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THE MONTH**



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Price: €335,000
Ref: CN48601



SAN RAFAEL

3 bedroom villa with private garden, spacious terraces with stunning sea and mountain views. Private garages. Excellent location between Nerja and Frigiliana.

Price: €350,000
Ref: CN48609



LA NORIA

Beautiful 2 bedroom apartment with 2 sunny terraces with open views. Communal pool and gardens.

Price: €169,000
Ref: CN48670



URB. ALGARROBO

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

Price: €295,000
Ref: CN48567



FRIGILIANA - TORROX ROAD

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

Price: €265,000
Ref: CN48655



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Townhouse of the month

Torrox: Price: €140.000 TTH516



This great townhouse is located in one of the most popular streets in Torrox, just 5 minutes walk from the main square and close to free parking and supermarkets. This very bright and South-facing townhouse comprises 2 floors, a ground floor with a cozy living room and a large kitchen with pantry. From the kitchen there is access to a bathroom, a large storage room and the enclosed patio set over several levels, jacuzzi and dining table to enjoy the Spanish sun.

On the upper floor we have the spacious main room with a balcony, a family bathroom and two double rooms with access to a patio. There is a large terrace on the top level of the house with sun all day and beautiful views of the town, the sea and the mountains. This townhouse is a perfect place to live throughout the year or as a holiday home. With high rental potential this property is a fantastic opportunity



Cómputa: Price: 250.000€



Living space: 100m²
Bedrooms : 2
Pool: No
Garage: Yes
Terrace: Yes
Bathrooms: 1
Views: Sea views
Area: Countryside
Ref. CP504

Canillas de Albaida: Price: 495.000€



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

Canillas de Aceituno: Price: 265.000€



Living space: 152m²
Bedrooms : 3
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Mountain
Area: Countryside
Ref. CP527

Frigiliana: Price: 264.680€



Living space: 77m²
Bedrooms : 2
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 1
Views: Sea views
Area: Countryside
Ref. TCP178

Cómputa: Price: 169.000€



Living space: 130m²
Bedrooms : 4
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Village
Ref. TH993

Torrox Costa: Price: 340.000€



Living space: 170m²
Bedrooms : 4
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 3
Views: Sea views
Area: Village
Ref. TTH514

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Photo by
Lucia Del Valle Hidalgo



Welcome to Streetwise magazine -

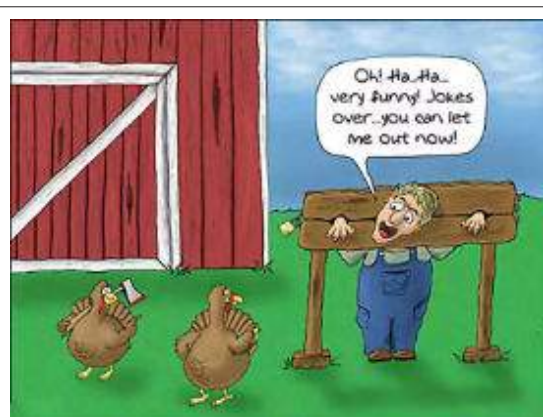
I'm very happy to see the arrival of April, lighter nights and longer days. The bars and restaurants are doing their regular clean and getting ready to open their doors for the tourists. Residents and tourists alike are supporting local businesses and I'm told many have had a busy first quarter.

This year we have the Easter (Semana Santa) celebrations to enjoy. It's nice to get back to normality and see Spain enjoy the festivities.

With regards to the horrendous few days weather we had towards the end of March, I do hope everyone managed their clean up. We can now look forward to the weather getting warmer as summer fast approaches.

During April it's my sister and co workers birthday, so I would like to wish Chelsea and very happy birthday.

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



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Beautiful ground floor corner apartment, In El Capistrano Village, completely refurbished, comprises of ample and lovely patio/garden, lounge dining room, fully equipped kitchen, bedroom, bathroom, parking area, communal pools, ample garden areas, within 15 minute walk to Burriana Beach and to Nerja.
Price: €184.000 Ref: NV: PO85B



New houses on El Capistrano. Ground floor: ample terrace, 2 bedrooms, 2 bathrooms, cloakroom. Upstairs: spacious, bright lounge-dining room, open plan kitchen, terrace with partial sea views, bedroom, bathroom. Amazing roof terrace with private pool and 360° of stunning sea and mountains views.
Price: €395.000 Ref: NV: BLOQ-JES



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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Ample Town house in Maro's main street (Calle Real), very close to the square. It is in acceptable condition, and it has many possibilities due to its size. Currently it has 5 bedrooms, living room, dining room, kitchen, bathroom, 3 patios, ample terrace, mountain views. Possibility to build a roof terrace, to offer sea views.
Price: €318.000 Ref: NV: MAR019



Charming apartment at El Capistrano Village, comprises of spacious livingroom with fireplace, fitted kitchen, bathroom, double size bedroom, lovely patio-terrace to access to the property, modern and well-equipped kitchen, toilet, bright lounge-dining room with fireplace, leading to a lovely terrace with direct access to the communal pool. It is air conditioned, and enjoys parking space. Great rental potential!
Price: €150.000 Ref: NV: PO59



Spacious house in Frigiliana old town, comprising 1st floor: 2 bedrooms, living-dining room, kitchen, patio-terrace with fabulous sea and country views, storeroom. 2nd floor: South facing terrace with sun all day and excellent sea and country views, 2 bedrooms and a bathroom.
Price: €220.000 Ref: NV: FRIG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of: 2 bedrooms, 1 bathroom, full equipped kitchen, nice living room and good size terrace with sea views. It enjoys facilities as a communal pool, gardens and parking.
Price: €250.000 Ref: NV: DA09



Lovely, detached villa, in El Capistrano Village, in excellent conditions, comprises of top floor consisting of south facing terrace, overlooking the communal pool and with magnificent sea views, 2 spacious and bright bedrooms, family bathroom. Ground floor comprising patio/terrace to access to the property, modern and well-equipped kitchen, toilet, bright lounge-dining room with fireplace, leading to a lovely terrace with direct access to the communal pool. It is air conditioned, and enjoys parking space.
Price: €325.000 Ref: NV: N012



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 closely.
Price: €849.000 Ref: NV: CO21

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Around 25,000 Ukrainian refugees have so far arrived in Spain since Russia launched its invasion on 24 February, but only 9,000 of them have so far registered with the authorities. The United Nations refugee agency's latest estimate on Sunday 20th March was that nearly 3.5 million Ukrainians have now fled their country, with more than two million of them in neighbouring Poland. Romania, Hungary and Slovakia also host large numbers of refugees. In Spain residence permits have been granted to include all people who lived in Ukraine at the time of the invasion, not just Ukrainians. Around 9,000 more refugees are expected to register with the Spanish authorities and to receive European Union temporary protection orders allowing them to immediately obtain residence and work permits in the country.

Spain has now impounded three yachts linked to Russian oligarchs. Spanish authorities impounded a third yacht suspected of belonging to a Russian oligarch on Wednesday, as part of the EU sanctions over the Ukraine war, the transport ministry said. The 135-metre long yacht, Crescent, has been stopped from leaving the Catalan port of Tarragona whilst police determine if it 'belongs or is under the control of' someone on the EU sanctions list, the ministry said in a statement. The yacht reportedly belongs to Igor Sechin, the head of Russia's oil giant Rosneft and another ally of Russian President Vladimir Putin. The Crescent has been docked in Tarragona since November. It had requested permission to depart the port on 4th March but did not set sail, the ministry said. Sechin is on the EU's list of Russian tycoons targeted by sanctions following Russia's invasion of Ukraine on 24th February. Spanish authorities also impounded a yacht called Lady Anastasia on the island of Mallorca which reportedly belongs to Russian tycoon Alexander Mikheev, the head of weapons exporting group Rosoboronexport. The same yacht had been in the news at the end of February when a Ukrainian sailor was arrested in Mallorca by Spain's Guardia Civil for trying to sink the vessel. Spanish Prime Minister Pedro Sanchez announced during a TV interview that police had impounded another 85-metre-long yacht in Barcelona. An 85-metre yacht worth \$140 million has been impounded in the port of Barcelona, Spanish Prime Minister Pedro Sánchez has said.

It reportedly belongs to Russian oligarch Sergei Chemezov. The yacht is reportedly named Valerie, which is linked to Rostec defence firm chief Chemezov, a former KGB officer and an ally of Russian President Vladimir Putin.

Coronavirus in Spain weekly figures (18 March)
Based on total figures collated up to the end of Wednesday 16 March, a total of 93,571,317 jabs have now been administered. 39,185,106 people have now received at least one dose of the vaccine, representing 82.7% of the total population (92.9% of the population aged over 12). 38,945,187 people have now been fully vaccinated, representing 82.2% of the total population (92.3% of the population aged over 12). Spain has also now given a booster dose of the Covid vaccine to 24,312,467 citizens. 78.9% of all fully vaccinated adults aged over 40 have received a booster dose; 86.2% of those aged over 50; 92.0% aged over 60 and 92.3% aged over 70. Of Spain's total population aged between 5 and 11 years (3,815,164 children), 2,004,293 have now also received a first dose of the Pfizer Pediatrica vaccine, representing 52.5%. So far 1,229,135 have received a second dose (32.2%).
Aged 12-19: 91.8% have received a first jab; 93.2% fully vaccinated.
Aged 20-29: 86.3% first jab; 84.2% fully vaccinated.
Aged 30-39: 86.2% first jab; 84.9% fully vaccinated.
Aged over 40: 95.7% first jab; 95.3% fully vaccinated.

Strike by Spanish truck drivers provokes supply chain tensions. An indefinite strike by some Spanish truck drivers over rising fuel prices has triggered supply chain problems across the country, leaving several sectors struggling to cope, business associations have said. Spain's Guardia Civil have been called out to guarantee the transportation of essential services in some areas. The strike that was called by a minor truck driver union started with protestors demanding action over the soaring cost of diesel which they said was leaving them in a 'catastrophic' situation. Within 2 days the strike had grown into multiple roadblocks and protests, especially around the country's ports, as well as industrial and commercial areas. Spain's main business associations, CEOE and CEPYME, that represent small and medium-sized enterprises, said such 'violent and anti-democratic acts' were 'causing serious harm to the supply chain in industry, business and the food sector', all still struggling to recover from the Coronavirus pandemic. This situation only exacerbates the difficulties facing Spanish firms across the board ... due to out-of-control energy costs, which have been worsened by the conflict in Ukraine', they said. They have demanded 'urgent' government action to ease the impact of soaring prices on companies. Spain's national federation of dairy industries, FENIL, also said the strike had forced several of its members to halt production. Transport Minister Raquel Sánchez said: 'In a democratic country, we cannot allow violence and force to prevent people who want to work from working.' Since the end of last year, there has been growing social discontent in Spain over runaway annual inflation, which jumped to 7.6% in February, its highest level in 35 years.

Spain suspends granting 'Golden Visas' to wealthy Russian investors
Spain has suspended the granting of residence permits, or so-called 'Golden Visas', to wealthy Russians in exchange for investments, as well as halt all permits that

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Price: €320.000

Ref: 6300 VI3



TORROX COSTA

Centrally located apartment with 2 bedrooms, 2 bathrooms, lounge with open kitchen and a South facing terrace with nice partial sea views. All amenities, the beach and the long promenade are withing easy walking distance.

Only: €157.500

Ref: 6530 AP2



CÓMPERA

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.

Only: €269.000

Ref: 6431 VI3



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



TORROX

Large plot of 4,111 m² with lots of fruit trees and a small house of 24 m². Close to the main road with easy access. Very private and peaceful. Great opportunity to create your own little country retreat less than 15 min. from the coast.

Price: €68.500

Ref: 6411 CO



TORROX COSTA

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

Price: €170.000

Ref: 6362 AP2



TORROX COSTA

Frontline beach apartment. 2 bedrooms, 2 bathrooms, modern kitchen, lounge, terrace with great beach and sea views. Fully furnished, airconditioned and including underground parking space and storage room. Great rental property.

Reduced to: €240.000

Ref: 6445 AP2



TORROX PARK

Modern ground floor apartment with one bedroom, bathroom, open kitchen, large lounge and a spacious glassed in terrace with stunning sea views. Access to communal gardens. Solid furnished. Communal pool included.

Price: €136.000

Ref: 6456 AP1



ALCAUCIN

Very well presented detached villa on the edge of the village. 2 beds, 2 baths, lovely kitchen, lounge, porch, terrace and car port on one level plus a huge guest apartment & storage in the basement. A/C, jacuzzi and lake views.

Reduced to: €199.000

Ref: 6009 VI2

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are currently in process, according to Spain's ABC newspaper. Golden residence permits have helped to boost Spain's luxury housing market in recent years. According to the reports, Spain's Foreign Minister José Manuel Albares recently issued an internal order that immediately suspended the granting of these visas to Russian citizens. The measure was taken within the framework of the sanctions approved by the European Commission in response to the Russian invasion of Ukraine. During 2021, Russian citizens bought 159 homes in Spain with a value equal to or greater than 500,000 euros, according to data from the Property Registrars. Alicante, Barcelona and Malaga have been the three most attractive provinces for these buyers.

Spain has qualified for the Rugby World Cup for the first time since 1999. The Spanish national side beat Portugal 33-28 at Estadio Nacional Universidad in Madrid to ensure that they finished second to Georgia in the combined 2021 and 2022 Rugby Europe Championship, which also doubled as qualifying for the World Cup in France next year. The feat marked a remarkable turnaround for Los Leones, who started the championship with three defeats but have won six straight. 'It's been a long journey and a very tough qualification process,' Spain head coach Santiago Santos said. 'The performance of the team was amazing and we are very excited to be going to the Rugby World Cup.' Spain has qualified as Europe 2 in a World Cup pool with defending champion South Africa, Ireland, Scotland and the Asia-Pacific 1 qualifier. Its opening match will be on 9 September 2023, against Ireland at Stade de Bordeaux. Spain's last tournament appearance came at RWC 1999, where they were also drawn alongside South Africa and Scotland, as well as Uruguay, in Pool A. The Rugby World Cup is scheduled to take place in France from 8 September to 28 October 2023, in nine venues across the country.



Red-orange Sahara dust covers large areas Spain. Large areas of Spain were coated with red-orange dust during March, after hot air from the Sahara Desert swirled over the Mediterranean Sea, prompting authorities to issue extremely bad air quality warnings for Madrid and other cities. Spain's weather service AEMET described the dust storm from the Sahara as 'extraordinary and very intense', adding that it was unclear if it was the worst episode of its kind on record. AEMET forecasts that the dust will continue to accumulate through Wednesday and could even reach as far north as the Netherlands and northwest Germany. On Tuesday, it had also spilled over into Portugal. Many people in Madrid, Murcia and Andalusia awoke to find a layer of red-orange dust covering their terraces, streets and cars on Tuesday. The sky in the capital and other cities had a gritty tinge, with visibility in Madrid and cities like Granada and León reduced to 4km, AEMET said. Emergency authorities in

the worst areas recommended that residents use face masks if they go outside and to avoid outdoor exercise. Face masks in Spain are no longer compulsory outside. The mass of hot air from Africa, which was brought in by a storm that delivered some much-needed rain for drought-hit Spain, also pushed temperatures in some areas up to 20 degrees.



McDonald's, Coca-Cola, PepsiCo and Starbucks halt business in Russia. McDonald's, Coca-Cola, PepsiCo, Starbucks and General Electric all announced in March that they were all now temporarily suspending their business operations in Russia in response to the country's invasion of Ukraine. 'Our values mean we cannot ignore the needless human suffering unfolding in Ukraine,' McDonald's president and CEO Chris Kempczinski said in an open letter to employees. The Chicago-based burger giant said it will temporarily close 850 stores but continue paying its 62,000 employees in Russia 'who have poured their heart and soul into our McDonald's brand'. Kempczinski said it's impossible to know when the company will be able to re-open its stores. 'The situation is extraordinarily challenging for a global brand like ours, and there are many considerations,' he wrote in the letter. McDonald's works with hundreds of Russian suppliers, for example, and serves millions of customers each day. Unlike Starbucks and other fast food companies like KFC and Pizza Hut, whose Russian locations are owned by franchisees, McDonald's owns 84% of its Russian stores. McDonald's has also temporarily closed 108 restaurants it owns in Ukraine and continues to pay those employees. In a recent regulatory filing, McDonald's said its restaurants in Russia and Ukraine contribute 9% of its annual revenue, or around \$2 billion last year. McDonald's also said that it has donated more than \$5 million to its employee assistance fund and to relief efforts. It has also parked a Ronald McDonald House Charities mobile medical care unit at the Polish border with Ukraine and another mobile care unit is en route to the border in Latvia, the company said. Starbucks had originally said that it was donating profits from its 130 Russian stores owned and operated by Kuwait-based franchisee Alshaya Group to humanitarian relief efforts in Ukraine. But the company changed course and said it would temporarily close the stores. Alshaya Group will continue to pay Starbucks' 2,000 Russian employees, Starbucks president and CEO Kevin Johnson said in his own open letter to employees. The Coca-Cola Company also announced it was suspending its business in Russia, but it offered few details. Coke's partner, Switzerland-based Coca-Cola Hellenic Bottling Co., owns 10 bottling plants in Russia, which is its largest market. Coke has a 21% stake in Coca-Cola Hellenic Bottling Co. Pepsi, based in Purchase, New York, said it would suspend sales of beverages in Russia. It will also suspend any capital investments and promotional activities. But the company said it would continue to produce milk, baby formula and baby food, in part to continue supporting its 20,000 Russian employees and the 40,000 Russian agricultural workers who are part of its supply chain.

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New Traffic Laws

New traffic laws and penalties came into force in Spain on Monday 28th March, which the government says are intended to adapt 'to new times' as far as changes taking place in 'personal mobility vehicles' and for cyclists, and to 'continue advancing in improving road safety in Spain'.

The new laws include changes to overtaking, mobile phone distractions, electric scooters and alcohol limits. With the new regulations, the number of points to be deducted for certain infractions have increased, yet without increasing the financial penalties. The changes affect the essential elements of road safety such as distractions (using or holding a mobile phone whilst

driving), speed, alcohol, not wearing a seat belt and overtaking.

The penalties

Distractions. Mobile phones. An increase from three to six points to be deducted from the driving license for holding a mobile phone whilst driving. The fine remains at €200 as well as the loss of three points if the driver uses their mobile phone but doesn't have it in their hand. It remains legal to use wireless or other approved devices if they don't involve the use of hands or helmets or headphones. Motorcyclists can have such devices on their helmets for communication or navigation purposes, but not keep a mobile phone lodged between the helmet and head whilst driving. Safety belt and protection elements. Sanctions increase from three to four points for not using, or not using properly, the seat belt, child restraint systems, helmet and other mandatory protection elements. The fine is also €200.

Speed. The ability for passenger cars and motorcycles to exceed the speed limits on 'secondary roads' by 20 kmh when overtaking other vehicles is now cancelled. 'Secondary roads' in Spain are single carriageway roads which are a step down from motorways (with lanes in both directions, with or without separating barriers).

Alcohol. People under the age of 18 in Spain are not allowed to use an e-scooter or moped if they have drunk any alcohol at all. Despite the legal drinking age in Spain officially being 18, up to now minors were included in the same categories as adults, for whom the limit is 0.25 milligrammes of alcohol. There is a €500 fine for infractions.

Overtaking cyclists or mopeds. The safety of cyclists is increased by making it compulsory, on roads with more than one lane in each direction, to completely change lanes when overtaking cyclists or mopeds. In addition, the points to be deducted if endangering or hindering cyclists without leaving the mandatory minimum space of 1.5 metres when overtaking are increased from four to six points.

Stopping or parking in bike lanes or on cycle paths is also prohibited. Fines are €200.

Recovering license points. If for two years a driver doesn't commit any further driving offences, they can now recover all 12 points automatically.

Previously there was a three-year wait for serious driving offences. It is now also possible to recover two points by carrying out a driving safety course. Objects on the road. Throwing objects on the road or in its vicinity that can cause accidents or fires becomes a very serious offence. This penalty is now six points and a €500 fine.

No e-scooters on pavements, helmets required. Electric scooters, segways and similar devices now have a special category in Spain's traffic laws. It is now compulsory for users to wear a helmet and it is forbidden to ride on the pavement, motorways or highways. A €200 fine is in place.

At least 10 arrests made during Nerja drugs raids. Around 70 officers have been involved in the operation which has led to four vehicles and quantities of hashish, cocaine and cash being seized. The Guardia Civil has deployed an extensive drugs operation in Nerja today, Tuesday 22 March, made up of different specialised units, which has so far resulted in at least 10 arrests. Various quantities of drugs including hashish and cocaine, four vehicles (three cars and a motorbike) and various amounts of cash have been seized, SUR has been able to confirm. The searches were carried out in a number of blocks of flats in the town, in the area around Avenida Antonio Ferrandis 'Chanquete' and next to the municipal sports centre, among others. The agents involved in the operation came from the units of Citizen Security of the Command (USECIC), Rapid Action Group (GAR), Rapid Intervention Group (GIR). The investigation is still ongoing and more arrests are expected in the coming hours.

Spain to end compulsory isolation for those infected with mild Covid-19. Spain's health authorities are taking a step closer to normalising life in co-existence with Covid-19, by doing away with compulsory quarantines, starting from Monday 28 March, for those infected with the virus but showing no or mild symptoms of the disease. Under current restrictions, seven days of isolation are compulsory for anyone who tests positive for Coronavirus. From Monday, free Covid-19 tests will also only be carried out on high risk groups, at health facilities and nursing homes, and on patients with the worse conditions.

Nearly all of Spain's regions have virtually lifted most previous Covid restrictions such as capacity limits, curfews, opening hours, nightclub closures, as well as the Covid health pass for bars and restaurants. The major Covid rule that remains in place is the requirement to wear face masks in indoor public spaces, although at the start of this month Prime Minister Pedro Sánchez promised the rule would be removed 'very soon'.

Amid high levels of vaccination, the rate of Coronavirus contagion remains still above 400 new cases per 100,000 residents in 14 days, a high-risk level but way down from the mid-January record. Fuelled by the Omicron variant, the highest recorded incidence rate in Spain throughout the entire pandemic was 3,418 on Friday 21 January. Since the first case was identified in early 2020, Spain has officially reported 11.3 million infections and just over 100,000 confirmed deaths, although the accuracy of record keeping has varied during the pandemic.

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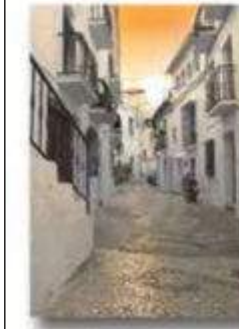
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Spain's Royal Opera House drops Russia's Bolshoi Ballet shows over Ukraine war. Spain's Teatro Real, one of Europe's major opera houses, announced that it is cancelling a set of upcoming performances by Russia's Bolshoi Ballet over the war the country is waging on Ukraine. The management of the Madrid-based opera house said in a statement that the ballet's mid-May performances of Ludwig Minkus' La Bayadere won't go ahead 'due to the war unleashed by Russia in Ukraine, which is causing a serious global crisis and a painful humanitarian emergency'. The Bolshoi Ballet, part of the legendary Bolshoi Theatre in Moscow, is funded by the Russian state.

Spain have offered to send Air Force fighter jets to Bulgaria as part of a plan from the North Atlantic Treaty Organization (NATO) to deter a potential Russian incursion in Eastern Europe. Spanish Defense Minister Margarita Robles also reaffirmed Spain's commitment to NATO, but indicated that the government supported "deescalation" and a diplomatic end to the current crisis, prompted by Russia's growing aggression against Ukraine.

Officials from the National Crime Agency and the charity CrimeStoppers joined Spanish authorities in Madrid to ask for the cooperation of the British community. A new campaign has been launched to trace and bring to justice 12 of the United Kingdom's most wanted fugitives believed to be hiding in Spain. The offenders are wanted for crimes including murder, large scale drugs trafficking and supplying firearms and ammunition. All the men featured on the campaign are believed to have links to mainland Spain and the Canary Islands. The UK National Crime

Agency (NCA)'s Most Wanted campaign is run in conjunction with the independent charity CrimeStoppers, Spanish law enforcement and UK policing. It comes on the back of the successful Operation Captura campaign in Spain, which resulted in the arrest of 86 offenders. Spain is home to a large British community of at least 350,000 registered residents, and officials speaking at the campaign launch in Madrid sought to enlist citizen cooperation. "Spain is not a safe haven," said Steve Rodhouse, the NCA's director general of operations. "Many of these fugitives will be trying to blend in to the large British communities who have made their homes in Spain, and if you are resident, you may know one of them from your town or village." Spanish police sources said that they already have their sights on some of these individuals. In 2021, 25 British citizens were detained by Spanish law enforcement agencies and handed over to UK authorities.

The Spanish authorities have detained a British woman who was convicted of having laundered the proceeds from a fraudulent scheme involving cellphones and that brought in some £1 billion (\$1.33 billion). The detainee, a 47-year-old whose initials are S. P., was part of a 16-strong criminal gang. She was the only one of the group to have evaded the law.

Spain is following the global trend in rising 'Stealth' Omicron cases, with the latest data seeing the World Health Organisation urge countries to keep a close eye on this subvariant. Scientific studies have so far shown that the BA.2 is 40 percent more transmissible than BA.1, but that the difference isn't as great as between the Omicron variant as a whole and Delta.

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Urb. El Algarrobo, Nerja

Townhouse with two large front terraces with stunning sea views. The top floor comprises a modern open plan lounge/dining area with patio doors leading to the terrace area. Also on this level is a fitted kitchen and a toilet. Downstairs are two bedrooms and a new bathroom. There is a small garden area with fruit trees and a garage. The house has been modernised throughout including quality oak doors and fitted wardrobes in the main bedroom. Communal pool.

Price: 275,000 euros Ref. JG390

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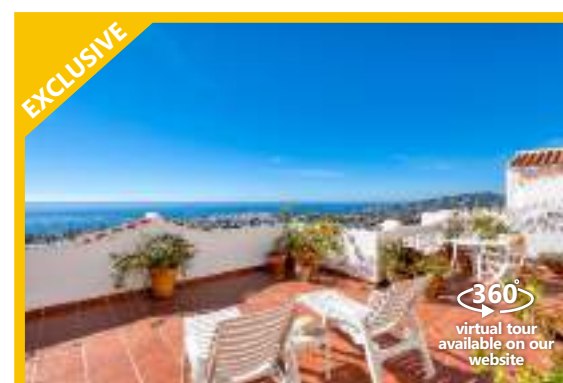
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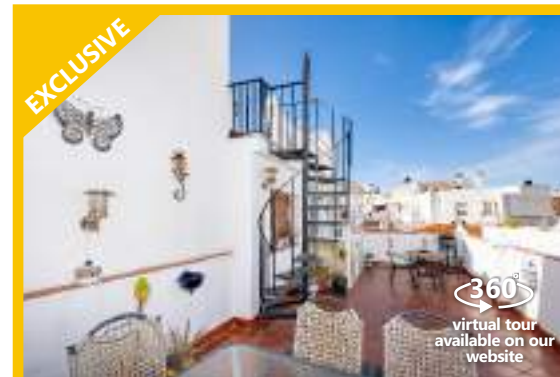
Spainhouses.net



Urb. San Juan Capistrano, Nerja

Apartment with superb views to the Mediterranean Sea from its large 40m2 plus south facing terrace. The property comprises two double bedrooms with fitted wardrobes, one family bathroom, a fitted kitchen and very bright open plan living & dining area with direct access to the sun terrace. Furnished. Great rental potential.

Price: 310,000 euros Ref. JG966



Calle San José, Nerja

Fully refurbished town house situated right in the heart of Nerja just off Calle Pintada in a quiet location with easy level access from a pedestrian street. Built over 3 levels plus a roof terrace with nice sea views. The property comprises four bedrooms, two bathrooms, and one toilet. It has been completed to a high decorative order and is tastefully furnished throughout.

Price: 445,000 euros Ref. JG967

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Urb. San Juan Capistrano, Nerja

A stunning apartment situated in San Juan de Capistrano. The property is easily accessed via a short flight of steps from the residential road. It has two front sunny terraces offering superb views to the Mediterranean Sea. The accommodation has two double bedrooms, both with direct access to outside terrace, and a refurbished bathroom with a walk-in shower. This property can be an ideal full time family residence or a strong holiday rental investment. Viewing highly recommended.

Price: 250,000 euros Ref. JG952TPM

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The Prostitute Turned Pirate Queen

Born in 1775, Ching Shih grew up in the Guangdong province of south eastern China, where at one point she worked as a prostitute on a floating brothel.

In 1801, the famed Zheng Yi, pirate commander of the Red Flag Fleet, raided the brothel, and was so struck by Shih's beauty that he asked her to marry him. Shih said yes to Yi's proposal, but only after Yi agreed to give her equal partnership in fleet leadership, as well as 50 percent of the admiral's share of anything attained. Just six years after marrying Shih, Yi fought his last fight amid the Tay Son Rebellion in Vietnam, where he died in 1807. Seeing an opportunity to rise to power, Shih then took command of the entire squadron. Shih's fleet went on to pillage the south China coast, taking over several towns and taxing countless others. Also under Shih's rule, the fleet would sink 63 Chinese government vessels, which prompted the British and Portuguese navies to stay out of her affairs.



Three years after Shih assumed rule over the Red Flag Fleet, the Qing emperor, seeing no way to curb the pirate fleets, offered amnesty to anyone willing to give up their

pirating ways and return to the mainland. She returned to civilian life, bringing with her the vast wealth she acquired from her piracy (as well as one of the most interesting stories in recorded history).

She then went on to marry a former

underling, Pao. Together they returned to the Guangdong province, where Shih opened and operated a gambling house until her death in 1844.



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

Organizing an inheritance in Spain is a difficult task for everyone, specially if you don't know the Spanish law. In this post we explain the basic steps to be followed when a non-resident or expat passes away owning Assets in Spain. It is necessary to carry out a legal procedure to change ownership of assets of the deceased person into the name of the heirs.

1st Step: Get an original death certificate. This official document is normally provided by the funeral company and it can also be obtained from the Civil Registry.

2nd Step: Get original certificates of the last will, (if any) signed by the deceased person, as well as the certificate of any life insurance policies in place. With these certificates we will confirm if the deceased person made a will in Spain. We can find two situations:

- a) Existence of a will made inside or outside Spain. In this case the assets will be distributed according to the wishes of the deceased person.
- b) Non-existence of a will. If the deceased person never made a will, the distribution of his assets will be made according to the laws of his nationality.

3rd Step: The heirs or relatives of the deceased person will have to sign an inheritance deed in front of a Spanish Public Notary in order to accept and distribute all the assets. Please, be aware that debts are also inherited so it is important to confirm that the value of the assets is higher than any possible debts.

4th Step: Filling Inheritance Tax Form 650 with the local Tax Office. For EU citizens there are allowances up to 1.000.000 euros per heir (in case of direct relatives: spouse and children), so in most cases there won't be any inheritance tax to be paid. The inheritance taxes must be filled within 6 months from the date of the death.

5th Step: Take the inheritance title deeds to the Land Registry in case the deceased person owned a real state property or to banks /insurance companies in case the deceased person had funds, bank accounts or life insurance policies.

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

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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10 arid and semi-arid garden plants in Spain

Gardening, isn't that hard work and reliant on a regular water supply? A Spanish or Mediterranean garden doesn't have to require regular watering. Green fingers can still work their magic under the Spanish sun with these 10 sun loving plants.

WE ALL LOVE the warm Spanish sun, and a holiday here both invigorates and recharges the batteries, as much as safely topping up that longed for golden tan. But gardening in Spain is another ball game entirely, and it can be quite frustrating trying to maintain an oasis of colour and scent when the sun is at its zenith. The summer months don't mean that you have to live in desert-like conditions though, there are plants that will thrive on very little water, and they're perfect for gardening with satisfaction in Spain. Just a ramble through the countryside will show you that plants can survive anywhere, the mountains of Andalucia burst with colour and scent in spring, dormant shoots pushing through what looks like dry and barren earth, making a Spanish-style family hike a very pleasant alternative from the beach.



Bird of Paradise flower

So, whether you have a patch of land to call your own, a few acres or even hectares of terra firma, or even just an unloved balcony or terrace, let's explore the horticultural world and discover what are the best planting options - looking at 10 arid and semi arid loving plants suitable for Spain. They're a few fast rules, which are easy to remember and abide by: Look at the leaves. Choose ones that feel like felt, are furry, waxy or silvery in colour. The latter reflects

light, the first ones mentioned are all tougher and less susceptible to damage by sunlight. Plant according to what you've got, check out where the sunniest corner is in your garden or terrace, likewise the shadiest, and use these natural locations wisely. **Mulch.** A layer of bark will protect the roots from drying effects of the sun, keep in any water, and look pretty and neat into the bargain. See what the neighbours are up to! Have a peek over the fence and see what grows best before you splash out your hard earned cash at the garden centre. **Here are six more plants to look out for:**

Kalanchoe.

Another type of succulent, with fat rubbery leaves and tiny clusters of showy flowers, plant them small in pots for your balcony, into a rockery or together in clumps for colour



Kalanchoe



Lavender

and low structure. The leaves will soak up the water and dole it out accordingly to the plants needs. They're really inexpensive too - so you can go to town on a lot of them if you like without breaking the bank.

Lavender.

The ultimate favourite for scent and colour, think of the Spanish sun on an evening courtyard with the heady scent of Lavender as you brush past the pretty flowering heads. Useful one to have too, it makes a delicate flavour for ice cream and interesting note in a chocolate brownie! There are different types. Plant in dry, and well drained sandy soil, in full sun, and take advantage of this natural and wonderful scented plant. As will the busy bees, using the nectar to flavour their delicious Spanish honey.

Passiflora.

A little passion! The Passion Flower will grow like a weed, ideally propped up against a wall that is sheltered from winds and any harsher weather. They're essentially vines - and we all know how well vines do in Spain! You might even get some of your own passion fruit for a 'desayuno' or breakfast.



Passiflora

Plumbago.

Always sounds like backache to me! The flowery cacyx has tiny hairs which secrete a sticky substance which in turn traps ants and insects, preventing them demolishing the plant. It looks fragile enough, but planted in good, drained soil will last well, without the need for daily watering. It'll climb too, even though it's a shrub, adding colour to a blank wall and providing interest.

Osteopermum.

A fancy name for a member of the Daisy family, a very pretty flower that is also quite clever. It closes up at night and stretches back out to greet the



Osteopermum

morning sun, protecting itself from night colds and chills. The purple varieties are a firm favourite, and the sheer perfection of this circular flower makes it a popular lone for pots and borders, although as before, more watering is needed for the potted varieties.

Yucca.

A collection of tree shaped shrubs, spiky and tough, elongated sword shaped leaves, and rewarding you in Spain with clumps of white flowers. A good sharp anti burglar plant too, place them below windows for added protection- ouch! Great form and design, they'll suit an architecturally pleasing garden - but may not be so child friendly. They grow brilliantly well anywhere in the warmer regions of Spain.



Yucca



Plumbago

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Moclinejo **New this month!**
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EPC: E

Price: 650,000

ref: v1447



Canillas de Albaida **New this month!**
Modern village house (124m²) 2 beds & 1 bath, garage, garden & balcony terrace. Easy access & parking outside the house. Sea views from the upstairs terrace & new kitchen & bathroom recently fitted.

EPC: C

Price: 149,950

euros ref: t1446



Canillas de Albaida **Fantastic property!**
Fantastic 3 beds, 2 bath + wc south/east facing villa (225m²) in an elevated position with spacious rooms, private pool, great outside spaces and unobstructed stunning views of the sea, mountains villages and the beautiful countryside.

EPC: E

Price: 440,000 euros

ref: v1431



Cutar **Beautiful views!**
Character 3 bed and 2 bath townhouse (131m²), separate lounge, dining and kitchen areas, enclosed patio, roof terrace with mountain, countryside and village views and easy walking distance to local amenities.

EPC: in process

Price: 99,000 euros

ref: t1330



Competa **Sea views!**
Delightful 3 bed 1 bath + wc country house (150m²) with good access, spacious living/dining room and open plan kitchen, glazed sunroom, terrace with bbq, pool, garage, bodega and sea views

EPC: E

Price: 265,000 euros

ref: v1416



Benamargosa **Lake views!**
Superb 4 bed, 3 bath (127m²) countryside villa with lounge and separate kitchen, sunroom, surface pool set in raised decking, outside kitchen/BBQ area, hot tub, detached garage and great Lake Viñuela views.

EPC: E

Price: 395,000 euros

ref: v1397

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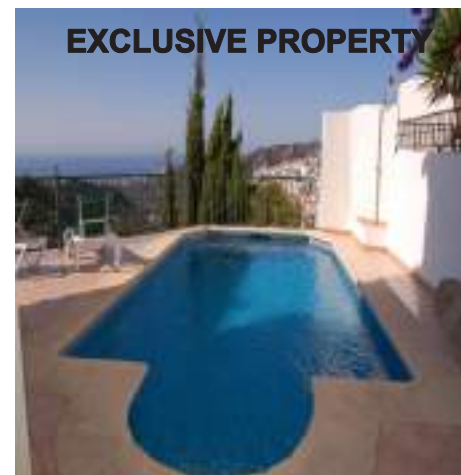
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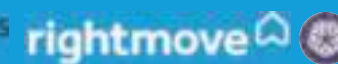
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Ladies, Gentlemen and Kurt,

The first thing I would like to say is that if you are a man who visits our shop and takes womens' underwear into the changing room, at least have the decency to buy them whether they fit or not. Or just steal them, we're not putting them back on the rack. Ok, that's never happened, I only wanted to get your attention.

The second thing, factual, is that The Costa Animal Society (CAS) is extremely grateful for all of the support we've received throughout these trying years of the pandemic. We've managed to care for the animals brought to our attention and keep ourselves afloat financially through personal donations, memberships, and shop sales. Three emoji hearts, though I'm too old for that. If emojis become a substitute for language, we might as well go back to communication via cave painting. The reason I'm rambling on is that this is my final report. It wasn't hard but we found someone much smarter than me.

Speaking on behalf of CAS, thank you most of all to the editors of the magazines who have provided precious pages free of charge. Their generosity has brought untold joy to all the cats and dogs who have been adopted by loving families from Spain to Finland. And finally, don't try underpants on, just buy them.

Leo was adopted by a Dutch couple as a young pup over a year ago but he now needs a new home. In his previous

life Leo grew up during lockdown in a home where at least one owner was at home most of the time. He was house trained and learned to sleep in his cage and really enjoyed his long walks and off leash days at the dog beach in Torrox Costa. Unfortunately, his owners' circumstances have changed and they must now spend much of their time travelling back and forth between the Netherlands and Spain. This means Leo would have to spend many weeks at a time in boarding kennels and his owners feel this would not be a good life for a young dog. Leo is a healthy, medium size male who weighs about 15 kilos and he has been castrated. He has a loving,

outgoing personality and likes to play with other dogs but can be protective of his home and family. He would be fine with children but cannot live with cats.

If you would like to meet Leo or any of the other animals under the care of the Costa Animal Society (CAS), and are looking to adopt or are willing to foster a pet please contact us by email at costaanimalsociety@gmail.com or through our Facebook page \casnerja.CAS

Upcoming Events

The Costa Animal Society (CAS) is pleased to announce we are able now to resume our annual Easter Tea event. This is extremely popular and given that space is limited it sells out quickly. If you would like to attend, I would call as soon as you read this, 643 515 428, to book your place.

CAS needs you!

The Costa Animal Society (CAS) is seeking animal-

The Costa Animal Society...



LEO

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.



Happy Easter...
AFTERNOON TEA IN AID OF CAS
April 18th
Monday 3pm
Easter Bonnet Competition & Raffle
Book at shop or call 643515428
Urbanisation Puente el Aguila
Calle Calera, 3 bajo. Casa Roma. 15 €/ person



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.

CAS Shop

The Costa Animal Society (CAS) shop has restocked with all the clothing you'll need for spring and summer. 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, most all of them for one Euro. Take that Bezos. 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. 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.

Can you help CAS?

The Costa Animal Society (CAS) is always in need of more volunteer helpers in a number of areas.

For a no-obligation chat, feel free to contact Mae on 601 629 938..

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, and you can find us on Twitter by searching for Costa Animal Society Nerja. Bank : Cajamar Account Name : Costa Animal Society Account Number : 3058 0728 03 2720100283 BIC-Swift Code : CCRIES2A *PayPal donations are also accepted through our website www.casnerja.webs.com, under the "Donate" tab.

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Axarquia Animal Rescue



Hansel & Gretel are two beautiful pups looking for their forever homes. Ready for adoption here in Spain when 8 weeks old and to the UK or other European countries from 15 weeks of age. They have settled very well into their foster home, very playful and inquisitive as you would expect from young pups. Housetraining has started and they sleep throughout the night. Full of fun and very entertaining. For more photos & videos follow these links to their webpages: Hansel - www.axarquiaanimalrescue.com/meetme.php?id=2504 Gretel - www.axarquiaanimalrescue.com/meetme.php?id=2505 for more information, please email axarquia-rescue@hotmail.com



SANDY



Dulcie:- AAR2487

Dulcie is looking for her forever home. She was born on 6th December 2021. Fully vaccinated, she can be adopted here in Spain now and will soon be ready to travel to the UK or other European Countries. She is a loving little pup who enjoys cuddles and tummy tickles. She gets on well with other dogs, playful, independent and fearless. Her foster mum said "She is such a poppet and will make someone very happy". We believe she will be on the smaller side of medium when fully grown but we can't make any guarantees. She will make a lovely addition to any family. For more information email axarquia-rescue@hotmail.com



Amber

Can anyone offer a foster or new forever home to Amber. She is a 6 year old Podenco type breed. She has been happily living with her adopter, the other family dog and cats however she has taken a sudden dislike to the family cats and now needs a cat free home. If you can offer a foster or forever home to this gorgeous girl, please email: axarquia-rescue@hotmail.com

KIWI:- AAR 2498

Remember little Kiwi with the wonky legs? Rescued at 8 weeks old, x-rays showed that her femurs in her back legs hadn't formed properly and she needed to grow and develop to see if she would need an operation. Now 12 weeks old Kiwi has gone from strength



KIWI



to strength - the improvement in her legs and mobility is fantastic. She's still a bit wonky but she gets herself around brilliantly and loves to play and run and cuddle and has a great quality of life and is pain free. She doesn't know she is any different from any other puppy and she doesn't let her disability slow her down. She's a small girl with a big personality - for more information contact :- Email axarquia-rescue@hotmail.com
Sandy:- AAR 2508
 Male found 15 March in Puente Don Manuel - no chip, and very underweight - approximately 5 months old. He is now safe in kennels, but will need a foster home as soon as he has completed medication for mange. Once we know a bit more about Haze he will be available for adoption - likely Mastin mix and to be a big dog. For more information contact axarquia-rescue@hotmail.com



Our dogs have loved the extra attention they have been getting since we moved back to Spain and I've spent more time with them enjoying the weather and the outdoor lifestyle. Dogs have had to deal with a lot of change in general over the past couple of years and it's still going on now, with many of us returning to full time work again and no longer working from home.

What are the repercussions of all this change on our dogs - how do they cope and deal with owners that aren't at home as much and the lifestyle changes that have happened as a result. Your dog's health is in your hands; without you, they wouldn't be able to move the amount they need to ensure they are getting the right amount of exercise. It is our responsibility as dog owners to make sure that this is a priority. Not only do consistent walking routines promote calorie burning, but there are other health benefits too. Many dogs are at risk of weak joints, which can cause further implications in the future. Joint health is vital for mobility. If your dog's joints cease to work, your dog will find it harder to exercise. Helping your dogs stay strong and mobile is imperative to their overall health, and movement is critical. That is why daily walking is an excellent way to ensure that your dog doesn't stay sedentary all day. Dog's digestive tract sometimes needs some aid to ensure that it is regulated. Going on routine walks allows your dog to make the necessary urinary pit stops, especially if they are inside all day long. Regular emptying also prevents urine from sitting in the bladder for too long, which can lead to urinary tract infections. When we think of the benefits of walking our dogs, health is the first that comes to mind; however, it is not the only benefit. Did you know that your dog's behaviour can improve by going for a daily walk?



What happens when you leave your dog to its own devices? Usually, the house may look messier than usual. They have gotten into the garbage, dug a hole in the garden, or maybe just peed on the sofa. You know, you can't blame them. Dog's attention spans aren't the longest; they tend to get bored very quickly when not occupied. Taking them for a walk allows them to expend their energy, prevent destructive behavior and keep them at calmer when they are at home. Walking not only exercises their body but their mind as well. Dogs don't walk mindlessly; they are constantly exploring their environments, creating much-needed mental stimulation. When a dog is tired out, they also tend to become better sleepers too.

Do you see the pattern? We have touched on physical health and mental health, and now we'll look into their emotional health. Dogs are emotive, and they can feel and register our emotions too. When your dog comes up to you and starts whining,



they aren't just doing it for the sake of it. They want your attention, and they want to bond. They are trying to tell you something without actually telling you something. Walking allows you to spend that one-on-one time with them, having time to bond significantly. You also learn a lot about your dog when you walk with



them, just by observing their sniffing patterns, marking habits, and interactions with new sights, smells, people, and other pets.

Our dogs need human interaction just as much as they need physical and mental exchanges.

If you think your dog can gain from regular daily dog walking services, feel free to get in touch and I can help you work out a plan to meet your dog's physical, mental, and emotional needs. I also have lots of great services where I can walk your dog mixing it with training and mental enrichment, or if you want to join a regular social group, then come along to our monthly Group Walks. You can find all the details of these on social media under Dog School Nerja, or by checking out my website:

www.dogschoolnerja.com



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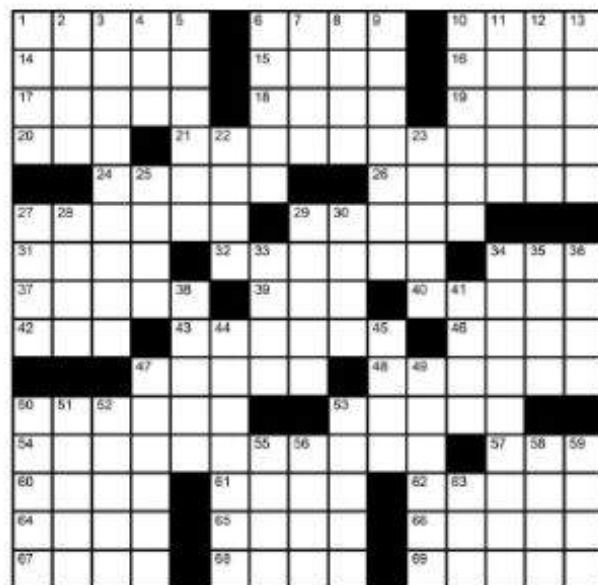
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Across

1. 2 Down, probably
6. 2017 Zelda, acronym
10. R, Z, N, Q, and P, e.g.
14. Demean
15. Definite integral can determine this
16. Nat 1 or 20
17. Roughly
18. Shakespearean tragedy, King _____
19. Geek & Sundry series, [16-Across] _____
20. Equal Rite's Eskarina Smith, for short
21. Lara Croft, wedding crasher?
24. Alakazam's preferred utensil
26. Obstruct
27. Loot
29. Buoyant data type?
31. Lazy physics teacher might have done this, poorly?
32. They move at Hogwarts
34. `print("gamma rays"[0:3])`
37. Titan god, or a collection of maps
39. Retired, pro Protoss player
40. m in $y=mx+b$
42. $mx+b$ in $y=mx+b$, acronym
43. Star Wars species sporting headtails
46. Programming environments, acronym
47. Mouse's purpose
48. Solaire's homeland
50. Groot in Guardians 2
53. Proficient in stealth, likely
54. Arthas in a wooly sweater?
57. Excel UI element, for short
60. Young hawk
61. _____ Kong, city
62. "The name is _____, Roger _____"
64. `print("hello world"[1:5])`

Down

1. Blood Elf, Cylon, or Boonta Eve Classic, e.g.
2. Ewan McGregor cosplayers
3. Nintendogs, by FromSoftware?
4. Getaway key
5. Halfling Ring-bearer, before Sméagol
6. Father to Yara and Theon Greyjoy
7. Succeeded Nougat, preceded Pie
8. Squad
9. Fighter
10. Batch file or screenplay
11. To have maneuvered a digital steed?
12. Carcassonne-style games
13. Cubic meter
22. Twitch reignited this painter's popularity
23. Collect
25. Katniss' favourite snack?
27. A minor crime might get you one
28. d20 roleplaying game, _____finder
29. Error, serve, or discontinuity
30. Facebook button
33. MacBook Air
34. Kratos, after 10,000 situps?
35. Mr. Mime, e.g.
36. Aperture Science competition, Black _____
38. Dwarven adjective (and what they drink)
41. Slimer DS
44. Minerva, Luna, and Ginny, e.g.



45. His Wrath received critical acclaim
47. Super effective against Grass and Fairy types
49. GW's Emperor God, Heldenhammer
50. Knight's horse
51. Biological taxon
52. Kingdom
53. Hobbes or Sabor, e.g.
55. "Help me Obi-Wan Kenobi. You're my only _____"
56. Bent in the presence of royalty
58. Spoken
59. Lines in landscape
63. Redstone, e.g.



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1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
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	5		2		6			
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	7	9	1		8	5	3	

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	8	1	5	6	7	3	4	
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	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

Fruit

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

ACEROLA	JUJUBE	PLANTAIN
APRICOT	KIWI	PLUM
CHERRY	LONGAN	POMELO
CURRENT	LOQUAT	QUINCE
DATE	LYCHEE	SAPOTE
DURIAN	MANDARIN	SOURSOP
FEIJOA	MANGO	TAMARIND
FIG	MELON	TANGELO
GUAVA	MULBERRY	UGLI
HONEYDEW	PEACH	YUZU



Should we be worried about

Inflation has been back in the news this year, but we don't need to read the headlines to know the cost of living is going up, we're only too aware with our weekly shops and electricity bills. This follows 10 years of benign, easy to ignore inflation, but in fact we were not immune from it then. It is always there, slowly eroding the spending power of the Euro in our pocket and we should always be vigilant about how it impacts our financial security through retirement.

While this inflation surge will hopefully be relatively temporary, people should view it as an eye opener and take this long-term threat more seriously now. We cannot predict what inflation will be in ten or twenty-years' time, but we do know that even low levels can seriously reduce your spending power over time if your money does not grow at the same rate.

Inflation in Spain and Europe

Back in January 2021, inflation in Spain, as measured by the Harmonised Index of Consumer Prices (HICP), was a very low 0.4%. By December it had reached 6.6%. It improved slightly in January but the estimate for February was 7.6% at the time of writing.

Across the Eurozone as a whole, the annual inflation rate reached a record 5.1% in January 2022, with an estimate of 5.8% for February. In the UK, the Consumer Price Index hit 5.5% in January. You have to go back 30 years to find a higher rate (7.1% in March 1992). There are a few reasons for this current surge, many related to the pandemic and so were expected to be temporary.

We're experiencing the 'base effect'. Oil prices fell sharply in 2020 and lockdown measures led to a drop in consumption and prices. Calculating the year-on-year change in prices compared to such low levels will arithmetically lead to higher rates today.

As economies opened unevenly after lockdowns, companies struggled to keep up with rapidly rising demand and supply chains were hit by bottlenecks and logistical problems, and industrial input and raw material prices increased.

Additionally, higher global energy prices are having a huge impact on inflation. Some of this was again initially caused by temporary issues (weather), but now the situation in Ukraine is also impacting energy prices and adding to concerns that inflation could last longer than expected.

Inflation in Spain?

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

Inflation and your savings and retirement income

No-one is immune from inflation. We all need to plan to protect our savings and future income from the rising cost of living. Making sure your money lasts as long as we do should be an integral part of our financial planning for retirement.

If you're retiring now at age 60, you need to plan for over 30 years of retirement. Unless your savings grow each year, they will buy you considerably less as the years go by.

As a basic illustration, if you have €50,000 in a current account with no growth, and inflation is 3% every year, after 10 years its value will have fallen to around €37,000. After 20 years it's around €27,500 and after 30 just €20,555. That's a 59% reduction in purchasing power. You therefore need to invest in assets that can be expected to produce enough growth to at least

keep up with inflation. As we know from the last decade, bank interest rates cannot be expected to do this – in fact, many savers have been earning negative real rates of return.

While you may become more averse to investment risk in retirement, remember that inflation is also a big risk to your savings. You can reduce investment risk to comfortable levels by obtaining an objective calculation of your attitude to risk, then building a suitable well-diversified portfolio around your risk tolerance, time horizon, circumstances and objectives.

Holding your investment portfolio within an arrangement that is tax efficient in Spain helps protect your capital from unnecessary taxation as well as inflation. Review your financial planning annually to have peace of mind about your future, then get back to enjoying your retirement years in Spain.

HICP/CPI inflation data is at 15 March 2022.

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



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ARIES:-
(March 21st - April 19)

Something that seems of the utmost importance to so many people may seem trivial to you but if you are smart you won't make an issue of it. Sometimes it surprises you, and worries you, how easily friends and loved ones can lose their grip on reality.

Luckiest day: Monday

TAURUS:-
(April 21 - May 21)

If life has become a bit too predictable of late then by all means shake things up a bit. Don't just rock the boat for the sake of it though. Get involved with a cause or a movement that aims to make the world a better place.

Luckiest day:-Tuesday

GEMINI:-
(May 21 to June 20)

A project of some sort may no longer inspire you the way it once did but don't be too eager to junk it. The planets warn this is not a good time to make a final break, so stick with it. Your input could still make a huge difference.

Luckiest day:- Saturday

CANCER:-
(June 21 - July 22)

Clear your mind of irrelevant thoughts and focus on the one issue that means more to you than all the others issues joined together. The more ideas are bouncing round your brain the less likely it is you will make the right call.

Luckiest day:- Monday

LEO:-
(July 23 to August 22)

A secret relationship may be a lot of fun but sooner or later you will have to come clean about what you've been up to together. It may be nothing scandalous but others may think the worst if you keep them in the dark too long.

Luckiest day: Thursday

VIRGO:-
(Aug. 23 to Sept. 22)

Neptune in your opposite sign means that partnerships of all kinds must benefit other people as much as they benefit you. The more harmonious one to one relationships are the more you will get from them, not just emotionally but financially too.

Luckiest day:- Tuesday

LIBRA:-
(Sept. 24 - October 23)

Sit back and let other people do the hard work. This is one of those times when you don't need to exert yourself as in most situations friends and family members are more than happy to work up a sweat for you. Enjoy it while it lasts.

Luckiest day:- Friday

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

Creatively and romantically you will be perfectly in tune with other people this weekend, so much so that you'll make all the right moves without having to think about them. Go with the flow and enjoy the harmonious way everyone gets along.

Luckiest day:- Saturday

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

A more relaxed attitude to life will do you a lot of good over the next 48 hours, especially on the domestic front where loved ones will appreciate that you are more loving and less hyper. Peace at home is the foundation for every kind of success.

Luckiest day:- Saturday

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

Don't worry if one or two minor things go wrong this weekend because it will all come good again early next week. Also, make an effort to get out into the world and meet with people whose outlook on life is a bit more relaxed than your own.

Luckiest day: Wednesday

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

If you need to get a loan or some other kind of financial assistance this is a good time to ask. Neptune's influence in the money area of your chart means others will be happy to help you out, but you must agree on a sensible schedule for repayment.

Luckiest day:Monday

PISCES:-
(Feb.19 - March 20)

Don't be too hard on yourself if you have not yet completed a project that seemed easy when it began but got a whole lot tougher as time progressed. The only pressure you'll be under this weekend is the pressure you put on yourself, so relax.

Luckiest day: Friday

Horoscopes.

by Kristian Marconi

SUISSE HOME



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



Ref. SH1089: Beautiful detached house in Mezquitilla, just 200 meters from the beach and with a wonderful sea view. The house has 3 bedrooms, 2 bathrooms, 1 toilet, large bright living room with fireplace, furnished kitchen. Large terrace with storage room and a studio. The house is located in a quiet location. views of nature.
Price: €250.000



Ref. SH1085: Nice studio completely renovated with the terrace incorporated into the living room, in the heart of Torre del Mar and a step away from the beach. Set with swimming pool and tennis court. It is a second floor with east orientation. It is sold fully furnished.

Price: €89.000



Ref. SH1087: Beautiful corner family house in Almayate, completely renovated. At the entrance to the house there is a patio, which gives the house a lot of light. Living room with fireplace and furnished kitchen, 1 toilet and a backyard. First floor with 3 bedrooms and 2 bathrooms. Second floor with changing room and 2 offices. In the basement there is a closed garage with 70m2. Parquet floor, solar furnishings, communal pool.

Price: €259.000

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Hot Cross Buns

Makes:- 12 Total time:- 2.5 hours

Ingredients:-

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- 1 package dry active yeast
- 3/4 c. plus 1 teaspoon sugar
- 2 1/4 c. all-purpose flour
- 2 c. bread flour
- 1/2 c. black raisins
- 2 tbsp. candied lemon peel, cut into 1/4-inch pieces
- 2 tbsp. candied orange peel, cut into 1/4-inch pieces
- 1 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1/8 tsp. ground cloves
- 4 tbsp. unsalted butter, melted
- 2 large eggs
- 1 large egg yolk
- 2/3 c. confectioners' sugar
- 1/4 tsp. vanilla



Preparation:-

Make the dough: Coat a large bowl with oil and set aside. Combine the 1 cup milk, yeast, and the 1 teaspoon sugar in a small bowl and let it stand until bubbly. Combine the flours, remaining sugar, raisins, candied peels, salt, and spices in the bowl of a standing mixer fitted with a dough hook (or in a large mixing bowl) and mix on low speed. Add the butter, 2 eggs, and the yeast mixture and continue to mix until a sticky dough forms, about 3 minutes. Transfer the dough to a lightly floured surface and knead by hand until smooth, about 5 minutes. (If dough has been combined by hand, increase kneading time to 10 minutes.) Form the dough into a ball, place it in the prepared bowl, and turn to coat all sides with oil. Cover with a clean, damp kitchen towel and let rise in a warm, draft-free place until it doubles in volume, approximately 1 hour. Line a baking pan with parchment paper and set aside. Punch the dough down, transfer to a lightly floured surface, and knead for 3 minutes. Divide the dough into 12 equal-sized pieces, about 3 1/2 ounces each. Shape each piece into a ball and place the balls about 1 inch apart in three rows of four on the prepared pan. Cover and let rise until the buns double in volume and touch one another, about 1 1/4 hours.

Preheat oven to 500°F. In a small bowl, combine the egg yolk with 1 tablespoon water. Using a pastry brush, lightly brush the mixture on the top of each bun. Place buns in the lower third of the oven and reduce oven temperature to 400°F. Bake until golden brown, about 20 minutes. Transfer to a wire rack. In a small bowl, combine the confectioners' sugar, remaining milk, and vanilla. Stir until smooth. When buns have cooled slightly, drizzle a horizontal line across each row of buns followed by a vertical line to form a cross on the crown of each bun.

Chamomile & Mascarpone Tart With Fresh Strawberries

Makes:- 8 Total time:- 1 hour 30 minutes

Ingredients:-

- 3/4 c. heavy cream
- 1/4 c. plus 1 tablespoon loose chamomile tea, divided
- 3/4 c. (1 1/2 sticks) unsalted butter, at room temperature
- 1/3 c. confectioners' sugar
- 1 tsp. vanilla bean paste
- Pinch of kosher salt
- 2 c. all-purpose flour, spooned and levelled
- 2 tbsp. granulated sugar
- 3/4 c. mascarpone
- 1 lb. strawberries, sliced
- Fresh chamomile flowers, for serving



Preparation:-

Bring cream to a simmer in a small saucepan. Add 1/4 cup tea and let steep for 5 minutes. Strain through a wire-mesh strainer lined with cheesecloth; discard tea. Refrigerate until cold.

Preheat oven to 400°F. Beat butter, confectioners' sugar, vanilla, and salt with an electric mixer on medium speed until light and fluffy, 1 to 3 minutes. Reduce mixer speed to low and beat in flour just until combined. Shape dough into a ball, then transfer to a work surface and roll between two pieces of parchment paper to 1/8 inch thick. Fit on bottom and up the sides of a 9 inch removable bottom tart pan. (Cut away any overhanging dough by gently running a rolling pin over the rim of the pan.) Place on a baking sheet, poke bottoms and sides with a fork and refrigerate until firm, 15 to 20 minutes. Bake until golden brown, 14 to 16 minutes. Let cool completely.

Meanwhile, grind granulated sugar and remaining tablespoon tea in a spice grinder until finely chopped, 15 to 30 seconds. Whisk together mascarpone, chamomile cream, and chamomile sugar with an electric mixer on medium to high speed until stiff peaks form, 1 to 2 minutes. Spread into crust. Top with strawberries and flowers.



Peanut Butter and Candy Egg Blondies

Makes:- 24 Total time: 1 hour 45 minutes

Ingredients:-

- Cooking spray
- 1 1/4 c. all-purpose flour, spooned and levelled
- 1 1/4 c. honey-roasted peanuts
- 1 tsp. baking powder
- 1/2 tsp. kosher salt
- 1 1/2 c. packed light brown sugar
- 1/2 c. (1 stick) unsalted butter, at room temperature
- 1 c. creamy peanut butter
- 2 tsp. pure vanilla extract
- 2 large eggs
- 1 (12-ounce) bag peanut butter pastel eggs, divided
- 3/4 c. semisweet chocolate chips

Preparation:-

Preheat oven to 350°F. Line a 9 by 13 inch baking pan with parchment paper. Lightly grease paper. Place flour and peanuts in a food processor. Process until peanuts are broken down and blended with flour, 30 to 45 seconds. Add baking powder and salt; pulse to combine, 2 to 3 times.

Beat sugar and butter with an electric mixer on medium,

speed until light and fluffy, 2 to 4 minutes. Beat in peanut butter, vanilla, and eggs until incorporated, 1 to 2 minutes. Gradually beat in flour mixture just until combined. Set aside 3/4 cup peanut butter eggs. Stir chocolate chips and remaining peanut butter eggs into batter.

Transfer batter to prepared pan. Scatter reserved peanut butter eggs on top. Bake until puffed, edges are deep golden brown, and a toothpick inserted in centre comes out clean, 25 to 30 minutes. Cool in pan on a wire rack. Cut into 24 bars.

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ACUPUNCTURE AS TREATMENT OF FIBROMYALGIA

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

Acupuncture May Ease Fibromyalgia Pain and Improve Quality of Life

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

Management of fibromyalgia requires a multidimensional approach that includes patient education, behavioural therapy, exercise, and pain management. Unfortunately, no really effective treatments are currently available. The most common pharmacological therapies include amitriptyline, anticonvulsants, and serotonin and norepinephrine reuptake agents. However, recent European guidelines indicate that the effects of most treatments are relatively modest. Furthermore, they

suggest that the initial management in the treatment of fibromyalgia should focus on non-pharmacological therapies.

Acupuncture Properties

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

Study on acupuncture and fibromyalgia

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

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

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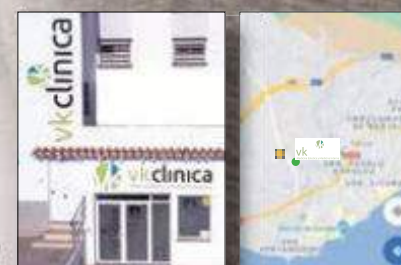


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8 Healthy Reasons to Eat Dark Chocolate

A bite of dark chocolate a day could not only be good for your heart, but may also improve brain function, alleviate stress, and lower the risk of diabetes. If you've dreamt of eating chocolate every day, now you have an excuse. or eight.

Scientific studies have shown that dark chocolate, (sorry, milk and white chocolate don't count) is rich in antioxidants and packed with nutrients, making this bittersweet treat a superfood favourite. Dark chocolate contains phytonutrients called flavonoids, which are plant chemicals that act as antioxidants and may play a role in cancer prevention and heart health, according to research published in 2016 in the Journal of Nutritional Science. The cacao plant that chocolate is derived from also contains a compound called theobromine. Cacao is packed with numerous antioxidants, actually more than green tea or red wine," she says. "The darker you go, the more antioxidants you'll get, but there needs to be a balance between eating palatable dark chocolate and getting the health benefits."

Your best bet is choosing a bar with 70 percent cacao or higher, according to the Harvard T.H. Chan School of Public Health; bars with lower percentages of cacao have more added sugar and unhealthy fats. And even though quality dark chocolate is a better choice than milk chocolate, it is still chocolate, meaning it's high in calories and saturated fat. To avoid weight gain, Amidor recommends eating no more than 1 ounce (oz) of dark chocolate per day.

1. Dark Chocolate May Help Prevent Heart Disease and Lower the Risk of Stroke

One of the biggest benefits that researchers tout is the role dark chocolate may play in improving heart health. A systematic review and meta-analysis published in July 2020 in the European Journal of Preventive Cardiology found that eating chocolate once per week was associated with an 8 percent lower risk of blocked arteries. Another large study, published in May 2021 in The American Journal of Clinical Nutrition, analyzed data from more than 188,000 veterans and concluded that regularly eating about 1 oz of chocolate was associated with a lower risk of coronary artery disease. Research suggests it's the flavonoids in dark chocolate that maintain heart health. These chemicals help produce nitric oxide, which causes blood vessels to relax and blood pressure to lower, per a review published in March 2017 in the American Journal of Physiology: Cell Physiology. Because many of these studies are observational, the results could be skewed by people underreporting their chocolate intake. The studies are also limited in that they can't directly establish cause and effect. A meta-analysis published in July 2017 in Nutrients, however, acknowledged that margin for error and still found that chocolate was likely beneficial in reducing the risk of heart health, stroke, and type 2 diabetes.

2. The Treat May Improve Cognition, Prevent Memory Loss, and Boost Your Mood

No, it's not your imagination, studies show that consuming dark chocolate with high percentages of cacao, such as 70 percent, may benefit your brain. There is research indicating that chocolate stimulates neural activity in areas of the brain associated with pleasure and reward, which in turn decreases stress and improves your mood, says Joy DuBost, PhD, RD, a food scientist, registered dietitian, and owner of Dubost Food and Nutrition Solutions in Arlington, Virginia. Several studies have begun to narrow down just how chocolate can impact the brain. Research presented at the 2018 Experimental Biology meeting found that eating 48 grams, a little more than 1.5 oz of 70 percent cacao organic chocolate increased neuroplasticity, the brain's ability to form new synaptic connections, which could have positive effects on memory, cognition, and mood. Furthermore, a study published in April 2018 in The FASEB Journal

Salt and Hypertension

We know that people with high cholesterol are at higher risk for strokes and heart attacks than people with low cholesterol. So if a medicine lowers cholesterol it should also lower the frequency of strokes and heart attacks too. Right? Not necessarily. Oestrogen lowers cholesterol and does not lower stroke or heart attack risk. We know that people with high blood pressure are at higher risk for strokes and heart attacks. So, does that mean a food that elevates blood pressure increases stroke and heart attack risk? Not necessarily. In medicine we have clinical outcomes and intermediate outcomes. A clinical outcome is something that patients notice themselves and that impacts their life directly, like a stroke, a heart attack, or a bone fracture. An intermediate outcome is something that is measured by doctors and does not cause symptoms directly, for example, elevated blood pressure, elevated cholesterol, or low bone density. Intermediate outcomes can be risk factors for clinical outcomes but should not be confused with them. Let's look at the role of salt in hypertension in this context. There is ample evidence showing eating more salt raises blood pressure, so doctors have always made the assumption that eating more salt also increases the risk of strokes and heart attacks. But as we have seen with oestrogen, amongst many other examples, guessing the effects on clinical outcomes from intermediate outcomes is frequently incorrect. In 2005, then U.S. Department of Agriculture and Department of Health and Human Services decided to revise their dietary recommendations for salt intake. However as they had very little scientific

evidence, they were stuck to find a valid recommendation. As 1,500mg of sodium intake daily is the minimum needed for adequate nutrition and blood pressure starts to increase when daily intake is above 2,300 mg of sodium (about a teaspoon), in 2005 the U.S. recommendations became everyone should eat no more than 2,300 mg of sodium daily, and that people at very high risk of stroke and heart attack should have no more than 1,500 mg. How has that been working out? Well, Americans ingest an average of 3,400 mg of sodium daily, well above the high end of the recommendations. All sorts of educational projects and initiatives have been developed in an effort to educate consumers, clarify food labels and coerce restaurants to lower sodium. But has anyone actually tested the effects on the clinical end points? The institute of Medicine (IOM) was commissioned to review all the studies relating to the health effects of sodium

intake. The IOM report was released with one of their major conclusions being that the current evidence linking salt to health outcomes is very poor. There have virtually been no randomized studies and the rest of the studies have numerous and important methodological flaws (like imprecisely measuring salt intake or using self-reported food diaries to estimate salt intake). The surprising and worrisome finding was that some of the randomized trials actually found worse outcomes with very low salt intakes. Despite our many advances in physiology, we still have no solid understanding on salt's effect on the body beyond that on blood pressure, so there could be many unknown mechanisms that could explain worse cardiovascular outcomes with a very low salt diet. The IOM did endorse the currently held belief that there may be a quantity of daily salt intake when the risk of cardiovascular disease increases. However, the current evidence is simply insufficient to know what that

limit is. It is good when scientists are honest and in this case the truth is "We still have no idea". There are still some groups who like to issue firm guideline rather than waiting until we have better studies with consistent evidence. The American Heart Association criticized the IOM paper saying, "Salt increases blood pressure", which has not been disputed. So until stronger, consistent evidence becomes available, call me a salt skeptic. I do suggest to patients to cut down on salt in the short term to avoid fluid retention, for example when travelling. But during the hot summer period, I tell them not to worry too much about their salt intake. As health care providers, we have a responsibility to be honest enough to admit that, in terms of long term outcomes, we don't know how much salt is too much.

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found that memory and learning could be enhanced by chocolate consumption, as the flavonoids, the powerful plant compounds in cacao beans, tend to accumulate in areas of the brain responsible for those functions. A study published in *Depression & Anxiety* in July 2019 even linked the consumption of dark chocolate to reduced risk of clinical depression.

While all of these findings can be exciting (especially for your sweet tooth), it's worth noting that studies with larger sample sizes need to be conducted, and further research is necessary to investigate the mechanisms involved. So before you run out and stock up on chocolate bars, keep that in mind. Plus, most studies used much higher quantities of chocolate than the recommended daily dose (1.5 oz maximum).

3. Dark Chocolate Could Improve Blood Sugar Levels, and Reduce the Risk of Developing Diabetes

Eating chocolate every day doesn't sound like the best way to prevent diabetes, but studies have shown healthy amounts of dark chocolate rich in cacao could actually improve how the body metabolizes glucose when eaten as part of a healthy diet. Insulin resistance causes high blood glucose (sugar) and is the hallmark of type 2 diabetes, per an article published in March 2019 by StatPearls. In a study published in October 2017 in the *Journal of Community and Hospital Internal Medicine Perspectives*, the flavonoids in dark chocolate were found to reduce oxidative stress, which scientists think is the primary cause of insulin resistance. By improving your body's sensitivity to insulin, resistance is reduced, and in turn the risk of diseases like diabetes decreases. Another study, published in January 2017 in the journal *Appetite*, showed that participants who rarely consumed chocolate had almost twice the risk of developing diabetes five years down the road, compared with participants who indulged in dark chocolate at least once per week. While



researchers agree dark chocolate possesses many health benefits, further study is needed to determine if there is a cause and effect relationship between chocolate consumption and diabetes risk.

4. Chocolate Is Good for Your Gut and May Help With Weight Loss

Eating chocolate every day probably seems like the last way to lose weight, but research suggests dark chocolate may play a role in controlling appetite, which in turn could help with weight loss. Neuroscientist Will Clower, PhD, wrote a book on the subject called *Eat Chocolate, Lose Weight*, which describes how eating a bit of dark chocolate before or after meals triggers hormones that signal to the brain you're full. Of course, eating more than the recommended amount per day can counteract any potential weight loss, and eating dark chocolate will not counteract the effects of an overall unhealthy diet. Past research has found that during digestion, chocolate behaves like a prebiotic (not to be confused with probiotic), a type of fibre that encourages the growth of beneficial bacteria in the gut. The more "good" microbes are in your system, the better your body is able to absorb nutrients as well as support a healthy metabolism, according to the Harvard T.H. Chan School of Public Health. A study published in June 2021 in the *Journal of the Federation of American Societies for Experimental Biology* found that even milk chocolate could aid in weight loss by boosting metabolism and curbing appetite. However, the participant group was small (just 19 women), which means further research is needed to corroborate those claims. And it's important to note that chocolate, especially milk chocolate, is high in calories so should be consumed in moderation, eating more won't benefit you more.

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5. It Fights Free Radicals and May Play a Role in Cancer Prevention

Evidence that dark chocolate possesses properties that could help protect against certain types of cancer is limited but growing. Antioxidants protect our cells from damage caused by free radicals, which are unstable oxygen molecules thought to be responsible for aging and disease, per previous research. "When you have too many free radicals in your body, they start to attack your cells, and that can lead, over time, to low grade inflammation and to some diseases, cancer, heart disease, and Alzheimer's," Dr. DuBost says. According to the American

Cancer Society, eating a diet rich in flavonoids, which chocolate is full of, can help prevent cell damage that is often the precursor to many cancers. Past research has found that of the many flavonoids in chocolate, one known as epicatechin is believed to be responsible for its cancer fighting properties. Chocolate also tends to be a good source of magnesium, per USDA data, and a study published in January 2022 in the journal *Cell* found that the body's immune cells can target abnormal or infected cells only in a magnesium rich environment. Still, most research is limited by using only animals or cell cultures, and the amount of chocolate needed to potentially yield preventative action against cancers is much higher than the daily recommended dose for humans.

6. It's Good for Your Skin (in More Ways Than One)

The Harvard T.H. Chan School of Public Health lists vitamins and minerals dark chocolate is packed full of, like copper, iron, magnesium, and manganese, to name a few, that are also beneficial to your skin. Manganese, for example, supports the production of collagen, a protein that helps keep skin looking young and healthy. Several earlier studies have also found the high levels of antioxidants in dark chocolate may protect skin from the powerful ultraviolet (UV) rays emitted by the sun. Other research failed to show any significant protective effects of antioxidant-rich chocolate against UV rays, but did show improvements in the elasticity of skin exposed to the sun, although the exact mechanism of this isn't known.

7. Dark Chocolate May Send Good Cholesterol up, Bad Cholesterol Down

Dark chocolate is also touted as a cholesterol lowering food, which explains why, in a study published in November

2017 in the *Journal of the American Heart Association*, a handful of almonds, dark chocolate, and unsweetened cocoa showed a significant drop in overweight and obese participants' low density lipoproteins (LDL), also known as "bad" cholesterol.

DuBost says the cocoa butter in dark chocolate may also play a part in raising high density lipoproteins (HDL), or "good" cholesterol. Cocoa butter contains oleic acid, which is a monounsaturated fat, the same fat you find in heart healthy olive oil, notes the National Library of Medicine. However, unlike olive oil, cocoa butter is also high in saturated fat, per the U.S. Department of Agriculture (USDA), which in excess can be harmful to the heart, further emphasizing the need for portion control. Not to mention, many of the studies on chocolate and good cholesterol are short term, so it's premature to say that chocolate is a cholesterol cure all, DuBost adds.

8. Dark Chocolate Is Nutritious and Delicious!

On top of all the other potential benefits, one thing is for sure: Dark chocolate contains a ton of nutrients. Of course, the darker the chocolate the better, but any 70 percent dark chocolate or higher contains antioxidants, fibre, potassium, calcium, copper, and magnesium, according to an overview published in December 2019 in the *International Journal of Environmental Research and Public Health*. It also contains a good chunk of calories and fat, so be mindful of your daily intake. Each brand of chocolate is also processed differently; Amidor says going organic is always best because it's grown without the use of chemical fertilizers and pesticides (look for Rainforest Alliance Certified products). She also recommends always checking the ingredient list to make sure you're consuming chocolate with fewer and more natural ingredients.

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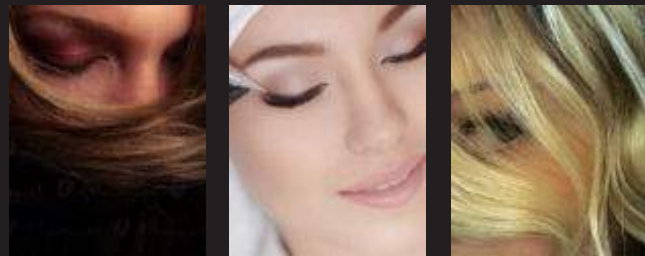
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How to Transition to Grey Hair, Step by Step

If you're tired of dyeing your locks, there's a good chance you've thought about how to transition to grey hair. Embracing your silver locks can feel really empowering, and you'd be in good company: These days more and more people, including celebrities are ditching the dye and flaunting their natural strands.

If your hair isn't currently colour-treated you can simply let it go grey naturally over time, but what if your locks are already dyed or highlighted? Unless you're willing to entirely cut off the portion of your hair that's colour treated, or live with a prominent demarcation line until that part grows out, you'll want to get some professional help from your salon.

"Transitioning to grey hair is initially a corrective colour process," explains Eric Hoppe, a master hair colourist and the hairstylist of all about beauty in Torre del Mar. A pro can help you gradually achieve your end goal of embracing your natural grey while keeping your locks looking great in the meantime. Keep reading for a closer look at the process of transitioning to grey hair, including some tips from Eric.

How long does it take to transition to grey hair?

Don't expect to go from colour-treated hair to natural grey overnight. "It will take several salon visits to accomplish the end goal you're looking for," Eric says. The exact timeline will vary depending on your hair length, natural hair colour, and any current treatments, so you should be prepared to dedicate at least a few months to the process.

How much does it cost to go grey?

Going grey the right way is also a financial investment, so be sure to discuss all of the services involved and what they will cost during your initial consultation. Once the transition to grey is complete, maintaining your look will be a lot less expensive than keeping up with colour treatments.

What's the best way to transition to grey hair?

Step 1: Schedule a consultation.

There are multiple salon assisted approaches to going grey, so the first step is to set up a consultation with your stylist to find out which is the best fit for you. You should also discuss the time and cost involved during this initial meeting.

Step 2: Correct the colour.

Eric describes two common approaches. The first involves stripping the old dye with a hair colour remover, then lightening it to the lightest shade of blonde possible. A base layer is then added over the lightened hair. "The end goal is to get those old, dark ends as light as the roots, while also matching the tone of the grey hair," Eric says. "There is a limit to this because you don't want to keep lightening the hair and damaging it. If it's overdone, it can cause the hair to dissolve and break off." The second, gentler approach is to transition to grey hair with lowlights: sections of hair dyed a few shades darker



than your natural base. The stylist will add scattered lowlights, blending the natural grey into brown. "I think as far as the health and condition of the hair, it's best to transition with lowlights," Eric says.

Step 3: Grow it in.

If you take the second approach, the next step is to gradually let your natural hair grow in. You'll continue to visit the salon, but your stylist will add fewer lowlights each time, Eric explains. Eventually, the ends will get cut off and your natural grey will take over.

Step 4: Protect your locks.

Your grey haircare routine shouldn't end when you leave the salon. says. Protect hair with a colour safe shampoo and moisturizing conditioner, and mix in a violet or purple shampoo once or twice a week to tone down brassine.

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And breathe.....

For many years the concept of using breathing techniques to help anxiety and stress was seen as a bit New Age, hippyish and very much on the alternative platform. But with consistent scientific studies now backing up the theory, and allowing greater understanding of the reasons why breathing works, it is becoming much more mainstream.

So how is the breath connected to our emotional state?

When we are stressed, angry or anxious our bodies go into a state of arousal, ready to fight or run away (the fight or flight response). Naturally the body needs more oxygen to be able to do this and so our breathing becomes faster and shallower. Carbon dioxide levels are decreased and oxygen levels increased, muscles become tense and poised for action. This is also the case when we experience good stress or emotional states of arousal, such as excitement. Studies have measured the levels of carbon dioxide produced at football matches. As the crowd gets more excited and tension rises the carbon dioxide output reduces. Breathing becomes rapid and shallow, people hold their breath (think of when you are watching a free kick), they take a quick intake of breath (think missing the free kick), indicating the correlation between emotion and breathing.

Other studies have shown that there are different breathing patterns for different emotional states. Subjects were shown photographs that induced a particular emotional response and they all responded with the correlating breathing patterns. This also occurred when listening to pleasant or unpleasant sounds and smelling nice or nasty odours.



So how does this knowledge benefit us?

The interesting thing is that this is not a one way response. When subjects were told to breathe in a certain way, they were able to guess the corresponding emotion. So how we breathe can affect how we are feeling. This is good news. It allows us to change our breathing pattern to change our mood and is extremely helpful when we are angry or suffering from stress or anxiety. The change in breath doesn't simply effect our moods, it alters the physicality of our bodies as well. So if we take a simple, quick intake of breath (think of your reaction to someone jumping out at you unexpectedly) it signals to your body that there is danger. Your muscles tense, ready to react, your breathing becomes fast and shallow sending oxygen to the muscles, you experience feelings of fear and anxiety. Conversely, if you let out a deep, slow sigh of relief (it was only your friend having a laugh, not some knife wielding maniac) then this sends more oxygen to the brain, signaling to your body to relax, that all is safe and both body and mind calm.

Breathing for anxiety.

To send the message to your brain, body and mind that all is calm and you are safe, it is best to breathe slowly, rhythmically and with a longer exhale than inhale. A technique like the 4,7,8 breathing pattern, developed by Dr Andrew Weil, is ideal.

Breathe in quietly through the nose for 4 seconds. Hold the breath for 7 seconds. Breathe out forcefully through the mouth, making a whoosh sound, for 8 seconds. Repeat up to 4 times, twice a day. It may make you feel a little light headed to start but this will pass. You can also couple this with guided imagery, progressive muscle relaxation, prayer, meditation or yoga. It becomes more effective with regular use.

Breathing to reduce anger.

The easiest way to calm yourself and reduce anger is to slow and deepen your breathing. Breathe in through your nose and out through your mouth but deep down into your belly not up in your chest. Repeat until you feel yourself calming. You may still be angry but you will be able to express it in a safer and more appropriate way.

Breathing for pain.

Deep breathing has also been shown to reduce the feeling of sudden pain in otherwise healthy people. However, in situations where there is chronic pain or underlying health issues, it can make things worse.

If you are unsure how to use different breathing techniques apps such as Breathe and Prana Breath: Calm and Meditation may help.

Katrina Jones (Heavenly Healing Torrox) - registered Rapid Transformational Therapist, Clinical Hypnotherapist and Life Coach
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in English	902 102 112

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Costa & Pueblo	952 538 008
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Thursday	Frigiliana, Torre del Mar, Velez Malaga,
Friday	Almuñecar, La Herradura (summer only), Salobreña
	Saturday Competa
Sunday	Nerja (car boot), Torre del Mar, Velez Malaga

What's On information is published FREE!
*Details should reach us by the 15th
of the month previous.*
Contact details are on page 6

Church Services

Anglican Church of Nerja & Almuñécar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339.

www.nerjaalmunecaranglican-church.co.uk. Sundays at 12noon and Capilla de Nuestra Señoral del Carmen (FishersmanChapel), Chinasol, Almuñécar, Sundaysat 9.30am.

Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

CallePintada 35,2nd floor, Nerja.Tel: 952 521 776. English/ Spanish serviceSundays at 10am. El Salvador,Balcon de Europa,Nerja. Tel:952 520291. Mass times, English and SpanishSundays 10.30am, 12 noon and 8pm.

Parish priest:- FatherJosé Maria.

Presbyterian Church,Torre del Mar

Wenow meet at Legends Bar, Calle Pintor Cipriano Maldonado 9,Torre del Mar. Thecontact is Bill Bedford, Tel:694 471 005.

On the first/Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, we would be delighted to welcome you to New LifeChurch. 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. Prayr meetings Wednesday 11.00am Pasaje San Miguel, Nerja 29780. Email: info@nlcnerja.com Website: www.nlcnerja.com Facebook: www.facebook.com/nlcnerja

Lux Mundi, Torre del Mar Church Services:-

Lux Mundi, Torre del Mar Catholic Mass in English. Every Saturday at 17.00.

Tel: 952 543 334.

St Barnabas IERE (Anglican) Torre del Mar, Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11am.

Tel: 657 286 284.

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

Tel: 952 543 334.

Tel:952030461. www.stbarnabas-spain.com.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer.

Sunday mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.

Veléz Málaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30amin the Antigua Capela de San José,CalleLinares 7,Veléz Málaga. Chaplain: Fr.Louis Darrant,

Tel: 630 909131

Email:info@stgeorgemalaga.org

or contact one of the chaplaicy wardens.

More information can be found at: www.stgeorgemalaga.org

Evangelical Church,Torre del Mar

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

Tel: 634 540 519.

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NEWS & What's ON

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

CORALAXIA

Note, the Liverpool Oratorio concert has been postponed until 2023 but Coraxalia International Choir welcomes new singers now. We're working on a selection of popular music, "Can't help falling in love", "Raindrops keep falling on your head", "Stand by me" and popular songs in Spanish. We rehearse, Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 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) or email: euorax@hotmail.es. Please note that you may join Coraxalia at any point in the term time. Don't hesitate to give us a call!

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(Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR APRIL COMING EVENTS & EXCURSIONS

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

Thursday 7th April - Special Excursion to Gibraltar. Lux Mundi is going to Gibraltar again before Easter and, in addition to the normal shopping, is offering an extra of 1 hour 45 minutes minibus tour up to the Rock of Gibraltar Nature Reserve. This is for only 8 people and includes the four main places of interest on the Rock and also an entrance ticket to the Skywalk. Price is 37€ per person which must be booked and paid for at the same time as paying for the excursion. Ticket price 17 Euros, or with Friends of Lux Mundi Card 15 Euros. Proceeds for fundraising. Departure times Puente don Manuel (Bar Mis Tapitas) 7.00, Algarrobo (Lidl) 7.30, Caleta (Vets) 7.35 and Torre Del Mar (Bus Station) 7.45. Depart Gibraltar 15.30 approximately. PASSPORTS/ European ID Card required.

Wednesday 13th, Thursday 14th and Friday 15th April - The Centre will be closed for the Easter Holidays. Only Religious services will be held on those dates.

Thursday 21st April - Excursion to Priego de Cordoba. Please come and join friends of Lux Mundi, Torre del Mar and Fuengirola for a fun day out visiting Priego de Cordoba one of the most majestically beautiful towns in Andalusia. There will be a stop for breakfast and you will arrive in Priego de Cordoba at 10.30 approx. Two things stand out in the town: water, which is abundant, and baroque architecture. There is free time to visit the many tourist attractions including the Fuente del Rey Park, the Castle, Barrio de la Villa, and the beautiful St. Aurora Chapel in the Ermita de Nstra. Sra. and the Municipal Museum. After which there will be plenty of time for you to have lunch before joining the coach at 16.00 for a visit to Mueloliva to buy its prize-winning Olive Oil, if the situation re. Covid improves. Returning to Torre del Mar and Fuengirola with a stop for tea/

coffee. Ticket price 23€ or with a Friends of Lux Mundi card 20€, available at the Centre. (Proceeds for fundraising). Departure Times: Algarrobo (Lidl) 7.25, Caleta (Vets) 7.30, Torre del Mar (Bus Station) 7.40, La Viñuela (Football Pitch) 08.00.

Friday 29th April - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 19.45.

Tuesday 10th to Sunday 15th May - Coach Excursion to Salamanca. Tuesday - Journey to Salamanca with a 2 hour stop in Cáceres for lunch (additional stops en route). Wednesday - Guided tour of Salamanca in the morning and the afternoon free. Thursday - Free time in the morning. The afternoon a trip to Arribes del Duera National Park and a boat trip. Friday - Day trip to Avila. Saturday - Free day in Salamanca. Sunday - Depart for Torre del Mar with a 3 hour stop in Toledo (additional stops en route).

Booking at the Centre, Price per person in a double room 425 Euros with a Friend of Lux Mundi Card, 440 Euros without a card.

June Thursday 23rd Coach Excursion to Guadix.

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On Friday the 25th of February **Lux Mundi** Torre del Mar celebrated the Day of Andalucía with a special coffee morning, with a touch of Spain and a touch of Britain. The morning was a great success with many International friends coming to enjoy the strawberry clotted cream teas and browse through the boutique and books. Lux Mundi would like to thank all the friends who attended, who were very generous and the sum of 350 Euros was raised which will help them to continue helping others.



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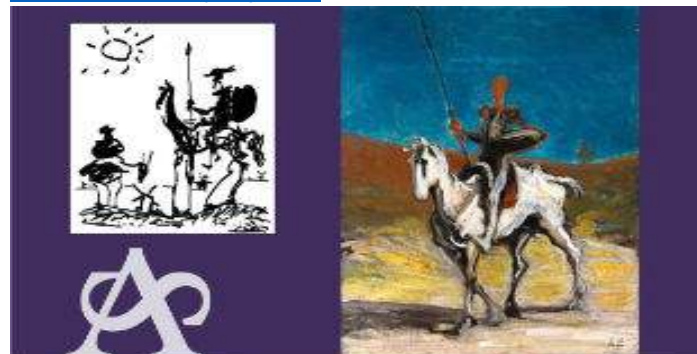
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The Arts Society Nerja

The Arts Society Nerja has the pleasure to invite you to a lecture on the iconic Spanish knight Don Quixote, "How Don Quixote conquered the Art World". The lecture will be on Tuesday, 5 April at 18.00 live at the Centro Cultural, Calle Granada, Nerja, or on zoom to your living room. The lecture will trace Don Quixote's life in the visual arts from sumptuous tapestry designs through Hogarth, Daumier and Dore to the fantasist hero inspiring the imagery of Picasso's Guernica. The lecturer Richard Whincop is a professional artist and a lecturer at the Glasgow and Strathclyde Universities. Guests welcome; 10. For more info www.theartsocietynerja.com



for latest information
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Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org A wonderful day was had by friends of Lux Mundi, from both Torre del Mar and Fuengirola Centres, on their recent trip to Osuna. Despite it raining on the way there, on arrival the sun came out and the weather stayed fine for the duration of the visit. The English speaking guide, Elena, joined the bus which then made the way to the top of the town. The group then went to the university building and were fortunate to be able to go inside to visit the chapel and the meeting room. They then walked across to the Collegiate Church and admired the beautiful view before making the decent down to the town and the Plaza Mayor. The guided tour took in the Mercado de Abastos and Calle Sevilla and Calle San Pedro, the later reputed to be the most beautiful street in Europe. The buildings were amazing and the group entered the Hotel Palacio Marques de la Gomera to visit the courtyard. At the end of the tour there was time to visit the inside of the Collegiate Church, to go to the museum and see the rooms dedicated to the T.V. series 'Game of Thrones', of which parts were filmed in Osuna's bull ring, and to have lunch in one of the many restaurants or tapas bars, before rejoining the bus for the return journey. The heavens opened on the way back and it poured with rain, so everyone was happy that they had stayed warm and dry on a great day out with a very knowledgeable and informative guide. 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.



BACK ON TRACK AT LAST!

After a stop start couple of years due to the Pandemic 41 Club Nerja is finally feeling that things are back to normal. Club Chairman Peter MacLeod has presided over four well attended meetings already this year and is now looking forward to an ongoing program of meetings and lunches during the year ahead. Peter is delighted to be able to say that we are now "Back on track at last!". 41 Club Nerja's members are from all over Europe and were past members of Round Table in their home countries. If you are an ex Round Tabler looking to rekindle some fun, fellowship and Community spirit and either live or visit the area East of Malaga come along and meet us. You can contact Chairman Peter on 0034 678 059 288 or email him pmacleod5000@outlook.com. Or phone Press and Recruitment Officer Steve Ryan on 0044 7546 402 770 or email steve.ryan.sr56@gmail.com. We are on the net at www.41clubnerja.org and you can also find us on Facebook. We will be delighted to hear from you.



Cudeca Nerja Support Group

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

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

We can also assist by
telephone 952 564 910 or
e-mail cudeca@cudeca.org.

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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).



To view others, and see signed prints, please contact her on mariordan@aol.com.



Want to join a choir?

Velez-Málaga's Coraxalia Multi National 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, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 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 call!

YOGA FUSION DANCE

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

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

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

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

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

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



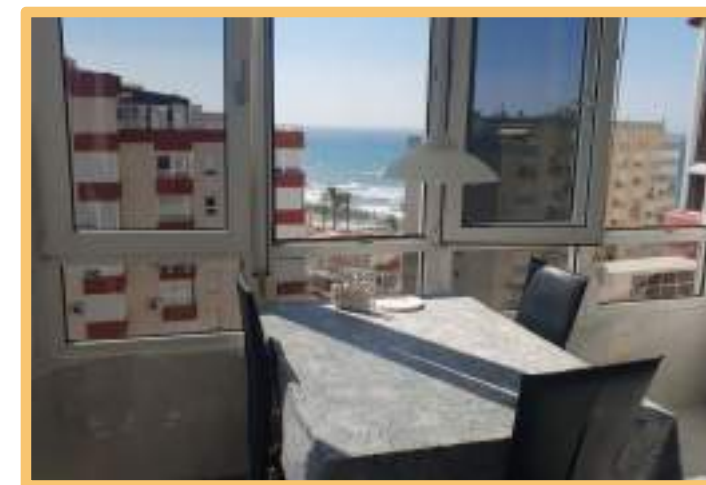
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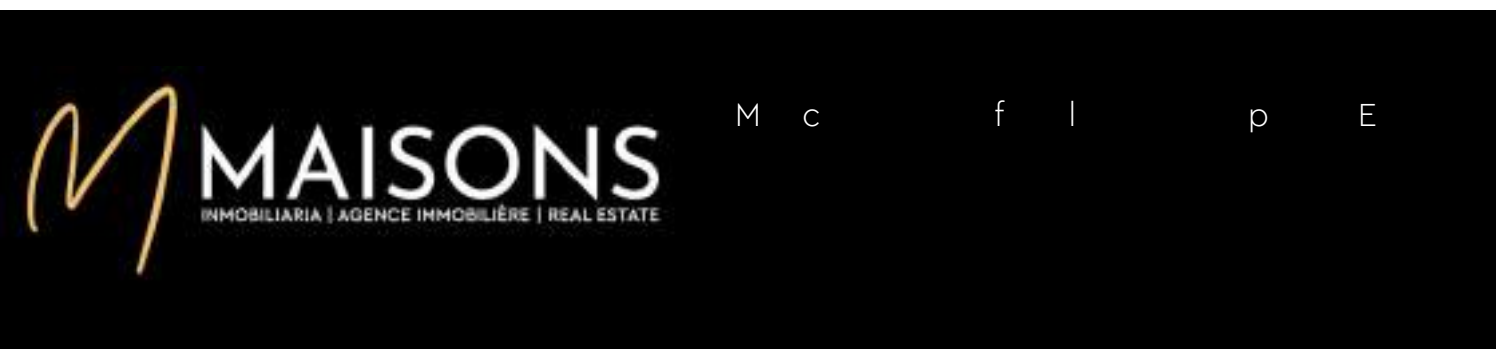
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ARENAS

COUNTRY HOUSE

Beds: 3 Baths: 2

SOLE AGENCY

Garage

Private pool

EPC: in process

M²: 197 m²

Plot: 5.300 m²

REF: 7462



€395.000

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

 +34 609 176 586

BENAJARAFE

VILLA

Beds: 2 Baths: 1

SOLE AGENCY

Storerooms: 4

Terraces: 2

EPC: G

M²: 113 m²

REF: 7466



€239.000

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

TORROX

TOWNHOUSE

Beds: 3 Baths: 2

SOLE AGENCY

Patio

EPC: G

M²: 132 m²

REF. 7470



€129.000

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

sales@countryproperties.net

www.countryproperties.net

CÓMPETA

COUNTRY HOUSE

Beds: 4 Baths: 2

SOLE AGENCY

Private pool

EPC: in process

M²: 135 m²

Plot: 3.050 m²

REF: 7446



€349.950