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### URB. NARICHA

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

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**Price: €265,000**  
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3 bedroom town house with stunning views. Private garage. Communal pool and gardens.

**Price: €295,000**  
Ref: CN48567



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## Townhouse of the month

**Sayalonga:**      **Price: €179.000**      **TH885**



Lovely townhouse in the white village of Sayalonga which has been restored it now offers 2 apartments making it ideal to live in one of them and obtain a rental income from the other one or use it for when family or friends come over to visit. Each apartment has an interior accommodation of app. 70 sqm. The first apartment is named El Patio as it has a private patio which makes the perfect place to relax or dine. The accommodation comprises a fully fitted kitchen, a pantry,

a dining room, a comfortable living room, 1 double bedroom with fitted wardrobes and a bathroom. The second apartment is named El Mirador due the wonderful views which one can enjoy from the roof terrace. The accommodation in this one comprises a hall which is currently being used as an office, a spacious and fully fitted kitchen, a bathroom, a living/dining room divided into 2 levels and a double bedroom.



**Arenas:**      **Price: 295.000€**



Living space: 104m<sup>2</sup>  
Bedrooms : 3  
Pool: Yes  
Garage : No

Terrace: Yes  
Bathrooms: 2  
Views: Mountain  
Area: Countryside  
**Ref.CP506**

**Cómputa:**      **Price: 285.000€**



Living space: 110m<sup>2</sup>  
Bedrooms : 3  
Pool: Yes  
Garage: No

Terrace: Yes  
Bathrooms: 1  
Views: Sea views  
Area: Countryside  
**Ref. CP528**

**Torrox:**      **Price: 295.000€**



Living space: 109m<sup>2</sup>  
Bedrooms : 3  
Pool: Yes  
Garage: No

Terrace: Yes  
Bathrooms: 3  
Views: Sea views  
Area: Countryside  
**Ref. TCP062**

**Torrox:**      **Price: 110.000€**



Living space: 88m<sup>2</sup>  
Bedrooms : 2  
Pool: No  
Garage: No

Terrace: No  
Bathrooms: 2  
Views: Sea views  
Area: Village  
**Ref. TTH426**

**Cómputa:**      **Price: 235.000€**



Living space: 217m<sup>2</sup>  
Bedrooms : 5  
Pool: No  
Garage: No

Terrace: Yes  
Bathrooms: 2  
Views: Sea views  
Area: Village  
**Ref. TH990**

**Torrox:**      **Price: 350.000€**



Living space: 70m<sup>2</sup>  
Bedrooms : 2  
Pool: Yes  
Plot: 4400m<sup>2</sup>

Terrace: Yes  
Bathrooms: 2  
Views: Sea views  
Area: Countryside  
**Ref. TCP189**

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Cover photo by Alex Pearson

## Welcome to Streetwise magazine -

The month of May will see the Costa del Sol burst into life, with restaurants, bars and businesses now ready for the influx of tourists as the weather gets warmer and the holiday season starts.

Don't forget to checkout the Teatro Villa de Torrox. who will be hosting artists from the Flamenco in Progress project. This new project will be introducing several recognised international artists over the coming months. As we prepare for our holiday season, the war in the Ukraine still wages on and we can only but think of the despair and worry that the Ukrainians are going through. We hope with all our hearts that this war ends soon as we all try to do our bit to help by donating much needed supplies. Lastly during May my father celebrates another birthday, even though I think he prefers to forget now!!!! Happy birthday dad, have a good one!

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



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**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-garden with sun most of the day. Located within 1 minute walk to the swimming pools. Great rental potential!

**Price: €150.000 Ref: NV.PO59**



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 are, 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**

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





Masks no longer compulsory.

Masks are no longer compulsory inside buildings in Spain from 20<sup>th</sup> April. Exceptions include medical centres, care homes and public transport while employers will have the right to decide whether to make masks obligatory in the workplace. The decision to lift the mask rule is being welcomed by some but treated with caution by others, who believe it is still too soon.

On 6<sup>th</sup> April the Health Minister Carolina Darias insisted that the time is right to make this move, due to the way the pandemic is evolving and because of Spain's high vaccination rate: 92.5 per cent of the population is fully vaccinated against Covid, she said. So from the 20<sup>th</sup> April, masks will only be compulsory in medical centres and hospitals, care homes and on public transport.

The Health Minister also confirmed that companies will

have the right to make masks obligatory in their workplace if they so wish, and she said they will still have to be worn in pharmacies and blood transfusion centres because those are considered medical environments. Masks will not be obligatory for teachers or pupils, unless they are vulnerable.

It has also been confirmed that the authorities will still be recommending "responsible use" of masks when 1.5-metre social distance cannot be maintained and in places without adequate ventilation.

Triple A to receive €80,000 from Marbella Town Hall  
Triple A animal welfare association is currently in temporary premises while new facilities are being built which will enable it to look after even more abandoned animals

Marbella council and Triple A have signed a collaboration agreement under which the animal welfare association will receive €80,000 so it can continue its work with abandoned animals in the municipality. The agreement was signed by the mayor, Ángeles Muñoz, and Triple A president Elise Dunweber, and it is similar to those of recent years. At present the association and its volunteers are caring for more than 500 animals, which are mainly dogs and cats, although there are some other species. "They work very hard to

Continued on page 12

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### TORROX PARK

Modern ground floor apartment with one bedroom (used to be 2 bedrooms), bathroom, open kitchen, large lounge and a spacious glassed in terrace with stunning sea views. Access to communal gardens. Sold furnished. Communal pool included.

Price: €136.000

Ref: 6456 AP1



### 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



### CÓMPETA

Great business opportunity next to Competa. 3 houses with a total of 10 bedrooms, 10 bathrooms, private pool, laundry room and very large terraces with stunning views. Ideal as B&B, Yoga Centre, Bar & Restaurant. Registered with the Junta.

Price: €495.000

Ref: 6488 VI11



### VIÑUELA

Unique country house with stunning panoramic views of the sea and the mountains, 2 beds, bath, toilet, large lounge and kitchen. Comfy conservatory, various terraces and a wonderful porch. Private garage. 5.000m² of land. Good access!

Only: €244.000

Ref: 6513 VI2



### TORROX COSTA

Sunny West facing apartment with stunning sea views. Comprising of 2 bedrooms, large bathroom, WC, open lounge and kitchen and a lovely terrace. A/C, underfloor heating, large storage room. Excellent holiday and rental investment.

Only: €240.000

Ref: 6524 AP2



### PUNTA DEL FARO

Spacious duplex-penthouse with 3 bedrooms, 3 bathrooms, kitchen with laundry room and a sunny lounge. The apartment enjoys of 2 terraces with lovely sea views, parking space and storage room. 2 communal pools and beautiful gardens.

Price only: €529.000

Ref: 6527 AP3



### ALCAUCIN

Unique 3 bedroom villa of 226 m² in the green valley of Alcaucin. 2.420 m² plot with lovely views over the valley and the national park. Central heating, A/C, various terraces, large pool with roman steps, car port and a lovely bar.

Price: €350.000

Ref: 6304 V13





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# Estate planning

Estate planning is one of those tasks that is easy to keep putting off, but do not risk leaving it too late. If you do, your estate may not be distributed as you wish, and your heirs could end up paying more tax than they need have.

**British expatriates living in Spain need to be aware of, and plan for, a number of inheritance issues.**

## Your last will and testament

If you live in Spain, it is advisable to make a Spanish will to deal with your Spanish assets. It is much easier to wind up an estate using a local will, rather than one established in another country.

A UK will may be effective in Spain, but it will have to go through the UK probate process. This will inevitably create long delays and high costs, as well as having to be notarised and translated before being accepted in Spain.

If you have assets in the UK, you can have a will for each country. If you make a Spanish will, and subsequently change your UK one, make sure your solicitor does not inadvertently revoke the Spanish one.

## Spanish succession law

In the UK you are generally free to distribute your estate as you wish (Scotland does have some restrictions). Spanish succession law, however, imposes 'forced heirship' rules. In general terms, children are entitled to receive two thirds of an estate's assets so you cannot, for example, leave everything to your spouse. This Spanish succession

law will apply to foreign nationals living in Spain by default.

You can however use the European Succession Regulation, 'Brussels IV', to opt for the succession law of your country of nationality to apply on your death instead. But you must specifically state this in your will, otherwise distribution of your estate will follow the law of your country of residence.

Brussels IV applies to all foreign nationals living in an EU country, it is not restricted to EU citizens, so Brexit has not changed anything here.

Note that Brussels IV only relates to succession law. You cannot use it to opt for UK inheritance tax instead of Spanish succession tax on death.

## Spanish succession and gift tax

Inheritance tax in Spain works very differently to UK inheritance tax. Tax is paid by each recipient, not the estate, and tax rate varies depending on the relationship between the person passing the money and the person receiving the money.

There is no blanket spouse to spouse exemption.

Spanish succession and gift tax is due if the asset being inherited or gifted is located in Spain (regardless of where the recipient lives), or if the recipient is resident in Spain (regardless of where the assets are located).

The state tax rates start at 7.65% and rise to 34%. Multipliers based on the familial relationship and beneficiary's net worth can take tax rates much higher.

There are some reductions and allowances but at



# for UK nationals in Spain

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

state level they are low. Spouses, descendants and ascendants only receive a reduction of €15,957; it is lower (or nil) for everyone else. Also, there is a 95% reduction against the inherited value of the main home, but only for spouses or descendants who keep the property for at least 10 years. This deduction is capped at €122,606 per inheritor. However, the autonomous communities can adjust the tax rates, allowances and reductions to make them more beneficial for residents in the different Spanish regions. Here in Andalucía the local succession tax regime has been reformed over the last couple of years to make it one of the most attractive regions in Spain for succession tax planning.

## UK inheritance tax

Many British expatriates remain liable to UK inheritance tax since it is based on domicile rather than residence. This means your estate could be liable to both UK and Spanish inheritance taxes, but a credit is given in Spain for the tax paid in the UK to avoid double taxation.

## Estate planning for UK nationals in Spain

The first step is to establish your estate planning goals:

- Who would you like to benefit from your estate?
- Do you want to control how and when they receive their inheritance?
- How quickly would they need to access the money?
- What can you do to make the inheritance process as easy and cost-effective as possible for them?

Then seek specialist cross-border estate planning advice on how you can achieve your wishes for your heirs, at the same time as keeping

inheritance taxes as low as possible. Depending on your family situation, estate planning for Spain and the UK can get rather complex, but with careful planning and specialist advice from Blevins Franks you can get peace of mind that you have the most suitable approach in place, for yourself today and your family in future.

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

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provide the best living conditions for these pets," said Muñoz, and the council is not just contributing to the running costs but also funding the construction of new kennels at a cost of 1.2 million euros. The new facilities will enable Triple A to look after even more abandoned animals. "Animal wellbeing is a priority for us," said the mayor.

While the construction work is being carried out, the town hall has provided temporary premises for the association and the animals in its care.

### Firefighters rescue.

Firefighters rescued a man who fell several metres down La Concha mountain in Marbella. The Scandinavian visitor had an eight-centimetre-long gash in his leg and was taken to hospital in the 061 emergency helicopter. The young Scandinavian man had fallen several metres while trying to climb La Concha mountain. He was with a group of friends when the accident happened, in a rocky area of the Cerro del Lago, above the road to Istán, which is difficult to access and not on a prepared track.

### Cudeca announces return of its annual walkathon.

After two years of celebrating its Benalmádena solidarity walk virtually, the event will return in its usual format and will include a whole day of activities, such as a Holi party and live music. The Cudeca Foundation has announced that the traditional Walkathon will return in its usual format on Saturday 28<sup>th</sup> May. The walk, which will offer a five and ten kilometre route, will begin from the Hotel Sunset Beach in Benalmádena Costa and continue along the main coastal road. As well as the sponsored walk, this year's event will offer a whole day of activities due to the collaboration of the activity and events company Exploramás. These include a Hindu Festival of Colours party (Holi), where participants are pelted with coloured powder to celebrate the arrival of spring. There will also be live music supplied by local band iPop, who perform a variety of music from the 1980s and '90s; as well as children's entertainment, and free paella for all walkers. The ten-kilometre route will begin at 10.30am, while the five kilometre walk will start one hour later. Registration can be made through the charity's website [www.cudeca.org](http://www.cudeca.org), and costs ten euros for adults and seven euros for children under 16 years of age. Bib numbers can be collected from the hotel entrance on the day of the walk.

### New larger health centre in Torre del Mar.

A new, larger health centre in Torre del Mar planned in next couple of years. Officials from the regional government and local council have visited the site designated for the new facility. After a decade of waiting, Torre del Mar could be one step closer to having its new health centre in a few years' time. The current health centre has become too small due to the significant increase in the population of the town.

The Junta de Andalucía delegate for Health and Families, Carlos Bautista, expressed his "firm commitment" to this action while on a visit to the plot of land donated for the health centre by the town council in the last plenary session. The new centre will house the mental health unit, and will have 24 consultation rooms, four more paediatric rooms, social workers office, physiotherapy and radiology units among others.

### Torrox home demolished.

A British pensioners' home in Torrox has been demolished by the council. The local authority was ordered by a judge



to knock the house down because it had been built illegally and the owners had failed to comply with a demolition order from 2011

Torrox council has begun to demolish a house owned by a British couple in the rural Santilla area, because what they built did not comply with the licence they were granted by the town hall in 2002 and the property is therefore illegal. The council is acting in compliance with a court order dating back to 2011, which ordered the demolition for an offence against land regulation.

According to the court documents, in the year 2000 the couple bought a 1,451 square metre plot of land with a 21 m2 house in ruins on it. The land is not classified for construction under the Urban Plan, so building is not permitted unless a plot is more than 25,000 m2 in size. In 2002 the owners obtained a licence from the council to reinforce the walls and replace the roof of the ruin, but not increase its size. The licence did permit a swimming pool to be added. However, what they built was "a new detached family house with a basement, swimming pool and asphalted exterior, with an irregular shape and a surface area of 240 m2," the papers say.

In 2011 a judge sentenced the couple to eight months in prison, fined them 5,400 euros, banned them from any activities related to construction or property development for one year and ordered them to pay all costs. He also ordered them to demolish the parts of the property that had been built illegally. They did not comply.

The demolition costs are €28,700. In September 2021 the court wrote to the town hall and insisted that the property be demolished with no further delay. All that will be left is a 21 m2 building, in accordance with the original licence. The works are costing the council €28,700.56, which the owners are liable to pay.

PP party enters coalition with far-right Vox in a Spanish region for the first time.

The regional coalition government between the conservative Partido Popular (PP) and far-right Vox has been sworn in in the northern region of Castilla y León. It is the first time that Vox has entered a regional government anywhere in Spain. Alfonso Fernández Mañueco of the PP has been sworn in as president and Vox's Juan García-Gallardo will be vice president. Although Vox's high profile national leader, Santiago Abascal, was at the swearing-in ceremony in the regional parliament in Valladolid, the national PP leader, Alberto Núñez Feijóo, did not attend.

Half of drivers in Spain admit to using a mobile at the wheel.

Almost half of drivers in Spain admit that they use their mobile phone at the wheel. The new traffic law which came into force last month regards this as a serious distraction and the penalties are more severe than before. Since Spain's new Traffic Law came into force last month, anyone caught holding or using a mobile phone while driving faces a fine of €200 and losing six points from their licence, because this is one of the main causes of driver distraction and they are four times more likely to have an accident. The same applies to changing a GPS route device while driving.

Many people use satellite navigation systems to find their way around, and they can be very useful but it is essential that the routes are set before beginning a journey or the vehicle should pull off the road if the GPS needs to be re-set, because the law treats this as a similar offence to the use of a mobile phone while driving.



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Under the new law, drivers must not hold a mobile phone in their hand while at the wheel, even if they are stationary such as in a traffic jam or waiting at traffic lights. Their use is only permitted when the engine is switched off and the vehicle is parked off the road in a place where it does not interfere with traffic flow.

More than half of all births in Malaga province are to parents who are not married.

The way families have evolved in the past 40 years reflects a new social reality which differs from the traditional model. Family households in Malaga province have changed in the past 40 years, in terms of family structures. The hegemony of a married couple with children has been left behind and now, in the 21st century, there is a new social reality with family groups coexisting alongside the traditional model: single-person households, two-parent, single parent, childless, with children, couples with no formalised relationship, families where parents have separated or rebuilt from previous relationships. The traditional format now lives alongside options which would have been completely unimaginable at one time. To give an example for context, more than half of all babies born in Malaga are to parents who are not married (55.09%), when in the 1980s the percentage was barely 4.5%.

#### Malaga City Festival.

Andalucía Big Festival to bring major names to Malaga in September. Muse and Jamiroquai have already confirmed their appearance. The three day music event on Sacaba Beach is expected to attract 100,000 people including 30,000 from abroad, say the organisers.

Barcelona, Madrid, Lisbon and Paris is the normal route in Europe for international bands on tour. "It is really difficult to get them to come to other places," say Javier Arnaiz and Farruco Castromán, who run the Mad Cool promotions company, but they decided to set themselves a challenge: "We want them to come to Malaga every year," they explain.

Their idea is to bring big names to Andalucía Big Festival, a macro-event which is expected to attract over 100,000 people to Malaga city from 8<sup>th</sup> to 10<sup>th</sup> September this year. Two international stars have already signed up: Muse and Jamiroquai, for what will be their only date in Europe. There will be 52 bands altogether, but so far the names of only half of them have been released. "The rest won't disappoint," say the organisers. They will play on three stages in the 50,000 square metre arena next to the beach. Tickets will be put on sale once the programme is complete.

Andalucía proposes giving fourth Covid jab.

Andalucía proposes giving a 4<sup>th</sup> Covid jab to elderly people in residential homes. More than six months have passed since they had their third dose of the vaccine and their immunity is wearing off. The Junta de Andalucía is putting pressure on the government to allow elderly people in residential homes to be given a fourth dose of the coronavirus vaccine, and maybe even those over the age of 70 who live in their homes.

Spain has taken in 110,000 Ukrainian refugees to date. Around 110,000 Ukrainian refugees have arrived in Spain since the conflict broke out, and 47,000 have so far been granted asylum, national president Pedro Sánchez reveals. This week, he has visited three of the four refugee welcome centres set up to handle arrivals' immediate needs before rehousing them elsewhere in the country, depending upon resources available in different regions or, where applicable, close to family members they already have living in Spain. Sánchez has been to the centres in Alicante, Madrid and, more recently, Barcelona, and had scheduled a visit to the hub in Málaga.

Although only 47,000 of the 110,000 have acquired 'special temporary protection' – which includes a three year residence visa and work permit, possibly to be extended if the conflict continues or the arrivals feel settled in Spain and want to stay put – the State authorities are working through the list and all refugees from Ukraine will be given automatic leave to remain eventually.

Ukrainians who were already living in Spain before the invasion and did not yet have legal residence will be granted this based upon their nationality alone, or if their permit is due to expire, this will be renewed without question, given that it is unsafe for anyone originally from Ukraine to return to their home country for the foreseeable future.

Costa del Sol towns to set up emissions-free zone.

Seven towns on the Costa del Sol are due to set up 'low-emissions zones' thanks to European Union funding. Air pollution is directly responsible for around seven million deaths worldwide per year – about one in every 1,000 inhabitants – and transport is the biggest generator of unclean air; also, carbon dioxide emissions trap heat within the earth's atmosphere, contributing to climate change and extreme weather. To this end, towns all over Spain with a population of 50,000 or more are now

Continued on page 16

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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.

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### Urb. San Juan Capistrano, Nerja

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

**Price: 299,000 euros Ref. JG966**



### Urb. Nerja Medina, Nerja

This refurbished ground floor apartment has a very bright interior with lots of natural light. There is a spacious terrace facing west, and the kitchen and living area have an open floor plan that leads to the terrace. There are two bedrooms and one bathroom with walk in shower. Due to its central location and excellent condition, this property would make an excellent holiday home or rental investment. A/C in living area and main bedroom.

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### La Alcazaba, Tamango Hill

This apartment has a spacious east facing terrace with fantastic views of the Almirajara mountain range and some sea views. There is a bright lounge and dining area with sliding patio doors leading out on to the terrace. The kitchen is fully furnished and has a serving hatch overlooking the living area. There are two bedrooms, both with fitted wardrobes, and two bathrooms, of which one is en-suite. The property has central air conditioning and heating throughout. In addition, the apartment has a garage included in the price.

**Price: 249,000 euros Ref. JG971**

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required to create low-emissions zones, and can claim cash from the EU Next Generation Fund to help them out. Estepona will receive just over €1.5 million to keep its air clean. This goes beyond merely banning cars from a town-centre area, as people and goods need to get about, so it covers public transport reinforcement, cycle lanes and electrically-powered vehicles, among other actions. Even planting trees may fall within the scope of the funding, since they are one of the planet's best allies against air pollution – they 'drink' CO2 and pump out oxygen. Cash awarded to major Costa del Sol holiday hotspots will be substantial, and is based upon the size of their population. The largest amount goes to Málaga city, just over €10 million followed by Vélez-Málaga with a little over €3.7 million and Benalmádena with nearly €2.9 million. Torremolinos will be given just short of €2 million, Estepona slightly over €1.5 million, with the final two getting six-figure sums. Fuengirola will receive €462,000, and the quaint, historic and traditional town of Nerja, popular with holidaymakers who want to experience 'real Spain' and the Costa del Sol vibe on the same trip, receives just over €492,000.

Spring continues to bring great shows to the Villa de Torrox Municipal Theatre. Councillor Salvador Escudero presented some of the shows coming up in the following months, adapting to different audiences. He expressed his satisfaction with how this first edition of the Flamenco In-Progress project is evolving thanks to which "Torrox has become in recent months a creative meeting point for artists of recognized international prestige and new values of flamenco from different scenic expressions and different generations thanks to this pioneering program of creation residencies", said



Escudero.

The next showt will be on May 21<sup>st</sup>. 'Tercer Cielo', a work that brings together the excellence and flamenco talent of Rocío Márquez from Huelva and the urban and electronic sounds of Bronquio from Jerez. With lyrics by contemporary poets like Carmen Camacho and Macky Chuca, both artists put together a puzzle to sing to the challenges of humanity and bring flamenco closer to new audiences. We will have to wait until June 3 to discover the project of the company of Ana Morales. 'Peculiar' is a show in the making for 3 bailaores and 4 musicians that evokes what is different, special, unique and rare. You are able to enjoy a discount when buying a special season ticket, the ticket price being €8 each show instead of €10, if they are purchased individually. The entire program can be seen on the Facebook page of the Villa de Torrox Theater and on the mientrada.net website,

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## TIME TO FORMALLY BECOME A TAX RESIDENT IN SPAIN.

**According to the Spanish Law all individuals who are living in Spain for more than 183 days a year are tax residents in Spain and have to pay taxes in Spain for their worldwide income.**

Many foreigners living in Spain permanently, (for more than 183 days a year), do not pay any taxes in Spain, or submit annual income tax returns. Some do not submit annual tax returns out of ignorance of the law, and others because they are afraid of paying high taxes. Everyone should be aware that ignorance of the law is no excuse. A Tax return should be submitted annually, and taxes should be paid when applicable by all tax residents in Spain.

In the past the Spanish Inland Revenue has not controlled the situation of those foreigners living permanently in Spain, despite the fact that authorities are aware of this important group of people. Some years ago the situation changed, and due to the financial crisis, the Spanish Government intended to tighten up its control of all foreigners living in Spain to ensure that they pay taxes where due, and thus avoid thousands of people receiving free health services without paying taxes and without having the legal right to get them. The Spanish Government decided to be stricter with the legal requirements that allow people to get Spanish health cards so it is not enough to just register with the local Town Hall (called "Empadronamiento") in order to get treatment.

Therefore, NOW is the time to formally become a tax resident in Spain by submitting your annual income tax return for the tax year 2021, this should be done during the months of May and June 2022.

There are many good reasons for doing this. It will enable foreign residents to:

1 - Confirm to the Spanish tax authorities without doubt, that they, the tax resident, is living in Spain, and paying taxes when applicable.

2 - Have the legal right to receive a health card which allows

access to the Spanish Public health system.

3 - Avoid the 3 % withholding tax when a real estate property is sold. This tax is applicable to foreigners who sell a property and cannot prove that they are a tax resident in Spain.

4 - Benefit from the inheritance tax advantages and allowances applicable to tax residents in Spain (i.e. no inheritance taxes between spouses on the main home).

5 - Be considered a tax resident in Spain, thus avoiding the income tax applicable to non-resident foreigners who are owners of a real estate property in Spain (tax form 210).

It is important to mention that most foreigners living in Spain are pensioners with low monthly pensions, so they should be aware that they probably will not have to pay any income tax in Spain as the result of their tax return would most likely be zero. However, it is still recommendable to submit an annual tax return, (even if the result is zero and no tax has to be paid), to enable them to be able to take advantage of the above points.

**CONCLUSION:** If you are foreigner living permanently in Spain (for more than 183 days a year) we would recommend that you submit an annual income tax return during the months of May and June for the tax year 2021. By doing this, you will confirm to the Spanish Tax Authorities that you are, without doubt, a tax resident in Spain, you will avoid any potential problems or fines, and will have all the legal rights that the Spanish Laws recognizes are due to all individuals residing legally in Spain and duly paying their taxes here.

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

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# The Dog-Friendly Garden

by Ayshica

Cute picture right! This was taken a few years back when this hoop house was almost all the gardening space I had. It was Mothers day and we had been out all day. A quick Trader Joes pre-packaged dinner was in order. We started to set up a little table and chairs, and food in the hoop house. We went indoors for the rest of what we needed and came out to find this. Whiski decided it was a good spot for him to enjoy dinner! Surprisingly he did not get into the food that was on the table, but that was probably because we were back out before he could. What does this have to do with gardening you ask? My dogs are always in the garden when I am out there and I am guessing yours are too.

It is on Rebecca's Nelson's suggestion that I write this post to consider the plants that are safe and beneficial for our dogs. For many of us, there's a dog or two, or even more that keep us company as we tend our gardens. It may be time to think about what plants



would be good for them. Dogs are natural explorers and having plants that are safe and enjoyable for them in the garden space means peace of mind for you and more fun stimulation for them.

Over the years I have noticed that my dogs always nibbled on young corn plants and even lemongrass. When I first noticed this, I started planting a small pot of pet grass for them to

enjoy. However, they eat much more from the garden than just a few blades of grass. There are many veggies, herbs, and even some fruits that are beneficial to our best friends. When considering any suggestions, always be mindful of allergies your pet may have.

## Grass For Dogs

Dogs have always instinctively nibbled at grasses. Grass contains essential

minerals and nutrients that are beneficial, improves digestion, and in some cases soothes an upset stomach. Additionally, it is possible that they simply enjoy the taste of it! Regular summer and winter lawns are fine for nibbling, but make sure they are not treated with chemical herbicides and pesticides. Grass also provide a cushy spot for a little dog nap. Plant the following to keep your dog well

supplied with a bit of grassiness.

## Corn:

Good for aiding digestion, rich in minerals.

## Oat straw:

Very nutritious and helps with dry skin conditions and coats.

## Barley:

Strengthens the immune system, aids digestion, and improves skin and coat.

## Wheatgrass:

Rich in iron, calcium, magnesium, and many more nutrients. It is also a source of protein.

**Millet:** Another good source of minerals and some iron. All grasses are rich in chlorophyll which improves overall wellbeing and oxygenates and builds blood.

A few taller ornamental grasses would also be fun for your best friend to play games of hide and seek. Do not use foxtail grass as it is very harmful to animals.

**Note: Some dogs are allergic to grasses. It would be best to keep grass out of the garden for these dogs.**

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## Make Your Own Pet Grass Blend

Make your own highly nutritious pet grass blend by combining wheatgrass, barley, millet, and oat straw seeds in any ratio. Do not use pearled barley from the grocery store, it will not germinate. It is easy to do this even if you live in an apartment and only have a small patio. If the pet grass grows much faster than your dog is enjoying it, snip off the extras, and use as green manure on your other plants. They will keep growing back and planting can be refreshed 2-3 times a year.



Scrambled eggs with carrots, zucchini, parsley and flax seeds

## Herbs For Dogs

Herbs are beneficial in the diet, for grooming purposes, and to help when dogs are not feeling too well.

**Thyme:** Use in food to help with digestion and as a breath freshener. Patches of thyme will also help to repel bugs.

**Oregano:** Rich in antioxidants and helps with digestion, gas, and diarrhea.

**Rosemary:** High in calcium, iron, and vitamin B6. Use to flavor meals. Rosemary is also excellent as a tea added to the rinse water on bath day. It soothes skin and keeps away bugs.

**Peppermint:** Peppermint is helpful for upset tummies, and even travel sickness. Too much peppermint can affect the kidneys, use in small doses.

**Basil:** Besides being yummy, basil also has antioxidant, antiviral, and antimicrobial properties. Add chopped basil to your dog's food as often as possible. Don't forget holy basil which is an adaptogenic and supports overall wellbeing and helps the body to better cope with stress factors.

**Parsley:** An excellent addition to your dog's meal. It is known for its breath freshening properties but it is also rich in antioxidants, lycopene, and carotenes.

**Plantain:** This is an excellent herb to have in the garden for both dogs and humans. Plantain herb (*Plantago major*) should not be confused with plantain banana. Plantain is used when there is a bit of trouble. It has "drawing" properties, drawing out toxins from the body. It can be used as a tea added to the drinking water, as an oil both topically and internally, and even ripped into thin strips and fed to a dog. If a dog gets into something concerning this is one of the best herbs to have on hand. Together with calendula, it is also excellent to calm and treat scorpion stings by using externally and internally.

## Vegetables For Dogs

Most dogs will develop a fondness for a large variety of vegetables. They can be offered as treats or added to meals. Here are some of the easiest ones to add to your dog's diet.

**Carrots:** There is seldom a dog who will turn down carrots. They love the crunch and sweetness. Older dogs will appreciate softer cooked carrots. (my sweet Noel knew where the carrots were planted and would stand next to some when she wanted a fresh-picked carrot). Not all dogs will be as polite, be prepared for some to help themselves to the goodies once they have discovered where it has been planted.

**Radishes:** Some may enjoy these, others may not. Radishes are not harmful to dogs and once again it is the crunch they really enjoy. Radishes are part of the brassica family and should be given in moderation.

**Celery:** Great as a breath freshener but few dogs will really take celery if offered. It is better used added to their food.

**Beets:** Be prepared for some messiness if feeding red beets. This is one best-fed outside (or you may find it being enjoyed on the white sofa)! Steamed beets are a great addition to dog food or as a treat.

**This is a 3 part article. Part 2 will be in the next issue of Streetwise magazine.**



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**Viñuela** New this month!

New development – 3 bed, 2 bath villa (207m<sup>2</sup>) with fantastic lake views. A spacious property with private pool, gardens and ample basement. Predicted to be completed by the end of summer 2023.

**EPC: B**

Price: 330.000 euros ref: v1448



Online video **Cómpeta** Fantastic B & B!

Stylish boutique bed & breakfast guest house (122 m<sup>2</sup>) run as a successful business. The property is fully reformed to a very high standard. With 4 double en-suite guest rooms and a single guest room with separate shower room. Located in a prime situation

**EPC: E**

Price: 450.000 euros ref: b1428



**Cómpeta** New this month!

Beautiful and spacious 3/4 bed 1 bath townhouse (111 m<sup>2</sup>) with large roof terrace, sea and mountain views. Access by car and close to all village amenities. The perfect full time or holiday home.

**EPC: in process**

Price: 149,950 euros ref: t1458



**Viñuela** New this month!

New development – 3 bed, 2 bath villa (113m<sup>2</sup>) with fantastic lake views. A spacious property with private pool and gardens. Predicted to be completed by the end of summer 2023.

**EPC: B**

Price: 265,000 euros ref: v1450




Online video **Canillas de Albaida** Walking to village!

Delightful, modern 3 bed, 2 bath villa (165m<sup>2</sup>) with a large garage and utility room. Located within walking distance of the village. Spacious accommodation, great outside space and easy access make this a superb property.

**EPC: E**

Price: 319,000 euros ref: v1355



Online video **Cutar** Fantastic views!

Lovely townhouse with 3 beds and 1 bath (128m<sup>2</sup>), roof terrace and patio and a garden, located in the heart of the village, close to all amenities.

**EPC: E**

Price: 115,000 euros ref: t1363

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 8% and any mortgage set up costs.





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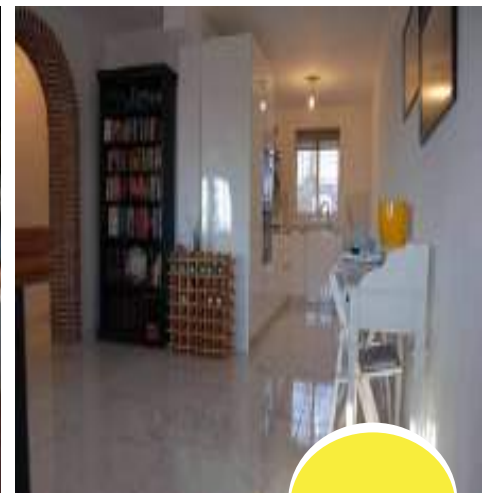
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## Ladies, Gentlemen and Kurt,

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](mailto: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

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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](http://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

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\*PayPal donations are also accepted through our website [www.casnerja.webs.com](http://www.casnerja.webs.com), under the "Donate" tab.

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# Axarquia Animal Rescue



have got the name Haze. A nice man found me and contacted AAR who found me a lovely foster home. I am very friendly and affectionate. I love having cuddles and I love company, human and cats and other dogs. I am a quick learner and I love to please. I am going to be a big boy when I grow up. If you would like to give me my forever home, please email:-

[axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

## Paloma - AAR 2510

Found alone in a car park, wet, cold and scared just after the sand storm. She has settled well in her foster home, and is getting on well with all the other dogs. Approximately 7 years old, and small English Setter type. Paloma is learning to walk on a lead and harness, and is great when out, she will just sit under the table, and hope you drop some food. She loves a cuddle, and is very good in the house. Paloma is being treated for Mastitis, and will be neutered as soon as possible. For more information email:-

[axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

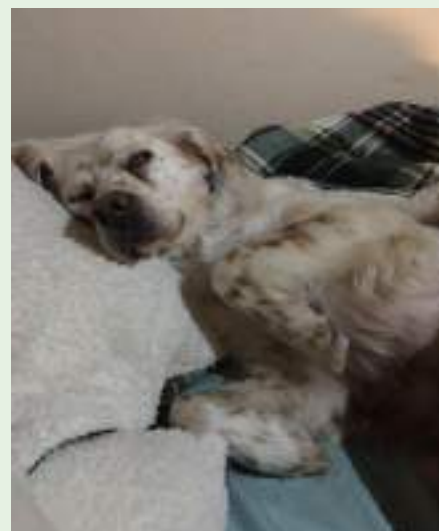
## Haze - AAR 2508

Hi I'm Haze. I am a young male pup I am about 4 months old. I was found wandering around Puente Don Manuel in the first Calima, that's why I



## Pixie - AAR2511

Pixie is one of the our latest AAR rescue dog. Pixie was roaming around a property between Iznate & Almachar and the owners fed her but couldn't keep her. Pixie is a female Podenco Cross about 9-10 months old & she is in kennels. She will soon start her vaccines and prepare herself for rehoming. Pixie will be soon available for



adoption here in Spain, Europe or UK. For more information on how to adopt Pixie, please email AAR at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

**Meet Muffin**, a cute little kitten about 4 days old. He/she was found in someone's garden all alone. Now in a foster home receiving round the clock love and care. Muffin is very young and very vulnerable, please everyone keep yours fingers tightly crossed for this little kitten. You can follow Muffin with the link to his/her webpage:

[www.axarquiaanimalrescue.com/meetme.php?id=2512](http://www.axarquiaanimalrescue.com/meetme.php?id=2512)

Thankfully these kittens have survived so far, they are so vulnerable at this age. If anyone could help to foster 2, or interested in adopting when they are old enough, please contact us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

These 4 kittens were found in a tied plastic bag in the bins. They were about 4 days old.

Their finder said:  
"I had to physically get into the bin to get them out. An old boy even came and dumped his rubbish in while I was in the container 😞"

They were in a tied up carrier bag, with an empty tuna tin, plastic wrapper from him, empty beer cans, orange peel and soiled toilet tissues."

Now about 8 days old, very young and vulnerable. Keep everything crossed for them

email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

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**Introducing Muffin AAR2512**

Estimated as being 4 days old, Muffin was found alone. She/he is very young and very vulnerable.

Keep your 🙌 tightly crossed for this cute little kitten

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professional puppy school absolutely crucial, regardless of your training expertise or having other dogs at home. By interacting with other puppies at a young age, your puppy will be able to experiment with different types of play and posturing from play bows to wrestling to chase. Learning to read and communicate with other dogs using this doggy language will help your dog to play and interact successfully with other dogs into adolescence and adulthood.



## The Importance of Puppy Training

Bringing a new puppy home is full of excitement and responsibility. A well-trained puppy has the opportunity to be at your side in a variety of environments and activities. They also have the confidence and social skills to interact with other people and dogs in a safe way.

Every owner dreams of having a well-behaved puppy, but the reality is it takes puppy training, consistent practice, and patience before a puppy can grow up to be that way! Many puppy owners become discouraged early on and some don't ever enroll their puppy in professional puppy training to begin with. The outcome, unfortunately in certain cases, ends up the same where puppies grow up with behavioural issues. Maturing into an adult dog without the chance of puppy training leaves many of these pups at risk of finding themselves re-homed or in a shelter.

I've learned over the that the biggest issues that puppy owners face is the lack of access to support, having structured learning plans, and proper instruction to apply those puppy training skills. So, if you brought home a new puppy and aren't sure if puppy training is the right investment, I can assure you it is! An investment in your long-term happiness together and for their well-being!

In the past, Puppy School may not have been seen as an important responsibility when bringing a new puppy into the family. However, we now understand the importance of socialisation and early training in our puppies during the crucial imprinting stage between 8 and 18 weeks of age. This is a time when puppies are most open to learning and accepting new situations and experiences.

Puppy School is targeted specifically to puppies of this age to expose them to a variety of people (males, females, tall, short, lanky, round, glasses, beards etc) and a variety of dogs (large, small, fluffy, smooth, timid and boisterous) to learn how to interact appropriately with them in a safe and controlled environment. This is the first step in developing a balanced adult who is confident and friendly around people and dog. It's important to continue socialising your dog to as many sights, sounds, and smells as possible throughout adolescence, but this early imprinting period is seen as perhaps the most important. This makes attending a

I have many years' experience and expertise in canine behaviour as well as having taught puppy classes for over 10 years, and can focus on encouraging and rewarding the right behaviours with praise, treats or games as well as identify appropriate play versus bullying or intimidation, and ensure that these early experiences are positive for all the puppies involved. Unfortunately, an instructor without this knowledge and experience can possibly do more harm than good.



Puppy School is for owners too! It also helps to educate the owners on how to set a puppy up with good manners from a young age. Even experienced dog owners can benefit from reminders of useful puppy tips for toilet training, jumping up, walking nicely on lead, chewing, and teething issues etc. While basic obedience commands are covered, learning social skills and manners are just as important as sit, down, stay etc at this young age. Puppy School Classes are held at Dog School Nerja on a Thursday morning. If you have a new puppy and you'd like to know more about Puppy School, or to find out how to join any of the classes at Dog School Nerja, then you can get in touch on social media or the website at [www.dogschoolnerja.com](http://www.dogschoolnerja.com) or by dropping me an email to [karen@dogschoolnerja.com](mailto:karen@dogschoolnerja.com)



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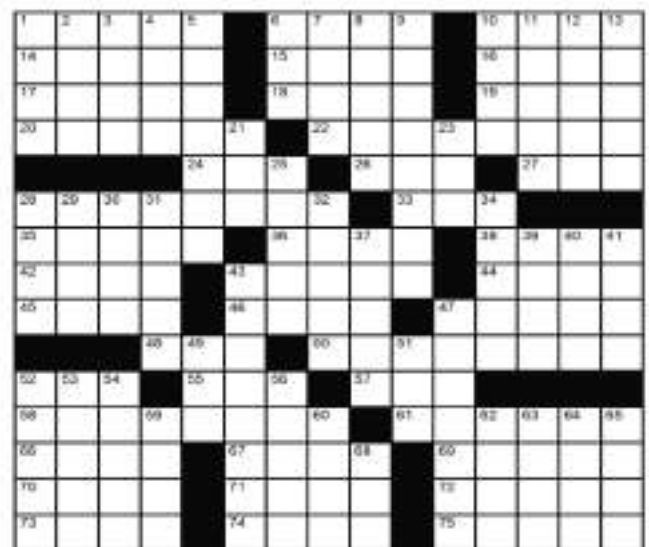
### Across

1. Let  $P = 0.5u$ , where  $P$  is population and  $u$  is number of \_\_\_\_ done by Thanos
6. Oldest son of Eddard Stark, nephew of Lyanna
10. Research facility, abbr.
14. Cupless
15. Alokazen and Kadaba pre-evolution
16. Pokémon's silent Mister
17. A in MOBA
18. Analog device knob
19. Era
20. Thanos' (favourite) adopted daughter
22. Thanos' favourite photo app?
24. Soviet state security, acronym
26. Double helix chains
27. Proceeds except or catch
28. Peter Jason Quill, alternatively
33. Delate command
35. March 14th
36. Slimey D&D creature
38. North American game timer, acronym
42. At a distance
43. Disliked
44. Borokhov's 2 female character
45. What belongs to you, but others use it more than you do?
46. Common Turkish name
47. Scientist and *Cosmos* host, Carl
48. The Sm
50. High in demand after "The Snap", probably?
52. Select
55. 0
57. Sean Connery, Patrick Stewart, or Ian McKellen, e.g.
58. Thanos' golden glove

61. Thanos' (other) adopted daughter
66. Zora Princess in 49-Down
67. Hip bones
69. Fable writer
70. Tesla CEO and the web's favourite supervillain, Mark
71. Movie
72. Fortified castle towers
73. King
74. Board member, for short
75. 5 kills in 1 life will get you one

### Down

1. Grab
2. *Heroes'* actress, Zahner
3. Interruption
4. Wide photo, for short
5. Tomy said to Cap, severely?
6. Sick or cool
7. Kenshi cosplayers
8. To mark with a hot iron
9. "Pretty, isn't it? Perfectly \_\_\_\_ as all things should be."
10. Apple computer
11. It's dark (and full of terrors)
12. Inklings or Amaterasu might do this
13. An irritable investigator
21. "A lifetime \_\_\_\_ I too sought the stories."
23. m8y
25. Wade, cutting sword
28. Range
29. *FFVII*'s Lockhart
30. Marvel's Warlock, Him
31. Coveted cards
32. Pointillism
34. To plot again



37. *FFVII* BBEG
39. Epic series
40. Deadpool and Pilachra voice actor, Reynolds
41. Mods give these to flames and trolls
43. Thanos' favourite sci-fi game?
47. 22-Across combo
49. First 3D Zelda title, acronym
51. Immoral act
53. Steak, Revolver, and Mulgareth, e.g.

53. Swiss Physicist, Wolfgang
54. Homework helper
56. PewDiePie, inf
59. Zero
60. Scrabble piece
62. Analog computer advice
63. Mouse manipulator
64. Stride
65. Semicircular recess
68. The Walking Dead star



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## SUDOKU PUZZLE

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

## Word Search

Heart Health

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

ACTIVE	EXERCISE	LEADER	SMOKING
ALCOHOL	FACIAL	MEALS	STRESS
BREATHING	HEALTHY	MEDITATION	STRESSFUL
CARDIO	HEART	RELAXATION	SURVIVAL
VASCULAR	HYDRATED	RELIEF	VEGETABLES
DISCIPLINE	KILLER	RISK	WOMEN







## A Roman style sandal from 300 C.E, found under the ice in the mountains of Norway.

by Kaleena Fraga

Archaeologists suspect that the sandal was worn with fabric or animal skin fashioned as a primitive sock. The Roman attributes of the sandal seem to suggest that ancient people had contact with the outside world, according to archaeologists. In the fall of 2019, a hiker notified archaeologists in Norway about a curious find in the Jotunheim Mountains, a raggedy shoe. Well aware that the melting ice often revealed ancient treasures, a team from Secrets of the Ice went to investigate and found a 1,700-year-old sandal.

"[The hiker] sent us GPS coordinates and photos, and left the discovery in the ice," archaeologist Espen Finstad of Secrets of the Ice told Live Science, noting that his team had to act fast to recover the sandal from an area of the Lendbreen ice patch before a snowstorm.

The archaeologists then examined the sandal. Using radiocarbon dating, they determined that it originated in 300 C.E., or some 1,700 years ago. Though they've uncovered numerous shoes, this is the oldest they've ever found, and it's unique in its construction.

But they wondered how the sandal had ended up in the snowy mountains in the first place.

"I do a lot of hiking in the mountains, and you know, I find myself thinking, why would you wear that shoe



up here... it's just very open," Finstad told Science Norway. "Full of patterns and holes. But it was there. We found it on the ice." The sandal, Finstad explained, looks stylistically like Roman sandals of the same era.

Though it seems impractical for the ice and snow, he suspects that its owner wore it in a way that protected their feet. "It's easy to joke about a Roman tourist who didn't quite understand much about the



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country he was visiting," Finstad said. "But in any case, I believe the people who walked these routes most likely knew what they were doing. They would have worn something inside this shoe that made it work. Perhaps scraps of fabric or animal skin." Indeed, archaeologists suspect that the sandal wasn't lost by a hapless hiker. Instead, it was probably discarded once it became damaged or worn. "Why did people lose their footwear in the snow?" Secrets of the Ice archaeologist Lars Pilø wrote on Twitter.

"They probably didn't — the shoes are worn out and probably thrown away as rubbish." He added: "Well, we don't think this shoe is rubbish." Finstad said that his team found more than the Roman sandal when they investigated the area — they also recovered "horse dung, textiles, leaf fodder, arrow shafts, and other items."

Finds like these, he said, illustrate the rich history of Norway's lonely mountain passes, which were once traversed by travellers and traders.

"It tells us that what today looks like a wild and desolate mountain landscape has been a prehistoric traffic landscape and that it is full of traces of humans," he explained. "People have not been afraid to move out into tough mountain areas. They have travelled long distances and had contact and exchange."

To Science Norway, he said, "You have this vast wilderness, with no traces of humans. But then you realize it's actually brimming with clues.

Little clues at first, but then when they multiply, and you can see them all together, this whole new story appears."

Secrets of the Ice has investigated sites like this for over a decade, and each new find builds a more complete picture of how ancient people used the mountains.

Recently, the archaeological team also uncovered 1,700-year-old reindeer hunting tools, including arrows, at the mountains peak of Sandgrovsundet.

"It's a giant puzzle," Finstad said.

"We've been close to figuring out where these mountain passes go for a while, we've been out there looking for clues. And then these finds appear and reveal one of them. It's just very exciting."



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### **ARIES:-** (March 21<sup>st</sup> - April 19)

The efforts you have made over the past few weeks are about to be rewarded. Don't let anyone tell you that your success is primarily down to luck. It's your vision, combined with sheer hard work, that has brought you to this point.

**Luckiest day: Wednesday**

### **TAURUS:-** (April 21 - May 21)

The news you receive today will not only delight you but also make it easier to explain to family and friends why it would be in their interests to follow your lead. With Mercury moving into your sign you'll really be on the ball mentally.

**Luckiest day:- Saturday**

### **GEMINI:-** (May 21 to June 20)

Someone you meet on your travels over the next few days could become a really good friend, and maybe something more, in the weeks and months to come. Be open to their explanations and suggestions, even those that go against what you personally believe.

**Luckiest day:- Friday**

### **CANCER:-** (June 21 - July 22)

Someone in a position of authority clearly thinks a lot of you and will respond positively if you let them know you are ready to take on more responsibility. This is your opportunity to move up in the world. Don't be too timid to take it.

**Luckiest day:- Saturday.**

### **LEO:-** (July 23 to August 22)

The planets warn if you try to cut corners today, especially on the work front, your social and professional standing could suffer. You have a reputation for honesty and fair play and if you lose that you could lose a lot of your influence too.

**Luckiest day: Sunday**

### **VIRGO:-** (August 23 - Sept. 22)

You won't hesitate to do good deeds for people you know over the next 24 hours but you should try to help strangers too. If someone you meet on your travels seems to be down on their luck make it your task to lift them up again.

**Luckiest day:- Thursday**

### **LIBRA:-** (Sept. 24 - October 23)

Relationships of all kinds are under good stars at the moment and if you make an effort to get along with people, even those you don't much like, you will benefit in various ways. On the romantic level you'll know how to make loved ones feel special.

**Luckiest day:- Friday**

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

If you find yourself bogged down in details on the work front then you may need to do something drastic, something that smashes through the petty restrictions that are holding you back. Some people will complain, of course, but you can safely ignore them.

**Luckiest day:- Sunday**

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

Resist the urge to get what you desire through force or by making threats. Today's Mars-Mercury link means you can find the right words to persuade friends and colleagues to hand over what you need, so why would you want to start a fight?

**Luckiest day:- Friday**

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

You would be wise to avoid getting involved in matters that don't concern you, especially if they involve friends who are having relationship problems. Almost certainly you will end up in the middle getting stick from both sides, so keep your distance.

**Luckiest day: Friday**

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

With Mercury moving through the communications area of your chart and linked to energy planet Mars you won't hesitate to express your opinions on any and every issue under the Sun. Others will admire your passion, even when they disagree with you.

**Luckiest day: Sunday**

### **PISCES:-** (Feb.19 - March 20)

The only danger today is that you could find yourself involved in a tug of war between two people who desperately want your support and approval. This is one of those occasions when you cannot afford to take sides, so insist on staying neutral

**Luckiest day: Sunday**

# Horoscopes.

*by Kristian Marconi*

# SUISSE HOME



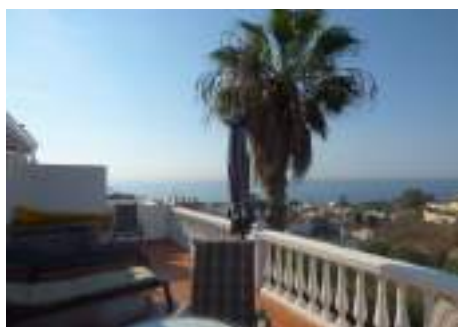
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### Zucchini Lasagne

#### Cheat's Zucchini Lasagne

**Preparation time:-** 10 minutes

**Cooking time:-** 20 minutes

#### Ingredients:-

2 tbs extra virgin olive oil 2 tablespoon extra virgin olive oil  
1 brown onion, finely chopped 1 brown onion, finely chopped  
3 cloves garlic, crushed 3 cloves garlic, crushed  
60g baby spinach leaves 60 grams baby spinach leaves  
400g Napolitana pasta sauce 400 grams Napolitana pasta

sauce

2 Odd Bunch zucchini, peeled into ribbons 2 Odd Bunch zucchini, peeled into ribbons

375g fresh lasagne sheets, cut crossways into 4.5cm-wide strips 375 grams fresh lasagne sheets, cut crossways into 4.5cm-wide strips

220g Woolworths traditional bocconcini, drained, halved 220 grams Woolworths traditional bocconcini, drained, halved

40g parmesan, finely grated 40 grams parmesan, finely grated

1/4 bunch basil, leaves picked 1 quarters bunch basil, leaves picked

#### Preparation:-

Heat oil in a 22.5cm (6cm deep) round ovenproof frying pan over medium-high heat. Cook onion and garlic for 3 minutes, stirring, or until onion has softened. Add spinach and cook for 1 minute, stirring, or until wilted.

Combine pasta sauce and 1 1/2 cups water in a jug. Add zucchini and pasta to pan, then pour over sauce mixture and stir to coat pasta. Bring to the boil. Reduce heat to medium and simmer, covered, for 5 minutes. Uncover and simmer for 5 minutes or until pasta is just tender. Remove pan from heat.

Preheat grill to high. Scatter lasagne with bocconcini, parmesan and half of the basil. Grill for 4 minutes or until cheese is golden and has melted. Top with remaining basil, then serve.



#### Classic Meatloaf with mashed potato topping

#### Classic Meatloaf With Mashed Potato Topping

**Preparation:-** 15 minutes

**Cooking time:-** 55 minutes

#### Ingredients:-

1 tbs extra virgin olive oil 1 tablespoon extra virgin olive oil  
1 brown onion, finely chopped 1 brown onion, finely chopped

4 cloves garlic, crushed 4 cloves garlic, crushed

2 slices Woolworths white bread, torn into 2cm pieces 2 slices Woolworths white bread, torn into 2cm pieces

1/3 cup milk 1 thirds cup milk

500g beef mince 500 grams beef mince

250g pork mince 250 grams pork mince

1 free range egg, lightly beaten 1 free range egg, lightly

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beaten

1/4 cup tomato sauce 1 quarters cup tomato sauce

1 tbs Worcestershire sauce 1 tablespoon Worcestershire sauce

2 spring onions, thinly sliced 2 spring onions, thinly sliced

1/4 bunch continental parsley, leaves picked, 1/2 finely

chopped 1 quarters bunch continental parsley, leaves

picked, 1/2 finely chopped

475g potato mash 475 grams

165g traditional liquid gravy, warmed 165 grams traditional liquid gravy, warmed

**Preparation:-**

Heat oil in a small frying pan over medium-high heat. Cook brown onion for 4 minutes, stirring, or until softened. Add garlic and cook for 1 minute, stirring, or until fragrant.

Remove pan from heat. Set aside to cool slightly.

Meanwhile, place bread in a small bowl. Pour over milk.

Stand for 10 minutes or until milk has been absorbed.

Using hands, mash bread to break down.

Preheat oven to 200°C/180°C fan-forced. Grease a 11 x 21cm (7cm deep) loaf pan. Line base and sides with baking paper, extending paper 3cm above edges.

Place beef and pork mince, egg, sauces, spring onion, chopped parsley, bread mixture and brown onion mixture in a large bowl. Season. Mix well to combine. Spoon mixture into pan, pressing with back of a spoon to compact. Bake for

Heat mashed potato and gravy according to packet instructions. Spread potato over meatloaf. Serve drizzled with gravy and topped with remaining parsley leaves.



**Chickpea, Carrot & Parsley Salad**

green parts (about 4)

3 tbs. fresh lemon juice

1 tsp. ground coriander

Kosher salt and freshly ground black pepper

6 tbs. extra-virgin olive oil

1/3 cup crumbled feta cheese or toasted pine nuts

**Preparation:-**

Put 1/2 cup of the chickpeas in a mixing bowl and mash them into a coarse paste with a potato masher or large wooden spoon. Toss in the remaining chickpeas along with the parsley, carrot, radishes, and scallions. Stir to combine. In a liquid measuring cup, whisk together the lemon juice, coriander, 1/2 tsp. salt, and a few generous grinds of black pepper. Continue whisking while adding the olive oil in a slow stream. Pour over the salad and toss gently. Season the salad with salt and pepper to taste. Top with the feta or

pine nuts, if using, and serve immediately.

Serve with warmed pita bread, sliced into wedges.

**Pea, Feta & Rocket Frittata****Preparation time:-** 5 minutes**Cooking time:-** 20 minutes**Ingredients:-**

1 tbs extra virgin olive oil 1 tablespoon extra virgin olive oil

1 zucchini, halved lengthways, thinly sliced 1 zucchini,

halved lengthways, thinly sliced

2 cloves garlic, crushed 2 cloves garlic, crushed

1 3/4 cups frozen peas 1 and 3 quarters cups frozen peas

60g baby rocket leaves 60 grams baby rocket leaves

8 free range eggs 8 free range eggs

1/2 cup milk 1 half cup milk

1/2 cup shredded cheese 1 half cup shredded cheese

20g parmesan, finely grated 20 grams parmesan, finely grated

70g feta, crumbled 70 grams feta, crumbled

**Preparation:-**

Preheat grill to medium-high. Heat oil in a 22.5cm (base

measurement, 5.5cm deep) ovenproof frying pan over

medium heat. Cook zucchini for 4 minutes, stirring,

or until softened. Add garlic and 1½ cups peas and cook

for 1 minute, stirring, or until peas are warmed through .

Stir in half of the rocket. Meanwhile, whisk eggs and

milk in a large jug until combined. Season with pepper.

Pour egg mixture over pea mixture in pan. Sprinkle over

tasty and parmesan cheeses, then cook for 7 minutes,

without stirring, or until frittata edge starts to set.

Scatter over feta and remaining peas. Place pan under

grill and cook for 5 minutes or until frittata has set.

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# healthwise

## 20 Simple Health Habits

1. Drink a gallon of water every day. Drinking more water can impact brain health, heart health, and body weight in positive ways.
2. Walk for 30 minutes every day.
3. Do 25-50 lunges daily.
4. Do 50 heel raises.
5. Do 25 sit ups.
6. Eat one piece of fruit. When it comes to vitamins and minerals, people turn to supplements. And while supplements are great, fruits are a healthy natural source.
7. Make sure your plate consists of equal proportions of protein, a source of minerals and vitamins (vegetables), and carbs.
8. Develop the 2-minute walking rule for every hour you sit. Research has linked sitting for a long period with multiple health issues. As an employee, chances are that you are sitting in one spot for a long time on a daily basis. Set a timer to do a 2-minute walk for every hour you sit.
9. Step counting. Wear a step-tracking device and shoot for 10,000 steps per day. Even doing half of this goal is phenomenal!
10. Read five pages from a book. Reading the right books makes us smarter and keeps our brains sharp. But we all don't like to read, do we? To make things easier, pick a book and read just five pages at a specific time every day.
11. Journal. Keeping a journal is great for your mental health. Journaling your feelings about specific events helps you "talk it out" with yourself and helps you come to better conclusions as to how to resolve them.
12. Drink a fruit smoothie after your

morning walk to get your daily serving of fruits (and vegetables). We learned about eating a fruit a day from point number 6 on this list. But what if you don't like eating raw fruits and vegetables? Turn it into a smoothie you drink after your 30-minute morning walk.

13. Plan your meals each week. Planning your meals each week means you will put a lot of thought into what you will have for breakfast, lunch, and dinner each day. This means you are less likely to purchase items that are not healthy for you and focus on foods that give you the nutrients you need. Planning your meals also means you are less likely to spend money on expensive food places when lunchtime comes around at work. So you get a two-for-one win: you're keeping both your body and wallet healthy.

14. Make your own single-serve snack packs. Need a snack? Resist the urge to go to the vending machine by making your own single-serve snack packs. Beat those in-between meals hunger pangs and save money as well.

15. Eat fruit instead of eating a candy bar. You can apply this rule to any junk food item: replace it with a healthier food choice. This is one of those simple health habits that everyone can easily adopt.

16. Eat your last meal at least 3 hours before you go to bed. Apart from the obvious fact that eating and immediately going to bed can cause indigestion, recent research shows that your body has a circadian rhythm that is regulated by daylight and the time of day you choose to eat. If you eat too close to your bedtime, you are feeding false information to your body which in turn can lead to health problems along the line.

17. Avoid screens in your bedroom. Want to get better sleep? Avoid screens in your bedroom. Keep the TV, tablets, and cell phones out of your room for better sleep.

18. Get sleep. Make an effort to get between 6-8 hours of sleep at the very least. Because nobody enjoys a tired, cranky co-worker.

19. Have a bedtime routine. Tell your body it is time to go to bed by engaging in simple bedtime routines like showering, turning off all lights, and listening to soft music before.

20. If you have trouble sleep, avoid caffeine in the late afternoons.

Caffeine is our favourite stimulant for when we want to stay productive. And it can interrupt your sleep when it's time for bed. Avoiding caffeine in the late afternoons will allow your body to get rid of caffeine so that it doesn't interfere with your sleep.

And there you have it! Twenty simple health habits you can incorporate into your everyday life to help you live a healthier and happier life.

LUNES/MONDAY		MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY		JUEVES/THURSDAY		VIERNES/FRIDAY	
PILATES 9.15H		TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H		TORROX PILATES 9.15H	NERJA PILATES 9.15H	CLASES INDIVIDUALES	
		PILATES 10.30H				PILATES 10.30H		CLASES INDIVIDUALES	
FITNESS PARA MAYORES 12.00H		YOGA 11.30H		FITNESS PARA MAYORES 12.00H		YOGA 11.30H		CLASES INDIVIDUALES	
PILATES + HIPOPRESIVOS 16.00H				PILATES + HIPOPRESIVOS 16.00H					
PILATES 17.00H		YOGA 17.00H		PILATES 17.00H		YOGA 17.00H		TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA	
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H		YOGA AÉREO 18.30H		ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H		YOGA AÉREO 18.30H		COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP .A 12TH DEC	
ENTRENAMIIENTO FUNCIONAL GRUPO 2 18.45H		PILATES 20.00H		ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H		PILATES 20.00H		DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA	
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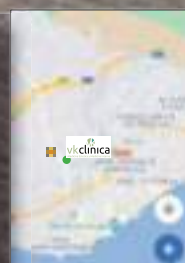
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# healthwise

## POST TRAUMATIC STRESS DISORDER

Post traumatic stress disorder or PTSD first became recognised as a diagnosable condition in the 1970s, mainly due to the treatment of veterans of the Vietnam war. Further research then started to draw attention to the effects of trauma caused, not only by war, but by physical, sexual and verbal abuse, serious accidents, work related events, serious health issues and natural disasters. In recent years the social isolation and financial stress caused by Covid has increased the numbers of sufferers worldwide.

### SYMPTOMS OF PTSD

**1. Always being alert for danger** - normally when danger triggers a stress response of fight, flight or freeze, our bodies and minds react quickly. We experience physical changes such as the release of adrenaline and cortisol, increased blood flow and tension to the muscles and rapid heartbeat and breathing, all of which prepare us to escape. When the danger is over, our bodies go back to a relaxed state. But with PTSD your body is nearly always in a heightened state of alert.

**2. Intrusive thoughts or 'flashbacks'**. These include distressing memories or feelings around what happened to you and can be triggered by sounds, smells or similar surroundings.

**3. Heightened anxiety and fear.** There may be obvious triggers or you may simply experience these feelings at random moments with no conscious recollection of why.

**4. Trouble sleeping or nightmares.** The heightened state of alertness often makes it difficult to go to, or stay, asleep as you never truly feel safe. Nightmares may also be flashbacks or they can be the subconscious mind trying to bring to your attention past issues that need to be dealt with.

**5. Irritability, angry outbursts or aggression.** Often PTSD sufferers have not been safely allowed to express their anger in the past. Repressed anger and other emotions have to be expressed eventually and this may occur in unwanted and uncontrolled situations. There is a saying, 'the feeling that cannot find its expression in tears will cause other organs to weep'. In other words, if tears of anger, hurt and sadness are not given free expression then they may cause physical illness in the body as well as behavioural issues.

**6. Feelings of guilt and shame,** especially having experienced childhood trauma or survivor's guilt. This guilt and shame is a serious issue often linking to depression, social anxiety, low-self-esteem and suicidal thoughts.

Continued on page 42

# Neuropathic Pain

**ANY FORM OF PAIN can be challenging for even the most astute physician. Neuropathic or nerve pain is particularly complicated to treat effectively for a variety of reasons, from a lack of an obvious source to the inability of the patients to describe their pain, to previous poor management with the wrong medications, allowing the pain to progress to a seemingly unmanageable state.**

Neuropathic pain has many diverse etiologies, including infections, inflammation, trauma, metabolic abnormalities, chemotherapy, surgery, radiation, neurotoxins, nerve compression, and tumor infiltration. The presentation of neuropathic pain varies from patient to patient. 'Allodynia' is pain resulting from a normally non-painful stimulus (the touch of clothing or bedding). An exaggerated pain response to a painful stimulus (a pinprick) is termed 'hyperalgesia'. Patients may also complain of 'hypoesthesia' or diminished sensations, 'paresthesia' or an abnormal sensation (e.g. crawling insects, walking on broken glass or fire), constant burning, sharp, shooting or stabbing electrical currents. Neuropathic pain can be symmetrical affecting the area of distribution of the nerves, or it can be asymmetrical and diffused. It may or may not be associated with other neurological symptoms such as numbness and weakness. Currently, we don't have a 'gold standard' objective test to confirm the presence or absence of neuropathic pain. Diagnostic studies, including imaging and nerve conduction studies, do not correlate well to the severity of pain. This makes a

carefully elicited description of neuropathic pain symptoms from the patient and a detailed clinical assessment critical to make a good diagnosis, understand the underlying mechanism, and determine the most appropriate and effective approach for managing neuropathic pain. Many people with neuropathic pain are often given escalating doses of opioids in an attempt to control their discomfort; it is not until much later that they are sent to pain management specialists. Opioids are rarely a good choice for the sole treatment of neuropathic pain.

Neuropathic pain medications, which include certain antidepressants and anti-epileptics (indicated for specific types of neuropathic pain), are rarely discussed with these patients in the early stages, and, unfortunately, are often first mentioned late in the disease's progression. Moreover, when I start suggesting these medications for the treatment of neuropathic

pain some patients give me a doubting look with a few saying 'I'm not crazy, I need a higher dose of meds... my pain is off the scale' or 'I'm in pain not depressed.' Controlling this neuropathic pain is an uphill battle for both patients and physicians alike. Whereas nociceptive pain can usually be pinpointed to an actual event (pain from a broken bone), neuropathic pain is vague and nondescript in nature. For many physicians, there is no sense of need to pull out the details from the ambiguity; a opioid pain killer prescription is given and the patient is out of the surgery. Except the discomfort most likely continues, with the patient now at risk for drug dependency, a whole new problem.

The following therapies for chronic pain can help enhance the quality of life and the ability to function for people living with neuropathic pain:  
**Pharmacological therapies** – e.g., nonsteroidal anti-

inflammatory drugs (NSAIDs), analgesics, tricyclic antidepressants, selective serotonin and norepinephrine re-uptake inhibitors (SSNRI), anticonvulsants, opioids.  
**Topical therapies** – e.g., lidocaine patch, capsaicin patch.

**Interventional therapies** – e.g., nerve blocks, trigger point injections.

**Advanced pain therapies** – e.g., neurolytic procedures (e.g., destruction of the offending nerve), neuroablation techniques (e.g., spinal cord stimulators), intrathecal drug delivery systems.

**Rehabilitative therapies** – e.g., physical therapy, occupational therapy.

**Psychological therapy.**

**Complementary therapies** – e.g., exercise, dietary supplements.

**Dr. Paula Anthony,  
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# The Benefits of Therapeutic Exercise in Cancer Patients:- During & After Treatment

## Physical exercise...always, but even better during and after the illness.

Cancer and its treatment cause an enormous impact that totally changes the life of those who suffer from it. It affects their autonomy, their mobility, their self-esteem, their ability to concentrate, their diet... That is precisely why we must think of a multidisciplinary approach to alleviate the side effects that the treatments are going to generate. If we understand the disease as a continuous line in time, we can better understand the importance of physical exercise in each of the cancer phases. Just as there are drugs and exact doses based on the type of cancer, patient, phase... there are also exercises and exact doses based on the same variables.

## Physical Activity in Each Phase

### Exercise from the time of diagnosis to the start of treatment

This is a key moment, absolutely undervalued and usually misused. Tolerance to treatment depends, to a large extent, on the state of health with which we arrive at the beginning of it. Therefore, it is essential



that we take advantage of those days/weeks to improve our physical capacity.

### Exercise during treatment

Adverse side effects will occur during treatment that will reduce the person's quality of life, independence, and functionality.

For example: fatigue associated with cancer. It is a special fatigue, oversized before any effort and that, unlike common fatigue, it does not disappear while sleeping or resting, but it can be reduced or mitigated through physical exercise.

General joint pain caused by hormonal therapies, loss of mobility in treated areas, either due to surgery or radiotherapy, neuropathy, loss of coordination and balance (which increase the risk of falls) are also clear examples of side effects whose best and sometimes only treatment is therapeutic physical exercise.

Furthermore, tolerance to chemotherapy toxicity is

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A person is performing a yoga pose on a large exercise ball, with their back to the ground and legs extended.


directly related to the patient's muscular status. When this is very poor (sarcopenia) it becomes a limiting factor for the continuity or management of treatment doses.

### Exercise in cancer survivors

Fortunately today, survival rates for most types of cancer are increasing, even reaching 90% for some types of cancer, such as breast cancer.

At the vascular level, for example, training makes us more resistant to atherosclerosis – deposits of fatty plaques, cholesterol, calcium and other substances found in the blood inside the arteries – and, therefore, improves high blood pressure (HBP). The adaptations produced by physical exercise in the cardiovascular system and its benefits for health are multiple, since a trained heart has an easier time continuing to function in the event of a blockage in an artery.

The neurological system also benefits by downregulating the nervous system and therefore making us more resistant to arrhythmias.

To finish, we must talk about another of the most powerful and destructive consequences of cancer treatments: bone mineral weakness that, in an advanced stage, we know as osteoporosis. Once again, exercise helps us to counteract this effect through the so-called osteogenic activities, that is, bone builders:

- **Small jumps:** the impact against the ground stimulates the creation of bone.
  - **Strength training:** Muscle contraction generates tensions in the bone that favour bone growth.
  - **Vibratory training:** produces reflex muscle contractions that increase bone mineral density (only in people who have overcome the disease)
- All this supposes an improvement in the quantity and quality of life, that is to say, we will be able to live longer and better.

In summary, physical exercise is medicine against cancer and, like any medicine, it must be prescribed and administered in the correct doses and by a qualified professional.

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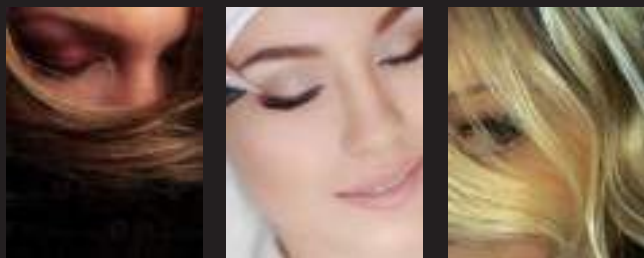
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## Aging Skin: 4 Ways to Look as Good as You Feel

### From Botox to microdermabrasion: Ways to erase wrinkles without surgery.

Drop off the dry cleaning, get the oil changed, have your wrinkles erased, pick up the kids up from soccer practice -- wait, whose to-do list is this?

Cosmetic procedures don't all require general anesthesia, a nip, and a tuck. Some minor procedures can ease wrinkles in the doctor's office in less than an hour, and with little or no recovery time. Today, having cosmetic work done can be a lunch-hour errand.

### Botulinum Toxin (Botox)

Botulinum toxin A, sold as Botox, is the purified toxin of the bacteria that causes botulism. Creepy, for sure, but it's also extremely effective as an anti-wrinkle treatment.

Tiny, over-clenched facial muscles are responsible for crow's feet, frown lines, and other facial wrinkles. Botulinum toxin is a paralyzing agent, which in tiny doses can relax these uptight muscles for months at a time.

Botox represents the ultimate in cosmetic convenience.



Injectations of Botox usually take about ten to fifteen minutes in an office setting. The injections cause minimal discomfort for most people, with no recovery time. The flip side to this almost drive-through efficiency: the results are temporary. Treatments must be repeated every few months.

### Chemical Peels

In a chemical peel, a chemical solution is applied to small areas of skin on the face, neck or hands. The chemicals damage the outer layers of skin in a controlled way. After the procedure, the damaged skin becomes red and peels off. Chemical peels can remove age spots, acne scars, and some wrinkles.

As the smoother skin underneath heals and grows, your skin looks younger.

Chemical peels come in a variety of strengths and types. Glycolic acid, trichloroacetic acid, salicylic acid, lactic acid, or carbonic acids are used, sometimes in combinations. The application can take as little as 15 minutes. There may be mild redness and irritation afterwards, but most people return to normal activities immediately. It's important to wear sunscreen to protect your vulnerable skin after a chemical peel.

### Laser Skin Resurfacing

"Regular" laser skin resurfacing uses a high-powered laser to damage outer layers of the skin with heat. Recovery can take weeks.

Newer "nonablative" lasers penetrate beneath the surface skin. This stimulates collagen production,



improving skin's tone and texture and minimizing fine lines. There is no damage to the outer skin, so there is no recovery time.

Each 15- to 30-minute procedure may cause some mild redness, which goes away quickly. A total of four to six treatments, spaced out over several weeks, provide the best results.

### Microdermabrasion

Microdermabrasion involves a device that "sandblasts" the skin with a spray of abrasive microscopic crystals or different diamond HeadsScars from acne or chickenpox, wrinkles, and age spots can be reduced or removed with microdermabrasion.

Several treatments (up to 10 or so) may be needed for good results. Each treatment takes 30 minutes to an hour, repeated over weeks. Microdermabrasion has no side effects and no recovery time for most people. Full dermabrasion uses a rougher but more effective approach. In dermabrasion, a "skin sander" abrades skin more deeply. Seven to 10 days of recovery time are usually needed for skin to heal after dermabrasion.

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# healthwise

**7. Changes in your mood and thinking.** This may include feeling distant from other people and having overwhelming negative emotions. Sufferers often have highly developed inner and outer critics. The inner critic tells them negative comments about themselves: you are worthless, stupid, useless etc, while the outer critic does something similar about other people, judging them and making them in the wrong.

**8. Self destructive behaviour,** such as heavy use of drugs or alcohol, self harm or driving recklessly. These behaviours are often related to PTSD, as sufferers try to cope alone with the above symptoms. Or a PTSD sufferer may find themselves adopting certain strategies to avoid reminders of the past, including disassociation, social isolation, or avoidance of certain places or pastimes. They may also firmly lock away any memories of the past but this can lead to physical and mental health issues. The subconscious doesn't like unresolved issues and so it may present you with them when you least expect it, which can bring increased anxiety and fear.

## COMPLEX PTSD

If trauma is continually repeated, for example in childhood abuse, continued service in areas of conflict or abusive relationships, then PTSD becomes Complex PTSD (CPTSD). You are more likely to experience CPTSD than



PTSD if the trauma occurred at an early age or if it was inflicted by someone close to you or someone you continue to see on a regular basis.

People with CPTSD experience the above symptoms of PTSD but in addition they may also have difficulties in maintaining relationships, physical symptoms like headaches, chest and stomach pain and struggle to manage their emotions. They may also experience strong feelings of worthlessness.

Treatment for either condition usually takes time and it is best to involve a trained therapist. Both involve treatments for trauma that help to change thought patterns and unwanted behaviours and free sufferers from guilt and shame. CPTSD therapy may also involve learning coping strategies for managing strong emotions and creating healthy relationships. Antidepressants and anti-anxiety medications may also be prescribed but these help manage the symptoms without actually addressing the root cause.

If reading this article triggers negative emotions or feelings, or if you are experiencing some or all of the symptoms above please reach out for help as you do not have to suffer alone. UK figures from 2020 show 4 out of every 100 people suffer from PTSD and it is likely this figure has significantly increased.

**Katrina Jones (BA Hons, Cl. Hyp)**  
**Rapid Transformational Therapist,**  
**Clinical Hypnotherapist and Life Coach.**  
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<b>Sea Rescue</b>	<b>900 202 202</b>
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<b>Wednesday</b>	<b>Algarrobo Costa, Rinconde la Victoria</b>
<b>Thursday</b>	<b>Frigiliana, Torredel Mar, Veléz Málaga</b>
<b>Friday</b>	<b>Almuñecar, La Herradura (summer only), Salobreña</b>
<b>Saturday</b>	<b>Competa</b>
<b>Sunday</b>	<b>Nerja (car boot), Torre del Mar, Veléz Málaga</b>

**What's On information is published FREE!**

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

**Contact details are on page 6**

## Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339. [www.nerjaalmunecaranglican-church.co.uk](http://www.nerjaalmunecaranglican-church.co.uk). Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñecar, Sundays at 9.30am. Chaplain: Fr. Nigel Thomas.

## Community Bible Fellowship

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

## Presbyterian Church, Torre del Mar

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

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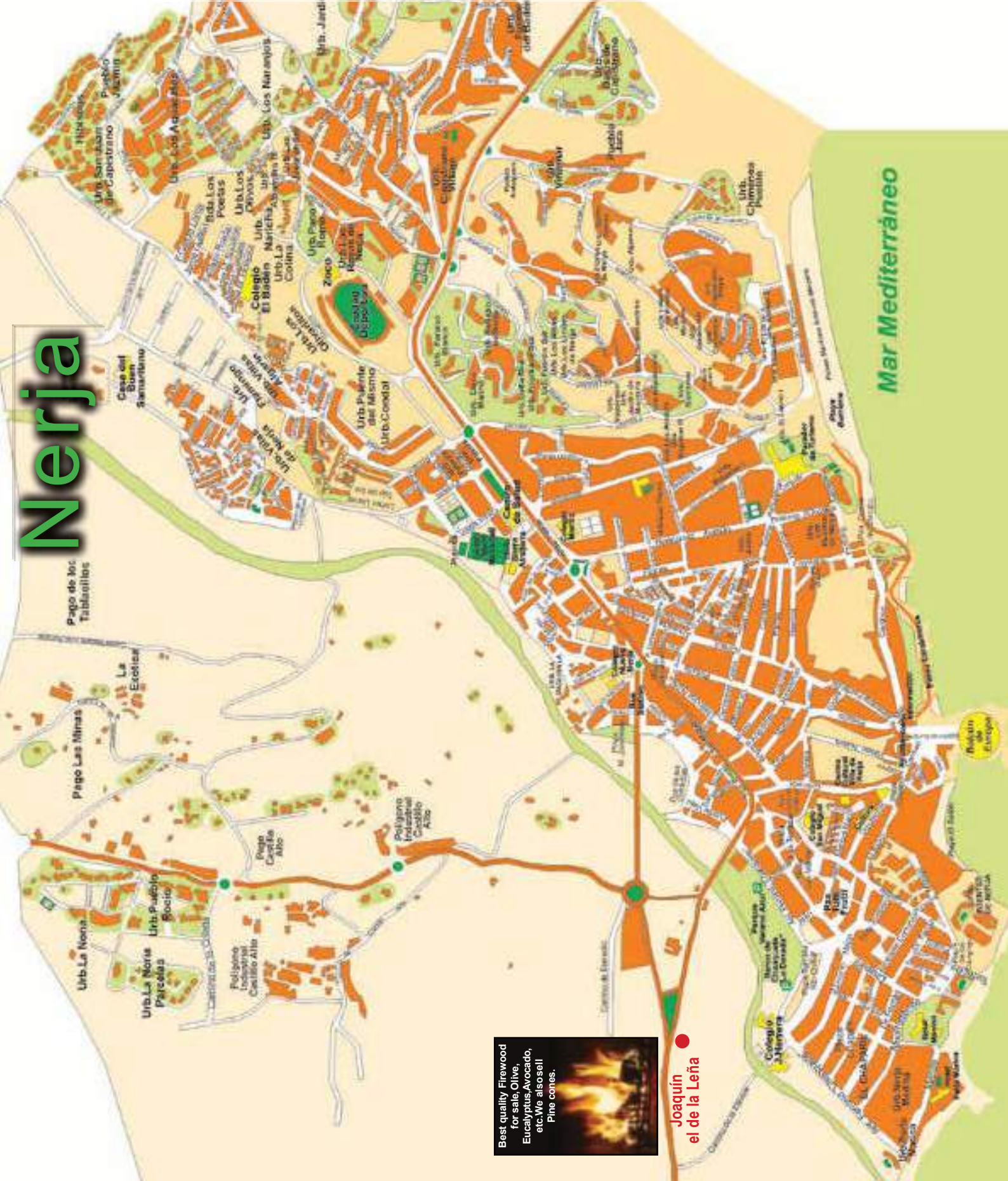
## Evangelical Church, Torre del Mar

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# NEWS & What's ON



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

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

**We can also assist by telephone 952 564 910 or e-mail [cudeca@cudeca.org](mailto:cudeca@cudeca.org).**

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

**We will publish your events or news. Please send all information to [info@streetwise.es](mailto:info@streetwise.es) or call Dawn on 638 474 718. All information is required by the 15<sup>th</sup> monthly.**

**ROYAL BRITISH LEGION, NERJA BRANCH**  
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: [kim\\_bowe1@hotmail.com](mailto:kim_bowe1@hotmail.com).

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

## Want to join a choir?

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

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

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

## LUX MUNDI, TORRE DEL MAR COMING EVENTS:-

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.

**Friday 27th May** - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 20.45.

**June Thursday 23rd** Coach Excursion to Guadix.

On possibly the worst day of the year so far, weather wise, a group of friends of Lux Mundi, both from Torre del Mar and Fuengirola, set out on a day trip to Tarifa. On the way there was plenty of sandy rain but on arrival the rain had stopped and there was no wind, which is unusual in Tarifa popular with wind/kite surfers. There was plenty of time to visit the Guzmán castle, walk to the old city gate, Puerta de Jerez, look around the public market, browse in the little shops, enter the beautiful San Mateo church and to have lunch in one of the many restaurants. The rain held off until it was almost time to re-join the bus for the 23 kilometre journey to Baelo Claudia. The small museum was very interesting and some people just enjoyed the beautiful views from the windows, whilst others ventured outside to visit the well-preserved Roman ruins. By the end of the visit the rain was coming down heavily so everyone was glad to get back on the bus. When the bus approached Algeciras, the sky went dark and red, which was quite surreal, and red Saharan mud started to pour out of the sky. The muddy rain continued to fall for the remainder of the journey. Despite the weather, a great time was had by all, although it wasn't good to arrive home to red sludge everywhere. 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.





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

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

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

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

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

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

41 Club Nerja Website is at [www.41clubnerja.org](http://www.41clubnerja.org) You can also find 41 Club Nerja on Facebook.

## The Arts Society Nerja

**Tuesday 10th May - 18.00**, at the Centro Cultural Nerja (or via zoom), the Arts Society Nerja has the pleasure to invite you to a lecture on pottery and fashion, "Pots and Frocks: the World of Grayson Perry from Punk Potter to Superstar National Treasure".

Grayson Perry is possibly one of the world's best known contemporary artists. He works in ceramics, textiles, tapestries and prints.

He is a Turner Prize winner, Royal Academician, popular broadcaster and colourful character.

The lecturer, Ian Swankie, is a Londoner with a passion for art and architecture.

He is an official guide at Tate Modern, Tate Britain, Guildhall Art Gallery and St. Paul's Cathedral.

Guests welcome: €10

For more information, visit our web,

[www.theartsocietynerja.com](http://www.theartsocietynerja.com)



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## 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](mailto:isabelgilton@gmail.com)

Cada miércoles de 19:00h. a 20:00h.

**Online**

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# CAFÉ *del* MUNDO



## TOUR EUROPE 22

**ANDALUCÍA: GRANADA 26/05 – NERJA 27/05 – VEJER 28/05**

### VENTA LOCALIDADES:

**GRANADA:** Calle Principe, 7  
(junto plaza Bib-Rambla)  
Tlf.: 958220745



**NERJA**

902646289  
mientrada.net

**VEJER**



Excmo. Ayuntamiento de Nerja  
Concejalía de Cultura



26 de mayo: **GRANADA**. Hotel El Palacio Santa Paula a las 21.30 horas (entradas 20 euros)  
27 de mayo: **NERJA**. Centro Cultural "Villa de Nerja" a las 20 horas (entradas 15 euros)  
28 de mayo: **VEJER DE LA FRONTERA**. Hotel El Califa a las 21.30 horas (entradas 20 euros)





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## NERJA

**BUSINESS / RESTAURANT**  
 Central location  
 Dining room capacity: 85 clients  
 Toilet rooms: 4  
 Large fully fitted kitchen  
 Wood oven / Barbecue  
 Storeroom  
 Terrace  
 M<sup>2</sup>: 195 m<sup>2</sup>  
 EPC: In process  
 REF: 7422



**€305.000**

29754 Cómputa  
 Plaza Amijara, 21  
 Tel: +34 952 51 61 78  
 +34 609 176 586

## TRIANA

**TOWN HOUSE**  
 Beds: 5 Baths: 1  
**SOLE AGENCY**  
 Lounges: 2  
 Terraces: 2  
 Garden  
 EPC: In process  
 M<sup>2</sup>: 130 m<sup>2</sup>  
 Plot: 625 m<sup>2</sup>  
 REF: 7483



**€165.000**

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 Avd, Andalucía, 32B  
 Tel: +34 952 54 18 86  
  
 29770 Torrox  
 Calle Elisa Ortigosa, 7  
 Tel: +34 952 53 91 25

## CANILLAS DE ALBAIDA

**COUNTRY HOUSE**  
 Beds: 3 Baths: 1  
**SOLE AGENCY**  
 Conservatory room  
 Garage  
 Private pool  
 EPC: In process  
 M<sup>2</sup>: 138 m<sup>2</sup>  
 Plot: 400 m<sup>2</sup>  
 REF: 7479



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