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Ref: IN_670_INM



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

Price: €299,000
Ref: CN48601



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

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Ref: CN48669

PROPERTY OF THE MONTH



JARDINES DE NERJA

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

Price: €289,000
Ref: CN48618



URB. ALMIJARA II NORTE

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

Price: €250,000
Ref: CN48703



CAPISTRANO VILLAGE

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

Price: €820,000
Ref: CN48227



TORROX PUEBLO

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

Price: €235,000
Ref: CN48634



NERJA CENTRE

3BR ground floor apartment located in the centre of town. In need of renovation. Balcony. Walking distance to all amenities.

Price: €139,000
Ref: CN48646



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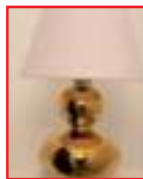
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Country Property of the month

Torrox:

Price: €299.000

TCP205



This stunning country house in Spain is situated in a quiet location with easy access. The property consists of a family home, a guest flat, a storage room and a wonderful outdoor space with covered terrace, swimming pool and private parking.

A large covered porch leads to the entrance of the house. It consists of a living-dining room with air conditioning, a small balcony and a fireplace, which will allow you to enjoy the house both in summer and winter. A corridor leads to a fully equipped kitchen, a bathroom with bathtub and 3 double bedrooms, the main bedroom having an en-suite bathroom. In addition to the main house, a guest flat consisting of a separate kitchen,

a large living room, a double bedroom and a bathroom with shower. The large outdoor area, which consists of a private parking area and a magnificent south facing swimming pool where you can enjoy the sun and the incredible views. Underneath the pool there is also a storage room that could be very useful for storing work tools or as an extra room. This property could be the country house in Torrox you are looking for as a second home or as a rental investment.



Cómputa:

Price: 545.000€



- Living space: 238m²
- Bedrooms : 4
- Pool: Yes
- Garage : No

- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP576

Cómputa:

Price: 349.000€



- Living space: 89m²
- Bedrooms : 3
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref. CP577

Cómputa:

Price: 231.000€



- Living space: 129m²
- Bedrooms : 4
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Town

Ref. TH1024

Cómputa:

Price: 198.000€



- Living space: 140m²
- Bedrooms : 2
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Town

Ref. TH1035

Torrox:

Price: 139.000€



- Living space: 80m²
- Bedrooms : 2
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Village

Ref. TTH515

Cómputa:

Price: 231.000€



- Living space: 90m²
- Bedrooms : 4
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Town

Ref. TTH541

In conjunction with Cómputa Properties S.L.

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Happy New Year 2023

Happy New Year 2023



"What a New Year's party! I drink from the toilet, harked for hours and rolled around in something really smelly!"



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Nice apartment in El Capistrano Village, one of the most beautiful complex in Andalucia. Ground floor apartment, with a private garden of more than 30 mts. Very bright house, good orientation with a fully renovated kitchen and bathroom. Communal areas and facilities, several swimming pools, ample garden areas, security guard, regular bus service into Nerja and the beach, etc.

Price: €157.000

Ref: NV.PU



Ample Town house in Maro's main street. Very close to the square and the church. It is in acceptable conditions and it has many possibilities due to its size. It comprises currently 5 bedrooms, living room, dining room, kitchen, bathroom, 3 patios, ample terrace, mountain views. Possibility to build a roof terrace to get sea views.

Price: €330.000

Ref: NV.Real19



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

Price: €240.000

Ref: NV.GOL26



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

Price: €178.000

Ref: NV.P080B



**Nerja Villas wish everyone
a Merry Christmas
and a very
healthy, peaceful and
happy 2023.**



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

Price: €380.000

Ref: NV.PAL



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

Price: €220.000

Ref: NV.PO117B



Townhouse in Nerja. Comprising: 2 beds, living room, bath and terrace. Completely renovated, south facing, beautiful sea views. Ground floor: Kitchen-living room with direct access to the terrace. 1st floor: Beds and bath. It also has a beautiful community pool and parking.

Price: €265.000

Ref: NV.ALG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of 2 bedrooms, 1 bathroom, fully equipped kitchen, nice living room and good size terrace with sea views. Facilities such as a communal pool, gardens and parking.

Reduced to: €229.900

Ref: NV.DA09



Nice apartment, next door to El Capistrano Village. Comprising good sized south facing terrace overlooking the communal pool. Sea views, sun all day, bright lounge-dining room, with fireplace, fitted kitchen, 2 spacious beds with built-in wardrobes, bath, parking area.

Reduced to: €218.500

Ref: NV.DA08



Semi-detached house La Rabitilla area, Torrox. Basement: Garage, storage room, Ground floor: Living room, equipped kitchen, toilet and a bed. 1st floor: 4 beds, bath. Attic floor: several terraces with views, laundry room. House with good light, many renovated elements, solar thermal energy, private garden, communal pool.

Reduced to: €238.000

Ref: NV.RABI



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

Price: €440.000

Ref: NV.OL159

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Ukraine War

The Ukraine embassy in Madrid became the latest to receive a blood-soaked letter. Spanish police on Friday morning cordoned off the Ukrainian embassy in Madrid after workers there noticed a suspicious letter with traces of blood on the outside of the envelope, law enforcement sources have confirmed. The incident appears to be one of many taking place across Europe in recent days. Ukrainian Foreign Ministry spokesman Oleg Nikolenko on Friday said that some of its embassies and consulates in Europe have been receiving threatening letters and "bloody packages" containing "animal eyes." Ukrainian embassies in Hungary, the Netherlands, Poland, Croatia, Italy and Austria, as well as consulates in Naples, Krakow and Brno (Czech Republic) have received similar blood-soaked mail.

Missing People

Search for Levi Davis, the rugby player and 'X-Factor' star missing in Spain. His mother said that the 24-year-old said he was being blackmailed a few months before his disappearance in Barcelona. Police in the Spanish region of Catalonia have opened an investigation into the disappearance of Levi Davis, a British rugby player and former X-Factor contestant, who went missing in Barcelona on October 29.

The last photo of Levi Davis places him at 10pm at The Irish Pub in Barcelona's La Rambla neighbourhood. From there, he wrote a message to Squire and sent a video to his mother. "That day I didn't detect anything unusual, but he was having a bad time and was depressed," said Julie Davis. "He was saying he was being followed," she added. Security camera footage recorded him leaving the premises, and he was never heard from again.

Spain votes in favour of paid 'menstrual leave'

The Spanish Congress on Thursday voted through a bill granting paid medical leave to women who suffer from severe period pain, becoming the first European country to advance such legislation. Spain's coalition government between the PSOE socialists and left-wing Podemos party said the new legislation which passed its first reading by 190 votes in favour to 154 against and five abstentions was aimed at breaking a taboo on the subject.

Spain's new draft 'family law' bill to help working parents

The Spanish government has introduced a new draft 'family law' bill that aims to help working parents balance the tasks of raising children with their jobs. If passed, the new law will allow parents to have more paid time off work when family members get sick, or during the country's long summer holidays. If passed as it is by the Spanish Congress, the law would increase the right to paid leave from two to five days a year for any worker whose close relatives are ill or hospitalised. Originally seven days a year had been proposed, but the bill now stipulates five – and which is the minimum allowed by the EU. However, the bill would now also grant the right for up to four days' paid leave a year for parents to deal with unforeseen emergencies regarding their families. Common-law couples will be afforded the same rights as married couples. The law also gives a new framework of recognition and protection for LGBTI families, or a family with a disability, as well as adoptive or foster families.

Spain's Guardia Civil bust 'Ukraine humanitarian aid' drug smuggling ring

Spain's Guardia Civil police have busted a drug smuggling ring that was transporting cannabis across Europe under the pretence of being a convoy of humanitarian aid destined for Ukraine. During the police operation, 30 suspects were arrested, among them Spaniards, Ukrainians, Germans and Moroccans at several locations across Andalusia. The marijuana, which came from plantations located across the region, was 'packaged in cardboard boxes disguised as supplies and humanitarian aid. They were then packed into vans registered in Ukraine that were 'purportedly acting as a solidarity convoy so they could pass under the radar of police and border controls', while visiting various European countries. A total of 8 raids were carried out. During the arrests, two of those being investigated tried to flee, hitting a police vehicle occupied by two agents, who suffered minor injuries. They were finally arrested, and also charged with a crime against road safety and another with an attack against law enforcement officers.

Unseasonal warm weather continues, as drought forces shutdown of power plant

Spain has been experiencing unusually warm autumn weather, with the national weather agency AEMET predicting that the country has just seen the hottest

Continued on page 10

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Ref: 6231V13



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TORROX COSTA

Cosy little studio apartment in a frontline beach location. Centrally located with beach, promenade and all amenities within easy walking distance. Glassed in terrace with stunning sea views. Communal pool and tennis courts. Ideal holiday retreat.

Only: €115.000

Ref: 6556ST



TORROX COSTA

Frontline beach apartment in a quiet area in between Torrox Costa and El Morche. Close to the promenade and all amenities. Comprising of 2 beds, one bathroom, separate kitchen and a lovely South facing terrace with great views.

Reduced to: €269.000

Ref: 6545AP2



FRIGILIANA

Luxury villa in Cortijos San Rafael. Very spacious distribution with 482 m² and a total of 6 bedrooms, 5 bathrooms, an enormous open lounge, kitchen, dining room plus several rooms serving as office, storage, summer kitchen. Garage & sea views.

Price: €1.495.000

Ref: 6546V16



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Bright & sunny West facing apartment with 2 bedrooms, huge bathroom, guest WC, lounge with open kitchen and a very large terrace with breathtaking sea views. Coming with a large storage room and a nice communal pool. Fully furnished.

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Ref: 6524AP2



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October at least since records began in 1961. Rubén del Campo of AEMET has also said that if extrapolated data from historical reconstructions is taken into account, then October will have been Spain's warmest month for a full century. With many places surpassing 30C, AEMET said that every day of the month, except 1 October, had been warmer than usual at this time of year. After a summer marked by repeated heatwaves across much of the continent, Europe is experiencing exceptional temperatures as it heads into autumn – a sign of accelerating climate change. The hydroelectric power plant at the Mequinenza reservoir is one of the biggest across the Iberian peninsula and is located between Catalonia and the neighbouring region Aragon to the west. The planned shutdown will take place in mid-November due to reserves dipping below 23% of total capacity, the second-worst level ever recorded since the dam opened in 1966.

Pret A Manger' sandwich chain to open 70 shops in Spain and Portugal
British sandwich and coffee chain Pret A Manger is to expand into Spain and Portugal as part of a plan to double in size, it said on Tuesday. Pret, owned by investment group JAB and founder Sinclair Beecham, said a franchise partnership deal with Ibersol Group will see 70 Pret shops open in Spain and Portugal over the coming years. The Ibersol Group operates over 600 restaurants across Portugal, Spain and Angola. The company manages its own brands such as Pans & Company, Ribs, Santamaría or FrescoCo, as well as licenses for Burger King, Pizza Hut, KFC and Taco Bell.

The franchise agreement follows Pret's announcement last year that it would aim to double the size of the business within five years, including launching into five new markets by the end of 2023.

Spanish government to pay €150k to SMEs to test a four-day work week

The Spanish government is to pay €150,000 to small and medium-sized companies (SMEs) that take part in a trial to adopt a four-day working week without any reduction in their staff's salaries. A number of countries around the world have also tested the four-day working week, with encouraging results. The largest trial to date was carried out in the UK, where 86% of the 70 companies that took part were satisfied with the results and said that they would continue with a reduced week for employees. The Spanish Ministry of Industry and Commerce will pay €150,000 to SMEs who take part in a trial over a period of two years. The companies will have to reduce their staff's weekly work hours by at least 10% during the entire two year pilot scheme, yet without reducing salaries. The trial project is part of an agreement between the Spanish coalition government and the left-wing Más País group, and which guarantees their support for Prime Minister Pedro Sánchez's 2023 national budget.

Continued on page 13



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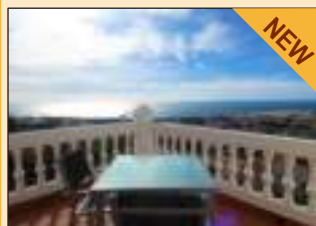
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EXCLUSIVE
Fantastic panoramic sea views on the popular San Juan de Capistrano, Nerja. Two bedroom apartment fully renovated to a high standard. Communal pools, with bars shops & restaurants with regular bus service into central Nerja.

Price: 265.000€ EPC pending



SOLD

BURRIANA (Ref: DG1893)
EXCLUSIVE
Spacious two bedroom, two bathroom apartment with large south-facing terrace just metres away from Playa Burriana, Nerja's premier beach.

Price: 275.000€ EPC pending

PRESTIGE PROPERTY BURRIANA
EXCLUSIVE (Ref: DG1895)
Detached three bedroom, two bathroom villa with pool, close to Playa Burriana, Nerja's premier beach. Sea views from sunny terrace and within easy walking distance of shops, restaurants and the beach.



Price: 525.000€ EPC pending

PRESTIGE PROPERTY FUENTE DEL BADEN
(Ref: DG1903)
Detached villa on the sought-after Fuente del Baden, Nerja. Two double bedrooms and single bedroom on the first floor with two further bedrooms in the guest apartment below. Large pool with outside kitchen and built dining table, ideal for entertaining! Roof terrace with sea views. Walking distance to all amenities.



NEW

Price: 699.000€ EPC pending

PRESTIGE PROPERTY MARO
(Ref: DG1905)
EXCLUSIVE
Spacious modern detached villa in Maro, Nerja. Quality finish and recently constructed consisting of three bedrooms, two bathrooms, W.C., office and large open plan kitchen/diner/lounge and attic room. Delightful pool area with sea views.



NEW

Price: 699.000€ EPC pending

PRESTIGE PROPERTY NERJA
(Ref: DG1907)
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NEW

Price: 499.000€ EPC pending



BURRIANA (Ref: DG1897)
EXCLUSIVE
Modern two bedroom, two bathroom apartment in the Ibn Sadi complex. Lift access, underground parking and storage. South-facing terrace and communal pool. Just metres away from Playa Burriana, Nerja's premier beach.

Price: 339.000€ EPC pending



CAPISTRANO (Ref: DG1896)
EXCLUSIVE
Garden apartment with sea views. This unique opportunity is furnished and ready to go!

Price: 139.000€ EPC pending



BURRIANA (Ref: DG1891)
EXCLUSIVE
One bedroom apartment in Edf. Bahamas, close to Playa Burriana, Nerja's premier beach. Delightful communal pool & gardens and walking distance to all amenities.

Price: 169.000€ EPC rating D



CAPISTRANO (Ref: DG1647)
EXCLUSIVE
One bedroom apartment in Capistrano Village centre totally renovated to a high standard. Lift access and within easy walking distance to bars, restaurants, shops and delightful communal pools and gardens. Good rental history and existing client base. Sold furnished and ready to go!

Price: 169.000€ EPC rating F

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Spain coach Luis Enrique quits

Luis Enrique has left his role as coach of Spain's national team after the country crashed out of the World Cup by losing on penalties to Morocco. The former Real Madrid and Barcelona player had been in the post since 2018. He will be succeeded by the manager of Spain's under-21 team, Luis de la Fuente. Spain's shock exit in Qatar followed a goalless draw in the last 16 match which saw the Spanish team struggle to break down a stubborn Moroccan defence, before a disastrous shootout in which they failed to score, going down 3-0.



Dozens try to flee after woman 'fakes labour' to get plane to make emergency landing in Spain

The flight made a medical emergency landing at Barcelona-El Prat Airport in Barcelona. Spanish police are searching for 12 people who fled a commercial plane after it made an emergency landing in Barcelona. At least 27 people initially left the aircraft after it landed without authorisation and "tried to flee," officials said. Thirteen were stopped by police and two more were detained later on Wednesday. Five of those detained agreed to re-board the flight, while the others were processed for illegal entry into Spain and are expected to be deported. The woman who was thought to be in labour has been detained on charges of public disorder after doctors determined that she was not about to give birth.

Morocco fans clash with police officers in Malaga's Fuengirola after World Cup match with Portugal

Following the World Cup victory over Portugal, Morocco football fans clashed with police officers in the streets of Fuengirola on the Costa del Sol. The trouble flared after Morocco fans took to the streets to celebrate their nation's historic win over Portugal in the 2022 Qatar World Cup. Around 1,000 people gathered in the town after the football match ended. Roads were subsequently blocked by vehicles displaying Moroccan flags and objects were reportedly thrown at National Police officers. As a result, two policemen were slightly injured. Damage was also caused to vehicles parked in the area.

Similar lively celebrations took place in other parts of Malaga province but there were no reported incidents. Many municipalities experienced a heavy flow of vehicles with people waving Moroccan flags.

Continued on page 14



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Small tornado hits the Costa del Sol resort of Marbella

A small tornado hit the Costa del Sol resort of Marbella, tearing up trees, damaging vehicles, and breaking street furniture. As reported by AEMET, the State Meteorological Agency, a small tornado crossed the Costa del Sol city of Marbella on Monday, December 5th. It only lasted for a few minutes but that was long enough for it to bring down several trees in the centre of the municipality. Furniture belonging to catering establishments was also damaged as the atmospheric phenomenon twisted its way through the city. Several vehicles parked in the streets were also damaged as a result.

Thieves used explosives to break into Cajamar bank branch ATM machine in Malaga

Thieves using explosives almost destroyed the El Palo branch of Cajamar bank in Malaga. They detonated them in order to break into the facility's ATM machine. It is not known how much money the criminals escaped with. The premises was littered with broken glass, remains of furniture, computers, bricks, and metal structures lying everywhere.

The incident occurred just after 2am at the bank located at 184 Avenida Juan Sebastian Elcano, in front of the church of Las Angustias. The 112 Andalucia Emergency service received several calls from neighbours informing the operators of the loud explosion that had taken place. Patrols from the National and Local Police were immediately deployed to the location.

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An eight session course begins on Thursday the 12th of January From 10.00 – 13:00 At the Lux Mundi Centre, in Torre Del Mar Avda. Moscatel No.1 "I", (Jardines Viña Málaga/Antigua Casa de la Viña). The course will be taught in English and the price is €195. The group will be a minimum of 6 and maximum of 10 people. This self-development course can enable you to make the changes you want in your personal or professional life.

- The course helps to improve relationships, communications skills, how you feel about yourself and brings new confidence into your community and home life.
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Edf. Rocamar, Nerja

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

Price: 395,000 euros Ref. JG993

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Edf. Geyisa, Nerja

Apartment situated on the upper part of Nerja center on Avenida de Pescia, very close to the bus station. It comprises an open plan lounge & dining area with A/C & heating, a separate fitted kitchen, a large bedroom and a bathroom. The apartment benefits from a good-sized private patio with storage space and laundry area.

Price: 135,000 euros Ref. JG521TPM



Hotel Parador area, Nerja

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

Price: 230,000 euros Ref. JG994TPM

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Edf. Verde Mar, Nerja

Apartment for sale situated in Verde Mar, one of the most sought-after apartment complex in the Parador area of Nerja, on calle Carabeo. The apartment has a south facing terrace with fantastic sea views. It comprises 3 bedrooms, although one is used as an additional sitting area, a new bathroom and a separate toilet. A/C & heating throughout. This is an ideal holiday rental investment.

Price: 590,000 euros Ref. JG986

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Dupes and Duplicity

by Jennifer Lee Noonan

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

On March 7, 1775, a handsome young apothecary named Robert Perreau entered a London bank with a simple, if somewhat extravagant request. He wanted to take out a £5,000 loan (equivalent to just under \$1 million today) from the bank's owners, the Drummond brothers. As collateral for the loan, Perreau offered a bond for £7,500 signed by the wealthy and respectable William Adair—in other words, if Perreau didn't pay back the £5,000 on schedule, Mr. Adair would cover the bank's loss, plus a 50 percent profit.

Though the effective interest rate Perreau offered was unusually high, withdrawing cash using someone else's cash as collateral was an otherwise common way of securing credit in the 18th century. Similar to co-signing agreements today, it was a system based on personal reputation, and a relatively safe bet for lenders, if not for the rich guarantors whose friends might abuse their trust. The only way it could go wrong for the bank was if the bond itself—that is, the wealthy person's promise to cover the loan—was forged. In this case, Robert Perreau was a successful businessman with plenty of assets, and Adair was known to have signed bonds for the Perreau family in the past. The Drummonds themselves had made previous loans to Perreau for other forms of collateral. By all appearances, it should have been a straightforward and safe investment for the Drummonds, especially considering the temptingly high payout.

But on this day, Henry Drummond had a gut feeling that something was wrong. He asked whether Perreau had personally seen Adair sign the bond. Perreau admitted that he hadn't, but insisted there could be no question of its authenticity: Adair's lawyer and his personal servant had both witnessed the bond, he pointed out, placing their own unique signatures just under Adair's. But the other Drummond brother—coincidentally also named Robert—was equally insistent. He knew Adair personally, and this was not his handwriting. Seemingly unruffled, Robert Perreau took back the bond and promised to sort out the matter with Adair. Two hours later, Perreau returned, claiming a fortuitous run-in with Mr. Adair just as the man was heading out for a lengthy excursion on horseback. Adair could not come himself, Perreau explained—due to the horseback riding, naturally—but Adair had of course verified that the signature on the bond was his own. As for the differing penmanship, Adair had confided that his hands had become shaky with age—an understandably embarrassing situation that should not be dwelled upon further—and told Perreau to tell the Drummonds that all was well and to accept the bond without delay.

Instead, the Drummonds asked to keep the bond overnight and render a decision in the morning. Perreau readily agreed. Upon his return the next morning, the Drummonds reiterated their misgivings, and suggested that the three of them should go visit Mr. Adair together. Again, Robert Perreau seemed happy to comply. His attitude changed dramatically, however, once they arrived at the estate, where Adair confirmed what the Drummonds had suspected: the signature was not his, nor had he ever met Robert Perreau in his life. "Surely, sir, you are jocular!" cried Robert. "It is no time to be jocular when a man's life is at stake," replied Henry Drummond gravely. Indeed, the banking industry was still wobbling on foal's legs in the 18th century, and forgery was considered a particularly heinous crime against the public trust: two-thirds of those convicted were sentenced to execution, a rate second only to murder. "Well, then, I have been sent on a fine errand!" Robert declared. He told the men they should locate his sister-in-law, Caroline, who happened to be married to his identical twin brother, Daniel. She could explain everything. Despite his winding and patently unbelievable tale, this last part turned out to be true. Robert did, in fact, have a twin brother, so close in appearance that even friends had trouble distinguishing them. What's more,

Daniel's wife Caroline was not at all shocked to be summoned to the Adair estate by the local constable. Standing before the group of angry men, she seemed completely at ease and in control of the situation. First, she asked to speak to Robert Perreau alone, but the Drummonds refused. She then asked for a private audience with Mr. Adair, but he, too, refused. Finally, the two bankers agreed to speak with Caroline in a

separate room while they waited for the constable to return once more with her husband, Daniel.

Once the doors were closed, Caroline made a startling confession: it was she who had forged the bond and instructed her clueless brother-in-law to cash a loan on it. Her remorse was both deep and eloquent—it was only a silly game played by a bored housewife, she lamented. Robert was a good man with children to support, and she would be utterly heartbroken if he were arrested for her foolishness.

Despite Caroline's flowing tears and prostrate pleading, the Drummonds were skeptical. How could a delicate woman possibly imitate a man's handwriting? It must be that sweet Caroline was altruistically covering for her brother-in-law's misdeeds, the Drummonds decided, perhaps even in fear of him. For that matter, where was her husband in all of this? How could they even be sure that it was Robert who had come to them yesterday, or who had returned the second time with tales of elderly socialites on horseback? So Caroline offered the bankers a demonstration—as long as they agreed to destroy it afterward, so the evidence could not be used against her. According to the Drummonds, Caroline reproduced the fake signature on the bond perfectly, then burned the paper in the fireplace. When they emerged from the parlour, they found Caroline's husband, Daniel, lounging rather indifferently on the sofa, while Robert continued to vehemently argue his complete ignorance of the situation to Adair. It really was amazing, the Drummonds noted: the brothers were like the two heads of Janus, as identical in looks as they were different in demeanour. The Drummonds conferred with Adair, and he reluctantly agreed to let Robert go—for now. Daniel's role in the crime was left unexamined, while Caroline's apparent masterminding was written off entirely. By her own admission she was guilty, but dragging her before the magistrate after she'd made such a noble sacrifice to save her brother-in-law seemed, well... undignified. The Perreau family exited William Adair's house that day as free individuals, albeit with varying opinions on the narrowness of their escape. Robert continued to fret about his perceived culpability—knowingly or not, he had been the one to present the forged bond, and either the Drummonds or Adair could withdraw their forgiveness at any time. Caroline, meanwhile, exuded a breezy satisfaction, convinced that the consequences of her confession were as surely behind them as Adair's glowering face. Daniel, as always, split the difference: he may have privately shared his brother's concerns, but he knew better than to contradict his wife. He urged his brother to be patient, and assured him that if they just carried on as they always had, the situation would soon fade from memory.



Continued on page 20

THE IMPORTANCE OF THE TAX FORM 210

(ANNUAL DEEM INCOME TAX) FOR NON-RESIDENT PROPERTY OWNERS

The Tax Returns that all Non-Resident Property owners should be submitting annually is called, Modelo 210, and the period for submitting this declaration is the calendar year, (i.e. 1st January to 31st December each year). The Annual Deem Income Tax due for the tax year 2021, must be paid before the 31st December 2022.

Many NON-RESIDENT PROPERTY OWNERS have not paid these annual taxes, not because they wish to commit tax fraud, but due to mere ignorance of the existence of this tax. Usually because nobody has ever informed them.

Everyone should be aware that ignorance of the Law is not an excuse for not paying this tax, so we recommend any NON-RESIDENT who owns a real estate property in Spain seeks tax advice to make sure they know what their tax obligations in Spain are. The tax form 210 is operated on a self-assessed system. This means that Non-residents have the obligation to prepare, calculate and pay their own Deem Income Tax every year.

Nowadays, the Inland Revenue computers can easily check who is not paying these taxes, so it is

important to ensure that the annual tax form 210 is paid and submitted on time every year.

As this is not an easy process, we recommend that non-resident property owners should get professional assistance to prepare these annual taxes.

If you are a NON-RESIDENT PROPERTY OWNER IN SPAIN, you still have plenty of time to comply with this Tax law. It's better to do it before the Inland Revenue contacts you.



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My garden in Spain...

On my seed planting front, pansies have germinated fast along with armeria maritima, the sea pinks and the bells perennis daisies. Just before the rains, I moved the jacaranda tree to its new location. Since then it has grown nearly six inches and put up another shoot! Along with battling to grow roses in England, I managed to grow a few sweet peas. I usually grew them in a large pot with a 'wigwam' of canes for them to climb. So with this wonderful sunshine, I shall do a winter planting of sweet peas, which gives them a good start, so the books say. In Bristol, England, where we used to live, our local green grocers sold a lot of local produce, incredible vegetables, fabulous fruits and old fashioned flowers all lovingly grown by gardeners, young and old. The variety was incredible. Amongst the bunches of flowers that appeared from early spring were Sweet Peas, with a scent that you could smell a mile off and colour so intense that you could see them way off as well.



These beauties were grown by a partially sighted pensioner of nearly ninety years old, with the help of his daughter.

The varieties were from a Victorian collection, put together by the stockists, 'Plants of Distinction'. I have sent for and received the seeds for these beautiful plants. Their names are lovely, as well – 'Painted Lady', Mrs Collier, Powered Lady and Queen Alexandra', to name but a few. Sweet Peas require deep pots for rooting and not being able to find, as yet, the seed pots required here in Spain, I shall be using plastic fruit baskets.

These are the ones I bought peaches, nectarines and baby tomatoes in earlier this year. They measure 4 inches in depth and will hold six seeds in each. Last year, for my first attempt at growing

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Sweet Peas here in Spain, I also used the cardboard middle tubes of loo rolls when finished, an idea extended from Pippa Greenwood. She used strips of 3cm rolled newspapers to make tubes. Each tube was filled with compost, moistened and one Sweet Pea seed pushed into the tube. The roots grew through the newspaper, making planting out easy. Each method worked



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Salares **New this month!**
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Price: 275,000 euros
ref: t1484 **EPC: in progress**



ONLINE VIDEO **Cómpeta** **New this month!**
Beautifully presented 2 bed, 1 bath (97m²) townhouse, with a bright modern interior, fantastic dining/sun bathing terrace, upper terrace with jacuzzi, village and countryside views.
Price: 198,000 euros
ref: t1479 **EPC: E**



ONLINE VIDEO **Torrox** **Price reduced!**
Detached 2 bed, 2 bath south facing villa (220m²), with many reception rooms, terraces with stunning sea/mountain/countryside views. Mature gardens with fruit trees, roses, & Mediterranean plants. Option to make into a 4 bed house.
Price: 269,000 euros
ref: v1460 **EPC: in progress**



ONLINE VIDEO **Canillas de Albaida** **New this month!**
Wonderful 3 bedrooms and 1 bathroom + wc village house (167m²) full of character, reformed to a high specification, preserving many of the original features and has a large south facing roof terrace with sea, village and countryside views.
Price: 175,000 euros
ref: t1478 **EPC: E**



Cómpeta **New this month!**
Spacious 4 bed, 1 bath (154m²) townhouse, needs some updating with a large roof terrace with magnificent sea views. Plus an undeveloped area of approx 147m², great project for someone with vision and design flare.
Price: 189,000 euros
ref: t1483 **EPC: in progress**



Viñuela **New this month!**
New development – 3 beds, 2 bath villa (113m²) with fantastic views. Spacious property with private pool and gardens. To be completed by the end of summer 2023.
Price: 265,000 euros
ref: v1455 **EPC: B**

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.



If Robert Perreau was telling the truth—if he had, indeed, been taken for a rube by his conniving sister-in-law—then he would hardly have been the first. From a young age, Margaret Caroline Rudd had an almost supernatural ability to manipulate those around her, especially when it came to men. Her opinion of the opposite sex was no doubt cemented in her formative years, after she was expelled from boarding school at the tender age of 13 for so-called “illicit relations” with a staff member. Social mores of the time placed blame firmly upon the victim, at least if the victim were female, and local gossip could barely keep up with the flirtations and affairs that supposedly followed. At 17, Caroline ran off with an English soldier whose regiment was stationed near her small Irish hometown, but his commanding officer promptly sent her home again. Undeterred, she continued courting military men—who offered both a secure income, and an escape from the drudgery of rural life—until she won the heart of another young soldier named Valentine Rudd. Ten days after meeting, the two were married. Unfortunately, even a respectable soldier’s salary was not enough to satisfy Caroline’s apparent taste for luxury. Within a year, Rudd and his new wife were deeply in debt, and he was forced to send her to live with his parents in England while he continued his deployment. This gave young Caroline the opportunity to work on a new kind of charm: talking people out of their money. Rudd’s family was well off, and before long she had convinced her in-laws to pay off all the couple’s debts, and send her to London to await the day when Rudd could secure an officer’s commission—which, she assured them, was right around the corner.

In reality, Rudd was underperforming in his job, and unsuited to military life in general. Instead, he surprised Caroline by retiring early so he could join her in London. Living on a half-pension had not been part of her plans, but it turned out the constant presence of her husband was an even bigger irritation. Before long, Caroline ran off with an upstairs neighbour by the name of Benjamin Read.

This was doubly unkind to Rudd, as along with any emotional

anguish he may have suffered, Caroline’s betrayal left him in a delicate financial situation. Technically, divorce was legal in 18th-century Britain, but in practice dissolving a marriage was nearly impossible due to the high burden of proof and prohibitive cost. And without a divorce, a husband was assumed to be responsible for his wife no matter the state of their relationship. Thus, when Caroline and her new beau failed to pay the rent on their love nest, the landlord instead came after Rudd to clear their debt—and when Rudd couldn’t pay, he was arrested and thrown in prison.

Like the institution of marriage, penal institutions of the time were also very different from their modern counterparts: conditions were squalid, disease was rampant, and jailers had no obligation to provide even basic necessities for their residents.

Those who didn’t bribe the guards for upgrades like bread, water, and blankets were likely to die before even a short sentence had been served, and those in debtor’s prison were especially unlikely to have such funds.

Caroline fared only somewhat better than her destitute husband. The relationship with Read soon faltered, and she was forced to support herself through prostitution. Regardless of how she may have felt about this new mode of employment, historical evidence seems to indicate that she was an excellent practitioner. Caroline’s status as an articulate, well-dressed, and putatively middle-class woman earned her an equally sophisticated clientele, and she charmed more than one “acquaintance” into vouching for her with local merchants. During this time she also began experimenting with forged promissory notes to extend her credit further, although her initial attempts were not always successful—as one merchant disdainfully pointed out to her, the handwriting of both the guarantor and the recipient was the same.

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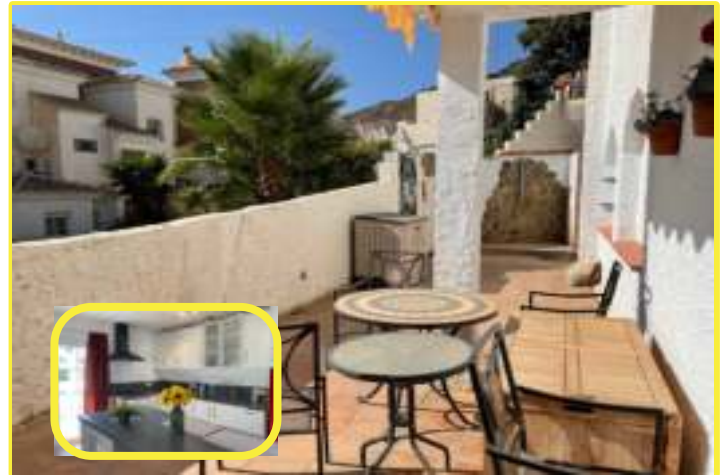
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Happy Tales

Holly and Star were rescued as young pups on Christmas Day 2021 when they were found by a Swedish holidaymaker who was taking a walk on along the Rio Chillar in Nerja. The Costa Animal Society (CAS) was contacted for help by the Swedish lady on Boxing Day stating she would only be in town for a week and she did not know what to do with these waifs. A foster home is difficult to find at normal times and with it being the holidays the local kennels were full with private customers but after a difficult reshuffle of the space available, emergency accommodations were secured at the doggy inn on a temporary basis. However, after the Christmas season passed and things quietened down, it was decided that Holly and Star would be able to stay at the kennels on a permanent basis until new homes could be found.



At the time, the girls were about 3-4 months old and both had outgoing personalities so everyone thought they would be rehomed fairly quickly but perhaps because of their rugged good looks or them being mislabelled as Mastiff crosses they were passed over all year as smaller, cuter dogs were adopted. As Holly and Star matured they stayed relatively small but stout in stature and have retained their robust personalities. In fact, it is now thought they must have a large version of Teckle / Dachshund in their makeup as their legs have remained relatively short compared to their bodies. Holly is the darker

The Costa Animal Society...



coloured one while Star is the tan female and both girls are healthy, vaccinated and spayed. Each one would make a wonderful addition to a family who wants a playful, strong female dog. If you would like to meet Holly and Star please contact **Seacrest Kennels at 95 252 1426.**



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AXARQUIA ANIMAL RESCUE



Ruby

Ruby - AAR 2610

Ruby is an 11 year old Podenco with a very sad story. My name is Ruby and I desperately need a new home. My owner has become very sick and explained that she can no longer take care of me and my sister and take us for walks. So I'm getting a little pudgy. I thought my sad life was over when my owner took me in 9 years ago. She helped me so much, looking after and rehoming the puppies I had, and then keeping me and giving me a wonderful life, so it's my turn to help her by enabling her to stop worrying. To do this I need a new home. I haven't got puppy eyes or fluffy fur but I love cuddles, walks and I can be a loyal companion. Please take a chance on an oldie but goodie. Somewhere out there, there's someone for me. If you would like to help Ruby by fostering her or adopting her, please email Axarquia-rescue@hotmail.com

Djako - AAR 2580

DOB approx:- 25th July 2022
Hola! My name is Djako. I am a beautiful Podenco cross. I am 5 months old and I am growing into a very handsome boy. I have a friendly personality and I love other dogs. I am expected to be a medium sized dog when I am fully grown. I have a great foster home but I really need a forever home. I would be best suited to a home with a spacious outdoor area. I can be adopted in Spain now and will soon have my passport for rehoming abroad. If you can offer me a loving home, please contact my caseworker at Axarquia-rescue@hotmail.com



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Axarquia Animal Rescue



Robbie and Rosie

Robbie – AAR 2602 and Rosie – AAR2603

Robbie and Rosie were born in August 2022. Fortunately for us, we were abandoned outside the home of our foster angel. Although we are now safe, we are looking for a special place of our own, or together, which we can call home. My foster angel says that we are affectionate and intelligent pups who just loves a tummy tickle! We also enjoy playing with our friend Fluff the rescue cat! We have just started our vaccinations and will soon have our passports. We can be adopted in Spain now and after 15 weeks we will be able to travel to a forever home in Europe too! As lucky as we are, we really can't wait to snuggle up with our forever companions, or family, who will love us as much as we will love them knowing that together we will make a house our wonderful home! For more information on Rosie, or Robbie, please email axarquia-rescue@hotmail.com



Bracken

Both Dotty and Bracken are looking for their forever homes. Born to a stray Collie on the 31st October 2022, these gorgeous, slightly longer haired puppies,

together with their siblings, will be looking for a home within Spain in January. They can travel to the UK and the rest of the EU at 15/16 weeks old. Please email axarquia-rescue@hotmail.com for more information.



Dotty



Rocky

Rocky - AAR 2541

DOB:- 3rd March 2022

Handsome little Rocky is looking for a foster or permanent forever home. He is small in size but inquisitive, energetic and playful. He currently lives with cats and other dogs with no concerns. He is 9 months old, up to date with all his injections and ready to travel in Spain or abroad. If you would like the fun of Rocky in your life please email axarquia-rescue@hotmail.com, quoting AAR 2541.



Norma - AAR 2578

DOB approx:- 15th June 2020.

This gorgeous dog is still looking for a home. Norma was extremely well behaved at our dog show, and everyone fell in love with her, but sadly, no homes were offered.

Ideally she is looking for her forever home, but even an offer of a foster home (where AAR will cover all her costs) would greatly benefit this lovely girl who has been in kennels since she was found in September. She has so much love to give; is calm, walks great on a lead (no pulling), is non-reactive but is desperate for someone to give her the love and attention that she has never had. She is fully vaccinated, chipped and passported so can travel within Spain, the EU and to the UK. If you can help Norma in any way, please get in touch: axarquia-rescue@hotmail.com





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UNDERSTANDING CANINE COMMUNICATION Part 2

Content & Happy Dogs



When you see a happy dog you'll see a relaxed body position and posture. A happy and content dog will appear physically relaxed and soft. A happy dog's ears will be in a relaxed position. (This will differ depending on the dog's breed and natural ear position.)

A play bow, where a dog lowers their front end until elbows are on the ground, tail wagging, and butt in the air, is a good sign that a dog is happy and trying to initiate play with you or another animal.

Dogs who are playing with each other or with you will often display bouncy movements. If two (or more) dogs are playing together and exhibit loud growls, barks, or even mouthing, the dog's overall body language is soft and no one is getting hurt.

Dogs playing well together will be reading each other's body language closely. They'll also tend to switch between who is chasing and who is being chased. They will naturally take breaks before initiating play again.

When happy, the dog's ears will be relaxed, not pressed back against the head. For example, a retriever's relaxed floppy ears look different from a husky's relaxed prick ears; but overall, when understanding if a dog is comfortable, we are looking for a generally neutral position.

When content and happy, a dog's tail, mouth, eyes, and ears will all appear to be relaxed. Happy dogs may be observing the world around them, but don't appear to be hyper-focused. Additionally, no part of their body will appear tense.

Similarly, when a dog is feeling content, the relaxed dog will likely lean into you during petting.

What aggression looks like

Aggressive dog behaviour is a complicated topic with a variety of underlying causes. It is a sign of fear. Aggression is a natural fight-or-flight act for dogs who feel they have no other alternative way to respond. It doesn't mean that they are bad or violent.

Aggressive behaviour is generally the result of a dog being put into a position that is overwhelming, scary,

DOG SCHOOL - NERJA

Karen Wallace

or otherwise uncomfortable for them. Additionally, there's no such thing as an aggressive breed. Individual breed traits may influence reactions — some breeds are naturally more driven to chase prey, guard livestock, herd, or be all around sociable with strangers — but no breed of dog is inherently aggressive.

Signs of aggression, or that aggressive behaviour could happen, are because the dog is agitated or uncomfortable. It stems from fear. Body language to be aware of includes:

- a high wagging tail accompanied by stiff movements
- narrowed eyes
- hard stare
- raised hackles
- weight shifted back

This can mean the dog is upset and likely to react aggressively if it isn't given a way out of the situation they find upsetting.



This is just the tip of the iceberg when it comes to learning about how dogs communicate. It's important to bear in mind that a dog's breed and physical structure will change the way they can use their body to communicate. For example, a pug has a tail that is naturally tightly coiled over the back when it is relaxed. Another breed like a beagle has a naturally lower tail set. A beagle would likely show he is feeling aroused and alert with a tail held high over the back.

One of the best ways to learn about body language is to work with a trainer such as myself who utilises positive reinforcement methods. A dog trainer will be able to help translate your dog's body language. I can help you to develop your own skills with understanding what your dog is trying to communicate through their posture and behaviour. I've spent many years working with lots of different breeds and I'm a Certified Canine Body Language Specialist so can help you to understand canine communication a bit better, and importantly; understand what your dog is trying to say to you. If you'd like to know more, or if you'd like to join any of Dog School Nerja's classes or workshops you can get in touch on social media or by dropping me a message to

karen@dogschoolnerja.com



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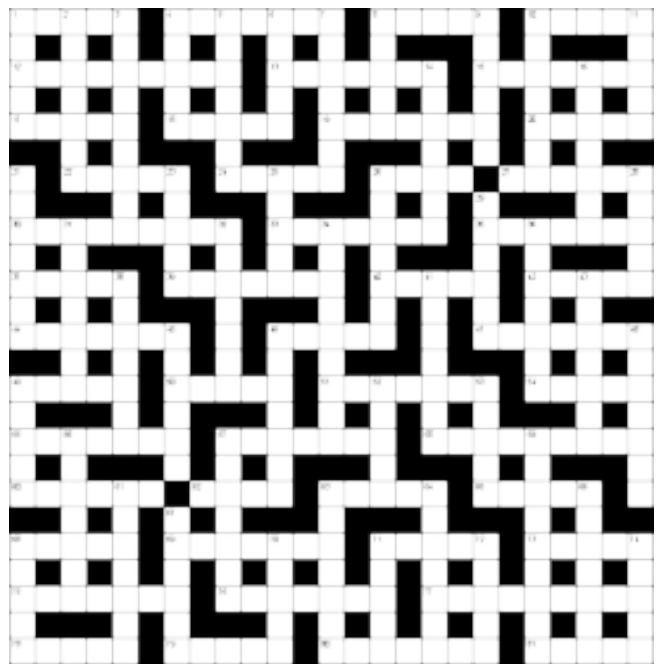
1. Amphibians (5)
4. Heading (7)
8. Strongroom (5)
10. Latin-American dance (5)
12. Essential (9)
13. Lasted (7)
15. Wandered aimlessly (7)
17. Ophidian (5)
18. Entice (5)
19. Developed (7)
20. Change (5)
22. Evade (5)
24. Dens (5)
26. Particle (4)
27. Leg bone (6)
30. Impertinence (9)
33. Flags (7)
35. Tableware (7)
37. Calamitous (5)
39. Entail (7)
40. Attribute (5)
42. Notions (5)
44. Large feline (7)
46. Made reference to (5)
47. Building (7)
49. Japanese speciality (5)
50. Mature (5)
51. Tooth (7)
54. Chortle (5)
55. Promised (7)
57. Asserted (7)
58. Arrest (9)
60. Fabric (6)
62. Requests (4)
63. Hex (5)
65. Musical work (5)

68. Item of value (5)

69. Inactivity (7)
71. Minor actor (5)
73. Prominent (5)
75. Resided (7)
76. Acted out (7)
77. Sport (9)
78. Lubricated (5)
79. Planet (5)
80. Custodian (7)
81. Laconic (5)

Down

1. Eyeteeth (5)
2. Grove (7)
3. Hung (9)
4. Brag (5)
5. Unfathomable (7)
6. Feckless (5)
7. Useful device (7)
8. Sign of the zodiac (5)
9. Broadside (6)
10. Large drum (7)
11. Command (5)
14. Oblique (7)
16. Herbaceous plant (7)
21. Sore (7)
23. Boredom (5)
25. Paragon (5)
26. Warned (7)
28. Bottomless pit (5)
29. Cutting tool (6)
31. Elixirs (7)
32. Enclose (7)
34. Respiration (9)
36. Insignificant (7)
38. Springing (7)



41. Memory loss (7)
43. Gourmet (7)
45. Mock (6)
46. Tapers (7)
48. Anteater (7)
49. Full of flavour (5)
52. Beverage made from apple juice (5)
53. Currency of Pakistan (5)
56. All together (2,5)
57. Stark (7)

59. Exuberant (9)
61. Resolved (7)
63. Disorderly (7)
64. Excerpt (7)
66. Previously (7)
67. Conundrum (6)
68. Sound (5)
70. Rubbish (5)
71. Church officer (5)
72. Abominate (5)
74. Result (5)



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The Nerja Arts Society

Zaha Hadid - Architectural Superstar

Speaker: Helen Sijssling

Venue: Cultural Centre and your home (see below)

Date: 10th January at 18:00 (Spanish time)

Dame Zaha Hadid

1950 - 2016 was a star architect, a teacher, an artist and designer:

The Queen of the Curve, she outcurved Frank Gehry, a planet in its own orbit, larger than life and bold as brass, the Inventor of the 89 degrees, an architect with spectacular vision. Just a few remarks from fellow architects.

A woman born in Iraq, a major figure in architecture of the late 20th and early 21st centuries. Her major works include the London Aquatics Centre for the 2012 Olympics, Rome's MAXXI Museum, and the Guangzhou Opera House. Several of her buildings were still under construction at the time of her death, including the Al Wakrah Stadium in Qatar, a venue for the 2022 FIFA World Cup.

Hadid was showered by awards: the first woman to receive the Pritzker Architecture Prize. She received the UK's most prestigious architectural award, the Stirling Prize twice. She was made a Dame by Elizabeth II, and in 2016 she became the first woman to be individually awarded the Royal Gold Medal from the Royal Institute of British Architects. She is high on the lists of the most influential figures in the world.

We are going to have a look at her visionary abstract paintings, her stunning buildings and amazing furniture and fashion. We will travel through her life from her first designs

that were never built, to the highlights in her career to those that were finished after her untimely death in 2016 and see if we agree with the epithets given to her.

About Helen Sijssling

Drs Helen Sijssling MA (born in Australia, lived in the Netherlands, lives in Spain), MA History of Art (University of Leyden), MA English Literature (Universities of Leyden and Oxford) and MA Educational Management (University of Amsterdam). Helen taught English for the first part of her career to later become management consultant on education, advising secondary schools on educational



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improvement and training teachers and managers in The Netherlands and the Antilles. Helen is presently Chairman of The Arts Society Nerja and has lectured for many years to The Arts Societies in Europe.

Lecture date: January 24th 2023(18:00 CET)
Losing Freedom: the tragic end of the Spanish Revolution in 1823

Manuel Parodi

NB. This is the fourth Tuesday of the month.

Two centuries ago, on a beach in the Bay of Cadiz, Freedom was defeated by Absolutism. In 1823 the first Constitutional Government of Spain was overthrown by an International Coalition that included several European countries and was led by France. In a single battle, in the Andalusian town of Puerto Real (Cádiz), on August 31, 1823, the Spanish liberals would be defeated by the army sent by the International Coalition: after that, the first period of constitutional government in Spain would have an end. This battle took place in an island called "El Trocadero", and would give its name to one of the most famous squares in Paris, just as the Battle of Trafalgar would give its name to a famous square in London. We will approach the History of these events that occurred two hundred years ago and that are not an isolated event, but are part of the Liberal revolutionary processes in Europe, of the path of construction of Democracy in Europe during the 19th Century.



About Manuel Parodi

Manuel Parodi, historian and archaeologist, has been working on the History of Archaeology in Northern Morocco and Southern Spain since 2005, and has published several books and articles regarding this particular matter. He has also been working in several Archaeological and Historical Research Projects in Morocco since 2005, including the Archaeological Museum of Tetouan, its Archives and historical documents and records.

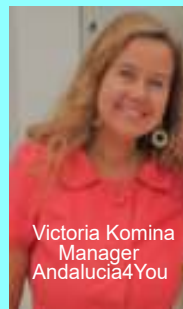
Manuel has talked to us several times: in November 2016 about The Spanish Indiana Jones in North Africa 1900-1948, in October 2019 about Gadir/Cádiz and in November 2020 about the Magellan-Elcano circumnavigation of the world. His most recent talk was in March 2022 when he discussed Vikings in Al Andaluz.



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ARIES:- (March 21st - April 20th)

It may come as a shock to discover that not everyone believes in you to the extent that you believe in yourself but that will inspire you to work even harder to impress. Do something so brilliant today that no one can deny you are a genius.

Luckiest day:- Tuesday

LEO:- (July 23rd - August 22nd)

Before you accept some kind of offer do your homework and make sure you know what the potential risks and rewards are. Most likely the cost will be worth it but you must find out for certain. Facts are more important than instincts today.

Luckiest day:- Wednesday

SAGITTARIUS:- (Nov 23rd - Dec 21st)

You won't hesitate to give your opinion about a matter of some importance but bear in mind that you may not have all the facts at your fingertips. Someone who is better informed than you could make you look silly if you make claims you cannot prove.

Luckiest day:-Saturday

TAURUS:- (April 21st - May 21st)

Anyone who thinks they can fool you into believing something that is clearly not true is going to be disappointed. Don't leave it there though, turn the tables — use your powers of persuasion to get them to confess to what they've been trying to do and why.

Luckiest day: Wednesday

VIRGO:- (August 23rd - Sept 23rd)

You may find it hard to trust someone who has let you down in the past but don't reject their advice completely because what they are now trying to tell you is very much on the level. Be on your guard but be open to new ideas as well.

Luckiest day:-Sunday

CAPRICORN:- (Dec 22nd - Jan 20th)

Do whatever it takes to get along with a colleague you don't much like today. Once you have accomplished what you set out to do you can go your separate ways with no hard feelings. Like it or not you are on the same team, for now.

Luckiest day:-Friday

GEMINI:- (May 22nd - June 21st)

If you sense that someone is not being entirely honest with you today then you must find out why. Even if they are bending the truth only a little bit it may mean they cannot be trusted. The simple fact is you don't need their input.

Luckiest day:-Saturday

LIBRA:- (Sept 24th - October 23rd)

Travel and social activities may not go as smoothly as you expected over the next 24 hours, so be flexible in your plans and don't promise you will be somewhere at a specific time unless you are 100 percent sure you can make it.

Luckiest day:-Saturday

AQUARIUS:- (Jan 21st - Feb 18th)

You know what you are doing, and you know you are doing it right, but certain people seem determined to cast doubt on your aims and abilities. Ignore them. They are clearly afraid that your efforts will show them up for the second-rate amateurs they are.

Luckiest day:- Thursday

CANCER:- (June 22nd - July 22nd)

If you need help today don't be afraid to approach people who are in a position to offer you advice and assistance. Even a Cancer as ambitious as you needs a helping hand once in a while. Besides, teamwork is essential if you want to make progress.

Luckiest day:- Friday

SCORPIO:- (Oct 23rd - Nov 22nd)

Be careful what you say to people in positions of power today, because even though your words may be on the money they won't take kindly to having their faults pointed out to them. Try being a touch more tactful than you usually are.

Luckiest day:- Friday

PISCES:- (Feb 19th - March 20th)

You know what you want from life and you know how to get it, so don't hesitate for even a moment — get out into the world and bend it to your will. Anyone who thinks Pisces is not ambitious is going to get left behind in the dust.

Luckiest day:-Monday

Horoscopes.

by Kristian Marconi



**Are you questioning
your alcohol use?
Could it be time to
change your drinking
habits?**



Christmas, New Year, and the Holidays in general, are a difficult time for many people, especially those struggling with a drinking problem. Alcohol is everywhere; boozy office parties, family get-togethers or drinks out with friends and colleagues.

It is also a time where it is normal for people to overindulge. Which makes it easy to put off thinking about whether your alcohol use is out of control. Everyone is doing it; so that means it is okay – right?

But what happens now? The season is over, and you are struggling to stop with the daily/ morning/binge/excessive/..... (You can fill in the blank with any type of drinking that is causing an issue or a concern). Maybe your alcohol use over the festive period caused problems? There were arguments, accidents, missed events, or unnecessary drama. Was it simply that your compulsion to drink came before everything else? Leaving you isolated, miserable, and lonely.

Do you find yourself drinking when you don't really want to; on days when you have previously promised yourself that you wouldn't? If once you start, do you find you can't seem to stop? Is alcohol causing you, or those around you, a problem?

If you answer yes to any of these questions but find you can't seem to stop yourself from picking up that glass; or stay away from the booze for any length of time, then you are not alone. Alcoholics Anonymous (AA) can help. Here two members of AA talk about how they found an answer to their struggles with alcohol; and how they no longer feel alone.

"My name is Richard, I started drinking at 15 years old. The sensation was amazing, I loved the feeling, was immediately hooked, and

wanted more. My drinking turned into a chronic problem when I retired from work. Alcohol became my life, I was depressed and lonely. I had no interest in people, places, or things. Relationships were a thing of the past. Eventually even eating became a chore – alcohol always came first.

After a serious health scare, which led to my hospitalisation, I knew I had to make a change or die. I was full of fear at the prospect of my first AA meeting. I hoped that I would hate it and that would justify never going back. However, what I found was love and understanding; and a realisation that there were many other people just like me."

"My name is Donna. In the beginning alcohol gave me confidence, it was fun. Then it changed, instead of drinking to socialise and have a good time, I was drinking because I had to. I wasn't happy and alcohol numbed my feelings. Everyone around me drank, it wasn't unusual. But the way I was feeling, and using alcohol wasn't normal.

I didn't know what to expect at my first meeting. Sitting there listening, for the first time ever I felt I wasn't alone. I heard people speaking about how they felt and how they drank ... and it was just the way I did. It gave me hope. Life now is fantastic. I love sobriety, and the new life I have been given. I am no longer sad and self-obsessed. I can be useful to others. I like who I am. I hated myself when I was drinking. AA worked for me, when everything else I tried, had failed."

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Stews



Lamb Stew with Root Vegetables

Serves:- 8

Ingredients:-

1/2 cup all-purpose flour
Salt and freshly ground pepper
4 pounds boneless lamb shoulder or top round, cut into 2-inch cubes
1/2 cup olive oil
2 cups dry red wine
2 tablespoons sherry vinegar
4 cups chicken stock
2 tablespoons chopped tarragon
1 pound baby carrots, peeled
1 pound baby parsnips, peeled
1 pound small fingerling potatoes
1/2 pound baby turnips, halved
8 baby fennel bulbs, trimmed, fronds reserved and chopped



Lamb Stew with Root Vegetables

1 large shallot, minced 1
2 tablespoons minced parsley

Preparation:-

Preheat the oven to 350°. Put the flour in a large bowl and season generously with salt and pepper. Add the lamb cubes in 4 batches, tossing to coat thoroughly. In a large enameled cast-iron casserole, heat 2 tablespoons of the oil until shimmering. Add one-fourth of the lamb cubes and cook over moderately high heat until browned, about 6 minutes; transfer to a plate. Brown the remaining floured lamb in 3 batches, adding 2 tablespoons of oil to the pot per batch. Reduce the heat if the casserole bottom darkens too much. Return all of the lamb to the casserole. Add the wine and vinegar and bring to a boil. Add the stock and tarragon and return to a boil. Season with salt and pepper. Cover the casserole and braise the stew in the oven for about 1 hour, or until the meat is nearly tender. Add the carrots, parsnips, potatoes, turnips, fennel and shallot to the lamb stew. Season with salt and pepper and bring to a boil, stirring to distribute the vegetables. Cover the casserole, return it to the oven and cook until the meat and vegetables are tender, about 1 hour longer. Season with salt and pepper. Stir in the parsley and fennel fronds and serve the stew in deep bowls.

Spicy Coconut Chicken Stew with Corn

Serves:- 4

Ingredients:-

2 tablespoons canola oil
3 shallots, thinly sliced
2 fresh Thai chiles, thinly sliced
One 15-ounce can unsweetened coconut milk
1/2 cup chicken stock or low-sodium broth
1/4 cup fresh lime juice
Kosher salt
Pepper
1 pound shredded rotisserie chicken (4 cups)
1 1/2 cups fresh corn kernels (from 2 to 3 ears)
3 cups spinach leaves
1 cup basil leaves, plus more for serving



Spicy Coconut Chicken Stew with Corn



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Preparation:-

In a large, deep skillet, heat the oil. Add the shallots and chiles and cook over moderate heat, stirring occasionally, until tender, about 5 minutes. Add the coconut milk, stock and lime juice and bring just to a simmer. Season the broth generously with salt and pepper. Stir in the chicken and corn and cook until hot, 3 to 5 minutes. Stir in the spinach and simmer until just wilted, then stir in the 1 cup of basil. Transfer to shallow bowls, garnish with basil and serve.



Chickpea Stew with Spinach and Chorizo

Chickpea Stew with Spinach and Chorizo

Serves:- 8

Ingredients:-

2 cups dried chickpeas, soaked overnight and drained
1/4 cup plus 2 tablespoons extra-virgin olive oil
4 garlic cloves, minced
1 large onion, finely diced
1 1/2 teaspoons finely chopped rosemary
1 bay leaf
One 28-ounce can tomatoes, chopped, 1 cup juice reserved
1/2 pound soft cooked chorizo, sliced 1/4 inch thick
1 pound spinach, thick stems discarded
Salt and freshly ground pepper

Preparation:-

In a medium saucepan, cover the chickpeas with 2 inches of water and bring to a boil. Reduce the heat to low and simmer until the chickpeas are tender, about 2 hours; add more water as necessary to maintain the level. Drain the chickpeas and reserve 1 cup of the cooking water. In a medium, enameled cast-iron casserole, heat the olive oil. Add the garlic, onion, rosemary and bay leaf and cook over moderate heat until the onion is softened, about 7 minutes. Add the tomatoes and cook over moderately high heat until sizzling, about 4 minutes. Add the chorizo, the cooked chickpeas and their reserved cooking water and the tomato juice and bring to a simmer. Stir in half of the spinach and cook until wilted, then stir in the remaining spinach. Simmer over moderately low heat for 10 minutes, stirring occasionally. Season with salt and pepper.

Beef Rib Eye and Vegetable Stew

Serves:- 4

Ingredients:-

2 tablespoons vegetable oil
2 pounds boneless beef rib eye, trimmed of visible fat and cut into 1-inch chunks
Salt and freshly ground pepper

1 tablespoon unsalted butter
2 carrots, diced
2 garlic cloves, very coarsely chopped
1 large potato, diced
1 large onion, diced
1/4 cup all-purpose flour
1 cup dry red wine
2 cups beef stock
4 thyme sprigs, plus thyme leaves for garnish
1 bay leaf
1 cup frozen peas



Beef Rib Eye and Vegetable Stew

Preparation:-

Heat a large skillet. Add the oil and heat until wisps of smoke appear. Add the meat, season generously with salt and pepper and brown on all sides over moderately high heat, about 4 minutes total. Using a slotted spoon, transfer the meat to a plate. Melt the butter in the skillet. Add the carrots, garlic, potato and onion and cook until lightly coloured, about 3 minutes. Stir in the flour. Add the red wine and simmer, scraping up any browned bits from the bottom of the pan. Add the stock, thyme sprigs and bay leaf and bring to a boil. Cover and simmer over moderately low heat until the carrots and potato are fork tender, about 6 minutes.

Add the peas and the meat along with any accumulated juices, cover and simmer until the meat is heated through and medium rare, about 3 minutes. Discard the bay leaf and thyme sprigs. Season with salt and pepper, garnish with thyme leaves and serve.

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	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
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westernized point of view, the points, zones or areas that are used for the treatment of pain are neurovascular zones. By applying stimuli to these places, a series of activities are stimulated that are mediated by the peripheral and central nervous system and basically improve the mechanisms of pain modulation. It also has an impact on the inflammatory process since it is capable of stimulating the vagal system, which in turn inhibits the production of cytokines that are essential in any inflammatory process.

Where to fit the Specialty

Acupuncture could be considered one more medical specialty. But it has a differential characteristic and it is its combinatorial and synergistic capacity. It is a procedure to be combined and complemented with the procedures commonly used in each specialty in order to seek an additional efficiency and resolution in those problems that we usually face.



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How to Make the Best Detox Smoothie

Detox Smoothie

Whether you binged over the holidays, drank too much alcohol on the weekend, want to boost your immune system or lose some weight, or just want to eat a bit healthier, smoothies are the easiest way to pack a ton of nutrition into your meal. You can make a smoothie in less than 10 minutes. And the best part is, you don't even need to turn on the oven!

Good Ingredients for Detox Smoothies (and Why)

Coconut Water: After plain filtered water, coconut water is my go-to liquid for smoothies. Low in calories and carbohydrates, and almost completely fat free, coconut water pairs well with most fruits and veggies. It's also a natural energy drink that's rich in electrolytes that keep you hydrated.

Spinach: Loaded with iron and other minerals, vitamins, omega-3 fatty acids, magnesium, protein, antioxidants, fiber, and anti-inflammatory power, this leafy legend is an immunity boosting cleansing champion. With a mild taste that's easily masked by fruits and vegetables, spinach is my top choice for introductory green smoothies. You can add 1 to 2 cups into any blend without really changing the flavour.

Beets: Rich in iron, copper, magnesium, potassium, vitamin C, fibre, and dietary nitrates, beets build mineral-rich blood to dial up detox. Grate raw beets for the smoothest texture with conventional blenders, or lightly steam them to make them more palatable.

Apples: Pectin is a soluble fibre in apples that help sweep the colon for digestive health. Apple pectin lowers the body's demand for insulin, keeping apples' glycemic index low. Many of the nutrients and fibre in apples are concentrated in the skin, so include the peels!

Strawberries: Strawberries are relatively low in sugar, while still providing tons of flavour. Rich in phytonutrients, vitamin C, mineral buffers, and omega-3s, these righteous red berries are bursting with antioxidants ammo to combat inflammation in the eyes, muscles, and blood. Full of fibre, strawberries are great for digestion and detox. Strawberries add sweetness to smoothies; throw them in fresh or frozen.

Pineapple: Bromelain, the protein-digesting enzyme in pineapple, bolsters the power of its vitamin C content to help clear respiratory congestion, suppress coughs, loosen mucus, flush out toxins, reduce swelling and bloating, and stimulate circulation for a deep-dive detox.

Continued on page 39



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NICE Guidelines on Menopause Treatments

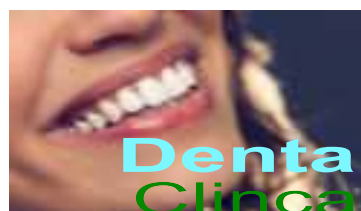
ANY FORM OF PAIN can be challenging for even the most astute physician. Neuropathic or nerve pain is particularly complicated to treat effectively for a variety of reasons, from a lack of an obvious source to the inability of the patients to describe their pain, to previous poor management with the wrong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



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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 pregression. 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



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), neuroaugmentation techniques (e.g., spinal cord stimulators), intrathecal drug delivery systems. Rehabilitative therapies – e.g., physical therapy, occupational therapy.

Psychological therapy – e.g.,
dietary supplements.

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Menopause and osteoporosis

The menopause with women starts when the oestrogen levels drop. The oestrogen levels drop with age and this is a normal cycle of life starting usually between 45 and 55 years of age. It all starts with hot flashes, changes in the monthly period, gaining or losing weight, anxiety, depression, insomnia, difficulty concentrating, mood swings etc.. Some women have severe symptoms, other very few and mild ones. But disregarding the intensity, every woman feels that her body

changes. Even if you have very few problems, it does not mean you can't get osteoporosis.

Osteoporosis is a dangerous side effect of the menopause. You can prevent it by exercising (especially weight bearing, resistance and balance exercises!). Taking supplements such as vitamins and minerals also helps prevent osteoporosis. Osteoporosis is a serious disease. Don't underestimate it. It can be painful. It often leads to hunched posture and will limit your mobility. Go see your doctor, take the supplements and exercise.

Sports is a good medication. It soothes the symptoms and makes you feel good about yourself. You know you have overcome the most difficult stage of the menopause when you feel good again like you did before.

And how about men?

Older men don't get in a menopause but can get osteoporosis! So men over 40 should also exercise and take supplements. Exercise not only makes your heart, muscles and bones stronger but it also makes you lose weight and this will be beneficial to the bones also. So choose a sport that is weight bearing like strength training in a gym or a Bootcamp or BodyPump class. Or working out using your own weight like in a Pilates class. Take on something you really like. And one with as little obstacles as possible: Close to home, normal prices, flexible hours and no contracts.

Keep moving! Venga vamos!

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Lemon: Low in sugar and full of nutrients, lemons are detox divas. Lemons are amped up with antioxidant vitamin C, antibiotic phytonutrients, and B vitamins. The citric acid in lemons aids digestion while ascorbic acid fights free radicals.

Lemon peels are particularly rich in antioxidants, so throw some zest into your shakes for an additional "booster" of nutrition and flavour.

Cayenne Pepper: I seize every opportunity to add a pinch of cayenne to smoothies. It adds crazy-amazing flavour and healing potential. As one of the most powerful detox foods, cayenne heats the body to sweat out toxins. Naturally antibiotic and anti-fungal, cayenne is also a powerful immune booster.

Broccoli: Broccoli is one of the richest sources of glucosinolates – some of the most powerful toxin tackling compounds found in foods. Armed with an arsenal of antioxidants, minerals, flavonoids, carotenoids, omega-3s, and fibre, these fierce florets combat inflammation, oxygenate the blood, and banish bad bacteria for better digestion.

Basic requirements to make a smoothie

Choose a base liquid: You can use 1 to 2 cups of filtered water, raw coconut water, unsweetened almond milk or hemp milk, fresh apple or orange juice, herbal tea, green tea, unsweetened kefir or kombucha.

Choose your base ingredients: Add 2 cups of fresh or frozen fruits or veggies, like apple, orange, kiwi, melon, berries, beets, cucumber, pineapple, mango, or peaches.

Add some creaminess: Banana, avocado, coconut meat, unsweetened natural yogurts, blanched almonds, or almond butter all add richness and creaminess to smoothies.

Add some greens: Next add 1 to 2 cups of spinach, romaine or radish greens; 1 cup kale, bok choy, chard, collards, beet greens; or 1/4 cup arugula or dandelion greens.

Boost the nutrients: Choose one or more of the following: 1 tablespoon of chia, hemp or flax seeds; 1 tablespoon of coconut, flax, or hemp oil; 1 teaspoon to 1 tablespoon of superfood powders like açai, pomegranate, camu, maqui, goji, wheatgrass, or broccoli sprouts; 1/4 to 1/2 teaspoon spirulina or

Continued on page 43



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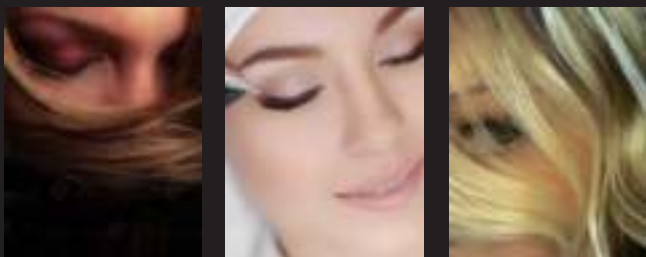
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Beat the post Christmas blues with a treatment!

Christmas for many of us, is all about excess. We eat too much and and drink too much, with only a vague plan to get back into shape in the New Year. What's the point of a party without any cheer anyway? Now that we're in the post-Christmas period, it's time to turn that vague plan into something more solid, hence the popularity of New Year resolutions.

Have you hit the gym this morning for one of your first sessions? Perhaps your stomach is rumbling, because you decided to give breakfast a miss? Does it still feel like there's a long way to go before you get your body confidence back? If the answer is yes. You're not alone. Many people join the gym or introduce lifestyle changes with good intentions after Christmas, but soon sink back to their previous habits before they've had a chance to improve their appearance.

Our professional team here at all about beauty in Torre del Mar can provide a helping hand. It's amazing the difference Wrinkle reduction and facial fillers can make to your appearance. These treatments will make you appear rested, radiant and several years younger! You may find it easier to stick to a healthier lifestyle, when you experience the results having a more attractive appearance can bring.

Wrinkle reduction

Wrinkle reduction is an anti-wrinkle treatment that is administered via injection into the face. It's very safe, painless and can produce impressive, but natural-looking results. By stopping your facial muscles from contracting, the Wrinkle reduction prevents wrinkles and lines on the face from forming. With your wrinkles smoothed over, you'll naturally look significantly younger. Specifically, Wrinkle reduction provides the best results on the upper face, to combat frown lines, forehead lines and crows feet.

Facial Fillers

Facial fillers are also an injectable treatment, but this time it's hyaluronic acid that is applied to the face. It has no effect on the muscles, but



instead works rather like sponge, soaking up water under the skin to plump it up in areas that have hollowed with age, resulting in you having a more even skin contour. You can get rid of the tear troughs under your eyes and add volume to sallow cheeks, as well as fill in deep lines that have an ageing effect. Nasolabial lines and marionette lines can be greatly reduced.

To decide which treatment is going to best suit your skin, we'd like to invite you to a consultation. Giving yourself a head-start in your post-Christmas regime, may be exactly what you need to beat the New Year blues! Looking better is a great way to help yourself feel better. Treat yourself to a treatment!

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healthwise

Cancer - being able to take control.



The words 'you have cancer' are life changing. You go numb; feel disbelief, fear, anger, confusion and a multitude of other emotions. The world tilts and will never be quite the same again. I heard those words myself a few months ago and have started on a whole new journey. I'm lucky that I'm a therapist, have many friends in the healing profession and also friends who have walked this road before me. I'm learning so many things and I thought I could share some of them in the hope it may help others who have received a similar diagnosis. It's important to remember that everyone's experience of cancer is different, everyone's reaction is different and everyone's treatment is different. There is no 'one size fits all' and there are choices and decisions to make that are personal to each individual. Treatments include conventional medicine and alternative therapies or, as in my case, a decision to use both together. So apart from the conventional treatments like surgery, chemotherapy, radiotherapy and immunotherapy, what else may be helpful to us and our bodies. This brief overview (part 2 next month) will hopefully raise questions and awareness and enable you to find your own healing path.

A positive attitude

One of the first things that surprised me was how many people told me their own cancer story. There are many, many cancer survivors out there and they all stress the importance of a positive attitude. Now that's not to say you won't have your days when you're scared, sad or feeling alone. I've had my share of those but I'm keeping my main focus on being positive about the journey and the outcome. So try to give yourself future goals, things to look forward to while also appreciating the good things in your life in the present moment. In the first few weeks after diagnosis, it was like the world was lit up in technicolour. I became so appreciative of every colour, sound, smell and touch. I have daily gratitude for the life I've lived, the life I'm living and the life I will live in the future. The doctors here have been so kind and supportive, as have my friends and family. For those of you supporting someone with cancer, just know that your doing so makes a huge difference. Also I've found that in between the anxious moments there have been moments of humour, with both the ridiculous and the

absurd. Sometimes parts of the treatment can make you laugh (yes really) and as Daniel Prokop said, 'in the midst of tragedy, we are in laughter, sometimes farce.'

Diet

This is a big thing. There are many different opinions out there but most agree that a plant based diet is healthier. But your dietary changes are not just during treatment, they should really be a forever lifestyle change to reduce the risk of the cancer returning. So your new way of eating needs to be one that you are comfortable with and can maintain. If you do eat meat (and protein is important during chemotherapy to support healthy cells), it is best to avoid processed meats (sausages, salamis, bacon and ham) and red meat (beef, lamb, pork and venison). In fact processed foods in general are best steered clear of. Also sugar, sugary drinks and snacks (and carbohydrates because they turn into sugar) are best avoided as they 'feed' the cancer cells. Jane McLelland's book *How to Starve Cancer*, tells of her own journey and how she discovered what foods and supplements work to combat different cancer types. The bottom line is there are foods like broccoli and kale that will help and others like fried foods and alcohol that will hinder. Also during treatment it's best to avoid raw fish, soft cooked eggs, mayonnaise and unpasteurised dairy products as they carry the risk of food borne illnesses. Try to eat healthy fats like avocados, walnuts and olive oil and healthy carbs such as whole wheat, bran and oats.

Each person needs to find their own diet that works for them. Speak to a nutritionist and experiment. I followed a vegan diet when I was first diagnosed and I felt amazing. Now as I start pelvic radiation my doctors have put me on a completely different diet which is easy on the colon, with very low fibre (few vegetables and no pulses) and lots of animal protein. If, like me, you choose to combine both complementary and conventional treatments you may find yourself adopting both options as and when needed and that's fine. It's your journey. You do what you are comfortable with. As soon as my treatment is over, I will return to a plant based diet.

Supplements

Again there are many out there. Be careful to choose supplements (preferably organic) that can work together and always check with your medical team if you want to continue using them during chemo or radiotherapy. Some supplements, and indeed foods such as grapefruit, can inhibit the efficacy of certain drugs. Cancers and their treatment often causes a decrease in appetite, or digestive issues such as constipation or diarrhoea. You may need to take a multivitamin or Vitamin D, which helps to keep your immune system strong and reduces fatigue. Alternative supplements such as turkey tail mushrooms, spirulina, melatonin and curcumin to name but a few, are worth investigating for their ability to inhibit tumour growth. Some are more beneficial for certain types of cancer and some help enhance conventional therapy treatments.

Cleaning and beauty products.

Nowadays, we are in contact with so many different chemicals and it may be that you prefer to limit those that are entering the body, either through the skin or the lungs. Personally, I feel the less chemicals I am in contact with, the better chance my body has to fight the cancer. I have changed my beauty products to natural ones without parabens, silicones and other chemicals. I try to clean with more natural products including vinegar and bicarbonate of soda. Chemicals in cigarettes, hair dyes and flame retardants are just some that can cause cell mutations.

Control

It's very easy to feel a loss of control in your own life when you are treating cancer. You are sent for this procedure and that treatment and your body is producing cells that you have been unaware of and appear to have no control over. But it's important to remember that you can take control. You can choose your methods of treatment, you can choose what you are putting in your body from both a dietary perspective and your access to chemicals in the air and on your skin. You can do so much to improve your immune system and to keep your spirits up. The important thing to remember is that you are not alone. Allow others to help and support you. You can do this!

Katrina Jones (BA Hons, Cl. Hyp)
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chlorella; or add 1/4 cup frozen raw broccoli or cauliflower.
Add some magic: Inspire flavour fever with spices!
Add a pinch to 1/8 teaspoon of cayenne, red pepper flakes, turmeric, or curry powder, or 1/4 to 1 teaspoon of ground cinnamon or fresh ginger.

How to Make the Best Detox Smoothie

Ingredients:-

1 cup raw coconut water or filtered water, plus more as needed
1 medium green apple, skin on, cored and diced
1 small raw red beet, peeled and diced (grated for conventional blenders)
1 cup frozen strawberries
1 cup frozen pineapple
1/2 small avocado, pitted and peeled
1 cup baby spinach
1 tablespoon fresh lemon juice
Pinch cayenne pepper

Optional nutritional boosters:

1/4 cup frozen raw broccoli
1/8 teaspoon finely grated lemon zest

Preparation:-

Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

Per services:- 476 calories

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NEWS & What's ON

Emergency numbers

Emergency Services	112
Guardia Civil	062
Ambulance	061
Fire Brigade	080
National Police	091
Sea Rescue	900 202 202
Emergency Helpline in English	902 102 112

Guardia Civil	
Frigiliana	952 533 003
La Herradura	958 640 015
Nerja	952 520 091
Torrox	
Costa & Pueblo	952 538 008
Local Police	
Frigiliana	952 533 126
Nerja	952 521 545
Torrox	952 539 828
Torredel Mar	952 549 238

Bus Stations

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

Airports

Granada	958 245 200
Málaga	952 048 804

Train Stations

Granada	958 271 272
Málaga	952 329 261

Consulates

Belgium	952 599 159
Denmark	952 211 797
France	952 226 590

Germany	952 363 591
Ireland	952 475 108
Netherlands	952 380 8884
Sweden	952 604 383
UK	902 109 356 / 913 342 194

Tourist Offices

Frigiliana	952 534 261
La Herradura	958 610 314
Nerja	952 521 531
Torrox Costa	952 532 155

Street Markets

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

What's On information is published FREE!

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

Contact details are on page 6

Church Services

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

Tel: 952 521 339. www.nerjaalmunecaranglican-church.co.uk. Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñécar, Sundays at 9.30am. Chaplain: Fr. Nigel Thomas.

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about 1 hour and 30 mins. With Tea and Coffee afterwards.

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

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

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

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

The Anglican Church of St. George, Málaga

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

Veléz Málaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30am in the Antigua Capella de San José, Calle Linares 7, Veléz Málaga.

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

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

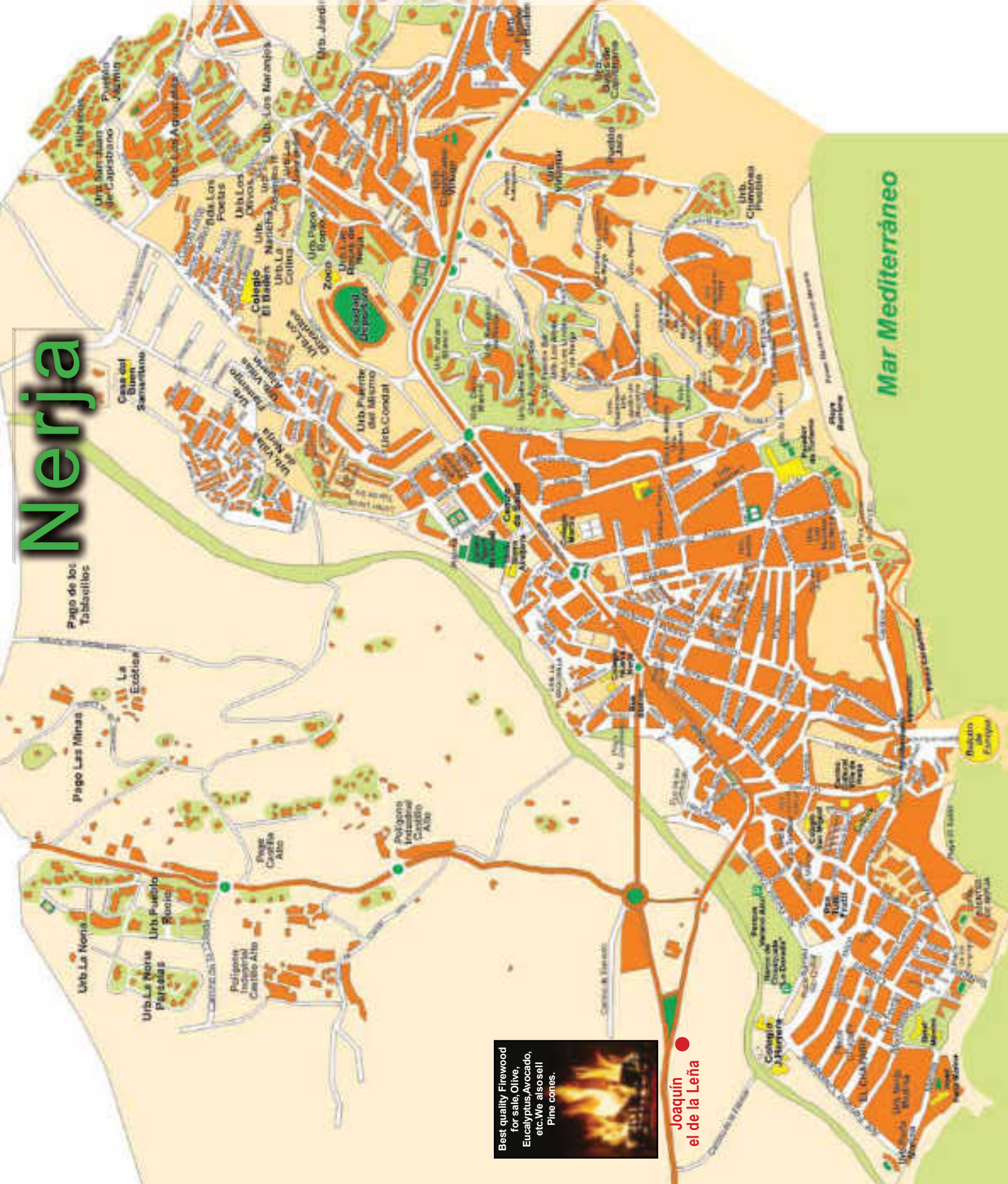
Evangelical Church, Torre del Mar

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

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658

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NEWS & What's ON



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

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

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

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

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

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

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

Want to join a choir?

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

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



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

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er}, (Jardines Viña Málaga/ Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org
LUX MUNDI, TORRE DEL MAR JANUARY COMING EVENTS & EXCURSION PRESS RELEASE
Please note the Centre will be closed on Friday 6th for a National Holiday.

We continue our regular activities: Spanish practice groups (limited numbers per group, Craft Group, Art group on Wednesdays and coffee morning every Friday.

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00.

Donations in good conditions are always welcome.

Thursday 12 January -

Excursion to Gibraltar for the Sales. It is a chance to visit the various tourist attractions e.g. St Michaels Cave, cable car and tunnels.

It is also an opportunity to purchase Duty Free Items and typical English items of food, etc. from the Morrisons Supermarket, please be aware that you might NOT be able to bring certain items back into Spain, so we suggest you check with the authorities.

Masks will need to be worn at all times on the bus.

We look forward to seeing you all.

Ticket price 20 Euros, or with Friends of Lux Mundi Card 18 Euros.

Proceeds for fundraising.

Departure times Puente don Manuel (Bar Mis Tapitas) 6.45, Algarrobo (Lidl) 7.15, Caleta (Vets) 7.20 and Torre Del Mar (Bus Station) 7.30. Depart Gibraltar 15.30 approximately. PASSPORTS/ European ID Card required.

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KÖMMERLING



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

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. "Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom". "Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288. 41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770. 41 Club Nerja Website is at www.41clubnerja.org. You can also find 41 Club Nerja on Facebook.

YOGA FUSION DANCE

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

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

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

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

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

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



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Semana de Oración por la Unidad de los Cristianos 2023

del 18 al 25 de enero



Miércoles 18	Parroquia San José (Fuengirola) 19:00h.
Jueves 19	Conferencia Aula Padre Arrupe (Málaga) 20:00h.
Viernes 20	Compartiendo Oración Parroquia Amargura (Málaga) 20:30h.
Sábado 21	Santa Iglesia Catedral (Málaga) 12:30h.
Lunes 23	Cementerio Británico (Málaga) 19:00h.
Martes 24	Parroquia San Miguel (Calahonda) 19:00h.
Miércoles 25	Parroquia San Andrés (Torre del Mar) 19:00h.





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Burns Night

Wednesday 25th January 2023



Al Andalus Hotel, Maro - 6-30p.m. onwards

€30 RBL Members - €32 Non-members

Dress Code:- Smart with a splash of Tartan if desired

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BENAJARAFE

REF: 7466

EXCLUSIVE - REDUCED PRICE; Detached Villa walking distance to the beach with 2 beds, 1 bath, 4 Storerooms, 2 terraces, 113 m², Sea views. EPC: G.

ARCHEZ


REF: 7472

EXCLUSIVE - REDUCED PRICE: Country house 10 minutes drive from Árchez with 3 beds, 1 bath, 2 terraces, 90 m², Plot: 6.500 m², mountain views. EPC: In progress.

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