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October 2022

Number 295

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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

3/4BR Stunning spacious 220m2 family townhouse in a privileged area, 2 min walking to the beach and town centre. Roof terrace with splash pool. Private garage with storage area.

Price: €595,000
Ref: CN48669

PROPERTY OF THE MONTH



LADERA DEL MAR

3 bedroom townhouse with spacious sunny terrace offering stunning sea views. Walking distance to the beach. Communal pool and gardens.

Price: €350,000
Ref: CN48670



FRIGILIANA - TORROX ROAD

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

Price: €265,000
Ref: CN48655



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



CAPISTRANO VILLAGE

6BR renovated beautiful 200m2 villa, 500m2 plot. Private pool and gardens. Excellent location close to all amenities. Sea views. Private 60m2 garage.

Price: €820,000
Ref: CN48227



URB. ALGARROBO

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

Price: €295,000
Ref: CN48567



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Country Property of the month

Archez:

Price: €349.000 CP561



This is one of our most beautiful modernized rustic country properties in Spain, situated in a wonderful peaceful location in the countryside near Archez. The bright and cosy living room is entered through ceiling-to-floor triple glass doors. To the left there is a spacious open plan kitchen which was installed in 2019. The small central hallway leads to the superb master bedroom with a Norwegian wood burner, A.C. and en suite bathroom facilities. Also accessed from the hallway there is a double bedroom that has an attractively tiled bath room en suite. The third hallway door leads to a small but very efficient storage

room with enough space for a washing machine. You can also find a lovely conservatory (double glazed) with triple sliding doors at three sides. The exterior is equally enticing with a heated salt water swimming pool and several other lovely terraces where one can enjoy both sun and shade. This truly wonderful property is ready to move in to. It's ideal as a permanent residence as a holiday home or to provide a rental income.



Cómputa:

Price: 360.000€



- Living space: 198m²
- Bedrooms : 5
- Pool: No
- Garage : No
- Terrace: Yes
- Bathrooms: 4
- Views: Sea views
- Area: Town

Ref.CP494

Corumbela:

Price: 299.000€



- Living space: 142m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP536

Cómputa:

Price: 290.000€



- Living space: 158m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref.CP559

Cómputa:

Price: 325.000€



- Living space: 120m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP565

Torrox:

Price: 202.500€



- Living space: 89m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Town

Ref. TTH504

Torrox:

Price: 122.000€



- Living space: 43m²
- Bedrooms : 1
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Town

Ref. TTH542

In conjunction with Cómputa Properties S.L.

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Cover photo by Sheila Mcaslan

Welcome to Streetwise magazine -

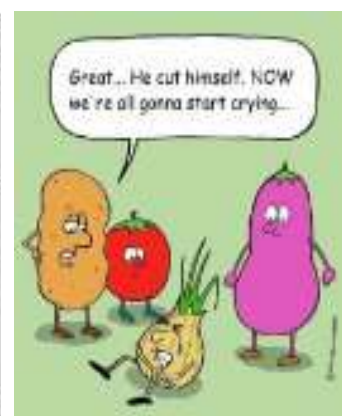


We have a packed Streetwise for you, enjoy! Dawn x

Sadly the U.K. was in mourning during the month of September, when our beloved Queen Elizabeth passed away. During September friends and family made my birthday special as always but this year is was tinged with a little sadness due to Queen Elizabeth passing away on the same day! The British people once again came together to pay their respect to a well loved monarch. R.I.P Queen Elizabeth.



"What another thing! He said and tried to get it out of his hand!"



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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

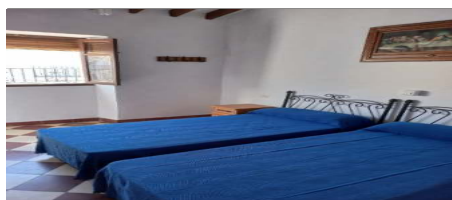
Ref: NVBLOQ-JES



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



Ample Town house in Maro's main street, Very close to the square. It is in acceptable condition, It has many possibilities due to its size. Currently it has 5 bedrooms, livingroom, diningroom, kitchen, bathroom, 3 patios and ample terrace, mountain views. Possibility to build a roof terrace, to get sea views.

Price: €330.000

Ref: NV.Real19

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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



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: €229.900

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: €218.500

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.

Reduced to: €238.000

Ref: NV.RABI



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

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Woman emerged unscathed after six hours lost at sea

The 29-year-old went for a swim on Sunday night in Barcelona and was found in the middle of the night by a cargo ship in near-perfect physical condition. Just before dawn a woman in Barcelona was rescued after spending more than six hours out at sea. She was taken to hospital but released just hours later: she had no signs of hypothermia, no breathing difficulties and no apparent psychological trauma. Beachgoers alerted authorities to her disappearance, explaining she had gone for a swim more than an hour earlier and had not come back. Her dog was waiting for her on the beach, where she had also left her belongings. Spanish authorities looked for the woman until 2am, when the search was called off until the next day. The woman when rescued, said she had gone for a swim and had been swept out by the current.

Spanish man sentenced to 10 years for Whatsapp Harassment that led to teen's suicide

Using a little-known doctrine, Vicente Paradis was found guilty of homicide even though he never met his victim in person. He has also been ordered to pay €173,000. A court in Castellón, in eastern Spain, has sentenced a man to 10 years in prison for causing the death of a 17-year-old whom he harassed on social media until the latter took his own life in 2016. Vicente Paradis, 62, has also been ordered to pay €173,000 in damages to the parents and brother of the victim.

Los Angeles reports what may be the first monkeypox death in the US

The Los Angeles Department of Public Health said on Monday it had confirmed the area's first death due to monkeypox. The department said it had made the determination that a death in Los Angeles County was due to monkeypox together with the US Centers for Disease Control and Prevention.

Gunman with a swastika on his T-shirt killed 15 people at a school in Russia

The attacker, a man in his early thirties who was named by authorities as Artem Kazantsev, killed two security guards then opened fire on students and teachers at

Continued on page 10

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Prices starting from: €183.000

Ref: 6547



TORROX COSTA

Frontline beach apartment in excellent conditions. 72 m², 2 bedrooms, 2 bathrooms, fully fitted kitchen, lounge with South facing terrace and stunning sea views. Air conditioned, furnished and including underground parking space.

Price: €249.000

Ref: 6526 AP2



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 VI6



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: €169.500

Ref: 6362 AP2



TORROX

Spacious country villa with pool and self-contained guest apartment. Main house with 3 beds, one bath, kitchen, lounge and large terraces. Internal stairs lead to a completely self contained guest apartment with one bedroom. Great views!

Price: €440.000

Ref: 6532 V13



TORROX COSTA

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

Price: €315.000

Ref: 6545 AP2



PUNTA DEL FARO

Extraordinary penthouse in one of the most prestigious sea side urbanisation East of Malaga. 2 beds, 2 baths, round shaped lounge, modern kitchen and a very large L-shaped terrace with stunning sea and coastal views. 2 pools, parking & storage room.

Price: €548.000

Ref: 6505 AP2



ARENAS

Wonderful plot of land with a foundation of a house of approx. 140 m². Beautiful views of the surrounding mountains, the village of Arenas and the sea. Good access, mostly concreted. Only 10-12 minutes away from Velez Malaga.

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Ref: 6472 PL



CÓMPETA

Beautiful renovated cottage between Torrox and Competa. Easy asphalted road access. 120 m², 3 beds, 2 baths, lovely rustic interior and various wonderful terraces. Private parking and pool. Wooden beams, doors, windows and shutters. Full of charm.

Price: €295.000

Ref: 5439 VI3

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School Number 88 in Izhevsk, where he had once been a pupil. He then killed himself. Russia's investigative committee, which handles major crimes, said it was looking into the perpetrator's suspected neo-Nazi links.

Spanish police raid outdoor cocaine lab capable of making 120kg near Madrid

Spanish police have arrested 12 people after raiding a cocaine laboratory near Madrid that operated like the clandestine outdoor labs found in the jungles of South America and which had the capacity to produce 120kg of the drug each week. The lab, the first of its kind discovered in Spain, was stormed by officers from the Policía Nacional's special operation group, who found five "cooks" at work when they burst in.

Earthquake felt along the Costa del Sol

Andalucía's emergency service control centre said the 4.1 magnitude earthquake was felt most intensely in Malaga city, Mijas and Fuengirola.

The Frigiliana Wellness VIP Web Launch & 1st Birthday Bash

organised by Rachel Jade Brogan was well attended and the following businesses made the event a great success; Hudson's Cocktails, Mrs M's Afternoon Tea, El Colmao Wine Tasting, Solsets Events DJ and Live Entertainment by Alkka Quinn & Jason Lawless.

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NERJA (Ref: DG1885)
EXCLUSIVE

Centrally located apartment in the much sought-after Las Palmeras. 2 bedrooms, 2 bathrooms with southwest facing terrace with pool, garden & sea views. Easy access to all amenities.

Price: 475.000€ EPC pending



PARADOR AREA (Ref: DG1853)

One bedroom apartment on the popular Verano Azul urbanisation. Communal pool & gardens. Walking distance to bars, restaurants, the beach & central Nerja. Good rental potential.

Price: 165.000€ 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



BURRIANA (Ref: DG1863)
EXCLUSIVE

Impressive & spacious semi-penthouse apartment, with the 'wow' factor, sea views, close to Burriana beach, on an exclusive gated urbanisation. 2 bedroom, 2 bathrooms, bright, generous south and southwest terraces to enjoy. A good rental property with maximum rental potential.

Price: 499.000€ EPC pending

PRESTIGE PROPERTY
BURRIANA

(Ref: DG1871)

A rare opportunity to acquire a residence on the exclusive Calle Primavera, situated above Playa Burriana. Consisting of a large open-plan lounge diner, kitchen, two double bedrooms, two bathrooms and utility on the lower floor, and a master suite on the upper floor. Further accommodation in the separate guest apartment. Various terraces around the pool and landscaped gardens. Stunning sea & beach views throughout.



Price: 1.490.000€

EPC pending

PRESTIGE PROPERTY
EL PEÑONCILLO

(Ref: DG1877)

Bespoke designed contemporary villa close to the beach at El Peñoncillo. Constructed to a high very high standard with luxury finish with LED lighting, integrated music system, under floor heating & air conditioning. Infinity pool, spa with massage tub & sauna and cinema room. Sea & mountain views.



Price: 895.000€

EPC rating A

PRESTIGE PROPERTY
EAST NERJA

(Ref: DG1860)

EXCLUSIVE
Detached villa, all on one level with 3 bedrooms, 2 bathrooms and delightful sea & mountain views from the roof terrace. Storeroom, carport and various patios with a hot tub to relax in. Great location close to Capistrano Village, Nerja.



Price: 475.000€

EPC pending

PRESTIGE PROPERTY
CASA BLANCA

(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 throughout. Walking distance to Nerja's Playazo Beach.



Price: 675.000€

EPC pending



CAPISTRANO (Ref: DG1647)
EXCLUSIVE

One bedroom apartment. Totally renovated to a high standard. Lift access and within easy walking distance of the bars, restaurants, shops and the delightful communal pools and gardens. Good rental history and existing client base.

Price: 169.000€ EPC rating F



LA NORIA (Ref: DG1840)

Modern, bright, end of terrace townhouse in the sought-after Residencial Jardines de la Noria. 3 bedrooms, 2 bathrooms, two terraces and small fruit tree garden. 2 parking spaces and storeroom. Communal pool, gardens and patios.

Price: 299.000€ EPC pending



SAN JUAN DE CAPISTRANO
(Ref: DG1851) **EXCLUSIVE**

2 bedroom apartment on the sought-after San Juan de Capistrano. Generous outside space with a patio garden and a superb roof terrace with sea & mountain views. Sunny with south-facing orientation. Sold furnished and ready to go!

Price: 245.000€ EPC pending



LA NORIA
(Ref: DG1845)
EXCLUSIVE

Traditional style two bedroom townhouse on the popular La Noria urbanisation. Lovely sea views from main bedroom and second bedroom has a patio. Communal pool & tennis court.

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Getting your nails done at a secret brothel: The rise of Asian 'falangmei' in Madrid

Authorities in the Spanish capital are having a hard time cracking down on the dozens of beauty parlours that offer sex services on the side. There is no shortage of clients innocently getting their nails done. The premises are open from 10am to 10pm, Monday through Sunday, and there is a large influx of female clients, both local residents and tourists. For the locals who live in the area, clandestine prostitution in these salons is an open secret, and many seem to take it in stride. For decades, they have lived alongside strip clubs and nightclubs operating as brothels. But for some clients of these newer establishments that operate as beauty parlours and hair salons in the Leganitos area but also in other parts of Madrid, it comes as an unpleasant surprise.

Spanish teenager wins US Open and becomes world number one

Spanish tennis player Carlos Alcaraz made history on Sunday with his win over Casper Ruud at the US Open final. The 19-year-old claimed his first Grand Slam title, defeating the Norwegian player 6-4, 2-6, 7-6(1), 6-3 and taking the world number one ranking. Alcaraz is now the youngest player to hold the top ranking in history, unseating Australia's Lleyton Hewitt, who became world number one in 2001, when he was 20 years old. He is also the youngest Grand Slam champion since his fellow Spaniard Rafael Nadal won the French Open in 2005.

Madeleine McCann's parents lose legal battle over detective's book

The European Court of Human Rights upholds a freedom-of-expression decision by Portugal's Supreme Court pertaining to a police inspector's hypothesis about the little girl's disappearance. Gerry and Kate McCann, the parents of little Madeleine, who disappeared in 2007 from an apartment on Portugal's Algarve coast, have lost their latest court challenge. The European Court of Human Rights (ECHR) has ruled in favour of Portugal's Supreme Court, which in 2017 acquitted Gonçalo Amaral of having libelled them in his book, *Maddie: The Truth of the Lie*. The Amaral was the police inspector who led the initial investigation. The McCanns had appealed to the ECHR over a Portuguese court's decision in their libel challenge over Gonçalo Amaral's claims. The Portuguese high court decided that freedom of expression should prevail over the McCann's claims of libel.

Brazilian lottery winner murdered after being kidnapped for prize money

The 2020 winner of the Brazilian national lottery died on September 14 after being kidnapped for his prize money. Jonas Lucas Alves Dias, 55, won 47 million reais (\$9 million) in the "Mega-Sena," the largest lottery in Brazil. Since 2007, at least four winners of the Mega-Sena prize have been murdered. Alves Dias was found seriously injured on a highway in Hortolândia, a city of 236,000 inhabitants in the state of São Paulo. He was taken to hospital, but died later from his injuries. Two suspects have been arrested, and another two remain at large. The 55-year-old left his home to go for a walk and never returned. Police said kidnappers held him for 20 hours before he was found on the highway.

Continued on page 14



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A few photos from the well attended Oktoberfest, which I was lucky enough to enjoy with visiting family and friends. Can you spot me!!!



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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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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. Verano Azul, Nerja

This bright top floor apartment has a large sunny terrace facing west with sun most of the day. It comprises one double bedroom with a fitted wardrobe, one bathroom, open plan fully fitted kitchen with a breakfast table, and open plan living area with fireplace and patio doors giving access to the spacious sunny terrace. There is air conditioning & heating in all rooms.

Price: 165,000 euros Ref. JG983

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Urb. San Juan Capistrano, Nerja

As you open the gate entrance you are welcome to the property with two front sunny terraces, both measuring more than 40m2 and offering very nice views to the Mediterranean Sea. There is a bright open plan living & dining space with an adjoining fully fitted kitchen. There is one double bedroom with wardrobe space and a family bathroom with a walk-in shower. Under the property there is a large guest bedroom with an en suite full bathroom and a separate storage room.

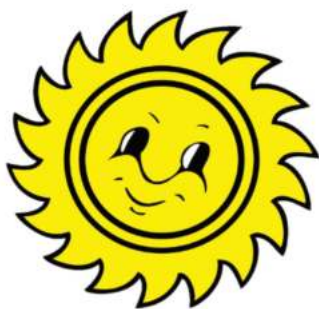
Price: 240,000 euros Ref. JG984TPM

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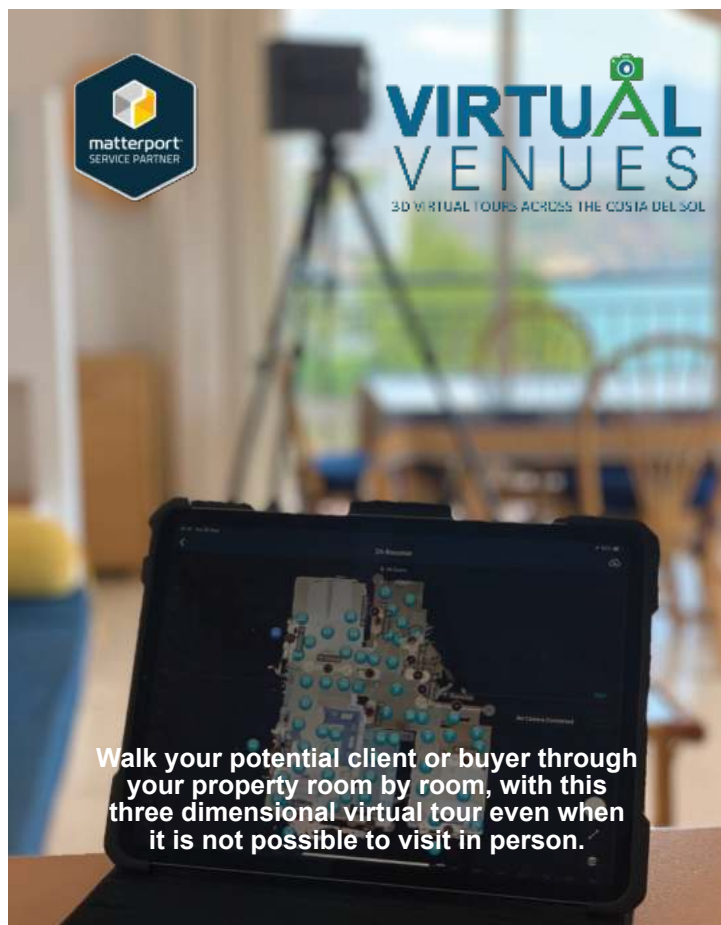
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Taxes to pay when buying or selling a property in Spain

If you are considering purchasing or selling a property in Spain then you should be aware that a number of taxes have to be paid.

Vendors or buyers should be aware of these tax implications so that they can be budgeted for in advance and taken into account in the agreed price.

TAX CORRESPONDING TO BUYER:

1 - "IMPUESTOS DE TRANSMISIONES PATRIMONIALES" (ITP) -

This tax is payable whenever a second hand property changes hands by sale. It is charged by the autonomous region, (CCAA), in which the property is situated and is currently calculated at a rate of 7% of sale prices up to 400,000€. If the selling price is higher other increased percentages are applied to the difference. It should be paid within 30 days of the signing of the purchase deed by the buyer.

2 - VAT & AJD - In the case of the purchase of a new property when the buyer is the first occupier the tax charged would then be VAT, which is calculated at a rate of 10% of the sale price of the property and in addition 1.5% AJD would also be applied.

TAX CORRESPONDING TO VENDOR:

1 - "PLUSVALIA" - This is a municipal tax payable every time a property changes hands whether by sale or inheritance. This is a charge for the increase in the value of the land during the years of ownership and is calculated by the Town Hall based on the Cadastral value and should be paid by the vendor.

2 - MODELO 211 "RETENCIÓN EN LA ADQUISICIÓN

DE BIENES INMUEBLES A NO RESIDENTES" - This is a retention made when a vendor is not a resident in Spain. 3% of the selling price will be retained at the time of completion and duly paid to the Spanish Tax Office to cover any Capital Gains Tax which may be due. If no profit has been made and the vendor is up to date with his tax obligations he/she can apply for a refund.

As you can see the payment and payment deadlines, together with any other problems or complications that may arise during the purchase or sale of a property, require a specific knowledge and so it is recommendable to leave these matters in the hands of an experienced lawyer.

José Manuel Garzón, Senior Partner Axarquía Solicitors

Axarquía Solicitors is part of Marbella Solicitors Group, a group of lawyers that have more than 20 years experience assisting foreign buyers and vendors in Andalucia, so do not hesitate to contact us to arrange your free, no obligation appointment to discuss the above or any other legal matter. Please Email:

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Wildlife gardening in a mediterranean climate.

The story of storeys

When planning your garden, try to incorporate as many storeys as you can: the upper storey (or canopy), mid-storey and understorey all have important roles for birds and other wildlife. The upper canopy, the taller trees, is where many birds feed, and it is also used as a vantage point to check for predators. The mid-storey is usually made up of climbing plants, which offer a safe bridge from the upper canopy to the understorey, and larger shrubs. Depending on the plants chosen for the mid-level, this can also provide food for insectivorous and nectar-feeding birds. The understorey is very important for the ground-feeding birds. If you have a tree surrounded by lawn, then birds (such as blackbirds and robins) will be feeding in the open with

a greater distance to cover to get back to safety. A good understorey will incorporate native plants that provide both cover and food for birds that feed on or near the ground. Plant diversity, in terms of both species and height, will encourage a range of birds in your garden. Where there are only one or two dominant plant species you may similarly notice that one or two types of birds dominate your garden. For example in Australia the popularity of exotic flowering plants and native hybrids with larger flowers has been very beneficial to the Noisy Miner (*Manorina melanocephala*) but detrimental to the smaller honeyeaters which have been pushed out of many urban gardens. A range of flower sizes and types should mean that there are different plants available to different birds.

It's not just dead wood. If you look carefully at any large dead tree, or large

trees with dead branches, then you will see nature's apartment blocks. If there is no danger in leaving dead trees or branches in place, then consider waiting for nature to take its course. Dead wood is a source of insects for birds and other animals, as well as providing important nesting places for woodpeckers, owls and other birds such as the Eurasian wryneck (*Jynx torquata*), which nested one year in a hole in one of our large oak trees. Even once they have fallen, dead branches continue to provide cover, basking sites or foraging sites for lizards, birds and small mammals. Don't remove fallen logs if you don't need to, or if they fall in an inconvenient place simply move them to another spot in the garden. Lawn alternatives
There are very good reasons to use lawn alternatives for local wildlife. Lawns provide little in the way of food for birds and

pollinators. Wildlife-friendly alternatives on the other hand, like native grasses or groundcover plants such as *Thymus roegneri*, will support a wide range of bees, butterflies and other pollinators. Traditional lawns also require more chemicals than lawn alternatives. Many fertilisers, herbicides and pesticides used on lawns have been linked to bird mortality.

Mud puddles

When bird-watching along remote rivers we have often seen large groups of butterflies gathered at the water's edge, and wondered why. This activity is called "puddling" and principally occurs around mud or where soil is saturated. The butterflies are gathering sodium and other minerals from the wet soil using their probosces. This sodium is essential for successful breeding as butterflies use a lot of sodium in producing and laying their eggs. So why

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not try and attract them to your garden with some strategically placed mud puddles?

Standing water should be avoided because of mosquitoes, so try to plan puddles that can be re-moistened as necessary but which have sufficient drainage. Putting mud in a shallow tray or bowl, or in raised wooden boxes, should do the trick, and could create an interesting feature in your garden.

Certainly if you succeed in getting it covered with butterflies it will become quite a talking point...

Your mud can be either dirt- or sand-based, but try to use soil with a high mineral content and little organic material. You can even make a sodium solution with sea salt and water to add to the mud for a richer offering. Other wildlife will also appreciate access to a good mud source. Some birds, like house martins (*Delichon urbicum*) and barn swallows (*Hirundo rustica*), use mud when building their nests. Many types of bees also build hives or fill breeding tubes with mud. As with feeders

and water, make sure your mud puddles are protected from predators and ensure that the soil and water are free from chemicals such as garden herbicides and pesticides.

Bare earth

Each year you'll see a female mammoth wasp (*Megascolia maculata flavifrons*), the largest in Europe measuring up to 6 cm. They are solitary wasps, are not dangerous and do not build hives. Instead they burrow into the earth and nest underground. For these wasps and many solitary bees it helps if you leave patches of bare earth (perhaps in the midst of shrubbery), particularly if you have south-facing slopes with well-drained and sandy soils. The warmth on south-facing slopes helps on cold spring mornings and soil that isn't too compacted makes for easier tunnelling. Solitary bees and wasps are fantastic pollinators in your garden: research in Europe found that some species had to visit over 2,000 flowers in order to gather enough pollen to feed one larva.



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Online video

Cómpeta New this month!
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Price: 340.000 euros

ref: v 1469

EPC: E



Benamocarra New this month!
 Large modern 3 bed, 2 bath + wc townhouse (233m²). With spacious rooms, front terrace, roof terraces, courtyard and within walking distance of all local amenities. A must see!

Price: 175,000 euros

ref: t 1472

EPC: E



Online video

Cómpeta/Torrox New this month!
 Delightful 2 bed, 1 bath (116m²) finca style property, lounge/dining with separate modern kitchen, great terrace areas, shared swimming pool, easy access & parking.

Price: 199,000 euros

ref: v1470

EPC: in progress



Online video

Almachar New this month!
 Recently renovated village house (38m²) with 2 beds 1 bath, spacious open plan living/dining/kitchen. Store room and space for table and chairs outside.

Price: 78,950 euros

ref: t1440

EPC: G



Online video

Cómpeta New this month!
 Modern, spacious & bright 4 bed, 2 bath (150m²) townhouse, open plan living/dining with separate kitchen, south facing roof terrace, coast, village and countryside views, within walking distance of the main square, on road parking outside.

Price: 365,000 euros

ref: t1473

EPC: in progress



Online video

Torrox Fantastic views!
 Detached 2 bed, 2 bath south facing villa (220m²), with many reception rooms, terraces with stunning sea/mountain/countryside views. Mature gardens with fruit trees, roses & Mediterranean plants. Option to make into a 4 bed house.

Price: 305,000 euros

ref: v1460

EPC: in progress

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.

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Leo

Toby is a good natured dog who was rescued from a neglectful situation where he was left on his own in the campo and was brought to kennels about 5 months ago because he kept escaping from a foster home when the owners went out. Toby is a lovely boy who loves to be around people and gets along well with other dogs. He is a Golden Retriever type dog who is about 2 years old and his reddish coat hints at a Setter in his gene pool. Toby is a medium size and weighs about 25 kilos and he is in good health apart from needing 2 pills a day for low level Leishmania. He is quite clean in his kennel so he will easily be house trained but will need a fenced garden to keep him from wandering.

Buzz and Leo have been roommates in kennels for the past 4 months and have shown they can live in close quarters with other dogs but neither one is good with cats. Actually, both boys have been in kennels before, Leo as a young pup before he was adopted and Buzz spent about a month in a foster home earlier this year. Leo was adopted by a Dutch couple during lockdown and spent most of his time with at least one owner at home. Leo was house trained in his cage and enjoyed long walks off leash and at the dog beach in Torrox. Unfortunately, once international travel restrictions were lifted the circumstances of his owners changed and they needed to spend much of their time

The Costa Animal Society...



Buzz



Toby

travelling back and forth between the Netherlands and Spain, so this meant Leo would have had to spend many weeks in boarding kennels, and his owners felt this would not be fair to a young dog. Buzz is a smooth Border Collie cross who was found wandering the streets of Nerja and spent a few months in kennels before being placed in a foster home with a nice retired couple. Whilst living there Buzz demonstrated he was already house trained but he would not leave their cats alone. The foster couple gave him several chances over the next month but each time the cats ran Buzz gave chase. Both dogs are about 2 years old and are healthy and castrated.

If you would like to meet Toby, Leo or Buzz 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 their Facebook page.

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Axarquia Animal Rescue



Periana Strays

Periana strays

Pickle - Ref:- AAR 2569 &

Ami - Ref:- AAR 2570

Pickle & Ami had been together on an urbanisation for at least a month being fed by kind neighbours, until Pickle's trust was gained enough to pick her up, along with Ami and get them to safety. Currently in kennels, we don't know their previous life, whether they were abandoned together, or they teamed up. Pickle is the nervous one, and the oldest at approximately 4 years, but she loves a fuss once she knows you. Ami, is a friendly bouncy girl at approximately 2 years old. Both have been vet checked, and started their vaccinations. If you would like more information on either of them, or both, please email;

axarquia-rescue@hotmail.com



Lola

Lola - Ref:- AAR 2565

Lovely little Lola rescued from the streets in a sorry state. Full of ticks and fleas and very hungry. She is now a picture of health thanks to the love and care of her fosterers. Happy, intelligent girl who is well socialised with other dogs and cats. She is believed to be 16 weeks old. Lola is ready to be adopted and waiting for her forever home. If you think this could be your home, please email axarquia-rescue@hotmail.com, quoting AAR 2565.

Axarquia Animal Rescue 11th birthday year foster campaign!



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.



Arenas Puppies

The Arenas 6, are 6 beautiful puppies found tied in a plastic bag in the bins near the village of Arenas. 5 boys and 1 girl, estimated at 4 weeks old when found on 6th September. Safe in a foster home, and they will be ready for homes of their own when 8/9 weeks old. If you would like more information, please email axarquia-rescue@hotmail.com or have a look at our website www.axarquiaanimalrescue.com

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

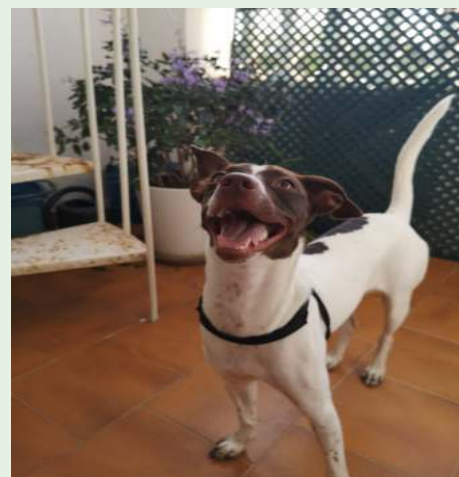
kennels, and estimated to be approximately 1 year old. Nico is a very friendly boy, and appears to be in good condition. Nico will soon start his vaccinations, as no owner has come forward. Once his vaccinations are started, and blood tests complete, he will be available for adoption. If you would like more information on Nico, please email axarquia-rescue@hotmail.com



Nico

Campanilla - Ref:- AAR 2577

Campanilla was found early June, crying outside someone's gates. The lovely people took her into their home and cared for her, whilst searching for an owner despite asking around the area, local vets and facebook posts, no owner has come forward. Campanilla has now gained sufficient weight, and is proving to be a lovely, perfect pet, she is a quick learner, and lives with another dog and cat. Estimated at 7 months old, and Bodeguero type. She has started her vaccinations and is now ready for a home of her own. For more information please email axarquia-rescue@hotmail.com



Campanilla



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ARE YOU READY TO ADOPT A RESCUE DOG?

Living in Spain you can't escape the fact there are a lot of abandoned animals. The problem here is huge and doesn't seem to ever stop. There are dozens of local associations that try to help along with the municipal pounds or "killing stations" as they're sometimes known. This is because they are usually overrun and under-funded and simply cannot cope with the sheer numbers of animals that they sadly have to put many of them to sleep before they have a chance to find a new home. Spain is also lagging way behind other European countries when it comes to compulsory identification of pets, and 3 out of 4 animals that are rescued off the streets have no microchip. This also applies to hunting dogs that are regularly abandoned all over Spain and the authorities have no way of tracing the owners in order to prosecute them.

It's a sad state of affairs and many people when they come to Spain, myself included, become involved in rescue or adopt one of the many shelter dogs (or both!). But very often adopting one of these dogs isn't as simple a process as people think. There are a lot of different challenges that can potentially arise that are unexpected. Sometimes these animals have suffered severe abuse and trauma and suddenly being dumped on the street, living in an overcrowded shelter and then going into a home with a random stranger can be so completely overwhelming that the dog can show all sorts of behaviours that their new owner doesn't understand or know how to cope with. Dogs adopted from a dog shelter or animal rescue can make wonderful pets. No matter the reason they ended up in the shelter, with a little time, patience, and training, rescue dogs can become happy, well-adjusted family members.

Training your rescue dog will be a top priority. But, are rescue dogs harder to train? That depends. Your newly adopted dog may have some level of obedience training already, or it may not have any. It's also possible that something in its past will trigger behavioural issues. That's why it's important that you take the time to train and socialise your newly adopted dog carefully.

Expect a Period of Adjustment

When you adopt a dog or puppy from a shelter, it comes with a history. Keep in mind that the stress of being abandoned along with whatever else the dog has experienced in its past can make it a less than confident dog in its new surroundings. That's why it's essential to know a few tips on how to welcome a rescue dog at home and to make your new dog feel safe and comfortable.

• **Patience is key:** Plan on giving your dog some time to adjust to its new home and family. Dogs can take anywhere from a few hours to several months to get used to living in a new place. If you are patient and calm, your dog will begin to feel safe.

• **Predictability matters:** Try to keep things consistent and predictable in the new environment during the adjustment period, whether that's hours, days or months. Changing routines can stress your new dog. For example, keep its food in one spot and stick to it rather than trying to find the "perfect" spot for the food and water dish. The same thing goes for bedding.

• **Comfort counts:** Make your new dog as physically comfortable as possible. That will help make your dog feel safe at home. Offer plenty of food and toys, and if you are planning on using a crate, make sure it's furnished with a thick foam dog bed and cozy blankets.

• **Dog-proof for safety:** Keeping your dog safe and out of trouble as soon as it walks through the door will go a long way to creating a confident pet. Add child-proof cabinet locks on doors with cleaning equipment, raise houseplants off the floor so the dog isn't tempted to dig in the dirt or eat them, and keep doors shut to rooms you don't want your dog to have access to.

Get on a Schedule

Dogs like having a routine. A dog who has spent the last few weeks or more in a shelter may have been stressed out in part because its life had become so unpredictable. By establishing a routine for feeding, walking, playtime, and bedtime, you can begin providing some stability for your dog. In most cases, this will significantly help the dog get adjusted to its new home.

Assume It Has no Training

Treat your shelter dog the same way you would a new puppy coming into your house. Assume that it has never had any training. Even if the dog had obedience training in the past, it may need a refresher after all that it has been through. Your best bet is to expect that your dog knows nothing. This way you'll be pleasantly surprised if the

dog already knows some basic commands or is already housetrained.

Be sure to train your new dog using positive reinforcement and don't force your dog to do anything it doesn't want to. Keep training sessions upbeat and low-stress.

Enroll in Obedience Class

Even though it may take a little while for your shelter dog to get used to its new home, that doesn't mean you should put off attending some training classes. Enrolling in a class can help you get the professional advice and help you need, and you can ask about anything you're not sure about, or don't understand.

Problems and Proofing Behaviour

You may encounter a few behavioural snags with a rescue dog. Here are the most common issues you and your dog may experience while settling in:

• **Bonding:** Though training should begin immediately, you also need to take it at a pace that your dog is comfortable with. Some dogs may not be ready for a formal obedience class right away and you may find it better to work on bonding with your dog at home for the first few weeks. You can still employ basic training techniques without the help of a professional trainer.

• **Socialisation:** It's critical to socialise your dog but it may be another challenge with rescue dogs. Just like training, it's important that you get your dog used to environments, people, and other animals it may encounter in its new life with you. This should also be taken slowly and within your dog's comfort level.

• **Crating:** A crate may be difficult for your dog, particularly if its previous owner used it as a place of punishment or if it spent too much time in one. Turn your crate training into a positive experience and don't force your dog into the crate if it's reluctant.

• **Supervision:** While the dog is adjusting to its new home, be sure to supervise it at all times, especially when outside. Even if you have a fenced-in garden or yard the dog may become curious about or startled by noises, sights, and smells outside the boundary. If it does get loose, your dog will have a hard time finding its way back to the new home because it is unfamiliar with the territory. Make sure you have a well-fitting collar and harness and that your dog has a tag with your details and microchip details are up to date.

Common Mistakes

Some of the most common mistakes new owners make with rescue dogs are related to assuming too much (or too little) about the dog's past. Not every dog in a shelter had a traumatic past and, on the flip side, not all of them were properly trained or socialized. In every aspect of your dog's care, take the approach that it is a blank slate waiting for your direction, training, and love.

Asking about your dog's past can help although bear in mind that the shelter workers may only have limited details about its past and it's likely their only interaction with the dog was in the shelter environment, which is completely different than a home. Start from scratch and you'll build a better relationship with your dog.

Get Professional Help

Don't be afraid to ask for help. For example, I have had many rescue dogs over the years – both my own and ones that I have fostered as well as being a qualified trainer and behaviourist. I've worked with hundreds of rescue associations both in the UK and here in Spain and have specialist training programs that can help you not just in the beginning, but throughout the life of your dog.

I've also got together with a professional colleague and we're holding a one-day workshop on the 5th November in Nerja all about living with a rescue dog and all the challenges that it brings. The workshop is aimed at those who work or volunteer with rescue organisations, but is perfect for anyone who has fostered or adopted, or is considering adopting a rescue dog. Even if you're just curious about adopting and what it entails then we'd love to see you there! To find out more about this or any of my other classes or private training, you can get in touch via social media or email me at

karen@dogschoolnerja.com

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

www.dogschoolnerja.com



RESCUE DOG Workshop

Saturday 5 November, 10am-3pm

a full day packed full of info about living with a rescue dog. Topics include:

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- body language & canine communication
- food & nutrition
- how to deal with stress & anxiety
- mental stimulation & enrichment

And loads more!

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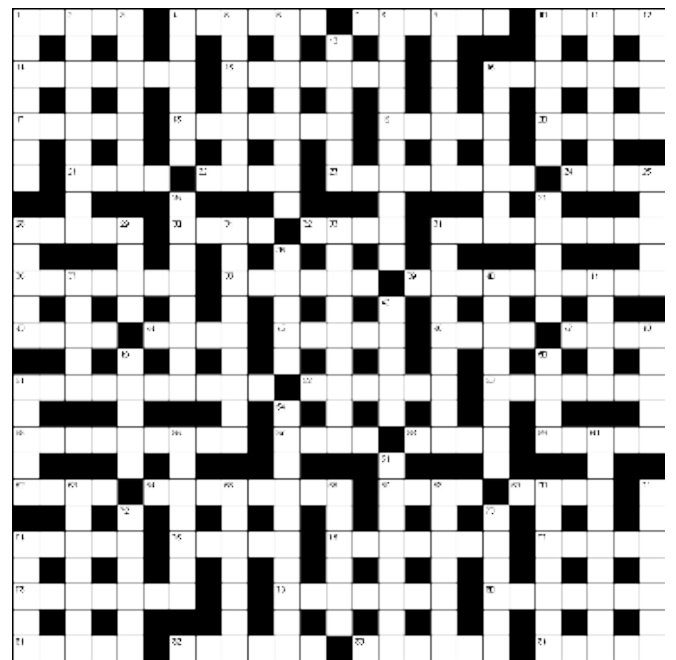
1. Cruising or racing vessel (5)
4. Disquiet (6)
7. Area (6)
10. Zealous (5)
14. Unwitting (7)
15. Enclosed territory (7)
16. Vegetable (7)
17. Outstanding (5)
18. Spoken (7)
19. Tripod (5)
20. Distinctive spirit (5)
21. Sense organs (4)
22. Redact (4)
23. Secured a horse (8)
24. Land measure (4)
28. Irritate (5)
30. Frolic (4)
32. Carnival (4)
34. Ascertain (9)
36. Display of bad temper (7)
38. Taste (6)
39. Ostensibly (10)
43. Precipitation (4)
44. Fossil fuel (4)
45. Water barrier (5)
46. Fiend (4)
47. Wealthy (4)
51. Predilection (10)
52. Fruit (6)
53. Injured (7)
55. Perilous (9)
57. Requirement (4)
58. Sort (4)
59. Facets (5)
62. Direction (4)
64. Extremely poisonous (8)
67. Comply (4)

Down

69. Requests (4)
74. Assumed name (5)
75. Part of a church (5)
76. Mode (7)
77. Rank (5)
78. Pear-shaped tropical fruit (7)
79. Rubbish (7)
80. Assisted in a crime (7)
81. Allays (5)
82. Dwell (6)
83. Sculpture (6)
84. Topic (5)

Down

1. Not as old (7)
2. Lizard (9)
3. Farm vehicle (7)
4. Of value (6)
5. Threw out (7)
6. Safety (8)
8. Primary (10)
9. Deadlock (7)
10. Flag (6)
11. Pictorial (7)
12. Woody grasses (5)
13. Armed robber (6)
16. Accumulate (7)
25. Foe (5)
26. Musical instrument (8)
27. Barbarous (5)
28. Performer (5)
29. Enclosure (4)
31. Loses (9)
33. Facilitate (9)
34. Finesse (9)
35. Copious (5)
37. Callow (5)



40. Shortened (8)
41. Unspecific entity (5)
42. Savage (5)
48. Conceals (5)
49. Not at any time (5)
50. Mischievous fairies (4)
51. Military chaplain (5)
54. Supported (10)
56. Aromatic herb (7)
60. Disassemble (9)
61. Perpetual (8)

63. Mariners (7)
65. Acquires (7)
66. African expedition (6)
68. Distinguished (7)
70. Section (7)
71. Not paid on time (7)
72. Compositions (6)
73. Breathe in (6)
74. Saying (5)



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Rafting Rivers

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T	N	W	O	C	H	E	A	T	R	D	N	E	O
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ALSEK	KLAMATH	RUSSIAN
ANIMAS	LEHIGH	SANTIAM
CARSON	LOCHSA	SELWAY
CHEAT	MERCED	SILETZ
CHEOAH	NENANA	SKAGIT
COQUILLE	NEW RIVER	SNAKE
DEAD	NIZINA	TOCCOA
FEATHER	OWYHEE	TRUCKEE
GAULEY	POTOMAC	TUOLUMNE
KINGS	ROGUE	WIND



How UK investments are taxed in Spain

While adapting to a life in Spain comes easily to many expatriates, it's not as easy letting go of the things that we're used to. Having financial assets structured in a way that is familiar and that you understand can be comforting.

But is holding investments in the UK the wisest choice if you live in Spain? Does this strategy help to legitimately avoid paying too much in tax, or are you sacrificing potential opportunities to stay with what feels safe?

Holding premium bonds

Although premium bonds do not typically provide earnings of capital growth, they are still considered 'the UK's biggest savings account' with over 21 million Britons saving more than £117 billion in them. The main attraction of investing in premium bonds is that any winnings have always been tax-free in the UK. However, this is not the case once you become a resident of Spain. Gains from bonds will be added to your general income for the year and taxed at the progressive rates of income tax. These tax rates vary a little depending on which region you live in, and reach as high as 47% in Andalucía, 45% in Madrid, 47.4% in Murcia, 49.5% in the Balearic Islands, and 50% in Cataluña, 50.5% for the Canary Islands, and 54% in Comunidad Valenciana.

**By Kelman Chambers,
Partner,
Blevins Franks**

ISAs

ISAs may be tax free in the UK, but the interest and gains earned from UK ISAs are fully taxable in Spain if you are a resident here, at the corresponding progressive savings income tax rates of 19%, 21%, 23%, and 26%, depending on how much savings income you earn.

These rates are fixed, meaning they do not vary between the autonomous communities.

What about bank interest and other UK investments?

Like ISAs, bank interest is taxable for Spanish residents at the savings rates, irrespective of the UK resident's tax-free threshold.

Low interest rates have caused UK savings accounts to stagnate, while the rise of inflation decreases their value. In fact, with the current economic climate, exploring alternative structures for your money could present you with better options.

Ideally, you should review all your UK investments to consider how they will be taxed in Spain. Besides

Finding reassurance in an uncertain world.

Seminar

Recent years have presented a number of challenges and navigating today's tax and financial landscape can prove rather stressful. Our seminar will clarify what's been going on, to put the various changes into perspective for you and present solutions for protecting your long-term wealth.

Tax planning | Dispelling the myth that Spain is a high tax country and ensuring your affairs are structured to minimise your tax liabilities.

Investing today | Guest speakers from Russell Investments will share their views on the global economy, markets and asset classes in today's volatile world and going forward.

Brexit consequences | The risks of using UK-based advisers; regulated advice for Spanish residents and implementing effective planning.

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income tax, you will also be taxed on the gains should you ever sell them.

Pensions

Lump-sum payments from UK pensions are taxable in Spain, so you may wish to draw the pension before leaving if you have yet to make a move. For those who are already Spanish residents, UK private, occupational and state pensions are taxed only in Spain.

State retirement pensions are paid gross, but other pensions will be taxed in the UK until HMRC receives your Spanish tax residency certificate. Government service pensions remain only liable to UK tax but will be considered by Spanish authorities when determining the effective tax rate on your other income.

The Spanish taxation of UK private pensions is a little too complicated to cover here, and it would be advisable to seek personalised advice regarding yours.

UK rental income

If you are resident in Spain and rent out property in the UK, the income could be taxable in both countries, though the UK tax paid can be offset against the Spanish liability. In Spain, it is taxed at the scale rates of income tax. A 60% reduction is available in Spain against the net rental income, but only for long-term lettings where the tenant uses the property as their main home.

Are there alternative investment options in Spain?

Yes, there are highly tax-efficient opportunities available to all residents of Spain. A more favoured of these is a Spanish approved life assurance contract, which acts as an investment wrapper to a conventional portfolio. With this structure in place, no tax is payable on income from the underlying asset until a withdrawal is made, and even then, only the gain is subject to tax. And there is more to it than just about tax. Your investments should be specifically structured around your circumstances, objectives, time horizon and current risk tolerance – all of which have probably changed since you moved to Spain. You should regularly review your savings and investments to ensure they continue to meet your objectives and are suitable for your new life in Spain. Breaking old habits can be profitable if you take the time to explore all options and seek specialist cross-border advice.

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

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at www.blevinsfranks.com



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ARIES:- (March 21st - April 19)

What you were hoping was going to happen is clearly not going to happen now but that need not be bad news. On the contrary, looking back in a few weeks' time you will probably be delighted that your plans came to nothing.

Luckiest day:- Wednesday

TAURUS:- (April 21 - May 21)

You need to open your mind to new possibilities and not be quite so set in your ways. What occurs over the next few days will force you to accept the interesting fact that there may be other explanations for what's going on in the world.

Luckiest day:- Monday

LEO:- (July 23 to August 22)

What appeared to be a cast iron fact yesterday probably won't look much like a fact today and hopefully that will get you thinking and maybe even change your ways. The more open you are to new ideas the less sudden upheavals will upset you.

Luckiest day:- Saturday

VIRGO:- (August 23 - Sept. 22)

Everyone around you may be confused at the moment but you know exactly what you should be doing and exactly how you should be doing it. Don't let friends or family members talk you out of it, just do what you know is right and proper.

Luckiest day:- Friday

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

The planets warn you need to think again about a project that has been going well but not so well that great things will come of it. You may in fact have to junk it completely and start again from scratch, but you're good at that sort of thing.

Luckiest day:- Wednesday

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

The more others tell you that you are in over your head the more determined you will be to prove them wrong. It's the Capricorn way. Let their criticism motivate you to not only do well but to reach new levels of excellence in your work.

Luckiest day:- Sunday

GEMINI:- (May 21 to June 20)

You may be inclined to dismiss out of hand what a friend or colleague tells you today but the planets warn you should take it seriously. Their more radical take on what's going on could inspire you to break out of the mind rut you're in.

Luckiest day:- Sunday

LIBRA:- (Sept. 24 - October 23)

You appear to have something to hide and have been going to all sorts of lengths to keep it a secret. Is it really worth the effort? The planets suggest that if you come clean about what you've been up to today no one will care in the slightest.

Luckiest day:- Thursday

AQUARIUS:- (21 - Feb. 18)

It's not often you change your outlook on life but recent events indicate you need to go back to basics and find out what's really going on. You are not the sort to admit you got it wrong but on this occasion you may have no choice.

Luckiest day:- Thursday

CANCER:- (June 21 - July 22)

According to your solar chart you need to let go of something you have come to rely on too much in recent months. It won't be easy but it must be done and it must be done quickly, in a single day, rather than spread out over time.

Luckiest day:- Monday

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

You've had your fill of explaining to people what needs to be done and how. If they can't work it out for themselves by now then it's unlikely they will ever understand. Let them learn from their own mistakes, if they are even capable of that!

Luckiest day:- Tuesday

PISCES:- (Feb.19 - March 20)

A relationship has been going through a tough time of late but now Venus has joined the Sun in your opposite sign you will get the opportunity to calm things down a bit. It won't be plain sailing all the way but the outlook will certainly be smoother.

Luckiest day:- Friday

Horoscopes.

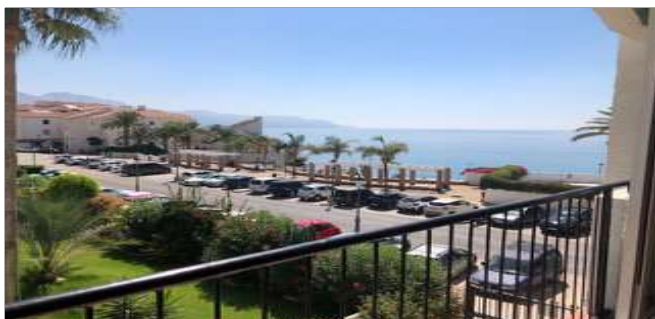
by Kristian Marconi



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Carabeo 1-23 CNS200722 €395.000

Situated in the highly sought after Parador area of Nerja on the Calle Carabeo, this second floor apartment comprises of a large galley style kitchen, light and spacious, with open plan living/dining area with floor to ceiling sliding doors onto a large south east facing terrace with stunning sea views and views over the lawned garden and swimming pool.

The outside of the terrace is also floor to ceiling glazed with sliding doors providing an area that can be enjoyed all year round. There is a master bedroom and a second bedroom both with fitted sliding door wardrobes, a shower room and a bathroom with shower over.

The apartment is in good condition and sold fully furnished. There is great scope to create a stunning home and/or a lucrative rental property.



Edificio Acapulco CNS120922 €350.000

Located on the first floor of one of Nerja's most sought after urbanisations next to the Parador hotel just a short walk from the beach and some of the most popular restaurants, cafes and bars in old town.

This spacious apartment comprises of a good size open plan lounge dining room and separate fitted kitchen, patio doors from the lounge lead to a good size south facing terrace with views across the gardens, pool and sea. There are 3 good size double bedrooms a bathroom and separate toilet.

The secure communal gardens are extremely well maintained with a large swimming pool and ample off street parking. Ideal location for permanent home or a fantastic holiday rental investment.



Verde Mar 49 CNR010722 From €378 weekly

Apartment with 1 bedroom, 1 bathroom in the sought after location in Edificio Verde Mar. This superb one bedroom apartment offers stunning sea views. The property has a secure garden and pool area which also overlooks the bay. The apartment is located on the fifth floor with lift. Inside the bright lounge there is an open plan style kitchen. Good sized twin bedroom and a pleasant modern shower room.

Lounge leads out through double glazed sliding doors to a the south west facing terrace with great views and afternoon sun. Just a short stroll to the famous Balcon de Europa and beautiful beaches.



Edificio Acapulco CNS22026 €275.000

On the 1st floor of one of Nerja's most sought after urbanisations next to the Parador hotel just a short walk from the beach and some of the most popular restaurants and bars in old town. Spacious apartment comprises; good size open plan lounge dining room and modern fitted kitchen, patio doors from the lounge lead to a good size south facing terrace with views across the gardens and pool. 2 good size double beds, modern bath, separate w/c. (some re-modelling could create 2 bathrooms). Secure maintained communal gardens, large swimming pool and ample off street parking. Ideal location for permanent home or a fantastic holiday rental investment.

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Pumpkin Spiced Latte Cinnamon Rolls

Dough:-

2 cups whole milk(480 mL), warm to the touch
 ½ cup unsalted butter(115 g), melted
 ½ cup granulated sugar(100 g)
 1 pack active dry yeast
 5 cups flour(625 g), divided
 1 teaspoon baking powder
 Salt, to taste

Filling:-

¾ cup butter(170 g), softened
 ¾ cup light brown sugar(165 g)
 2 tablespoons pumpkin spice mix

Frosting:-

1 cup powdered sugar(120 g)
 ¼ cup coffee(60 mL)
 1 tablespoon whole milk

Preparation:-

Generously butter 2 cast-iron skillets or disposable foil cake pans. In a large bowl, whisk together the warm milk, melted butter, and sugar. The mixture should be just warm, registering between 100-110°F (37-43°C). If it is hotter, allow to cool slightly. Sprinkle the yeast evenly over the warm milk mixture and let sit for 1 minute.

Add 4 cups (500g) of flour to the milk mixture and mix with a wooden spoon until just combined. Cover the bowl with a towel or plastic wrap and set in a warm place to rise for 1 hour. After 1 hour, the dough should have nearly doubled in size. Remove the towel and add an additional ¾ cup (95g) of flour, baking powder, and salt. Stir well, then turn out onto a well-floured surface.

Knead the dough lightly, adding additional flour as necessary, until the dough just loses its stickiness and does not stick to the surface.

Roll the dough out into a large rectangle, about ½-inch (1 cm) thick. Fix corners to make sure they are sharp and even.



Creamy Broccoli White Bean Soup with Yogurt

Creamy Broccoli White Bean Soup with Yogurt

Ingredients:-

3 tablespoons olive oil
 1 medium yellow onion, diced small
 3 garlic cloves, minced
 ¼ cup dry white wine
 1 can white beans
 3 cups low-sodium vegetable broth
 1 pound broccoli florets
 2 cups baby spinach
 ¼ cup fresh parsley
 ¼ teaspoon fine sea salt
 ½ teaspoon black pepper
 red onions (to garnish)
 dairy or non-dairy yogurt (optional garnish)

Preparation:-

Heat the olive oil in a large pan over low heat, and sauté the onions for 5 minutes.

Turn the heat up to medium, and add in the garlic. Sauté for 1 minute. Then pour in the white wine, stir and cook for

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1 minute. Then stir again and simmer for 2 minutes or until the wine has mostly evaporated. Drain and rinse the beans and add to the pan. Then add in the broth, broccoli, greens, parsley, salt and pepper, and cover. Simmer for 5 minutes or until the broccoli is bright green and tender throughout. Then transfer the cooked broccoli and bean soup into a blender and blend until completely smooth. You may need to do so in small batches. Serve warm with a sprinkle of red onions, more parsley and black pepper, a drizzle of olive oil, and dollop of yogurt if you desire.



Butternut Squash and Chorizo Hash

Butternut Squash and Chorizo Hash

Ingredients:-

1 tbsp. (or more) extra-virgin olive oil
8oz. fresh chorizo, casings removed
1lb. butternut squash (about ½ of a medium squash),
peeled, cut into ½" pieces (about 4 cups)
1 medium onion, coarsely chopped
Kosher salt
Lime wedges and cilantro leaves with tender stems (for serving)

Preparation:-

Heat oil in a large heavy skillet (preferably cast iron) over medium-high. Cook chorizo, breaking up into small pieces with a wooden spoon, until browned and cooked through, about 5 minutes. Transfer to a bowl with a slotted spoon; reserve skillet with fat. Add butternut squash and onion to reserved skillet and cook over medium-high, adding more oil if needed and stirring occasionally, until golden brown and tender, 10–15 minutes. Stir in chorizo and season with salt. Squeeze a lime wedge over and top with cilantro. Serve with additional lime wedges for squeezing over.

Sheet Pan Garlic Butter Mushrooms

Ingredients:-

¼ cup unsalted butter, melted
4 cloves garlic, minced
1 tablespoon freshly squeezed lemon juice, optional
1 teaspoon dried thyme

½ teaspoon dried rosemary
Kosher salt and freshly ground black pepper, to taste
3 pounds cremini mushrooms

Preparation:-

Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a small bowl, whisk together butter, garlic, lemon juice, thyme and rosemary; season with salt and pepper, to taste.

Place mushrooms in a single layer onto the prepared baking sheet. Stir in butter mixture and gently toss to combine.

Place into oven and bake for 12-15 minutes, or until browned and tender, tossing occasionally.

Serve immediately.



Sheet Pan Garlic Butter Mushrooms

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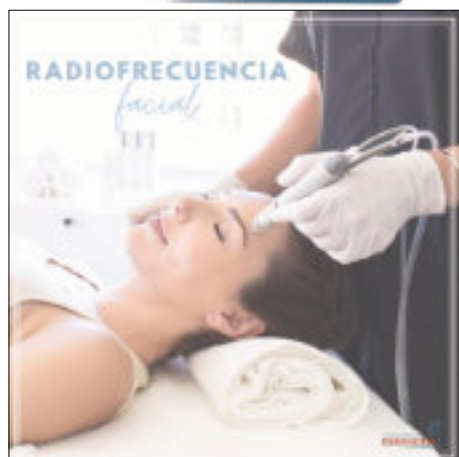
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ACUPUNCTURE AS TREATMENT OF FIBROMYALGIA

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

Acupuncture May Ease Fibromyalgia Pain and Improve Quality of Life

Fibromyalgia is a disease characterized by widespread musculoskeletal pain and can affect up to 9.3% of the population. It is often accompanied by fatigue, sleep difficulties, cognitive dysfunction, depressed mood, or depressive episodes. This disorder occurs more frequently in middle-aged women, and is usually associated with a high health cost, as well as that associated with loss of productivity.

Management of fibromyalgia requires a multidimensional approach that includes patient education, behavioural therapy, exercise, and pain management. Unfortunately, no really effective treatments are currently available. The most common pharmacological therapies



include amitriptyline, anticonvulsants, and serotonin and norepinephrine reuptake agents. However, recent European guidelines indicate that the effects of most treatments are relatively modest. Furthermore, they suggest that the initial management in the treatment of fibromyalgia should focus on non-pharmacological therapies.

Acupuncture Properties

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



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Study on acupuncture and fibromyalgia

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

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

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Citrus-Pineapple Smoothie Bowl

This smoothie bowl is a fun way to switch up your routine. It features vitamin C-rich citrus fruit, heart-healthy cashews, and gut-healthy Greek yogurt.

Ingredients:-

½ cup fat free Greek yogurt
½ cup pineapple chunks
1 tsp vanilla extract
½ orange, segmented
½ ruby grapefruit segmented
Chia seeds
Unsweetened coconut flakes
Chopped cashews

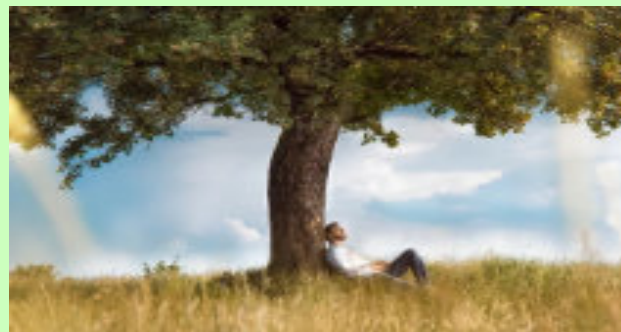
Instructions:-

Put fat-free Greek yogurt, pineapple, vanilla extract, orange and ruby grapefruit in a blender. Blend until the mixture is smooth. Top with more orange, grapefruit, plus chia seeds, unsweetened coconut flakes, and chopped cashews.



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.



#4: Visualization - Visualization, or guided imagery, is a variation on traditional meditation that involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. Choose whatever setting is most calming to you, whether it's a tropical beach, a favourite childhood spot, or a quiet wooded glen. You can practice visualization on your own or with an app or audio download to guide you through the imagery. You can also choose to do your visualization in silence or use listening aids, such as soothing music or a sound machine or a recording that matches your chosen setting: the sound of ocean waves if you've chosen a beach, for example.

Practicing visualization.

Close your eyes and imagine your restful place. Picture it as vividly as you can: everything you see, hear, smell, taste, and feel. Just "looking" at it in your mind's eye like you would a photograph is not enough. Visualization works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake: See the sun setting over the water
Hear the birds singing
Smell the pine trees
Feel the cool water on your bare feet
Taste the fresh, clean air
Enjoy the feeling of your worries drifting away as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present. Don't worry if you sometimes zone out or lose track of where you are during a visualization session. This is normal. You may also experience feelings of heaviness in your limbs, muscle twitches, or yawning. Again, these are normal responses.

#5: Self-massage - You're probably already aware how much a professional massage at a spa or health club can help reduce stress, relieve pain, and ease muscle tension. What you may not be aware of is that you can experience some of the same benefits at home or work by practicing self-massage, or trading massages with a loved one. Try taking a few minutes to massage yourself at your desk between tasks, on the couch at the end of a hectic day, or in bed to help you unwind before sleep. To enhance relaxation, you can use aromatic oil, scented lotion, or combine self-massage with mindfulness or deep breathing techniques.

A five-minute self-massage to relieve stress
A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like this, try focusing on your neck and head: Start by kneading the muscles at the back of your neck and shoulders. Make a loose fist and drum swiftly up and down the sides and back of your neck. Next, use your thumbs to work tiny circles around the base of your skull. Slowly massage the rest of your scalp with your fingertips. Then tap your fingers against your scalp,



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moving from the front to the back and then over the sides. Now massage your face. Make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples. Finally, close your eyes. Cup your hands loosely over your face and inhale and exhale easily for a short while.

#6: Mindfulness meditation - Mindfulness has become extremely popular in recent years, garnering headlines and endorsements from celebrities, business leaders, and psychologists alike. So, what is mindfulness? Rather than worrying about the future or dwelling on the past, mindfulness switches your focus to what's happening right now, enabling you to be fully engaged in the present moment. Meditations that cultivate mindfulness have long been used to reduce stress, anxiety, depression, and other negative emotions. Some of these practices bring you into the present by focusing your attention on a single repetitive action, such as your breathing or a few repeated words. Other forms of mindfulness meditation encourage you to follow and then release internal thoughts or sensations. Mindfulness can also be applied to activities such as walking, exercising, or eating.

Using mindfulness to stay focused on the present might seem straightforward, but it takes practice to reap all the benefits. When you first start practicing, you'll likely find that your focus keeps wandering back to your worries or regrets. But don't get disheartened. Each time you draw your focus back to the present, you're strengthening a new mental habit that can help you break free of fretting about the past or stressing about the future. Using an app or audio download can also help focus your attention, especially when you're starting out.

A basic mindfulness meditation:

Find a quiet place where you won't be interrupted or distracted. Sit on a comfortable chair with your back straight. Close your eyes and find a point of focus, such as your breathing—the sensation of air flowing into your nostrils and out of your mouth or your belly rising and falling—or a meaningful word that you repeat throughout the meditation. Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude your relaxation session, don't fight them, just gently turn your attention back to your point of focus, without judgment.

#7: Rhythmic movement and mindful exercise - The idea of exercising may not sound particularly soothing, but rhythmic exercise that gets you into a flow of repetitive movement can produce the relaxation response. Examples include: Running, Walking, Swimming, Dancing, Rowing, Climbing. For maximum stress relief, add mindfulness to your workout. While simply engaging in rhythmic exercise will help you relieve stress, adding a mindfulness component can benefit you even more. As with meditation, mindful exercise requires being fully engaged in the present moment, paying attention to how your body feels right now, rather than your daily worries or concerns. Instead of zoning out or staring at a TV as you exercise, focus on the sensations in your limbs and how your breathing complements your movement. If you're walking or running, for example, focus on the sensation of your feet touching the ground, the rhythm of your breath, and the feeling of the wind against your face. If you're resistance training, focus on coordinating your breathing with your movements and pay attention to how your body feels as you raise and lower the weights. And when your mind wanders to other thoughts, gently return your focus to your breathing and movement.

#8: Yoga and tai chi - Yoga involves a series of both moving and stationary poses, combined with deep breathing. As well as reducing anxiety and stress, yoga can also improve flexibility,

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 armoury 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 gooey 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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The northern Europeans are different. They exercised when they were young, between their 30's and 50's most of them just worked and took care of their children but when they are all grown up, they go back to the gym or e.g. tennis court.



So my mission here is to give the Northern Europeans the chance to continue their exercise routine and to get the Spanish people of Torrox to get back to exercising at an earlier age so they will be mobile longer and maybe quit smoking sooner.

What is the most effective way to exercise for elderly? Definitely weight training combined with stretching and some cardio. The pro's are numerous and the progress, once started your workouts, will be amazing. Senior citizens don't work anymore so they have the time and can have fixed times to work out.



Of course I gradually will increase the work load and the intensity. First I scan their health and how mobile and strong they are. Then we make a plan for the workout, for a week, a month, 6 months. After a month they will start to feel more energetic and discover they are sleeping better and eating more, maybe also have more active bowel movement.

So, are you inactive at the moment? Contact me and ask for the possibilities and prices.

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strength, balance, and stamina. Since injuries can happen when yoga is practiced incorrectly, it's best to learn by attending group classes, hiring a private teacher, or at least following video instructions. Once you've learned the basics, you can practice alone or with others, tailoring your practice as you see fit.

What type of yoga is best for stress?

Although almost all yoga classes end in a relaxation pose, classes that emphasize slow, steady movement, deep breathing, and gentle stretching are best for stress relief. Satyananda is a traditional form of yoga. It features gentle poses, deep relaxation, and meditation, making it suitable for beginners as well as anyone aiming primarily for stress reduction. Hatha yoga is also a reasonably gentle way to relieve stress and is suitable for beginners. Alternately, look for labels like gentle, for stress relief, or for beginners when selecting a yoga class.

Power yoga, with its intense poses and focus on fitness, is better suited to those looking for stimulation as well as relaxation. If you're unsure whether a specific yoga class is appropriate for stress relief, call the studio or ask the teacher.

Tai chi.

If you've seen a group of people in the park slowly moving in synch, you've likely witnessed tai chi. Tai chi is a self-paced series of slow, flowing body movements. By focusing your mind on the movements and your breathing, you keep your attention on the present, which clears the mind and leads to a relaxed state. Tai chi is a safe, low-impact option for people of all ages and fitness levels, including older adults and those recovering from injuries. As with yoga, it's best learned in a class or from a private instructor. Once you've learned the basics, you can practice alone or with others. Tips for starting a relaxation practice. Learning the basics of these relaxation techniques isn't difficult, but it takes regular practice to truly harness their stress-relieving power. Try setting aside at least 10 to 20 mins a day for your relaxation practice. Set aside time in your daily schedule. If possible, schedule a set time once or twice a day for your practice. If your schedule is already packed, try meditating while commuting on the bus or train, taking a yoga or tai chi break at lunchtime, or practicing mindful walking while exercising your dog. Make use of smartphone apps and other aids. Many people find that smartphone apps or audio downloads can be useful in guiding them through different relaxation practices, establishing a regular routine, and keeping track of progress. Expect ups and downs. Sometimes it can take time and practice to start reaping the full rewards of relaxation techniques such as meditation. The more you stick with it, the sooner the results will come. If you skip a few days or even a few weeks, don't get discouraged. Just get started again and slowly build up to your old momentum.



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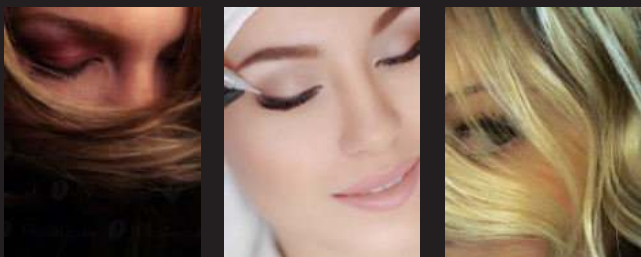
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healthwise

How to reverse sun damaged skin



Skin care tips to prevent and repair sun damage
Long lazy youthful days spent lounging in the sun once appeared as a deep, bronze tan. But fast-forward 20 years and look again. Evidence of those carefree and unprotected hours in the sun now show up on your face, chest, neck and arms. It shows up as sun-damaged skin.

The signs appear as fine to medium wrinkles, sagging skin, freckles, uneven pigmentation, and dark spots. Sometimes they show up as precancerous lesions or skin cancer.

The first step in reversing sun damaged skin is preventing further damage. "A good broad-spectrum sunscreen that protects from UV exposure is the first and most important step for people to take," says E. Victor Ross, MD, a board-certified dermatologist at Scripps Clinic Carmel Valley.

Preventing skin cancer

Preventing sun damage is easier than reversing it. Measures include wearing protective clothing, using sunscreen and avoiding tanning beds.

"Sun damage can lead to skin cancer," Dr. Ross says.

"Prevention is the best way to deal with sun damage and reduce your risk of skin cancer."

"Proper skin care means taking notice of any changes," Dr. Ross adds. "It means knowing the signs and symptoms of skin cancer."

People who are fair skinned or have a family history of skin cancer should be extra vigilant about sun protection. Southern Californians in general should be careful about sun exposure since they are exposed to more intense sunlight more days of the year than people living in more temperate climates.

"Even a good sunblock is not as effective as simply minimizing your sun exposure, particularly in places like San Diego," Dr. Ross says. "We all enjoy the sun here, but any time you have an opportunity to do something later in the day or very early in the day, taking advantage of the relative darkness will reduce your skin cancer and photoaging risk."

Sun-damaged skin treatment

Interventions for sun damage vary. They range from daily use topical creams and gels to chemical and mechanical skin peels and laser treatments. These treatments can temporarily fade uneven pigment, smooth roughened or wrinkled skin, shrink pores and even restart collagen production. "We typically see three kinds of sun damage in San Diego," says Dr. Ross.

"Melasma, which are tan or brown spots on the forehead and cheeks, is the most common. There are also red and brown age spots, broken blood vessels as well as wrinkling and sagging of the skin."

Topical creams and gels
Retinoids

These compounds, chemically derived from vitamin A, encourage skin cells to slough off and renew themselves, improving skin cell turnover cycles. They also stimulate collagen production, lighten brown spots and, in theory, reduce the size of pores.

Vitamin C and other antioxidants

These substances slow the skin's degeneration due to the production of rogue chemicals, such as free radicals, that cause visible signs of damage. Antioxidants can slow the signs of aging, reduce UV damage to skin and help reduce the breakdown of collagen.

Exfoliants

Sun damage slows the rate at which skin cells turn over or replace themselves. This causes dull, dry skin, uneven skin tone, and even blemishes and clogged pores. Chemical exfoliants can stimulate faster skin cell turnover.

Lightening agents

Whitening or brightening cosmetics typically include hydroquinone, an ingredient shown to have skin-lightening properties. Used in conjunction with a retinoid, these can lighten but not completely remove superficial blemishes, uneven pigmentation and sunspots.

Chemical peels

A chemical peel is a non-surgical procedure performed by a dermatologist using various solutions to improve skin appearance. The depth of treatment varies. It can be superficial, medium or deep depending on skin type and the cosmetic and therapeutic goal.

Peels are used to remove the outermost layers of the skin so new, clear skin can come to the surface. In many cases, removal will take with it areas of uneven pigmentation, precancerous lesions and fine lines. Chemical peels can either be performed in a series or as a one-time treatment, depending on the peel depth. "Downtime for superficial peels is minimal," explains Dr. Ross. "You may experience redness and swelling with a deeper peel. Medium and deep peels require longer recovery time. After any chemical treatment, strong protection is a must."

Laser therapy

Several kinds of lasers can be used on nearly any body surface to help reduce the appearance of sun damage. "Generally, the laser treatments produce the best results when we target the face, neck, and chest," says Dr. Ross. "They typically take less than 30 minutes, with varying downtime depending on laser type." Laser therapy can treat red and brown lesions. "The optimal scenario is when the patient is light. Most of these devices work best when there is significant contrast between the red or brown lesion and the background skin," Dr. Ross says.

Light-based devices

Also referred to as photo rejuvenation, these devices, such as IPL, can improve skin texture, redness, broken veins, blotchiness, and brown spots. "There is no better technology for blood vessels than a green light laser," says Dr. Ross. "Creams and chemical peels may not be able to offer the same results."

Fractionated non-ablative lasers

These lasers create tiny wounds, deep in the skin. As they heal, the skin re-emerges with a smoother, tighter appearance. Fractionated lasers stimulate the natural healing process to create new collagen.

Ablative lasers

These are more aggressive, deeper lasers that vaporize the top layer of skin. They are used for significant damage ranging from deeper pigmentation and growths to unevenness and deep lines and wrinkles. These lasers require a longer and more intense recovery period.

When to see a dermatologist

Dr Ross says protecting your skin from sun damage is an ongoing process. "Unless one starts to practice sun protective behaviours, individuals will continue to be exposed to skin-damaging UV rays". "Prevention is important but if you're concerned about skin damage, play it safe and check in routinely with your dermatologist."

Lesions that persist, bleed or change should be motivation for an early dermatology appointment.

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healthwise

Causes of Depression - Chemical Imbalance or Social Challenges?

Since the 80s, with the invention of Prozac and other antidepressants, the idea that depression may be caused by a chemical imbalance in the brain gained popularity. Prozac increased serotonin levels and many people benefited from it but it was not a cure-all and doubts began to creep in about the serotonin theory. Worldwide, rates of depression are on the increase, as are the profits of the major pharmaceutical companies. But studies have shown that there may be other causes. There are investigations into the role of inflammation in the body and also parasitic, bacterial or viral infections. Even more interestingly, research is now showing that depression can be linked to factors that are outside the body, such as a person's financial state, work, family pressures and the society we live in. To many of us this seems very obvious but for decades the medical profession has resisted looking at these causes. Part of this is probably due to the pressure from the pharmaceutical companies and part from overworked doctors finding it quicker and easier to hand out a tablet rather than trying to find out what is going on with the lives of their patients.

In Johann Hari's book *Lost Connections (Why You're Depressed and How to Find Hope)* he found 8 types of disconnection that caused people just like himself to become depressed.

Disconnection from Meaningful Work

A Gallup poll in 2011-12 studied millions of workers in 142 countries. Just 15% were happy and engaged with their job, 64% were sleepwalking through their job, putting in the time but no effort and 14% were unhappy with their work and actively working against both their colleagues and their

employers. If we bear in mind that many people now work longer hours than ever before, including weekends, we can understand how spending so much time doing something that gives no reward or pleasure can affect our mental health.

Disconnection from Other People

In today's world, people often find themselves living far away from friends and family. There are many lonely people and loneliness has been found to cause huge stress. We are a sociable species and are programmed to be in groups from prehistoric times for safety. When we don't have a connection of a community or social group around us, we can fall into depression.

Loss of Meaningful Values

For thousands of years, philosophers have been telling us that to overvalue money and possessions leads to unhappiness. In today's culture we are constantly being bombarded with adverts promising us a happy life if only we own this car, or that house. People are famous for nothing more than living a rich, glamorous life. An American psychologist called Tim Kasser invented the Aspiration Index to find out whether materialism had a direct correlation with depression. He discovered that the more materialistic you were, not only were you more depressed but you were sicker and angrier too.

Disconnection from Childhood Trauma

Dr Vincent Felitti discovered that his obese patients weren't overweight because of poor nutritional choices but that it was a coping mechanism for early trauma. So he did a study to see if childhood trauma was linked to illness and depression. He found that the more traumatic experience you had the more likely you were to suffer depression. 6 traumatic categories caused you to be five times more likely to have depression, 7 categories meant you were 3100% more likely to attempt suicide as an adult. Emotional abuse turned out to have the most detrimental effect, even more than sexual abuse.

Disconnection from Status and Respect

When you have a society with huge differences in income and status, you find an increase in mental illness, including depression. It not only affects the people at the low end of the scale but also those higher up who are constantly worrying about keeping their status. Today, status gaps are increasing, for example, 8 billionaires own more wealth than the bottom half of the human race. We feel defeated before we even start.

Disconnection from the Natural World

It's been known for a long time that mental health problems are considerably worse in cities than in the countryside but the psychological effects of being cut off from the natural world have only been studied properly in the last 20 years. They found if you moved to a green area, depression reduced and the opposite happened if you moved away. When we take animals out of their natural habitat they struggle and we are no different. Also the vastness of nature can help us to put ourselves and our problems into a more balanced perspective.

Part 2 in the November issue

Katrina Jones (BA Hons, Cl. Hyp)
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Guardia Civil	062
Ambulance	061
Fire Brigade	080
National Police	091
Sea Rescue	900 202 202
Emergency Helpline in English	902 102 112

Guardia Civil	
Frigiliana	952 533 003
La Herradura	958 640 015
Nerja	952 520 091
Torrox	
Costa & Pueblo	952 538 008

Local Police	
Frigiliana	952 533 126
Nerja	952 521 545
Torrox	952 539 828
Torredel Mar	952 549 238

Bus Station	
s	958 630 140
Málaga	952 350 061
Nerja	952 521 504
Torredel Mar	952 540 936
Veléz Málaga	952 501 731
Taxis	
Frigiliana	952 533 231
Nerja	952 524 519
La Herradura	
	958 630 017/670 995 257
Torrox	952 531 030

Airports	
Granada	958 245 200
Málaga	952 048 804

Train Stations	
Granada	958 271 272
Málaga	952 329 261

Consulates	
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Tourist Offices	
Frigiliana	952 534 261
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Street Markets	
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Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torredel Mar, Veléz Málaga
Friday	Almuñecar, La Herradura (summer only), Salobreña
Saturday	Competa
Sunday	Nerja (car boot), Torre del Mar, Veléz Málaga

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What's On information is published FREE!

Details should reach us by the 15th of the month previous.

Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michael's 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), Chinasol, 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 visiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service.

During this time of uncertainty, God's word Reminds us that the Gospel shines brightest in times of darkness. We are a Bible based Church

community continuing to help people find their way to God.

Sunday Service 11.00am.
Prayer Meetings Wednesdays 11.00am
Pasaje San Miguel, Nerja, 29780.
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Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torredel Mar - To be advised!

St. Barnabas IERE (Anglican), Torre del Mar

Tel: 952 030 461. www.stbarnabas-spain.com.
Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.

Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capel-

la de San José, Calle Linares 7, Veléz Málaga.

Chaplain: Fr. Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop. Tel: 634 540 519.

Minister: Rev. Colin Dickson. Tel: 654 884 658

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NEWS & What's ON



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

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

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

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

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

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

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish). Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

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



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

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

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er}, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. 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

OCTOBER & NOVEMBER EVENTS & 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.

Monday 3rd to Friday 7th October - Excursion to Cartagena and Murcia. Please come and join us and visit the port city and naval base in the Murcia region of southeast Spain. Founded by the Carthaginians around 220 B.C., the city boomed during the Roman period. Among its many Roman ruins are a 1st-century B.C. theatre and Casa de la Fortuna, a villa with murals and mosaics. Tuesday there is a guided visit to the city and on Wednesday a full day excursion to Murcia. The hotel is the 3 star Sercotel Carlos III on a bed and breakfast basis. 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

Saturday 22nd October - Excursion to See Carousel at the Salon Varieties Fuengirola. On arrival there will be time to have a meal or refreshments, before going to the theatre for the performance starting at 19.30. Returning at 22.30 approx. Only 30 Tickets available at the Centre. Price 35 Euros and with Friends card 33 Euros. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets) 15.35, Torre del Mar (Bus Station) 15.45. Thursday 17th November - Excursion to Marchens. in the center of the Seville countryside, at a communication point between the cities of Seville, Antequera.

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KÖMMERLING



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 1ºI, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Tel: 952 543 334



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.

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.

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Arts Society Nerja

In October we have our opening lecture of the season as well as a concert in the Centro Cultural in Nerja.

October 18th - Lecture 18.00 hours at Centro Cultural, Calle Granada, Nerja.

Amedeo Modigliani and Bohemian Paris 1906 – 1920 By Julian Halsby.

Lecture Description: Modigliani remains of the most popular artists of the 20th century. I discuss his short life in some detail looking at his early development and his arrival and life in Paris from 1906 to his death in 1920. Modigliani was at the centre of Bohemian Paris and was a close friend of Maurice Utrillo, Picasso, Max Jacob, Moise Kisling, Chaïm Soutine and many other painters and writers who made up Bohemian Paris. I discuss the influences on his painting and sculpture including Cézanne, African art and Cubism and show how he developed a highly individual style of his own. I look at his haunting portraits and sensual nudes while exploring the Bohemian life of



THE ARTS
SOCIETY
NERJA

For latest information
check our website!

The Blevins Franks Lecture
Live and on Zoom lecture in English

**AMADEO MODIGLIANI and
BOHEMIAN PARIS**

1906-1920

by Julian Halsby

Tuesday 18 October 2022 at 18:00 (Spanish time)

www.TheArtsSocietyNerja.com 960907838

Centro Cultural, Calle Granada, Nerja.
Tickets only available on the night from 17:00

Visitors are most welcome to attend FREE or receive the link at home.
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Montmartre.

About Julian Halsby - Studied History of Art at Cambridge. Formerly Senior Lecturer and Head of Department at Croydon College of Art. Publications include Venice - the Artist's Vision (1990, 1995), The Art of Diana Armfield RA (1995), Dictionary of Scottish Painters (1990, 1998, 2001, 4th edition 2010), A Hand to Obey the Demon's Eye (2000), Scottish Watercolours 1740-1940 (1986, 1991), A Private View - David Wolfers and the New Grafton Gallery (2002). Interviews artists for the Artist Magazine and is a member of the International Association of Art Critics and The Critics Circle. A practising artist, he was elected to the Royal Society of British Artists in 1994 and appointed Keeper in 2010. Julian has talked to us before, the last time being in 2018, when he told us about Misia Sert.



Pablo Alcázar, Guitarra

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Asturias
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Vistas al Mar
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Holberg Suite
Grieg
Concierto 2 violines Bach



Sábado/Sat 29 Oct 2022 20:00
Centro Cultural Villa de Nerja, Calle Granada, Nerja
€15 : Entradas/tickets Centro Cultural, tlf. 952 523 863
on-line : www.mientrada.net tlf. 902 646 289



Choral concert

"FESTIVAL DE HABANERAS" Saturday 29th October at 20.00 hours. Masa Coral José Hódar (Torrevieja) Director: Miguel Herrero. In collaboration with Coro Ciudad de Almuñécar (Director: Eusebio Pita). Casa de la Cultura, Almuñécar. For more information and tickets, contact <https://conciertosengranada.es> and Ticket Office at the Casa de Cultura in Almuñécar.



Poppy Ball 2022

Nerja Branch

Friday 11th November, 7-15 for 7-45 pm

The Caves Restaurant, Maro

Tickets - €45 Members - €50 Guests.

Includes welcome drinks and Canapés Set 3 course Dinner with Wine and Water

Evening Dress or Suit and Tie

Entertainment by Ricky Lavazza and Laura Elen

Booking Essential — Please Contact :-

Kim Bowe — 0034 711 077 576

Email:- kim_bowel@hotmail.com

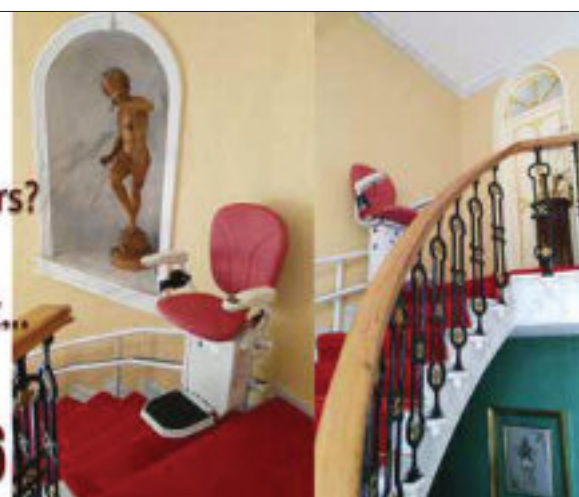
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Torrox Park, Torrox | €225,000
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Peñoncillo, Torrox Costa | €240,000
2 bedroom apartment | Ref: R4105636



Peñoncillo, Torrox Costa | €285,000
2 bedroom apartment | Ref: R4145170



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



Torrox / Frigiliana | €975,000 | Exclusive
4 bedroom villa | Ref: R4137916

CÓMPETA

COUNTRY
 PROPERTY
 Beds: 1 Baths: 1
 SOLE AGENCY
 Pool
 Storage
 EPC: G
 M²: 53 m²
 Plot: 6.789 m²
 REF. 7547



€175.000

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

 **+34 609 176 586**

ALGARROBO COSTA

DUPLEX
 APARTMENT
 Beds: 2 Baths: 2
 Beach front
 Parking space
 Store room
 EPC: F
 M²: 86 m²
 REF. 7047



€308.000

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

TORROX

TOWN HOUSE
 Beds: 3 Baths: 3
 SOLE AGENCY
 Roof terraces: 2
 Mountain views
 EPC: G
 M²: 146 m²
 Plunge pool
 REF: 7180



€173.000

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

TORROX

COUNTRY HOUSE
 Beds: 4 Baths: 4
 SOLE AGENCY
 Guest apartment
 Panoramic sea &
 mountain views
 EPC: D
 M²: 172 m²
 Plot: 3.932 m²
 REF: 7505



€495.000

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