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Penthouse Nerja

220523NP

Large 3 bedroom apartment with roof terrace in the centre of Nerja. Hallway with double doors opening to a spacious, bright, living room. Far side of the lounge is an enclosed terrace with plenty of sunlight, a great spot to relax and take in the panoramic views of the mountains. 3 large double bedrooms, two with views of the beautiful landscape beyond the building all with fitted wardrobes. A recently reformed family bathroom as well as a separate WC and there is also a large kitchen with utility room. Private section of the roof terrace which is suitable for a chill out zone, barbecue area or outdoor kitchen. It is ideal for a large family or as a holiday home.

Price:- €248.500



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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



Luxury apartment

Edificio Burriana,

CN100423

Completely refurbished apartment on the third floor of Edificio Burriana, located at the end of famous Calle Carabeo in central Nerja. Comprises spacious bedroom with a small walk in closet and private access to the balcony, full bathroom, bright living room with dining space, sofa bed, wall mounted TV and access to the terrace and a brand new open plan kitchen with dishwasher, washing machine, full fridge/freezer, oven, microwave and lots of storage. Outdoor lounge area with kitchenette, sofa, tables and sea view. Electric bbq, sink and tap for al fresco living. Total renovation finished in March 2023 with new floors, electricity, plumbing and digital centralized air conditioning.

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Ideal for families

Urb. Val Paraiso

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A fabulous 2 bed, 2 bath apartment in a great location, with all you need for a self catering holiday. Walking distance to Burriana Beach and town. Private gated lawned garden with terrace. Good sized lounge with tv and internet and comfy seating, new modern kitchen, king size bedroom with fitted wardrobe, twin bedroom with fitted wardrobe, 2 bathrooms with bath and shower over plus a toilet. Two communal pools, 1 ideal for children. Beautiful garden area around pool with natural shade and also fixed parasol shading. Gated community. **Ideal for families.**

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Country Property of the month

Torrox:

Price: €235.000

CP593



Beautiful country property built in 2002 with South/West views. Located 35 minutes from the coast, and a short distance from Cómputa, Archez, Canillas de Albaida and Salares. Driveway with space for several vehicles. Consisting entrance hall, with security door, lounge with an open fireplace, dining room, fully fitted kitchen with a separate utility/pantry area, rear door leading to a covered rear terrace with arches. Two double bedrooms both with built in wardrobes, one bedroom has an additional walk in wardrobe and the other bedroom has an ensuite shower room, recently refurbished. There is also a family bathroom with a bath. Premium brand Kommerling

full security glass double glazing fitted with integrated blinds and fly/mosquito screens throughout. There is full gas central heating installed. The loft space is accessible from the exterior of the property and has insulation installed. Mains electricity and mains water connected. Mature and well maintained garden that feature an open pergola terrace on the SW face of the property, swimming pool and outside shower. Shaded pergola area near the built in BBQ which has a sink with running water. Separate shed/storage room, a gas bottle cupboard for 8 gas bottles, another storage room, central heating, covered carport.



Cómputa:

Price: 545.000€



- Living space: 204m²
- Bedrooms : 6
- Pool: Yes
- Garage : No
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Cómputa

Ref. CP311

Sayalonga:

Price: 1.400.000€



- Living space: 280m²
- Bedrooms : 4
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 4
- Views: Sea views
- Area: Sayalonga

Ref. CP586

Torrox:

Price: 400.000€



- Living space: 80m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Torrox

Ref. TCP202

Torrox Costa:

Price: 450.000€



- Living space: 65m²
- Bedrooms : 2
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Torrox Costa

Ref. TCP215

Canillas de Albaida: Price: 159.000€



- Living space: 97m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Cde Albaida

Ref. TH977

Torrox:

Price: 130.000€



- Living space: 72m²
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Mountain
- Area: Torrox

Ref. TTH579

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2023**

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Beautiful Frigiliana Window

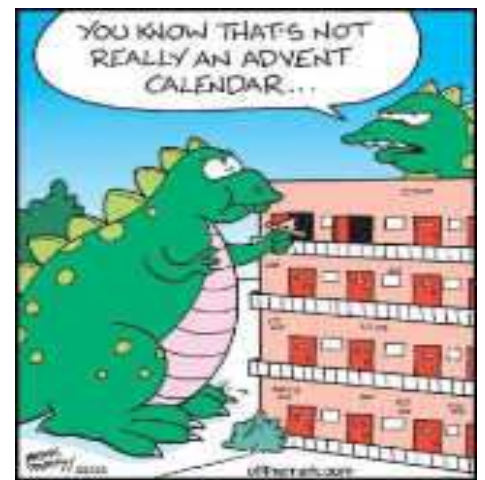
Welcome to Streetwise magazine -

On the 23rd June San Juan is celebrated. You'll see many groups of people congregated on the beaches, to drink, eat and be merry! The bonfires are a great site to see and last well into the early hours.

If you're wanting a change from the beach, you'll find an article about the Frigiliana Plaques, which are well worth visiting. Frigiliana is an inland village just a short drive from Nerja. In this beautiful white washed village you'll find many cafes, bars and restaurants. The local shops offer locally made produce and products. Enjoy our June issue!

Dawn x

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Attic apartment 42m2, comprising twin bedroom, bathroom, equipped kitchen, washing machine, lounge-dining room with cable TV, wifi, a/c, nice sea views and terrace. Communal pools, restaurant, bar, mini-market, laundry, tennis courts and ample garden. Bus service to Nerja and the beach. Open all year round, etc.

Price: €185.000

Ref: NV.SUS



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



Detached house in Nerja, divided into 2 floors: - Ground floor: Fully equipped kitchen, spacious, bright livingroom, w/c and a wonderful terrace. - Top floor: 2 large bedrooms and bathroom. Garage included in the price. The chalet is located in the Noria area, a very well connected area. It is a great opportunity. Excellent value for money.

Price: €195.000

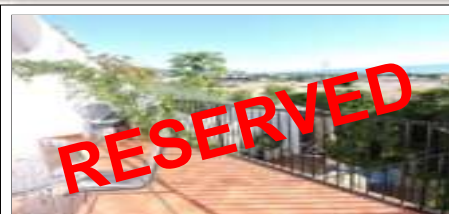
Ref: NV.NOR



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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RBL Masquerade Ball, Nerja



Eddie Bowe, Chairman of the Royal British Legion, Nerja Branch, and wife Kim at their annual Masquerade Ball held this year at the Al Andalus Hotel, Maro. The evening was a great success and raised almost 800 euros. Thank you to everyone who supported this event.

Andalusian dairy farms and Puleva face each other over the price of milk

100,000 litres a day thrown away by farmers rather than sell it to what the company offers, has decided to cut off the negotiation after signing with other cooperatives. Puleva issued a statement that informs, it has finished negotiations after contract signings with two new cooperatives, leaving out the only cooperative that remained to be signed because of a smear campaign against the company and towards their brands. The company did not want to specify which cooperative it was, but refers to Alba Ganaderos, which brings together 97 farms and 14,000 cows. According to José Luis de la Rosa, a member of COAG and partner of Alba, who confirms the problem, their farms supply 90 million litres a year, which is around a third of the milk that the Puleva factory in Granada treats annually.

The National Police detains 14 young people

National Police detain 14 young people who staged a massive fight after meeting on social networks in Malaga. There were 6 minors amongst those arrested, belonging to two gangs from different districts. None of the participants suffered serious injuries. Police sources have explained that they are unaware of the background to the fight between the gangs.

The events occurred during a Friday afternoon in the Teatinos neighbourhood, north of the capital of Malaga at around 6:30p.m.. Several people alerted the 091 National Police room that there was a large group of kids facing off in the Pintor Sandro Botticelli square, popularly known as Fuente de Colores, with sticks and bladed weapons. Several units of the Prevention and Reaction Unit (UPR) moved to the area, managing to break up the fight and locate some of the participants while they were trying to run away. Most were teenagers from the Carretera de Cádiz district, to the west of the city. There are also other residents in the Teatinos area itself. The 14 young people were aged between 14 and 21. All were Spanish except for two who were of Argentine origin.

Five young people hospitalised after fighting

During April five young people aged between 18 and 28 were stabbed at dawn during a fight in the vicinity of a nightclub on Avenida Cánovas del Castillo, near the La Malagueta bullring. All were hospitalized for injuries caused by a knife. One of them was in the Intensive Care Unit (ICU) of the Clinical Hospital.

Boy dies and mother is seriously injured after gas cooker blast in Granada

A six year old boy died on Monday morning, 15th May, after an explosion at the property where he lived in La Chana in Andalucía's Granada province. His 47-year-old mother was seriously injured and admitted to a hospital with burns all over her body. The blast happened at around 3.15am and residents of the apartment block were woken by the explosion that led to a fire. Firefighters, Local Police and National Police evacuated the building and, according to sources, the only victims of the explosion were the child and his mother. The woman's partner was not home at the time of the accident. It is a family of Moroccan origin. Investigators are working to try to locate him and notify him of the incident. The origin of the explosion was the gas cooker and it appeared there were two open burners. The boy got up with his mother to go to the bathroom and, when he turned on the light, the explosion happened. The owner of the property affected by the explosion, said the tenant had an eviction order for 24th May after two lawsuits for non-payment of rent.

Two major pipeline projects that will help guarantee water supply in Malaga given green light

The Junta de Andalucía has awarded contracts for the drawing up of construction plans for two major projects that will help guarantee water supply in Malaga province. Dubbed the 'water highway' would involve some 100km of pipes that would supply water to the Costa del Sol, from Manilva to Torremolinos. The project aims to replace the current issue-plagued pipeline that is five decades old, and boost the connection and transfer capacity with Malaga city and the Axarquía, through to the Campo de Gibraltar.

With another pipeline route design officially started, 142km from the Iznájar reservoir in Cordoba province to the dozen municipalities in the Antequera and Nororma districts that are suffering from water supply problems. The construction of the two major infrastructures is valued at about 200 million euros, although this figure is expected to rise.

Suicide of man in Motril

Man died by suicide only 12 hours after his wife was killed in a car crash near Motril. The well known couple who lived in Playa Granada had been married for 20 years and leave two daughters, aged 12 and 15 years. On the 6th May, Encarni, 39, and her husband, José Manuel, 41, were travelling back to their home in Playa Granada in Motril when they were involved in a car crash. The husband, a Guardia Civil traffic officer based in Malaga, was driving and swerved to avoid an obstacle on the road, causing the car to leave the road and fall three metres. The woman died, despite her husband's efforts to revive her. José Manuel escaped unharmed and returned to Motril, where the couple lived with their two daughters.

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Ref: 6532VI4



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Frontline beach apartment in one of the most demanded sea side urbanisations along the coast. 2 beds, 2 baths, kitchen with laundry room, lounge and 24 m² terrace with spectacular sea views. Secure community with 2 pools.

Price: €430.000

Ref: 5555PDF



TORROX PARK

Lovely ground floor apartment in Montesol. Comprising of 2 bedrooms, bathroom, separate kitchen, lounge, conservatory and open terrace. South facing with sun all day and wonderful sea views. Great communal pool.

Price: €135.000

Ref: 6569AP2



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Price: €63.000

Ref: 6472PL



TORROX COSTA

Lovely holiday apartment on Peñoncillo beach in Torrox Costa. Comprising of 2 bedrooms, bathroom, lounge with open kitchen and a very large terrace. Communal pool and garden. Close to the beach, restaurants and a supermarket. Sold furnished.

Price: €189.000

Ref: 6550AP2



TORROX

Spacious villa just outside the village comprising of 3 beds, 2 baths, kitchen, lounge and a large covered terrace. Huge basement / garage of 87 m² with a lift connecting house & garage. Including a private pool, sauna and a roof terrace.

Reduced to: €259.000

Ref: 6511VI3



TORROX PARK

Wonderful South facing apartment with 2 bedrooms, one spacious bathroom, full 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



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: 6109VI4

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A few hours later, the man told his wife's family that he was going to go to their home to get clothes for the girls. He then went to their house in Playa Granada where he killed himself.

The 112 emergency services were notified at about 8am on the 7th May, barely twelve hours after the death of his wife.

Bus overturns in Andalucía injuring 39 people and killing one

On the 1st May a bus carrying seasonal workers overturned on the A-484 in the Huelva province. One woman has died and another 39 people have been injured, three of them seriously.

Some of the workers were of Moroccan nationality, one of them died in the accident, another three were very seriously injured and 12 were injured to a lesser degree and 22 suffered minor injuries. All of them have been transferred to hospitals in Huelva and Seville provinces. Guardia Civil road traffic officers have opened an investigation into what caused the vehicle to overturn.

Sand replacement work begins on Ferrara beach

Thanks to the coordination between the Department of Beaches and the Demarcation of Coasts, work has begun to replace the lost sand in the Ferrara area, which every year is punished by storms.

"The beach has been lost again due to the east, we must act quickly for the start of the summer season" said Óscar Medina, during the visit he made during May with Verónica Muñoz.

Medina pointed out that the definitive solution is the creation of the free breakwater, which would go from the Ferrara children's park to the La Mar Chica.

During the next few weeks the sand will be replaced, this time with a contribution from the river.

As Medina explained, it is much more compacted sand and more useful for stabilizing the beach, since if another type of sand were used it could be quickly lost by currents. In addition, finally it will be covered with excess sand from the breakwater area of the Ferrara beach itself, "where it has withstood the storms."

Finally, he apologized to the residents of Avenida Europa and users of this beach area for any inconvenience caused, during the works on the beach while it is being improved so that it can be enjoyed in the coming months.



Continued on page 14



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Nerja increases the Blue Flags to four

The beaches of Nerja add a new Blue Flag that will fly in Playazo-Chucho, together with the three that the municipality currently have on the beaches of Maro, Burriana and Torrecilla.

The mayor of Nerja, José Alberto Armijo, celebrated the news by recalling that "we started this corporate period without Blue Flags and for the immediate summer season there will be four that will fly on our coast, in recognition of the quality of the bathing waters, the state of the beaches of our town and the services we offer to its users. It encourages us to continue working on improving the beaches and position ourselves as a benchmark destination for quality and sustainability on the Costa del Sol, both nationally and internationally".



THE MAGICAL NIGHT OF SAN JUAN 23rd June 2023

Certain festivals seem to summarise life in Spain, with its love of having a good time in the company of friends and loved ones. The Night of San Juan is definitely one of these events. It is a celebration that is usually held on the beach with roaring bonfires, drink, food, and friends. It is a memorable, almost surreal scene and one that needs to be experienced.

The summer solstice remains a magical night in much of the northern hemisphere. Mythology states that strange things can occur on this shortest night of the year. Certain pagan gods, for instance, make themselves visible during this night and we mere humans also give thanks and realise that the seasons of harder times are still to come. San Juan is all about changes. It is about night and day; fire and water. Fire purifies and water recuperates, refreshes, and rejuvenates.

Bonfires are the theme of the night. Men and women, young people and children all spend time building these bonfires. According to tradition, if people jump over a

bonfire three times on San Juan's night, they will be cleansed and purified, and their problems burned away. As well as the bonfires that burn continuously, there are also muñecos or dolls that are burnt. This is usually done around midnight. Originally, the effigies were supposed to represent Judas Iscariot but now, the religious relevance seems to have become secondary to the enjoyment factor.



Continued on page 16



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Urb. Santo Tomás, Nerja

Spacious townhouse in Santo Tomás, Nerja, walking distance from Burriana beach. Features south-facing terrace, back patio. 2 floors, gated entrance, front terrace & garden. Open living, dining area, fully fitted kitchen. Guest toilet, rear patio. Upstairs: family bathroom, 3 bedrooms. Main bedroom with balcony, sea, mountain views. Well-kept communal gardens, gated parking.

Price: 275,000 euros

Ref. JG306

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Urb. San Juan de Capistrano

Charming apartment on the sought-after San Juan de Capistrano with 1 bedroom and 1 bathroom, open plan fitted kitchen and living area with direct access to a spacious south-facing terrace and a further roof terrace with both offering fantastic views of the Mediterranean Sea and Nerja. Great rental potential.

Price: 189,000 euros

Ref. JG996TPM



Edf. El Chaparil, Nerja

Beautiful top floor apartment in El Chaparil with sea and mountain views. Modern, bright, and spacious interior. Located in a sought-after beachfront complex with a large communal pool and gardens. Well-maintained two bedrooms with wardrobes, updated fully fitted kitchen and living and dining area with access to the terrace. Perfect investment for holiday rentals. LPO is provided

Price: 320,000 euros

Ref. JG252

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Torrecilla Beach, Nerja

Well-presented terraced house in a central location near Torrecilla Beach and Balcon de Europa. Ground floor: front patio, open living room, fully fitted kitchen, double bedroom with en suite. Rear patio with storage. First floor: two double bedrooms with en suites. One bedroom with small terrace, other with back patio and staircase to rooftop terrace with great sea views. AC & Heating throughout.

Price: 390,000 euros

Ref. JG240

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Raffle

Our event will start at 3:00 pm on Wednesday 21st June '23
 Cost is €12 for sandwiches, cakes,
 scones and jam, tea and coffee.

For tickets contact Christine on +34713071080
 or pop into the CAS shop in Castillo Peres 2 to book.




All proceeds go to the welfare and the upkeep of our animals

Nacha Pop heads the VIII Taytantos Festival

The eighth Taytantos Festival will have Nacha Pop as the headliner, there will also be a Band Contest launch. Francis Baena, representative of the Taytantos de Torrox Association, indicated that they are excited about this eighth edition, in which they have worked hard to bring a great line-up that will start with the Free Soul Band and Pinti Pop Rock Band, as well as DJ Blanco.

This festival has become one of the most important events in the municipality, a benchmark for eighties music at the regional level and which will bring a symbol of national pop music this year. In addition, he wanted to highlight that, like every year, he has a solidarity part and on this occasion part of the collection will go to Pasos 365, which is making its way in the municipality. Those interested in participating in the Band Contest must submit their demos before May 15th. The semi-finals will be on June 9th and the final on June 10th at La Granja.

The winning band will perform at the festival, which will be held on July 1st at the La Granja venue starting at 10.00p.m. Tickets can be purchased for 20 euros at ticketmaster and some establishments in the municipality.

At the box office it will be 23 euros.

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My garden in Spain...



The annuals that became perennials compliment the Coreopsis beautifully next to it. They are Salvias 'Victoria', a deep mauve-blue and 'Strata', which is a mixture of blue and silver-grey.

The first of this year's annuals have flowered. It is the reliable nasturtium, but a new variety. They are called Jewel Mixed with bright semi-double flowers that sit well above their foliage.

It is a bushier plant than other types and the colours of the flowers are more varied. As well as the usual bright red, I have flowers in salmon colour and in deep cerise. They are very pretty.



As I was rummaging one day amongst my garden boxes, which I keep under some shelves in the BBQ shed, I noticed what looked like a ball of dark green and black rags in a dark corner.

As my hand made contact, this 'rag ball' unrolled into a huge toad! I jumped back with more surprise than fright and attracted the attention of my very curious cats, who seem to find something new each day to observe and chase. Well this creature as it lumbered across the terrace, actually kept the cats at a distance for a while. When one of them plucked up enough courage to try out some eye contact with a pat of the paw,

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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.

boy! Did they get a surprise as well!

The toad seemed to inflate as it rose up on its legs and glared back. The cats retreated fast, which they don't often do and watched the creature vanish into the foliage under the swimming pool, where I think it lives.

I have since moved my boxes out from under the shelves as, in addition to toads, some very big spiders seem to be lurking behind them.

I don't mind spiders in the garden when you can see them in their webs, catching those pesky flies, but I don't like being 'surprised' by them from dark corners!

May – Early

I have had to do some serious spraying on the Hibiscus trees as they were smothered in black fly. Before this happened, I had purchased a very useful gardening magazine supplement to the regular Spanish 'Mi Jardin' publication. It covered a wide variety of treatments for pests in and out of the garden with very clear photographs of what the little beggars looked like. With the advice given, I purchased the right 'medicine' and the plants now look a lot better.

When I was in England, I always looked forward to the arrival of the Ladybird, so that she could do some clearing-up of her own on plant pests.

This time last year my geraniums had succumbed to that butterfly and looked very sad, I have noticed this year that there are plenty of plants around in the viveros and on people's balconies, all looking very healthy.



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Online video

Salares **New this month!**
 A great lock up and leave 2 bed, 1 bath townhouse (60m²), open plan living/kitchen/dining, terracotta floors and beam ceilings throughout, would make an ideal holiday or rental property.

Price: 75,000 euros

ref: t1498

EPC: E



Online video

Canillas de Albaida **New this month!**
 A great lock up and leave 2 bed, 1 bath townhouse (126m²), open plan living/dining, with separate kitchen and utility room, sunny roof terrace with mountain, countryside and village views, great internal courtyard.

Price: 110,000 euros

ref: t1502

EPC: E



Online video

Torrox **Sea views!**
 Detached 2 bed, 2 bath south facing villa (220m²), with many reception rooms, terraces with stunning sea/mountain/countryside views. Mature gardens with fruit trees & plants. Option to make into a 4 bed house.

Price: 269,000 euros

ref: v1460

EPC: in progress



Online video

Benamargosa **Price reduced!**
 Large industrial style property (185m²) with 5 beds, 1 bath + wc. Recently converted into a large, comfortable home that benefits from a fantastic private garden area. A must to view!

Price: 169,000 euros

ref: t1481

EPC: E



Online video

Colmenar **Price reduced!**
 Fabulous 3 bed 2 bath country villa (109m²) situated within an olive grove with spacious living accommodation, part-covered terrace, gazebo, pool, storage/utility rooms and breathtaking countryside views.

Price: 259,000 euros

ref: v1115

EPC: E



Online video

Canillas de Albaida **Sea views!**
 Beautifully presented, modern 2 bed 2 bath townhouse (109m²) in Canillas de Albaida with wonderful sea views. With central heating, two terraces and a huge garage/workshop.

Price: 175,000 euros

ref: t1482

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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VSR1972 MIRADOR LAS LOMAS Price: €499.000

Detached villa, 200m2, 4 beds, two baths, roof terrace, jacuzzi, sea views, a/c, lounge terrace, private pool, quiet location, fully furnished, easy renting, or family home.



VSRS1017 CORTIJO SAN RAFAEL

Price: €550,000

Detached villa, 146m2 with lovely pool, terraces, panoramic views to the sea and lawned gardens. Three bedrooms, two bathrooms, a/c, garage and private parking. A substantial property, in a prestigious location.

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The Costa Animal Society...



Benji

Benji and Betty were from a litter of pups that were dumped on the Costa Animal Society (CAS) doorstep back in March of 2018. Betty found a new home fairly quickly but perhaps due to Benji's timid nature or due to a stroke of bad luck he has remained in kennels for nearly 5 years making him our longest resident. He was actually chosen for adoption at one time by a lady who lived in Jersey but could not travel to Spain because of the Covid outbreak. Unfortunately, during lockdown the lady changed her plans about moving to Spain and the adoption was never finalised. Benji is a medium size boy who comes below knee height and weighs about 20 kilos. He is a brindle coloured Staffy mix who is in good health and has been vaccinated and castrated. Benji loves to play with other dogs but would not be good with cats and he has a sweet but shy disposition.

If you would like to meet Benji, 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.

Or pop into our shop in Castilla Perez 2, Nerja, Monday to
Saturday between 10:00 and 14:00 where our staff will be
able to help.

Also, if you would like help CAS in their work and donate,
please go to our new (still in development) website where
you will find our bank details.



Patch

Patch

Patch was rescued by the Costa Animal Society (CAS) back in February of 2020 as part of a litter of four pups who were living rough in a field near Hotel Caracoles on the Frigiliana to Torrox Road and they were placed into kennels just before the pandemic hit. These pups were about 6 months old at the time and were quite timid around people but it was clear they had some contact with humans when they were younger so it was thought they could be tamed with some patience.

Over the next several months they began taking treats by hand and a CAS volunteer worked with them several times a week until they could be touched and handled. The patience and hard work paid off because two of Patch's siblings eventually found homes in the Netherlands and one found a home in Sweden but Patch is proving to be a more difficult case as she was the shyest of the litter. Unfortunately, despite being a sweet girl Patch has difficulty in trusting new people and she has lingered in kennels as one of the longest resident. She is now 3-4 years old and is in good health. Patch has trust issues but once she gets to know someone she is a lovely girl who has even learned a few tricks like giving high fives. She has been spayed and is fully vaccinated.

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Foxy's pups

Introducing Foxy's pups. Born 20th March we have 2 boys and 3 girls. Now fully weaned and progressing as you would expect of pups their age.

Top left - Martin. Bottom left - Robyn. Middle - Freddie.

Top right - Kylie. Bottom right - Lana.

They are all used to living with other dogs and cats.

Full of fun and guaranteed to make you smile numerous times every single day.

For more information on these pups

please email: axarquia-rescue@hotmail.com

AAR 2671 - Foxy

Date of Birth estimated 21.12.2021. Foxy was rescued from a life in the campo with her 5 pups of just a few weeks old.

Their finder became their foster carer and they have all settled well into their foster home.

Foxy has now stopped feeding her pups and will be neutered as soon as the vet feels she is ready, so no more pups for this young girl.

She does have an old injury, probably sustained when a young pup, where she had a fracture to a back leg that self healed. The muscle has fused to the bone and she is unable to bend the leg in the normal fashion.

This doesn't hinder her back or bother her in any way. The vet has assured us she is pain free.

She is a little nervous of new people and experiences but with patience we are confident she will settle. She loves to play with her foster's own dogs and gets on well with the resident cats.

If you can offer this girl a loving forever home please send an email to: axarquia-rescue@hotmail.com



Foxy

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Axarquía Animal Rescue



Dingo

AAR 2638 - Dingo

This 7 year old boy was found at the end of January, he had been attacked by either a wild boar or other dogs, he was in deep shock and needed urgent veterinary care. He had to be sedated for the vet to clean and treat his wounds, his heart stopped during the procedure but thankfully the vet was able to get him back. He also sustained 3 broken ribs. He is now fully recovered and all that trauma is well and truly behind him. He now enjoys life, gets on well with other dogs. Loves going for walks, has good recall and is ready to move on to a forever home. He would make a great addition to any family.

Email axarquia-rescue@hotmail.com



Dusty



Ziggy



Time ran out for Ruby 2687. We are sad to report that this little one died in her rescuer's arms in the early hours of Monday 7th May. We've been trying to re-home Ruby since her owner, well-known animal rescuer Pauline passed away last month. Ruby, shown in the first pic, had no known illness. She just stopped eating. We can only guess why. Please help us save the rest of the animals left behind. We desperately need permanent foster homes for Dusty 2686 Heidi 2688 and Zoe 2689. These girls are all around 10 years old. Easy going and used to dogs. If you can offer a home to any of these elderly cats, AAR will cover all costs for as long as they live. All we ask for from you is your love and care. Email axarquia-rescue@hotmail.com

AAR 2604 - Ziggy

At just 13 months old Young Ziggy is looking for a new foster home or forever home.

Ziggy has striking eyes, one being green and the other a beautiful blue. He is also deaf but that doesn't hold this boy back at all. He is very playful and keen to learn.

He will be the best friend and companion you could ever wish for, very loyal and loving.

Ziggy loves to learn and is eager to please.

Did you know you can teach deaf dogs to recognise and respond to sign language?

Ziggy is looking for a new foster home or his forever home.

Would you like to be the one to enhance his life?

If so just email:

axarquia-rescue@hotmail.com



Pedro

AAR 2648 - Pedro

Pedro is a 7 year old dog, he was hanging around in the Spanish village of Benamargosa, in search of food. He found himself a terrace where the owner fed him, she also gave him his name and she asked AAR for help. He clearly had a skin condition so the first step was to arrange a vet visit. He is still receiving treatment for his skin condition which is slowly improving. Pedro has now moved to a new foster family where he has settled straight in. He has the sweetest nature, gets on well with other dogs and pretty much ignores cats and absolutely loves humans. Once fully recovered Pedro will be looking for his very own forever home. He is good on a lead but not keen on walking to far or to fast so may suit the less energetic among us. If you are interested in offering Pedro his forever home you can express your interest now by emailing axarquia-rescue@hotmail.com and quote Pedro AAR2648.



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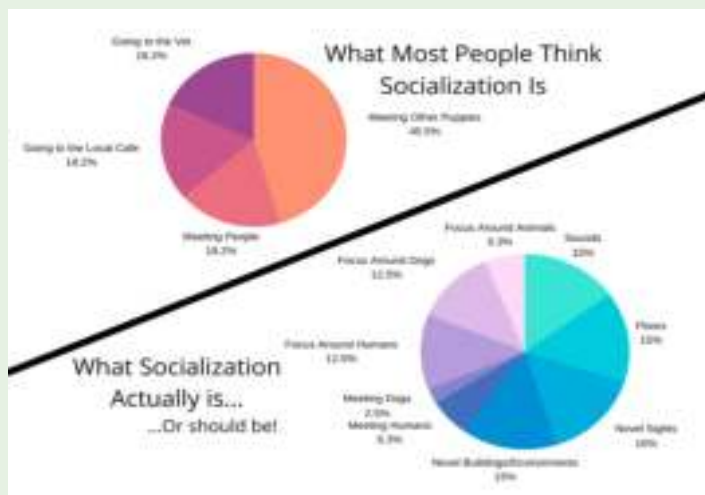
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DOG SCHOOL - NERJA

By Karen Wallace



HOW TO SOCIALISE A SHY PUPPY

A shy puppy will react fearfully to new situations, but this makes socialisation even more important. However, you do need to make sure that you take it at your puppy's pace. If your pup seems fearful of something, put more distance between them and the object, and allow your puppy to explore it in their own time. Your puppy's body language will tell you when they are afraid. Signs of this include: shivering, excessively salivating, or a submissive posture. While it is important to keep socialisation fun and positive for any dog, this is even more the case with a shy puppy.

Make sure that you do not raise your voice at your puppy or intimidate them. They need to learn that they can really trust you. Remember, always set your puppy up for success!

Once your puppy has been vaccinated it's time to go to training classes. You can find out more about classes on offer at Dog School by checking our website at www.dogschoolnerja.com



Telephone: 711020098

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Socialising a puppy is something that you need to do from the very first day you bring your pup home.

How exactly do you go about doing this?

Here is everything you need to know...

WHAT DOES SOCIALISING A PUPPY MEAN?

Socialising a puppy means that your puppy should be meeting as many new people and animals as possible. It involves exposing your puppy to different environments, sights and sounds, making these experiences as pleasant as possible.

Well socialised puppies grow into dogs that are comfortable with the world around them. Proper socialisation when young means that a dog is less likely to develop any behavioural problems. On the other hand, pups who aren't socialised properly can often develop fear or aggression issues when they are older.

HOW TO SOCIALISE A PUPPY

When it comes to socialising a puppy, there are a few basic steps that everyone should follow:

1. Exposure to New Things.

The world will seem like a strange place to your puppy, and an important part of socialising is exposing them to all of this.

Here are some examples:

i) Different people - including women, men and children. Exposing your puppy to people wearing different types of accessories, such as hats and umbrellas, can also be helpful, as can introducing your puppy to people in wheelchairs or men with big beards.

ii) Different animals - such as other dogs, cats, chickens, other birds and livestock.

iii) Different floor surfaces - including carpets, tiles, grass, mud, sand and wood.

iv) Chaotic environments - such as train stations, school playgrounds,

crowded markets, construction sites.

2. Involve Family and Friends

When it comes to socialising, this is something that the whole family should get involved in. Your puppy needs to learn that these new experiences are safe, no matter who they may be with. It can also be useful to have your puppy accustomed to being handled and looked after by other family members, especially if you need them to look after your dog while you are away.

3. Keep It Fun

Not only should your puppy be exposed to all of the above, but you need to also make sure that each experience is a positive one. Keep your socialising time fun and playful, bringing along treats and toys to distract your puppy if they become fearful of anything. Reward positive behaviour as much as possible.

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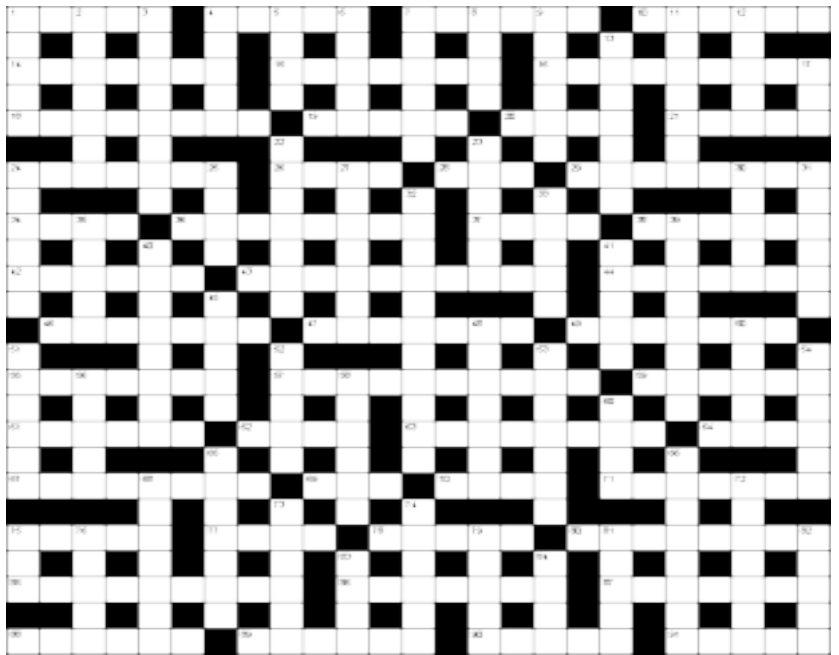
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Across

1. Zest (5)
4. Wooden shoe (5)
7. Overseas (6)
10. Accolades (6)
14. Deadlock (7)
15. Cradlesong (7)
16. Abolished (9)
18. Guidance (8)
19. Ire (5)
20. Hexahedron (4)
21. Rubicund (5)
24. Lured (7)
26. Burden (4)
28. Adult male swan (3)
29. Scholars (8)
34. Ice pellets (4)
36. Undomesticated creatures (8)
37. Swindle (4)
38. Annul (6)
42. Potion (6)
43. Ornamentation (10)
44. Underwater projectile (7)
46. Completely enveloping (7)
47. Tooth (7)
49. Relating to deer (7)
55. Wander from a direct course (7)
57. Exact opposite (10)
59. Kudos (6)
61. Embellished (6)
62. Matured (4)
63. Personal beliefs (8)
64. Lairs (4)

Down

67. Outlined (8)
69. Play on words (3)
70. Fiend (4)
71. Eternal (7)
75. Strong and sharp (5)
77. Unsightly (4)
78. Pugilist (5)
80. Harsh (8)
85. Three-sided polygons (9)
86. Fruit grove (7)
87. Hermit (7)
88. Remit in advance (6)
89. Confused (6)
90. Precise (5)
91. Type of precipitation (5)
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7. Astounded (6)
8. Beams (4)
9. Calculator (6)
11. Placed a bet (7)
12. Graded (5)
13. Ruthlessness (7)
17. Ironical (3)
22. Enlisted person (7)
23. Dwarfed ornamental tree (6)
24. Reverberated (6)
25. Rostrum (4)



27. Mythical beast (7)
30. Mother-of-pearl (5)
31. Bar (6)
32. Revenge (11)
33. Haggard (5)
35. Dialect (5)
39. Anteater (8)
40. Perservering (8)
41. Speak (5)
45. Anxiety (5)
48. Aperture (7)
50. Callow (5)
51. Detestable (6)
52. Emblem (5)
53. Restricted (7)
54. Population count (6)
56. Writing style (5)
58. Ennui (6)
60. Leg joint (4)
65. Captivate (7)
66. Moves forward (8)
68. Musical passage (7)
72. Gourmet (7)
73. Shut (6)
74. Coerced (6)
75. Part of a play (3)
76. Lift (5)
79. Delete (5)
81. Soft cloth cap (5)
82. Expel (5)
83. Young horse (4)
84. Notion (4)



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Cheese Please

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Why retirement planning matters at any age

Whether you are nearing retirement or it is several years away, it is never too early to start thinking about how you will finance your golden years. Even if you are already retired, you should regularly review your arrangements to ensure you continue meeting your retirement goals.

It might be that you enjoy spending time in Spain and would like to retire in the sun, now or a few years down the line. Or maybe you are already living here and are unsure what your options are.

Whatever your situation, what do you need to think about to secure your dream lifestyle in retirement?

Approaching retirement

Even if retirement is a way off, there are certain things you need to consider – the earlier the better – to make sure you are on the right track financially. There may be steps you can take today to help make your retirement goal a reality.

Questions you should ask include:

- Will I be able to afford to retire when I want to?
- What is the best strategy for withdrawing from my business or employment?
- What options do I have for my pensions? Are they likely to change?
- Will I be able to retain my existing wealth and assets?

By Kelman Chambers, Partner, Blevins Franks

- Do I want to spend some or all of my retirement abroad?

Let's say that you plan to retire within the next few years and move permanently to Spain. You may have concerns about whether you can afford your preferred lifestyle without having to sell existing assets. You may not want to have to downsize your home, for instance, as you would like this to eventually pass on to your family. Perhaps you have a business to sell and are unsure how best to convert your years of hard work into a retirement nest egg. Then there are the complex residence and tax implications of living in a different country.

Here, professional financial advice can prove invaluable, especially with an adviser who understands the country you're hoping to move to. They can take a holistic view of what you have – your savings, investments, assets, pensions – together with what you want – your timeline, income requirements, legacy wishes – and an objective assessment of who you are – your circumstances, goals, risk appetite – to design a personalised retirement plan for you.

Already retired

If you have already reached retirement age or stopped working, that

The pensions conundrum.

Your pensions are key to your long-term financial security. With the complex UK pension regulations, Spanish tax regime and frequent rule changes, specialist advice is essential. The problem for expatriates is that UK pension transfers often require UK-regulated advice, but most UK advisers cannot advise EU residents post Brexit.

Blevins Franks is authorised to provide regulated advice on UK pensions to residents of Spain. We have in-depth knowledge of the UK pension and Spanish tax regimes and the planning opportunities for expatriates.

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doesn't mean you should forget about retirement planning. After all, you could be retired for thirty years or more!

Regular reviews allow you to adapt your strategy to suit your changing circumstances and goals, such as incorporating new family members, addressing health issues or relocating. It enables you to keep up with the ever-changing tax and pensions landscape, including new opportunities that could work in your favour.

Your pension options

Pensions are usually the foundations of retirement, so deciding what to do here may be one of life's most important financial decisions. Pensions are complex anyway, but with greater freedom and choice than ever, not to mention an increase in sophisticated pension scams, you must take great care.

You might benefit from consolidating several UK pensions into one to provide a coherent, more cost-effective investment platform for your retirement income. However, this may not be the most tax-efficient approach if you live in Spain. By receiving pension income in sterling, you would also be exposed to conversion costs and exchange rate risk.

Britons moving or resident abroad may have the option of transferring UK pensions to a Qualifying Overseas Pension Scheme (QROPS), which can unlock advantages you do not always get with UK pensions. Be aware, however, that Spanish tax regulations now determine that transfers from the UK (and other third country) pensions into an EEA scheme, including QROPS, makes the fund value liable to local income tax. If you have not yet become tax resident in Spain, you have a limited opportunity to transfer your pension out of the UK without this hefty tax liability.

Transferring is by no means a one-size-fits-all solution and the benefits of a QROPS can vary greatly between providers and jurisdictions. So take regulated, specialist advice before making any significant pension decision to protect your benefits and establish the most suitable option for you.

Retiring abroad

If moving permanently to Spain is on the cards, it is especially important to review your retirement strategy early. Not only will you need to consider your residence status and cross-border tax implications in a post-Brexit world, you'll need to adapt your estate planning to suit Spain's different succession rules.

And when reviewing and weighing up all the options for your pension funds, it's important to take the local Spanish tax implications into account.

In any case, careful planning is the key to minimising taxation and maximising the available opportunities so that you can enjoy the retirement you want for as long as you need. For the best results, take specialist, cross-border advice.

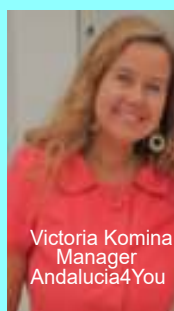
Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; individuals should seek personalised advice.

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

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ARIES:- (March 21 - April 19)

Your money situation is not as bad as you seem to believe and over the next few weeks there should be some happy surprises on the financial front. If you feel the need to splash some cash then do so – you don't have to deny yourself.

Luckiest day:- Tuesday

TAURUS:- (April 21 - May 21)

You may feel a bit on edge as the new month begins, maybe because you can sense that something major is going to happen. You are right, it is, but the planets indicate it will be something you thoroughly enjoy, so why worry?

Luckiest day:- Saturday

LEO:- (July 23 to August 22)

Once you set your sights on a goal nothing can stop you from reaching it and with so much activity in the career area of your chart it's inevitable you will succeed where others have failed. Your dynamic approach will work wonders.

Luckiest day:- Saturday

VIRGO:- (August 23 - Sept. 22)

If you can form a clear picture in your mind of what it is you want to accomplish then you will be at least halfway to making it happen. Make sure your dreams are big because the universe is very much on your side at the moment.

Luckiest day:- Wednesday

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

You will have to do something you don't much enjoy this month but if you put your mind to the task it won't be too much of a challenge. You may even get a kick from being put to the test. Show the world you've got what it takes.

Luckiest day:- Monday

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

The more others tell you that a goal is beyond your reach the more you will strive to attain it. Cosmic activity in the most dynamic area of your chart makes you determined to make the most of your talents. Your self-belief will move mountains.

Luckiest day:- Thursday

GEMINI:- (May 21 to June 20)

If you feel the need to spend some time alone this month then do so. You don't have to be the life and soul of the party every day of the week, so find a place where you can be at one with your thoughts and ponder your plans.

Luckiest day:- Thursday

LIBRA:- (Sept. 24 - October 23)

Cosmic activity in the wealth area of your chart indicates you will get the chance to make some serious money over the next few months, so stay sharp and be ready to move at a moment's notice if a new opportunity comes your way – and it will.

Luckiest day:- Friday

AQUARIUS:- (Jan 21 - Feb. 18)

Advice will come at you from all directions this month and if you are smart you will ignore every word of it. You already know what needs to be done, so close your ears to the world at large and follow your instincts wherever they lead you.

Luckiest day:- Saturday

CANCER:- (June 21 - July 22)

The world will look a happier, brighter and more attractive place to you this month. Your positive outlook will draw people to you like moths to a flame but your agreeable nature means they will be warmed rather than burned.

Luckiest day:- Monday

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

You will have to deal with someone who is every bit as tough as you over the next two or three weeks, so prepare yourself for an epic struggle. On the other hand, do you really need to be rivals? Maybe you should be working together.

Luckiest day:- Sunday

PISCES:- (Feb.19 - March 20)

Travel and social activities are under excellent stars at the moment and you will derive a huge amount of pleasure from getting out into the world and meeting new people. One of those people could end up being a lot more than just a friend!

Luckiest day:- Saturday

Horoscopes.

by Kristian Marconi

Frigiliana Paques

1 - Map of the Area. As you climb up C/ Hernando El Darra you will come to the first plaque after about 20 metres, on the right hand side of the street. Essentially this is a map of the area in the mid-16th century, and sets the scene for the saga that follows.

2 - Muslim Society. Proceed a further 40 metres up this street, and then turn left through an ancient arch, just past house No 11, plaque No 2 being situated immediately on the left (and which is easy to miss). This plaque depicts the period of Muslim occupation.

3 - Seeds Of Revolution. On exiting this archway, back onto the main street, turn left and you will come across the 3rd Plaque 10 metres further up, effectively on your left. This plaque describes the conflict that resulted when the Christians undertook the banishment of the Moors from the area, and specifically depicts numerous Moors being chained and tortured, following the start of their rebellion.

4 - The Great Prayer Meeting. Continue up the street another 20 metres, to encounter the next Plaque on your right. This plaque depicts a Muslim prayer meeting held to discuss their resistance to the Christian pressure, at which they were warned that further rebellion could end in disaster.

5 - Martín Alguacil. Continue up the street for a further 40 metres to the next plaque, situated on your right. The Moors chose as their leader a man named Martín Alguacil, seen here waving a crimson flag.

6 - The Depopulation. Continue on up the street for a further 30 metres to reach the next plaque, straight ahead. This depicts the depopulation of the whole Axarquia region, as the Moors were driven out.

7 - Hernando El Darra. Continue on up the street, and turn left onto C/ Alta, stopping in front of Plaque No 7 on your right. It was El Darra who now took over the leadership of

the rebellion, and who attempted to rally the population locally, taking up a defensive position on the mountain of El Fuerte – the 'Rock of Frigiliana'.

8 - The Attack. Continue up C/ Alta until you reach Plaque No 8, straight ahead. The plaque is situated slightly on your right, best viewed by taking a brief detour up to the right, as the main street heads downwards. The plaque depicts Christian naval forces, under the command of Don Luis de Requesens, storming the Rock. 6000 men were involved in this initially unsuccessful attack on the Moorish garrison.

9 - The Defence of El Fuerte. Now continue along C/ Alta for a few more metres until reaching Plaque No 9 on your left, just around a corner. This is one of the most dramatic scenes, showing the Moors rolling millstones on axles down onto their attackers. Then if you stop in front of house No 37, you can get a good view of 'El Fuerte' itself, picture above right.

10 - The Muslim Women. Continue on, as the street now slopes downwards, where you will see Plaque No 10 on your right. Many Moorish women fought as bravely as their menfolk, and, on being defeated, chose to throw themselves off the mountainside, rather than be captured.

From this point, looking down to your left you can see all the way down the famous C/ Zacatín, or Market Street, the base of which you will pass later on, as you return along C/ Real.

11 - The Final Toll. Continue on up the street to the penultimate plaque, on your left. When the battle was eventually lost, more than 3000 Moors were captured and led off to slavery.

12 - The Aftermath. Continue along the street for 30 metres, and then turn left down C/ Garra on some slightly uneven steps until reaching a small café courtyard on your right, where the final plaque can be seen. This plaque dramatically depicts the aftermath of the conflict, essentially a deserted mountainside strewn with corpses.

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Leftover Frittata

Leftover Frittata

Serves:- 4

Ingredients:-

8 large eggs
 ½ cup shredded or crumbled cheese (such as cheddar, mozzarella or feta)
 Kosher salt and freshly-ground black pepper
 Extra-virgin olive oil
 1 small shallot, onion or leek chopped

6 ounces (1 ½ cups) assorted leftover roasted vegetables, such as broccoli or sweet potato
 2 ounces cooked protein, such as crumbled sausage or shredded chicken
 Assorted chopped fresh herbs

Preparation:-

Preheat the oven to 350°F. In a medium bowl, whisk the eggs until the yolks and whites are homogenous. Stir in the cheese. Season generously with salt and pepper. Heat a few tablespoons of oil in a 10-inch non-stick skillet over medium heat, then add the shallot, onion or leek and cook until soft and translucent, about 3 minutes. Stir in the assorted vegetables and protein. Add the eggs and stir a few times to form large curds, then cook, stirring occasionally, until the edges are set and the surface looks softly scrambled, about 5 minutes. Transfer to the oven and cook until the centre is just set, 10 to 15 minutes. Cool in the pan for about 5 minutes before slicing into wedges. Serve sprinkled with assorted chopped fresh herbs.



Cucumber and Avocado Soup

Cucumber and Avocado Soup

Serves:- 4

Ingredients:

Soup:-

2 cucumbers, peeled and chopped
 2 avocados, peeled and pitted
 ¼ bunch fresh parsley
 ¼ bunch fresh mint
 Juice of 1 lime
 1 cup Greek yogurt
 Kosher salt and freshly ground black pepper

Garnishes:-

1 baguette, halved horizontally
 3 tbs soft unsalted butter
 1½ cups shredded Asiago cheese
 ½ cup Greek yogurt
 Juice of 2 limes

Preparation:-

Make the soup in a blender, puree the cucumbers, avocado, parsley, mint, lime juice and Greek yogurt until smooth. Season with salt and pepper. Make the garnishes: Preheat the oven to 425°F. Place the baguette, cut sides up, on a parchment-lined baking sheet. Butter the baguette and top with the Asiago cheese. Bake until the cheese is fully melted and golden brown, 10 to 12 minutes. Meanwhile, in a small bowl, whisk together the Greek

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yogurt and lime juice.

Serve the soup topped with the lime yogurt and with the warm, cheesy baguette on the side.



Whole Grilled Chicken and Vegetables

Whole Grilled Chicken and Vegetables

Serves:- 4

Ingredients:-

1 whole chicken
1 lemon, halved
2 teaspoons onion powder
Kosher salt and freshly ground black pepper
Extra-virgin olive oil
3 bell peppers, quartered
1 zucchini, sliced
1 summer squash, sliced
2 red onions, quartered

Preparation:-

Prepare your grill for high heat. Using sharp kitchen shears, cut along both sides of the backbone and remove it; discard the backbone. Turn the chicken over onto a baking sheet and press flat.

Squeeze the lemon over the chicken skin. Season with the onion powder, salt and pepper.

Brush the chicken and the grill grates with olive oil. Place the chicken, skin side down, onto the grill. Grill until the chicken is nicely charred, 12 to 15 minutes. Turn the chicken over and continue to cook for 25 to 30 minutes. Flip again and cook until the chicken is fully cooked (a thermometer inserted into the thickest part should read 165°F). Remove from the grill and let rest.

Season the vegetables with salt and pepper, and brush the vegetables and grill grates with olive oil. Grill the vegetables until they're tender and charred, 6 to 7 minutes, flipping as needed. Serve alongside the chicken.

Watermelon Salad

Serves:- 4

Ingredients:-

Dressing;
2 tablespoons soy sauce or tamari
2 tablespoons rice vinegar
1 tablespoon peanut oil
1 tablespoon sesame oil
1 tablespoon minced ginger
Juice of 1 lime



Watermelon Salad

1 teaspoon sriracha (or more to taste)

1 tablespoon sesame seeds

Bowls;

6 cups cubed watermelon

1 bunch scallions, thinly sliced

½ cucumber, halved and thinly sliced

1 avocado, thinly sliced

¼ cup pickled ginger

½ cup peanuts

1 cup microgreens or sprouts

2 tablespoons sesame seeds

Preparation:-

Make the dressing; In a small bowl, whisk the soy sauce with the rice vinegar to combine. Gradually add the peanut oil and sesame oil, whisking well to combine. Stir in the ginger, lime juice, sriracha and sesame seeds.

Build the bowls; Divide the watermelon, scallions, cucumber, avocado, and ginger among four bowls. Garnish each with 2 tablespoons peanuts, ¼ cup microgreens or sprouts and ½ tablespoon sesame seeds.

Pour the dressing into the bowls. Serve immediately.

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healthwise

Acupuncture combats menopausal hot flashes



Acupuncture has been used in traditional Chinese medicine for thousands of years to combat different health problems such as nausea, headaches, asthma or osteoarthritis, among others, but now a meta-analysis of the North American Menopause Society (NAMS, in its acronym in English)) has shown that it can also be used to alleviate hot flashes in women with menopause.

This is clear from the results of a work that will be published soon in the edition of the journal

'Menopause', which analyzed more than one hundred studies that evaluated this method, of which only 12, with a total of 869 participants, met the Established criteria to prove its effectiveness.

In this way, and despite the fact that its benefits were contradictory to combat other symptoms related to menopause, they saw that acupuncture did positively affect both the frequency and severity of hot flashes.

In women between 40 and 60 years old who were included in the meta-analysis, the effects of various forms of traditional acupuncture were evaluated, including Chinese medicine acupuncture (TCMA), acupressure, electroacupuncture, laser acupuncture and ear acupuncture.

And interestingly, the researchers admit, the results show that all types of acupuncture reduce the frequency and intensity of hot flashes, a benefit that is sustained over time.

Although the study did not analyze what possible mechanisms may be behind such benefits, the authors believe that acupuncture succeeds in reducing beta -

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	PILATES 10.30H		PILATES 10.30H	
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endorphin levels in the hypothalamus, as a consequence of low estrogen concentrations. Lower levels that could trigger the release of the calcitonin gene-related peptide (CGRP) that affects thermoregulation (the body's ability to regulate its temperature).

"This review shows that there is still much to learn about the causes and treatments of hot flashes in menopause," explains the executive director of the NAMS, Margery Gass, who advocates that acupuncture can be an "effective alternative" to reduce them, "Especially for those women who are looking for non-drug therapies without any side effects."

In fact, a recent work found that approximately half of women who begin to experience menopausal symptoms turn to alternative medicine to combat them.

The latter I can affirm by the growing influx of menopausal women who in recent years I have been treating with positive results in my clinic.

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23 Useful tips on how to protect yourself from the summer heat!



Summer is here, and due to global climate change, you may experience more extreme heat than in previous years. While the sun brings along plenty of benefits, it comes with dangerous consequences when we expose ourselves to the heat for prolonged periods, without the proper protection. We often forget that while we need to protect our skin from UV Rays, we also need to protect ourselves from the heat of the sun.

As most of us move through our days, getting out of the way of the sun completely is impossible, and not something we want to avoid anyways. That's why we have compiled some tips to keep yourself protected from the summer heat.

The Good:-

How can I get more Vitamin D?

Can Exposure to the Sun Affect Your Blood Pressure?

How can MS (multiple sclerosis) be prevented?

Is the sun good for mental health?

The Bad:-

What conditions cause hyperthermia?

Can the sun kill you?

Why is it called heat stroke?

What is a sun burn?

How dangerous is skin cancer?

The Good:-

Main source of vitamin D

Sunshine

Vitamin D, also referred to as "sunshine vitamin," is taken from the sun. The sun produces vitamin D from the cholesterol in the skin. When the UVB rays hit the skin, vitamin D synthesis takes place. There are many benefits of vitamin D in the body, such as making your gut cells absorb calcium and phosphorus, which will help you maintain strong and healthy bones. What happens if you have vitamin D deficiency? When you lack vitamin D, it could cause several health conditions, such as weakness in muscles, and pain in bones. It could also lead to cancer, depression, and in extreme circumstances, even death. Aside from the sun, you can get vitamin D from foods, such as beef liver, cheese, fatty fish, mushrooms, and egg yolks.

Sunshine may lower your blood pressure

A research done at the Universities of Southampton and Edinburgh shows that sunlight has a positive impact on blood pressure. This is because sunlight can alter levels of the nitric oxide (NO) in the skin and blood. According to

Is it bad to sleep near your Smartphone?

IF YOU'RE ANYTHING like the average mobile phone owner, you probably sleep with your smartphone within arm's reach. A recent report has found that 71% of people sleep with or near their phones, and that includes the 13% who said they slept with their phones in their beds.

Maybe you've wondered whether keeping your phone nearby is a bad idea, perhaps it's zapping your brain with radio waves or otherwise harming your health. It would be comforting if researchers firmly and finally quashed any notions that our devices can cause negative health effects. No such luck. In November 2018, the U.S. government's National Toxicology Program wrapped up a 10 year, \$30 million study on the health effects of cellphone radiation exposure. In essence, the government scientists blasted rats with different levels of radio frequency radiation (RFR) for varying lengths of time and then watched to see what would happen. 'Our studies showed that radio frequency radiation at the frequencies and modulations used in cellular telecommunications and under the exposure conditions we used can produce adverse biological effects', says John Bucher, one of the study's authors and a senior scientist with the National Institute of Environmental Health Sciences. Specifically, Bucher's study found 'clear evidence' of tumours in the hearts of male rats exposed to RFR, as well as, 'some evidence' of tumours in the brains and adrenal glands of male rats. They found 'equivocal' evidence of adverse effects in female rats, meaning it wasn't clear if the tumours that turned up were caused by RFR exposure.

What to make of these findings? Depends on who you ask. Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. 'Were using this to put together follow-up research programs', he says. Even so, Bucher says there may be some 'low' risk when a phone is held against the head or body, like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with 'prolonged and persistent use', though at this point, defining each of these terms is guesswork. 'If there is a risk, I think it's minimal', says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. 'We haven't seen an increase in brain tumours since mobile phone use has become widespread.' Moreover, Junck says the research showing any

mechanistic link between cellphone radiation and brain tumours is inconsistent and 'methodologically flawed.' Others look at the existing research with great concern. 'I think there's compelling evidence that electromagnetic radiation exposure is indeed harmful,' says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkely. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma, a type of malignant tumour in the brain and spinal cord. A 2018 U.K. study found rates of glioblastoma, another cancerous brain tumour, more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumours, locations that correspond with where we rest our phones during calls, showed some of the steepest increases.

In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes, changes they say are not factored into the U.S. Central Brain Tumour Registry and other databases that track tumours, they turned up glioblastoma increases similar to the ones they tracked in England.

Brain tumours aren't the only worry for cellphone users. 'If you look at modern smartphones, the antennas are in the corners, both upper and lower,' Moskowitz says. But the bulk of the cellular signal is now directed down through the lower antennas, 'which would make the most significant exposures in the neck area,' he says. Her mentions tumours of the neck and thyroid as particularly concerning. And there again, some data suggest rates are rising. Rates of thyroid cancer have tripled in the past three decades and are increasing more rapidly than any other type of cancer, according to the American Cancer Society (ACS).

But none of these findings constitute proof that cellphones are to blame.

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But none of these findings constitute proof that cellphones are to blame.

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Clinica Santa Cecilia

For example. The ACS says the increased use of tumour detecting thyroid ultrasounds could explain the uptick in rates of those cancers.

'If there is a risk, I think it's minimal.' Why is it so hard to pin down the potential health effects of our devices? One gigantic hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. 'Most of the epidemiological studies looking at brain tumour risk collected data in the early to mid 2000s from users whom used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology,' Moskowitz says.

Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says. Since this might keep you up at night, let's get back to the question of sleeping next to your phone. Moskowitz says tumour risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low level night time radiation exposures could disrupt sleep and cause other neurological effects.

He points to a small 2016 study from Germany that found exposing men to cellphone radiation seemed to change the structure of their sleep, increasing or decreasing REM and other sleep parameters, though the health ramifications of these shifts aren't clear.

Whatever risks may exist could be heightened in kids, 'I personally believe that children should be dissuaded from sleeping with a phone under the pillow, as RFR is thought to penetrate farther into their tissues than in adults,' Bucher says.

The obvious advice is to keep your phone out of the bedroom. Or, if you use it as an alarm clock, you could switch it into airplane mode, which stops it from sending or receiving signals, Moskowitz says. He also repeats the longstanding advice to use a wired handsfree device when making calls and to keep your phone away from your body.

Start with all that and hope that the cellphone radiation Pollyannas turn out to be right.

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Martin Feelische, professor of Experimental Medicine and Integrative Biology at the University of Southampton, "NO along with its breakdown products, known to be abundant in the skin is involved in the regulation of blood pressure. When exposed to sunlight, small amounts of NO are transferred from the skin to the circulation, lowering blood vessel tone; as blood pressure drops, so does the risk of heart attack and stroke."

Lowers sclerosis risk

The cause of multiple sclerosis is still unknown, but there have been studies that show that sunlight may reduce the risk of sclerosis. A Harvard study explores the sun exposure over the life of people with sclerosis. It showed that people who lived in areas with high UVB have lower chances of sclerosis.

Sunlight and mental health

The sun's rays, as mentioned, aren't all that bad. In fact, the sun can lift your mood. Here's how it works—sunlight releases the hormone serotonin in the brain, which is associated with boosting the mood and helping a person feel more calm and focused; hence, getting some sun in the morning is highly recommended! When you don't have enough sun exposure, your serotonin levels can dip and when it does, you increase your chances of major depression with seasonal patterns, which is triggered by the changing seasons.

The Bad :-

Headache due to heat exhaustion

Rising temperatures put people at risk of heat-related illnesses, which include heat exhaustion and deadly heatstroke. Here's what to watch out for when exposed to too much sun and high temperatures.

Hyperthermia

Heatstroke is the most severe form of hyperthermia, which happens when the body is unable to regulate its internal temperature and it can damage the brain and other organs. Heatstroke includes symptoms, such as muscle cramps, dizziness, fatigue, nausea, vomiting, and weakness. You may also notice a spike in heart rate and red skin.

Another form of hyperthermia is heat exhaustion, which is less severe. Along with the symptoms of heatstroke, heat exhaustion includes profuse sweating.

How heat can kill so quickly

Extreme heat is the culprit behind hundreds of deaths every year, and aside from killing humans and animals, heat also destroys the environment. The elderly, people with chronic illness, outdoor workers, athletes, and individuals who live in socioeconomic disadvantage are more at risk of dying from heat. However, heat can affect anyone at any age.

Our core body temperature is around 37 degrees celsius and it rises or falls due to physiological mechanisms and if you're in good health, the body can easily cope with deviations of about 3.5 degrees celsius, but beyond that, the body may already show signs of distress.

When it's hot outside, the body can maintain its core temperature by losing heat in many ways, such as sweating. You can also reduce your heat production by resting because 8% of our energy produced by working muscles is heating, which means that any activity may increase the heat the body needs to lose.

So, what happens when you're under too much heat?

This is when your body can't lose the heat and you

develop heat stress, such as heat cramps or heat exhaustion. However, if the core temperature reaches above 40.5-degree celsius, it could lead to heatstroke, and this is where things become fatal. Heatstroke

When you're exposed to extreme heat, the higher chances of getting heatstroke, which is fatal. It can kill or cause damage to the brain and other internal organs. Heatstroke usually occurs as a progression from less severe heat-related illnesses, but it can still hit you even if you don't have any previous signs of heat injury. This condition usually occurs in combination with dehydration. When the body lacks water, the body will fail to control its temperature. The body temperature of a person suffering from heat stroke is over 40 degrees celsius, but usually, its first sign is fainting. It can be accompanied by other symptoms, such as throbbing headache, lack of sweating, dizziness, lightheadedness, rapid heartbeat, rapid and shallow breathing, confusion, disorientation, staggering, and seizures.

Sunburn

Sunburn is another heat-related injury that can cause pain and discomfort. Severe sunburn may also lead to other more severe health conditions, such as cancer. Red, and sometimes swollen, and painful skin is due to overexposure to UV rays from the sun. It can vary from mild to severe.

The symptoms of sunburn vary from one person to another. In some cases, skin redness may not be apparent for several hours after the burn has begun and will reach its peak within 12-24 hours. For minor sunburns, slight redness and tenderness are apparent, which will heal in a few days. However, more serious sunburn may cause the skin to blister and it could cause too much pain that would require medical care. For severe sunburn, it can be accompanied by other symptoms, such as fever, chills, weakness, nausea, and vomiting. It can also bring symptoms of shock, such as low blood pressure, extreme weakness, and fainting. After exposure to the sun, the skin may turn red within 30 minutes, while for others, it would take two to six hours. The pain comes by the sixth hour and it can last for 48 hours. The peeling and itching may continue for several weeks.

Skin cancer

How does the sun cause skin cancer? When you are exposed under the sun's heat for a prolonged period, the UV radiation can damage the DNA in the skin cells that cause skin cancer. If there is severe DNA damage, it can cause the cells to grow out of control. Keep in mind that skin damage does not only happen when you are on vacation or in a hot area. Even when it is cloudy, the sun is strong enough to cause damage to the skin, which is why it is essential to keep your skin protected from the sun at all times. Before heading out to enjoy the sunshine and heat, it is important to take certain precautions to protect yourself. Staying cool and hydrated are essential for protecting yourself against the dangers of heat. Water is an essential nutrient that your body needs. Nutrients do not only come in the form of food; water is the most important, and often, most forgotten nutrient. You can last for some time without food, but only days without water.



23 Tips - How to protect yourself from the heat of the sun during summer

1. Drink enough water to prevent thirst

Hot weather can make you feel thirsty more frequently than colder weather. When you feel thirsty, it is your body telling you that it needs more water to cope with the heat. Drinking enough water is essential when you are exposed to heat. This is because the body functions best within a specific temperature range. So when you get too warm, the body will look for ways to cool off. One of the easiest ways to do that is to drink enough water, even when you are not thirsty. Keep in mind that you sweat more when the temperature is high, so your body looks for ways to replenish the lost fluids in the body due to excessive sweating.

2. Eat summer-friendly fruits

The solution to keeping yourself healthy during the summer and when you live in a hot area is to eat local and summer-friendly fruits. Why? The nutrients of such fruits are at their peak during this season.

Some of the fruits that you can eat are:

Tomatoes - aside from vitamin C and antioxidants that this fruit contains, it also comes with lycopene, which can help you fight off chronic diseases, such as skin cancer.

Zucchini - the fibre in this fruit called pectin can help increase heart health and lower your cholesterol.

Watermelon - when the heat is on, you need as many fluids as you can and you can get that from watermelon. Watermelon has a high water content that will keep you cool and hydrated. The fruit can also help you curb cravings because it will make you feel full.

Oranges - you lose potassium when you sweat, which means you are more at risk for muscle cramps. Oranges are rich in potassium and will keep muscle cramps away. Oranges also contain 80% water, which will keep you hydrated.



3. Dilute juices

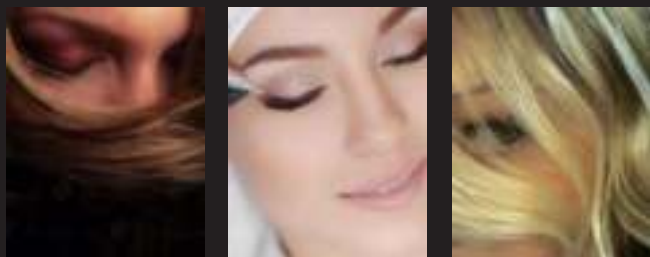
Diluting fruit juices with water due to its sugary content is essential. However, you also need the calories from the juice, especially when you are trying to lose weight. Therefore, making it 50% water and 50% juice is the right formula. That way, it will empty from your stomach quicker and electrolytes and water can quickly reach your heart and organs.

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How to Get a Modern Perm Hairstyle for Stylish Waves or Curls?



Possibly the coolest comeback trend ever is the return of perm hair. There is a definite buzz around what the modern perm can do for women wanting an exciting new look.

As a specialist in the perming process, I'm seeing a huge number of new clients come through the door for perm treatments. We've all heard the perm stories from the '80s (some not so good!), but it's now finally time for us to embrace a new generation of modern perms with beautiful results.

What Is a Perm?

A perm is a curly or wavy style, created by rolling the hair around perm rods and applying heat to that. Before you start, the hair has to be prepped by washing it with a sulfate-free shampoo. Then, the wet hair is wrapped around your chosen rods. Once the hair is rolled up, two products are applied — a perm lotion and neutralizer, which will work together to set the hair into a new shape. The total processing time is around an hour and a half to two and a half hours from start to finish, depending on the length and thickness of the hair.

What Are Different Perming Methods?

Nowadays, there are a few different ways of perming hair, which results in a variety of perm hairstyles. You can have a traditional perm explained above, with less hush, modern products being used to achieve the result. One option here is getting a loose beachy texture if you want some permanent wave in straight hair: Another is getting a bouncy and voluminous curly perm — a great choice if you dye for a trendy curly shag cut. Such tight, corkscrew curls are also called spiral perm.

How Do Modern Perms Differ from Perms of the Past?

There's a big difference between modern perms and the ones of our grandmother's generation. Today, modern techniques are used, alongside the latest perm solution technology. Rather than wrapping hair around those very small, hard plastic rods, we now use larger, flexible foam rods, which come in all different sizes.

This results in curls and waves that are less uniform (not all the same size and all going in different directions) and instead are much more natural and believable. No two curls or waves turn out the same. The modern perm lotion is much softer on the hair.

How Long Does Hair Perm Last?

The perms usually last between two to 10 months, depending on which perm you go for and how well you

take care of your permed hair. The best way to take care of permed hair is to be very gentle for the first three days, and that includes no washing or tying up. During those first few days, the perm is still setting, so it's best to leave the hair down to avoid kinks.

It's always a good idea to have your hair cut before you get a perm, to trim the ends and add some long layers into the hair length. The layers will create movement and will make long hair less heavy, which will help perms hold longer, as the curls and waves won't be weighed down so much.

Do Perms Suit All Types of Hair?

Perms work for all hair types and any hair length, on the condition that the hair follicles are not severely damaged by bleach or heat styling tools. Perm is a chemical solution that intervenes with your natural texture, so you'd like to start with healthy locks (more on that later).

The perm is great for those with flat straight hair texture who want more volume and movement. It will totally change their look and is a fun switch from the hair they've had their whole lives. A perfect candidate is someone with virgin hair who has never really been into hair colour but spends a lot of time either using a curling iron or sleeping in plaits to create waves and texture.

Perms are also great for those who have wavy or curly hair, which curl pattern has dropped over time. Perms work amazing for putting the bounce back into the hair, so they can recreate tighter curls from their childhood.

Do Perms Damage Your Hair?

Not surprisingly, this is a question I get asked a lot. There will be no damage to the hair as long as the hair is in good condition to start with. I always have a consultation with my clients first to check the health and structure of the hair. If the hair follicle is weakened, perms won't be lovely and bouncy like it's supposed to be, and it may cause further damage.

I definitely don't recommend home perm kits. It's a very fiddly and complicated process, and if either product is left on for too long or not rinsed off properly, then you risk damage to the hair, as well as ending up with perms that you hate.

It's much better to have the perm done by a professional and get the results you want.



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DO WE SURVIVE DEATH?

Part 2

When we allow more energy to flow through us, the auric field experiences an electromagnetic direct current or "DC" shift. The flow of electrons in the nervous system is increased and amplified, and all internal processes are accelerated and expanded. Then we have access to thoughts, feelings and memories not accessible in "normal" conscious states. This DC shift enables us to access our subconscious and superconscious.

Dr Eben Alexander fell into a coma after suffering a rare form of bacterial meningitis. His family were told to turn off his life-support system because he was brain-dead. Although his brain was not functioning during the coma, he is able to describe a life-changing Near Death Experience in which he met the biological sister he did not know he had who had died. He wrote "Proof of Heaven – a neurosurgeon's journey into the afterlife" which was on the best-selling list for over a year.

Michael Newton is a psychiatrist who stumbled upon life-between-life when he hypnotised people who had requested past-life regressions. At first he resisted, seeing past lives as non-clinical, but then regressed hundreds of people who described where they were in between each life, the purpose behind their life-choices, and what they were carrying from past lives. For example, he saw a client in chronic pain who, through past life regression, re-lived being killed in the First World War. The client was able to eliminate the pain when he found a therapeutic link between the pain in his body and a trauma in a previous life. Newton sees the mind as being in three concentric circles. The outer circle is the conscious mind which is critical and analytical. The 2nd circle is the subconscious where we go in hypnosis to tap into the storage area for all of our memories in this life and former lives. The third innermost circle is the superconscious mind. The Soul is our real identity and our centre of wisdom. Brain waves in trance slow down from Beta (waking state) past the meditative Alpha state into Theta which we experience in hypnosis. When we sleep we go into the final Delta state. In hypnosis people report what they see and hear but have trouble relating to what they don't believe to be true. Most of the people described being part of a primary Soul Group which interacts with other soul groups and incarnates to learn soul lessons. Members of a soul group choose to experience a life together in order to learn lessons and develop qualities.

Michael Newton founded The Newton Institute and has written two books: Journey of Souls and Destiny of Souls. Dr Raymond Moody, a philosopher, psychologist, physician and author, is widely known for his books about Near Death Experiences and life after death. He has been an authority on Near Death Experiences since the 1960s and was called The Father of the Near Death Experience by the New York Times. He received the World Humanitarian Award in Denmark in 1988, has appeared three times on Oprah, and numerous other radio and TV shows. He founded the Life After Life Institute to distribute information and understanding of consciousness. He trains hospice workers, clergy, nurses, psychologists and doctors on grief recovery and dying.

Most Near Death Experiences occur when the heart stops beating. People who suffered cardiac arrest describe feeling more alive as they floated up to the ceiling and observed their bodies. Many people are able to hear accurately what the doctors are saying. One woman described floating up the outside of the hospital building where she saw a tennis shoe sitting on a high ledge which could not be seen from inside the building. Many people describe a tunnel or portal which transports them into a warm, loving, accepting light. Deceased friends and relatives are there to greet them and they are asked by a being, described as an angel or guide "What have you done with



your life?" and "How have you learnt to love?" As they review their lives in 3D, they take the perspective of a third person and are able to feel how others experienced them. The most important point of life appears to be about love and how we put it into practice. Most people who have had a Near Death Experience do not wish to return to their bodies but are told it is not their time to die. The place we go to after death is one of order and direction; love and patience. There is no heaven and no hell.

So far 13 million Near Death Experiences have been recorded.

Dr Ian Stevenson researched young children who remember past lives and in many cases discovered that their memories were accurate. He spent 40 years travelling to different countries to investigate children who said they remembered past lives. He was a meticulous investigator using a lie-detector machine. One little boy insisted that his plane had been shot down by the Japanese 50 years earlier and said his name had been James Houston. His father, an evangelical Christian, was convinced when the memory was confirmed.

Dr Brian Weiss is a psychiatrist, hypnotist and author who specialises in past life regression. He attended Yale School of Medicine and was sceptical when one of his patients recalled past-life trauma which explained her recurring nightmares and anxiety attacks. If you google him, you can experience a past-life regression session on line. He has written Many Lives, Many Masters, Only Love is Real, Miracles Happen and Same Soul, Many Bodies.

Quantum physicists are now saying that objective reality does not exist, concluding that subject and object are one. The Danish nuclear physicist and Nobel prize winner Niels Bohr has had a lifelong interest in Vedanta philosophy and reads the Upanishads to find answers to his questions about reality. It may well be that Brahman is the fundamental divine cause of everything and that love is the most important feature of our brief life on earth, which has been discovered in the near death experiences reported by 13 million people worldwide.

I conclude with a quote from Carl Jung:

"No one knows what the 'psyche' is. Under certain conditions the psyche can even break through the barriers of space and time precisely because of a quality essential to it, that is, its relatively trans-spatial and trans-temporal nature. This possible transcendence of space-time, for which it seems to me there is a good deal of evidence, is of such incalculable import that it should spur the spirit of research to the greatest effort."

Written by Marilyn Barry who writes about life after death and related topics.

**Look at her website
www.innerwayonline.com
for more information.**



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NEWS & What's ON

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

Guardia Civil	
Frigiliana	952 533 003
La Herradura	958 640 015
Nerja	952 520 091
Torrox	
Costa & Pueblo	952 538 008

Local Police	
Frigiliana	952 533 126
Nerja	952 521 545
Torrox	952 539 828
Torredel Mar	952 549 238

Bus Stations

Almuñécar	958 630 140
Málaga	952 350 061
Nerja	952 521 504
Torredel Mar	952 540 936
Veléz Málaga	952 501 731

Taxis

Frigiliana	952 533 231
Nerja	952 524 519
La Herradura	958 630 017 / 670 995 257
Torrox	952 531 030

Airports

Granada	958 245 200
Málaga	952 048 804

Train Stations

Granada	958 271 272
Málaga	952 329 261

Consulates

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

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

Tourist Offices

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

Street Markets

Monday	Torrox Costa
Tuesday	Nerja, Salobreña
Wednesday	Algarrobo Costa, Rinconde la Victoria
Thursday	Frigiliana, Torre del Mar, Veléz Málaga,
Friday	Almuñécar, La Herradura (summer only), Salobreña
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

Church Services

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

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

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

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

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

John 14:6

Sunday Service 11.00am.

Prayer Meetings Wednesdays 11.00am

Pasaje San Miguel, Nerja, 29780.

Email: info@nlcnerja.com

Website: www.nlcnerja.com

Facebook: www.facebook.com/nlcnerja

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

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

The Anglican Church of St. George, Málaga

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

Veléz Málaga, Holy Communion or Morning Prayer.

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

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

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

www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

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

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658

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NEWS & What's ON



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

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

We can also assist by telephone 952 564 910

or e-mail cudeca@cudeca.org.

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

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

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

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

Want to join a choir?

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

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



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

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

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^{er}, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334

E-mail: luxmundi@lux-mundi.org
LUX MUNDI, TORRE DEL MAR JUNE COMING EVENTS & EXCURSION

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 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.

Thursday 29th June - Excursion to Antequera & El Torcal. Please come and join us on a fun day out, firstly to the ancient city of Antequera. There will be a 30-minute stop for refreshments along the way. On arrival there will be a one-hour guided tour in English to visit the ancient burial mounds complex known as Los Dólmenes. The tour will then move to the city where there then will be a further 2 hour tour through the historic centre of the city, starting in the upper part of the city, visiting the Plaza del Portichuelo and Tribuna Chapel of the Virgen del Socorro, Royal Collegiate Church of Santa María (entrance included), Torre del Homenaje and entrance to the Alcazaba and then down through Plaza del Carmen to visit the Church of Carmen (entrance included). The tour will end at approximately 13:30 when there will be free time for lunch. The coach will depart at 15:30 for a drive through the countryside to the vast nature reserve of El Torcal de Antequera which has dramatic limestone tower rock formations. On arrival at 16:00 there will be a further 2-hour guided tour in English finishing at 18:00 and you will then join the coach for the homeward journey. It will be advisable to wear suitable walking shoes as the ground in El Torcal is uneven. Ticket price 32 Euros with a Friends card and 35 Euros without a card. Travel Insurance included. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 08:00, Caleta (vets) 08:05, Torre del Mar (Bus Station) 08:15.
Friday 23rd June - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

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Cost is €12 for sandwiches, cakes,
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For tickets contact Christine on +34910710099
or pop into the CAS shop in Cañilla Peris 2 to book



All proceeds go to the welfare and the upkeep of our animals

YOGA FUSION DANCE

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

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

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

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

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

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

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All information is required by the 15th monthly.

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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.



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Ref: PS-2022-129

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 amenities. Top floor communal pool.

€124,000



Penthouse, Torrox Costa
Ref: PS-2023-300

BARGAIN Torrox Park Penthouse! South-west
 facing 1 bed apartment with terrace and
 panoramic views. Communal pool.

€135,000



Apartment, Torrox Costa
Ref: PS-2022-131

F. PUEBLO ANDALUZ: bright 2 bed apartment
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€182,000



Villa, Torrox Pueblo
Ref: PS-2022-143

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 over 2 floors with private courtyard, roof
 terrace & parking.

€199,000



Penthouse, Torrox Costa
Ref: PS-2023-018

TORROX PARK: apartment with large terrace,
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 communal pool. Near beach.

€230,000



Apartment, Torrox Costa
Ref: PS-2023-014

COSTA DEL ORO: by the Beach! Fantastic 2
 bed, 2 bathroom apartment with sea views
 from terraces. Communal pools.

€258,000



Penthouse, Torrox Costa
Ref: PS-2021-17

Beautiful penthouse on second beach line,
 35m2 terrace, 2 beds, 2 bathrooms, furnished,
 communal pool.

€325,000



Villa, Torrox Costa
Ref: PS-2021-130

Between the pueblo and the costa, well
 maintained, 500 m2 terrace, 4 beds, 3
 bathrooms, private pool.

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REF: 6993

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EPC: E, 67 m².

ALMAYATE


REF: 7620

Large semi-detached house walking distance from amenities and the beach with 5 bedrooms, 2 bathrooms, 2 lounges, 2 kitchens, wood burner stove, basement, garage, roof-terrace, patio and several terraces.
EPC: in progress, 213 m².

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