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Price: €139,000
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



TORRECILLA

3/4 bedroom stunning spacious family townhouse located in a privileged area. 2 mins walking to beach. Roof terrace with splash pool. Renovated to a high standard. Private garage with storage area.

Price: €595,000
Ref: CN48669

PROPERTY OF THE MONTH



JARDINES DE BURRIANA

3 bedroom property with 2 terraces, 2 bathrooms. Walking distance to Burriana beach and town centre. Communal pool and gardens. Private garage.

Price: €315,000
Ref: CN48629



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



RESERVED

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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Townhouse of the month

Torrox: Price: €185.000 TTH524



This property offers from its sunny terrace beautiful views of the town, the countryside, the mountains and towards the sea. The house has been recently renovated making it ready to move in. The ground floor consists of an entrance hall, with a small room currently used as a wardrobe, a bedroom and a bathroom with shower. The first floor consists of a spacious and bright kitchen-dining room with a Juliet-style balcony overlooking the sea and a very cozy

living room. A flight of stairs leads to a double bedroom with access to a pretty terrace and a family bathroom with shower. On the top floor we find a second solarium terrace with full sun throughout the day. A splendid opportunity for someone looking for a house with sea views in a traditional white village on the Costa del Sol.



Canillas de Albaida: Price: 495.000€



Living space: 350m²
Bedrooms : 4
Pool: Yes
Garage : Yes
Terrace: Yes
Bathrooms: 3
Views: Sea views
Area: Countryside
Ref.CP524

Canillas de Albaida: Price: 175.000€



Living space: 50m²
Bedrooms : 2
Pool: No
Garage: Yes
Terrace: Yes
Bathrooms: 2
Views: Mountain
Area: Countryside
Ref. CP537

Cómputa: Price: 469.000€



Living space: 136m²
Bedrooms : 3
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Countryside
Ref.CP534

Torrox Costa: Price: 248.000€



Living space: 60m²
Bedrooms : 2
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Coast
Ref. TAP306

Torrox Costa: Price: 280.000€



Living space: 94m²
Bedrooms : 2
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Town
Ref. TAP312

Torrox: Price: 179.000€



Living space: 90m²
Bedrooms : 2
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 1
Views: Mountain
Area: Town
Ref. TTH500

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Cover photo by Mika Ashurst

Welcome to Streetwise magazine -

Wow, the summer has arrived with a bang! The heat feels a lot hotter than past years. Stay safe everyone and remember to use your sun screen when enjoying the beautiful Costa del Sol.

Friends who have bars and restaurants are pleased to see their terraces full of happy tourists enjoying the Spanish cuisine. It is wonderful to see.

There are a lot of negative things happening in our world today and I know from speaking to people that most people want the same thing. A happy peaceful world. So take a little time and hope that our prayers will be answered one day!

Please check out our advertisers and don't forget to support all our local businesses.

Have a happy peaceful August!

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.

Reduced to: €230.000 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.

Reduced to: €225.000 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

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Animal abuse!

How 500 dogs were allegedly drained to death. Spanish prosecutors and animal protection officials shut down a fake veterinarian's lucrative animal blood business. An employee at the crematorium in Toledo, Spain was getting suspicious about the man who was dropping off so many dead dogs every 15 days. He started asking questions and soon everyone saw what Luis Miguel V. F. had been hiding for almost 20 years. He was running an illegal animal blood bank supplied by animals he allegedly drained to death. The animal blood market is small but lucrative. There are no public blood banks for dogs and cats like there are for humans, so a handful of private companies collect donated blood and sell it to veterinary clinics.

Officials investigating the case calculate that the illegal business produced more than US\$1 million since it began

in 2006.

Many of the animals were dropped off at the farm by owners who couldn't keep or no longer wanted them. "It [the farm] was very well known in certain spheres and for some people, it served as an animal shelter of sorts," stated the Civil Guard.

Several animal shelters and associations took in the animals rescued from Luis Miguel's farm in Humanes. Some survived, but freedom came too late for many others that have since died or remain in critical condition. They escaped from the vampire, but not from the effects of his cruel mistreatment.

Global security.

Spain deployed 10,000 police officers to protect upcoming NATO summit. More than 40 heads of state and government attended the gathering at a time of heightened global tension due to the invasion of Ukraine. Security around Madrid was ironclad between June 28th and 30th, when the Spanish capital is due to host a NATO summit at a time of heightened global tension due to the invasion of Ukraine. The Spanish government is planning to deploy 6,550 National Police officers and 2,400 members of the Civil Guard, in addition to 1,200 municipal police officers who will collectively watch over the safety of more than 40 heads of state and government scheduled to attend the gathering.

Continued on page 13

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Price: €419.900

Ref: 6280 VI3



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Ref: 6416 DEV



TORROX COSTA

Wonderful frontline beach apartment with stunning views. 2 bedrooms, one bathroom, separate kitchen, spacious lounge and a lovely South facing terrace. Airconditioned and with communal pool. parking & storage optional available.

Price: €315.000

Ref: 6545 AP2



VIÑUELA

Unique country house with stunning panoramic views of the sea and the mountains, 2 beds, bathroom, toilet, large lounge and kitchen. Comfy conservatory, various terraces and a wonderful porch. Garage and 10.000 m of land. Good access!

Only: €244.000

Ref: 6513 VI2



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



TORROX COSTA

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Ref: 6510 PL



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Ref: 6540 TH3



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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



CAJIZ

Large detached villa with 2 guest apartments close to the village and with easy, asphalted access. Beautiful garden and pool area. Total built size of 399 m² with 4 bedrooms, 4 bathrooms. Various terraces with stunning sea views. Private garage.

Price: €535.000

Ref: 6219 V14

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Planning your retirement

8 Key steps to take before and after your move

Spain remains a popular destination for British retirees and there are so many benefits to living here. If you take specialist advice and follow the procedures correctly, you can continue to live the dream in Spain.

1) Apply for your Spain residence visa

Applying for legal residence in Spain now involves stricter requirements and more advance planning and paperwork – but is generally still possible provided you can support yourself.

Retirees can apply for a Spanish non-lucrative visa and residency permit. If you have capital to invest locally (for example, €500,000 in Spanish real estate), you can apply for the Investor or 'Golden Visa'.

2) Understand the tax implications of living in Spain

You are a tax resident of Spain if you spend more than 183 days here over a year, or if your centre of economic or vital (wife/children) interests is in Spain. There is no split-year treatment.

Spanish tax residents are liable for income, capital gains and annual wealth taxes on their worldwide income and assets and subject to Spanish succession and gift tax rules.

3) Timing your move to save tax

The Spanish tax year runs from January to December, whereas the UK is April to April. The two countries apply different capital gains tax rules and rates.

Weigh up whether it is better to sell your UK assets as a UK or Spain resident, then time your move accordingly.

4) Structure your assets to minimise tax in Spain

A potentially costly mistake is assuming what was tax-efficient in the UK is the same in Spain. ISAs, for example, lose their tax-free status here.

While Spanish taxation can look high, the tax regime presents attractive tax mitigation opportunities. The way you hold your assets can make a significant difference to how much tax you pay.

5) Research how UK pensions are taxed in Spain

For residents of Spain, UK occupational and state pensions are taxed only in Spain. Government service pensions remain liable only to UK tax and are not directly taxable in Spain (the income is taken into account when determining the tax rate on your other income).

The taxation of UK private pensions in Spain is complicated and can give rise to anomalies because of confusion over the meaning of "purchased annuity", so take personalised advice. Pension lump sums are fully taxable in Spain, so you may wish to take yours before you leave the UK.

6) Analyse your pension options

Pensions are usually the foundation of retirement. Review all the options available to you as an expatriate and weigh up which is most suitable for you.

For example, you might benefit from consolidating several UK pensions into one to provide a coherent, more cost-effective investment platform for your retirement income.

Some British expatriates have benefited from transferring UK pensions to an EU Qualifying Overseas Pension Scheme (QROPS), which can provide flexibility to take income in euros, more freedom to pass benefits to chosen heirs, and protection from further UK lifetime allowance charges - but you also need to consider the tax

in Spain

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

implications in Spain.

Pension rules frequently change so the appropriate solution today may be slightly different tomorrow. The important thing is to take regulated, specialist advice before making pension decisions. If you are not yet Spanish tax resident, there may be tax benefits to seeking advice before you become one.

7) Reviewing your savings and investments

Once you're retired and living in Spain, your circumstances and objectives have completely changed from when your working days in UK. It is time for a fresh review of your savings and investments. Ensure your overall portfolio is suitable for you today, has the right currency mix, is designed to meet your objectives and risk appetite, and has adequate diversification to reduce risk.

8) Don't forget estate planning

Spanish inheritance tax works very different from UK's. Spain also restricts who you can leave assets to, though you can plan ahead to get round this.

If you intend to adopt a domicile of choice in Spain to avoid UK inheritance tax on non-UK assets, you'll need to cut most of your ties with the UK.

A helping hand

Blevins Franks has 45 years' experience advising UK nationals living in and moving to Spain. We can provide a

strategic financial plan for whole process, from your planning stages in the UK, ensuring you do everything at the right time, through your retirement years in Spain and should you return to the UK in future.

We advise on residence in Spain and the tax implications. We review your savings and investments to ensure they're suitable for you today and tax efficient, and effective from an estate planning point of view. We guide you through Spain's succession regime and help set up your estate to go to the right hands at the right time with as little tax as possible. And our regulated pensions specialists help you make the most of your retirement savings. Get in touch with Blevins Franks today. www.blevinsfranks.com

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Buying property. Selling property. Downsizing. Keeping UK property. What tax will you pay?

Whether the property is in Spain or the UK, whether it's your home or an investment, there are many tax implications to consider.

Besides capital gains tax and income tax on rentals, we also need to consider Spain's annual wealth tax and plan ahead for Spanish succession tax. And when moving country, are you better off selling as a Spain or UK tax resident?

Blevins Franks can advise you on the various tax liabilities and tax planning opportunities; help you weigh the pros and cons, and recommend personalised tax and estate planning solutions.

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UK heatwave: Major incident declared in London after 'huge surge' in fires as temperatures to 40C

A huge fire erupted in Wennington, setting multiple buildings and houses ablaze. All train services at London Euston stopped due to the fire. Sadiq Khan, the mayor of London, urged residents to dispose of cigarettes safely and refrain from BBQing on grass or balconies. It comes as temperatures surpassed 40C for the first time ever in the UK, with 40.2C provisionally recorded at London Heathrow, according to the Met Office. The threshold was hit at 12.50pm as much of the UK sweltered in a record-breaking heatwave, with parts of England and Wales under a red warning for extreme heat, posing a danger to life and causing disruption across the transport network.

Five people injured in a shooting at a nightclub in Marbella

Two of the victims and the alleged attacker are in serious condition. The event took place this morning, when the place was practically full. The National Police is investigating a shooting at the Opium Beach Club in Marbella (Málaga), in which five people were injured in the early hours of Sunday to Monday. The events occurred shortly after 01:00, when the establishment, located to the east of the city and next to the beach, was practically full. The alleged perpetrator of the shooting has already been arrested. He is in police custody at the Costa del Sol hospital with several stab wounds and in serious condition. The other four wounded, victims of the bullets, have also been transferred there, two of whom remain admitted to the Intensive Care Unit (ICU). A second 26-year-old man, who was accompanying the shooter, has been arrested.

Police sources have explained that it all started with a fight. Several people clashed with knives and guns. Until one of them fired four times, injuring four people. This is the second incident involving firearms that has occurred this year on the Costa del Sol. The last one happened also in Marbella, when a 30-year-old man was shot twice in the head.

Woman thrown into a sewer in Malaga.

The police consider the perpetrators of the events to be the victim's son and a minor. Another person has been charged with cover-up. The National Police has arrested two more people for the death of a 60-year-old woman whose body was found inside a sewer in Malaga. Officers had arrested the victim's son for the alleged crimes of murder and robbery with violence, and they have arrested a 17-year-old minor who is charged with the same facts. In addition, a 38-year-old woman has been arrested for cover-up. The investigators point out that the motive for the crime is economic and that the victim was assaulted in her house, where the two men ended her life. The first data from the autopsy confirm that the woman — Ángela Mérida, 60 years old — died of strangulation. This morning the forensic examination continued to compare the version given by her son to the police.

Drug trafficking

Underwater drones for drug traffickers 'made in Cádiz'. The National Police dismantles an organization that became popular among international mafias for its use of high technology for drug trafficking

High temperatures in Spain

The heat wave intensifies with five red notices in Galicia, Andalusia, Extremadura and the two Castillas.

Continued on page 14



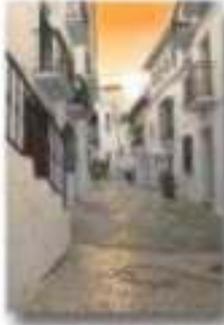
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NEW OFFICE: La Viñuela, (next to the Farmacia)

A man who barricaded himself for three hours in a bakery in Seville, has been arrested

The individual, who was armed, had not taken hostages, surrendered without resisting, once the negotiator has mediated. The neighbourhood of Pino Montano has remained in suspense for more than three hours after an armed man barricaded himself in a bakery in the area at eight o'clock in the afternoon. Finally, at eleven o'clock at night, the National Police, who had deployed an operation to reduce the individual, arrested him, without there being any danger to third parties. The man has been transferred to police facilities and is charged with a crime of serious threats with a firearm, according to what the police have reported.

La Viñuela reservoir crisis

Lake La Viñuela leaves 1,000 hectares of land unirrigated. With more than two months of summer still to go the outlook is looking bleak for growers as the Junta acts in order to guarantee the drinking water supply in the area. The drastically low level of water in La Viñuela reservoir, which supplies 14 towns and villages and irrigates some 6,200 hectares of crops, has forced the Junta de Andalucía to reduce the irrigation allocation to the lowest in history; 1,500 cubic metres per hectare, until 30th September, in order to guarantee the drinking water supply in the area.

Blue zone parking in Almuñécar and La Herradura seafronts

Blue zone parking along promenades of Almuñécar and La Herradura in Granada province started 1st July, to coincide with the start of the holiday season according to Francisco Robles Rivas, head of the Traffic Department at

Almuñécar town hall. "The paid parking will operate from 11am until 3pm and then from 7pm to 10pm, with a maximum of 3 hours per vehicle per day," explained the councillor. Parking can be paid by mobile phone, the parking metres or by using the free application called 'parkinglibre'. "This makes it easier for users to pay without having to go to the parking meter," said said Robles.

Beaches and pools where smoking is officially banned

Motril:- Swimming pool at the Jose Vinuesa Tentor complex and the Granada beach (Villastrida area).
Malaga:- Algarrobo: Algarrobo beach; Torrox: Cenicero, Ferrara, Morche beaches;
Velez-Málaga:- Almayate, Benjarafe, Caleta, Lagos, Mezquitilla, Torre del Mar and Valle Nizas beaches



New crab species discovered in Andalusian water

The exciting findings have been published in the journals Ecology and Evolution and the Journal of Crustacean Biology.



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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



Urb. Nueva Nerja, Nerja

The property comprises on the ground floor a large lounge and dining area, fully fitted kitchen and a shower room. Stairs lead up to the first floor featuring two double bedrooms, both with fitted wardrobes, and a full family bathroom. From the master bedroom double doors lead out to a private terrace facing south. The urbanisation is gated and features a large communal pool and terrace areas for sun bathing.

Price: 230,000 euros Ref. JG888

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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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'Magic mirror': Hidden image revealed in reflection of centuries-old artifact

The Cincinnati Art Museum's discovery of a 400-year-old "magic mirror" reveals the image of a Buddha when light is shone on it in a particular way.

Amid the thousands of treasures in the Cincinnati Art Museum's East Asian art collection, a small bronze mirror dating back to the 15th or 16th century always seemed rather unremarkable.

Last exhibited in 2017, it had spent much of the preceding decades in storage, where it sat on a backroom shelf alongside other objects excluded from public display.

But the artifact had a secret hiding in plain sight.

While researching so-called "magic mirrors", rare ancient mirrors that, in certain light, reveal images or patterns hidden on their reflective surfaces, the museum's curator of East Asian art, Hou-mei Sung, saw something resembling the examples from Edo-period Japan.

The mirror, which dates back to the 15th or 16th century, would likely have hung in a temple or noble household.

The mirror, which dates back to the 15th or 16th century, would likely have hung in a temple or noble household.

Credit: Rob Deslongchamps/Cincinnati Art Museum. The item in storage in Cincinnati, Ohio, was smaller than the ones held in museums in Tokyo, Shanghai and New York City. It also featured a more complex style of Chinese script. Yet, Sung recalled there was something "very similar" about it. So, last spring, she visited the museum's storage rooms accompanied by a conservation expert.

"I asked her to shine a strong, focused light on the mirror," Sung said on a video call from Cincinnati,

"So, she used her cell phone (flashlight) and it worked." On the wall before them was the appearance of texture in

the reflected light, not a distinct image, but enough to warrant further investigation. Following experiments using more powerful and focused lights, the mirror eventually revealed the image of a Buddha, rays of light emanating from his seated form.

The inscription on the mirror's back spells out who was depicted: Amitabha, an important figure in various schools of East Asian Buddhism.

The discovery makes the museum one of only a handful of institutions in the world to own a magic mirror, according to Sung. The curator is only aware of three others in possession of rare Buddhist-themed ones, including the Metropolitan Museum of Art in New York.

"We were so excited," Sung said.

Before the invention of today's glass mirrors, people from cultures around the world gazed into polished bronze, from ancient Egypt to the Indus Valley. The ancient art of Chinese magic mirrors was first developed during the Han dynasty, around 2,000 years ago, though they were also later made in Japan.

'The Dig' and five other culture recommendations if you love ancient discoveries

To create the mysterious effect, artisans began by casting images, words or patterns onto one side of a bronze plate. Scientists believe they then scratched and scraped the plain surface on the other side, before polishing it until it became reflective like a conventional mirror. Because the plate was of varying thickness, due to the embossed design, the process created very slight changes in curvature on the seemingly blank mirrored side. A mercury-based substance was then used to make additional surface stresses that were invisible to the naked eye but matched the elaborate patterns on the

Continued on page 20



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These Fiscal Reference Values (i.e., the minimum taxable value that the tax agency considers a property to have) can be consulted free of charge on the www.sedecatastro.gob.es website.

Checking this Fiscal Reference Value can avoid unpleasant surprises when it's time to pay taxes on the purchase of a property or on an inheritance. Until 2021, taxes on the sale or inheritance of a property were calculated on the highest value of, either the price paid, or the one verified by the administration.

As of 1st January 2022, when a property is purchased, the tax to be paid must be calculated on the FISCAL REFERENCE VALUE assigned to the property by the tax office, which may be different from the purchase price. If the purchase price is higher than the Fiscal Reference Value, the actual purchase price would be acceptable for

the Tax Office.

The problem arises when the purchase price is lower than the Fiscal Reference Value. In this case, the tax agency may claim that the calculation of the taxes to be paid should be made on the Fiscal Reference Value and not the actual purchase price, which means that the tax due would be higher.

Therefore, before agreeing to purchase a property or before organizing the documentation of the inheritance of a property, it is highly advisable to seek advice from an expert and consult the Fiscal Reference Values of the properties. In this way, the taxes to be paid are calculated correctly beforehand and the operation can be organized in the most advantageous way from a fiscal point of view. Surprises and additional settlements by the tax agency will also be avoided.

For more detailed information on the possible tax value of a property, and on the best way to organize a sale or inheritance, do not hesitate to contact us: by e-mail: mail@axarquiasolicitors.com or by tel. 952 901 225.

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Getting the most from your plants in Spain

With a hot, dry climate you might have low expectations of what's possible when it comes to creating colour in your garden. However, you might be surprised. Nico Clinton provides some gardening tips to help your garden in Spain flourish.

In the height of the summer, looking out across the landscape of southern Spain you might find yourself wondering how anything can survive there. The ground becomes dry and hard and July and August may experience no rain at all. Conditions aren't as harsh in other parts of the country and in northern Spain the climate has many similarities with that of northern Europe. However, whether you are based in the north or the

south it is quite possible to create your own garden in Spain and maintain it. What's most important is to suspend any vision you had that's based on your garden 'back home'. Chances are that the plants that flourished there are going to be distinct foreigners in your plot in Spain. Neither should you visualise an oasis of lush green grass. You must chase away your pre-conceptions and embrace the climatic



Bird of Paradise

conditions you find – these must dictate your choice, along with your own circumstances of course.

Resident or non-resident?

Your first consideration when creating your garden in Spain is the amount of time you are intending to spend here. It's self-evident that over the summer only the hardiest of cacti, yucca or palm is likely to survive for long periods of time without water.

Succulent plants and cordylines are two more species that don't need regular watering and can wait until your return to Spain. They might not be the delicate, flowering plants you're after but they will provide rich greenery to welcome you when you return.



Bignonia

The conditions you provide

The next issue you must consider carefully is that of the plot itself. Do you have a patio that you will decorate with pot plants or have you land where you're intending to plant? In some cases Spanish gardens are a mixture of the two with the majority of space being tiled and perhaps just a small section of patio dug out to provide an area of earth as a base. Gardens in Spain can

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look very different from what you're used to back home. Lush grassed lawns are not a real option due to their need for frequent watering. Instead you are better advised to landscape any land you have with tiling, fountains and seating areas. You will want to create areas of shade and light and excellent effects can be created with a relatively small number of plants to care for.

Watering

If you do decide on pot plants you should water these two or three times a week in the summer and once or twice in the winter. It might come as a surprise that you do not have to water them every day. Pot plants can easily become waterlogged and the roots will rot. Nico Clinton has a wealth of experience of gardening in Spain. He sees this overwatering as one of the biggest mistakes that people make. 'I see this happening time and time again. Even during the hottest periods, your plants will not need watering every day.' Nico advises that during the spring and summer you should add some liquid fertiliser to the water once a week. During autumn and winter this should be reduced to every 15 days.

When should I start my garden?

It can be difficult for someone not used to the climate to work out what the actual growing season is. The summer with its scorching heat does not seem conducive to plant life, but in winter Spain can still have its moments of frost and periods of low temperatures. The best time to invest time and money in your garden depends on what type of garden it is.

However, a rule of thumb is that if you are using pots then any season is a good one for buying and transplanting new plants in Spain. However, if you're planting directly into the ground you would be advised to wait until winter.

When things go wrong

As in any garden anywhere in the world, plants are subject to aphids and other pests. The most common insects in Spain are greenfly (mosca verde), white fly (mosca blanca) and mealybugs (cochinillas). The best treatment for these is to fumigate your plants once a week over a three-week continuous period with an insecticide.

Overall, the skills that made you a successful gardener in your own



Yucca

country are likely to transfer just as easily to Spain. But what if you are not one of those people who plants seem to thrive around? Nico suggests that if this is the case, you might want to invest in a hardy plant such as a yucca, oleander, bird of paradise, bignonia or lantana. Hopefully, you'll have the confidence to experiment and populate your plot with some of the other colourful and vibrant flowers that seem to grow effortlessly by the roadside.



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Moclinejo **Fantastic views!**

Magnificent south facing 2 storey 5 bed 3 bath villa (190m²) with easy access, infinity pool, extensive terracing & breathtaking sea views. This property is within a 15 minute walk to the village.

EPC: E

Price: 650,000 euros ref: v1447

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back, according to an article in the UNESCO Courier journal.

When sunlight hits the reflective surface in a certain way, a hidden image, matching the design on the back would be revealed, giving the illusion that light was passing right through the mirror. For this reason, they are known in Chinese as "transparent" or "light-penetration" mirrors. (In the case of the Cincinnati Art Museum's discovery, however, a second metal plate was likely soldered onto the back, leaving the original embossed Buddha concealed inside.)

A second bronze plate, which is marked with the name of the Amitabha Buddha, is thought to have been soldered onto the back, concealing the image of the Buddha.

A second bronze plate, which is marked with the name of the Amitabha Buddha, is thought to have been soldered onto the back, concealing the image of the Buddha.

The mirrors baffled Western scientists who encountered them in the 19th century. And while their optics are now broadly understood, Sung said experts still don't know precisely how craftspeople worked the metal.

"No matter how much you can explain theoretically, it all depends on the master who polishes the surface which is tremendously difficult," she said.

"That's why they are so rare."

Measuring about 8.5 inches in diameter, the museum's mirror was likely used as a religious ornament and may have hung in a temple or noble household.



The museum is yet to decipher whether it originated in China or Japan, though Sung believes it is most likely the former.

The item was first recorded in the museum's Asian art collection in 1961, though the curator thinks it may have been acquired long before then.

She also suspects that other institutions and collectors are in possession of magic mirrors without realizing.

"I found a lot in online auctions that have a similar design to ours, but (the auction listings) never say they're magic mirrors," she said, adding: "I believe there could be some mirrors out there that people don't even know are magic." The mirror will be on display at the Cincinnati Art Museum from July 23.

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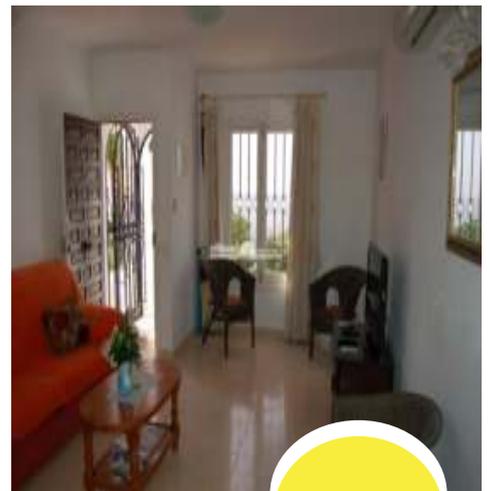
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around people (as you can see from their photos).

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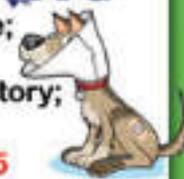
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Dogs Paws in the hot weather

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their dogs out for walks while the sun is still up and there is no shade on the pavement.

Please think and be considerate to your furry friends.

They don't very often complain and before you know it, they will have burnt and blistered paw pads. You know what it can be like on the beach with no shoes on. You have to run to the shoreline to cool your feet off!

Just think twice before taking "Fido" out when the sun is at it's highest and turn that saying around to "A man (or woman) is a dog's best friend".....

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Axarquia Animal Rescue



Buddy

Buddy - Ref:- AAR 2555

Cuddly little Buddy believed to be about 8 weeks old was thrown with his brother over a high fence into a garden. Both puppies were dehydrated, starving and full of ticks and fleas. Thankfully, sad stories can have good outcomes. They were found by a kind lady and her daughter who gave them food, water, shelter and took them to the vets. Buddy is now thriving in his new foster home. He has put on weight and loving life. He is proving to be a big character who loves to be around people. He is available for adoption in Spain now and from 15 weeks outside of Spain. If you can make Buddy's story a happy ever after ending please email axarquia-animal-rescue@hotmail.com and quote Buddy 2555



Clara

Clara – Ref:- AAR 2558

I am looking for my forever home! My three brothers and I were found abandoned by a gate in the Spanish countryside. We have been so lucky because the wonderful lady who found us been fostering all of us until we find our new homes. I am about ten weeks old. I've started my vaccinations and will be able to travel soon. I will probably be a medium sized dog when I grow up. I love dogs and cats and am super friendly with everyone. My caseworker says I'm an absolute beauty and someone will fall in love with my angelic little face very soon!! If you are interested in me, please email: axarquia-

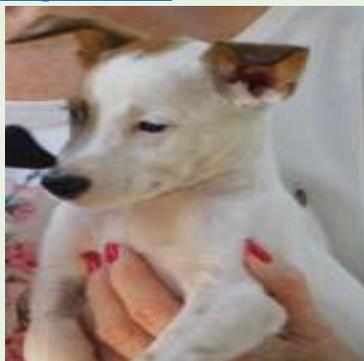
rescue@hotmail.com. Please quote my name and number.



Pepper

Pepper - Ref:- AAR 2561

Hi, my name is Pepper. I'm a female German Shepherd and 3 years old. I'm a large sized dog, 57cm tall, and I weigh 27.00kg . I'm neutered, good with other dogs and cats. The team here are still getting to know me and don't yet know how I get along with children. But I love to meet new friends and I'll be getting socialised with them soon, so we'll keep you posted. My finder/ foster says I am really intelligent, and do as I am asked, I like to go everywhere with him, but understand that sometimes I have to stay at home. Fully vaccinated and have my chip and passport. If you would like to give me my forever home please email axarquia-rescue@hotmail.com



Kevin

Kevin – AAR:- 2559

I am about 9 weeks old and was found in the street with my 2 brothers and 1 sister. Now I may be the smallest and I do love a cuddle but I am definitely the most handsome, because the lady taking my photos kept saying "Hello Handsome". When I grow up, I will probably be medium size. If you are interested in adopting me, Kevin Case

Number 2559, on the Axarquia Animal Rescue site. www.axarquiaanimalrescue.com Please email: axarquia-rescue@hotmail.com for further information. Please remember to quote my Name and Case Number in all correspondence.



Peter

Peter – Ref:- AAR 2557

I am looking for my forever home! I was found abandoned outside someone's gate in the Spanish countryside along with my two brothers and sister. Luckily for us, the wonderful lady who found us has been fostering us for AAR until we find our new homes. I am about 10 weeks old and have started my vaccinations. I will probably be medium in size. I love to play with other dogs and cats. I'm very friendly with everyone! My caseworker says "who can resist such a cheeky chap!" If you interested in me, please email: axarquia-rescue@hotmail.com Please quote my name and number.



Raphy

Raphy – Ref:- AAR 2552

This gorgeous boy pup, is one of seven born to a stray dog found wandering the Benarmagosa campo. A kind lady took mum in (now named Kelly) and within a couple of weeks she discovered that Kelly was pregnant. The puppies were born 14th May 2022, and are now 7 weeks old. Mum is a Jack Russell type cross, dad unknown and so the puppies are expected to be small to medium size. This little pup is inquisitive, into everything and very playful. He will be available for adoption in Spain from 8 weeks of age and 15 weeks outside of Spain. If you are interested in opening your heart ❤️ to this gorgeous bundle of fluff, please email axarquia-animal-rescue@hotmail.com, quoting AAR 2552.



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Many dogs love to swim (including mine!), but when it comes to dog exercise, the go-to activities are usually walking, running, or playing fetch. Just like humans, dogs enjoy variety, and there's no better way to get it than with swimming.

Swimming is an excellent form of exercise for your dog – and for you! It does wonders for overall health, providing an aerobic workout that also tones and strengthens muscles. It can be especially beneficial as therapy for dogs who are rehabilitating from an injury or surgery, have joint problems, or are older or overweight.

Here are five reasons to let your dog swim:

1. It Improves Overall Health and fitness

Swimming is one of the best, most complete forms of exercise for your dog. Just one minute of swimming equates to four minutes of running! It provides numerous health benefits, including strengthening the heart and lungs, decreasing inflammation, increasing metabolism, and improving circulation which helps keep the skin and coat healthy. Plus, moving their limbs against the resistance of the water uses every major muscle group, improving overall tone and strength.

2. It's Joint-Friendly

Swimming is low-impact and non-weight bearing, meaning it allows your dog to enjoy all the benefits without putting stress on their joints and tendons. When submerged, the water takes on most of your dog's weight, supporting their body and relieving their skeletal system from the stress of jarring impacts that can occur when exercising on land. Furthermore, swimming gets dogs moving in a different way than they usually would on solid ground, which improves their range of motion. All these advantages make swimming an especially-beneficial form of exercise for dogs with joint disorders such as arthritis or dysplasia, and great rehabilitation for dogs that are recovering from orthopedic or neurological injury.

3. It's Stress-Relieving

Not only is swimming great for your dog's physical health, it also improves their mental wellbeing. Just like humans, dogs need mental stimulation in the form of play, fun, and varied activities that differ from the norm to help them stay sharp and happy. Swimming allows dogs that are usually restricted to exercising on a leash the freedom to release all their pent-up energy without feeling restrained. Plus, a happily worn-out dog is more likely to look forward to going home and



sleeping, allowing them to reap the restorative benefits of a good night's sleep.

4. It Can Be Pain-Relieving – Warm Water Swimming

Swimming in warm water can be an excellent form of therapeutic exercise for dogs, aiding in the recovery process by strengthening joints, facilitating circulation, and helping fortify muscles. Not only is the warm water pain-relieving, it also promotes blood flow and helps to warm up muscles quicker, reducing the risk of further injury.

5. It's Great for Overweight Dogs

In the case of overweight dogs, it can be difficult to provide them adequate exercise on land without overworking already-stressed joints and muscles. With the water supporting most of the dog's weight, swimming is a great way for overweight dogs to burn calories and improve their metabolic rate without the risk of injury. Together with a balanced diet, swimming can help bring heavy dogs back down to a healthier weight.

Not all dogs are natural swimmers and it's important that you bear this in mind. Most dogs can learn to have confidence in the water when it's taught with loving care.

Approach teaching your dog to swim with the same patience and reassurance you would when teaching a child.

To prevent your dog from taking in too much saltwater or chlorine, always provide an ample supply of fresh water before and during their swim. Also remember to rinse them off after a swim, cleaning out the ears and nose carefully to avoid irritation to the skin or eyes, or discoloration of the coat.

The amount of time your dog can safely spend swimming varies depending on their physical fitness, overall health, and breed. When swimming, the main thing to keep in mind is to ensure your dog does not become overtired. Some dogs will

naturally protect themselves from over-exertion by stopping when they're tired, but others may push themselves to the point of exhaustion which can be dangerous when swimming. It's important to make sure your dog takes plenty of regular breaks. Whether your dog is an experienced swimmer or a first-timer, you should always keep safety in mind. Never leave your dog unsupervised or lose sight of them when they are in the water, and ensure there's an easy exit point available such as a gently sloping embankment, beach, or ramp. Be sure to teach your pup where these exit points are – they won't always know on their own – and if you allow your dog to swim in your pool; teach them where and how to use the steps. In the open water, beware of fast moving currents and waves.

It's also a good idea to purchase a canine life vest, especially if your dog does not display the most natural ability. Your dog should always have a life vest on if you are not within reach of them. Dogs with shorter legs or a lower body fat percentage may have a more difficult time staying afloat and can especially benefit from the extra buoyancy a life jacket provides.

For more information on teaching your dog to swim, contact me on social media or by email at karen@dogschoolnerja.com, and for all the details of upcoming group classes or private training check out my website at www.dogschoolnerja.com



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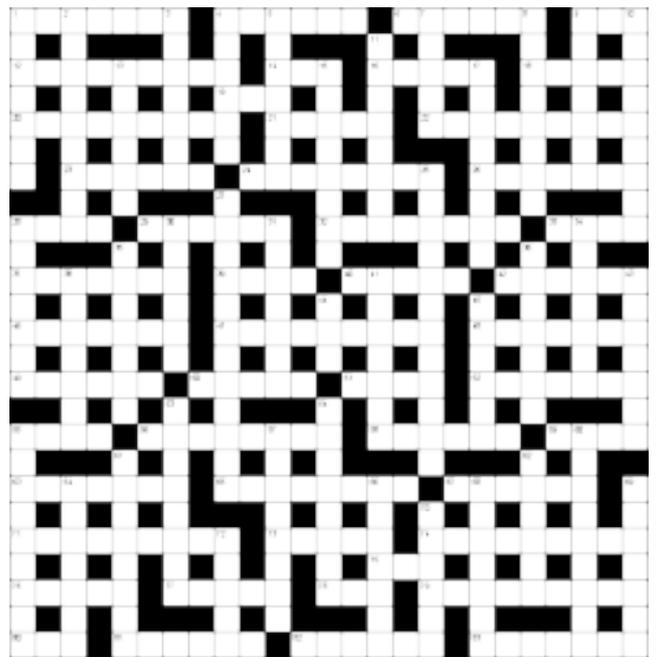
Across

1. The fifth planet (7)
4. Elevated (6)
6. Edge (6)
9. Consumed (3)
12. Algebraic symbols (9)
14. Edible tuber (3)
16. Notions (5)
18. Jumped (5)
19. Unwell (3)
20. Cut (9)
21. Fails to win (5)
22. Vitality (9)
23. Hinder (6)
24. Happened (8)
26. Illicit (7)
28. System of beliefs and rituals (4)
29. Buy from abroad (6)
32. Amulet (8)
33. Sort (4)
37. Perplexed (7)
39. Diplomacy (4)
40. Publish (5)
42. Profited (6)
46. Dried grapes (7)
47. Felons (9)
48. Number (7)
49. Bicycle for two (6)
50. Extreme happiness (5)
51. Particle (4)
52. Protected (7)
55. Yield (4)
56. Precise (8)
58. Airstrip (6)
59. Flows out (4)
63. Vegetable (7)

65. Pleads (8)
67. Chacma (6)
71. Predominant (9)
73. Proverb (5)
74. Innovation (9)
75. Lubricant (3)
76. Gemstones (5)
77. Tripod (5)
78. Stray (3)
79. Tremendous (9)
80. Japanese currency (3)
81. Spoke (6)
82. Creature (6)
83. Support (7)

Down

1. Field event (7)
2. Insular (9)
3. Associated (7)
4. Dwell (6)
5. Pastoral (7)
7. Greek letter (5)
8. Dependable (8)
9. Astounding (7)
10. Embroided (9)
11. Troubador (8)
13. Sudden (6)
15. Insect (8)
17. Oriental sword (8)
25. Expenditure (12)
27. Gardening (12)
28. Floor show (7)
30. Humble (6)
31. Plans (7)
34. Disregarded (7)
35. Asserted (7)



36. Porridge (7)
38. Pretended (7)
41. Disperse (7)
43. Deceives (7)
44. Atmosphere (3)
45. Mystery (6)
53. Agenda (8)
54. Drink (8)
55. Blare (9)
57. Really (8)

60. Handrail (9)
61. Type of monkey (8)
62. Part of the eye (6)
64. Haggle (7)
66. Proposition (7)
68. Go forward (7)
69. Flair (7)
70. Intentional (6)
72. Sample (5)



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I was homeless and hopeless, now my life is incredible....



Joe is a 40 years old, single man. A sales executive from London. At his worst he was homeless, alone, abusing alcohol and drugs. Today he says life is incredible, full, and he is present for himself and for others. Here is his story:

"During my childhood both my parents drank, but not alcoholically. I took my first drink at about 8 years old, and despite being sick I loved the effect the alcohol produced. It gave me a feeling of ease and comfort, and life suddenly became manageable.

By the age of 15 I was taking drugs and drinking almost every day. In the beginning I was having fun, socialising, enjoying the alcohol and so-called party drugs, such as LSD, ecstasy, MDMA and cocaine, but eventually I was using them all to escape from reality. I would use anything to change the way I felt – alcohol, drugs, prescription medication, relationships, sex, gambling, eating, work, exercise, crime, and pornography. Friends and family were concerned about my well-being, they would tell me I was drinking excessively, they tried to make me see the damage I was doing to myself.

In the end my disease would take me to some very dark places; smoking crack; taking heroin; living on the streets; prison; and completely cut off from all of those that loved and cared about me.

I first tried to get help 15 years ago, after my father died. The pain of his death increased my already excessive drug and alcohol abuse to the point where even I realised if I carried on, I would surely die. My drinking was out of control, and my life was in tatters - I reached out for help and ended up in what would be the first of several rehabilitation centres and mental health clinics.

I had first heard of Alcoholics Anonymous (AA) through a mental health clinic in February 2007. I did not know what to expect but it turned out to be a good experience. I don't remember much of what was being said at my first meeting; however, I did feel for the first time I was not alone, that I was understood, and that people really knew what it was like to be me. The seed had been planted.

Despite receiving help and getting clean I just couldn't stick with it. My rock bottom finally came last year, and it was

horrendous. A place I would today call "Hell". My family and friends had turned their backs on me. I was homeless. I had lost nearly all my possessions. I was seriously underweight; I couldn't eat properly, I was enduring sleep deprivation. I had a warrant out for my arrest and pending court appearances. I was experiencing severe depression, paranoia, and suicidal thoughts. I would describe my life at this point as non-existent and very, very, dark.

I went back to AA, and they welcomed me with open arms. I finally surrendered to the fact that I am an alcoholic and an addict. I attend four (or more) meetings a week, where I do service and help others. I work the 12-step program, have a sponsor who guides me, and a connection to a power greater than myself.

Being honest about what is going on for me is paramount to my peace of mind. I do my best to stay open minded and remain teachable. Of course, I have my ups and downs, but I have many great supportive friends who are there beside me on this magical journey. I feel as though I can now live life on life's terms.

I am almost six months clean and sober. My life today is incredible, it is full, I am present for myself, and others, and I am a productive member of society.

To anyone struggling with alcohol I would say if I can do it, then so can you! After 25 years of heavy drinking and drug abuse, I finally accepted that I could not stop and stay stopped on my own, I needed others.

I thought I was a hopeless case, however the fight to stay clean and sober is nowhere near as hard as the fight I endured to get my fix. I never thought I could live a happy life without using something to change the way I feel. Today I can, I follow a few simple suggestions and the rewards are far greater than anything I could have ever imagined."

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

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

CALL THE AA HELPLINE FOR SUPPORT:

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Norwegian woman buys some cheap costume jewellery online, and finds a gold Viking ring in the mix!

Experts believe that the ring was once owned by a powerful Viking chief more than 1,000 years ago. Experts aren't sure exactly who owned the ring originally, but the fact that it was made with gold suggests that it belonged to a high-status individual. Mari Ingelin Heskestad, of Norway, recently ordered a batch of cheap costume jewellery online and got way more than she expected. Among the gaudy baubles, Heskestad noticed a gold ring that turned out to be from the Viking era.

"I noticed that it was so heavy," Heskestad explained to the Norwegian newspaper Bergensavisen, BA. "It glistened and stood out among the other jewellery. It looked very special. According to Science Norway, Heskestad showed the ring to her father-in-law, who suggested that it could be a rare artifact. Heskestad brought the ring to the municipal cultural heritage department of Vestland County in Western Norway, where her father-in-law's hunch was confirmed. The ring was not a piece of cheap jewellery, but a gold band once owned by a Viking, possibly a powerful chief. "Here we have a very observant woman, who immediately saw that this could be something very old," Karoline Hareide Breivik, the acting head of the cultural heritage department, said in a statement. "She contacted us, and we could quickly confirm that this was a real finger ring of gold from the Late Iron Age/Viking Age. The same type of ring has been found in Norway in the past, but they are rare." Archaeologists aren't exactly sure where the ring came from. Heskestad bought it from an online auction house, which was selling off remains of an estate that had been packed in banana crates. "What this means is that we have no idea where the ring



is from," Sigrun Wølstad, an archaeologist and the senior advisor in the Vestland county section for cultural heritage, told Science Norway. "It could be from anywhere."

To Bergensavisen, BA, Wølstad added: It probably originated from a grave, [and] has been lost or hidden. This type of ring has been found in large parts of Norway and in Scandinavia. It could just as easily be from Sweden."

But it's clear, Wølstad continued, that the ring dates back to the age of the Vikings. "You can see it in the design and style of the ring," she explained. "Prehistoric gold often has a slightly different colour than today. Similar and similar rings have been found, and based on context, we have managed to date it." Indeed, experts believe that the ring, which weighs almost 11 grams, was probably once owned by a wealthy man. It might have even been worn by a Viking chief. "Gold was rare during the Viking Age, there wasn't a big supply of it anymore. So this would have been reserved for the richest and most powerful people in society," Unn Pedersen, an associate professor of archaeology at the University of Oslo, told Science Norway. She called the ring "extremely rare" and an "exciting find." Though the full story behind the Viking ring is still a mystery, experts are pleased that Heskestad noticed the ring and brought it to them. "It is extremely rare that such things are bought in a second-hand context," Wølstad told Bergensavisen, BA. "We are impressed that she saw that it was this type of gold and could time it so well." Breivik similarly noted in their department statement: "We are happy that the ring was handed to us, so that professionals at the museum can now take care of it." Because all objects from before 1537 are automatically protected in Norway, the Viking ring will go to the University Museum in Bergen, where it will be put on display.



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ARIES:-
(March 21st - April 19)

Don't expect people you compete with to play fair – it isn't going to happen – but that does not mean you are allowed to ignore the rules yourself. Stay on the moral high ground and trust the universe to protect you and reward you for your honesty.

Luckiest day:- Saturday

TAURUS:-
(April 21 - May 21)

You will speak your mind today and what you say will offend some people. You won't care in the slightest about that but you will need to keep an eye out for those who can't take criticism and try to hit back at you in some way.

Luckiest day:-Wednesday

GEMINI:-
(May 21 to June 20)

You will be in one of your impulsive moods today and if you're not careful you could find yourself in a situation that should have been avoided. Do things differently if you must but don't lose sight of the fact that not everyone will approve.

Luckiest day:- Tuesday

CANCER:-
(June 21 - July 22)

No matter what dreams you had in the past, and no matter how many of them did or did not come true, it's time for a new dream now. Don't let anyone tell you it's too late to change direction – time never runs out for those who believe.

Luckiest day:- Friday

LEO:-
(July 23 to August 22)

As one of the zodiac's Fire signs you rarely have doubts about your own ability but something will happen today that forces you to question what you've been doing and how you've been doing it. It's not a sign of weakness to admit you got it wrong.

Luckiest day:- Thursday

VIRGO:-
(August 23 - Sept. 22)

The path you must take is clearly mapped out before you, so what are you waiting for? Most likely you want a sign from loved ones that they approve of your aims but you don't need it – it's your life and their views don't matter that much.

Luckiest day:- Monday

LIBRA:-
(Sept. 24 - October 23)

What occurs over the next few days could be of huge importance career-wise, so keep your eyes and ears open and be ready to seize the initiative if you think that by doing so you can improve your professional standing. This is no time for timidity.

Luckiest day:- Sunday

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

You may have big plans, in fact they may be huge, but are they realistic? That is the question you most need to ask yourself today and if the answer is "no" then you must do something about it. It's good to dream but fantasies are best avoided.

Luckiest day:- Wednesday

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

A final decision has to be made regarding a money or business matter, so give it your full attention and don't be swayed by people who say you must err on the side of caution. Whatever your decision may be you must believe in it 100 per cent.

Luckiest day:- Saturday

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

It's possible, even likely, that you will find yourself at loggerheads with someone you usually get along with today but in the greater scheme of things it's no big deal, so don't let it destroy your friendship. You've still got a great deal in common.

Luckiest day:- Thursday

AQUARIUS:-
(Jan 21 - Feb. 18)

It may be hard to approach what you are expected to do with energy and enthusiasm but if you make the effort it could actually be a lot of fun. You may even discover you have a talent for activities that important people will pay handsomely for.

Luckiest day:- Tuesday

PISCES:-
(Feb.19 - March 20)

If someone gets out of line today, maybe by doing something they know they should not, you must come down on them hard. You may be a nice guy by nature but there are times when you have to get tough and this is one of them.

Luckiest day:- Wednesday

Horoscopes.

by Kristian Marconi



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Carabeo 1-23 CNS200722 €395.000

Situated in the highly sought after Parador area of Nerja on the Calle Carabeo, this second floor apartment comprises of a large galley style kitchen, light and spacious, with open plan living/dining area with floor to ceiling sliding doors onto a large south east facing terrace with stunning sea views and views over the lawned garden and swimming pool. The outside of the terrace is also floor to ceiling glazed with sliding doors providing an area that can be enjoyed all year round. There is a master bedroom and a second bedroom both with fitted sliding door wardrobes, a shower room and a bathroom with shower over. The apartment is in good condition with the potential to benefit from some modernisation. There is great scope to create a stunning home and/or a lucrative rental property.



El Perdigon CNR280522 From €400 weekly

Sunny south west facing apartment with great location just above the Parador Hotel. Located in the popular urbanisation of El Perdigon, within short walking distance to the beach and city center. The property contains one bedroom with great views, small kitchen, bathroom and a large lounge with sofa bed for an extra bed for guests. The terrace receives lots of sun and stunning views of the town and sea. Communal south facing pool, well kept gardens and shared parking places. A great location and apartment that ticks all the boxes.

**Los Huertos, Nerja
CNS270422 €389.000**

Two story town house situated in the sought after Calle Los Huertos, within easy walking distance of the centre of Nerja and the historic Balcon de Europa. The property is in good decorative order but would benefit from renovation and modernisation. Comprises of light spacious lounge leading to kitchen with natural light though to second sitting area with fireplace, separate toilet and reception room or bedroom. From the lounge stairs go up to second level with large master bedroom with full length doors leading to two Juliet balconies with fabulous views over Los Huertos, plus two further good sized bedrooms and a family bathroom with bath and shower over. Stairs lead to the lower roof terrace with area for drying clothes then stairs up to the upper roof terrace with fabulous views of the town, Los Huertos and mountains behind Nerja. A traditional town house in a great location. With some renovation this will be a stunning property ideal as a home or rental. One not to miss for the investor looking for a great opportunity!



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Barbecued Chicken Salad Sandwich

Barbecued Chicken Salad Sandwiches

Ingredients:-

- 1-1/2 pounds boneless skinless chicken breast
- 1/2 cup barbecue sauce
- 1 cup mayonnaise
- 1/2 cup finely chopped onion
- 1/2 cup chopped celery
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 8 bread rolls, split
- 8 tomato slices
- 8 lettuce leaves

Preparation:-

Place the chicken in a shallow baking dish; add barbecue sauce. Turn to coat; cover. Refrigerate overnight. Grill chicken, covered, over medium-high heat until a thermometer reads 165°, 6-8 minutes on each side. Cool; cover and refrigerate chicken until chilled. Chop chicken; place in a large bowl. Stir in the mayonnaise, onion, celery, salt and pepper flakes. Serve on rolls with tomato and lettuce.



Caprese Pasta Salad

Caprese Pasta Salad

Ingredients:-

- 1 package (16 ounces) penne pasta
- 3 large heirloom tomatoes (about 2 pounds), seeded and chopped
- 3/4 pound fresh mozzarella cheese, cut into 1/2-inch pieces
- 1/2 cup loosely packed basil leaves, chopped
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 shallot, finely chopped
- 1 garlic clove, minced
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon pepper

Preparation:-

Cook pasta according to package directions. Drain and rinse in cold water. Transfer to a large bowl. Gently stir in the tomatoes, cheese and basil. In a small bowl, whisk the remaining ingredients. Drizzle over salad and toss to coat. Refrigerate until serving.



Juicy Watermelon Salad

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Juicy Watermelon Salad

Ingredients:-

- 8 cups cubed seedless watermelon (about 1 medium)
- 1 small red onion, cut into rings
- 1 cup coarsely chopped macadamia nuts or sliced almonds, toasted
- 1 cup fresh arugula or baby spinach
- 1/3 cup balsamic vinaigrette
- 3 tablespoons canola oil
- Watermelon slices, optional
- 1 cup (4 ounces) crumbled blue cheese

Preparation:-

In a large bowl, combine watermelon and onion; cover and refrigerate until cold, about 30 minutes. Just before serving, add macadamia nuts and arugula to watermelon mixture. In a small bowl, whisk vinaigrette and oil; drizzle over salad and toss to coat. Serve over sliced watermelon, if desired. Sprinkle with cheese.



Grilled Corn in Husks

Grilled Corn in Husks

Ingredients:-

- 4 large ears sweet corn in husks
- 1/4 cup butter, softened
- 2 tablespoons minced fresh parsley
- 1/4 cup grated Parmesan cheese

Preparation:-

Carefully peel back husks from corn to within 1 in. of bottom; remove silk. Soak in cold water for 20 minutes; drain. Pat corn dry. Combine the butter and parsley; spread over corn. Rewrap corn in husks and secure with string. Grill corn, covered, over medium heat until tender, turning often, 20-25 minutes. Serve with cheese.

Mexican Hot Dogs

Ingredients:-

- 1/2 medium ripe avocado, peeled
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 hot dogs
- 6 hot dog buns, split
- 1 small tomato, chopped
- 3 tablespoons finely chopped red onion
- 3 bacon strips, cooked and crumbled



Mexican Hot Dogs

Preparation:-

In a small bowl, mash avocado with a fork, stirring in lime juice, salt and pepper. Grill hot dogs, covered, over medium heat until heated through, 7-9 minutes, turning occasionally. Serve in buns. Top with avocado mixture, tomato, onion and bacon.



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Ways to stay cool in the heat

by Meg Walters

It's summer and the temperature is rising. Here are expert tips on ways to stay cool in the heat. In the peak of summer on those baking hot afternoons, when the sweat begins to pour down your face and your clothes start to stick to your body, you probably want nothing more than to crawl back inside to the respite of your AC. If this sounds like you, you're probably wondering how to stay cool in the heat.

While plopping yourself down in front of a fan is one way to lower your body temperature during a heatwave, there are a few other ways to feel less uncomfortable in the summer. We spoke with experts to find out other – some little-known – tips on how to stay cool in the heat.

Why is it important to keep cool in the heat?

A boiling hot day can be uncomfortable, but it can also potentially be dangerous. Hot days increase the risk of heatstroke, dehydration and sunburn, all of which can lead to long-term health problems. In the short term, overheating can make completing your day-to-day tasks difficult or even impossible. You may even find yourself experiencing headaches, faintness and fatigue if you can't keep cool. According to a 2021 study in *Environmental Research Letters*, the ill effects of heat are exacerbated by Covid-19. And, according to the National Weather Service, weather fatalities are increasing. Not only is staying cool important for your comfort and functionality, it's also vital for your health.

Tips on how to stay cool in the heat

Looking for some creative ways to stay cool when the weather gets hot? Here are some CDC, recommended tips and expert comments on getting your body temperature down and keeping it down.

Get ready in advance

Don't wait until summer comes to take care of your body. "Prevention is key," says Dr Laura Purdy, MD, MBA. "Especially if you live in an area that is notoriously hot, prepare yourself for the summer months by maintaining a high level of physical fitness prior to the summer months, which will allow your body to handle the heat when it does come."

Drink plenty of water

Staying well hydrated is vital for keeping the body healthy and relatively cool when it gets hot outside. "You definitely want to be drinking more water," says Purdy. So, how much water are we talking? According to the CDC, you should drink before you feel thirsty. If you're working outside in the heat, try to drink at least one cup of water every 15-20 minutes. Keep an eye on the colour of your urine, the paler it is, the better hydrated you are.

Stay inside during peak sun hours

If possible, avoid being outside between 11am and 3pm when the sun is strongest.

Keep your curtains closed

If you're inside during the day and the sun hits your windows, try to keep your curtains closed to prevent the inside of your house from overheating.

Apply SPF

Keeping your skin well-protected can also help you to feel a little more cool and can also prevent heat exhaustion. "Using SPF as high as possible is important," says Purdy. "Broad-spectrum UV coverage will cover all types of

damaging rays, which can increase your risk of skin cancer and early aging signs."

Keep your home cool at night

Even when the sun goes down, staying cool can help you in the days to come. "Sleep with your house at a cooler temperature than you normally would at night, which allows for the heat to dissipate from your body better so you will be more prepared for the days that are exceptionally hot," says Purdy.

Keep vigorous exercise to a minimum

While staying fit can help your body maintain a healthy basal temperature on hot days, over-exercising in the heat can be harmful. Avoid exercising outside. Or, if you do workout outside, personal trainer TJ Mentus says, "The most important thing is to prepare our bodies beforehand. This means focusing on hydration the day before and hours leading up to an outdoor workout when you know it will be very hot out. If you wait until you already feel hot and sweaty then it is too late."

Try this breathing exercise

If you feel that you're overheating, controlling your breath can help. Try the yoga breathing technique called shitali pranayama. "It has the power to cool down your body within a few minutes," says Meera Watts, the founder of Siddhi Yoga. "It starts with sitting in a comfortable position with the back straight and keeping the hands on the knees. Taking out the tongue and folding it on the sides like a U shape. You'll have to inhale through your tongue in this tube position and exhale with your nostrils. To feel the cooling sensation, repeat it 5-8 times which will take no more than a few minutes.

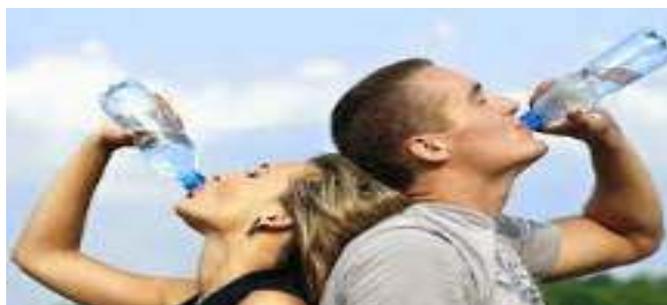
Stick to lightweight materials

"Wearing lightweight clothes that can dissipate water is important, and changing clothes once they become soaked with sweat, because you lose your ability to evaporate at that point," says Purdy.

Extra tips

If you think you've experienced overheating, it's important to seek medical help. "Heat cramps, heat exertional illness and heat strokes are emergencies and can even result in death for severe heat strokes," says Purdy. Signs include muscle cramps, dizziness, lightheadedness, vision changes, abdominal pain and nausea.

"If your temperature is above 103, I would recommend calling 911 and getting to your local emergency department as soon as possible," she says. "If your temperature is lower than that, get inside as soon as possible and apply ice packs to your groin, armpits, and the back of your neck, immersed in cold water, and cool your body temperature as rapidly as possible." Staying cool and hydrated is important when it gets hot outside. Drink lots of water, wear appropriate clothing, keep your home cool and avoid the sun at peak times.



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healthwise

ACUPUNCTURE AS TREATMENT OF FIBROMYALGIA

A study recently published in the Journal of Pain Research claims that acupuncture can decrease pain and improve quality of life in fibromyalgia patients.

Acupuncture May Ease Fibromyalgia Pain and Improve Quality of Life

Fibromyalgia is a disease characterized by widespread musculoskeletal pain and can affect up to 9.3% of the population. It is often accompanied by fatigue, sleep difficulties, cognitive dysfunction, depressed mood, or depressive episodes. This disorder occurs more frequently in middle-aged women, and is usually associated with a high health cost, as well as that associated with loss of productivity. Management of fibromyalgia requires a multidimensional approach that includes patient education, behavioural therapy, exercise, and pain management. Unfortunately, no really effective treatments are currently available. The most common pharmacological therapies include amitriptyline, anticonvulsants, and serotonin and norepinephrine reuptake agents. However, recent European guidelines indicate that the effects of most treatments are relatively modest.

Furthermore, they suggest that the initial management in the treatment

of fibromyalgia should focus on non-pharmacological therapies.

Acupuncture Properties

Acupuncture is one of the most significant techniques within non-pharmacological therapies. Recent research shows how acupuncture works in the treatment of pain, since it can activate the pain control systems in the body (peripheral and central) releasing substances such as endogenous opioids, and non-opioid compounds such as beta-endorphins, enkephalins, dynorphins, serotonin, norepinephrine, gamma-aminobutyric acid and ATP. All these substances are essential to decrease hypersensitivity to pain and therefore reduce pain symptoms.

Study on acupuncture and fibromyalgia

The study consisted of a Systematic Review and Meta-analysis of clinical trials, for which 12 trials were used that compared the efficacy of real acupuncture with sham acupuncture or treatment with usual medication. Its conclusions state that real acupuncture showed better results than sham acupuncture and conventional medication in relieving pain and improving the quality of life of patients with fibromyalgia, both in the short and long term. No serious adverse effects were found during acupuncture treatment. In summary, acupuncture is an effective and safe treatment for fibromyalgia patients, and can be recommended as a therapeutic option. However, more trials are needed to pinpoint the long-term effects of acupuncture on this disorder.

Source: Zhang, XC et al: Acupuncture therapy for fibromyalgia: a systematic review and meta-analysis of randomized controlled trials. J Pain Res. 2019; 12: 527–542.

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Want to Keep Your Heart and Brain Young? Do This

Making this key lifestyle tweak keeps you mobile as you age—but that's not where the benefits end. By Kristen Sturt

Many adults don't get any activity at all, aside from what they need to make it through the day. And as we age, more and more of us stop moving. Almost 23 percent of adults between age 18 and 44 are sedentary. For those 65 and older, it's around 32 percent.

While you likely know that long-term inactivity weakens your bones and muscles, you may not realize that it can damage your heart and brain, too. This, in turn, raises your odds of dementia and heart disease, among other conditions, and can lead to early death.

But research suggests that getting exercise can help keep these organs healthy and delay or prevent their decline. And if you regularly work up a sweat over a number of years? All the better.

"You really need to think about ways to keep moving," says Kevin Bohnsack, MD, a family medicine physician at Saint Joseph Mercy Health System in Ann Arbor, Michigan. "Everything that increases your overall activity can ward off that sedentary lifestyle," he adds—along with the cardiac and cognitive problems that can come with it.

How exercise benefits the heart.

As you progress through middle age, your heart gradually begins to weaken. Its walls get thicker and less flexible, and your arteries become stiffer. This raises your risk for high blood pressure (hypertension) and other heart problems, including heart attack and heart failure. And if you're sedentary, that risk goes up even more. When you exercise, your heart beats faster, increasing blood flow and supplying your body with necessary oxygen. The more you work out, the stronger your heart gets and the more elastic your blood vessels become. This helps you maintain a lower blood pressure and decreases your chances of developing many cardiovascular problems.

It's aerobic exercise—also called cardio—that really does the trick. Research suggests that consistent, long-term moderate or vigorous cardio training may be most helpful, though any physical activity promotes good heart health. "It can be anything from running to biking to rowing," says Dr. Bohnsack. "Anything that builds up that heart rate."

Getting in shape benefits your heart in other ways, too, by helping neutralize risk factors linked to heart disease. Exercise is associated with:

- A reduction in inflammation

- An increase in HDL ("good" cholesterol) and decrease in LDL ("bad" cholesterol)

- Maintaining a healthy weight and staving off obesity

And though more studies are needed, research increasingly shows that exercise can boost your heart health no matter your age. For example, for one small study published in March 2018 in the journal *Circulation*, 28 middle-aged men completed two years of high-intensity exercise training. Compared to a control group, scientists found the exercise reduced their cardiac stiffness and increased their bodies' capacity for oxygen use—both of which may slash the risk for heart failure. For another study published in the August 2018 issue of *Journal of the American Heart Association*, researchers gave heart rate and movement sensors to 1,600 British volunteers between the ages of 60 and 64. After five days, they found that more active people had fewer indicators of heart disease in their blood. Not too shabby, boomers.

How exercise benefits the brain

What's good for your heart is generally good for your mind—and research shows breaking a sweat on a regular basis can boost brain health in several ways.

First, exercise is tied to improved cognition, which includes better memory, attention and executive function—things like controlling emotions and completing tasks. It can enhance the speed with which you process and react to information, too, along with your capacity to draw from your past knowledge and experiences.

Getting physical is also linked to slower age-related cognitive decline, where we gradually lose our thinking, focus and memory skills. "In other words," says Bohnsack, "if you like where you are, it's a good idea to continue to exercise because that may at least help you retain your current cognitive function."

And though the jury is still out on whether it improves symptoms,

Continued on page 39

Are Spin classes as healthy as outdoor cycling?

The bottom line on two very different kinds of biking

IN A WAY, IT CAN feel a bit silly to compare outdoor cycling to indoor spin classes. Both involve riding a bike. Both are good exercise. And both are healthy. Both also activate the same large muscles in your lower body, namely your thighs, butt, and hips, says Jinger Gottschall, an associate professor of kinesiology at Penn State University USA who has published research on high-intensity stationary bike workouts. 'However, depending on the type of indoor bike, the activation may be less with indoor riding,' she adds.

Why? So-called 'flywheel' cycles, the type where the pedals keep spinning even if you try to stop, are built to utilise momentum and may give your leg muscles a small assist compared to pedalling on an outdoor bike. So it's possible that outdoor cycling will demand a little extra lower-body power compared to indoor spin cycling.

This possibility is backed by a small 2014 study in the Journal of Strength and Conditioning Research. The study team recruited 12 recreational cyclists and measured each rider's heart rate and power output during 25-mile outdoor and indoor rides. The study participants were told to give the same amount of effort during each ride. Afterward, they rated the rides as equally challenging.

Their data said otherwise. All riders expended more power while cycling outdoors compared to indoors. 'Power output' is a measure of exercise intensity, and the average rider increased his power output by 30 percent while riding outside. (One rider expended 70 percent more power outdoors despite rating the indoor ride as equally challenging). The study participants' heart rates were also elevated a bit more during the outdoor ride. Calm down, spinners. We know what you're thinking, and you're right: Equating a self-paced indoor ride to a sweat-soaked, music-fueled, instructor-led spin class is apples



and oranges. 'Spinning exercise is quite high-intensity exercise,' says Smita Dutta Roy, a consultant cardiologist at Homerton University Hospital in the UK and author of a 2012 study on spinning. She and her study co-authors found that a one-hour spin class was vigorous enough to increase blood markers of muscle and heart injury. While 'injury' may sound bad, in this case, these elevated markers might be associated with blood vessel repair and renewal, which could improve fitness, Dutta Roy explains. More research has shown that these same injury markers are elevated among runners who complete bouts of high-intensity interval training (HIIT). In fact, spin classes may be a bit too intense for some. A 2017

paper in the American Journal of Medicine detailed three cases in which first-time spin class participants developed rhabdomyolysis, a potentially life-threatening condition in which muscle damage is so swift and intense that it basically poisons an exerciser's blood and kidneys. 'There's a good chunk of research that suggests spending time outside and around nature is a great way to relieve stress and improve well-being.' Intensity comparisons aside, there are some other notable differences between the two modes of cycling. 'Outdoor cycling has a significantly greater activity in the core as well as the upper body', Gottschall says. You need these abdominal and upper-body muscles to maintain your balance and posture as you tackle turns, hills, and the

variable terrain outdoor cycling throws at you.

On the other hand, if you're taking a spin class that incorporates hand weights, resistance bands, or other modes of upper-body training, those will engage some muscles you wouldn't use during an outdoor ride. Some indoor cycling pros have argued these add-on exercises take your focus off riding, which lowers your workout's intensity and increases your injury risk without meaningfully training your upper-body muscles.

In the end, what you get out of a spin class as opposed to an outdoor ride really depends on your level of experience, personal preferences, and access to different types of trails. 'Many fit people prefer the control of indoor riding and appreciate the addition of an instructor and music for motivation,' Gottschall says. 'Others love the continually changing outdoor terrain, exploring new roads, and the ability to ride with or without a group.'

Go with the one you enjoy most. The evidence to date doesn't crown a clear-cut champ.

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Compare it with a Fiat 500 as opposed to a Hummer. The engine of a Fiat500 is very small and therefore uses not a lot of fuel (food!). A Hummer has a huge engine and burns a lot of fuel. The Fiat500 is someone who has very small muscles, the Hummer is a bodybuilder.

Of course women cannot get the muscle size that men can obtain. But women need a lot less food than men. Women (more than men!) also need strength training for their bone density.

It is, in my opinion and expertise, still good to go for a run, brisk walk or bike ride on a regular basis to sort of `clean` the system. And of course , you in the meantime also burn quite some calories doing cardio activities.

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exercise may help prevent or delay dementia, including Alzheimer's disease. For example, one 2017 review in The Journals of Gerontology: Biological Sciences found that activity was associated with a lower risk of Alzheimer's down the line. The link was strongest for people who purposely exercised in their spare time, rather than those who had physically active jobs. This suggests mental benefits may depend on your chosen activity, in addition to the time you put into it.

How does exercise do all this? Scientists aren't completely sure. It's thought that working out improves blood flow and oxygen delivery to the brain, helping it function better. Some research indicates it prevents shrinkage of the hippocampus—the part of the brain crucial for learning and remembering things. Experts also believe it stimulates chemical activity in the brain that could contribute to better cognition.

Finally, exercise may help lower your chances of developing other conditions connected to dementia, including cardiovascular disease.

When can you start?

No matter our age, pretty much all of us can gain from exercise. "There is evidence to suggest that doing more vigorous exercise earlier in life is more beneficial," says Bohnsack, "but it's never too late to start because everyone benefits from doing some sort of movement or physical activity."

In addition to its rewards for the heart and brain, working out:

Boosts your mood and energy

Helps prevent injuries

Lowers your risk of other diseases associated with aging, like arthritis

Helps you remain independent

Government exercise guidelines recommend that adults shoot for 150 minutes or more of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity weekly. Ideally, it should be spread across several days. Cardio activities like walking, biking, swimming, bowling, gardening and dancing are good options for older adults.

Your regimen should also incorporate some strength training, along with balance and flexibility moves. (Think yoga or tai chi.) They can help keep you mobile and reduce injuries—especially from falls, which are often catastrophic for older people's health.

Ease into your routine

Of course, older adults should always speak with a healthcare professional (HCP) before beginning any new regimen, especially if you have a chronic condition, like heart disease. Your HCP can help you decide on a safe, effective routine attuned to your fitness level. And remember: Even if it's just a short walk, any exertion is better than none. "Taking steps during the day to do physical activities or movement can be just as beneficial as if you joined a gym," says Bohnsack. To start, he suggests simple moves like doing squats at work or parking farther away from your office so you can log a few extra steps. It may help to use an app like Sharecare (available for iOS and Android) to help you track your daily activity.

Whatever you do, Bohnsack says, you must decide if planting yourself on the sofa is worth your long-term brain and heart health: "As I emphasize to patients, 'A rolling stone gathers no moss.'"

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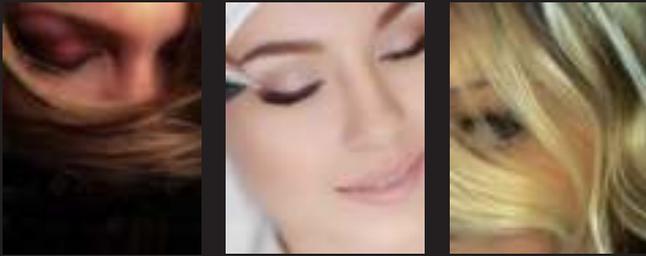
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Non-invasive with no-downtime Needleless PDO Thread Lift Treatment features a clinically proven TDN (Transfer Double Nanosphere) technology to lift the face safely and effectively. The latest technology in Korea for non-invasive alternative is now available to look younger, more beautiful and healthier sans enduring immense pain.

Gain without Pain

The sophisticated TDN technology infiltrates the active ingredients like hyaluronic acid, peptides and several other acids through the cells and ascertains that there is consistent penetration targeting the entire face. These essential constituents are encapsulated to be sent through the lipid and shielded from external factors like temperature and pH levels. Moreover, the technology also poses no harm to the epidermis which the traditional PDO (Polydioxanone) Thread Lifts would. Therefore you don't have to fret about undergoing excruciating pain, visible bruises and red swellings.

Non-invasive Procedure: Because Beautiful should never harm you

How does the procedure work, you may be wondering? The answer: to begin with the threads responsible for face-lifting are melted with the help of an exclusive serum. This is done to break threads down into nano-sized molecules which are then penetrated into the skin via a methodology known as 'skin tunneling process.' In fact, the size of the broken thread calibrates to less than a centimeter under a microscope.

The nonsurgical face-lift technique encompasses a plethora of benefits you without any downtime. From pore tightening effects and stimulating collagen production to increasing dermis density and skin elasticity to alleviating wrinkles and fine line, this non-invasive cosmetic treatment blesses you with instantaneous perk of the smooth skin thanks to the anti-aging, anti-oxidant, anti-bacterial, anti-fungal properties.

In addition to aforementioned benefits Needles PDO Thread Lift Treatment's versatile nature allows you to





treat all the zones of the face and neck. From under-eye and crow's feet to cheeks and wrinkles around mouth to nasolabial folds and jaw line, you can get face-lift any section to pamper yourself and look your best.

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Healthy fruit and veggie smoothie

Smoothies are a great alternative to fast food and an easy way to boost your intake of fruits and vegetables.

Smoothies can help you:

- Eat the daily recommended 2 cups of fruit and 2.5 cups of vegetables.
- Meet the recommended daily intake of fiber — 25 grams for women and 38 grams for men.
- Lose some weight, if you choose ingredients such as low-calorie, high-fiber green, leafy vegetables Increase bone strength and density.
- Strengthen your immune system.
- Lower your cholesterol .
- Reduce your risk of chronic illnesses such as diabetes and heart disease.
- To make sure your smoothie is healthy, avoid sweet ingredients like excessive fruit and fruit juices. Instead, choose things like spinach, kale, carrots and ginger as primary ingredients, then add a bit of sweetness with a small piece of apple or half a banana.
- Super-foods like blueberries, Swiss chard, dandelion greens, ground flax seeds, chia seeds and turmeric are also good additions. All-natural peanut butter, almonds and cashews are fine in moderation. And for some protein, try a small scoop of Greek yogurt.

Ingredients:-

- ½ cup spinach or other greens
- ½ cup blueberries
- 1 whole carrot
- ½ medium-sized apple
- 1 tablespoon freshly grated ginger
- ¼ cup water
- 3 ice cubes



Instructions:-

Blend until fully mixed and store in a refrigerator.

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Coping with Grief

Grief is something that everyone experiences at some time. It may be due to the loss, injury or illness of a loved one. It may come at the end of a relationship or friendship. It may be caused by a job loss or financial hardship or from losing your independence through a disability.

There are usually 5 stages to grief and understanding these can often help us to cope better. They may follow on from each other over months, or we may flip in and out of them in a matter of minutes.

1. Denial

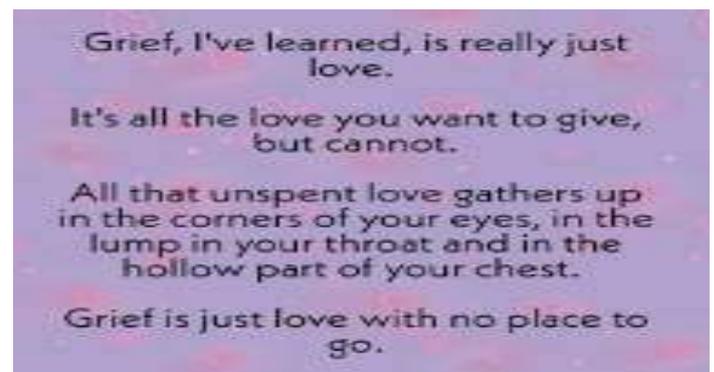
This is usually the first stage of grief, the part where we are in a state of shock and denial of the situation. We feel numb. It is like being in the world but not of the world. Everything becomes meaningless and overwhelming and we don't know how we will ever carry on. We live day to day trying to get through as best we can. Denial helps us to survive, to cope, as it buries our feelings, letting in only as much as we can handle. As we start to accept the reality of the loss, we start the healing process and those feelings start coming to the surface.

2. Anger

Anger is a necessary stage of the healing process. It can extend to friends, family, yourself, your loved one or God. You feel rage at being cheated out of something, life being unfair and the anger can be triggered by seemingly insignificant events. In the first stage of grief we may find it hard to connect with others. Anger brings back that connection. It is important to feel the anger and express it in an appropriate and safe way because under that anger lies the pain, the hurt and the sadness. Anger is just another expression of the intensity of your love.

3. Bargaining

Before a loss, we often bargain with God or the universe to try



and keep our loved ones. After a loss, it is more like 'if I do this, can you turn the clock back, can it all just be a bad dream'. This is the stage where we find ourselves saying 'if only' or 'what if'. We want life to go back to the way it was before and we are caught up in the past, rewriting it in our heads to try and make a different ending. We often feel guilt in this stage, trying to think what we could have done better or differently, to change the outcome. We remain in the past, trying not to feel the pain and hurt of the present.

4. Depression

As we move into the present, the painful feelings surface and we experience grief on a deeper level. We withdraw from life, feeling intense sadness and can experience feelings of depression. This is not a mental illness but a natural and appropriate state after a great loss and is not something to snap out of or to be fixed. It may often feel that this stage is going on for ever but it is part of the healing process and an expression of the change and the difficult and unwanted situation you are now in.

5. Acceptance

This is the stage where we realise that what we've lost is completely gone and that this is our new reality. It is not about being alright or ok with this new situation. Most people never feel ok about their loss but they learn to live with it. Life will never be the same again and we have to readjust our lives. We never forget our loved ones but we can start to connect with others, to begin to live our lives again. But we can only do this when we have given grief its time.

Understanding that grief is meant to be seen and heard. The main thing to remember about grief, whether for yourself or a loved one, is that although there are these stages of grief that many people share, there is no standard way of grieving because no person's loss is the same. It is unfair to suggest to someone that enough time has passed and they should move on. There is no prescribed time, no particular way anyone should feel. And in this day and age grief often lasts longer than our culture deems acceptable.

Grief is hard work and all consuming and sometimes it is hard to think about anyone else. It is exhausting and overwhelming and affects the memory, our concentration and our ability to do normal, everyday tasks. Society often places unrealistic and unfair demands on those who are grieving, judging them and expecting too much. It's not alright to expect those who are grieving to put a smile on their face and pretend they are okay when they're not. To pretend everything is okay is exhausting and acts as a barrier to healing and to moving forward. So be patient with those who grieve. Give them time, space, support and love.

Katrina Jones (BA Hons, Cl. Hyp)
Rapid Transformational Therapist,
Clinical Hypnotherapist and Life
Coach.
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NEWS & What's ON

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Guardia Civil 062
Ambulance 061
Fire Brigade 080
National Police 091
Sea Rescue 900 202 202
Emergency Helpline in English 902 102 112

Guardia Civil
 Frigiliana 952 533 003
 La Herradura 958 640 015
 Nerja 952 520 091
 Torrox 952 538 008
Local Police
 Frigiliana 952 533 126
 Nerja 952 521 545
 Torrox 952 539 828
 Torredel Mar 952 549 238

Bus Stations
 s 958 630 140
 Málaga 952 350 061
 Nerja 952 521 504
 Torredel Mar 952 540 936
 Veléz Málaga 952 501 731
Taxis
 Frigiliana 952 533 231
 Nerja 952 524 519
 La Herradura 958 630 017/670 995 257
 Torrox 952 531 030
Airports
 Granada 958 245 200
 Málaga 952 048 804
Train Stations
 Granada 958 271 272
 Málaga 952 329 261
Consulates
 Belgium 952 599 159
 Denmark 952 211 797
 France 952 226 590

Germany 952 363 591
Ireland 952 475 108
Netherlands 952 380 8884
Sweden 952 604 383
UK 902 109 356/913 342 194

Tourist Offices
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 Nerja 952 521 531
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Street Markets
Monday Torrox Costa
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Wednesday Algarrobo Costa, Rinconde la Victoria
Thursday Frigiliana, Torre del Mar, Veléz Málaga,
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What's On information is published FREE!
 Details should reach us by the 15th of the month previous.
Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinaso, Almuñecar, Sundays at 9.30am. Chaplain: - Fr. Nigel Thomas.

Community Bible Fellowship
 Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja. Tel: 952 520 291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm. Parish priest: Father José María.

Presbyterian Church, Torre del Mar
 We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church
 Whether you live in Nerja or are revisiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service.
 During this time of uncertainty, God's word Reminds us that the Gospel shines brightest in times of darkness. We are a Bible based Church

community continuing to help people find their way to God.
 Sunday Service 11.00am.
 Prayer Meetings Wednesdays 11.00am
 Pasaje San Miguel, Nerja, 29780.
 Email: info@nlcnerja.com
 Website: www.nlcnerja.com
 Facebook: www.facebook.com/nlcnerja

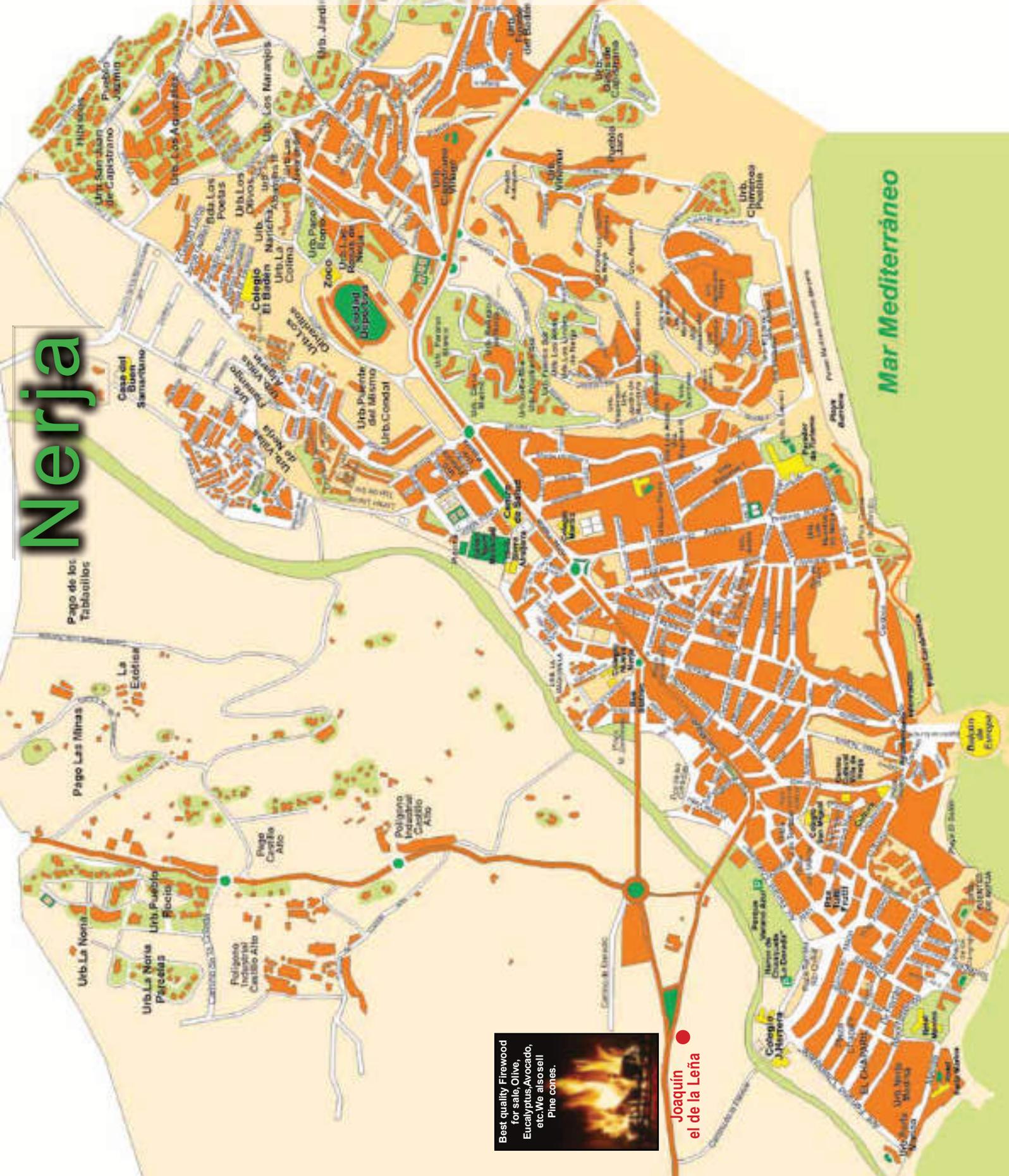
Lux Mundi centre, Torredel Mar - To be advised!

St. Barnabas IERE (Anglican), Torre del Mar
 Tel: 952 030 461. www.stbarnabas-spain.com.
 Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

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

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

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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^{ra}, (Jardines Viña

Malága/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 On Saturday the 2nd of June, Lux Mundi welcomed to the Centre the annual general meeting of the San Andres Parish Church of Torre del Mar. It started at 11.30 with a welcome from the parish priest in the name of the parish and Lux Mundi. It was very important for us, that the meeting took place in Lux Mundi so that the parishioners get to know the work of Lux Mundi and the relationship with the parish church, promoting ecumenism and being a bridge with the Christian church established here!! The purpose of the meeting was to evaluate the work of the different groups, what has been done and what is still to be done, how to improve and what to correct for next year's work. Afterwards we were divided into working groups to propose the goals we would like to achieve and in general the conclusion was inspired by a sentence about Unity that follows the steps of searching for others, meeting others, getting to know them, to love them and be united as a Christian family. At the end of the meeting we all shared lunch, enjoyed some live music played by the parishioners and the meeting was closed with a prayer for the future of our parish church and for all those who are part of it.



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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. August opening hours mornings only Wednesday and 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

AUGUST & SEPTEMBER COMING EVENTS & EXCURSION PRESS RELEASE

We continue our regular activities: Spanish practice groups (limited numbers per group, Art group on Wednesdays and coffee morning every Friday. Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Wednesday – Craft Group is very important so do you have a hobby that you can bring along and share, Crochet or Knitting. Macrame, Lace Making, Card Making, Scrap booking, Cross Stitch there are so many crafts out there. Lux Mundi is a multilingual group of ladies (or Gents). Hopefully some friends will come and demonstrate their special craft so we are calling out to them to contact us and arrange a date to come a visit the group. Refreshments are available from the kitchen and donations towards opening costs will be gratefully received. We hope to see you there.

Thursday 22nd September – Excursion to the Castille de la Duquesa and Estepona. Please come and join us to visit this amazing well preserved fortress. It is situated next to La Duquesa beach, alongside the coastal town of Sabinillas. It was built in the 18th century by Francisco Paulino during the reign of Carlos 3rd, with the aim of defending the area against raids by pirates and corsairs. The castle housed cavalry and infantry detachments, as well as a straw loft, kitchen and chapel. There will be a stop for coffee on route, before arriving at the castle at approx. 11.00, where there will be free time to look around, leaving at 12.00 for the short drive to Estepona, where there will be free time to have lunch, to look around the old town or maybe visit the Orchid House. Tickets available at the Centre price 23 euros and with a Friend of Lux Mundi card 20 euros. Departure times: Algarrobo (Lidl) 08.00, Caleta (Vets) 08.10, Torre del Mar (Bus station) 08.15.



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

**What's on information
required by the
15th monthly!**

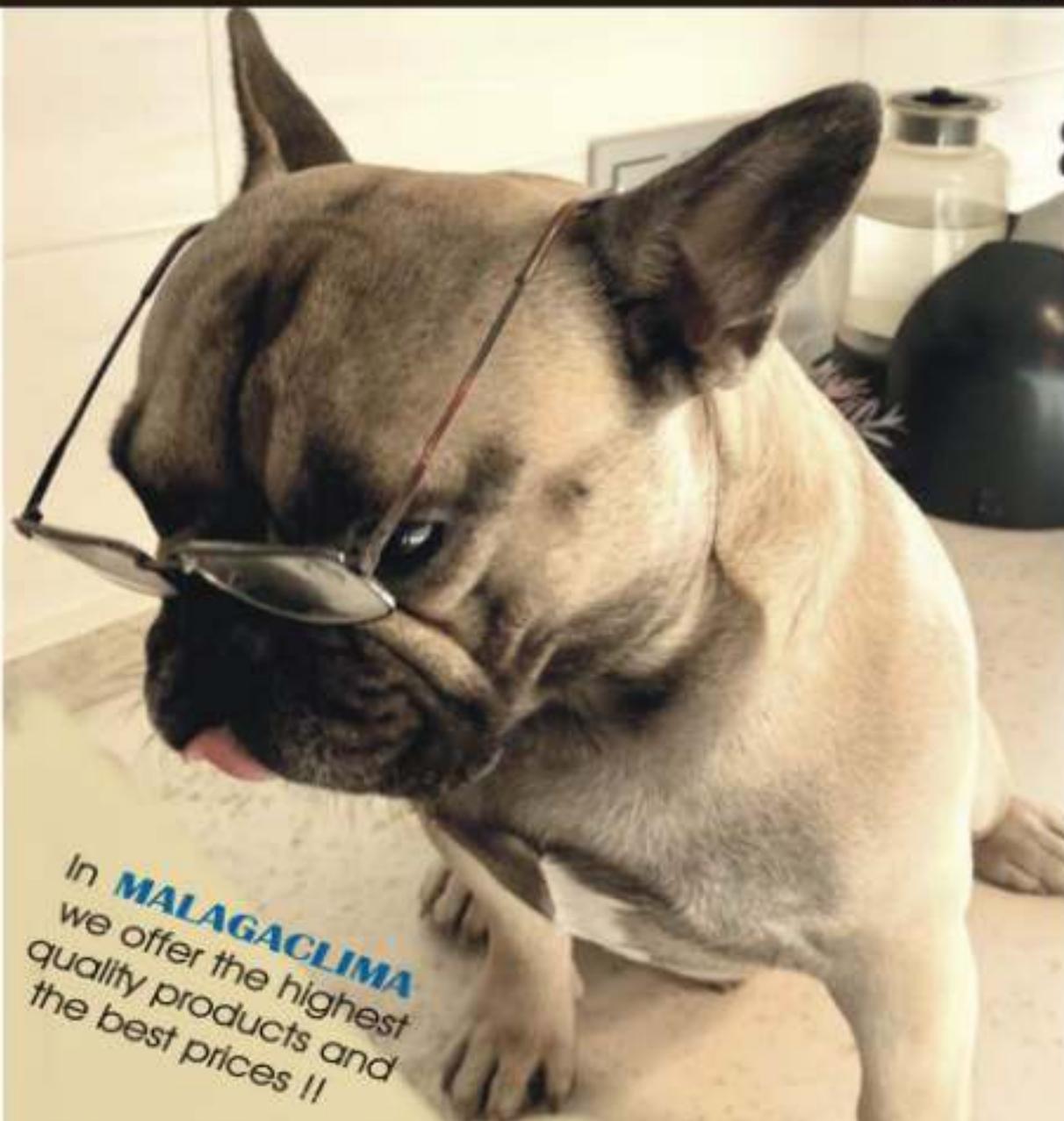


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Chanquette World Music Festival, Nerja

Is back for the fifth time at Nerja beach with an incredible line-up featuring well-known Spanish artists. Fuel Fandango, El Canijo de Jerez, Morad and Beny Jr. are among the first acts to be announced, but there are plenty others waiting to be confirmed. Make your way to El Playazo beach on the 13th August for a popular outdoor festival full of people looking to have a great time. Want to be one of them? Don't miss out. Get your tickets now to enjoy a great event and the beautiful weather of the Costa del Sol.



Algarroba Rock Festival 2022

Saturday 10th September with its 18th edition at CEIP José Gil López in Algarrobo. The festival has been organised, once again, by Algarrock. The 2022 headliners are the legendary group Soziedad Alkoholica who will be accompanied by Muro, Leize, Easy Rider, Trallery and Retador. An unmissable event for lovers of rock. Make sure you'll be there this September in Algarrobo.



ACTIVIDADES ACUÁTICAS VERANO 2022

PISCINA VERANO

Polideportivo Municipal





INSCRIPCIONES

A partir del día 15 de Junio en el Pabellón Cubierto.
Comienzo de las Actividades el 4 de JULIO

AQUAGYM	Lunes y Miércoles	10:00h.
EMBARAZADAS	Lunes y Miércoles	19:00h.
ADULTOS SENIOR (+50)	Lunes y Miércoles	19:00h.
CURSILLOS NATACIÓN (6-8 Años)	Martes y Jueves	12:00h.
CURSILLOS NATACIÓN (9-12 Años)	Martes y Jueves	13:00h.
TONIFICACIÓN	Martes y Jueves	19:00h.





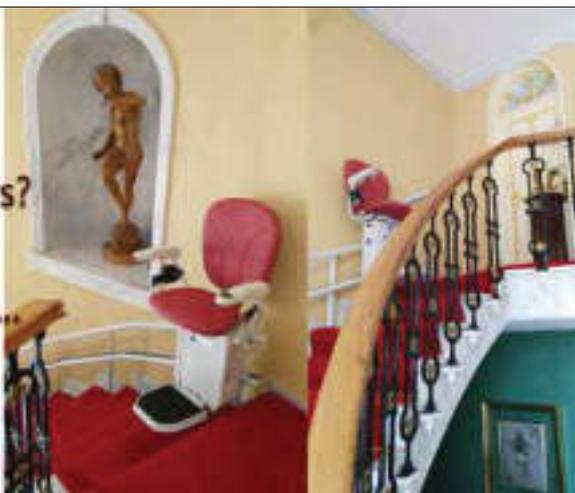
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1 bedroom apartment



Cómpeeta | €107,000
4 bedroom townhouse



Torrox Costa, Peñoncillo | €180,000
2 bedroom apartment



Caleta, Baviera Golf | From €178,000
2 & 3 bedroom apartments



Torrox Costa, Calaceite | from €268,000
2 & 3 bedroom apartments



Canillas de Albaida | €495,000
4 bedroom detached villa

TORROX COSTA

DUPLEX-APARTMENT

Beds: 3 Baths: 3

SOLE AGENCY

Lounges: 2

Communal pools: 2

Parking space

Sea views

EPC: in process

M²: 152 m²

REF. 7411



€349.000

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

 +34 609 176 586

CANILLAS DE ALBAIDA

TOWN HOUSE

Beds: 2 Baths: 1

Roof terrace

Sea & Mountain view

EPC: G

M²: 98 m²

Storage

REF. 7377



€115.000

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

TORROX

TOWN HOUSE

Beds: 3 Baths: 1

SOLE AGENCY

Sea views

Roof terrace

EPC: in process

M²: 81 m²

REF: 7484



€119.000

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

CANILLAS DE ALBAIDA

COUNTRY HOUSE

Beds: 3 Baths: 1

SOLE AGENCY

Conservatory room

Garage

Sea & Mountain views

EPC: in process

M²: 138 m²

Plot: 400 m²

Private pool

REF: 7479



€320.000

sales@countryproperties.net

www.countryproperties.net