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April 2023

Number 301

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Los Pinos

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Delightful 2 bedroom town house in the sought after Parador area, just a short walk from the Nerja town centre. Entry is through the communal gardens and swimming pool area, then via a gateway onto the private lower terrace. Comprising:- open plan sitting/dining area with fireplace and double doors leading out onto the terrace. Upstairs one double and one twin bedroom both with built in wardrobes and storage space. The master bedroom also has double doors out onto a small balcony with views over the pool and gardens. There is a family shower room and a separate toilet. Ideal as a holiday home or rental investment. Viewing is a must.

Price:- €330.0000



Edificio Bahamas

CNS191222

A bright one bedroom apartment a short walk from Burriana Beach in an established apartment complex. It has a large and sunny south facing balcony, overlooking communal swimming pool, terraces and delightful lawned gardens well stocked with tropical plants and fruit trees. The balcony wraps around two sides of the apartment so there is ample outdoor space and is part enclosed with glass providing a versatile extra area.

Price:- €199.000



Edificio Acapulco

CNS120922B

Located on the first floor of one of Nerja's most sought after urbanisations next to the Parador hotel just a short walk from the beach, restaurants, cafes and bars in old town. Spacious apartment comprising:- open plan lounge/dining room, separate fitted kitchen. Panoramic views from the lounge lead to a good size south facing terrace with views across the gardens, pool and sea. 3 double bedrooms, bathroom and separate toilet. Secure well maintained communal gardens with a large swimming pool. Ample off street parking. Ideal location for permanent home or a fantastic holiday rental investment.

Reduced to €325.000



Capistrano

CNS170223

Apartment in Capistrano Playa with sea view and proximity to the popular Burriana beach. This property has an L-shaped, south-facing terrace with views overlooking the sea and the charming pond with water lilies and fish in Capistrano Playa. There is an open kitchen, living room, bedroom, bathroom and storage. Capistrano Playa is one of Nerja's most popular urbanisations with whitewashed houses, colourful flowerbeds and magnificent views of the sea, beach and mountains. The property has generated good income from holiday rentals. There is a lovely pool area with a restaurant, as well as a lift for residents down to Burriana beach.

Price:- €239.000

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Country Property of the month

Torrox:

Price: €270.000

TCP204



A wonderful country property in Torrox. Comprising of 3 bedrooms, bathroom, open fully furnished kitchen and a spacious lounge-dining room with a fireplace. Porch terrace, an outdoor bbq kitchen, East, West and North facing terraces with mountain and farmland views. Private kidney shaped swimming pool (27m2) plus a one bedroom independant guest house and more terrace adjoining this. Built on a plot of 1.497m2 with parking area for 3 cars. Water and electricity connected.

Only 7 kms from Torrox centre and 11kms from the coast. From the gravel driveway you can walk around the terraces. The main front door opens into a spacious lounge-dining room with a fireplace, the 2 large bedrooms each with a double bed, have French windows to walk straight out on to the terrace. Behind the house, where the electricity supply begins there is an electric water heater.



Cómputa:

Price: 119.000€



- Living space: 95m²
- Bedrooms : 3
- Pool: No
- Garage : No

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

Ref.AP072

Torrox:

Price: 235.000€



- Living space: 104m²
- Bedrooms : 2
- Pool: No
- Garage: No

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

Ref. CP593

Sayalonga:

Price: 425.000€



- Living space: 133m²
- Bedrooms : 3
- Pool: Yes
- Garage: No

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

Ref. CP594

Torrox:

Price: 999.995€



- Living space: 200m²
- Bedrooms : 4
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 4
- Views: Sea views
- Area: Torrox

Ref. TCP077

Archez:

Price: 106.500€



- Living space: 124m²
- Bedrooms : 3
- Pool: No
- Garage: No

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

Ref. TH932

Cómputa:

Price: 139.000€



- Living space: 78m²
- Bedrooms : 2
- Pool: No
- Garage: No

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

Ref. TH1046

In conjunction with Cómputa Properties S.L.

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Abril/April

2023

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Semana Santa Nerja

Welcome to Streetwise magazine -

Welcome to the April edition of Streetwise.
Springtime has arrived, longer and lighter nights!
I hope everyone remembered to put their clocks
forward an hour!

This month we celebrate Semana Santa.
The processions are truly a fantastic spectacle to see.
Our cover photo gives you an idea of the work that goes in to
this religious holiday.

Here's another packed Streetwise for you all, enjoy!

Dawn x



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Magnificent apartment in Nerja. Great location, just a couple of minutes walk from the Balcon de Europa and the beaches. Consists of: 3 bedrooms, living room, dining room, fully equipped kitchen, bathroom and a terrace. It has the possibility of adding a 4th bedroom. It is located on the first floor and has 120m2.

Price: €212.000

Ref: NV.AM



Beautiful villa in the prestigious urbanization of Capistrano Village. Built 100m2, 170m2 total. 1st floor bathroom, kitchen, living/dining room with a large sunny terrace. 2nd floor 2 beds, renovated bathroom and terrace. One bed has an adjoining room, (office or 3rd bed. Bedrooms have sea views. Private garden, parking.

Reduced to: €374.000

Ref: NV.137



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..

Reduced: €220.000

Ref: NV.GOL26



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

Price: €178.000

Ref: NV.P080B

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

Reduced to : €360.000

Ref: NV.PAL



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

Price: €220.000

Ref: NV.PO117B



Semi-detached house in the Capistrano area, Nerja. 1st floor, fully equipped kitchen, bright living-dining room, toilet and terrace with sea views. 2nd floor, large bedroom with sea views, second bedroom and a full bathroom. Ground floor, bedroom, bathroom, small garden. Bright house. with good views, close parking, with low cost.

Price: €315.000

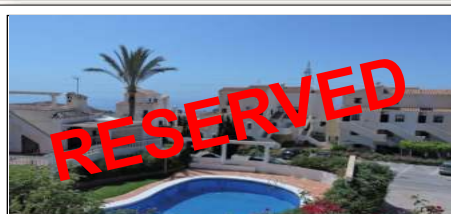
Ref: NV.RO



Apartment in Nerja. Consists: large master bedroom with lots of storage, 2nd bedroom as well, fully equipped kitchen and a cosy living room with fireplace. A/C, small balcony and private use of part of the communal terrace. Low community cost, under 30 euros per month, including water.

Price: €210.000

Ref: NV.CH



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

Reduced to: €218.500

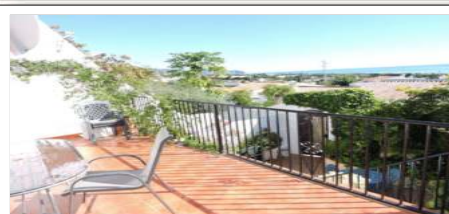
Ref: NV.DA08



impressive villa with private pool and sea views, in the prestigious urbanization of Capistrano Village. Built on 2 floors, 6 beds, 3 baths, kitchen, living room, garage (3 cars) and a large garden. Build 200m2, plot 600m2. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price: €820.000

Ref: NV.JAZ



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

Price: €440.000

Ref: NV.OL159

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Ref: 6416DEV



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Price: €163.000

Ref: 6564AP2



TORROX PARK

Wonderful South facing apartment with 2 bedrooms, one spacious bathroom, ff kitchen and a lounge with fireplace and a/c. Master bedroom and lounge have access to a large terrace with stunning sea views. Incl. furniture and a private garage.

Price: €219.000

Ref: 6557AP2



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Frontline beach apartment in excellent conditions. 72 m², 2 bedrooms, 2 bathrooms, fully fitted kitchen, lounge with South facing terrace and stunning sea views. Air conditioned, furnished and including underground parking space.

Price: €249.000

Ref: 6526AP2



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Price: €470.000

Ref: 6563AP2



TORROX COSTA

Sunny & bright apartment in a very central location. Comprising of 2 bedrooms, bathroom, WC, separate kitchen and lounge with terrace. Including communal pool and underground parking. All amenities within easy walking distance.

Price: €169.900

Ref: 6362AP2



CAJIZ

Beautiful country villa with a total of 4 bedrooms, 3 bathrooms. Spacious 190 m² built. Large plot of 36.000 m² full of fruit and olive trees. 2 separate guest houses, 9 x 4 metre swimming pool and lovely terraces with sea views. Close to the coast.

Price: €890.000

Ref: Cajiz Finca



NERJA

Very large detached villa (313 m²) with 2 bedrooms, 2 bathrooms, beautiful kitchen, lounge and terrace plus a completely self contained guest apartment and a large garage. Private plot of 2.525 m² with pool, parking. Wonderful mountain & sea views!

Price: €695.000

Ref: 6109VI3

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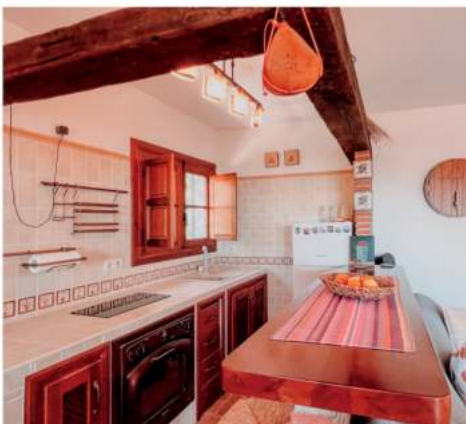
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Improvements to the accessibility of the San Miguel Cemetery, with reforms inside also.

The Nerja City Council, has built a new ramp and an access door to the San Miguel Municipal Cemetery on Velázquez street and has carried out reforms inside with an investment of 8,000 euros.

The construction works of 11 VPO homes for young people in Nerja.

11 subsidized VPO housing for rent for young people that are being built on Zurbarán street, Nerja with an investment of 1.4 million euros, co-financed by the City Council and the Government of Spain, through the Junta de Andalucía. The 11 homes will be distributed in a building with a ground floor and first floor, which is currently under construction. They will have a living room, kitchen, bathroom and 2 or 3 bedrooms. In addition, a basement floor has been built that will have parking spaces and storage rooms.

Complete reform of two tennis courts at the Los Llanos Sports Complex.

A councillor from Torrox has highlighted the efforts of the current government team to expand and improve the sports facilities of the municipality. Seeing the evolution of the Los Llanos sports complex in recent years is a clear example of this.

For his part, the Councillor for Sports explained that the comprehensive reform of tennis courts 1 and 2 of the complex has consisted of replacing the porous floor with another made of resin and the repair of all the perimeter fencing of both courts



Andalucía rape cases soared during 2022.

Reported rape cases rose by 46.5 per cent in 2022 in Andalucía compared to 2019, according to the Ministry of the Interior's crime report. Rape figures in Andalucía between 2019 and 2022 are lower than the national average, which stands at 53.2 per cent.

Stepfather shot dead with shotgun in Estepona.

A 17-year-old youth is being held by Spain's National Police force accused of killing his stepfather with a shotgun blast in Estepona. The police investigation is working to clarify the background to the crime, although the first investigations suggest that the youth reacted after a heated discussion between his stepfather and his mother, who is three months pregnant.

Fake goods seized in raids in Malaga and Granada.

Two operations by the Guardia Civil led to the seizure of more than 250,000 counterfeit products that were being sold on industrial estates in Malaga and Granada. 15 people have been arrested and a further 11 are under .

Continued on page 14



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investigation for alleged offences relating to industrial property rights and public health.

Stepfather shot dead with shotgun in Estepona.

A 17-year-old youth is being held by Spain's National Police force accused of killing his stepfather with a shotgun blast in Estepona. The police investigation is working to clarify the background to the crime, although the first investigations suggest that the youth reacted after a heated discussion between his stepfather and his mother, who is three months pregnant.

One dead after a collision between motorcycle and a breakdown truck in Cordoba.

A woman has died and a man has been injured after the

collision between a motorcycle and a breakdown truck in Cordoba city

Casabermeja crash. one dead and four injured.

All the occupants of the only vehicle involved were aged between 20 and 25. A 20-year-old man has lost his life in a traffic accident.

Benalmadena to hold its sixteenth plant fair from April 7th to 9th.

The fair will be held in La Paloma Park and will coincide with Easter, and will feature some 60 exhibitors from all over Spain. It will be free entry to the public.

Continued on page 16



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Calle Los Huertos, 97 Local 5, Nerja



Edf. Rocamar, Nerja

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

Price: 395,000 euros

Ref. JG993

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Urb. San Juan de Capistrano

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Price: 199,500 euros

Ref. JG996TPM



Hotel Parador area, Nerja

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

Price: 230,000 euros

Ref. JG994TPM

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La Alcazaba, Tamango Hill

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

Price: 229,000 euros

Ref. JG971

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accessory in an alleged crime against road safety after allowing his 8 year old son to drive a car without a licence. The father was allegedly sitting in the passenger seat at the time. The whole episode was captured on video by a member of the public who subsequently passed the footage to the police.

80 year old British man suspected of stabbing his wife to death.

An 80-year-old man who was under investigation over the suspected murder of his wife was found dead in his hospital room on Spain's Costa del Sol. His death is not thought to be suspicious.

20 year old woman arrested.

A 20-year-old woman who tweeted an alleged bomb threat in a Malaga shopping centre was arrested by the National Police. The detainee allegedly posted a bomb threat on her Twitter account, telling people to stay away from a food establishment in a shopping centre in the capital. Thanks to rapid police action, the threat was neutralised, and it was not necessary to issue the standard eviction and evacuation measures. The detainee's Twitter account is currently suspended as a result of the complaint filed by the affected company.

Malaga Airport announces new direct flights to New York.

United Airlines will fly three times weekly connecting Malaga Airport directly with Newark Airport in New York. The American airline United Airlines have announced that it will open a new route between Malaga and New York. The non-stop flights will operate three times a week,

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My garden in Spain...



Honeysuckle

April – early:

I treated myself to a gorgeous scarlet Cyclamen at the end of November, last year and it has flowered non stop. It was always a struggle in England as it had to compete with central heating and I never really found the right place. Well this time I have.

After being on display for Christmas, I placed it in the spare bedroom, which is cool, has reasonable light and, with the added benefit of a pebble tray. It has performed wonderfully. According to my indoor plant bible, after it has finished flowering, you stop watering it, lay it on its side in a shaded, cool place and leave it until July. You then water a little and

start feeding when new green growth appears and hopefully it will grow on into another season.

The pine trees on the waste ground at the bottom of our garden have had a few of the nests of the dreaded processional caterpillars. We have been advised to kill them off as quickly as possible, as they can be fatal to cats and dogs if touched.

In the campo the farmers shoot the nests out of the trees, an easier way is to carefully pull the nest down and burn it. This we have done and the other inaccessible ones we are leaving to the Hoopoe birds to eat. We discovered last year that this bird likes the taste, so hopefully they will finish them off for us!



Processional caterpillar nests

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Our regular gardening column by Irene Beenham.
Throughout the year, Irene describes the range of emotions experienced in creating her very own 'Spanish Garden', offering help and advice along the way.

I did my first propagation by the layering technique at the beginning of the month. The plant was Honeysuckle and all but one, of the cutting have rooted. One of the nice things about Honeysuckle is that it is an evergreen, so there is a year round interest as well as that lovely sweet scented blossom. I was going to repaint the walls white around part of the garden where I planned to plant the new climbers. Fortunately, I mentioned this to these wise gardening friends of ours and they advised me not to paint. Their experience has shown that climbing plants don't grow well or not at all up new paint. Any planting should only be done after about 6 months. Too long for me! So, as the idea is to cover the wall with leaf and colour, why go to the trouble? Hurray! Painting walls white is not my idea of fun and less to do better. The local irrigation system is currently being piped ready for metering. When the water ran down the channel behind our garden wall, some used to flow into our little pond and keep it topped up and fresh. Now that doesn't happen, I am having to make sure that it doesn't become a breeding ground for mosquitos. What you have to do is pour a little cooking oil, like sunflower, onto the surface of the water. The mosquito larvae, after hatching live suspended in the water just under the surface. Adding the oil apparently stops them breathing and they die off. More words of wisdom passed on to me. I guess what I really need is the mosquito fish which I first heard about from a gardening program on one of the local radio stations the other day. This fish lives in tanks, as well as pools and eats mosquito larvae. I have always liked the idea of a pond with fish, plants and a fountain. We have a small plunge pool, but our grandchildren prefer the big pool as they swim well. When the gravel garden is finished, I shall start putting together some ideas for a pond.



Scarlet Cyclamen

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Cómpeta **New this month!**
 Beautifully renovated 2 bed, 2 bath, 2 wc's (78m²) townhouse, great location, modern interior, living, kitchen, dining/sunroom, utility room, internal courtyard with snug, south facing roof terrace with sea, countryside and village views.

Price: 199,950 euros
 ref: t1495 **EPC: G**



Rincon de la Victoria **New this month!**
 Large family home with 4 bedrooms and 2 baths town villa (224m²), in a quiet area yet within walking distance to the beach and all local services. Beautiful gardens and spacious terraces.

Price: 475,000 euros
 ref: t1496 **EPC: E**



Casabermeja **New this month!**
 Beautifully presented rustic villa with 3 bed and 2 bath (194m²) with spacious rooms. Plenty of terraces, a large pool and outside kitchen/bbq. Ample parking with a car port and presently used as a successful rental business.

Price: 340,000 euros
 ref: v1497 **EPC: E**



Online video

Cómpeta **New this month!**
 Beautifully presented 2/3 bed, 1 bath townhouse (145m²), well located in the upper part of the village, close to amenities, lots of terraces with sea, countryside and village views.

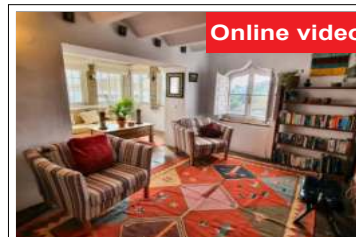
Price: 219,000 euros
 ref: t1486 **EPC: F**



Online video

Nerja **Price reduced!**
 Modern, spacious & bright 2 bed, 1 bath apartment (75m²), open plan living/dining with separate kitchen, sizeable private terrace, benefits from communal swimming pool & tennis court & has easy parking.

Price: 175,000 euros
 ref: t1468 **EPC: E**



Online video

Sedella **New this month!**
 Character 2/3 bed, 2 bath townhouse (179m²), spacious rooms, bright and airy living space, enclosed courtyards and roof terrace with countryside and village views.

Price: 165,000 euros
 ref: t1491 **EPC: E**

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.

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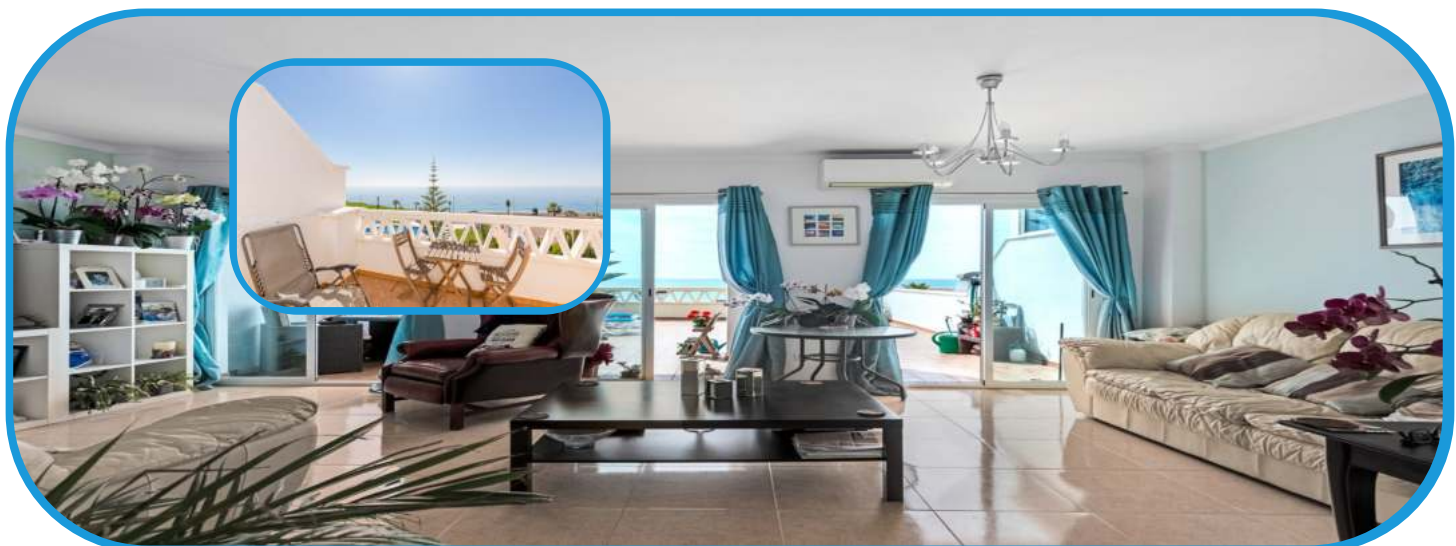
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VSR2113 LA NORIA

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VSR2084 EL PEÑONCILLO

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Townhouse, 115m2, close to the beach, 3 bedrooms, two bathrooms, sold partly furnished, air con, large private terrace, sea views, communal pool and garage. Quiet location.

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The Costa Animal Society...



Leo



Leo was brought to the Costa Animal Society (CAS) along with his sister Luna when they were 3 month old pups and placed in kennels because no foster places were available. Luna was lucky enough to find a home with a local family within the first few weeks but Leo lingered longer in kennels until he was adopted by a Dutch couple during lockdown during which he spent most of his time with one or both of his owners at home. Leo was house trained in a crate and he enjoyed long walks with his owners off leash and at the dog beach in Torrox. Unfortunately, once international travel restrictions were lifted, Leo owners' circumstances changed and they needed to travel for work which meant Leo would have to spend a lot of time in boarding kennels and his owners felt this would not be fair to a young dog. Therefore, Leo was returned to CAS and placed into kennels again. Leo is a compact 12 kilo male who is about 2-3 years and he is in good health. Leo is an energetic dog who loves to play with others and would make a lovely additional to most families. He is fully vaccinated and castrated.

If you would like to meet Leo please contact Seacrest Kennels at 95 252 1426, or email us on costaanimalsociety@gmail.com You can find us on Facebook - Costa Animal Society CAS where there is more information.



Snow

Snow was reluctantly handed over to the Costa Animal Society (CAS) along with his sister Luna by a young Spanish family who were forced to move into a small flat due to financial constraints bought on by the pandemic. A donation to help pay for the vet costs associated with rehoming including castration and vaccinations. After several months, Snow and Luna were seen on social media by a local resident and he visited them in kennels with the aim of adopting a new dog. As much as he would have liked to, the gentleman could not adopt both dogs as he lived in a flat on his own and could only exercise one dog at a time. He chose Luna because she was smaller and he felt an instant connection with her. Snow was paired up with a new roommate in kennels and he has lingered there throughout 2022 despite being an attractive good natured boy. His nature has become calmer as he matures into a confident 2-3 year old male but he still loves to play with other dogs and stretch his legs with a good run each day. Snow has lived in a house before and enjoys receiving attention and treats so he will be easily trained. Snow will make a wonderful addition to any family and is ready for his forever home.

If you would like to meet Snow, please contact Seacrest Kennels on 95 252 1426, or email us on costaanimalsociety@gmail.com You can find us on Facebook - Costa Animal Society CAS where there is more information.

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Beethoven

Beethoven

Meet Beethoven, the cuddle monster! This beautiful puppy was rescued along with his Mum and 2 siblings from a scrapyard in Velez Malaga. Sadly, he was found with a badly infected head injury and spent 9 days in the animal hospital. But now he's well along the road to recovery and looking for a loving forever home. Beethoven loves playing, but his favourite pastime is snuggling up for cuddles. Give this sweet brave pup the love he deserves and make him a part of your family! Email axarquia-rescue@hotmail.com for more information.

AAR2480 – Zyra

Zyra is a 2 year old wire haired Pointer. When rescued she was petrified of everything, soaked through, cold and hungry. Slowly her foster carer gained her trust and she is now a very loving girl. She gets on well with dogs, cats and children and has good recall.

She has more recently shown some lead reactivity but this is not consistent and her foster carer has been working with a behaviourist. On the bigger part Zyra is a very loving girl who totally enjoys her home comforts and family living.



Zyra

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Axarquia Animal Rescue



Calie

Calie

Calie is estimated to be about 5 years old, she is a very sweet and gentle dog who loves being brushed. She is also very good on a leash and likes to go for walks.

Calie's eight puppies have all found lovely forever homes and now it's time for Calie to find hers since she deserves a happy and loving life.

If you're looking for a sweet companion and have patience and love to give Calie, please contact us to find out more about her.

Please give Calie the loving forever home she deserves and let her bring joy and love to your life.

Email axarquia-rescue@hotmail.com for more information.

Petra - AAR 2626

Petra is a beautiful Mastin Espanol about 6 years old. We believe her life has been having litter after litter of pups. She was rescued with her last litter who are now all moving on to their forever or foster homes and

Petra will be all alone in the kennels. We are looking for a foster or forever home for Petra, ideally with another dog for company.

If you would like Petra in your life, either temporary or permanently, please email:

axarquia-rescue@hotmail.com



Petra



Monty

AAR2429 - Monty

Monty is a 4 year old Dalmation cross who absolutely loves people and although enjoys playing with other dogs there have been a couple of incidents where Monty was on lead and reacted badly towards a dog off lead. Since the incident Monty has been in residential care with a trainer. The trainer has advised he would be best suited to an experienced dog owner but in an adult only home with

no other pets. He needs a home within the Axarquia region and the trainer is happy to continue working with any adopter. his trainer has said he would likely make a good search and rescue dog and he has excellent recall. For more information email axarquia-rescue@hotmail.com



Dingo

AAR2638 - Dingo

Dingo was born around August 2015, and found by tourists, covered in blood from wounds probably from being attacked by a wild boar or other dogs. He was in complete shock, he had to be sedated for the vets to tend to his wounds, where they also found he had 2 broken ribs. His heart stopped during the procedure but luckily the vet was able to get him back. Now fully recovered from his ordeal, his coat is growing back nicely. Dingo is now ready for adoption. He is a happy chappy who gets on well with other dogs. The photo shows him when rescued and as he is now. Email axarquia-rescue@hotmail.com for more information.

AAR2644 - Hope

Abandoned in the countryside, and found her

way to someone's property. They took her in until we could find an alternative foster home. Approx. 4 months old, very scared,



Hope

covered in ticks and fleas, she is now treated. Now mixing and playing with the other dogs. Still wary of humans but now enjoys a stroke and spending time with them. She is available for adoption here in Spain, Europe or UK. Email axarquia-rescue@hotmail.com for more information.



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Karen Wallace

Pine Processionary Caterpillars



Between the months of February and April, you need to be aware of the Pine Processionary Caterpillar (*Thaumetopoea pityocampa*). Unlike the vast majority of caterpillars, this particular species can be harmful to young children and sometimes fatal to dogs and cats. They burrow below ground to pupate into adult moths and the drought over the last 12 months has made it more difficult for them to do this because the ground is too hard, and it's meant that they aren't as prolific this year as they normally are, but they are still around. You can spot their nests in the trees quite easily as they look like white cotton wool like balls high in the trees. Many dog owners have lost their pets after coming into contact with the caterpillars so you must be familiar with them and the potential dangers. In early spring, the processionary caterpillars leave their nests high up in the pine trees and head to the ground to pupate. When this happens, they potentially come into contact with young children and curious pets.

What is a Processionary Caterpillar?

The processionary caterpillar is mostly found in wooded forests and can be identified by the thousands of small fine poisonous hairs or bristles that cover their bodies.

The caterpillars are 3-4cm in length and are usually an orange and brown colour.

The name 'processionary' comes from the fact that they create a procession from head to tail to form a long chain. It is not unheard of to see chains with hundreds of them all joined together. When the larvae are ready to pupate at this time of year, they will march single file down the tree to the ground where they disperse looking for somewhere to continue their life cycle, often burrowing just below the surface.

The barbed hairs on their bodies are often fatal to dogs who either decide to eat one of the insects or sniff the hairs which can also be propelled by the caterpillar in an attempt to protect itself. The hairs or bristles contain a type of protein called Thaumetopoein which can in minor cases cause skin irritation or a rash much like that experienced after rubbing a stinging nettle. An antihistamine cream will usually be enough to alleviate the symptoms. In more severe cases, humans can experience allergic reactions or respiratory problems. Asthmatics are particularly vulnerable and at risk of having a severe attack.

If you walk your dog in wooded areas, it is advisable to keep them on a tight lead at all times to make sure they don't come into contact with the insects.

What to Do if You Find a Nest

If you do find a nest do not touch it! Contact the local authorities or specialists straight away so they can remove it safely. Even if the nest is empty, the hairs from the caterpillars may still be present so still pose a danger to health. If the nests are not removed by a professional the hairs may become airborne causing further issues. Make sure your neighbours are aware of the danger, especially those who may have young children, dogs or other pets.

What to Do if Your Pet Comes Into Contact With Them

If a dog or other pet comes into contact with processionary caterpillars, they may have small white spots around their mouth or on their tongue.

As the rash develops, this can lead to drooling and may cause your pet to become distressed. The tongue may also swell and lead to vomiting and potential suffocation. If you believe your pet has come into contact with them, you should wash their mouth with warm water. It is advisable to wear gloves so you also do not get infected. It is then essential that you take them to a vet immediately. Do not delay!

The vet will most likely administer a fast-acting cortisone injection to reduce the swelling and irritation. They may be kept overnight for observation.



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80s Movies

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AIRPLANE

AMADEUS

BATMAN

BIG

BODY HEAT

COCOON

DAS BOOT

DIE HARD

DINER

FRANCES

GANDHI

GLORY

GOONIES

GREMLINS

PLATOON

PREDATOR

RAIN MAN

RAN

REDS

SCARFACE

SILKWOOD

SPLASH

STRIPES

TAPS

TOOTSIE

TOP GUN

TRON

WARGAMES

WITNESS

YENTL





Determining and proving domicile

Domicile is an important issue for British expatriates. You remain liable to UK inheritance tax on your worldwide assets for as long as you are domiciled in the UK. While it can be possible to change your domicile, it depends on your circumstances and intentions and should be a carefully considered and planned process.

The basic rule is that a person is domiciled in the country in which they have their home permanently or indefinitely – the country you regard as your homeland, 'the place where you intend to die'.
You can live in Spain for years and remain domiciled in the UK.

Domicile and inheritance tax

Whether or not your estate will be assessed for UK inheritance tax (IHT) depends on your domicile status (not tax residence).

Anyone deemed UK-domiciled is liable to 40% inheritance tax on their worldwide assets. Each individual has a £325,000 nil rate band plus a £175,000 'family home allowance' if they meet certain conditions. Any balance not used when the first spouse/civil partner dies can be passed to the survivor.

Assets inherited by one spouse/partner from another are generally not liable for IHT – but, if one of you is a non-UK domicile, there may be some inheritance tax to pay so take personalised advice.

UK situated assets are always liable to IHT regardless of domicile.

**By Kelman Chambers,
Partner,
Blevins Franks**

Types of domicile

Domicile of origin – UK common law ascribes a domicile of origin to every individual at birth. Generally the father's domicile, or the mother's if single (not necessarily your country of birth).

Domicile of dependence – applies to women married before 1974, minors and other legal dependents.

Domicile of choice – As the HM Revenue & Customs RDRM22010 explains, "any individual who has legal capacity can acquire a domicile of choice".

Acquiring a domicile of choice

To acquire a domicile of choice you must be physically present and tax resident in your new country and intend to live there permanently or indefinitely.

Since HMRC could look for indications you see Britain as your homeland and may return in future, you need to sever as many ties as possible. Electing for UK succession law to apply over Spanish succession rules could also be a tipping point combined with other UK ties.

Even if you take all the steps to adopt a domicile of choice

How much UK inheritance tax will your family pay?

You can live in Spain for many years and still be liable for UK inheritance tax (IHT) on your worldwide estate since it is determined by your domicile, not residence. The main IHT allowance has been frozen since 2009 and not increased with inflation and house prices, and both this and the residential nil rate band will remain unchanged till 2028.

More families are getting caught in the IHT net and losing more of their inheritance to tax. Blevins Franks specialises in determining domicile – which is not as hard a tie to break as many people think – and strategic inheritance tax planning. Protect your family, get in touch with your local office today.

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outside UK, it can take up to four years to shed a UK domicile for inheritance tax purposes. HMRC may treat you as UK-domiciled if you:

1. were UK resident for 15 of the last 20 tax years
2. return to Britain for over a year (if UK is your domicile of origin and place of birth)
3. move to a third country – until you can demonstrate you have established a new domicile of choice.

Proving domicile

Domicile determination is a highly specialist area; you need professional advice to ensure you get it right. If you believe you have shaken off your UK domicile but HMRC determine otherwise, your heirs will face an unexpected tax bill.

Here are examples of types of information HMRC could request during a domicile enquiry:

- Date, place and nationality at birth, parents' names and marital status, details of siblings.
- Marriages/civil partnerships details, divorce, long-term cohabitation, children's details (names, dates of birth, nationalities, education, current locations etc).
- List of Information regarding exercise of political rights in any territory; memberships of professional bodies, clubs, associations etc; details of religious, cultural and social connections.
- Ability to speak, read and write the relevant languages.
- Details of wills and the law governed by and any deeds and declarations, location of personal papers and items of financial or sentimental value.
- Summary of professional and personal advisers.

You will need documentary evidence, eg, birth certificates, insurance policies, wills. Perhaps personal correspondence, photos, electronic records etc relating to your background, lifestyle and intentions. Remember it may be your heirs and/or executor who have to prove to HMRC that your estate should not be liable to UK inheritance tax, so leave all the paperwork in order for them.

Domicile and estate planning

Professional, specialist advice specific to your circumstances and intentions is essential here, if you want to avoid leaving your heirs any unexpected tax bills and headaches.

Whether or not you have UK domicile status, there are tax planning arrangements available to reduce your liabilities to inheritance and other taxes

. An expert in this area will help you establish your domicile status, how inheritance tax interacts with Spanish succession tax, and what steps you can take to minimise unnecessary taxes for your heirs.

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

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at www.blevinsfranks.com



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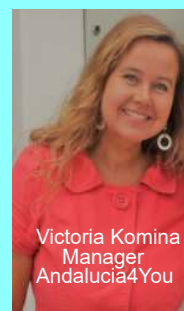


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**ARIES:-****(March 21 - April 19)**

If someone tells you something that is obviously not true don't let them know you have seen through their deceit. Allow them to incriminate themselves further so that when you do eventually reveal you know they are lying they are in no position to deny it.

Luckiest day:- Tuesday**TAURUS:-****(April 21 - May 21)**

You may not be the sort to suffer fools gladly but if you are smart you will let someone natter on without giving any indication that you don't believe a word they say. You have more important things to focus on, so don't waste time making a scene.

Luckiest day:- Sunday**GEMINI:-****(May 21 to June 20)**

You will need to be ruthless with a friend or colleague today, because if you let them get away with making a silly mistake or, worse, a succession of silly mistakes, it will reflect as badly on you as it does on them. Protect your reputation.

Luckiest day:- Thursday**CANCER:-****(June 21 - July 22)**

Don't worry if you have to go it alone today because you have nothing to fear and everything to gain. That is not, of course, an invitation to behave recklessly but you do need to be a bit more assertive and you don't need others holding you back.

Luckiest day:- Sunday**LEO:-****(July 23 to August 22)**

It's not like you to be cautious but if your sixth sense tells you to move at a slower pace today you must listen to it. You've survived a lot of close calls of late but even a Leo's luck is not unlimited, so play safe for a bit.

Luckiest day:- Monday**VIRGO:-****(August 23 - Sept. 22)**

Whatever challenging situation you are faced with today you must seize the initiative and take control of it quickly. If you allow other people to lead the way it's more than likely you will end up some place you don't want to go.

Luckiest day:- Monday**LIBRA:-****(Sept. 24 - October 23)**

As a Libra you know that no one is either completely good or completely bad and if you keep that fact in mind today you should be able to stay calm in the face of a trying situation. Don't take what a friend says in anger too seriously.

Luckiest day:- Saturday**SCORPIO:-****(Oct. 23 - Nov. 22)**

Something that is worth having will replace something that is no longer of much value today, so be happy that you are trading up and don't try to hold on to both. As exchanges go it's a good one – you will gain much more than you lose.

Luckiest day:- Friday**SAGITTARIUS:-****(Nov.23 -Dec. 21)**

Other people may doubt your capabilities but you have total confidence in yourself and that self-belief will see you through a trying situation, or two, between now and the weekend. Whatever life throws at you just pick it up and throw it back!

Luckiest day:- Wednesday**CAPRICORN:-****(Dec.22 - Jan.20)**

At some point today you will need to do something that rocks the boat a bit. On the work front, especially, some of your colleagues appear to have got stuck in a rut and you must make it your business to pull them out of it.

Luckiest day:- Friday**AQUARIUS:-****(Jan 21 - Feb. 18)**

If someone owes you a favour this would be a good time to give them a nudge and remind them of that fact. The longer you leave it the less likely it is they will remember to repay you for the efforts you made on their behalf.

Luckiest day:- Tuesday**PISCES:-****(Feb.19 - March 20)**

If a colleague presses you to sign up to something that you are not entirely sure is a good idea you must resist. You'll know when Mercury moves into your sign, whether it's right for you, so don't let them rush you.

Luckiest day:- Monday

Horoscopes.

by Kristian Marconi

THE DRUMMONDS AND THEIR ROYAL CONNECTION

I was interested to read Part One of Dupes and Duplicity in the January issue of Streetwise; not because I'm interested in the 18th century's greatest femme fatal, but because Drummond's bank is mentioned. At the time I just happened to have a friend staying with me who is descended from the Drummonds. She laughed when she read that Henry Drummond had refused to give a loan. None of her family members could ever get a loan from Drummond's bank! Drummond's bank was founded in 1717 and was used by King George III after he was displeased with Coutts bank for bankrolling the Prince of Wales from his own personal account. Drummond's bank honored his wishes but when he died, the Prince of Wales moved his account back to Coutts. Queen Elizabeth the Queen Mother banked with Drummond's bank until it was bought by the Royal Bank of Scotland.

The Drummonds have an interesting history because it was a Drummond who married the grand-daughter of an illegitimate son of King Charles II and his mistress Nell Gwyn. This son, called Charles after his father, was born in May 1670 but was not given the surname FitzRoy, usually given to the illegitimate children of the King. Nell Gwyn wanted her children to be elevated to a peerage and by 1676 Charles had become the Earl of Burford and Baron Heddington. A month later Charles and his younger brother James were given the surname Beauclerk and granted their own Coat of Arms.

In 1683 Charles Beauclerk was elevated to a peerage, given the title Duke of St. Albans, and moved into the palace to begin his life as a courtier. He enjoyed a generous allowance from his father of £1500 a year, increasing with each title and honour bestowed upon him. Just before Charles II died he was granted the office of the Master of the King's Hawks and Grand Falconer of England, with an additional income of

£1500 a year, a nod to his mother's love of hawking. These titles are still held by the Duke of St. Albans today. At a young age Charles identified as the son of the King and often travelled with his father. His brother James was more of a mother's boy, had health problems, and died at the age of eight.

When Charles was seventeen he travelled abroad to supposedly become a Catholic, in accordance with James II's wishes, but instead he went to the Dutch Republic to support William of Orange's claim to the English throne. After this his military career took off in the imperial army and he served under William III in Flanders. He remained popular with William III and in 1695 was granted a pension of £2000 a year from the Crown. His Whig sentiments prevented an advancement under Queen Anne, but he was restored to favour at the accession of George I who made him a Knight of the Garter.

In 1694 he married the celebrated beauty and heiress, Diana de Vere, daughter of the 20th Earl of Oxford, a noble family going back 150 years. They had nine sons and three daughters, and it was the daughter of their son William who married a Drummond. Charles Beauclerk died in 1726 and was buried in Westminster Abbey.

Charlotte, daughter of William Beauclerk, married John Drummond, the son of Andrew Drummond who founded Drummond's bank. They had two sons, George and John, and it is from this side of the family that my friend is descended. On a copy of the family tree, easily accessed via Google, only my friend's brother is shown. His claim to fame is that his illegitimate son is married to Claudia Scheffer! History repeating itself?

**Compiled by Marilyn Barry, a writer who lives in Nerja.
Her books are available on Amazon and at Smiffs.**

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Easter Bread

Serves:- 10 to 12

Ingredients:-

1/4 c. warm water (about 110°)
 1 tbsp. active dry yeast (from 2 1/4-oz. packets)
 3/4 c. warm milk (about 110°)
 1/2 c. granulated sugar
 6 tbsp. unsalted butter, melted
 3 large eggs, divided
 4 1/2 c. all-purpose flour, plus more for the surface
 2 1/2 tsp. salt
 Nonstick cooking spray
 4 dyed uncooked eggs, at room temperature (optional)
 1 c. powdered sugar
 2 tbsp. whole milk
 Rainbow sprinkles, for garnish (optional)

Preparation:-

Stir together the water and the yeast in a small bowl. Let the mixture stand until it is foamy, about 5 minutes. Combine the yeast mixture, milk, sugar, butter, and 2 of the eggs, beaten, in the bowl of a stand mixer fitted with a

dough hook. Beat on medium-low speed until combined, about 30 seconds. Add the flour and salt and mix with a spatula until a shaggy dough forms. Return the bowl to the mixer; increase the speed to medium and beat until the dough is smooth, elastic and tacky, about 5 minutes. Transfer the dough to a large bowl lightly greased with non stick cooking spray. Cover the bowl with plastic wrap and let the dough rise at warm room temperature until the dough is doubled in size, 1 to 1 1/2 hours.

Turn the dough out onto a lightly floured surface and divide it into 3 equal portions (about 12 ounces each). Roll each of the portions into an 18 to 20 inch long rope. Braid the ropes together, pinching the ends to seal and tucking them underneath. Transfer the braid to a parchment-lined baking sheet. If desired, tuck dyed eggs into the braid, spacing them evenly apart. Cover the loaf loosely with plastic wrap and let it rise at warm room temperature until it has puffed, 30 to 45 minutes.

During the last 30 minutes of proofing, preheat the oven to 350°. Uncover the loaf and brush it lightly with the remaining beaten egg. Bake the loaf until it is golden brown, 28 to 32 minutes. Slide the loaf and the parchment paper onto a wire rack to cool completely, about 1 1/2 hours.

Whisk together the powdered sugar and the milk until smooth in a medium bowl. (Add a touch more milk, if needed). Drizzle the glaze over the cooled loaf and decorate with sprinkles, if you like.



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Whipped Deviled Eggs with Dill

Serves:- 8 to 10

Ingredients:-

10 large eggs
 6 tbsp. heavy cream
 1 heaping tablespoon dijon mustard
 1 tsp. white vinegar
 Kosher salt and black pepper, to taste
 1 tbsp. finely chopped dill, plus small sprigs for topping

Preparation:-

Fill a large pot halfway with water, then bring the water to a boil. Use a slotted spoon to gently lower the eggs into the boiling water. Cover the pot, reduce the heat and let the eggs simmer for 10 minutes. Remove the eggs from the water and run under cold water until completely cooled.

Peel the eggs and slice in half lengthwise. Scoop out the yolks into the bowl of an electric mixer. Add the heavy cream, mustard and vinegar and season with salt and pepper. Whip the mixture together until light and fluffy, scraping the sides once halfway through. Fold in the dill. Scrape the mixture into a resealable plastic bag or piping bag and snip off a corner. Pipe into each egg white half. Top with dill sprigs.



Deviled Eggs

Hot Cross Buns

Serves:- 18

Ingredients:-

(For the buns)

2 c. whole milk

1/2 c. canola oil

1/2 c. sugar

1 package (2 1/4 teaspoons) active dry yeast

4 1/2 c. all-purpose flour

1/2 tsp. (heaping) baking powder

1/2 tsp. (scant) baking soda

2 tsp. salt

1/4 c. sugar

1 tsp. cinnamon

Spices: Cardamom, nutmeg, allspice (optional)

1/2 c. raisins

Cooking spray

1 egg white

Splash of milk

(For the icing)

1 egg white

Powdered sugar

Splash of milk

Preparation:-

For the buns: Combine 2 cups milk, canola oil, and 1/2 cup sugar in a saucepan. Stir and heat until very warm but not boiling. Turn off the heat and allow to cool until mixture is still warm, but not hot, about 30 minutes. Sprinkle the yeast over the milk mixture. Add 4 cups of flour and stir to combine. The mixture will be very sticky. Cover with a towel and set aside for 1 hour. Add the remaining 1/2 cup flour, baking powder, baking soda, and salt. Fold together to combine. At this point, you can cover tightly and store the dough in the fridge overnight or continue on with making the buns. Combine 1/4 cup sugar with the cinnamon and whatever other spices you want to use.

On a lightly floured surface, stretch and press the dough to slightly flatten. Sprinkle with a couple of tablespoons of the

sugar/cinnamon mixture. Sprinkle on about a third of the raisins. Then fold the dough over on itself and flatten so the dough is "plain" again. Repeat the sugar/raisin process, then fold and flatten the dough again. Repeat a third time until all the raisins are used. (You won't use all the sugar/cinnamon mixture.) Fold the dough one last time.

Pinch off golf ball-sized bunches of dough. With floured hands, quickly roll the dough into a ball, then turn the edges under themselves slightly. Place on a lightly greased cookie sheet. Cover and allow to rise in a warm place for at least 30 minutes...an hour-plus is better.

Preheat the oven to 400°. Mix 1 egg white with a splash of milk. Brush onto each roll. Bake for 20 minutes, give or take, or until tops of buns have turned nice and golden brown. Remove from the pan and allow to cool on a cooling rack.

For the icing: Mix 1 egg white with enough powdered sugar for the icing to be very thick. Add a splash of milk, as needed, for consistency. When the rolls are completely cooled, add the icing to a small plastic bag and snip the corner. Make a cross on each roll with the icing. Happy Easter!



Hot Cross Buns

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healthwise

Acupuncture for Anxiety and Nervous States



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One of the most common affections of our time is anxiety, together with the symptoms that frequently accompanies, which are:

- Palpitations, nervousness, insomnia
- Feeling of fear or panic,
- Anxiety due to compulsive eating or smoking
- Bruxism, excessive hair loss, nervous psoriasis...

Regularly suffering from any of the above symptoms is frustrating and exhausting; generating tension both physically and mentally. If this is the case, acupuncture can be of great help.

How does acupuncture for anxiety work?

Anxiety and stress are the body's responses to an uncomfortable, harmful,

physically and/or emotionally harmful situation that has been maintained for a long period of time without being resolved. This situation, sustained over time, is capable of exhausting the strongest person, and the body's natural way of encouraging change is expressed through pictures of stress, anxiety, insomnia, anguish, panic,...

Acupuncture allows a reflex effect, through certain points located along the meridians of the body, helping to regulate those organic, nervous or hormonal functions that, due to tension, stress, emotions, rhythm of life, etc.

They are unbalanced and cause the symptoms detailed above.

The European Foundation for Traditional Chinese Medicine, among other sources, relates the good results obtained because acupuncture acts on the limbic system. Which is the part of our brain responsible for regulating the physiological and emotional responses of our body.

Frequently asked questions:

Benefits of acupuncture for anxiety. Improved rest and sleep quality, and with it the general state of mind. Suffering fewer moments of suffocation or sudden tachycardia, reducing phobias and compulsive actions (anxiety to eat), tension pain and neuralgia, especially those caused by bruxism. How many acupuncture sessions are necessary for anxiety?

From the first sessions you can see a significant reduction in the nervous state; and the usual thing is that after 5 sessions a considerable improvement is noted in the rest of the associated symptoms. Similarly, the precise number of sessions varies depending on the person and how long they have been suffering from anxiety.

How often should I do acupuncture? The first 3/4 sessions it is advisable to do them weekly. Once these have been

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	CLASES INDIVIDUALES
	PILATES 10.30H		PILATES 10.30H	CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP - 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSIÓN 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		
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completed, the second block can be proposed on a fortnightly or monthly basis. Although, depending on the case, it is possible to increase the effect of the treatment in consultation with complementary techniques such as auriculotherapy, phytotherapy or relaxation, extending the space between sessions.

Does acupuncture work for anxiety about eating?

As we indicated previously, acupuncture is ideal to help in states of restlessness, which each person expresses in a different way, from generalized anxiety and nervousness, to insomnia or anxiety about eating or smoking.

How is the acupuncture treatment for anxiety?

The goal of our therapists is always to seek increased well-being from the first visit. Therefore, during the first part of the session, the acupuncturist will collect the necessary information through a short interview, listening and observing the person.

With the above information you will be able to evaluate and propose the first treatment in consultation (second part of the session), always painless and aimed at seeing the person's response to acupuncture stimuli.

To end the session, he will listen to how the person has felt, and explain her point of view; proposing a possible treatment, or directing her towards other therapeutic lines, if she considers that they could be more effective.

As a curiosity, let us show you how acupuncture can help you, what is the traditional explanation of Traditional Chinese Medicine for anxiety and give you some examples of its causes according to the "philosophy and through the traditional language" of TCM:

1. Disharmony between Heart and Kidney.

The kidney is not in harmony with the heart and liver. In a first phase, it will manifest with oppression and a sensation of fullness in the chest, pain in the heart area, tachycardia, confused mind, red eyes, heaviness in the head. If you do not intervene, you enter the second phase, characterized by diffuse bone pain, psychological exhaustion, frigidity or impotence, loss of sexual desire, heavy legs and swollen ankles. The two phases can occur at the same time. The kidneys should be toned and the disharmony between the heart and liver calmed down: with acupuncture, moxibustion and phytotherapy.

2. Lung Insufficiency.

Withdrawn people are the most prone to this type of anxiety. The symptoms are: physical fatigue, feeling of emptiness, weak breathing and voice, facial paleness, brittle hair, frequent colds, sadness. There are also signs of excess in the liver, which the lungs could not contain: muscle contractions, sudden rages and dizziness. Chinese herbal medicine, acupuncture and moxa are effective remedies to treat it.

3. Hepatic spillover.

Bellicose, aggressive, bold and courageous temperaments are the expression of liver strength. However, discontent, irritation and anger, experienced for a long time, harm it, and anxiety is characterized by a state of general nervous tension, irritability, insomnia, intermittent headaches, flushed face, ringing in the ears, arterial hypertension. Chinese medicine is useful to calm the liver, it should be treated with medicinal plants, acupuncture, moxa and massage.

4. Spleen and Stomach Insufficiency.

The stomach receives and breaks down food; the spleen directs its transformation and distribution. This type of anxiety is due to excessive worry, incessant mental brooding, diets too high in fat or raw vegetables. The symptoms also manifest deficiencies in many other organs: anguish due to kidney failure, amnesia due to heart failure, depression and irritability due to liver failure, loss of appetite, fatigue and a swollen belly after eating. The therapeutic principle is to strengthen the spleen and stomach.

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healthwise

Walking for good health

Part 1



Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health.

If you can't manage 30 minutes a day, remember even short walks more frequently can be beneficial. Walking with others can turn exercise into an enjoyable social occasion.

About walking

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training. Physical activity does not have to be vigorous or done for long periods in order to improve your health.

Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about the risks associated with some more vigorous forms of exercise.

Walking is also a great form of physical activity for people who are overweight, elderly, or who haven't exercised in a long time. Walking for fun and fitness isn't limited to strolling by yourself around local neighbourhood streets. There are various clubs, venues and strategies you can use to make walking an enjoyable and social part of your lifestyle.

Health benefits of walking

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:-

1. Increased cardiovascular and pulmonary (heart and lung) fitness.
2. Reduced risk of heart disease and stroke.
3. Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
4. Stronger bones and improved balance.
5. Increased muscle strength and endurance.
6. Reduced body fat.

Walk for 30 minutes a day

To get the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week. 'Brisk' means you can still talk but not sing, and you may be puffing

slightly. Moderate activities such as walking pose little health risk but if you have a medical condition, check with your doctor before starting any new exercise program of physical activity.

“Tobacco, tobacco. Sing sweetly for tobacco. Tobacco is like love”

Clinica Santa Cecilia

Those words, from a 16th century song, kept repeating in my head recently as I conducted medical revisions on Spanish construction workers. Considering the historical connection Spain has with tobacco - after all, it brought tobacco to Europe 500 years ago and the first cigarette factory was opened in Sevilla in 1620.

I should not have been surprised that 70% of my construction worker patients smoked. Still, no matter how deeply ingrained tobacco is in Spanish history, culture and habits, it was my

responsibility to challenge their smoking addiction.

So, what can I tell a smoker that can help them quit? With giant black letters marking each pack of cigarettes with phrases like “Smoking Kills”, they already get the point that smoking is bad for them. So, why don't they quit?

Because smoking makes them feel good. Make that really, really good.

Within eight seconds, after a drag off a cigarette, nicotine starts a chemical cascade of neurotransmitters— brain chemicals – that flood over the brain's pleasure centres. The brain starts working better with nicotine; improving memory, concentration, reaction time. Nicotine works to convince the brain that it is as needed for survival as food, sex and water, which explains why it is a very powerfully addictive substance.

So, how can a smoker quit? While making the decision to stop smoking is important, don't rely on willpower alone. There are several evidence-based options out there to make quitting a lot easier.

Nicotine replacements, such as gums, lozenges or patches, work well for many people and are safe. It is the burnt carcinogens in tobacco that are harmful not the nicotine. Using two different types of nicotine



replacements, like a patch and the gum, at the same time can work better for some people than using only one.

There are new pharmacological treatments like bupropion, which changes the way your body responds to nicotine, and varenicline, which bonds to the nicotine receptors in your brain thus reducing your cravings for a cigarette. Combining some good behaviour therapy to help unlearn the habits and rituals that go along with smoking will increase chances for success.

Counselling really helps to cope without nicotine and to learn to recognise the cues that provoke that cigarette urge. While current smoking restrictions protect non smokers from second hand

smoke, these restriction have turned smokers into a new type of “social pariah”. My construction worker patients told me that they started smoking when they were teenagers. They could not have possibly known that their brains would get rewired in a way that would make them lifetime slaves to the habit. These patients need sympathy and understanding that smoking is something extremely hard to give up. Fortunately, there are these new treatments and medications to give them the support they need.

If you want to stop smoking, work with your physician to come up with a tailor made plan for you.

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Wake up call!

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- You sleep better, are more energetic and get up easier in the morning



- Your muscles get stronger, your bones get a better density and your skin will look better
- It regulates your blood pressure and lower your cholesterol

All the above lead to a happier, healthier, longer life in which you are more productive, sexier and wanting to explore more. So yes, exercise will drastically improve your life!

So what are you waiting for? Pick an activity you like and go for it!

I wish you and yours a healthy and happy 2023!!

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Build physical activity into your life

If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) 3 times per day and gradually build up to longer sessions. If your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves. Physical activity built into a daily lifestyle plan is also one of the most effective ways to assist with weight loss and keep weight off once it's lost.

Some suggestions to build walking into your daily routine include:-

1. Take the stairs instead of the lift (for at least part of the way).
2. Get off public transport one stop earlier and walk to work or home.
3. Walk (don't drive) to the local shops.
4. Walk the dog (or your neighbour's dog).

Make walking part of your routine

Try to make walking a routine – for example, try to walk at the same time each day.

Remember, you use the same amount of energy no matter what time of day you walk, so do what is most convenient for you.

You may find that asking someone to walk with you will help make it a regular activity. Some people find that keeping an activity diary or log also makes it easier.

Wear a pedometer while walking

A pedometer measures the number of steps you take. You can measure your movement throughout a day and compare it to other days or recommended amounts. This may motivate you to move more. The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.

A comfortable intensity for walking

For most people, there is little difference in the amount of energy used by walking a kilometre or running a kilometre – it's just that walking takes longer. Plan to cover a set distance each day and monitor how long it takes you to walk this distance. As your fitness improves, you will be able to walk a longer distance and use more energy. Walking fast burns more kilojoules per hour than walking slowly, but this doesn't mean you have to push yourself until you're breathless. Instead, pace yourself so that you can still talk. This simple rule of thumb means that you walk safely within your target heart rate, which brings about health gains.

Our bodies tend to get used to physical activity, so continue to increase your intensity as you improve your fitness levels. You can increase the intensity of your walks by:-

1. walking up hills.
2. walking with hand weights.
3. increasing your walking speed gradually by including some quick walking.
4. increasing the distance you walk quickly before returning to a moderate walking pace.
5. walking for longer.





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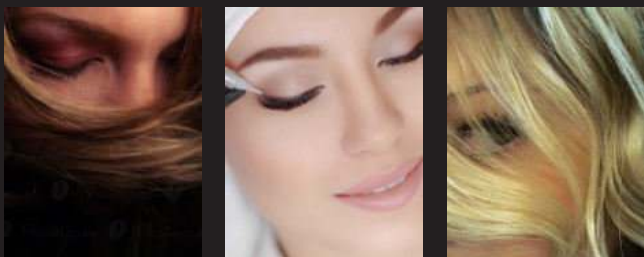
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Non surgical facelifts



If you are given a chance to look way younger and smoother without surgery, would you grab it? This is perhaps one of the most sought dreams of so many men and women across the globe. The concept of enhancing one's beauty without going through pain seems to be too good to be true and even too magical! Gladly, this is no longer "just" a dream with the coming of the advanced beautification procedure, the High Intensity Focused Ultrasound or also commonly known as the HIFU treatment.

The HIFU treatment is a non-surgical facelift that primarily rejuvenates your skin. This leads to a very fresh and natural-looking skin appearance. As an anti-aging treatment, this treatment uses advanced ultrasound technology to reach the deep layer of skin. Because of this, the natural production of collagen is boosted, fats are dissolved, skin is tightened, and restored skin elasticity. Most of the clients would target their browbone, eyes, and jawline areas of the face. Aside from that, the HIFU treatment can also be used in other parts of the body, such as the stomach, waist, and even the underarms!

Is it effective?

Yes, indeed! The HIFU treatment is known across the globe for its favorable effects. Clients seriously love it because they really see the effect without going through the painful surgery. They get to achieve the enhanced beauty that they desire without the need to go through rigorous procedures. A smooth, firm, and younger-looking skin is easily achieved.

Possible side effects?

Nah! The HIFY treatment lasts for only thirty painless minutes. After that, the client can right away proceed to his/her daily routines or

activities. Definitely no downtime! This is perhaps the reason why it is also labeled as the "lunchtime facelift" by a lot of people.

Is there an age restriction?

Nah! This treatment can be availed by anyone. Most of the clients are in their middle twenties upward. So long as one feels that his/her skin elasticity needs some TLC (tender loving care), then the treatment can work its wonders.

Can I have it along with other rejuvenation treatments?

Suppose you plan to have dermal fillers or wrinkle relaxing injections; no need to worry because the HIFU treatment works well with this treatment. It additionally enhances the effects and further helps in stimulating the natural production of skin collagen. There are no known adverse effects as to its interaction with other rejuvenating services.



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Strawberry Banana Mango Lava Flow Smoothie

Ingredients:-

4-5 large strawberries
stemmed and cored
½ cup (120 mL) full-fat or
low-fat coconut milk
½ cup (115 g) greek yogurt
1½ bananas
½ ripe mango
½ pure teaspoon vanilla
extract



Preparation:-

Make the Strawberry Puree: Place the strawberries in a blender. Puree until smooth. Pour the strawberry puree into the bottom of a wide-rimmed glass (or divide between two glasses, if serving two).

Make the Smoothie: Rinse the blender with water. Place the remaining smoothie ingredients in the blender, in the order listed above, and puree until smooth.

Pour the smoothie gently on top of the strawberry puree to fill the glass. Serve immediately.

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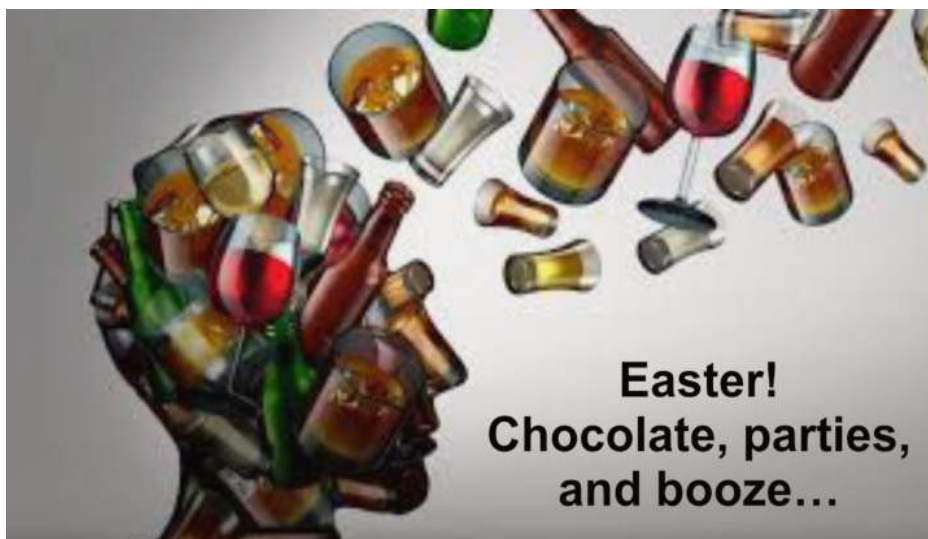
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Easter! Chocolate, parties, and booze...



Easter is here and the yearly influx of visitors and guests has begun. Plus, Spring has most definitely arrived on the Costa del Sol. Meaning plenty of blue skies and warm weather, perfect for family get-togethers, barbecues on the beach, and socialising with neighbours and friends.

What is a happy time for most, can instil dread in others. Whilst the children are busy hunting chocolate eggs, the adults can get stuck into the booze. Or is that just you? Do you find every social event is an excuse for a drink? Does it feel like all celebrations end with a hangover? Maybe you have humiliated yourself, or your partner with your drunken behaviour, possibly more than once. Perhaps this has stopped you seeing friends completely, deciding it is just easier to sit at home and drink alone. It feels like there are less people to offend there, and no-one is commenting on how much, or how often you are drinking.

Does any of this ring a bell with you? Can you see yourself in this picture? Has your drinking become an issue for you, or those around you? Is your life, and your drinking, out of control and unmanageable? Are you feeling isolated and lonely because of your alcohol use? You are not alone. Millions of people worldwide have admitted defeat in their quest to try and control, or manage, their problem drinking. They found a solution that works; Alcoholics Anonymous (AA) - a 12 Step, peer-support fellowship group.

Here two members of AA talk about how their drinking led them to ask for help.

"My name is Ava. I was a binge drinker. I always knew there was a problem with the way I drank, other people didn't hide their drinking. I did. Other people could stop once they started, I couldn't. I was in denial. I was able to give up alcohol for short periods of time, so I kidded myself, that I was in control.

There was no single occasion that I would count as my rock bottom. It was more a feeling of being totally broken and hating myself. I was sick to death of the lies. I had no self-respect. The unmanageability of my life was getting worse, I knew I needed help.

I went along to my first meeting. Everyone was bright-eyed and they were laughing, I wanted some of what they had. Then the sharing started, it was so honest, so

open....and listening I knew I was amongst people who understood me."

"My name is Terry. My drinking really took off in my late 20s, when I partied constantly. I was aware of the quantities I was drinking; but I didn't understand what the consequences would be, or how fast my alcoholism was developing.

I couldn't accept the feelings I was experiencing; my self-worth was low; and my dignity was damaged. I would wake most mornings and try to piece together what had happened the night before, call friends to fill in the gaps, and try and laugh it off. But really, I was heading down a very dangerous path.

I called the AA helpline and there was a calmly spoken gentleman on the other end. He told me he would take me along to a meeting of AA, which he did.

All I really remember from that first meeting (I was so hungover and ill), is introducing myself and having people help me. I spoke (which was hard as my voice was shaking) and I asked for help. I was so overwhelmed with the kindness given to me and the complete lack of judgement.

To anyone struggling, it is up to you to decide your path. I can wholeheartedly recommend AA. Try a few meetings. It worked for me; it really did give me my life back."

Are the consequences of your alcohol use getting too much? Is alcohol costing you more than money? If you are ready to stop drinking, or want support to help you try, then don't wait until it gets any worse, get in touch.

There are meetings of Alcoholics Anonymous, with friendly people who 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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Saturday	Competa
Sunday	Nerja (car boot), Torre del Mar, Veléz Málaga

What's On information is published FREE!

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

Contact details are on page 6

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

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

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

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

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

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

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

The Anglican Church of St. George, Málaga

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

Veléz Málaga, Holy Communion or Morning Prayer.

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

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

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

www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

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

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658



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NEWS & What's ON



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

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

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

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

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

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

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

Want to join a choir?

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

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



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them.

A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{ra}, (Jardines Viña

Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail:

luxmundi@lux-mundi.org

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

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00. Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00 to 13.00.

Every Thursday - Spanglish. General conversation between Spanish and English friends. Time 16.30 **Every Friday** - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 11.00 to 13.00.

The Centre will be closed for Easter except for a Church Service on Thursday 6th and Friday 7th April.

Friday 7th April - An Hour in front of the Cross. St Barnabas IERE (Anglican) Torre del Mar. Time 11.00.

Tuesday 25th April - Talk on "The Forbidden City of Beijing Correlation on Traditional Medicine and the human being" by Stuart Lightbody.

Time 11.00 to 12.30.

Ticket price 4 Euros with a Friends card 5 Euros without, this includes tea or coffee and homemade cakes.

Proceeds for fundraising.

Thursday 27th April - Excursion to Quarryat Dillar Olive oil factory & Granada.

Please come and join us on an informative and fun day out. We

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will make a 30-minute stop for a coffee along the way, arriving at the family owned Quaryat Dillar Olive oil factory which is at the foot of the Sierra Nevada's at approximately 10.00. Here there will be a guided visit and a comprehensive explanation of the complete process of olive oil production in English. This will be followed by a tasting of their award winning olive oils. After the visit we will take the short journey to Granada where there will be free time to have lunch, visit the cathedral, etc. We will leave Granada at 18:00 for the return trip.

Tickets available at the Centre price 38 euros with a friends card and 40 euros without a card. Proceeds for fundraising. Departure times Torre del Mar (Bus station) 07.45, Caleta (Opposite the Vets) 07.55, Algarrobo (Lidl) 08.00.

Friday 28th April - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

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



POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
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Your unwanted things always
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Anything you think will still be of
use to other people.

Opening hours:-
Monday to Saturday
10a.m. till 2.30p.m.



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after

20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept

our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected

us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some

new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

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

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

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Nerja Arts Society



Chloe Sayer



Lecture date: April 11th 2023 (18:00). Centro Cultural, Calle Granada, Nerja

Frida Kahlo (1907-1954) and Diego Rivera (1886-1957) have iconic status in Mexico. The Mexican Revolution of 1910 swept away the old regime and banished European influence in the arts. Kahlo and Rivera, in their different ways, helped to shape the cultural identity of twentieth-century Mexico. Together they made Mexico a magnet for the rest of the world.

The Mexican mural movement, born during the 1920s, was destined to produce some of the greatest public art of the last century. Diego Rivera's panoramic images adorn the walls of public buildings, combining social criticism with a faith in human progress. Inspired by early Italian fresco painting, as well as by Aztec and Maya imagery, his intricate visual narratives incorporate allegory and symbolism.

Compared with the monumental scale of Rivera's work, Kahlo's work is small in format. Arguably Mexico's most original painter, she made herself the principal theme of her art. Her paintings reflect her experiences, dreams, hopes and fears.

In 2005 an estimated 340,000 visitors saw her retrospective at Tate Modern. Photographs of Frida were simultaneously exhibited at the National Portrait Gallery under the title Frida Kahlo: Portraits of an Icon. In 2011, the Pallant House Gallery in Chichester hosted an exhibition of their work: Frida Kahlo and Diego Rivera: Masterpieces from the Gelman Collection. In 2018, the Victoria and Albert Museum showed paintings, photographs, and clothing for the exhibition Frida Kahlo: Making Herself Up. The accompanying lecture series was organised by Chloë She also contributed to the exhibition catalogue, which is still on sale.

Diego y yo Frida Kahlo and Diego Rivera were married in 1929. Their turbulent marriage and the turbulent times they lived through are the subject of the film Frida (USA, 2002). They are key figures in The Lacuna, a historical novel published in 2009 by Barbara Kingsolver and currently on the reading list of many UK Book Clubs. (In November 2021 Diego y yo (right) sold for \$35M - an auction record for Latin art.)

About Chloe Sayer

Freelance specialist in the art and culture of Latin America. Has lectured in the UK, Canada, Ireland, Mexico, Australia and New Zealand. Has curated exhibitions, and assisted on TV documentaries for BBC and Channel 4. Has made collections in Mexico and Belize for the British Museum, and is Research Associate in the Department of World Cultures at the Royal Ontario Museum. In 2016 she was awarded the prestigious Ohtli medal by the Mexican government for her long-standing commitment to Mexican culture. Her many publications include Mexican Textiles (British Museum Press, 1990), Arts and Crafts of Mexico (Thames & Hudson, 1990), Focus on Aztecs and Incas (Watts Books, 1995), The Incas - The Ancient World (Wayland, 1998), Textiles from Mexico (British Museum Press, 2002), and Mexico: Clothing and Culture (Royal Ontario Museum, 2015). Has also published articles in travel guides, newspapers and magazines.

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