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Ref: CN48353



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Ref: CN48658

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URB NARICHA

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

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Ref: CN48601



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

Price: €265,000
Ref: CN48655



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3BR Townhouse with stunning views. Private garage. Communal pool and gardens.

Price €295,000
Ref: CN48567



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Townhouse of the month

Torrox:

Price: €179,000 TTH500



This is one of our lovely town houses, located in the heart of the traditional town of Torrox. This renovated house offers the typical Andalusian style.

The main entrance opens into a first living room with a fireplace, a large space serves as a second living room and the traditional kitchen with dining space is also on this floor.

A staircase leads down to two double bedrooms, one with

access to the street, and a nice bathroom with a shower. From the main floor we also go up to a very large roof terrace from which you can take advantage of the views of the town. Below the house there is a storage room, ideal for those who have a motorcycle or various things to store, but also to be able to transform it into a third independent bedroom.

Do not hesitate to visit it with us!



Cómputa: Price: 199.000€



- Living space: 81m²
- Bedrooms : 3
- Pool: No
- Garage : Yes
- Terrace: Yes
- Bathrooms: 1
- Views: Village views
- Area: Village

Ref. TH996

Torrox: Price: 520.000€



- Living space: 182m²
- Bedrooms : 5
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Village

Ref. TTH411

Torrox: Price: 169.000€



- Living space: 73m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Village

Ref. TTH416

Cómputa: Price: 299.000€



- Living space: 131m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP514

Arenas: Price: 330.000€



- Living space: 130m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Countryside

Ref. CP513

Torre de Benagalbón: Price: 235.000€



- Living space: 52m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Village views
- Area: Village

Ref. AP254

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**February/Febrero
2022**

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SAN VALENTINES!



Early Facebook

Welcome to Streetwise magazine -

How did everyone do during the month of January?

Did you manage to stick to your New Years resolutions?

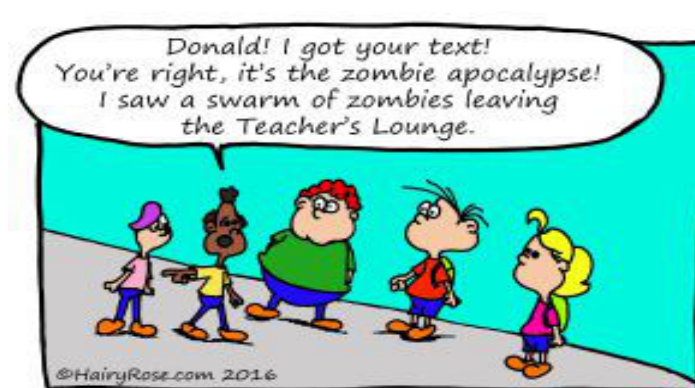
Stop drinking for a month, no more choccy, join a gym? I certainly found it very hard to stick to my New Years resolutions but I will hopefully win that battle (or wire my jaw shut!!).

It was lovely to hear the congratulations and well wishes during January from clients, friends and readers, it was very much appreciated. I have actually enjoyed learning something new, my brain still works, which is a good thing!

February is the month of love, enjoy and spoil your special someone this Valentines Day.

Watching and listening to the news, it certainly looks like the covid situation is now becoming under control and restrictions are easing. I am looking forward to seeing our little corner of Spain bustling with people.

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



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Attractive apartment, refurbished, in El Capistrano Village, comprises of terrace with beautiful sea views, bright lounge-dining room, fitted kitchen, 2 ample bedrooms, 2 bathrooms,, lovely private garden.

Price: €235.000

Ref: NV: N021A



New houses on El Capistrano. Ground floor : ample terrace, 2 bedrooms, 2 bathrooms, cloakroom. Upstairs:: spacious, bright lounge-dining room, open plan kitchen, terrace with partial sea views, bedroom, bathroom. Amazing roof terrace with private pool and 360° of stunning sea and mountains views.

Prices from €349.000 -€395.000

Ref:NV.BLOQ-JES



Fantastic apartment in 'San Juan de Capistrano', Nerja. Comprises ample south facing terrace (30m2) with magnificent sea /mountain views, 2 spacious bedrooms, 2 ensuite bathrooms, wc, well equipped kitchen with extra laundry room, generous lounge/dining room. Communal facilities, pool (24hr lifeguard), bar, restaurants, supermarket, garden areas, bus service to Nerja and beach.

Price: €265.000

Ref: NV.SFO42



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

Price: €155.000

Ref:NV.PO19

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Price: €318.000 Ref: NV.MAR019



Charming apartment at El Capistrano Village, comprises of spacious livingroom with fireplace, fitted kitchen, bathroom, double size bedroom, lovely patio-garden with sun most of the day. Located within 1 minute walk to the swimming pools. Great rental potential!

Price: €150.000 Ref: NV.PO59



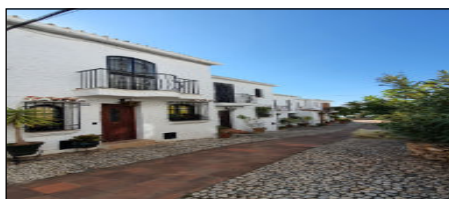
Detached villa on 3 floors, 150m² built, in El Capistrano. Ground floor; patio-parking area, terrace, lovely private pool, lounge-dining room, fitted kitchen. First floor; 2 bedrooms with built-in wardrobes, 2 bathrooms, access to a solarium with a beautiful sea and mountain views. Basement, ample lounge-dining room, kitchen, bathroom, bedroom with built-in wardrobes..

Price: €140.000 Ref: NV.ORG2



Detached villa on 3 floors, 150m² built, in El Capistrano. Ground floor; patio-parking area, terrace, lovely private pool, lounge-dining room, fitted kitchen. First floor; 2 bedrooms with built-in wardrobes, 2 bathrooms, access to a solarium with a beautiful sea and mountain views. Basement, ample lounge-dining room, kitchen, bathroom, bedroom with built-in wardrobes.

Price: €497.500 Ref: NV.CARP



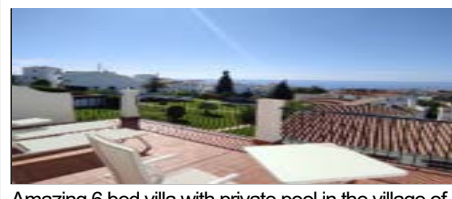
Lovely villa in the best location within El Capistrano Village. Ground floor; bright lounge/dining room with fireplace, nice sea views, modern kitchen, ample south facing terrace, access the private garden, porch and basement (an extra bedroom). Top floor consisting of lovely terrace with sea views, 2 ample bedrooms, bathroom. Within 1 minute walk to the swimming pools.

Price: €375.000 Ref: NV.OL157



Luxury detached villa (2 x self-contained dwellings), in Capistrano Village, with private pool and communal pools, consisting of 5 bedrooms, 4 bathrooms, 2 spacious outdoor and 1 indoor terrace, with sea views and BBQ area, private car garage, 2 living-dining rooms, 2 equipped kitchens, lovely private garden.

Price: €790.000 Ref: NV.CO02



Amazing 6 bed villa with private pool in the village of Capistrano. This magnificent villa consists of: 6 beds 3 baths + toilets, fully equipped kitchen, private pool and garden, four terraces. In total, there are more than 400m2 built (250m2 build, 150m2 terraces.) South facing, sun all day, wonderful views. The location is ideal surrounded by beautiful gardens and parking closeby.

Price: €849.000 Ref: NV.CO21

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The Bizarre Story Behind The Real Life Barbie And Ken - And Why They Became Dolls

The Bizarre Story Behind The Real Life Barbie And Ken - And Why They Became Dolls

Valeria Lukyanova and Justin Jedlica have spent untold dollars to look like real life Ken and Barbie dolls and they've caused plenty of controversy along the way. Like it or not, Barbie and Ken's exaggerated proportions have shaped popular conceptions of physical beauty for decades. This has led some to go to extreme lengths to turn themselves into human dolls or even the real life Barbie and Ken. Two such people are Valeria Lukyanova and Justin Jedlica.

Though they're famous for looking like the doll couple, they're far from the picture perfect pair. In fact, with their opposing personalities, the real life Ken and Barbie actually have an ongoing feud. The woman who the press has dubbed the "human Barbie" was born on August 23, 1985, in Tiraspol, Moldova, a mostly forgotten remnant of the Soviet Union. Valeria Lukyanova is currently a Ukrainian model and uses her appearance to promote her ideas about spirituality and mysticism.

Valeria may resemble a doll more than an actual human, but she claims she never set out to look like the iconic blonde Barbie. Instead, she simply wants to look beautiful, feminine, and refined. It just so happens that's the image that dolls are made in, too. However, she admits to loving Barbie as a child.

You may think that plastic surgery and cosmetic enhancement are a large part of Valeria's signature look, but she claims to have only had breast augmentation. She rails against people who spread

rumours that she's had her ribs removed in order to achieve her impossibly tiny waistline.

She once said her goal was to become a breatharian and exist on air and sunlight alone. Valeria also believes in astral projection and claims she is actually an alien being herself. Once, she said in a vice documentary that she was a famous king and a spiritual teacher in a past life. Valeria Lukyanova is definitely a polarizing character. She also came under fire recently for some comments she made regarding people who are mixed race. In a GQ interview, Valeria commented on changing beauty standards. "For example, a Russian marries an Armenian," she says. "They have a kid, a cute girl, but she has her dad's nose. She goes and files it down a little, and it's all good. Ethnicities are mixing now, so there's degeneration, and it didn't used to be like that. Remember how many beautiful women there were in the 1950s and 1960s, without any surgery? And now, thanks to degeneration, we have this." She also says that she is against feminism and does not want children. "Most people have children to fulfill their own ambitions, not to give anything," she said. "They don't think about what they can give this child, what they can teach her. They just try to shape her according to some weird script, whatever they couldn't do in life."

Justin Jedlica is from Poughkeepsie, New York, and was born on August 11, 1980. He has been dubbed the "human Ken doll," and he says that it's a flattering title, though being Ken was not his intent. Justin is what some call a "plastic-surgery enthusiast." He has had rhinoplasty, chest, bicep, tricep and shoulder implants, brow lifts, cheek augmentations, subpectoral implants, gluteoplasty, and lip augmentations.

So far, the real life Ken doll estimates having 780 cosmetic procedures, spending over \$800,000. And it doesn't sound like he's stopping anytime soon.

Becoming what he sees as the best version of himself happens to be the trim chiseled look that is the hallmark of the Ken doll. But Justin considers his quest an art form and insists that there's something deeper to his transformation than people believe. He said, "In some respects, people assume that this is like the pursuit of perfection... that Ken is the optimal form of how a male should look, right? And it all sort of revolves around looks and superficiality. I think that title, is typically what people take away from it. But, I wouldn't say that is something I strived for in my life."

Needless to say, there will always be trolls, like people who ask if he is an anatomical match with Ken in terms of his famously non-existent genitals. In response, Justin says, "Actually, I wish it was dragging on the ground like anime." "I don't have a problem using myself as the guinea pig," he said. "When I go into doctors, I don't say I go in for consultations anymore, because really I go in to pitch."

Sadly, tragedy befell Justin's family in 2019 when his brother, Jordan Jedlica, 32, died in prison. He was serving a 19-month sentence for breaking and entering. Authorities found him unresponsive in his cell and he later died. The family thinks foul play is involved. Justin Jedlica is using his national profile to attract attention to his brother's case. "This is my baby brother," he said. "I'm the oldest of all of our siblings. I feel like this was my kid."

The Real-Life Barbie And Ken Feud

Valeria Lukyanova and Justin Jedlica met in February 2013 for a TV appearance and sparks flew, enough to start a fiery feud, that is. The human Ken doll blasted Valeria, saying that she "presents herself as a real life Barbie doll, but she is nothing more than an illusion who dresses like a drag queen." Prior to meeting her, Justin Jedlica said that he appreciated that Valeria was beautiful, but added, "It appears to me that much of her look is added makeup, fake hair, and 'slimming' corsets... as soon as you wipe away all that makeup she's just a plain Jane." For her part, Valeria Lukyanova says, "He would do better not to comment on who is plastic and who is not. I think he is a handsome man but he overdid his lips." The competition runs hot in the doll world, so all involved must be careful not to get burned so they don't melt away.



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Ref: 6009 V12

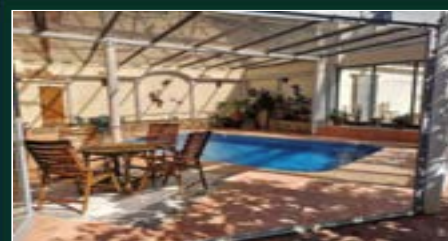


COMPETA

Wonderful country villa with easy access. Main house with 2 beds, one bath, large lounge, spacious kitchen, storage room and large covered porch. Great pool area with shower room, summer kitchen and wooden cabin for guests.

Price: €269.000

Ref: 6431 V13



TORROX

Spacious country villa close to the coast of Torrox Costa. 157m², 3 beds, 2 baths, cosy lounge with open kitchen. Glassed in pool, sauna, wine bodega, storage room, laundry room, garage and car port. Lovely sea views, fully furnished.

Price: €359.000

Ref: 6476 V13



TORROX COSTA

Frontline beach apartment. 3rd floor. 81m², 2 bedrooms, 2 bathrooms, spacious lounge and a fully equipped kitchen. Lovely South facing terrace with uninterrupted sea views. Sunny, bright and in excellent conditions

Price: €270.000

Ref: 6523 AP2



TORROX COSTA

Sunny penthouse with 2 large South facing terraces and stunning views of the Mediterranean Sea. 2 beds, 2 baths, kitchen, lounge, storage room and a private underground parking space. Community with 2 swimming pools.

Price: €290.000

Ref: 6522 AP2



TORROX COSTA

Spacious corner apartment of 85m² with 2 beds, 2 baths, ff kitchen with laundry room, lounge/diner and a lovely terrace with sea views. Fully furnished. A/c in lounge, double insulated bedrooms plus a large roof terrace with pool.

Price only: €208.000

Ref: 6506 AP2



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: 6510 PL



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Price only: €105.000

Ref: 6520 ST



ALCAUCIN

Prestigious villa close to the village. 260 m² built size with 3 bedrooms, 2 baths, W/C, ff kitchen, wonderful lounge with fireplace and gallery, conservatory and Andalusian patio. Air conditioned, private garage, tool shed and a lovely pool.

Price: €419.000

Ref: 6514 V13

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Brexit a

It has been over a year now since the UK left the European Union. And while British expatriates continue to enjoy the life they were used to in Spain, there have been some changes to understand and get used to, some more inconvenient than others. And for those wanting to move to Spain from 2021 onwards, it's a whole new ball game.

The door to Spain is not closed but things are more complex than they were. The key is planning ahead and working with specialists in cross-border planning who understand the issues and implications and have the resources to keep track of the changes and available options.

On a day-to-day level, many of us have run into issues when receiving parcels from the UK, whether it is delays at customs, import taxes or some UK shops no longer shipping to the EU. But there are bigger issues to deal with too.

The 90-day rule

This affects people who have holiday homes in Spain and were used to being able to come and go as they pleased.

Unless you have Spanish residence or EU citizenship, UK nationals are now 'third country' visitors, which means you can only spend up to 90 days in any rolling 180-day period without a visa. This limit applies across the EU Schengen zone.

Non-resident Britons now have their passports stamped as they enter and leave Spain. Once the European Travel Information and Authorization System (ETIAS) comes into force, expected to be at the end of 2022, it will keep track of arrival and departures electronically.

'Green card' and TIE

Those who were resident in Spain before Brexit maintain their previous citizens' rights. You should have an

official residence permit, whether the old 'green card' or new TIE. The 'Tarjeta de Identidad de Extranjero' biometric card explicitly states it has been issued to the holder under the terms of the Withdrawal Agreement.

The green card remains valid and proof of your rights. Changing it is supposedly optional, but we are aware that some authorities are insisting on the TIE. The Spanish government also recommends exchanging your old card for a TIE as it is more durable and may simplify administrative processes.

Residence permits for new arrivals

It appears that working visas have been proving quite hard to obtain, but retired people can apply for Spain's Non-Lucrative Visa and Residency Permit. You will need to demonstrate sufficient financial resources, suitable medical insurance and clean police records. Importantly, you now have to apply in the UK in advance of moving.

If you can make a substantial investment in Spain, for example by buying Spanish property worth at least €500,000, a more flexible approach is Spain's 'Golden Visa'. You won't need to spend six months in Spain to maintain the right to legal residence. Note that having a Spanish residence permit does not provide onward freedom of movement in the EU. If you want to move to another EU country, you'll need to apply in the same way as you would if you were moving from the UK.

Tax residence

You are resident in Spain for tax purposes if you spend more than 183 days a year here, or your centre of economic or vital interests is in Spain. Whether you have the withdrawal agreement TIE card or a non-lucrative visa, you are likely to be tax resident here and need to declare your worldwide income and wealth accordingly.

year on

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

UK-based financial advisers and services

The UK lost financial services passporting rights with Brexit and UK based advisers are no longer authorised to give advice within the EU. As 2021 went on, more UK based advisers have had to concede that they can no longer appropriately advise or service their EU resident clients. This also applies to banks, investment and insurance companies, stockbrokers etc.

If you still use a UK-based financial adviser or service, confirm they can legally provide you with regulated services, or if there are limitations. For example, will you have to return to the UK for advice? Does their professional indemnity insurance cover you in the case of poor advice?

UK pensions and Spanish wealth tax

Although pension plans are generally listed as exempt from wealth tax, a 2019 ruling by Spain's Directorate-General for Tax concluded that "the consolidated rights and economic rights of pension plans established in non-EU Members States may not benefit from the exemption".

Unfortunately this means that, following Brexit, UK private pension plans are liable for wealth tax. There may be more post-Brexit changes to come. The pandemic may have delayed some measures and as the UK develops rules that do not need to be aligned with its European neighbours, the differences could widen and present more challenges. But also, as time goes on, everyone will become more used to the new systems and they will become the norm.

We're encouraged to see that, on the whole, Brexit hasn't put people off moving to Spain. Regardless of Brexit, from a wealth management point of view, you have always needed to

adjust your tax, estate and financial planning to suit the local regime and make the most of what Spain has to offer, so take specialist cross-border advice.

All information is based on Blevins Franks' understanding of legislation and taxation practice, in the UK and overseas at the time of writing; this may change in the future.

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

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CORONAVIRUS CRISIS

With Covid transmission falling, Spain's regions consider lifting restrictions.

Cantabria has lifted the use of the digital certificate and Catalonia and Andalusia are planning to follow suit. But experts warn measures are still needed to curb the sixth wave. The sixth wave of the coronavirus in Spain is starting to slow. On Wednesday, the Spanish Health Ministry reported that the 14-day incidence rate had fallen 20 points to 3,286 per 100,000. This is the second day in a row that this data point has dropped after two months on the rise. Experts, however, warn that it is too soon to speak of a downward trend, explaining that more time must pass for the decline to be confirmed. But while transmission remains at very high levels, the sixth wave is showing the first signs that the rise in cases is slowing

down.

What's more, while hospitals remain under strain, the situation is far from what it was during other waves. In February 2021, for example, there were more than 4,800 Covid-19 patients in intensive care units (ICUs), compared to the 2,230 recorded on Wednesday. Occupancy levels, however, remain high, with nearly one in four ICU beds occupied by a patient with Covid-19.

More information:-

Quarantine in Spain: When to return to work and what to do if symptoms persist

The Spanish Health Ministry, however, is opting for prudence. "We have had a change in trend and what's important now is to see the evolution of all the indicators of risk level," said Health Minister Carolina Darias. "When the situation is well consolidated, we will be in a position to address the next steps to take."

In response to the surge in coronavirus infections in the leadup to Christmas, the Spanish government announced on December 23 that face masks would once again be mandatory outdoors. At the time, Darias said this measure would be in place "until the epidemiological situation improved." Speaking on Wednesday, the minister said that more time is needed to determine whether the sixth wave is on a downward trend. "It's necessary to assess the progress [of the pandemic] in the coming days and wait for the fall to be consolidated, which would indicate we have overcome the peak," she explained.

The slowdown in cases, however, is already prompting action from Spain's regions, which are responsible for the healthcare systems, Covid-19 vaccination drives and coronavirus restrictions in their territories.

Catalonia announced it will lift its night time curfew on Friday. But the rest of the restrictions, such as the 10-person limit on social gatherings, the closure of nightlife venues and reduced capacity in restaurants and sporting and cultural events, will remain in place. Although the north eastern region continues to register record-high numbers of new cases and has more than 500 Covid-19 patients in ICUs, the Catalan government defended its decision to lift the curfew on the grounds that the rate of contagions was slowing.

'While we have not reached the peak, all the parameters indicate that the pandemic is slowing down. That's why, the Catalan government will lift the curfew,' said Patricia Plaja, the spokesperson for the Catalan regional government.

'The coronavirus restrictions are going to help us and should be in place for all of January and part of February.' Daniel López-Acuña, former director of emergencies at the World Health Organization. Cantabria, meanwhile, has decided not to extend the requirement to show the

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European Union's Digital COVID Certificate in order to enter restaurants. The courts approved the so-called "Covid passport" until January 19. For it to remain in place beyond this date, the Cantabria government needed to ask the courts for an extension – a move it has decided not to make. According to the Cantabria health department, the Covid pass is no longer able to achieve the goal of cutting transmission in indoor areas now that the omicron variant has become dominant. This new strain is highly transmissible, and is able to infect both the vaccinated and unvaccinated. 'The measure is no longer effective and will no longer be applied,' said Reinhard Wallmann, the director general of Public Health. For this same reason, Catalonia is also considering lifting the use of the Covid pass in the region. 'We think that it has made an effect: it has raised awareness on the importance of vaccination and was also applied to make the public aware that we were in a pandemic situation,' said Carme Cabezas, the Catalan secretary of Public Health. 'We are seeing that omicron is more transmissible and there are elements that confirm that despite being vaccinated contagion is still possible.' In Andalusia, the Covid pass is required to enter hospitality establishments, nightlife venues and nursing homes. This measure will expire on January 31, but according to sources from the health department, the regional government is not planning to request court authorization to extend its use past this date. The final decision, however, will depend on the epidemiological situation. For the other Spanish regions with coronavirus restrictions in force, no changes have been announced, but many of the measures that are currently in place will expire soon if not extended. In Asturias, for example, the closure of nightlife venues is set to end on January 27. In the Basque Country, all restrictions – including the limits on capacity and opening hours on non-essential activities – are valid until January 28. And in Navarre, coronavirus measures such as the closure of restaurants, nightlife venues and shops between 1am and 6am, are valid until January 31.

The Canary Islands, meanwhile, has taken a different approach and opted to strengthen its restrictions. The use of the Covid pass, which was set to end on January 24, has been extended for another month, while the islands of Gran Canaria and La Palma have been moved to a higher alert level, which entails stricter measures on the hospitality sector and social gatherings.

Experts call for caution

As regions consider easing coronavirus restrictions, experts are calling for caution. 'The strategy that we should be following is to do everything possible to mitigate the sixth wave sooner rather than later,' said Daniel López-Acuña, a former director of emergencies at the World Health Organization (WHO). 'The limits on nightlife, the curfew, the reduced opening hours and promotion of remote working are going to help us and should be in place for all of January and part of February.' Juan Antonio Sanz Salanova, the spokesperson of the Spanish Society of Preventive Medicine, Public Health and Health Management (Sempspmh) agrees. 'We are not in a position to ease anything,' he said. 'The trend is starting to change, but if we reduce the few measures we have, we risk seeing the epidemic surge again.' Salvador Peiró, an epidemiologist from the Fisabio Foundation research institute in Valencia, says that a half-way point needs to be found. 'We are not facing a flu nor is [the situation what it was] last winter. We can neither let positive cases stop isolating nor lock everyone away. We have to find a happy medium.'



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What happened in the month of February 1982?

1st - 'Late Night with David Letterman' debuts on NBC-TV, Bill Murray is first guest.
 1st - Senegal & Gambia form loose confederation (Senegambia).
 2nd - Government troops and Muslim fundamentalists battle in Hamah, Syria.
 2nd - 1869, James Oliver invented the removable tempered steel plow blade.
 2nd - 1965, Alfonso Alvarez received a patent for dual-vent windows.
 3rd - 1959, Rock singers Buddy Holly, Richie Valens and the Big Bopper died in a plane crash.
 3rd - Columbia Shuttle moves to Vehicle Assembly Building at Kennedy Space Center (Florida) for mating for STS-3 mission.
 3rd - Greatest helicopter lift, 56,888 kg, Podmoscovnoe, USSR.
 3rd - John Sharples of England finishes 371 hours of disco dancing.
 3rd - Porn star John Holmes ordered to stand trial for murder.
 4th - 1938, Snow White and the Seven Dwarfs is released.
 4th - 1949, Ruth Handler invents the Barbie Doll.
 4th - 'Pump Boys & Dinettes' opens at Princess Theater NYC for 573 performances.
 4th - Indoor distance record for a paper airplane (47m) Tacoma Wash.
 4th - Musical 'Pump Boys & Dinettes' premieres in NYC.
 4th - Suriname premier Chin A Sen flees.
 4th - Kimberly Wyatt, American singer & dancer (Pussycat Dolls), born in Warrensburg, Missouri.
 5th - Rodrigo Palacio, Argentine footballer, born in Bahía Blanca, Argentina.
 5th - Tomas Kopecky, Slovak ice hockey player, born in Ilava, Slovakia.
 5th - DEA announces seizure of 3,192 tons of marijuana, 495 people.
 5th - British airline Laker Airways collapses owing 270M pounds

(\$351M).
 5th - President of Suriname Hendrick Chin A Sen resigns and flees to the Netherlands.
 5th - Dolores Moran, actress (Yankee Doodle Dandy), dies at 56.
 6th - 'Centerfold' by J. Geils Band hits #1 on pop chart.
 6th - Alice Eve, English actress, born in London, United Kingdom.
 7th - Luis A Monge elected President of Costa Rica.
 8th - Los Angeles Dodgers trade 2B Davey Lopes to Oakland A's, breaking up MLB's longest-playing infield (Cey-Russell-Lopes-Garvey).
 10th - 28 skiers perform backflips while holding hands, Bromont, Quebec.
 11th - Neil Robertson, Australian snooker player (2010 world champion), born in Melbourne, Australia.
 12th - US performs nuclear test at Nevada Test Site.
 13th - Pink Floyd's album 'Dark Side of the Moon' marks 402 weeks in the album charts.
 13th - Islander's Bryan Trottier scores 5 goals against Flyers.
 13th - Gluyas Williams, American cartoonist (Fellows Citizen), dies at 93.
 14th - 'Night of 100 Stars' takes place at NY's Radio City Music Hall.
 14th - 24th Daytona 500: Bobby Allison wins with margin of victory over Cale Yarborough an impressive 23 seconds, more than half a lap.
 15th - Dan Issel (NBA-Nuggets), begins streak of 63 consecutive free throw.
 15th - Ocean Ranger oil-drilling platform lost off Newfoundland, 84 die.
 16th - Agatha Barbara elected as 1st female president of Malta.
 16th - Assembled STS-3 vehicle moves from Vehicle Assembly Building at Kennedy Space Center (Florida) to launch pad.

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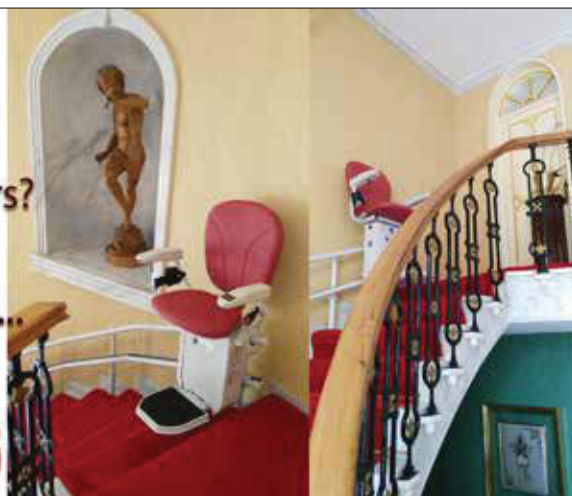
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16th - Actors Lee Majors and Farrah Fawcett Majors divorce.
 17th - Commencement of Sri Lanka's 1st Test Cricket match, v England.
 17th - Lee Strasberg, Austrian acting coach and actor (The Godfather: Part II, Somewhere in the Night), dies at 80.
 19th - Hanneke Jagersma installed as Neth's 1st Communist mayor.
 19th - Sharie Langford, California, sets women's bowling series record of 853.
 19th - USSR performs nuclear test at Eastern Kazakh/ Semipalinsk USSR.
 20th - NY Islanders win then NHL record 15th straight game by beating Colorado Rockies, 3-2 at Nassau Veterans Memorial Coliseum.
 21st - Bernhard Auinger, Austrian racing driver, born in Salzburg, Austria.
 21st - 'Ain't Misbehavin' closes at Longacre Theater NYC after 1604 performances.
 21st - 'Little Me' closes at Eugene O'Neill Theater NYC after 36 performances.
 21st - Murray the K [Kaufman], American disk jockey (5th Beatle), dies at 60.
 22nd - NYC Mayor Koch announces he will run for NY governor (unsuccessful).
 23rd - Michael Frayn's "Noises Off" premieres in London.
 24th - Boston Celtics begin an 18 NBA game winning streak.
 24th - 24th Grammy Awards: Betty Davis Eyes, Double Fantasy wins.
 24th - Wayne Gretzky scores NHL-record 78th goal of season en route to 9.2
 25th - Final episode of 'The Lawrence Welk Show' airs.
 25th - Record speed for a snowmobile (239 kph).
 25th - Flavia Pennetta, Italian tennis player (US open 2015), born in Brindisi, Italy.
 26th - Test Cricket debut of batsman Martin Crowe, playing for New Zealand v Australia in Wellington, run out for 9.
 26th - Li Na, Chinese tennis player (French Open 2011, Australian Open 2014), born in Wuhan, China.
 26th - Katherine Hull Kirk, Australian golfer (British Open 2010 runner-up; 3 LPGA Tour titles), born in Brisbane, Queensland.
 27th - Dan Issel (NBA-Nuggets), hits on 63rd consecutive free throw.
 27th - Earl Anthony becomes 1st pro bowler to win more than \$1 million.
 27th - France performs nuclear test at Mururoa atoll.
 27th - Wayne Williams found guilty of murdering 2 of 28 blacks in Atlanta.
 27th - Malika Sabirova, Soviet Tajik ballet dancer, dies at 39.
 28th - AT&T loses a record \$7 BILLION for the fiscal year ending on this day.
 28th - FALN (PR Nationalist Group) bombs Wall Street.



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The Spanish Catholic Church admitted on Monday that nearly 1,000 properties that it registered to its name between 1998 and 2015 do not really belong to the institution.

The admission is intended to bring to an end a long-running scandal but not everyone is satisfied with the result. Spain's Franco-era Mortgage Law, which was passed in 1946, has allowed the Church to register thousands of properties in its name via a simple process that a number of law experts say is unconstitutional. In 1998, the conservative Popular Party (PP) government of José María Aznar extended this privilege to also include places of worship. Since then, thousands of properties of all types; cemeteries, smallholdings, chapels and cathedrals have passed into its hands. According to the current Spanish government, the Church registered irregularly a total of 34,961 properties between 1998 and 2015. But of this figure, the Church has so far only recognized that 965 of these assets do not officially belong to it, just 2.8% of the total.

The admission on Monday was made at a meeting between the Spanish Prime Minister Pedro Sánchez and the head of the Spanish Episcopal Conference, Cardinal Juan José Omella. In a joint press release, the Church recognized that these 965 properties 'belong to a third party or else [the Church] is not aware of having ownership rights.' At no point did it describe them as 'irregular.' The Church signed an agreement with the government in which it committed to helping return the 965 assets to their rightful owners. The list includes 38 cemeteries, 502 rural properties, 151 urban properties and 98 housing units. Half of the assets are located in the Spanish region of Castilla y León, while 101 are in Catalonia. These are the regions and number of properties per region: Andalusia - 54, Aragón - 35, Asturias - 17, Balearic Islands - 12, Canary Islands - 32, Cantabria - 18, Castilla-La Mancha - 35, Castilla y León - 435, Catalonia - 101, Valencia region - 10, Extremadura - 67, Galicia - 9, La Rioja - 16, Madrid - 23, Murcia - 19, Navarre - 74, Basque Country - 8. Total 965 properties. The list will now be sent to the Spanish Federation of Municipalities and Provinces, which according to the government will be tasked with identifying the true owners. In other words, the process to return the properties to their original owners or their heirs is now underway. In most cases, however, it is likely that the municipalities where the properties are located will end up keeping them.

But the work is still not over. According to the government, another 73 properties have been identified which have 'incomplete or contradictory information and require greater study.' The agreement has also been strongly criticized by the organization Recuperando, which represents 24 groups that are calling for all the properties irregularly registered by the Church to be returned. Carmen López, from the Castilla y León branch of Recuperando, argues that the Church has many more properties irregularly registered in its name since the Mortgage Law dates back to 1946. 'If we take into account all those years, there are 100,000 properties registered this way, with only the certification of the bishop,' she said. 'The scandal

is enormous and it is still not resolved.'

López also criticized the government's lack of transparency in its process to reach an agreement with the Church. 'They are giving us a result without having spoken to civil society. We don't know why it has been recognized that these [965] properties do not belong to them. All registrations made with just an ecclesiastical certificate, as if the Church were an administration, are illegal.' The clergy are not in a position of equals to deal with the state. In 1946 we were a Catholic state, but not anymore,' she added.

A medieval hospital in Olesa de Bonesvalls, the Catalan municipality where the Catholic Church has registered the most properties to its name, is a pending property. (see photo below).

Spain's executive, run by a centre left coalition of the Socialist Party (PSOE) and Unidas Podemos, is seeking to develop a good relationship with the Spanish Catholic Church even though there are several contentious issues.

One of them is taxation, particularly the fact that the Church is exempt from paying Spain's property tax, known as IBI. The government wishes to revert this situation. There is also the highly sensitive matter of abuse against minors. At a meeting last week between Félix Bolaños, the head of prime ministerial affairs, and Cardinal Omella, the former expressed an interest in how the Church is investigating this abuse and conveyed the government's desire to see all cases resolved quickly, according to a government source.

Little to no progress was reported on the Socialists' commitment to 'review' Spain's agreements with the Vatican dating back to 1953 and last reviewed in the 1970s, by which the Church received certain privileges. Although the last PSOE congress discussed the need to revise these agreements 'within the framework of values and principles of a constitutional democracy,' neither Sánchez nor Bolaños have made it a priority in their recent meetings with Church officials.



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Modelo 720 -720 Tax Form

Modelo 720 - 720 Tax declaration of assets outside of Spain by tax residents in Spain.

All tax residents in Spain, (i.e. Those people living in Spain for more than 183 days a year or those whose main business interest is in Spain), should be aware that as a consequence of legislation approved in 2012 for the prevention and control of fraud, that if they have any assets outside of Spain valued at 50,000€ or more, they are required to submit a 720 Tax Form to the Spanish authorities. This form was created by the Spanish Authorities in order to control assets or funds that people have outside of Spain. This declaration allows the Spanish Tax Office to be aware and to control that appropriate taxes are paid. This declaration can be made online, through the Tax Office's webpage www.agenciatributaria.es where the Modelo 720 (Statement of Assets Outside Spain) can be located and completed. It must be filled in during the first quarter (from 1st January to 31st March) of the first year of residence, to avoid being investigated or fined by the Spanish authorities.

The assets outside of Spain that are subject to this new declaration form fall into 3 categories:

1. Real Estate.
2. All types of accounts, investments, bank deposits and companies.
3. Actions, rent, insurance, bonds or dividends acquired or managed outside Spain.

It is obligatory to submit this form when the total value of assets outside of Spain is 50,000€ or more in EACH OR ANY ONE of the above categories; e.g. if we have 2 properties valued at 30,000€ although the value individually would be below the threshold, the total value of both would be 60,000€, thus exceeding the specified limit in that category, and therefore subject to this new 720 Tax declaration.

However, if you have a property valued at 30,000€ and say, shares

valued at 30,000€, as they are in separate categories and each total value does not exceed the 50,000€ then you would not be required to make a declaration.

A declaration must be submitted individually by each owner, regardless of how many owners there are, or the percentage of participation held by each owner, (this is specified later). For example, if you own half of a property valued at 50,000€, although your 25,000€ share is below the threshold, both owners are still required to submit an individual declaration based on the total value of the property.

Although this declaration of assets and rights abroad is solely informative and NO TAX is charged, failure to file, late filing or false information could result in serious consequences.

For this reason, we recommend that residents in Spain fulfill their obligation to declare their assets outside of Spain, to avoid the imposition of fines from a minimum of € 10,000 to a maximum of 150% of the value of those undeclared assets located outside of Spain.

Once you have made your first declaration it is not necessary to present any further declarations in subsequent years, unless any of your assets in any category increases or decreases by more than 20,000€ above the initial value declared.

Please do not hesitate to contact us so we can guide you through this process. We will inform you exactly what the requirements for the completion and submission of the 720 Tax Form are.

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9 things to do in your garden in February

1. Plant Cold-Hardy Annuals in February

You can plant cold-hardy annuals outdoors. Choose species that can take a light frost such as pansy, dianthus, sweet alyssum, dusty miller, sweet pea, osteospermum, and calendula. If unseasonable cold weather threatens, cover your plants with a light sheet (don't use plastic, though) until the temperatures rebound.



Pansies

Make sure your cover is weighed down to keep it stable in windy conditions. And, use stakes to keep it from touching foliage. Move potted flowers into a protected location.

Tip: If cold weather threatens, water the soil around your plants thoroughly. Wet soil holds the heat better than dry soil and will help warm the air close to the soil surface.



Sweet Alyssum

2. Inspect Houseplants

Keep indoor plant pests, such as mealybug, scale, and spider mites at bay by giving your houseplants a physical exam every time you water. These creatures thrive in the dry winter atmosphere of your home and can disfigure your favourite plants. Control pests with an insecticidal soap or houseplant insecticide.

Tip: Give your plants a weekly spritz in the shower to help wash off invading insect pests and to increase the humidity around the plant. Most indoor plants are tropical in nature so the more humidity you can provide, the happier your plant will be.



Spider mites

3. Plant a Terrarium

If it's too cold to garden outdoors in February, why not design a garden under glass? To create a miniature jungle, look for clear-glass containers that have a lid or stopper that will help maintain a humid atmosphere around your plants. For plants such as succulents that prefer a drier climate, select a large, open-mouthed container. Then, look for plants that remain compact. Good choices for a moist environment include: Pilea, Pepperomia, Ivy, Artillery fern, Button fern, Baby tears and Creeping fig. For an open container try: Cactus, Succulents, Hens-and-chicks, Jade plant, Hoya and Bromeliad.



Ivy

Tip: Before you add soil, spread a layer of aquarium gravel over the bottom of your terrarium. This will facilitate drainage if you over water. Then, place a layer of window screen over the gravel to help prevent the soil from washing down.



Bird feeders

4. Feed the Birds in February

By late winter many natural food sources for local birds will begin to thin out. It's important to keep your bird feeders fully stocked until spring. Offer a variety of foods to attract the widest selection of bird species. Black oil sunflowers, for example, draw cardinals, blue jays, juncos, and a host of other species. Beef suet is ideal for woodpeckers, mockingbirds, and nuthatches. And Nyjer seed is a finch favourite. Also, include a diverse selection of feeders such as tube, hopper, and platform to accommodate the feeding habits of different bird species.

Tip: During winter you can often attract more songbirds to fresh water than you can to

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food. Use a heater to keep the water in your birdbath from freezing and add fresh water every few days.



Geraniums

5. Start Seeds

Start flowers and vegetables that benefit from an early start indoors in February. Use grow lights to germinate begonia, geranium, coleus, eggplant, and peppers. For best results, use a soilless seed-starting mix and hang grow lights just a few inches over the top of your plants. Use a timer to keep the grow lights on for 12 to 14 hours a day. Improve germination by using a heat mat underneath your plants to keep the soil warm. After your seedlings are up and growing, feed them with a diluted solution of liquid fertilizer every time you water.

Tip: Try not to start your plants too early. Read the seed pack to find out how many weeks it will take for your plants to develop into the ideal size for the garden. Then, count backwards from your last expected frost date to get an accurate start date.



Greens

6. Plant Cool-Weather Crops

Plant cool weather vegetables such as spinach, peas, greens, onions, potatoes, lettuce, Swiss chard, beets, carrots, and radishes in your February garden. To be sure your soil is ready for planting, squeeze a handful and if it forms a tight, muddy ball hold off on planting. Ideally, when squeezed, your soil should gently flake away when rubbed between your fingers.

Tip: To increase harvests plant in wide rows instead of single file. Use your hoe to create a shallow 6 to 10 inch wide planting bed, toss in your seeds, and cover. It's easy and you'll get much more produce than you would lining up your vegetables like toy soldiers.

7. Prune Roses

Late winter, while the plants are still dormant, is the ideal time to prune roses. Remove dead branches and any bloom stalks left over from last year. A good rule of thumb is to prune roses, except climbers, back by about a third each year. This promotes compact growth and improves the overall form of the plant. Climbers can be left alone unless you want to trim stray branches.



Tip: Good air circulation is important to maintain rose health. If your roses are growing into each other, prune them so air can flow between the plants. This helps prevent common fungal problems such as black spot disease.

8. Add Colour Indoors

Brighten the dark, dreary days of winter with blooming tropical plants such as orchids and bromeliads. These plants provide a welcome dose of colour to every room in your home. With minimum attention, orchids and bromeliads stay in bloom for months.

Tip: For best effect, place three or more bromeliads or orchids together in an ornamental pot or urn. You'll get bigger colour show and the plants will also be easier to take care of because they aren't scattered around your house. One watering will take care of all of them.



Orchids

9. Plant Bulbs

Summer bulbs such as crinum, agapanthus, dahlia, gloriosa, gladiolus, and canna can be planted now. Site them where they will receive at least 6 to 8 hours of direct sunlight a day. Their only other requirement is well-drained soil that doesn't remain wet and soggy after heavy rains. Mulch the bulbs to protect them from an unexpected cold snap and to minimize weeds.

Tip: Bulbs are a snap to grow, but some take a while to break dormancy, so potted plants will jumpstart the colour show.



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Caleta de Velez **New this month!**
Large modern 4 bed, 2 bath + wc townhouse (157 m²) within easy walking to the beach. Private underground garage, gardens and terraces with large sea views, great location and a must to see!
EPC: in process

Price: 450.000 euros

ref: t1442



ONLINE VIDEO

Canillas de Albaida **New this month!**
A great 3 bed, 2 bath villa (124m²), open plan feel dining/living with separate kitchen, sun lounge, spacious pool area, great outside space with terraces, mountain/village/countryside views, great location.

EPC: G
Price: 295.000 euros

ref: t1437



Archez **New this month!**
A large 5 bed, 3 bath village house (211m²) in a central location. 2 roof terraces offers beautiful views of the mountains and the countryside. A great property which could be used as a permanent/holiday home or be converted into a B & B.

EPC: F
Price: 130,000 euros ref: t1443



ONLINE VIDEO

Periana **New this month!**
Remote country house (75 m²) with 2 beds, 1 bath, cloak/wc, terrace and pool situated within a settlement of 4 houses in the foothills of the mountains with breathtaking views of the dramatic landscape.

EPC: in process
Price: 159,000 euros ref: v1439



Competa **New this month!**
Traditional village house (86 m²) with 3 beds, 2 baths, open plan living room and kitchen, 2 roof terraces, one south facing with lovely open views. Needs some renovation work!

EPC: G

Price: 99,000 euros

ref: t1438



Competa **Stunning views!**
Beautiful and modern 3 bed, 2 bath villa (114m²), living/dining space and kitchen, large terraces with private pool, dining terrace and outside kitchen/barbeque area, large driveway, stunning open views.

EPC: D

Price: 360,000 euros ref: v1386

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 8% and any mortgage set up costs.



Hungry Badger Leads Archeologists To 'Exceptional' Collection Of Roman-Era Coins In Spain

The 209 coins date back to between the third and fifth centuries and were minted across the Roman empire.

Usually, it's a skilled archeologist who unearths history's treasures. But in Spain, it took only a hungry and determined badger to dig up a trove of hundreds of Roman-era coins.

Though the badger was probably disappointed, following an intense snowstorm, it was likely hunting for berries, worms, or insects.

Archaeologists are delighted by its accidental discovery. 'To date, this is the largest treasure trove of Roman coins found in a cave in northern Spain,' the archeologists wrote in a paper published in *Notebooks of Prehistory and Archeology of the Autonomous University of Madrid*, describing the coins as an 'exceptional find.'

The coins were first noticed by a local man named Roberto García in early 2021, scattered outside La Cuesta cave in the Asturias region of northwest Spain. García alerted archeologists, who came to investigate the find in April 2021.

'When we arrived we found the hole that led to the badger's nest, and the ground around it full of coins,' dig leader Alfonso Fanjul said, explaining that the determined badger had dug up more than 90 coins. To their shock and delight, the archeologists found a total of 209 coins in the cave.

Dating from between the third and fifth centuries, the coins hailed from far reaches of the Roman Empire, like Antioch, Constantinople, Thessalonica, Arles, Lyon, Rome, and the Adriatic. Most are fairly worn and made of copper or bronze, the archeologists said. But some, like the follis coins introduced by the Roman emperor Diocletian in 294 A.D., are in good shape. One of these coins was minted in London and is 'a piece of bronze, weighing between eight and 10 grams, with an approximate 4 percent silver.' Archeologists suspect that the coins were hidden in the cave during a period of intense and volatile change



in the Roman Empire. The coins date back to when locals in Spain contended with invasions from groups like the Suebi, a Germanic people who pushed the Romans out of Spain in 409 A.D. 'We think it's a reflection of the social and political instability which came along with the fall of Rome and the arrival of groups of barbarians to northern Spain,' Fanjul explained. In fact, it's not the first time that archeologists have found Roman-era coins buried in the same woods. In the 1930s, some 14 Roman-era coins from Constantine's reign (between 306 and 337 B.C.) were also found there. This suggests that locals used the woods to bury their treasures and that more coins may yet to be found.

'We've taken out the first deposit, but we think there is a lot more to take out,' Fanjul said. In their paper, the archeologists hypothesized that the most recent find of coins is a small fraction of 'a much larger monetary set, now missing' since 'several different coins' were found across the cave. For now, the coins will be cleaned and put on display at the Archaeological Museum of Asturias. Fanjul and his team of archeologists also plan to return to the cave to see

what other coins they can dig up. 'We think it's an ideal site to learn more about the people that were living through this transition,' he said. He's curious to learn more about the cave itself, too, and whether or not it was merely a hiding place for treasure or if ancient people sought long term shelter there. Most of all, Fanjul is simply delighted with the find itself. 'It's a unique moment that



you dream about from a young age,' Fanjul raved of the discovery. 'It's an exceptional moment that you never think you will have as an archaeologist.' But when Fanjul and his team of archeologists return to the cave, they'll have to search for more coins without the help of a hungry badger.

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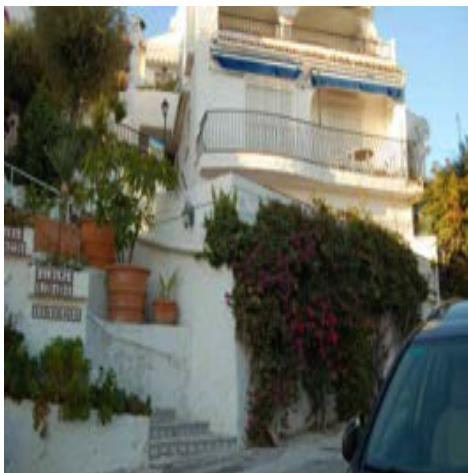
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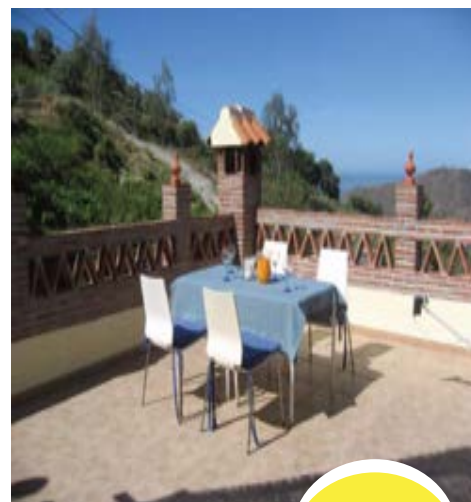
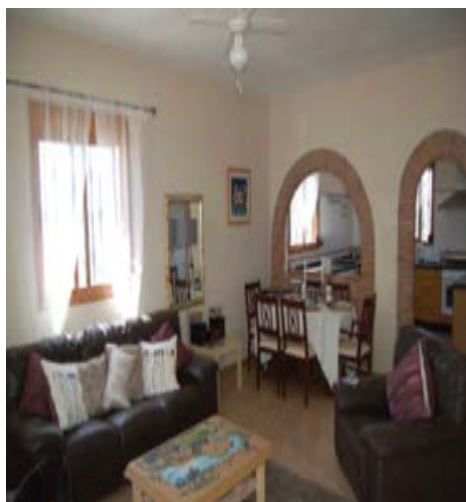
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Available for Adoption

Holly and Star:- Holly and Star are 12 week-old pups who were found in the riverbed of the Rio Chillar on Christmas Day by a Swedish woman who was staying in Nerja for the holidays. This Good Samaritan contacted the Costa Animal Society (CAS) straight away however it was impossible to find a foster place for them over Christmas, which can be challenging even in the best of times, and the pups were taken to the local kennels. The pups were actually very clean and in good condition, so they were probably dumped only hours before they were found. In fact, they were well looked after up to that point making it all the more difficult to understand how someone could leave them in the riverbed to fend for themselves at such a tender age. Holly and Star are sweet and playful girls who will be large dogs when they grow up but we think gentle ones. Both pups love food and treats so they will be easily trained and each will make a wonderful addition to any family. They have been examined by our vet, received worming treatment and vaccinations, and will be chipped with a passport in early February when they will be ready for adoption. Holly is a bit more adventurous than her sister but Star loves her cuddles and both are very affectionate.



Holly and Star

Snoopy:- The pups keep coming and it's not even spring yet. Snoopy was also rescued from the Rio Chillar last month when he was living rough with his mother and another pup amongst a thick thatch of cane in front of a cortijo. His mother and sibling were very wary of people and kept their distance in the canes and even had their pathways in and out of the cortijo fence

making it impossible to catch them. Snoopy though has a much more trusting and inquisitive nature. CAS was able to scoop him up from the river road, thereby, saving him from a campo life of exposure to diseases, parasites and growing up with little human contact. Again no foster place was available in mid January and Snoopy was placed into a local kennels. For the first couple of days he pined for his mother as he had never been apart from her so the decision was made to pair him up with Patch who has become his surrogate older sister. Snoopy has now settled into life in the kennels where he is regularly fed, handled by people every day and he has been treated for worms, fleas and ticks. Snoopy is an affectionate young lad who loves his cuddles and playing with others. His mother was a Podenco but his father was something black and white like a Bodeguero and he has inherited his colouring. Snoopy will be three months old this February and will be chipped, vaccinated and ready for adoption.



Snoopy

Buzz:- Buzz is a young Bordie Collie dog who was found on the San Juan de Capistrano urbanisation in Nerja at the end of 2021 after wandering the streets near the tower for several days. Unfortunately, no owner was found despite extensive advertising on social media and in local magazines, thus Buzz is ready for a new forever home. He is an 18 month old male who has the coat, colouring and size of a smooth Collie with the temperament and good nature to match. Buzz is a sweet boy who loves to please people and he gets along well with other dogs. He would make a wonderful companion for a single person or a family of two or more and he will be easily trained. If you would like to meet Buzz or any of the other animals under the care of CAS, and are looking to adopt or are willing to foster a pet please contact

The Costa Animal Society...

CAS by email at costaanimalsociety@gmail.com or through our Facebook page \casnerja.



Buzz

CAS Cat of the Month

Shorty:- The Costa Animal Society (CAS) would love to find a home for the elegant Señor Shorty, a five year-old male cat who was born with a short tail in a garden near La Noria in Nerja. All of his siblings found new homes but Shorty grew up in the garden where it became his domain. Unfortunately, the owner of the house now needs to move back to the UK, so Shorty needs a new house to call home. He has been vaccinated, neutered and has always been treated for fleas, ticks and worms, but he still needs a chip and passport. Shorty likes to spend his time in the garden but also comes into the house to sleep. He is not a cuddly boy, but a talkative cat with an independent streak who will tell you when he is hungry. If you would like to give Shorty a chance please call Laura at 95 252 1426 and she can arrange for an introduction.



Shorty

For more information about cats in need of fostering and rehoming, contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page \casnerja. Also on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780/), and you can find us on Twitter by searching for Costa Animal Society Nerja. For further information regarding cats available for fostering or adoption in the whole of Axarquía, see the Facebook page \East of Malaga kittens or cats

Gatitos de la Axarquía.

CAS needs you!

The Costa Animal Society (CAS) is seeking animal-loving, energetic, social media savvy persons to come on board. If you're a compassionate person who respects the lives of unfortunate animals who live a treacherous life in the wild, hop aboard. There is an occasional heartache, but the rewards in homing animals and receiving videos of these rescue dogs and cats romping about in their forever homes is something to behold. We are a small, voluntary charity organization that has been successfully rehoming and assisting abandoned animals in the Nerja, Frigiliana and Maro for over 30 years. We are presently looking for enthusiastic people to join our committee, continuing the work started by the sitting committee, some of whom have recently stepped down after many, many (some, decades) of years of service. Most importantly, the official posts of President and Secretary need to be filled. For more information, please contact acting President Mae Delaney on 601 629 938. (It should be noted that these are voluntary, unpaid positions.) If interested, there will be a long-standing cadre of volunteers to provide all the necessary details and assist you along the way. We look forward to hearing from you soon.



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CAS Shop

The Costa Animal Society (CAS) shop has restocked with all the clothing you'll need to keep warm this winter. Also, we have a nice selection of contemporary books in stock, best-sellers in all genres. If you're as old as me and still want to hold a book in your hand, smell the paper, turn a page not scroll through an ebook screen, stop in, you're sure to find something that will delight. The shop's large inventory is clean and well-presented, updated daily, with a friendly staff of volunteers on hand to help. Donations are always welcome - please help us to restock our shelves. Of course all shop proceeds go directly towards helping our animal friends in need, primarily for vet bills, food and kennelling costs. The Costa Animal Society (CAS) Shop is located next door to the Good Stuff Café in Nerja at No. 2 Calle Castilla Perez. Our opening hours are Monday to Saturday from 10.00am until 2.00pm. CAS is always eager to hear from people who are interested in becoming shop volunteers. One four-hour shift once a week makes a big difference. There are always two volunteers per shift making for a safe, relaxed, congenial environment. For more information please stop by the shop or feel free to call our shop manager May Delaney on 601 629 938.

CAS News - Sponsorship Program

The Costa Animal Society (CAS) would like to make you aware of our recent initiative of sponsoring a specific animal in our care. Given the restrictions due to Covid, fundraising has been extremely difficult. Now, however, you can sponsor one of our dogs or cats directly for €25 for six months or €45 for a year. You will receive Ecards on their birthdays and at Christmas, and there will be options via our website and Facebook page for sponsors to contact us to check in on their chosen animal. If your sponsored dog or cat is adopted before the time limit, you can choose another animal to be informed about.

Sponsorships can also be purchased as gifts.

For more information you can contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page 'casnerja'. We are also now on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja.

Can you help CAS?

The Costa Animal Society (CAS) is always in need of more volunteer helpers in a number of areas so if you have spare time to fill, please make contact! In particular, we are currently seeking someone or ones who can help with fundraising and social media promotion. In addition, fosterers are always required to take short-term care of animals until a permanent home can be found. CAS will provide fosterers with all they need: food, medicine, bedding, leads, etc., as well as advice at any time. Even if you are only here for few months a year, CAS would appreciate your help. For general enquiries and a no-obligation chat, feel free to contact Mae on 601 629 938.

Despite the horrors of the pandemic, the Brexit chaos, etc, CAS relies exclusively on donations to cope with the continuous flow of abandoned dogs and cats requiring our attention. If you could chip in a little to help, or consider becoming a member of CAS, we and the animals would be most grateful.

For more information you can contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page 'casnerja'. We are also now on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja.

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Axarquia Animal Rescue

Monte:- AAR2493

My name is Monte and I was born on the 1st January 2020, so as you can see I've just had my birthday! AAR are helping me to find my forever home as I found wandering, injured and alone near the Sedella area. I was very lucky though; I was rescued by my foster angels who took me home after a visit to the vet. The vet thinks I may have been attacked or in an accident as I had a nasty wound to my neck, but this is now healing nicely. My carers say that I'm such a handsome, good hearted, sweet little boy and I love to cuddle! My foster doggy brothers are great company and I have settled in very well with them. I really enjoy going for our walks together! I used to chase the cats here, but I soon got bored of that, and the tellings off they used to give me too!! My foster angels can only keep me for a short while, so I am eager to find my new foster or forever home soon as I really don't want to have to go into kennels. So, if you want a handsome, gentle and affectionate addition to your family, please get in touch with AAR..... Could you be the best belated birthday present that I've ever had!! If you are interested in fostering or adopting Monte, please contact us on axarquia-rescue@hotmail.com and follow his story on our website and facebook pages.



Meet Grinch:- AAR 2495

Hi, my name is Grinch. I was found abandoned in the countryside with my brother and 2 sisters. I'm a male and mainly black. I'm 10 weeks old. I'm expected to be quite a large sized dog when I'm fully grown. If you are interested in giving me my own forever home, please email: Axarquia-rescue@hotmail.com



Meet Clifford:- AAR 2494

Hi, my name is Clifford. I was found abandoned in the countryside with my brother and 2 sisters. I'm a male and mainly black. I'm 10 weeks old. I'm expected to be quite a large sized dog when I'm fully grown. If you are interested in giving me my own forever home, please email Axarquia-rescue@hotmail.com



Isla:- AAR2486

Born 6th December and abandoned with her six siblings when about 3 weeks old. She is a Podenco type and expected to be smaller side of medium when fully grown but we cannot make any guarantees. She has settled very well in her foster home. Her foster mum said "Isla is a proper little character and seems to have the cheekiest face. Think she could get away with anything. Very confident. Loves her food and playing with a ball" She has 4 meals a day, last feed 9pm and sleeps through until 7am. What a good girl she is. Isla will be ready for adoption here in Spain at 8 weeks, but can be reserved now. She will be ready for adoption abroad when about 15 weeks old, however she cannot be reserved to a home outside of Spain until she is 8 weeks old but you can express your interest at any time. For more photos and videos follow this link to her webpage: www.axarquiaanimalrescue.com/meetme.php?id=2486
email:- axarquia-rescue@hotmail.com



Dulcie:- AAR2487

She was born on 6th December and dumped with her siblings when just 3 weeks old. Vet has said she is a Podenco mix and we believe she will be on the smaller side of medium when fully grown but we cannot make any guarantees. She is in a foster home with 2 of her sisters. Her foster mum said "Dulcie likes nothing better than being on your lap for a cuddle, she's very clever, first one through the cat flap for instance. Loves her food, uses puppy pad (sometimes) responds to my voice, she likes to take her toys back to her bed. She has 4 meals a day, last meal at 9pm and sleeps through until 7am" Dulcie is a fast learner and cuddly, the perfect pup" She will be ready for adoption within Spain at 8 weeks of age but can be reserved now. She will be ready for adoption to the UK and other European countries from 15 weeks of age but she cannot be reserved to a home outside of Spain until she is 8 weeks of age, but you can express your interest at any time.
www.axarquiaanimalrescue.com/meetme.php?id=2487
email: axarquia-rescue@hotmail.com



Cindy-Lu :- AAR2497

Hi, my name is Cindy-Lu & I was found abandoned in the countryside with my 3 brothers. I'm 11 weeks old now and a mixed breed young black female. I'm expected to be quite a medium/large sized dog when I'm fully grown. I enjoy playing with my foster's kids as well as with my siblings or any other dogs too! I like to have my own family to share my life with them either here in Spain or Europe or UK. I will start my vaccination soon and to get ready for travel too. I am told that I can go anywhere in Spain from the end of January 2022, or to Europe & UK when I am 15 weeks old and had all my vaccination, microchip and passport. So if you are interested in giving me my own forever home, please email axarquia-rescue@hotmail.com for more information on how to adopt me.





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Max

I was found abandoned in the countryside with my 2 brothers and 1 sister. I'm 11 weeks old now and a mixed breed young black male. I'm expected to be quite a medium/large sized dog when I'm fully grown. I enjoy playing with my foster's kids as well as with my siblings or any other dogs too! I like to have my own family to share my life with them either here in Spain or Europe or UK. I will start my vaccination soon and to get ready for travel too. I am told that I can go anywhere in Spain from the end of January 2022, or to Europe & UK when I am 15 weeks old and had all my vaccination, microchip and passport. So if you are interested in giving me my own forever home, please email axarquia-rescue@hotmail.com for more information on how to adopt me.



Christmas day for us was very quiet, with only one dog reported - then it exploded on Boxing Day - the attached are photos of dogs we took on from 25th Dec to 3rd Jan - when we get better photos and more information, we can send details of them bit by bit...

AAR Christmas Rescues
25th December - 3rd January

Sonny	Cher	Mopsy	Bopsy
Flopsy	Isia	Dulcie	Luna
Ebony	Greta	Clarence	Bentley
Zyra	Monte	Lola	Reported 3rd Jan

email: axarquia-rescue@hotmail.com



The Benefits of Dog Training Obedience Classes

Dog obedience classes are the most popular way to train your dog. You may have read books, looked online and watched television programs on dog obedience training, but there is nothing as invaluable as taking your dog to a training class and learning from a professional and qualified dog trainer. A well-trained dog is a joy to live with. However, dogs aren't born with a manual on how to live with humans or with an understanding of the human language. Whatever age you acquire a dog; whether you have them from a tiny puppy or an adult rescue dog, there can be training issues that you may need help with. For instance, puppies will playbite, toilet on your favourite rug, chew furniture and run off with things you do not want them to have. Adult dogs if untrained, can have a number of annoying habits such as jumping up at people, stealing food, not coming back when called, chasing joggers or cyclists and pulling on the lead.



There are a number of benefits to attending dog training classes. At Dog School I concentrate on teaching owners on how to train their dogs. It doesn't matter whether you're a beginner or experienced dog owner, everyone is welcome to attend classes. Whatever your dog's age, I can teach you a range of useful commands and cues that you'll need in everyday life - a good recall, how to get your dog walking nicely on a loose lead without pulling, a solid stay, and how to behave in public places such as in a café or at the beach, are all included in my courses. We'll also look at how to deal with unwanted behaviours such as playbiting, jumping up at people and chewing your furniture or carpets. Coming along to classes can also be a great way for you and your dog to meet new friends! Dogs get to socialise with one another, whilst owners get to chat to other dog owners and a



professional dog trainer who will help with any problems they may be having. Dog School's group classes keep class numbers small to ensure everyone receives attention and dogs remain happy and stress-free. I have a number of qualifications (including one in Spanish!) in dog training and behaviour, and always keep up to date with new research, attending lectures and seminars with internationally renowned dog trainers and behaviourists. I only ever use reward-based methods so you can be sure that the training methods I use won't cause any harm or pain to your dog - in fact I make a point of making sure your dog enjoys learning, and you do too! We also encourage the whole family to attend classes, as it's important that everyone within the household learns how to train the dog too.

Dog School is expanding now to hold dog training classes at a number of new venues across the area, so I'm looking for venues in Competa, La Herradura, Almuñecar etc so if you think you know of a suitable and safe place, please drop me a message! For more information on any of my classes or any other service I offer, please do not hesitate to contact me via social media, email or Whatsapp.



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7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	4	5	2	4	9	8	
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	2	1	5	1	4	6	1	
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
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130456	410974	561280
150526	433334	567037
253060	436234	572855
270159	444791	588586
280858	454908	592884
286554	470085	642950
296684	481973	712600
322942	500043	870099
325326	520680	896497
399918	549872	991013

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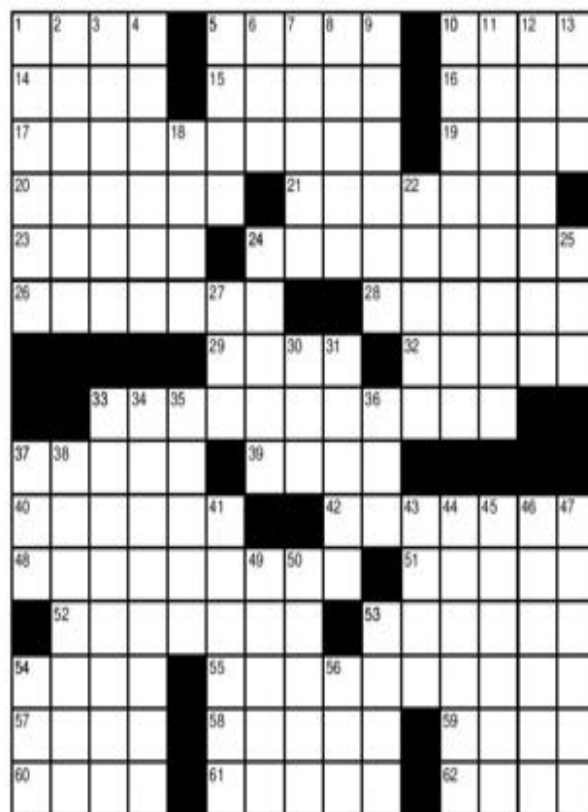
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ACROSS

1. Carl Lewis' specialty
5. Messianic utterances
10. Manhattan munchies
14. Prefix with harp or pilot
15. Get up
16. Word on a dollar's edge
17. Collegiate coffee sweetener
19. Shipboard rocket, perhaps
20. Enjoys a Cruz?
21. Faire start?
23. Troubled
24. Collegiate stationer's supply
26. Maintains
28. State bordering Arizona
29. Labyrinth locales
32. Young haddock
33. Collegiate transportation need
37. "Cold ____" (Foreigner hit)
39. Nordic maker of Thunderbolts
40. Like some words or wurst
42. Cameo
48. Collegiate security items
51. Tactician's traps
52. Swedish rubber?
53. Petty
54. Foundations
55. Collegiate headgear
57. "Thanks for clearing that up!"
58. Site of a Herculean task
59. Pierre's pals
60. Where cubs might report
61. Word with Dutch or heat
62. IDed



DOWN

1. Tries to dry, as a spill
2. Compound of gold
3. Like some bases
4. "Sniff!"
5. Burns' beau
6. Tulsa sch. named for a televangelist
7. It won 6 Razzies in 2003
8. Stern with a bow
9. High homes
10. An attractive one may cause lawsuits
11. Written up
12. Frigidaire competitor
13. "Let me think...."
18. Capital city sluggers, for short
22. "Jes' think...."
24. Emulates Niagara
25. Gnarly to the max
27. It helps you start driving a round
30. Where to hear Xhosa: abbr.
31. Attempts
33. Infamous al Qaeda leader
34. Attic entryways
35. If you can't keep them even, you'll go down in the end
36. Shea stat
37. "Rehab" Grammy winner Winehouse
38. Like some twins or cats
41. "Any way the wind blows ____ really matter...": Bohemian Rhapsody
43. The magi, e.g.
44. New York county containing the Donald J. Trump State Park
45. Bronchodilator's target
46. Fixed the bathroom tiles
47. African blood-sucker
49. More likely to be picked from the pound
50. Krispy ____
53. Hurdle before the bar: abbr.
54. Call from North, South, East or West
56. It gets warm, then it gets a cosy

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



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Was Dry January a bust?

Are you struggling to give up the booze?



The festive season is a distant memory, and Dry January has come and gone. Did you keep on track with a New Year's resolution to cut back on the booze, or was an alcohol-free January a complete bust, and you barely made it out of the starting gates before you just needed to have that drink?

Millions of people worldwide struggle with problems related to alcohol use. If you often 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 – responsibilities, relationships, finances, or health – then you could have a problem with alcohol.

There is a solution, Alcoholics Anonymous (AA) - a 12 Step fellowship support group that has helped 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.

You may feel that life without alcohol will be unbearable, no fun at all or dull beyond words – this isn't true. Here members of AA talk about how their lives have not only got better but improved beyond their wildest dreams

"My name is Claire, and I am 38 years old. When I came to AA, I thought I had lost everything, my family, friends, jobs, house, along with my dignity and self-worth. My mind was completely broken. The obsession and compulsion to drink had completely taken over and I couldn't stop. I didn't know who I was anymore. I didn't know what else to do but to end my life, the alcoholic in me had completely taken control. With the help of the wonderful people that I met in AA I began to feel safe and loved. I was given support

and guidance and I stopped feeling so vulnerable. Two years on and my life is so completely different. I have a successful business, I'm getting married, and I have a house that's paid for. The biggest thing though, for me, was re-connecting with my family. Every day is a blessing and I no longer fear life."

"I'm Louis and I have been sober for nearly 15 years. I lost both my parents to alcoholism and swore it wouldn't happen to me. Then what started as binge drinking in my teens turned into a way to manage my stress and anxiety. Before I knew it, I realised I had a serious drinking problem, and I was humiliated and angry.

I went along to my first meeting with a friend who thought they had a problem. I was only going for support but whilst I was there, I was identifying with everything that was being said. Since that first meeting I haven't looked back. I found a bunch of people who were willing to love me and care for me until I could love myself.

Today I am a caring and loving person, with an amazing family which I adore, six children, most of whom have never seen me drink. The life I have here in Spain is a gift."

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:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or
 visit the website for help & information:

www.aacostadelsol.com



ARIES:- (March 21st - April 19)

Someone you are fond of will disappoint you in some way over the next few days but it's far from the end of the world so don't make a big thing of it. Not everyone can be as perfect as you Aries ... and, yes, that is a joke!

Luckiest day: Saturday

TAURUS:- (April 21 - May 21)

The harder the task that needs to be accomplished the more others will turn to you for help. You should, of course, take that as a compliment but it can get a bit tiresome too. You may have to say "no" more than you would like to this week.

Luckiest day:- Thursday

LEO:- (July 23 to August 22)

You may need to raise cash in a hurry but don't sign your life away, still less your soul. What looks like a tempting offer on the surface could have a hidden trap waiting to ensnare you, so go without for a bit rather than risk losing everything.

Luckiest day: Tuesday

VIRGO:- (August 23 - Sept. 22)

You will come up against various obstacles over the next few days but don't even think of taking a backward step. The more you keep hammering at the door the more likely it is to open up for you before the end of the month, so be patient.

Luckiest day:- Sunday

Luckiest day:- Wednesday

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

Set your sights high and don't let anyone talk you out of what you are about to attempt. Yes, they're right, you could fail. Yes, they're right, you could look back and regret it. But you will regret it so much more if you don't give it a go

Luckiest day:- Friday

CAPRICORN:-
(Dec.22 - Jan.20) Don't panic even though your commitments are piling up around you! A friend will appear to help regain some control and stability. As the month progresses things will get easier. Try to relax a little more.

Luckiest day: Friday

GEMINI:- (May 21 to June 20)

Most things are going well for you now and will go even better as the Sun moves deeper into the sympathetic sign of Aquarius. But don't get complacent or you could end up making some silly mistakes. Watch out for little things that might trip you up.

Luckiest day:- Monday

LIBRA:- (Sept. 24 - October 23)

Steer clear of people whose outlook on life is too downbeat for your liking. At this time of year more than most you have every reason to be optimistic but not everyone is as open to life's wonders as you are, and misery loves company.

Luckiest day:- Tuesday

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

You may be tempted to take drastic action to get your life moving again but is it really necessary? According to the planets if you let things be over the next few days you won't have to do anything at all – others will get their hands dirty for you.

Luckiest day: Sunday

CANCER:- (June 21 - July 22)

The more certain people urge you to act quickly before a golden opportunity passes you by the more you will be wondering what's in it for them. If your sixth sense tells you to proceed with caution you should know better than to ignore it

Luckiest day:- Saturday.

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

This would be the ideal time to let a special person know how much they mean to you. Because you tend to keep your feelings under control (if you didn't they might explode!) not everyone you care for is aware how deep your emotions go.

PISCES:- (Feb.19 - March 20)

It is a waste of time seeking other people's approval and if you don't know that for a fact now you will do very soon. Decide what it is you need to get done and then just do it, regardless of how friends and family and colleagues may react.

Luckiest day: Sunday

Horoscopes.

by Kristian Marconi

SUISSE HOME



We need properties near the coast, from Chilches – Torrox and Arenas to offer to our clients.



Ref. SH741: Nice villa in Niza Beach. Plot of 553m2 and house of 162m2. The villa has 4 bedrooms, 3 bathrooms, built-in wardrobe, large living room with chimney, furnished kitchen, air conditioning and heating, closed garage of 35m2., several terraces, glazed terrace, private swimming pool, BBQ, sunblind and automatic irrigation for plants. On the ground floor you have 2 bedrooms with 2 bathrooms ensuite and on the first floor you have 2 bedrooms. Sea views.

Price: €383.000



Ref. SH964: Beautiful Villa in Benajárfate with an awesome garden. Plot of 1345m2 and house of 202m2. The house has 3 bedrooms and 2 bathrooms, bright living room with chimney, large furnished kitchen, air conditioning and heating, private swimming pool, beautiful garden with several trees and plants, outdoor jacuzzi, fountain, several terraces, BBQ and summer kitchen. In the cellar there is a garage, firewood room.

Price: €495.000



Ref. SH1003: Beautiful villa in Algarrobo with sea views, plot of 3900m2 and house of 235m2, swimming pool and garage for 3 cars. On the main floor is located the living room with chimney and nice sea views, terrace, dining room with kitchen, 2 bedrooms, 2 bathrooms. On the 1st floor there is an independent apartment with a studio, kitchen and 1 bathroom. The main floor has floor heating. In total the house has 3 bedrooms and 3 bathrooms.

Price: €395.000

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Heart-Shaped Lasagna Bundt

Preparation Time:- 60 mins

Cooking Time: 50 mins

Difficulty:- Easy

Ingredients:-

Kosher salt and freshly ground black pepper

450g lasagna sheets

2 tablespoons olive oil

1 medium onion, chopped

3 cloves garlic, minced

1 1/2 teaspoons dried oregano

1 1/2 pounds ground beef

170g tomato paste

800g crushed tomatoes

2 teaspoons sugar

340g ricotta

230g grated mozzarella

2 large eggs

45g grated Parmesan



Preheat the oven to 190 degrees C. Bring a large pot of salted water to a boil and cook the lasagna noodles to al dente according to the package directions. Line a baking sheet with a clean kitchen towel or paper towels. Drain the noodles and spread them flat on the baking sheet to dry them completely (you may need to create 2 to 3 layers to fit all of the noodles; put paper towels between each layer).

Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions and cook, stirring occasionally, until softened and just beginning to brown, 7 to 8 minutes. Stir in the garlic and oregano and cook until the garlic is fragrant, about 1 minute. Add the beef, 2 teaspoons salt and a generous amount of black pepper, and cook, breaking up the meat with a spoon and stirring occasionally, until the beef is just cooked through, 7 to 8 minutes. Stir in the tomato paste and cook until well incorporated and heated through, 1 to 2 minutes. Pour in the tomatoes, sugar, 1 cup water, 1 teaspoon salt and a generous amount of black pepper and bring to a boil. Reduce the heat to low and simmer until the sauce is slightly thickened, about 20 minutes.

Meanwhile, mix the ricotta, mozzarella, eggs, Parmesan, parsley, 1/2 teaspoon salt and a few grinds of black pepper in a medium bowl. Cut six noodles in half crosswise.

Line the bottom of a 10-cup heart-shaped Bundt pan with 4 of the half noodles (2 along the straight lines of the heart and 2 along the arches). Lay 12 whole noodles in the bottom of the pan, slightly overlapping and directly on top of the half noodles, making sure that one side of each noodle hangs 2 to 3 inches



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over the edge of the pan and the other side of the noodle runs up the centre of the pan.
 Pour 1 cup meat sauce on top of the noodles, then spread 1 cup of the ricotta mixture over the sauce. Top with 4 noodle halves. Repeat the layering 1 more time. Pour 1 cup meat sauce and spread the remaining ricotta mixture over the top (the ricotta mixture will be less than the 1 cup used in previous layers).
 Fold the edges of the overhanging lasagna noodles the lasagna towards the centre, covering the filling and the hole in the centre completely. Bake until the noodles on top are turning golden brown and are starting to crisp up, 45 to 50 minutes. Let sit for 10 minutes. Invert the pan onto a cutting board. Reheat the remaining sauce if necessary and pour into the centre of the heart. Slice and serve immediately.

Champagne and Raspberry Possets

Preparation Time:- 10 mins

Cooking Time:- 5 mins (Plus 2 1/2 hrs chilling)

Difficulty:- Easy

Ingredients:-

- 140g frozen raspberries , defrosted
- 2 tbsp champagne (buy a mini bottle and treat yourself to a glass while you prepare dinner!)
- 200ml double cream
- 4 tbsp golden caster sugar
- 2 tsp freeze-dried raspberry pieces
- Shortbread biscuits , to serve

Put the raspberries and Champagne in a mini food processor or blender (or use a jug and a hand blender). Whizz until the purée is as smooth as you can get it, then use a wooden spoon or spatula to push as much of it through a sieve as you can. Discard the seeds left behind.
 Put the cream and sugar in a saucepan and warm gently until the sugar melts. Increase the heat until just boiling, then boil vigorously for 2 1/2 mins, stirring constantly. Turn off the heat and stir in the raspberry-Champagne purée. Cool for 15 mins before dividing between 2 small pots or glasses. Chill for 30 mins, then sprinkle over the freeze-dried raspberry pieces and chill for at least 2 hrs more until set (or overnight if you're making ahead).
 To serve, remove the possets from the fridge and







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healthwise

Why Does Alcohol Mess With My Sleep?

Tips for getting a better night's rest when your evening plans include drinking.

A couple of glasses of wine or a few drinks in the evening will probably make you fall asleep faster than normal. Who among us hasn't left the dishes for the next morning or neglected a skin care routine after a dinner party or festive night out? But even if you thud into dreamland, there's a good chance that too much alcohol will mean a fitful night of sleep. That's because alcohol disrupts what's known as your sleep architecture, the normal phases of deeper and lighter sleep we go through every night. A night of drinking can "fragment," or interrupt, these patterns, experts say, and you may wake up several times as you ricochet through the usual stages of sleep. "You pay for it in the second half of the night," said Dr. Jennifer Martin, a psychologist and professor of medicine at the University of California, Los Angeles. Alcohol is "initially sedating, but as it's metabolized, it's very activating." Here's how it breaks down. In the first half of the night, when fairly high levels of alcohol are still coursing through your bloodstream, you'll probably sleep deeply and dreamlessly. One reason: In the brain, alcohol acts on gamma-aminobutyric acid, or GABA, a neurotransmitter that inhibits impulses between nerve cells and has a calming effect. Alcohol can also suppress rapid eye movement, or REM sleep, which is when most dreaming occurs.

Later in the night, as alcohol levels drop, your brain kicks into overdrive. You may toss and turn as your body undergoes a rebound arousal. "As the levels decline, you're going to get more issues with the fragmentation," said Dr. R. Nisha Aurora, a member of the board of directors of the American Academy of Sleep Medicine. You'll also probably have more vivid or stressful dreams and because fitful sleep means that you're waking up more regularly you are more likely to remember them.

Alcohol is also a diuretic, a substance that increases urine output, which means you may find yourself waking up to go to the bathroom. "You are going to have to pee more often," said Dr. Bhanu Prakash Kolla, an associate professor of psychiatry and a consultant at the Centre for Sleep Medicine at the Mayo Clinic in



Rochester, Minn. "Moderate amounts of alcohol, especially wine and spirits, have an early diuretic effect, especially in the elderly," he added. It's unclear whether the urge to urinate wakes you up, or if you're just more attuned to your body in the second half of the night because you're sleeping more fitfully. People may also snore more after they drink. Alcohol is a muscle relaxant and relaxes the muscles in your upper airways, disrupting normal breathing. Drinking can be especially dangerous for people with obstructive sleep apnea, who wake up many times during the night as their airways momentarily collapse.

Most experts agree that drinking will mess with your sleep, no matter your age or gender. And because alcohol depresses the central nervous system, experts caution against using it with sleep aids such as Ambien, Tylenol PM, Benadryl or even supplements like melatonin. "Alcohol is a sedative," said Dr. Ilene M. Rosen, a sleep medicine doctor and associate professor of medicine at the Perelman School of Medicine at the University of Pennsylvania. "I would not use any sedative hypnotic, whether over-the-counter or not, when you're drinking alcohol."

Some people drink closer to bedtime to help them get to sleep. But that can start a dangerous cycle of more fragmented sleep, followed by heavier drinking. "I do see a lot of people who self-medicate for insomnia with alcohol, which is definitely not a good practice," said Dr. Sabra Abbott, an assistant professor of neurology in sleep medicine at Northwestern University Feinberg School of Medicine. Sustained nightly drinking can establish worrying patterns that can persist even after people have stopped drinking, she and other experts say.

To help assess how alcohol may be affecting your sleep, experts recommend an alcohol free reset period, or what Dr. Martin called "an alcohol holiday," lasting at least two weeks. "It can be very eye opening to appreciate how much alcohol affects your sleep," she said. A lot of people who think they have insomnia, she said, may just be drinking too much or too close to bedtime.

"It turns out that if they don't drink, they sleep much better," said Dr. Martin, who is also a spokeswoman for the American Academy of Sleep Medicine. After the "holiday," she said, "they can just make a more informed decision about how much and how often they consume alcohol."

Experts also suggest building in a buffer zone of at least a few hours between drinking and bedtime. A nightcap is not your friend. "It's probably OK to have a glass of wine with dinner four hours before bed," Dr. Abbott said. Or maybe limit your drinking to happy hour or the appetizer course.

Alcohol can mess with your morning routine, too. "People may turn to stimulants" like caffeine, drinking coffee well into the afternoon, said Dr. Armeen Poor, a pulmonary and critical care physician at Metropolitan Hospital Center in New York and clinical assistant professor of medicine at New York Medical College. "That makes it harder to fall asleep at night," he said. "And then you need more of that sedative, and then it just goes around and around and around."

LUNES/MONDAY	MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY		VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	CLASES INDIVIDUALES
	PILATES 10.30H			PILATES 10.30H		CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H		FITNESS PARA MAYORES 12.00H	YOGA 11.30H		CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H			PILATES + HIPOPRESIVOS 16.00H			
PILATES 17.00H	YOGA 17.00H		PILATES 17.00H	YOGA 17.00H		TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H		ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H		COLUMPIO ACROBATICO ADOLESCENTES 17.30H 24TH SEP .A 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H		DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
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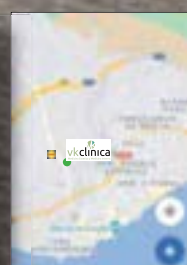
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Food And Love: How They Are Linked In The Brain

We've all had that friend who disappears for a month, only to emerge newly coupled and minus ten pounds. Or the friend who gets hitched and then develops a belly. What appears to be an individual phenomenon is actually deep seated in our social and psychological behaviour. Food and love are inexorably linked, thanks to a complex hormonal reaction that affects our emotional attachments to loved ones and our need for food.

Notably, early in the relationship, eating takes on weighted significance, according to Maryanne Fisher, a professor of psychology St. Mary's University in Halifax, Nova Scotia, whose research focuses on the evolutionary basis of romantic behaviour. "Food is a way to display skills to a potential mate," Fisher told HuffPost Healthy Living. "You might buy nicer food, prepare better meals. It's fascinating how it can be used as part of the relationship."

If the food is a display, say, if one partner cooks food for another, or one buys a fancy dinner for the other, that's preferable, because those who are newly in love tend not to eat much. As Fisher noted in her essay on the subject, those who are newly infatuated produce an overabundance of "reward hormones" like norepinephrine. Those in turn produce feelings of euphoria, giddiness and energy. But they also suppress appetite in many, according to Fisher. But as with all things, "love hormones" that go up must come down, and, in extreme cases, that can lead to obesity. One 2008 University of North Carolina, Chapel Hill



study found that women who were married were twice as likely to become obese as their peers who were single. Those who were cohabiting, but not married, were 63 percent more likely to become obese than single women. Men didn't emerge unscathed: married men were also twice as likely to grow obese, though cohabiting men were no more likely to be obese than their single counterparts.

For one thing, weight gain includes an element of social contagion. If one spouse has poor eating habits, such as a lack of portion control or a preference for unhealthy foods, that may extend to the other spouse. When together there is little motivation to stay away from the cozy snacking.

Most importantly, if you've settled down with someone, you're no longer facing the competition of the dating field. That means you may have less incentive to stay in shape and look your best. Plus, your lifestyle starts to revolve around food a bit more. As a couple, you probably stay in and cozy up (with food) on the couch more often than you did when you were single.

Travel Essentials during the Omicron Wave

As COVID cases rise as the Omicron variant spreads, lives across the world have been horrendously impacted.

Every day, I see patients suffering from the pandemic: whether from testing positive themselves, or from having to jump through new hoops to get to their next travel destination. This is especially the case at the moment, as all evidence has shown that Omicron spreads quickly. Though it might be milder than other COVID variants, at least for vaccinated people, a positive test is a sure fire way of putting an stop to your daily life. What do you do if you want to travel? First off, if you test positive, the solution is clear: stay away from other people for 10 days. But if you are negative, and plan to stay that way, the question then becomes: what particular precautions should you take? First and foremost: make sure you read up on your destination's specific visitation rules, as most require proof of vaccination and/or certification you've had a recent negative COVID test. There are many types of COVID tests, including molecular tests (like PCR and LAMP tests) and rapid tests (lateral flow or antigen). The test you will need to travel will often depend on your vaccination status. Make sure to keep up to date with the latest requirements. Recheck your destination country's

requirements 48 hours in advance of travel, which should give you time to book a COVID test if the situation has changed. Now to the nitty gritty: what to bring with you on the plane? Here are the new essentials everyone should pack before traveling: Vaccine passport: Print yours out before you board, in case your phone dies mid-flight. Make sure it includes the date of last dose and the vaccine type, as countries have different mandates for different vaccines. N95 mask: Take advantage of the exceptional availability of KN95 masks in Spain! These are what medical professionals use to prevent infection and, if correctly worn, are the best possible way for you to prevent infection. Further, several countries actually require either a KN95 or surgical mask to travel on plane or bus.

Travel-sized disinfectant wipes & hand sanitizer: While the biggest danger of infection is airborne, it is still certainly possible to get COVID through contact! Take extra care with what you touch, and sanitize the area around you when you sit - not just on the plane, but also in the airport. Those are your physical essentials. Now, it is time to think about the community you are travelling to and the people you are travelling with: Is your destination undergoing a surge of cases? Are their mask and vaccine mandates disproportionately lax? Do they have a very low vaccination rate? If yes, consider postponing your trip if it is not essential. There will be time to travel again if you can keep your health. If the destination is fine, next think about who you are travelling with.

Remember that travelling with unvaccinated people not only puts you and others at risk, it can completely ruin your trip. Consider this: you travel with a group of 5 people, 4 of whom are vaccinated and boosted, 1 is not. 3 of you test positive with COVID mid-trip, with the unvaccinated person extremely symptomatic. What do you do? You will have to extend your trip, sure, but how will you isolate? Who will care for the very ill person? What if they end up in hospital? These are questions you don't want to have to face. Make a plan before you go for how you'd quarantine and where you'd seek care. And reduce your risk by encouraging your group to be fully vaccinated.

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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 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.

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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 fibres 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 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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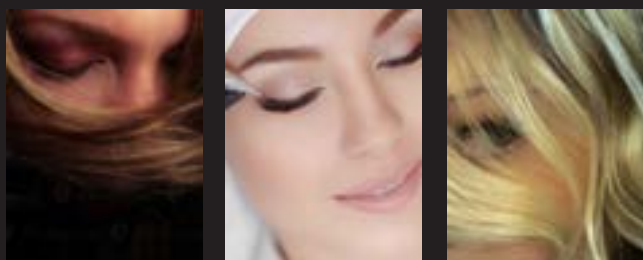
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1. Squats

Squats are a simple exercise, but often performed with poor form. Here's how to do them correctly:

- Start with your feet hip distance apart.
- Keeping your knees over your ankles, bend your knees, moving your butt back as if to sit in a chair.
- Your knees and lower leg should form a 90 degree angle (if you can't get to 90 degrees without compromising your form that's OK).
- Make sure your knees do not go over your toes.
- Raise up and start again.
- Do 10 reps, three sets, two to three times a week.



2. Lunges

- The working leg should be forward, the back leg hip distance apart, and in a split stance. The heel of the back leg should be up.
- Bend your knees, keeping the front knee over the ankles. The end point is when both the front leg and the back leg make 90-degree angles.
- Rise up and start again.
- Do 10 reps, three sets, two to three times a week.



3. Pushups

- Start in a basic plank, hands slightly wider than your shoulders and your palms on the floor.
- Keep your back straight, don't let your lower back sag. Keep your head and neck in alignment with your back.
- Slowly bend your elbows, bringing your chest towards the floor.
- Push against the floor and straighten your arms, returning to the starting position.
- Do 10 reps, three sets, two to three times a week.
- Modifications: you can perform this exercise on your knees or place your hands on a bench.



4. Pull-ups

- Stand under the bar, palms on the bar, hands slightly wider than your shoulders. Activate your core.
- Pull yourself up so that your chin reaches the bar. Keep your posture straight.
- Slowly lower yourself down, so that your arms are straight and your feet do not touch the floor or bench.
- Start with five reps, two sets, two to three times a week, increase slowly.
- Modifications:
- Machine assisted—Most gyms have an assisted pull up machines. This is the one machine where the more weight you use, the easier it gets.
- Lateral pull up—Most playgrounds have a bar that is close to the ground (monkey bars). The position of your body will be the exact opposite of a pushup. To make it easier you can bend your knees.



5. Rotation

Every human motion and sport requires rotation of some sort.

- Stand tall with good alignment. Hold a medicine ball or a weight, (that's challenging but not enormously heavy), in front you with arms straight.
- Rotate the ball from side to side, as much as your range of motion allows. Maintain good posture.
- Modifications: Exercise Bands Wrap the band around a stationary pole. The tension of the cord will try and pull you in. Don't let it. Rotate, maintaining good posture



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Love is all Around



But what effect does it actually have on your body and mind?

With Valentine's Day this month, many of us turn to thoughts of love. But what does this actually mean in terms of our mental and physical well-being?

We all know those crazy feelings associated with those first stirrings of love. The euphoria, energy and excitement; the mood swings, decreased appetite and insomnia and the nausea, obsessing and suffering if it doesn't seem to be progressing as we want. But what exactly is going on with our bodies to make us feel like this? Is love good for us, or bad..... Basically, and somewhat unromantically, all these physical reactions have one main purpose, to allow us to choose and keep a mate who will help us reproduce. But with so many of us now beginning new relationships later in life, you may be thinking, well I'm way past that. Just try telling that to your body though.....! Whether you're 16 or 60, we tend to react in the same way.

Euphoria

So the first stage is obviously when we find ourselves attracted to someone and we start to fall in love. This is where the body starts to produce dopamine, the 'feel good hormone' that also comes into play when we do something pleasurable like eat chocolate or listen to certain pieces of music. This hormone reinforces pleasurable behaviours and explains why that certain someone is suddenly always on our minds. Just thinking about the person we are interested in triggers the release of dopamine, making you feel excited and ready to do whatever it takes to see them. Then when you see them the brain rewards you with more dopamine, which makes you feel good. This plays a big part in finding a mate, as if you feel good when you're with someone, the chances are you will want to see them again.

Can't get them out of your mind?

This is partly due to the dopamine reward for these thoughts but the anterior cingulate cortex in your brain is also activated. This area is linked to obsessive-compulsive

behaviours and may explain why you often feel obsessed with someone, thinking and talking about them constantly.

Once you have started seeing someone, another hormone comes into play. Oxytocin levels rise, which can produce increased feelings of attachment, safety and trust. This hormone is nicknamed 'the love hormone' and production increases after touching, kissing and sex. It also decreases your interest in other partners.

So far, so good

All this sounds very positive, but most of us have also experienced the agonies of the early stages of a relationship. Our stress levels tend to increase when we experience the uncertainty of wondering whether they are going to call or the desperate attempt to try and second guess what they are thinking or why they have responded a certain way. Some of the physical symptoms of love include a racing heart, sweaty palms, trembling or blushing and these may make you feel a little anxious. But the symptoms of anxiety and excitement are almost identical, so just tell yourself that they are due to excitement not worry. While the cocktail of hormones that our bodies are now producing may make us feel blissful, they also result in loss of appetite, inability to concentrate and difficulty in falling asleep. Genetically, the chemicals make us feel better when we are with our chosen person and less pleasant when we are separated. So having found them, we now want to keep them.

Another negative aspect of a new relationship is that sometimes when you experience intense love the amygdala area of your brain tends to shut down, making you less likely to be aware of danger. At the same time the frontal lobe, which helps you make rational decisions, also takes a backseat, often leaving you acting on impulse and not always wisely. This is the reason why we often ignore the red flags in a relationship, that in hindsight seem all too obvious, so it is worth being aware that if they come up, they are best not to be glossed over.

Increased passion

Being in love also sparks androgens which increase your desire to have sex with the one you love. The more sex you have, the more of these hormones you produce, so the cycle increases. Apart from the obvious biological benefits of procreation, sex makes you feel great and improves closeness and intimacy with your partner.

This stage is an exciting time with intense highs and lows and for certain people this can be addictive. They love the rush of feel good hormones so much that they never allow the relationship to develop into maturity but instead continually break it off and start anew. If you find yourself in this pattern of behaviour it is worth taking a break and speaking to a therapist.

Strengthening the bond

For most of us though, our relationships then move into the next phase, in which the relationship becomes more stable and the bond between two people strengthens. As the commitment and security increase over time, the stresses and hormone levels reduce. At this stage the vagus nerve increases in importance, as it plays a role in everything from your facial expressions to your heart rhythm. These factors help you notice when your partner is sad or distressed and causes you to try and please or help them, thus reducing their pain and increasing your connection.

Health benefits of being in love

Love, especially in a committed relationship, can have a positive result on overall health, including:

- Decreased risk of heart disease
- Lower blood pressure
- Improved immunity
- Faster recovery from illness
- Longer lifespan
- Pain relief
- Lower cortisol levels, reducing stress and improving well-being

So what about those who are single?

For those singletons, there is no cause for despair. Studies have shown that, while being in a loving relationship has health benefits, the love does not necessarily need to be exclusively with a partner. Those who have a strong social support system also benefit, as do those with a pet. In fact, even the simple task of caring for a houseplant has been shown to increase well-being and longevity. Thus love of any kind and for any other person or thing can be beneficial. So this month, make it your goal to go out and feel the love.



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NEWS & What's ON

Emergency numbers

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 Station

s	958 630 140
Almuñecar	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

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Málaga	952 048 804

Train Stations

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

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La Herradura	958 610 314
Nerja	952 521 531
Torrox Costa	952 532 155

Street Markets

Monday	Torrox Costa
Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torredel Mar, Veléz Málaga
Friday	Almuñecar, La Herradura (summer only), Salobreña
Saturday	Competa
Sunday	Nerja (car boot), Torredel 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 & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñecar, Sundays at 9.30am. Chaplain: Fr. Nigel Thomas.

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

Whether you live in Nerja or are revisiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service.

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

community continuing to help people find their way to God.

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

LuxMundi centre, Torredel Mar - To be advised!

St. Barnabas IERE (Anglican), Torre del Mar

Tel: 952 030 461. www.stbarnabas-spain.com.

Morning prayer, 1st and 3rd Sunday, 11am. Holy Communion 2nd and 4th Sunday 11am.

The Anglican Church of St. George, Málaga

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

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

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

Chaplain: Fr. Louis Durrant, Tel: 630 909 131

Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

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

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

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NEWS & What's ON

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs. After a break of 2 years due to COVID restrictions, our members were finally able to make a donation of €3000 to La Cruz Roja. The donation was made on the 25th January 2022 at the clubs meeting place, La Vega Restaurant, Torre del Mar. The donation was to assist the vulnerable and under-privileged in Vélez Málaga and the surrounding area. Eduardo Recio thanked all the members present for their kind donation and said it would go a long way to greatly help those who they care for locally and he wished to continue to keep close ties with The Phoenix Club.'



Photograph from left to right: Mary Burberry Club's Treasurer, Eduardo Recio, President of La Cruz Roja, Tim Denham the Club's President, Michael Stockdale the clubs Vice President and Gail Mooney, the Club's Secretary.

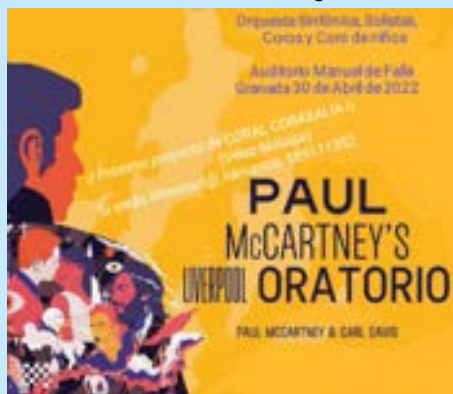
If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine. We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information needed by the 15th monthly.

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 next project is Paul McCartney's "Liverpool Oratorio" (Paul McCartney & Carl Davis) which we will perform at the Manuel de Falla auditorium in Granada on 30th April 2022. 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!



Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er} I^o, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00hrs till 13.00hrs. We would like to assure you that we are complying with all the Covid regulations to make your visits to our centre as safe as possible. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org
FEBRUARY COMING EVENTS & EXCURSIONS

The Spanish groups will be restarting again so if you are interested please contact the Centre about timetables and groups, as because of the restrictions groups will be very limited!!

We continue our regular activities: Our shop will be open Monday, Wednesday and Fridays. Time 11.00hrs to 13.00hrs. Craft group on Mondays, art group on Wednesdays and coffee morning every Friday.

Thursday 24th February - Coach Excursion to Osuna. Please join friends on a visit to the town of Osuna, in the province of Seville, where part of The

Game of Thrones television series was filmed. There will be a stop for coffee on the way. On arrival in Osuna, at approx. 10:15hrs, there will be a 2 hour guided walking tour of the old town, viewing the exteriors of the university building, the Collegiate Church, the viewpoint, Seville Street, San Pedro Street, the main square and the food market. After the tour there will be free time to visit the museum and have lunch. Entrance to the museum (2.50€), which has two rooms dedicated to The Game of Thrones, is not included. Departure from Osuna at 16.30hrs. Ticket price 29€ or with a Friends of Lux Mundi card 25€ (Proceeds for fundraising). Departure Times: Algarrobo (Lidl) 7.15hrs, Caleta (Vets) 7.20hrs, Torre del Mar (Bus Station) 7.30hrs, Viñuela (Football Pitch) 7.50hrs. Friday 25th February - Special Coffee morning for the Day of Andalucía. We invite you especially to celebrate the Day of Andalucía with a touch of Spain and a touch of Britain. We will be serving clotted, strawberry cream teas. Friday 25th February - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 19.45hrs. Monday 28th February - Centre will be closed for the Day of Andalucía.
Forthcoming excursions. March 31st - Tarifa and the Roman Ruins of Baelo Claudia set on the beach in a beautiful location.

Lux Mundi, Torre del Mar, organised an evening coach excursion on 21st December for 40 people to see the Christmas lights in Málaga. The first stop was at La Concepción Historical Botanical Gardens where a truly wonderful experience awaited them. The gardens had been transformed into a magical Christmas garden full of festive lights and stunning, colourful decorations. On entry they set off on a circular route of more than 2 kilometres, uphill and down dale, feasting their eyes on fantastic light shows, including a storm in a forest, a rainbow lit tunnel, creative illuminated figures and pathways with moving colourful patterns.

On completing the circuit, which was rather gruelling for some as there were no short cuts, the group re-joined the coach for the short journey to Málaga centre where there was plenty of time to eat, drink and enjoy the lights. The main shopping street, Calle Larios,



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was transformed into a Christmas Forest, a huge structure made up of 22 arches and thousands of strings of lights. The sound and light shows were, as always, stunning and as the show times were not published this year there were no large crowds. On the return journey there was a lovely festive atmosphere on board and the coach returned to Torre del Mar with a tired but happy group of people. Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.



The Arts Society Nerja

The Arts Society focuses on the attention of cinema during the month of February with a lecture on the iconic director David Lean and a screening of his film Dr Zhivago på Centro Cultural in Nerja. The lecture is also available on zoom to your home. Guests are welcome; €10.



Film director - David Lean



Tuesday 15th February at 18.00hrs a lecture, "Dickens, Lawrence and Zhivago - David Lean's Art of Cinema". In the lecture focus will be on David Lean och hans block busters "Lawrence of Arabia" and "Dr Zhivago". The lecturer Neil Faulkner will speak about how Lean and his team seek location, construct sets, clothes etc in order to "imagine" the world they seek to represent. How much is authentic, and how much is preconception? Neil Faulkner is a research fellow at the University of Bristol, and also an appreciated lecturer, author and tourist guide.

More info at:- www.theartsocietynerja.com



Tuesday 22nd February at 17.00hrs there will be a screening of David Lean's film from 1965 Dr Zhivago.

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NEW ADDRESS!

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

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. "Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Facebook page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality".

Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288.

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

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



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).

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Artist, Margaret Riordan, has paintings on exhibition at the Hotel and Restaurant La Casa, Calle Baja, Plazuela De Barajas 3, Torrox pueblo, 29770. Tel:- 662 039 741 for winter 2021/spring 2022 10.00hrs -14.00hrs (not Sundays) and a second exhibition at JEMS, Avenida El Faro, Torrox Costa 29793 (closed Mondays).

Exposición

Para ver más - Margaret Riordan - mariordan@aol.com
<https://artgallery.co.uk/catalogsearch/result/?q=riordan>



10.00 – 16.00
(Lunes, no)

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The Arts Society Nerja

A festival of dance and music for children in Velez Malaga



The Arts Society Nerja

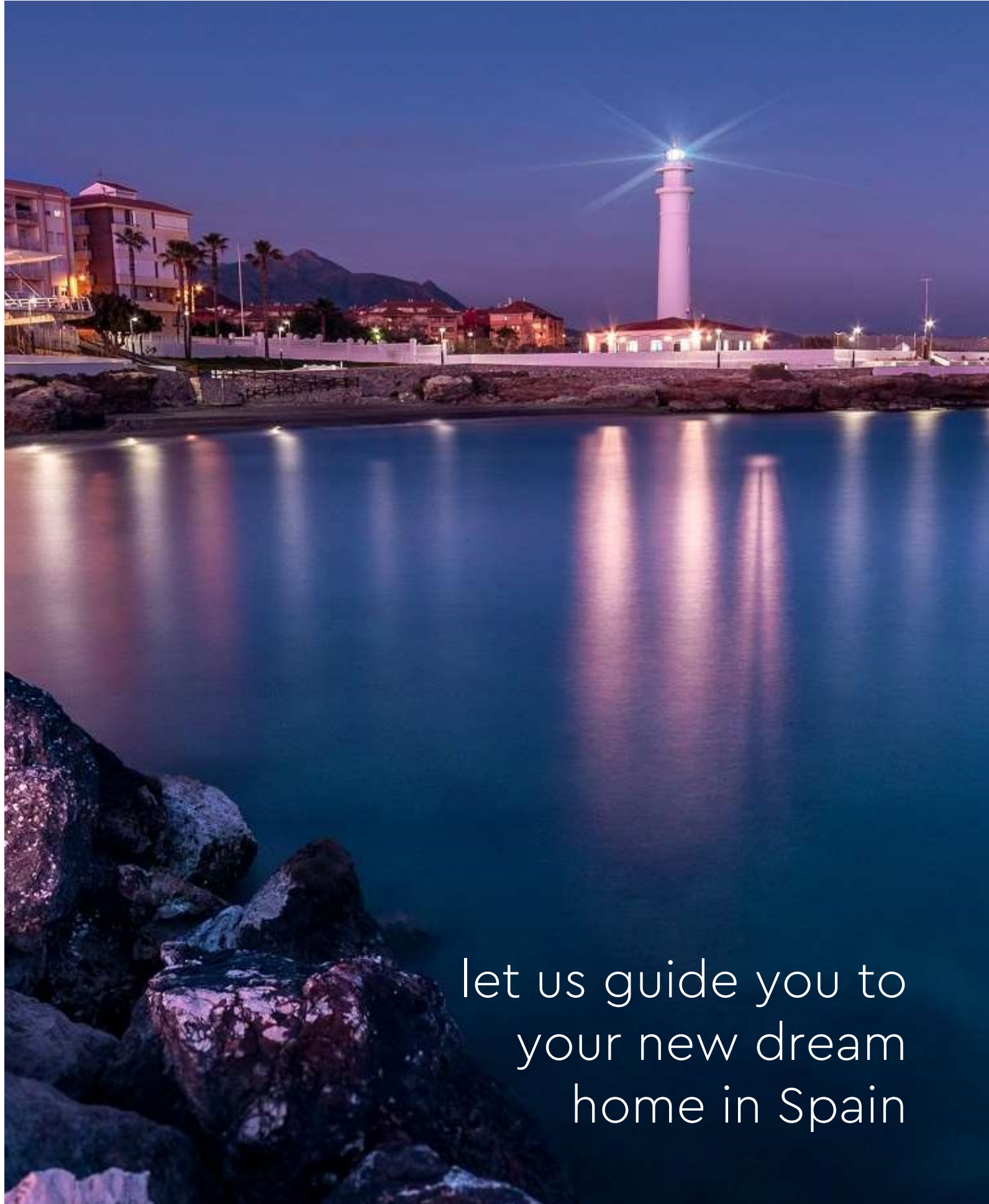
A festival of dance and music for children in Velez-Malaga. Children from schools in the Velez-Malaga area took part in music and dance workshops on 23 October. The event was organized and funded by the Arts Society Nerja as part of its charity program. The Nordic Society MOC of the Collar of St Agnes and the Arcoiris foundation also funded the program.

At the workshops, the children were shown how to make instruments with recycled objects. There were also dance and video workshops. Finally there was a performance by the children at the Azucarera in Torre del Mar. Grants were awarded to four children to enable them to continue their music studies. "It was a huge success.

The children were thrilled and the teachers were wonderful", says Helen Sijssling, chair of the Arts Society Nerja.

Photos from the dance and music festival





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+34 952 532 590
+34 649 772 396



COMPETA

COUNTRY HOUSE

Beds: 2 Baths: 2

EPC: F

Sole agency

M²: 83 m²

Plot: 2.525 m²

REF: 7441



€329.000

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

+34 609 176 586

TORROX COSTA

Apartment

Beds: 2 Baths: 2

Storeroom

Communal pool

EPC: In process

M²: 86 m²

REF: 7432



€178.000

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

SEDELLA

COUNTRY HOUSE

Beds: 3 Baths: 2

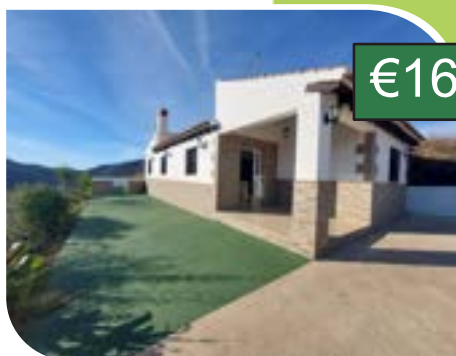
Private pool

EPC: In process

M²: 100 m²

Plot: 2.800 m²

REF: 7445



€160.000

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

sales@countryproperties.net

www.countryproperties.net

TORROX COSTA

VILLA

Beds: 3 Baths: 3

Garage

Private pool

EPC: In process

M²: 214 m²

Plot: 210 m²

REF: 6543



€298.000