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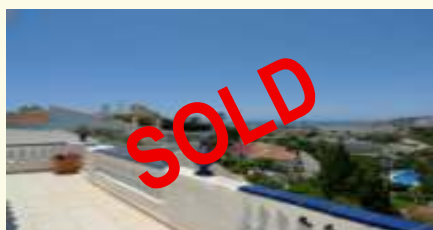
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2BR Apartment totally renovated with balcony and communal roof terrace. Great rental investment. 300m walking to Burriana beach. Surrounded by restaurants, shops ect

Price: €195,000
Ref: IN_670_INM



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



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

Price: €595,000
Ref: CN48669

PROPERTY OF THE MONTH



TORRECILLA AREA

Stunning 2BR Penthouse with a wonderful private sunny terrace with direct sea views. 200m to the closest beach. Private parking and communal pool.

Price: €399,000
Ref: CN48667



URB. ALMIJARA II NORTE

3 beds townhouse with stunning mountain and country views. Spacious terrace and interior patio. Storage room. Communal pool and gardens.

Price: €250,000
Ref: CN48703



CAPISTRANO VILLAGE

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

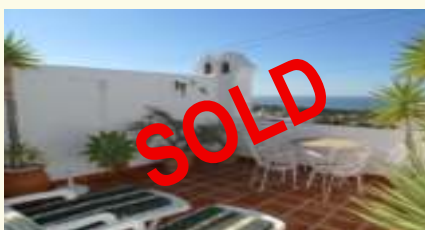
Price: €820,000
Ref: CN48227



TORROX PUEBLO

4BR Spacious townhouse with beautiful views. Storage room and private garage. Communal pool with outdoor kitchen and gardens.

Price: €235,000
Ref: CN48634



JARDINES DE NERJA

2 bedroom townhouse with a sep. apartment, terrace and roof terrace both with stunning sea views. Sun all day. Communal pool and gardens.

Price: €289,000
Ref: CN48618



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Country Property of the month

Canillas de Albaida: Price: €315.000 CP571



A superb & immaculate property built to a very high standard set in a plot of app. 8.517m² with a living space of 130m². It is located only a 5 minutes drive from the pretty white villages of Canillas de Albaida and Árchez, 10 minutes from Cómputa and around a 25-30 minutes drive to the beaches of the Costa del Sol. The property has breathtaking views of the verdant countryside and of the white villages in the distance. The property has a private driveway with plenty of parking space. The interior accommodation comprises a bright open plan living/

dining area with a wood burner and fully equipped kitchen. There is also an attractively tiled shower room and 3 double bedrooms, all of which have fitted wardrobes and the master bedroom also has en-suite facilities. The exterior is equally as enticing as the interior with lots of terrace space and a 8x4 swimming pool. This is a truly wonderful property which is ideal as a permanent residence, as a holiday home or to provide a rental income.



Cómputa: Price: 450.000€



- Living space: 228m²
- Bedrooms : 5
- Pool: Yes
- Garage : No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP572

Sayalonga: Price: 285.000€



- Living space: 80m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Countryside

Ref. CP585

Torrox: Price: 345.000€



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

Ref. TCP196

Canillas de Albaida: Price: 395.000€



- Living space: 225m²
- Bedrooms : 4
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Town

Ref. TH1045

Cómputa: Price: 99.000€



- Living space: 66m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Town

Ref. TH1047

Torrox: Price: 139.000€



- Living space: 80m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Village

Ref. TTH545

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Photo by Fotos Guerrero

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Before



After



Before

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The description: Beautiful villa with private pool in Nerja. It has more than 1000 square meters of plot, private pool, numerous terraces, parking space and sea views. It consists of two independent houses, with 2 living rooms, 2 kitchens, 4 bedrooms and 3 bathrooms. In total it has more than 250 meters built.

Price: €750.000

Ref: NV.GER



Beautiful villa in the prestigious urbanization of Capistrano Village. Built 100m2, 170m2 total. 1st floor bathroom, kitchen, living/dining room with a large sunny terrace. 2nd floor 2 beds, renovated bathroom and terrace. One bed has an adjoining room, (office or 3rd bed. Bedrooms have sea views. Private garden, parking.

Price: €385.000

Ref: NV.137



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

Reduced: €220.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref: NV.P080B

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Beautiful Villa in Capistrano Village. Comprising 3 beds, 2 baths and a toilet, kitchen, living room, several terraces, garden and private parking. Everything is on one floor, so it is very accessible. It has a large outdoor space with several terraces and gardens. Common areas of Capistrano Village, swimming pools, gardens, restaurant, security, etc.

Price: €380.000

Ref: NV.PAL



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price: €220.000

Ref: NV.P0117B



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



Impressive villa in Nerja. Consists: 5 beds, 3 baths, private pool, private parking, numerous terraces and a fully equipped barbecue area. Built 150m2, 600m2 in total. Perfect home to enjoy the Nerja sun. Completely renovated and is very bright and spacious. Exterior 400m2 including a solarium with wonderful views.

Price: €699.000

Ref: NV.FDB



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



impressive villa with private pool and sea views, in the prestigious urbanization of Capistrano Village. Built on 2 floors, 6 beds, 3 baths, kitchen, living room, garage (3 cars) and a large garden. Built 200m2, plot 600m2. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price: €820.000

Ref: NV.JAZ



Fully renovated villa, ready to move in to. Privileged location in Capistrano Village. 1st floor: patio-garden, terrace with sun most of the day, bright living room with TV, dining room, equipped kitchen, toilet. 2nd floor: beautiful sea views, double bedroom with en-suite, bedroom with 2 beds, bathroom. Pools, restaurant and bar.

Price: €440.000

Ref: NV.OL159

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Malaga court rejects application for shared custody of two pets for divorcing couple

A Malaga court has thrown out an application for shared custody of two pets whose owners are in the process of getting divorced. The court has, however, agreed to establish visiting rights.

The law of December 2021 concerning pets meant that "animals were no longer considered personal property" and that their rights and welfare had to be taken into account.

Aemet activates weather warning for freezing temperatures in Malaga

Malaga Airport on the Costa del Sol has registered its lowest minimum temperature since the start of winter with 4.7C on Tuesday morning the 24th January. The cold will continue to dominate and Andalucía will have an average maximum temperature of between 8 and 15C and minimums below 0 degrees.

Woman reunited with missing chihuahua three days after car crash in Torrox

A 58-year-old Belgian woman from Torrox, was reunited with her pet chihuahua after the dog escaped from the car she was driving, when she had an accident on Tuesday 17th January. Apparently she fainted while she was driving along the River Güi. The Belgium lady returned to the area with her dogs favourite toy, after hearing the toys noise the little dog came out.

Benalmádena accident. 33-year-old motorcycle delivery rider dies

A 33-year-old motorcyclist died in the early hours of January 21st, in the Costa del Sol town of Benalmádena after suffering an accident. Local Police and paramedics rushed to the scene, but health workers could only certify the death of the motorist.

Human skull found in Mijas mountains shows possible signs of violence

A court in Fuengirola is investigating the discovery of a human skull in a mountain area of Mijas. The

skeletal remains, which show possible signs of violence, are believed to be those of a man.

Work has started at Lake Viñuela reservoir to plant 42,000 trees and shrubs

Work is under way to plant 42,000 trees and shrubs in the area surrounding La Viñuela reservoir in the Axarquía. The project is the first of an environmental, tourism and leisure plan designed by the provincial authority, the Diputación de Málaga, for the area with an estimated budget of 4.5 million euros. The work will take around two months to complete.



'Children as young as three' queueing for food at night soup kitchen in Glasgow

Homeless Project Scotland runs a soup kitchen seven nights a week in Glasgow and currently feeds more than 300 people a day. A homelessness charity boss has said he was shocked to see more than 10 children lining up for hot food at a Glasgow soup kitchen.

The cost of owning a dog almost doubles in three years - with most Britons forking out an extra £108 monthly

Customers have been reporting steep price increases across a number of items from Royal Canin - with one saying her food had increased by £15 for a 10kg bag in less than a year.

Between 2019 and 2022, the cost of owning a dog has increased by 94.6%. On average, dog lovers are paying £108.89 more per month.

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Price: €139.000

Ref: 6560AP1



PERIANA

Luxury villa with stunning panoramic country and lake views. The villa offers 4 beds, 4 baths, 60m² lounge, spacious kitchen and a completely self-contained guest apartment. 15x5m heated swimming pool, under floor heating and a/c throughout.

Reduced to: €675.000

Ref: 6551VI5



TORROX PARK

Very well presented 2 bedroom apartment in Brisamar, a quiet & peaceful urbanisation with lovely gardens and a large communal pool. The apartment offers a spacious South facing terrace with wonderful sea views. Furnished & air conditioned.

Price: €149.500

Ref: 6544AP2



TORROX

Stunning country villa with breath-taking panoramic sea views. 207 m² built size with 3 beds, 2 baths, guest toilet, spacious kitchen, lounge, large terraces, infinity pool and guest apartment. Only 10 minutes away from the village, good access.

Price: €850.000

Ref: 6231VI3



NERJA

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

Price: €325.000

Ref: 6453DEV



TORROX COSTA

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

Price: €136.000

Ref: 6510PL



TORRE DEL MAR

Great new development of modern apartments with large terraces. Close to the centre, beach & promenade. 1, 2 & 3 bedrooms available. Fully air conditioned and including modern kitchens, garages and storage rooms.

Starting from: €183.000

Ref: 6548DEV



CALACEITE

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

Starting from: €290.000

Ref: 6416DEV



TORROX COSTA

Lovely renovated country villa comprising of 2 beds, 2 baths, kitchen, storage, lounge and conservatory with beautiful sea views. Private pool and a separate guest house with bedroom, bathroom and storage room. Easy access, 6 minutes off the coast.

Price: €350.000

Ref: 6559VI3

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Dupes and Duplicity part 2

by Jennifer Lee Noonan

The true story of the 18th century's greatest femme fatale, and the most unfortunate of her victims.

More impressive than her mercantile and horizontal exploits, however, was the fact that Caroline successfully talked Rudd into a reconciliation once he was finally released from prison three months later. It had all been a terrible mistake, she told him, and she still loved him as much as ever. Rudd had organized the sale of some family property from behind bars, and had a little money left over after paying all her outstanding debts—including not only the apartment where she'd shackled up with Benjamin Read, but also several merchants she'd skipped out on while her husband was jailed. Somehow, the heartbroken Valentine saw his way to forgiveness and a new apartment for the two of them. Or perhaps he just decided it was more financially prudent to keep her close at hand, since he was on the hook for her debts regardless. Either way, it didn't matter: just three weeks after Caroline reunited with her husband, Benjamin Read showed back up in London claiming he'd received a large inheritance, and she absconded with him again.

In November of 1767, a general notice appeared in the Daily Advertiser:

Whereas Margaret, wife of Valentine Rudd, gentleman, has withdrawn herself from her husband, this is therefore to caution all persons against giving her credit on her husband's account, as he will not pay any debts she contracts.

Though she had moved in under her middle name, Caroline's new landlady connected the dots and kicked her out. Yet through her feminine wiles (or perhaps plain old blackmail), Caroline managed to convince the same landlady's husband to vouch for her with a different lodging house. Of course, she

never paid there, either, and the new landlord tracked down Rudd and once again had him arrested for her debt. Rudd entered his advertisement into evidence, and made a passionate plea for mercy based on his wife's semi-permanent lover and profligate spending, but the judge was unmoved. A husband was responsible for his wife, period, and only a divorce could sever that obligation. So Valentine Rudd returned to debtor's prison once more, with the only consolation that his name was so fully tarnished by now that Caroline could no longer secure even a single night's lodging on the promise of it. Caroline and Benjamin Read took up a new set of rooms posing as rich Irish nobles, and conned their way into another few months of rent-free living, but eventually, Read's father came to London to bail out his son and sever him from all bad influences, Caroline included. (Since the new landlord didn't know Caroline's real identity, her imprisoned husband was, for the time being, safe.) Whether by necessity or choice, the senior Read left exactly one debt unpaid in London, and allowed his son to be placed in debtor's prison back home in Dublin until he could pay it off or learn his lesson, whichever came first. Unfortunately, it was neither—just a few months later, Read died in prison, most likely from infectious disease. Rudd emerged from his own prison sentence alive, but broken. Once again, Caroline begged for reconciliation, and once again, Rudd agreed. She no longer made any secret of her profession, and he made no attempt to control his rage. One landlady during this time reported that Caroline would bring johns into their apartment while Rudd drank and fumed in the adjacent room, and "at times he beat her, not moderately, but very severely." Finally, in March of 1769, Caroline left her husband for good, and rather than wait for his inevitable arrest for new debts, Rudd fled to France.

Continued on page 13



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Though she was again homeless, Caroline quickly worked her way back up to respectability as a grande horizontale, and business improved significantly after she connected with a pimp named Andrew White. Like Caroline, White understood that it was far more lucrative to make weak men love rather than lust, and the two concocted numerous schemes to keep her patsies on the hook for the long haul. Sometimes he posed as her husband, other times her footman, but Caroline always presented quite believably as a fine lady of impeccable class and wit, and for several months they stayed one step ahead of London's doe-eyed men and star-struck property holders. Eventually, however, one particularly shrewd landlady caught them in the act of sneaking out unpaid, and White and Caroline were arrested.

There are no records of what transpired immediately after—but somehow, Caroline spent only a few hours in prison before being released, while White would not be heard from again for many years. But Caroline didn't need him anymore, anyway. She had her established clients, and a host of high-society connections to procure more. Blackmail and fraud were occasional sources of income, but for the most part she lived a lavish life as the mistress of a rotating cast of thoroughly beguiled, and often foreign, men. A certain reputation with the locals was inevitable, after all—yet even those who knew for certain that she had fleeced friends often found her irresistible when their turn came. She was by all accounts quite average in beauty, but as historian Sarah Bakewell put it, "Caroline had wit in the full eighteenth-century sense of the term: insight, intellect, adaptability, cynicism, and the ability to use language as a deadly weapon." She could talk her way into, and out of, anything, at least as long as the listener was male. Some of her lovers included the poet John James Boswell (who wrote extensively of her wickedness even as he continued to visit her nightly), the Marquis of Granby (who died carrying a mind-boggling £37,000 in debt, due in no small part to Caroline), and possibly even King George's brother, the Duke of Cumberland. One lover in particular was notable for his irrational level of devotion, even among such crowded company. Joseph Salvador was a wealthy Jewish man with broad tastes, who was reportedly "of such an amorous disposition that every woman was alike to him." Perhaps he enjoyed a certain element of role-playing in his pursuits, or perhaps his eyesight was truly bad, but Caroline took advantage of his polygamous desires by posing as no fewer than four different women, all of them yearning for his physical (and more importantly, financial) affections. Of course, a change of dress and hair colour was not enough to fool anyone with their wits about them, and Salvador's servants tried to warn him repeatedly that the same woman was collecting jewels and gifts from him under different personas—often multiple times in the same day—but Salvador dismissed these concerns. This was also when Caroline mastered the art of using different styles of handwriting, in order to send letters to Salvador from each of his different paramours. Yet when Caroline's own servant told Salvador that she had seen her mistress writing each of the letters she held in her hand for delivery, he refused to hear it.

At one point, Caroline agreed to marry Salvador, then called off the wedding after the finery had been purchased. Often she would take furniture and belongings directly out of his home, once filling two horse-drawn carts she'd brought along for the purpose. She also frequently expressed a need to travel—usually to visit her "royal relatives" in the countryside, which was at least more plausible than the time she claimed she wanted to join a convent in France. Salvador would pay for the cost of the journey, as well as new clothes so she could arrive in style, then Caroline would contrive to send letters from wherever she was supposed to be until it was time for him to send her money for the trip home. After one such staycation, she returned to Salvador in tears, claiming that her jealous, abusive husband had accosted her abroad and demanded half the value of the expensive jewellery that Salvador had given her for the trip. In the ensuing struggle, Caroline said, the jewels had fallen into the river, and she simply could not forgive herself for losing such a heartfelt representation of his love. Salvador immediately purchased her a second set. Occasionally, she

Continued on page 14



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would simply send him a note that read, "Send me fifty pounds now, or you will not see me tomorrow." Salvador always paid. Such was the state of Caroline's power when, in the spring of 1770, she first became acquainted with the dashing and insouciant Daniel Perreau. Like almost every detail of their relationship, later accounts would conflict wildly about when and where they actually met. According to Daniel, they were introduced by a mutual friend in April, and he invited her to a masquerade ball the following night. According to others, the ball itself was their first meeting, complete with locked eyes across a crowded room à la Romeo and Juliet. Caroline, for her part, insisted that she didn't meet Daniel for another several weeks—after the masquerade ball, but more significantly, after he formally declared bankruptcy on May 4. Daniel himself was no stranger to living a luxurious life well beyond his means, and in this, the two were a perfect match. Convincing a court to wipe free one's debts, rather than consigning the borrower to debtor's prison, was itself a feat of persuasion that seems more like Caroline's strength than Daniel's, but whatever the timing, all accounts agree that by the end of May the two were living together as husband and wife—the existence of Caroline's actual husband notwithstanding.

Daniel, in fact, knew nothing of Rudd's existence until the estranged husband made a surprise return to London in October of that year, now fully delusional from a combination of poverty and paranoia. He told friends that Caroline's "network" had conspired to ruin every opportunity he had come across in France, and that he had been "robbed, cheated, and persecuted... where-ever I have been." When he tried to break down the door of Daniel and Caroline's new living quarters, Caroline hastily explained her brave escape from an abusive marriage, and told Daniel that they would only be safe in more secure—and more expensive—housing. Daniel, of course, complied. Fortunately for the couple, Rudd's friends convinced him to leave town once more, and Rudd spent the remainder of his life in destitution at an alms house for the poor, forever cursing the name of Margaret Caroline Rudd.

Few, however, knew her by that name anymore. Most assumed

she was Caroline Perreau, which she and Daniel happily encouraged, though they couldn't formally be married. This polite fiction was strengthened by the arrival of one baby, and then a second—yet even motherhood seemed no more than an incidental tool for Caroline, one she could easily set aside whenever a pose of childlessness suited her better. In addition to her many previous aliases and identity scams, she was also known during this time as Margaret Youngson, Peggy, Mrs. Shee, and Mrs. Gore—a name that she freely admitted was fake when she used it, because the so-called Mrs. Gore was purportedly in hiding as the secret daughter of Bonnie Prince Charlie, pretender to the throne of England. Several of these identities continued to visit her old mark Salvador during her courtship with Daniel, who would again maintain that he had no knowledge of her extracurriculars. Certainly Salvador knew about Daniel to some degree, since Caroline told him at one point that Daniel was demanding a duel for her honour, and would only be satisfied with a large influx of cash.

Women, however, were harder for Caroline to win over, most especially Robert Perreau's wife, Henrietta. While Daniel had spent his youth hopping from industry to industry, failing to establish trade businesses everywhere from the Caribbean to the Canadian frontier, Robert had steadily worked his way up from a traditional apprenticeship to a thriving apothecary business on London's posh Pall Mall. Henrietta was not especially pleased when Daniel had arrived in London to tempt her husband with his flashy lifestyle and penchant for gambling, but she was downright hostile toward Caroline's influence over the both of them. As Henrietta saw it, Robert had always been the proper, obedient, well-behaved twin, and they didn't need Daniel or his mistress intruding on their virtuous prosperity.

Or perhaps Robert wasn't so innocent after all. His detractors would later paint him as a hypocrite full of secret vices, including gambling losses and mistresses of his own. He seemed more than happy to collude with Daniel in various financial schemes once his brother arrived in London, and some said it was actually

Continued on page 20

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Edf. Rocamar, Nerja

Apartment for sale situated in Edf. Rocamar, one of the most sought-after apartment complex in the Parador area of Nerja, at the end of calle Carabeo. The apartment has a southwest facing terrace with nice sea views through beautiful gardens. It comprises 1 large bedroom with fitted wardrobes and a modern bathroom. This apartment has been fully refurbished to a very high standard. A/C & heating. Perfect investment for holiday rentals.

Price: 395,000 euros Ref. JG993

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Cortijo San Rafael, Frigiliana

Detached villa with private pool, garage and fabulous sea and mountain views situated in the prestigious residential area of Cortijo San Rafael on the road from Nerja to Frigiliana. It consists of 3 double bedrooms and two bathrooms. The property has air conditioning and gas heating throughout. Furnished.

Price: 550,000 euros Ref. JG216



Hotel Parador area, Nerja

Top floor apartment located in the very sought-after area of the Hotel Parador. The property has a good sized terrace facing east with beautiful open views of the nearby urbanisations and some sea view to the south. It comprises a large open plan living & dining area, a separate fitted kitchen, guest toilet, 3 double bedrooms and one bathroom. A/C & Heating throughout.

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Edf. Verde Mar, Nerja

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**Have you tried to
stop drinking?
And found you
couldn't?**



Was January a tough month for you? Traditionally supposed to be the most depressing month of the year, cold, dark, and summer seems a long way off. Even here in Spain the days are shorter, and the temperatures lower. The post-festive buzz, has well and truly worn off, the credit card statement is in, and most of our New Year's resolutions went up in smoke by the end of Three Kings.

Was one of your resolutions to cut back on the booze? Did you try, and found you couldn't? Has your drinking increased? Are you struggling to stop completely, even for a short period of time? Is your alcohol use, making you, or those around you, miserable?

Maybe lockdown was the trigger for you, feelings of isolation and loneliness led to a change in your drinking habits, perhaps larger volumes, or more frequent binges. Possibly it was the move to Spain, living here full-time is entirely different to a two-week vacation, and it is easy to get sucked into daily-drinking. Or it could be for a completely different reason.

If you regularly drink more, or for longer than you planned to; have tried to cut back (or stop) and found you couldn't; drink to deal with feelings and emotions; or if your drinking is interfering with your life, then you could have a problem with alcohol.

There is a solution, Alcoholics Anonymous (AA) - a 12 Step fellowship; a peer-support group that has helped millions of people, all over the world, with their problem drinking. If the consequences of your alcohol use are getting too much, if you are ready to stop drinking, or want support to help you try, then don't wait until it gets any worse.

Here two members of AA, talk about how their drinking led them to AA, and how they now enjoy life and all the benefits of being sober.....

My name is Lydia; I am 65 years of age and I have been sober for 23 years. I am not perfect, nor will I ever be, and neither is my life, but that is ok. I have all that I need, and a few of my wants. The point is, I now have a life. I came into AA, lonely, hopeless, and broken. Today I have hope, gratitude, friends, and so much more.

The simple fact is, I was completely sick of the consequences of my drinking, and I had to be ready to stop. I had to do it for myself; and I had to give myself completely to this simple program.

I would say to anyone worried about their drinking, if it is costing you more than money (relationships, health, jobs), it is very likely that you have a problem. If you decide you want to give AA a try, you will never be alone again, you don't have to continue in the misery. The fact is, untreated alcoholism, will (and does) kill in the end. I have lost friends because of their drinking. Alcoholics Anonymous and the 12-step program have saved my life, and the lives of countless others. It has given me a life with a purpose, and it's available to anyone who wants it!"

"My name is Jacob, I am in my 50's, happily married with no children, I run a successful business, based on the Costa del Sol. But my life wasn't always like that. The comments first started in my twenties, people would say; maybe I should have water with my wine, or a bit more tonic in my gin. A couple even called me an alcoholic, but I brushed it off. I was functioning, I still held down a good job (two in fact), I still had a wife and a car!

By the end, I had to have a drink in the morning to stop the shakes, my whole day was centred around where the next drink was coming from. I wasn't eating properly, and there were a lot of arguments, slamming doors, and shouting. I was lying and being dishonest, I was leading a double life. Till my wife made me get help.

The most amazing thing about AA is there are no rules. Not on what you must do, or what you should believe. It is not like a church or a school, it is a group of people trying to get themselves off the drink, and into a better way of living, using a spiritual program, and a set of principles as guidelines.... And it is completely free. If you think you might need to look at your drinking, or need some help to stop, then get in touch with AA. Come along to a meeting (or a few) and just listen."

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

Call the English-speaking AA helpline for support: +34 600 379 110, or visit the website for help and information:

www.aacostadelsol.com

CALL THE AA HELPLINE FOR SUPPORT:

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www.aacostadelsol.com.

5 STEPS TO BE FOLLOWED FOR DEALING WITH AN INHERITANCE OF AN EXPAT OR NON-RESIDENT IN SPAIN

Organizing an inheritance in Spain is a difficult task for everyone, specially if you don't know the Spanish law.

In this post we explain the basic steps to be followed when a non-resident or expat passes away owning assets in Spain. It is necessary to carry out a legal procedure to change ownership of assets of the deceased person into the name of the heirs.

1st Step:

Get an original death certificate. This official document is normally provided by the funeral company and it can also be obtained from the Civil Registry.

2nd Step:

Get original certificates of the last will (if any) signed by the deceased person, as well as the certificate of any life insurance policies in place.

With these certificates we will confirm if the deceased person made a will in Spain.

We can find two situations:

a) Existence of a will made inside or outside Spain. In this case the assets will be distributed according to the wishes of the deceased person.

b) Non-existence of a will. If the deceased person never made a will, the distribution of his assets will be made according to the laws of his nationality.

3rd Step:

The heirs or relatives of the deceased person will have to sign an inheritance deed in front of a Spanish Public Notary in order to accept and distribute all the assets. Please, be aware that debts are also inherited so it is important to confirm that the value of the assets is higher than any possible debts.

4th Step:

Filling Inheritance Tax Form 650 with the local Tax Office. For EU citizens there are allowances up to 1.000.000 euros per heir (in case of direct relatives: spouse and children), so in most cases there won't be any inheritance tax to be paid. The inheritance taxes must be filled within 6 months from the date of the death.

5th Step:

Take the inheritance title deeds to the Land Registry in case the deceased person owned a real state property or to banks /insurance companies in case the deceased person had funds, bank accounts or life insurance policies.

We recommend hiring the professional services of a solicitor so this procedure can be done in a speedy and correct way.

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My garden in Spain...

When I was in England, a glimpse of a butterfly had become quite a rare thing. There was the occasional cabbage white that fluttered through the garden. But one late summer, when the newly planted Buddleia in next door's garden opened up its blossoms, there were Red Admirals, large and small Tortoiseshells and the occasional Painted Lady hovering over the flowers. It was a beautiful sight but a brief one as the weather usually changed and the flowers were blown away. I wanted these beautiful visitors to stay longer, but I had to wait until the following summer. Well here in Spain in my new garden, there is a climber with plumbago-like yellow flowers clambering over the bottom fence and since the blossoms have opened, every day there are butterflies galore all



Red Admiral



Painted Lady

hovering and settling on the flower heads. For the first time I have seen a Peacock in real life, what a beautiful thing it is. This has encouraged me to read up on a book, which helps you create a butterfly garden with the right flowers and herbs. The book is called surprisingly, 'Starting a Butterfly Garden' written by Peter Cawdell and published by 'The School Garden Company'. I also have a leaflet from the Avon Wildlife Trust, which I collected from their centre at Brandon Hill, Bristol. The trust had converted part of the open park area into a nature reserve with a pond and pathways through plantings of shrubs and flowers all chosen

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Our regular gardening column by Irene Beenham.
Throughout the year, Irene describes the range of emotions experienced in creating her very own 'Spanish Garden', offering help and advice along the way.



Peacock

to attract passing butterflies.

It was a lovely place to stroll through, weather permitting and always popular with schools. It was always amusing to see one of the trusts wardens ladling frogspawn into jam jars brought in by the school children.

I have just looked up from my keyboard and there is a Swallowtail basking in the sun on the canopy in the garden. It is incredibly beautiful, with its wings of yellow and black.

According to the 'Oxford book of Insects', this species is now confined to the Norfolk Broads in England. Perhaps that is why I had to come to Spain for my first glimpse of one.



Swallowtail

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ONLINE VIDEO

Moclinejo **New this month!**
Fantastic finca styled property (110m² approx) with 3 beds, 2 baths and pool. Beautiful features, wooden beams, skylights, light tiled floors, terraces with colourful shrubs and magnificent views to the sea.

Price: 260,000 euros

ref: v1487

EPC: E



ONLINE VIDEO

Nerja **Fantstic property!**
Modern, spacious & bright 2 bed, 1 bath apartment (75m²), open plan living/dining with separate kitchen, sizeable private terrace, benefits from communal swimming pool & tennis court & has easy parking.

Price: 190,000 euros

ref: t1468

EPC: E



ONLINE VIDEO

Torre del Mar **Spacious apartment!**
Fantastic 3 bed, 2 bath apartment (116m²) with living/dining & separate kitchen, private parking, communal pool, tennis court, gym & playground.

Price: 229,000 euros

ref: v1465

EPC: in progress



ONLINE VIDEO

Canillas de Albaida **Sea views!**
Beautifully presented, modern 2 bed 2 bath townhouse (109m²) in Canillas de Albaida with wonderful sea views. With central heating, two terraces and a huge garage/workshop, this house offers spacious accommodation.

Price: 175,000 euros

ref: t1482

EPC: E



ONLINE VIDEO

Cómpeta **New this month!**
Beautifully renovated, turnkey 2 bed, 2 bath townhouse (93m²), modern and bright interiors, fantastic terraces with sea, mountain and village views, sold fully furnished.

Price: 190,000 euros

ref: t1485

EPC: G



ONLINE VIDEO

Almarchar **Price reduced!**
Recently renovated village house (38m²) with 2 beds 1 bath, spacious open plan living/dining/kitchen. Store room and space for a table and chairs outside.

Price: 73,500 euros

ref: v1440

EPC: G

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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Robert who directed Daniel to the coffee house where he made an unsavoury (not to mention unsteady) income as a stock-jobber, betting on various political and economic events of the day. But it's easy to understand how Henrietta, at least, believed her husband to be the clear victim among the three.

Whether Henrietta was right about what lay in Robert's heart, the fact remained that he had spent several years entangling both his social and financial affairs with those of his brother, and as of 1775, he had participated in the shockingly bold scam against the Drummond brothers involving a forged £7,500 bond in William Adair's name. The three had been let go, thanks to Caroline's moving confession, but either the Drummonds or Adair could choose to press charges against Robert or Caroline at any time. Nor was that the only sword looming over their heads: in the months prior, bonds supposedly signed by "William Adair" had been used to secure three other loans for the Perreau brothers—two in Robert's name, and one in Daniel's. The bankers who had made these loans remained unaware of the Drummonds' discovery for now, but if word got around before the Perreaus could pay off the balances and take back the evidence, they would not escape arrest again.

Despite her ever-confident demeanour, Caroline did seem to recognize the danger they were in. She attempted to sell some jewels to pay off the outstanding loans, but couldn't secure a buyer quickly enough. She asked one of Adair's relatives to intervene with him on their behalf, but was met with icy rejection. Worse, Robert himself tried to contact Adair three days after the initial confrontation, and the latter's response made it clear that he had not forgotten the incident, and had most likely decided to alert the authorities after all. So on the evening of March 11, out of options and increasingly desperate, Caroline and the twins bundled themselves into a carriage and sped off down the narrow streets of London, planning to flee the country.

Robert clearly had the most to lose. Both Daniel and Caroline could start anew in France or elsewhere with minimal difficulty, but Robert was leaving behind a loving family and a thriving business. In truth, Caroline and Daniel had three young children

by now as well—one of whom had been used to extort money from poor Salvador, though he had never seen the child he thought was his—but they apparently didn't consider it necessary to bring the children along for the escape, nor did Caroline and Daniel seem to have any concrete plan for what would happen to the children in their absence. At any rate, before the carriage had traveled more than a few blocks, Robert changed his mind, or else acted on a plan he'd been contriving since the scene in William Adair's parlour. On the pretense of having forgotten something, he climbed out of the carriage, then dashed around the corner to the magistrate's office on Bow Street and declared that he wished to testify against Margaret Caroline Rudd in a case of forgery.

Here, again, accounts differ as to what actually occurred.

According to the police blotter in the Annual Register,

A gentleman came to the Public Office, in Bow Street, in company with a woman elegantly dressed, and inquired for one of the Magistrates. . . . The parties were introduced, when the man, after a short preface in which he acquainted the Justice that his name was Robert Perreau, and that he had lived as an apothecary, for some time on Golden Square, in great reputation, said he was come to do himself justice, by producing the person who had given him a bond for £7,500, which was a forgery. The woman denying the circumstance, and the parties mutually upbraiding each other, Mr. Addington thought proper, as there was a great appearance of an iniquitous combination, to commit them both to Tothill-Fields Bridewell for further examination.

According to Daniel, all three of them were actually in the room at the magistrate's office, though it is a fact that he, or one of the brothers, at least, was not arrested until a day or two later.

Meanwhile, the apparently calm presence of Caroline during the extended introductions reported in the blotter doesn't precisely jibe with the image of a woman who knows that she is about to be betrayed.

Part 3 in March 2023

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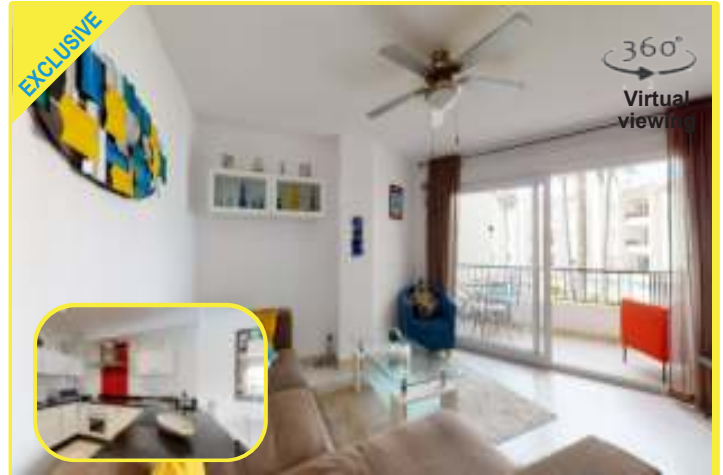




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**BRUNO...**

Came in as a rescue dog from a friend of a friend. He was in bad condition and covered in bites and scars and was quite aggressive. He is a lot quieter now but doesn't like other male dogs. He weighs about 25 kilos and is fully vaccinated and castrated. He loves being outside which makes us think that he had been enclosed a lot at some stage of his life.

**Bruno**

HECTOR... The poor lad has been with us for quite a while now after being abandoned in Nerja. He had spent a year or so at another kennel when he was young and is now five years old. He is very much an Alpha male and doesn't get on well with other male dogs. Unfortunately he is not too keen on cats either. Hector is about 20 kilos and is fully vaccinated and castrated. He loves to play and has a healthy appetite.

**Hector****Inky****The Costa Animal Society...**

INKY... She was found abandoned along the riverbank with Tyson a year or so ago. She was totally bald on her back and shoulders but with treatment and patience she is fine now. She is about 2 years old and is fully vaccinated and spayed and weighs about 8 kilos. She is very sweet and playful and loves being with her friend Tyson and as you can see from the photos, she loves a fuss and a stroke.

**Tyson**

TYSON.. Is a lovely boxer who was found abandoned along the river bed in Nerja with his little friend Inky. He is about 4 years old and unfortunately was tested positive for leishmaniasis for which he takes medication daily. This has also affected his eyes so he needs eye drops daily. He can be aggressive at feeding time. He likes to eat a LOT but stays quite slim. He is fully vaccinated and castrated and weighs about 20 kilos. He is very happy being with his little friend Inky.

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Petra

Petra - AAR2626

Petra was reported to us just before Christmas, sadly her owner had died, and she made her way to the neighbouring scrapyard with her 3 puppies. The owner kindly allowed her to stay, and made up a shelter for her, but the circumstances were not ideal and we were asked to help. Petra was very wary of people, and eventually allowed herself to be caught on 3rd January. She is now living in kennels with her pups. Petra is friendly, but shy, she becomes inquisitive when someone is making a fuss of the pups, and comes over for a fuss of her own. Petra will soon be ready for a home of her own, a quiet one, where she can mooch around, sleep in the sun, and be your best friend. For more information please email axarquia-rescue@hotmail.com



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Axarquía Animal Rescue



Vixey

Vixey - AAR 2605

Vixey was found alone in the countryside with a bit of chewed rope round her neck, underweight, and nervous of people. She attached herself to a lady walking with her dogs, and followed her home. Vixey moved to her current foster home where she has the company of another female dog. They get on really well and have become best of friends. Vixey enjoys her walks and life in a loving family home. For more information please email axarquia-rescue@hotmail.com



Calie

Calie - AAR 2612

Estimated to be about 5 years old, Calie the Collie was found with her 8 pups in a derelict ruin. Now that her pups have all found loving forever homes, now it is Calie's turn. She is loving but very shy, so needs someone who can spend plenty of

time bringing her out of her shell. In return she will give you lots of love and licks. Email axarquia-rescue@hotmail.com



Django

Django - 2623

Django was found injured and alone in the countryside, gorgeous Django is now thriving under the care of his wonderful fosters. Django loves family life and would love nothing more than to have a loving forever home of his own. Fully vaccinated and neutered, gets on well with other dogs as you can see. Email axarquia-rescue@hotmail.com for more information.

Comares puppies

These 3 very young pups were seen being thrown down a hill in a bag from a distance.

Luckily the person that saw it made his way down to the bag to check what was inside.

4 puppies of approx 2/3 days old!

Sadly, one puppy died on route to their emergency foster home.

The remaining 3 pups are doing well and very vocal.

We have no idea at the moment of their expected size.

You can follow their story on our facebook group

<https://www.facebook.com/groups/AAR.axarquiaanimalrescue> or our website

www.axarquiaanimalrescue.com



Chispa and puppies

Chispa - AAR 2630

Chispa and her very young pups were found on someone's land. They were taken in and cared for, and have now moved into our care. Chispa is small at only 8kg, the pups are likely to be bigger than her, but it is too early yet to tell. The family have started their vaccinations and will soon be ready for homes of their own. Email axarquia-rescue@hotmail.com for more information.



Comares puppies



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THE BENEFITS OF A RAW DIET FOR YOUR DOG

As humans, our bodies need proper nutrition to reach their optimal health and strength. When we don't receive the right amount of nutrients in our system, our body begins to falter, and our immune system weakens. We are more likely to get sick, tired, or depressed. This also applies to our dogs, making what we feed them just as important as what we provide ourselves. Compared to other forms of dog food available, a raw diet is the best food your dog can eat. Raw dog food, also known BARF, is filled with biologically appropriate ingredients for your dog.

A dog that eats raw food is generally healthier than one that doesn't because a raw diet has the greatest bioavailability of nutrients. This means that your dog's meal is much easier to digest than any other dog food, allowing all the nutrients to be absorbed.

Feeding a raw dog food diet is the best and most natural diet that provides the nutrition and health benefits your dog needs for enhanced optimal health.

WHAT'S WRONG WITH DRY FOOD?

Dry food has always been the most popular dog food to feed our dogs, but now we know more about canine nutrition and more about what goes into dry food and how harmful it can be. Like processed food, dogs can digest kibble, but they won't receive the nutrients an authentic meal provides. Dry dog food, like kibble, lacks the essential nutrients and vitamins necessary for the dog's biology. To thrive, dogs need the amino acids, vitamins, probiotics, prebiotics, and nutrients that a natural raw meat diet can provide. Commercial dog food companies claim that they provide your dog with these nutrients, but that is a myth!

Dry food is processed in extreme temperatures that destroy half of any nutritional value it has. They are packed with artificial flavours, colours, fillers, and preservatives, none of which are benefiting your dog's health. Instead of processed dry dog food, feed your dog raw meat formulas that will give your dog the nutrients nature intended them to consume! A raw dog food diet will mimic meat, bone, organs, and some vegetation consumed in the wild. A raw diet is biologically appropriate and will give your dog the essential nutrients needed to provide them with optimal health and longevity. With this being said, many specific benefits are leading to a healthy life.

A natural fresh raw diet can give your dog many health benefits, improve their current conditions, prevent future disease, and help them thrive.

WHAT ARE THE BENEFITS OF A RAW DIET?

Benefits Include:-

- Stronger Immunity
- Healthy Weight
- Reduced Allergies
- Better Digestion
- Less Gas
- Smaller Stool

DOG SCHOOL - NERJA

Karen Wallace

- Reduced Allergies
- Increased Energy
- Improved Dental Health
- Less Vet Visits
- A Healthier Happier Dog

There are a lot of things that might make you think twice before starting your dog on a raw diet. People sometimes claim that it's complicated – not any more. Most raw food just looks like mince and is stored in the freezer. Defrost what you need and serve it to your dog; it's that simple!

Or you might worry about bacteria - This is probably the biggest of the raw dog food myths out there. Raw dog food that is prepared safely does not put your dog at risk of bacteria or contamination. Raw dog food goes through several different safety checks including routine salmonella tests, and deep freezing helps to eliminate any bacteria.

Treat it just like any other meat that you might be cooking for your own dinner. Dogs' immune systems are designed to handle the various sources of bacteria and germs that they come into contact with on a daily basis.

A raw diet can help their gut bacteria to neutralise any pathogens, meaning raw can provide beneficial nutrients without any increased risk.

You may hear some say it's expensive – it can be. The cost of high-quality ingredients and the safe handling of raw food does mean that raw dog food costs more than the cheapest kibble.

However, in comparison to some of the more nutritious commercial food diets, it can still be competitively priced.

The health benefits and savings on vet bills outweigh the small extra costs, and you can't put a price on a healthy happy dog!

Feeding my own dogs a healthy and appropriate diet has always been a passion of mine and I recently passed a Diploma in



Canine Nutrition, so it seemed an obvious path for me to take to begin stocking healthy dog food at snacks at Dog School, so I've joined forces with a local raw food supplier and am now stocking a wide range of different flavours of complete raw food and natural snacks and chews.

If you want to know more about how to transition your dog onto a healthy raw diet, or place an order, go to

www.dogschoolnerja.com/raw-shop



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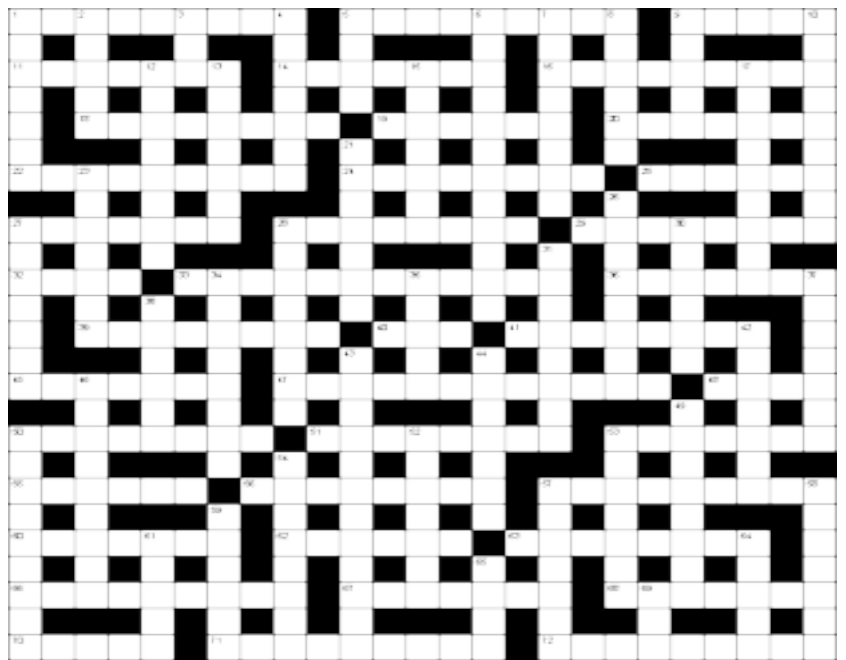
Across

1. Brotherly (9)
5. Savage (9)
9. Larceny (5)
11. Vegetable (7)
14. Haggle (7)
16. Peremptory demand (9)
18. And so forth (8)
19. Fold (6)
20. Beaming (7)
22. Essential (9)
24. Indulgence (8)
25. Contusion (6)
27. Cigar (7)
28. Monetary system (8)
29. Laps (8)
32. Lure (4)
33. Implication (12)
36. Corresponded (7)
39. Enlightened (8)
40. Perform (3)
41. Endearing (8)
45. Pass through (7)
47. Multiplied (12)
48. Amphibian (4)
50. Formulate (8)
51. Assailed (8)
53. Transported (7)

55. Sickness (6)
56. Explosive (8)
57. Anteaters (9)
60. Infuriate (7)
62. Beginning (6)
63. Venomous fish (8)
66. Intrepid (9)
67. Proposition (7)
68. Cane syrup (7)
70. Spooky (5)
71. Abode (9)
72. Endured (9)

Down

1. Sect (7)
2. Stroll (5)
3. Horse-drawn carriage (3)
4. Freedom (7)
5. Garrison (4)
6. Recuperating (12)
7. Luxury (8)
8. Irony (6)
9. Shy (5)
10. Siren (9)
12. Forbear (8)
13. Draw out (7)
15. Set up (7)
17. Custom (9)
21. Clear up (7)



23. Fissure (7)
26. Differ (8)
27. Floorshow (7)
28. Disdain (8)
30. Rises (6)
31. Promontory (8)
34. Dormant (8)
35. Desert plants (5)
37. Injured (7)

38. Treasurer (6)
42. Before now (7)
43. Negated (12)
44. Harassed (7)
46. Declared (9)
49. Cut across (8)
50. Nominee (9)
52. Fatuous (7)
53. Small crown (7)

54. Summary (8)
57. Try (7)
58. Debar (7)
59. Consume with relish (6)
61. Recess (5)
64. Vessel (5)
65. Impulse (4)
69. Fish eggs (3)



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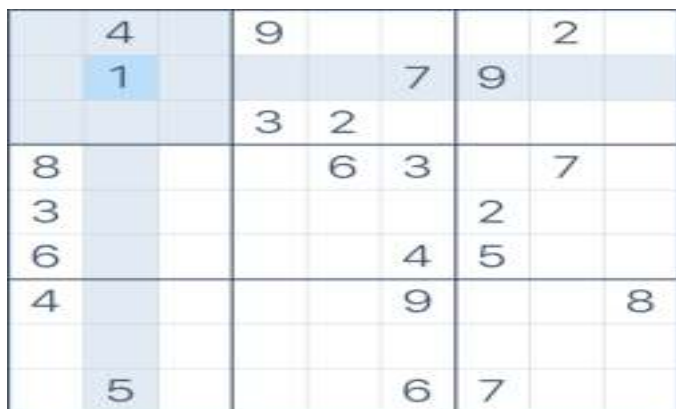
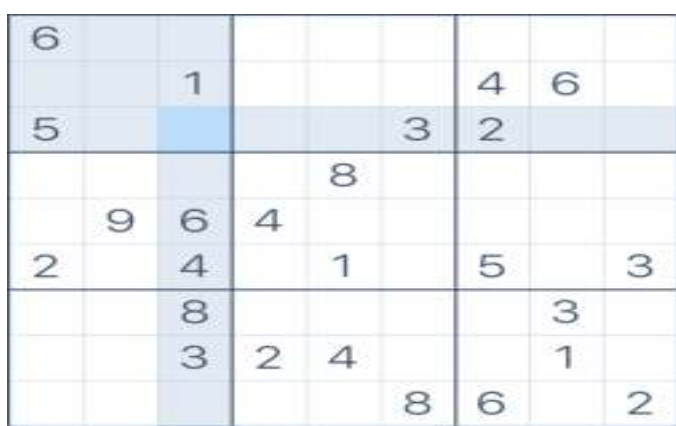
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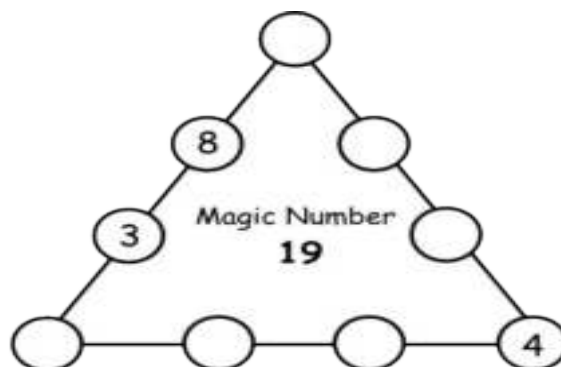
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D L E I F K C A B T X A D C J K A J F U
F X D D K K M N P R T L V C R B V G U Q
G L Q E N O Z D J A E G G V R E Y M M R
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A G A Z I O U W D I A C N X S D I O J C
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Q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

BACKFIELD	SNAP	QUARTERBACK	POINT
CORNERBACK	ZONE	SACK	RED
END	CATCH	TACKLE	SAFETY
FIELD	DOWN	CENTER	ZONE
GOAL	EXTRA	DRIVE	INTERCEPTION
HUDDLE	FULLBACK	FAIR	LINEBACKER
KICKOFF	GUARD	FUMBLE	RETURN
PUNT	INCOMPLETION	HALFBACK	





Reviewing your wealth management for 2023 and beyond - five key elements for successful investing

A new year is the perfect time to review your wealth management, particularly your investment portfolio, to make sure it is on the right track to achieve your objectives. Whether you are just taking a fresh look at what you have, or have capital to invest, there are five key aspects you need to address for successful investment.

These will help ensure your savings are working as hard as they can for you, helping you earn real rates of return (after inflation and tax) at the same time as being designed around your objectives, circumstances and risk tolerance.

1) Tax and estate planning considerations - choosing the right tax-efficient structure for your investments

A tax-efficient structure, such as an ISA in the UK, can keep most of your investments in one place and provide protection to help you legitimately avoid paying too much tax. You want to ensure that as much of your hard-earned wealth as possible is placed in the most suitable structure to limit your tax liabilities. At the same time, consider your estate planning wishes, so that your investment capital can be passed to your heirs as easily and tax efficiently as possible.

That was perhaps easier to achieve in the UK where we are accustomed to the local rules, but here in Spain with a foreign tax and succession system and various changes over the years, it is crucial to take advice from someone who is well-versed in the nuances of the Spanish regimes and how they can impact your wealth.

Otherwise, you may happen upon an investment portfolio that produces excellent medium to long term returns, only to see them slashed by Spanish taxes – levies that you may have been able to significantly reduce.

By Kelman Chambers, Partner, Blevins Franks

2) Your appetite for investment risk

Of course, no risk often means no returns. And arguably even bank accounts carry risk, as we saw with the 2008 banking crisis.

We also have inflation risk, where the rising cost of living erodes the spending power of bank deposits over time. Even low rates of inflation can reduce the value of your money over time.

Most of us recognise that for some of our assets, exposure to market movements gives us a better chance of outperforming inflation and producing real returns over the medium to long term. However, the starting point has to be to obtain a clear and objective assessment of your appetite for risk. Otherwise, the result will be an investment portfolio that is not suitable for you.

These days there are some very sophisticated ways of evaluating your risk appetite, involving a combination of psychometric assessments and consideration of your other assets and investment objectives.

3) Matching your risk profile and objectives to the optimum investment portfolio

Every set of investments can be forecast to display a given

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amplitude of risk. Low amplitude, less investment risk but also lower likely returns. A higher amplitude of risk brings greater potential returns but also higher investment risk. The key is ensuring your investment portfolio matches your attitude to risk.

It is extremely difficult to effectively assess your own risk profile; you will benefit from third party professional objective guidance. Without such a sound assessment being then matched to the optimum blend of investments, you are likely to find yourself with a portfolio that is too risky or too cautious for you.

Another key initial step is to establish your objectives. Are you looking for income, growth or a combination?

Or is your prime concern to preserve your wealth for children? What is your time horizon?

Your adviser should then help you build a portfolio based both on your risk profile and objectives.

4) Diversification

The next critical component is to ensure your investments are suitably diversified and you are not over-exposed to any given asset type, country, sector or stock.

By spreading across different asset types (equities, government bonds, corporate bonds, property, cash) and markets (US, UK, Europe and emerging markets), you give your portfolio the chance to produce positive returns over time without being vulnerable to any single area under-performing.

This sound investment approach can be extended by utilising a 'multi-manager', approach where several different fund managers are blended together. This can reduce your reliance on any one investment manager making the right decisions in all market conditions.

5) Reviews

Finally, you need to review your portfolio around once a year to re-balance it. As asset values rise and fall, your portfolio can shift away from the one designed to match your risk profile and objectives and you may need to make adjustments to re-establish your original weighting. Also consider if any of your personal circumstances have changed.

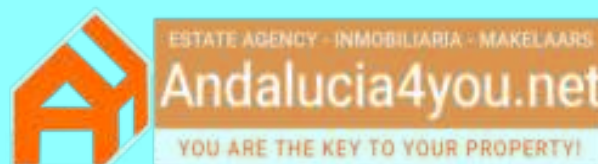
Regular re-balancing helps control risk and can have a positive effect on portfolio performance.

Five key principles which applied well can help you have the peace of mind to sleep at night.

So resolve to review your portfolio and wealth management to keep it on track, not only for 2023 but into the future.

All advice received from Blevins Franks is personalised and provided in writing. This article, however, should not be construed as providing any personalised taxation or investment advice. Summarised tax information is based upon our understanding of current laws and practices which may change. Individuals should seek personalised advice.

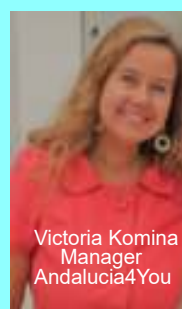
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ARIES:- (March 21st - April 19)

Something that has been worrying you for quite some will appear in a much better light today and you will probably kick yourself mentally for letting it get you so worked up. Don't be too hard on yourself – even Aries gets a bit fatalistic once in a while.

Luckiest day:- Monday

TAURUS:- (April 21 - May 21)

There have been some powerful emotions at work of late and it's quite likely that a friend's or work colleague's jealous feelings have come between you. The good news is that as from today extreme emotions will seem silly to you both.

Luckiest day:- Thursday

LEO:- (July 23 to August 22)

It may seem as if someone is being obstructive for no good reason today but according to the stars there may be an element of payback involved. Have you held them back in some way in recent weeks? If so, you're paying the price now!

Luckiest day:- Sunday

VIRGO:- (August 23 - Sept. 22)

The most important thing today is that you deal only in facts, because if you say something that your rivals can prove is wrong it won't look good and might even impact on you professionally. You don't need to exaggerate your achievements.

Luckiest day:- Wednesday

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

Be careful what you say to friends and family members today because your blunt appraisal of their efforts could make you seem uncaring. That is, of course, far from the truth but you need to remember that some people have very thin skins.

Luckiest day:- Wednesday

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

You will impress people in positions of authority with your can-do attitude today and though you might not want to draw attention to yourself they are sure to lavish you with praise. A promotion or pay rise could be in the pipeline too.

Luckiest day:- Tuesday

GEMINI:- (May 21 to June 20)

Something rewarding will come your way over the next few days and it will set an encouraging seal on a pretty good year. Don't think for a moment that you are unworthy of success – on the contrary, you deserve it more than most.

Luckiest day:- Friday

LIBRA:- (Sept. 24 - October 23)

You must spell out in plain and simple words what it is you expect of other people and what they can expect from you in return. Leave them in no doubt that you are going to be fair and won't try to deny them what they deserve.

Luckiest day:- Tuesday

AQUARIUS:- (21 - Feb. 18)

Your mind is a powerful tool and the things you imagine today will be the things that come about tomorrow, so be careful where you direct your thoughts. You're allowed to daydream, of course, but make sure your fancies are always of a positive nature.

Luckiest day:- Sunday

CANCER:- (June 21 - July 22)

Work matters are under favourable stars at the moment and whatever it is you choose to focus on will work out well. Just make sure that your aims really are your aims and not aims that others have imposed on you.

Luckiest day:- Saturday

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

You have been strangely reluctant to give a lead to the people around you of late and that needs to change. Others look to you not only for guidance but also for the kind of strong leadership they know is most likely to result in success.

Luckiest day:- Thursday

PISCES:- (Feb.19 - March 20)

Anything of a financial nature will go well for you between now and the end of the year, so don't wind down and take it easy too soon. Money never sleeps and if your mind is awake over the next few days you could make a fortune!

Luckiest day:- Monday

Horoscopes.

by Kristian Marconi

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Roasted Salmon with Citrus Salsa Verde

Serves: 4

Ingredients:-

1 shallot, very thinly sliced into rings
 Finely grated zest from 1 orange, divided
 Finely grated zest from 1 lemon, divided
 1 tbsp. plus ½ cup extra-virgin olive oil
 1lb. salmon fillet
 Kosher salt
 ½ cup chopped cilantro
 ½ cup chopped parsley
 1 small garlic clove, finely

grated
 ½ tsp. smoked paprika
 Fresh juice from 1 orange



Roasted Salmon with Citrus Salsa Verde

Fresh juice from 1 lemon

Preparation:-

Preheat oven to 250°. Combine shallot, half of orange zest, half of lemon zest, and 1 tbsp. oil in a small baking dish just large enough to fit salmon. Season salmon with salt and coat with zest mixture. Bake fish until fillet is just opaque in the centre and flakes with a fork, 30–35 minutes.

Meanwhile, mix cilantro, parsley, garlic, paprika, remaining zests, and ½ cup oil in a medium bowl. Stir in orange and lemon juice and season citrus salsa verde with salt just before spooning over fish.



Raspberry and Pistachio Semifreddo

Raspberry and Pistachio Semifreddo

Serves: 6

Ingredients:-

¼ cup cold sour cream
 ½ cup confectioners' sugar
 1 cup cold heavy cream
 ¼ cup pistachios, chopped
 2 pt. raspberries, divided
 1 tbsp. fresh lemon juice
 1 tbsp. pure honey
 2 tbsp. fresh mint leaves

Preparation:-

Line an 8 by 4 inch loaf pan with plastic wrap, leaving an overhang on all four sides.

Beat sour cream with an electric mixer on medium speed until smooth, 1 minute. Add sugar and beat to combine. Reduce mixer speed to low and gradually beat in heavy cream. Increase speed to medium and beat until stiff peaks form, 2 to 3 minutes.

Fold in pistachios and 1 pint raspberries; transfer to prepared pan. Freeze until set, at least 4 hours or up to 1 week.

Whisk together lemon juice and honey in a bowl until

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dissolved. Add remaining raspberries and toss to combine. Let sit, tossing occasionally, 18 to 20 minutes. Invert semifreddo onto a platter; discard plastic. Top with raspberries and mint leaves.



Salmon Coconut Soup

Salmon Coconut Soup

Serves:- 4 - 6

Ingredients:-

1½ lb. skinless salmon fillet
1 tsp. Morton kosher salt
8 oz. mixed mushrooms
½ medium onion
3 garlic cloves
1 3" piece ginger
1 – 3 red or green Thai chiles or serrano chiles
2 lemongrass stalks
1 tbsp. virgin coconut oil
8 lime leaves or zest of 2 limes
2 13.5-oz. cans unsweetened coconut milk
2 tbsp. fish sauce
1 tsp. sugar
2 limes, divided
Cilantro leaves with tender stems (for serving)

Preparation:-

Cut 1½ lb. skinless salmon fillet into 1" pieces. Place in a large bowl and season with 1 tsp. Morton kosher salt. Trim tough stems off 8 oz. mixed mushrooms. Slice the mushrooms ¼" thick. Add to bowl with salmon. Trim root end from ½ medium onion; peel and discard skin. Coarsely chop onion and transfer to a medium bowl. Smash, peel, and coarsely chop 3 garlic cloves. Transfer to bowl with onion. Using a spoon or vegetable peeler, remove skin from one 3" piece ginger. (A spoon works well to reach all the nooks and crannies.) Thinly slice into rounds and add to bowl with onion. Cut 1 - 3 red or green Thai or serrano chiles in half lengthwise (use 1 for mildly spicy, 2 for medium, or 3 if you

want sweat beading on your forehead) and place in a small bowl.

Remove tough outer layers from 2 lemongrass stalks, revealing the softer, pale yellow stalk. Trim off top two thirds of stalk and discard. Slice lemongrass into thin rings, then finely chop; add to bowl with chiles.

Heat 1 tbsp. virgin coconut oil in a large Dutch oven or other heavy pot over medium heat. Add onion, garlic, and ginger and cook, stirring occasionally, until softened and fragrant, about 3 minutes. Add chiles and lemongrass, 8 lime leaves or zest of 2 limes, two 13.5 oz. cans unsweetened coconut milk, remaining 1 tsp. ½ tsp. Morton kosher salt, and 3 cups water. Bring to a boil over medium high heat, then reduce heat until soup is barely bubbling and gently simmer, stirring occasionally, until flavours come together, 8 - 10 minutes.

Add salmon and mushrooms to pot, increase heat to medium high, and return to a boil. Reduce heat to medium low and simmer, until salmon is just cooked through and starting to flake and mushrooms are softened, 8 -10 minutes. Gently stir in 2 tbsp. fish sauce and 1 tsp. sugar. Slice 1 lime in half and squeeze in juice.

Ladle soup into bowls. Cut remaining lime into wedges. Tear or coarsely chop cilantro leaves with tender stems. Serve soup with lime wedges and cilantro on the side.



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CAN I TREAT MY INSOMNIA WITH ACUPUNCTURE?



Insomnia is one of the most frequent sleep disturbances that currently exist. Since they affect a large part of society. We can define insomnia as the alteration or modification of sleep.

TYPES OF INSOMNIA

It can be presented in several ways:

- Problems falling asleep at bedtime. This case is the most frequent or common, and this type is called initial insomnia
- At other times insomnia however occurs when we wake up very frequently. Also when we wake up often throughout the night. This type is called intermediate insomnia.
- Although sometimes insomnia can also appear when we wake up very early, much

earlier than we expected. This type is called terminal insomnia.

We must know that sleeping is a vital and very important function for the human being. We say this, since when we are sleeping the brain will carry out innately or naturally, a process that will allow the whole body to regenerate and recover. But when this process is affected or altered, this is when it is said that the sleep has not been restorative.

HOURS OF SLEEP

The duration of sleep will vary from one person to another. Since, it will depend on the age. But it usually oscillates between 4 and 12 hours of sleep. For an adult, the normal and the most ideal thing is that their night sleep is about 7 to 8 hours. This sleep time will allow us, the next day, to carry out our daily or daily activities with total normality. However, on the other hand, it must be said that an elderly person does not need so many hours of sleep. The normal thing for a 65-year-old person is to sleep about 6 hours at night. These hours of sleep are totally sufficient for them since they do not carry out great activities that imply a great effort throughout the day. I mean, they don't move as much as a 40-year-old. Another important fact to note is that insomnia appears more frequently in women than in men. They have been carried out and there is still a lot of study and research on the subject. This produces great alterations or even disorders on a mental and physical level. For this reason, when we are facing a case of insomnia it is important to know how to frame it in order to be able to carry out a successful treatment later.

INSOMNIA CLASSIFICATIONS

We can perform the following classification:

- 1.- FOR ITS DURATION Which in turn is .

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				NERJA PILATES 9.15H
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PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP - 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSIÓN 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		
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divided into:

* **ACUTE OR TRANSIENT.** This type of insomnia does not last long, only about 2 or 3 days. They appear because some type of situation is related that is not usual, such as a trip or exams. It tends to disappear the moment that specific situation that causes the patient a state of nervousness disappears. They usually do not need treatment.

* **SHORT DURATION OR LOWER DURATION.** This type of insomnia has a longer duration, usually lasting about 4 weeks. They have somewhat more important problems associated with them, such as family problems, financial problems ...

* **CHRONIC OR LONG LASTING.** The duration of this type of insomnia is greater than 4 weeks. The causes that trigger this type are not known or are not very clear.

2.- **ACCORDING TO ITS INTENSITY** They are classified into:

* **MILD.** Insomnia usually appears almost every night, but quickly falls asleep again. Therefore, it does not usually alter the normal rhythm of the patient, being able to carry out his daily activities without any problem.

* **MODERATE.** Insomnia appears every night, but the time to fall asleep again is somewhat longer. Here if the power to perform daily activities is affected and even the quality of life of the patient is affected. This can lead to fatigue, irritability, and even anxiety.

* **SERIOUS.** It is the same as the previous case, but here the associated symptoms are much more pronounced, being of greater intensity.

3.- **BY THE WAY OF PRESENTATION**

In turn, they are divided into:

CONCILIATION, are those insomnia that takes less than 30 minutes to fall asleep again.

MAINTENANCE, are those types of insomnia that take more than 30 minutes to fall asleep again.

A RAPID AWAKENING, are those insomnia in which the patient wakes up before the scheduled or scheduled time. They usually appear in older people.

WHAT ARE THE CAUSES OF INSOMNIA?

They can be very varied and multiple causes for which insomnia or that sleep disturbance appears, but below we are going to point out or list the frequent or most important ones:

- Due to excessive worry. For Traditional Chinese Medicine (TCM) an excess of concern will affect the Lung, Spleen and Heart.
- Because the patient may have frustration or anger or resentment. For Traditional Chinese Medicine (TCM) this will affect the Liver.
- Because there is an excess of work in which you work long hours and without rest. For Traditional Chinese Medicine (TCM), this rate of work will affect our Kidney.
- When we eat very heavy meals or excessively increase dairy products in our diet, and for Traditional Chinese Medicine (TCM) this will affect the Stomach.

HOW CAN INSOMNIA AFFECT US?

When we suffer from this alteration and it also lasts a long time, this has a series of consequences that will affect our quality of life and of course when it comes to carrying out all our daily or daily activities. Some of the effects it produces are:

- Fatigue.
- Mood alterations.
- Altered mood.
- Irritability.
- Depression may appear.
- We can even find ourselves with anxiety attacks.
- Decreased concentration.
- Reduces reaction time to any unforeseen event.
- You have even had problems keeping your balance, increasing the risk of falling.
- Decreases the quality of work.
- And of course, our quality of life decreases.

WHAT ARE THE BENEFITS OF ACUPUNCTURE FOR INSOMNIA?

Acupuncture is an ancient technique and is considered one of

the most effective alternative therapies. Acupuncture treatments are totally painless, because the needle is very fine and elastic and it will only be applied under the skin. The only thing that the patient will notice at the time of inserting the needle is a sensation of a small pinch, which will disappear as soon as the needle is in place. The needles used to perform this or any other Acupuncture treatment are totally sterile and disposable needles. It is important to point out or indicate that acupuncture treatment does not have any side effects on health, unlike drug treatments that most do have side effects. The efficiency of Acupuncture on a large number of diseases is more than verified, since its objective is to restore or restore the flow of energy and this for example can help us in this case, to achieve a great improvement for the treatment of insomnia.

THIS IS BECAUSE WITH THE ACUPUNCTURE TREATMENT WE WILL ACHIEVE:

- 1.- Increase blood flow.
- 2.- Regulate or balance the Nervous System.
- 3.- We are going to help the production of a very important hormone to promote sleep, this hormone is Melatonin.

WHAT IS THE MECHANISM OF ACTION OF ACUPUNCTURE ON INSOMNIA?

Previously we have listed only three points of how acupuncture works, but below we will develop more deeply how acupuncture intervenes in the treatment of insomnia.

> The effect that the needles will have will be to act on the nerve fibers that will block the sympathetic system at the spinal level.

> Acupuncture is known to positively influence the chemical activity of the brain and this is achieved through the release of:

- Some substances that will stimulate or inhibit nerve impulses. These substances are known by the name of Neurotransmitters.
- Some substances that will act on the activity of an organ in our body. These substances are known by the name of Neuro-hormones.

> At the base of our skull we have a gland that is the Pituitary and there is also the Hypothalamus. With Acupuncture what we are going to achieve is to stimulate both the Pituitary Gland and the Hypothalamus. It is known that the Hypothalamus is in charge of activating and controlling a part of our Nervous System and also has the function of controlling the Endocrine System and certain bodily functions. Among these functions are the regulation of temperature, appetite and of course sleep.

> Acupuncture will regulate or balance the release of hormones that will act on sleep. These hormones are:

- Endorphins • Serotonin • Norepinephrine • Cortisol
- Acetylcholine • Melatonin • Nitric oxide • Substance P •

> Another mechanism of action of Acupuncture on insomnia is the stimulation of molecules that will regulate stress among many other things. These molecules are known by the name of Endogenous Opiates.

WHAT POINTS DOES ACUPUNCTURE USE TO TREAT INSOMNIA?

As we have commented previously, the objective of Acupuncture is to regulate the flow of energy, using fine, sterile, disposable and painless needles as a working tool. For the Acupuncture treatment to be totally effective we have to take into account several factors:

1.- We must do a good, in-depth study of all the symptoms that the patient presents.

2.- Once all the symptoms have been correctly identified, with this what we are going to do is make a good diagnosis.

3.- If these two previous points have been carried out very exhaustively, it will lead us to a correct and successful treatment. In this case of insomnia, a part of the treatment will be focused on mitigating or softening stress, as well as balancing or restoring energy.

4.- A factor that is also important and that should not be left to free will, is choosing a good professional to perform the treatment for us. This will greatly influence the skill or expertise of the acupuncturist in inserting the needle, the in-depth



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knowledge of human anatomy and the exact points where the treatment should be applied.

ENERGY POINTS

It is important to indicate that all treatments must be totally personalized, since each patient may have the same symptoms, which in this case is insomnia, but may present different alterations in the background. We have previously commented that, due to insomnia, energy imbalances were presented in different organs of our body. These organs that were decompensated were Heart (C), Kidney (R), Liver (H), Stomach (E), Spleen (B) and Lung (P). Well, the treatment that we must carry out must be directed towards these six organs. We know that Traditional Chinese Medicine (TCM) says that the human being is all energy and that this energy circulates throughout our body, through channels called Meridians. We can say that Meridians are like the blood vessels through which blood circulates.

SESSIONS:

Finally, it only remains to highlight that with Acupuncture excellent results are obtained for insomnia problems. But for this, at least five sessions are needed, to be able to observe the first symptoms of improvement. With a total of ten sessions to achieve all the energy rebalancing. But as we have commented previously, all treatments must be personalized and this number of sessions are only indicative.

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Is it bad to sleep near your Smartphone?

Is it bad to sleep near your Smartphone?

IF YOU'RE ANYTHING like the average mobile phone owner, you probably sleep with your smartphone within arm's reach. A recent report has found that 71% of people sleep with or near their phones, and that includes the 13% who said they slept with their phones in their beds.

Maybe you've wondered whether keeping your phone nearby is a bad idea, perhaps it's zapping your brain with radio waves or otherwise harming your health. It would be comforting if researchers firmly and finally quashed any notions that our devices can cause negative health effects. No such luck. In November 2018, the U.S. government's National Toxicology Program wrapped up a 10 year, \$30 million study on the health effects of cellphone radiation exposure. In essence, the government scientists blasted rats with different levels of radio frequency radiation (RFR) for varying lengths of time and then watched to see what would happen. 'Our studies showed that radio frequency radiation at the frequencies and modulations used in cellular telecommunications and under the exposure conditions we used can produce adverse biological effects', says John Bucher, one of the study's authors and a senior scientist with the National Institute of Environmental Health Sciences. Specifically, Bucher's study found 'clear evidence' of tumours in the hearts of male rats exposed to RFR, as well as, 'some evidence' of tumours in the brains and adrenal glands of male rats. They found 'equivocal' evidence of adverse effects in female rats, meaning it wasn't clear if the tumours that turned up were caused by RFR exposure.

What to make of these findings? Depends on who you ask.

Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. 'Were using this to put together follow-up research programs', he says.

Even so, Bucher says there may be some 'low' risk when a phone is held against the head or body, like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with 'prolonged and persistent use', though at this point, defining each of these terms is guesswork.

'If there is a risk, I think it's minimal', says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. 'We haven't seen an increase in brain tumours since mobile phone use has become

widespread.' Moreover, Junck says the research showing any mechanistic link between cellphone radiation and brain tumours is inconsistent and 'methodologically flawed.' Others look at the existing research with great concern. 'I think there's compelling evidence that electromagnetic radiation exposure is indeed harmful,' says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkeley. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma, a type of malignant tumour in the brain and spinal cord. A 2018 U.K. study found rates of glioblastoma, another cancerous brain tumour, more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumours, locations that correspond with where we rest our phones during calls, showed some of the steepest increases. In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes, changes they say are not factored into the U.S. Central Brain Tumour Registry and other databases that track tumours, they turned up glioblastoma increases similar to the ones they tracked in England.

Brain tumours aren't the only worry for cellphone users. 'If you look at modern smartphones, the antennas are in the corners, both upper and lower,' Moskowitz says. But the bulk of the cellular signal is now directed down through the lower antennas, 'which would make the most significant exposures in the neck area,' he says. Her mentions tumours of the neck and thyroid as particularly concerning. And there again, some data suggest rates are rising. Rates of thyroid cancer have tripled in the past three decades and are increasing more rapidly than any other type of cancer, according to the American Cancer Society (ACS).

But none of these findings constitute proof that cellphones are to blame. For example. The ACS

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says the increased use of tumour detecting thyroid ultrasounds could explain the uptick in rates of those cancers.

'If there is a risk, I think it's minimal.' Why is it so hard to pin down the potential health effects of our devices? One gigantic hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. 'Most of the epidemiological studies looking at brain tumour risk collected data in the early to mid 2000s from users whom used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology,' Moskowitz says. Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says.

Since this might keep you up at night, let's get back to the question of sleeping next to your phone.

Moskowitz says tumour risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low level night time radiation exposures could disrupt sleep and cause other neurological effects.

He points to a small 2016 study from Germany that found exposing men to cellphone radiation seemed to change the structure of their sleep, increasing or decreasing REM and other sleep parameters, though the health ramifications of these shifts aren't clear.

Whatever risks may exist could be heightened in kids, 'I personally believe that children should be dissuaded from sleeping with a phone under the pillow, as RFR is thought to penetrate farther into their tissues than in adults,' Bucher says.

The obvious advice is to keep your phone out of the bedroom. Or, if you use it as an alarm clock, you could switch it into airplane mode, which stops it from sending or receiving signals, Moskowitz says. He also repeats the longstanding advice to use a wired handsfree device when making calls and to keep your phone away from your body. Start with all that and hope that the cellphone radiation Pollyannas turn out to be right.

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Preparation: 10 minutes

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Preparation:-

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If it's too thin, add more fruit; if it's too thick, add more almond or coconut milk.




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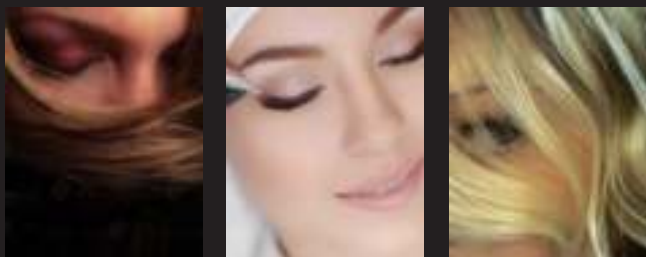
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Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment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

All about beauty cosmeceutical products made exclusively by pharmacists: A cosmeceutical ingredient has the active potential to bring about visible changes to the skin and these changes will be backed by clinical evidence.

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healthwise

What is permanent make-up?

Permanent make-up is a gentle process of implanting colour into the upper layer of the skin - the epidermis. Permanent make-up (PMU) is also known as semi-permanent make-up (SMPU), micropigmentation, cosmetic tattooing, and is a viable alternative to traditional cosmetics.

This revolutionary beauty treatment is used to define eyebrows, eyes and lips. It will give you a subtle natural finish, creating long lasting looks to enhance your natural beauty.

Unlike tattoos, permanent make-up requires specialised knowledge of facial structure, colour theory, and the ability to match skin tone. Also, the purpose of permanent make-up is to beautify the person in a way that looks natural, rather than adorn with a tattoo design that is very visible.

How long will the make-up last?

Permanent make-up can last for many years but this is individual to each person and is dependent on several factors including skin type, age, sun exposure and lifestyle. We recommend a colour refresher treatment every 1 to 3 years to maintain perfect results. **NOTE:** Discounts are given off the full treatment price.

Does it hurt?

Every client is different but all the procedures are performed with your comfort in mind. We normally use a topical anaesthetic gel prior to treatment to minimise discomfort, so most people will feel nothing at all, while a few feel a slight, prickly sensation. However, any minimal discomfort that a client may experience is definitely outweighed by the stunning results that will be achieved.

Who benefits most from permanent make-up?

Everyone who wants to look the best they can as naturally as possible. Think how convenient it would be to have perfectly shaped eyebrows, pretty eyes and beautifully contoured lips, without the effort of time-consuming day in – day out make-up rituals. All subtle, soft and perfectly in place with no smudging, no mess, no problems.

Permanent make-up can do what no ordinary makeover can achieve - it guarantees you perfect make-up, day or night. It makes the very best of your features by correcting, balancing and harmonising and, for older women, it really can put the clock back.

Whatever your age, permanent make-up gives you a special kind of confidence, knowing you look your best 24 hours a day.

Am I suitable for permanent make-up?

Most people are suitable for some form of permanent make-up. We will explore with you precisely which treatments will bring out the best in you. We do this via a one-to-one consultation which includes a discussion of your wishes, expectations and any features you wish to correct or balance. From this discussion, we will be able to recommend the specific treatments she believes will achieve the effect you want.

Do I have a choice on placement & colour?

Absolutely. You will be in control every step of the way from desired shape to colour selection.

How long will it take?

You should allow about 1 to 2 hours for each new procedure.

Is permanent make-up safe?

All of our pigments are made of natural minerals specifically selected for their safe, non-toxic and hypo-allergenic properties. They are trusted by technicians and cosmetic surgeons throughout the world &, in fact, Ophthalmologists actually recommend permanent make-up eye procedures for women sensitive to conventional cosmetics.

The procedures are always done in 2 or more stages and we would usually space the sessions about 2 weeks apart. This gives time for the pigments in the skin to mature and the true colour to appear.

During the touch-up session, we check the colour and top-up and correct any missing areas, if necessary. Sometimes, the second session can take the same length of time as the first but there is no extra charge for this.

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healthwise

Cancer - taking control. Part 2



So I'm now nearly halfway through the first part of my chemo radiotherapy. One of the lessons I've learnt very quickly is you have to adapt to how you react to the treatment and not beat yourself up if things don't go according to plan.

Cistaplin, the chemo drug I'm on, is making me very sick, 24/7 in fact, so my idea of combining a healthy diet with my treatment has gone astray. Basically, anything I can bear to eat and actually keep down is a must. So far the list includes, Tuc biscuits, ginger biscuits, rice pudding, bananas, apples and swede and carrot mash. Eating little and often helps. Crystallised ginger helps the nausea better than any other form of ginger but is high in sugar, so I try to limit my intake and also that of the very expensive but effective Manuka honey.

Preparation

Try to prepare in advance for your treatment. Find out how often you will receive it and the side effects you may experience. You know your own body, you know your mental and emotional capacity so prepare things to work for you and your family. For example, I knew I would have 5 days of treatment in Malaga and experience possible nausea, vomiting and diarrhoea. I'm single, with caring friends and family (in the UK) but live an hour from Malaga down a track in the hills. Ambulance transport is available, even in the campo, but it can take all day. Personally, all day in an ambulance with those symptoms wasn't going to work for me, so I rented an airbnb in Malaga for 2 months. I'm within walking distance of both hospitals but there are buses and

taxis if it's all too much. It was the best decision I could have made.

Exercise

Exercise is very important. One of the best exercise methods for cancer is rebounding, using a mini trampoline. It stimulates the lymphatic system and helps to flush out toxins. Yoga is also excellent, combining stimulation and relaxation for mind, body and spirit. However, with my tumour pressing on my sciatic nerve, I found walking the best option. I try to walk to and from the hospital but on some days it's just too much. So listen to your body and get a healthy balance. Once treatment is over I will recommence both the rebounding and yoga and also add in some strengthening exercises. Regular exercise is important to maintain good health and regain any muscle wastage during treatment.

Support

A support network is vital. My friends and family have been amazing, from looking after my dogs to visiting when I need extra help. I would also recommend getting help from support groups that deal with your specific type of cancer. I belong to a cervical cancer Facebook group. It is a bit of a two edged sword. Some people are at more advanced stages so try to be selective and don't scare or worry yourself unnecessarily but mostly you get support and advice from those who understand how you are feeling and how the treatments work. Each type of cancer has its own symptoms and own treatments, so this is hugely helpful. Sometimes friends and family can sympathise but not truly understand what you are going through.

Coping with early pain

I don't like taking pain medication but because of where my tumour was located, I had to. I would wait until until I was in pain, take a tablet, and then remain in pain for a few hours until the medication kicked in. My cousin, a nurse, then told me that once the pain starts, it's hard to manage, which is why it took so long for the medication to take effect. So I worked out that a tablet would give me 6 hours pain free. Most painkillers should be taken every 8 hours so I alternate ibuprofen with paracetamol every 6 hours and have remained pain free ever since.

Self hypnosis/ visualisation

As a hypnotherapist, I self hypnotise myself during every radiotherapy treatment. (My next article will tell you how or you can look on YouTube). I talk to my healthy cells and organs, reminding them to shield themselves during the radiotherapy and that every new cell in my body is created absolutely perfectly with a fully functioning mitochondria and the ability to die normally (apoptosis - something cancer cells can't do). I also talk to the tumour, visualising it shrinking, reducing, disappearing, thanking it for its lesson but reminding it that it is no longer needed. I see myself as

Katrina Jones (BA Hons, Cl. Hyp)
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strong and healthy, free of any harmful malignant cells. These words and thoughts have a powerful effect on the body, especially under hypnosis, where you talk directly to the subconscious.

Post Treatment

The thing about a cancer diagnosis is that it requires lifestyle changes. Whether you go the completely natural route, or whether you have conventional treatment, once you are diagnosed NED (no evidence of disease) minimising any chances of reoccurrence. Studies have shown that following a plant based diet, using some supplements (mentioned in Part 1), exercising regularly and following a meditation/ relaxation programme all contribute to maintaining optimum health. Of course, it's all down to choice but I certainly want to give myself the best chance of survival. In my support group, someone's doctor told her that having cancer is having a chronic illness and just like other chronic condition such as diabetes, heart conditions or MS, we have to learn new ways of managing our lifestyles to give ourselves the best life we can. (disease) then you have to work

Looking forward

So no matter where you are on this journey, I would say give yourself things to look forward to. I'm organising a family get together in June. It acts as a distraction to the treatment and gives me a positive future event to focus on. Your goals can be daily, weekly or yearly but they put emphasis on a healthy, happy future. And isn't that what we all want.



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NEWS & What's ON

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Emergency Services	112
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 Stations

Almuñécar	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

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Málaga	952 329 261

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France	952 226 590

Germany	952 363 591
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Netherlands	952 380 8884
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UK	902 109 356 / 913 342 194

Tourist Offices

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Torrox Costa	952 532 155

Street Markets

Monday	Torrox Costa
Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torre del Mar, Veléz Málaga,
Friday	Almuñécar, La Herradura (summer only), Salobreña
Saturday	Competa
Sunday	Nerja (car boot), Torre del Mar, Veléz Málaga

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 & Almuñécar Iglesia de San Miguel (St. Michaels Church), Nerja.

Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñécar, 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, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about 1 hour and 30 mins. With Tea and Coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

LuxMundi centre, Torre del Mar - St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00.

Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11am. Tel: 657286284 Tel: 952 030 461. www.stbarnabas-spain.com.

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 Capella 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

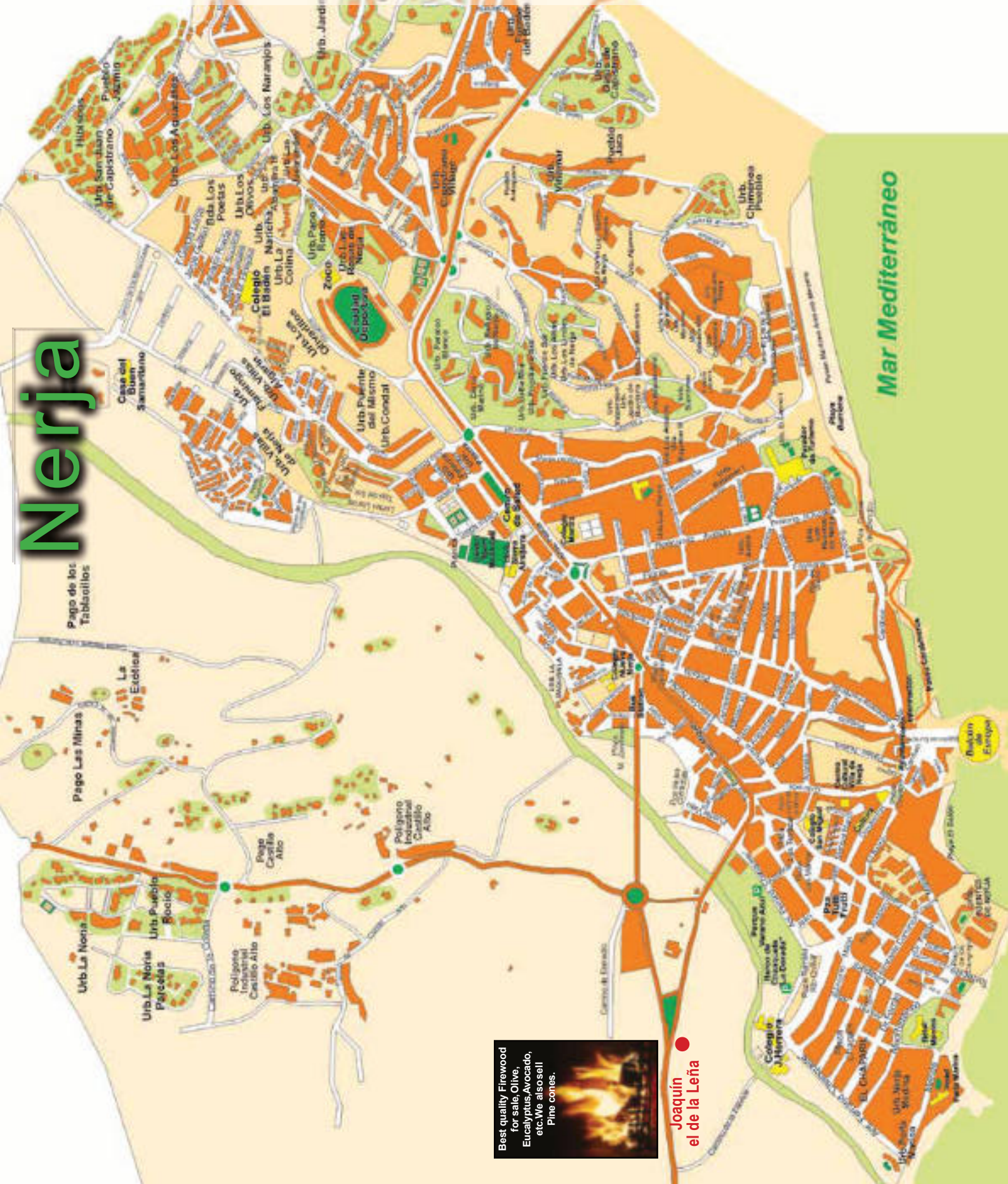
Evangelical Church, Torre del Mar

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
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

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

Want to join a choir?

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

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



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them. A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

LUX MUNDI, TORRE DEL MAR FEBRUARY COMING EVENTS & EXCURSION PRESS RELEASE

Please note the Centre will be closed on **Tuesday 28 February** for Day of Andalucía.

We continue our regular activities: Spanish practice groups (limited numbers per group).

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00 to 13.00.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 11.00 to 13.00.

Wednesday 1st February - Quiz Night. Please come along to the Centre and have a fun night out with your team of 6 friends. Light refreshments available and drinks can be purchased.

Tickets available at the Centre 7€ or with a Friend of Lux Mundi card 6€. Doors open at 6.00pm and the fun starts at 6.30pm.

Thursday 23rd February - Coach Excursion to Rute and Iznajar. Lux Mundi, Torre del Mar would be pleased to see you on this excursion and on the way we'll make a stop for coffee and refreshments. On arrival in Rute there will be a guided tour, in English, of the Anis Museum with tasting included. Afterwards there will be free time to visit the various other museums including the Sugar museum, the Ham museum, the Turrón museum, the Chacina Museum where artisan sausages are made and to look around the town and have lunch. We will leave Rute at 15:00 to go to the beautiful village of Iznajar, which is situated on a hill overlooking the great Iznajar reservoir on the Genil River. Most of the main attractions, including the Casa de las Columnas, are in the same area, within 5 minutes of each other so a great deal of walking is not necessary.

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KÖMMERLING

We shall leave for the return trip at 17:00. Tickets available at the Centre price 26 Euros with a Friend card and 28 Euros without a card. Proceeds for fundraising). Departure times: Algarrobo (Lidl) 08:15, Caleta (Vets) 08:20, Torre del Mar (Bus Station) 08:30.

Friday 24th February - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 20.45.

Thursday 30th March - Excursion to Loja and Dolmens of Sierra Martilla.

Thursday 27th April - Oil Route in Quaryat Dillar and Granada.

YOGA FUSION DANCE

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

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

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

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

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

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



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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 Face- book 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.

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

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Lux Mundi Ecumenical Centre

Torre del Mar, Avda. Moscatel 1ª, (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@lux-mundi.org

On Friday the 30th of December friends of the Lux Mundi, Torre del Mar Centre, came to celebrate the welcoming of the New Year for 2023. A goody bag to help the party atmosphere was given to each of the friends to wear, party hats, masks, streamers, etc and at 12 o'clock, Gloria started to bang the new gong and for each of the strokes of 12, a grape was eaten after expressing our wishes for the new year and under the hope the Centre will continue serving the local community in 2023!!! After this there was a toast of cava to the New Year and the famous Scottish song "Auld Lang Syne" was sung. Lux Mundi would like to thank all those who helped to make the morning a success and shared with us this special Spanish tradition of the 12 grapes. Lux Mundi would like to thank all those who helped to make the morning a success and all funds raised will be used to enable Lux Mundi to continue helping others.



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Apartment, Torrox Costa
Ref: PS-2022-128

1 bed just 95 meters to El Morche Beach.
 South-facing terrace, communal pool. Garage
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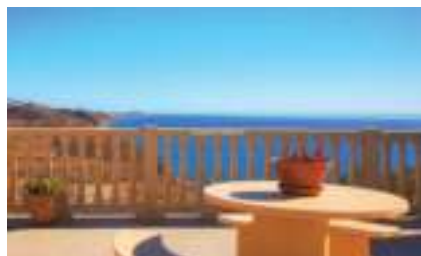
Apartment, Torrox Costa
Ref: PS-2022-028

Renovated 2 bed, south-west terrace with sea
 views. Communal pool. Few meters to the
 "Ferrara" beach promenade. **€210,000**



Apartment, Torrox Costa
Ref: PS-2022-050

2 Bed on Laguna Beach, 30m2 living-room with
 underfloor heating. 20m2 closed in terrace with
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Villa, Caleta de Vélez, Playa
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Large 5 bed chalet with a unique Mediterranean
 style, ideal for a or B&B. 200m2 terrace, private
 pool, parking. **€540,000**



Penthouse, Torrox Costa
Ref: PS-2022-123

2 bed Penthouse on the beachfront, 60m²
 surrounding sun terrace, 15 m² glazed terrace,
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Villa, Torrox Costa, Pago Manzano
Ref: PS-2022-070

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 out guesthouse, private pool, sea views. Only
 2km to Torrox Pueblo. **€260,000**



Apartment, Torrox Costa
Ref: PS-2022-108

2 bed with terrace, communal pool & sun
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 parking spaces & storage. **€149,900**



Apartment, Torrox Costa
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