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URB. NARICHA

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Price: €595,000
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PROPERTY OF THE MONTH



SAN JUAN DE CAPISTRANO

Town house with 2 apartments and spacious terraces with stunning views. Communal pool and gardens.

New price: €250,000
Ref: CN48658



SAN RAFAEL

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

Price: €350,000
Ref: CN48609



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LA NORIA

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Price: €169,000
Ref: CN48670



FRIGILIANA - TORROX ROAD

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

Price: €265,000
Ref: CN48655



URB. ALGARROBO

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

Price: €295,000
Ref: CN48567



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Townhouse of the month

Canillas de Albaida: Price: €135.000 TH814



wc. On the last floor one will find another bedroom and a wonderful terrace area over looking the magnificent village views and down the green valley. A truly fantastic town house, currently used as a holiday home.

This is one of our modern townhouses in Spain. Located in the beautiful, white village of Canillas de Albaida close to parking areas and the main square. The property has three floors. Consisting on the first floor, the main bedroom with en-suite and a small storage room. The second floor has a bright open living-dining room with kitchen area and a small guest



Canillas de Albaida: Price: 895.000€



Living space: 146m²
Bedrooms : 4
Pool: Yes
Garage : No
Terrace: Yes
Bathrooms: 4
Views: Mountain
Area: Countryside
Ref.CP533

Cómputa: Price: 169.000€



Living space: 85m²
Bedrooms : 2
Pool: No
Garage: Yes
Terrace: Yes
Bathrooms: 2
Views: Mountain
Area: Countryside
Ref. CP543

Corumbela: Price: 185.000€



Living space: 70m²
Bedrooms : 3
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 1
Views: Mountain
Area: Countryside
Ref.CP545

Torrox: Price: 230.000€



Living space: 69m²
Bedrooms : 2
Pool: Yes
Garage: No
Terrace: Yes
Bathrooms: 1
Views: Sea views
Area: Countryside
Ref. TCP193

Cómputa: Price: 89.000€



Living space: 70m²
Bedrooms : 3
Pool: No
Garage: No
Terrace: Yes
Bathrooms: 1
Views: Sea views
Area: Village
Ref. TH1019

Nerja: Price: 289.000€



Living space: 100m²
Bedrooms : 3
Pool: No
Garage: Yes
Terrace: Yes
Bathrooms: 2
Views: Sea views
Area: Village
Ref. TTH532

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2022

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Cover photo by Fotos Guerrero

Welcome to Streetwise magazine -

It was wonderful to see families and friends gathering on the beach with their fires ready to light as darkness fell during the San Juan celebrations. The atmosphere was fantastic!

Speaking with friends and clients during June, the overall energy and atmosphere was good. They are enjoying a good start to the summer season. I'm looking forward to a long hot summer, being a busy bee and enjoying a little quiet time with family.

Check out the what's on to see events happening during July!

As always please support the local business community.

Have a fabulous July!

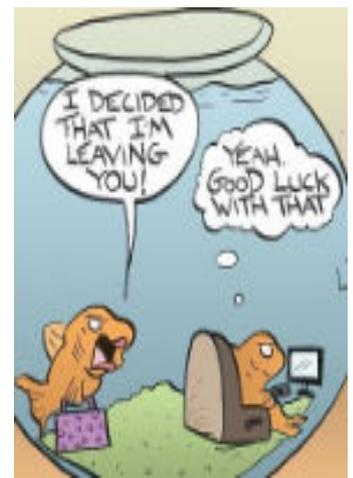
We have a packed Streetwise for you, enjoy! Dawn x



"Seriously, this is my last clip...starting early tomorrow I'm going completely healthy and eating nothing but bugs and grub"



"I hope this is the right wine for reading and ignoring each other."



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Price: €184.000

Ref: NV: PO85B



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

Price: €395.000

Ref: NV.BLOQ-JES



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

Price: €240.000

Ref: NV.GOL26



Magnificent studio, with excellent location within the popular 'El Capistrano village'. It comprises of: Fully equipped kitchen, bathroom, good size living-bedroom and a great outside space, with a sensational south facing terrace, with amazing sea views, and sun most of the day. Good rental potential!

Price: €155.000

Ref: NV.PO19

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

Price: €318.000

Ref: NV.MAR019



Beautiful apartment in Capistrano Village. Comprising of 1 bed, livingroom-kitchen, bath, south facing terrace with sea views. Located next to the pool, just 2 mins walk from supermarket and 10 from Burriana beach. 40m2 plus terrace. It has great potential to rent.

Price: €153.000

Ref: NV.PO77A



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

Price: €265.000

Ref: NV.ALG



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

Reduced to: €230.000 Ref: NV.DA09



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

Reduced to: €225.000

Ref: NV.DA08



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

Price: €245.000

Ref: NV.RABI



Fully renovated 2 bed villa in El Capistrano Village. Comprising: 2 beds, 2 baths, toilet, equipped kitchen, living room, terrace, balcony, basement with bath. Privileged location, amazing sea views from the balcony and from the terrace and living room.

Price: €375.000

Ref: NV.OL157

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Heat wave fires in Andalusia

Thousands of hectares have burned in recent days in fires in half of Andalusia; the most serious has been that of Pujerra, with almost 5,000 hectares affected in Malaga. In addition to the extreme temperatures, the heat wave that Andalusia suffered during June, especially around the Guadalquivir basin, paved the way for the destruction of the countryside in Granada, Córdoba, Huelva and Malaga. High temperatures, low relative humidity and wind are factors that increase the risk of fires. Although all the incidents are not the same and do not report the same severity, they emphasize that uncontrolled fire not only has a terrible impact on the flora and fauna of the affected environment -impact which on many occasions results in irreparable damage-, but "always" entails "a high emotional cost" also that may result in injuries and even

the loss of human lives.

For

this reason and in order to reduce the risk of fires, in general -and with the arrival of the heat wave in particular- from June 1st to October 15th each year it is totally prohibited to light rockets or carry out any other pyrotechnic show in forest areas, as well as barbecues, the burning of vegetation and agricultural residues, camping in areas not specifically designated for this, or driving off-road with motor vehicles, along dry riverbeds, cattle trails or logging routes, and along tracks forests located outside the road network.

Also prohibited, although they seem common sense, is the throwing of cigarette butts or bottles, the cause of many more accidents than many people think. The latter can make a magnifying glass effect and cause a fire.

A 14 month-old baby, in serious condition after being bitten in the face by a dog in El Ejido

A 14-month-old baby has been seriously injured after being bitten in the face by a dog on the terrace of a bar located in the Almeria municipality of El Ejido. The Andalusian 112 has reported that the event occurred minutes before 10:00 a.m., when witnesses to the event had seen that a dog had a baby's face on the terrace of a bar located on the street San Isidro. The minor had serious maxillofacial injuries.

Continued on page 10

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TORRE DEL MAR

Only one house left! New development of 14 semi-detached villas close to the centre of Torre del Mar. 200 m² built with large basement, 3 bedrooms, 3 bathrooms, open lounge-diner with American kitchen and lovely terraces with great views.

Price: €419.900

Ref: 6280 VI3



TORROX COSTA

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

Reduced to: €240.000

Ref: 6445 AP2



ALGARROBO COSTA

Sunny 2 bedroom apartment close to the sea. Spacious distribution, South facing terrace with sea views. Centrally located with all amenities within easy walking distance. Communal Pool, private underground parking space and storage room incl.

Price: €185.000

Ref: 6539 AP2



TORROX COSTA

Spacious semi detached villa in quiet location close to the centre and the promenade of Torrox Costa. 3 bedrooms, 3 bathrooms, a large lounge / diner, open kitchen and a very spacious garage underneath. Pool. Sea views.

Price: €320.000

Ref: 6300 VI3



TORROX PARK

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

Price: €136.000

Ref: 6456 AP1



TORROX

Large plot of 4.111 m² with lots of fruit trees and a small house of 24 m². Close to the main road with easy access. Very private and peaceful. Great opportunity to create your own little country retreat less than 15 min. from the coast.

Price: €68.500

Ref: 6411 CO



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New development of modern townhouses first line to the green of Baviera Golf course. 3 beds, 2 baths, wc, spacious lounge with open kitchen and dining area. Terraces with lovely views, pool and private parking.

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Ref: 6540 TH3



NERJA

Great new development close to completion. Last available penthouse with 2 bedrooms, 2 bathrooms, spacious lounge with open kitchen and 2 terraces with a total of 55 m². Large windows, A/C and communal pool. Parking spaces available.

Price: €325.000

Ref: 6453 DEV



TORROX COSTA

Lovely studio apartment in Centro Internacional. Centrally located with promenade, beach and amenities within easy walking distance. The renovated studio is in excellent conditions and fully furnished. The glassed in terrace offers stunning sea views.

Price: €125.000

Ref: 6537 ST

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Two arrested in Granada for their alleged relationship with the rape of a young woman at the fairgrounds

The 20-year-old victim had to be taken to a hospital. The National Police had arrested two 20 year old men of Spanish nationality for their alleged relationship with the rape of a young woman , also 20 years old, at dawn from June 15th to 16th at the Granada fairgrounds. The alleged rape of the young woman , of Spanish nationality, occurred around six in the morning and the victim, once located, was transferred to a hospital .The Local Police was in charge of assisting the victim and carried out the first actions. The National Police had managed to identify two men who could be involved in these events and the investigation continues its course with the aim of clarifying what happened and bringing the alleged culprits to justice.

The City Council increases cardioprotected spaces with a new defibrillator for the Pepe Luis Bobadilla football field

The City Council has acquired a new portable defibrillator for the Pepe Luis Bobadilla municipal soccer field and has renovated the one for the Sports City Pavilion and Indoor Pool. With the new acquisition there will be four existing defibrillators in the sports facilities, including the Athletic Stadium and the Municipal Sports Center. This has been announced by the Councilor for Sports, Daniel Rivas, together with the coordinator of sports facilities, Juan José Bautista. The councilor for sports has pointed out that "it is one more step to continue equipping municipal sports facilities with all safety elements, thus making them cardioprotected spaces, which guarantees rapid attention that can save the lives of users who suffer a cardiorespiratory arrest". Rivas explained that the acquisition of these two new devices has involved a municipal investment of 3,000 euros. It has also detailed that the staff of the sports facilities have the necessary training for the management and use of them. "Having this equipment and knowing how to handle it as quickly as possible in the event of an emergency situation will allow us to respond in the most efficient way." "Our commitment is to continue investing in the safety of our municipal sports facilities with the aim that all of them be cardioprotected spaces", he concluded.



Two minors and their father disappeared in El Ejido

The Civil Guard and the National Police are investigating the disappearance of a 42 year old man and his two children aged 10 and 13, after their trail was lost on April 16th in the Almeria municipality of El Ejido. Sources from

Continued on page 13

Alcoholics Anonymous didn't just change my life, it gave me one.



Louise is a 34-year-old Mum of four, who at her worst went missing for days...her family's anger and disappointment spurred her into action to change. She says she still can't believe the magic that happens in the rooms of AA... here is her story.

"I am a 34-year-old Mum of four children. At the end of my drinking, I went missing for days and left my kids with their father, they were worried for my safety, which turned to anger and disappointment.

I was 11 when I started to drink, both my parents drank and smoked cannabis daily. There was a lot of rage and criticism throughout my childhood, and as the eldest child I took the brunt of it. Sadly, this didn't even change when I left home.

In my younger years I didn't always set out to get drunk, but as I got older the more out of control my drinking became. By my late teens it had become a problem. Friends would comment on the "drama" when I drank, but no one ever really addressed my drinking (to my face), except my husband, who saw it was an issue straight away.

It wasn't just the booze, I used other things to change the way I felt. Sometimes it was drugs. In my teens I occasionally smoked cannabis but didn't really like it. I would take cocaine to try and manage my drinking, and by the end of my 20's I was using prescription medication. In addition to the substances, I would use behaviours. I would go shopping to try to make myself feel better, then exercising, eating, not eating, cleaning; when I got one thing under control it would change to something else.

All my relationships were unhealthy. I had no boundaries. I was sad and angry all the time. I didn't feel fulfilled, and nothing changed how bad I felt; suicidal thoughts would often enter my head. My marriage was strained. My children were acting up to get my attention. I wasn't the best person I could be, and that made me feel even worse. Rather than try and change, I drank more.

After my last drunk, when I really scared my whole family,

I knew something had to change. My husband was in Alcoholics Anonymous (AA), and had had been sober for many years, so I went along.

At the beginning I hated AA and everything about it. That was until I experienced it first-hand. I learned what it was and what it could do for someone like me. Now I am truly grateful for AA, the fellowship and everyone involved.

Alcoholics Anonymous and the 12 steps didn't just change my life, it gave me one. My life has become more balanced. I run my own business. My husband and my kids are no longer disappointed or angered by my behaviour. AA isn't a religious program; it is a spiritual one.

My first ever AA meeting was in September 2010, my sobriety date is 15th October 2017. It has been almost five years since I had a drink, before my only periods of sobriety were when I was pregnant.

Life is good now. Of course, I still have good days and bad days. But my worst days sober are better than my best days when I was drinking. I have tools to deal with life, and all the ups and downs that are thrown at me. I surround myself with likeminded people and attend AA meetings weekly.

If you are struggling with alcohol, just make the call, get to a meeting, and give yourself a chance. You'll be amazed. It still blows me away, the magic that happens in the rooms of AA. It's the family I had always wanted when I was growing up, and never had."

There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

Call the English-speaking AA helpline for support: +34 600 379 110 or visit the website for help and information: www.aacostadelsol.com

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the Government Subdelegation have indicated that the armed institute is responsible for this investigation, although the Almería Command has specified that the investigation is carried out by the Civil Guard and the National Police Corps.

According to the CND and SOS Disappeared, Antonio Manuel Perdigón Bermúdez is 42 years old, 1.70 meters tall and weighs 90 kilos. He has a "normal build", brown hair, and brown eyes. Héctor and Manuel Perdigón Sánchez are 13 and 10 years old, respectively, "stout complexion", short brown hair and brown eyes. The first measures 1.50 meters and weighs 60 kilos and the second 1.40 meters and 50 kilos.

The wave of cases of gender violence forces the Government to review its strategy in Andalusia

The latest episodes of women murdered at the hands of their partners have set off alarms in the ministry of Irene Montero, where they seek answers to know "what is due" to this upsurge in sexist violence. The cases of women murdered at the hands of their partners in recent weeks in Spain, four only in the case of Andalusia, have set off all the alarms in the Ministry of Equality chaired by Irene Montero and on Tuesday, June 7th, there was a scheduled emergency meeting to try to elucidate "what is due" to this rebound in sexist violence. In light of what happened, the objective of this meeting - to which the representatives of the Spanish autonomous communities and also the cities of Ceuta and Melilla were invited - is "to try to analyze how the State Pact against Violence against Gender and see what situations should be corrected," said Fernández. Fernández has insisted that episodes such as those that have occurred in recent weeks must be "reproached and disapproved" and has called, although without openly addressing anyone in particular, what must be "clearly and unequivocally rejecting the sexist violence that it is the one that occurs against women for the sole fact of being women -there is no more-, which has nothing to do with any other type of violence" and which is hitting Andalusia with such force, she added. While another woman is still admitted to the Torrecárdenas hospital in Almería after being stabbed this Sunday by her husband, an 83-year-old man who is already in custody, another four were allegedly murdered by their partners since the beginning of the year. The last one, on May 29 in the Malaga municipality of Benjarafe in Vélez-Málaga. Previously, a man surrendered to the Local Police in Tíjola (Almería) after killing his wife on Friday, May 20th and last Sunday, May 22nd, the Government Delegation against Gender Violence in Andalusia confirmed the death of a neighbour from Montemayor (Córdoba) in the Reina Sofía hospital in Córdoba for "alleged gender-based violence". Months before, at the end of January, the lifeless body of another woman appeared next to the body of her husband in a building in Fuentes de Cesna, a district of Algarinejo (Granada). Andalusia adds, to date, 230 women murdered by their partners since 2003, a figure that rises to 1,148 in terms of the total number of victims in Spain since these types of deaths began to be counted.

A car with eight people falls down a slope after skipping control on the coast of Granada

The driver, an 18 year old who was driving without a license, tested positive for drugs. Eight people, all of them occupants of a vehicle, have been transferred to the Motril Hospital after skipping a Civil Guard control and falling

Continued on page 14

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down a drop of about 12 meters on the Granada Coast . As reported to Efe by sources from the Civil Guard, around 9 in the morning a car occupied by eight people bypassed a traffic control installed on the GR-4131, at the height of Vélez de Benaudalla (Granada), and after losing the control of the vehicle, the car skid down a slope of 12 meters. Health services went to the area and transferred the occupants of the vehicle to the Motril Hospital. The driver, an 18-year-old who was driving without a license, tested positive for drugs , according to the same sources.

The security device on the beaches of Torrox is already operational

Guaranteeing the safety of bathers along the 9 kilometers of Torrox coastline. This is the task of the device presented by the mayor, Óscar Medina, and the Councilor for Beaches, Verónica Muñoz, together with the head of service and the coordinator of Civil Protection, Vanesa López and Ramiro Magnago. A device that will be made up of qualified personnel to provide these services: 50 lifeguards, 4 boat skippers, 6 Civil Protection volunteers and health personnel, nurses and auxiliaries, 12 in total. Medina pointed out that before a summer that is expected to be very hot and with a large influx of visitors, "it is essential that the users of our beaches feel safe, as they will be able to do thanks to this very complete device that will ensure the safety of both children and of the elderly or anyone who requires their services.

The mayor has placed special emphasis on assisted bath, in which the municipality has been a pioneer in making available so that all those people who, having a physical disability, could not enjoy the beaches without assistance or the equipment that the town hall also provides for that they can use a bath. In this sense, recalling all the functions carried out by Civil Protection throughout the year, he has especially highlighted the great work carried out by those in charge of assisted bathrooms. For her part, the Councilor for Beaches has specified that six volunteers will be responsible for offering this service, since demand has tripled since it came into operation, for which three points have been established to provide greater coverage, distributed on the beaches of El Morche, El Cenicero and Ferrara.

Likewise, Muñoz has also indicated that they can be moved to any point on the coast as long as it is requested in advance to facilitate this service also to people who have problems getting to the fixed places. They can be requested in the nursing modules, directly to the lifeguards or by calling the Civil Protection telephone number, 952 53 04 73. The mayor took the opportunity to recall that both the amphibious chairs and much of the material were

renewed last season.

Thanking the entire team that makes up the beach device, he wanted to show that they are qualified personnel, selected after specific tests where they had to show their preparation both physically and theoretically. Muñoz also specified that there will be 12 watchtowers, distributed along the 9 kilometers of coastline, both on the beach and on the shore. The skippers will have the two jet skis plus the zodiac boat to carry out surveillance from the sea itself.

As for health personnel, there will be a total of 12 people, including nurses and auxiliaries, to cover the 5 nursing modules: two in El Morche, two in Ferrara and one in El Peñoncillo. Trusting that they have to carry out cures of a small scope, as typical as jellyfish stings. He also indicated that to ensure that the waters are free of waste, there will be two cleaning boats.

Lastly, the mayor has concluded by asking all beach users to exercise caution, "to be aware that if there is a red flag they enter the water, not only do they put themselves in danger, but also the personnel that may be necessary for their rescue", for which he asks that the indications of the lifeguards be heeded before the appropriate state or not for the bathroom.



Unwell man enters Malaga hospital with 17 acorns of hashish in his stomach

A 62-year-old man had to undergo emergency surgery after suffering a perforation in the intestine. The National Police then arrested a 62 year old man after confirming that he had 17 hashish acorns in his stomach. The suspect, who was arrested for his alleged involvement in a crime against public health, needed emergency surgery after suffering a perforation in the intestine due to drug

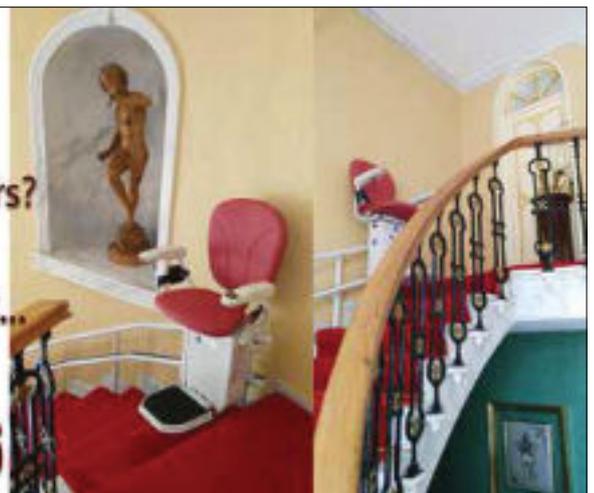
Continued on page 16

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Urb. El Algarrobo, Nerja

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

Price: 275,000 euros Ref. JG390

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Urb. San Juan Capistrano, Nerja

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

Price: 299,000 euros Ref. JG966



Urb. Viñamar, Nerja

Townhouse in Viñamar, a quiet urbanisation situated within walking distance from Burriana beach. The property comprises three double bedrooms and two bathrooms. It has a large roof terrace with very nice views to the mountains and some sea views. It also has a spacious sunny terrace and a private garage with automatic door. There is a communal pool and garden.

Price: 425,000 euros Ref. JG976

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Urb. Jardines de Nerja

Terraced house comprising on the ground a fitted kitchen and a bright open plan living & dining area which leads onto a sunny terrace. On the first floor there are two bedrooms and a family bathroom. Stairs from this floor take you to good sized roof terrace with stunning sea views. There is a self-contained apartment on the lower ground floor with a living room leading to an open plan kitchen and a shower room. The property benefits from stunning communal gardens and pool as well as off-road parking.

Price: 275,000 euros Ref. JG973TPM

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intake. It was around 1:30 p.m. when agents of the National Police went to a hospital in the capital of Malaga, at the request of health personnel. The 62-year-old man was admitted with abdominal pain and it was confirmed, through medical tests, that he had foreign bodies in his stomach compatible with cannabis acorns. Everything indicates that the arrested person ingested the acorns in circumstances that are under investigation and that, given the impossibility of expelling them on his own, he finally went to the hospital when he was unwell. The drug that the detainee was carrying in his body weighed 200 grams, according to police reports. The competent judicial authority has been informed of the facts.

Summer sports activities for seniors presented

Nerja City Council launches a new edition of the Municipal Summer Active Aging Program, which will begin on July 4th. The Councilor for the Elderly, Elena Gálvez, accompanied by the Councilor for Sports, Daniel Rivas, has reported that "as of June 20th, the period to register for the different activities will open. It must be done at the Municipal Office for Attention to the Elderly, located on the ground floor of the Town Hall. "The activities will take place both on Burriana beach and in the Municipal Sports Center pool. With this program we intend to improve the quality of life of the elderly of Nerja and Maro, through sports activities that promote healthy habits", highlighted the councilor. For pool activities, this year the number of groups has been increased to four in the morning and afternoon. In relation to sports activities on Burriana beach, the groups are also increased to three, in the morning.

The Municipal Summer Active Aging Program is intended for people over 65 years of age or pensioners over 60

years of age, registered in the municipality, with a seniority equal to or greater than 4 years and adequate physical conditions, in addition to being a holder of the Mayor of Nerja.

The construction of the section of bike lane to the Sports City enters the final stretch

The construction works of the bike lane that will connect the "Enrique López Cuenca" Sports City with the section of cycle path currently underway between the access roundabouts to the Burriana beach and the Oasis de Capistrano urbanization, have entered the final stretch. Its layout runs along Calle Neptuno, parallel to the Ciudad Deportiva, and is 160 meters long. At this time the horizontal signaling works are being completed, pending the installation of public lighting, that were scheduled for the second half of this June. In addition, an exclusive parking area for 66 bicycles will be set up, which will be located at the entrance to the municipal sports facilities. The mayor of Nerja, José Alberto Armijo, has valued the intervention stating that "infrastructures like this are essential to achieve our goal of promoting sustainable and environmentally friendly urban mobility, which also encourages healthy habits among our neighbours. As soon as the work is finished, we will put this bike lane into service." This project is part of the Nerja Sustainable Urban Mobility Plan. It has an investment of 18,525.04 euros, which is co-financed by the European Regional Development Fund (ERDF), within the framework of the Integrated Urban and Sustainable Development Strategy (EDUSI) and the City Council.

Continued on page 20

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Important Information to Confirm Before Buying a Property

If you are thinking of buying an apartment, a villa or any other another type of property (local, plot, etc.), or if you are organizing an inheritance from a family member in which there are properties involved, it is very important that you find out the fiscal value used by the tax office as a reference to calculate the taxes due on a property.

These Fiscal Reference Values (i.e., the minimum taxable value that the tax agency considers a property to have) can be consulted free of charge on the www.sedecatastro.gob.es website.

Checking this Fiscal Reference Value can avoid unpleasant surprises when it's time to pay taxes on the purchase of a property or on an inheritance. Until 2021, taxes on the sale or inheritance of a property were calculated on the highest value of, either the price paid, or the one verified by the administration.

As of 1st January 2022, when a property is purchased, the tax to be paid must be calculated on the FISCAL REFERENCE VALUE assigned to the property by the tax office, which may be different from the purchase price. If the purchase price is higher than the Fiscal Reference Value, the actual purchase price would be acceptable for

the Tax Office.

The problem arises when the purchase price is lower than the Fiscal Reference Value. In this case, the tax agency may claim that the calculation of the taxes to be paid should be made on the Fiscal Reference Value and not the actual purchase price, which means that the tax due would be higher.

Therefore, before agreeing to purchase a property or before organizing the documentation of the inheritance of a property, it is highly advisable to seek advice from an expert and consult the Fiscal Reference Values of the properties. In this way, the taxes to be paid are calculated correctly beforehand and the operation can be organized in the most advantageous way from a fiscal point of view. Surprises and additional settlements by the tax agency will also be avoided.

For more detailed information on the possible tax value of a property, and on the best way to organize a sale or inheritance, do not hesitate to contact us: by e-mail: mail@axarquiasolicitors.com or by tel. 952 901 225.

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The Dog-Friendly Garden part 3 by Aysica

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



and holy basil to support overall wellbeing

Summer Watermelon Basil Pops

Add a piece of watermelon to a blender with a few leaves of basil and a couple of tablespoons of organic yogurt(optional). Blend together. Add a few slices of

zucchini slices, grated /sliced carrot, mushrooms, and celery. Add in 1/2-1 tsp chopped parsley and the beaten egg. Cook for just a few seconds so that the eggs are still very soft. Sprinkle with 1/2 tsp of ground flax seeds. More for larger dogs. Cool and serve, adding it to your dog's

strawberries or a few blueberries then pour in ice cube trays or ice pop molds and freeze until set. Serve as often as your best friend would like them!

Spring Scrambled Eggs and Vegetables

Use 1 egg for a small dog, but adjust amount of eggs according to the size of the dog. Lightly saute some

regular food or as a substitute.

Winter Dinner

Chop up a small sweet potato or some squash, a carrot, 1/2 stalk of celery, or some celery leaves. Add in a hand full of spinach leaves, and steam lightly for about 10 minutes. Add in some fresh peas five minutes into cooking. Sprinkle with 1/4 tsp chopped fresh herbs such as parsley, a small bit of sage or oregano. Cool and



Dog Food and Treat Recipes

Spa Water

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serve with ground meat or diced chicken or add to commercial dog food.

Infused Spa Water

Add a few cucumber slices and a large sprig of parsley and a calendula flowers or two to your pets water bowl. (Whiski Enjoying Infused Spa Water photo description)

Grooming and General Care Recipes

Soothing Bath Tea

Loosely fill a quart jar with a



large sprig of rosemary as well as calendula blossoms and leaves. Pour boiling water over to fill the jar and leave to infuse for 4 hours

or overnight. Add the final rinse water when bathing your dog.

Dry Dog shampoo

Freshen up your pet in between baths with this dry shampoo recipe from the Herbal Academy. Grind 1 tablespoon of lavender flowers with a pestle and mortar or coffee grinder. Mix with a ¼ tsp of neem powder and ¼ cup of arrowroot powder. Mix well. Apply a small amount as needed. It is best to apply outdoors and comb through the fur. Keep away from your dog's face, ears, and eyes. Store in a tightly sealed jar.

Herbal Sleeping Pouch

Combine 1 tablespoon each of chamomile, aniseed (Pimpinella anisum), fennel in a pouch.

Add to your dog's bedding. The fennel repels ticks, the chamomile has a restful effect, and dogs love the smell of anise.



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Viñuela **New This month!**
 New development - SHOW HOUSE – 3 beds, 2 bath villa (113m²) with fantastic views. Spacious property with private pool and gardens and fully furnished. Easy road access and Lake views
EPC: B
 Price: 300.000 euros ref: v1452

Salares **Price reduced!**
 Lovely spacious 4 bed, 2 bath country villa (134m²) with living/dining and open kitchen. There are stunning views of the mountains, set in a quiet location, great outside spaces and a covered pool (retractable). A must to view!
EPC: E
 Price: 279,000 euros ref: v 1328

Cómpeta **New this month!**
 An attractive 1 bed, 1 bath villa (51m²) in a quiet location with easy access and less than 10 minutes' drive to Torrox. The villa has the use of a shared pool with one other villa. The perfect opportunity to own a country house at townhouse prices!!
EPC: E
 Price: 150,000 euros ref: v1462

Online video

Cómpeta **New this month!**
 Modern, spacious, 3 storey, 4 beds, 2 baths + wc townhouse with large basement garage (225 m²), open plan living/dining, edge of village location, private dipping pool & fabulous views.
EPC: in progress
 Price: 250,000 euros ref: t1463

Online video

Torre del Mar **New this month!**
 Fantastic 3 bed, 2 bath apartment (116 m²) with living/dining & separate kitchen, private parking, communal pool, tennis court, gym and playground.
EPC: in progress
 Price: 229,000 euros ref: t1465

Online video

Torrox **New this month!**
 Detached 2 bed, 2 bath south facing villa (220 m²), with many reception rooms, terraces with stunning sea/ mountain/countryside views. Mature gardens with fruit trees, roses, & Mediterranean plants. Option to make into a 4 bed house.
EPC: in progress
 Price: 305,000 euros ref: v1460

Online video

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

Sport and solidarity come together for the benefit of the fight against leukemia

Solidarity has been the main protagonist of the Football Triangular for the benefit of the Josep Carreras Foundation against leukemia that was held yesterday afternoon at the Pepe Luis Bobadilla municipal football field, and in which former top professional footballers met division, CD Nerja Veterans and the Axarquia team. The mayor of Nerja, José Alberto Armijo, together with the Councilor for Sports, Daniel Rivas, were in charge of delivering the trophies to the Axarquia team, winner of the tournament, and to the team of former professional soccer players, who came second. The councilor congratulated the organizers of the sporting event, Veterans of Nerja, CD Nerja and the Department of Sports, as well as the many companies and people who have collaborated to make it a success. He has also demanded greater awareness in public administrations, "so that they allocate more economic resources to the fight against leukemia". The Triangular has had the participation of former first division soccer players such as Alberto Rivera, Henrique Guedes da Silva "Catanhan", Emilio José Viqueira, Enrique de Lucas, Jesús Capitán "Capi" and Juan Jesús Cabrera, among others. In addition, the athlete from Nerja, Javier Martín Losada, overcame the 26 kilometer trail challenge, covering the round trip distance from the soccer field to the Cuesta del Cielo in less than 3 hours, at more than 1,500 meters of altitude.



The swimming pool of the Municipal Sports Center opens with an extensive program of activities

On June 13th, the Municipal Sports Center pool reopened its doors. It was announced by the Councilor for Sports, Daniel Rivas, who has visited these sports facilities.

The opening hours will be from 10:00 a.m. to 2:00 p.m. and from 4:00 p.m. to 8:00 p.m.

Rivas has also explained that that same Monday the registration period began to participate in the summer aquatic activities.

"This season we have expanded the program with aquagym, swimming for pregnant women and women over fifty. We also offer swimming courses for children from six to twelve years old and toning".

These activities will begin on July 4th, and registration must be made at the office of the Covered Pavilion of the "Enrique López Cuenca" Sports City.

For any questions about the programming and schedules, you can call 951322085.

The Councilor for Sports finished by encouraging all the residents of the municipality to participate in these summer water activities organized by the Nerja Town Hall.

Local Police rescue a 73-year-old woman from a fire in her home

A Torrox Local Police patrol managed to rescue a 73 year old woman last night from the fire that was taking place in her home. When the agents managed to enter the home alerted by a call to the 112 emergency telephone number, the only person inside it, a foreign national, was stunned in her bedroom, the victim of smoke inhalation poisoning.

The events occurred on the seventh floor of the Paronama building, on the Torrox coast. The police managed to get the woman out of her and after leaving her in the care of a neighbour, they set out to put out the fire with fire extinguishers.

Up to three crews from the Provincial Firefighters Consortium of the Provincial Council of Malaga travelled to the scene, although, as reported by the Local Police, when they arrived at the scene the flames were already under control.

Both the mayor of the town, Óscar Medina, and the delegate of the Local Police, Paola Moreno, have congratulated the agents for their performance. "Once again they have shown the great professionalism and dedication of the members of the staff, which have made all Torroxeros feel proud of our police officers today.

Nothing to do with the situation we found ourselves in when we entered the Mayor's Office" .

Although it is not yet known exactly, the origin of the flames could have occurred in an air conditioner, apparently as a result of a general power surge, a hypothesis that is being investigated.

Arrested for harassing and defrauding his parents with the help of his wife in Malaga

A man has been arrested by the Civil Guard for harassing and defrauding his parents, approx. 70 years old, also simulating alleged episodes of abuse in the family home that made agents come to the house alerted by false calls for gender violence. In the investigation, the wife of the person under investigation has also been arrested, both as alleged perpetrators of harassment, simulation of crimes, fraud, usurpation of marital status, public disorder and humiliation, as reported by the Civil Guard. The detainees made anonymous calls to different emergency services warning of false episodes of mistreatment at the home of those affected. The investigation began in 2021 after the complaint filed by a couple who claimed to be being harassed by strangers through anonymous calls to different emergency services alerting that episodes of gender- based violence were taking place at their home. The parents approx. 70 years old, received continuous harassment calls and messages of an obscene nature, as their telephone numbers were included in different contact pages. They also suffered the fraudulent cancellation of their mobile lines as well as the contracting of several unwanted telephone lines and attempts to install ADSL at their home. In addition, last November, an attempt was made to make donations to different organizations and institutions of large amounts of money, the largest of which was 120,000 euros, which were never made by the complainants and could be detected and stopped to avoid serious economic damage. To those affected. The investigation determined that the calls were allegedly made by one of his children and his wife and during a search five mobile phones, a laptop, a large number of SIM cards and numerous incriminating documentation were seized

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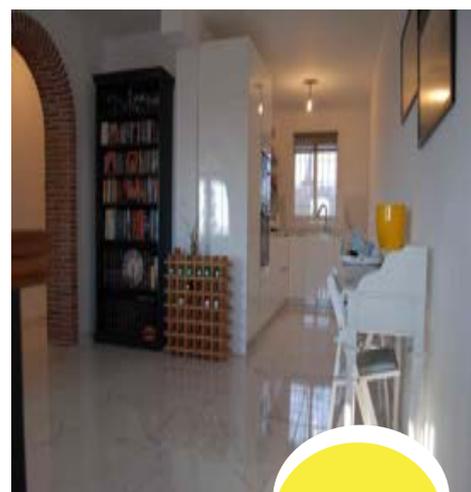
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Sonrisa was found in the Nerja campo by a Costa Animal Society (CAS) volunteer in early May on a road leading to several homes. Her rescuer saw her one morning and noticed she was staying close to his front gate, but it was not a dog he recognised and when he approached her she seemed to smile but would not let him touch her. He attempted to catch her with a lead, but she evaded his efforts and disappeared into a nearby field. After going out the following afternoon, the rescuer returned home to find Sonrisa in the same spot in the field, sitting and looking around, as if she was waiting for someone to come back for her. Often when a dog is dumped from a car it will hang around in the same spot where it last saw its owner, sometimes for hours or even days, and CAS thinks this is what

happened to Sonrisa. The rescuer prepared some food and water for the abandoned dog and placed it just inside his garden, laid a trail of sausages out to the road, and waited behind the garden gate for Sonrisa to take the bait. At last she entered hesitantly but once she tucked into the bowl of food he quickly closed the gate behind her. Sonrisa is a Podenco cross with short stocky legs so she probably has some Teckle in her genes. She is a healthy female who is about one year old and she weighs close to ten kilos. Sonrisa has a sweet yet timid personality but she gets along well with other dogs and we think she would be good with children and cats. She has been vaccinated and checked by the CAS vet and is now being housed in private kennels until a foster or permanent home can be found for her. If you would like to meet Sonrisa or any of the other animals under the care of the Costa Animal Society, and/or are looking to adopt or are willing to foster a pet please contact us by email at costaanimalsociety@gmail.com or through our Facebook page [casnerja](https://www.facebook.com/casnerja).

Happy Tales!

Bibi's adoption has been finalised, yeah! You may recall her sad story from earlier in the year where her owner of ten years died,

The Costa Animal Society...

leaving her an orphan. A foster home was found for her but it did not work out due to a personality conflict with the other dog that already lived there. A neighbour of the deceased gentleman contacted the Costa Animal Society (CAS) and Bibi was placed in kennels until another solution could be found. A couple of weeks later, after seeing Bibi's story on Facebook, a lovely woman from La Herradura decided to give her a chance even though she has two male dogs and a few cats. Fortunately, this lovely woman has had many years of experience as a pet owner and after proper socialisation and training, Bibi soon found her place amongst the pack. In May Bibi officially became a

permanent part of the family when her chip was officially changed into her name.

Leo was adopted by a Dutch couple as a young pup over a year ago but he now needs a new home. In his previous life Leo grew up during lockdown in a home where at least one owner was at home most of the time. He was house trained and learned to sleep in his cage and really enjoyed his long walks and off leash days at the dog beach in Torrox Costa. Unfortunately, his owners' circumstances have changed and they must now spend much of their time travelling back and forth between the Netherlands and Spain. This means Leo would have to spend many weeks



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at a time in boarding kennels and his owners feel this would not be a good life for a young dog. Leo is a healthy, medium size male who weighs about 15 kilos and he has been castrated. He has a loving, outgoing personality and likes to play with other dogs but can be protective of his

home and family. He would be fine with children but cannot live with cats.

CAS have a many abandoned dogs looking for their forever home.

Please contact Kurt or Laura at **Seacrest Kennels** on **95 252 1426** with regards to the abandoned dogs looking for their forever homes.



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Miss Molly & Polly

Meet Little Miss Molly AAR 2537:- and Little Miss Polly AAR 2536:-

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Could you foster or adopt ? email axarquia-rescue@hotmail.com. You can find out more about AAR and see our other lovely animals looking for homes at

www.axarquiaanimalrescue.com



Rocky

Rocky:-

Hello, My name is Rocky and I am approximately 11 weeks old. I was found in a river bed with my four siblings. I am currently in foster care, loving life, confident and happy. My foster dad says that I am playful and inquisitive. Apparently, I am also a snuggle bug. I don't know what this means but I think it must be good because it gets me lots of kisses so I think I will continue. My foster family are great. I am learning lots of new things but I still want my own forever home. In return, I promise to fetch your slippers and put a smile on your face every day. Looking forward to meeting you soon, snuggles from Rocky. If interested please Email: axarquia-rescue@hotmail.com



Bella

Meet Bella AAR 2547:-

Bella was found outside a country property being attacked by some other dogs. She was taken to safety by a lovely lady, and is now in our care. Bella is a very friendly young female, good with cats and dogs, she is well behaved in the house, but has now moved to kennels. No owner has come forward to claim her so Bella will start her vaccinations, have blood tests, and is available for adoption. If you are interested in giving her a forever home after please email :-

axarquia-rescue@hotmail.com



Dexter

Meet Dexter AAR 2540:-

Look at those eyes and ears! How can you resist? May I present to you gorgeous Dexter. He was found in a river bed with his four siblings but despite this rocky start he is a happy, healthy, playful little boy. His foster parents say he is intelligent, a quick learner and a real snuggle bug. Dexter has started his vaccinations and able to move to his forever home in Spain now or outside of Spain in three weeks. If you would like more information please email axarquia-rescue@hotmail.com reference Dexter 2540.



Sam Ryder

Meet Sam Ryder AAR 2545:-

Don't you just love Sam Ryder. Sam Ryder was found in Torre del Mar with four newborn siblings. He arrived in the care of AAR freezing cold and starving. It was touch and go. The little rascal is now just 3 weeks old and has become a bundle of love. Thanks to a dedicated volunteer bottle feeder, Sam Ryder has thrived and progressed to solid food. His carer says he's a very good boy. He will need to move on in three weeks time. Sam Ryder is hoping to find a place in your heart and a forever home. The vet reckons there is some Labrador in him. His coat is black with a white chest and his paws are speckled white. He's now plump and learning that life can be fun. He will be fully vaccinated and chipped when he is old enough.

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Agility is one of the fastest-growing dog sports (and most fun!) and for good reason. It's great exercise for both you and your dog, and it can build an even deeper relationship between you. Plus, it's exhilarating to watch as your dog races through tunnels, weaves around poles, and leaps over jumps!

Understand the Basics

Dog agility is a sport where you direct your dog through an obstacle course within a certain time limit. Courses typically have between 14-20 obstacles, which can include tunnels, weave poles, tire jumps and seesaws. At each trial you and your dog will race around the unique courses designed for that day. All of this is done with your dog relying solely on the cues and body language you use to direct them on course. Anybody can do agility and any breed can participate – from the smallest dog to the biggest breed!

The Benefits of Agility

Agility training uses your dog's natural instincts. Our pet dogs need look to us for their next meal, but their ancestors were not so lucky. They had to hunt for their food and became adept at finding and chasing prey in order to survive. Often the chase was difficult. Dogs would have had to chase small mammals like rabbits through the woods, over fallen logs, around rocks, up steep embankments, and through narrow passages created by dense undergrowth. The dog had to be fast and nimble to catch his next meal. Agility courses mimic the obstacles a dog in the wild might face in pursuit of dinner and stimulate the dog's natural hunting instinct. Agility provides good exercise. Some dogs require lots of exercise to burn



excess energy, and running through an obstacle course is a great way to do just that. The athletic challenge keeps a dog fit, helps prevent obesity, increases endurance, and strengthens bones and joints. Plus, an agility course exercises a dog's mind, giving him opportunities to learn and solve problems.

Agility training will also help you keep in shape! You will not actually run through a tunnel or around weave poles, but you will keep moving alongside your dog. Plus, you will stay focused on your dog's progress, making split-second decisions to help him clock the best time possible while staying on course, so you get a little mental stimulation, too. Basically, agility training provides good cardiovascular, muscular, and mental exercise for you and your dog. Agility training bonds dog and owner. Dogs are smart creatures, but it would be difficult for them to successfully complete an agility course without the aid of their owner or handler. The human member of the team guides the dog using verbal cues and hand signals, so good communication between canine and human is



essential. This level of communication, and the time spent training, bond a dog and owner in a very special way. As the dog relies on its owner for guidance on the course, they will also become more obedient and well-behaved off the course. Before you get started in agility, it helps to have the basics of training mastered such as sit, stay, wait and good recall. This will make it easier for you to direct your dog through the course. If you'd like to find out more about how to get started in agility, or to join classes at Dog School Nerja, then get in touch either on social media or drop me an email. There are agility regular classes over the summer in Nerja, or if you need to start from scratch, then you can start off with a Beginners Class in basic obedience. Whatever stage you and your dog are at, there's a class for you!



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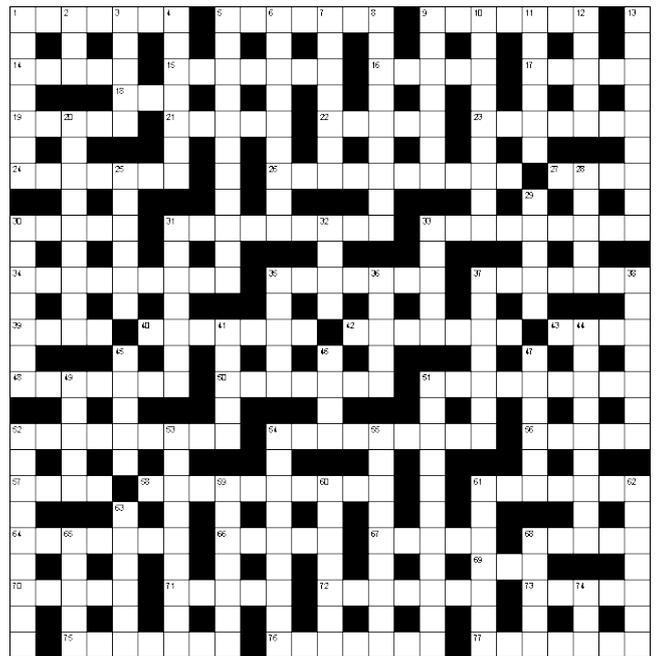
Across

1. Ignited (7)
5. Express strong disapproval of (7)
9. Intense emotion (7)
14. Stitched (5)
15. Changed (7)
16. Angry (5)
17. Mediterranean fruit (5)
18. Joke (3)
19. Elevate (5)
21. Departing (5)
22. Highway (5)
23. Oblivious (7)
24. Chuckled (7)
26. Extra (10)
27. Tight (4)
30. Evade (5)
31. Thumb a ride (9)
33. Treasured (9)
34. Large church (9)
35. Make ready (7)
37. Consultant (7)
39. Tenders (4)
40. Hide (7)
42. Administration of the law (7)
43. Weapons (4)
48. Sweepstake (7)
50. Go before (7)
51. Persuaded (9)
52. Clapped (9)
54. Atoms (9)
56. Successors (5)
57. Tallies (4)
58. Increase speed (10)
61. Reproduction (7)
64. Sincere (7)
66. Coarse (5)

67. Attempts (5)
68. Trainee (5)
69. Average (3)
70. Depart (5)
71. Dens (5)
72. Repose (7)
73. Male relative (5)
75. Conference (7)
76. Conundrums (7)
77. Pills (7)

Down

1. Kind of falcon (7)
2. Novel (3)
3. Ridge (5)
4. Hauled (7)
5. Prejudicial (11)
6. Group of sentences (9)
7. Commanded (7)
8. Protocol (9)
9. Inert medication (7)
10. Take a risk for profit (9)
11. Meteorological indicator (6)
12. Currency of Nigeria (5)
13. Forstalled (9)
20. Swamped (9)
25. Paid close attention to (6)
28. Dull pains (5)
29. Strainer (5)
30. Unit of sound intensity (7)
31. Concordance (7)
32. Notion (4)
33. Top line of a hill (5)
35. Serenity (5)
36. Entertain (5)
37. Goes up (7)
38. Dwells (7)
41. Roman god of love (5)
44. Remedied (9)
45. Commenced (5)
46. Rend (4)
47. Chess piece (6)
49. Lukewarm (5)
51. Famous people (11)
52. Astonishment (9)
53. Athletic contest (9)
54. Harbinger (9)
55. Exactly the same (9)
59. Previously (7)
60. Stuck (7)
61. Deference (7)
62. Female performer (7)
63. Buy back for money (6)
65. Used to control a horse (5)
68. Small piece of bread or cake (5)
74. Pool stick (3)



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| BENCH | FUTON | SETTEE |
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22 Marilyn Monroe Facts That Reveal The Woman Behind The Hollywood Icon

By Kaleena Fraga

From her troubled childhood to her famous films to her mysterious death, discover some of the most fascinating facts about Marilyn Monroe.

Marilyn Monroe is arguably one of the most recognizable Americans who ever lived. Almost everyone is familiar with her face, her silhouette, and, of course, the iconic photo of the star holding her white skirt over a New York City subway grate. But who was Marilyn Monroe?

These 22 facts about Marilyn Monroe include some of the most fascinating details about the beloved movie star, from her most famous films to her three marriages to her tragic — and mysterious — death in 1962.

Who Is Marilyn Monroe?

Marilyn Monroe was an American actress, singer, model, and sex symbol who starred in a number of films during the 1950s and 1960s. She charmed audiences with her beauty, intriguing quotes, and sensuality.

When Was Marilyn Monroe Born?

Marilyn Monroe was born on June 1, 1926, in Los Angeles, California, to a single mother named Gladys Pearl Baker. Monroe never knew her father (who DNA testing suggests was Charles Stanley Gifford and not Martin Edward Mortensen, the man listed on Monroe's birth certificate).

Monroe spent her early life oblivious that she had two half-siblings, whom her mother's first husband had taken to Kentucky. Though Monroe's half-brother Robert Kermit Baker died before she could meet him, she later established a close relationship with her half-sister, Berniece Baker Miracle. Until then, Monroe had a shaky family life. Her mother suffered from paranoid schizophrenia, and so the future movie star spent most of her childhood bouncing between relatives and foster homes.

What Was Marilyn Monroe's Real Name?

Marilyn Monroe was born Norma Jeane Mortenson and later baptized as Norma Jeane Baker. Her name changed again when she married her first husband James Dougherty and took his surname. But Hollywood producers eventually convinced her to change the entire thing. According to TIME, studio executive Ben Lyon thought that there were too many ways to say "Dougherty." He suggested Marilyn as a first name, after the Ziegfeld Follies star Marilyn Miller, and Monroe eventually decided to use her mother's maiden name as her last name.

What Size Was Marilyn Monroe?

According to the Marilyn Monroe Collection — the largest collection of the star's memorabilia in the world — the Blue Book Modeling Agency listed her measurements as 36-24-34 and her size as 12 in 1945.

In today's clothing sizes, that'd likely equate to a 6 or an 8. However, it's worth noting that many modern brands vary widely in their sizing, so she could have picked different sizes depending on which brand she was wearing. It's also worth noting that Monroe's weight fluctuated throughout her life, so that could've affected what size she'd take as well.

How Tall Was Marilyn Monroe?

Marilyn Monroe was approximately five feet and six inches tall.

How Much Did Marilyn Monroe Weigh?

Most official documents list Marilyn Monroe as weighing between 117 and 120 pounds throughout her life. However, her weight was known to fluctuate and there were a few moments in the late 1950s when she appeared visibly heavier, with some guessing that she weighed up to 140 pounds at one point.

How Many Movies Did Marilyn Monroe Appear In?

Including bit parts, Marilyn Monroe appeared in about 30 films throughout her entire career as an actress. Some of Monroe's best-known movies include *Gentlemen Prefer Blondes* (1953), *Niagara* (1953), *The Seven Year Itch* (1955), *Some Like It Hot* (1959), and *The Misfits* (1961). But Monroe's personal life was often watched just as much as her film roles.

Who Was Marilyn Monroe Married To?

During her life, Marilyn Monroe married three times. She wed her first husband, James Dougherty, in 1942 at the age of 16. They divorced in 1946 because Dougherty was unsupportive of Monroe's movie star ambitions.

"My marriage didn't make me sad, but it didn't make me happy either," Monroe once explained, according to the *New York Daily News*. "My husband and I hardly spoke to each other. This wasn't because we were angry. We had nothing to say. I was dying of boredom."

In 1954, Monroe married retired New York Yankees baseball star Joe DiMaggio. However, DiMaggio struggled with Monroe's busy schedule and sex symbol status. The couple fought often, and at times, DiMaggio was physically abusive toward her. The two divorced after nine months.

She married for the third time in 1956, to playwright Arthur Miller. But this marriage didn't last, either, and the two divorced in 1961.

Why Did Marilyn Monroe Marry Arthur Miller?

Of all Marilyn Monroe's marriages, her third to Arthur Miller strikes some as the most surprising. After all, Monroe and Miller, a movie star and a playwright, respectively, came from totally different worlds. But the two had a deep, emotional connection that spanned several years. According to *Biography*, Monroe once said, "This is the first time I've been really in love."

However, the two clashed, especially while filming *The Misfits*, based on a story that Miller wrote. After they divorced in 1961, Monroe mused: "I wasn't sweet all through. He should love the monster, too. But maybe I'm too demanding. Maybe there's no man who could put up with all of me. I put Arthur through a lot, I know. But he also put me through a lot."

Did Marilyn Monroe Have Children?

Marilyn Monroe did not have any children. She did, however, have an ectopic pregnancy and at least two miscarriages while married to Miller.

Did Marilyn Monroe Have An Affair With JFK?

Though the exact nature of Marilyn Monroe's relationship with President John F. Kennedy is unknown, and only knowable to Monroe and Kennedy, historians generally agree that the two had at least one intimate encounter. According to *TIME*, Monroe and Kennedy met four times between October 1961 and August 1962, and likely slept together on March 24, 1962.

In May of that same year, Monroe famously, and sensuously sang "Happy Birthday" to the president during a rally at Madison Square Garden. Afterward, Kennedy quipped: "I can now retire from politics after having had 'Happy Birthday' sung to me in such a sweet, wholesome way."

Was Marilyn Monroe Hard To Work With?

Toward the end of her life, Marilyn Monroe was reportedly difficult to work with. According to *Variety*, the production of *Some Like It Hot* was "troubled." Monroe was frequently late to set, if she came at all, and frequently flubbed her lines, requiring retakes. Her co-star Tony Curtis even claimed that filming a romantic scene with her was like "kissing Hitler."

Similarly, Monroe's personal struggles hindered the making of what would have been her last film, *Something's Got to Give*. Monroe was eventually fired from the project for "spectacular absenteeism" in June 1962.

Despite all the trouble on set, the movie star was subsequently rehired. But before filming could continue, she abruptly died.

When Did Marilyn Monroe Die?

Marilyn Monroe died on August 4, 1962, mere months after she'd stunned the world by singing "Happy Birthday" to President Kennedy.

Where Did Marilyn Monroe Die?

Marilyn Monroe died at 12305 5th Helena Drive in Los Angeles, California, the home she'd moved into just six months prior.

How Old Was Marilyn Monroe When She Died?

Marilyn Monroe was 36 years old when she died suddenly in August 1962.

What Were Marilyn Monroe's Last Words?

As far as anyone knows, Marilyn Monroe spoke her last words to Peter Lawford, an English-born actor who was also John F. Kennedy's brother-in-law, in a phone conversation just hours before she was found dead.

"Say goodbye to Pat [Lawford's wife], say goodbye to Jack [John F. Kennedy], and say goodbye to yourself, because you're a nice guy," the movie star allegedly said before hanging up the phone for the last time.

How Did Marilyn Monroe Die?

Marilyn Monroe was found dead at home at the age of 36 on August 5, 1962. She had died the night before. According to Marilyn Monroe's autopsy report, the movie star died of "acute barbiturate poisoning" due to "ingestion of overdose." The medical examiner told reporters, "It is my conclusion that the death of Marilyn Monroe was caused by a self-administered overdose of sedative drugs and that the mode of death is probable suicide."

She had such high levels of Nembutal and chloral hydrate in her system that the coroner suggested she'd taken the pills "in one gulp or in a few gulps over a minute or so." But not everyone buys this story.

Was Marilyn Monroe Murdered?

Despite the coroner's report, and another investigation in 1982 that concluded she either killed herself or accidentally overdosed, rumours that Marilyn Monroe was murdered have lingered ever since her 1962 death.

Questions have been raised about why there were no traces of pills found in Monroe's stomach and why there was a bruise on her lower body, leading some to believe that a fatal injection was administered by a third party.

Some have claimed that Monroe's romantic entanglements with both John F. Kennedy and his brother, Robert, led the two to plot her demise. Proponents of this theory have speculated that Monroe perhaps knew too much, or that the brothers killed her to avoid any embarrassing disclosures. But investigations into Monroe's death have turned up no concrete evidence that the movie star was purposefully killed by anyone.

Murdering the star, investigators found in 1982, would have required "a massive, in-place conspiracy." But they "uncovered no credible evidence supporting a murder theory." Still, many people remain suspicious.

Did Marilyn Monroe Commit Suicide?

Another dicey question is whether or not Marilyn Monroe intended to die by suicide. A "psychological autopsy" at the time of Monroe's death found that she was probably suicidal during her final days on Earth.

It noted that: "Miss Monroe had often expressed wishes to give up, to withdraw, and even to die," and that she had previously attempted suicide.

But many people close to Monroe couldn't believe that she would take her own life. For one thing, Monroe had apparently recently reconciled with her second husband, Joe DiMaggio. While the two had not made plans to wed again, they were on far better terms than they were during their marriage. "It could have been an accident, because I had just talked to her a short time before," her half-sister, Berniece Baker Miracle noted in a rare interview. "She told me what she had planned to do, she had just bought a new house and she was working on the curtains of the windows. She had so many things to look forward to and she was so happy."

A friend of Monroe's, James Bacon, agreed. "She wasn't the least bit depressed," he said. "She was talking about going to Mexico."

In the end, it's unclear whether or not the star meant to overdose on drugs on that fateful night. In 1982, District Attorney John Van de Kamp explained: "Based on the evidence available to us, it appears that her death could have been a suicide or a result of an accidental drug overdose."

Where Is Marilyn Monroe Buried?

Marilyn Monroe's crypt in Westwood Village Memorial Park Cemetery.

Marilyn Monroe is buried in Crypt Number 24 at the Corridor of Memories at Westwood Village Memorial Park Cemetery in Los Angeles, California. According to Atlas Obscura, DiMaggio had red roses delivered to her grave three times a week for 20 years as a tribute to the star.

What Was Marilyn Monroe's Net Worth?

By the time Marilyn Monroe died, she had a net worth of about \$800,000, or \$7 million today. According to Netflix, the actress left money to her half-sister, her niece, her mother, her acting coach, and her therapist.

How Old Would Marilyn Monroe Be Today?

If Marilyn Monroe were still alive today — 2022 — she would be 96 years old.



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ARIES:- (March 21st - April 19)

You may be angry with someone for letting you down or maybe even lying to you but don't get so annoyed that you lose self-control. It's quite possible they are winding you up in the hope that you will overreact. You're not that stupid, are you?

Luckiest day:- Monday

TAURUS:- (April 21 - May 21)

You cannot give up on your responsibilities and head off to some place where the world and its worries can be left behind. A rational approach to life's challenges is a must today, so discard the wishful thinking and start making plans.

Luckiest day:- Saturday

GEMINI:- (May 21 to June 20)

Although you have the benefit of the Sun in your sign at the moment what occurs today will confront you with a situation that demands an immediate and powerful response. Are you up to the task? Of course you are. Nobody does crisis management better.

Luckiest day:- Sunday

CANCER:- (June 21 - July 22)

Public opinion may be important to you but you must not let it dominate your thinking to such an extent that you can no longer think for yourself. The public isn't always right, but your inner voice is, so listen to it and act on it.

Luckiest day:- Tuesday

LEO:- (July 23 to August 22)

Make an effort to be friendly with everyone you meet today. Not everyone will be as nice to you as you are to them, of course, but most people will and by the end of the day your popularity rating will be up there in the stratosphere.

Luckiest day:- Wednesday

VIRGO:- (August 23 - Sept. 22)

According to the planets there can be no more playing around – there are a number of serious issues that need to be dealt with, by you and right now. Not everyone will approve of your decisions but they will admire your courage in taking them.

Luckiest day:- Saturday

LIBRA:- (Sept. 24 - October 23)

If your sixth sense tells you that speaking your mind is not such a good idea at the moment you would do well to listen to it. The last thing you need now is to risk turning important people against you. Flatter them shamelessly instead.

Luckiest day:- Thursday

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

What occurs today will highlight where you need to make savings. You may not be the sort who goes on spending sprees but the planets do indicate you have been a bit too free and easy with your cash lately. No more luxury purchases for a while!

Luckiest day:- Monday

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

A confrontation of some sort is likely over the next 24 hours but now you know that you can prepare yourself both mentally and emotionally so you don't go off the deep end and say things you might later regret. It's really no big deal.

Luckiest day:- Sunday

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

You don't generally fall apart when the going gets tough but there will be times today when you put your head in your hands and wish the world would go away. It won't though, so get your act together and tough it out as you usually do.

Luckiest day:- Friday

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

If every suggestion you make today is met with disapproval by family and friends the answer is to give up trying to persuade them and just get on with what seems best to you. Their negative words mean nothing next to your positive actions.

Luckiest day:- Thursday

PISCES:- (Feb.19 - March 20)

Good news and bad news will pretty much balance each other out between now and the weekend but if you are smart you will focus on the good stuff and pretend the rest does not exist. Your inner beliefs count for more than outer events.

Luckiest day:- Tuesday

Horoscopes.

by Kristian Marconi



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Mediterranean Vegetable Quinotto

Mediterranean vegetable Quinotto

Ingredients:-

- 1 cup quinoa
- 3 tablespoons olive oil
- 1/2 onion, finely chopped
- 1-2 garlic cloves
- 1/2 carrot, finely chopped
- 1/2 red pepper, finely chopped
- 1 medium zucchini, finely chopped
- 1/2 eggplant, finely chopped
- 1/2 teaspoon thyme
- 1/4 cup dry white wine
- 2 - 2 1/2 cups vegetable stock, or water or chicken stock
- Salt and pepper to taste

- 1/4 cup greek yogurt
- 1/3 cup grated parmesan
- 1/4 cup chopped parsley
- 2 tablespoons chopped green onion or chives

Preparation:-

Rinse quinoa very well under cold water (use a fine sieve or cheesecloth) for 2-3 minutes and let it drain.
Heat the olive oil in a large pan, add the carrot and cook on medium/high heat for 2 minutes until somewhat soft.
Add the onion, garlic, zucchini, eggplant, pepper, parsley, green onion, and thyme and cook until all the vegetables are soft and starting to brown, about 5 minutes.
Add the quinoa and stir for 1 minute. Add the wine and stir until all the alcohol is evaporated.
Start adding the stock, half a cup at a time and reduce heat to a low simmer. Stir from time to time. Start tasting to see if quinoa is ready when you have used 2 cups of stock. Add salt and pepper.
When quinoa is cooked, turn off the heat and add the yogurt and parmesan. Stir to combine and serve.



Salmon Burger

Salmon Burgers

Ingredients:-

- 1 1/2 pounds skinless, boneless salmon
- 2 teaspoons Dijon mustard
- 2 shallots, peeled and cut into chunks
- 1/2 cup coarse bread crumbs
- 1 tablespoon capers, drained
- Salt and black pepper
- 2 tablespoons butter or olive oil
- Lemon wedges
- Tabasco sauce

Preparation:-

Cut the salmon into large chunks, and put about a quarter of it into the container of a food processor, along with the mustard. Turn the machine on, and let it run, stopping to scrape down the sides if necessary until the mixture becomes pasty.
Add the shallots and the remaining salmon, and pulse the machine on and off until the fish is chopped and well combined with the puree. No piece should be larger than a 1/4 inch or so; be careful not to make the mixture too fine.
Scrape the mixture into a bowl, and by hand, stir in the bread crumbs, capers and some salt and pepper. Shape into four burgers. (You can cover and refrigerate the burgers for a few hours at this point.)
Place the butter or oil in a 12-inch non-stick skillet, and turn the heat to medium-high. When the butter foam subsides or the oil is hot, cook the burgers for 2 to 3 minutes a side, turning once. Alternatively, you can grill them: Let them firm up on the first side, grilling about 4 minutes, before turning

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over and finishing for just another minute or two. To check for doneness, make a small cut and peek inside. Be careful not to overcook. Serve on a bed of greens or on buns or by themselves, with lemon wedges and Tabasco or any dressing you like.



15 Minute Mediterranean Pasta

15 Minute Mediterranean Pasta

Ingredients:-

- 8 ounces spaghetti
- 1 garlic clove, smashed
- 1/4 cup olive oil
- Juice from 1/2 a lemon
- 1/3 cup halved Kalamata olives
- 1/2 cup roughly chopped sun-dried tomatoes (packed in oil)
- 1 (10-ounce) jar artichoke hearts, drained and quartered (use the kind marinated in herbs)
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon kosher salt
- 1 cup crumbled feta cheese

Preparation:-

Bring a large pot of water to a boil. Add the spaghetti and cook it according to package directions. While the spaghetti is boiling, add the garlic and olive oil to a small pan. Heat the oil over medium-low heat and let the garlic gently cook in the oil, for about ten minutes. Adjust the heat to maintain a low simmer, you don't want the garlic too brown too quickly. After ten minutes discard the garlic and turn off the heat.

Once the spaghetti is cooked, drain it and return it to the pot. Add everything, except the feta cheese, to the pot with the spaghetti and toss it all to combine. Add 3/4 of the feta, reserve some for serving, and give it one more gentle toss. Serve right away with the extra feta on the side.

Turkey Club Panini

Ingredients:-

- 2 slices toast thick bread
- 3 ounces deli turkey, sliced thin
- 1 slice bacon, cooked crisp
- 2 slices tomatoes
- Mayonnaise

- 1 slice swiss cheese
- Drizzle olive oil or butter-flavoured cooking spray

Preparation:-

Assemble sandwich using all ingredients except oil. Brush oil on bread or spray with butter. Cook until sandwich is crisp on the outside and cheese has melted.



Turkey Club Panini



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MOVEMENT CONTROL: PROPIOCEPTION IN CERVICAL PROBLEMS

Currently there are many studies that correlate a loss of motor control and alterations of postural control with chronic cervical pain and the importance of training the deep stabilizing cervical muscles for the management of cervical problems. It is necessary to understand different concepts that can be confused, such as the error of joint positioning, proprioception and motor control. Proprioception is defined as the unconscious movements' perception and body position, independent of vision. Motor control is the correct integration of the movement phases in which the stabilizing muscles work in the preparatory phase (it is normal that there is a pre-activation of these muscles in electromyography before making the movement) and subsequently the dynamic muscles perform the movement (the agonists in the direction of the movement and the antagonists slowing the movement in the opposite direction). The joint position error is the angular difference between the corrected start position in a neutral joint area and the natural head position that is re-adopted after performing any movement. Major errors of cervical joint position have been demonstrated in patients with idiopathic neck pain and with acute and persistent alterations associated with a whiplash. It is considered that the error cervical joints position mainly reflects the afferent information that comes from the muscular receptors and those joints. A measure that is often used is the ability of the person to reposition the natural head position with closed eyes.

Evidence indicates that people with neck pain tend to unconsciously advance their head and that although changes in motor control can be initiated in the presence of pain and / or tissue injury, this seems to be prolonged in the acute pain phase and could contribute to the chronification of cervical problems. Deficiencies of standing balance have been demonstrated in people with persistent cervical pain, both of idiopathic and traumatic origin. These data indicates that this factor should be assessed systematically in patients with cervical disorders. The mechanisms that maintain body balance and oscillation are divided into three subsystems. The information of these subsystems is processed and integrated at different levels within the central nervous system in order to avoid errors in continuous efferent activity to achieve optimal movements' performance. For the clinician it is important to have a global view of the most important neurological connections of these three subsystems related to the cervical spine. The vestibular system is developed to maintain posture and locomotion. The muscle reflexes of the trunk, limbs and eyes are developed to meet these needs. The specialized mechanoreceptors in the semicircular canals are sensitized during changes in the speed of movement. That is, the angular velocity and the specialized mechanoreceptors of the utricular and saccular macula provide information on the position of the head with respect to the direction of the forces of gravity (that is, linear velocity) and the inclination of the head (gravity).

The view has an essential function to direct the movements, and this is reflected by the fact that when the somesthetic afferences and the vision disagree, the visual version usually prevails. More than a third of primate brain is dedicated to visual processing. The visual postural system consists of three different systems of eye movement: the slow tracking system, the saccadic system and the optokinetic system. The slow tracking system stabilizes the images of targets with uniform movement in the fovea, by slow eye movements. The saccadic system is responsible for small rapid movements of both eyes simultaneously to change the fixation point. This allows us to fix the visual objective in any movement in the visual periphery immediately. The optokinetic system stabilizes the images throughout the retina as long as the entire field of vision is in motion. In general, the disorders of this system mimic the injuries that affect the slow and saccadic follow-up.

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FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
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Continued on page 36



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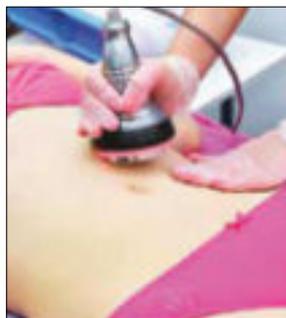
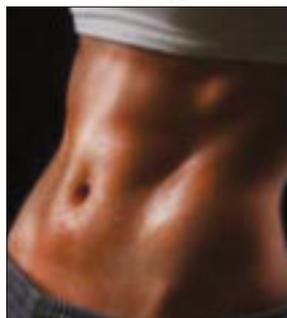
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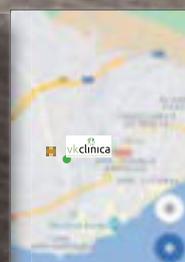
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healthwise

Like sight, hearing requires spatial orientation of distant phenomena by knowledge of the position of the head on the trunk. The neuroanatomical interaction of the proprioceptive system of the cervical spine with the auditory system through the ventral cochlear nucleus plays this role.

It has been proven that cervical proprioception influences the lateralization of sound. This has led to speculation that subjective hearing problems in some patients with cervical disorders could be a disorder mediated by reflexes from the high cervical mechanoreceptors.

The somatosensory subsystem of the upper cervical spine has abundant mechanoreceptors, as a receptor field, especially of the gamma muscle spindles of the deep segmental muscles. This system satisfies the need of the postural control system to receive information quickly about the position and movement of the head with respect to the body and to integrate this information with that coming from the labyrinth, to compare and balance the different information of these subsystems.

In conclusion, a physiotherapist need to control all these aspects when is giving a treatment to a patient with chronic cervical problems, in another way maybe manual therapy is not enough to solve the problem, so the most important thing is to treat a patient knowing the origin of the problem.

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Healthy breakfast idea!

Avocado and Poached Egg on Toast

Poaching the perfect egg may not come easy to you, but with this recipe simply poach the egg, mash the avocado, and top it all on a fresh piece of whole wheat toast. it doesn't get any simpler or more wholesome than that. Add a little Sriracha if you like it spicy! You can go really crazy and use guacamole instead of plain mashed avocado. It's a little more work, but it sure is tasty. You can also just spice it up with a little cayenne or a drizzle of your other favourite hot sauce or spice. This toast is so versatile. You can really top this toast with any kind of egg. A fried egg would work just as well. Even scrambled would be welcomed. Whatever is easier for you.

Ingredients:- 1/2 avocado, mashed, 1 slice whole-wheat bread, toasted, 1 large egg, 1 dash salt to taste, 1 dash freshly ground black pepper to taste, 1 dash Sriracha, or other hot sauce, to taste.

Preparation:- Toast bread until lightly browned but still slightly soft. Mash or slice the avocado. Sprinkle a little salt onto the avocado. Poach your egg. Spread the avocado over the toast. Top it with your egg. Sprinkle a little hot sauce on top. Recipe can easily be doubled or tripled but is best done single serve, this way the toast stays crispy, the avocados stay green, and the eggs perfectly poached.



Skin - Our Largest Organ

Skin - Our Largest Organ by Dr. Christoph Kuhn, Dermatology specialist at Clinica Santa Cecilia, Nerja.

Human skin has a size of almost two square metres and it is the largest organ of the human body. Hair, nails, sebaceous glands and sweat glands all are part of the skin.

Our skin covers almost our entire body and therefore has a lot of jobs to master:

- Protection against all kinds of injuries
- Regulation of our body temperature
- Protection from UV radiation

Defence against all kinds of infections from outside micro-organisms coming from outside such as viruses, bacterias, and fungi.

Besides its defensive role, the skin also serves as the border between the inside of our body and our environment. We can call it an organ of communication; we explore our surroundings with our sense of touch, we feel temperatures, and skin receptors give off painful warning signals when we are in danger. Communication also means that our appearance also gives signals to other people: the length, structure, and colour of our hair; the colour and texture of our skin; the wrinkles of our face; our smell and much more leads almost instinctively others to form a definitive picture of us.

Many phrases show the bond between the skin and the psyche:

- The skin is the mirror of the soul
 - To jump out of one's skin
 - To have thick skin
 - To have thin skin
 - To get under one's skin
 - "I've Got You Under My Skin" (Thank you Cole Porter and Frank Sinatra)
- Beauty is only skin deep and many others.

Of course, everybody is able to make a personal assessment of their skin condition. We normally feel very early if something is wrong because of burning, itching, pain, or change of appearance.

But there are a number of dermatoses and other skin diseases that are very important to have an early consultation with a qualified dermatologist. In the case of melanoma with metastasis, your very survival can depend on an early consultation with a

skin medical specialist. Over the years, we have seen an enormous increase in the incidence of skin cancers, so it is important to have a periodic and professional skin check. In the case of British, Irish, and all Northern Europeans that have come to live on the Costa del Sol, they should be checked twice per year as the increased exposure to the intense Iberian sun raised the skin cancer rates to the the same as those living in New Zealand and Australia - which statistically have the highest skin cancer rates in the world.

Skin cancer does not burn. It does not itch or cause pain. It just grows and spreads in its pathologic way. The prognosis is highly related to how early it has been diagnosed and removed.

Dr Kuhn is a specialist in dermatology. Originally from Germany, Dr Kuhn was the senior consultant at the Department of Dermatology at the University of Ulm and also the head of a large association of dermatologists in Bavaria.

Dr Kuhn treats all diseases of the skin, hair, and nails: infections, inflammatory disease like psoriasis or eczema, benign and malignant skin tumours, allergic disorders like food allergy, contact dermatitis or allergic rhinitis, varicose veins, and diseases of the anal region. Dr Kuhn is also a specialist in UV radiation damaged skin.

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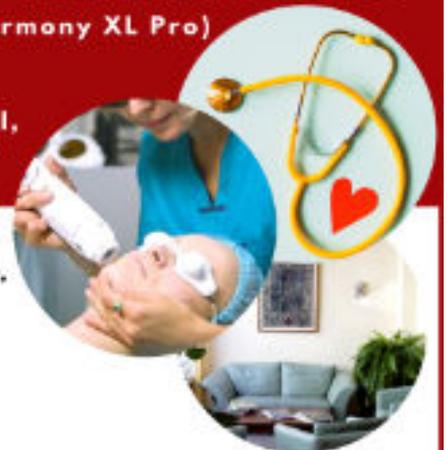
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My name is John De Does (1962), Dutchman living in Torrox since 2018. Proud father of Jonas (2011).

I have been working in the fitness industry since 1985. First as a Fitness Instructor, later also as a Group Class Instructor (Aerobics, Steps, Boxing, Spinning, Pilates, Bootcamp, etc.) and as a Personal Trainer. I owned and managed several gyms in The Netherlands since 1995.

My philosophy is to guide my clients towards a more balanced Life. I am not interested in perfect bodies, but in perfect Lives!



In other words: finding your own balance in Life according to doing good for your body (exercising, eating healthy food) and enjoying Life to the fullest (eating, drinking alcohol, travelling etc.). Feel good about yourself and your Body and still have a social Life!

If I can accomplish that with a client, I think I have made a difference in his or her Life! I lead by example. I exercise, eat normal, drink occasionally, try to be a good person and take up challenges every once in a while. Don't make Life too complicated.



Besides working in the Fitness Industry I have also been active as a Physical Football Coach in Holland.

I speak Dutch, English, German, Spanish and understand French.



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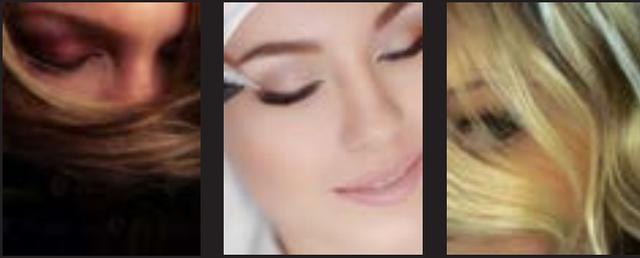
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Permanent Make-up

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healthwise

Menopause and Weight Loss

Menopause marks the end of our fertility and a new phase in life. However, many of us also face unwanted weight gain, especially around our waists. But we're not doomed to this weight gain and getting rid of it doesn't require calorie counting, restricted eating, hunger and deprivation.

Estrogen and Fat: It's Complicated

We think of estrogen as the hormone responsible for the fat that most women store in our breasts, hips and thighs, giving us our classic shape. But it's more complicated than that.

- Estrogen drives fat gain in women because pregnancy and nursing require enormous calorie reserves. This is why healthy women require a much higher minimum level of body fat (about 15%) than healthy men (about 5%).
- Estrogen balances thyroid function. Both the ovaries and body fat produce estrogen. When a woman is overweight, her excess estrogen can suppress thyroid function. If you are already overweight, or have had difficulty losing weight or maintaining a healthy weight, have your thyroid checked.
- Estrogen is an anabolic (muscle-building) steroid, just like testosterone, and your body produces both steroids naturally. Estrogen is vital to building and maintaining healthy muscle and bone in men and women alike.
- Estrogen is why women's muscles recover faster than men's from intense workouts.
- Finally, estrogen suppresses women's appetites and, during exertion, directs the body to burn stored fat, rather than the glycogen (a type of sugar) stored in the muscles and liver that is the brain's preferred fuel source.

So Does Menopause Make Women Fat?

The answer is: our bodies are trying to produce all the estrogen they can to protect our muscles and bones. Strong muscles and bones used to be a matter of life and death and they are still critical to our quality of life. But post-menopausal weight gain is more complicated than that.

Muscle burns far more calories than an equivalent mass of fat. Both men and women lose muscle as they age. However, estrogen is women's main muscle-building hormone and both estrogen and testosterone decline suddenly in women. Therefore, women lose muscle more rapidly than men do, and, biologically, women have less to lose. Culturally, women are discouraged from physical fitness, especially from strength training, so normal, age-related muscle loss is far worse for the average woman than the average man.

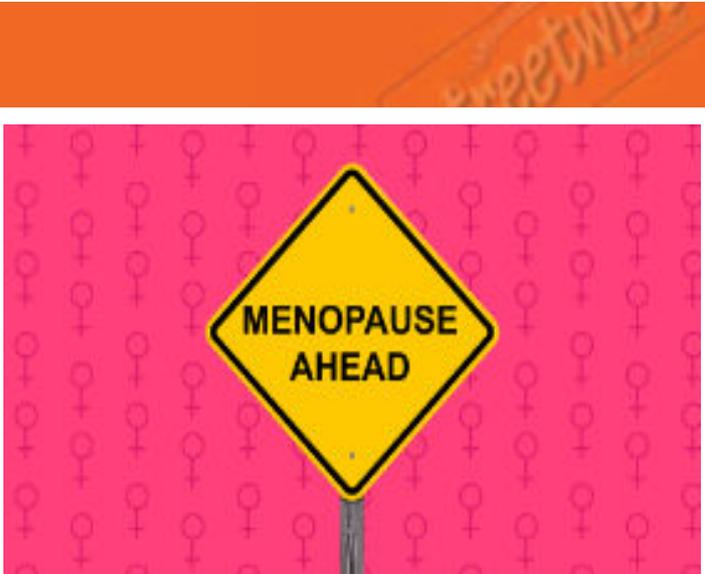
The result? A horrible chain reaction:

1. Less muscle mass means a slower metabolism so you have to eat less to avoid gaining weight, at the same time you lose the appetite-suppression effect of estrogen.
2. Increased hunger also slows the metabolism.
3. Hunger is also a stress that increases cortisol production.
4. Cortisol increases your appetite, especially for sweets and refined carbohydrate comfort foods. The body easily converts these foods to high levels of blood sugar.
5. High levels of blood sugar are poisonous, so your body stores this excess sugar as fat.
6. This makes you hungry because your body isn't getting the energy it needs.
7. This extra fat produces estrogen that may further suppress your thyroid even as it protects your remaining muscle.

Reversing Post-Menopausal Weight Gain

There are several steps to losing fat after menopause. Nutrition

Getting this right makes losing fat much easier. It will also improve your general health, and it never involves hunger or deprivation. Getting it wrong can make losing fat impossible because your diet is your fuel.



We really are what we eat, so eat a diet high in lean proteins, healthy fats (favouring omega-3s and omega-9s over omega-6s), fruits and vegetables, and unrefined grains (favouring these over refined carbohydrates, including added, hidden sugar). When you eliminate the refined carbs and hidden sugar, you stabilize your blood sugar levels in a healthy range. This means your body does not have to store your food as fat, but can use it to fuel you and your brain. You should be sure to eat the entire recommended daily amount of protein. Although women often avoid eating enough protein when trying to lose weight, protein preserves muscle mass and protects your metabolism, ultimately helping you lose weight. And protein satiates you, so you are not as hungry as often. Learn more about delicious, healthy foods that kickstart your metabolism.

General Lifestyle

Drink enough water and limit your alcohol to boost your metabolism. Alcohol is not just high in calories, it can trigger hot flashes, as can caffeine and both will disturb your sleep cycle even without hot flashes. Poor sleep is a known factor for weight gain and women have poorer sleep quality than men, especially after menopause.

Rebuilding Muscle (without Estrogen)

Yes, estrogen is important for building muscle. However, it is possible for women to regain at least some muscle after menopause. Doing this requires strength-training. But there's nothing to be afraid of! A fitness trainer who knows how to train for increased muscle mass and who understands and is sympathetic to the hormonal issues women face, can be extremely helpful. There are different types of weight lifting, so your trainer can help you find the one you enjoy.

Good music and a high-energy, positive instructor can turn a hard workout into an intense, sweaty party, especially if you are in a class. The more you enjoy lifting, the more you will do it.

And you don't have to worry about turning into a body builder. Bodybuilding requires a strict diet and training regimen: even the cleanest, most elegant body builders do not get that way by accident or fast and the grotesque look requires artificial steroids. Regaining muscle will cause a positive metabolic chain reaction:

1. You will be less hungry because more muscle means you can eat more without gaining weight.
2. Your body will speed up your metabolism because it no longer has to conserve energy to protect you from hunger.
3. Your body will produce less cortisol because you have removed the stress caused by hunger.
4. You will eat less sugary and starchy comfort foods because you have far fewer cravings.
5. You will lower your blood sugar levels because you're eating fewer of these refined carbs.
6. This means the food you eat fuels your body and brain, not your fat, also reducing your hunger levels.

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DANGER! NARCISSIST!

Nowadays, so many people seem to have been affected by a narcissistic relationship, either with a parent, partner or family member. While the exact cause is unknown, it seems likely that the breakdown in good parenting is responsible for the rise in both narcissists and those with narcissistic traits. Studies show that the natural tendency of a very young child to exhibit narcissistic behaviour is developmentally both normal and necessary but is a stage they then grow out of. Poor parenting can lead to the child getting stuck in this stage, to the detriment of all those who then try and have a meaningful relationship with them.

So what are some traits that make someone a narcissist?

- An exaggerated sense of their own self-importance and superiority
- A lack of empathy and an inability to see things from another's viewpoint or recognise the needs and feelings of others
- An excessive need for admiration and a sense of entitlement
- Superficial and exploitative relationships
- Difficulties with attachment and dependency
- Taking advantage of others to get what they want
- Having secret feelings of insecurity, shame, vulnerability and humiliation, often causing an eruption of rage when expectations are unmet.

Red flags to watch for when starting a new relationship

Love bombing

If your new partner is displaying over the top signs of affection, flattery or praise or is buying you endless gifts and moving the



relationship on very fast (saying they are in love without actually knowing you) then proceed with caution. They will also mirror your likes and dislikes in an attempt to be who they think you want them to be. All this is done in an attempt to win you over, not to woo you but to control you.

Gaslighting

This is a form of psychological abuse in which they make you question your memories, perceptions, experiences and often your sanity. They deny your version of events, belittle and trivialise your experiences and feelings, or refuse to discuss events and accuse you of overreacting, being too sensitive or just plain crazy. You start to doubt yourself and your self-esteem plummets.

Manipulation and Control

Narcissists are master liars. They play mind games, separate you from friends and family and are often unreasonably jealous. They may say the right things but their actions do not match their words. They exhibit passive aggressive behaviour, using indirect insults and snide comments but may also burst into flashes of unpredictable rage.

No personal responsibility

They are always right, never apologise properly and blame everyone else for their behaviour. Covert narcissists, who use their narcissism to protect against feelings of inadequacy, love to play the role of victim.

So what do you do if you suspect your partner may be a narcissist. Run for the hills. This sounds brutal but the truth is they will never change. Be aware there is often a repetitive pattern to a narcissistic relationship. It starts with love bombing, moves on to devaluing, then the discard but they don't let you go. They know exactly what to say and do to get you back again. This is called hoovering. In most narcissistic relationships there have been many break ups and then make ups. They remind you of why you fell in love with them, or they say they've changed. As your self-esteem lowers it is harder to resist. This is why the best tactic is to break all contact. However, if you have children together this is difficult and so it is important to maintain boundaries in a calm, even and emotionally detached way to avoid triggering rage or abuse. Sometimes the opposite may happen. The narcissist moves on, taking no heed of any parental responsibility, thinking only of themselves and leaving you to struggle alone.

Often survivors of a narcissistic relationship suffer from PTSD. They may also struggle with conflicting emotions as they continue to feel love for the person they thought they had a loving relationship with, while also understanding that the same person was causing them psychological and sometimes physical harm. This, coupled with the damage to their confidence and self-esteem, alongside any manipulative behaviour from their ex, means that it is often best to seek professional help and support from a therapist.

Katrina Jones (BA Hons, Cl. Hyp) Rapid Transformational Therapist, Clinical Hypnotherapist and Life Coach. Specialising in Anxiety Disorders and PTSD



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National Police 091
Sea Rescue 900 202 202
Emergency Helpline in English 902 102 112

Guardia Civil
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 La Herradura 958 640 015
 Nerja 952 520 091
 Torrox 952 538 008
 Costa & Pueblo 952 538 008

Local Police
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 Nerja 952 521 545
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 Nerja 952 521 504
 Torredel Mar 952 540 936
 Veléz Málaga 952 501 731

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 La Herradura 958 630 017 / 670 995 257
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What's On information is published FREE!

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

Contact details are on page 6

Church Services

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

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

Whether you live in Nerja or are revisiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service.

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 Pasaje San Miguel, Nerja, 29780.
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Lux Mundi centre, Torredel Mar - To be advised!

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Tel: 952 030 461. www.stbarnabas-spain.com.
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The Anglican Church of St. George, Málaga

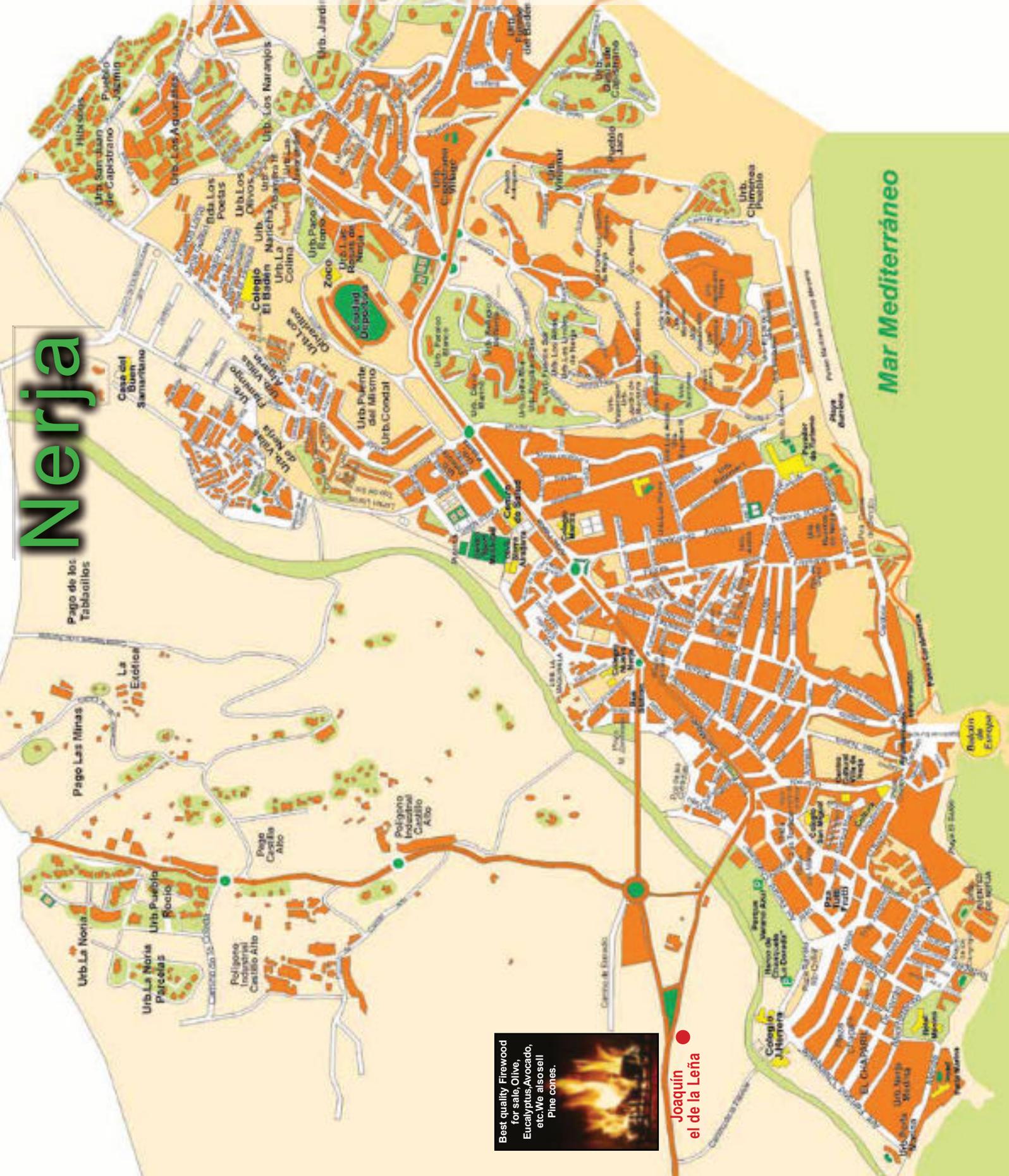
Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
 Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capel-
 la de San José, Calle Linares 7, Veléz Málaga.
 Chaplain: Fr. Louis Durrant, Tel: 630 909 131
 Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop. Tel: 634 540 519.

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NEWS & What's ON



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

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

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

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

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

Want to join a choir?

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

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



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Lux Mundi Ecumenical Centre,

Torre del Mar, Avda. Moscatel 1^{ra}, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13.00

For further information please contact the Centre, Torre del Mar Tel. 952 543 334

E-mail: luxmundi@lux-mundi.org

It was a beautiful warm, sunny day on Friday June 3rd to welcome the many friends who came to Lux Mundi, Torre del Mar to join in the celebrations for the Platinum Jubilee of Queen Elizabeth II.

The Centre was decorated with Union Jack bunting and there were many additional queens to toast her majesty at 12 noon with cava and savour the home made cakes.

Many friends took the opportunity to purchase books, preloved ladies and men's clothing and accessories and household goods and also to reserve seats on the many future excursions. But most of all it was a time to join in with friends to thank her majesty for her long and stable service she has given to country and the commonwealth and also to thank both Lux Mundi, Torre del Mar and Fuengirola Centres for their long service, helping everyone whatever colour or creed in many, many ways.



Platinum Jubilee Celebrations

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Last week from May 31 to June 3, Lux Mundi Torre del Mar hosted the meeting of the Board of Oikosnet Europe, in order to plan the annual assembly that will take place in Malaga from October 4 to 9, this year. Lux Mundi and Los Rubios, ecumenical centres, members of this organization, will host this international meeting that will be held at the Diocesan House of Spirituality and will deal with the challenges that the green deal and the need of transformation of our societies towards a blue economy are to be faced. It is very important to start with a diagnosis of what is being done and what is implemented or programmed to be done here in Malaga. What impact and commitment there is in Malaga society, in the academic, political, social, individual, etc. field and what expectations are there for the future. There were talks given by experts like Professor Felix Lopez Figueroa from the Malaga University and others who gave the base for the working groups to establish, if possible, some conclusions, plans or proposals to be developed in our daily and practical life.

We are living in an uncertain world so there was also time to reflect about the current war and ways to contribute towards peace, justice and reconciliation amongst people. The meeting was only in English.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Summer opening hours mornings only Wednesday and Friday 10.00 till 13.00. For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR JULY COMING EVENTS & EXCURSION PRESS RELEASE

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



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

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

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

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

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

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

41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.

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www.mariabegonzfernandez.oficinaaxa.es

YOGA FUSION DANCE

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

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

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

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

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

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

Cada miércoles de 19:00 h. a 20:00 h.

Online

yogafusionarte.com
0034 699 037 998

Belly Dance Tribal and intuitive.

La Ciencia del Yoga y de la Creatividad de la Danza

YOGA FUSION DANCE



**What's on information
required by the
15th monthly!**



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www.malagaclima.es

shop will be open Wednesday and Fridays.

Time 10.00 to 13.00.

Donations in good conditions are always welcome.

Thursday 14th July – Excursion to Colomares Castle, Fuengirola & Botanical garden Molina de Inca. We are looking forward to you joining us to see the largest monument in the world in the form of a castle, dedicated to the life and adventures of Christopher Columbus. It was built near Benalmádena between 1987 and 1994 by Dr. D. Esteban Martín. It began in an improvised way and with the help of two masons using brick, stone and cement. Thanks to his knowledge of art, history and architecture, Dr. Martín was able to meld this work at his whim, turning it into a "unicum" due to the stony way of narrating the Discovery of America.

You will arrive at the castle at approx. 10.15, there will be a short introductory talk, after which you will have one and a half hours to stroll round the site.

At 11.45 you will leave by coach for the short drive to Fuengirola where there will be free time for shopping and lunch, after which at 15.30 you will rejoin coach and drive to the Botanical garden Molina de Inca.

There will be free time to stroll through the tranquil botanical garden with an old flour mill, now a museum, plus a Japanese garden & aviaries.

You will leave at 17.00 for the return journey, arriving in Torre del Mar at approx. 18.00.

Ticket price: 25 Euros and 23 Euros with a Friend of Lux Mundi card.

Available at the Centre. Insurance and Entrance to both venues is included.

Departure times:-

Algarrobo (Ildi) 09.00,

Caleta (Vets) 09.05,

Torre del Mar (Bus Station) 09.15.

Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Details to be advised later.

Lux Mundi Ecumenical Centre,

Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740.

Open mornings only Wednesday and Friday 10.00 till 13.

For further information please contact the Centre, Torre del Mar



ACTIVIDADES ACUÁTICAS VERANO 2022

PISCINA VERANO
Polideportivo Municipal

INSCRIPCIONES
A partir del día 13 de Junio en el Pabellón Cubierta.
Comienzo de las Actividades el 4 de JULIO

AQUAGYM	Lunes y Miércoles	10:00h.
EMBARAZADAS	Lunes y Miércoles	19:00h.
ADULTOS SENIOR (+50)	Lunes y Miércoles	19:00h.
CURSILLOS NATACIÓN (6-8 Años)	Martes y Jueves	12:00h.
CURSILLOS NATACIÓN (9-12 Años)	Martes y Jueves	13:00h.
TONIFICACIÓN	Martes y Jueves	19:00h.

CMD
NERJA

Tel. 952 543 334

E-mail: luxmundi@lux-mundi.org

Lux Mundi, Torre del Mar
Church Services:-Lux Mundi, Torre del Mar Catholic Mass in English. This is now suspended until September when further information will be advised.
Tel: 952 543 334.

St Barnabas IERE (Anglican)
Torre del Mar,
Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11am. Tel: 657286284

Please send
news, what's on
and events
to
info@streetwise.es
by the
15th monthly



Alcaucín | €69,000
1 bedroom apartment



Cómpea | €128,000
4 bedroom apartment



Torrox Costa, Peñoncillo | €180,000
2 bedroom apartment



Torrox Costa, Centro Internacional | €230,000
2 bedroom apartment



Torrox Costa, Peñoncillo | €270,000
2 bedroom apartment



Torrox Costa, Peñoncillo | €315,000
2 bedroom apartment



TORRE DEL MAR

VILLA

Beds: 2 Baths: 2

SOLE AGENCY

Double garage

Sea views

EPC: in process

M²: 120 m²

Plot: 900 m²

Private pool

REF: 7494



€519.000

29754 Cómputa

Plaza Amijara, 21

Tel: +34 952 51 61 78

 +34 609 176 586

TORROX

TOWN HOUSE

Beds: 3 Baths: 3

SOLE AGENCY

Roof terraces: 2

Mountain views

M²: 146 m²

Small pool

REF: 7180



€173.000

29740 Torre del Mar

Avd, Andalucía, 32B

Tel: +34 952 54 18 86

CÓMPETA

COUNTRY HOUSE

Beds: 4 Baths: 2

SOLE AGENCY

Sea views

Terraces: 3

EPC: in process

M²: 135 m²

Plot: 3.050 m²

REF: 7446



€349.950

29770 Torrox

Calle Elisa Ortigosa, 7

Tel: +34 952 53 91 25

sales@countryproperties.net

www.countryproperties.net

CANILLAS DE ACEITUNO

COUNTRY HOUSE

Beds: 2 Baths: 2

SOLE AGENCY

Garden

Mountain views

EPC: in process

M²: 100 m²

Plot: 1.400 m²

Private pool

REF: 7493



€199.000