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Price: €185.000

Ref: NV.SUS



Beautiful apartment in San Juan de Capistrano. Consists 2 bedrooms, living room-kitchen, bathroom, a/c and a large terrace. The property is 60 metres built plus thirty metres of terrace. Completely renovated with high quality materials and in a modern style. Communal swimming pool.

Price: €319.000

Ref: NV.BAR



Spacious ground floor apartment, comprises large living-dining room with sat. TV, private garden, interior terrace, equipped kitchen, bath, toilet and 2 beds. A/C, communal swimming pools, bars, restaurants, etc. bus service to Nerja and the beaches.

Price: €245.000

Ref: Casa Swallow



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000

Ref: NV.39B

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Nice townhouse, approx.. 90m<sup>2</sup>, comprises 2 floors. Ground floor: terrace, double bed, bath with a shower, washing machine and a 2<sup>nd</sup> bed. Upper floor: spacious living-dining room with TV, equipped kitchen, terrace with sea views. A/C and wifi access. Furnished. Communal swimming pool.

Reduced: €249.000

Ref: Villa Robles



Great duplex in Capistrano Village. Comprising 1<sup>st</sup> floor: living room, kitchen, bathroom, bedroom and a large terrace with beautiful views of the sea. A spiral staircase connects both floors. 2<sup>nd</sup> floor: bathroom with a bathtub, bedroom and a terrace with views. The house enjoys beautiful views of the sea and the Capistrano area.

Price: €254.000

Ref: NV.B8



Nice ground floor apartment, comprises of small garden, terrace, lounge-dining room with cable TV, equipped kitchen, bathroom with shower and washing machine, twin beds bedroom. It enjoys communal facilities such as several swimming pools, ample garden areas, restaurant, bus service into Nerja and the beach, etc.

Price: €157.000

Ref: Casa Mike



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 2<sup>nd</sup> floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

Price reduced: €375.000

Ref: NV.62



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 200m<sup>2</sup>, plot 600m<sup>2</sup>. 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 200m<sup>2</sup>, plot 600m<sup>2</sup>. Renovated and ready to move into. Great opportunity, to find such a magnificent villa in Capistrano Village.

Price reduced: €790.000

Ref: NV.JAZ



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: €198.000

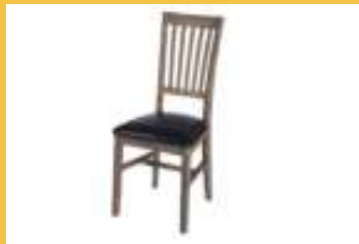
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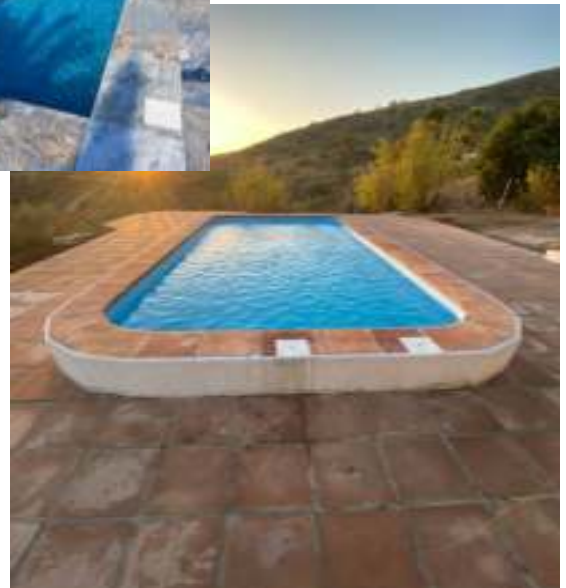
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## Country Property of the month

**Cómputa:**

**Price: €475.000**

**CP645**



Stunning country property in Spain with swimming pool and sea views. Located a few minutes' drive away from the white washed village of Cómputa with a completely concreted access, we find this gem of a property maintained in perfect condition. An electric gate opens the way to the 153m<sup>3</sup> property located on a 3625m<sup>2</sup> plot with various fruit trees, arriving to the parking area with carport. Main entrance to the interior accommodation distributed on a single floor, entering to the bright living room that has a wood-burning fireplace and AC unit. Large glass doors open to the solarium, a perfect place to enjoy the beautiful views of the pool and the Mediterranean Sea all year round, whether it's a cooler day of winter or with its glass curtains open during the summer months. Breakfast bar separates the living room from the spacious, fully equipped kitchen. A hallway leads to the three double

bedrooms with built-in wardrobes, one with an ensuite and air conditioning unit. This property has double-glazing, solar panels with electric backup and a water deposit. Well cared for exterior, with a barbecue area, swimming pool and a small Mediterranean garden full of plants and trees. You couldn't ask for a more idyllic setting to enjoy the breathtaking views while relaxing at the poolside, garden or terrace. The property also benefits from having a south orientation that provides sun all day, allowing you to see the most impressive sunsets from it. Without a doubt, a wonderful property ready to start enjoying the Andalusian lifestyle from day one in a very convenient location near Cómputa. Must be seen to be appreciated!



**Canillas de Albaida: Price: 495.000€**



- Living space: 329m<sup>2</sup>
  - Bedrooms : 8
  - Pool: Yes
  - Garage : No
  - Terrace: Yes
  - Bathrooms: 9
  - Views: Mountain
  - Area: Countryside
- Ref. CP627**

**Torrox: Price: 670.000€**



- Living space: 154m<sup>2</sup>
  - Bedrooms: 5
  - Pool: Yes
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 4
  - Views: Sea views
  - Area: Countryside
- Ref. TCP230**

**Cómputa: Price: 135.000€**



- Living space: 223m<sup>2</sup>
  - Bedrooms : 7
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - Views: Mountain
  - Area: Village
- Ref. TH1112**

**Canillas de Albaida: Price: 139.950€**



- Living space: 198m<sup>2</sup>
  - Bedrooms : 7
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - Views: Mountain
  - Area: Village
- Ref. TH763**

**Torrox: Price: 280.000€**



- Living space: 125m<sup>2</sup>
  - Bedrooms : 5
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - Views: Sea views
  - Area: Village
- Ref. TTH605**

**Torrox: Price: 158.000€**



- Living space: 84m<sup>2</sup>
  - Bedrooms : 2
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 1
  - Views: Village
  - Area: Village
- Ref. TTH629**

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## Welcome to Streetwise magazine -

Wow, how fast has the first quarter of 2024 gone!! I can't believe we're in April. April is such a lovely month, it starts getting a little warmer and friends and family start thinking about visiting!

While out working I noticed the bars and shops already preparing for the busy holiday season to come.

During April a lot of activities start and there's plenty to keep everyone occupied, holiday makers and locals alike.

Check out the Nerja Spring Festivities Calender on page 28.

The annual Nerja Residents Day is on the 28<sup>th</sup> this year and as usual it will showcase the international mix of our area, along with many of the local associations and groups.

Also during April the 10<sup>th</sup> annual Nerja Tapas Ruta will take place with several bars trying to impress us with their tapas skills in order to win first prize!

During April my dad and my sister Chelsea have their birthdays.

Happy Birthday to you both! As always we have a packed Streetwise for you, enjoy!

**Dawn x**



**Abril/April 2024**  
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Horoscopes, puzzles, Nerja map, directory, Spanish news, what's on and much more...

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**A three-vehicle collision in Malaga leaves four people injured**

Four people were affected to varying degrees when three vehicles collided in Malaga. The Local Police confirmed that four people were injured, two of them men, aged 60 and 76, and two other women, aged 55 and 70; All have been transferred to the Clinical Hospital in the capital of Malaga.

**Kate Middleton breaks her silence and announces that she has cancer**

The Princess of Wales in a video statement commented that the priority now is to have "space and privacy" while she finishes the chemotherapy treatment she is going to undergo to face this disease. After several weeks of continuous speculation about the situation she was in, the Princess of Wales has decided to break her silence and reappear with a video to clarify all doubts. The abdominal operation she underwent on January 16<sup>th</sup> was a complete success and she did not expect the disease to be cancerous. The Princess of Wales has assured that "my medical team recommended that I undergo preventive chemotherapy treatment" and at the moment "I am in the early stages of that treatment."





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**Convicted of defrauding three people**  
Superior Court of Justice of Andalusia (TSJA) has confirmed the sentence of four and a half years in prison for a man for defrauding three people of more than 173,200 euros in the purchase of cars through two companies of which he was administrator.

Continued on page 12



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**National Geographic singles out Almuñécar beaches**

Among the wonders of Almuñécar’s nearly 20 kilometres of coastline lies La Caletilla beach, nestled right in the heart of the town next to the Natural Monument of Los Peñones de San Cristóbal or del Santo and beneath the Castle of San Miguel.

Other beaches recognised by National Geographic include Playa de Calahonda in Nerja (Málaga), Costa de Maro in Nerja (Málaga), Playa de Calahonda in Motril, Playa de Bajamar in Vélez-Málaga (Málaga), and Playa de Burriana in Nerja. These beaches collectively showcase the diverse and stunning coastal landscapes of Andalucía highlighting Axarquía and the Costa Tropical as an area blessed with beautiful beaches.

**Nerja town hall confirms date for Residents' Day**

Nerja town hall has announced that this year's Residents Day will take place on Sunday 28<sup>th</sup> April on Plaza de España from 12 noon until 5p.m. The councillor for foreign residents, Ana María Muñoz, said, "We invite all Spanish and international associations and clubs from Nerja and the Axarquía or Malaga area to participate." There will be dancing and live music throughout the afternoon. For further information email: [info@diadelresidente.com](mailto:info@diadelresidente.com).

**Firefighters rescue trapped puppy**

Apparently, the puppy fell from the roof of the building through a hole and was trapped for three days. The neighbours, upon hearing the howls, notified the firefighters who went to the house and located the animal inside the ventilation duct on the first floor. The puppy has been freed without any harm and now he will once again enjoy his freedom.

**ABBA becomes royalty**

One of the world’s most cherished bands, ABBA, has been given a special honour by the King of Sweden, Carl XVI Gustaf, for exceptional contributions to music and culture. The members, Benny Andersson, Bjorn Ulvaeus, Agnetha Faltskog and Anni-Frid Reuss have all become the Commanders of First Class of the Order. This marked a historic achievement, as the King welcomed the musicians to the Order of Vasa; one of the most esteemed orders of chivalry in Sweden. This was the first time in half a century that new members have been included. On May 31<sup>st</sup>, an official ceremony to award the band will be held at the Royal Palace in Stockholm; a city where ABBA was born in 1972.



Continued on page 28

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**Nerja Ref: 155/P Price: €149.000**  
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**Torrox Pueblo Ref: 135/P Price: €112.000**  
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**Torrox Costa Ref: 205/P Price: €390.000**  
Large villa in the heart of Torrox Costa comprising 3 bedrooms and parking. Plot 200m<sup>2</sup>. South facing and only 200 metres from the sea.



**Torrox Ref: 189/P Price: €210.000**  
Country house in Manzano Alto. Comprising 3 bedrooms. Plot 5.000m<sup>2</sup>. South/West facing, sea views and only 7 minutes away from Torrox.



**Torrox Pueblo Ref: 110/P Price: €159.000**  
Village house in Torrox Pueblo. Comprising 2 bedrooms, 2 bathrooms, 2 terraces and a large cellar. Sea views.



**Torrox Costa Ref: 118/P Price: €685.000**  
Luxury detached villa. Comprising 3 bedrooms, 3 bathrooms, garage and gym. Lovely garden, BBQ. Stunning sea views.



**Frigiliana Ref: 277/P Price: €235.000**  
Little country house (apero) in Frigiliana, 40m<sup>2</sup>, swimming pool, BBQ and parking. Plot 2.300m<sup>2</sup>. Only 5 minutes from Nerja.

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

The bigger your plans the more you need to take care with them. The planets warn if you meander just a little bit off course you could find yourself miles away from where you want to be later in the month. Pause and assess your position often.

**Luckiest day:- Tuesday**

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

The message of the stars as the new month begins is that you must not give too much away. That applies especially to information that could lose its value rapidly if it becomes public knowledge. Keep what you know to yourself for now.

**Luckiest day:- Friday**

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

Go out of your way to be pleasant this month, even when dealing with people who do not deserve your respect. If you make a point of overlooking their faults and failings they will be less likely to make an issue of your own shortcomings.

**Luckiest day:- Tuesday**

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

You seem to believe that you can get away with almost anything at the moment and that may be true. However, even with so much cosmic activity working in your favour there will still be consequences if you push your luck too far. Bear that in mind.

**Luckiest day:- Saturday**

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

As Venus is in the wealth area of your chart, you could get a welcome boost to your income. But if you spend your new-found cash on the kind of costly status symbols you cannot really afford you won't be in the money for long.

**Luckiest day:- Sunday**

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

Venus in the partnership area of your chart will help smooth over any difficulties you have been having with family and friends. On the work front too you will find it easier to overlook other people's stupid behaviour for the sake of general harmony.

**Luckiest day:- Thursday**

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

If there is something you would prefer the world not to know about your endeavours this month try steering the conversation in other directions. Be subtle about it though. If you change the subject abruptly you could raise suspicions among your rivals.

**Luckiest day:- Saturday**

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

The more you choose to work with other people now the more you will gain, so banish those thoughts of going it alone and resolve to be more of a team player. Whether you like your partners or not is neither here nor there, it's only results that matter.

**Luckiest day:- Wednesday**

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

The more of an effort you make to get along with family and friends the more easily you will get along too with strangers you meet while out and about. It's all about mood and if your outlook on life is positive then good things will naturally occur.

**Luckiest day:- Monday**

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

You have been revealing too much about yourself of late and need to be more guarded in what you say. The less others know about your ambitions the easier it will be to manoeuvre them in directions that benefit you. It's okay to be a bit devious.

**Luckiest day:- Friday**

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

The most important thing as the new month begins is that you practice what you preach, because if you show even a hint of hypocrisy your rivals will come down on you hard. Double standards are for other people, not for someone as honest as you.

**Luckiest day:- Sunday**

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

What occurs this month will make it clear that the universe is very much on your side. It will certainly be evident that you no longer have to struggle to get the most from life, what you need will be handed to you with no questions asked.

**Luckiest day:-Monday**

# Horoscopes.

by Kristian Marconi



**Urb. San Juan de Capistrano**

Accessible from a residential road with year-round parking, this property welcomes you with a charming courtyard and staircase leading to a spacious sunny terrace boasting lovely sea views. Inside, enjoy abundant natural light in the bright open-plan living and dining area with fireplace, adjoining fully fitted kitchen, one double bedroom with fitted wardrobe, and a full family bathroom.

**Price: 160,000 euros Ref. JG181TPM**

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**Urb. Nueva Nerja**

Townhouse built on two floors, with a spacious roof terrace offering stunning views of the communal pool, mountains, and sea. The lower level features an open-plan living and dining area with a fireplace, a guest toilet, and a fully fitted kitchen with access to a back patio with a built-in BBQ. Upstairs, a family bathroom and two double bedrooms, each with balconies. The sunny roof terrace beckons for al fresco dining and relaxation. Air conditioning & heating throughout.

**Price: 265,000 euros Ref. JG164TPM**



**Urb. Naricha, Nerja**

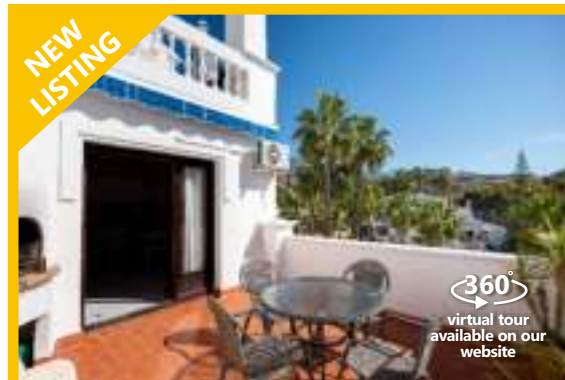
Detached house with a private garden, sea views, and a self-contained apartment. Residents enjoy communal amenities like a pool and easy parking. The house features two bedrooms, a modern bathroom, and an open-plan living space leading to a south-facing terrace and rooftop with sea views. A separate guest apartment features one bedroom, one bathroom and open plan kitchen and living space. The private garden includes a charming BBQ area.

**Price: 275,000 euros Ref. JG146TPM**

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**Urb. Oasis de Capistrano**

Located in the sought-after Urb. Oasis de Capistrano, this charming apartment boasts access to communal pools, well-kept tropical gardens, and a security guard. Enjoy sea views from the spacious terrace. Inside, find a bright 1-bedroom layout with fitted wardrobes, fireplace in the open-plan living/dining area, fully equipped kitchen, and a family bathroom. Plus, convenient bus service to Nerja village and Playa de Burriana.

**Price: 165,000 euros Ref. JG182TPM**

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# Are you fulfilling your residency obligations?

Any UK resident who would like to spend more than 90 days in one or more of the states which make up the Schengen zone are confronted by a time-consuming, paper-heavy visa process.

Whether right or wrong, this perhaps explains why many UK nationals with second homes in countries like Spain took the opportunity to apply for a residency permit prior to the UK fully leaving the EU, if they had no intention of spending more than 183 days here – a requirement for its successful renewal. And incidentally, the point at which you become a tax resident in Spain.

In fact, many UK nationals held residency permits in Spain for years prior to Brexit without spending over six months here annually. In the past, few questions were raised as there was little coordination between the local and national government departments in both jurisdictions.

The opportunity to swap a pre-existing residency card for one stating it was issued under the UK-EU Withdrawal Agreement, thus preserving pre-Brexit rights and benefits, was more of an exchange than a review of the individual's actual qualification for the residency permit in the first place. But many of these cards fall due for renewal or upgrade to permanent residency cards from mid-2025, and many UK nationals might be feeling concerned about what awaits them.

The EU is going through a massive digital immigration upgrade, with the "Entry and Exit Scheme" (EES) expected to come online in late 2024. This replaces passport stamps with digital fingerprints,

## By Kelman Chambers, Partner, Blevins Franks

facial recognition and computerised records of non-EU national's movements in and out of the Schengen Zone. This will quickly establish how many days a Briton is spending in Spain, but individuals holding residency permits are exempt from this process.

### Spain court ruling and ramifications

A recent groundbreaking Spanish Supreme Court ruling has impacted the situation. An Iranian woman appealed against the decision of a government sub-delegation office which had declared her temporary residence and work permit extinct when she had been absent of Spain for more than six months.

The Supreme Court saw a contradiction between Article 19 of Spain's constitution which espoused 'freedom of movement' when talking about temporary residence permits, whilst regulation 162.2 of Spain's immigration law restricted absences from Spain to no more than 182 days a year. The Supreme Court nullified the regulation, but confirmed the government can re-introduce it as an organic law in the future.



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This means each situation will be reviewed on its own merits, with no real security over what scenario will qualify. Residence decisions may well now be based more on an assessment of whether Spain is the main home, rather than the number of days. The threat of being denied a permit renewal therefore remains.

#### Other ramifications in Spain:

1. The Spanish tax authorities are likely to be interested in reviewing the days in and out of Spain, and trying to establish if your 'centre of economic interests' or your 'centre of vital interests' (family base) is in Spain – all which could make you liable to Spanish taxation on worldwide income and wealth.
2. This Supreme Court ruling negates the need to invest €500,000 in Spanish property and the legal costs to obtain a "Golden Visa", which gives similar flexibility of movement at much greater cost. Perhaps another reason why the Spanish government may review the court's decision.
3. On renewal at five years, you are likely to be denied permanent residence as there is an extra stipulation of no more than 10 months absence over the five years of temporary residence.
4. Applying for Spanish nationality is also likely to be out of the question, as qualification is based upon residence and making Spain your real home.

#### The risks of fulfilling residence criteria

Applying for or renewing a residency permit when, from the outset, you have no intention of becoming legally resident, and merely wanting to benefit from the flexibility of travel it allows while remaining a permanent resident of the UK, is potentially fraudulent.

If discovered, it may well involve a large fine, removal of the permit and country ban for several years. It is likely to impact any future visa and residency permit applications, even after the ban has been lifted.

It also has implications in respect of social security and healthcare, which are expensive burdens governments do not like to see wasted or exploited.

The ongoing discussions between UK and Spanish government departments may eventually lead to the annual 180-day allowance becoming available flexibly across the year, rather than the current maximum of 90 days at a time. This may be sufficient for some people, though this change may need to be agreed at EU level, rather than just nationally.

Any Briton falling foul of a state's immigration authorities may find they have lost the thing they value the most – the ability to spend time at their Spanish home for several years to come. If any of this concerns you, take steps to rectify your situation before it is too late.

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

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at [www.blevinsfranks.com](http://www.blevinsfranks.com).

# Time to take control of your financial planning.

Recent years have presented various challenges, making it more important to take control where we can, particularly with our long-term financial security. What steps can you take in 2024 to protect yourself and your family well into the future?

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## My garden in Spain...

### April – early:

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

After being on display for Christmas, I placed it in the spare bedroom, which is cool, has reasonable light and, with the added benefit of a pebble tray. It ahs performed wonderfully. According to my indoor house plant bible, after it has finished flowering, you stop watering it, lay it on its side in a shaded, cool place and leave it until July. You then water a little and start feeding when new green growth appears and hopefully it will grow on into another season.

The pine trees on the waste ground at the bottom of our garden have had a few of the nests of the dreaded processional caterpillars.

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

I did my first propagation by layering technique at the beginning of the month. The plant was Honeysuckle and all but one, of the cuttings has rooted. One of the nice things about Honeysuckle is that it is an evergreen, so



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there is a year round interest as well as that lovely sweet scented blossom. I was going to repaint the walls white around that part of the garden where I planned to plant the climbers. Fortunately, I mentioned this to these wise gardening friends of ours and they advised me not to paint.

Their experience has shown that climbing plants don't grow well or not at all up new paint. Any planting should only be done after about 6 months. Too long for me! So, as the idea is to cover the wall with leaf and colour, why go to the trouble? Hurray! Painting walls white is not my idea of fun and less to do the better. The local irrigation system is currently being piped ready for metering. When the water ran down the channel behind our garden wall, some used to flow into our little pond and keep it topped up and fresh. Now that doesn't happen, I am having to make sure that it doesn't become a breeding ground for mosquitos.

What you have to do is pour a little cooking oil, like sunflower, onto the surface of the water. The mosquito larvae, after hatching live suspended in the water just under the surface. Adding the oil apparently stops them breathing and they die off. More words of wisdom passed on to me. I guess what I really need is the mosquito fish which I first heard about from a gardening program on one of the local radio stations the other day. This fish lives in tanks, as well as pools and a fountain. We have a small plunge pool, but our grandchildren prefer the big pool as they swim well.

When the gravel garden is finished, I shall start putting together some ideas for a pond.



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**Árchez** **Fantastic villa!**

Spacious, modern 3 bed 2 bath villa (179m<sup>2</sup>) with stunning sea views and good access. 15 mins walk to Competa. Superb sunroom, heated pool and great outside space make this property the perfect permanent or holiday home or rental investment.

**Price: 420,000 euros**

ref: v1508

EPC: E



**Salares** **Beautiful property!**

Great lock up and leave 2 bed, 1 bath townhouse (103m<sup>2</sup>) with kitchen/dining, separate lounge, 2 roof terraces, on road parking nearby, a great base to explore the surrounding countryside and neighbouring villages.

**Price: 89,950 euros**

ref: t1505

EPC: E



**Online video**

**Cómpeta** **Fantastic B & B!**

Stylish boutique guesthouse (156m<sup>2</sup>) run as a successful business. Fully reformed to a very high standard. 4 double en-suite guest rooms & single guest room with sep. shower room. Prime situation, sensible offers considered!

**Price: 399,950 euros**

ref: b1428

EPC: E



**Online video**

**Cómpeta** **Fantastic property!**

A unique opportunity to purchase a 4 bed, 2 bath villa (185m<sup>2</sup>) finished in a modern/rustic style. spacious outdoor terraces, large pool and exceptional sea, mountain and village views. A fantastic home or high quality rental property.

**Price from: 595,000 euros**

ref: v1514

EPC: E



**Online video**

**Benamargosa** **Unique property!**

Large industrial style property (185m<sup>2</sup>) with 5 beds, 1 bath + wc. Recently converted into a large, comfortable home that benefits from a fantastic private garden area. A must to view!

**Price: 190,000 euros**

ref: t1481

EPC: E



**Sedella** **New this month!**

Spacious bright countryside villa (165m<sup>2</sup>) 3 beds, 2 baths, separate living, kitchen/dining, private pool terrace with sea, mountain and village views, 2 stables, 2 additional plots of land, potential for horse-riding business.

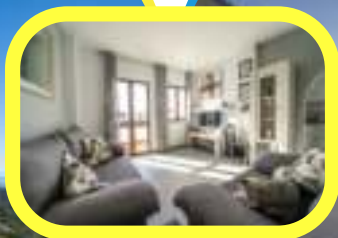
**Price: 487,000 euros**

ref: v1515

EPC: in process

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.

### PROPERTIES OF THE MONTH



#### VSR4013 FRIGILIANA

Price: €285.000

Penthouse apartment, large roof terrace, SEA VIEWS, two bedrooms, two shower rooms, air con, bright open plan lounge/dining area, well equipped kitchen, lounge terrace, communal pool and gardens. Great rental potential, nice village location.



#### VSR1509 LA EXOTICA

Price: €472.000

Detached villa, 220m<sup>2</sup>, private pool, garden, SEA VIEWS, 6 bedrooms and 3 bathrooms. In need of some modernisation. LOTS OF POTENTIAL. Close to Nerja.

#### VSR2143 PARADOR, NERJA

Price: €199.000

Apartment two bedrooms, shower room, air con, south facing terrace, SEA VIEWS, communal parking, easy renting, walking distance to Burriana Beach.

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**Ref:- VSR1028**  
**FRIGILIANA**  
**Price:- €420.000**



Townhouse 160m2 built. Comprising:- four bedrooms, three bathrooms, lounge/dining room and a terrace with stunning views to the SEA and MOUNTAINS. The property also includes an independent apartment. Communal swimming pool and walking distance to the village. Allocated parking. Easy rental potential!

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### Snow

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

**Ringo** was rescued by a local dog trainer while she was walking two of her client's dogs in the campo of Nerja. She noticed this shy, young dog hiding in the underbrush next to a cortijo and she had never seen him before in the area. After recruiting the help of a couple of local gents, they were able to catch the waif by flushing him out of the bushes. The dog

## The Costa Animal Society...

was quite clean and in good health so he had not been fending for himself for very long and after contacting the Costa Animal Society (CAS) he was placed in kennels. CAS advertised the dog for several weeks as a found male in the Nerja campo but no owner came forward, so we think he was dumped by someone who didn't want him. This is a real shame because Ringo is a very sweet, affectionate boy who bows down to more aggressive males and he will make a wonderful companion. He is about 1-2 years old and in good health and has been castrated and vaccinated by CAS. Ringo is very clean in his kennel so we are sure he is house trained, and because of his kind nature and love of treats, we think he will do really well in obedience training. He is a medium size boy who weighs about 10 kilos and we think he might be a Podenco/Beagle cross.

If you would like to meet Snow or Ringo, please contact Seacrest Kennels on 711 028 847 or 646613885, or email us on [costaanimalsociety@gmail.com](mailto: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.

To help CAS in their work and donate, please go to our website where you will find our bank details.

Web - [costa-animal-society.square.site](http://costa-animal-society.square.site)



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If you would like more information, please email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) or take a look at our website where you can see more photos, and of course all the other dogs that we have available for adoption.

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# Axarquia Animal Rescue

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## Mastin Puppies

### AAR2735 - RJ, AAR2736 - Phoebe & AAR2737 - Jack

These 3 bundles of joy are part of a litter that were found tied in a bin liner at only a few days old. Born on 24th January and are all available for adoption at 8 weeks of age within Spain, or from 15 weeks to the UK or other European Countries. They are Mastin, or Mastin mix, and will be big dogs - the biggest is over 6 kg at only 5 weeks old. All happy, healthy pups, that just need homes of their own. They also need new foster homes from 1st April when they can be fostered separately. email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) if you would like more information about adopting or fostering one of these gorgeous pups. If you would like to meet any of these pups this can be arranged, just drop us an email.



Daisy

### AAR 2743 – Daisy

New in our care. Daisy had been around an empty holiday home for sometime. Kind neighbours were feeding her. Eventually she was trapped on a very wet, stormy afternoon. Taken straight to the vets for a check over, as you can see she is very underweight. Daisy is now in kennels, and getting used to human contact. A very timid girl, but a lovely nature. She needs to gain a bit of weight before she is ready for adoption. Although she would benefit from being in a foster home, with a nice fire and love. If you would like to know more about Daisy please email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



Teddy

### Teddy -

Hunk of the Month - Meet Teddy - A very apt name for such a gorgeous dog. Teddy is 5 years old, a Newfoundland Cross, and weighing in at just over 40kg. Due to sad circumstances Teddy is in need of a new home. He is fully vaccinated, neutered, and has lived well with other dogs. Currently in a foster home, and settling well. If you would like to meet Teddy, please contact us for more information email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

## SHORT AND LONG TERM FOSTER HOMES URGENTLY NEEDED!!

It has been a very tough year for us, and most Rescue Charities. What with the after math of covid where people took in dogs, and then decided they didn't want them anymore, and now the new laws and all the uncertainty is putting people off from adopting, plus the normal abandonments that we still sadly see on a regular basis. We rely on volunteer foster homes and reduced rate kennels to house the dogs that we take under our care. Foster homes are desperately needed to help us continue with what we do, we supply all items necessary, food, and of course cover vet costs. If you could open your home to an animal in need, please contact us - we are desperate for long term and short term fosters. Please email:- [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for further information.

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## Why is training your dog important?

By Karen Wallace



The benefits go far beyond your dog learning a few simple commands. A dog obedience class teaches social skills that your dog will use for the rest of their life. Well-trained dogs are happy dogs. Training your dog gives structure to their lives, challenges them mentally, and helps build the bond between owner and dog. When you train your dog, they learn more about the world around them and how they fit into it. Much like humans, this provides a comforting sense of purpose and the positive reinforcement recommended by most dog trainers also gives your dog a sense of achievement.

### SOCIAL EXPERIENCE

If your dog is always at home with you and your family, he or she may develop anxieties about relating to other dogs or people. Before that reclusive behaviour starts to set in, take your puppy or dog to obedience classes. They will learn how to politely interact with other animals, how to react correctly to aggression or friendliness, and most importantly, how to trust you to be there for them in any setting, with any combination of dogs and people present.

### ACCESSIBLE ADVICE

Is your dog misbehaving or performing some new, worrying behaviour? The best solution is to ask your dog trainer about it. I've been working professionally with dogs for many years and I've seen it all before! I can give you some helpful advice and some ideas to try so that you can get to the root of your dog's behavioural issue/s. Along with your local vet, your dog trainer serves as part of your support team as a pet owner.

### A NEW CHALLENGE

Chances are, your dog has the natural playful instinct of dogs their age and breed. They want to interact with other young dogs, and dog

obedience class is a way for them to play in a controlled environment.

The exercises and routines that the dogs perform in class are like a game to them. During each lesson, your dog's brain is engaged, their attention is demanded, and he or she is kept busy and active. It's healthy for your dog to have this type of challenge, especially if they spend a lot of time at home while you are at work and other family members are also out of the house.

### VARIED SETTINGS

You may be able to teach your puppy to come, sit, or stay at home, but will he be able to perform those tasks successfully beyond the boundaries of your house and garden? Dog training takes your dog out of that comfort zone and places them in an unfamiliar setting. This helps them to understand that he or she needs to listen to you no matter where the two of you may be.

Get in touch if you need to chat about anything that your dog does that you're not sure about, or if you want to join a class.

Drop me a message on social media, or an email to

[info@dogschoolnerja.com](mailto:info@dogschoolnerja.com)

**See you in school!**



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

[info@dogschoolnerja.com](mailto:info@dogschoolnerja.com), or you can take a look on the website [www.dogschoolnerja.com](http://www.dogschoolnerja.com)



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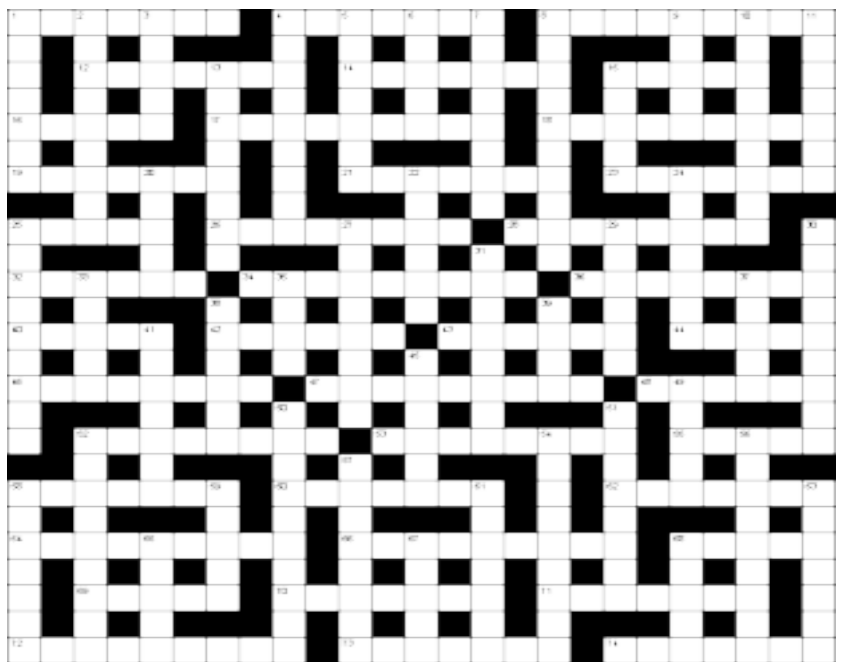
## Across

1. Marine crustacean (7)
4. Type of duck (7)
8. Exactly the same (9)
12. Stone pillar (7)
14. Fatuous (7)
15. Musical note (5)
16. Throw out (5)
17. One who expects the worst (9)
18. Farcical (9)
19. Hankered (7)
21. Evidence (7)
23. Reading stand (7)
25. Parts of a book (5)
26. Element (8)
28. Circumspect (8)
32. Risk (6)
34. Expectations (9)
36. Church (8)
40. Performed (5)
42. Suitable for cultivation (6)
43. Mute (6)
44. Incisors (5)
46. Exhaustive (8)
47. Arduous (9)
48. Vote (6)
52. Attuned to the feelings of others (8)
53. Cellar (8)

55. Garret (5)
58. Amassed (7)
60. Equipose (7)
62. Graceful (7)
64. Villain (9)
66. Stamina (9)
68. Italian dish (5)
69. Disagree (5)
70. Environmental condition (7)
71. Liberate (7)
72. Disbelieving (9)
73. Hereditary (7)
74. Thin (7)

## Down

1. Theft (7)
2. Australian throwing stick (9)
3. Attend to an ailment (5)
4. Stopping (9)
5. Bounding (7)
6. Legal excuse (5)
7. Floating aimlessly (8)
8. High-minded (10)
9. Invigorating medicine (5)
10. Part (9)
11. Affair (7)
13. Insolent (8)
15. Decoration (5)
20. Relating to the



- nose (5)
22. Complied with (6)
24. Pharmacist (7)
25. Spectacular ceremony (9)
27. Out of date (8)
29. Maps (6)
30. Indifferent (9)
31. Orientation (8)
33. Slogan (5)

35. Harvest (4)
37. Paragon (5)
38. Captured (6)
39. Bill of fare (4)
41. Fell (7)
45. Confine (6)
49. Astound (5)
50. Fiendish (10)
51. Airy (8)
52. Intricate (9)

54. Bizarre (9)
56. Surpass (9)
57. Slumbering (8)
58. Sled dogs (7)
59. Lament (5)
61. Sincere (7)
63. Movie preview (7)
65. Evening (5)
67. Pulled (5)
68. Platter (5)



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### SUDOKO

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

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

## WORD SEARCH

### Most Common Pets

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

- Bird
- Guinea Pig
- Iguana
- Dog
- Rat
- Hamster
- Chinchilla
- Turtle
- Lizzard
- Gerbil
- Snake
- Cat
- Fish
- Chicken
- Ferret
- Mouse

### Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	O	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

- Onion
- Pork
- Burgers
- Fast Food
- Radish
- Macaroni
- Lettuce
- Vegetables
- Noodles
- bread
- Cereal
- Ham
- Fruit
- Tuna
- Salad
- Spaghetti
- Butter
- Rolls
- TV Dinner
- Hotdogs
- Steak
- Gravy





## Four women injured after two vehicles collide in Malaga

Four women, one of them a minor, have been injured after two vehicles collided on a roundabout in Malaga. 112 was called and according to the call, two cars had collided at a roundabout. It was confirmed that the accident has left four women injured, one under the age of 16 and three adults, aged 40, 42 and 52; who have been transferred to the Regional Hospital and the Clinic.

## The Nerja Tapa Route reaches its tenth edition

Nerjas Tapas Route takes place from April 8<sup>th</sup> to 21<sup>st</sup>. The winning establishment, according to the votes of the people who participate in this Tapa Route, will receive a prize of 300 euros and a trip for two people. Whoever comes in second place will receive 150 euros and the third place will receive 100 euros. Likewise, the winner of this X Tapa Route will receive as a prize a dinner for four people and their weight in beer. This activity is organized by the Nerja City Council, Nerja Centro and the Abierto Shopping Center and is collaborated by Cope Axarquía, Radio Nerja and Infonerja and is sponsored by Cervezas Victoria.



## Cultural Centres Spring programme

The Councilor for Culture, Ana María Muñoz, has presented the spring programming of the Villa de Nerja Cultural Center, which is once again full of shows for all tastes and ages. April begins with a fun comedy, Ni pa ti ni pa mí, which will be followed by a family performance with the three little pigs and will end with Mar, a play that combines theater and circus, with which the Red Andaluza de Teatros programming begins. Flamenco dancing also stands out, with the Gypsy People's Day Gala and the company of Antonio de Verónica and Saray Cortés. Cuban music, a tribute to Bee Gees and a Lyrical Gala complete the month's programming.

In May, the return to Nerja of gospel and opera with Gospel Sound granada and Julio César, by Händel. The month opens with a performance by Gines Trio, and we will also have flamenco dancing, with Agustín Baraja. The Andalusian Theater Network continues with The Rape of Lucretia, by Shakespeare. The last week of May and the first week of June, the performances move to the Plaza de España, where we can enjoy a new edition of Nerjdanza and the performing arts exhibition, which is now called Mares de Nerja, with great performances.

In June, in addition to the end-of-year activities of the educational centers, we will have concerts by the Alminares Choir, which is celebrating its 40th anniversary, and the pianist Rafael Rodríguez. We will close the quarter's programming with a great circus Gala, within the Cirkorama 2024 program of the Malaga Provincial Council.

### April

**Friday 5<sup>th</sup>** - Theater. Neither for you nor for me. Vivy Lin & Miguel Angel Martín. 8:30 p.m. €12/€15

**Saturday 6<sup>th</sup>** - Gypsy People's Day. 8 p.m. Free entrance.

**Tuesday 9<sup>th</sup>** - Art Society Nerja Conference. 6 p.m.

**Wednesday 10<sup>th</sup>** - Nordic Hispanic Association Cinema. 4

p.m.

**Friday 12<sup>th</sup>** - Nerja History Group. 11 a.m.

**Friday 12<sup>th</sup>** - Music. Yamila Terry. Feeling of Cuba. 8 p.m. €12.

**Saturday 13<sup>th</sup>** - Children's theater. The three Little Pigs. 6 p.m. €10

**Tuesday 16<sup>th</sup>** - C Cinema Alliance Française. 10 a.m.

**Thursday 18<sup>th</sup>** - Music Box Didactic Concerts. 10 a.m. and 12 p.m.

**Friday 19<sup>th</sup>** - Tribute to Bee Gees. 8 p.m. €15.

**Saturday 20<sup>th</sup>** - Nerja Museum. Children's workshop (morning).

**Saturday 20<sup>th</sup>** - Lyric Gala: Soprano, violin and piano. 8:00 p.m. €12/€15.

**Friday 26<sup>th</sup>** - Theater-Circus. Rebbe to the rebbe. Sea, or how to survive a tsunami. 8 p.m. €10.

**Saturday 27<sup>th</sup>** - Cia. Flamenca Antonio de Verónica and Saray Cortés. 8 p.m. €18.

**Monday 29<sup>th</sup>** - Municipal School of Music and Dance. International Dance Day.

### May

**Friday 3<sup>rd</sup>** - Gines Trio. 8 p.m. €12.

**Saturday 4<sup>th</sup>** - Classic Theater of Seville. The rape of Lucrecia. 8 p.m. €10.

**Friday 10<sup>th</sup>** - Gospel Sounds Granada. 8:00 p.m. €10/€12

**Saturday 11<sup>th</sup>** - Opera. Julius Caesar, by Handel. Early Music Ensemble and Choir of the Higher Conservatory of Music and Higher School of Dramatic Arts of Málaga. 8:00 p.m. €15.

**Tuesday 14<sup>th</sup>** - Art Society Nerja Conference. 6 p.m.

**Thursday 16<sup>th</sup>** - Young Talent Contest. Until Saturday the 18th.

**Tuesday 21<sup>st</sup>** - French Alliance Cinema. 11 a.m.

**Friday 24<sup>th</sup>** - Flamenco dance. Agustín Barajas. 8:00 p.m. €15/€17.

**Saturday 25<sup>th</sup>** - White Night in Nerja.

### June

**Sunday 2<sup>nd</sup>** - Daniel Romero Academy. 6:00 p.m. €10.

**Friday 7<sup>th</sup>** - IES Sierra Almirajara.

**Thursday 13<sup>th</sup>** - IES Sierra Almirajara.

**Friday 14<sup>th</sup>** - IES Chaparil. Bachelor and cycles.

**Saturday 15<sup>th</sup>** - Coral Minares. 40th Anniversary Concert. 8 p.m. €10.

**Monday 17<sup>th</sup>** - CEIP Maestro Joaquín Herrera.

**Tuesday 18<sup>th</sup>** - CEIP Narixa.

**Wednesday 19<sup>th</sup>** - CEIP San Miguel Primary.

**Wednesday 19<sup>th</sup>** - End of Course Municipal School of Music and Dance. 7 p.m.

**Thursday 20<sup>th</sup>** - CEIP San Miguel Infantil.

**Thursday 20<sup>th</sup>** - End of Course Municipal School of Music and Dance. 7 p.m.

**Friday 21<sup>st</sup>** - Rafael Ruiz Rodríguez, piano. 8 p.m.

**Saturday 22<sup>nd</sup>** - Cirkorama circus gala. 8 p.m. Free entrance.

**Thursday 27<sup>th</sup>** - Little Ones Daycare.

**Friday 28<sup>th</sup>** - IES El Chaparil. THAT.

**Saturday 29<sup>th</sup>** - Anniversary event of CD Nerja.

Cineclub in Original Version: Sundays 5:00 p.m. and Wednesdays 7:00 p.m. except performance day

## Nerja exceeds 22,000 registered inhabitants

Nerja exceeded the 22,000 inhabitants registered as of January 1<sup>st</sup> 2024. There are 22,176 inhabitants, although this is the provisional figure that must be ratified by the National Institute of Statistics. This figure, once confirmed, corresponding to the year 2023, represents an increase in relation to that of the year 2022, which was 21,913 inhabitants. Since 2014, the number of inhabitants has increased almost every year.

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Set in the picturesque landscape of Frigiliana, this enchanting 2-bedroom cortijo invites you to experience the best of Andalusia. Conveniently situated just a mere 5-minute drive or a leisurely 10-minute walk from the heart of the village, this property offers both accessibility and serene privacy.

A unique feature of this estate is the separate 35m2 outbuilding, brimming with potential. It awaits transformation into an independent 1-bedroom apartment, presenting an exceptional opportunity for those considering rental income or an idyllic guest retreat.

Step inside the main residence to discover a welcoming lounge that flows seamlessly into a dedicated dining space. The adjacent kitchen, equipped with all essential amenities, ensures you have everything you need to cater to family and friends. Two spacious bedrooms and a modern bathroom round off the internal living spaces.

Outside, the expansive grounds captivate with a large, private swimming pool – the perfect oasis for cooling off during those hot Spanish summers. The surrounding gardens, meticulously maintained and thoughtfully landscaped, provide a tranquil backdrop for relaxation and al fresco dining.

This cortijo is not only a home but an opportunity. Priced for a swift sale and available for immediate viewing, don't miss your chance to own a slice of Frigiliana paradise.

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Apartment El Morche



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## CENTRALLY LOCATED HOUSE IN FRIGILIANA

This historic village house in Frigiliana offers ample space for renovation and personalization. It features a spacious lounge dining area, 3 bedrooms, and multiple private terraces, including a roof terrace. The property also includes storerooms that can be converted into additional rooms. With access from two streets, it has potential for creating a separate apartment or multi-level development, such as a hostel or apartment hotel.



**975,000€**

## DETACHED LUXURY VILLA IN FRIGILIANA

This luxury villa, just a 5-minute drive from Frigiliana, offers a grand retreat in the heart of southern Spain. With 7 spacious bedrooms and 5 well-appointed bathrooms across its 520 square meters, it provides ample space for both family and guests. The villa boasts traditional Andalucian charm and luxury, featuring a welcoming lounge, stylish dining area, and a fully equipped kitchen. It connects indoor and outdoor space perfectly.

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## 1 BEDROOM HOUSE FOR SALE IN ALMACHAR

This 1-bedroom townhouse in Almachar offers great renovation potential and customization opportunities. It features an open-plan lounge and dining area, an equipped kitchen, and 1 bathroom, making it a cozy and manageable living space. The property is not only suitable for personal use but also holds promise as an investment for rentals or long-term holding. It is attractively priced and ready for immediate viewing.



**65,000€**

## CENTRALLY SITUATED HOUSE IN BENAMOCARRA

Featuring a cozy lounge and dining area that seamlessly connects to the equipped kitchen, offering a functional and inviting space for entertaining and relaxation. Two comfortable bedrooms and a well-appointed bathroom ensure everyday convenience. While the property is livable as is, it presents a exciting opportunity for personalisation and renovation to create your dream home. There are many standout features.



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## Broccoli, Cheese & Egg Muffins

Serves: 4

### Ingredients:-

4 cups broccoli florets  
4 whole large eggs

1 cup egg whites  
1/4 cup reduced fat shredded cheddar, Sargento  
1/4 cup Pecorino romano, grated, or Parmesan cheese  
1 tsp olive oil  
salt and fresh pepper  
olive oil spray

### Preparation:-

Preheat oven to 350F. Steam the broccoli with a little water for about 3 to 5 minutes. When broccoli is cooked, crumble into smaller pieces and add olive oil, salt and pepper. Mix well.

Spray a standard size non-stick muffin tin generously with oil and spoon broccoli mixture evenly into 9 tins. In a medium bowl, beat egg whites, eggs, grated cheese, salt and pepper.

Pour into the greased tins over broccoli until a little more than 3/4 full.

Top with grated cheddar and bake in the oven until cooked, about 20 minutes. Serve immediately.



## Grilled Chicken & Chickpea Salad

Serves:- 2

### Ingredients:-

1/2 lb grilled chicken.  
Cup chickpeas  
100g feta  
Small cucumber  
10 cherry tomatoes  
Red onion  
Dressing:  
Extra virgin olive oil, lemon juice  
Seasoning:  
Salt, dried oregano

### Preparation:-

Combine the chicken, chickpeas, and vegetables with half of the lemon juice and olive oil and sprinkle with salt. Divide onto two dishes, and top with feta, oregano, and the remaining lemon and oil.

## Coleslaw

Serves:- 6

### Ingredients:-

1/2 green and purple cabbage shredded with the large holes of a box grater.  
One cup of shredded carrots.  
5 shallots  
2 tsp Dijon mustard  
White wine vinegar  
Light mayonnaise

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Salt  
Pepper

**Preparation:-**

The Dressing:

Whisk the shallots, mustard, and vinegar in a large bowl, and then stir in the mayonnaise, salt, and pepper.

The Coleslaw:

Shred cabbage and carrots. Add them to the dressing and toss. Refrigerate for at least 30 minutes to an hour before serving to allow the flavours to blend.



**Open Faced Tuna & Avocado Sandwich**

**Serves:- 2**

**Ingredients:-**

- Canned Tuna
  - ½ celery
  - ½ carrot
  - ¼ red onion minced really fine.
  - Tomato
  - Lettuce leaves
- The dressing:
- Mayo and a teaspoon of red wine vinegar for the flavour
  - Salt
  - Pepper
  - 2 slices of wholemeal bread

**Preparation:-**

Combine the drained tuna with the celery, carrot and red onion in a medium bowl.  
Toast the wholemeal bread. Place lettuce on top, followed by thin sliced tomatoes and then the tuna mixture. Top it with sliced avocado.



**Salmon Salad**

**Serves:- 2**

**Ingredients:-**

- 1lb salmon fillet
- Celery
- Red onion.
- Juice half of a lemon.
- 1 tsp mayo
- Salt
- Pepper

**Preparation:-**

Cook the salmon in the microwave. Cover it and microwave it for about 2 minutes. If you make it in a skillet or pan, sear the salmon about 4 to 5 minutes on each side over medium-high heat. If you prefer the oven, bake 425F 10 to 12 minutes. Once done, flake it with a fork and let it cool.  
The Salad:  
Put the fish, onion, and celery in a large bowl, stir in the lemon juice and mayonnaise, and season with salt and pepper.

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# healthwise

## PHYSIOTHERAPY IN THE ELDERLY



Bruxism is an increasingly well-known and frequent pathology not only in adults but also in children. One of the main problems that it produces is the wear of the teeth cause of the excessive compression of the jaw during the day or night. This force in excess of the jaw can also cause pain in the cervical area as well as in the entire temporomandibular joint area.

The symptoms that accompany this pathology are: pain and inflammation of the jaw joint, headaches due to overstimulation of the nervous structures and pain may also appear in the ear.

We are all aware that it is important to adopt a good body posture to avoid ailments in the future. We must also know that it is as important to learn to relax the jaw as to exercise it so that it adopts a good posture.

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

# HORARIO

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SHABDES	
TENNIS: 8:30H				TENNIS: 8:30H						TALLERES	
TENNIS: PLATEO 9:30H	WU JIU: 9:30H	TENNIS: PLATEO 9:30H		TENNIS: PLATEO 9:30H	WU JIU: 9:30H	TENNIS: PLATEO 9:30H		WU JIU: 9:30H		TALLERES	
TENNIS: WATSON 1 10:30H		TENNIS: PLATEO 10:30H		TENNIS: WATSON 1 10:30H		TENNIS: PLATEO 10:30H		CLASES: PUNTALES - 10:30H WATSON		TALLERES	
TENNIS: WATSON 2 11:30H		TENNIS: 11:30H		TENNIS: WATSON 2 11:30H		TENNIS: 11:30H		CLASES: PUNTALES - 11:30H WATSON		TALLERES	
TENNIS: PLATEO 17:30H		TENNIS: PLATEO 17:30H		TENNIS: PLATEO 17:30H		TENNIS: PLATEO 17:30H		TENNIS: TALLERES 17:30H-18:30H		TALLERES	
TENNIS: 18:30H	WU JIU: 18:30H	TENNIS: 18:30H		TENNIS: 18:30H	WU JIU: 18:30H	TENNIS: 18:30H				TALLERES	
TENNIS: PLATEO 19:30H	WU JIU: PLATEO 19:30H	TENNIS: PLATEO 19:30H	WU JIU: PLATEO 19:30H	TENNIS: PLATEO 19:30H	WU JIU: PLATEO 19:30H	TENNIS: PLATEO 19:30H	WU JIU: PLATEO 19:30H			TALLERES	
TENNIS: 20:30H	TENNIS: 20:30H		TENNIS: 20:30H		TENNIS: 20:30H		TENNIS: 20:30H				TALLERES

- **Muscle massage:** To help improve circulation in that area and help decompression of the condyles. Remember that the jaw extends near the temples and above the ears, areas that can also be massaged.
  - **Opening and closing with the tongue on the palate:** With the mouth closed and relaxed we place the tip of the tongue on the palate. Without taking off the tongue you have to open and close your mouth. Pay attention not to move the jaw sideways.
  - **Pull the ears:** Lying down, we should take the lobe of the ear and pull gently towards the feet until we notice a resistance, at this point we must maintain tension and notice that the tissue begins to relax.
  - **Lateral mobility:** With the mouth relaxed we will move the jaw to the left and right.
  - **Posterior mobility:** Unlike lateral mobility, with the mouth relaxed we will move the jaw forward and backward.
  - **Opening with resistance:** Placing the hand under the chin and exerting a small pressure will be forced with the jaw to try to open the mouth.
  - **Anterior mobility against resistance:** Placing the hand on the chin and performing a small pressure will try to bring the jaw forward and backward.
  - **Cervical and sternocleidomastoid stretches:** Both muscles are closely related to the temporomandibular joint and their relaxation will help.
- It is recommended for those people who suffer acute pain to go to a physiotherapist so that he can help them with clinical treatment and give them some guidelines on what other specific exercises to perform.



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# healthwise

## Is it bad to sleep near your Smartphone?

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

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

What to make of these findings? Depends on who you ask. Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. 'Were using this to put together follow-up research programs', he says. Even so, Bucher says there may be some 'low' risk when a phone is held against the head or body, like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with 'prolonged and persistent use', though at this point, defining each of these terms is guesswork.

'If there is a risk, I think it's minimal', says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. 'We haven't seen an increase in brain tumours since mobile phone use has become widespread.' Moreover, Junck says the research showing any mechanistic link between cellphone radiation and brain tumours is inconsistent and 'methodologically flawed.' Others look at the existing research with great concern. 'I think there's compelling evidence that

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electromagnetic radiation exposure is indeed harmful,' says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkeley. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma, a type of malignant tumour in the brain and spinal cord.

A 2018 U.K. study found rates of glioblastoma, another cancerous brain tumour, more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumours, locations that correspond with where we rest our phones during calls, showed some of the steepest increases. In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes, changes they say are not factored into the U.S. Central Brain Tumour Registry and other databases that track tumours, they turned up glioblastoma increases similar to the ones they tracked in England.

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

But none of these findings constitute proof that cellphones are to blame. For example. The ACS says the increased use of tumour detecting thyroid ultrasounds could explain the uptick in rates of those cancers. 'If there is a risk, I think it's minimal.' Why is it so hard to pin down the potential health effects of our devices? One gigantic



hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. 'Most of the epidemiological studies looking at brain tumour risk collected data in the early to mid 2000s from users whom used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology,' Moskowitz says. Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says.

Since this might keep you up at night, let's get back to the question of sleeping next to your phone. Moskowitz says tumour risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low level night time radiation exposures could disrupt sleep and cause other neurological effects. He points to a small 2016 study from Germany

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

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

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

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**Smokers have higher risk for multiple strokes**

Smokers who have a stroke are more likely to have another one if they don't stop or at least cut back, a Chinese study suggests.

Smoking has long been linked to an increase in risk of cardiovascular disease and serious cardiac events like heart attacks and strokes. But the new study sheds light on how smoking influences the risk of a second stroke in patients who already had one.

Among the 3,069 stroke survivors in the study, 1,475, or 48 percent, were current smokers and another nine percent were former smokers.

Among the current smokers, 908, or 62 percent, managed to stop within a few months after their stroke.

As expected, smokers had a higher risk of a second stroke than people who had never smoked at all, even if they managed to stop after their first stroke. However, smokers who did stop after that first stroke were 29 percent less likely to have a second one than people who kept smoking. 'Smoking after a stroke has the same effects on the body as before the first stroke,' said Allan Hackshaw, a researcher at University College London in the U.K. who wasn't involved in the study.

'It can lead to problems with blood flow in the brain, and contribute to clots being formed in the blood vessels – and either of these increase the chance of having a stroke,' Hackshaw said by email. 'Cutting back would reduce the risk a bit, but the study shows that stopping completely has a large reduction in the risk of a second stroke.'



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All of the patients in the study survived for at least three months after a stroke. Smokers' risk of a repeat stroke rose with the number of daily cigarettes they smoked. Compared to non smokers, current who had up to 20 cigarettes a day were 68 percent more likely to have a repeat stroke, while the risk was almost triple for smokers who had more than 40 cigarettes a day.

Current smokers tended to be younger and less likely to have conditions like high blood pressure, heart rhythm disorders or coronary heart disease than non smokers. They were also more likely to be heavy drinkers than non smokers.

The study wasn't a controlled experiment designed to prove whether or how smoking causes repeat strokes. One limitation of the study is the potential for smokers to go through other lifestyle changes when they stop – like improving eating and exercise habits – that contributed to a reduced stroke risk, Dr. Gelin Xu of Nanjing Medical University in Jiangsu, China, and colleagues note in the Journal of the American Heart Association. Xu didn't respond to requests for comment.

Even so, the results add to a large body of evidence linking smoking cessation to a reduced risk of stroke, and continued smoking to an elevated stroke risk, said Dr. Michael Hill of the Cumming School of Medicine at the University of Calgary in Canada.

'Smoking is just about the worst possible thing you can do for your health,' Hill, who wasn't involved in the study, said by email. 'Yes, stopping helps a lot, but it is hard because it is addictive.'

Source: Journal of the American Heart Association, online, 2019.

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**Spring: Is it time for a change?  
Is it time to ditch the booze?**



**Spring is here, the weather is beautiful. Are you looking forward to spending some quality time outside? On the beach, walking on the paseos, or hiking in the campo?**

Or do you find that your Spring months are spent in the bar, just one alcohol fuelled day, rolling into the next? Has your drinking become an issue for you, or those around you? Are the consequences of your alcohol use getting too much? Is it damaging your relationships, finances, or health?

You are not alone. Millions of people worldwide have admitted defeat in their quest to try and control, or manage, their problem drinking. They found a solution that works; Alcoholics Anonymous (AA) - a 12 Step, peer-support fellowship group.

Spring is the season of rebirth and new life, it could be the time for you to make a change, to ditch the booze and start living life to its fullest. If you are ready to stop drinking, or want support to help you try, then get in touch.

Here two members talk about how their drinking brought them to AA.

"My name is Nancy. A call from a good friend made me look at myself. I was told that my drinking had made our friendship 'too high maintenance'. I realised; I was isolated at home. I wasn't really caring for myself, and I was avoiding contact with the outside world, continually forgetting plans that I had made.

At my first meeting, I was met outside by two members, they talked me through what to expect; and then once inside they sat with me for support.

I knew I was in the right place.

Life now is gentle, fun, and mostly happy. If you think you have a problem with alcohol: Allow yourself to be open enough to explore your options, and the alternatives! Be strong enough to attend a first meeting with open eyes and a determination to change things. And listen. Things will get better!"

"My name is Ben, I'm a father of two. Sometime during my twenties, I crossed an invisible line. I was drinking daily and partying hard at the weekends. For years I was able to hide how bad my drinking was ... I lied to myself that 'it was okay.' I loved my wife and my children, but I hated myself for how I was.

A work colleague explained how her father's alcoholic drinking had affected her whole life, this was a real reality check. My children needed me! AA was suggested to me, and I went along. I didn't really know what to expect and I can't remember what everyone said. I do know that I felt welcomed, people were nice, and I got hope that my life would get better.

My life is good now. I still have my bad days, but I can handle them better now. I'm a better father and a better husband. My anxiety is almost completely gone."

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

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

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## U3A AXARQUIA

### April 2024 U3A Axarquia Calendar

- Monday 1<sup>st</sup>** - Coffee Morning & Petanca
- Thursday 4<sup>th</sup>** - Mahjong
- Monday 8<sup>th</sup>** - Table Games & Petanca
- Tuesday 9<sup>th</sup>** - Writing Workshop
- Thursday 11<sup>th</sup>** - Mahjong
- Friday 12<sup>th</sup>** - Discussion
- Monday 15<sup>th</sup>** - Petanca
- Wednesday 17<sup>th</sup>** - Monthly Lecture
- Thursday 18<sup>th</sup>** - Mahjong & Munch Bunch
- Saturday 20<sup>th</sup>** - Meditation
- Monday 22<sup>nd</sup>** - Table Games & Petanca
- Tuesday 23<sup>rd</sup>** - Writing Workshop
- Wednesday 24<sup>th</sup>** - Book Reading
- Thursday 25<sup>th</sup>** - Mahjong
- Monday 29<sup>th</sup>** - History & Petanca

### Why do people join U3A Axarquia?

Firstly, many English speakers living in the area enjoy spending time in a social setting where the focus is on the activity, not just the alcohol or music. Secondly, our Groups cater for the interests of the members, so someone who has always enjoyed history or card games and so on, can join others to follow that interest. We have some members who are particularly welcome because they are not British, so bring a wider perspective than just being a nationality-based organisation.

One membership entitles members to attend any and all groups - when they can, as the 90/180 Brexit restriction has meant some Brits can no longer enjoy their year-round stay here.

For enquiries about locations and times, please email the President, Alison Curtis on [u3aalison@gmail.com](mailto:u3aalison@gmail.com). If you are recently arrived in the area or want to try something new, you'll be certain of a warm welcome.



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Dentadanes – 95252 9666

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

## ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucía 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

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Tel:- +34 951 543 517 / +34 680 407 118 / +34 711 011 320  
www.casanerja.com

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 Almirante 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucía 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosarico 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. Andalucía 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

For advertising offers call  
Dawn on 638 47 47 18

## FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

[southernspain@blevinsfranks.com](mailto:southernspain@blevinsfranks.com)

## FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit  
953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucía 187, Caleta de  
Vélez

## 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

## HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chaparril, Nerja

## HOUSE AND HOME

## MATERIAL SUPPLIERS

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Cruce Puente Don Manuel, Alcaucin

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Cruce Puente Don Manuel, Edif. Los Olivos, 29713, Alcaucin  
Tel:- +34 744 624 212 / Email:- info@grupomostazo.com  
www.grupomostazo.com

## INSURANCE COMPANIES

Axa – 95 252 0952

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

## MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

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## OPTICIANS

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

### ORTHOAEDICS

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

### PHYSIOTHERAPY CENTRES

Fisio Nerja – 95 252 8144  
Avda. Pescia no.1 bajo, Nerja

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### RESTAURANTS

Restaurant Jing – 95 253 4637  
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

### VETERINARIANS/PET STORE

Fiercillas Pet Shop – 95 252 7295  
Avda. Castilla Pérez 14, Nerja  
Laguna Veterinary Clinic – 95 253  
0463  
Urb. Laguna Beach, Torrox Costa  
San Fernando – 95 252 1838  
C/. Chaparfil, Edif. Corona, Local 5,  
Nerja

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### WINDOWS + DOORS MANUFACTURERS

Juan Verdun – 95 250 2527  
Pol. Ind. LA Mata, Cno. del Higueral  
9, Vélez Málaga

# NEWS & What's ON

### Emergency numbers

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

### Community Bible Fellowship

CallePintada 35, 2nd floor, Nerja. Tel: 952 521  
776. English/Spanish 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](mailto:info@nlcnerja.com)  
Website: [www.nlcnerja.com](http://www.nlcnerja.com)  
Facebook: [www.facebook.com/nlcnerja](http://www.facebook.com/nlcnerja)

### Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Every  
Saturday at 17.00. Tel: 952 543 334. - Morning  
prayer 1st Sunday, Holy Communion 2nd, 3rd  
and 4th at 11 a.m. Tel: 657286284  
Tel: 952 030 461. [www.stbarnabas-spain.com](http://www.stbarnabas-spain.com).

### The Anglican Church of St. George, Málaga

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

### Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English,  
Calle Solera 2, Local 2, 29740 Torre del Mar (across the  
street from the Bus Station) in the Violin Shop.  
Tel: 634 540 519.  
Minister Rev. Colin Dickson. Tel: 654 884 658



# NEWS & What's ON

**Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 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 APRIL COMING EVENTS & EXCURSION

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00.

**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.

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Offers now a good selection of Autumn/Winter clothes at very good prices. Donations in good conditions are always welcome.

Every Thursday Spanglish. General conversation between Spanish and English friends. Time 16.30 to 17.30.

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

**Tuesday 9th April** - Coach excursion to Gibraltar. CANCELLED DUE TO UNFORESEEN CIRCUMSTANCES.

**Thursday 18th April** - Coach excursion to Cabra. Please join us on the excursion to Cabra, a municipality in the province of Córdoba with great monumental heritage, situated in the foothills of the Sierras Subbéticas Natural Park. It is full of buildings, small streets and monuments of interest, such as El Rio Fountain, the castle, the baroque Our Lady's Church, which still retains its mosque-like design, the Puerta del Sol Gate and a number of stately homes. There will be a stop for coffee along the way, arriving in Cabra at approximately 11:00 for a guided tour in English. After the tour there will be free time for further

sightseeing and to have refreshments before departing at 16:30.

Tickets available at the Centre, price: 36 euros with a friends card and visitors 40 euros.

Basic travel insurance included.

Proceeds for fundraising.

Pickup times: Algarrobo (Lidl) 08:15, Caleta (Vets) 08:20, Torre del Mar (Bus station) 08:30.

**Friday 26th April** - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

## COMING EXCURSIONS

**May - Gaucin**

**June - Cirque du Soleil 'Alegria'**

**July - Montilla & Lucena**

## Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. It is registered social club with the Ayuntamiento in Velez Malaga, is a non political and secular organisation & during these very difficult financial times we try to keep costs down.

We offer an opportunity to make lasting friendships, to help each other & share information but primarily to have fun in a friendly and inclusive association. You do not have to be a member to join us on our trips.

Do come along and meet us.

We meet every Tuesday between 12 and 2 pm at Restaurant and Bar La Vega in Torre del Mar

## Trips & Event

### April 2024

5 day trip to Madrid including 2 day trips. For more information contact Gail.

**For further information, please contact Gail on 95 106 7723 or 626 370 695 or email:- phoenixsocialclub@yahoo.co.uk or check out our FB page.**

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# NEWS & What's ON

## YOGA FUSION DANCE

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

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

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

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

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

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

Cada miércoles de 19:00 h. a 20:00 h.

**Online**

yogafusionarte.com

0034 699 03 79 98

Belly Dance Tribal and intuitive.

La Ciencia del Yoga y de la Creatividad de la Danza

**YOGA FUSION DANCE**

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

We will publish your events or news for free.

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

or call Dawn on 638 474 718.

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

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



## 41 Club Nerja

41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Brian Karet, 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, whomaylive 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 Brian Karet can be contacted via email at [briankaret@sky.com](mailto:briankaret@sky.com)

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

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

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

You can also find 41 Club Nerja on Facebook.





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[www.malagaclima.es](http://www.malagaclima.es)



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

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

We can also assist by telephone 952 564 910

or e-mail [cudeca@cudeca.org](mailto:cudeca@cudeca.org).

**ROYAL BRITISH LEGION, NERJA BRANCH**

Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.

Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: [kim\\_bowe1@hotmail.com](mailto:kim_bowe1@hotmail.com).

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



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

**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.

**Want to join a choir?**

Coraxalia Multi-National Choir (Director: Celia Varo Aragón) welcome new singers. Coraxalia, based in Vélez-Málaga, rehearse on Thursdays, 18.00 - 20.30 in the Casa Hermandad de la Cofradía de Los Estudiantes, Plaza de los Sastres, 1, CP 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 653 150 058 (Spanish) email: [coraxaliacoral@gmail.com](mailto:coraxaliacoral@gmail.com)

**The Phoenix Club**

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

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine. We will publish your events or news. Please send all information to [info@streetwise.es](mailto:info@streetwise.es) or call Dawn on 638 474 718. All information is required by the 15th monthly.



Thursday 18th April 2024

Algarrobo - 08:15 Caleta - 08:20 Torre del Mar - 08:30



Visit to Cabra, situated in the heart of the Sierra Subbéticas Natural Park, a municipality in the province of Córdoba with great monumental heritage, full of places of interest. A coffee stop along the way. Guided tour in English on arrival at 11:00 approx. Free time after the tour. Departure from Cabra at 16:30.

(Basic travel insurance included).

IN CASE OF CANCELLATION 48 HOURS BEFORE THE TRIP, THE COST IS NON-REFUNDABLE.

ORGANIZADOR: LUXAMUNDI  
C/PT. BALBUENA, 107 TORRE DEL MAR  
29700 VELEZ-MÁLAGA (MÁLAGA)  
[www.luxamundi.es](http://www.luxamundi.es)

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35-seater bus. Minimum of 20 people required.



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## BEAUTIFUL TORROX PARK Properties at an Affordable Price!

Just minutes to the coast with its sandy beaches; an area boasting superb all year-round weather; perfect for amenities and restaurants for all tastes; excellent road access and bus routes. This is what makes Torrox Park special!



**Apartment Ref: PS-2024-910**  
Looking to enjoy the sun all day long? This nice apartment comprises 2 bedrooms, living-dining room, fully equipped American kitchen and a bathroom. Enjoy fantastic Mediterranean and mountain panoramic views from the southwest-facing terrace, which can easily be converted into a conservatory. Sold fully furnished. Residential complex with communal pool and gardens.

€145,000



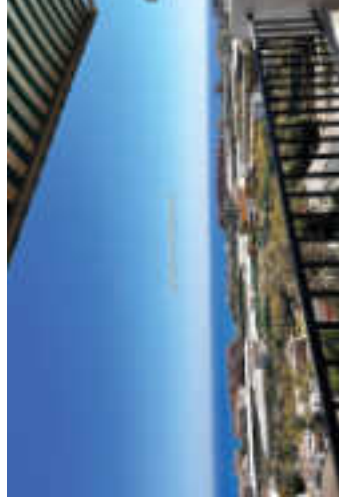
**Penthouse Ref: PS-2024-032**  
Welcome to the light! This RENOVATED penthouse has one bedroom, bathroom with shower and living room with direct access to a sunny south-west terrace with fantastic panoramic views. Part of the terrace is glazed-in. Quiet urbanization with swimming pool, tennis, shopping and more. Ideal as an investment for holiday rentals!

€145,000



**Apartment Ref: PS-2024-035**  
For sun seekers and nature lovers! This very nice apartment comprises 2 beds, living-dining room, fully equipped American kitchen and a bath. From the terrace you have fantastic sea and mountain panoramic views. The west facing terrace has high-quality glazing enabling it to be a fantastic conservatory or open to the beautiful tropical green area. Sold fully furnished. Residential complex with communal pool and gardens.

€149,900



**Penthouse Ref: PS-2023-600**  
Nice FULLY RENOVATED penthouse with one bedroom, bathroom with shower and living room with direct access to a sunny south-west open 10m terrace, enjoying fantastic panoramic view of the sea and mountains. This well-maintained building is over just 2 floors, situated in a lovely community area with a swimming pool and gardens.

€155,000

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## TORROX

REF: 7745

EXCLUSIVE: Charming country-villa 15 min. from the coast & shorter to Torrox with stunning Sea views: 2 bedrooms, 1 bathroom, built-in dining-area with American kitchen & fireplace, 2 large terraces, a big garden, fully furnished.

Built: 67 m<sup>2</sup> Plot: 1.430 m<sup>2</sup> EPC: In progress

PRICE: €185.000



## VIÑUELA

REF: 7730

Charming country house walking distance to Los Romanes with panoramic views to the lake & Mountains; 3 bedrooms, 2 bathrooms, lounge with fireplace, separate kitchen, garage and private swimming pool.

Built: 150 m<sup>2</sup> Plot: 911 m<sup>2</sup> EPC: In Progress

PRICE: €249.000



## ARENAS

REF: 7655

EXCLUSIVE: Country Villa with guest apartment in Arenas with mountain views, 25 min. from the coast with 4 beds, 3 baths, 2 kitchens, 2 lounges, fireplace, ceiling fans, private swimming pool, porch, parking space.

Built: 167 m<sup>2</sup> Plot: 2.512 m<sup>2</sup> EPC: In progress

PRICE: €279.000



## CÓMPETA

REF: 7742

EXCLUSIVE: A superb townhouse situated in a very charming street, only a troll away from the main square with 3 beds, 1 bath, 1 lounge, 1 kitchen, storage, private patio, balcony, roof terrace with views of the village.

Built: 138 m<sup>2</sup>

EPC: In progress

PRICE: €162.000

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

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

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

