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Lifestyle magazine and property portal

ISSUE 70
SEPT 2022
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Town**

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Article**

Let's Talk Wine

**North
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To stop mosquitoes

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by Piscinas Escribano

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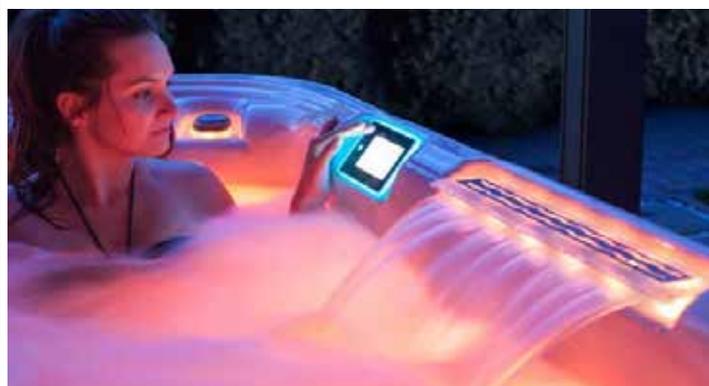
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A Life in SPAIN

Welcome to the September edition of ALIS.

This year was a hot one, and we must spare a thought for the businesses, especially the bars and restaurants, that are all struggling for staff due to the new rules centered around employment. Anyway, soon be Christmas!!

So what else is in this months magazine?

Page 47 has the continuation of Carols blog as they journey down from the UK to start their adventure in Spain

The centre pages are again well worth a read. This month focuses on plants that help to keep away mosquitoes. But if that doesn't work, remember there's always Wayne at FogOff (see ad on page 23)

Enjoy this month's magazine

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A woman in a black suit and white shirt, smiling and pointing towards the text.

Top 10 Spanish Beaches

Spain has over 5,000 miles of coastline, much of which is graced with beautiful beaches. Though the tourists flock to the Costa Blanca and the Costa del Sol, there are gorgeous beaches all over Spain (well, where there's coastline, anyway!). Over the next few months we will discover the top 10 voted beaches.

7. La Barrosa, Chiclana de la Frontera, Cádiz

Voted the best beach in Spain. If you'd prefer to be nearer to the city, Playa de la Victoria in Cadiz itself is also very nice.

Other beaches high on elmundoviajes.com's included Maspalomas (Gran Canaria), Jandía (Fuerteventura), Playa del Torreón (Benicassim, Castellón), Rodiles (Villaviciosa, Asturias), Concha in San Sebastián, Corralejo (Fuerteventura) and Genoveses (Almería).

Cadiz is also easily reachable from Jerez.

8. Tarifa, Andalusia

Tarifa has a lot going for it: the windsurfing scene, whale-watching and a fun nightlife, but it also has something very much against it if all you want is to sunbathe: the wind.

If you don't mind getting sand in all your creases, Tarifa will do you fine, but the area is really for active watersport enthusiasts more than beach people. It is also situated at the junction between the Atlantic and Mediterranean, which adds some novelty value.



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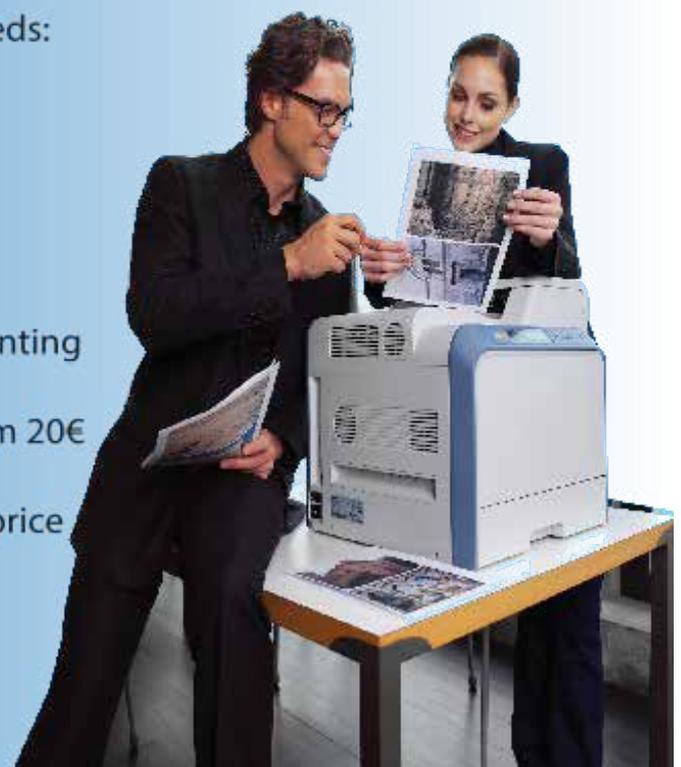
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Let's Learn Spanish

Fruit, ice cream and summer drinks

Phrases

What fresh fruit do you have for dessert?	¿Qué fruta hay de postre?	¿Kay froo -ta eye day poss -tray?
Please could you bring me a knife	Tráeme un cuchillo por favor	Try -meh oon ku- chi -yo pour fa- vour
A smaller spoon please	Una cuchara más pequeña	Oo -na ku- cha -rah mass pay- kay -nya
Sorry, I've dropped my fork	Lo siento, se me ha caído el tenedor	Loh sea- yen -toe, say meh ah kye- ee -doh el ten-eh- door
We'd like another small plate	Me traes otro plato pequeño	Meh try -ace oh -trow plah -toe peh- kay -nyo
Are your fruits of the forest seasonal?	¿Las frutas del bosque son de temporada?	¿Lass froo -tass del boss -kay son day tem-pour- ra -dah?
Do you have <i>horchata de chufa</i> *?	¿Hay horchata de chufa?	¿Eye or- cha -tah day choo -fa?

*(typical drink with a nutty flavour made from the root of the yellow nutsedge plant)

CITRUS / CÍTRICOS / SEA-TRI-KOS

Orange	/ naranja	/ nah- ran -ha
Mandarine	/ mandarina	/ man- da -ree-na
Lemon	/ limón	/ lea- mohn
Lime	/ lima	/ lea -ma
Grapefruit	/ pomelo	/ poh- mey -lo

FRUIT / FRUTA / FROO-TA

Strawberry	/ fresa	/ frey -sa
Cherry	/ cereza	/ ther- ray -tha
Banana	/ plátano	/ plait -an-oh
Peach	/ melocotón	/ mel-oh-co- ton
Pineapple	/ piña	/ pea -nya



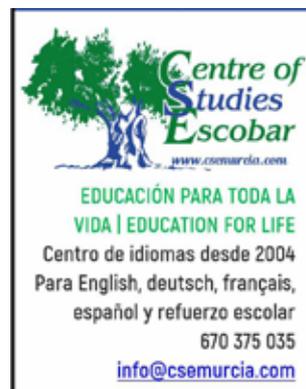
STYLE / ESTILO / ES-TEE-LO

Juice	/ zumo	/ thoo -mow
Ice cream	/ helado	/ hel- lah -doh
Sorbet	/ sorbete	/ sore- bay -tay
Mikshake	/ batido	/ bah- tee -doh
Slushie	/ granizado	/ granny- tha -doh

Now try our wordsearch:

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 G T U M L H A Z R A H J C V T H
 J W O O F A E N C G H F R E S A
 J S W H D G T Z I O E I O S Q Z
 G C I R T I S A L R L G J Z V O
 Q P L H W I T E N E A W M S D C
 I L I Q S Q M A O O D D V I G G
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South Town...

Águilas





The town of Águilas stands on a coastal area of 35 km, under the surveillance of its beautiful castle of San Juan de las Águilas and on the southern-most tip of the region. This municipality has been inhabited since the Palaeolithic age, and many other cultures, including the Argaric, Phoenician, Roman and Moslem people, have left traces here. Of particular interest are the Roman remains, especially the baths, which date from the 1st to 4th century.



As a modern town, Águilas was born of the enlightened thought of Charles III and his ministers Aranda and Floridablanca, who sought a port for the export of the agricultural products of the river plain of Lorca, and Águilas was the natural departure point for the entire region. The new town, with its rectilinear layout, became a commercial centre on the up, reaching its zenith in the 19th century with exploitations of silver, lead and iron and the construction of the railway line and the pier of El Hornillo by British companies. Nowadays, Águilas conserves its seafaring tradition and its deep-rooted vocation as a tourist resort.

Of the town's monuments, the Town Hall is of particular interest; it is a neo-Mudejar building from the 19th century, located in the Plaza de España, with age-old gardens and an old fountain dominated by a swan, popularly known as "the turkey on the pond". The square is surrounded by a few Modernist buildings, the 19th-century church of San José, which contains the statue of Our Lady of Sorrows, who is the patron saint of the town. The historical quarter still has the environment of the seafaring quarters, dedicated to fishing, and is crowned by the castle-fortress of San Juan de Águilas. This tower-fortress was built around 1579 for defence purposes and was later rebuilt in the 18th century. In the Paseo de Parra, there is a monument to the railway, proof of the importance this means of transport once had for the population.

Besides its wealth of monuments and archaeology, Águilas has a coastline with many points of interest. Thirty-five coves, rocky promontories that stretch into the sea and beaches of fine sand. The coves of Playa de Calarreona, Playa la Calabardina, Playa de Calacerrada, Playa del Arroz, Playa del Hornillo, are places where the main attraction is the countryside, still untouched in places. Indeed, the town has two protected natural areas: the Regional Park of Cabo Cope and the Protected Countryside of Las Cuatro Calas. The very centre of the town has beaches,

such as that of Las Delicias. And nearby, opposite the breakwater of El Hornillo, lies the Isle of El Fraile, a small island covered with rocky slope sea bottoms and seaweed colonies for the special enjoyment of divers. These are joined by the interesting sea bottoms at the foot of the Crag of Cabo Cope. East of Águilas, in the municipality of Lorca, is a coastal area of enormous interest, where we find Puntas de Calnegre - literally Blacklime Points, so-called after the dark colour of the rocks.



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Together with Cabo Cope, Puntas de Calnegre has been a Regional Park since 1992. This is one of the least frequented areas of the coast, with clean, sandy beaches and crystalline waters. The Points end at the sea in high cliffs, between which lie the beautiful coves of Baño de las Mujeres, Siscal and Cala Honda.

The Mediterranean climate of Águilas, with almost no rainfall, 3,200 annual hours of sunlight and average temperatures of 25.2°C make this place ideal for nautical and sub-aqua tourism. Everything the denomination of Águilas offers, has been designed for visitors to get the most out of their stay. Sailing clubs, diving clubs with light sailing boat courses, cruises, diving courses, hire of material, monitors and qualified teachers, tourist accommodation, apartments, hotels and camp sites, etc., all at the disposal of those who decide to pay a visit.

The coastal town Águilas has even more to offer, given its wide range of choice and alternatives for the enjoyment of rural tourism, with 3 well-signposted walking routes for the more energetic types or long walks simply to take in the views of the spectacular scenery in the area.



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Burnout

is it something you've heard of or are suffering from?

There have been many recent reports about Burnout in the press, both in the UK and internationally and it seems to be a condition on the rise. Not surprising, we hear you say.

So, what exactly is burnout?

Defining burnout is difficult because there is no official definition, only symptoms, and experts disagree about the definition. However, it can involve being in a state of emotional, mental or physical exhaustion.

According to an article in Psychology Today, burnout is more than stress, it is chronic stress. It states: When in the throes of full-fledged burnout, you are no longer able to function effectively on a personal or professional level.

The Health Guide Org also provides helpful differences between stress and burnout. But it should be noted that if stress is not diagnosed and managed correctly, there's a possibility it can lead to burnout in the long-run.

What are the symptoms to burnout?

There are numerous symptoms, but in short it can include:

- **Mental symptoms:** a feeling of pointlessness, lack of motivation, feelings of alienation, anxiety and depression;
- **Physical symptoms:** such as more frequency of illness, chest pain, heart palpitations, lack of concentration, or increasing negative habits to compensate feelings of stress, such as unhealthy eating, increase in drinking and/or smoking, and lack of exercise; and
- **Changes in behaviour:** a noticeable reduction in work productivity, feelings of apathy, hopelessness, loss of enjoyment, pessimism, increased irritability etc.

Of course, this list is not exhaustive!

What leads to burnout?

HelpGuideOrg state the causes of burnout normally fall within one or more of the following areas:

- **Work-related:** being highly-motivated and hard-working, having little or no control over your work, feeling under-challenged, working in a high pressure environment;
- **Life-style causes:** lack of sleep, not enough time socialising or relaxing; lack of close, supportive relationships; taking on too many responsibilities
- **Personality traits:** High-achieving personality type (A), perfectionist tendencies, the need to be in control, and reluctance to delegate.



If you're reading this article and think that you're suffering from stress or burnout symptoms, then you're not alone. Results from a mental health study of over 4,600 respondents undertaken by Mental Health Org in 2018 found 74% of respondents stated that they have felt so stressed they were unable to cope.

What can you do if you're suffering from stress or burnout?

There are several approaches you can take, but we love HelpGuideOrg's 3R approach:

- **Recognise:** Watch for the warning signs of burnout
- **Reverse:** Undo the damage by seeking support and managing stress
- **Resilience:** Build resilience to stress by taking care of your physical and emotional health

And Psychology Today also offers 10 steps to overcome burnout in the professional environment:

1. On one half of a piece of paper, list situations that make you feel anxious, stressed or frustrated in some way.
2. On the other half of the paper, write down one way of how you might overcome the 'stress' factor. Make a conscious effort to put this into practice. You won't remember to implement it all of the time, but making a note of when you tried it and the resulting effect can help. Try and try again.
3. Don't take on any new responsibilities or commitments whilst you are in recovery mode.
4. Delegate as much as possible, even if you have to compromise on speed or quality (where necessary).
5. If you're dealing with a big project, make sure you take plenty of breaks so that you can look after your mind and body adequately.
6. Lay-off as many gadgets as you can including PCs, smart phones etc.
7. Make sure you have time to socialise, mixing with new or different friends can help provide new ideas and fresh perspectives.
8. Do not take work home.
9. Reinforce the effort you put into something and not necessarily the outcome.
10. Get together with friends, a mentor or other group where you can discuss how you feel and share ideas, as it can help to reduce isolation.

Just For Laughs

"THESE ARE ACTUAL COMPLAINTS RECEIVED BY "THOMAS COOK VACATIONS" FROM DISSATISFIED CUSTOMERS:

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
11. "The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."
12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."
14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."
15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
16. "We had to line up outside to catch the boat and there was no air-conditioning."
17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."
19. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."



A Culinary Guide To Cartagena.

Like its people, Cartagena's traditional cuisine has evolved gradually over time, with settlers from all four corners of the globe contributing to the rich gastronomy enjoyed here today.

By Heidi Wardman



Gastronomic Evolution

The Region of Murcia is famous for its rich, diverse and healthy diet, which is in part due to the nature of the fresh produce derived from the area. Many of the basic ingredients produced are unique to the region, such as the Calasparra rice, particular species of fish and seafood of the Mar Menor, or the fruits and vegetables of the Murcia territory or “huerta”. The range of foods enjoyed here, and the way in which they are prepared has been greatly influenced by the movement of people who have inhabited the land, with Roman settlers introducing the art of making preserves and salted fish.

Meanwhile, the Arabs brought with them a wealth of cooking secrets and ingredients- predominantly rice and the best methods of growing and cooking it, together with spices, condiments and aromatic plants. The fertile valleys encouraged abundant growth of wheat, olives and grape vines, that are of course the principal ingredients of bread, oil and wine, which in turn form the basis of the super healthy Mediterranean Diet.

From The Sea

With its prime coastal location, it is no surprise that fish and seafood are the fare of choice in homes and restaurants throughout Cartagena. You cannot get much fresher than the regional catch from the Mediterranean Sea and Mar Menor, which includes gilthead sea bream, dusky grouper, dentex or mujol that is found in abundance off the Costa Calida. Local residents use a variety of cooking methods and accompanying ingredients to transform the basic products into a completely unique, tasty dish, with towns and villages throughout Murcia also adding their own twist to traditional recipes.

You can expect to enjoy your favourite fish served grilled, roasted, baked in salt, fried, or the most popular cooking method here, as a “caldero” or stew. Restaurants throughout the old quarter pride themselves on their “Caldero del Mar Menor”, combining rice cooked in chicken and fish broth, with a variety of fish such as grey mullet, monkfish, grouper or scorpion fish, tomatoes, garlic and saffron. It is usually cooked in an iron pot, then served with bread and homemade Alioli, not forgetting a few glasses of the local blend of wine! Another typical dish is “Pulpo a la Cartagena”, containing pieces of grilled octopus marinated in olive oil, vinegar of Módena, lemon juice, and salt to taste.



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This dish is usually served hot, and surprisingly, traditional accompaniments include bread, and wine, the more the better! Any of the local catch baked in salt or “a la sal” is also a popular choice, along with grey mullet roe, salted tuna or “mojama” and juicy Mar Menor prawns.

From The Land

Aside from fruits of the sea, Cartagena relies on fresh produce from the land, “Campo de Cartagena”, with peas, known locally as “pésolos”; tomatoes, which are eaten raw; artichoke and broad beans being produced on a grand scale. These form the basis of a range of stew or broth style dishes, accompanied by a choice of meat or poultry, or as a satisfying vegetarian option. “Olla Gitana” is a hot, soupy mixture of chickpeas, pumpkin, pear, potatoes, saffron, sweet pepper, tomato, and onion. If your meal does not seem substantial enough without meat, why not try “caldo con pelotas” or turkey and meatballs.

A portion of the city’s famous “michirones” is also one of its cheap and cheerful signature dishes. Consisting of broad beans, ham chunks, lean bacon, spicy sausage, potatoes, and cayenne pepper, the flavoursome combination is served hot with bread and alioli; and if you had not guessed, best washed down with a few glasses of vino. Game, especially rabbit, hare, deer, partridge and quail, are one of the city’s preferred meat/ poultry choices and often baked in pies or found in dishes alongside of rice, beans and garlic; whilst pork also serves a significant part of the city’s staple diet.

A wide variety of spiced sausages, morcón, spicy longanizas, morcilla black puddings and cured

hams are among Cartagena’s gastronomic pork based delights, and can be served either as part of a main dish or as a simple snack with crusty bread. Kid and suckling lamb are typically enjoyed in the home to mark a special occasion, with one of the most popular recipes being the unique “chuletas de cordero al ajo cabañil”, which combines suckling lamb chops served with a dressing made from chopped garlic, vinegar and a bay leaf.

Rice Cultivation

As in other parts of Spain, rice forms a significant part of the staple diet in homes throughout Cartagena, and even more so as it has been specially cultivated in Murcia for centuries. It was the Muslims who initially introduced this crop throughout the region; and by the fourteenth Century it was being heavily cultivated in the area of Calasparra, and prepared for export to Majorca and North Africa. Today, Murcian rice, with the Denomination of Origin “Calasparra”, for example the exquisite rice known as “Bomba”, is famous across the globe and said to produce some of the finest “arroz” in the country. Naturally, it has since become a vital component of Murcian cuisine. When cooked correctly, Bomba and Calasparra rice have the ability to absorb three times as much liquid as normal long grain rice, remaining extremely flavourful but beautifully al dente. Those living on the coast take advantage of the delicious range of seafood that they have at their fingertips, combining it in sumptuous rice dishes such as specialty rice with clawed lobster, rice with anchovies and the pride of Murcia, “arroz de caldero Murciano”. The latter has the appearance of paella, but the natives will happily educate you on the differences between this and the dish traditionally served in the neighbouring region of Valencia.



Just Desserts

Those with a sweet tooth will not be able to resist the syrupy flavour of the regional dessert, “Tocino de Cielo”. Similar to the creme caramel, this yellow coloured treat is made from caramelized yolk and sugar, which is then soaked in a syrup prepared with water, sugar, cinnamon, and lemon peel. It is refrigerated until it sets and feels firm to touch, then served chilled. “Cabello de Ángel” is a unique dish of pumpkin strands soaked in syrup; “bizcochos borrachos” consists of sponge soaked in wine and syrup; “tortada murciana” is a very sweet meringue; and “paparajotes”, is an aromatic dessert of Arab origin which is made with lime leaves wrapped in a fine sweet pastry and coated in sugar and cinnamon. Other must-try sweet treats and pastries which are served locally include a wide selection of marzipans from Moratalla, nougat, Caravaca’s prized sugared egg yolks and macaroons.

Fruit is often eaten as a dessert, with the selection varying in accordance with the time of year. Peaches in white wine, oranges with cinnamon, strawberries from Rincón de Seca, pears, apricots and every other type of Mediterranean fruit are readily nibbled after a meal. On that note, Cartagena boasts a thriving fruit preserve and honey industry, whose produce the local manufacturers will tell you holds a hint of the delicate aromas of the fields. Spaniards of course love their cheese, which is often nibbled on its own in chunks; or served as a Tapa with bread, ham, and yes you guessed it, a few glasses of wine. Cartagena’s own cheeseboard delivers a range of high quality blends including goat’s cheeses, cottage and cured cheeses, with various herbs and spices added to flavour.

Wine Production

Murcia has cultivated grapevines and been recognized as one of the nation’s main wine producing regions since Roman times, and Cartagena’s port has historically proven useful in the export of its goods. As well as those from the Campo de Cartagena, you will also find a variety of excellent wines from Ricote, Abanilla, and the three “Denominaciones de Origen”: Jumilla, Yecla and Bullas. Whilst red wine tends to be the firm favourite among Spaniards, Cartagena also produces a selection of whites and rosés with rich bouquets to suit every palate.

Moreish Liqueur

Although wine might seem to be a compulsory addition to every menu, it is not the only tippie to be sipped by the locals in copious volumes. “Licor 43” or “Cuarenta y Tres” is a Spanish liqueur that has been wholly produced in Cartagena since 1924, and is now exported to more than 70 countries. As the name suggests, it combines forty- three wonderful flavours, with its principal ingredients being citrus and tangy fruit juices, flavoured with vanilla and a plethora of other aromatic herbs and spices. The presence of a rum-like kick makes the liqueur quite potent, and at 31%abv / 62 proof it is best drunk in moderation! “Asiático” is a popular after dinner drink which relies on the liqueur to give it a unique twist. Consisting of coffee with condensed milk, a splash of cognac, a few drops of the famous Licor 43, and cinnamon to taste, a dose of Asiático provides a very agreeable way to round off the evening and is certainly worth a try, but be warned that one glass is never enough!

Eating Out

As a thriving, cosmopolitan city, Cartagena offers a broad selection of places to eat and drink, from fine dining to bustling tapas bars, serving up a wealth of flavours from around the world. There is certainly something to suit every palate and budget, so whether you fancy eating Italian, French, German, Chinese, Thai, Indian, Mexican or a serving of traditional Spanish cuisine, you are guaranteed to find what you need to satisfy your craving.

Whether you are planning to visit or make a more permanent move to Cartagena, there are an elite circle of restaurants that come highly recommended, and truly demonstrate the essence of the city’s cuisine.

Restaurant “El Chaleco” was a proud representative for the region at “Expo” in Seville; “Hispano”, offers a different home-made stew every day; and “José María-Los Churrascos”, promises to serve some of the freshest, finest fish and seafood which you will ever taste. ¡Buen Provecho!



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9 PLANTS

That Will Keep Mosquitoes From Bugging You

You can lose the bug sprays, the smelly candles, and even the electric bug zappers.

Summer is the best time of year to be outside. Go fire up the grill and enjoy cooking and eating outdoors or take a stroll in a park without any pesky Mosquitoes biting you. How is that possible? Do you need to use another one of the bug repellent products that work but are filled with chemicals like DEET that can irritate the skin and cause allergy symptoms or even worse?

Do you need to use citronella candles, torches, or even electric bug zappers to clear your patio? The answer to all of these questions is a resounding no. There are absolutely no bug repellents, pest control sprays, stinky candles, or even electric bug zappers needed if you use a natural repellent that you can grow yourself. Here's a selection of nine plants that will keep even the most persistent mosquito from buzzing around you.



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9 PLANTS

That Will Keep Mosquitoes From Bugging You

Citronella

Most people have heard of citronella – *cymbopogon nardus* – because it is one of the best plants to keep mosquitoes at bay, but they probably think that they need to use special candles or torches for it to be effective against mosquitos. Natural citronella is much more effectual and doesn't contain any chemical additives like the ones in the candles. Citronella is related to lemongrass and you can crush the leaves and they release an oil that can be rubbed on your skin as a natural repellent.



Lemon Balm

Lemon balm – *melissa officinalis* – is a herb in the mint family that is best known as a herbal tea. What you probably didn't know is that besides being a repellent against nasty mosquitos it is also a natural attraction for pollinators like bees and butterflies. It is best to plant it away from doors or your patio furniture. You can make a quick and easy repellent by crushing the leaves and rubbing them on your skin.



Catnip

This hardy plant attracts cats and repels mosquitos, Catnip — *nepeta cataria* – contains the essential oil nepetalactone which is 10 times more effective than DEET. You can just rub the leaves on yourself or you can make your own safe bug repellent. Your furry feline family members will be thrilled if you grow catnip.



Geraniums

Lemony scented geraniums – *pelargonium citrosum* – are a beautiful plant with purple flowers which repel mosquitos and flies, so they are perfect by your outdoor table. You can grow them in planters or hanging baskets if you keep them pruned. Use the oil on your skin as a natural repellent and it can also be used to lighten scars.



Lavender

People love the smell of lavender and we use it in perfumes, soaps, candles, laundry detergent, and much more because it is calming. But mosquitoes hate the scent of lavender – *lavandula angustifolia* – so it can be used as a natural repellent. You can plant it near your patio, around your yard, to line your walkways and anywhere that you want mosquito free. You can even make an oil out of it and add it to other essential oils as a safe repellent to use on the go.



Rosemary

A Mediterranean native – *rosmarinus officinalis* – is a delicious herb as well as a mosquito repellent. Rosemary is an evergreen shrub that can grow to around four feet tall (121.92 CM). You can put it in planters around your patio and you can grow it in drier soil, but it craves sunlight. As an added bonus, butterflies love the scent of rosemary. To make a natural repellent just boil a cup of dried rosemary in a quart or litre of water for 20 minutes, strain, and pour into a spray bottle.



Peppermint

Most people think of mint as a herbal tea or as a flavour of candy or gum but peppermint – *menthapiperita* – but it has a host of benefits including repelling mosquitoes. All species of mint both wild and cultivated contain scents that are repulsive to insects. You can grow it around your patio or crush the leaves your hands and rub them on you. Peppermint oil can also be used to make a natural insect repellent and just like basil, peppermint kills mosquito larvae.



Marigold

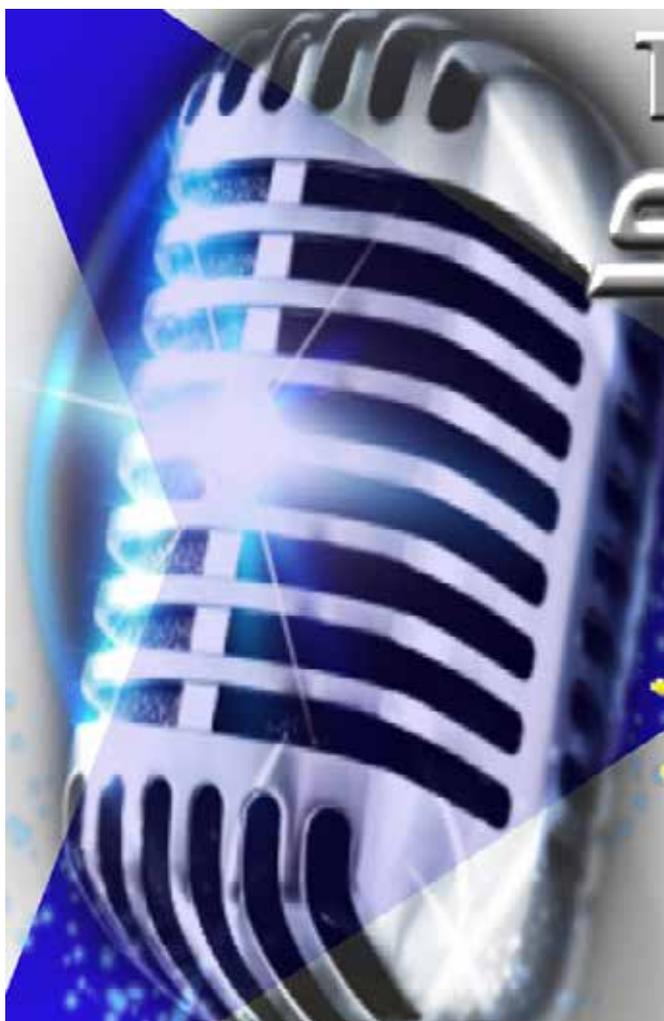
All the different varieties of this hardy North American annual plant repel mosquitoes and other critters. Marigolds – *tagetespatula* – contain pyrethrum an active ingredient in many insect repellents and if planted around your patio will keep you bite free. The fragrance also repels deer and rabbits so you can plant them around your fruits and vegetables (even tomatoes) to keep them safe





Basil

There are so many uses for basil – *ocimum americanum* – from seasoning your food, for headache relief, to repelling dreaded mosquitos. Crush the leaves to extract the essential oil Estragole and use it in a spray as a natural repellent. Estragole is also very toxic to mosquito larvae so if you plant it by a water source, it will help control the mosquito population and keep them from laying eggs



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North Town...



BENISSA

Benissa is located towards the northern end of the Costa Blanca, just off the A-7 Motorway. The trip to and from Alicante airport takes just over one hour.

The town is small, but enchanting with its medieval architecture and charming plazas.

History

The historical part of Benissa is very well preserved and has maintained its medieval character with white walls, window grids, heraldic shields and flowers hanging on the balconies. Calle Desamparados is a very good example of the medieval character of the historic neighbourhood.

When visiting Benissa, you must take some time out to visit the lovely "Catedral de la Marina" (Marina Cathedral). Built in the neo-gothic style, the cathedral was only finished in the 20th Century.

Car Hire

A hire car is definitely recommended for a holiday in Benissa.

Excursions

Places to visit include the picturesque town of Denia and the beachside towns of Javea, Moraira and Calpe. Terra Mitica is less than 30 minutes away, and is a fantastic day out for all the family.

For the independently minded there are many miles of country road to explore inland, dotted with charming villages and historic towns.

Golf

There are many fine challenging golf courses in the area. Try the Seve Ballesteros designed championship course at Oliva, or sample the delights of the course at Javea. There is lots of choice all within one hours drive of Benissa.

Cuisine

The local cuisine is dominated by the bounties of the sea. Excellent rice dishes abound. However, in recent years many international establishments have opened up, offering more familiar fare for all international tastes.

Beaches

The stretch of coastline between Calpe and Moraira is home to a number of quiet relaxing bays. The scenery is magnificent; spectacular rocks contrasting with the high mountain backdrop. From many points the emblematic Peñon de Ifach can be seen. Playa La Fustera is a quiet blue flag beach with fine sand.

During the high season there is a Red Cross post, plus rental of sun loungers and children's activities to keep the little ones happy. The little beach of Cala Els Pinets is south-facing and made up of small pebbles. You can take part on an excursion from there (on foot) to a magic place called "Mar Morta i Roques Negres", which means Dead Sea and black stones.

Cala Llobela is the smallest and most savage bay of them all; the pine trees reach right down to the sea and little pebbles form the beach. It's an ideal place to practice water-sports, as well as simply basking in the sun.

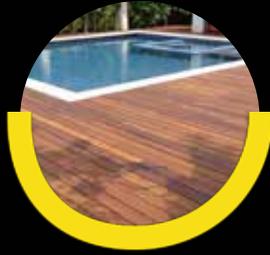
The most important characteristic of the Cala Advocat beach is the breakwater, where you can moor your sailing boat. There is a small jetty used to anchor sailing boats along the beach. Fishing from the breakwater is very popular.

Climate

July and August are quite hot in Benissa, with the rest of the year being enjoyably mild. The area is ideal for holidays all year round.



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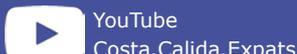
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The wine process

Wine has been accompanying man for more than 3000 years and today we enjoy elaborations and superior qualities. Although the processes to elaborate it are similar to those used by our ancestors. It all starts with the grape harvest, in Spain the collection of this fruit is made between the months of September and October.

The winemaker checks the maturity of grapes making sure there is no excess of sugar that could influence the fermentation process and the level of alcohol that the wine will finally have. Sometimes, wineries have long sorting table conveyor belts to further check for leaves or bad grapes.

After the harvest, the grapes are taken into the winery and prepared for primary fermentation. At this stage red wine making differs from white wine making. Red wine is made from the must (pulp) of red or black grapes and fermentation occurs together with the grape skins, which gives the wine its colour.

But in order to start fermentation, the grapes have to be crushed and the skin broken so that the must comes in contact with the skin's yeasts. These will consume the sugar and turn it into alcohol. Red wine is fermented until the sugar is consumed, this makes a dry wine.

The next step is to separate the liquid from the solid, then, the wine tank is emptied. The solid part that is left is pressed to get the press wine, rich in aromas and tannins.

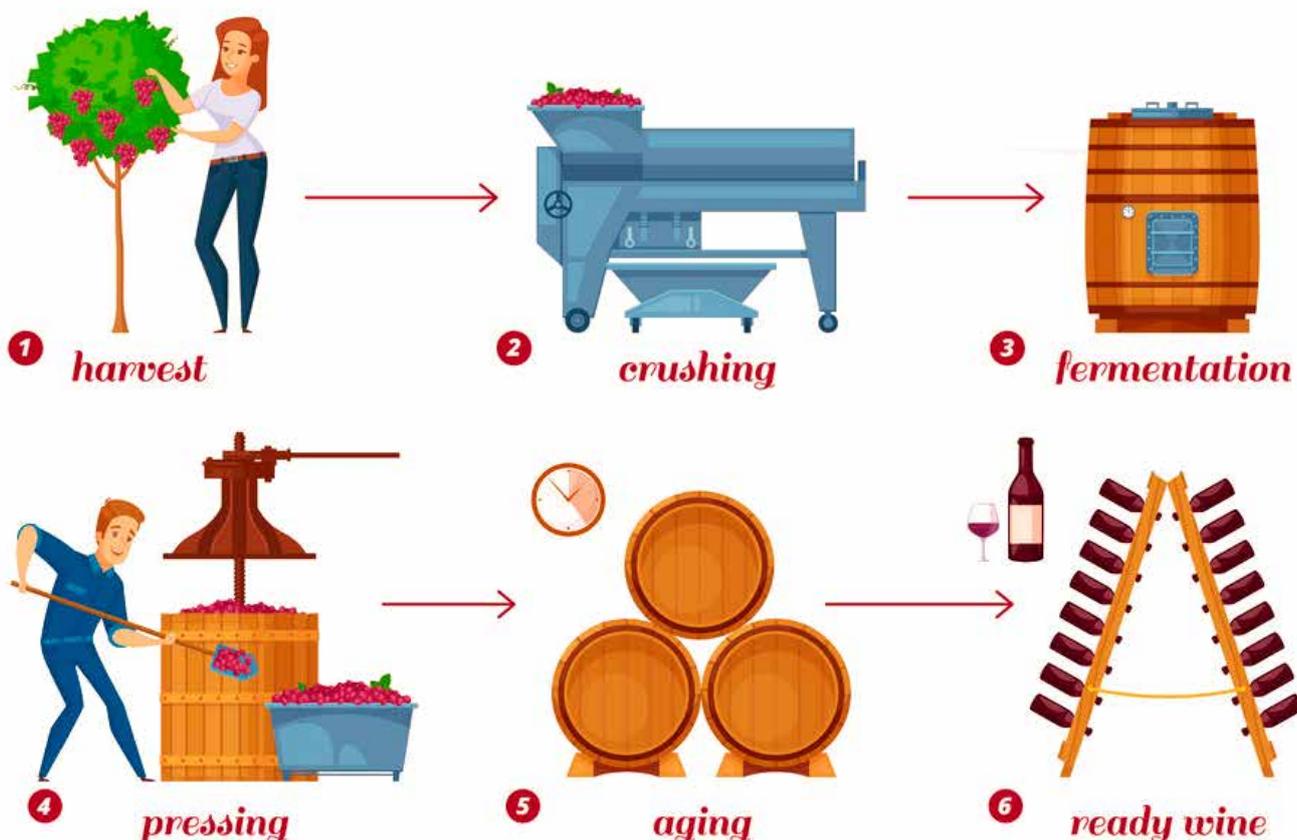
The wine is subjected to a new fermentation process. Through this process, malic acid, one of the 3 acids present in wine

together with tartaric and citric, is converted into lactic acid. This process lowers the acidic character of the wine and makes it much more pleasant during consumption. This second fermentation process lasts 15 to 21 days.

After the two fermentations, another of the most important points in the elaboration of a wine is the ageing process. The wine obtained during the previous steps is introduced in oak barrels. Both the type of oak used (usually French or American), as well as the degree of roasting or the number of times the barrels have been used will modify the character of the wine. This is when the wine acquires aromatic notes that during the tasting can be identified as toast, smoked, vanilla and, of course, woody notes.

During this period there are also two additional treatments that will eliminate the impurities and sediments that the different wines drag from the fermentations: the transfer and clarify. And finally, a second part of the wine ageing period will be in the bottle. Bottle ageing is also important to stabilize the aromas and properties that it has acquired in the different processes, so that the wine is balanced.

This process represents the most common method of making red wine in the world but each winery has its secrets that bring its personal touch to its wines. That's what makes each wine special and keeps us busy discovering different wines everyday.



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It has a Red Cherry colour and an intense and elegant aroma of French oak and mature fruits.

Pairing: The velvety touch and elegant toffee nuances make this wine fit perfectly with game meats and wildfowl. It goes very well with cheese and mushrooms too.

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Registering A Foreign Car In Spain

What you need to know

If you are a citizen of the European Union and you are just passing through Spain, then you do not need to take any particular steps to be able drive your vehicle.

However, if you are a resident in Spain, you will have to register your foreign-registered vehicle in Spain. Registering it IS mandatory whenever the owner of the vehicle is a national resident. You have a period of one month from when you become a resident to re-register your vehicle with Spanish plates.

A citizen who would like to transfer their usual vehicle from another country must follow the 3 steps below for re-registration:

Go to an ITV (vehicle roadworthiness test) station with the vehicle and the documentation from the country of origin. The ITV station will physically verify both the vehicle and the documentation, and if everything is correct, it will generate the corresponding ITV technical sheet of the vehicle into the Spanish format.

Pay the taxes related to registration of the vehicle and thereby obtain the corresponding receipts of payment: Road Tax with the municipality where you live and Registration Tax with the National Tax Office (AEAT) , except in the case of trailers.

At the Directorate-General for Traffic, request the documentation obtained in the preceding steps, together with the registration application and your identity and residence documents. After reviewing all these documents, the DGT will then register the vehicle and deliver the vehicle registration certificate.

If for any reason you do not have time to complete the procedure for registering your vehicle within the one-month deadline, you can apply to the DGT for the temporary registration of your vehicle. With this procedure you will receive green temporary registration plates with which you'll be able to drive your vehicle for 2 months (extendable) while you complete the proper registration process.



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Buying or selling: 7 mistakes to avoid.

During my professional career I have been asked many questions on buying or selling properties, however most of the time the questions are asked once the property has been bought or sold and therefore the questions are somewhat rhetorical, desiring a slap on the back rather than a truthful reply.

When selling or purchasing a property in Spain, there are aspects that are not what they seem. Not to be able to identify these anomalies or incongruities are linked to ignorance or what is even worse to neglect.

Discover in this article the seven most common mistakes you should avoid if you are going to purchase or sell a home.

Error 1: The price of property never goes down.

Well, we have learned the lesson haven't we? The most basic of mistakes when buying and selling is to think that the price of housing cannot go down. For many years we believed most profoundly that the price of housing never decline, however many people included yours truly believed it so, however during the past crisis, the value of properties in Spain plummeted 50%, in some areas. This can be seen in some areas of the periphery of cities or in coastal areas. It is true that this event only happens every ten years or so when prices do halt for a period but I have never experienced a collapse in prices as we did see in 2007-2008. So, beware, prices can go up (most of the time) but sometimes it may descend.

Error 2: The price will drop even more.

Life is not that simple my friends. When you thought that you have the marketplace under control the market goes and spoils all.

The price will drop even more or vice versa, the opposite may also happen. When an eventual buyer sees an advertisement, the buyer may think: "This property will go down even further, I will wait". Well that will depend. Before making a decision it is advisable to analyse the area in greater detail because it may be one in which the price has touched its threshold of descent due to lack of supply and there is an increase in demand. And this means losing the opportunity to have your dream house. It occurs in central areas of major cities where supply is scarce or in some areas on the coast, where there is a lot of interest and the price of an apartment or villa comes to the market at a reasonable price.

Error 3: We can buy it.

Before, you could think that the bank would provide what was needed and that the bank evaluation would adjust to the value of the purchase. Things have changed and banks estimates on mortgages are now lower than they used to be (they also learned their lesson) Factors such as age, length of time you have been working with the bank, a low level of savings or family burdens may cause the bank not to lend the money that is needed or expected. The bank's offer may not get close enough to the price of the purchase and the operation will go awry. This is probably one of the most common mistakes in the sale.





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Error 4: Put a high price and then lower it.

Here we have another extended myth. Many think that the buyer is going to ask for a rebate therefore it is better to be prepared and raise the price and then lower it during the negotiations. The overvaluation drives interested parties to look somewhere else in the first months and the precious time when the property comes out into the market is misused.

So no offers are made on the property and obviously the price of the property have to be adjusted during the time is on the market and too much time is lost. The property is "burned out".

In short, the price should be fair, with a correct valuation of the house. A value above that prevailing in the area will drive away good potential buyers and purchasers will lose interest. A property that is too long in the market make makes people suspicious and cautious.

Error 5: Ideal moment for the sale.

Experts say that there are no better or worse times. There are always buyers looking all year round for your property somewhere. Focusing on summer or spring closes the door to potential applicants. Now is always the best time.

Error 6: Purchase Offers.

Before accepting an offer, it is always better to talk to the buyer and analyse their concerns. A buyer's offer may be ruled out because it is too low, and at first sight the offer he has presented does not meet your expectations, but after talking to the buyer, an agreement may be reached. Negotiation is important so don't lose the opportunity of meeting the buyer. It is very important. You may have important information for the purchaser that may tip the balance to you side. No one knows the area or your property better than you.

Error 7: The inside is the important thing

As important is the exterior of the house as the interior. Many sellers only take care of the interior of their homes when it comes to sale, but the exterior is also vital as it is the first impression that the potential buyer will have.

With the interiors try to have as little furniture as possible, it will make the spaces look larger.

Good luck.

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What's next?

By Taquilla Tickets

Well... the waterparks are closed which marks the end of our summer for us here at Taquilla Tickets!!

But there is plenty more to do... with upcoming trips and activities all the time...

We are open all year round !!

Its been a great pleasure to see so many familiar faces returning and meeting new faces and families!!

We would like to thank all of our lovely customers for using our services and taking advantage of our trips throughout the summer.

Another huge thank you goes out to all the individual companies we work with for activities and experiences . With your professionalism we work well as a team...

La Mariposa
La Chelo
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Airglobo
Mateo Autobuses

And everyone else who has been a part of our summer.... and more companies contracted on board ready for next summer (watch this space)

It has made us very happy all summer to see so many happy people... so thank you for making our summer a great one....

We have a years itinerary planned full of day trips, 3 day mini breaks, concerts and experiences .

If you have any questions or requests then please contact us...

Check everything out on
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We are now on Tripadvisor aiming for our first badge ... if you have had a good experience with us please leave us a review... we love to see people's pics and experiences " Taquilla Tickets Condado "

It's much appreciated for our little company.

Thank you.



With Autumn and Winter now arriving we turn towards Day trips in the cooler weather and mini breaks taking you all over Spain to see it in its Beauty.

So here is what we have got coming up in October

Sunday 2nd Oct - Lemon Tree Market

Tue 4/6 October -3 day Mini Break to Barcelona

Sunday 9th October - Day Trip To Benidorm

Thursday 20th October - Lorca Guided tour

25/27 October - Mini Break to Granada and the Alhambra Palace

Sunday 30th October - Zoco Market

Monday 31st October - Bullas wine tasting

By Special request

Wednesday 2nd November - Day Trip to Madarid for the Real Madrid v Celtic Game.

All information can be found on our website www.taquillaticketscondado.com

or why not come and see us in one of our offices

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Looking forward to Seeing everyone



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The Mezquita of Cordoba is one of the world’s most impressive buildings making it one of the most remarkable tourist attractions both in Cordoba and Spain.

Each year approximately 1.5 million tourists marvel at this impressive landmark featuring several architectural styles and uniting religious elements of Islam and occidental culture.

The so called holy cathedral (former mosque of Cordoba) is not only the largest mosque in the entire world, but the largest temple in the world, as well. The building has mammoth dimensions: It stretches across 24,000 square meters and features as many as 856 esthetic columns made of marble, granite, jasper, and other fine materials.

Visiting the Mezquita gives you a glimpse of how it was at ancient times. The Mezquita looks back on more than one thousand years of history. The first beginnings date back to the 8th century, when Abd al-Rahman I planned to construct a mosque instead of Christian Saint Vincent Basilica. The year 785 marks the beginning of Mezquita’s construction that lasted for about 200 years.

The first major enlargement of the mosque took place between 833 and 852 under the rule of Abd al-Rahman II. Abd al-Rahman III ordered subsequent reforms, including a new minaret, which was realized between 961 and 966. The third and last of the mosque’s expansions was ruled by Al-Mansur in 987. It was the most significant enlargement that lead, with completion of the orange tree courtyard and the outer naves, to Mezquita’s current dimensions.

After Cordoba was recaptured by King Ferdinand III in 1236 and rejoined Christendom, the mosque became used as a church.

Within the Mezquita, in the very centre, is a Renaissance cathedral, which Bishop Alonso Manrique began to build in 1523. The cathedral’s construction lasted until the beginning of the 17th century. Although parts of the column hall had been destroyed as the cathedral was constructed, the building is still a remarkable and dazzling symbol of fine Moorish architecture.

Mezquita is most notable for its red-and-white colored giant arches resting on 856 columns. These were made of a Roman temple and other buildings that had occupied the Mezquita site previously.

Due to its outstanding historical development, including influences of different cultures, Mezquita unites architectural treasures of several epochs, including Greek-Roman, Egyptian, and Visigothic styles. A Byzantine mosaic with praising inscriptions can be found in the southern part of the Mezquita.

The holy cathedral inside the mosque features all styles of the 16th and 17th centuries: Spanish-Flemish vaults, Renaissance domes, and baroque altar vaults. The treasure chamber houses remarkable religious pieces from the 15th and 16th centuries. A monstrance, manufactured by German goldsmith Heinrich von Arfe 1510 until 1516, is probably the most magnificent work of the chamber.

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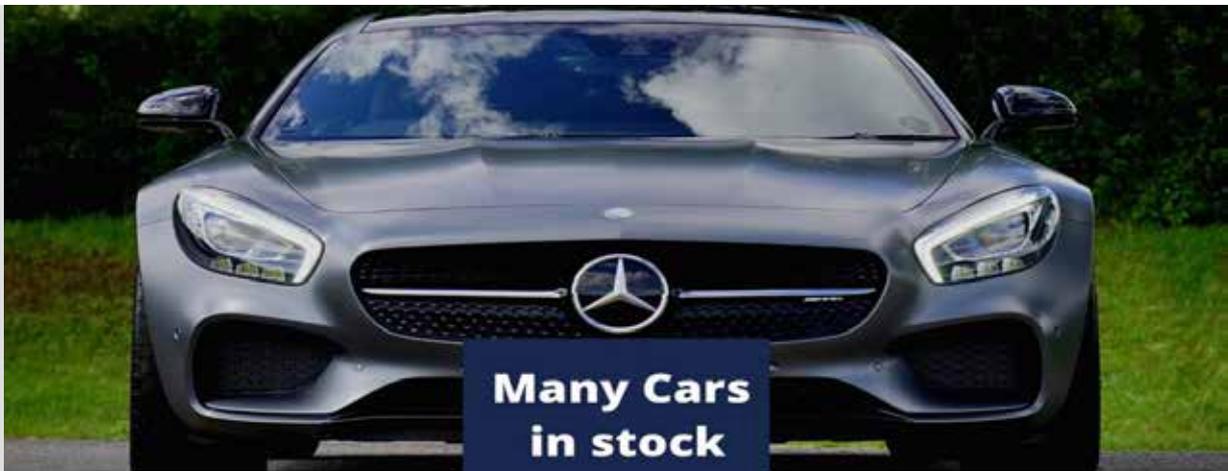
Since the Mezquita belltower reopened for the public, visitors may climb up and enjoy wonderful vistas over the Mezquita, the city and its suburbs. It's worthwhile.

Mezquita Rules

Since Mezquita Mosque and Cathedral is a religious monument, a respectful behavior while visiting is required. There are certain rules guests are asked to observe.

Extended Patio hours

The Court of Orange Trees (Patio de los naranjos), part of the Mezquita, extended its opening hours, now welcoming visitors from 8.30 AM until 8.30.



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The Journey - Vintage Pilgrim by Carol Hughes, owner of Legs & Co.

30th January 2019

Slept like a log the chateau was so cosy, breakfast arrived fresh coffee, orange juice, and pastries all tasted home made it was a fabulous start to the day, walk with Charlie and he's had his breakfast yes I managed to get him some food on the way down. We are all refreshed and ready to set off in the direction of Zaragoza, I haven't booked accommodation for tonight I will book it when we see how we are doing, and what the weather is like

10.30 this morning I have had an email off the solicitor, she has a agreement to occupy the property but needs my authority to go ahead and sign it on our behalf, the conditions are I have to pay the balance of the house into a escrow account where it sits until completion but we can move into the house straight away, so I don't need to find somewhere to rent when we arrive.

6.30pm we have arrived just outside Zaragoza. Whoops not sure about this hotel in the middle of an industrial estate, hey ho it is only one night, very basic and I have to leave Charlie in the room while we go for food, but when we arrived she did let us sit in the lounge area with him as there was no one else in and she brought us coffee lovely gesture which she didn't have to do think we must have looked worn out lol after food we took Charlie for a decent walk around the factories then bed.

31st January 2019

Up early and on the road with take away coffee they do nice coffee in this hotel, also slept very well just not the most visually beautiful hotel think we where spoilt by the chateau lol.

Today we are heading towards Alicante weather is clearer although not that warm but it is January,

must say apart from first day when the weather was horrendous the scenery has been beautiful we have had rain, winds, snow, fog and sunshine I am really pleased we drove. Charlie has handled it really well, every time we have stopped for coffee or food he has had a wander round there has been plenty of places to walk him most of the service stations in Spain have a little park or grassy area, just make sure you take plenty of poop bags if your travelling with your puppy.

1st February 2019

Today we set off for Mazarron I cannot collect keys to our home until the 2nd so I have booked us into a hotel in Mazzaron, well turns out I have booked us into a hotel in Bolnuevo address is in Google as per confirmation email I have received, its getting dark when we arrive in the area trusting Google maps as you do we follow directions, which nearly took us over a cliff ! really! we ended up at the top of a very precarious road with a very steep drop.

After a very tense 10 minutes and a 35 point turn we finally got the car turned round and headed off back the way we came less than 5 mins down the road next to the "Ciudad Encantada " the heavily eroded sandstone shapes sculpted by the water and wind over thousands of years we found what has become one of my favourite places to stay, the apartments are owned by a very pet friendly French lady, it was pretty cold when we arrived (yeah, Spain gets cold this time of year who knew!) they let us take Charlie into the restaurant with us to eat even though it was busy and had a band playing this is one of the most friendly places I have stayed in Spain.

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