the U.S. Navy. Following the war, he co-founded a Texas oil equipment manufacturing company. He then entered politics, serving in a variety of roles including in the U.S. Congress, the United Nations, as U.S. liaison to China, C.I.A. director, and two terms as vice-president under Ronald Reagan. Elected to the presidency in 1988, President Bush is best remembered for forging a successful multinational military alliance following the invasion of Kuwait on August 2, 1990, by Saddam Hussein's Iraqi army. However, following the defeat of Iraq, Bush was beset by domestic problems in the U.S. which resulted in a significant drop in popularity and his loss in the 1992 election to Bill Clinton.

Birthday - Anne Frank (1929-1945) was born in Frankfurt, Germany. She is perhaps the best known victim of the Nazi Holocaust. Anne and her family moved from Germany to Amsterdam to flee Nazi persecution, then went into hiding in a small attic after Holland was invaded by Nazis. Anne, a girl on the verge of womanhood, was unable to go outside for any reason. In 1942, she began a diary to cope with the boredom, fear, annoyances, and loneliness of captivity. Her family's hiding place was eventually discovered and Anne and her family were deported to Nazi concentration camps. She contracted typhus and died at Bergen-Belsen in 1945. After the war, her father published her diary, which inspired the world, revealing a young woman who had managed to remain hopeful, despite it all.

June 13

1971 - The New York Times began publishing the Pentagon Papers, a collection of top secret documents exposing U.S. strategy in the Vietnam War.

June 14

1775 - The first U.S. Military service, the Continental Army consisting of six companies of riflemen, was established by the Second Continental Congress. The next day, George Washington was appointed by a unanimous vote to command the army.

1922 - Warren G. Harding became the first U.S. President to broadcast a message over the radio. The event was the dedication of the Francis Scott Key Memorial in Baltimore.

1951 - Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia. It was installed at the Census Bureau and utilized a magnetic tape unit as a buffer memory.

Birthday - Photojournalist Margaret Bourke-White (1906-1971) was born in New York City. In 1936, she became one of four original staff photographers for Life Magazine. She was the first woman to become an accredited war correspondent during World War II. She covered the Italian campaign, the siege of Moscow and the American crossing of the Rhine into Germany. Her photographs of Nazi concentration camps stunned the world. She later photographed Mahatma Gandhi and covered the migration of millions of people after the Indian subcontinent was subdivided. She also served as a war correspondent during the Korean War. Her best known book was a study of rural poverty in the American South, *You Have Seen Their Faces* (1937).

Birthday - German psychiatrist and pathologist Alois Alzheimer (1864-1915) was born in Markbreit am Mainz, Germany. In 1907, he published an article first describing

'Alzheimers,' a degenerative disease, usually beginning at age 40-60, affecting nerve cells of the brain and leading to severe memory impairment and progressive loss of mental faculties.

June 15

1215 - King John set his seal to Magna Carta, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.

June 16

1963 - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site. She manually controlled the spacecraft completing 48 orbits in 71 hours before landing safely.

Birthday - Film comedian Stan Laurel (1890-1965) was born in Ulverston, England. He teamed up with Oliver Hardy as Laurel & Hardy delighting audiences for more than 30 years.

Birthday - American author and photographer John Griffin (1920-1980) was born in Dallas, Texas. He darkened his white skin using chemicals and ultraviolet light, then kept a journal on his experiences while posing as an African American traveling through the deep South. The journal was published as the book, *Black Like Me*.

June 17

1972 - Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, D.C. However, subsequent investigations revealed the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. A long chain of events then followed in which the president and top aides became involved in an extensive cover-up of this and other White House sanctioned illegal activities, eventually leading to the resignation of President Nixon on August 9, 1974.

Birthday - Russian composer Igor Stravinsky (1882-1971) was born near St. Petersburg. Among his best known works, the ballets *The Firebird* (1910), *Petrushka* (1911) and *The Rite of Spring* (1913), and the choral work *Symphony of Psalms* (1930).

June 18

1815 - On the fields near Waterloo in central Belgium, 72,000 French troops, led by Napoleon, suffered a crushing military defeat from a combined Allied army of 113,000 British, Dutch, Belgian, and Prussian troops. Thus ended 23 years of warfare between France and the other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former vain-glorious Emperor died alone on the tiny island, abandoned by everyone.

Birthday - British explorer George Mallory (1886-1924) was born in Mobberley, Cheshire, England. When asked why he wanted to climb Mount Everest, the highest mountain in the world, he simply answered, "Because it is there." He disappeared while climbing through the mists toward its summit on the morning of June 8, 1924. His body, perfectly preserved due to the cold conditions, was discovered by climbers in 1999, just 600 meters (2,030 feet) from the summit.

June 19

1953 - Julius and Ethel Rosenberg were executed by electrocution at Sing Sing Prison in New York. They had been found guilty of providing vital information on the atomic bomb to the Soviet Union during 1944-45. They were the first U.S. civilians to be sentenced to death for espionage and were also the only married couple ever executed together in the U.S.

June 20

1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.

Birthday - Britain's Prince William (William Arthur Philip Louis) was born in London, June 21, 1982.

June 22

1941 - Starting at 3:15 am, some 3.2 million German soldiers plunged headlong into Russia across an 1800-mile front, in a major turning point of World War II. At 7 am that morning, a proclamation from Hitler to the German people announced, "At this moment a march is taking place that, for its extent, compares with the greatest the world has ever seen..."

June 24

1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th. 2010 - Labour Party deputy Julia Gillard became Australia's first female Prime Minister. She was born in Wales and had moved to Australia as a child. She worked as a lawyer before entering politics.

June 25

1876 - General George A. Custer, leading 250 men, attacked an encampment of Sioux Indians near Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield. News of the humiliating defeat infuriated Americans and led to all out war. Within a year, the Sioux Indians were a broken and defeated nation. 1990 - The U.S. Supreme Court ruled (5-4) that it was unconstitutional for any state to require, without providing other options, a minor to notify both parents before obtaining an abortion.

June 26,

1945 - The United Nations Charter was signed in San Francisco by 50 nations. The Charter was ratified on October 24, 1945.

Birthday - Champion athlete Mildred "Babe" Didrikson (1911-1956) was born in Port Arthur, Texas. Nicknamed after baseball legend Babe Ruth, she won two gold medals at the 1932 Olympics, setting world records in the javelin throw and high hurdle. She then took up golf, winning the 1946 U.S. Women's Amateur Tournament. In 1947, she won 17 straight golf championships and became the first American winner of the British Ladies' Amateur Tournament. As a pro golfer, she won the U.S. Women's Open in 1950 and 1954. She also excelled in softball, baseball, swimming, figure skating, billiards, and even football. In 1950, she was named 'woman athlete of the first half of the 20th century' by the Associated Press. She died of cancer at age 45.

June 27

Birthday - American musician Mildred J. Hill (1859-1916) was born in Louisville, Kentucky. She composed the melody for what is now the world's most often sung song, Happy Birthday to You.

June 28

1914 - Archduke Francis Ferdinand, Crown Prince of Austria and his wife were assassinated at Sarajevo, touching off a conflict between the Austro-Hungarian government and Serbia that escalated into World War I.

June 29,

1976, the ban was lifted on the death penalty in cases involving murder.

June 30

1971 - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older. The U.S. thus gained an additional 11 million voters. The minimum voting age in most states had been 21.



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ARIES:- (March 21st - April 19)

Has a friend or colleague been less than honest with you? Probably. Do they have a good reason for it? Most likely they do, so resist the urge to get on your high horse and tell them to change their ways. Look for the deeper meaning.

Luckiest day:- Friday

TAURUS:- (April 21 - May 21)

The more vocal others are in their criticism of you today the more entitled you will be to send a bit of noise back in their direction. Sadly, some people are simply incapable of listening to and learning from other people's opinions.

Luckiest day:- Wednesday

GEMINI:- (May 21 to June 20)

There is a danger you will try too hard to prove yourself over the next two or three days. If anything, today's lunar eclipse means you should do the opposite and not try to prove yourself at all. Let other people impress you for a change.

Luckiest day:- Monday

CANCER:- (June 21 - July 22)

If you have set your heart on making a creative project work then you must give it your all. It may seem as if you are battling against forces that are superior to your own but you are more powerful than you give yourself credit for.

Luckiest day:- Sunday

LEO:- (July 23 to August 22)

Don't take it to heart if a friend or loved one, or maybe your employer, is critical of your efforts today. The current lunar eclipse is stirring up everyone's emotions and many things are being said now that will be regretted later on.

Luckiest day:- Monday

VIRGO:- (August 23 - Sept. 22)

The message of the stars today is that you must not take what is going on in your everyday environment too seriously. Strive to see the funny side in everything that occurs, even when your tears are more likely to be from frustration than mirth.

Luckiest day:- Friday

LIBRA:- (Sept. 24 - October 23)

Your feelings are likely to be all over the place as the new week begins and if you are not very careful it could have a knock-on effect financially. The one thing you must not get emotional about now, or ever, is money.

Luckiest day:- Tuesday

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

Today's lunar eclipse in your sign will encourage you to give up on your plans but you should in fact be doing the opposite and doubling down on making a success of your creative endeavours. Something will give but it won't be you.

Luckiest day:- Wednesday

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

You may be inclined to blame yourself for a mistake or mishap of some kind but you were not the only one involved so don't take all the negativity on your own shoulders. Focus on what's still going right in your life – there's plenty of it.

Luckiest day:- Monday

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

Although you like to be in charge you are smart enough to recognize that there are occasions when you need to get help and this is one of them. Friends and co-workers will rush to your assistance if you ask them to, so ask away.

Luckiest day:- Sunday

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

The message of today's lunar eclipse is that a colleague or business partner won't hesitate to lead you astray if they think they can profit by it. You like to think the best of people but right now protecting your own interests is more important.

Luckiest day:- Friday

PISCES:- (Feb.19 - March 20)

If you expect to get straight answers to simple questions today then prepare to be frustrated, because the people you deal with, both at home and at work, will do their utmost to confuse you. Don't ask them why — they really don't know.

Luckiest day:- Thursday

Horoscopes.

by Kristian Marconi



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San Juan de Capistrano - €235.000 - CN10721

A fantastic two-bed apartment in the highly sought-after location in the San Juan area of Nerja. Recently renovated and furnished in a modern style, it has a bright open-plan lounge and kitchen, modern shower room, and a large double bedroom with ample storage plus a second bedroom with two single beds. You will walk through large patio doors from the lounge onto the terrace with fabulous city and mountain views.



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Mediterranean Chicken Pasta

Mediterranean Chicken Pasta

Preparation time:- 45 minutes

Makes:- 8 servings

Calories:- 357 for 1.5 cups

Ingredients:-

- 1 package (12 ounces) uncooked tricolor spiral pasta
- 2 tablespoons olive oil, divided
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
- 1 large sweet red pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, peeled and thinly sliced
- 1 cup white wine or reduced-sodium chicken broth

- 1/4 cup julienned soft sun-dried tomatoes (not packed in oil)
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1 can (14 ounces) water-packed quartered artichoke hearts, drained
- 1 package (6 ounces) fresh baby spinach
- 1 cup (4 ounces) crumbled feta cheese
- Thinly sliced fresh basil leaves and shaved Parmesan cheese, optional

Preparation:-

Cook pasta according to package directions. In a 6-qt. stockpot, heat 1 tablespoon oil over medium-high heat. Add chicken; cook and stir 4-6 minutes or until no longer pink. Remove from pot. In same pot, heat remaining oil over medium heat. Add red pepper and onion; cook and stir 4-5 minutes or until onion is tender. Add garlic; cook 1 minute longer. Add wine, sun-dried tomatoes and seasonings; bring to a boil. Reduce heat; simmer 5 minutes, stirring to loosen browned bits from pot. Add broth and artichoke hearts; return to a boil. Stir in spinach and chicken; cook just until spinach is wilted. Drain pasta; stir into chicken mixture. Stir in feta cheese. If desired, top servings with basil and Parmesan cheese.



Mediterranean Cobb Salad

Mediterranean Cobb Salad

Preparation time:- 1 hour

Makes:- 10 servings **Calories:-** 258 per cup

Ingredients:-

- 1 package (6 ounces) falafel mix
- 1/2 cup sour cream or plain yogurt
- 1/4 cup chopped seeded peeled cucumber
- 1/4 cup 2% milk
- 1 teaspoon minced fresh parsley
- 1/4 teaspoon salt
- 4 cups torn romaine
- 4 cups fresh baby spinach
- 3 hard-boiled large eggs, chopped
- 2 medium tomatoes, seeded and finely chopped
- 1 medium ripe avocado, peeled and finely chopped
- 3/4 cup crumbled feta cheese
- 8 bacon strips, cooked and crumbled
- 1/2 cup pitted Greek olives, finely chopped

Preparation:-

Prepare and cook falafel according to package directions. When cool enough to handle, crumble or coarsely chop



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falafel.

In a small bowl, mix sour cream, cucumber, milk, parsley and salt. In a large bowl, combine romaine and spinach; transfer to a platter. Arrange crumbled falafel and remaining ingredients over greens. Drizzle with dressing.

Greek Couscous Salad

Preparation time:- 15 minutes cooking, 5 minutes cooling

Makes:- 12

Calories:- 335 ¾ cup

Ingredients:-

1 can (14-1/2 ounces) reduced-sodium chicken broth
1-3/4 cups uncooked whole wheat couscous (about 11 ounces)

Dressing:-

1/2 cup olive oil
1-1/2 teaspoons grated lemon zest
1/4 cup lemon juice
1 teaspoon adobo seasoning
1/4 teaspoon salt

Salad:-

1 English cucumber, halved lengthwise and sliced
2 cups grape tomatoes, halved
1 cup coarsely chopped fresh parsley
1 can (6-1/2 ounces) sliced ripe olives, drained
4 green onions, chopped
1/2 cup crumbled feta cheese

Preparation:-

In a large saucepan, bring broth to a boil. Stir in couscous. Remove from heat; let stand, covered, until broth is absorbed, about 5 minutes. Transfer to a large bowl; cool completely.

Whisk together dressing ingredients. Add cucumber, tomatoes, parsley, olives and green onions to couscous; stir in dressing. Gently stir in cheese. Serve immediately or



Greek Couscous Salad

Greek Beef Pitas

Preparation time:- 25 minutes

Makes:- 4 servings

Calories:- 407

Ingredients:-

1 pound lean ground beef (90% lean)
1 small onion, chopped
3 garlic cloves, minced
1 teaspoon dried oregano
3/4 teaspoon salt, divided
1 cup reduced-fat plain Greek yogurt

1 medium tomato, chopped
1/2 cup chopped peeled cucumber
1 teaspoon dill weed
4 whole pita breads, warmed

Preparation:-

In a large skillet, cook beef, onion and garlic over medium heat 8-10 minutes or until beef is no longer pink and vegetables are tender, breaking beef into crumbles; drain. Stir in oregano and 1/2 teaspoon salt.

In a small bowl, mix yogurt, tomato, cucumber, dill and remaining 1/4 tsp. salt. Spoon 3/4 cup beef mixture over each pita bread; top with 3 tablespoons yogurt sauce. If desired, top with additional tomatoes and cucumber.

Serve with remaining yogurt sauce.



Greek Beef Pitas




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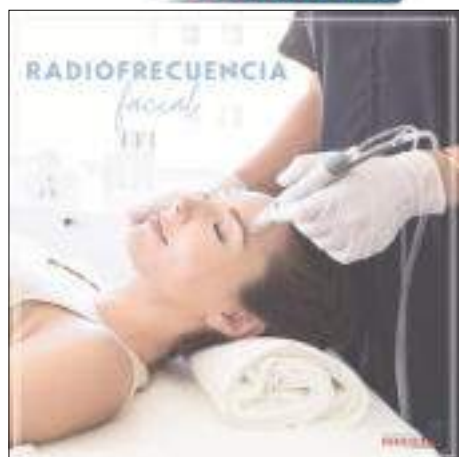
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healthwise

Physiotherapy in Cerebrovascular accidents

Nowadays the relevance of stroke or ictus is that it has become a major cause of death, disability, dependency, and hospital stays.

Rehabilitation plays a key role in the course of this disease. Initial physical examination is key to establishing a correct prognosis and we will speak of the "urgent treatment of physiotherapy" as the immediate intervention of physiotherapeutic measures aimed at treating the clinic caused by stroke. The neurological physiotherapist will intervene during the first 24 hours of the accident, in the same hospital room, to assess upper limb function, trunk function, walking ability, spasticity or flaccidity, as well as emotional, cognitive and communication deficits.

In the acute phase these therapeutic interventions can modify the evolutionary course of the VCA and achieve a neuronal reactivation. This improvement is justified by two phenomena: the existence of an area of penumbra at the periphery of the ischemic zone, the damage of which is reversible, although for a short and variable period of about 3-6 hours if tissue reperfusion is achieved, and the resolution of the diaschisis (transynaptic distance failure in connected neurons in the damaged area). In the subacute phase there could be an improvement in the medium and long term. There is a

brain reorganization that can be modulated by rehabilitation techniques through a phenomenon of neuronal plasticity. That is why we must insist on early or urgent treatment within the field of physiotherapy. The process of relearning the movement will have better results the less time it has passed since the patient did it normally until the moment of therapeutic intervention after the infarction, participating in memory and learning by repetition in the formation of new neural connections. This favours the predisposition of the brain for the acquisition of new motor skills. Considering the above as a fundamental and important factor in the recovery of the stroke, we can also talk about other factors that will influence the treatment time of each session because, after experiences in clinical practice, I can say that in sessions of one hour daily results are very favourable in a short period of time, while sessions of less time and continuity do not achieve the same achievements.

Another influential factor is the patient's collaboration and motivation during treatment for the long-awaited return to normal. The patient often presents disorientation and lack of information about his illness, in some cases by doctors and sometimes by the limitations caused by stroke. In this context, it is appropriate to carry out an objective approach that we should do together with the patient, as well as to use positive incentive strategies, because in the end, physiotherapists are a guide on how each movement sequence should be carried out, but those who take the lead role and do it in practice are they.

As a conclusion we can say that neurological physiotherapy, indeed, has very positive short-term and long-term effects in patients with stroke during the whole course of the disease, being very important at the beginning, being able to reach in a large percentage of affected to the total recovery of the lesion. For during the same we must take into account the three key factors: precocity in the beginning of treatment, motivation of the patient and regularity in the time of dedication.

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	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 ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP - 12TH DEC
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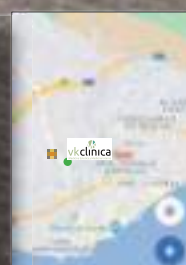
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healthwise

15 Health Foods That Taste Better Than Junk Foods

Some people believe that healthy foods are tasteless and boring — but nothing could be further from the truth.

Here are 15 health foods that taste better than the most commonly eaten junk foods.

1. Strawberries

Strawberries are exceptionally juicy and have a sweet, delicious flavour. They're an excellent source of vitamin C, manganese, folate, and potassium, as well as various antioxidants and plant compounds. One cup (145 grams) of strawberries contains 3 grams of fiber and as few as 46 calories. Eating strawberries has been linked to improved heart health, better blood sugar control, and cancer prevention (1Trusted Source, 2Trusted Source, 3Trusted Source, 4Trusted Source, 5Trusted Source). If you don't like them plain, try dipping the tip of the berry in some melted dark chocolate.

SUMMARY:- Strawberries are low in calories and contain many vitamins, minerals, and antioxidants. They have been linked to improved heart health, better blood sugar control, and cancer prevention.

2. Blueberries

Blueberries are colourful, nutrient-rich, and sweet. One cup (150 grams) of blueberries has only 84 calories but 4 grams of fiber. It's also rich in many vitamins and minerals, including vitamin C, vitamin K, and manganese. Blueberries are an antioxidant superfood that may improve memory in older adults and protect against oxidative damage and chronic diseases (6Trusted Source, 7Trusted Source, 8Trusted Source, 9Trusted Source, 10Trusted Source). They can be enjoyed either fresh or frozen and are especially delicious mixed with either yogurt or full-fat cream.

SUMMARY:- Blueberries are high in fiber and nutrients but low in calories. They're an antioxidant superfood that may improve memory in older adults and protect against oxidative damage.

3. Dark Chocolate

Many studies show that dark chocolate is incredibly healthy and may reduce your risk of several diseases. It's loaded with fiber and antioxidants, as well as minerals like iron, magnesium, copper, and manganese (11Trusted Source). Plant compounds in dark chocolate have been shown to improve blood pressure and brain function, as well as protect against heart disease and the harmful effects of the sun's ultraviolet (UV) rays (12Trusted Source, 13Trusted Source, 14Trusted Source, 15Trusted Source, 16Trusted Source, 17Trusted Source). To make the most of its health benefits, eat dark chocolate with a cocoa content of at least 70–85%. A piece of dark chocolate is especially delicious when enjoyed with a good cup of coffee.

SUMMARY:- Dark chocolate is rich in fiber, antioxidants, and minerals. It may reduce your risk of heart disease, improve brain function, and protect your skin from the sun's UV rays.

4. Almonds

Almonds are the ultimate crunchy treat. They're rich in heart-healthy fats, are very nutritious, and require no preparation. Almonds are packed with antioxidants and provide large amounts of fiber, protein, and several vitamins and minerals, such as vitamin E, manganese, and magnesium. They may reduce blood pressure, cholesterol, and the oxidation of LDL (bad) cholesterol — all of which are risk factors for heart disease (18Trusted Source, 19Trusted Source, 20Trusted Source, 21Trusted Source). They're also very filling despite being high in fat and calories. One study showed that almonds increased weight loss by as much as 62% when part of a weight loss diet (22Trusted Source, 23Trusted Source, 24Trusted Source). If you're craving something sweet, try putting 2–3 almonds inside a date for an incredibly tasty treat.

SUMMARY:- Almonds are rich in heart-healthy fats, fiber, protein, and other nutrients. They're a satisfying food that may aid weight loss and reduce your risk of heart disease.

5. Pistachios

These crunchy, salty nuts are absolutely mouth watering. Pistachios are loaded with heart-healthy fats, high-quality protein, and fiber. They're also good sources of B vitamins, phosphorus, potassium, and iron. Rich in powerful antioxidants, pistachios have been linked to health benefits, such as improved blood fats and reduced oxidized LDL (bad) cholesterol, inflammation, and blood sugar levels (25Trusted Source, 26Trusted Source, 27Trusted Source). Pistachios are very filling and may aid weight maintenance when consumed in moderation (28Trusted Source,

Continued on page 38

Neuropathic Pain

ANY FORM OF PAIN can be challenging for even the most astute physician. Neuropathic or nerve pain is particularly complicated to treat effectively for a variety of reasons, from a lack of an obvious source to the inability of the patients to describe their pain, to previous poor management with the wrong medications, allowing the pain to progress to a seemingly unmanageable state.

Neuropathic pain has many diverse etiologies, including infections, inflammation, trauma, metabolic abnormalities, chemotherapy, surgery, radiation, neurotoxins, nerve compression, and tumor infiltration. The presentation of neuropathic pain varies from patient to patient. 'Allodynia' is pain resulting from a normally non-painful stimulus (the touch of clothing or bedding). An exaggerated pain response to a painful stimulus (a pinprick) is termed 'hyperalgesia'. Patients may also complain of 'hypoesthesia' or diminished sensations, 'paresthesia' or an abnormal sensation (e.g. crawling insects, walking on broken glass or fire), constant burning, sharp, shooting or stabbing electrical currents. Neuropathic pain can be symmetrical affecting the area of distribution of the nerves, or it can be asymmetrical and diffused. It may or may not be associated with other neurological symptoms such as numbness and weakness. Currently, we don't have a 'gold standard' objective test to confirm the presence or absence of neuropathic pain. Diagnostic studies, including imaging and nerve conduction studies, do not correlate well to the severity of pain. This makes a

carefully elicited description of neuropathic pain symptoms from the patient and a detailed clinical assessment critical to make a good diagnosis, understand the underlying mechanism, and determine the most appropriate and effective approach for managing neuropathic pain. Many people with neuropathic pain are often given escalating doses of opioids in an attempt to control their discomfort; it is not until much later that they are sent to pain management specialists. Opioids are rarely a good choice for the sole treatment of neuropathic pain.

Neuropathic pain medications, which include certain antidepressants and anti-epileptics (indicated for specific types of neuropathic pain), are rarely discussed with these patients in the early stages, and, unfortunately, are often first mentioned late in the disease's progression. Moreover, when I start suggesting these medications for the treatment of neuropathic

pain some patients give me a doubting look with a few saying 'I'm not crazy, I need a higher dose of meds... my pain is off the scale' or 'I'm in pain not depressed.' Controlling this neuropathic pain is an uphill battle for both patients and physicians alike. Whereas nociceptive pain can usually be pinpointed to an actual event (pain from a broken bone), neuropathic pain is vague and nondescript in nature. For many physicians, there is no sense of need to pull out the details from the ambiguity; a opioid pain killer prescription is given and the patient is out of the surgery. Except the discomfort most likely continues, with the patient now at risk for drug dependency, a whole new problem.

The following therapies for chronic pain can help enhance the quality of life and the ability to function for people living with neuropathic pain:
Pharmacological therapies – e.g., nonsteroidal anti-

inflammatory drugs (NSAIDs), analgesics, tricyclic antidepressants, selective serotonin and norepinephrine re-uptake inhibitors (SSNRI), anticonvulsants, opioids.
Topical therapies – e.g., lidocaine patch, capsaicin patch.

Interventional therapies – e.g., nerve blocks, trigger point injections.

Advanced pain therapies – e.g., neurolytic procedures (e.g., destruction of the offending nerve), neuroablation techniques (e.g., spinal cord stimulators), intrathecal drug delivery systems.

Rehabilitative therapies – e.g., physical therapy, occupational therapy.

Psychological therapy.

Complimentary therapies – e.g., exercise, dietary supplements.

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29Trusted Source). Just make sure not to eat too many of these at one time, as pistachios are very high in calories. A single cup (125 grams) of pistachios may have up to 700 calories.

SUMMARY:- Pistachios provide heart-healthy fats, protein, and fiber, as well as several vitamins and minerals. They're very filling and have been linked to many health benefits.

6. Cherries

These deep red, beautiful berries are a delicious and healthy snack. Cherries are low in calories but high in nutrients like fiber and vitamin C. They also contain many antioxidants and plant compounds. Cherries provide nutrients that may protect against conditions like cancer, heart disease, type 2 diabetes, and Alzheimer's (30Trusted Source).

SUMMARY:- Cherries are a low-calorie snack rich in vitamins, antioxidants, and plant compounds. They have been linked to a reduced risk of several conditions, including cancer, heart disease, and diabetes.

7. Mangoes

Mangoes are a tropical fruit rich in soluble fiber, a wide range of antioxidants, as well as vitamin A (from beta-carotene) and vitamin C. They're relatively low in calories and have glycemic index (GI) values ranging from low to medium, which means that they should not cause major spikes in blood sugar levels. Mangoes are high in plant compounds and antioxidants that may reduce your risk of oxidative damage and many chronic diseases, including cancer (31Trusted Source). Fresh mangoes are simply delicious, and many people like to add them to breakfast porridges, smoothies, or yogurt.

SUMMARY:- Mangoes are a relatively low-calorie fruit with high amounts of soluble fiber, antioxidants, and vitamins A and C. They may reduce your risk of oxidative damage and various diseases.

8. Cheese

Many consider cheese one of the most delicious foods. It's highly nutritious — rich in several vitamins and minerals like calcium, vitamin B12, phosphorus, selenium, and zinc. Cheese and other dairy products are linked to improved bone health and may protect against osteoporosis, a disease characterized by bone loss and an increased

risk of fractures (32Trusted Source, 33Trusted Source). There are many types of cheese — all of them consist mainly of protein and fat, and most are relatively high in calories. As a high-protein food, cheese may promote lower blood pressure and increased absorption of minerals (34Trusted Source, 35Trusted Source, 36). In addition to providing various health benefits, cheese is simply very tasty and filling.

SUMMARY:- Cheese is highly nutritious and rich in several vitamins and minerals, such as calcium and vitamin B12. It provides high-quality protein, which is linked to several health benefits

9. Avocados

Avocados are an unusual fatty fruit with a smooth and creamy texture. They're packed with healthy monounsaturated fatty acids, antioxidants, and fiber and a great source of B vitamins, potassium, copper, and vitamins C, E, and K. Eating avocados is very beneficial for heart health, as it may reduce blood cholesterol and triglycerides by up to 22% while raising HDL (good) cholesterol (40Trusted Source, 41Trusted Source). Avocados are also very filling and don't raise blood sugar levels very much — all of which make them a weight-loss-friendly food. If you don't like your avocado plain, try adding some salt and pepper. If that doesn't do the trick, you can also create an avocado chocolate pudding by blending 1 small avocado, half a banana, 1 tablespoon (15 ml) of coconut oil, and 2 tablespoons (30 grams) of dark cocoa. Just be aware that this pudding is rather high in calories and should be reserved for special occasions.

SUMMARY:- Avocados are very rich in monounsaturated fat and fiber and also provide several vitamins and minerals. They're very filling and may reduce blood cholesterol and triglycerides.

10. Popcorn

Not many people know that popcorn is a whole grain. It's relatively low in calories and high in fiber (42Trusted Source). Whole grains may have numerous health benefits, including improved digestion and a reduced risk of heart disease and type 2 diabetes (43Trusted Source, 44Trusted Source). They may also aid weight loss and maintenance (45Trusted Source, 46Trusted Source). Just be sure to avoid unhealthy popcorn varieties that are loaded with refined oils. Popcorn is healthiest when it's air-popped or prepared in a pan. Try adding some salt, butter, dark chocolate sprinkles, or cinnamon for a different flavour.

SUMMARY:- Popcorn is a high-fiber whole grain and relatively low in calories. It may improve digestion and reduce your risk of heart disease and type 2 diabetes.

11. Sweet Potatoes

Sweet potatoes are very nutritious, high in fiber, and deliciously sweet. They're a great source of vitamin A (from beta-carotene) and provide decent amounts of vitamin C, as well as other vitamins and minerals. Sweet potatoes also contain several antioxidants and may reduce oxidative damage, potentially reducing your risk of cancer. One white variety may also help moderate blood sugar levels (47, 48Trusted Source). Whether they're boiled, baked, or fried, sweet potatoes taste great and are especially delicious with some sour cream or salted butter.

SUMMARY:- Sweet potatoes are very nutritious and rich in fiber, antioxidants, and vitamins A and C. They may reduce oxidative damage, potentially reducing your risk of cancer.

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12. Hummus

Few healthy dips are as delicious as hummus. It's made of mashed chickpeas, often mixed with garlic, sesame seed paste (tahini), olive oil, and lemon juice. Chickpeas are rich in protein and fiber and contain a good amount of various vitamins and minerals, including folate, thiamine, vitamin B6, magnesium, manganese, and copper. They may also improve your blood sugar levels. One study showed that eating 26 ounces (728 grams) of chickpeas per week significantly reduced fasting insulin — an important marker of blood sugar levels (49Trusted Source). Studies also indicate that chickpeas can reduce LDL (bad) cholesterol — a risk factor for heart disease — and potentially improve digestive health (50Trusted Source, 51Trusted Source).

SUMMARY:- Hummus is a healthy dip made from chickpeas. It's full of beneficial fiber, protein, and various vitamins and minerals.

13. Yogurt

Yogurt is a fermented dairy product that's both delicious and healthy. It contains high-quality proteins and fats, as well as calcium and several vitamins. Eating yogurt has been associated with both improved bone health and reduced blood pressure (52Trusted Source, 53Trusted Source). Certain types of yogurt — marketed as probiotic yogurt — contain active cultures of beneficial bacteria. These probiotic bacteria are linked to many health benefits, including improved cholesterol, immunity, digestion, and synthesis of various B and K vitamins in your digestive system (54Trusted Source, 55Trusted Source, 56Trusted Source, 57Trusted Source, 58). However, be sure to avoid yogurts that are loaded with added sugar. Instead, buy natural yogurt and add some fruit, berries, or muesli for more flavour and a crunchy texture.

SUMMARY:- Yogurt is high in protein and calcium. It may improve bone health and blood pressure. Probiotic varieties may enhance your immune system and promote the synthesis of B and K vitamins in your digestive system.

14. Peanut Butter

Peanut butter is a great source of unsaturated fatty acids, protein, and fiber. It's also an excellent source of many vitamins and minerals, including B vitamins, copper, manganese, vitamin E, phosphorus, and magnesium. Plus, peanuts are very rich in antioxidants — even more than some fruits (59). They're very filling, and — despite being high in fat and calories — are not linked to weight gain. In fact, they're associated with a reduced risk of obesity (60Trusted Source, 61Trusted Source, 62Trusted Source, 63Trusted Source). However, some people find it hard not to eat too much peanut butter at a time. Try to moderate your portions to avoid excess calorie intake. If you tend to binge on peanut butter, it may be best to avoid it. Also, be sure to choose varieties without added sugar or oils. The ingredient list should only include peanuts and a small amount of salt. Try adding some peanut butter on top of apple slices, celery, or a banana for a tasty snack.

SUMMARY:- Peanut butter is rich in healthy fats, vitamins, minerals, and antioxidants. It's very filling and may prevent weight gain when eaten in moderation.

15. Watermelon

Watermelons are packed with water, nutrients, and vitamins. They're low in calories and contain powerful plant compounds like lycopene and citrulline. Watermelons and their juice may lower blood pressure, increase insulin sensitivity, and reduce muscle soreness after exercise (64Trusted Source, 65Trusted Source, 66Trusted Source, 67Trusted Source). Due to their water and fiber content, they should not cause major spikes in blood sugar levels. Watermelons are incredibly refreshing, and may just be the ultimate snack on a hot summer day.

SUMMARY:- Watermelons are rich in water, nutrients, and vitamins. They should not cause major spikes in blood sugar levels and may lower blood pressure, increase insulin sensitivity, and reduce muscle soreness after exercise.

The Bottom Line

The next time you're craving something tasty, opt for one of the healthy foods in the list above. Not only are they even more delicious than most junk foods, but they will also improve your health and make you feel good about what you're eating. All nutrition information for the foods listed in this article is from the USDA Foods DatabaseTrusted Source.

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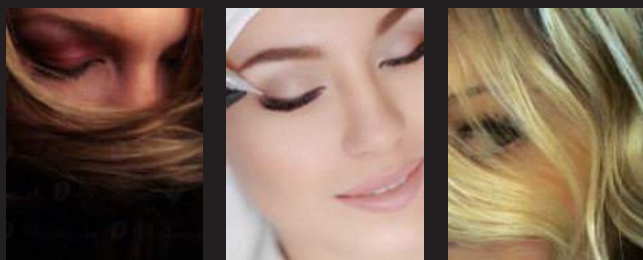
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The Benefits of Getting a Facial for Men

Many people seem to think that getting a facial is a treat for high-class women who want to pamper themselves or think that getting a facial is a luxury experience done only when on a weekend break or a holiday. In actuality, facials can be very beneficial as part of your regular skincare routine.

In addition, getting a facial for men considers the unique skin needs that men have when performed by a professional. Facial treatments for men can address any number of health needs and skin problems, so you are sure to find one that's right for you. But first, we at Carisma would like to share some useful information on why one of these facials can change your health and lifestyle for the better.

Relief from Skin Problems

Facial treatments are packed with products and massage movements that address a wide variety of skin problems. If you frequently struggle with clogged pores or acne, for instance, an acne facial treatment for men will address your unique needs. Pores are unclogged and excess sebum is regulated, which means that your skin will not only look cleansed and bright right away, but will be less prone to clogging all over again.



Brighten Up Dull Skin

Skin can start to look dull for many reasons; whether it's extreme weather or naturally dry skin, having skin that looks and feels dull can be frustrating to deal with. A professional spa therapist can recommend a variety of facials to you if you feel that your skin is looking less than radiant, from hydrating facials for men to a treatment for men with dull or pigmented skin.

Understand your skin better

You may find that many of your skin problems come from not being aware of your skin's unique needs. Even worse, you may be using the wrong products or have a skincare routine that makes these problems worse. From helping you get to know your skin type, to recommending what men's facial products you should be using, a spa therapist can help you elevate your daily routine with their expertise. While the facial may help your skin on a short term basis, these tips can help you forever.

Reduce Excess Sweating

If you're constantly annoyed by excess sweating, a facial treatment can be a great help. Facial massages for men can reduce excess moisture and tighten pores to reduce sweating, as well as cleanse your skin of bacteria. Facials also contribute to improved circulation, which helps reduce high temperatures and reduces your skin's cooling sweating response.

Soothe Your Tension

Facials are great at relaxing you and releasing your tension. Any luxury facial for men can relax tight muscles and release your stress. Spa treatments are an excellent way to switch off for a while and forget the outside world, and can be valuable breaks from constantly checking screens.

Relieve Razor Burn

Facials for male skin are soothing experiences, calming any



irritation that builds up from regular shaving. They can also address ingrown hairs that arise from improper shaving methods, and the therapist can advise you on how to avoid them in the future. The professional spa therapist can even recommend an exfoliator for men that will reduce the likelihood of bumps, beard acne, and ingrown hair.

Concluding

In conclusion, facials can have a surprising amount of health benefits for men's skin, whether you try them as a one-off experience or enjoy them so much you include them into your routine. They can be an easy way to include an hour of stress relief on a regular basis, and keep your skin looking and feeling fresh and comfortable.



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Happiness is.....not having to be happy all the time!

In today's culture there is huge pressure to be happy all the time. Advertising uses this to its own ends. You will only achieve true happiness when you drive that car, have that decor or wear those clothes. More and more, there is pressure to lose weight, to change our faces and our bodies to become more perfect. Social media puts on the pressure too. People post endless photos of themselves having fun, going here and there surrounded by friends or loving partners and often creating a false image of eternal joy and happiness.

The result of all this is that we feel even worse when we are alone, sad, angry or unfulfilled. We feel like we are the only ones, that everyone else has the perfect life. And then we beat ourselves up. 'If I don't have the perfect relationship, a healthy bank balance, children, the right car, or the image I want, then I'm a failure, stupid, worthless and not good enough. Then we feel even worse, we sink into depression, self-medicate with drugs or alcohol or end up on prescribed drugs to numb the pain because the most common response is to make it go away. It may look like everyone else is living in endless bliss but nothing is further from the truth. Take away the trappings and you often find people who are equally scared, insecure and self-denigrating. No-one's life is eternally happy and it is not meant to be. We are meant to be challenged, to feel pain, hurt, sadness and loneliness from time to time. It's part of life. I'm not talking about abuse or neglect, that should never happen, but the ordinary challenges, difficulties, losses and pressures that we all face.

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Nietzsche's famous quote 'what does not kill me, makes me stronger' is very applicable here. Without adversity or struggle we cannot grow or develop fully. Psychologists call it adversarial growth or post traumatic growth as a scientific construct that strives to capture these positive transformations in beliefs and behaviour. They believe that we become successful because of these challenges, not in spite of them.

Ways in which adversity builds success

1. It builds character

Important characteristics like diligence, generosity, love, humility and purpose, develop as we learn to overcome difficulties, either by ourselves or with the help of others.

2. It creates resilience and fortitude.

We build the confidence to overcome obstacles and the coping mechanisms to deal with things that don't go our way.

3. It draws out our true strengths.

I see this in clients all the time. They may be struggling but often fail to see how amazingly strong, brave and determined they are, often due to their negative life experiences

4. It helps us identify new possibilities for our lives.

Often adverse circumstances act as a catalyst for examining the path we are on and give us the shove that we need to start on a more fulfilling journey. We can see this from the thousands of people who have had to reinvent themselves through the covid pandemic.

5. Enhanced appreciation of life.

Sometimes it takes a profound hardship to show us how precious life is and especially our loved ones. It also makes us grateful for all the many blessings that we experience every day.

6. Improved relationships with others.

No man is an island. When we face adversity we can turn to others, as equally they can turn to us. When we display our vulnerabilities we allow communication on a deep level of understanding and trust.

Adversity. A roadblock or a springboard.

Adversity is one's of the most powerful forces in life. It can bring out the best in you, or the worst. Ultimately, it is up to you but never be afraid to ask for help.

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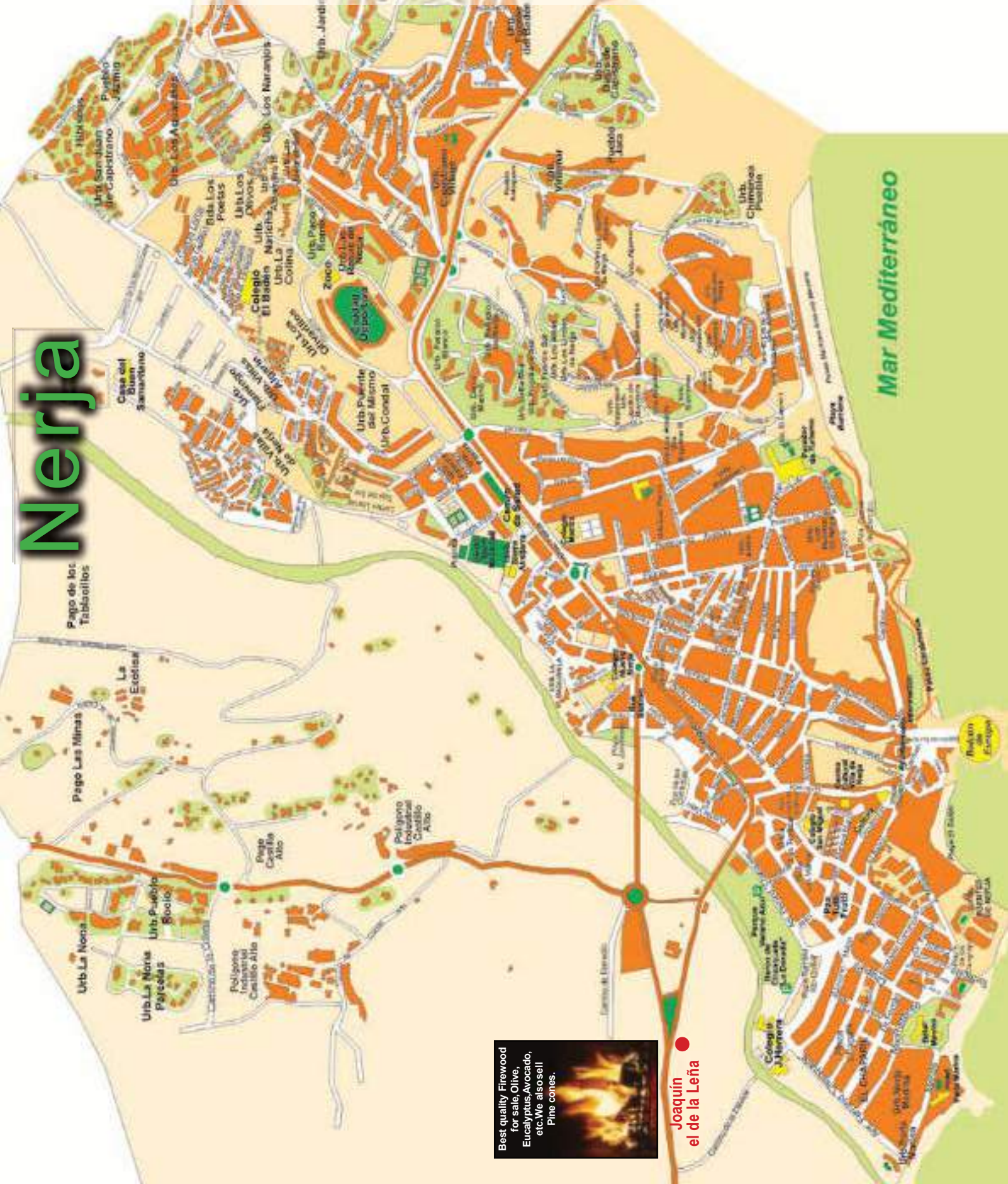
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NEWS & What's ON



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.

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine.

We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.

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_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 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). Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.



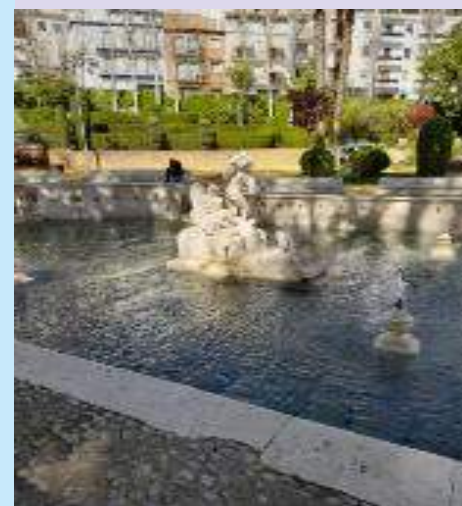
Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them.

A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er}, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

The beautiful town of Priego de Cordoba was the destination for Lux Mundi's April day trip. A large group of friends from both centres, Torre del Mar and Fuengirola, joined the coach, early in the morning, for the 2-hour journey, making a stop for breakfast on the way.

The coach stopped near the impressive town hall square and the first point of call for many was the Tourist Office, where a very helpful young man gave out information regarding what to see in the old town and where to eat. The weather was glorious, so it was great to be able to walk through the Barrio de la Villa, the old town, and stroll along the Balcony of the Adarve admiring the beautiful view across the countryside. Many visited the Castle of Priego, a national monument, and the Royal Slaughterhouse/meat market. Unfortunately, most of the churches were closed following Easter week, but the Iglesia de la Aurora was open, a small church very full of plasterwork with sculptures, paintings, and altarpieces, all from the last third of the eighteenth century. Everywhere there were parks with fountains and running water, the most impressive fountain being the Fuente del Rey with more than 100 water spouts. There was plenty of time to enjoy lunch in the sunshine before re-joining the coach for the return journey. A short stop was made at Mueloliva where there was a chance to buy some of their prize-winning Olive Oil. A great day was had by all. Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.



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KÖMMERLING



Lux Mundi Ecumenical Centre,

Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/ Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

JUNE COMING EVENTS & EXCURSION PRESS RELEASE

We continue our regular activities: Spanish practice groups (limited numbers per group) Monday to Thursday, Craft group on Mondays, Art group on Wednesdays and coffee morning every Friday.

Our shop will be open Monday, Wednesday and Fridays.

Time 11.00 to 13.00. Donations in good conditions are always welcome.

Wednesday 1st June – Quiz Night. Please come along to the Centre and have a fun night out with your team of 6 friends. Light refreshments available and drinks can be purchased. Tickets available at the Centre 7€ or with a Friend of Lux Mundi card 6€. Doors open at 6.00pm and the fun starts at 6.30pm.

Friday 3rd June – Special Coffee Morning to Celebrate the Jubilee of Queen Elizabeth 11. Please come and join us at the Centre to celebrate this special occasion when at 12.00 midday there will be a toast with cava. We look forward to seeing you.

Thursday 23rd June – Excursion to Guadix. Lux Mundi would be pleased to see you on the excursion to Guadix a city and municipality in the province of Granada at the northern foothills of the Sierra Nevada. There will be a stop for refreshments and you will arrive at 10.30 approx., when there will be a guided visit. This includes the Cathedral and its museum, the outside walls of the town and the Roman theatre (from the viewpoint). Arriving back in the Town Hall square you will take the tourist train to the area of the cave houses, one of which you will visit, also the Ermita and the centre of Interpretation of the caves. These are all included in the ticket price. There is then free time for lunch and you will leave Guadix for the return journey at 16.30 with a refreshment stop and arrive in Torre del Mar at 19.00 approx.

Ticket price 33 euros and with a Friend of Lux Mundi card 30 euros.

Departure times: Torre del Mar bus station 07.45, Caleta (opposite the Vets) 07.55, Algarrobo (Lidl) 08.00.

Friday 24th June – Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 19.45.



41 CLUB NERJA PRESS RELEASE - 'WE MEET AGAIN AT LAST!'

"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 Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"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 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 or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.

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NEW ADDRESS!

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory.

From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email: isabelgilton@gmail.com

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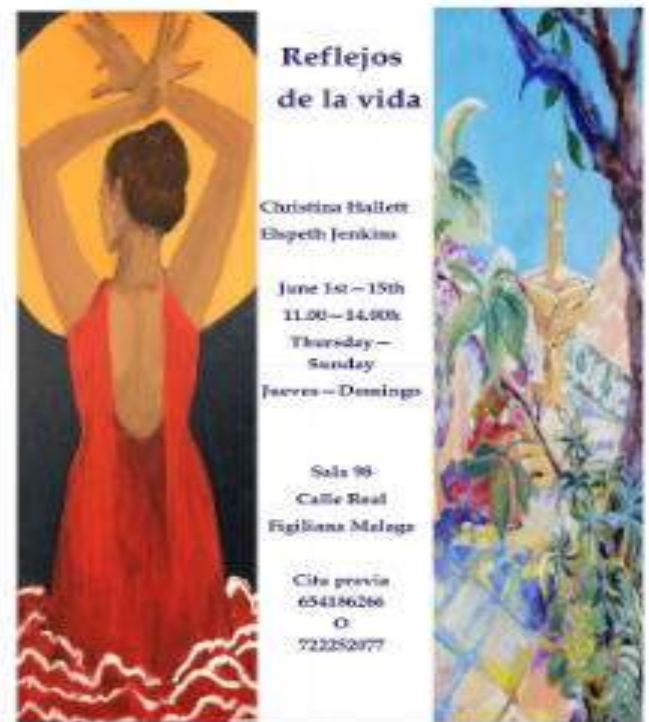
Art Exhibition - Reflejos de la vida

An exciting, not to be missed, new exhibition is opening in Frigiliana on June 1st featuring the works of artists Christina Hallett and Elspeth Jenkins. Both hail originally from the UK but have made Spain their permanent home for many years.

The exhibition "Reflejos de la vida" "Reflections of life" is a wonderful mix of colours, styles and pictures reflecting the beauty and nature of life both these artists see and experience around them.

Christina's work features a bold and lively mix of landscapes and figures, and she feels that her work increasingly reflects the vibrancy, colour and light she has come to love since her permanent move to Spain 6 years ago.

"I have always loved painting landscapes but had many fallow years when I wasn't painting or creating at all. Since moving to Spain and joining the Torrox fine art life drawing classes, I have rediscovered my love and am constantly exploring and developing my style, increasingly influenced by the vitality and images of life around me, the breath-taking



landscapes and the explosion of colour all year round" Elspeth's work is a wonderful and fascinating mix of paintings in her unique and colourful style, bringing beauty, light and movement to life.

"I find my inspiration in the life and landscapes of Andalucía, in particular the Axarquía. I paint figuratively, enjoying using oils, acrylics and pastels to record what I see. My challenge is to recreate my emotional reaction to what I see around me through a harmonious composition and use of colour. I regularly go to Hilary Mullaney's Torrox Fine Art life drawing classes where there is the opportunity to draw or paint from a live model, definitely keeping me on my toes!"

Their work can be seen at Sala 98, Calle Real, Frigiliana, Malaga from 1st June for two weeks, Thursday – Sundays only 11am - 2pm, evenings by appointment. Contact 654186266 or 722252077



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Torrox Costa | €180,000
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Torrox Costa | €230,000
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Torrox Park | €149,000
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Competa | €595,000
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BENAJARAFE

VILLA
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 SOLE AGENCY
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 Garden
 EPC: in process
 M²: 100 m²
 Plot: 2.749 m²
 REF: 7486



€460.000

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 SOLE AGENCY
 Garden
 EPC: in process
 M²: 90 m²
 Plot: 6.500 m²
 REF: 7472



€210.000

29740 Torre del Mar

Avd, Andalucía, 32B

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CÓMPETA

COUNTRY HOUSE
 Beds: 3 Baths: 2
 SOLE AGENCY
 Garden
 In need of renovation
 EPC: in process
 Plot: 2.438 m²
 REF: 7490



€210.000

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

TORROX

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 M²: 128 m²
 REF: 7433



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