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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**



#### Edificio Bahamas

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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.

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## Country Property of the month

**Torrox:** **Price: €385.000** **CP601**



This is one of our country properties in Spain. A superb & immaculate property built to a very high standard set in a plot of app. 2.856 m2. The property has breathtaking views down over the verdant countryside towards the sparkling Mediterranean sea. A gated entrance opens onto the driveway with plenty of parking space. The interior accommodation comprises a bright open plan living/dining area with a wood burner and access onto the pretty glass room seating and dining area. A fully equipped kitchen, an

attractively tiled shower room and a double bedroom with fitted wardrobes which is currently used as an office. Flight of stairs leads up to another two double bedrooms, terrace, and a family bathroom with a bath. The exterior is equally as exciting as the interior with lots of terrace space around the 8x4 pool. This is a truly wonderful property which is ideal as a permanent residence, as a holiday home or to provide a rental income.



**Canillas de Albaida: Price: 159.000€**



- Living space: 97m<sup>2</sup>
  - Bedrooms : 3
  - Pool: No
  - Garage : No
  - Terrace: Yes
  - Bathrooms: 1
  - Views: Sea views
  - Area: D de Albaida
- Ref. TH977**

**Cómpeta: Price: 365.000€**



- Living space: 165m<sup>2</sup>
  - Bedrooms : 3
  - Pool: Yes
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 3
  - Views: Mountain
  - Area: Cómpeta
- Ref. CP604**

**Sayalonga: Price: 790.000€**



- Living space: 220m<sup>2</sup>
  - Bedrooms : 5
  - Pool: Yes
  - Garage: Yes
  - Terrace: Yes
  - Bathrooms: 3
  - Views: Sea views
  - Area: Sayalonga
- Ref. CP607**

**Cómpeta: Price: 220.000€**



- Living space: 60m<sup>2</sup>
  - Bedrooms : 2
  - Pool: Yes
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 1
  - Views: Mountain
  - Area: Cómpeta
- Ref. CP611**

**Sayalonga: Price: 249.000€**



- Living space: 225m<sup>2</sup>
  - Bedrooms : 4
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - Views: Mountain
  - Area: Sayalonga
- Ref. TH825**

**Cómpeta: Price: 198.000€**



- Living space: 140m<sup>2</sup>
  - Bedrooms : 2
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 1
  - Views: Mountain
  - Area: Cómpeta
- Ref. TH1035**

**In conjunction with Cómpeta Properties S.L.**

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## Welcome to Streetwise magazine -

Summer's arrived and with it many tourists. I love the summer months it's great to see people of many nationalities enjoying our little part of heaven, here on the Costa del Sol! We have a packed Streetwise check out our safety in the sun article. The temperature has risen very quickly so stay safe in the sun and enjoy your holiday. As always Streetwise has some great reading material and fantastic adverts. Check out what our clients are offering you this month. This month my sister arrives, so you may see me out and about enjoying what's on offer!



Dawn x



Beautiful Almeria beach



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# NERJA Villas

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**Price: €185.000**

**Ref: NV.SUS**



Terraced apartment with 180° of sea views, sun all day round. Comprises 2 beds, bath, lounge/dining room with cable TV, equipped kitchen with washing machine and ample terrace. A/C and wifi. Communal pools, gardens. Restaurant, bar, mini-market close. Steps to access apartment, not suitable for people with reduced mobility.

**Reduced to: €210.000**

**Ref: Casa Capuchinos**



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, reataurant, 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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Semi-detached villa in Alhambra urb.. 3rd floor:- solarium with great sea views. 1st floor:- 2 beds, bath. Ground floor:- Living room/kitchen, bath and terrace. Some construction work ahead the photos do not show this. (The work does not affect the views). South facing, communal pool, private parking and great views. Price is negotiable.

**Reduced to: €320.000 Ref: NV.MARYLIN**



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. 1<sup>st</sup> floor, fully equipped kitchen, bright living-dining room, toilet and terrace with sea views. 2<sup>nd</sup> 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 reduced: €199.000**

**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**



Semi detached villa in Capistrano Village. 1st floor:- independent kitchen, wc, large living room, with access to a sunny terrace. Staircase to the garden and ground floor. -2nd floor:- beds with balcony, 2 baths. Ground floor:- currently it is used as a warehouse, but it has the possibility of making a third bedroom. Communal pools.

**Price: €360.000**

**Ref: NV.CR**

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## Andalucian beaches to fly a record number of Blue Flags this summer



A record number of blue flags will appear on Andalucian beaches this summer. A total of 148 blue flags will be flown on the beaches this year, five more than last year. Málaga receiving the most Blue Flags, 47 in total.

### Fraudster arrested in Spain for scamming tourists with fake holiday lets

A 44 year old Spanish man has been arrested for committing seven offences of fraud. He advertised several properties along the Mediterranean coast for holidays, which were not his properties to rent out. Several clients filed complaints with the police, after paying in advance for their holidays but not being able to access the properties. Payments from €350 to €1100 were made in advance for holidays to the 44 year old man. Unfortunately the holiday makers only found out about the scam when arriving at their holiday destination.

### Beach surveillance and lifeguard service is extended to 46 people



The beaches of Nerja and Maro already have a surveillance and lifeguard service, that has expanded to 46 people this year, 5 more than last year, with 40 beach lifeguards, 3 coordinators and 3 boat skippers. They will have all the necessary equipment to provide the best service and will be coordinated with Civil Protection.

The acting Councilor for Human Resources, Ángela Díaz, has highlighted the increase in the number of lifeguards. "This is the best beach surveillance and lifeguard service that the municipality has had in its history and that has excellent professionals," he

pointed out, reaffirming the commitment of this government team to reinforce the security of our beaches so that neighbours and visitors enjoy them with complete peace of mind.

For her part, the acting Councilor for Beaches, María del Carmen López, remarked that "the City Council activates the surveillance and lifeguard service one week before the start of the official bathing season and will last until Sunday, October 1<sup>st</sup> guaranteeing the safety of all our beaches during the summer, also attending to our commitment to the tourism sector to offer a quality service on the beaches".

### Control and access system of the Balcón de Europa car park has been renewed



The Balcón de Europa municipal car park launches a new and modern vehicle access and control system with an investment of 157,000 euros. The Councilor for Municipal Services, Gema García, has visited the facilities to find out how this new machinery works. The new equipment comes equipped with a control system with access barriers, capture and license plate recognition. The ATMs have also been replaced, incorporating a bank card reader, something highly demanded by users, and a coin system with exchange returns in bills and coins, and a new system for indicating free and occupied spaces has also been installed. on the first and second floor.

The councillor also reported that it is expected that the third floor will soon be equipped with the same system.

### 500 days alone in a Spanish cave

49 year old Beatriz Flamini spent 500 days alone in a Spanish cave. She was monitored throughout her experience for a documentary. Beatriz Flamini emerged from a cave in Motril, in Spain's southern province of Granada, where she had been living for over 500 days as part of an experiment that will be the subject of a new documentary.

On leaving the cave, she said that she felt very comfortable inside. "I didn't want to leave today," she assured. "At no time did I think about quitting. I got along very well with myself."

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Ref: 6532VI4



### PUNTA DEL FARO

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 m<sup>2</sup> 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



### NERJA

Very large detached villa (313 m<sup>2</sup>) 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 m<sup>2</sup> with pool, parking. Wonderful mountain & sea views!

Price: €695.000

Ref: 6109VI3



### 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 m<sup>2</sup> with a lift connecting house & garage. Including a private pool, sauna and a roof terrace.

Reduced to: €259.000

Ref: 6511VI3



### TORROX COSTA

Large family home in the centre of Torrox Costa with shopping, beach and promenade within easy walking distance. Comprising of 4 bedrooms, 3 bathrooms, dining room, separate kitchen, office, large terraces and a private garage.

Price: €440.000

Ref: 6570VI4



### TORROX PARK

Lovely bungalow in a quiet and peaceful residential area. Bright & sunny. 2 double bedrooms, bathroom, modern kitchen, lounge with fireplace, 2 terraces (East & West facing) plus a huge roof terrace with stunning sea views. Communal pool.

Price: €229.000

Ref: 6571TH2

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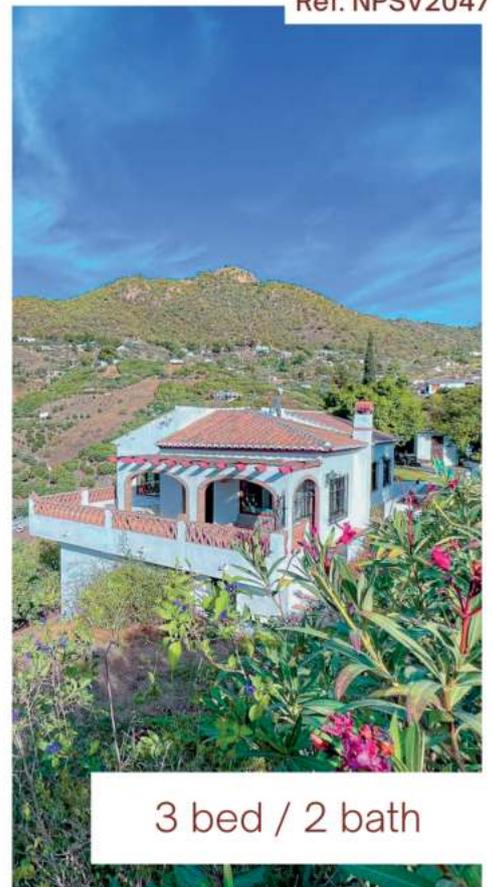
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276 / 4609 m<sup>2</sup>

360.000 €

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## José Alberto Armijo, mayor of Nerja for the seventh time



José Alberto Armijo, has taken office as mayor of Nerja, just 28 years after he did it for the first time, specifically on June 17<sup>th</sup> 1995, and after 36 uninterrupted years of public service. "An extraordinarily gratifying period dedicated to my town and my neighbours", he remarked.

The mayor has reiterated the commitment of the municipal government of the Popular Party to give priority attention to Nerjeños and Mareños, especially the most vulnerable people and groups, at the same time that he has highlighted the objective of his government to make Nerja an even more sustainable city, more accessible, more modern and even more attractive from a tourist point of view, focusing on all the strategic sectors linked to our economy.

To this end, he has indicated that the municipal government will work to fulfill the 190 commitments of the Electoral Program, as of today the Government Program, also counting on the collaboration of the Junta de Andalucía and the Diputación de Málaga, "administrations that have been considerably involved with Nerja in recent years, and that will certainly continue to be the case" and he hoped that very soon we would have the same harmony and collaboration with the Government of Spain.

### Illegal wells in Antequera denounced

Spanish NGO Ecologists in Action denounced the existence of "numerous" illegal wells around Antequera.

They believe the wells are being used for water-intensive crops such as asparagus, olives, almonds and vegetables.

The existence of the illegal wells was the reason for one of the Civil Guard's most striking operations in the region of Axarquía and the province of Málaga. 26 people have been arrested and 44 others have been investigated for the illegal use of water resources.

### Driver crashes into containers in Mijas

A driver twice over the legal limit smashed into refuse containers in Mijas and then tried to flee the area. Neighbours who witnessed the incident stopped the suspect from leaving and called the authorities.

Continued on page 14



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## Ryanair bans duty free booze



Duty free booze has been banned on flights from the UK to several Spanish holiday resorts, Málaga being one of the resorts. The airline implemented the ban in the interest of passenger safety.

## Body of missing woman found inside walls of a Torremolinos apartment



Spain's National Police have located the body of Sibora Gagani, a young woman of Albanian descent and Italian citizenship who had disappeared in Southern Spain in 2014. Her remains were found concealed inside a wooden crate between two walls of the apartment she had shared with Marco R., 45, an Italian national with whom she was in a relationship at the time.

During May of this year, this same individual allegedly murdered another woman, identified only as Paula, in the same town, Torremolinos. He was captured by the police and later confessed to the earlier crime after seeing a photograph of the young woman on a missing persons poster at the precinct. He said that he had used acid to make the body disappear and that he had walled it up, according to a statement by a central government official.

## Andalucia to Madrid cheap train travel gets underway

Cheap train travel between Andalucia and Madrid is underway, offering cheap tickets for a limited period only. The cheap budget tickets are available through the summer until the 30<sup>th</sup> September.

## Pedophile caught in Spain

Mark Frost, 76 years old had the perfect hideout in Santa Pola, in Spain's Mediterranean province of Alicante. He believed that a pensioner from the UK would not attract attention in this coastal town of 36,000 inhabitants where registered foreigners, including a large number of Brits, make up 21% of the population. Thinking he would be seen as just another tourist and that he would be safe, looking to arrest him for decades of child sex abuse. In 2016, after an international police operation, the Spanish Civil Guard arrested Frost and he was handed over to the UK. Since then, more crimes have come to light, but according to Spanish legislation, the statute of limitations has expired for these crimes and although the law has recently been reformed to extend the time in which legal proceedings can be brought to bear, it cannot be applied retroactively.

The horrific crimes committed by the former English teacher feature elements specific to pedophilia: the abuse of authority and exploitation of vulnerable individuals, the victim's fear of reporting the crime, and the consequent difficulty proving the abuse, not to mention impunity.



Continued on page 29



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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. Tuhillo, Nerja**

Stunning apartment in sought-after Edificio Tuhillo, Parador area of Nerja. Features a spacious terrace with breathtaking views of the communal pool and Mediterranean Sea. Fully refurbished to high standards in 2016, it offers three bedrooms, a modern kitchen, and a large living area opening to the terrace. Ideal for holiday rentals.

**Price: 590,000 euros Ref. JG999**

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**Urb. Jardines de Nerja**

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

**Price: 295,000 euros Ref. JG693**

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## A design for living ... that saved my life

Richard is in his 50's, a retired forensic accountant from Scotland. After falling into an alcoholic coma, following a binge, he knew he had a choice, keep drinking and die, or stop and live. Here is his story...

"I started drinking aged 15. The sensation was amazing, I loved the feeling, was immediately hooked, and wanted more. I come from a big family, and a culture that promotes the use of alcohol. It wasn't frowned upon, and for many years my behaviour wasn't unusual. Later, once my drinking was out of control, if a person hinted that I may have had a problem - they were immediately dropped from my circle of friends.

I had a senior position in a prominent role and managed to keep a lid on my alcohol use. It became a chronic problem when I retired from work - that is when I became a daily drinker (morning, noon, and night). Gambling could have become a problem, but I needed the money for alcohol. Eating became a chore. Relationships became a thing of the past. Alcohol always came first.

My rock bottom was probably in the period leading up to my hospitalisation. By then I was depressed, lonely and I had no interest in people, places, or things. Alcohol had become my life, and I would have been happy to go into a blackout and never wake up. Then I was told by my GP that I had cirrhosis of the liver and if I continued drinking my lifespan was

3-5 years. I reacted by going on a four-week long drinking binge. The result was me ending up in an alcoholic coma. My blood circulation was so bad, I could have died. Thankfully, I was found by family members who got me to a hospital, of which I have no memory until I woke up, in a ward, the following morning.

At this point realisation hit, I knew I had a choice and that I had to do something; keep drinking and die or stop drinking; but I just couldn't fathom how that would be possible. My ex-partner was in Alcoholics Anonymous. He had joined 10 years previously. It was at this point we had split up, because by then alcohol was the only thing that had kept us together.

I was full of fear at the prospect of my first AA meeting. I hoped that I would hate it and that would justify never going back. However, what I found was love and understanding; and a realisation that there were many other people just like me. I had expected to find a room of religious bible bashers, singing holy hymns; instead, I found a place that would give me a design for living; that saved my life.

My first AA meeting was in January 2016. My sobriety date is 4 September 2015 (the day I woke up in hospital). My sobriety started with 4 weeks in hospital; and continued at home under supervision of family members. In the beginning, the main thing that stopped me from drinking

was attendance at a day release rehab, which I continued with for a year. After three months at the rehab, I (reluctantly) went to my first AA meeting, and it was one of the best decisions that I ever made.

Life now? I believe that I have found (as we say in the fellowship) a "bridge to normal living". I have new relationships, family support and have rediscovered sports. Impatience and intolerance are managed. I am human, and my character defects will always be there; but with the help of the fellowship of AA, they are shared and understood by other alcoholics. My advice? Try it and see. It's free, if you don't like it there is no obligation to return but the door will always be open. Get to meetings and listen. Obtain phone numbers, and call when you need help. I recommend for any newcomer, the Alcoholics Anonymous book called Living Sober. It's easy to read; and contains advice on everything you will experience as you begin a sober journey. "

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

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

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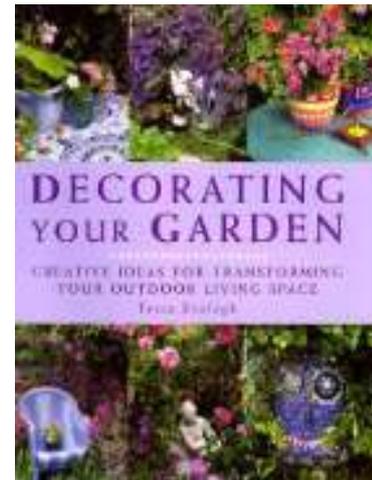
## My garden in Spain...



I have been given some cutting of a butterfly resistant geranium, which are flourishing. These plants have variegated leaves which the butterfly seems to ignore. I have also been told that's he doesn't seem to attack the ivy-leaved varieties. Along with taking cuttings and potting up seedlings, I am still working on the design of my garden. My husband and I collected some big pebbles from the riverbed the other evening, as I want to feature them in with the gravel. What looked and felt like a load, looked hardly anything at all when we tipped them out onto the garden. Still, - slowly does it! Recently, I bought a newly published book called 'Decorating your Garden' by Tessa Everlegh to add to my collection. It contains creative ideas

for transforming your outdoor living space and helps you reinvent your garden with beautiful decorative features and non-planting ideas. It is a beautiful book, and even if you didn't have a garden, it's such a delight to browse through. The author has collected some really original ideas. I bought the book through Amazon.

Blue blossoms hanging over white walls. Either side of the track leading to our house there are many villas with gardens, orchards, terraces and little allotments. Some are holiday



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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.**

homes, different cars parked in the drives over the summer weeks tell you that. Some appear to be just for the weekend, for the local Spanish folk, families gathered on the porch, with the menfolk attending to little plots of runner beans, onions and pimientos.

Other villas remain 'secret looking, behind walls and creeper-covered fences. One house, or should I say the garden caught my eye every time we passed its gates.

The building looked very sad and neglected and obviously hadn't been lived in for some time.

Paint was peeling off the woodwork, the security bars at the windows and doors were all rusty. The garden though was a mass of colour. One morning, as we passed by this villa in our car, we slowed to let a van negotiate the corner and I noticed that the gates were open.

Inside there were workmen laying new pipes for metered water through the concrete channels that ran around the garden and through the wall into the next property.

Despite the huge weeds and tall grasses, delphiniums in blue, pink and white, cornflowers, lupins, scabious, red roses were all blooming away out of stoney, sun baked soil. There were agaves, yuccas and succulents in stone pots. I saw no sign of any garden plant irrigation though.

The pipes currently being installed around the properties here are for the farmers and their crops, not private gardens.



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**Cómpeta** **New this month!**  
Beautifully presented, well maintained 2 bed, 2 bath villa (152m<sup>2</sup>), bright airy interiors, various terraces, space for above ground pool and open countryside views.

Price: 250,000 euros  
ref: v 1503 EPC: E



**Online video** **Canillas de Albaida** **Price reduced!**

Wonderful 3 beds and 1 bath + wc village house (167m<sup>2</sup>) full of character, reformed to a high specification, many of the original features. Large south facing roof terrace with sea, village and countryside views

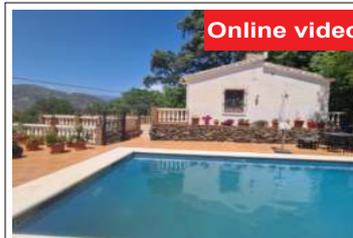
Price: 159,950 euros  
ref: t1478 EPC: E



**Online video** **Cómpeta** **Stunning terrace!**

Beautifully presented 2 bed, 1 bath (97m<sup>2</sup>) townhouse, with a bright modern interior, fantastic dining/sun bathing terrace, upper terrace with jacuzzi, village and countryside views.

Price: 198,000 euros  
ref:t1479 EPC: E



**Online video** **Cómpeta** **Price reduced!**

Attractive 1 bed, 1 bath villa (51m<sup>2</sup>) in a quiet location, easy access and less than 10 mins' drive to Torrox. The villa has the use of a shared pool with one other villa. Perfect opportunity to own a country house at townhouse prices!!

Price: 139,000 euros  
ref:v1462 EPC: E



**Cómpeta** **New this month!**

Beautifully presented 2 en-suite bed townhouse (89m<sup>2</sup>), 2 guest wc's, bright open plan feel lounge/dining/kitchen, fantastic roof terrace with outside kitchen, lovely sea, countryside and village views.

Price: 189,950 euros  
ref: t1492 EPC: In progress



**Online video** **Sayalonga** **Super opportunity!**

Renovated 2 bed, 1 bath townhouse (99m<sup>2</sup>) with living/dining, separate kitchen, easy access to local amenities, roof terrace, ideal lock up and leave holiday home or rental property.

Price: 79,000 euros  
ref: t1435 EPC: In progress

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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**VSR1026 EL ACEBUCHAL** Price: €395.000  
Detached cortijo, three bedrooms, covered terrace, private pool BBQ, SEA VIEWS, a rustic charm, quiet tranquil location, sun terrace, orchard, parking.



**VSR1017 CORTIJO SAN RAFAEL** Price: €550,000  
Detached villa, 146m<sup>2</sup> with lovely pool, terraces, panoramic sea views, lawned gardens. 3 beds, 2baths, a/c, garage and private parking. Prestigious location.



**VSR1023 VILLAGE LOCATION** Price: €265,000  
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**Inky**

**INKY...** She was found abandoned along the riverbank with Tyson a year or so ago. She was totally bald on her back and shoulders but with treatment and patience she is fine now. She is about 2 years old and is fully vaccinated and spayed and weighs about 8 kilos. She is very sweet and playful and loves being with her friend Tyson and as you can see from the photos, she loves a fuss and a stroke.

**TYSON...** Is a lovely boxer who was found abandoned along the river bed in Nerja with his little friend Inky. He is about 4 years old and unfortunately was tested positive for leishmaniasis for which he takes medication daily. This has also affected his eyes so he needs eye drops daily. He can be aggressive at feeding time. He likes to eat a LOT but stays quite slim. He is fully vaccinated and castrated and weighs about 20 kilos. He is very happy being with his little friend Inky.



**Tyson**

## The Costa Animal Society...

**BRUNO...** Came in as a rescue dog from a friend of a friend. He was in bad condition and covered in bites and scars and was quite Aggressive. He is a lot quieter now but doesn't like other male dogs. He weighs about 25 is kilos and is fully vaccinated and castrated. He loves being outside which makes us think that he had been enclosed a lot at some stage of his life.



**Bruno**

**HECTOR...** The poor lad has been with us for quite a while now after being abandoned in Nerja. He had spent a year or so at another kennel when he was young and is now five years old. He is very much an Alpha male and doesn't get on well with other male dogs. Unfortunately he is not too keen on cats either. Hector is about 20 kilos and is fully vaccinated and castrated. He loves to play and has a healthy appetite.



**Hector**

Due to their early lives and abandonment, they struggle to interact with other animals (except Inky and Tyson) so it may be better if these dogs were to go to a home on their own. To meet the above dogs contact Seacrest Kennels on 711 028 847, or email us on [costaanimalsociety@gmail.com](mailto:costaanimalsociety@gmail.com) You can find us on Facebook - Costa Animal Society CAS. CAS shop in Castilla Perez 2, Nerja, Mon to Sat, 10:00 to 14:00 where our staff will be able to help. Website (still under construction) Web - [costa-animal-society.square.site](http://costa-animal-society.square.site)

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## AXARQUIA ANIMAL RESCUE



Petra

### AAR 2626 - Petra

We are pleased to announce that we have had the results of Petra's biopsies back and she has been given the 'all clear'! 🐾🐾🐾🐾❤️ 🐾🐾🐾🐾❤️ 🐾🐾🐾🐾 This beautiful 6 year old mastin is now looking for her forever home. She is totally fine with cats, is house trained, gets on well with other dogs and is the most easy going, uncomplicated four legged friend you would ever find or wish for. Surely someone can give a home for this lovely girl? She is fully vaccinated and chipped and can travel to her forever home, here in Spain or further afield. Please email us if you can help at: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

### AAR 2656 - Deedee and AAR2650 - Kyra

Born in kennels with their siblings on 18<sup>th</sup> March, now 11 weeks old they are now living with their lovely foster angel. She says that Deedee is a very sweet little girl who loves to cuddle and have belly rubs! She is quite inquisitive, and is growing in confidence every day. Kyra is a very sweet little girl who loves to cuddle, and have ear scratches! She is a little bit shy, but also gaining confidence. Their mum is only little and thought to be a bodeguero mix, but as we don't know who dad is, we can't be sure how big they may grow just yet. They have started their vaccinations and will soon have their own passports, and are ready to be adopted in Spain now, and to Europe or the UK in the next few weeks. If you would like more information on these pretty pups, please email [axarquia-recue@hotmail.com](mailto:axarquia-recue@hotmail.com)



Deedee and Kyra

# Axarquia Animal Rescue



**Metta**

## AAR 2664 - Metta

Lovely Metta was found abandoned in the pouring rain outside the gates of her house of her finder. Now, safely in the care of her foster angel, Metta is looking for a forever home of her very own. Metta is a 6-month-old podenco type pup, who weighs approximately 10kgs. She is a sociable young girl, who likes being in the company of people and other dogs. If you are interested in adopting Metta and giving her the forever home she deserves, whether in Spain, Europe, or the UK, please contact us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

## AAR 2691 - Belinda

## AAR 2693 - James

These 2 lovely pups together with their 2 siblings were found dumped in the country/ side. They are Cross breed puppies and will be medium in size when they are fully grown. Estimated DOB 11 April 23 and will soon start their vaccinations. They can be adopted locally here in Spain at 8 weeks old and outside of Spain when they are 15 weeks old. If you are interested in giving one of these beautiful furballs a home contact [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Lana**

## AAR 2676 - Lana

Born on 20<sup>th</sup> March 2023 with 4 of her siblings after her mother was rescued by kind people. Female of mixed breed (possibly father is a Mastin). Lana is in foster home & started her vaccines. Soon to complete them with Rabies, Chip & Passport. Lana will be ready for rehoming in Spain anytime now. And at the age of 16 weeks (after 10<sup>th</sup> July) she can travel to UK & Europe - please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Olive**

## AAR 2690 - Olive

Olive was found roaming around a village, searching the bins for food, she has obviously had an owner at some point, but no one has come forward to claim her. Olive is now happily settled in a foster home, with other dogs, and loving life, as you can see by her cheeky smile. Estimated at 18 months old, and only weighs 11kg. Such a happy playful girl who loves to meet people, she is well socialized and great on a lead. Free from all Mediterranean diseases, and vaccinations started. If you would like more information, please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

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[axarquia-rescue@hotmail.com](mailto: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](mailto:axarquia-rescue@hotmail.com) and quote Pedro AAR2648.



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# DOG SCHOOL - NERJA

By Karen Wallace



**Does your dog snatch at your hand when you are offering a treat, knock their food bowl out of your hand at dinner time, barge through doors as you open them, or lunge after joggers, bikes or cars while out walking? If so, your dog may need help with their impulse control.**

Impulse control can take a lot of work for some dogs but will pay dividends in the long run.

To put it simply, a dog with impulse control is one that has learned good manners. A dog that listens to you, defers to you, does what you ask when you ask it, and stops doing something when you tell him to stop. He is a dog that does not bolt out the front door when you open it, that does not grab a toy out of your hand until you're ready to play, that waits to eat his meal until you give him permission, that does not jump on you (or your guests) unless invited to do so, that stops barking when you tell him to be quiet, that comes out of his kennel when say it's ok to do so, and so on. In short, a dog that learns/has impulse control is a dog that is a pleasure to live with.

So how or where do we get a dog like this? Well, that's up to you, the owner/trainer.

If you're willing to teach your dog the behaviours that make him pleasant to be around, to teach your dog the behaviours you want, and to be consistent with it (that's the important bit!), it then

follows that you will have a dog that understands impulse control.

What does that entail? What does that look like? Some examples include (but are not limited to) teaching your dog to sit before you or anyone else pets him (no jumping allowed); having your dog sit down and stay in that position before you feed him a meal; having your dog wait in your car until you get his leash on and give him permission to get out, and then having him sit patiently next to you until you're ready to move about; not throwing a ball, frisbee or any other toy for your dog until he sits. These little things, to name just a few, are easy habits for any dog to learn and for any owner to help their dog do, without exception, on a daily basis; they are some of the good-manners behaviours that make for a wonderful companion.

So teach your dog to be wonderful – to do things that make you and others want to spend time with him. Reinforce those behaviours often enough for them to become learned and habitual, be consistent with your rewards when your dog does something that you want and, before you know it, your dog will start to demonstrate



impulse control. The result? A dog that's even more of a joy to have as a member of your family. Impulse control is the foundation for good manners. It helps our dogs to behave better in a world full of people. Well-behaved dogs can accompany you to more places and get more interaction. Everyone wins with a well-behaved dog, especially the dog.

Learn more about how to achieve this and a lot more at classes with Dog School. You can find out more by looking on the website at

**[www.dogschoolnerja.com](http://www.dogschoolnerja.com)**



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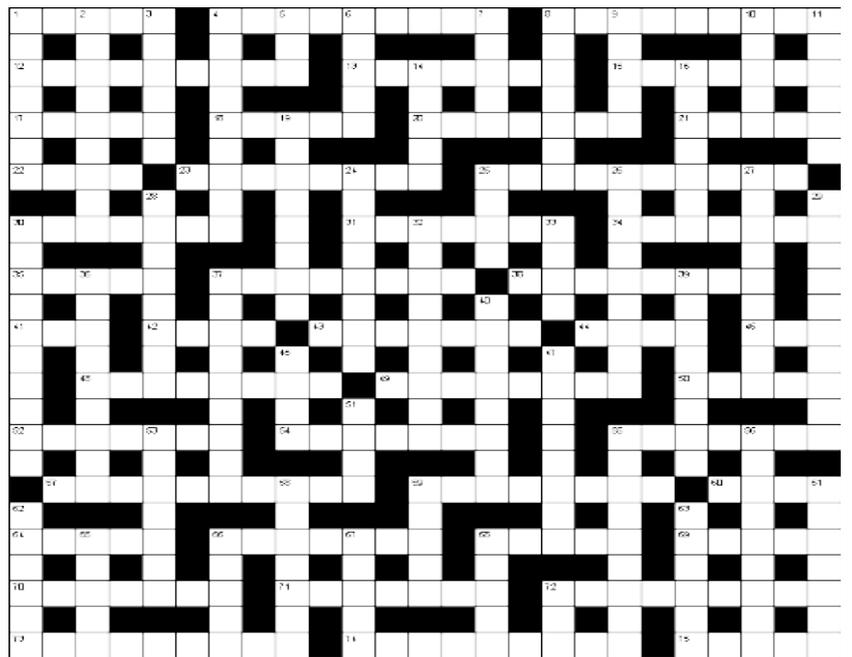
## Across

1. Visual communication (5)
4. Show for kids, mainly (9)
8. Exuberant (9)
12. Fair (9)
13. A person's brother or sister (7)
15. Humiliation (7)
17. Wall painting (5)
18. Pandemonium (5)
20. Acute (7)
21. Topic (5)
22. Charge per unit (4)
23. A drink before a meal (8)
25. Mixture (10)
30. Pensive (7)
31. Building (7)
34. Epidermis (7)
35. Even (5)
37. Sailor's dance (8)
38. Moguls (8)
41. Sense organ (3)
42. Not difficult (4)
43. Enduring (7)
44. Mature (4)
45. In the past (3)
48. Height (8)
49. Dwelling (8)
50. Panache (5)
52. A small piece of anything (7)
54. Loss of memory (7)
55. Article of clothing (7)

57. Unbelievable (10)
59. Anatomical structure (8)
60. Performs (4)
64. Bulbous plant (5)
66. Apparition (7)
68. Small boat (5)
69. 4th letter of the Greek alphabet (5)
70. Rebukes (7)
71. Train (7)
72. Asked (9)
73. Worthy of imitation (9)
74. Cognition (9)
75. Display tripod (5)

## Down

1. Flash of light (7)
2. Equipment (9)
3. Harbinger (6)
4. Head teacher (9)
5. Nothing (3)
6. Fertile part of a desert (5)
7. Decree (5)
8. Locomotives (7)
9. Relative (5)
10. Spooky (5)
11. Bicycle for two (6)
14. A short duration (5)
16. Try (7)
19. Anteater (8)
24. Theatrical performer (8)
25. Dessicated (4)



26. Come to terms (9)
27. Absolutely essential (9)
28. Wealthy (8)
29. Philanthropic (10)
30. Large African antelope (10)
32. Impulsive (9)
33. Flair (4)
36. Fluctuation (9)

37. Dithered (9)
39. Pirate's hoard (8)
40. Imagine (8)
46. Notion (4)
47. One and a half dozen (8)
51. Part of the leg (4)
53. Low wall (7)
55. Monstrous (9)
56. Intensifies (9)

58. Courage (7)
59. Brazilian dance (5)
61. Disgraceful event (7)
62. Unchanging (6)
63. Stick (6)
65. Big (5)
66. Italian dish (5)
67. Large case (5)
68. Fishing basket (5)
72. Pole (3)



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## SUDOKO

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

## Superhero Word Search

D Z G W V B H S P A Q Z V D Z M N N R U  
H V X G A B B T N X F F Z A E O X X V O  
G P T T F L V R O K R E L K N W E C T A  
L X M B T H H O A T A G G L O L H J D G  
R A Y Q C U U N Q V S J J M N S A M B K  
N R S T I W S G U K E A A N S O F P S S  
E L N J Q C F A I D C N F O C Q R C N U  
L Q B K Y N E H S J H T L W H W X I D H  
G O X T W A M D P C S D N A H U L K M P  
Q H R M H M A C I R E M A X E R A P Y O  
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Y Y H A V E N G E R S T S G R O L W W E  
V D T H Q P A N R V B A W W O E N P E H  
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I S A V K S A R A F S L Y C T F L A E J  
A A P Q K G U T N L L Z T H W Q K U O R  
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P Q E N S F A E I M T F A L R I G T A B  
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- |          |           |          |
|----------|-----------|----------|
| AMERICA  | AQUAMAN   | AVENGERS |
| BATGIRL  | BATMAN    | BLACK    |
| BRAVE    | CAPTAIN   | FAST     |
| FIGHT    | FLASH     | HERO     |
| HULK     | IRON      | MAN      |
| PANTHER  | SPIDERMAN | STRONG   |
| SUPERMAN | THOR      |          |



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Early on a Monday morning at the end of May a group of international travellers joined Lux Mundi, Torre del Mar, for a coach excursion to the North of Spain. After a couple of stops on route for refreshments they arrived in Segovia, their first port of call, mid-afternoon. After checking in at the hotel, situated at the end of the famous aqueduct, there was plenty of time to walk into the city and visit the Cathedral and the Alcazar and to walk the beautiful streets.

Next morning, after breakfast, the group rejoined the coach, and the next stop was the Monestario de las Huelgas on the outskirts of Burgos where they were met by an English-speaking guide, Beatrice. They had a very interesting tour of this fascinating monastery, steeped in history and dating from the 12th century. Afterwards the coach took them, with the guide, to the old city of Burgos where they were told some of the history of the city and they were taken to see the statue of El Cid, an old palace which is now a bank and the Plaza Mayor. There was plenty of time to have lunch and to visit the glorious Cathedral before setting off for Vitoria where they stayed in the centre of the city for three nights.

The following day they went to Logrono to the Campo Viejo Bodega where Raul gave them a really comprehensive tour of this huge wine making facility followed by wine tasting. The thousands of bottles, casks and vats of wine were an amazing sight. After

rejoining the coach, the group then went on to Laguardia where they caught the elevator which took them right up into the old town, reputed to be one of the most beautiful towns in Spain. Here they wandered the old, cobbled streets admired the spectacular views, enjoyed tapas in the little restaurants and visited the main square where at 4pm the carillon style clock played music and 3 small figures came out and danced.

On the Thursday there was a trip to Bilbao and the Guggenheim Museum. Some people spent the whole day in and around the museum while others walked along the river into the old city, visiting the old market, the Cathedral, taking a boat ride and walking around the old streets with beautiful buildings.

The famous 'Puppy' made of flowers near the museum was spectacular.

The following day, after checking out from the hotel the coach travelled to Sepúlveda, a medieval town located on top of a rock that overlooks the Duratón River. In the Plaza España they were able to see a vestige of what the Sepúlveda castle was, with storks nesting on the top. The Old Prison was open to visitors, situated on 3 floors. Walking around this town was like stepping back in history and the view from the town was wonderful. Many of the little restaurants were serving the famous suckling pig and lamb. Mid-afternoon the coach departed for the last night's stay in the city of Aranjuez.

On the Saturday morning there was time to visit the Palacio Real, the glorious gardens, the old market, the street market and to have some lunch before setting off for the final leg of the journey back to Torre del Mar. The group arrived back mid evening, tired and weary but all agreed that it had been a fabulous trip, an experience to be remembered for a long time.

Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.



**Found in a London flea market, images of the Spanish Civil War Condor Legion**

Photographs depicting Nationalist officers with members of the German Luftwaffe, who were responsible for the bombing of Guernica, have been donated to the Spanish state. One of the images of the Condor Legion was found by the Englishman John Knowles in a London flea market. John Knowles is a true history buff. Instinct led him to pay 35 pounds to a woman at a street market in the wealthy London neighbourhood of Chiswick. In exchange, he got a handful of cans, containing old 35mm photos. They belonged to the woman's grandfather, Hans-Henning Erdmann a German banker who moved to London.



**British man extradiated to UK**

A British man has been extradiated to the UK after being arrested in Marebella. The British man originally from Leeds went on the run to the Costa del Sol after being released on bail.



**British man dies in Marbella**

A British father died in a road accident while on his stag do in Marbella. The father died on the first day of his 3 day bachelor weekend. He was a father to a 6 months old son.



Continued on page 31



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

With Mars, your ruler, moving through the most dynamic area of your chart you can and you must set your sights high. Once you truly believe you have what it takes to succeed you will seize the initiative and start making things happen.

**Luckiest day:- Saturday**

### **TAURUS:-** (April 21 - May 21)

Someone needs your assistance and you won't hesitate to respond to their cry for help. But you do need to make sure they are not trying to take advantage of your generous nature by getting you to do for them what they should be doing for themselves.

**Luckiest day:- Wednesday**

### **GEMINI:-** (May 21 to June 20)

Once you start talking you sometimes find it hard to stop but why should that be a problem when you have so much to say that is worth listening to? Speak up and tell friends and colleagues alike what they need to know. They'll thank you for it.

**Luckiest day:- Monday**

### **CANCER:-** (June 21 - July 22)

If you need to improve your financial situation, and the planets suggests that you do! Then stop dithering and do something about it today. Your head may be full of great ideas but what good are they if none of them turn a profit for you?

**Luckiest day:- Friday**

### **LEO:-** (July 23 to August 22)

Mars in your sign makes all things possible, so now is the time to take an idea you have been toying with for months and do something with it that makes the world sit up and take notice. It CAN be made to work, IF you make an effort.

**Luckiest day:- Monday**

### **VIRGO:-** (August 23 - Sept. 22)

Don't waste time feeling sorry for yourself when there is so much you can do to improve your life for the better. To start with you need to avoid people who always seem to be finding reasons not to do something dynamic. They're holding you back.

**Luckiest day:- Sunday**

### **LIBRA:-** (Sept. 24 - October 23)

The more time you spend out in the world enjoying yourself the more likely it is you will discover opportunities that benefit you both financially and professionally. Let your friends know what it is you most desire, because they may be able to get it for you.

**Luckiest day:- Tuesday**

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

Mars in the career area of your chart urges you to take decisive action and show those who doubt you that you are still a force to be reckoned with. Don't listen to what they say can and cannot be done, only you know your strengths and weaknesses.

**Luckiest day:- Thursday**

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

The more you exercise your mind the more ideas will rise up from your subconscious and inspire you to do something extraordinary. You don't need a great deal of input from the world at large, you need only to listen to your own inner voice.

**Luckiest day:- Sunday**

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

A joint financial matter requires your urgent attention. If you don't sort it out soon you could turn partners and colleagues against you and may end up out of pocket if they decide to withdraw their money. Do whatever it takes to rebuild their trust in you.

**Luckiest day:- Saturday**

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

The planets warn if you lose your temper with someone who is not pulling their weight they will use that as an excuse to stop working with you altogether. Stay calm and remind them what their responsibilities are to the job, to you and to themselves.

**Luckiest day:- Wednesday**

### **PISCES:-** (Feb.19 - March 20)

The reason why some of your recent efforts have not been up to your usual high standards is because you are too tense. You need to ease up a bit and rediscover the sweet spot where work is no longer a chore but something you look forward to.

**Luckiest day:- Sunday**

# Horoscopes.

by Kristian Marconi

### UK expat attacked by Málaga squatters

The UK expat had to be hospitalized after being viciously attacked by squatters occupying his Costa del Sol property. The 53 year old property owner was hit over the head several times when he asked the squatters to leave his property. He reported the incident to the Guardia Civil after being released from hospital.

### Fuengirola bank robbery at gunpoint

Security presence has been deployed in Fuengirola and the surrounding areas to locate the perpetrators of a bank robbery at a Banco Sabadell branch in Fuengirola. The National Police, who are coordinating the operation, have mobilised a helicopter in the search. In the early hours of the morning the criminals drilled a hole in the wall that separates the



bank from another property and waited for the arrival of the workers. Two armed hooded individuals with at least one pistol, forced the workers to open the safe. The National Police received a tip-off that a robbery was taking place at the branch and mobilised all available patrols, also alerting the Local Police and the Guardia Civil to block any escape routes.

### Malaga province storms bring twice as much rain as the average for June

The month of June proved to be wetter than usual in Malaga province. The province is a long way off the 72.5mm collected on 14 June in 1974, the rainiest day in the history of June, according to the Aemet records.

### Bathing water of Andalusian beaches is adequate quality

The regional ministry of health monitored 352 sampling points in the 274 coastal swimming areas, as well as eight inland bathing points in Andalucía, and deemed the quality to be within established levels.

Water samples were analysed to determine the quality required by the current regulations, such as macroscopic levels, transparency, colour, mineral oils, presence of foam and floating solids, organic material and any other residues such as glass, plastic, rubber and wood, which may affect the cleanliness of the water.

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**Red Potato Salad**

**Red Potato Salad**

**Serves:- 6**

**Ingredients:-**

- 3 lb. small red potatoes
- 2/3 c. mayonnaise
- 1/2 c. sour cream
- 2 tbsp. white wine vinegar
- 1 tbsp. Dijon mustard
- 1 tsp. kosher salt

- 1 tsp. ground black pepper
- 2 stalks celery, chopped
- 1/4 c. chopped dill
- 6 slices cooked bacon, chopped

**Preparation:-**

Place the potatoes in a large pot and cover with water. Season with salt. Bring the water to a boil over high heat, then reduce to a simmer over medium heat. Cook until the potatoes are fork tender, about 20 minutes. Drain the potatoes, then let cool slightly and cut in half or quarters (depending on the size of the potatoes). Let cool completely, about 1 hour.

Meanwhile, whisk to combine the mayonnaise, sour cream, vinegar, mustard, salt, and pepper in a large bowl. Add the celery, dill, and cooled potatoes to the bowl with the dressing. Stir gently to combine. Top with crispy bacon right before serving.

Tip: This salad tastes great with crumbled blue cheese on top!



**Spicy Whiskey BBQ Rolls**

**Spicy Whiskey BBQ Rolls**

**Serves:- 6**

**Ingredients:-**

- 2 lb. ground meat (beef, bison, turkey)
- Salt and pepper
- 4 tbsp. butter
- 1 whole large onion, diced
- 1/2 c. whiskey
- 1 c. barbecue sauce
- 1/4 c. jarred jalapeño slices (more to taste)
- 12 whole slider buns or dinner rolls, split

**Preparation:-**

Form the meat into 12 (or so) miniature patties and salt and pepper them on both sides. Melt the butter in a skillet over medium-high heat and cook the patties until just about done in the middle, approximately 3 to 4 minutes per side. Remove the patties from the skillet and set aside. Drain off all but 2 tablespoons of grease, then return the skillet to the stove.

Throw the diced onions in the skillet and stir to cook, about 3 minutes. Pour in whiskey (be careful if you're cooking over an open flame; turn it off momentarily to be extra careful) and stir. Allow the whiskey to reduce by half, about 2 to 3 minutes, then stir in jalapeños and the barbecue sauce. Reduce the heat to low and place the patties in the barbecue sauce, turning to coat. Allow the patties to simmer in the sauce until everything's hot and bubbly. Place the patties on individual buns and be sure to spoon extra sauce (with the jalapeños!) over the top of each one before topping with the other half of the bun.

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## Pasta Salad

### Pasta salad

**Serves:- 4**

**Ingredients:-**

Pasta (of your choice) 3 cups  
 Juicy cherry tomatoes  
 Feta cheese  
 Handful of arugula  
 Chickpeas  
 Pine nuts  
 Cucumber  
 Fresh parsley and basil  
 Dressing;  
 Olive oil  
 Lemon  
 Garlic  
 Dijon  
 Mixed herbs

**Preparation:-**

Cook the pasta in a large pot of salted boiling water. Drain it, toss it with some olive oil, and set it aside to cool. Chop your cherry tomatoes and cucumbers, mince the parsley, and crumble the feta. Whisk together the dressing ingredients. And toss everything together in a big bowl! Season to taste.

### Tangy Coleslaw

**Serves:- 8 - 10**

**Ingredients:-**

1/3 c. apple cider vinegar  
 1 tbsp. celery seeds  
 2 tsp. dijon mustard  
 3/4 tsp. kosher salt  
 Black pepper, to taste  
 1/4 c. olive oil  
 1 small head red cabbage, thinly sliced  
 2 medium carrots, shredded or cut into matchsticks

**Preparation:-**

Whisk the vinegar, celery seeds, mustard, salt and a few grinds of pepper in a large bowl. While whisking constantly, slowly drizzle in the olive oil until well combined. Add the cabbage to the bowl along with the carrots and toss until well combined. Refrigerate for about 1 hour.

## Salt and Spiced Watermelon Margaritas

**Serves:- 2**

**Ingredients:-**

1 tbsp. granulated sugar  
 1/2 tsp. finely grated lime zest  
 1 tbsp. plus 1/8 tsp. kosher salt  
 1 lime wedge  
 6 oz. store-bought or homemade watermelon juice  
 3 oz. tequila  
 2 oz. fresh lime juice  
 2 oz. triple sec  
 Ice  
 6 thinly sliced jalapeño rounds, divided  
 Watermelon wedges and lime rounds, for serving

**Preparation:-**

On a shallow plate, combine granulated sugar, lime zest, and 1 tablespoon salt. Rub rims of 2 glasses with lime wedge, then dip rims into sugar mixture to coat, pressing with your fingers to adhere. In a cocktail shaker, combine watermelon juice, tequila, lime juice, and triple sec. Fill shaker with ice, then add 4 jalapeño rounds and remaining 1/8 teaspoon salt. Vigorously shake until outside of shaker is frosty, about 20 seconds. Strain into the glasses. Garnish with watermelon wedges, lime rounds, and remaining jalapeño rounds.



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# Bruxism



**Bruxism is an increasingly well-known and frequent pathology not only in adults but also in children.** One of the main problems that it produces is the wear of the teeth cause of the excessive compression of the jaw during the day or night. This force in excess of the jaw can also cause pain in the cervical area as well as in the entire temporomandibular joint area. The symptoms that accompany this pathology are: pain and inflammation of the jaw joint, headaches due to overstimulation of the nervous structures and pain may also appear in the ear. We are all aware that it is important to adopt a good body posture to avoid ailments in the future. We must also

know that it is as important to learn to relax the jaw as to exercise it so that it adopts a good posture.

The realization of many of the exercises should be in front of a mirror, to become aware of the correct performance and you can do them to relax, relieve pain or strengthen the jaw. Some of the exercises that will bring you benefits are:

- **Muscle massage:** To help improve circulation in that area and help decompression of the condyles. Remember that the jaw extends near the temples and above the ears, areas that can also be massaged.

- **Opening and closing with the tongue on the palate.** With the mouth closed and relaxed we place the tip of the tongue on the palate. Without taking off the tongue you have to open and close your mouth. Pay attention not to move the jaw sideways.

- **Pull the ears** Lying down, we should take the lobe of the ear and pull gently towards the feet until we notice a resistance, at this point we must maintain tension and notice that the tissue begins to relax.

- **Lateral mobility** With the mouth relaxed we will move the jaw to the left and right.

- **Posterior mobility** Unlike lateral mobility, with the mouth relaxed we will move the jaw forward and backward.

- **Opening with resistance** Placing the hand under the chin and exerting a small pressure will be forced with the jaw to try to open the

LUNES/MONDAY	MARTES/TUESDAY	MIERCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H NERJA PILATES 9.15H	CLASES INDIVIDUALES
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PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBATICO ADOLESCENTES 17.30H 24TH SEP .A 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		

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mouth.

- **Anterior mobility against resistance**  
Placing the hand on the chin and performing a small pressure will try to bring the jaw forward and backward.
- **Cervical and sternocleidomastoid stretches:** Both muscles are closely related to the temporomandibular joint and their relaxation will help.

It is recommended for those people who suffer acute pain to go to a physiotherapist so that he can help them with clinical treatment and give them some guidelines on what other specific exercises to perform.

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# healthwise

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

Part 2



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.

#### 4. Add soup and vegetable juices in your diet

Another way to replace the fluids you lose in your body during summer is to add soup and vegetable juices in your diet. Certain soups and vegetable juices contain salt and potassium that are perfect for replacing lost fluids.

#### 5. Do not stay in or leave anyone in closed, parked cars

Closed cars can quickly heat up, which can be very dangerous, even when you crack a window open. Children are especially at risk of getting heatstroke, or dying, when left in parked and closed cars.

#### 6. Do NOT bundle a baby in blankets or heavy clothing

When the weather is hot, avoid bundling infants in blankets or heavy clothing. While they do have thin and sensitive skin, keep in mind that baby sweat glands are not well-developed, which means they do not tolerate heat well. Keep your baby cool during the summer by letting them wear cool and airy clothing, and only wrap them up when the AC is on.

#### 7. Wear lightweight, light-coloured clothing made of breathable material, like cotton.

Continued on page 38



## 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, Berkeley.

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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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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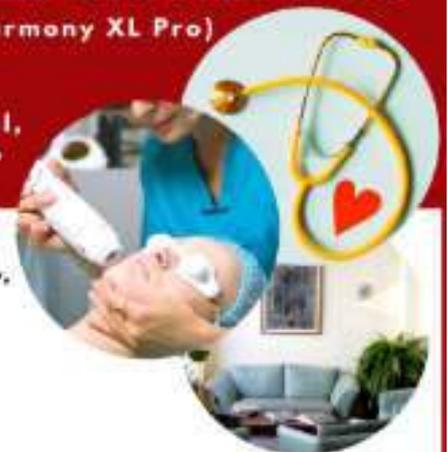
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## healthwise

Even if adults can tolerate heat better than children, they can still get hot especially during summer. Sticking to breathable clothing will allow the body to not work so hard to keep you cool, which in turn keeps your overall temperature low. Light-coloured clothing does not absorb too much heat of the sun compared to dark-coloured clothing.

**8. Avoid strenuous outdoor activity on hot days**  
Staying active, regardless of the weather, is vital, but when it is too hot outside, you might want to skip the workout and wait for the weather to cool down. If you must workout, try to do it in a cool area. You can suffer in too much heat when you do strenuous outdoor activities, which can lead to any of the conditions listed in the beginning of this article.

**9. If you are outside, take frequent breaks in a cool place**  
Sometimes, it is unavoidable to be outside under the sun. However, take it easy, and take breaks in a cool place. Make sure to have cold water along with you so you can keep yourself hydrated while you are outdoors.

**10. Always bring along insulated water containers**  
A standard water container can't keep your water cold for an extended period. That is why it is vital to invest in insulated water containers that can keep your water cool for hours. By doing so, you get to drink cold water, especially when you are exposed to heat. This will help your body cool down quickly.

**11. Air-conditioning is the best way to protect against heat-related illness**  
Keeping your entire body cool and comfortable is essential during the summer and one of the best ways to do so is to stay in areas with air-conditioning. If you do not have air-conditioning at home, you can hit a local cafe, the mall, and other cool areas to stay in if the weather is too hot for you to handle.

**12. Use of fans if air conditioning is not available**  
If there is no air-conditioning, you can keep cool with the use of fans. Make sure to open the windows as well to allow air to flow. Air coolers are an excellent option as well. You can use natural bamboo as a curtain to keep your room cool.

**13. Know the symptoms of heat exhaustion**  
It is essential to be mindful of heat exhaustion symptoms especially if you know you would be spending a lot of time outdoors under the heat of the sun. The symptoms of heat exhaustion include profuse sweating, lightheadedness, and muscle cramps.



**14. If you suspect heat exhaustion, move to a cooler location**  
When you know the symptoms of heat exhaustion, it will be easier for you to spot them early on before they get worse. The moment you notice the symptoms, find a cooler location, and apply cool, wet cloths to your body. Do not forget to drink some cool water and let yourself cool down before you start moving again.

**15. If you or someone you know vomits or refuses to drink, go straight to the ambulatorial**  
Vomiting due to the heat is an indicator that something more serious is going on. Go get professional help before things take a turn for the worse. Heat exhaustion, when not addressed right away, could lead to heatstroke.

**16. Stay in touch with your loved ones**  
Stay in touch with people in your family, especially older ones. The health of older people can sometimes be unpredictable and when the weather is too hot, they are the ones who usually get the most strain from. Make sure to check-in with the people you love at least every day to see how they are doing and if you can do something to help them during hot weather.

**17. Do not drink alcoholic beverages with caffeine**  
Alcoholic drinks and caffeinated beverages are not ideal when the weather is too hot. See, you are already sweaty and these beverages can speed up your fluid loss, which will make you feel thirstier than ever. If you are out in the sun, keep yourself hydrated with water and fruit juices instead. If you want to drink coffee or any alcoholic beverages, do it in a cool area so your body does not work too hard to regulate your temperature.

**18. Use sunscreen**  
Sunscreens work like magic, especially when you will be out under the sun for hours. Sunscreen will keep your skin protected from the harmful UV rays. In fact, you should wear sunscreen every day, even when it's not the summer season.

**19. Use an umbrella**  
Aside from putting on sunscreen, you would also benefit from using an umbrella especially when the heat is too much outside. An umbrella will reflect harmful UV rays away from you, which will give you more protection.

**20. Use sunglasses that have UV protection for the eyes**  
Not all sunglasses come with UV protection, so you need to be mindful when buying a pair. Protecting your eyes from the glare of the sun is essential. Too much squinting may lead to the formation of wrinkles, which will make you look older.

**21. If you will be staying out for prolonged periods out in the heat of the sun use clothing that has a UPF 30+ rating**  
There are so many ways to protect yourself from the harmful

rays of the sun. One way is to invest in sun protective clothing that has over UPF 30 rating. UPF 30+ qualifies for The Skin Cancer Foundation's Seal of Recommendation because it offers excellent protection. The UPF rating for clothing begins at 15, which offers good protection. You can also get UPF ratings of 20, 30, 45, 50, and 50+. UPF 50+ offers excellent protection from the sun.

**22.** Use wide brim hats that have minimum UPF protection of 30+ much recommended with flaps depending on outdoor activity  
Hats are trendy and they can definitely make your outfits stand out. During the summer or extreme heat, wide-brim hats are a good choice to ensure that your full face is protected. You also might want to consider getting a hat with flaps to also protect the skin on your ears and your neck.

**23.** Most natural and God-given gift to most is common sense  
Common sense is your most reliable protection against the heat of the sun. Using it during the summer and when you are in hot areas will keep your well-being protected at all times. Common sense will not lead you astray! So, use it well.



**Conclusion**

The heat of the sun has serious consequences on health. In fact, it could even cause death. Therefore, keeping yourself protected is essential. These tips, such as staying hydrated, eating summer-friendly fruits, diluting your juices, avoiding strenuous activities, etc. will help you stay alive and healthy despite the heat. If you really have to be out there, you can always protect yourself by wearing sunscreen and sun-protective clothing. Technology has paved the way to bring sun protection in the things that we wear, so take advantage of this, especially if you live in a tropical area. One of the best things that you can use is a wide-brim hat. There are many wide-brim hats that you can get today, and of course, it is important to get high-quality ones that will not only give you comfort and maximum protection but will also make you look stylish.

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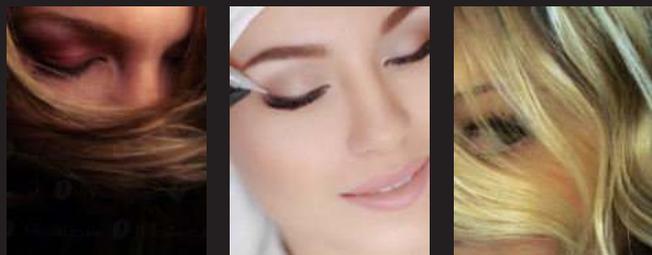
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# healthwise

## 7 Face Yoga Exercises and Their Anti-Aging Benefit

There's no shortage of different yoga styles to choose from, but here's an emerging type you may have never heard of: face yoga.

In addition to potentially having anti-aging effects, yoga for your face might help you relax and relieve tension, such as in the muscles around your temples and in between your eyes. And that's not all.

### What Is Face Yoga?

"Face yoga" describes facial exercises that are performed to tone and stretch the muscles in the face, usually in an attempt to fight off signs of aging.

### How It Works

You can think of face yoga as a gentle form of "strength training" for you face and neck muscles. The more you repeat certain face yoga exercises that target different parts of your face, the more you may notice that the muscles and skin start to slightly change for the better.

Based on what we know about facial exercises in general, the face yoga method seems to work in these ways:

- Stimulates facial muscles, helping improve their tone and "tightness." This can explain why it may help some people experience reduced signs of aging, such as sagging.
- Increases blood flow/circulation to the skin, which can be helpful for clearing skin.
- Reduces strain and tension in the face muscles that are caused by repeated facial expressions throughout the day, such as squinting. Massage and acupressure techniques are also incorporated into the face yoga method, helping relax key points in the face that tend to become tense.

### Face Yoga Exercises

Unlike some types of yoga, such as Bikram or Ashtanga, there isn't one standard face yoga sequence to follow. Rather there are lots of different exercises you can try, in no particular order, to see if they provide you with any benefits or relief.

In one study, 32 distinct facial exercises were practiced, each one for about a minute. Examples of various exercises included those targeting the lower and upper cheek, space around the eyes, jawline, neck and mid forehead.

The exercises were referred to by names such as:

- Cheek lifter
- Eyebrow lifter
- Happy cheeks sculpting
- Scooping: jaw and neck firmer
- Temple developer
- Upper eyelid firmer

Below are variations of some popular face yoga exercises you can practice at home:

[\*Note: Try not to wrinkle your face too much or squint while performing these exercises, which can be counterproductive. Focus of lifting and expanding instead.]

### 1. Eye-Opener

Use your fingers to form "binocular" shape around your eyebrows, cheeks and across the face. Lift your eyebrows

without wrinkling the forehead too much, then squint and then lift them again. Aim to repeat about 50 times.

### 2. Forehead Lifter

Interlace your fingers over your forehead and apply light pressure while attempting to lift your forehead. Repeat 50 times, and/or hold for up to one minute.

Another way to do this is to place both palms on your temples, push your palms up and back to lift the sides of your face, then hold for five seconds and keep repeating.

### 3. Cheek Lifter

Open your mouth wide, keep your teeth covering your lips and lift your cheeks. Hold for 10 seconds, then return to normal. Aim to repeat 50 times. (Try not to squint while lifting.)



## FACE YOGA EXERCISES

### 4. Neck and Jaw Stretch

Tilt your face upward slightly, then lift your chin up and forward at a 45-degree angle and over toward one shoulder, holding there for three seconds. Return back to center, then repeat to the other side. Repeat 20 times on each side, or aim to keep repeating for one or several minutes straight.

Another good way to stretch and strengthen your neck and jaw (only if you have no neck issues) is to tilt your head all the way back and hold, repeating for up to a minute.

### 5. Pucker Lips

Pucker your lips, loosen them slightly and repeat. Repeat for up to one or several minutes.

### 6. Smiler

Smile 50 times without wrinkling your eyes, then hold a soft smile for 50 seconds straight.

### 7. Massage + Face Savasana

Clean your hands and face with a gentle cleanser, then massage your face all over (you may want to use coconut oil to make this easier). Gently press your fingertips into your facial muscles to relieve any strain. Make sure to pay attention to your "third eye" (the space between your brows), massaging for 30 minutes and circling around your eyes. (You may want to try using your fits around your forehead and eyes too.)

Finish with a warm towel laid over your face as you lay down and relax.

How long does face yoga take to work?

You may need to practice for at least several weeks, likely more than six in most cases, to see any results. Most face yoga experts recommend ideally practicing up to six days a week for around 30 minutes a day for the practice to really pay off.

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**Serves:- 2**

**Ingredients:-**

- 1 ½ cups frozen pineapple chunks
- ½ cup frozen banana chunks
- ⅓ cup plain 0% greek yogurt
- ¾ cup unsweetened vanilla almond milk

**Preparation:-**

Add all ingredients to a high speed blender and blend until thick and creamy  
Pour into a glass and serve immediately.





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E-29780 NERJA (Málaga)

# Directory

## AIR CONDITIONING/HEATING SUPPLIERS

Malagaclima – 95 296 7803  
Avda. Victoria Kent 3A, Torre del Mar

## ART GALLERIES

Galeria de Arte – 669 678 967  
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## CAR RENTALS

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C/. Los Huertos, Nerja

## CHARITY SHOPS + CLUBS

Axarquia Animal Rescue  
email:- axarquia-rescue@hotmail.com

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657 951 755 Vélez Málaga

689 111 352 Almuñecar/Salobreña

Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

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Avda. Moscatel 1 (Jardines Viña),

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95 253 8337

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Avda. Constitución Edif. Costezuela

Local 1, Còmpeta

Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucía 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosaríco la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial

B, Torrox Costa

Spanish Management – 618 940 829

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Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,

Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucía 65c, Torre del Mar

Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

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Blevins Franks – 900 670 047

Email:-

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## FURNITURE STORES

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C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucía 187, Caleta de

Vélez

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Camino de Remanentes s/n, Vélez

Málaga

## GYMNASIUMS

Manantía – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

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Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

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C/. Los Prados 4, Torre del Mar

## MEDICAL CENTRES

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 RnR Bar & Dining - 95 215 5620  
 C/. Los Huertos 40, Nerja



**SOLICITORS**

Del Prado – 95 252 7274/1747  
 Plaza Cavana no.5 bajo, Nerja

**STAIRLIFTS**

618 490 186 / 95 296 7015

**VETERINARIANS/PET STORE**

Fiercillas Pet Shop – 95 252 7295  
 Avda. Castilla Pérez 14, Nerja  
 Laguna Veterinary Clinic – 95 253 0463  
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**NEWS & What's ON**

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 Emergency services 112  
 Guardia Civil 062  
 Ambulance 061  
 Fire Brigade 080  
 National Police 091  
 Sea Rescue 900 202 202  
 Emergency / Helpline in English 902 102 112

**Emergency numbers**  
 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-952 239 261

**Consulates**  
 Belgium-952 599 159  
 Denmark-952 211 797  
 France-952 226 590  
 Germany-952 363 591  
 Ireland-952 475 108  
 Sweden-952 604 383  
 UK-902 109 356 / 913 342 194

**Town Halls**  
 Frigiliana-952 533 002  
 La Herradura-958 827 794  
 La Herradura Foreign Residents-958 838 618  
 Nerja-952 548 400  
 Nerja Foreign Residents-952 548 401  
 Torrox Pueblo-952 538 200  
 Torrox Costa-952 538 010

**Hospitals**  
 Motril-958 603 506  
 Nerja Ambulatorio-951 289 662  
 Vélez Málaga-951 067 000  
 Carlos Haya-951 290 000

**Local Police**  
 Frigiliana-952 533 126  
 Nerja-952 521 545  
 Torrox-952 539 828  
 Torre del Mar-952 549 238

**Bus Stations**  
 Almuñecar-958 630 140  
 Málaga-952 350 061  
 Nerja-952 521 504  
 Torre del Mar-952 540 936  
 Vélez Málaga-952 501 731

**Tourist Offices**  
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 La Herradura-958 610 314  
 Nerja-952 521 531  
 Torrox Costa-952 532 155

**Street Markets**  
 Monday - Torrox Costa  
 Tuesday - Nerja,

**Guardia Civil**  
 Frigiliana-952 533 003  
 La Herradura-958 640 015  
 Nerja-952 520 091  
 Torrox-952 538 008

**Taxis**  
 Frigiliana-952 533 231

**Church Services**

**Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja.** Tel:- 952 52 1 339.  
[www.nerjaalmunecaranglican-church.co.uk](http://www.nerjaalmunecaranglican-church.co.uk)  
 Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol,Almuñecar, Sundays at 9.30am.  
 Chaplain:- Fr.Nigel Thomas.

**Community Bible Fellowship**  
 CallePintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.  
 Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.  
 Parish priest: Father José Maria.

**Presbyterian Church, Torre del Mar**  
 Wenow 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 an hour and half. 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 11.00 a.m.  
 Prayer Meetings Wednesdays 11.00 a.m  
 Pasaje San Miguel, Nerja, 29780.  
 Email: [info@nlcnerja.com](mailto:info@nlcnerja.com)  
 Website: [www.nlcnerja.com](http://www.nlcnerja.com)  
 Facebook: [www.facebook.com/nlcnerja](http://www.facebook.com/nlcnerja)

**Lux Mundi centre, Torre del Mar -**  
 St. Barnabas IERE (Anglican), Torre del Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284  
 Tel: 952 030 461. [www.stbarnabas-spain.com](http://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.  
 VélezMálaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.  
 Chaplain: Fr.Louis Durrant, Tel: 630 909 131  
 Email: [info@stgeorgemalaga.org](mailto:info@stgeorgemalaga.org) or contact one of the chaplacy wardens. More information can be found at: [www.stgeorgemalaga.org](http://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



# NEWS & What's ON

**Lux Mundi Ecumenical Centre,**  
Torre del Mar, Avda. Moscatel 1"1",  
(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 JULY COMING EVENTS & EXCURSION PRESS RELEASE

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

### Every Wednesday –

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

### Every Thursday –

Spanglish. General conversation between  
Spanish and English friends.  
Time 16.30

### Every Friday –

Coffee morning. Come and meet friends  
and relax in our beautiful garden.  
Time 11.00 to 13.00.

### Thursday 20th July –

Excursion to the Alpujarras & Lanjaron.  
Join us on a coach excursion to the  
"Alpujarras", a Natural Park of the Sierra  
Nevada, an area of beautiful scenery and

villages full of history and charm.

There will be a stop for refreshments on  
the way before arriving in the village of  
Trevélez at around 10:30.

This is the highest village in the Sierras  
with stunning views and it is famous for its  
ham cured in the cold, clean air. Here  
there will free time before leaving at 12:30  
for the short half an hour drive back down  
the valley to the village of Pampaneira.  
Here again there are spectacular views of  
the Sierra Nevadas and down the valleys  
towards the coast.

There will be free time for lunch, to stroll  
through the village and visit the many craft  
shops selling ceramics, leather and  
clothes. Also on offer are the locally  
produced specialties of cheese and ham.  
You will then join the coach again, leaving  
at 16:00 for the short drive to the town of  
Lanjarón famous for the high quality of its  
medicinal water which has given the town  
a long history as a health spa but it is most  
famous, however, for its eponymous  
bottled water company, the first ever  
established in Spain, whose products are  
sold throughout the country.

There will be free time to explore the town  
until 18:00 and to may be see the series of  
fountains distributed through the streets  
and plazas, most of which are  
accompanied by a short phrase or poem,  
usually by Federico Garcia Lorca.  
Arrival back in Torre del Mar at approx.  
19:00. Tickets available at the Centre  
Price: 18 Euros with a Friend of Lux Mundi  
Card / visitors 10 Euros.

### Departure times:

Torre del Mar (Bus station) 07:45,  
Caleta (Opposite Vets) 07:50,  
Algarrobo (Lidl) 08:00.

### Friday 28th July-

Taize Prayer. At the Parish Church of San  
Andrés, Torre del Mar. Time after the  
Mass.

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**KÖMMERLING**



# NEWS & What's ON

## 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](mailto:isabelgilton@gmail.com)

Cada miércoles de 19:00 h. a 20:00 h.

**Online**

yogafusionarte.com

0034 699 03 79 98

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**YOGA FUSION DANCE**

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 for free.

Please send all information to [info@streetwise.es](mailto:info@streetwise.es)

or call Dawn on 638 474 718.

All information is required by the 15<sup>th</sup> monthly.

A.P.A Animal Charity Shop C/. Chaparil, Nerja  
Tel:- 634 406 659



## 41 Club Nerja

### 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](mailto: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](mailto:steve.ryan.sr56@gmail.com) or by phone on 0044 7546 402 770.

41 Club Nerja Website is at [www.41clubnerja.org](http://www.41clubnerja.org)

You can also find 41 Club Nerja on Facebook.

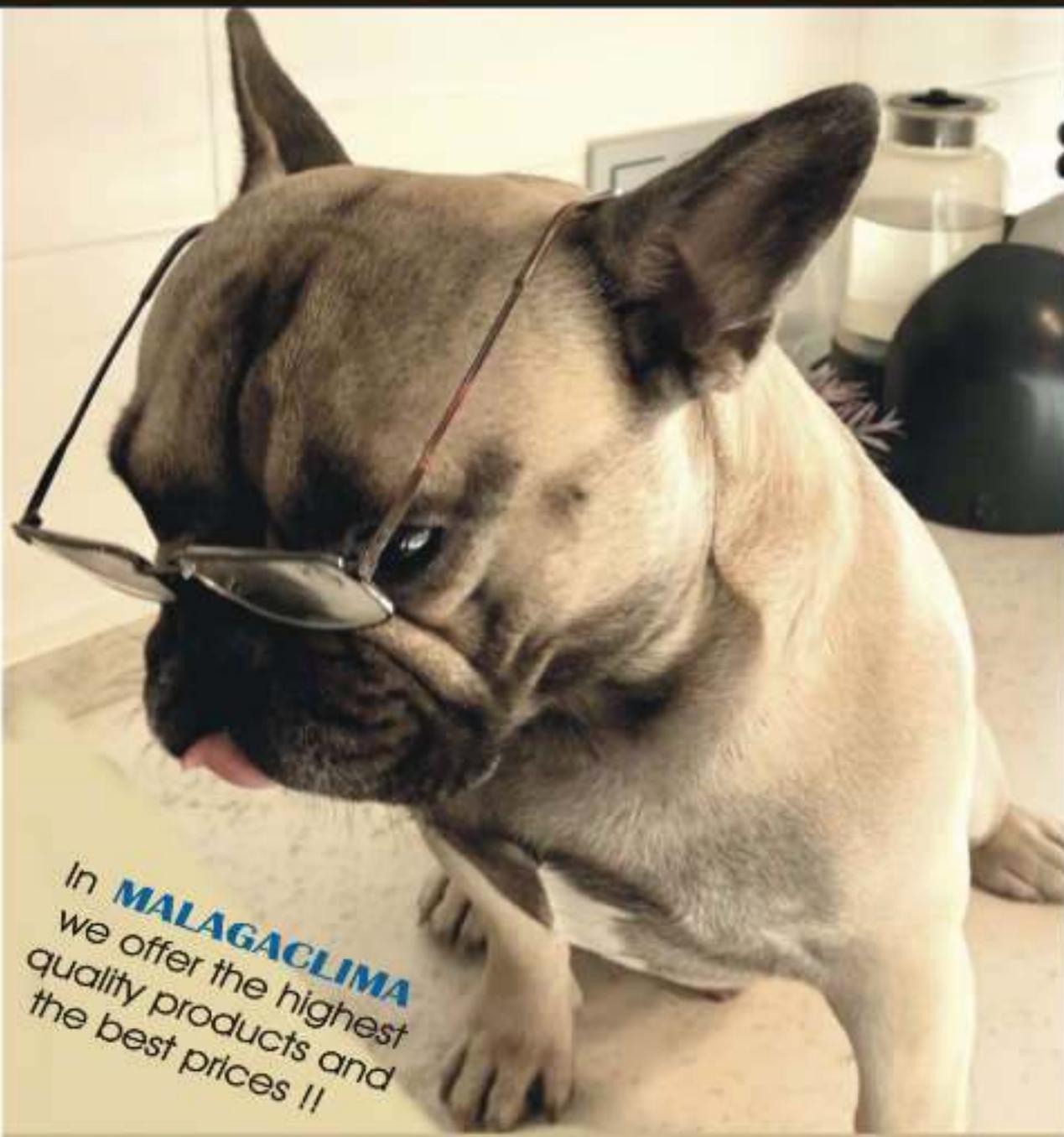


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( between SUPECO and the Hospital )  
29740 TORRE DEL MAR (MALAGA)  
Tlf./Fax: 952-96 78 03 Movil: 661 149 934  
[www.malagaclima.es](http://www.malagaclima.es)



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](mailto:cudeca@cudeca.org).

**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](mailto: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](mailto: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.

**POCAPECUNIA CHARITY SHOP**

Avda. Rodriguez Acosta, Edificio Tucuman (opposite Café Trebol), Nerja.

Your unwanted things always needed! - kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc.. Anything you think will still be of use to other people.

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



Could you foster for us? We are desperately in need of foster homes, to help us help more abandoned animals!!!

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.

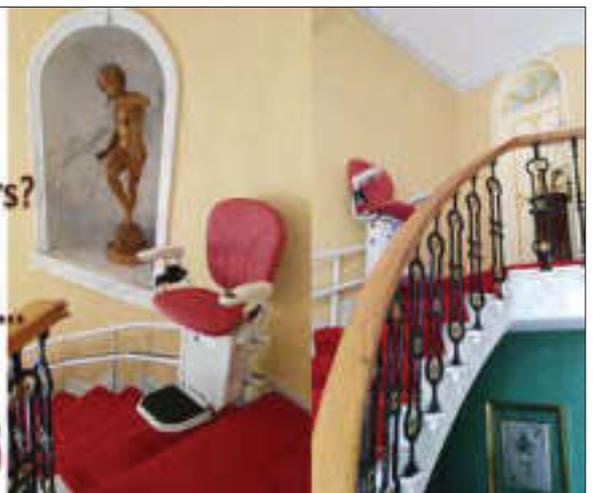
Please send all information to [info@streetwise.es](mailto:info@streetwise.es) or call Dawn on 638 474 718. All information is required by the 15<sup>th</sup> monthly.

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## TORROX

REF: 7650

EXCLUSIVE: Charming country house within 5 minutes from Torrox village and 12 minutes from the coast: 2 bedrooms, 1 bathroom, 1 lounge, "al fresco" dining area, covered terrace with BBQ, private pool, 76 m<sup>2</sup>, Plot: 3.657 m<sup>2</sup>; Mountain views, EPC: in progress.

## CÓMPETA

REF: 7652

EXCLUSIVE: Attractive finca 10 minutes drive from Cómpeeta and 30 minutes from the coast: 1 bedroom, 1 bathroom, 1 living/dining-room, covered porch, parking space, 60 m<sup>2</sup>, Plot: 500 m<sup>2</sup>; Sea & Mountain views, EPC: D.

**29754 Cómpeeta**  
Plaza Almijara, 21  
Tel.: +34 952 51 61 78

**29770 Torrox**  
C/. Elisa Ortigosa, 7  
Tel.: +34 952 53 91 25

**29740 Torre del Mar**  
Avda. Andalucía, 32B  
Tel.: +34 952 54 18 86

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