Welcome to our September 2019 issue of Almeria Living.

As always I thank all my scribes for their contributions - you are all very valuable. I would like to welcome and thank Valerie Fuller for her really informative articles as we bring you the A-Z of plants (p.27 - 28). Cora has survived the heatwave and is ‘on the table’ and just look at Bru’s face! (p.66 - 67). The Olula del Río feature continues on pages 61 – 64 with some interesting marble sculptures. Will Neila’s craft ever be fixed and who on earth is Kevin (p.60).

We continue the Short Story feature with yet another new author (p.38 - 39) - please keep sending them in and hopefully we will get you all into print!

We hope you enjoy your read and please don’t forget to continue telling our advertisers that you saw them in the Almeria Living!

Take care and stay safe. Talk again in October.

Karen (Ed)

What’s Inside........

Regular Articles & Feature Sections

- Spanish Provinces........ P.8
- Cora’s Diary........ P.66 - P.67
- A Couple of Updates........ By Mike Woolough........ P.49
- Day Trips & Mini Breaks........ P.84
- ¡ Buen Provecho!........ P.69 - P.80
- Our Food & Drink section
- Cooking with Nina........ P.70 - P.74
- Wine Critic - Bill Riley........ P.80
- ‘Look Good - Feel Great’........ P.19 - P.25
- Health & Fitness with Jacey Canovas........ P.22
- Tech Guru........ P.12 - P.13
- By Adrian Foster
- ‘Homes & Gardens’........ P.27 - P.50
- Puzzles........ P.23, P.42 & P.78
- Emma Randle’s Feature........ P.50
- Short Story Feature........ P.38 - P.39
- ‘Mojacar Section’........ P.53 - P.60
- ‘Trades & Services’........ P.9 - P.17
- ‘Classified’........ P.81 - P.83
- ‘Wheels’........ P.85 - P.91

Avda Andalucia 1, La Alfoquia
04661, Almeria
Office Tel: 950 634 388
Editor: 627 635 514 - Karen
Email: sales@almerialiving.net
Sales Team:
Paulette - 643 681 025
Rosemary - 681 015 892
Melanie - 643 059 753 (Español)

Distribution towns & villages include:
Albox, Arboleas, Zurgena, La Alfoquia, Purchena, Cucar, Los Carralesos, Urcal, Huercal Overa, Mojacar, Garchena, Guadix, Turre, Palomares, Puerta Rey, Vera Playa, Vera Town, Antas El Real, Los Gallardos, Velez Rubio and surrounding towns.

Depósito Legal: T-0987-11. Printing by Infragraf Offset S.A., Constanti, Tamargosa. All rights reserved.

 Whilst all reasonable care has been taken to ensure the accuracy of the publication, the publisher cannot accept responsibility for any errors or omissions. The publisher takes no responsibility for adverts with regards to any claims made or information given in the advertisements contained in this publication. Advertisements designed by the publisher remain the property of the publisher. No advert may be copied or reproduced without the publishers permission. No part of this publication may be used or reproduced without explicit permission. The views and opinions given in editorial copy are not necessarily those of the Publisher.

A Waste of Time

Like all other sectors of the public health system, our GPs are under the strain of cut-backs and face a rising number of patients and demands on their time.

As translators both at the local doctors’ surgeries and at surgeries further afield, we see many instances of – completely unwarranted - waste of the doctors’ time.

Most of the instances are caused by misunderstandings between people who do not speak the same language, and this is one of the most repeated mistakes:

You’ve been told at the pharmacy that you cannot have the medication you have come for. The automatic assumption is that your electronic prescription has run out and needs renewing at the doctor’s.

However, it is often simply the case that the medication is not available just yet. The idea behind the electronic prescription is very good, but as so often is the case, computers are not as clever as many of us think, and they stick rigorously to what they have been told.

You can get your medication 3-4 days before the last box you bought is empty. Now boxes of medicine come with 20, 28, 30, 56 or another amount of tablets in them, and this means going to the pharmacy several times because they are not all available at once. And unfortunately, that is just ‘one of those things’, and we have to accept it.

So if your blood pressure pills, which come in 28s, are only just get it renewed. A sad waste of the doctor’s time.

To avoid this, when you have your medications renewed, ask your doctor for a print-out of your electronic prescription. There you can see in the right hand column when the final date for availability is. Also, when obtaining medication, write on the box when you get it renewed. Ask your doctor to get it renewed. A sad waste of the doctor’s time.

Like all other sectors of the public health system, our GPs are under the strain of cut-backs and face a rising number of patients and demands on their time.

As translators both at the local doctors’ surgeries and at surgeries further afield, we see many instances of – completely unwarranted – waste of the doctors’ time.

Most of the instances are caused by misunderstandings between people who do not speak the same language, and this is one of the most repeated mistakes:

You’ve been told at the pharmacy that you cannot have the medication you have come for. The automatic assumption is that your electronic prescription has run out and needs renewing at the doctor’s.

However, it is often simply the case that the medication is not available just yet. The idea behind the electronic prescription is very good, but as so often is the case, computers are not as clever as many of us think, and they stick rigorously to what they have been told.

You can get your medication 3-4 days before the last box you bought is empty. Now boxes of medicine come with 20, 28, 30, 56 or another amount of tablets in them, and this means going to the pharmacy several times because they are not all available at once. And unfortunately, that is just ‘one of those things’, and we have to accept it.

So if your blood pressure pills, which come in 28s, are only just get it renewed. A sad waste of the doctor’s time.

To avoid this, when you have your medications renewed, ask your doctor for a print-out of your electronic prescription. There you can see in the right hand column when the final date for availability is. Also, when obtaining medication, write on the box when you get it renewed. Ask your doctor to get it renewed. A sad waste of the doctor’s time.

Like all other sectors of the public health system, our GPs are under the strain of cut-backs and face a rising number of patients and demands on their time.

As translators both at the local doctors’ surgeries and at surgeries further afield, we see many instances of – completely unwarranted – waste of the doctors’ time.

Most of the instances are caused by misunderstandings between people who do not speak the same language, and this is one of the most repeated mistakes:

You’ve been told at the pharmacy that you cannot have the medication you have come for. The automatic assumption is that your electronic prescription has run out and needs renewing at the doctor’s.

However, it is often simply the case that the medication is not available just yet. The idea behind the electronic prescription is very good, but as so often is the case, computers are not as clever as many of us think, and they stick rigorously to what they have been told.

You can get your medication 3-4 days before the last box you bought is empty. Now boxes of medicine come with 20, 28, 30, 56 or another amount of tablets in them, and this means going to the pharmacy several times because they are not all available at once. And unfortunately, that is just ‘one of those things’, and we have to accept it.

So if your blood pressure pills, which come in 28s, are only just get it renewed. A sad waste of the doctor’s time.

To avoid this, when you have your medications renewed, ask your doctor for a print-out of your electronic prescription. There you can see in the right hand column when the final date for availability is. Also, when obtaining medication, write on the box when you get it renewed. Ask your doctor to get it renewed. A sad waste of the doctor’s time.

Like all other sectors of the public health system, our GPs are under the strain of cut-backs and face a rising number of patients and demands on their time.

As translators both at the local doctors’ surgeries and at surgeries further afield, we see many instances of – completely unwarranted – waste of the doctors’ time.

Most of the instances are caused by misunderstandings between people who do not speak the same language, and this is one of the most repeated mistakes:

You’ve been told at the pharmacy that you cannot have the medication you have come for. The automatic assumption is that your electronic prescription has run out and needs renewing at the doctor’s.

However, it is often simply the case that the medication is not available just yet. The idea behind the electronic prescription is very good, but as so often is the case, computers are not as clever as many of us think, and they stick rigorously to what they have been told.

You can get your medication 3-4 days before the last box you bought is empty. Now boxes of medicine come with 20, 28, 30, 56 or another amount of tablets in them, and this means going to the pharmacy several times because they are not all available at once. And unfortunately, that is just ‘one of those things’, and we have to accept it.

So if your blood pressure pills, which come in 28s, are only just get it renewed. A sad waste of the doctor’s time.

To avoid this, when you have your medications renewed, ask your doctor for a print-out of your electronic prescription. There you can see in the right hand column when the final date for availability is. Also, when obtaining medication, write on the box when you get it renewed. Ask your doctor to get it renewed. A sad waste of the doctor’s time.
The Catholic Monarchs

This term is used for Queen Isabel I of Castile and King Fernando II of Aragon in accordance with the title 'Catholic' which they were given through a papal bull (Pope Alexander VI) in 1494 and which named their successors heirs to the Catholic Monarchy.

Isabel the Catholic (1451 – 1504) was the daughter of King Juan II of Castile. Her step brother Enrique IV was the heir to the throne of the Kingdom of Aragon. Catholic (1452 – 1516) who was the heir to the throne of the Kingdom of Aragon. However, Enrique was opposed to the union, and he disinherited Isabel and instated his daughter by his second wife, Juana de Portugal, instead. Her name was Juana la Beltraneja. Juana was considered illegitimate by the nobles at the court; she was thought to be the daughter of the king’s private secretary, Beltrán de la Cueva, hence the nickname ‘la Beltraneja’, and a dispute broke out as to who was the legitimate heir. The matter had still not been settled when Enrique died in 1474, and Juana proclaimed herself Queen of Castile. Those that were in favour of Isabel as the sovereign strongly opposed to this, and it triggered the Castilian Civil War (1475-79).

Juana’s side was supported by Portugal, but Isabel and Fernando’s armies prevailed in the battles of Toro and Albuera, which led to the recognition of Isabel as the rightful queen by the Courts of Madrigal in 1476 and the signing of the Alcañiz Treaty with Portugal in 1479.

That same year, Fernando ascended to the Aragonese throne following the death of his father, Juan II of Aragon. Isabel was a very ambitious woman, and when she was 18 she married Fernando the Catholic Monarchs tried to achieve this through marriages between their children and those of the Portuguese throne; unfortunately all these plans failed due to premature deaths. They next set their eyes on the Nasrid dynasty in Granada and triggered the War of Granada which lasted 12 years, from 1480 to 1492. The war ended with the incorporation of Granada into the Castilian kingdom, and the so-called Reconquest was completed with no Muslim kingdoms left on the peninsula.

With the unification of the Iberian Peninsula to its limits, the Catholic Monarchs set their sights further afield; on one side they sent troops into the north of the African continent which ended with the conquest of the Canary Islands in 1496 and the establishment of bases in Mazalquivir (Marrakesh), Orán, Bugía, Algiers and Tripoli.

Their support of Christopher Columbus’s quest to find a western route to India, which led to the discovery of the Americas, enabled them to conquer and occupy large territories overseas, which added to their wealth and to the strength of the kingdom.

Right from their ascension to the throne, the Catholic Monarchs had worked to strengthen the power of the throne and cutting back on the privileges of the nobles. They ensured that the throne was in charge of the military orders and put the administration into the hands of the Royal Council. They reduced the powers of the Court, appointed receivers to control the towns, they strengthened their control over the judiciary and the army and created new military orders, such as ‘Santa Hermandad’ (Holy Brotherhood, a military peace keeping association of armed individuals) and the Holy Inquisition in 1478.

In order to spread the Christian word all over their kingdoms, they ordered the expulsion of all Jews who were not willing to convert into Christianity in 1492, and the same for Muslims ten years later.

Continued on page 7.....
There comes a time in many people’s lives, where it may become harder to cope with everyday life. Sometimes, all that is needed is a little extra assistance, to make life more enjoyable. The Angels can provide that much-needed help, with experienced carers and fully Qualified English Speaking Nurses.

FREE initial Assessment with Angels Nurse so call now.

902 123 975

*Based on third party. Offer valid for new customers only. Subject to conditions. Ends 31/12/19.

As far as foreign policy was concerned, the Catholic Monarchs’ worst rival was France; in order to diminish France’s influence in Italy they created la Liga Santa (the Holy League) with the Pope, the Habsburgs, England, Venice, Geneva and Milan in 1495. Over the next ten years, the Spanish army fought several battles in Italy and the Crown of Aragon gained control of Naples.

Isabel and Fernando had agreed to total equality between both spouses at the Segovia Concord in 1475. When Isabel died in 1504, Fernando took the reins of the Kingdom of Castile in the name of his daughter Juana la Loca; however, he could not get on with his son-in-law, Felipe el Hermoso, and he had to retreat to his own kingdoms in 1506. But the death of Felipe and the mental illness of Juana la Loca enabled him to take back the reins in 1507 in the name of his grandson Carlos V.

Fernando managed to integrate the Kingdom of Navarra into his own kingdoms after the death of Isabel; in 1506 he had contracted a second marriage with Germana de Foix, granddaughter of Queen Eleanor of Navarra; he claimed right of succession and invaded Navarra in 1512. He managed to gain control of five of Navarra’s six provinces which he included into the Kingdom of Castile; he failed with the sixth, Ultrapuertos, which stayed under French rule.

When he died in 1516, he left to his grandson Carlos V a conglomerate of territories which would remain united for centuries, constituting the Spanish Monarchy: the Kingdoms of Castile and Aragon (including Catalonia, Valencia and the Balearic Islands, Navarra (as far as to the Pyrenees) and the Canaries; and with dominance over territories in Italy, the Americas and the Mahgreb.

Isabel and Fernando both have their final resting place in the Royal Chapel of Granada, where they are lying side by side.

Isabel and Fernando had agreed to total equality between both spouses at the Segovia Concord in 1475. When Isabel died in 1504, Fernando took the reins of the Kingdom of Castile in the name of his daughter Juana la Loca; however, he could not get on with his son-in-law, Felipe el Hermoso, and he had to retreat to his own kingdoms in 1506. But the death of Felipe and the mental illness of Juana la Loca enabled him to take back the reins in 1507 in the name of his grandson Carlos V.

Fernando managed to integrate the Kingdom of Navarra into his own kingdoms after the death of Isabel; in 1506 he had contracted a second marriage with Germana de Foix, granddaughter of Queen Eleanor of Navarra; he claimed right of succession and invaded Navarra in 1512. He managed to gain control of five of Navarra’s six provinces which he included into the Kingdom of Castile; he failed with the sixth, Ultrapuertos, which stayed under French rule.

When he died in 1516, he left to his grandson Carlos V a conglomerate of territories which would remain united for centuries, constituting the Spanish Monarchy: the Kingdoms of Castile and Aragon (including Catalonia, Valencia and the Balearic Islands, Navarra (as far as to the Pyrenees) and the Canaries; and with dominance over territories in Italy, the Americas and the Mahgreb.

Isabel and Fernando both have their final resting place in the Royal Chapel of Granada, where they are lying side by side.

Almanzora Valley Walking Football Club was founded four years ago in La Alfoquia. Originally there was a handful of over 50 year old players who got together once a week for a kick round. Now we are an established football team with 52 registered members. Such is our popularity that we now play twice a week as well as hosting and attending competitions in the area. Although we are predominantly an over 50 year old group of players we always welcome everyone, including ladies, to our Tuesday and Wednesday sessions.

The Andy Taylor trophy competition was held on 21st June. Andy was one of our founder members who sadly passed away last year. It was great to have Andy’s brother and sister-in-law as our special guests from England and they were presented with a commemorative medal on the day. As usual we rounded off the day with a fantastic BBQ for our members and their partners.

Should you wish to take part in our sport you can simply turn up at Al Alfoquia football ground at 09:45 on a Tuesday or 3:45 on a Wednesday. Alternatively contact Keith (Club Secretary) on 634326350.

Almanzora Valley Walking Football Club

Isabel and Fernando both have their final resting place in the Royal Chapel of Granada, where they are lying side by side.
In Jaén you will also find two Renaissance strategic position during the Reconquista. This is due to its important prominence of 1,135 m.

The province of Jaén is the third biggest province in Spain, mainly due to its lack of coast line and it borders the provinces of Ciudad Real, Albacete, Granada and Córdoba.

The province is also the home to the largest producer of olive oil! It boasts more than 66 million olive trees on 550,000 hectares and it produces on average 600,000 tonnes of olive oil a year. This is almost 50% of the total Spanish production, and 20% of the world production.

The province of Jaén is home to 638,099 souls, 113,457 of whom live in the capital of Jaén cityscape.

The province is also the home to the largest concentration of castles in the world outside the Levant. This is due to its important strategic position during the Reconquista. In Jaén you will also find two Renaissance cities, Baeza and Ubeda, which have both been declared World Heritage Sites by UNESCO.

The city is surrounded by fertile farm land planted with olives. Towards south and southeast you can see the mountain ranges of Sierra de Jaén and Sierra de Jabaluz. To the north the plain of the River Guadalquivir opens out and the river passes close by the city.

Olive oil production and distribution are the largest contributors to Jaén’s economy, but also the services sector, administration and production and distribution of other food stuffs play an important part. Furthermore, income from cultural tourism is growing.

Nevertheless, the province has a lot going for it, and it is becoming an increasingly sought destination for rural and cultural tourism. It is home to four national parks apart from many other protected natural areas. In fact the Parque Natural de Cazorla, Segura y Las Villas is Spain’s biggest national park and the second biggest in Europe.

The province is also the home to the largest concentration of castles in the world outside the Levant. This is due to its important strategic position during the Reconquista. In Jaén you will also find two Renaissance cities, Baeza and Ubeda, which have both been declared World Heritage Sites by UNESCO.

And as if all that was not enough to claim fame, the province is the world’s largest producer of olive oil! It boasts more than 66 million olive trees on 550,000 hectares and it produces on average 600,000 tonnes of olive oil a year. This is almost 50% of the total Spanish production, and 20% of the world production.

The province of Jaén is home to 638,099 souls, 113,457 of whom live in the capital of the same name. Jaén has another name, a very apt nickname: the World Capital of Olive Oil.

The city is a capital little known by travellers who pass it by on their way to the coast. But they lose out on one of the most interesting historic quarters in Andalucia. At the foot of the Santa Catalina mountain nestles the old Arabian Jayylin, as they called it. It was constructed on the site of the old Roman and Visigoth towns, which again had been constructed on top of an old Iberian settlement.

The plans for the cathedral were conceived in the 16th century, and the construction took several centuries, but in spite of this, the original plan was followed to the T, and the result is an impressive building that dominates the Jaen cityscape.

 Carlos Saliente
Plumbing & Heating Services
Fontanería y Calefacción

Established in Spain since 2004
info@almeriabuilders.com
www.almeriabuilders.com

The province is also the home to the largest concentration of castles in the world outside the Levant. This is due to its important strategic position during the Reconquista. In Jaén you will also find two Renaissance cities, Baeza and Ubeda, which have both been declared World Heritage Sites by UNESCO.

The city is surrounded by fertile farm land planted with olives. Towards south and southeast you can see the mountain ranges of Sierra de Jaén and Sierra de Jabaluz. To the north the plain of the River Guadalquivir opens out and the river passes close by the city.

Olive oil production and distribution are the largest contributors to Jaén’s economy, but also the services sector, administration and production and distribution of other food stuffs play an important part. Furthermore, income from cultural tourism is growing.

Some of the most important and famous sights the city offers are the Assumption of the Virgin Cathedral, the castle and the Arab baths.

The castle actually consists of three parts: Alcázar Viejo (the old fortress), the Santa Catalina Castle and the Abrehui, the most recent addition. The three fortresses formed one large walled citadel which was used both as a fortification and living quarters. It was last populated in the 17th century, since then it has been empty.

The Arab baths are situated underneath the Villardompardo Palace. With a surface of 450m2 they are the largest conserved Arab baths in Spain. They were originally constructed on the site of an old Roman bath. More than 55,000 people visit the baths every year.

The winters in Jaén are mild and the summers very hot and dry. The largest amount of rain falls toward the end of the autumn.
Preparing Your Pool for Autumn and Winter

Although you may not want to hear it, summer is unfortunately coming to a close. As summer winds down, temperatures cool, and pool parties become less frequent—here’s what you need to do to prepare your pool for the cooler months. These are the basic things you should prepare for once it’s time.

**Start cleaning and storing accessories**

Pool toys, floating devices and any other accessories that have been sitting outside basking in the sun all summer need to be cleaned and stored away.

**Skim the pool**

You’ve probably been doing this all summer, but now the leaves are falling and blowing around your garden. Stay vigilant and keep leaves and debris out of your pool.

**Lower the water level/balance chemicals**

About one week before you close your pool for the cooler months, clean all debris out and test the pH, alkalinity and calcium hardness. Maintaining the proper water chemistry will help the pool last through the winter and be ready for next spring.

**Cover the pool**

When you’re ready to close down the pool completely for the wintertime, cover the pool. Lower the water level/balance chemicals and pet covers that aren’t solid can’t be walked across, and anyone who tries to ride across will fall in and be weighed down and unable to move or swim to the surface.

The main thing to keep in mind is that you want to keep kids, elderly and pets from falling into the pool, even with a pool cover on. Pool covers that aren’t solid can’t be walked across, and anyone who tries will fall in and be weighed down and unable to move or swim to the surface.

**Reasons to Do a Winter Pool Renovation**

If you have cracks or leaks in and around your pool, or your pool just needs a general update, winter is a good time to take care of those renovations. Yes, winter. Below are a few reasons why.

**Why Winter Pool Safety Is Important**

There are fewer pool accidents during the cooler months than the summer, but pool safety is still important during the wintertime. Use the following tips to make your pool safer during the off-season.

If you have a portable pool, take it down during the wintertime. They need to be drained of water, then dried and stored away until you use them again. This will keep kids and pets from climbing into the pool without supervision.

For above-ground pools, get rid of any items that could be used to climb into the pool. Get rid of (or lock down) any ladders attached to a pool. Also consider installing another safety fence if your pool is connected to your home, and install a pool safety cover.

For in-ground pools, closely examine your fence and gates if you have them. If using a solid cover, keep it pumped off, clean and overloaded with weight. You can also get an alarm for your pool if you use water bags with that solid cover.

The main thing to keep in mind is that you want to keep kids, elderly and pets from falling into the pool, even with a pool cover on. Pool covers that aren’t solid can’t be walked across, and anyone who tries will fall in and be weighed down and unable to move or swim to the surface.

**Pool Landscaping Ideas**

If you’re thinking about renovating or otherwise updating the area around your pool this is a good time of the year to make a start, below are a few ideas that may be of interest.

Be aware that you have multiple lighting options for multiple areas. For instance, you can string up LED bulbs above your pool, use LED lighting in the pool underwater or install lights along the walkway leading to the pool. You can even implement two or more of these options depending on your preferences.

You have multiple options when it comes to your pool terrace. You can have a terraces made out of stone, marble, concrete or synthetic materials that look like other materials, including tile and wood. Research the materials online and decide which material you like the look of best. You can then go from there and research pricing for purchase and installation.

You can fill boring, empty spaces near or around your pool with something visually interesting, like a garden or another landscaping feature.

Speak with a gardening professional about which plants will thrive in your pool area. Some of our suggestions include plants such as palm trees, aloe vera, octopus agave, and more. If you’re not the best gardener and can’t afford to hire one, you can fill those spaces with rocks and stones instead.
Hello and welcome back. I hope you are all well and not suffering too much in the heat.

I would like to take this opportunity to chat about passwords……. You all have them, but who can remember them? And does it really matter? The short answers are ‘not a lot’ and ‘it depends’.

‘It’ depends on a lot of variables; what the password is for and how was the respective account set up. I’ll take a Google Email account for an example.

If you have a Google email address, then you will find that this ‘account’ links together much more than you think, especially if it is set up on your Smartphone. That email address is used to back up the data on your phone, allows you to access the Google app store and can even be used to find your phone if it is lost. And send Emails if the mood takes you.

I cannot stress enough how important it is to keep a record of your email and password (preferably written in a notebook and kept in a hidden location, that you can remember). Modern phones & tablets rely heavily on these online accounts and God forbid, if anything should go awry, you will very quickly find yourself in need of them. There are ways around it but you would most likely need the services of someone like myself, to rectify the situation.

It’s not all doom & gloom, however. There is one useful tool in Google’s [and Apple’s] arsenal; Location Services.

That allows it to pinpoint its location. It is this data that also allows you to use your phone as a Sat-Nav (Google Maps). True, it is only as good as the information given and as many of you will have found out, that is not always accurate, especially here in Spain.

One particularly useful function of location services is “Find my Phone”. Should you be in the unfortunate position of having done exactly that, Google can help you track it down and even remotely lock it.

In the car. There may be a message from Facebook or another social media app, asking you if you enjoyed your visit to Mercadona. How did they know?

With Location Services active, your phone interacts with the cell transmission towers and any Wifi you pass (even without connecting). That allows it to pinpoint its location. It is this data that also allows Google to use your phone as a Sat-Nav (Google Maps). True, it is only as good as the information given and as many of you will have found out, that is not always accurate, especially here in Spain.

One particularly useful function of location services is “Find my Phone”. Should you be in the unfortunate position of having done exactly that, Google can help you track it down and even remotely lock it.

Should your phone be misplaced or stolen, you can track it to its last active location, call it, lock it or even wipe it clean to protect sensitive information. This does depend on having been fast enough to use this function before the phone is tampered with (PIN number incorrectly entered, for example).

Some of you may have already figured out that this could be used to track people’s movements without them knowing. Location history has been used to successfully prosecute suspects in many cases. Now, I know that most of us are upright citizens and have ‘nothing to hide, nothing to worry about’, and the likelihood of someone at GCHQ ‘having a butchers’ at your visit to Maui Beach is somewhat remote, but if you’re the type of person to routinely “check in” when stealing from the Chinese Shop and glassing people outside bars, you should probably stop doing that, regardless.

Having location services active on your Children’s phone (with their knowledge – for obvious legal reasons) can be a benefit. They can go about their day and you can check in on them remotely from time-to-time.

This function works Worldwide, (subject to coverage) so if you are on Holiday and lose your phone (or kids), it/they can be tracked from back in the UK or vice versa. On a serious note; you should not use location services to track someone (a wayward partner for example) without their knowledge. Not only is it extremely creepy but illegal at the same time.

There may be a few raised eyebrows at this last point, but this is the world we live in. Whichever side of the fence you choose, there is more than a little whiff of 1984 about the whole thing. George Orwell predicted TV screens that can watch you, but I’m sure he didn’t expect us to gladly pay for the privilege.

Well. That about wraps things up for this month. Keep happy and keep safe. And keep hold of your passwords.

If you have any queries or want to start a discussion topic then please head over to my Facebook page at: https://www.facebook.com/techgurualmeria.

Peace!
We are happy to announce a Low Risk Investment via our Strategic Investment Partner:

- Well known UK Household name provider
- Investment and Advice Regulated by UK Financial Conduct Authority
- Investment based on your personal Attitude to Investment Risk
- Income available from investment
- Low Charges
- Investment that is recognized and accepted by the Spanish tax authorities
- Tax benefits on withdrawals
- No need to report the policy on Modelo 720 Declaration of Assets
- Institutional type funds can be accessed which would not otherwise be available
- Institutional discounts on purchases and annual management charges
- The assets are considered to be non-Spanish assets due to the fact that the policy is based in Ireland

Average returns over 5 years:

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Annual Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Risk</td>
<td>5.79% pa</td>
</tr>
<tr>
<td>Low/Medium Risk</td>
<td>7.12% pa</td>
</tr>
</tbody>
</table>

If you have any questions or would like to arrange an appointment please contact the office on 950 472 242 or info@indalo.partners

Not many people would have heard about him, shame. Amongst other things, his work was instrumental in bringing us stereo sound at the movies, stereo record recordings, 405 line TV and Airborne Radar in WW2. At the age of seven, he repaired the door bell of the family home and presented his father with a hand-written invoice. Splendid chap.

Cinema stereo sound

In his early career, after obtaining a first class honours in electrical engineering, whilst at STC (Standard Telephones and Cables), Alan worked on the characteristics of the human ear and how sensitive it was to different frequencies and sound levels. This helped him design special circuits to improve speech quality over early telephone cables. One day at the cinema, he noted how annoying it was that the voices from the actors on film, did not follow their position on screen. Only one speaker was set behind the projector screens in the ‘30s. He developed a system called Binaural sound (later to be known as stereo). He worked out that recording two channels of sound using two microphones set on an axis of 45 degrees gave a realistic “spatial” sound reproduction. He helped design a system where this signal was recorded on the edge of the film and hey presto, the actor’s voices would follow the images from left to right! His microphone design and positioning was to be known as the “Blumlein Pair”. A setup that is used to this day.

Stereo record recording

Whilst working at the Columbia Gramophone Company (later to become EMI), he started work on an alternative method of cutting sound on to a master record. Up until the early ‘30s, if you wanted to cut a record, you had to pay big royalties to the U.S. company Western Electric. They had a patented design for the bit that converted sound to the cutting device used on a record. Blumlein designed a clever variation on this, using a moving coil system. No more royalties were needed and the sound quality was much better. He then modified this cutting head (using 2 coils working at right angles) which allowed greater accuracy to cut a record groove containing greater detail of sound. The beauty of this design was that the record could also be played on a mono system with no loss of detail. Stereo records were born.

Television

The ‘30s saw a race to create a high quality “standard” for TV transmission and reception. Blumlein’s boss at EMI, Shoenberg, set him to work full time on this. Alan designed and patented many circuits and the sound quality was much better. He then modified this cutting head (using 2 coils working at right angles) which allowed greater accuracy to cut a record groove containing greater detail of sound. The beauty of this design was that the record could also be played on a mono system with no loss of detail. Stereo records were born.

Alan Blumlein - 1903-1942 - A Brilliant engineer

I remember the day well. I sat and watched the signal vanish on a 1959 Ferguson 506T TV. Sad day! There were numerous other patents filed by Alan and his team. Lack of space prevents me to ramble on. One patent related to the “Ultra linear amplifier” design. He worked out that a simple connection at the output transformer of a valve amplifier, feeding an inverted sample of the sound back into the valve stage, created an amplified sound with extended frequency range and stability. This technique has been adopted ever since.

HS2 radar

During the early war years, Blumlein worked on the Top Secret HS2 airborne radar system. This was to increase the accuracy in target bombing. Working with the TRE (telecommunication Research Establishment, Secret Squirrel stuff), he and several other senior engineers from EMI installed the sophisticated radar gear in a Halifax bomber and set off on trials from RAF Deddorf, 7th June 1942. After an hour or so, the Halifax developed an engine fire and crashed in Herefordshire, killing all on board. His work was continued by colleagues, working on a high powered Pulse Radar system and was a recognised factor in shortening WW2. PM Churchill ordered a cover up of the death of the crew, even to family. Rumours of German sabotage were always maintained by Blumlein’s wife.

So, there we have it. A short but brilliant life, gave a massive contribution. If he were to have lived a natural long life, what else could he have done? Thank you Mr. Alan Blumlein.

Seth Pittham Zeta Services - Remember 10% off labour rates if you bring this with you! Maybe.
Local Family Goes Organic

Olive Tree Farm’s diary continues.....

Most of our time the past few weeks here at Olive Tree Farm, has been spent keeping cool. The heat has been relentless, and it does take its toll on us and the animals.

Now that the olives have started to look promising, a lot of time has also gone into making sure they are well watered. With the irrigation system we now use, it is a tad more time consuming and takes a couple of days to flood all the trees.

The trees in the pig pens are laden with fruit, unlike the goats who can stretch and steel, the pigs cannot, so we know the trees are safe. The water makes a welcome change for the pigs, who take the opportunity to have a mud bath. On the main field we have the geese, ducks and chickens. As the water starts to build, they are quick to move over to the channels and have a drink and a splash around.

The channels are on a slope, so we start at the top end of the field, open up the large hose pipe and leave it to run for an hour and half or so. Most of the rows have 11 trees so it does take time for the water to reach them all. It’s relaxing to watch. Sat under the shade of a tree, observing our feathered tenants meandering around is lovely.

The stress and strain of everyday life just melts away. It gives you a chance to think, and plan, and we always have something that needs to be done.

Wild birds flit about and join our birds for a drink and a splash. With so little rain these past months, our land becomes a haven for them. Wild birds flit about and join our birds for a drink and a splash. With so little rain these past months, our land becomes a haven for them. Wild birds flit about and join our birds for a drink and a splash. With so little rain these past months, our land becomes a haven for them.

The channels are on a slope, so we start at the top end of the field, open up the large hose pipe and leave it to run for an hour and half or so. Most of the rows have 11 trees so it does take time for the water to reach them all. It’s relaxing to watch. Sat under the shade of a tree, observing our feathered tenants meandering around is lovely.

The stress and strain of everyday life just melts away. It gives you a chance to think, and plan, and we always have something that needs to be done.

Wild birds flit about and join our birds for a drink and a splash. With so little rain these past months, our land becomes a haven for them.

The odd brave cricket bounces past and the chorus from the well camouflaged cicadas, rings in our ears. It is moments like this that make all the hard work worthwhile.

It was all looking good for the first few months, but to be truthful our only successes were the garlic and onions. The melons came to nothing and the peppers failed miserably, despite care and attention. Typical really isn’t it. The old patches fenced off in the main field were amazing, but kept getting attacked by ducks, pigs and goats no matter how hard we tried to keep them out. So, thinking we had outsmarted them all by moving it closer to the house didn’t work! We may have to do something different next year if we wish to grow our own. It is so disappointing having to go to the market to buy what should be in the garden!

That’s about it for this month, thank you for reading.

You can follow the progress of the family and farm on our Face Book page https://www.facebook.com/OliveTreeFarmSpain/

To contact us regarding restoration of your swimming pool, find Olive Tree Farm Pool Services on Face Book https://www.facebook.com/Olive-Tree-Farm-Pool-Services-297410080711334/ or contact us by email … olivetreefarmalmeria@outlook.com

That’s about it for this month, thank you for reading.
The Languages of Spain

Spain is a large country – the second biggest in the European Union after France – and it is not surprising that more than one language is spoken on its territory.

However, when Franco was in power from 1939 until his death in 1975, he was having none of it! To him, central power was the be all and end all, and any expression of ‘regional patriotism’ was seen as subversive and was quickly quashed.

The only official language in Spain under his dictatorship was what we call Spanish, or Castellan, the latter name being the one favoured by the Spanish and referring to the origin of the language under the Crown of Castile.

When the Spanish Constitution was drawn up and approved in 1978 in Spain’s budding democracy, things changed and three more languages were elevated to officialdom: Euskara (Basque Country), Gallego (Galicia) and Catalan (Catalonia and Balearic Islands), each one the second official language in its region.

This is the wording of Article 3 of the Spanish constitution:
1. Castellan is the official language of the Spanish state. All Spanish people have the obligation to know it and the right to use it.
2. The other Spanish languages will also be official in their respective autonomous regions as per their statutes.
3. The treasure of the different linguistic patterns of Spain is a cultural heritage which will be especially protected and respected.

Since then, the Valencian version of Catalan, called Valenciano, was recognised as Valencia’s second official language in 1982, and as a unique case, in 1990 the Catalan district of Val d’Aran in the Pyrenees was awarded a third official language after Castellan and Catalan: Aranese.

There are other dialects and languages in Spain, but none of them are recognised as official.

This is the linguistic classification of the languages of Spain:

- **Castellan**: The dialects spoken in Andalucía, Murcia, Extremadura and the Canary Islands are more recent dialects of Castellan. The south of Spain (though not the Canaries) was under Moorish rule for a long time and was populated later (between the 12th and the 16th centuries) by people from the north of the country. For this reason the language developed differently in this area.

- **Euskara**: Is a very old language which existed even before the Indo Europeans arrived on the peninsula. It is not related to any other European language and linguists are unable to pinpoint its precise origin.

- **Gallego**: Is a Romance language of Gaelic-Portuguese origin almost exclusively spoken in Galicia. It is closely related to Portuguese, and the two languages were one in the Middle Ages.

- **Catalan**: Can be considered a bridging language, meaning that it is exclusively spoken in Catalonia. For this reason the language developed differently in this area.

- **Aranese**: Is a version of Gascon, an Occitan dialect.

Peripheral artery disease (PAD), diabetes, obesity, smoking and Raynaud’s disease are some of the many causes of poor circulation. Reduced blood flow can cause unpleasant symptoms, such as pain, muscle cramps, numbness, digestive issues and coldness in the hands or feet.

In addition to those with poor circulation, athletes and active individuals may want to increase blood flow in order to improve exercise performance and recovery.

Although circulatory issues are often treated with medications, eating certain foods can also improve blood flow.

**Pomegranates**

Pomegranates are juicy, sweet fruits that are particularly high in polyphenol antioxidants and nitrates, which are potent vasodilators. Consume pomegranate — as juice, raw fruit or supplement — may improve blood flow and oxygenation of muscle tissue, which could especially aid active individuals.

A study in 19 active people, found that ingesting 1,000 mg of pomegranate extract 30 minutes before working out increased blood flow, blood vessel diameter and exercise performance.

Pomegranates are juicy, sweet fruits that are particularly high in polyphenol antioxidants and nitrates, which are potent vasodilators. Consume pomegranate — as juice, raw fruit or supplement — may improve blood flow and oxygenation of muscle tissue, which could especially aid active individuals.

**Onions**

Onions are an excellent source of flavonoid antioxidants, which benefit heart health.

This vegetable improves circulation by helping your arteries and veins widen when blood flow increases.

In a 30-day study in 23 men, taking 4.3 grams of onion extract daily significantly improved blood flow and artery dilation after meals. Onions also have anti-inflammatory properties, which can boost blood flow and heart health by reducing inflammation in veins and arteries.

**Continued on page 20…..**
Garlic
Garlic is well known for its beneficial impact on circulation and heart health. Studies suggest that garlic — specifically, its sulphur compounds, which include allicin — can increase tissue blood flow and lower blood pressure by relaxing your blood vessels. This improves circulation and keeps your heart healthy. In a study of 59 people with type 2 diabetes, 1,200 mg of garlic per day reduced systolic blood pressure (the top number of a reading) by an average of 3.4 mmHg after 12 weeks.

Fatty Fish
Fatty fish like salmon and mackerel are excellent sources of omega-3 fatty acids. These fats are especially beneficial for circulation because they promote the release of nitric oxide, which dilates your blood vessels and increases blood flow (17 Trusted Source). Omega-3 fats also help inhibit the clumping of platelets in your blood. What’s more, fish oil supplements are linked to reduced high blood pressure and improved blood flow in skeletal muscle during and after exercise.

Cinnamon
Cinnamon is a warming spice that has many health benefits — including increased blood flow. In a study in 42 people with coronary artery disease, those who consumed garlic powder tablets containing 1,200 mg of allicin twice daily for eight weeks exhibited better heart performance and coronary artery blood flow after exhaustive exercise compared to rats in the control group. Plus, research shows that cinnamon can effectively reduce blood pressure in humans by relaxing your blood vessels. This improves circulation and keeps your heart healthy.

Omega-3 fats also help promote the release of nitric oxide, which dilates your blood vessels and increases blood flow (17 Trusted Source). These fats are especially beneficial for circulation because they help inhibit the clumping of platelets in your blood. What’s more, fish oil supplements are linked to reduced high blood pressure and improved blood flow in skeletal muscle during and after exercise.

For example, in a study of 10 healthy men, high doses of fish oil — 4.2 grams daily for four weeks — significantly improved blood flow to the legs after exercise.

Start with lower load exercises in the correct position when using free weights or resistance equipment; make sure you’re correctly aligned in the water and that your form is good when swimming; that your golf swing is fluid; your running posture and gait are comfortable, relaxed and smooth, and that your shoes are giving you the support you need.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working at a new pace. This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working at a new pace.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left. Start with lower load exercises in the correct position when using free weights or resistance equipment; make sure you’re correctly aligned in the water and that your form is good when swimming; that your golf swing is fluid; your running posture and gait are comfortable, relaxed and smooth, and that your shoes are giving you the support you need.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.

Concentrate on correct form
Our stabilising muscles can become lazy without constant activation. This can lead to injuries as our bodies aren’t able to take the same strain as they could when they were fitter.

Pace yourself
If you haven’t exercised all summer don’t expect to go straight back to the level of activity you were doing before you left.

Warm up and cool down
This will help with your performance and recovery, helping to lower your risk of injury as your body gets used to working out after a break in training.
It's been a lazy hot summer, and we hope that our Beat the Heat tips last month helped you to enjoy the holiday weeks. Now it’s back to school for the children, and back to work on those glutes.

Remember the triumvirate from July? Gluteus maximus, gluteus medius and gluteus minimus. Together they are the largest set of muscles in the body, essential for hip function and big contributors to overall strength, posture and balance.

Strategically located around the hips and derrière, tightened glutes can result in a lifting of the surrounding tissue which in turn leads to a more shapely profile.

**Be Conscious**

We can heighten our awareness of the glutes and put them to work to our advantage even when they may not be the central focus of a particular exercise.

For example, the glutes are engaged when we do squats, leg raises and lunges. The effectiveness of the exercise can be increased by consciously tightening them during each movement.

**Knee Lifts with Weights**

This is an exercise we enjoy as it incorporates full body involvement, resistance and balance control.

I do not have the best equilibrium, and find that just knowing I have the presence of a ‘security back-up’ can remove minor involuntary muscle tensions which could contribute to that imbalance. If I feel unsure, I will rest one hand lightly on a suitable high surface, or unsure, I will rest one hand lightly on a suitable high surface, or

**Let Stairs be your Friends**

Attack flights of stairs with enthusiasm at every opportunity. Remember to engage the core, keep your body upright and climb with your legs. Alternately, step up and down on one or two steps for 20 reps.

**Standing Bending**

Stand next to a wall.

| 23Sept '19 | Almeria Living | 22 |

**Regular Sudoku**

Every Sudoku has a unique solution that can be reached logically.

Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

**Medium**

<table>
<thead>
<tr>
<th>3</th>
<th>5</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>5</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>6</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>4</td>
<td>9</td>
</tr>
</tbody>
</table>

| 42 | 5 | 7 | 6 |
| 9 | 1 | 3 | 4 |
| 8 | 2 | 4 | 5 |
| 7 | 5 | 2 | 6 |
| 5 | 6 | 1 | 8 |
| 9 | 3 | 5 | 2 |

| Across | 7 Secretaries | 8 Artistic | 9 Male cow | 10 Learned | 12 Dissolves | 14 Palm fruits | 16 Eel | 19 And | 20 Apertures | 22 Miscalculate |
| Down | 1 Back | 2 Profit | 3 Hits | 4 Adored | 5 Dainty bite | 6 Runners, e.g. | 11 Following | 13 Iterates | 15 Less taxing | 17 Mystery | 18 Blase | 21 Grit |

<table>
<thead>
<tr>
<th>13</th>
<th>15</th>
<th>19</th>
<th>Across</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eel</td>
<td>And</td>
<td>Dissolves</td>
<td>Learned</td>
</tr>
</tbody>
</table>

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

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

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

| 7 | 2 |

| 1 |

| Easy | Medium | Puzzle solutions on page 90 | Quick Crossword | Puzzle Time |

| 21 Grit | 18 Blase | 17 Mystery | 15 Less taxing | 14 Palm fruits | 12 Dissolves | 10 Learned |
| 9 Male cow | 8 Artistic | 7 Secretaries | 6 Runners, e.g. | 4 Adored | 3 Hits | 2 Profit |

<table>
<thead>
<tr>
<th>22 Miscalculate</th>
<th>20 Apertures</th>
<th>19 And</th>
<th>18 Blase</th>
<th>17 Mystery</th>
<th>16 Eel</th>
<th>14 Palm fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>14</td>
</tr>
</tbody>
</table>

| 11 Following | 13 Iterates | 15 Less taxing | 14 Palm fruits | 12 Dissolves | 10 Learned |
| 9 Male cow | 8 Artistic | 7 Secretaries | 6 Runners, e.g. | 4 Adored | 3 Hits | 2 Profit |

<table>
<thead>
<tr>
<th>22 Miscalculate</th>
<th>20 Apertures</th>
<th>19 And</th>
<th>18 Blase</th>
<th>17 Mystery</th>
<th>16 Eel</th>
<th>14 Palm fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>14</td>
</tr>
</tbody>
</table>

| 11 Following | 13 Iterates | 15 Less taxing | 14 Palm fruits | 12 Dissolves | 10 Learned |
| 9 Male cow | 8 Artistic | 7 Secretaries | 6 Runners, e.g. | 4 Adored | 3 Hits | 2 Profit |

<table>
<thead>
<tr>
<th>22 Miscalculate</th>
<th>20 Apertures</th>
<th>19 And</th>
<th>18 Blase</th>
<th>17 Mystery</th>
<th>16 Eel</th>
<th>14 Palm fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>14</td>
</tr>
</tbody>
</table>

| 11 Following | 13 Iterates | 15 Less taxing | 14 Palm fruits | 12 Dissolves | 10 Learned |
| 9 Male cow | 8 Artistic | 7 Secretaries | 6 Runners, e.g. | 4 Adored | 3 Hits | 2 Profit |

<table>
<thead>
<tr>
<th>22 Miscalculate</th>
<th>20 Apertures</th>
<th>19 And</th>
<th>18 Blase</th>
<th>17 Mystery</th>
<th>16 Eel</th>
<th>14 Palm fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>14</td>
</tr>
</tbody>
</table>

| 11 Following | 13 Iterates | 15 Less taxing | 14 Palm fruits | 12 Dissolves | 10 Learned |
| 9 Male cow | 8 Artistic | 7 Secretaries | 6 Runners, e.g. | 4 Adored | 3 Hits | 2 Profit |

<table>
<thead>
<tr>
<th>22 Miscalculate</th>
<th>20 Apertures</th>
<th>19 And</th>
<th>18 Blase</th>
<th>17 Mystery</th>
<th>16 Eel</th>
<th>14 Palm fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>20</td>
<td>19</td>
<td>18</td>
<td>17</td>
<td>16</td>
<td>14</td>
</tr>
</tbody>
</table>
Facial Hair Removal

For aesthetic reasons, it is normal to want to remove facial hair. When performing this beauty procedure, great care must be taken not to damage the skin, since the facial dermis is especially sensitive and delicate.

There are numerous methods for female facial hair removal, and some are more suitable for one skin type than others. If you have doubts about which one is the most appropriate for you and you fear that it could damage your skin, always consult a dermatologist.

Facial depilatory cream: your main ally

Unlike other methods, depilatory creams do not pull the hair out of the root, but only remove the outer part, which is on the surface of the skin. The cream is applied to the area with a spatula and left to rest before removal. It is less aggressive than blades, but its effects are limited, as hair reappears after a while. After using depilatory cream, it is obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Tips for waxing your face

As in many other facial beauty treatments, it is essential to have clean, dry skin before you start. One of the most common tips is to recommend exfoliation about five days before waxing, but beware of aggressive exfoliants, as they can irritate the skin.

If you perceive any dry, irritated or with wounds and scratches, refrain from waxing in that area. After depilation, it is almost obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Tweezers, for details

If only a few loose hairs have to be removed, tweezers are a great solution, but it requires time and a good eye. Tweezers are suitable in combination with other methods, such as depilatory cream. Quality tweezers are essential, as is a magnifying mirror. Be careful when pulling out your hair, because if you pinch the skin you could do damage and leave red marks and small wounds.

Wax, a classic

In order to get rid of the hair from the root, wax is the most classic option that, in addition, prevents the hair from appearing quickly. One of the cons of this system is that the skin of the face is very delicate and sensitive or atopic skin can be affected. Hot wax is the most damaging to the dermis, but luckily there are other kinder solutions, such as cold wax in small strips, that are the right size for the face.

Another disadvantage of wax is that it can leave the pores somewhat open, but this is solved by following the appropriate facial treatments. After waxing, it is very important not to expose your face to the sun or use irritating make-up. Remember to apply a soothing cream.

Due to genetics, it is approximately 20% thicker than women’s skin, and it is also protected by hair. This makes it less fragile, and therefore wrinkles appear later, although when they do appear, they tend to be deeper.

Male skin contains more collagen than women’s skin. This means that the signs of ageing appear later in men: from the age of 30 onwards, as opposed to 25 in women.

Shaving: Ideally, use hot water before the cream, foam or shaving gel, or shave after showering, so that the pores are open and it is less of an effort. To soften the facial hair, there are special creams based on fatty acids, lanolin and paraffin. When dry shaving or using a machine shaver, it is preferable to apply lotions with a high alcohol or aqueous content, with a calming and moisturising effect emulsion to soothe the impact of the blade. You also need to pay special attention to your razors, which should be of good quality, with multiple blades and a lubricating band so that the blade slides better. When the band starts to fade, it’s time to change your razor.

Tips for a clean, smooth and healthy look

For aesthetic reasons, it is normal to want to remove facial hair. When performing this beauty procedure, great care must be taken not to damage the skin, since the facial dermis is especially sensitive and delicate.

Male skin contains more collagen than women’s skin. This means that the signs of ageing appear later in men: from the age of 30 onwards, as opposed to 25 in women.

Shaving: Ideally, use hot water before the cream, foam or shaving gel, or shave after showering, so that the pores are open and it is less of an effort. To soften the facial hair, there are special creams based on fatty acids, lanolin and paraffin. When dry shaving or using a machine shaver, it is preferable to apply lotions with a high alcohol or aqueous content, with a calming and moisturising effect emulsion to soothe the impact of the blade. You also need to pay special attention to your razors, which should be of good quality, with multiple blades and a lubricating band so that the blade slides better. When the band starts to fade, it’s time to change your razor.

Tips for waxing your face

As in many other facial beauty treatments, it is essential to have clean, dry skin before you start. One of the most common tips is to recommend exfoliation about five days before waxing, but beware of aggressive exfoliants, as they can irritate the skin.

If you perceive any dry, irritated or with wounds and scratches, refrain from waxing in that area. After depilation, it is almost obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Facial depilatory cream: your main ally

Unlike other methods, depilatory creams do not pull the hair out of the root, but only remove the outer part, which is on the surface of the skin. The cream is applied to the area with a spatula and left to rest before removal. It is less aggressive than blades, but its effects are limited, as hair reappears after a while. After using depilatory cream, it is obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Tips for waxing your face

As in many other facial beauty treatments, it is essential to have clean, dry skin before you start. One of the most common tips is to recommend exfoliation about five days before waxing, but beware of aggressive exfoliants, as they can irritate the skin.

If you perceive any dry, irritated or with wounds and scratches, refrain from waxing in that area. After depilation, it is almost obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Tweezers, for details

If only a few loose hairs have to be removed, tweezers are a great solution, but it requires time and a good eye. Tweezers are suitable in combination with other methods, such as depilatory cream. Quality tweezers are essential, as is a magnifying mirror. Be careful when pulling out your hair, because if you pinch the skin you could do damage and leave red marks and small wounds.

Wax, a classic

In order to get rid of the hair from the root, wax is the most classic option that, in addition, prevents the hair from appearing quickly. One of the cons of this system is that the skin of the face is very delicate and sensitive or atopic skin can be affected. Hot wax is the most damaging to the dermis, but luckily there are other kinder solutions, such as cold wax in small strips, that are the right size for the face.

Another disadvantage of wax is that it can leave the pores somewhat open, but this is solved by following the appropriate facial treatments. After waxing, it is very important not to expose your face to the sun or use irritating make-up. Remember to apply a soothing cream.

Due to genetics, it is approximately 20% thicker than women’s skin, and it is also protected by hair. This makes it less fragile, and therefore wrinkles appear later, although when they do appear, they tend to be deeper.

Male skin contains more collagen than women’s skin. This means that the signs of ageing appear later in men: from the age of 30 onwards, as opposed to 25 in women.

Shaving: Ideally, use hot water before the cream, foam or shaving gel, or shave after showering, so that the pores are open and it is less of an effort. To soften the facial hair, there are special creams based on fatty acids, lanolin and paraffin. When dry shaving or using a machine shaver, it is preferable to apply lotions with a high alcohol or aqueous content, with a calming and moisturising effect emulsion to soothe the impact of the blade. You also need to pay special attention to your razors, which should be of good quality, with multiple blades and a lubricating band so that the blade slides better. When the band starts to fade, it’s time to change your razor.

Tips for waxing your face

As in many other facial beauty treatments, it is essential to have clean, dry skin before you start. One of the most common tips is to recommend exfoliation about five days before waxing, but beware of aggressive exfoliants, as they can irritate the skin.

If you perceive any dry, irritated or with wounds and scratches, refrain from waxing in that area. After depilation, it is almost obligatory to soothe the skin using alcohol-free or fragrance-free moisturisers. The most natural ally is the refreshing aloe vera.

Tweezers, for details

If only a few loose hairs have to be removed, tweezers are a great solution, but it requires time and a good eye. Tweezers are suitable in combination with other methods, such as depilatory cream. Quality tweezers are essential, as is a magnifying mirror. Be careful when pulling out your hair, because if you pinch the skin you could do damage and leave red marks and small wounds.
SEE GREAT MID WEEK ENTERTAINMENT
At the Renfe, La Alfoquia
and help raise much needed funds for the local schools.

ELTON RON
ROCKET MAN
ROD

DUE TO ANTICIPATED DEMAND

Wednesday 16th October &
Friday 18th October at 7.30pm

Direct from Benidorm

DUE TO ANTICIPATED DEMAND

The award winning vocal personality
MR ENTERTAINMENT HIMSELF
THE MARC BOLTON SHOW

Together with
Direct from Benidorm

Chloe Leigh
playing tribute to
CHER

All seats reserved • 10€ entry
Pizza tapa included in September
Food will be available in October
Full bar available • Strictly NO own drinks allowed
Tickets available from Bar La Union, La Alfoquia

Phil Delivers

Euphorbia, I think, cause the most confusion among newcomers to life in Spain! Mainly because they are easily confused with Cactus, especially the large growing, multi branched Euphorbia ingens or Candleabra Tree. This variety comes in plain green and also a pale yellowy colour [E. ingens marmorata].

There is one easy way to tell if your suspect, spiny plant is a Cactus or something else.........Cactus spines always grow from a small, raised whiteish coloured cushion on the body of the plant called an areole. If you can't see this little spine pad then the plant isn't a Cactus...simples!

Euphorbias are a very large genus, the 3rd largest in the world, I believe, so there are plenty to choose from. They are found in Africa, Madagascar, South America, Asia and Europe, so pretty much all over really. They come in all sizes from tiny ground cover specimens to huge, treelike plants. They can be annual, perennial, shrub like, or grow into huge trees. They all have one thing in common though, they all exude a milky sap. This is usually toxic to a degree with some plants being highly so. The sap was and still is, used medicinally, to relieve, amongst other ailments, constipation but it caused burning of the throat and oesophagus when used! It is also being investigated now as a possible cure for certain types of cancer.

Continued on page 28....
A mature E. Ingens in full flower is a pretty spectacular sight as the themselves are pretty basic with no petals or stamens and having middle of the bracts much the same as in Bougainvillea. The flowers are not flowers at all but leaves. The tiny flowers are hidden in the known as Poinsettia. Again, the brightly coloured huge "flowers", Another surprising Euphorbia is E. Pulcherrima, more commonly actually coloured leaves and not petals.

flowers are a bit of a con as the pink, white or red "flowers" are always tiny and yellowish in colour. Even the colourful E. Milotii Euphorbia flowers are pretty disappointing really as they are nearly can cause a severe skin reaction. It is always best to wear gloves when planting or pruning Euphorbias. .. Continued from page 27

... Another surprising Euphorbia is E. Pulcherrima, more commonly known as Poinsettia. Again, the brightly coloured huge "flowers", are not flowers at all but leaves. The tiny flowers are hidden in the middle of the bracts much the same as in Bougainvillea. The flowers themselves are pretty basic with no petals or stamens and having both male and female parts. This flower type is called a cyathium.

A mature E. Ingens in full flower is a pretty spectacular sight as the flowers form on the tips of the arms and look like yellow knitted caps atop each "arm". When the seed capsules form and are ripe, they burst open with an explosive crack, sending seed shooting out in all directions.

Euphorbia are either herbaceous (leafy) or succulent in habit and it's the succulent ones which can cause Cactus confusion! I have a couple of herbaceous Euphorbias in my collection. One, Sydodium gurkii has beautiful leaves in variegated deep purple and green while the other has plain green leaves.

Some too, have quite horrendous thorns such as E. Grandicornis. I have one of these and once the tricky part of planting has been achieved it is best left to its own devices as the thorns take no prisoners! Commonly known also as Spurge, wild herbaceous Euphorbias can be seen here in Spain growing wild by the roadside or in uncultivated ground and are easily spotted in spring as they can grow with a vibrant yellow or lime green colour to the new leaves.

The seeds of many varieties of common Spurge were used as a laxative in years gone by, hence the name ... Spurge... Purgative!! They are also beautiful garden plants, popular in cooler area of Europe. although not often seen here in Spanish garden centres.

Euphorbia Characias is a common Spanish wildflower but is also a wonderful garden plant as it can now be bought in various colours and sizes ranging from a few inches high to three or four feet. The colour of the leaves can be wine coloured, yellow and green, silver and green and plain old green! The bracts surrounding the tiny flowers can also be found in different colours. It’s a really attractive, trouble free plant for hot dry conditions.

I really cannot understand why these sub species are not more readily available in Spain. You have to turn to Ebay to find these beauties once you have them, they are easy to propagate from cuttings.

There are many collectors of Euphorbia as some are so small it’s easy to build up a big collection if you only have a limited space. The tree like ones are harder to accommodate. The main ones for sale are, I think, the E. Ingens or Candleabra Tree and E. trigona. Trigona is quite a striking cultivar as its thorny stems are punctuated in places by flat, bright green leaves. It can grow quite large, but a pot will restrict its size somewhat and it’s easy to remove and transplant any stems that are getting too large.

So, there are Euphorbias to suit every situation, whether it’s a large garden or a balcony but if you like flowers then these are not the plant for you! They’re not fussy about soil either, any type will do, just don’t overwater and remember to wear gloves when handling or pruning.

Thank you to Valerie Fuller for this informative article!
There are many different reasons for visiting the natural parks in Jaén province. Some come for the botany (in fact 30% of the flora registered on the Iberian Peninsula can be found here), others for walking or hiking, enjoying the stunning views and beautiful landscapes. Some follow a historic trail and visit the charming towns and villages that can be found inside the parks, and some go there for climbing, hunting or practicing some other sport.

The Sierras de Cazorla, Segura and Las Villas Natural Park is the largest natural park in Spain and the second largest in Europe.

The park covers an area of almost 210,000 hectares of rugged landscape where high rock walls alternate with deep valleys and lush pine forests. Its highest peaks reach more than 2,000 metres and the Yelmo peak is a popular place for paragliding.

One of the park’s main features is water. Apart from sustaining the great variety of flora and fauna, its extensive hydrographic network makes the place ideal for sailing, walking along the river Borosa, visiting the sources of the Guadalquivir and Segura rivers and admiring the stunning waterfalls.

The park’s 2,170 plant species, 34 of them exclusive to the area, are a rich source of food for its varied fauna: fish, reptiles, birds and mammals.

Amongst the flora, the unique Cazorla violet, Cazorla geranium and Cazorla columbine stand out along with two endemic species of narcissus. The park is even home to a flesh-eating plant, the carnivorous butterwort.

The fauna of the park is also enormously varied. There are fifty species of invertebrates that are not found anywhere else. Amongst the mammals there are Spanish ibex, wild boars, mouflon (wild sheep) and fallow deer. The 130 species of birds include the golden eagle and the griffon and bearded vultures.

And the park has even more to offer than nature. There is evidence of Iberian settlements dating from 2,000 BC, and prehistoric paintings can be found in the Pardis Caves near the Segura River. The narrow streets and plazas of the town of Cazorla reverberate with times gone by, and the Iruela Castle, the Iberian necropolis and the Roman villa in Bruñel are all well worth a visit.

The Sierra Mágina Natural Park boasts Jaén’s highest point, Pico Mágina, which is 2,167 m high. This attracts mountaineers who want to conquer the mountain and enjoy the stunning views from the roof of Jaén.

Sierra Mágina with its rugged, rocky terrain and harsh climate has never been much populated by man, and this fact makes it into an ideal area to enjoy well conserved, unspoilt nature. In spite of its relatively small size (19,900 ha) its scenery is very varied and popular for hiking and cycling.

Spain’s longest trail, Adelfal de Cuadros, runs through the park and past the impressive Zurreón waterfall which freezes in winter. One of the park’s pine forests, el Pinar de Cánava, has been declared a Natural Monument. The Gibralberca trail gives the hiker an opportunity to observe how the vegetation changes in accordance with height.

The Sierra Mágina formed a natural frontier between the Arab and Christian kingdoms during the 13th to the 15th centuries. This has given the area a Medieval feel which is especially noticeable in the narrow streets of its towns and in castles such as Albánchez de Mágina and Jódar. There are remains of towers, citadels and rampart in practically all the towns within the park.

Continued on page 32 ....
The Andújar Natural Park is an example of the typically undulated landscape of the Sierra Morena. It is home to a large number of threatened animal species who find refuge amongst the mountains, the meadows and the pine forests.

The park is used for extensive live stock farming and hunting, all carried out in harmony with the natural surroundings; however, this does limit the areas that are accessible to the general public. But because of this some of the trails, like the Junquillo, take the hiker past grazing land where the animals drink from natural troughs created by rock formations jutting out amongst the vegetation.

The hunting in the park (as in most natural parks) controls and sustains the animal population; in the case of Andújar this means wild boar, deer and fallow deer.

The park is also inhabited by a number of carnivores, including what is probably the world’s largest population of Iberian lynx. The Iberian wolf has been reintroduced into the park which also boasts several specimens of imperial eagles.

The Santuario de la Virgen de la Cabeza can be found at the very heart of the park; every year a pilgrimage culminates at the sanctuary. The Santuario de la Virgen de la Cabeza is located in the very center of the natural park, it is a beautiful sanctuary where the animals can rest and have their homes there too, such as fox, mongoose and mountain cat.

Thanks to its strategic position this area has been populated since time immemorial. Iberian tribes sacrificed their animals to the ‘Organs’ of the mountains, which look like giant organ pipes. In the more sunny areas, mountain oak and pine forests give shelter to populations of wild boar and deer, which are permitted game for hunting; imperial eagles and griffon vultures soar overhead. The park also boasts carnivores such as Iberian lynx and wolf, and smaller animals have their homes there too, such as fox, mongoose and mountain cat.

The erosion caused by this river, which runs from north to south, has created spectacular natural phenomena such as ‘The Organs’, a rock formation consisting of quadrature columns carved into the mountain side, which look like giant organ pipes.

This wild terrain consisting of almost vertical walls is interspersed with deep canyons and gorges; in the shade at the bottom of the canyons you will find wild pear and strawberry trees; and oak groves inhabited by gall and holm oaks.

The ichneumon comes from the African continent, and southern Spain and Portugal are the only places in Europe where it lives in the wild, although isolated specimens have been spotted as far north as central Spain. Its preferred habitat is Mediterranean low brush.

In Spanish the ichneumon (pronounced Iknyumen) is called ‘meloncillo’ This does not mean a small melon; it comes from ‘melenas’, the Greek word for badger, so it means a small badger. It is also known in English as the Egyptian mongoose. It is easily recognizable with its elongated body, short legs, delicate head and the long tail with its black tuft. The ichneumon measures between 51 and 55 cm, not including the tail which can be up to 45 cm long. Its fur is black with cream tips. The males are larger than the females, and the weight of the animal is between 2.5 and 3.5 kilos.

The ichneumon has five toes on its feet with non-retractable claws. The head is narrow and pointed and no wider than the neck. The ears are short and wide. However, the Ichneumon’s most noticeable feature is the eyes. They are light in colour, and their pupils are horizontal, which is a unique feature amongst all carnivores and gives the animal a disturbing appearance.

The Ichneumon comes from the African continent, and southern Spain and Portugal are the only places in Europe where it lives in the wild, although isolated specimens have been spotted as far north as central Spain. Its preferred habitat is Mediterranean low brush. Spring is the time of the ichneumon’s mating season. The gestation period is about three months and the cubs are usually born in summer in litters of two to four. They stay with their mum for a year, and during all this time, every time they move from one place to another, they follow their mum in a single line, each of them with their nose under their predecessor’s tail, which has given rise to certain legends about giant furry snakes in southern Spain.

As opposed to most of Spain’s other carnivores, the Ichneumon likes hunting and eating in the daytime; in fact, it almost never goes out at night as it needs 15 hours of uninterrupted sleep every night. The time of its highest activity is between midday and mid afternoon.

The ichneumon’s gait is quite ungainly and reptilian and you can hardly see its short legs as it moves along. Its front paws are very strong which enables it to travel fairly long distances and, more importantly, to dig its way into old rabbit and badger lairs for a good night’s sleep. This also helps give it access to its favourite food: baby rabbits. Apart from these, it also enjoys reptiles and insects.

The male Ichneumon is very territorial and defends its territory against other males; the females, on the other hand, are more easy-going and their hunting grounds often overlap. Some males are monogamous and have just the one female on his territory, others enjoy the attention of up to four or five females at a time.

In the more sunny areas, mountain oak and pine forests give shelter to populations of wild boar and deer, which are permitted game for hunting; imperial eagles and griffon vultures soar overhead.

The park also boasts carnivores such as Iberian lynx and wolf, and smaller animals have their homes there too, such as fox, mongoose and mountain cat.

Thanks to its strategic position this area has been populated since time immemorial. Iberian tribes sacrificed their animals to the ‘Organs’ of the mountains, which look like giant organ pipes.

In the more sunny areas, mountain oak and pine forests give shelter to populations of wild boar and deer, which are permitted game for hunting; imperial eagles and griffon vultures soar overhead.

The park also boasts carnivores such as Iberian lynx and wolf, and smaller animals have their homes there too, such as fox, mongoose and mountain cat.

Thanks to its strategic position this area has been populated since time immemorial. Iberian tribes sacrificed their animals to the ‘Organs’ of the mountains, which look like giant organ pipes.
Discover how you could benefit from these modern & alternative co-housing lifestyle apartments, & join our monthly non-committal Round Table meetings.

Visit www.espadevida.com/news for more info

Mojácar Estates S.L.
Avda. Mediterráneo, 8
Mojácar Playa
Tel: +34 950 478 935
espadevida@mojacarestates.com

1-2 bedroom apartments with large communal spaces from €77,000

Apartments available for Purchase, Long Term Rent or Rent-to-Buy

Our next Round Table meeting is at Bar Solare, Turre from 17:00 on the 19th of September

ENORMOUS TERRACE OF 62 M². SOLD FULLY FURNISHED. INCLUDES UNDERGROUND PARKING SPACE. IDEAL FOR HOLIDAY RENTALS.

REF: ME 2073 PRICE: € 185,000
An immaculate 2 bed / 1 bath apartment on the Urbanización Vistamar with panoramic sea views. Enormous terrace of 62 m². Sold fully furnished. The apartment comes with a parking space and a store room. Lift, 10 minute walk from the beach, restaurants and shops. Beautiful communal pool and gardens. Built area: 69 m².

REF: ME 1424 PRICE: € 148,500
Lovely apartment, front line position, with excellent sea views and within easy walking distance of all amenities. 2 bed / 2 bath on a small community with pretty communal pool and gardens. Sold fully furnished. Includes underground parking space. Ideal for holiday rentals. Built area: 73 m².

REF: ME 2045 PRICE: € 150,000
A brand new, completely refurbished and modernised, duplex apartment on 2 floors on Balcones del Mar only 100m from the sea. 2 bed / 2 bath with modern open plan living area. Large south facing terrace. Ideal holiday apartment. Lovely communal swimming pool and gardens. Built area: 70 m².

REF: ME 1565 PRICE: € 259,500
Spacious front line beach townhouse on Sunshine Urbanisation over three levels. 4 bed / 3 bath. Walking distance to the commercial centre, medical centre, supermarkets, bars and restaurants. Fantastic communal pool and gardens. Garage and store room. Built area: 190 m².

REF: ME 1453 PRICE: € 149,000
A sensational ground floor apartment in a modern complex overlooking the Mediterranean sea and coastline on the Marina de la Torre Golf course. You will be hard pressed to find anything of this standard and size in all of Mojácar! 2 bed / 2 bath with a large terrace. 2 underground parking spaces and a store room. Communal pool. Wheelchair friendly. Built area: 167 m².

REF: ME 1463 PRICE: € 149,000
An immaculate 3 bed / 2 bath apartment on the Urbanización Vistamar with panoramic sea views. Enormous terrace of 62 m². Sold fully furnished. The apartment comes with a parking space and a store room. Lift, 10 minute walk from the beach, restaurants and shops. Beautiful communal pool and gardens. Built area: 69 m².

REF: ME 2090 PRICE: € 345,000
The apartment comes with a parking space and a store room.

REF: ME 1739 PRICE: € 79,950
2 bed / 1 bath apartment with a small covered terrace at the front on the Marina de la Torre Golf resort. The urbanisation, Moro Marco, has 2 communal swimming pools and the apartment comes with a numbered underground parking space. Ideal for golfers and for beach holiday rentals. Sold furnished. Built area: 55 m².

REF: ME 2084 PRICE: € 310,000
A superb townhouse on 3 levels on Samay Urbanisation with beautiful communal gardens and pool plus tennis court. 3 bed / 2 bath / 1 WC with deck terraces and sea views. Large private garden of 106 m². Black pools. An extra 73 m² of basement with a living area and en-suite plus a family bathroom and utility room. Central heating. Built area: 97 m². Plot: 160 m².

REF: ME 1739 PRICE: € 79,950
2 bed / 1 bath apartment with a small covered terrace at the front on the Marina de la Torre Golf resort. The urbanisation, Moro Marco, has 2 communal swimming pools and the apartment comes with a numbered underground parking space. Ideal for golfers and for beach holiday rentals. Sold furnished. Built area: 55 m².

REF: ME 1565 PRICE: € 259,500
Spacious front line beach townhouse on Sunshine Urbanisation over three levels. 4 bed / 3 bath. Walking distance to the commercial centre, medical centre, supermarkets, bars and restaurants. Fantastic communal pool and gardens. Garage and store room. Built area: 190 m².

REF: ME 1453 PRICE: € 149,000
A sensational ground floor apartment in a modern complex overlooking the Mediterranean sea and coastline on the Marina de la Torre Golf course. You will be hard pressed to find anything of this standard and size in all of Mojácar! 2 bed / 2 bath with a large terrace. 2 underground parking spaces and a store room. Communal pool. Wheelchair friendly. Built area: 167 m².

REF: ME 1463 PRICE: € 149,000
An immaculate 3 bed / 2 bath apartment on the Urbanización Vistamar with panoramic sea views. Enormous terrace of 62 m². Sold fully furnished. The apartment comes with a parking space and a store room. Lift, 10 minute walk from the beach, restaurants and shops. Beautiful communal pool and gardens. Built area: 69 m².

REF: ME 2090 PRICE: € 345,000
The apartment comes with a parking space and a store room.

REF: ME 1739 PRICE: € 79,950
2 bed / 1 bath apartment with a small covered terrace at the front on the Marina de la Torre Golf resort. The urbanisation, Moro Marco, has 2 communal swimming pools and the apartment comes with a numbered underground parking space. Ideal for golfers and for beach holiday rentals. Sold furnished. Built area: 55 m².

REF: ME 2084 PRICE: € 310,000
A superb townhouse on 3 levels on Samay Urbanisation with beautiful communal gardens and pool plus tennis court. 3 bed / 2 bath / 1 WC with deck terraces and sea views. Large private garden of 106 m². Black pools. An extra 73 m² of basement with a living area and en-suite plus a family bathroom and utility room. Central heating. Built area: 97 m². Plot: 160 m².

REF: ME 1565 PRICE: € 259,500
Spacious front line beach townhouse on Sunshine Urbanisation over three levels. 4 bed / 3 bath. Walking distance to the commercial centre, medical centre, supermarkets, bars and restaurants. Fantastic communal pool and gardens. Garage and store room. Built area: 190 m².

REF: ME 1453 PRICE: € 149,000
A sensational ground floor apartment in a modern complex overlooking the Mediterranean sea and coastline on the Marina de la Torre Golf course. You will be hard pressed to find anything of this standard and size in all of Mojácar! 2 bed / 2 bath with a large terrace. 2 underground parking spaces and a store room. Communal pool. Wheelchair friendly. Built area: 167 m².

REF: ME 2090 PRICE: € 345,000
The apartment comes with a parking space and a store room.

REF: ME 1739 PRICE: € 79,950
2 bed / 1 bath apartment with a small covered terrace at the front on the Marina de la Torre Golf resort. The urbanisation, Moro Marco, has 2 communal swimming pools and the apartment comes with a numbered underground parking space. Ideal for golfers and for beach holiday rentals. Sold furnished. Built area: 55 m².

REF: ME 2084 PRICE: € 310,000
A superb townhouse on 3 levels on Samay Urbanisation with beautiful communal gardens and pool plus tennis court. 3 bed / 2 bath / 1 WC with deck terraces and sea views. Large private garden of 106 m². Black pools. An extra 73 m² of basement with a living area and en-suite plus a family bathroom and utility room. Central heating. Built area: 97 m². Plot: 160 m².

REF: ME 1565 PRICE: € 259,500
Spacious front line beach townhouse on Sunshine Urbanisation over three levels. 4 bed / 3 bath. Walking distance to the commercial centre, medical centre, supermarkets, bars and restaurants. Fantastic communal pool and gardens. Garage and store room. Built area: 190 m².

REF: ME 1453 PRICE: € 149,000
A sensational ground floor apartment in a modern complex overlooking the Mediterranean sea and coastline on the Marina de la Torre Golf course. You will be hard pressed to find anything of this standard and size in all of Mojácar! 2 bed / 2 bath with a large terrace. 2 underground parking spaces and a store room. Communal pool. Wheelchair friendly. Built area: 167 m².

REF: ME 2090 PRICE: € 345,000
The apartment comes with a parking space and a store room.

REF: ME 1739 PRICE: € 79,950
2 bed / 1 bath apartment with a small covered terrace at the front on the Marina de la Torre Golf resort. The urbanisation, Moro Marco, has 2 communal swimming pools and the apartment comes with a numbered underground parking space. Ideal for golfers and for beach holiday rentals. Sold furnished. Built area: 55 m².
**Gota Fría**

**A Cold Phenomenon**

Literally translating into ‘cold drop’, gota fría is a weather phenomenon that usually takes place in autumn in the western Mediterranean. The east of the Iberian Peninsula and the Balearic Islands are the places most affected by this meteorological phenomenon.

The term originated in Germany in 1886, where meteorologists named the phenomenon ‘Kaltlufttropfen’, i.e. drops of cold air (gotas de aire frío), and even though progress in weather studies have since proved the term inaccurate, the media liked it and corrupted it into ‘gota fría’.

Meteorologists call it DANA (depresión aislada en niveles altos: isolated depression at high levels), and it is caused by a polar cold front (jet stream) which advances slowly over Europe at a height of 5-9 km which, when it hits warm, damp air of the Mediterranean, generates strong, often destructive, storms.

A gota fría can have a diameter of hundreds of kilometres; the effect associated with this isolated depression at high levels are mainly felt in coastal areas where there is a concentration of water at a higher than normal temperature. This causes a rise of warm, damp air which generates very intense, often long lasting, rainfall.

The gota fría has made its existence felt for decades, maybe even centuries. The first registered event was named the Santa Teresa Flood, and it took place on 15th October 1889. The flood killed more than one thousand people in Murcia, Almería and Alicante.

Two years later, on 11th September 1891 it was Almería alone that suffered. Almost all the province was devastated by floods which made rivers and rambles overflow and killed close to a hundred people. In the wake of the flood, the council of Almeria city decided to channel the rambla which ran through the city, hoping to prevent repetitions.

On 14th October 1957 it was Valencia’s turn. The city was flooded and at least 89 people killed.

The saga goes on, the most outstanding episodes being in the Balearic Islands in 1989, where they had 188 litres per square meter in two hours. The floods changed much of the eastern coast line of Mallorca; Alicante in 1982 and 1997 where they registered 300 l/m² in a few hours and dozens of people were killed. In Gandia and Oliva in 1987 where the Spanish all time rainfall record was registered: 817 l/m² in 24 hours.

And of course many of us remember 28th September 2012 when the province of Murcia and the northern part of Almeria had torrential rains which killed ten people, a huge but unknown number of farm animals and the birds were literally rained out of the sky. There was damage to hundreds of properties and many roads collapsed. Mains water contaminated by the mud and debris carried by the masses of water and remained undrinkable for months.

Everybody agrees that we need rain, and preferably enough to fill the reservoirs and keep nature and arable land fertile; but ideally poco a poco.

---

**Buying or selling your house in Spain and transferring money?**

For the best FX rates speak to the specialists at GC Partners

Tel +34 950 615 319  
www.gcppartners.co

---

**DREAM HOMES ALMERIA**

Avenida Andalucia 7, Arboleas.

Andrea +34 697 875 717  
dreamhomesalmeria.com  
info@dreamhomesalmeria.com

You can now follow us on INSTAGRAM  
Use your mobile phone to scan the QR codes to go directly to our FACEBOOK INSTAGRAM pages

---

**DHA 2826**

3 bed 2 bath villa Arboleas, pool roof terrace and garage  
195,000€  
EXCLUSIVE LISTING

**DHA 2824**

Rambla front 4 bed 2 bath villa with pool & stunning views Arboleas  
199,950€  
EXCLUSIVE LISTING

**DHA 2825**

3 bed 2 bath villa with swimming pool & lovely views Arboleas  
189,950€  
EXCLUSIVE LISTING

**DHA 2020**

4 bed 5 bath Detached farmhouse pool & garage ideal for B&B  
199,950€  
EXCLUSIVE LISTING

**DHA 2820**

Bargain 3 bed 2 bath villa with 10 x 5 pool walk to bars  
149,950€  
EXCLUSIVE LISTING

**DHA 2816**

Bargain 3/4 bed village house with garden Arboleas  
74,500€  
EXCLUSIVE LISTING
Waiting a minute for the dust cloud hovering above my desk to settle, I wrenched the visiting card from the heavy-duty staple Tanya had so thoughtfully used and admired its style. Plain black with no overtones. Six beds, two en-suite, two bathrooms, two reception rooms... This month's short story has been sent in by Robert Pratt, No.1 DIY supplier in Albox. Ferretería Longo.

Flicking open the folder with a ruler I gloomily scanned the contents. Empty for years, The Lodge was situated in twenty acres of superbly landscaped garden on a far corner of the Warren Estate, bought at the behest of the owner, Lord Warren. A couple of miles from the main house and anywhere else for that matter it was by ordinary mortal standards an impressive clearing. Six beds, two en-suite, the clinging headiness of her musk, her closeness to me how much she had missed me since leaving for Prague as nanny... ‘How did you get on at the Lodge today with the mysterious lady,’ the landlord of the Swan grinned as he slid me a pint of best and seasoned it with a generous helping of salt. ‘Tell me about it,’ I said, folding my arms over my chest. ‘I can’t...’ he trailed off. ‘She’s leaving me on Monday,’ I said, pressing a fingertip to my lips, ‘We’ll talk later.’

We managed to arrive in one piece despite the best efforts of the driver and all things considered the place didn’t look too bad, in fact it had obtained a certain amount of character with age, the sort that wouldn’t look out of place in a Batman film. The mock Gothic frontage looked laughable when it was new, but now the brickwork had weathered to an iron black and the Boston Ivy had just about reached the top of the wall. It almost looked appealing. We started at the back of the house and worked our way up, moving from room to room, the chauffeur a respectable distance behind. I did the mirror trick a couple of times, turning my back and watching them sending silent signals to each other. ‘I’ve been in the business long enough to spot an imperceptible nod or a slight shake of the head at fifty feet in thick fog and it soon became apparent that while she was doing the talking it was he who was making the notes. Very interesting. Every last nook and cranny was considered right up to and including the attic, followed by a thorough inspection of the out buildings and grounds, they practically checked every fence post.

Dusk was half an hour away when we got back to the car, an owl hooted behind the house somewhere in the long shadows as she turned off the engine and handed me the key. ‘She’s left me on to the back seat and gazed earnestly into my eyes, ‘I can’t promise anything, Jason, but you should be hopeful, my friends will like what I have to say.’

On the way back she snuggled up close, gripping my arm and telling me how much she had missed me since leaving for Prague as nanny with a Diplomat’s family almost two years ago. How she had soon got bored and found some fascinating new friends at a nightclub and joined them, living in an old château near the Hungarian border, a place they now sadly had to leave. So she had remembered The Lodge and she had thought of me and came hoping it was still available. Swearing to secrecy she told me in detail about her new friends and their life-style, a life-style of power and pleasure beyond my wildest dreams, how I could be part of it, with her. All I had to do was….

Softly, she whispered in my ear. I only half listened to the words: her silvery voice, the clinging headiness of her musk, her closeness to me how much she had missed me since leaving for Prague as nanny... ‘How did you get on at the Lodge today with the mysterious lady,’ the landlord of the Swan grinned as he slid me a pint of best and pumped me for gossip, ‘Did she like it, did you get a bite?’

Sipping the ale I looked past him into the bar mirror and touched the small red mark on the side of my nose, smudging it with my fingers. ‘It still tingled where her lips had brushed my skin in that fleeting, parting embrace.

‘No,’ I replied, licking the foam from my top lip, ‘Not a bite, more of a nibble really. But she’ll be back.’

Trailing contentedly back to the office after an excellent lunch at The Swan my step quickened as I turned the corner on to the high street. The tasty aroma from the pub’s kitchen gave way to the more pungent smell of money as I spied a large black Mercedes parked on the double yellow lines outside of the shop. Cursing at being late I began to panic as I jogged across the road, the thought of Tanya alone in there sinking her well manicured claws into its owner spurring me on. Without warning the Merc burst in to life and went past me with a foot I sauntered in, sunk into my chair and considered my digestion. The wild boar sausages and mash were you she wanted to see.’ Hand on hip she mimicked huskily in a passable imitation of Mae West, ‘Thank you for your assistance but I would prefer to view the property with Mister Cole.’

Picking up a dog-eared folder from the top of a filing cabinet she clipped a business card to it and dropped it onto my desk with a thud. ‘Her clothes are straight off the cat-walk and her sunglasses cost more than you earn in a week and she’s calling back tomorrow at three o’clock to view The Lodge.’ Leaning across the desk until our looks about him and a scar ran the length of his left cheek. ‘If it was a “Mr” I could have sold him anything I liked,’ she boasted as the car took off like it was jet propelled. ‘But it was you she wanted to see.’

I had so thoughtfully used and admired its style. Plain black with no overtones but there was no arguing with her and I would prefer to view the property with Mister Cole.

The chauffeur appeared from behind the car and held the door open. ‘To the other year of valiant but unsuccessful efforts to unload The Lodge.’

The Merc arrived on time to the second and double-parked on the local panda car, the driver of which perched on the corner of Tanya’s desk, flirting with her while on police time. He was pretty good, she even saw me just do her make-up routine to chat with him, no mean feat.

Nobody emerged from my life so I straightened my tie, snipped the catches on my briefcase, put on my best business smile and strode purposefully out of the office and into the unknown. The chauffeur appeared from behind the car and held the door open. He was dark skinned, wore a sharp light grey suit, black shirt and a red tie, long hair spilled from under his peaked cap. He had a mean look about him and a scar ran the length of his left cheek.

The Merc was as black inside as it was out: black tinted glass, black leather seats, black carpets, black… well, you get the picture. She sat languidly draped across the rear seat with her legs crossed, a long slinky black dress split right up the side, half covering red leather boots that had chrome spikes for heels. A red and gold military style fashion jacket with the collar turned up hung open displaying an impressive cleavage, her milk-white complexion contrasting starkly with her clothes and jet black short cropped hair. It gave the surreal impression that her skin was glowing, she looked absolutely stunning: totally unlike the Pauline Pritchard I once knew and loved. ‘If it was a “Mr” I could have sold him anything I liked,’ she boasted as the car took off like it was jet propelled. ‘But it was you she wanted to see.’ Hand on hip she mimicked huskily in a passable imitation of Mae West, ‘Thank you for your assistance but I would prefer to view the property with Mister Cole.’

Picking up a dog-eared folder from the top of a filing cabinet she clipped a business card to it and dropped it onto my desk with a thud. ‘Her clothes are straight off the cat-walk and her sunglasses cost more than you earn in a week and she’s calling back tomorrow at three o’clock to view The Lodge.’ Leaning across the desk until our looks about him and a scar ran the length of his left cheek.

The chauffeur appeared from behind the car and held the door open. He was dark skinned, wore a sharp light grey suit, black shirt and a red tie, long hair spilled from under his peaked cap. He had a mean look about him and a scar ran the length of his left cheek.

The Merc was as black inside as it was out: black tinted glass, black leather seats, black carpets, black… well, you get the picture. She sat languidly draped across the rear seat with her legs crossed, a long slinky black dress split right up the side, half covering red leather boots that had chrome spikes for heels. A red and gold military style fashion jacket with the collar turned up hung open displaying an impressive cleavage, her milk-white complexion contrasting starkly with her clothes and jet black short cropped hair. It gave the surreal impression that her skin was glowing, she looked absolutely stunning: totally unlike the Pauline Pritchard I once knew and loved.

I smiled at her and although it wasn’t easy I tried not to look too stunned; she smiled back with the corners of her mouth and parted the seat next to her. My feet got tangled up with my case which sent me rolling up on top of her. Scrambling into the seat and still flumming with the belt the seat punched me in the back as the car took off like it was jet propelled. ‘He’ll need to take a left at…’ I babbled.

‘Don’t worry,’ she purred, ‘he knows the way, and before you ask, yes I have changed my name.’ Her sheer black stockings squeaked as she re-crossed her legs and leaned against me, one hand moving the sunlight to the end of her nose and peering over the top showing those beautiful emerald green eyes. ‘A lot of things have changed, Jason’ she said, pressing a fingertip to my lips, ‘We’ll talk later.’

Established 1950

No.1 DIY supplier in Albox

Ferretería Longo

Unbeatable Prices...

Established over 40 years

Ctra Lorca - Baza km 73,4000 Albox Almeria

English Speaking Tel: 950 523 843

EVERYTHING UNDER ONE ROOF

38 Almeria Living

Sept ’19 39
Juan Muñoz

Spanish Sculptor (1953-2001)

Juan Muñoz was born in Madrid on 17th June 1953 and tragically died at a young age of a heart attack in Ibiza in August 2001. He was the second of seven children and first became interested in art at the age of 14, receiving private lessons with his brother who went on to become the art critic for El País newspaper.

He went to London at the age of 17, where he continued to study art and won a scholarship to study printmaking at Croydon School of Art. Whilst in London he met his future wife, Basque sculptress Christina Iglesias. They have two children, Lucia and Diego.

He is renowned for his enigmatic sculptural works, usually of human figures within elaborate or complex architectural settings. His first public showing was in the Galería Fernando Vijande in Madrid in 1984 and from there he gained international prominence.

He reinvigorated figurative sculpture with his massed crowds of laughing, grimacing life-sized Chinese figures (whose heads were all derived from the same Belgian art nouveau bust), his choreographed single and multiple groups, his lone dwarf standing at the end of a long corridor, or among columns. His ventriloquist's dummy, perched over a precise and seemingly limitless abstract floor pattern (this last, a work called The Wasteland, influencing a scene in David Lynch's Twin Peaks) showed him to be a master at orchestration and placement, understanding the importance of absence as well as presence in the deployment of sculpted figures and false architectural details within real space.

Not always silent or static, Muñoz was also interested in sound, and in particular the possibilities of radio. Certain of his figures were fitted with animatronic devices, so that a figure sitting alone on a bench, or standing looking at its own reflection in a carefully placed mirror, might mouth silent words; or a pair of little figures, sitting in a shoe-box, might whirl around the gallery on a little railway track.

In 1999 the ‘Conversation Piece’ art project was unveiled in South Shields, England. It consists of 22 bronze life size figures that stand along the pathway, overlooking the harbour and Tyne piers.
Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

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

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettes with each number between 1 and 7 in no particular order while ensuring that:
1. No number is repeated in a horizontal row
2. Each number for 1 to 7 are represented in the 7 grey hexagon cells
Most of us know what a geode is. It is a hollow piece of rock with crystals in its cavity. You can often see them for sale at the mineral stalls at tourist markets, and they do not usually measure more than a few inches.

However, very large geodes do exist, and the second largest known geode in the world was discovered in Pulpí in 1999 by scientists from Madrid.

The giant geode was discovered in the closed down, former silver, lead and iron mine, Mina Rica, and it astonished the scientists, not only with its huge size, but also with the amazing clarity and transparency of its crystals.

The geode is 8 meters long, almost 3 meters wide and 2 meters tall. It is large enough for ten people to fit inside it. The average size of the crystals is 0.5x0.4x0.3 meters, and the largest one measures almost 2 meters.

The world's largest geode is situated in Mexico; however, it is at a depth of more than 300 metres and the environment temperature gets as high as 58ºC; this combined with a air humidity of 90-100% makes it unsuited for tourist visits.

The giant geode of Pulpí, on the other hand, is ‘only’ at a depth of 60 meters below the surface, and the environment around it is uncomplicated. It is accessible through 350 meters of tunnels on three levels; the old mine tunnels have been restored and visitors can see smaller geodes as well as old tools of the trade, as they walk towards the giant jewel in the heart of the mine.

After years of careful restoration, the mine opened to the public at the end of July this year. The first week was reserved for visitors from the municipality of Pulpí, who were given a chance to see this wonder of nature created in their midst for free. From 5th August the mine was opened to the rest of the world, and guided tours of groups of no more than 12 people are now available to the general public.

The price to visit the geode is 22€ for adults and 10€ for children.
NEW RANGE OF
Sofas, Patio Heaters, Home & Garden Accessories
IN STORE NOW!

IT’S NOT JUST A HOME ...

... IT’S AN INSPIRED HOME

Come & see our beautiful range of Oak, Rattan, Teak & Aluminium Patio furniture, Gazebos, Swings and sunbeds

www.inspiredgardenfurniture.com

Inspired Garden Furniture

Poligono EL REAL, Antas (same estate as Lopez Ferreteria)
Open: Monday - Friday 10am - 6pm & Saturday 10am - 2pm

Tel: 950 091 153 / 642 772 084
Franco

Back in May, I reported that Franco was about to be exhumed and reburied next to his wife. Those of you who read the article will recall that many people (including the Government) felt it was inappropriate for him to be buried in the “Valley of the Fallen”, chiefly because he was not one of the “fallen” and also because the memorial was built by the forced labour of those who opposed his regime.

The date of June 10th was set for the exhumation but at the last moment, his family obtained a court order from the Supreme Court stopping the exhumation and allowing them further time to agree a new burial site.

Since the family will not accept the Government’s preferred site and the Government will not accept the family’s choice there is something of an impasse. So, for the time being, he remains in the Valley of the Fallen. Thus it would appear to be 1-0 to the family, but it will be played out until the Government wins!

Number Plates

By June I had shed my historian’s academic robes and donned instead the nerd’s anorak and wrote about Spanish number plates. I mentioned that some vehicles carry a small supplementary plate; SP = Servicio Publico (Public Service) and MP for a vehicle carrying the owner’s own merchandise. At the time I did not say what the letters “MP” actually stood for, mainly because I did not know, despite extensive research!

After I had submitted the article, I hit upon a simple solution, I would ask my mobile veggie man. As it turned out he did not have the letters on his van but told me it stood for “Mercancías Propios” which means “own goods”. He explained that he was not entitled to the plate as not all of the goods he carried were his own.

I also asked if the Government’s estimate that the current number plate system would last until 2040 was reasonable.

I thought then that 0000LBB was about to be issued, but as I write this has still not been issued, presumably because of a downturn in vehicle sales. However, based on registrations so far I estimate the system lasting until about 2047.

In reply to a question that I was subsequently asked, there does not appear to be any means of transferring a number plate from one car to another and you cannot have a personalised plate, as in the UK.

…and a Sob-Story

On, or about 7th August somebody, literally, posted three, 2/3 week old female kittens into the buzón (mail-box) of a villa in Las Labores. Fortunately, they were found before the heat killed them. The family that found them were using the villa as a holiday home. They were able to care for them for about a week but were due to return to the UK.

We have been able to take over the fostering of them, but by the time this magazine appears they will be about 7 weeks old and we will want to start finding “forever” homes for them. One is all black, one is a “calico” (black/white/ginger) and the third seemed to be black with a white tuxedo front but as it has grown we have discovered that her nose was actually ginger and not that colour because she kept sticking it in her food!

If you feel that you might be able to offer a permanent home to one (or all!) of these delightful kittens please contact me via CATS Services. The only condition is that you must agree to have the kitten neutered as soon as they are of a suitable age.

If you are an animal lover and unable to offer them a home you might like to consider making a donation towards their neutering.

On the other hand, if you were the person who posted them in the buzón……! (As this is a family magazine I will leave this sentence unfinished. Readers may add their own ending.)

A Couple of Updates… by Mike Woolnough

Palm Deliveries

Full load of Olive (no root) - 220€
Sand & Gravel
Rubbish Cleared

950 122 416 / 686 966 008
palmdeliveries@outlook.com
By Emma Randle

out in full force to patronise the many bars dotted around the city. I am meeting a friend in a popular bar just by the Escuela de Artes called Capitol Centro. Even at 7pm, early by Spanish standards, it is full of well-dressed people, office workers, a party of little girls all in school uniform, middle-aged women in smart coats and jewellery, all enjoying pre-tapas drinks, as the kitchen in true Spanish style doesn’t open till 8.

It’s kind of mixture of the end of the merienda time — coffee and cakes — and the start of the aperitif time, a beer, wine or cocktail accompanied by cheese, jamon, olives or crisps.

It is a world away from La Chanca, and I am now between the two worlds.

Clearly I belong in the second one, but still as an unemployed migrant I am also starting to feel kind of at home in the first one.

I haven’t exactly had many meaningful conversations with people down my street yet though the bird man did say he would call for me next time he flies his pigeons so I can see what goes on!

The locals do greet me cheerfully though whenever we pass, and the young Moroccan doing up the house next door was quite chatty the other day. He quite proudly told me he had managed to get to Mercadona, after Los Rizos)

DUE TO LOTS OF SALES

We urgently require all types of properties such as 2, 3 and 4 bed villas with and without swimming pools and also country properties with land! Properties at all different price ranges from 50k up to 300k

ALMERIACASAS is a multilingual team with many Dutch, Belgian, German, French and British clients looking for all types of properties in different areas

NO SALE, NO FEE! NO UPFRONT PAYMENTS! NO ADVERTISEMENT FEES!

CONTACT US NOW TO GET YOUR PROPERTY SOLD!

www.almeriacasas.com
0034 950 169 680
0044 203 129 1263
info@almeriacasas.com
Avda. Lepanto No24 Local
04800 Albox
(Up road past the front side of Mercadona, after Los Rizos)
Restaurante Casa Egea
Playa Las Ventanicas
Mojácar Playa - 950 472 190
Specialising in Fish, Meat & Arroz Caldosos (house specialty)
Open: Tue - Sun 10am-late
Closed Monday

TAPAS BAR WITH A TWIST
See our Facebook page for more info & opening hours

Martinis
DRINKS & COCKTAILS
• Breakfasts • Snacks • 3 course Menu del Dia 15€
Sunday roast from 9.56€ • Free Monday Fun Quiz 8pm
Open 10am - late
Food served all day
Closed Thursdays

Sunflower
Under New Management
Come and see all the NEW STOCK
Sale rail - many quality discounted items
Mandy
M. 600 801 525
T. 950 023 030
T. 0044 7596 063 344
sunflower654@yahoo.com
Mojácar’s Neighbours

Vera

Vera is a small walled renaissance town located in the Levante of Almeria, close to the coast, in the autonomous community of Andalusia. Vera is easily accessed from the main E15 Autovía (motorway).

History

The town was originally called Baria and was located closer to the sea near Villaricos, when the Arab occupation took over they moved the town to the hill of Espíritu Santo, but a huge earthquake destroyed the area in 1518. Legend has it that when Queen Isabel climbed to the top of the hill she fired an arrow and ordered that Vera be rebuilt wherever the arrow landed. The town as we know it was rebuilt in the 16th century and later developed further in the 18th century.

Architecture

Vera has several buildings of architectural interest, the main Plaza Mayor (square) houses the 15th century Church of the Encarnación, originally built as a fort to protect against the moors, it’s an imposing building with its 4 great towers and the interior is no less impressive with a wonderful altarpiece. The Ayuntamiento de Vera (Vera town hall) was built in the 16th century, here you will find the Ethnographic and Archaeological Museum which contains lots of interesting information and archeological finds which tell the history and folklore of Vera and its surrounding areas.

There is also the Church of the Covent de Nuestra Señora de la Victoria (1605), the Royal Hospital of San Agustín (18th century). Vera (1605), the Royal Hospital of San Agustín (19th century), the Hermitage de Nuestra Señora de las Huertas, located on the outskirts of Vera to give thanks to the people of Lorca for their aid in liberating Vera from the Moorish siege of 1569 and the Hermitage de la Virgen de las Angustias, a 19th century building that houses the patron saint of Vera.

Festivals

Spain is well known for its fiestas (street parties) and Vera is no exception; with such a rich history and a sense of value the Spanish take every opportunity to remind visitors and young ones alike of their culture. Annual celebrations in Vera include the carnival, holy week, May Crosses and Saint Cleofás Day, which takes place on the 25th September.

The Plaza de Toros (Bullring), built in 1879, is the setting for many festivals in Vera and of course bull fighting tournaments and other cultural displays.

Vera is far from just a sleepy old inland pueblo, it has perfectly combined its historical roots with the requirements of modern life. It is a bustling hive of activity and has a wonderful eclectic mix of shops, bars and restaurants to suit all tastes. Saturday is market day where the main streets turn themselves over to the sprawling, where you can buy anything from a frying pan to beautiful rugs, handbags, shoes and much more.

Vera Playa

Vera Playa is famous for its large Naturist Beach (Nudist beach), its known as the centre of naturism in Andalusia. The beach is supported by a number of naturist hotels, apartments and camping facilities.

At Vera Playa there is also a Parque Acuático (Water Park), which provides a thrilling and fun family day out. You can choose to relax by one of the three swimming pools or experience the exhilarating fun of the kamikaze water shoots, black hole and Adventure River. There is also mini golf, green zones and an amusement park.

Carboneras

The town of Carboneras is located at the start of the Cabo de Gata Nature Park in the province of Almeria and is a popular tourist resort with stunning beaches, beautiful natural surroundings, a 16th century castle and delicious seafood menus. Carboneras enjoys a Mediterranean sub-tropical climate, which means you enjoy the region time of the year. Carboneras offers good amenities and provides an excellent base to explore Cabo de Gata and the Costa Almeria.

The name Carboneras, actually translates to coal bunkers, as the whole area was stripped of its forest and used for coal. The region is now dry and arid, but contrasts beautifully with the blue Mediterranean Sea.

The town now thrives on both fishing and tourism; Carboneras is a popular holiday destination with its stunning beaches, charming town, good amenities and interesting cultural attractions.

About town

The 16th century fortified castle dominates the town, as well as two watchtowers that date from the 16th and 18th centuries. There is a lovely promenade in Carboneras, perfect for an evening stroll before dinner; from here you can reach the lighthouse at Mesa Roldan, from which you can take in some wonderful views to the coastline.

There is a market in the town on Thursday, where you can purchase some delicious local produce.

Beaches

The beaches of Carboneras are particularly superb; 17 kilometres of fine sand stretches, including the blue flag beach of El Aconc, the nudist beach Los Muertos, Las Marinicas and the 3 kilometre long El Agarrobico.

Eating out

Carboneras has a good selection of dining options, with some excellent seafood restaurants.
Garrucha

Garrucha is a popular tourist destination due to its superb sandy beaches which draw tourists from all over Europe as well as Spain. Despite its growing popularity for tourism Garrucha remains a small resort which still retains its charm as a lively fishing port on the Costa de Almeria.

Garrucha is located between Vera Playa and the much larger tourist resort of Mojacar.

Garrucha is family-friendly with most activities and things to do centering around the sandy beaches, sea and swimming which is great for children of all ages. Garrucha is very much a safe tourist resort with little crime.

As well as being a popular place for holidays and vacations, many people from all over Europe have bought property in Garrucha and have decided to live permanently in Garrucha, these people are known as expats with most expatriates originally coming from the United Kingdom.

What To Do and See in Garrucha

There are plenty of activities, attractions, trips and excursions you can do when you stay in Garrucha. Do however note that Garrucha is a very small and charming tourist resort so don’t expect much nightlife or opportunities for shopping. Despite this there are many things to do and see and places to visit and explore.

The harbour is the central point of the town because even today Garrucha is still a working fishing town and fishing accounts for a large part of Garrucha’s economy. The fishing boats set off just before dawn and return in the afternoon with their catch. You can buy fresh fish at the fish market by the quayside.

Garrucha is famous all over Spain because of the locally caught red prawns. No wonder Garrucha’s tourist slogan is ‘sun and seafood’!

The promenade is also one of Garrucha’s best attractions and landmarks. The promenade is over 2km long and is lined with palms. The evening brings the locals out for their traditional evening stroll. Behind the promenade are many of Garrucha’s best restaurants, cafes and bars.

One of Garrucha’s most famous sights and attractions are the Cuevas de Almanzora just inland from Garrucha which are caves of which there are hundreds etched into the cliff-face on the edge of the town. Many of these caves are used as dwellings which are permanently inhabited.

Markets

On Friday mornings the weekly market in Garrucha is held from about 9am until lunchtime (1pm approx.). You can buy everything from fruit, vegetables, leather goods and clothing.
Penthouse apartment, with 2 bedrooms, 2 bathrooms, 6 beds, 4 baths, 2000m plot, with nice mountain views, equipped kitchen, living/dining room, 2 beautiful pools, fully furnished, private locked garage, walking distance to amenities.

Mojacar, in very good condition, set on an elevated plot with a tranquil plot with terrace and a private garden, 3 beds, 1 bath. Fireplace, kitchen, lounge with AC, pool, tennis court, close to amenities.

An addition in modern Spanish is the English word ‘super’. Examples:

Estoy muy cansado I’m really tired
Su hermano es muy sexy Her brother is really sexy
Spanish also has what they call the Absolute Superlative. It is used by adding –ísimo/ísima to the base form. This would also translate as ‘extremely’. Examples:

Fiel - Fielísimo (extremely faithful)
Difícil - Difíсильísimo (extremely difficult)

If the base form ends in an unstressed vowel, this is omitted. Examples:

Destructivo - Destructivísimo (extremely destructive)
Mal - Malísimo (extremely bad)

Repetition is also a way the Spanish use for reinforcing what they want to say. Examples:

Este té es dulce, muy dulce This tea is really sweet
María es guapa, guapisima Maria is very, very beautiful
And to finish off, just a little side step into repetitions in nouns. These are used to emphasize what we mean. Examples:

Esta es mermelada. Quiero mermelada manteca This is marmalade. I want real marmalade

Si bien no hay duda. Karen es la jefa Esta es muy buena

No hay duda. Karen es la jefa jefa This is very good

We also supply all types of Toldos & Awnings

For all your glazing needs including:
Window, Bath & Shower Screens, Mirrors & Mirror Murals, Safety Glass, Double Glazing
We also supply all types of Toldos & Awnings

Pasaje del Mediterráneo 401, MOJÁCAR
Subida de la Marina 14, GARRUCHA

Let’s Talk Spanish

Hot, Hotter, the Hottest!
The good news is that the summer finishes on the 23rd of this month. The bad news is that there’s no guarantee that the heat will disappear along with the summer! But never mind, there’s nothing we can do to change that. Que será, será.
This month we’ll have another look at adjectives – the words that we use to describe things and people, such as good, bad or ugly, for example.

In English, to put regular adjectives into comparative or superlative, we add –er or –est to the base form of a one-syllable adjective.

Such as keen, keener, the keenest. For adjectives with more than one syllable (except the ones that end in –ly like pretty, prettier the prettiest) we put ‘more’ or ‘the most’ before the adjective. Handsome, more handsome, the most handsome.

Sorry, this is not meant to be a lesson in English grammar. Onto Spanish now!

With Spanish regular adjectives we always put ‘más’ and ‘the most’ (el más) in front of the base form, no matter how long the adjective.

Examples:
Fiel (Faithful) Más fiel (More…) El más fiel (The most…) Destructivo (Destructive) Más destructivo (More…) El más destructivo (The most…)

If you want to reinforce the adjective, you use muy before the base form. Examples:
Muy fiel (very faithful) Muy destructivo (very destructive)

And before más we use mucho Examples:
Mucho más fiel (much more faithful)
Mucho más destructivo (much more destructive)

Another common way of reinforcing the base form in Spanish is using sumamente (highly) or extremadamente (extremely) before the adjective.

Examples:
Extremadamente fiel (extremely faithful)
Sumamente destructivo (highly destructive)
the country route, so as not to encounter any more policemen. He’d have got there a lot quicker, but he thought it best to take the workshop via Back Lane. Over Wytchetts Cross, into Nury Lane, and arrived in Hanton at his house. He turned right into Haye Lane, then left into Long Lane, straight up to the cottage. He got back in the cab and started the engine.

‘Tell your boss that it is a Carnival Float.’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He asked himself.

‘I really think I should be going. If the Ministry think that someone is taking too much interest, that person could find themselves, shall we say, out of the public eye for a very long time.’ Then inspiration came to him. ‘Is that it in a sort of homemade salute. Time stood still. The black Audi with the two young men inside pulled up. Kevin ran his hand through his mop of ginger hair. ‘Looks like a 4-Warp Drive to me.’

‘A what?’ Kevin turned his pale blue eyes on Cyril. ‘Just guessing. Where did you find it?’

‘Tesco’s car park. And you’ll never believe this, it belongs to a little green thing with antenna growing out of its head.’ Mrs Worsley asked Cyril if he could come and get it. A little out of the ordinary, she called it.

‘Two. Why?’ Kevin shrugged his shoulders, and put his hand out to touch it. ‘Don’t do that! Don’t touch it. It’ll shriek something horrid if you touch it.’ Cyril walked right up close to Kevin. ‘How do you know?’

‘Girl, then.’ Kevin smiled. ‘I asked him. He said it was a girl. It said “Prrrr.”’

‘Nah. It won’t shriek at me.’ He stroked it gently on the dome. ‘How many what?’

‘How many? Antenna.’

‘Antenna.’

‘Two. Why?’

‘Girl, then.’

‘How many? Antenna.’

‘How many what?’

‘How many?’

‘How many? Antenna.’

‘Looking for ornaments. I see they are using it for the Christmas decorations. I think they’ll have a lot of sales.’

‘What do you think?’ Cyril enquired as he got in the car. As he drove in Kevin unfolded himself from the top of a stack of motor car tyres and went from sitting to standing.

Kevin was more than usually tall and more than usually thin. He was all bones, yet somehow managed to give the impression that his bones were made of jelly. ‘What do you think?’ Cyril enquired as he turned the corner. ‘Of it.’

Kevin turned his pale blue eyes on Cyril. ‘Just guessing. Where did you find it?’

‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating. ‘What has that Worsley woman got me into now?’ He muttered, as he turned into Leggatts Lane. Cyril found that he was sweating.

Olula Del Rio in Marble

Olula del Rio is a charming town full of surprises. Located at an altitude of 482 metres, it is just over 80km from Almeria city.

Olula del Rio borders several other pretty village, Macael, Purchena, Urracal and Fines, all of which are a delight to visit, so if you decide to take a trip, make a day of it and explore the surroundings.

As mentioned in a previous issue of Almeria Living, the marble industry is the focus of the economy. The marble quarries of Macael just minutes away from Olula provide a range of opportunities for local businesses. Originally the marble was used by the Phoenicians to make sarcophagi. Later when the Romans arrived, they got a little adventurous and used it for ornaments, tombstones and scriptures. Then there were the Arabs, who extracted massive amounts of marble and used it to build the Alcazaba in Granada.

One place worth a visit in Macael, is the ‘Centro de Interpretación del Marmol’ which features the history of marble. There are 22 different sections showing how the industry has changed over the years and the displays are in both Spanish and English. The cost is just 2€ entry, children under 12 are admitted free of charge.

Today the craftsmanship of the local artists is displayed all over the area. As you wander around any of the villages you will see some stunning examples of their work.

Olula of course has many. One of them which is placed along the street that the market is held on, consists of 3 strangely shaped carved pieces. At first you cannot quite work out what you are looking at, and then as you get closer it comes together and is quite clearly the figure of a person, in this case it is titled David. Set on the edge of the church grounds surrounded by greenery, it is a very interesting piece of art.

Continued on page 62.....
Another large piece of work in Olula, is situated on the roundabout as you enter the town. Erected a few years ago, this depicts 2 of the main festivals held in the village on the eve of January the 20th and 23rd every year and celebrates the festival of fire. Many of the local shops cover the building’s facades to protect them from the multitude of fireworks which are thrown by the villagers who wear protective clothing.

Firewood is gathered the week before and various bonfires are lit around the town. For many the village is a no-go area, but for the brave they are an exciting part of the life here. During the day of the 20th a most unusual procession begins from the old church. This celebrates San Sebastian. As the crowds meander through the market street, rings of bread are thrown from the balconies above. The people below go a little wild and the race is on to see who can collect the most bread. It is quite a spectacle, and the smiling faces of both the elderly and the children, with their prized rings of bread strung around their necks is a joy to see.

And then there is the beautiful marble statue on the outskirts of Fines, just minutes away from Olula. This one you will see on coming into Olula from the Albox side. This stunning creation stands tall and proud. Named ‘Freedom’, this incredible piece masterpiece is made from one piece of marble and stands at over 4 metres tall. The sculptor, Roberto Manzano, created it following a case of domestic violence in the village of Fines, and it is a fabulous homage to women that have suffered domestic abuse. At night the statue is lit from below and looks just as beautiful as it does during day light hours, if not even more so.
Shopping in Olula

This month we feature some more local businesses, all offering excellent service.

Marhuenda

One of the local ferreteria’s and is like entering a cave. It is situated on the main high street. Although it has a fairly small frontage, inside it just goes on and on.

This is one of those places, that if someone has a piece of machinery that needs replacing, it is more than likely to be found here. It is never short of customers.

If all you need is one more screw to match one that you have already, then this is the place to go!

Herbolario Virgen del Carmen

The towns health food shop. Having recently moved premises, their range of products is excellent.

For people that suffer from food allergies, they always stock a varied selection of gluten and dairy free goods, plus vitamins and supplements. They also have a variety of beauty products and cosmetics, which if you spend over 50€ on, you get a 15% discount card for further purchases.

Informatica 2000

One of the computer shops in Olula. Both the owners are very knowledgeable and offer excellent customer service. Situated on the market street near the church, you will find a range of printers, computers, cartridges and many other things computer related.

If they haven’t got what you are looking for, they will order it in, and it often arrives the following day.
Hoooolaaaa, it’s meece-heee: Well Groomed Cora!

How are you all keeping? Me, I’m keeping clean and well brushed!

And she didn’t half get a lot of stuff off me!

So the grooming table is absolutely great! I get brushed and groomed all over while mum mutters endearments and says what a Good Girl I am, and I could stand there for hours just being pampered and praised!

Please don’t think that it is because my legs are too short or my belly hanging down too far! The actual problem is that mum’s legs are too long and if you see mum’s legs it’s not the best thing to see. She can’t sit on her knees like most humans seem to be able to.

She didn’t see me sticking my tongue out at him. See? I said. Ok ok, he didn’t notice Bru standing a little way away watching, and she also didn’t notice me sticking my tongue out at him. See? I said. Ok ok, he muttered a little shamefaced.

Well, there was only one thing to do then. Get up on the ‘dangerous place’! I knew that mum would never let me off the table now. She was too sure of herself and she refused to have anything more to do with it in the foreseeable future. So it was just standing there, inside the gate ‘for now’, for a couple of months or more.

She gave him good advice rather than taking the Mickey, so he has decided to put it off a little longer and still stands with both back paws safely planted on terra firma. For a couple of minutes until he got bored and walked away.

However, she called him back and managed to persuade him to put his back paws up at least; and as he was standing there, half up, half not, both mentally and physically, she started grooming him and he said he quite enjoyed it.

And mum was so afflicted by the effort (she kept moaning for days) that she refused to have anything more to do with it in the foreseeable future. So it was just standing there, inside the gate ‘for now’, for a couple of months or more.

However, when Auntie Noelia had done her bit, mum declared it to have for her German Shepherd boy, Hansi; mum and dad brought it home with serious gasping and complaining – I take it it must have been heavy. They managed to get it inside the gate, and they dumped it there ‘for now’.

And mum was so afflicted by the effort (she kept moaning for days) that she refused to have anything more to do with it in the foreseeable future. So it was just standing there, inside the gate ‘for now’, for a couple of months or more.

But it looks different, he said, sniffing suspiciously in the air. Well, I said, don’t you think that might have to do with the fact that it now stands on its legs rather than on its side?

That’s it, he said, you just take the Mickey. Just remember who got into trouble when we had the break-in! I stayed barking at a safe distance and got away unscathed, whereas you had to go and stick your nose where it didn’t belong and try to scare them off. And look what happened to you!! So don’t you tell me – one – that there’s nothing to be scared of, and – two – how to go about getting to know things!

And he stomped off muttering under his breath.

Well, there was only one thing to do then. Get up on the ‘dangerous place’! Just to show him! Mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before I started laughing at Brutus, and the next time mum came out and told me to get on it, I jumped straight up. Mum praised me and didn’t notice Bru standing a little way away watching, and she also didn’t notice me sticking my tongue out at him. See? I said. Ok ok, he muttered a little shamefaced.

Mum said not to worry, it was just that a lot of the hairs had come loose but not come straight out, and that she’d help me get rid of them.

Now, Auntie Janet had given mum a grooming table she used to have for her German Shepherd boy, Hansi; mum and dad brought it home with serious gasping and complaining – I take it it must have been heavy. They managed to get it inside the gate, and they dumped it there ‘for now’.

And mum was so afflicted by the effort (she kept moaning for days) that she refused to have anything more to do with it in the foreseeable future. So it was just standing there, inside the gate ‘for now’, for a couple of months or more.

However, when Auntie Noelia had done her bit, mum declared it to have for her German Shepherd boy, Hansi; mum and dad brought it home with serious gasping and complaining – I take it it must have been heavy. They managed to get it inside the gate, and they dumped it there ‘for now’.

And mum was so afflicted by the effort (she kept moaning for days) that she refused to have anything more to do with it in the foreseeable future. So it was just standing there, inside the gate ‘for now’, for a couple of months or more.

But it looks different, he said, sniffing suspiciously in the air. Well, I said, don’t you think that might have to do with the fact that it now stands on its legs rather than on its side?

That’s it, he said, you just take the Mickey. Just remember who got into trouble when we had the break-in! I stayed barking at a safe distance and got away unscathed, whereas you had to go and stick your nose where it didn’t belong and try to scare them off. And look what happened to you!! So don’t you tell me – one – that there’s nothing to be scared of, and – two – how to go about getting to know things!

And he stomped off muttering under his breath.

Well, there was only one thing to do then. Get up on the ‘dangerous place’! Just to show him! Mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before mum and dad had gone inside just before I started laughing at Brutus, and the next time mum came out and told me to get on it, I jumped straight up. Mum praised me and didn’t notice Bru standing a little way away watching, and she also didn’t notice me sticking my tongue out at him. See? I said. Ok ok, he muttered a little shamefaced.
Technically the aubergine is a fruit, just like its deadly nightshade cousins, tomatoes and peppers; but we all tend to classify savoury as vegetables and sweet as fruit.

The aubergine is probably one of the most beautiful vegetables we’ve got with its shiny, deep purple skin. And it is not just a good looker – it is tasty and healthy too!

Most fruits and vegetables are good sources of antioxidants, and the aubergine is no exception. In fact, it is host to a very interesting antioxidant, the nasunin, which protects the fat molecules in the body’s cells. This is an extremely important function as these molecules keep our cells fresh and resilient; and this includes our brain cells! Food for thought...

The fat molecules have nothing to do with body fat, and an aubergine has a paltry 25 calories per 100 g, so no worries on that count.

As it is 92% water, the aubergine is an excellent diuretic. It contains potassium which helps control our fluid balance, and is a good source of vitamins B6 and C. It’s full of fibre which makes it recommendable for people with diabetes, heart problems and/or high blood pressure.

When you look at recipes for cooking aubergine, half of them state that you should sprinkle it with salt and leave for ten minutes before rinsing and patting dry in order to take out the bitterness. The other half either tell you that it is not necessary, or they simply ignore the issue.

My advice: Do it the way you prefer.

Aubergine lends itself to casseroles and oven dishes (notably ratatouille and moussaka). You can also put aubergine slices in a marinade of e.g. olive oil, lemon juice, herbs and garlic and after a while fry them gently to make a wonderful snack or side dish. Or stick whole, pricked aubergines in the oven and leave them at 180ºC for about half an hour or until they are cooked through. Halve longways and scrape out the flesh (I always use a small melon baller) and mash, again with olive oil, lemon juice and herbs or spices of your choice. A lovely accompaniment for meat.

When you buy your aubergines, choose the very firm, unblemished specimens and make sure the skin is shiny and firm.

They are best kept in the fridge where they will last 3 to 5 days; however, do try to keep them out of direct contact with products that produce ethylene, such as tomatoes or apples, as these will make them wither faster.
Eintopf

Here she goes again, I can almost hear you say. And yes, she does! It is one of my favourite problems: Small quantities of lots of different vegetables that will only work together in one way: in an Eintopf!

Eintopf (one pot) is a kind of United Nations for vegetables, where everybody just gets on with each other and does their best to create a united finish. And meat too, if you have some to finish off.

And you obviously use whatever you have that needs using.

Ingredients for two (vary the quantities to suit your fridge):

- 2 potatoes, peeled and cut into 
  chunks
- 100g broccoli
- 2 carrots, peeled and cut into 
  chunks
- 100g green beans
- Olive oil
- 1 onion, peeled and cut into 8  
  wedges
- 500ml vegetable stock
- 200g minced meat
- 1 bay leaf
- ½ red pepper, cut into squares
- Salt and pepper

Heat the olive oil in a pot and brown the meat off. Then add the potatoes, carrots and onion and mix well. Now it’s time for the vegetables. Bring to the boil and let it simmer, covered, for 10 minutes.

Then pour over the stock and add the vinegar and the bay leaf. Stir it all to taste and serve; with or without bread.

Waste Not, Want Not - Part 2!!

The heat is on… And it seems to be staying on!

As my poor old gas fridge struggles to stay below 15°C, and sometimes even 20, things just don’t keep very long in it at all, as you can imagine.

So it’s been another month of improvising with stuff that just has to be used – today!!

Hope you’ll enjoy my concoctions, and like I said last month, you can of course substitute the ingredients with your own left-overs.

Stuffed Tomatoes

Where I did very well with my own cherry tomatoes this year, I’m sorry to say that I was an almost complete failure with ordinary tomatoes. Thank God for clever Les and Mary, who had tomatoes galore and very kindly chose to unload a lot of them on us!

And when I realised that the last ones wouldn’t keep much longer, I stuffed them and threw them in the oven.

As for the stuffing, the meat and cheese were small leftovers that I had in the freezer.

Ingredients for two:

- 4 large, ripe tomatoes, top cut off, centre scooped out and reserved
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 small green pepper, chopped
- 200g minced pork
- 1 tbsp smoked paprika
- 1 tbsp tomato purée
- Knorr Aromat
- Salt and pepper (and sugar if needed)
- Grated cheese

Heat the olive oil in a frying pan and add the onion and pepper. Cook until soft, then add the meat and cook it until it turns brown. Add the smoked paprika, stir, then the purée together with a drop of water. Mix well.

Add the scooped-out tomato and another drop of water and mix in. Cover and let it bubble on medium heat for 10 minutes. Take off the lid, boil fiercely for a couple of minutes to reduce the liquid.

When you have a nice moist-but-not-wet meat mix, season with Knorr Aromat, salt and pepper. I found that mine was a little acidy so I added a pinch of sugar.

Fill the tomatoes with the mixture, put them in a greased oven dish, and cover with an alu foil. Stick them in the oven at 200°C for about 25 minutes; when the tomatoes are cooked, take off the alu foil, sprinkle over the cheese and let it cook on for about 10 minutes until the cheese is melted and golden.

Serve the tomatoes with some crusty bread and a leafy salad. Whoever said leftover food had to be boring!!!
La Vida Restaurant - Bar

Danny & Sharron welcome customers new and old

Saturday 7th September
BBQ on the terrace from 6pm
Live entertainment from 7pm
STEVE FISHER (aka Rod Stewart)

Saturday 5th October
BBQ on the terrace from 2pm
Live entertainment from 3pm

ALL SKAS

Saturday 19th October
BBQ on the terrace from 2pm
Live entertainment from 3pm

SUNDAY LUNCH
12-5pm
Choice of Roast Beef, Chicken, Pork, Lamb Shank & a selection of Homemade Starters & Desserts
Full Menu NOW available (excluding breakfast)
STEAK available every day

WEDNESDAY STEAK DEAL
Buy 1 fillet steak meal & get the 2nd for half price 6pm-9pm

SUNDAY LUNCH
12-5pm
Choice of Roast Beef, Chicken, Pork, Lamb Shank & a selection of Homemade Starters & Desserts
Full Menu NOW available (excluding breakfast)

FRIDAY
Atlantic Cod
Chips & Homemade Tartar Sauce
Full menu also available

For all events please contact the bar to reserve your table - book early to avoid disappointment

Open: Monday - Saturday 10am-close Sunday 12-7pm
Restaurant open: Mon - Sat 10-4pm & 6-9pm
Avenida Europa, CUCADOR (above The Attic)

950 634 562
Scan code for our Facebook page

La Vida Restaurant - Bar

The best breakfast in Albox from 3€
A great selection of pasties all freshly baked on the premises. They are the best quality & value in the area.
See you here soon!
Avda America - ALBOX - 666 618 933

Potato Skewers

I have to admit that even though this is a recipe made with leftovers (I had to use my bacon and a couple of peppers), the concoction is not my own, but comes from my monthly Danish food mag.

These sticks are a joy for the eye as well as the palate, and although they take a bit of prepping you can do that in advance and just throw them on the BBQ when the time comes.

They make a delightful accompaniment to your BBQ’d meats, and I’m pleased to say that I used up some very ripe tomatoes in a delicious cous-cous salad that went a treat with it all!

Boil the potatoes in salted water for about 8 minutes, until they are almost done. If they get too soft they will be difficult to handle, not done enough, and they will come out hard... So concentrate!

Cool down the potatoes in cold water, and if they are big, cut them into smaller pieces (I had to do that).

Put your ingredients on the skewers beginning with one rasher of bacon. Wrap the bacon downwards around the potatoes and peppers as you go, using two rashers per skewer.

When you have used up all the ingredients, put the skewers onto a long plate, drizzle them with olive oil and sprinkle oregano, salt and pepper all over.

Keep them until you are ready to BBQ.

Cook the skewers over medium heat on the BBQ for 8-10 minutes until the vegetables are cooked and the bacon golden.

Serve as a side dish, or indeed as a main course with for example tzatziki and a tomato salad.

Ingredients for two:
400g small new potatoes, scrubbed clean
1 each red and green pepper, cut into 3 cm squares
8 slices thin streaky bacon
Olive oil for brushing
1 tbsp dried oregano, salt and pepper
4 skewers

Open: Monday - Saturday 10am-close Sunday 12-7pm
Restaurant open: Mon - Sat 10-4pm & 6-9pm
Avenida Europa, CUCADOR (above The Attic)

950 634 562
Scan code for our Facebook page

The best breakfast in Albox from 3€
A great selection of pasties all freshly baked on the premises. They are the best quality & value in the area.
See you here soon!
Avda America - ALBOX - 666 618 933

ARBOLEAS
Tomato and Mozzarella Risotto

Eintopf is not the only way to use up leftovers or things that approach their sell-by day; risotto and omelette also lend themselves to this purpose.

On this occasion I had been given lots of cherry tomatoes that I used for everything for about 5 days. They are wonderfully versatile; I could almost do a whole chapter on cherry tomatoes alone!

Heat the olive oil in a frying pan and throw in the cherry tomatoes. Cook, stirring, for about three minutes, then mix in the wine vinegar. Season with salt and pepper, pour them onto a plate and set aside.

Put 20g butter in the same pan, melt and add the onion. Stir until it is transparent then throw in the rice. Cook for a further couple of minutes while stirring before pouring in the white wine. Use the liquid to loosen any sediment off the bottom of the pan and then let it all but evaporate.

Pour in a ladle full of hot stock and stir over a low to medium heat until it is completely absorbed. Repeat the process; it will take 15-20 minutes to cook the rice. You may not need all the stock, but I find I usually do.

When the rice is done add the mozzarella and the tomatoes together with the last 10g of butter. Stir and let it cook until the tomatoes are warm and the cheese completely melted.

Add salt and pepper to taste, sprinkle over fresh basil and serve.

You just can’t go wrong with that!

Ingredients for two:
- 200g cherry tomatoes, halved
- 1 small onion, finely chopped
- 2 tbsp olive oil
- 1 tsp wine vinegar
- Salt & pepper
- 30g butter
- 200g risotto rice (or ordinary round rice)
- 100ml white wine
- 800ml hot vegetable stock
- 125g fresh mozzarella cheese, plucked into small pieces
- Fresh chopped basil for topping
Once firmly established on the Iberian Peninsula, the production of olive oil turned Roman Hispania into a very prosperous and an important jewel in the crown of the Roman Empire for many years. The facts about the first uses of olive oil are lost in the mists of time, but it is thought that today’s olive tree species are the result of hybrids between African and oriental trees which would have emerged in the Copper Age; these had good size, fleshy fruits that lent themselves to the rudimentary extraction techniques of the time. Several ancient texts mention the importance of the olive tree. In the Old Testament you can read about the importance of olive oil as an ingredient in food and ointments, fuel for lamps, its part in personal toilette and also in ceremonies. Furthermore, the Koran refers repeatedly to the olive as possessing divine qualities.

The Greeks were the first civilization to use olive oil in daily life. It is a known fact that they produced substantial quantities of olive oil already in the year 2000 B.C. Cultivation of the olive tree was an important practice in this culture and the production of olive oil systematic, though basic.

With time, the use of this marvellous oil spread out over the Mediterranean basin, and it was the Romans who brought it to the rest of the world that we know today. In accordance with modern consumer legislation in Spain, all foodstuffs have to state a sell-by or best-before date on their labels. But olive oil does not go off as such; it never becomes dangerous to our health. It is a known fact that they produced substantial quantities of olive oil already in the year 2000 B.C. Cultivation of the olive tree was an important practice in this culture and the production of olive oil systematic, though basic.

With time, the use of this marvellous oil spread out over the Mediterranean basin, and it was the Romans who brought it to the rest of the world that we know today. In accordance with modern consumer legislation in Spain, all foodstuffs have to state a sell-by or best-before date on their labels. But olive oil does not go off as such; it never becomes dangerous to our health.

Extra Virgin olive oil does definitely lose a lot of its organoleptic qualities with time; in other words, it loses the original flavour and aroma which are the characteristic qualities of extra virgin. How long extra virgin maintains its original qualities depends on the variety of olive it is made from. Fruits that have a high content in polyphenol, a natural antioxidant, create more stable oil with less tendency to oxidation and rancidity.

The better extra virgin olive oils maintain their organoleptic qualities for about a year, so it is advisable to consume them within this time span. But the oil can become rancid earlier if transferred to a container that has not been cleaned properly in advance. For that reason you will not see a sell-by date on extra virgin olive oil, only a recommended best-before date, which refers to the time it may start losing its flavour and aroma.

Once the best-before date has passed, the producer of the oil is no longer responsible for the extra virgin qualities of the oil. It will then most likely become like an ‘ordinary’ virgin olive oil. It may even become rancid, but it can still be used for cooking or frying without losing its healthy properties.

However, it is recommended always to use extra virgin olive oil for drizzling and dressings.

Extra Virgin olive oil does definitely lose a lot of its organoleptic qualities with time; in other words, it loses the original flavour and aroma which are the characteristic qualities of extra virgin. How long extra virgin maintains its original qualities depends on the variety of olive it is made from. Fruits that have a high content in polyphenol, a natural antioxidant, create more stable oil with less tendency to oxidation and rancidity.

The better extra virgin olive oils maintain their organoleptic qualities for about a year, so it is advisable to consume them within this time span. But the oil can become rancid earlier if transferred to a container that has not been cleaned properly in advance. For that reason you will not see a sell-by date on extra virgin olive oil, only a recommended best-before date, which refers to the time it may start losing its flavour and aroma.

Once the best-before date has passed, the producer of the oil is no longer responsible for the extra virgin qualities of the oil. It will then most likely become like an ‘ordinary’ virgin olive oil. It may even become rancid, but it can still be used for cooking or frying without losing its healthy properties.

However, it is recommended always to use extra virgin olive oil for drizzling and dressings.

Extra Virgin olive oil does definitely lose a lot of its organoleptic qualities with time; in other words, it loses the original flavour and aroma which are the characteristic qualities of extra virgin. How long extra virgin maintains its original qualities depends on the variety of olive it is made from. Fruits that have a high content in polyphenol, a natural antioxidant, create more stable oil with less tendency to oxidation and rancidity.

The better extra virgin olive oils maintain their organoleptic qualities for about a year, so it is advisable to consume them within this time span. But the oil can become rancid earlier if transferred to a container that has not been cleaned properly in advance. For that reason you will not see a sell-by date on extra virgin olive oil, only a recommended best-before date, which refers to the time it may start losing its flavour and aroma.

Once the best-before date has passed, the producer of the oil is no longer responsible for the extra virgin qualities of the oil. It will then most likely become like an ‘ordinary’ virgin olive oil. It may even become rancid, but it can still be used for cooking or frying without losing its healthy properties.

However, it is recommended always to use extra virgin olive oil for drizzling and dressings.
Puzzle Time
Reverse Word Search

Each of these circled letters is the first letter of one or more of the words on the given word list.

Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search – horizontally, vertically or diagonally, reading frontwards or backwards.

Remember, any starting letter may be used by more than one word at the same time!

Aside  Husky  Shadowed
Bolts  Hutch  Shearing
Bridle  Insects  Silliest
Cutlets  Liver  Struggles
Debate  Lucid  Spottier
Deeps  Maybe  Spats
Discuss  Moron  Stewed
Dress  Oared  Stumbles
Files  Observe  Surged
Fluids  Opted  Swayed
Foods  Padded  Taverns
Fussy  Paupers  Tones
Glances  Pause  Vermin
Hangs  Rereads  
Highs  Salad  

---

THE CORNER SHOP
English Food Store
The Little Shop That’s Got It All & Lots!
We have the largest selection of your favourite goods in the area, and at the best prices too! All direct from the UK.
Check out our website for all the latest
www.alboxcornershop.com
For your convenience you can pull up outside or we have a large carpark. We are only 3 minutes from Mercadona.
Pay us a visit, you will love our prices! ALBOX
www.alboxcornershop.com

Alclaina
Specialty in “Cherigans”
Especialidad en “Cherigans”
Open Monday to Sunday (except Saturday)
Abierto de Lunes a Domingo (excepto Sábados)
Pl. Mayor s/n, 04800 Albox (Almería)

Chapman’s
Restaurant & Bar
Open: Mon & Tue 10am – 4pm Wed, Thu, Fri, Sat 10am – close
Sunday Carvery served from 1pm – Booking essential

Bazar y Comestibles Loli
We stock a wide selection of British Food
Shoes, Clothes, Make-up, Cleaning materials, Kitchen Equipment and much more
950 449 489
Located on the Pl. Virgen del Carmen, 03 · 04661 La Alfoquia (Zurgena)

What’s On
September / October
Saturday 7th September – JACK LAW - 8pm onwards
Sunday 8th September – BENNY - 6pm onwards
Saturday 14th September – T84
Sunday 15th September - MAD ON BLONDE - 7pm onwards
Wednesday 18th September – MARTIN THE CROONER – 8pm onwards
Saturday 21st September – STEVE FISHER (aka Rod Stewart) 8pm onwards
Sunday 22nd September – SOULBOTS - 7pm onwards
Wednesday 25th September – SHARON ELIZABETH REGAN - 7pm onwards
Sunday 29th September – BRIAN DEE - 7pm onwards
Sunday 6th October – JACKY DEL MUNDO – 7pm onwards
See our Facebook page for more details of all future entertainment

Steak Tuesday
available all day
Curry Wednesday
available all day
Thursday
Karaoke & Northern Soul evening
Special Theme Menu - for something different
Friday Fish & Chip
12 noon – 9 pm

English and Mediterranean Cuisine now being served
Full Menu available from 12 noon

Every Monday
Quiz Night with Maureen 7.30pm Special Menu 4.95

Sunday Lunch
Served 12.30 – 5.30pm
Booking Essential

---

Copyright © Puzzle Baron August 6, 2019 - Go to www.Printable-Puzzles.com for Hints and Solutions!
How times have changed! When I was young wine sales in the UK were dominated by brands such as Mateus Rose, Hirondelle, Don Cortez and Blue Nun – all of them made in Europe.

The biggest wine producing countries remain France, Italy and Spain and these three countries still account for half the world’s wine production in spite of the decline of these once famous names. But for how much longer? Today the wine trade is a much more global affair with some big surprises in the current list of top ten wine brands by volume.

In 10th place is ‘Great Wall Wine’ from China. Production began in 1978 and has grown impressively to annual sales of 8 million cases (a case is 12 x 75cl bottles). Another Chinese firm, ‘Changyu’, is at 4th place thanks to annual sales of 15 million cases annually domestically and 8 million cases (a case is 12 x 75cl bottles) for export to 140 countries. Their brand, Casillero del Diablo, is widely sold in the UK.

In 7th position is another Californian firm, ‘Robert Mondavi’, who sell around 10 million cases per annum.

In 9th place is the American producer, ‘Beringer’, who have extensive vineyards in California’s Napa Valley and produce a large range of decent quality wines. 90% of all American wines come from California.

At number 8 we find the large Australian outfit, ‘Hirdys’, who are well known in the UK. Their ‘Stamp’ range is particularly popular.

In 6th place is the American company, ‘Sutter Home’, who achieved great success for how much longer? Today the wine trade is a much more global affair with some big surprises in the current list of top ten wine brands by volume.

In 5th place is the massive ‘Gallo’ company (see 1st place) who, thanks to impressive marketing and extensive use of the popular Moscato variety, now make 16 million cases per annum.

So, when it comes to brands, the USA occupy 5 of the top ten places which is not surprising in the current list of top ten wine brands. Watch this space.

In 3rd place is the American brand, ‘Yellow Tail’, made by the Australian company, ‘Concha y Toro’, who export to 140 countries. Their brand, Casillero del Diablo, is widely sold in the UK.

In 2nd place is occupied by the Chilean company, ‘Concha y Toro’, who export to 140 countries. Their brand, Casillero del Diablo, is widely sold in the UK.

In 1st place thanks to annual sales of 15 million cases.

California’s Napa Valley and produce a large range of decent quality wines. 90% of all American wines come from California.

In 3rd place is the massive ‘Gallo’ company (see 1st place) who, thanks to impressive marketing and extensive use of the popular Moscato variety, now make 16 million cases per annum.

In 2nd place is occupied by the Chilean company, ‘Concha y Toro’, who export to 140 countries. Their brand, Casillero del Diablo, is widely sold in the UK.

In 1st place thanks to annual sales of 15 million cases.
Almería Living
Out and About in Spain

Tickets and further information only available from C.A.T. Services (La Alfoquia)
Total Entertainments in Albox, Arboleas & Turre & Kukis Mojácar (Bar/Restaurant)
950 63 43 88 627 635 514 travel@catservicesinspain.com

Pick-up points vary depending route and demand from Mojácar, Turre, Huércal Overa, La Alfoquia, Arboleas & Albox and more

Murcia Shopping Trip
Morning in IKEA & Thader Centre
Afternoon at Nueva Condomina area. Over 200 stalls plus displays and
Visit the largest medieval market in the

15th Oct
19th Nov
17€ p/p

La ZENIA Shopping
Located between Cartegena & Alicante
With more than 120 outlets to visit

Medieval Market
Caravaca
Visit the largest medieval market in the area. Over 200 stalls plus displays and demonstrations. A great day out.

17th Sept
FROM
16€ p/p

Historic CARTAGENA
An opportunity to visit this historic sea-port & old town including the amphitheatre - so much to see
New - pick up in Mojácar, Turre

Ronda 7-10 October
245€ p/p - B&B - 3* Hotel (central location)
Includes visit to Setenil de las Bodegas

Gibraltar 11-14 November
230€ p/p - Half Board
4* Hotel in La Linea (8oom from border)

Preparing Your Car to Sell

With just a little work and attention to detail, you can add hundreds of euros to your car’s value when you sell it.
With newer or more expensive cars, repairing bodywork damage can really add value when you’re selling on. With an older car, however, you might not recover the costs involved.

Whether you’re selling privately, part-exchanging at a dealer or auctioning your car, your aim is to maximise its value. To achieve this, you must make your car as attractive as possible to buyers while minimising any flaws they can use to drive the price down.

With just a little effort, you can give your car the extra buyer-appeal, attracting the best possible price.

Deep clean your car

• An air freshener might make the interior of your car smell more appealing.
• If you don’t have the time to clean it yourself, invest in a full car valet service.
• Clean your car thoroughly inside and out – a clean car makes the buyer believe the car has been looked after and cherished. If you spend three hours cleaning your car and this adds 100€ to its value, you’ll have earned yourself 33€ an hour for the work.

Check the essentials

• Make sure the tyres are correctly inflated.
• Make sure there is a spare tyre and it has the minimum legal tread depth
• Consider touching up chips and scratches – either professionally or yourself if you’ve got the know-how.

Small windscreen chips can usually be repaired under your car insurance at no cost, and with no effect on your no-claims discount.

Adding extra value

• A full service history shows a buyer your car has been well maintained, so it’s well worth digging out all those old receipts.
• A cheap new set of car mats can help smarten up an older car.
• If your car is coming up for its MOT, consider getting a new one now. A new 12-month MOT certificate is attractive to buyers.

Your next step

Once you’ve spruced up your car, brush up your negotiating skills as well – then you’ll be all set to sell it for the best possible price.

Mini Breaks 2019

Ronda 7-10 October
245€ p/p - B&B - 3* Hotel (central location)
Includes visit to Setenil de las Bodegas

Gibraltar 11-14 November
230€ p/p - Half Board
4* Hotel in La Linea (8oom from border)

Out and About in Spain

Tickets and further information only available from C.A.T. Services (La Alfoquia)
Total Entertainments in Albox, Arboleas & Turre & Kukis Mojácar (Bar/Restaurant)
950 63 43 88 627 635 514 travel@catservicesinspain.com

Pick-up points vary depending route and demand from Mojácar, Turre, Huércal Overa, La Alfoquia, Arboleas & Albox and more

Murcia Shopping Trip
Morning in IKEA & Thader Centre
Afternoon at Nueva Condomina area. Over 200 stalls plus displays and
Visit the largest medieval market in the

15th Oct
19th Nov
17€ p/p

La ZENIA Shopping
Located between Cartegena & Alicante
With more than 120 outlets to visit

Medieval Market
Caravaca
Visit the largest medieval market in the area. Over 200 stalls plus displays and demonstrations. A great day out.

17th Sept
FROM
16€ p/p

Historic CARTAGENA
An opportunity to visit this historic sea-port & old town including the amphitheatre - so much to see
New - pick up in Mojácar, Turre

Ronda 7-10 October
245€ p/p - B&B - 3* Hotel (central location)
Includes visit to Setenil de las Bodegas

Gibraltar 11-14 November
230€ p/p - Half Board
4* Hotel in La Linea (8oom from border)

Preparing Your Car to Sell

With just a little work and attention to detail, you can add hundreds of euros to your car’s value when you sell it.
With newer or more expensive cars, repairing bodywork damage can really add value when you’re selling on. With an older car, however, you might not recover the costs involved.

Whether you’re selling privately, part-exchanging at a dealer or auctioning your car, your aim is to maximise its value. To achieve this, you must make your car as attractive as possible to buyers while minimising any flaws they can use to drive the price down.

With just a little effort, you can give your car the extra buyer-appeal, attracting the best possible price.

Deep clean your car

• An air freshener might make the interior of your car smell more appealing.
• If you don’t have the time to clean it yourself, invest in a full car valet service.
• Clean your car thoroughly inside and out – a clean car makes the buyer believe the car has been looked after and cherished. If you spend three hours cleaning your car and this adds 100€ to its value, you’ll have earned yourself 33€ an hour for the work.

Check the essentials

• Make sure the tyres are correctly inflated.
• Make sure there is a spare tyre and it has the minimum legal tread depth
• Consider touching up chips and scratches – either professionally or yourself if you’ve got the know-how.

Small windscreen chips can usually be repaired under your car insurance at no cost, and with no effect on your no-claims discount.

Adding extra value

• A full service history shows a buyer your car has been well maintained, so it’s well worth digging out all those old receipts.
• A cheap new set of car mats can help smarten up an older car.
• If your car is coming up for its MOT, consider getting a new one now. A new 12-month MOT certificate is attractive to buyers.

Your next step

Once you’ve spruced up your car, brush up your negotiating skills as well – then you’ll be all set to sell it for the best possible price.
Top Tips when buying a Second-hand Car

A car should be test driven and inspected before purchase. This is doubly important for a used vehicle, particularly if you’re buying privately. You might want to consider paying an independent garage to check the car as well. This gives extra peace of mind and any problems they find might be useful bargaining tools for you.

Exterior & Interior

• Check the seats and trim for signs of damage.
• Look for rust and any chips, scratches and dents to the bodywork.
• Check all electrics (lights, windows) are working and (if fitted) try the air-conditioning.
• Check all the panels fit perfectly. If they don’t, the car might have been in an accident.
• Don’t forget the windscreen – chips and cracks here could cost hundreds of pounds to repair.
• Excess wear on pedal rubbers, carpet and seats could be an indicator the car’s older than it seems.
• Check the tyres and spare wheel for tread and even wear.

Vehicle Identification Number (VIN)

• Check the Vehicle Identification Number (VIN). Make sure that it matches the number on the logbook.

Engine

• Before starting the car, check underneath the engine oil cap for a thick white substance which could indicate a problem with the head gasket or engine damage.
• Pull out the engine oil dipstick, wipe it clean with a cloth, then re-insert it. Now pull it out again and check it’s at the maximum level and the oil itself is golden and clear. If not, the car is probably due a service – a possible bargaining point. However, if it’s a diesel, the oil can become dark soon after an oil change.
• Pull out the engine oil dipstick, wipe it clean with a cloth, then re-insert it. Now pull it out again and check it’s at the maximum level and the oil itself is golden and clear. If not, the car is probably due a service – a possible bargaining point. However, if it’s a diesel, the oil can become dark soon after an oil change.
• Listen out for any vibrations or rubbing noises when braking.
• Try using the handbrake on a hill start – there should be no ‘crunching’.

Brakes

• Check the brakes stop the car in a straight line.
• Listen out for any squeals or judders when turning the steering wheel, though a little whining sound is normal on power steering.
• Make sure the car doesn’t pull to one side on a level stretch of road.
• Check all electrics (lights, windows) are working and (if fitted) try the air-conditioning.

Suspension

• Make sure the ride is smooth and the car soaks up bumps in the road – it shouldn’t judder or feel bouncy.
• Listen out for any unusual noises as you drive along.

Electric vehicles

Electric vehicles have less to check than petrol or diesel ones because their motors have much fewer parts.

You’ll still need to check the exterior and interior, steering, brakes, and that any gears (if it has any) are functioning correctly. You should also check the battery life, if possible. The batteries in an electric vehicle are expensive to replace. Check if your electric car has a battery warranty, typically these can be five to eight years for a new car. Some may have a lease on the battery.

You can also check what the original advertised range was and compare that to how long it lasts now. How well it has been looked after could affect this.
This season has been a grave disappointment for Ferrari, who expected to challenge for the title but have been steamrollered by Mercedes and have not yet won a race. It would be astonishing in some ways if the team ended the year without a victory, but with only nine chances remaining, an unconvincing performance so far, and Red Bull very much on a roll, it is a serious possibility.

Lucky for Ferrari, then, that the next two races present them with arguably their best chances to win for the rest of the season. The Belgian and Italian Grands Prix are a week apart and both are on classic, high-speed circuits where straight-line speed is key to overall performance. They are, in F1 vernacular, power-sensitive - and Ferrari's engine has the most power and the best straight-line speed on the grid.

Ferrari start both Spa and Monza weekends as favourites, and the races present a golden opportunity for Sebastian Vettel and Leclerc to finally notch up that long-awaited first win of the year - and in Leclerc's case, of his career.

If Ferrari can finally grasp an opportunity - rather than let it slip through their fingers, as they have done in every single case that has presented itself this year - which driver will it be? Vettel is ahead in the championship, but Leclerc has in many ways been more impressive. The 21-year-old would have won in Bahrain in April had his engine not gone sour in the closing laps. He should have won in Baku had he not crashed in qualifying when looking a certainty for pole. He led all but the last two laps in Austria before being passed by Verstappen. And he has out-qualified Vettel for the last five races.

But Leclerc is still raw and inexperienced, and there are weaknesses in his game. He makes too many mistakes and, with a more aggressive driving style than Vettel, he has still not fully got on top of managing the Pirelli tyres.

What if they don't win this year? Well, traditionally, that has led to blood-letting in Maranello. All bets would be off.
When will Hamilton become a champion?

It is a ‘when’, not an ‘if’, that Lewis Hamilton will win a sixth world title this year, assuming no unforeseen circumstances such as injury or illness. The 34-year-old heads to the Belgian Grand Prix with a 62-point lead over Mercedes team-mate Valtteri Bottas with only 234 still available.

Mathematically, of course, Bottas has a chance to overhaul Hamilton; realistically, he doesn’t have a hope.

The Briton has won eight races this season, the Finn only two. Hamilton won the last race in Hungary with a brilliant comeback drive in which team and superstar driver were in perfect harmony to produce arguably his best win of the year, while Bottas has not won since Azerbaijan in April.

Hamilton has extended his lead over Bottas by 31 points in the last three races, and in the last two Bottas has been disappointing, crashing out in Germany when he had a chance to make up a big chunk of points on Hamilton, who had his worst race for years, and destroying his race when he collided with Ferrari’s Charles Leclerc on the first lap in Hungary.

As a result, Bottas is in much more danger of losing second place to Red Bull’s Max Verstappen - who is only seven points behind after a superb run of two wins, and a second place in the last four races - than Hamilton is under threat from Bottas.

When will Hamilton tie it up? If he can make 42 points on Bottas in the next five races in Belgium, Italy, Singapore, Russia and Japan - at 8.4 points on average a race, which seems eminently doable - he will be 104 clear after the Japanese Grand Prix, and that would do it.

Failing that, it’s hard to see how Hamilton won’t be 78 points clear after the following race in Mexico.
Cortijo Grande

A well established and well positioned 3 bed, 3 bath detached villa with private swimming pool, breathtaking views, oil fired central heating, A/C, a workshop with independent access, car port, built in BBQ and a huge under-build.

DV1488

265.000€

Mojácar

From this 3 bed apartment you can walk to the beach in under one minute add to this there are lovely sea and mountain views and amenities within striking distance. This first floor apartment is on a complex where there are just three other properties.

A1353

199.000€

Cortijo Grande

Character 2 bed property situated in the heart of Cortijo Grande with kerb appeal and ever changing mountain views. Virtually detached bar a garden wall. With many extra radiators, A/C, fly screens, ceiling fans and security shutters.

LV777

140.000€

Los Gallardos

3 bed, 3 bath detached house + attic & independent annex of 1 bed, 1 bath, 306m2 in total on a fenced plot of 13,250m2. Double garage, private pool, great views, Air conditioning and heating.

DV1391

399.000€

Mojácar Playa

Situated very close to the beach this spacious, newly renovated 2 bed ground floor apartment is great purchase for someone looking for a good rental property or an easy lock up and go. With fly screens on the windows and off street parking.

A1379

113.000€

Call us today +34 950 478 915 / 678 315 638

Email: sales@pricebrown.com www.pricebrown.com

Paseo del Mediterraneo 171, Mojácar 04638, Almería, España