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

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



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



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



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

Cómputa: Price: **€295.000** TH1009



Townhouse situated in the centre of the beautiful mountain village of Cómputa, only a few minutes from the pretty central plaza with its historic church. Charming shops and excellent restaurants are within easy walking distance and one can park in the garage of the property. This property has been perfectly designed to create the two individual apartments. Each apartment provides one with a spacious and open feeling. They offer two double bedrooms with bathroom facilities. A living area and a bright fully equipped kitchen. Living areas provide balcony access giving the property

plenty of light.

The property also offers a fantastic roof terrace from which one can take advantage of the beautiful views down over the village to the sparkling Mediterranean and up to the impressive Sierras. A truly outstanding village property that has to be seen to appreciate both the ideal location and the high quality and design of the interior.



Canillas de Albaida: Price: **340.000€**



Living space: 138m²
Bedrooms : 3
Pool: Yes
Garage : No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Countryside
Ref.CP546

Sedella: Price: **575.000€**



Living space: 956m²
Bedrooms : 8
Pool: Yes
Garage: Yes
Terrace: Yes
Bathrooms: 4
Views: Sea views
Area: Village
Ref. CP552

Cómputa: Price: **665.000€**



Living space: 240m²
Bedrooms : 4
Pool: Yes
Garage: Yes
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Countryside
Ref.CP556

Torrox: Price: **360.500€**



Living space: 110m²
Bedrooms : 3
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 3
Views: Sea views
Area: Countryside
Ref. TCP196

Sedella: Price: **87.000€**



Living space: 60m²
Bedrooms : 2
Pool: No
Garage: No
Terrace: No
Bathrooms: 1
Views: Village
Area: Village
Ref. TH1021

Torrox: Price: **170.000€**



Living space: 104m²
Bedrooms : 4
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Village
Ref. TTH539

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Welcome to Streetwise magazine -

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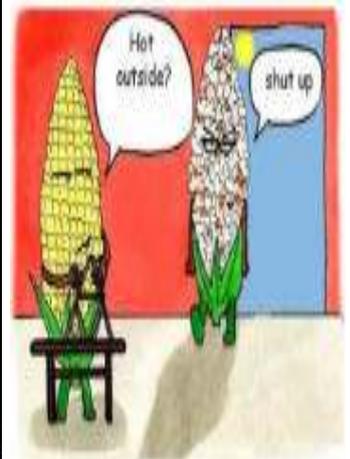
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Clients, friends and family tell me they have had a fantastic summer, lovely to hear! I really enjoyed seeing the place buzzing. I had a lovely time with family during the summer, it was great to see both my brothers and sisters, we had a giggle!
September is a great month for local activities. We have the Dia de Tourista, Oktoberfest and the International Fair at El Morche, so a very busy month indeed. It was hard but I'm so pleased that I kept up with my exercise classes during the hottest months! Check out The Training Studio Torrox there's a good mix of classes for everyone. Streetwise has a lot to offer this month, lots of great articles and advertisers. As always please support our local businesses and do let them know you have seen their advert in Streetwise magazine.
We have a packed Streetwise for you, enjoy! Dawn x



Cover photo by Mika Ashurst



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Beautiful ground floor corner apartment, In El Capistrano Village, completely refurbished, com- prises 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, reataurant, bar, mini market, laundry, ample garden areas, etc..

Price: €240.000

Ref: NV.GOL26



SOLD

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

We urgently require... Properties for existing buyers!

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Bungalow on 2 floors with a/c. and furnished. 1st floor; patio, double bed, twin bed, bathroom, laundry room. 2nd floor; terrace with partial sea views, living-dining room with TV, equipped kitchen, double bedroom with en-suite bathroom. Communal pool and gardens.

Price: €285.000 Ref: Casa Stefan



RESERVED

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 super- market 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, fully equipped kitchen, nice living room and good size terrace with sea views. Facilities such 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



SOLD

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

Price: €375.000 Ref: NV. OL157

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



TORROX FAIR

September 28th to October 2nd. Music and dancing with a great atmosphere at the spectacular Torrox fair.

Oktoberfest September 22nd to 25th at Torrox Costa



Tourist Day September 10th, Torrox Costa



A car in the opposite direction causes an accident with two dead women in Jerez de la Frontera.

Two women aged 56 and 75 have lost their lives at the scene of the accident, without being able to do anything to save their lives.

Two women have died and up to seven people, including a child under 6 years of age, have been injured of varying degrees in a traffic accident caused by a vehicle traveling in the opposite direction on the A-4 motorway in Jerez de la Frontera (Cádiz). Several vehicles were involved in the accident.

Members of the Provincial Firefighters Consortium, the Civil Guard and the Traffic crew, as well as the health services, moved to the scene of the event, which moved several ambulances to care for the injured.

In addition, up to seven people have been injured of varying severity, including a six-year-old boy and three 16-year-olds. All the injured have been referred to hospitals in Jerez, Puerto Real and Cádiz .

Continued on page 13

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From: €186.000

Ref: 6547 DEV



CALACEITE

Wonderful new development of modern apartments with large terraces and great sea views. 2 bedrooms, 2 bathrooms, lounge with open kitchen, storage room. Including private parking space, storage room and communal pool.

Starting from: €268.000

Ref: 6416 DEV



TORROX COSTA

Sunny & bright apartment in a very central location. Comprising of 2 bedrooms, bathroom, WC, separate kitchen and lounge with terrace. Including communal pool and underground parking. All amenities within easy walking distance.

Price: €170.000

Ref: 6362 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



FRIGILIANA

Luxury villa in Cortijos San Rafael. Very spacious distribution with 482 m² and a total of 6 bedrooms, 5 bathrooms, an enormous open lounge, kitchen, dining room plus several rooms serving as office, storage, summer kitchen. Garage & sea views.

Price: €1.495.000

Ref: 6546 V16



TORROX COSTA

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

Price: €315.000

Ref: 6545 AP



TORROX PARK

Very well presented 2 beds apartment, quiet & peaceful urbanisation, lovely gardens, large communal pool. Spacious South facing terrace with wonderful sea views. Furnished & A/c.

Price: €159.000

Ref: 6544 AP2



TORROX

Spacious town house in the village. Comprising of 3 beds, 2 bats, kitchen with patio, lounge with fireplace, lovely roof terrace with sea views and a spacious garage. Fully furnished and A/C. In great condition.

Price: €189.000

Ref: 6503 TH3



TORROX PARK

Cosy one bedroom apartment with a sunny west facing terrace and lovely views over the green Mediterranean gardens and the sea. Sold fully furnished and with a great communal pool. Lovely holiday retreat for little money.

Price: €128.000

Ref: 6541 AP1

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AmArte Ayuntamiento de Frigiliana

6th Frigiliana Art Route

For the sixth consecutive year we meet again in the Art Route of Frigiliana, one of "The most beautiful villages in Spain", in order to walk its streets and discover the 24 locations where you will meet the 48 participating artists from 12 different nationalities. You will have the opportunity to meet them personally and chat with each one of them and discover the secrets of their creative process. As many disciplines, techniques and styles as authors: painting, drawing, photography, sculpture, textiles, encaustic, engraving, art povera, ceramics, collage... You will visit their studios and even find some of them working live at their location. You will know their works and projects.

Bringing art and artists closer to the general public and delving into the realm of creation is one of the great achievements of the Frigiliana Art Route. Three days full of art in a setting full of charm. The 6th FRIGILIANA ART ROUTE will excite you!

Visit it from October 7th to 9th from 11:00 a.m. to 2:00 p.m. and from 4:00 p.m. to 8:00 p.m. And for those who want to get more involved in the creative experience we have included:-An INTENSIVE PAINTING COURSE (10 hours spread over the 3 days of the Route) with the Valencian artist ISMAEL FUENTES - And several 3-hours COLLAGE WORKSHOPS (every day of the Route) by the artist ALINA ELIZA SMOCOV.

For more information and reservations:

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We will put at your disposal the information brochures with a map where you will find the 24 locations and an example of the work of each artist.

We will have an INFORMATION STAND, where our PHOTOCALL will also be so you can take a photo or selfie and immortalize your visit to the 6th FRIGILIANA ART ROUTE 2022 by sharing it on your social networks and tagging us

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NEW

TORROX PARK (Ref: DG1883)
Nice two bedroom apartment with a large terrace, south-facing with partial views to the sea and gardens, 1 bathroom, open kitchen to the lounge, communal pool & gardens.

Price: 149.000€ EPC pending



NEW

TORROX COSTA (Ref: DG1882)
Modern three bedroom, two bathroom penthouse apartment with roof terrace & parking on Torrox Costa. Walking distance to shops, bars, restaurants & the beach.

Price: 239.000€ EPC pending



NEW

SAN JUAN DE CAPISTRANO (Ref: DG1876)
EXCLUSIVE
Roof terrace, sea views! Super apartment with 2 bedrooms and access to San Juan de Capistrano pool. Good rental potential and great location.

Price: 289.000€ EPC pending



SAN JUAN DE CAPISTRANO (Ref: DG1869)
EXCLUSIVE
Spacious three bedroom apartment on the popular San Juan de Capistrano. Breath-taking panoramic views of mountains, countryside, Nerja & the sea from sunny south-facing terrace.

Price: 325.000€ EPC pending

PRESTIGE PROPERTY CORTIJOS SAN RAFAEL (Ref: DG1588)

EXCLUSIVE
Casa Isla Bonita is accessed via automatic gates leading to a spacious drive. In the main house there are 3 bedrooms, all with large en-suites and a further TV/study room which could also be an additional en-suite bedroom. On the lower floor there is a generous guest apartment with 2 en-suite bedrooms. Commissioned by the current owners and built with no expense spared, it is a residence that never fails to impress.



Price: 1.450.000€ EPC rating C

PRESTIGE PROPERTY EXÓTICA (Ref: DG1881)

Large detached villa with pool in the Exotica / Los Tablazos area on the outskirts of Nerja. Currently comprising of a main house with spacious lounge & kitchen, two bedrooms, two bathrooms and separate apartment below with two bedrooms, bathroom and open plan lounge diner, but could easily be reconfigured to suit. Large garage with storage and generous pool.

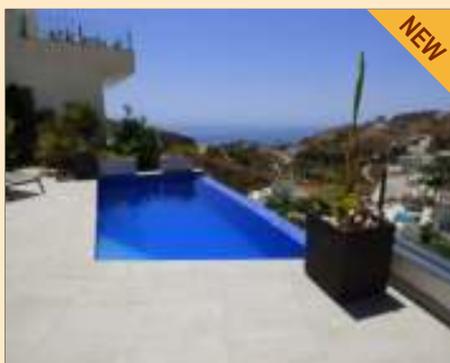


NEW

Price: 695.000€ EPC pending

PRESTIGE PROPERTY EL PEÑONCILLO (Ref: DG1880)

Contemporary designed detached villa recently constructed to a very high standard with quality finish and many features such as an integrated music system, LED lighting, sauna & spa, cinema room, underfloor heating, pre-installed airconditioning, outside kitchen & infinity pool. Superb sea views and close to the beach at El Peñoncillo.



NEW

Price: 750.000€ EPC rating B

PRESTIGE PROPERTY WEST NERJA (Ref: DG1879)

EXCLUSIVE
Large detached villa with four bedrooms, four bathrooms, three lounges, seven different terraces and pool. Currently configured as main house and guest apartment, but could be changed as required. Delightful sea & mountain views through-out. Walking distance to Nerja's Playazo Beach.



NEW

Price: 675.000€ EPC pending



CAPISTRANO (Ref: DG1647)
EXCLUSIVE
1 bedroom apartment, totally renovated to a high standard. Lift access, within easy walking distance of the bars, restaurants, shops and the delightful communal pools and gardens. Good rental history and existing client base. Sold furnished and ready to go!

Price: 169.000€ EPC rating F



SOLD

EAST NERJA (Ref: DG1856)
EXCLUSIVE
Beautiful townhouse with sea views in the exclusive area of Alhambra, near Capistrano village, Nerja. Fresh, light and ready to move in. Spacious terraces and roof terrace. 2 bedrooms and bathrooms and plenty of storage.

Price: 339.000€ EPC pending



SOLD

TORROX PARK (Ref: DG1867)
Semi-detached house on Torrox Park. Generous outside space and within easy walking distance of bars, shops & restaurants. Communal pool & tennis.

Price: 240.000€ EPC pending



TROPICANA (Ref: DG1868)
EXCLUSIVE
Well presented 2 bedroom, 2 bathroom townhouse with generous terrace and sea views on the popular Tropicana urbanisation. Delightful communal pool area and easy walking distance to the beach.

Price: 289.000€ EPC pending

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13 migrants sent to prison in Morocco for 30 months following Spain crossing attempt

A court in Morocco has sentenced 13 migrants, mostly from Sudan, to 30 months in prison over a mass attempt to scale the border fence separating Morocco from the Spanish enclave of Melilla back in June. The decision Wednesday in the northern Moroccan city of Nador was the latest and toughest ruling handed down after dozens of people were arrested for the 24th June crossing attempt. At least 23 died that day in what Moroccan authorities called a stampede, as hundreds of people stormed the fence in a desperate bid to reach Europe.

Unconfirmed reports from human rights groups have put the figure for the number of dead at 37. The 13 were convicted of various charges including illegal entry into Moroccan territory, violence against public officials, armed gathering, disobedience and joining a gang to organise and facilitate clandestine immigration abroad and arson. The court also ordered each of the defendants to pay approximately €100.

Last month, another Nador court sentenced 33 people to 11 months in prison over the 24th June crossing attempt. That court also sentenced 14 people earlier this month to eight months in prison in the same case.

Spain to install CCTV in slaughterhouses

Spanish slaughterhouses will have to install video surveillance to ensure animals are not mistreated before being killed, claiming a first in the European Union. England, Scotland and Israel have already introduced the measure in their abattoirs. 'This rule puts Spain at the forefront of Europe in this area and, as well as ensuring the welfare of animals during their passage through abattoirs, it also improves food safety guarantees for consumers,' said Consumer Affairs Minister Alberto Garzón. The measure was approved at a cabinet meeting and will be pushed quickly through parliament for approval. 'We will be the first country in the European Union to have a compulsory video surveillance system in abattoirs,' said the consumer affairs ministry of Pedro Sánchez's coalition government between the PSOE socialists and left-wing Podemos group.

Under the Spanish rules, abattoirs will be required to retain the video images for later verification by the authorities. 'Large abattoirs have one year to implement the new standard' with smaller operations granted two years, the ministry said.

Spanish police arrest one of UK's most wanted fugitives
The Spanish National Police have arrested one of the UK's most wanted fugitives, sought for his suspected role in the murder of a teenager.

The British police suspect that David Ungi, 30, was involved in the fatal shooting in 2015 in Liverpool of 18-year-old Vinny Waddington while he was riding a motorcycle. Vinny was shot at through a car window and rammed off his motorbike.

Two men were convicted of the 18 year-old's murder in 2016, but the third suspect wanted by Merseyside Police, Ungi, was still on the run.

Also wanted in connection with heroin trafficking, Ungi left the UK less than 24 hours after Waddington was killed, according to British authorities.

Ungi was apprehended along with three other men as he entered a gym at a shopping centre in Coin (Andalusia), as part of a joint operation involving the Spanish authorities, the UK's National Crime Agency, Merseyside Police and the UK's North West Regional Organised Crime Unit. Officers seized a 9mm Ruger firearm and ammunition from a rucksack, the police said in a statement

. A police search of Ungi's residence in Coin turned up a machine gun and two other guns as well as 'abundant ammunition', 15 kilos of cocaine and 19 kilos of hashish, the statement added.

Ungi is the third most wanted British target captured in the last week, alleged murderer Callum Halpin was caught in Portugal on Monday, and Alex Male, wanted on drugs charges, was arrested at Lisbon airport last Saturday.

Extradition proceedings are underway after Ungi appeared at court in Malaga yesterday and was remanded in custody.

Continued on page 14

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Prison for the driver who killed two cyclists in Castellbisbal

The Prosecutor's Office requested provisional jail for the suspect due to the risk of escape, since his license was withdrawn last year. "The driver accelerated and stuck out his arm as if to say 'you stay here', with a comb"

The 41-year-old resident of Martorell was accused of ramming a group of cyclists with his car on highway C -243c, up to Castellbisbal. As a result of his action, two cyclists died, aged 66 and 72, and another is admitted to the hospital in critical condition. Specifically, the court is investigating him for the crimes of reckless driving, two crimes of homicide, four attempted homicides and driving without a permit. The suspect admitted to being the driver of the car that caused the hit before the judge.

"Despite having collided and the very serious results of his action, the investigated fled without being interested in the state of the injured and without helping them.

A Komodo dragon, the largest reptile in the world and in danger of extinction, lays a dozen eggs in a zoo in Fuengirola

There are only 1,500 specimens left, 220 in captivity, of this species native to Indonesia that reaches three meters in length and 70 kilos in weight.

Ora, the Komodo dragon that hosts Bioparc Fuengirola (Malaga), has laid a dozen eggs as a result of her relationship with Reo, a male who also resides in this Malaga zoo. Although we will still have to wait a couple of months to know for sure how many of them are fertile. Two weeks ago, veterinarians and members of the park's Herpetology team noticed that Ora was more nervous than usual and that her behaviour had changed.

Picasso sketch seized at Ibiza airport is authentic, say Spanish experts

A passenger from Zurich is accused of smuggling one of the maestro's valuable drawings into Ibiza inside his hand luggage.

Spanish cultural authorities have issued a preliminary report confirming the authenticity of a sketch attributed to Pablo Picasso that was confiscated at Ibiza airport on July 5th from a passenger on a flight from Zurich, Switzerland. The expert opinion, issued at the request of the Spanish Culture Ministry, still needs to be backed by further reports using advanced art authentication techniques.

What is thought to be an original sketch by Pablo Picasso was taken on board a flight from Zurich to Ibiza as hand luggage, packed into a cardboard cylinder. Nothing was declared. The passenger has been accused of smuggling the item, entitled Trois personnages, in a bid to avoid customs duties and import VAT, not to mention the additional administrative obligations the merchandise is subject to, according to the Ministry of Finance. On July 5th, the Swiss authorities alerted Spanish customs that a traveler flying to Ibiza from Zurich was carrying a work of art they considered suspiciously valuable, despite the traveller's insistence that it was not an original.

After landing on the island, the passenger denied he had anything to declare when passing through customs for non-EU travellers, leading to his luggage being checked and the discovery of the drawing, bearing Pablo Picasso's signature. The passenger again insisted it was a copy, and even produced a handwritten invoice to confirm his purchase of the sketch for a sum of 1,500 Swiss francs or €1,514. The definitive accreditation of the work will be made soon using advanced art analysis techniques. Meanwhile, the 1966 work of art is being held by the courts.



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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: 260,000 euros Ref. JG966



Urb. San Juan Capistrano, Nerja

This super bright apartment comprises an open plan living & dining area, a modern open plan fully fitted kitchen, a family bathroom with a walk-in shower and two double bedrooms with fitted wardrobes. The lounge has floor-to-ceiling sliding glass doors giving access to a good-sized terrace with some sea views. There is a spiral staircase leading up to a private roof terrace with uninterrupted sea views. There is air conditioning & heating in both bedrooms and living area. The property has a large storage room underneath.

Price: 245,000 euros Ref. JG980

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Avda. Chimenea, Nerja

Fully detached Spanish villa built on three levels over 160m2 of built area on a plot of land 306m2. It comprises three bedrooms and three bathrooms. All bedrooms have access to outside terrace with fantastic views of the mountains and some sea views. Gardens surround the property including a well-kept grass and mature trees. There is a built BBQ just off the living area. In addition, the property has a gated parking area with space for a large vehicle.

Price: 420,000 euros Ref. JG981TPM

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Lottery win in Spain by a Spanish woman who used to beg for food

It was just a normal day for Mercedes when she found out that she had won the US\$1.27 million lottery jackpot. Starting at 9am every day, she would stand on a street corner for the next five hours in Alicante (Spain) begging for money, clothes and food. When she was done that day, Mercedes headed over to the tobacco shop where she bought her lottery tickets every day. "I think the numbers on TV are the same as the ones on my ticket," she told shop owner Mari Ángeles Torregrosa, "... what does that mean?" A few days later, with the prize money safe in the bank, Mercedes told Torregrosa, "I've been crying non-stop... I've never cried from joy before."

Spanish police start wearing body cameras to help security

The Spanish National Police have begun wearing body cameras to record their interactions with the public in a move aimed at ensuring greater security that has also gained ground in Europe and the US. Spain's Interior Ministry said the bodycam would be 'rolled out on a gradual basis to all police officers', without saying how many were involved in the initial stages.

The tiny cameras were being attached to the officers' uniforms and could be activated either manually or automatically. The main Spanish police union JUPOL hailed the move on Twitter, saying it was in response to 'a request that the union has been making'.

'It will guarantee security, both for us to avoid any kind of misrepresentation of our interventions, as well as for the public, who will be able to clearly see the police's professionalism and that there is no abuse of power nor excesses,' JUPOL union spokesman Pablo Pérez told TVE.

Forces in Europe and the United States are increasingly turning to such technology to boost transparency following a string of fatal shootings and other claims against police over the past decade. 'The cameras are being used under public safety protocols in order to record everything that happens in the event

of an unwarranted offence during an operation,' Spanish Interior Minister Fernando Grande-Marlaska told TVE ahead of the rollout.

'This means security for both the police and the public,' he added, suggesting they would also be available to Spain's Guardia Civil police force.

France began trialling bodycams in 2013 before a gradual rollout in 2015 in a move welcomed by police, but greeted with scepticism by rights groups who said there was no guarantee they would be always activated.

Police in London and New York also began pilot schemes in 2014 with credit-card sized cameras clipped onto their uniforms with the technology gradually deployed over the following years. But the cameras have had mixed success. The absence of any legal obligation governing their use can also limit their scope to uncover police misconduct.



Spain's weather agency confirms July was hottest month on record, for over 60 years

Spain has seen the hottest month of July in more than six decades, the national weather office AEMET confirmed. For the first time since weather records started in 1961, July registered an average temperature of 25.6C, that was 2.7C above the recorded average for any previous month of July. It was also 0.2C higher than that of July 2015, which until now was the warmest month of July.



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10 IMPORTANT INHERITANCE ISSUES TO TAKE INTO ACCOUNT IF YOU ARE AN EXPAT IN ANDALUCIA (A FOREIGNER LIVING PERMANENTLY IN ANDALUSIA - SPAIN)

- 1) If you live in Andalucia for more than 183 days a year, you should be a tax resident in Spain.
- 2) The residence of the deceased person and the beneficiary are key points which decide where the inheritance taxes should be submitted i.e. at the Andalucia Tax office (in case of residents in Andalucia) or at the Spanish Inland Revenue in Madrid (in case of being non-residents).
- 3) The inheritance laws to be applied to an inheritance (regarding the distribution and disposition of assets) would be the ones of the nationality of the deceased person. i.e. if you are British, the British laws will apply to your inheritance.
- 4) If you have assets in Spain (i.e. real estate property, funds in bank accounts, shares, vehicles, etc) it is recommendable to make a Spanish will only for the distribution of the Spanish assets. It will make things easier, cheaper and quicker for your relatives when anything happens to you.
- 5) The signed Spanish will will be 100 % respected as long as it complies with your national laws. It is important to seek advice when drafting your will.
- 6) If you receive an inheritance, and are a tax resident in Spain, the inheritance taxes, (if any), should be paid in Spain; even if the assets inherited are situated outside of Spain.
- 7) In Andalucia, when the inheritance transfer takes place between direct relatives (spouses and children) there are

allowances of up to 1,000,000€ per heir. This is applicable to Andalusian residents and Europeans. Therefore, in most cases there is no inheritance tax to be paid.

- 8) The tax return for an inheritance must be filed within 6 months from the date of the death.
- 9) Transmission of ownership of the assets of the deceased person is not automatic and it is also compulsory to carry out some complicated Legal and tax paperwork, (e.g.: - get certificate of last will, sign the inheritance deeds in front of a public notary, file the inheritance tax returns, etc), in order to acquire ownership of the inheritance. It is highly recommended that you seek advice and professional assistance from a solicitor.
- 10) When receiving an Inheritance in Spain, it is not only the estate of the deceased person that is inherited, but also their debts. Therefore, this matter should be checked out before accepting an inheritance so that it does not turn into a nightmare. The debts could be higher than the assets!

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

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To Do List

September in the Mediterranean is considered a transitional month for gardeners. The nights become cooler though the days remain warm. We might experience some autumnal showers but also be prepared for some very hot temperatures and equally balmy nights. September is a good time to clean out the summer garden, and prepare the soil for winter plants. Many winter blooming flowers and even some vegetables can be put into the ground in September, for colour and food during the onset of the coolest season. Temperatures might have cooled slightly, but your citrus trees are still in need of deep watering. Using a spade or enchada, dig a deep well around your citrus trees, trying not to disturb any surface roots.



Bank up the edges and fill the basin twice a week. This will keep your fruit well hydrated and allow any fertilizers you add to absorb easier.

Keep a check on your bedding plants throughout the month. It's not always the case that your plants need more water. Allow your troughs or pots, as much as possible, to dry out for a day. Watch out for yellowing of the leaves, it may not be a sign of mineral deficiency. In this case the hibiscus was being overwatered and drainage was very poor, due to the compact clay soil it was planted in. Don't be afraid to get your hand below the plant and check the soil conditions.

Pennesetums look great in the garden but get ready to cut



back towards the start of Autumn. Once the plumes have stopped flowering they can often turn quite brown and look out of sorts. Clip back very hard, to around 10cm from the soil, and next spring they will regenerate and look just as good as the first year.

Don't allow plants to get over cramped and grow into each other. From a hot summer, many fast growing species will hamper others who mature more slowly. This can restrict light and pass on disease and pests.

Bougainvillea will continue to need clipping if kept as a hedge. Cut out runners and fast shooters and restrict feeding of a nitrogen fertilizer, as this will produce too many new shoots



that are a haven for aphids. Many varieties are sending up huge long runners from the base. Some of them will never produce flower so keep them pruned to keep this glorious beast in order.

The rose season lasts longer throughout the Mediterranean than it does in northern European gardens. However, to benefit from continual flowering it's imperative that



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ongoing dead-heading takes place but stop feeding, you don't want to encourage new fresh nitrogen rich growth when rose dormancy is close by.

If you are planning a wildflower meadow or garden, then latter September is a good time to prepare for seeding when the likelihood of rain increases. Poppies, snapdragons, cornflowers, viscaras and borage can all be used, for a variety of colours to surprise you in the spring.

This is a good time to plant the big green vegetables, including broccoli, cabbage, spinach, lettuce and cauliflower. They love the cooler days and oncoming rains.

Don't worry too much if your evergreens are starting to shed some needles or foliage. It often happens after hot summers. Usually a good downpour from Mother Nature is enough to revitalise them, and hydration is restored.

Many of the popular annuals can be over-winterised and have cuttings taken for next year. It might mean bringing them indoors once the cooler weather is upon us. So rather than let them become leggy, take some cuttings now, and they should root and last until next year when they'll be ready to go outdoors.

Continue to be on the lookout for disease in your lawns, especially cutworm. September can be a devastating time for lawn diseases including fungal problems from over summer watering and keeping the lawn mower set to the highest level. I would start to cut lawns shorter by the end of this month and start to clear out any thatch by scarification. Birds and wasps on the lawn are a sign of cutworm especially the colourful hoopoe birds; they are a warning sign for what lurks below. If you see them repeatedly visiting yours, treatment is needed immediately. The compost bin hasn't properly 'cooked' during the summer due to the dry conditions. Remember that in order to keep the compost bin active it needs water to create the ideal hotpot conditions. If you are still harvesting tomatoes, and some are still green, you can pick and place in a paper bag, as they will happily ripen, albeit slower. Start to think about adding manure to your soil areas, preferably before the first rains arrive. September is an ideal time to boost the organic and nutrient content from the depleted soils after a long dry summer. Horse, cow, chicken or alpaca! I would consider carrying out a water test to check your water pH and mineral contents, especially if you have a borehole.



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Online video **Cómpeta** **Fantastic B & B!**
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EPC: E
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Canillas de Albaida **New this month!**
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EPC: D
 Price: 895,000 euros ref: v 1461

Online video **Torre del Mar** **New this month!**
 Fantastic 3 bed, 2 bath apartment 116(m²) with living/dining & separate kitchen, private parking, communal pool, tennis court, gym & playground.
EPC: in progress
 Price: 220,000 euros ref:t1465

Cómpeta **New this month!**
 Modern, spacious, 3 storey, 4 bed, 2 bath +wc townhouse with large basement garage (230m²). With open plan living/dining, fully fitted kitchen, dipping pool and communal swimming pool.
EPC: in progress
 Price: 250,000 euros ref:t1463

Online video **Cómpeta** **Sea views!**
 Beautiful and spacious 3/4 bed, 1 bath townhouse (111m²) with large roof terrace, sea and mountain views. Access by car and close to all village amenities. The perfect full time or holiday home.
EPC: E
 Price: 149,950 euros ref: t1458

Online video **Torrox/Cómpeta** **New this month!**
 An attractive 1 bed, 1 bath villa (51m²) in a quiet location with easy access and less than 10 mins' drive to Torrox. Villa has the use of a shared pool with one other villa. The perfect opportunity to own a country house at a townhouse price!!
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The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up, costs.

Weird Medieval Customs

by Marco Margaritoff

The Horrifying Practice Of Trepanation

Medieval doctors believed trepanning (or drilling) the skull could alleviate a roster of ailments. Trepanation might sound like nervous hesitation, but the medieval surgery was far more gruesome than that. Derived from the Latin *trepanum*, which translates to “borer,” the aptly named primitive practice led medieval doctors to drill holes into the skulls of their patients to alleviate a variety of ailments, from seizures to migraines. Physicians believed exposing the dura mater membrane of the brain and spinal cord to fresh air would help cure people of their afflictions. Doctors used a roster of crude instruments to do so, from rocks and wooden tools to metal clamps and drills. Preparations naturally included shaving part of the ailing patient’s head.

Trepanations were often conducted for issues like epilepsy or demonic possession. The medieval custom had ancient roots, however, having been performed by civilizations across the globe for millennia. According to Dr. Miguel A. Faria Jr. of Surgical Neurology International, it might have even been the first medical procedure in history.



“Trephination (or trepanation) of the human skull is the oldest documented surgical procedure performed by man,” Faria Jr. wrote in *Surgical Neurology International*. “Trephined skulls have been found from the Old World of Europe and Asia to the New World, particularly Peru and South America, from the Neolithic age to the very dawn of history.” Modern historians first learned of the surgery’s historical scope after American diplomat E.G. Squier found a trepanned skull in Peru in the 1860s. He noted that the skull showed signs of regrowth, meaning the patient had survived the ordeal, before researchers around the world unearthed further examples of the practice.

From Ancient Greece and Rome to Africa, South America, and the South Pacific, trepanations were more common than previously thought. While many were conducted to relieve pressure or remove skull fragments after an accident, others were utterly misguided and failed to exorcise people of their demons.

Married Couples Could Divorce By Combat

Medieval divorces were far more hands on than today’s legal disputes. While modern divorce proceedings certainly aren’t pleasant, their medieval counterparts were actively excruciating. The bizarre practice of divorce by combat was first documented by German fencing maestro Hans Talhoffer. As his 1467 manuscript *Fechtbuch* (“Fencing Book”) relayed, the proceedings involved spousal bloodshed.

“As per the instructions, the husband was put up to his waist in a three-foot-wide hole dug in the ground, with one hand tied behind his back. The woman was to be armed with three rocks, each weighing between one and five pounds, and each one wrapped in cloth,” wrote Talhoffer.

“The man could not leave his hole but the woman was free to run around the edge of the pit. If the man touched the edge of the pit with either his hand or arm, he had to surrender one of his clubs to the judges. If the woman hit him with a rock while he was doing so, she forfeited one of her stones.”

Talhoffer’s confounding accounts were discovered by University

Continued on page 28

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

If you would like to meet Inky, Tyson or any of the animals under CAS' care and are looking to adopt or are willing to foster a pet please contact us by email at costaanimalsociety@gmail.com or through our Facebook page.



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Dogs Paws in the hot weather

It is said that "A dog is a man's best friend". But what some owners fail to remember is that during the summer here in Spain, the pavements and roads get very hot. Scorching in fact. Yet they will continue to take

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".....

Look after your pooches paws.



Animal Charity

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Axarquia Animal Rescue



Zyra

Zyra - Ref:- AAR2480

Born 15th July 2020. Found as a stray in December 2021, Zyra was soaked through and very hungry. She gets along with other dogs, cats and children. This is what her foster carer has said about her: Zara is a beautiful German wirehaired pointer. She was very shy and timid when we first started fostering her, but with time and patience she has really come out of her shell. She will cuddle up next to you on the sofa and is affectionate. She lives in a house with children, other dogs and a cat and is great with all of them. She is great on walks and has excellent recall. She is greedy and very food oriented, but no issues when other dogs are eating. It is a useful tool for training her. She is young and energetic and needs a decent outside space and walks. She would make an excellent loyal, loving companion for someone. She will need time and patience and continued training. I expect a move from a foster to a permanent home will be a shock, but she has shown to be adaptable as she was living wild prior to this. We will miss fostering her, but she needs her own loving permanent home now. If you would like Zyra in your life please email: axarquia-rescue@hotmail.com



Barney

Barney - Ref:- AAR 2519

URGENTLY NEEDED a foster home or even better a forever home. I was found in a plastic bag with my 3 siblings. Luckily AAR have found us all a lovely foster home together. I was born in 1st March so I am now 5 months old and healthy considering my ordeal. I am going to be quite a big boy when I grow up as I am a Mastin cross. I am in desperate need of a foster home

Axarquia Animal Rescue 11th birthday year foster campaign!



or even better my forever home. I can go to my forever home anytime now either here in Spain or outside of Spain. If you would like to foster or adopt me please email axarquia-rescue@hotmail.com



Nugget

Nugget - Ref:- AAR 2520

Nugget was found in a plastic bag dumped in the rubbish together with his 3 siblings. However after his awful start in life Nugget is now thriving and has grown into a confident, affectionate and somewhat large pup. ❤️ With an estimated birth date of 1st March 2022, we believe Nugget is a Mastin Cross. He has spent all his young life so far in kennels and so would really benefit from being in a foster home within our area or better still, a home of his own. If you could give your heart and home to this gorgeous boy, please email as soon as possible to axarquia-rescue@hotmail.com, quoting AAR 2520.



Dulce

This poor girl isn't a pretty sight, but she hopes you won't turn away.

Dulce - Ref:- AAR 2564

Dulce was rescued in this state of neglect on the streets of Riogordo days ago. She has a long road to recovery ahead of her. Dulce was frightened and suffering severe skin, eye and ear infections when she was first seen by a vet. Where she had fur, it was matted, filthy and infested with ticks and fleas. She has no chip. Dulce was treated for parasites and taken to kennels to rest. She returns to the vet soon for blood tests and assessment. She is traumatised but was coaxed to eat over the weekend. We're beginning to win her trust. Dulce is about 7 years old and seems sweet natured. She's receiving eye and ear treatment without complaint and, although initially timid, she's already gaining confidence. Follow her story on Facebook <https://www.facebook.com/groups/AAR.axarquiaanimalrescue> We are grateful to her kind sponsors Sophie Thomas and Daniel Poole. We welcome every donation, however small, to help Dulce's climb back to full health. For more information go to axarquia-rescue@hotmail.com



Nico

Nico - Ref:- AAR 2563

This beautiful boy was found alone in the campo, neighbours said he had been around for nearly a week. Now safe in kennels, and estimated to be approximately 1 year old. Nico is a very friendly boy, and appears to be in good condition. Nico will soon start his vaccinations, as no owner has come forward. Once his vaccinations are started, and blood tests complete, he will be available for adoption. If you would like more information on Nico, please email axarquia-rescue@hotmail.com



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Understanding how your dog communicates

Dogs are experts at using their physical posture and subtle body language to communicate their feelings. Everything from your dog's posture to the way he positions his ears and the way he holds his tail conveys exactly how he is feeling at any given moment.

Ears

The way your dog holds his ears can tell you a lot about his mood. If a dog's ears are pinned back against his head this can mean that he is scared, stressed, or nervous. Ears that are erect and pointed forward indicate that a dog is alert. Perhaps he just caught an interesting scent, or he sees another dog in the distance. If your dog's ears are sitting to the side or slightly back, this can mean he is relaxed and calm.

Tail

Your dog's tail position is another way to tell what his current mood is. An upright, rigid tail means that your dog is alert and aroused and can often lead to aggression. Perhaps he is standing up to another dog that is barking at him or he's feeling unsure of the stranger knocking on the door. A raised and wagging tail is a sign of excitement. You'll likely notice your dog's tail in this position when you come home from work each day, or when you pick up his leash at walk time.

A horizontal tail indicates that your dog is alert. He's intrigued by something, whether it be a person, a smell, or a situation, and he's deciding what to do next. If you play fetch with your dog, you might notice his tail in this position as he waits in anticipation for you to throw the ball. If your dog's tail is low it means he's relaxed. This is probably your dog's most common tail posture when you're hanging around at home. His tail tells you he's comfortable in his environment.

When a dog tucks his tail between his legs or pins it low against his body it means he's scared or stressed. It's probably not common to see your dog like this, but if you do,



give him space and try to remove him from the stressful situation.

Additional Dog Communication Signals

Canine body language does not end with the ears and tail. There are all kinds of additional signals that can help you understand more about your dog. These will vary from dog to dog, as each animal is an individual, but many of them will be the same.

Yawning

Yawning can be a sign that your dog is nervous or stressed. However, it can also mean that your dog is excited. After all, context is everything. Dogs often yawn in an attempt to calm themselves, which explains why he may yawn when both excited or nervous.

Next time your dog yawns, note the situation. Does he yawn when you reach for the treat bag or his leash? Perhaps he yawns when he's meeting new people or dogs. Though, if he's yawning after a long day of playing, he might just be tired!

It's wise to be aware of this behaviour so you can remove your dog if you sense that he's becoming overwhelmed.

Lip Licking

Similar to yawning, dogs may lick their lips to calm themselves. And yes, they also do it when they are hungry.

Again, try to note when your dog licks his lips so you can understand which situations make him nervous. Does he do it when having his paws handled? During bath time? At the vet's office? Whenever your dog feels nervous,

offer him some additional support to reassure him.

Putting it All Together

When deciphering your dog's body language it's important to look at the big picture. Dogs rarely employ just one of these signals at a time. Just as humans may shout when they are excited or angry, your dog may have perky ears when he is alert or excited. You will be able to tell which it is by noticing the body language of his ears, tail, and stance altogether.

Next time you interact with your dog, pay special attention to his body language. Try to notice how his posture changes when he is in situations that might make him happy, excited, stressed, or relaxed. Understanding the basics of dog body language is sure to strengthen your bond with your dog. It will also help you read the communication signals of other dogs you meet, and avoid any unfortunate interactions.

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

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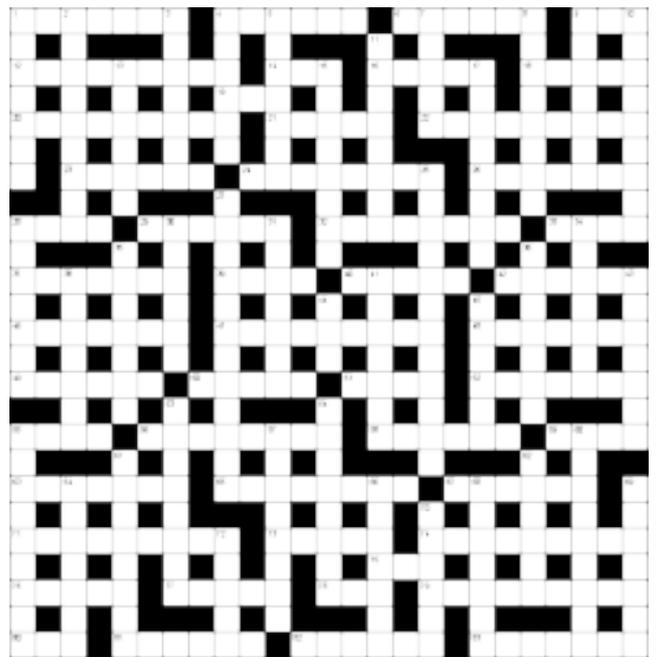
Across

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 (6)
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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of Oklahoma professor Kenneth Hodges. Trial by combat, in which the accused can request a duel in place of a trial, had long been documented by historians. Divorce by combat, meanwhile, was seemingly only discovered by scholars in recent years.

Talhoffer's manuscript held illustrated depictions of the antiquated ordeal. It primarily chronicled divorces by combat in medieval Germany, which grew increasingly rare after the early 13th century. These accounts ultimately shed light on the gender dynamics of the time, with men being given a substantial handicap during the fight.

While scholars continue to debate how divorce rulings unfolded, according to Ripley's, participants would likely continue until one of them capitulated. That is unless they weren't bludgeoned or strangled to death beforehand.



The Strange World Of Medieval Food And Delicacies

From roasting cats to serving up beavers and lampreys, many medieval dishes weren't for the faint of heart. Europeans in the Middle Ages routinely cooked, served, and ate dishes that most people today couldn't possibly pretend to stomach. From beaver tails and minced swan entrails to roasted cats and slithering lampreys, the meals our medieval predecessors ate would likely spur animal cruelty charges today.

The average diet during the Middle Ages was a relatively healthy combination of bread, vegetables, and meat. Pretzels were a popular and convenient snack, and people even brought their own meat to local bakers who wrapped these in dough to bake them.

Unfortunately, not everyone could live so leisurely.

From baby rabbits to barnacle geese, European taverns and inns were riddled with weird medieval foods.

Historians have since pointed to Christianity as the reason for this, as the devout observed a minimum of three fast days per week and established strict rules regarding their diets, and found some bizarre solutions.

People annually fasted for 40 days of Lent but also gave up animal products throughout each and every week. The reasoning was rooted in scripture, as people fasted on Wednesdays to honour the day Judas betrayed Christ, on Fridays to remember God's suffering, and on Saturdays to pay tribute to the Virgin Mary.

According to Bridget Ann Henisch and *Fast and Feast: Food in Medieval Society*, this self-imposed form of self-discipline was "a spring-cleaning to freshen the soul and make it ready to receive God's grace." Any land animals that would die during the Biblical flood were off limits, but fish were exempt from restrictions.

While coastal townsfolk leisurely enjoyed seafood to satisfy their religion, those living inland were subjected to old rotting herring and cod.

This led to an increase in alcohol consumption as many drank wine or ale in order to stomach meals made of lamprey, or cats that the superstitious skinned and cooked for their allegiance to Satan.

Curious exceptions included beaver tails, rabbit fetuses, and barnacle geese, which were mistaken for aquatic creatures at the time. Fortunately for everyone involved, the Reformation during the 16th century lifted these ubiquitous restrictions and allowed people to eat what they chose, even on Fridays.



The Groom Of The Stool Was A Disgusting Job

The Groom of the Stool transported the king's portable toilet and recorded his bowel movements. While many could quite rightfully complain about their crappy jobs, no title compared to the medieval groom of the stool. This position required the appointed person to transport the king's portable toilet and keep a detailed ledger that chronicled his bowel movements. Rather surprisingly, the bizarre job was highly coveted.

Since grooms of the stool were in close quarters with their monarch from dawn to dusk, they had the king's ear more than most. This position became quite advantageous as a result, with grooms serving as personal confidants of the king and growing more privy to their wants, weaknesses, and secrets as time went on.

This position emerged out of sheer necessity during the days of the Tudors in the 1500s. With the luxurious fashion donned by monarchs, kings needed help getting out of their clothes before doing their business. Meanwhile, the medieval toilet was simply a wooden block with a hole carved into it and a fabric-covered seat.

While scholars continue to debate whether the groom simply handed the king a cloth or literally wiped his anus clean, the perks of the job were well documented. The mere act of servicing royalty saw grooms themselves become high-status citizens. Appointed by the king, they typically came from promising families.

"It grew in importance during the time of the Tudors, especially after Henry VII moved much of the administration of his government, including his finances, to the Privy Chamber where the groom resided," said history professor Ben Lowe, according to *How Stuff Works*. "This led to a more administrative role for many grooms."

With influence over the king and invaluable insight into royal power dynamics, grooms could request favours, provide suggestions, and be showered in gifts from envious onlookers. Henry VIII's groom, William Compton, even received land grants, leases, and offices and was paid the same as a top-tier nobleman.



Inside Medieval Bedding Ceremonies

Medieval weddings didn't require formal ceremonies until the 12th century but they often saw attendees carry the bride to her bed to consummate the marriage. While many devout couples today agree to wait until marriage until they have sex, the

medieval custom of bedding ceremonies let wedding attendees witness the act first-hand. Practiced across cultures in Medieval Europe, beddings symbolized the community's faithful involvement in the couple's marriage.

Friends and relatives most commonly participated in beddings, but acquaintances and locals also joined in. According to The Vintage News, the ceremony began with a priest blessing the bed as the couple drank wine while bridesmaids and groomsmen threw the pair's stockings at them with a direct hit suggesting the thrower would soon marry.

When this antiquated ritual concluded, the bed curtains were drawn, and the couple consummated their marriage. This was overwhelmingly done in private, though some scholars claim even the intercourse was observed by participants. Even royals like Catherine of Aragon were bedded after their weddings. "Catherine was led from the wedding feast by ladies in waiting, then courtiers de-robed Henry (VIII) in the bedchamber," explained historian Lucy Worsley. "Until the very last minute, the room would have been full of people cheering them on." Beddings grew increasingly rare in the 17th century. King Charles I of England, who reigned from 1625 to 1649, vehemently refused to participate in the act. Nonetheless, beddings continued for at least another century. King William III and Mary II were not only bedded by uncle Charles II but cheered on during sex.



The Horrible Execution Method Of Being Pressed To Death

Countless accused criminals during the Middle Ages were executed by being pressed or crushed to death. While accused criminals were routinely executed by being pressed to death under enormous weight for thousands of years, the macabre punishment notably proliferated in Medieval Europe. The act itself was rather simple and saw the victim getting crushed to death by an intense weight after being tied down. Unlike the ancient approach undertaken in Southeast Asia more than 4,000 years ago, Europeans didn't use elephants to crush their victims. The British used slabs of stone and often used the method as a mere form of torture. Ultimately, only those who refused to enter a guilty or not guilty plea were subjected to the act. Officials strapped victims down before they added increasing weight to their chests, hoping they would cry out with a plea. Refusal to do so saw the victim suffocate. Their bones commonly broke inside their bodies, and bones tearing through the skin wasn't rare. The most famous case in American history emerged during the Salem Witch Trials. Farmer Giles Corey in Danvers, Massachusetts, had been accused by multiple women of bewitching them and visiting them in ghostly form. Tried in 1692, he refused to enter a plea and was subsequently pressed to death. "Giles was asked to strip naked and lay down, face-up, on the ground," wrote the Massachusetts Historical Society. "A wooden board was then placed on top of him, and on top of the board, one by one. Sheriff George Corwin placed large rocks... On the third day 19 September 1692 (Corey) died from being pressed to death." Ultimately, England outlawed the practice in 1772. The Enlightenment Age had seen society reassess its medieval practices and set a course to more humane methods of punishing those who broke the law.

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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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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.

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Pepper Steak with Onions & Bell Peppers

Pepper Steak with Onions & Bell Peppers

Ingredients:-

- 1 lbs chuck steak cut into medium slices
- 1 large onion cut into medium strips
- ½ green bell pepper cut into medium strips
- ½ red bell pepper cut into medium strips
- 1 levelled teaspoon black pepper
- Salt to taste
- 2 cups boiling water
- 3 tablespoons oil

For the sauce:-

- 3 tablespoons soy sauce I used low sodium
- 1 tablespoon cornstarch

- 1 tablespoon sugar
- ½ cup warm water
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon ginger powder you can use fresh

Preparation:-

In a pan, add three tablespoons of oil and fry the chuck in two batches until brown on both sides. Remove and keep aside. Don't crowd the pan when browning.

In the same oil fry the onion until translucent. Remove and keep aside.

In the same pan, fry the bell peppers for few seconds and keep aside.

Add the fried chuck back to the pan, Season the chuck with salt and black pepper. Add two cups of boiling water and let it cook on medium heat for 45 minutes or until the meat is tender. Add water if the meat is still tough and continue cooking.

When the meat is cooked add the onion and bell pepper. Mix the sauce ingredients and pour over the steak, stir until the sauce thickens.

Serve hot.

You can use other cuts of meat, like T-Bone, Rib Eye, and Tenderloin.



Roasted Grape, Goat Cheese & Honey Stuffed Sweet Potatoes

Roasted Grape, Goat Cheese & Honey Stuffed Sweet Potatoes

Ingredients:-

- 4 sweet potatoes
- 2 cups red, seedless grapes
- 1 teaspoon grapeseed oil, or another high heat oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 ounces goat cheese
- 2 tablespoons honey + additional for drizzling
- Pinch of cinnamon and nutmeg

Preparation:-

Preheat oven to 350 degrees F. Poke holes in sweet potato with a fork, then wrap each tightly in aluminum foil. Bake for 45-60 minutes, or until potatoes are tender to the touch. Unwrap foil and cut a slit down the middle of each sweet potato. Let sit until cool enough to handle.

Increase oven temperature to 450 degrees F. Lay grapes on a nonstick baking sheet and drizzle with grapeseed oil



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and a pinch each of salt and pepper, then toss to coat. Roast for 20-25 minutes, or until grapes begin to burst. Remove from the oven and let cool.

Once sweet potatoes are somewhat cool, gently remove the flesh with a spoon, trying to keep the potato intact. Add the sweet potato to a large bowl, then mash with 3 ounces of goat cheese, cinnamon, nutmeg, salt, pepper and honey. Taste and adjust seasonings if desired, then scoop flash back into the potato skins. At this point you can re-warm the potatoes (if you let them cool completely) in the oven, then top with remaining goat cheese. Add grapes on top and serve with additional drizzled honey.



Peach & Sesame Crumble with Ice Cream

Peach and Sesame Crumble

Ingredients:-

2½ lb. peaches (6-7)
1 lemon
⅓ cup plus 1¼ cups sugar
1¼ tsp. kosher salt, divided
⅓ cup raw white sesame seeds
1 cup all-purpose flour
½ cup (1 stick) unsalted butter
½ tsp ground cinnamon
⅓ cup tahini
2 tsp. toasted sesame oil
1 tsp (or more) cornstarch (optional)
Vanilla ice cream (for serving)

Preparation:-

Place a rack in top third of oven; preheat to 375°. Now prep your peaches. These should be some of the sweetest, most fragrant peaches you can find. Better peaches make for a better peach crumble. (If you've got peaches that aren't ready, place them in a brown paper bag with a banana, then check back every day. The banana will speed up the ripening process.) Slice 2½ lb. peaches (6-7) in half, cut around pits. Cut each peach half in half (so you have peach quarters), then cut each quarter into half twice more (you want 4 thin slices from each quarter, or 16 thin slices from each peach). As you go, transfer peach slices to a 13x9" baking dish. Zest 1 lemon into a medium bowl; set aside. Sprinkle ⅓ cup sugar, 1 tbsp fresh lemon juice (from the zested lemon), and ¾ tsp salt over peaches. Toss to gently combine, then let sit while you prep the topping, aim for about 20 minutes. The maceration draws the sugar out of the fruit, making the peaches taste even peachy-er. Spread ⅓ cup raw white sesame seeds on a rimmed baking sheet or in an ovenproof skillet. Toast, tossing halfway through, until golden brown all over, 12-15 minutes. Toasting the sesame seeds yourself makes for a deep, nutty richness that store-bought toasted sesame seeds cannot match. Immediately transfer to a large bowl

(so they don't keep cooking on hot baking sheet).

Add 1 cup all-purpose flour and remaining 1¼ cups sugar and 1 tsp salt to bowl with seeds. Whisk to combine. Add ½ cup (1 stick) butter and ½ tsp ground cinnamon to medium bowl with lemon zest. Microwave until butter is melted, about 1 minute. Add ⅓ cup tahini and 2 tsp toasted sesame oil and whisk to combine.

Pour tahini-butter mixture into dry ingredients, then mix until dry ingredients are incorporated and mixture holds together when you squeeze it in your hands.

Assemble! The peaches should look juicy. And now you determine whether you're using 1 tsp (or more) cornstarch. If peaches are not-so-ripe, skip it entirely. If they're perfectly ripe, use 1 tsp. And if they're really juicy, use 2 tsp. Gently toss to combine.

Using your hands, squeeze crumble topping into big hunks, then break off uneven pieces and scatter over peaches.

Bake crumble until topping is well browned and firm and peaches are tender with bubbling juices, 60-70 minutes. Serve warm with vanilla ice cream.

Martini

Ingredients:-

Ice
3 ounces gin
1 ounce dry vermouth
1 lemon twist, for garnish

Preparation:-

Fill a pint glass with ice. Add the gin and vermouth and stir well. Strain into a chilled martini glass or coupe and garnish with the lemon twist.

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healthwise

THE SIXTH SENSE: THE PROPRIOCEPTION

We have always had the idea that the senses are only 5, which are the sense of smell, touch, vision, sense of taste and ultimate of hearing. However, for the most part, we do not know of any more sense we possess, a very important and fundamental for human beings: the proprioception.

What is the proprioception?

The proprioception is the sensitivity or ability that our body has to create awareness about our body in relation to the environment that surrounds us. Thanks to proprioception, we can regulate our movements, maintain the balance and the displacements in relation to the space in which we develop, even with closed eyes! And this is because proprioception intervenes in the development of our body schema, which is the mental image we have on the different parts of our body.

What is the proprioception made of?

For this marvellous sense to function properly and can give us that wonderful capacity of consciousness about our body, we need the interaction of various structures of our organism:

The neuromuscular spindle

This is in the belly of the muscle, stimulating it before the stretching of its fibers. This structure is of great importance and that the protection gives the muscle before the stretches that are very abrupt (when activating the myotatic reflex)

Golgi tendon organs

This component of proprioception is

located in the tendons and basically fulfills the function of measuring the tension that develops in the muscle before a voluntary contraction, in the way that there is an excessive tension representing a possible damage to the muscle, The Golgi tendon organ was activated by sending a message of relaxation to the muscle fibers.

Capsular-ligament receptors

These receptors, as their name indicates, are located in the joint capsule and ligaments, provide the brain with the ability to know the positions and movements of different joints.

Skin receptors

These receptors are found in the skin and are responsible for providing information about the brain about muscle tone.

We must not forget proprioception!

Due to the ignorance that still exists on the subject of proprioception, it is common practice in sports training to leave one side of this fundamental and so important sense, which can not allow it. Proprioceptive training is not limited to people who have undergone pathology injury and have a job to recover from the condition improvement, but proprioceptive work must be taken into account to optimize performance or efficiency in Sports, for the prevention of injuries and also to improve our development in everyday life.

Once you have known this you will think, "Okay, I should work proprioception, but how?" Here's how to do the proprioceptive work.

How to work with proprioception?

The proprioceptive work is basically done on unstable or irregular surfaces where it seeks to develop balance and coordination exercises, provoke external stimuli, each of them to respond effectively.

This type of training is done through various tools such as:

- Bosu
- Fashion rocker (scale)
- Therapeutic ball
- Spaces that offer different surfaces
- Hoops, Banks, etc.

All tools that allowed us can be different situations to the body to stimulate it to adapt to each of them, in a way that gains strength, agility, balance, coordination and stability.

It is important to note that like all training, proprioceptive work is also done progressively. We must give our body time to adapt and improve its responsiveness before the different circumstances to which it may be subjected, otherwise it may cause a detrimental and counterproductive response.

This is why we recommend that when

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starting a training program, a professional practice in the field, covering all your individual needs and also, do not leave aside our sense of internal guidance: own perception.

Summary

- We have one more sense and we speak of proprioception, which is the ability of our body to create awareness about our body in relation to the space in which it develops.
- The proprioception is of the utmost importance both in the health and sports fields, which contribute to the prevention of injuries, improve strength, agility, coordination, balance and body stability
- For proprioceptive training it is necessary to use different tools that allow us to create different situations, so that we stimulate the body and it progressively respond more effectively to each one of them.
- Proprioception is achieved through the interaction of different structures of our organism: the neuromuscular spindle, the Golgi tendon organs, the capsular and ligament receptors, and the skin receptors.

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Strawberry Banana Smoothie

This refreshing strawberry banana smoothie recipe comes together in seconds in the blender. Perfect for hot summer afternoons or as a healthy breakfast.

Ingredients:-

- 1 1/2 cup raspberries
- 1 cup strawberries
- 1/2 frozen banana
- 1 cup almond milk, or oat milk
- 1 tablespoon honey or maple syrup
- 1 1/2 cups ice
- Handful of mint or basil, optional

Instructions:-

Combine the raspberries, strawberries, banana, almond milk, honey or maple, basil, if using, and ice in a blender. Blend until smooth.

Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey or maple.

Notes:-

Optional step, strain to remove seeds: Blend all ingredients except ice. Strain the liquid to remove strawberry seeds, return to blender, add ice and pulse until combined.



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Relaxation Techniques for Stress Relief

To effectively combat stress, you need to activate your body's natural relaxation response. Techniques such as deep breathing, visualization, meditation, and yoga can help.



Finding the best relaxation technique for you
For many of us, relaxation means flopping on the couch and zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. Rather, you need to activate your body's natural relaxation response, a state of deep rest that puts the brakes on stress, slows your breathing and heart rate, lowers your blood pressure, and brings your body and mind back into balance. You can do this by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, yoga, or tai chi.

While you may choose to pay for a professional massage or acupuncture session, for example, most relaxation techniques can be done on your own or with the aid of a free audio download or inexpensive smartphone app. It's important to remember, however, that there is no single relaxation technique that works for everyone. We're all different. The right technique is the one that resonates with you, fits your lifestyle, and is able to focus your mind to elicit the relaxation response. That means it may require some trial and error to find the technique (or techniques) that work best for you. Once you do, regular practice can help reduce everyday stress and anxiety, improve your sleep, boost your energy and mood, and improve your overall health and wellbeing.

Relaxation technique

#1: Deep breathing - With its focus on full, cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. While apps and audio downloads can guide you through the process, all you really need is a few minutes and a place to sit quietly or stretch out.

How to practice deep breathing.

Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach. Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little. Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little. Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale. If you find it difficult breathing from your abdomen while sitting up, try lying down. Put a small book on your stomach, and breathe so that the book rises as you inhale and falls as you exhale.

#2: Progressive muscle relaxation - Progressive muscle relaxation is a two-step process in which you systematically

Continued on page 39

Antibiotic Guardians

WE ARE FACING A global catastrophic threat as more and more bacteria becomes resistant leaving us with more and more untreatable infections. While over the last 30 years, we have discovered at least one new infectious disease, very few new antibiotics have been developed leaving our pharmaceutical armory almost empty as bacteria evolve and become resistant.

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

Before the discovery of antibiotics, thousands of people died from bacterial diseases, such as pneumonia or infection following surgery. Antibiotics were once considered 'wonder drugs' – efficiently fighting diseases from pneumonia, diarrhea, ear and sinus infections. Since antibiotics have been discovered and used, more and more bacteria, which were originally susceptible, have become resistant and developed numerous different means of fighting against antibiotics.

Because resistance is increasing and few new antibiotics have been discovered and marketed in recent years, the problem of antibiotic resistance is now a major public health threat. Yesterday's wonder drugs have become not so wonderful in face of new super bacteria ironically mutated through the misuse of antibiotics. Data from the European Antimicrobial Resistance Surveillance Network (EARS_Net) show that there is a North-South gradient with low rates of resistance in Scandinavian countries and the Netherlands and high resistance rates in Southern Europe. Countries with lower resistance rates have generally lower use of antibiotics, whereas countries with higher antibiotic resistance rates use more antibiotics. For those who live here full time or part time, you should be aware that amongst western countries, Spain has one of the highest rates of antimicrobial



consumption, and antimicrobial resistance.

Embarrassingly, it is the medical profession that is most culpable for the inappropriate use of antibiotics. Studies indicate that nearly 50% of antimicrobial use in hospitals is unnecessary or inappropriate. Some doctors may not have kept up to date on the latest protocols for the right use of antibiotics. Other doctors write out prescriptions to 'be safe'. In August 2018, I was interviewed by the BBC as to proposals by the National Institute for Health and Care Excellence, NICE, to sanction doctors who are 'soft touches' for antibiotic prescriptions. During the BBC interview, I pointed out and continue to maintain that patient demands put pressure on doctors to prescribe antibiotics even though they are ineffective for their infections. Almost everyday I am asked for antibiotics for viral infections, such as a cold, cough, flu or most bronchitis. It would be easier to write out the prescription than face the frustration and, sometimes, anger when I explain that

antibiotics are not going to make them feel better, make them less contagious or cure their viral infections. In fact, each time a person takes antibiotics, sensitive bacteria are killed, but the resistant germs are left to grow, mutate and multiply. Repeated, inappropriate use of antibiotics will jeopardize the effectiveness of essential drugs leaving you more vulnerable to the life-threatening super bacteria.

Hospitals, clinics and your own doctor's surgery are great breeding areas for microbes! Viruses and bacteria are spread from patient to patient in airborne molecules and through physical contact. Medical professionals may forget to wash their hands or change gloves between patients! Hygiene is one of the most important factors in preventing the spread of contagious infections. Antibiotics are needed when your doctor diagnoses you with an infection caused by a bacteria. Lab tests are essential to make a good diagnosis. A sore throat caused by Streptococcus A can not be definitively diagnosed by simply looking at the throat, no matter how much redness and pus there is. Acute bronchitis, or chest cold, occurs when the bronchial tubes leading to the lungs become inflamed. This usually follows an upper respiratory infection like a cold.

Antibiotics are rarely required in acute bronchitis as it is almost always viral in origin – no matter how green and gooky the sputum you are coughing up. Acute rhinosinusitis had been traditionally treated with antibiotics, however a study published in the Journal of the American Medical Association in December 2007 found that antibiotics were ineffective in treating the majority of these infections. Antibiotic therapy should be reserved for acute rhinosinusitis patients meeting specific criteria and then should be narrow-spectrum agents targeting the most likely pathogens such as Streptococcus pneumoniae or Haemophilus influenzae. Preventing an infection is easier than treating one. No antibiotic or other medication is as effective as practising good hand hygiene. Keep your immune system healthy with a vitamin-rich, low fat diet. Reduce environmental risk factors by not smoking and avoiding second-hand smoke. Go to antibioticguardian.com for more information. Take the Pledge and become an Antibiotic Guardian.

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Balance

In the last issue I spoke about the Balance in Life. I want to talk about this some more. To try to maintain your Balance in Life, you have to find it in Exercise, Relaxation, Work, Family & Friends and Nutrition. This is not an easy task.

So let's start with Exercise. Do Cardiotraining (running, cycling, hiking, rowing etc.) at least once a week. Do Strength Training twice a week or more and Yoga or Pilates at least once a week. In this way you train the muscles, the heart and lungs and your flexibility. So the body will be in Balance!

Next one is Relaxation. - if you work hard, spend time with your family and friends and exercise, you need to unwind also. Go see a movie, eat out with friends, watch football in a bar etc..

Work- some of us are really busy and need to (time) manage their work. That is not always easy but when you feel stressed and tired, make sure you find time to exercise and relax. Otherwise you could end up with a burn out. Exercise is known to be a great way of preventing this.

Family & Friends- making time for your family and friends is crucial for your overall feeling of being happy.

Nutrition - probably the most difficult and important one. Especially when you are not in balance on the other things. If you exercise sufficiently, you can go easier on the food and the other way around. It goes without saying that you need to eat sufficient proteins, fats, vitamins & minerals and carbs but when you exercise a lot, you can eat more. It is quite simple.



So you need to find balance in all those things and between all those things. It is not easy but not rocket science either. Exercise is the key though. It will bring you in a positive flow. You will have an appetite for healthier food, you will be less stressed out and more energetic. All ingredients for a healthy and happy Life!

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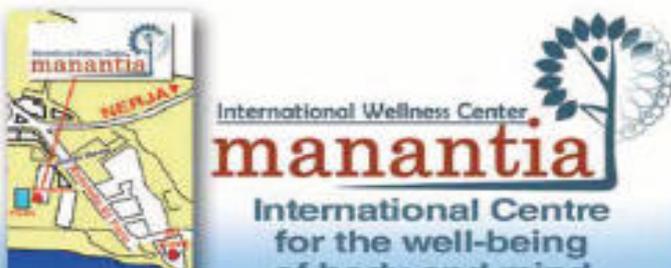
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tense and relax different muscle groups in the body. With regular practice, it gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of your body. This can help you react to the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. Progressive muscle relaxation can be combined with deep breathing for additional stress relief. Practicing progressive muscle relaxation.

Consult with your doctor first if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles. Start at your feet and work your way up to your face, trying to only tense those muscles intended. Loosen clothing, take off your shoes, and get comfortable. Take a few minutes to breathe in and out in slow, deep breaths. When you're ready, shift your attention to your right foot. Take a moment to focus on the way it feels. Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10. Relax your foot. Focus on the tension flowing away and how your foot feels as it becomes limp and loose. Stay in this relaxed state for a moment, breathing deeply and slowly. Shift your attention to your left foot. Follow the same sequence of muscle tension and release. Move slowly up through your body, contracting and relaxing the different muscle groups. It may take some practice at first, but try not to tense muscles other than those intended.

#3: Body scan meditation - This is a type of meditation that that focuses your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. But instead of tensing and relaxing muscles, you simply focus on the way each part of your body feels, without labelling the sensations as either "good" or "bad". Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing for about two minutes until you start to feel relaxed. Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for three to five seconds (or more). Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. After one or two minutes, move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up the torso, through the lower back and abdomen, the upper back and chest, and the shoulders. Pay close attention to any area of the body that causes you pain or discomfort. After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Then slowly open your eyes and stretch, if necessary.

Part 2 in the October issue



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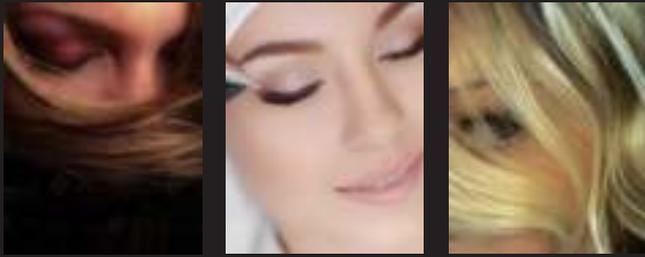
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healthwise

Skincare Treatments & Beauty Trends in 2022



Professionals in the skincare industry had very good instincts in the latest years, and its spectacular growth is the best proof we have. No matter the age, sex, or lifestyle, there's a treatment or a cream specially formulated for you. Every single person in the world can benefit from investing in a skincare product.

According to Statista, the global skincare market is projected to increase from 134.5 billion dollars in 2018 to over 180 billion by 2024.

This year, you will see a more minimalistic trend when it comes to skincare routines, with fewer products to use compared to the last years. Why are skincare treatments a must nowadays? Every year, the environment is changing. Climate is changing, our lifestyle is more aggressive, the pollution level has increased, food is processed, and so on. It has become obvious that all these factors are affecting our mind and body.

Many controversial case studies have tried to prove the link between lifestyle and skincare problems (especially acne). From the food we eat to the level of stress we have at work, everything can contribute to some kind of skin damage, and this skin damage results in some type of anxiety.

Dermatologists and cosmetologists have recognized that people may have mental health issues related to their skin. In this case, especially women are most likely to pay for expensive skincare treatments or beauty products to get rid of the anxiety caused by their skin imperfections.

In this article, I will share with you the most popular beauty treatments in 2022 and why they are efficient for our skin.

Popular Beauty Treatments

Cryotherapy

Whether you go for cryotherapy gadgets like Foreo or you choose cosmetic ice globes or simply ice cubes, cryotherapy will improve your skin texture. It is well known in the beauty industry that cold objects applied to your face stimulate blood circulation, relax veins, and improve your skin cell functions. Well, with this in mind, it is pretty obvious that cryotherapy can't miss from the skincare trends 2022 list.



Dermapen

Microneedling has already been popular during the last year, but it will be one of the best 2022 skincare trends for sure. This technique works by puncturing the skin with some tiny needles. The main benefit of the microneedling technique is that it stimulates the skin to produce more collagen, and will bring it cleaner, rejuvenated, and repaired. It is recommended, especially if you want

to get rid of acne scars or wrinkles. To achieve the maximum results, you should repeat the microneedling skincare treatment 4 or 5 times, once a month during the cold season.



Dermarolling

Dermarolling is set to be one of the most popular beauty treatments in 2022. This technique has the same benefits as microneedling. The main difference between them is that dermarolling is less aggressive on the skin than microneedling with dermapen. As the dermapen penetrates deeper in the skin tissue, it is recommended to be used only by a professional in the beauty salon or a clinic, but the dermaroller can be used at home too.

Retinoids

Retinoids are active ingredients derived from vitamin A, used for cosmetic purposes. Serums based on retinoids are used to combat acne, pigmentation, aging, or sun damage. According to the UK dermatologist Anjali Mahto (writer of Skincare Bible), after applying a retinoid treatment in the evening, make sure you use a 50+ SPF protection (even during winter), as the product increases the risk of sun burning, hyperpigmentation, and the sunlight makes the product less effective.

LED Light Mask

Going forward with the non invasive skin care treatments, LED light masks are on top when it comes to beauty trends in 2022. LED light masks look professional, they look like they work, but do they? Well, opinions vary regarding this topic. These masks are especially destined to combat acne, reduce scarring, and accelerate healing. Such a skincare treatment goes hand in hand with microdermabrasion or dermarolling treatments, as it reduces irritation. Anyway, as retinoids increase light sensibility, it is not recommended to use LED masks while on a retinol treatment.

Massage Face Rollers

Face rollers are lately all over your Instagram feed, as they've become the main subject in those satisfying reels that we can't stop watching. These little beauty badgers are made from jade or quartz, and they come in different shapes or textures, depending on their use. According to specialists, the main benefits of the jade and quartz rollers are:

- Improvement of facial blood circulation
- May help clear your sinuses
- Improves lymphatic drainage
- Smoothly distributes skincare products

Well, if you want to be up to date with the latest skincare treatments in 2022, from now on, you should consider applying your skincare products with a quartz roller, and not with your hands.

Fillers

There are many face fillers, from injectable to non-injectable, and hyaluronic acid fillers are the most popular ones worldwide. Still, there are also botox and collagen fillers too. Depending on what are your needs, you'll choose a filler with specific properties. Ladies mostly come to the beauty salons for fillers, searching for a face-lifting effect, a more refreshed, younger aspect, or getting rid of wrinkles and acne scars. Injectable fillers last up to 6 months.

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healthwise

'People are just so **** stupid'. The judgemental voice of the Outer Critic.

Some months ago I wrote about the Inner Critic and the harsh and critical words we can say about ourselves. However, often when we have suffered trauma we don't just say these things about ourselves but also about those around us and this is the Outer Critic speaking.

How does the Outer Critic come about?

There are three strands to the outer critical voice.

Anger

The first is our inability to express anger appropriately. A small child expresses anger and frustration freely when they feel things are unfair, or they can't do something as they would like to and usually parents deal with this calmly, lovingly and respectfully of their feelings. However, if our primary caregivers are abusive, degrading, unsupportive and unloving, we learn to suppress our anger and other feelings. The anger stays below the surface like an active volcano waiting for a chance to erupt.

Connection

When we experience neglect or abuse from our caregivers, we find it hard to make deep and loving connections with them. Often when we try to connect we are faced with rejection and abandonment. We learn that other people can hurt us, physically, mentally or emotionally and we start to believe that those around us are, at best, unsafe and at worst, dangerous. In our experience people let us down, they are unreliable and can't be trusted. To protect ourselves we shut ourselves off from others to avoid being hurt or being rejected.

Harsh words

When the words we hear about us are derogatory, abusive or unsupportive, we start to feel that we are not perfect, that we are not good enough. We start taking on those words and saying



them to ourselves, about ourselves (the inner critical voice). As time passes we put the failure to be perfect onto others and transfer those harsh words to them (the outer critical voice). This is a combination of the suppressed anger and the echoes of those critical voices of our childhood and it's purpose is to keep people away, thus preventing us from being hurt and rejected.

How does the Outer Critic show up?

Mostly when we meet new people we start to sum them up rationally and with an unbiased opinion, until we know enough about them to like them, dislike them or be indifferent. However, when the Outer Critic is in control we subconsciously fear an attack of some kind. So we start building up a case against them. They have no morals, they are bullies, are unjust, ignorant, selfish etc so that we are both prepared and justified to go into attack mode. This can cause conflict and stress both to ourselves and those closest to us and to prevent this we start avoiding people.

Outer Critic thinking tends to be very judgemental and often the voice starts based upon little or no evidence. Imagined slights, misread facial expressions, behaviour that others may dislike or disapprove of but not react to, all these can set the critic off. The Outer Critic often takes the higher moral ground and tends to see things as black or white, all or nothing. It can be set off by flashbacks from the past, involving situations, people or behaviours. The news can be another trigger, especially if you possess strong religious, ethical or political views.

So what can we do?

To break this cycle takes time and effort, especially as it tends to run in conjunction with other trauma behaviours. We have to change the way we talk about ourselves, the world and others. We have to start to become the loving parent to ourselves, that we never had and to give ourselves praise and encouragement. We also have to realise that none of this was our fault. For whatever reason, our parents were unable to parent us properly, due to issues in their lives, not due to us. We can learn to break the victim mentality that brings our past into the present and continues our trauma and distress. Grieving is a big part of the process. Grieving for the caregivers you wanted but never had, grieving for the child that had to suffer through it all and grieving for the losses we sustained along the way. Such practices as angering, crying, verbal ventilating and feeling can all help the healing process when carried out in a safe space.

It's not easy but with the help of a therapist or trusted other, you can do it. You can learn to feel valued, loved, worthy and you can start seeing others as people who can give you love, support and encouragement.

Katrina Jones (BA Hons, Cl. Hyp)
Rapid Transformational Therapist,
Clinical Hypnotherapist and Life
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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
 Costa & Pueblo

Local Police
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 Nerja 952 521 545
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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.

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community continuing to help people find their way to God.

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 Pasaje San Miguel, Nerja, 29780.
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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.

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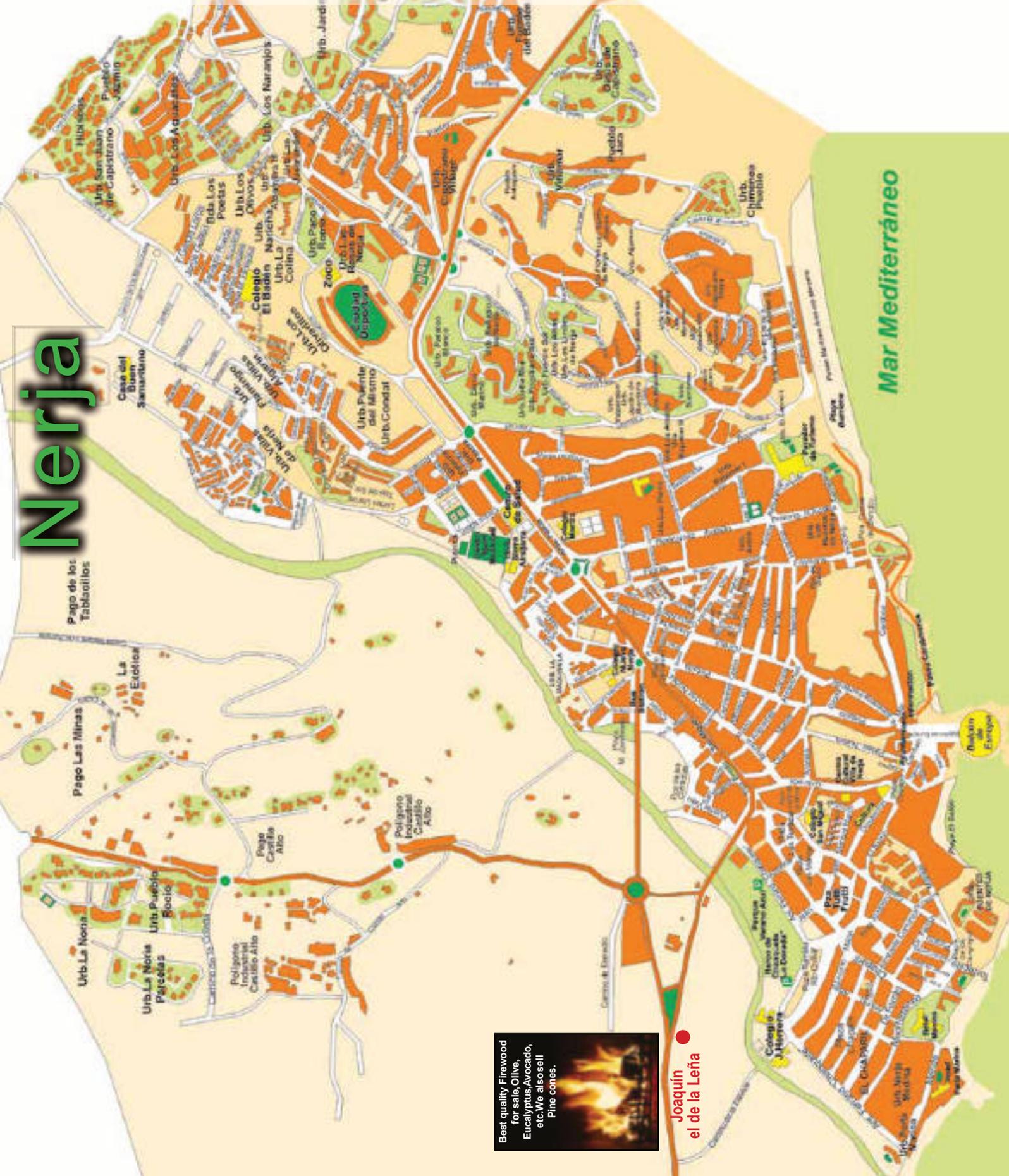
Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
 Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capel-
 la de San José, Calle Linares 7, Veléz Málaga.
 Chaplain: Fr. Louis Durrant, Tel: 630 909 131
 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.

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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.

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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.



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Lux Mundi Ecumenical Centre,

Torre del Mar, Avda. Moscatel 1^{er}, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. September opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@luxmundi.org

Lux Mundi Torre del Mar, September events and excursions.

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. 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 Castillo 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. Ticket 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.

Wednesday 28th - September -

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

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KÖMMERLING

Monday 3rd to Friday 7th - October. Excursion to Cartagena and Murcia. Ticket price double room 340 Euros and with a Friend of Lux Mundi card 320 Euros. Departure times: La Viñuela (Football Pitch) 08.20, Torre del Mar (Bus Station) 08.40, Caleta (Opposite Vets) 08.50, Algarrobo (Lidl) 09.00

Lux Mundi, Torre del Mar Church Services:- Lux Mundi, Torre del Mar Catholic Mass in English. Will re-start on Saturday 3rd September at 17.00 and will be held every Saturday after that. Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1"l", (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Tel: 952 543 334

Nerja Foreigners Department.

Payment of IBI or other local taxes to be paid by the 13th September.



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.

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
Edificio Tucuman (opposite Café Trebol),
Nerja.

Your unwanted things always needed! - kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc..
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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

Cada miércoles de 19:00 h. a 20:00 h.

Online

yogafusionarte.com
0034 699 03 79 98

Belly Dance Tribal
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La Ciencia del Yoga y de la Creatividad de la Danza

YOGA FUSION DANCE

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

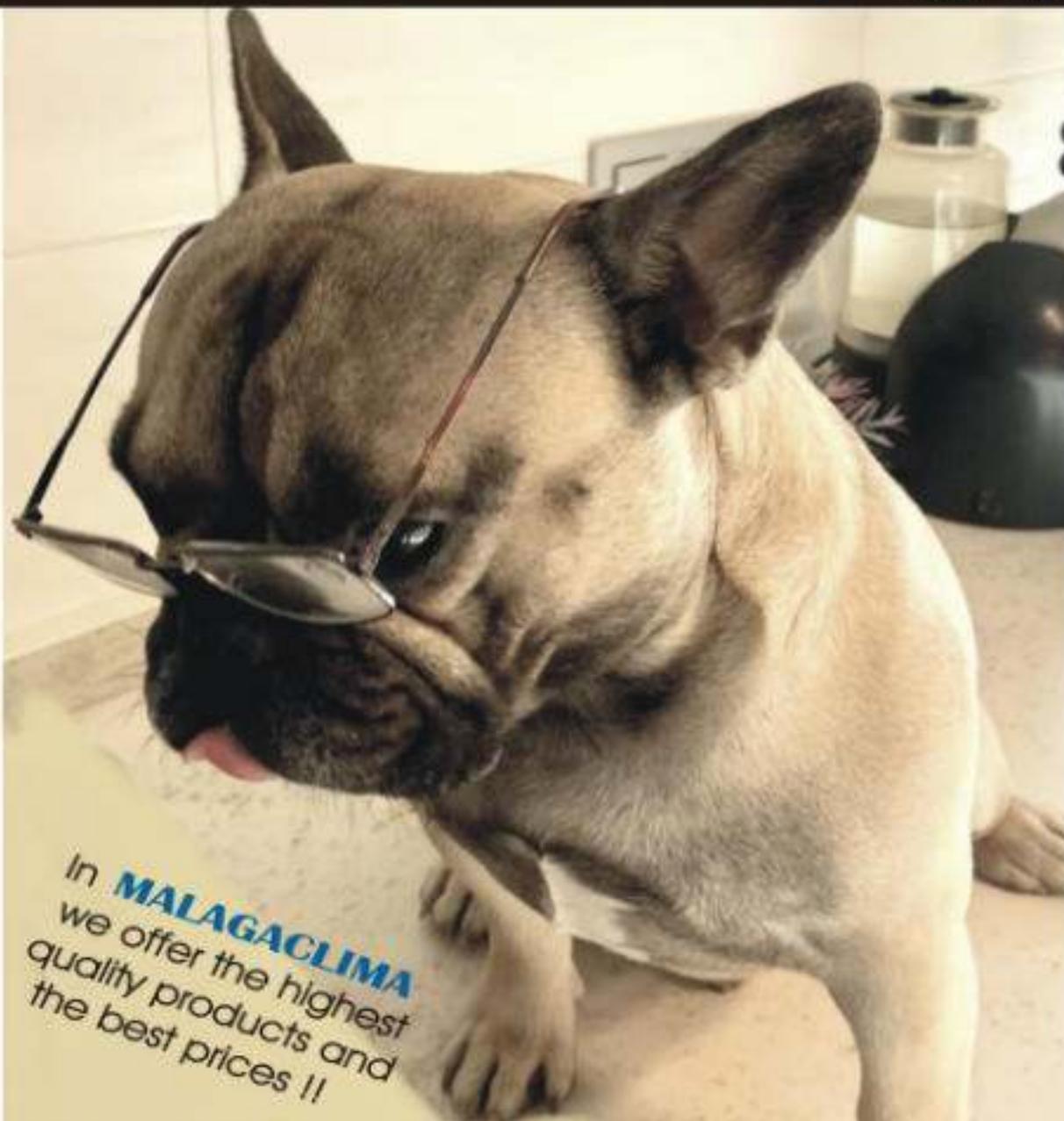


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Art by the sea

An exciting, not to be missed, new exhibition is showing at Bio Beach Club, on the seafront in El Morche from 24th August - 21st September featuring the works of local artist Christina Hallett.

Originally hailing from the UK, she has now made Spain her permanent home.

The exhibition is a wonderful mix of colours, styles and pictures reflecting the beauty and nature of life Christina sees and experiences around her.

Her work features a bold and lively mix of landscapes and figures, and she feels that it increasingly reflects the vibrancy, colour and light she has come to love since her permanent move to Spain 7 years ago.

"I have always loved painting figures and landscapes but had many fallow years when I wasn't painting or creating at all. Since moving to Spain I have rediscovered my love of art in every medium and am constantly exploring and developing my style, increasingly influenced by the vitality and images of life around me, the breath-taking landscapes and the explosion of colour all year round"

"I am inspired by the light, life and landscapes I experience every day, the colour and beauty, the passion and emotion. Living life in Spain has awoken that passion and enthusiasm in me to try to capture some of this on paper and canvas and together with the opportunities of drawing from a life model at the Torrox Fine Artists group, I am constantly striving to represent some of the emotions these wonderful images invoke in me"

The exhibition at Bio Beach Club, a restaurant café with a wide and delicious selection of meals, snacks and drinks, all accompanied by relaxing, cool music, on the seafront in El Morche, runs from Wednesday 24th August until Wednesday 21st September. Bio Beach Club, Paseo Marítimo, El Morche, 10.00 - late, every day except closed Tuesdays. For further information contact 654186266.

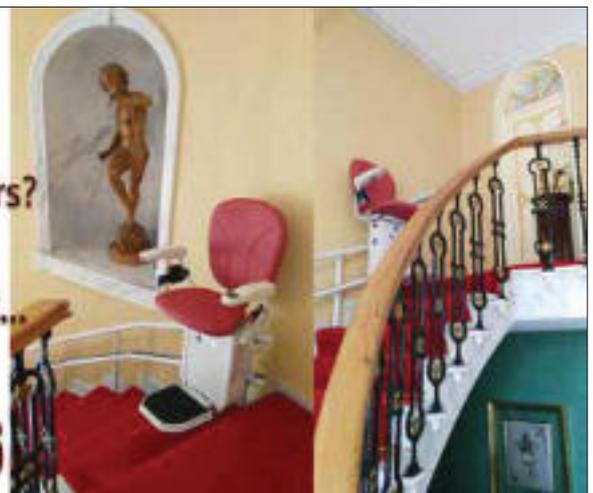


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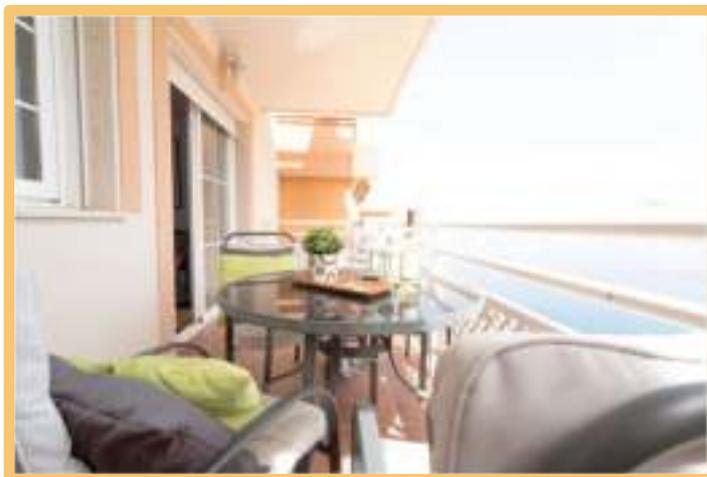
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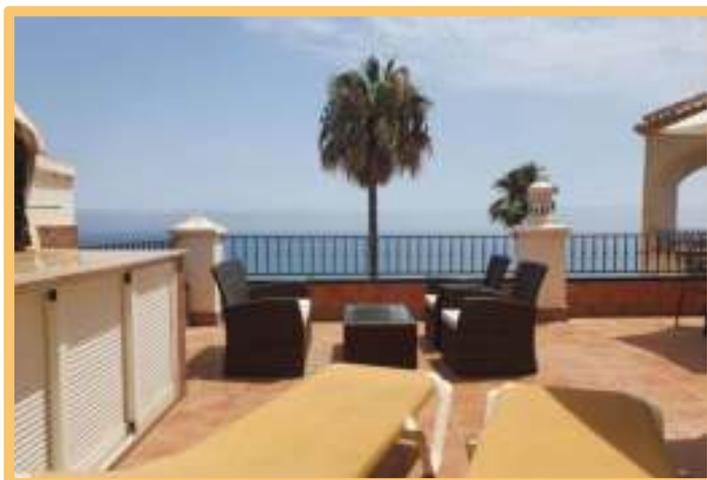
Cómpeta | €159,000
3 bedroom townhouse | Ref: R4119889



Los Pinos, Almuñécar | €195,000
2 bedroom apartment | Ref: R4119718



San Juan de Capistrano, Nerja | €230,000
3 bedroom house | Ref: R4114330



Peñoncillo, Torrox Costa | €240,000
2 bedroom apartment | Ref: R4105636



Peñoncillo, Torrox Costa | €270,000
2 bedroom apartment | Ref: R4039105



Burriana, Nerja | €340,000
2 bedroom apartment | Ref: R4116433

TORROX COSTA

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 EPC: in process
 M²: 152 m²
 REF. 7411



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 M²: 128 m²
 REF: 7433



€179.000

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Tel: +34 952 53 91 25

TORRE DEL MAR

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 Plot: 900 m²
 Private pool
 REF: 7494



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