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

Price: €185.000

Ref: NV.SUS



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 reduced: €199.500 Ref: NV.PO117B



Townhouse in Capistrano Village. Divided into 2 floors: - Ground floor: Living room, fully equipped kitchen and access to large garden. 1st floor: 2 beds, bath. Master bed, access to a large balcony with beautiful views. South facing. Community swimming pools, garden areas and security services.

Price: €330.000

Ref: NV.002



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



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

Price reduced: €790.000

Ref: NV.EXO



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 reduced: €790.000

Ref: NV.JAZ



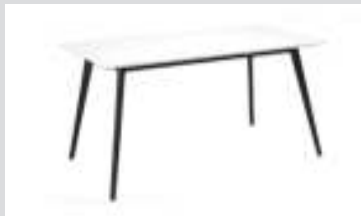
Semi detached villa in Capistrano Village. 1st floor:- independent kitchen, wc, large living room, with access to a sunny terrace. Staircase to the garden and ground floor. -2nd floor:- beds with balcony, 2 baths. Ground floor:- currently it is used as a warehouse, but it has the possibility of making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

Price: €360.000

Ref: NV.CR

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Drug trafficking

National Police arrested 197 people from 34 different countries during the first half of this year in thirty investigations against organized crime financed with European funds.

Creator of Zumba, Beto Pèrez dreamed of dancing but never imagined being famous!

More than 500 people gathered at the Martín Carpena Sports Palace in Malaga to take part in a 10 hour Zumba class, that was specifically aimed at certified instructors.



Málaga requests a one-year moratorium to install its low emissions zone

Malaga city that is governed by the PP, have asked the Government for a one year extension to install the low emissions zone (ZBE) in the city. There are 151 municipalities throughout the country who are obliged to install a low emissions zone. Malaga have already postponed until January 1st 2024 but have also requested a postponement of one more year.

At the moment only 14 municipalities have already fully implemented the low emission zones, while another 15 have not even begun their procedures, according to data presented by the Secretary of State for the Environment, Hugo Morán.

Low emissions zones are one of the measures included in the Climate Change Law that seek to improve air quality in larger cities. They do this by restricting the access of the most polluting vehicles.

Illegal drug warehouse attack and kidnap

The National Police and the French authorities arrest 11 men who formed a dangerous criminal group.

Norwegian woman found dead in Torremolinos

On the 14th September early morning, the body of a 21 year old Norwegian woman was found in Torremolinos. The investigation into the womans dead is still open.

Drug trafficking

Trafficking rings are now importing chemists to teach 'cooks' how to disguise cocaine. International cartels are increasingly using sophisticated systems run by specialists in hiding narcotics, who are capable of impregnating the drug into anything from canned oil to clothing.

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Country Property of the month

Cómputa: **Price: €470.000** **CP624**



Superb ready to move in southwest-facing 3 bed, 2 bath property with wonderful views down to the Mediterranean sea. Plot 2.900m². Short drive via a tarmac road, excellent access, from Cómputa and only half hour drive to the beaches of the Costa del Sol. Comprises:- fully fitted kitchen, living/dining room, family bathroom with shower and 3 double bedrooms, one of which has en-suite facilities. Lovely outdoor kitchen on a large covered terrace, pool terrace for sunbathing, pool and Jacuzzi. Easy manageable gardens with fruit, olive, and nut trees with automatic irrigation system. Good sized garage, you can park under the carport or in one of the two

parking spaces. Double glazed windows with fly screens, a no-nonsense water due to fitted water softener and osmosis filtration systems, your own water share as well as Competa's main water supply, WLAN fitted for optimal Internet access, security alarm system connected, a/c units for cooling and heating in all three bedrooms and the living area. Log burner in lounge, electric wall heaters throughout, towel heaters in bathrooms to provide optimal comfort during the cooler months. Panoramic mountain views and breath taking sea views. It's all about location, it's so special that you will fall in love with it as soon as you view it.



Torrox: **Price: 235.000€**



- Living space: 80m²
 - Bedrooms : 2
 - Pool: No
 - Garage : Yes
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Mountain
 - Area: Countryside
- Ref.CP520**

Cómputa: **Price: 320.000€**



- Living space: 120m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Countryside
- Ref. CP553**

Cómputa **Price: 315.000€**



- Living space: 85m²
 - Bedrooms : 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 4
 - Views: Sea views
 - Area: Countryside
- Ref. CP621**

Torrox: **Price: 235.000€**



- Living space: 95m²
 - Bedrooms : 3
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Village
 - Area: Town
- Ref. TH570**

Cómputa: **Price: 260.000€**



- Living space: 200m²
 - Bedrooms : 5
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 3
 - Views: Village
 - Area: Town
- Ref. TH963**

Torrox: **Price: 315.000€**



- Living space: 68m²
 - Bedrooms : 2
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Village
 - Area: Town
- Ref. TTH599**

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Welcome to Streetwise magazine -

We enter the Autumn months with a bang in October! Both the Torrox and Nerja Ferias take place.

They are both a fantastic sight to see and well worth a visit if you're holidaying here. There is something for everyone at the festivities, whether old or young. I will try to visit both this year.

We're still enjoying some fantastic sunny days and I do love the winter sun. As always Streetwise is packed with some of your favourites, enjoy!



Dawn x

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Horoscopes, puzzles, Nerja map, directory,
Spanish news, what's on and much more...

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Spain becomes world favourite of egg freezing

More and more women, including many Americans, are travelling to Spain to undergo a procedure known as oocyte vitrification due to the high cost of doing so in their own country.

According to the latest data from the Spanish Ministry of Health, of the 127,420 cycles carried out during 2020, 12,171 were for foreign patients. (INE). In the case of vitrification, the expense can be even higher, as the procedure is relatively simple and not particularly painful, and therefore easier to integrate into a vacation.

Oocyte vitrification is "an ultra-rapid freezing of eggs in their earliest phase," explains Sara López, a gynecologist and author of books on the subject. In the last decade, the number of women who froze their eggs increased by 142% in Spain, going from 129 cases in 2010 to 5,480 in 2020, according to the most recent data from the Spanish Fertility Society (SEF). The number is now believed to be much higher, as there is some delay in data collection.

Cow Covid threatening livestock ranches

Epizootic Hemorrhagic Disease (EHD) has killed hundreds of cattle in Europe after being detected in November 2022. Farmers and experts compare EHD to Covid 19 due to its multifaceted impact on ruminants and the difficulty of preventing contagion. Spain's Ministry of Agriculture and Livestock and regional government officials issued warnings about this risk after dozens of outbreaks and animal deaths were reported. To prevent the spread of EHD, animals and vehicles must be disinfected before they can move from affected areas to EHD-free areas.

Oldest Roman forum found in Zaragoza

Experts believe that the square, 'of monumental dimensions,' was part of an unknown city razed to the ground in 70 B.C. during the Sertorian civil war.

Following the end of pandemic restrictions, there is a rise in Americans returning to Spain

In the middle of Spain's high tourist season, and with Spain's summer figures not yet back to pre-pandemic levels, the U.S. market is surging. During summer 2023 there was 17.4% more American visitors than in the same period during 2022, when coronavirus restrictions were still in place, according to data from the National Statistics Institute (INE).

America stands at the 6th position behind others such as the United Kingdom, France and Germany.

Successful police team solving many organised crime cases

A special unit created in 2019 to investigate drug wars in towns along the country's southern coast, particularly Marbella, have arrested 50 people and solved 18 cases.

Man arrested in Nerja

A foreign man has been arrested in connection with an investigation following the violent death of a German individual inside a Maro cave near Nerja. Guardia Civil officers from Nerja arrested a middle-aged man for the alleged fatal attack which took place during September. Several witnesses alerted authorities after they found the

body with severe head injuries. Police then detained a man, who had been living inside one of the numerous inhabited caves in the area for several months.

More than 300 people have drowned at beaches or in swimming pools in Spain during 2023

Five people drowned during August 2023 in the Andalucía region taking the toll to 43, the figure is less than 2022. There have been 43 drownings this year, compared to the 45 recorded during the same period last year, according to the Royal Spanish Federation of Rescue and Lifesaving. Andalucía is the second-placed region in Spain with the most drownings this year, behind Catalonia which recorded 49 deaths.

Malaga to clamp down on stag and hen parties behaviour

With fines of up to 750 euros, local Police will soon be able to charge people with the offences of nudity and carrying inflatable sex dolls or items of a sexual nature in the streets. Malaga City Hall has taken a decisive step to put an end to the lewd behaviour surrounding the growing number of stag and hen parties that are held in the city centre.



El Caminito del Rey gorge winter season tickets on sale

Tickets for one of the most popular tourist attractions in the Malaga province can now be purchased online from Wednesday 20th September, the winter season ticket dates are from the 7th November 2023 to 31st March 2024.

From November, visitors will be able to enjoy this natural site from Tuesday to Sunday, with opening hours from 8am to 5pm, except on public holidays such as Christmas, Semana Blanca, Easter Week and Mondays 26th February and 25th March 2024. Ticket prices remain unchanged at €10 for general admission and €18 for guided tours.

New animal welfare law is delayed

The legal obligation for civil liability cover will not come into force on 29th September, as originally planned. Although that was the date set when it was due to enter into force, the political situation in Spain has forced a change. The Directorate General for Animal Rights, which is part of the Ministry of Social Rights and Agenda 2030, has issued a circular stating that the compulsory civil liability insurance for pet dogs will be postponed until a regulation is approved to develop the law. This insurance policy will cover damage that canines can cause to third parties, whether to property, another animal or a person. Once implemented, it will have to be complied with by the owners of more than nine million pet dogs estimated to exist in Spain, according to the Afaac association.

Continued on page 31



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Ref: 6571TH2



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Price: €430.000

Ref: 5555PDF



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

Price: €695.000

Ref: 6109VI3



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.

Only: €135.000

Ref: 6569AP2



TORROX

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

Reduced to: €259.000

Ref: 6511VI3



TORROX 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 COSTA

Large family home close to the centre, the promenade and the sea. 223 m² with 3 beds, 3 baths, large kitchen, lounge various terraces and a spacious 2 car garage in the basement. Comes with a pool and a Skoda Fabia.

Price: €499.000

Ref: 6572VI3



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Large country house half way between Torrox and Competa. Comprising a total of 4 bedrooms, 2 bathrooms, 2 lounges, 2 kitchens and various terraces with stunning sea views. Fully air conditioned and with a heated swimming pool.

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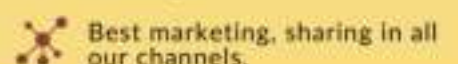
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AAR DOG SHOW
29 Oct 2023

Dog show starts 13:00

Class entry fees
1 class = 2€
3 classes = 5€

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Venue: Puerto Niza Restaurant
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<p>DOG CLASSES</p> <p>Waggiest Tail Best Rescue Female Best Rescue Male Best pup (under 1 year) Best Ears Best Golden Oldie (8+) I am Fabulous Female I am Fabulous Male Best Paw Shake BEST IN SHOW ALL Class winners gain free entry into Best in Show</p> <p>email: axarquia-rescue@hotmail.com</p>	<p>EVENT SPONSORS</p> <p>Sam & Jo Doggy Ranch Harbour Lights Community Support - Sarah Baker Dantis Transport - Lee Devilbiss Phillipa Ervin Axarquia Drone Service Margaret Davies & Diane Wells Autocool - Barbara Jenkinson Banana Yoga - Jo Ramsey-Whale Waynes Drains Blacktower & GPS Insurance RBL Riders - Dave Pusey Currencies Direct Sheila's Cattery AAR Local Neutering</p>
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Ruta del Arte Frigiliana

In the 7th edition of the Frigiliana Art Route, we continue to celebrate artistic talent in our charming village. A tour of 30 locations scattered throughout the town and 57 artists from 15 different nationalities will showcase their works for three days transforming Frigiliana into a vast gallery full of a wide variety of artistic expressions. Additionally, there will be the following complementary activities:

- WORKSHOP with the artist ALEJANDRO CARPINTERO the 7th and 8th of October from 10 a.m. to 2 p.m and from 4 p.m. to 8 p.m.
INFORMATION AND RESERVAS:
rutadelartefrigiliana@gmail.com tlf: +34 645818089
- LIVE SESSION SILK PAINTING DEMONSTRATION with Daiana Bruno. Location n.21, the 6th and 7th from 6pm to 7pm and Sunday from 12:30p.m. to 1:30pm.
- JAPANESE SHODO CALLIGRAPHY AND SUMIE PAINTING DEMONSTRATION with Carmen Mai. Location n.22. October the 6th, 7th and 8th: at 11am Sumie painting demo live; at 6pm Japanese Shodo calligraphy and from 12pm to 2pm and 7pm to 8pm your name in Shodo calligraphy for 5€

COME AND ENJOY THE 2023 FRIGILIANA ART ROUTE! From October 6th to 8th from 11 a.m. to 2 p.m. and from 4 p.m. to 8 p.m. @rutadelartefrigiliana

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7ª RUTA DEL ARTE FRIGILIANA



6-8 OCTUBRE 2023

11:00-14:00
16:00-20:00






Urb. Alhambra, Nerja

Terraced house situated in Urb. Alhambra, a prestigious gated community with a communal pool, and manicured gardens. The ground floor features an airy open-plan living area, a fitted kitchen and south-facing terrace for alfresco dining. The mid floor offers a bedroom and guest toilet with a shower. The top floor boasts a master bedroom, small sea-view terrace, and a bathroom. Ascend to the private roof terrace for stunning sea and mountain vistas. Communal gardens, a pool, and off-road parking complete this desirable property.

Price: 295,000 euros Ref. JG130

**GET SEEN,
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Torrecilla Beach, Nerja

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

Price: 390,000 euros Ref. JG240



Edf. El Chaparil, Nerja

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

Price: 320,000 euros Ref. JG252



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Urb. Los Pinos, Nerja

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Price: 340,000 euros Ref. JG121

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Nerja Ref: 203/P

Price: €149.000


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Cómpeta Ref: 207/P

Price: €775.000

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Torrox Park Ref: 200/P Price: €159.500
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Torrox Pueblo Ref: 110/P Price: €159.000
Village house in Torrox Pueblo. Comprising 2 bed, 2 bath, 2 terraces and a large cellar.
Sea views.



Torrox Pueblo Ref: 135/P Price: €112.000
2 bed apartment in Torrox Pueblo, completely new, very centrally located.
Parking space included.



Torrox Pueblo Ref: 201/P Price: €129.000
Village house in Torrox Pueblo. Comprising of 4 beds and a terrace.
Very centrally located with sea views.
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Torrox Ref: 118/P Price: €685.000
Luxury detached villa in Torrox Costa. Comprising of 3 beds, 3 baths, garage and a gym. Lovely garden with BBQ.
Stunning sea views.



Torrox Costa Ref: 205/P Price: €390.000
Large villa in the heart of Torrox Costa with 3 beds and parking. Plot 200m². South facing and 200 metres to the beach.



Torrox Pueblo Ref: 205/P Price: €110.000
Village house for sale. Comprising of 2 beds, large roof terrace and storage room.
Very close to the centre.



Torrox Costa Ref: 202/P Price: €330.000
Semi-detached house. Comprising of 3 beds, 2 baths, private garage, 2 terraces and a garden. South facing with sea views.

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My garden in Spain...



Agapanthus

June – Late

The tomato plants came good eventually and we have been enjoying lots of their sweet little fruits. A new addition to the herb garden this year was a mint that smells of chocolate as well when you rub the leaves. It really does smell like an 'after eight mint'. Last year the lovely Stephanotis succumbed to red spider mite and despite some medicine and a wash in the shower, it sort of 'folded' itself up and sulked. Can't blame it really! I trimmed the shoots and relegated it to a sheltered place in our garden, as I didn't have the heart to throw it away. It got watered along with the shrubs around it, but I didn't pay it much attention, until the other day. It must have 'forgiven' me for the medicine and the shower, as it was one mass of blooms, with not a bug in sight.

On the subject of bugs, a friend had his beloved, new mimosa tree partially eaten by a swarm of insects that alighted early in the morning and munched away. Not long after some similar hungry pests came to my garden made short work of a rose bush, a new hibiscus and some nasturtiums! There has been a load more bugs this year and a lot of plants have suffered. I have

been told that not having a proper spring this year may have something to do with it.

July – early

The Agapanthus plants have put up long stems and their flower heads, known as umbels, are almost ready to open. This is another plant native to South Africa that has travelled well. It is a very elegant plant; the name is derived from the Greek agape, meaning love, and Anthos, flower. I first saw this plant in the garden of an architect. He had not had a garden before but had very definite ideas on what he liked once he got started. What resulted was not a flower garden in the usual sense.

His garden was a beautiful design of raised beds, mosaic paths and what is best described as 'plant sculptures' in a wonderful array of pots. These 'plant sculptures' were in fact a wonderful selection of alliums on huge stems with flower heads in a wide array of size, colour and shape. To compliment them, there were grasses, a contorted dwarf bamboo a succulents that were small and rounded or tall and spiky. It was fascinating and apparently very easy to look after. The owner was away a lot with his job and any hot, dry spells in his absence didn't cause too much of a problem. Whilst I was there, I admired a deep plum coloured



Stephanotis

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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.



succulent with rosettes of different sizes up its stem. I was given a rosette to propagate, but my garden and house in England was too cold and it rotted away. So I was very pleased to find one in a viveros out here. It was called Aeonium Zwartkop and it looks really good against a white wall, where mine is now growing. It has reached a height of about 18 inches since I planted it in early spring. It really is unusual.

I brought with me from England a catalogue by Jaques Amand who specialise in unusual flowering bulbs, alliums amongst them. The variety in colour, height and flowering time of these unusual plants is incredible. The added bonus is that many of the taller specie are excellent as cut or dried flowers.

I took great pleasure in seeing the photographs of my two cats in Streetwise, June edition. They had sort of grown up with my garden and always found something to investigate, stalk or just watch every day. Sadly, Minou, the lady cat, succumbed to viral leukaemia a few weeks ago. There is no cure for this disease, the vet told us and she was put to sleep.

The next worry was that as this disease is highly contagious, was Simba at risk? Well he was checked out and given the 'all clear' and a load of jabs.

He is now a rather lonely little chap as he misses his friend and the only pussycat 'mum' he had ever known. We miss her as well, of course, and plan to get a kitten to keep him company very soon.



Aeonium Zwartkop

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Online video

Salares

New this month!

Gorgeous traditional Moorish style 3/4 bed, 2 bath townhouse (131m²), sympathetically restored, reception room, living/dining with separate kitchen, upper & lower terraces with village and countryside views.

Price: 185.000 euros

ref: t 1513

EPC: In progress



Cómpeta

Modern villa!

Beautifully presented, well maintained 2 bed, 2 bath villa (152m²), 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

Sedella

Rustic charm!

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

Price: 165,000 euros

ref:t1491

EPC:E



Casabermeja

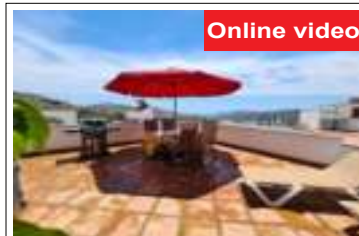
Open views!

Beautifully presented rustic villa with 3 beds, 2 baths (194m²) with spacious rooms. Plenty of terraces, a large pool and outside kitchen/bbq. Ample parking with a car port and presently used as a successful rental business.

Price: 340,000 euros

ref:v1497

EPC: E



Online video

Cómpeta

Beautiful features!

Fantastic townhouse (246m²), 2 spacious self-contained apts, bright living spaces, garage, large roof terrace, central location. Rental history!

Price: 275,000 euros

ref: t1412

EPC: E



Online video

Benamargosa

Stunning views!

Fantastic 4 beds, 3 baths south facing villa (218m²) in an elevated position. Unique features with board and beam ceilings, private pool, great outside spaces and unobstructed stunning views.

Price: 399,000 euros

ref: v1389

EPC: A

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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VSR4002 CAPISTRANO

Price: €190.000

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VSR2125 TORRECILLA AREA

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The Costa Animal Society...



Milo

HAPPY TAIL – MILO

In the September issue of Streetwise, we shared the sad story of the owner of Milo who had been diagnosed with terminal cancer, and was returning to the Netherlands to go into hospice care. Milo is a magnificent six year old male Spanish Mastin. He was found five years ago, all skin and bones and was adopted, loved and brought back to health by his present owner, and desperately needed a new home. Well, the brilliant news is that Milo has found his new home. I know that this would have come as a great relief to his previous owner and would have been one less thing to worry about.

HAPPY TAIL - FASTEST ADOPTION EVER!!!!

Yesterday, (7th August 2023) CAS received a message from a very distressed tourist asking for help. The police and Seprona had been of no help and they were desperate. In front of the family's vacation home was a young female puppy in poor condition, tied on a short rope, living in her own faeces, without water, that had been keeping the family awake at night with her constant crying and howling. The family could not bear to leave for home the next day, knowing that this poor puppy was going to end up chained outside in filth for the rest of its life. So we went to check what was going on and indeed a flea ridden young pup was tied to a rope in front of a small house/shack where a very poor family lives. We politely presented ourselves and they kindly opened the gate to show us the pup and after about 15 minutes they agreed to let the pup go and handed her over to the family in exchange for a small donation. And that was it! One minute the puppy was flea ridden and hungry on a noose, and the next, adopted by a beautiful family here on vacation.

The pup is now named Bebe, it had a bath, had been to the vet, was microchipped and vaccinated and is the proud owner of a pet passport. ALL IN AN AFTERNOON! Bebe did have to wait out the three week rabies "quarantine" period here in Spain but CAS helped find a kennel and by end of the month Bebe will be galloping across the beaches of the Channel Islands with her new family and siblings. As I said, the fastest overseas adoption ever! Thank you Emma and family for opening your hearts, your home and yes, also your wallet to save a Spanish pup.



Bebe

If you would like to meet any of our other animals, please contact Seacrest Kennels at 711 028 847, or email us on costaanimalsociety@gmail.com You can find us on Facebook - Costa Animal Society CAS where there is more information. Or pop into our shop in Castilla Perez 2, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

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Maisie

AAR2398 - Maisie

Maisie is a 2 year old Bodeguera who was rehomed by us 2 years ago after she was abandoned at birth. Unfortunately, her owner died 2 weeks ago and I am looking for a new home for Maisie. Ideally, I would like to rehome her with the owners other pet, a female dog called Treacle. Both dogs are loyal, affectionate and playful. They are very close and are good with other dogs and cats. If you are able to offer either or ideally, both of these lovely girls a loving home. Please contact me at Axarquia-rescue@hotmail.com



Treacle

Treacle

We have been asked to help find a home for Treacle, sadly her owner has recently died, and both her and Maisie need new homes. We are still waiting for more information on Treacle, but she is a lovely dog, gets on well with other dogs and cats, and enjoys life to the full. It would be fantastic if we could rehome both Maisie and Treacle together, but we know this is a lot to ask. If you would like an older dog in your life, please contact us for more information on Treacle. Email axarquia-rescue@hotmail.com

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Axarquia Animal Rescue



Feliz

AAR2701 – Feliz

Terrified pup Feliz was fleeing an attack by angry dogs when he was lucky to run to the right house at the right time. Within 72 hours this starving podenco went from a trembling bag of bones to tentatively accepting food, playing with the family dogs and returning human affection. Now he's eating well, gaining weight and proving to be clever boy and a fast learner. He's about 10/11 months old and needs a home where he can overcome his fears, build confidence and return the love he receives. Feliz has boundless energy and will thrive on exercise and training. You could be the family to enjoy the happiness that Feliz will bring. For more information about Feliz email:

axarquia-rescue@hotmail.com

small dogs. He is not a naturally aggressive dog but might react when other dogs approach him, especially when they are off lead.

He needs a home within the Axarquia region of Southern Spain, without other dogs, cats or children. He pretty much needs to be an "only child".

It would be preferred if his adopter had experience with reactive dogs and he will need secure outside space. Monty has lots of love to give to his human.

If you are interested in giving Monty his loving forever home please email: axarquia-rescue@hotmail.com



Tina

AAR2596 - Tina

Tina born 2nd February 2019 sadly has had a few upheavals this last year, and is in need of a new home.

This is not a good situation for Tina who is a very gentle dog and sensitive to her surroundings. Tina would love to join a person or a couple who can give her all the love she craves for and she loves to be the centre of their attention. She does understandably fret with changes and she needs a secure stable home and daily routine.

Tina will make a lovely companion and would love nothing more than being by someone's side all day. She is good with

other dogs once she gets to know them, she doesn't bother much with cats. She is fully vaccinated & neutered, with chip & passport. All her vaccinations are up to date. For more information on how to adopt Tina, please email AAR at axarquia-rescue@hotmail.com

AAR2694 - Decker

Decker is sad. His brother has been adopted and he's still waiting. Decker is 6 months old, and estimated to be medium to large in size when fully grown. Basic training, walks well on the lead and just loves cuddles and fuss. Could you give this fluff ball a home? Go and visit him and see if you can resist. Decker is currently in Kennels, and would also benefit from a foster home, if you can help. Please email axarquia-rescue@hotmail.com for more information and to arrange a visit. Currently in Riogordo



Decker



Monty

AAR2429 - Monty

He is a Dalmation cross, born 3rd January 2019. Monty is a loyal loving dog but can be reactive towards other dogs, especially

Market & Class Registration from 11:30

Class entry fees
1 class = 2€
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<p>DOG CLASSES</p> <p>Waggiest Tail Best Rescue Female Best Rescue Male Best pup (under 1 year) Best Ears Best Golden Oldie (8+) I am Fabulous Female I am Fabulous Male Best Paw Shake BEST IN SHOW ALL Class winners gain free entry into Best in Show</p>	<p>EVENT SPONSORS</p> <p>Sam & Jo Doggy Ranch Harbour Lights Community Support - Sarah Baker Dantis Transport - Lee Devilbiss Phillipa Ervin Axarquia Drone Service Margaret Davies & Diane Wells Autocool - Barbara Jenkinson Banana Yoga - Jo Ramsey-Whale Waynes Drains Blacktower & GPS Insurance RBL Riders - Dave Pusey Currencies Direct Sheila's Cattery AAR Local Neutering</p>
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The Importance of Play for your Dog

By Karen Wallace

When it comes to keeping your dog active and healthy, what comes to mind? If you're like most dog owners, you may think of walking your dog, providing them with the best diet, and taking them to the vet. Yes, all of these are vital for your dog's health. However, it's important to not overlook the power of playtime. Playing with your dog benefits your dog's body, mind, and spirit. If you've had your dog since they were a puppy, you will have seen an important part of their development: play. Puppies use play to learn about the world around them. They explore the world with their mouths as they teeth and chew. Puppies also learn about boundaries as they wrestle, tug, and nip. During this phase, puppies learn bite inhibition from their playmates. As they sink their teeth into another pup or their mother, the other dog cries out, discontinues play, or reprimands them, they learn that biting too hard is not fun.

Of course, play isn't just about psychological development. It also helps puppies learn motor skills. If you've ever



seen a puppy tumble over their own paws, it's because they're just not quite as coordinated as adult dogs. They're still learning how to keep their balance and navigate the world around them.

How Does Play Benefit Adult Dogs?

As dogs grow and develop, they can still benefit from playtime with their owner and other dogs. What can your dog get out of some playtime with you?

1. Playtime strengthens the human-dog bond

Just as playtime for puppies teaches them about relationships, having a bit of fun with your dog shows them that you care. Playing gives your dog one-on-one undivided attention, which helps them feel like a special part of your life. Coordinated play also increases the trust and understanding your dog has for you.

2. Playing gives your dog a much-needed energy release

Our dogs spend a great deal of the day indoors, often sleeping. Getting up and active allows them to burn off excess energy. This is the same pent-up energy that can lead to negative or destructive behaviours, such as excessive barking and chewing on inappropriate objects.

When your dog is done playing, they will sleep more soundly and wake up feeling rested and relaxed.

3. Dogs are never too old to learn from playing

When your dog plays, they activate all of their senses. This helps the brain continue to develop. Those puppy-like lessons about textures, coordination, and

socialisation never end.

Also, playtime can be the best time to work on training and skills. Most dogs love a challenge. They also love games like fetch, and tug. While you play with your dog, you can incorporate training tasks as a way they can earn the positive reward of their ball being thrown or access to a toy.

4. Play improves your dog's mental wellness

When your dog plays, their brain releases positive endorphins that create happiness. The effects of these endorphins last long after playtime is over. This provides your dog with emotional health and hormonal balance for a better life.

5. Playing helps build your dog's confidence Because playtime strengthens your dog's prefrontal cortex (the area of the brain that helps them make decisions and exercise restraint), dogs that play more often experience a greater sense of confidence. Playtime helps your dog exercise their ability to make wise decisions which extends beyond just play.

Encouraging Your Dog to Play

Even if your dog seems less interested in playtime since they matured from puppyhood, it doesn't take much to entice your dog into some fun and games. All it takes for some dogs is their owner's excited 'playtime' tone. Other dogs cannot resist the sight of a new toy or the squeal of a fresh squeaker. And of course, few dogs can resist the scent and flavour of treats.

If you're looking for some new ways to play with your dog, try one of these DIY techniques:

- Muffin Tin Game: Using a muffin tray, hide small pieces of a high-value treat beneath tennis balls. Your dog will have a blast pulling the balls off to find a tasty reward hidden beneath.
- Create a Snuffle Box: Using a



cardboard box, hide a treat or two at the bottom of layers of towels, blankets, or shredded paper. Then watch as your dog pulls layer after layer from the box, rooting around until they find their prize.

• Treat Hide-n-Seek: Exercising your dog's nose can be highly beneficial. While your dog is out of the room, hide little treats here and there. Then let your dog in and let them sniff them all out. And it doesn't end there. As a dog owner, you even benefit from playing with your dog. As you spend time with your dog, your brain releases endorphins, as well. Classes have started again for the autumn at Dog School. You can learn about how to have appropriate play with your dog in our Beginners Class.

If you have questions or need any help please drop me a message on social media or send me an email:

karen@dogschoolnerja.com,
or you can take a look on the website www.dogschoolnerja.com



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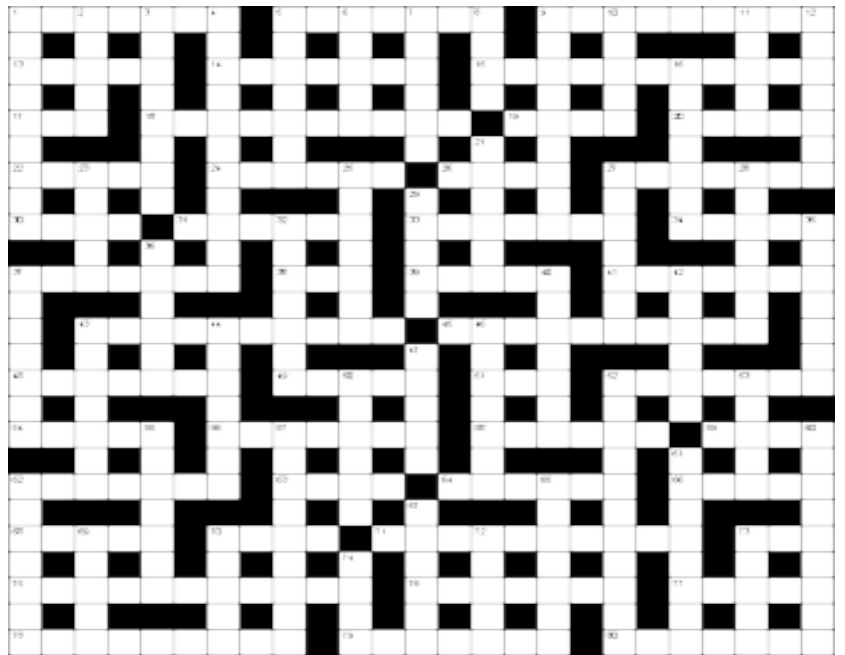
Across

1. Fee paid for instruction (7)
5. Pills (7)
9. Bizarre (9)
13. Relating to the moon (5)
14. Ineffective (7)
15. Inoculation (11)
17. Atmosphere (3)
18. Victorious (10)
19. Hint (4)
20. Latin American dance (5)
22. Torpid (5)
24. Stopped (6)
26. Mantle (4)
27. Display of temper (7)
30. Border (4)
31. Writing implement (6)
33. Sports meeting (7)
34. Stroll (5)
37. Forsee (7)
38. Short sleep (3)
39. Garret (5)
41. Duped (7)
43. Menaced (10)
45. Crowds (10)
48. Satisfied (7)
49. Of a particular vicinity (5)
51. Belonging to us (3)
52. Species (7)
54. Farewell remark (5)
56. Floorshow (7)
58. Mad (6)

59. Print (4)
62. Flair (7)
63. Unslightly (4)
64. Hot pepper (6)
66. Relating to country life (5)
68. Callow (5)
70. Manage (4)
71. Snapshot (10)
73. Spoil (3)
75. Yes (11)
76. Japanese art of paper folding (7)
77. Stringed instrument (5)
78. Churning (9)
79. Come before (7)
80. Countries (7)

Down

1. Garrulous (9)
2. Located inward (5)
3. Annoy (8)
4. Sustenance (11)
5. Rising warm air current (7)
6. Tree (5)
7. Alleviating (6)
8. Rescue (4)
9. First-class (9)
10. Illegal act (5)
11. Rule (5)
12. Adapt (7)
16. Aerial (7)
21. Useful device (6)
23. Bird of prey (5)
25. Oval (7)



27. Quisling (7)
28. Reprimands (7)
29. Of the city (5)
32. Hide (7)
35. Aged (7)
36. Ferocious (6)
37. Cure-all (7)
40. Band of supporters (7)
42. Disregard (6)

43. Stress (7)
44. Newspaper feature (7)
46. Do away with (7)
47. Planet (5)
50. Social group (6)
52. Exoneration (11)
53. Go in (5)
55. Ambiguous (7)
57. Plan (9)

60. Uproarious (9)
61. Disallow (8)
62. Long flag (7)
65. Baggage (7)
67. Select (6)
69. Deduce (5)
70. Stop (5)
72. Clan (5)
73. Tropical fruit (5)
74. Assist (4)



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

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

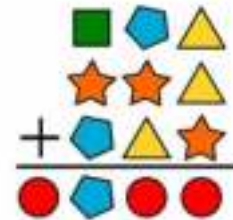
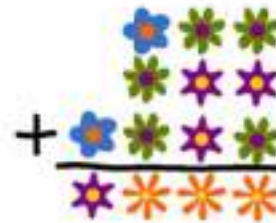
Fruits

Y	R	R	E	B	P	S	A	R	T	E	A	L	M
A	E	N	B	L	A	C	K	B	E	R	R	Y	I
B	I	P	E	N	B	W	G	A	A	R	R	W	E
R	R	A	E	A	O	A	A	Y	N	P	R	A	N
R	E	K	W	C	O	T	O	S	A	A	L	P	G
B	R	I	A	Y	E	B	T	N	P	E	P	R	
W	O	W	Y	A	R	R	L	R	A	A	M	L	A
W	R	I	N	R	R	M	U	A	B	Y	O	E	P
R	A	K	O	O	B	E	E	W	L	A	N	B	E
P	N	L	L	C	I	L	B	B	K	E	E	R	G
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A	O	E	N	K	O	E	R	R	E	G	N	C	E
C	E	G	B	Y	B	M	Y	Y	I	E	O	Y	E

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- BLUEBERRY
- PAPAYA
- KIMI
- ORANGE
- RASPBERRY
- APPLE
- BANANA
- STRAWBERRY
- GRAPE
- LEMON

Symbol Additions

Can you figure out which number each symbol corresponds to in these addition problems? In the first problem, each flower corresponds to one of the numbers from 1 to 4. In the second problem, each shape corresponds to one of the numbers from 1 to 5.



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Inflation update and planning ahead to protect our savings

It has been two years since inflation began to climb and we were soon noticing the higher cost of living. Prices continued rising over the following year, peaking last autumn across much of Europe. We have seen improvement since then, with the Spanish consumer price index returning to normal levels in June. However, it has been inching up again since then.

EU and Spain inflation

Across the Eurozone, inflation peaked at 10.6% last October and has since fallen to 5.3% in July and August.

Prices have been largely driven, both up then down, by energy costs. Energy inflation hit a record 44.3% high in 2022. Food prices were also significantly impacted by global events, reaching a historic high of 15.5% this March.

The European Central Bank expects inflation to continue to slow. After 2022's 8.4% inflation, the bank forecasts it will be to 5.4% this year, 3% next year then 2.2% in 2025.

These are average rates for the Euro area and inflation levels vary across the member countries.

Spain's Consumer Price Index (CPI) returned close to the 2% target in June, falling to 1.9%. However, it is back on an upward path, to 2.3% in July and 2.6% in August thanks to fuel prices being higher than a year ago. Electricity though is lower than in August 2022. Food inflation remains high at 10.5%.

Unless they are negative, falling inflation rates do not mean that

By Kelman Chambers, Partner, Blevins Franks

prices are falling, it just means they are rising less slowly than they were 12 months previously. The cost of living remains higher than it did back when all this started in 2021.

UK inflation

The UK endured persistently high inflation for longer, but in June the Consumer Price Index resumed a downward path and finally fell below 8%. There was a sharper drop in July with a 6.8% annual rate of change (August data is not available at the time of writing). Food inflation remained stubbornly high at 14.9% in July.

This is the lowest inflation recorded since March 2022, though still far above the 2% target.

The Bank of England expects inflation to fall markedly over the rest of 2023, to around 5% by the end of the year and to meet the 2% target by early 2025.

Inflation and your savings and retirement income

We will all breathe a sigh of relief when inflation, including food inflation, returns to normal levels, but should not become

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complacent about the inflation risk and how the rising cost of living affects us over time, particularly once we're retired.

Low inflation is insidious. It seems harmless at the time, but slowly but surely, compounded over the longer-term, it erodes the spending power of your savings and income.

As a basic illustration, if you have €50,000 in a current account with no growth, and inflation is 3% every year, after 10 years its value will have fallen to around €37,000. After 20 years it's around €27,500 and after 30 just €20,555. That's a 59% reduction in purchasing power.

If you're retiring now at age 60, you need to plan for over 30 years of retirement. Unless your savings grow each year, they will buy you considerably less as the years go by. We need to protect our savings and future income from the rising cost of living – making sure our money lasts as long as we do should be an integral part of our financial planning for retirement.

You need to invest in assets that are usually expected to produce enough growth to keep up with inflation over the medium to long term. Although bank interest rates have risen in response to inflation, we know how easy it is to earn negative real (inflation adjusted) rates of return from banks.

While you may become more averse to investment risk in retirement, remember that inflation is also a big risk to your savings. Reduce investment risk to more comfortable levels by calculating your attitude to risk, then building a suitable well-diversified portfolio around your risk tolerance, circumstances and objectives.

Work with a wealth management adviser to follow a disciplined investment process:

- Establish your goals and time horizon.
- Determine your attitude to risk – your adviser should take you through a suitability process to calculate this objectively.
- Construct a suitable, well-diversified portfolio to achieve your investment plan and objectives.
- Use quality investment managers.
- Review your portfolio annually to keep it on track.
- Be patient and stick with your plan – it is time in the market, not timing the market, that is likely to help you achieve your longer-term goals.

Holding your investment portfolio within an arrangement that is tax efficient in your country of residence will help protect your capital from unnecessary taxation as well as inflation.

Seek advice from an advisory firm which provides holistic strategic financial planning advice and which can integrate your investment planning with your tax and estate planning.

CPI data as at 13 September 2023

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

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ARIES:- (March 21 - April 19)

News about your money situation will catch you by surprise today. It may worry you a little to begin with but it will soon become apparent that it's actually a good thing for you personally. It could be your earning power is about to go through the roof!

Luckiest day:- Wednesday

TAURUS:- (April 21 - May 21)

No sooner will you get one task out of the way this month than the next one lands in your lap, which is frustrating to say the least, but don't sweat it. The planets indicate that the effort you put in now will pay big dividends later on.

Luckiest day:- Friday

GEMINI:- (May 21 to June 20)

It would appear that your recent efforts to impress someone in a position of power may have backfired and you are at a loss to know why. Maybe you were too obvious in your attempts to get in their good books. Try playing hard to get instead.

Luckiest day:- Tuesday

CANCER:- (June 21 - July 22)

You have put yourself out a great deal to help other people in recent weeks and now you must reward yourself by doing only what makes you happy. If anyone says you are being selfish, and there's sure to be someone. Ignore them.

Luckiest day:- Sunday

LEO:- (July 23 to August 22)

If you are searching for the right words to influence friends and family members you must be quick about it. If you hesitate for even a minute they may instead listen to someone else, someone whose advice won't be good for them or for you.

Luckiest day:- Monday

VIRGO:- (August 23 - Sept. 22)

You will go out of your way this month to help a friend or work colleague get past an obstacle that, to be honest, is mostly of their own making. Just make sure they know you won't be there to rescue them every time.

Luckiest day:- Thursday

LIBRA:- (Sept. 24 - October 23)

The planet Uranus is about to begin its retrograde phase in the area of your chart that governs everything to do with your wealth. If you have been operating under the belief that you cannot possibly lose money that could easily soon be shattered!

Luckiest day:- Friday

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

You have wasted too much time and too much energy trying to get along with someone who obviously does not want to meet you halfway. Accept the reality of the situation and make a conscious choice to have nothing more to do with them.

Luckiest day:- Saturday

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

What occurs today will make it abundantly clear that reaching a certain goal is not going to be as easy as you imagined. Even if you put everything into it your efforts are still likely to fall short. Maybe you are expecting too much of yourself.

Luckiest day:- Friday

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

The area in which you have been making the slowest progress will be the area where you now start moving ahead in leaps and bounds. But don't get carried away, the planets warn there will still be obstacles that need to be dealt with.

Luckiest day:- Wednesday

AQUARIUS:- (Jan 21 - Feb. 18)

It's not always easy for you to be open about your needs but now you must. Those who know you best are well aware there is something you need assistance with this month but they won't offer it unless you make it clear it's what you truly want.

Luckiest day:- Sunday

PISCES:- (Feb.19 - March 20)

There have been a lot of things you wanted to say but for one reason or another felt unable to be honest about. Now you can and you must let loved ones know what it is that's been bugging you, and what they can do to help end it.

Luckiest day:- Friday

Horoscopes.

by Kristian Marconi



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Shopping habits have changed for good, says Aldi

The cost-of-living crisis has changed shopping habits for good, according to the boss of Aldi in the UK and Ireland. Cheaper supermarket own-label ranges are enjoying a boom as shoppers try to save money. Aldi overtook Morrisons last year to become the UK's fourth-biggest supermarket. Alongside rival Lidl it has been the fastest-growing this year. Products that are sold under a supermarket's own name now make up more than half of everything shoppers buy, by value. The vast majority of the products Aldi and Lidl sell are own-label.

Aidan Roche, 29, from Middlesbrough was last heard from in June while walking Eiger trail in Swiss Alps. Police in Switzerland have found the body of a British hiker who was missing for three months, his family have confirmed. Aidan Roche, 29, an offshore chemical engineer from Middlesbrough, was last heard from on 22nd June while hiking on the Eiger trail in the Grindelwald area of the Swiss Alps, about 50 miles from Berne.

Ex-accountant facing jail after explosive rows with neighbours over Brexit and parking

Noelle Obcarskas kept three turkeys in the front garden of her townhouse she dubbed 'Cluckingham Palace'. Noelle Obcarskas, 64, faces jail after posting bizarre YouTube videos of her rows with neighbours. An eccentric former accountant is facing jail after she waged a YouTube hate campaign against her exasperated neighbours during a bitter feud about car parking in the street, littering, Brexit and her pet turkeys.

'Future-proof' vaccine may protect against new variants of Covid

A vaccine candidate dubbed "future-proof" may one day be able to protect against all future variants of SARS-CoV-2 — the virus that causes COVID-19. This is the tantalizing promise of an international team of researchers led from the University of Cambridge, England and spin-off firm DIOSynVax. Studies undertaken in guinea pigs, mice and rabbits found an experimental vaccine provided a strong immune response against all known variants of SARS-CoV-2 as well as a range of other coronaviruses, including those responsible for the 2002 SARS epidemic.

British hiker found dead in Switzerland three months after going missing

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Witch Finger Cookies

Serves: 50 pieces

Ingredients:-

- 1 ¼ c. (142 g.) powdered sugar
- 1 c. (2 sticks) unsalted butter, softened
- 1 large egg
- 1 tsp. almond extract
- 1 tsp. pure vanilla extract
- 5 to 6 drops green food colouring
- 2 ¾ c. (330 g.) all-purpose flour
- 1 tsp. kosher salt
- ½ c. finely chopped pistachios (about 70 g.), plus more for decorating
- ¾ c. sliced almonds (about 85 g.)
- ½ c. (135 g.) cherry, strawberry, or raspberry jam

Preparation:-

In the large bowl of a stand mixer fitted with the whisk attachment (or in a large bowl using an electric mixer) on medium speed, beat powdered sugar and butter until pale and fluffy, about 2 minutes. Add egg and continue to beat until incorporated and fluffy, about 1 minute more. Add almond extract, vanilla extract, and food colouring and beat until combined.

In a small bowl, whisk flour and salt. Add to butter mixture and beat on low speed until just combined. Fold in pistachios. Cover bowl with plastic wrap and refrigerate at least 30 minutes or up to 2 days.

Line 2 rimmed baking sheets with parchment paper. Remove one-quarter of dough from refrigerator and portion into 12 to 13 (1-tablespoon) balls. Roll each ball between your palms until it starts to form a finger shape, about 3"-by-1/2", or the length of your pinky finger but slightly thinner. Arrange logs on prepared sheet and press an almond slice into each, where the nail would be on a finger. Carefully pinch dough just below almond and halfway down log to create a knuckle. Using a sharp knife, carve horizontal lines of varying lengths into knuckle. Place 1 or 2 pistachio pieces in finger to make warts. Repeat with remaining dough. Freeze 30 minutes.

Preheat oven to 375°. Bake, rotating trays front to back halfway through, until edges are firm and tops of cookies are dry, 7 to 9 minutes. Let cool slightly.

Gently lift off almond fingernail. Add a tiny dab of jam to tip of finger, then replace almond fingernail, pressing down to make jam ooze out. Spread jam onto bottom of each finger. Let cookies cool completely.



Witch Finger Cookies

Pumpkin Burger

Serves:- 4

Ingredients:-

- 1 lb. ground sirloin
- ¼ lb. Ground Chuck
- 1 ½ tsp. Worcestershire sauce
- ¼ tsp. each kosher (coarse) salt and pepper
- Nonstick cooking spray
- Accompaniments: hamburger buns, lettuce, tomato and red onion slices



Preparation:-

Heat outdoor grill or grill pan.

Gently mix ground meats and Worcestershire sauce in medium bowl with a fork until blended. Shape meat into four patties about 1 in. thick. Sprinkle both sides of patties with salt and pepper. Coat burgers with nonstick spray. Grill, turning once, 8 to 10 minutes until instant-read thermometer inserted from side to middle registers 160°F. Serve on buns with lettuce, sliced tomato and red onion.

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Guacamoly Eyeballs

Guacamoly Eyeballs

Serves:- 20 pieces

Ingredients:-

10 large eggs
 ¼ c. lowfat sour cream
 2 tbsp. smooth taco sauce (without chunks)
 2 tsp. chili powder
 1 large avocado (or 1 ½ small)
 2 tbsp. fresh lemon juice
 Kosher salt and pepper
 4 medium pimiento-stuffed olives

Preparation:-

Place the eggs in a large saucepan, add enough cold water to reach 2 in. above submerged eggs, and bring to a boil. Remove from heat, cover the saucepan and let stand for 12 minutes. Meanwhile, in a small bowl, whisk together the sour cream, taco sauce and chili powder. Place in a pastry bag fitted with a fine writing tip.

In a second small bowl, mash the avocado with the lemon juice and ¼ tsp each salt and pepper. Transfer to a resealable plastic bag and cut off the tip to create a ½ in. opening.

Drain the eggs and return them to the saucepan. Gently shake the saucepan to crack the eggs all over. Run under cold water to cool, then peel the eggs. Cut the eggs in half lengthwise. Remove the yolks and save for another use.

Using the sour cream mixture, pipe thin squiggly lines on each egg white half so they resemble bloodshot eyes. Pipe the avocado mixture into each white and place a slice of olive on top.



Spiderweb Pizzas

Spiderweb Pizzas

Serves:- 8 pieces

Ingredients:-

1 package prebaked mini 8-in pizza crusts
 C. pizza sauce

2 (1 oz each) mozzarella string cheese
 3 large pitted black olives

Preparation:-

Heat oven to 450°F. Place crusts on a baking sheet; top with sauce. Pull cheese into thin strips; place on pizzas in the shape of a web.

Bake pizza for 8 to 10 minutes until cheese melts. Cool 3 minutes.

Cut off one end of 2 olives for spider heads. Halve remaining olives lengthwise. Use one half for body; cut remaining pieces into strips for legs. Assemble spider on each pizza.



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healthwise

PHYSIOTHERAPY, AN EFFECTIVE ALTERNATIVE TO COMBAT OSTEOPOROSIS



As the years go by, our bone tissue weakens, but it should not do so at such a rate that it incapacitates us to live with a desirable quality of life. The loss of bone density has become an epidemic that affects more and more people. Osteoporosis is today a great personal and social problem, it causes multiple discomforts in the development of daily life, it generates disability and sometimes intense pain, as this pathology progresses, the danger of a fracture increases.

The bones form the structure of our body, they are the solid

anchor on which the rest of what we are is based, when they begin to weaken, the danger that lies in wait for us is more than serious, the bone density of the bones decreases and they begin to slide into a spongy fragility that increases the risk of major pathologies.

Osteoporosis presents itself as a silent pathology and once it appears it seems that we are forced to endure it without being able to do anything other than arm ourselves with patience and bear its negative effects. Nothing is further from reality, if we have not had healthy habits oriented towards prevention, which is the best medicine against osteoporosis, we can still face it without letting ourselves be carried away by despondency.

If our diet has been unhealthy up to now and our favourite exercise is practiced from the chair, with a diagnosis of osteoporosis we have no alternative: we have to change our habits, the doctor will provide us with a diet and calcium and vitamin support to maintain the quality of our bones, physiotherapy will favour the recovery of general activity and can even increase our density of bone tissue

There are several types of osteoporosis, we are going to refer in this article to the possible treatment with Physiotherapy of the most common, those derived

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
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	PILATES 10.30H		PILATES 10.30H	CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
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Continued ob page 36



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3.- Postural education. Basically, exercise is posture in movement, the physiotherapist is the specialist in postural education, since osteoporosis can affect generating pain while standing, sitting or lying down, the physiotherapist will help the patient both to allow him to reach a series of appropriate postures and to carry out the transitions.

4.- Relaxation techniques, relaxation techniques promote circulation and raise the pain threshold naturally, with them the patient regains some control over his pathology, relaxation has a balancing effect on our homeostasis, if we teach relaxation to our patients, we provide them with a technique that can be useful on many occasions.

A good diagnosis is essential, after the medical treatment the physiotherapist is the indispensable figure to improve the quality of life of the patient, if we have the collaboration of the patient, a personalized treatment with magnetotherapy and therapeutic exercise, counting on the rest of physical therapies to our disposition will provide the best options for a pathology that today affects an increasing number of people.



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Hypoglycaemia

A condition characterised by an abnormally low level of blood sugar, is commonly associated with diabetes. However, a variety of conditions, many of them rare, can cause low blood sugar in people without diabetes. Like fever, hypoglycaemia isn't a disease itself, it's an indicator of a health problem.

Symptoms include shakiness, weakness, faintness, headaches, mental dullness and confusion. Such symptoms can be caused by any number of other problems, including stress. The only way to diagnose hypoglycaemia is through a glucose tolerance test, the same type of test used to diagnose diabetes. Immediate treatment of hypoglycaemia involves quick steps to get your blood sugar level back into a normal range, either with high-sugar foods or medications. However, long term treatment requires identifying and treating the underlying cause of hypoglycaemia.

How your blood sugar falls too low

There are several reasons blood sugar falls too low, the most common being a side effect of drugs used for the treatment of diabetes. But to understand how hypoglycaemia happens, it is good to know how your body normally regulates blood sugar production, absorption and storage. During digestion, your body breaks down carbohydrates from foods, such as bread, rice, pasta, vegetables, fruit and milk products, into different sugar molecules. One of these sugar molecules is glucose, the main energy source for your body. After you eat, glucose is absorbed directly into your bloodstream, but it isn't able to enter cells of most of your tissues without the help of insulin, a hormone secreted by your pancreas.

When the level of glucose in your blood rises, it signals beta cells in the endocrine portion of your pancreas to release insulin. The insulin, in turn, unlocks your cells so that glucose can enter and provide the fuel your cells need to function properly. Any extra glucose is stored in your level and muscles in the form of glycogen. This process works to regulate the level of glucose in your bloodstream and prevents it from reaching dangerously high levels. As your blood sugar level returns to normal, so does the secretion of insulin from your pancreas. If you haven't eaten for several hours and your blood sugar level starts dropping, glucagon – another hormone from your pancreas – signals your liver to break down the stored glycogen and release glucose back into your bloodstream.

Aside from your liver breaking down

glycogen into glucose, your body also is able to manufacture glucose in a process called gluconeogenesis. This process occurs primarily in your liver, but also in your kidneys, and makes use of various substances that are precursors to glucose.

Possible causes of hypoglycaemia Diabetes

If you have diabetes, the effects of insulin on your body are drastically diminished, either because your pancreas doesn't produce enough of it (type 1 diabetes) or because your cells are less responsive to it (type 2 diabetes). As a result, glucose tends to build up in your bloodstream and may reach dangerously high levels. To correct this problem, you likely take insulin or other drugs designed to lower blood sugar levels. If you take too much insulin relative to the amount of glucose in your bloodstream, it can cause your blood sugar levels to drop too low, resulting in hypoglycaemia. Hypoglycaemia may also result if, after taking your diabetes medication, you don't eat as much as usual (ingesting less glucose) than you normally would. To prevent this from happening, your doctor should work with you to find the optimum dosage that fits your regular eating and activity habits.

Without diabetes causes may include the following:

Medications. Taking someone else's oral diabetes medication accidentally is a possible cause of hypoglycaemia. Other medications may also cause hypoglycaemia, for example quinine.

Excessive alcohol consumption. Drinking heavily without eating can block your liver from releasing stored glucose into your bloodstream, causing hypoglycaemia.

Some critical illnesses. Severe illnesses of the liver, such as severe hepatitis, can cause hypoglycaemia. Disorders of the kidney, which can keep your body from properly excreting medications, can affect glucose levels due to a build up of those medications. Long-term starvation, such as in anorexia nervosa, can result in the depletion of substances your body needs in gluconeogenesis, causing hypoglycaemia.

Tumours. A rare tumour of the pancreas, insulinoma, may cause overproduction of insulin. Other tumours may result

in excessive production of insulin-like substances. Or, then tumours themselves may use up too much glucose. Enlargement of beta cells of the pancreas that produce insulin, nesidioblastosis, may result in excessive insulin release, causing hypoglycaemia. People who've undergone gastric bypass surgery are at risk of this condition.

Endocrine deficiencies. Certain disorders of the adrenal glands and the pituitary gland can result in a deficiency of key hormones that regulate glucose production.

Hypoglycaemia after meals. Most hypoglycaemia occurs when you haven't eaten (when you're in a fasting state), but that's not always the case. Sometimes, hypoglycaemia occurs after meals because the body produces more insulin than is needed.

Complications. If you ignore the symptoms of hypoglycaemia too long, you may lose consciousness because your brain needs glucose to function.

Hypoglycaemia and Diet.

Doctors used to recommend eating sugar. Restricted, high-protein meals four or more times a day to help control hypoglycaemia. But such treatment may actually impair glucose in patients. The main sources of protein for many individuals, animal products, are also high in fat which can contribute to the development of diabetes, as well as numerous other health problems, from heart disease to breast cancer. The best way to control hypoglycaemia is through a diet similar to that used to control diabetes mellitus: a reduction in simple sugars, a large intake of complex carbohydrates, and frequent feedings. Candy, sodas, and even fruit juices (which manufacturers often sweeten with lots of sugar) are all high in sugar and should be avoided. Foods that are high in soluble dietary fibre slow carbohydrate absorption and help prevent swings in blood sugar levels. For some, fruits may also be a good addition as fructose, the natural sugar in most fruits, does not require insulin to be absorbed into the body cells.

Also advised is an increase in meal frequency. Eating more than three meals per day helps maintain blood sugar levels and to prevent the onset of hypoglycaemia symptoms.

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,8 reasons why you wake up tired, and how to fix it

By Kristen Rogers,

1. Fatigue

"There are a lot of conditions that cause fatigue, but they don't necessarily make people feel like they're ready to fall asleep," said Jennifer Martin, a professor of medicine at the David Geffen School of Medicine at UCLA and a former president of the American Academy of Sleep Medicine. These can include chronic pain conditions, metabolic or thyroid conditions, anemia and chronic obstructive pulmonary disease. If you're feeling inexplicable fatigue, "an important first step might just be a routine physical with your family doctor," Martin said. Additionally, the National Sleep Foundation has said healthy adults need seven to nine hours of sleep nightly, so you might need more than eight hours of sleep to feel energized. You could try going to sleep an hour earlier or waking an hour later than usual and see if that makes a difference, said Christopher Barnes, a professor of management at the University of Washington who studies the relationship between sleep and work.

2. Sedentary lifestyle

If you're sedentary, your body can get used to having to expend low levels of energy, so you might feel more tired than you should when trying to do basic daily activities, Martin said. The World Health Organization has recommended that adults get at least 150 minutes (2½ hours) of moderate-to-vigorous physical activity weekly, while pregnant people should do at least 150 minutes of moderate aerobic and strengthening exercises per week.

3. Anxiety or depression

Having anxiety or depression can be energetically taxing, Dasgupta said. These conditions can also negatively influence the time needed to fall asleep as well as whether (and how many times) you wake up throughout the night, he added. And sometimes the

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medications used to treat depression or anxiety can have side effects such as insomnia or disruption of deeper stages of sleep, Dasgupta said.

4. Inconsistent sleep

Sometimes our schedules differ on weekdays versus weekends, Barnes said. Schedules can also fluctuate for people with shift-based jobs. "A very common practice would be to say, 'OK, well, it's Friday night. I don't have to work tomorrow morning, so I can stay up a bit later,'" Barnes said. Maybe you stay up even later Saturday night since you don't have to work Sunday either, then go to bed earlier on Sunday ahead of the workweek. But by this point, you've already adjusted your sleep schedule back by a couple of hours in a short period of time. "This is very much analogous to jet lag," Barnes said. "That rapid reset doesn't work very well."

5. Dehydration

More than 50% of your body is made of water, which is needed for multiple functions including digesting food, creating hormones and neurotransmitters, and delivering oxygen throughout your body, according to the Cleveland Clinic. Being dehydrated has been linked to decreased alertness and increased sleepiness and fatigue.

The Institute of Medicine recommends that women consume 2.7 liters (91 ounces) of fluids daily and that men have 3.7 liters (125 ounces) daily. This recommendation includes all fluids and water-rich foods such as fruits, vegetables and soups. Since the average water intake ratio of fluids to foods is around 80:20, that amounts to a daily amount of 9 cups for women and 12½ cups for men.

6. Poor sleep environment or routine

Having good sleep hygiene includes keeping your bedroom dark, quiet and cold at night and only using it for sleep and sex. Avoid consuming caffeinated drinks less than six hours before bedtime and limit the consumption of alcohol and heavy or spicy foods at least two hours before bed. Alcohol can prevent deeper stages of sleep, and such foods can cause digestive issues that interfere with restorative sleep.

7. Sleep partner problems

"The person (or pet) with whom you share a bed has a big impact on your sleep," Martin said. Maybe your bed partner has a sleep disorder and snores or tosses and turns. Or maybe the person has a different schedule that's disruptive to your sleep. Pets can also disrupt your sleep schedule since they don't have the same sleep patterns as humans, she added.


"The most important thing if your bed partner snores is to get them to see a sleep specialist and have them evaluated for sleep apnea," Martin said. Sleep apnea, a condition wherein breathing stops and restarts while someone's sleeping is common in people who snore, she added.

8. Sleep disorders

On that note, sleep disorders are another factor that can dramatically diminish sleep quality, Barnes said. Someone with sleep apnea might wake up 50 times, 100 times or even more throughout the night, he added. "Once you're awake, you're no longer in the deep sleep, and you don't get to usually drop immediately into the deepest sleep," Barnes said.

"Bringing people out of that deep sleep by waking them up is going to generally result in less time spent in the deepest stage of sleep." Other sleep disorders that can affect daily energy levels include narcolepsy and restless legs syndrome, according to the US Centers for Disease Control and Prevention.

The ideal way to track sleep quality and quantity, especially if you think you could be diagnosed with a sleep disorder, is undergoing polysomnography at a sleep clinic, Barnes said. Apps and electronic wearables such as watches or rings that measure sleep aren't as accurate as clinic tests, but still provide sufficient information for healthy adults, Barnes said. "I'd want to know that it was developed and then validated against another, more accurate device."



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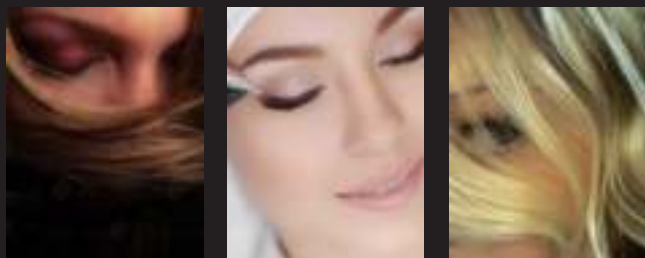
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The brow trends set to rule in 2023.

The brow trends set to rule in 2023. Wondering what's in store for our eyebrows in 2023? You're smart to get ahead of the game. After all, brow trends have the power to define an era and you'll need to know now if any growing out is involved.

So will brow lamination continue to reign supreme? Or all we all going to be walking around with bleached brows in 2023?

Here's what's new, what will continue and what's out for brow trends in 2023.

Texturised 3D brows

More texturised and 3D brows will be the biggest brow trend next year. That perfect blend between the lamination style of upright, set down and in place all day brows, and those wild and beautifully textured Cara Delevingne brows we used to all love. All this matched perfectly with a clean and tailored shape with a not-so straight/no-so lifted arch."



Thin brows

The threat of a '90s brow return has been strong for the last few years, but 2023 they will have a modern twist. It's a thin brow with a full look. Unlike the over-tweezed '90s brows which were super skinny and then filled in with pencil, thin brows in 2023 will just be more tailored and lifted with higher arches."



Straight brows

This archless Audrey Hepburn-like style was a big brow trend in 2022 and it looks like it's here to stay. Ideal for those lacking a natural lift, the tail drops off and — instead of arching downward — elongates straight, which is where the trend gets its name.



Brow lightening

We've seen more and more celebrities gravitate towards bleached brows, but if you're not keen to make your face framers disappear completely, a more wearable take on the trend is brow lightening. "It will lighten your natural brows allowing more room for creativity and shaping, which will align with the makeup trends for 2023," says Rezaei.



Tailored lamination

Brow lamination is here to stay, with the technique only getting better in 2023. "Now we know that we can use lamination to manipulate and set the hairs however we like, so not every brow needs to be set at 90 degrees the whole way along," says Tonkin.

OUT: Over-styled HD brows

So what brow trends are out for 2023? Both experts agree that we're done with over-styled, HD brows. "Brows with pops of skin showing through are trending and are beautifully natural," says Tonkin. "Any sort of heavy-filled, block-styled brows will be disappearing."

If a more solid fill is what you like, do so with feather-like strokes using brow pencil.

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October Exhibition

Exhibition in October in Galeria Luz de la Vida!

Tierra-Mar-Cielo. Galeria Luz de la Vida is a feel-good place in Competa. It has the authentic looks of the Spanish/ Moorish whitewashed village architecture and a nice little pearl at the back, the garden with Mosaic wall decoration and the banana trees. The gallery is a place where one can find International art of good quality, paintings, bronze, steel and ceramic sculptures. But there are also smaller art works, postcards and posters. Jonny Barrett will be showing a range of recent paintings at Galeria Luz de la Vida in Competa from 5th October till the 28th, from 5th to the 7th he will be demonstrating his working processes and painting techniques. Please see examples of his work created in the Costa Tropical in Spain at: www.jonnybarrett.com

Jonny is a painter, printmaker and artist bookmaker based at Bloom Art Space in Malvern U.K. and also spends six months in his studio in Spain. His evocative images are an intuitive and sensory reaction to the natural environments of both Spain and the UK. He has an exuberant and vibrant use of colour combined with vigorous mark-making. He pours overlapping colours, scraping and scratching into the painted surface pigments to create a visceral and unique quality. Meet him in person at the Galeria Luz de la Vida, Competa (Malaga).



Jonny Barrett

Lieuwke Loth is a Dutch artist and runs the Art gallery and organizes local art events, like the Monthly Art & Craft Ruta and since this springtime she and a team of 5 started with the concept of Competa as Cultural Hub. (email: competaculturalhub@gmail.com)

As an artist she works in different technics. She creates bronze sculptures, drawings, paintings and laser cut art pieces. The laser cut steel collection is customizable to your individual specifications. You can brighten your home or garden with these beautiful and special art pieces. They add style and character to your home.

Wednesday 18th of October the art gallery is part of the Art & Craft Ruta in Competa. Feel welcome to come by and have a look to all art that we have on show!

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95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

C/. San Miguel s/n, Maro Club, 125,
Maro

ESTATE AGENTS

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Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

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Cómpeta Properties - 95 251 6107 /
95 253 8337

Avda. Sayalonga 24B Còmpeta

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. Andalucia 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

Office in Viñuela (next to farmacia)

Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,

Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,

local D, Alcaucin

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FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

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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 Andalucia 187, Caleta de

Vélez

GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez

Málaga

GYMNASIUMS

Manantía – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

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Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

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Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

Heiko by Heiko 95 296 7923
Avda. Andalucia 119, Torre del Mar
Nerja Vision – 95 252 3911
Avda. Castilla Pérez 3, Nerja
Nueva Optica – 95 2525 5876
Avda. Pescia 18, Nerja

ORTHOPAEDICS

Chatelin – 658 773 857 / 695 481 082
C/. de la Cruz no.60, Nerja

PET SCHOOLS/TRAINING

Dog School Nerja – 711 020 098
www.dogschoolnerja.com

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Fisio Nerja – 95 252 8144
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Blq. 9, local 8 (on sea front) Torrox
Costa
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

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Fiercillas Pet Shop – 95 252 7295
Avda. Castilla Pérez 14, Nerja
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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

Guardia Civil

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

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

Taxis

Frigiliana-952 533 231

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

Airports

Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

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

Tourist Offices

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

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

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

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1 339.
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 serviceSundays at 10am. El Salvador,Balcon de Europa,Nerja.
Tel: 952 52 0291. Mass times, English and SpanishSundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

Presbyterian Church,Torre del Mar

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

New Life Church

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

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 or contact one of the chaplacy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church,Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2,Local2,29740 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 1ª, (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
OCTOBER 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.
Spanglish. General conversation between Spanish and English friends. Time and day to be advised please contact the Centre.

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

Friday 27th October - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

Saturday 28th October – Excursion to see “Oklahoma” at Salon Varieties, Fuengirola. Please come for a fun evening and night out to see the first musical by Rogers & Hammerstein, set in 1906 in the farm

country of Claremore telling the story of a farm girl and her two rival suitors. There will be time on arrival to have something to eat before the show begins.

The coach will leave at approx 22.45 for the return journey. Tickets available at the Centre.

Price 40 euros with Friends card, 42 euros for visitors. Proceeds for fundraising. Departure times:- Algarrobo (Lidl) 15.45, Caleta (vets) 15.50, Torre del Mar (Coach Station) 16.00.

November 23rd - Science Park Granada and visit the Sierra Nevada Shopping Centre.

Price 34 euros for Friends and 36euros for Visitors. Proceeds for fundraising.

Great Market
Many stalls
Something
for everyone

Market opens
11:30



**AAR
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29 Oct
2023**

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Food & drink available
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Not only the Dog Show, a good selection of market stalls for you to have a browse around, and grab some bargains, home made cakes and savouries, hand made chocolates & soaps plants, jewellery, clothes, Dog beds, leads, harnesses and treats, bric a brac and much more

Venue: Puerto Niza Restaurant
Carretera Málaga-Almería, Km 263,
Benajárfes



NEWS & What's ON

Nerja Arts Society

The Arts Society Nerja is delighted to be starting its 30th Anniversary Season in October. To celebrate we have numerous events planned, from celebration meals, to musical concerts and an art exhibition to name a few!

This season lectures range from Classical to Contemporary, Art from East to West, Gems to literature and even a Lecture on Flamenco with a live performance.

We start the season on Tuesday 17th October at 6pm at The Cultural Centre on Calle Granada with a lecture on Love, Marriage and Fidelity in Western Art from Sophie Oosterwijk PhD.

Love, courtship and marriage have always been a source of inspiration to authors and artists alike. One of the most famous portraits in the National Gallery is Van Eyck's Arnolfini Portrait (1434), which is an enigmatic painting despite following many marital conventions. Yet depictions have a much longer history. Already in Ancient Egyptian and Etruscan art people chose to have themselves immortalised as loving couples, also on their tombs. Double or pendant portraits were later commissioned in large numbers from artists such as Holbein, Rubens, Rembrandt, Velázquez and Gainsborough. Yet other artists present a more ironic or even cynical attitude. After all, love and marriage are not always a bed of roses!



Sophie Oosterwijk was born in Gouda (Netherlands) and studied English at Leiden and Medieval Studies at York before obtaining two doctorates in Art History (Leicester) and English Literature (Leiden). She taught Art History at the universities of Leicester, Manchester and St Andrews, and still lectures for the University of Cambridge, TAS and other organisations. She returned to the Netherlands in 2011 where she now lives and works as a freelance lecturer, researcher, editor and translator. Sophie is also Vice President of the Church Monuments Society and has published widely.





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

Cada miércoles de 19:00 h. a 20:00 h.

Online

yogafusionarte.com

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Belly Dance Tribal and intuitive.

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YOGA FUSION DANCE

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Please send all information to info@streetwise.es

or call Dawn on 638 474 718.

All information is required by the 15th 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 or by phone on 0034 678 059 288.

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at

steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org

You can also find 41 Club Nerja on Facebook.



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www.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.

Want to join a choir?

Velez-Malaga'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 Almúñecar (Coro Ciudad de Almúñecar) 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.

ROYAL BRITISH LEGION, NERJA BRANCH
 Meets twice a month for lunch- on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.
 Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.
 For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

Axarquia Animal Rescue
 Save a Life
 We are currently looking for foster homes for abandoned animals. If you are interested in helping us, please contact us via email: axarquia@axarquia.com

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 or call Dawn on 638 474 718.
 All information is required by the 15th monthly.

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Studio, Torrox Costa
Ref: PS-2023-048

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€124,900



Apartment, Torrox Costa
Ref: PS-2023-301

Cosy penthouse apartment, 1 bedroom, sunny south-west terrace. Fantastic panoramic sea & mountains views.

€139,000



Apartment, Torrox Costa
Ref: PS-2023-104

2 Bedroom apartment 50 meters from El Morche Beach! Terrace with partial sea & mountain views. Communal pool.

€149,500



Apartment, Torrox Costa
Ref: PS-2023-113

1 Bedroom apartment, steps to beach & Ferrara promenade. Glazed-in Terrace. Potential for 2nd bed. Communal pool.

€169,900



Apartment, Torrox Costa
Ref: PS-2021-257

Laguna Beach, ground floor, 2 bedrooms apartment with private patio & terrace. 50 meters to the beach. Communal pool.

€195,000



Apartment, Torrox Costa
Ref: PS-2023-106

3 Bedroom apartment in El Morche, 50 meters to the beach. Sea views from south-west facing terrace. Community pool.

€220,000



Duplex, Torrox Costa
Ref: PS-2023-115

Spacious duplex apartment, 3 bedrooms, 2 bathrooms, terrace and patio with sea views. Sold fully furnished. Garage option.

€228,000



Penthouse, Torrox Costa
Ref: PS-2023-079

Beach front duplex penthouse in beautiful urbanization, 2 beds, 2 baths, 65 m2 solarium, private parking. Communal pool.

€245,000



Apartment, Torrox Costa
Ref: PS-2023-103

Beautiful 2 bedroom apartment in luxury urb with 30 m (approx) terrace, sea and urb views. Parking and communal pool.

€359,000

Notary and Registry fees regulated by tariff are not included in the price. Professional fees of the Agency are included. The consumer has the right to be given a copy of the corresponding abbreviated housing report (DIA). Prices valid for 15 days, subject to availability and confirmation. All descriptions and prices indicated are believed to be correct. However, the information contained may be subject to errors or omissions. Properties may be subject to price change, sale or withdrawal from the market. Non-contractual information. More details at www.property-select.net.

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REF: 7659

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REF: 7677

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29754 Cómpeeta
Plaza Almijara, 21
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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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www.countryproperties.net

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