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May 2024

Number 314

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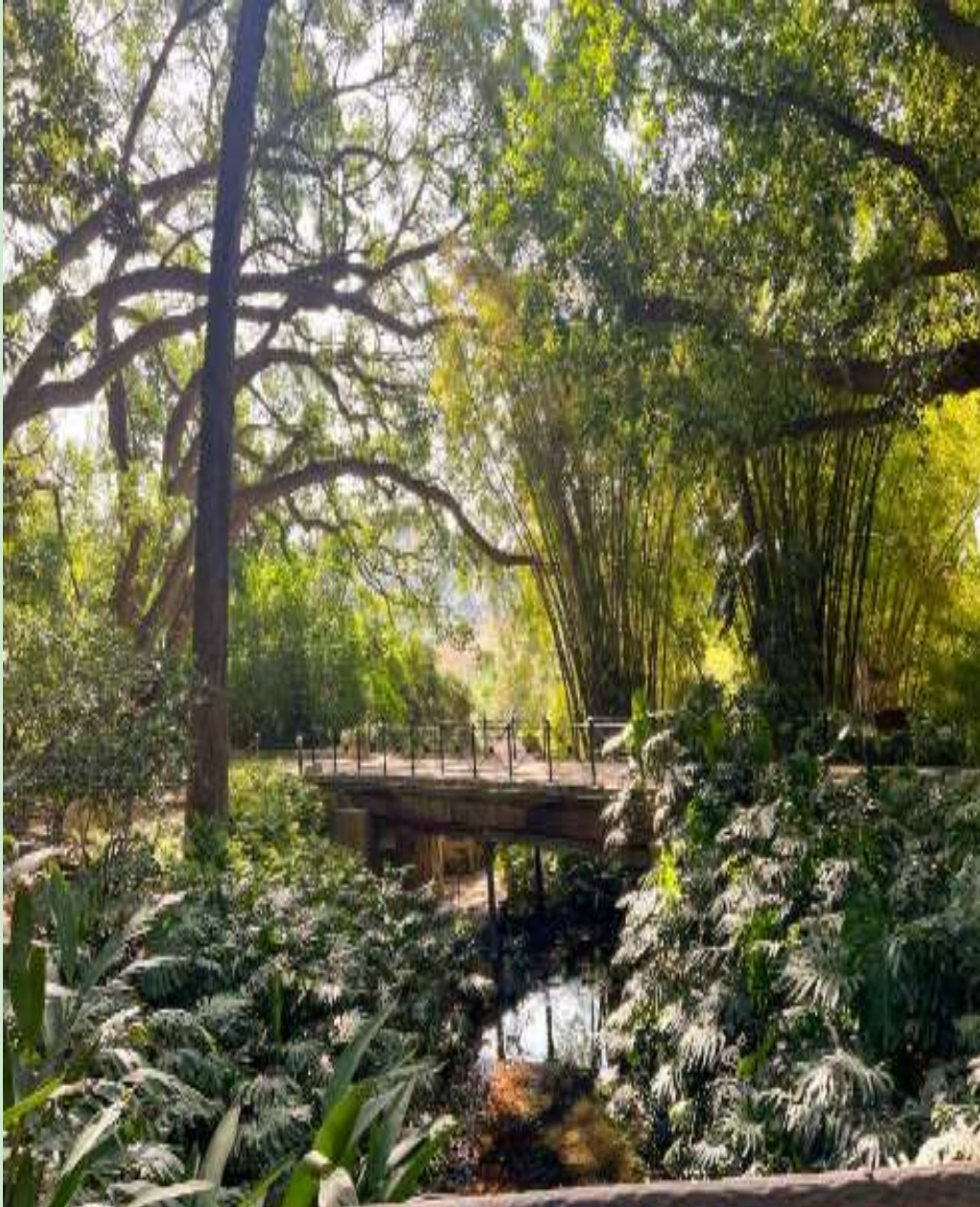

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**Price: €185.000**

**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 reduced: €296.000**

**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**



Beautiful detached house in Almuñecar, 120m<sup>2</sup> built and distributed over 3 floors. Comprising: 3 bedrooms, 3 bathrooms, living room, kitchen, large outdoor areas and garden. Communal pool and bbq area with incredible views.

**Price: €295.000**

**Ref: NV.JES**



Beautiful apartment in Capistrano village with one bedroom. The apartment is fully renovated with sea views. It has a rental license and a big rental potential.

**Price: €186.000**

**Ref: NV.79B**



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**

**Ref: Casa Capuchinos**

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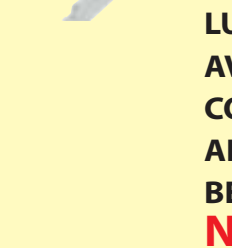
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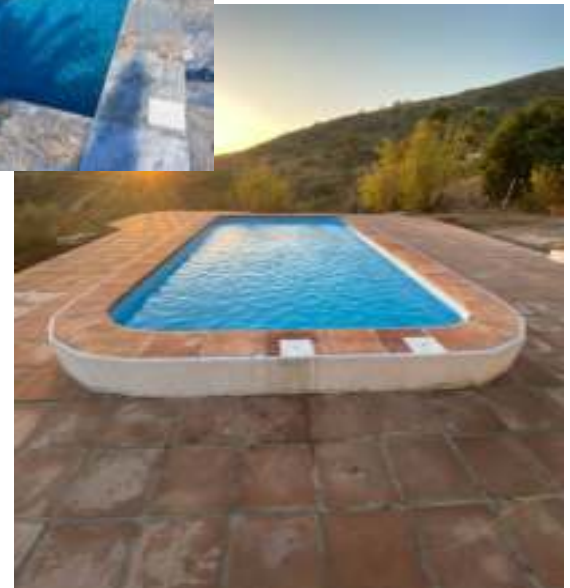
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## Country Property of the month

**Torrox:** **Price: €260.000** **TCP124**



Country property located 10 minutes from the coast. Built on one level. Comprising: 2 large double bedrooms, bathroom, large lounge-dining room, fully furnished and equipped kitchen with a breakfast bar, large porch terrace, plenty of terrace and parking area and a private swimming pool. Marvellous sea & country views. Sun all day long. Tiled swimming pool area, bbq, toilet and store room, plus the pool pump pit. The property faces South West with sun all day long. Fabulous views over the Mediterranean. The property has mains water supply and also a private well on the land which can be used for

exploiting the land as a fruit tree plantation or other crops. The property was rented for several years as a holiday home bringing in a very good income. Great holiday rental investment or just that luxury place for you & your family to live the life in the sun and peace of the Costa del Sol, here in Torrox. Maybe you can work online sitting by the pool. This really is a bargain, so please do not hesitate to book a viewing, before someone else beats you to it!!



**Arenas:** **Price: 459.000€**



- Living space: 199m<sup>2</sup>
  - Bedrooms : 3
  - Pool: Yes
  - Garage : No
  - Terrace: Yes
  - Bathrooms: 4
  - Views: Sea views
  - Area: Countryside
- Ref. CP648**

**Nerja:** **Price: 255.000€**



- Living space: 55m<sup>2</sup>
  - Bedrooms: 1
  - Pool: Yes
  - Garage: Yes
  - Terrace: Yes
  - Bathrooms: 1
  - Views: Sea views
  - Area: Village
- Ref. TAP337**

**Cómputa:** **Price: 315.000€**



- Living space: 228m<sup>2</sup>
  - Bedrooms : 3
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 4
  - Views: Sea views
  - Area: Village
- Ref. TH1080**

**Algarrobo:** **Price: 74.000€**



- Living space: 40m<sup>2</sup>
  - Bedrooms : 1
  - Pool: No
  - Garage: No
  - Terrace: No
  - Bathrooms: 1
  - Views: Mountain
  - Area: Village
- Ref. TH1122**

**Cómputa:** **Price: 115.000€**



- Living space: 60m<sup>2</sup>
  - Bedrooms : 2
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 2
  - Views: Mountain
  - Area: Village
- Ref. TH891**

**Torrox:** **Price: 280.000€**



- Living space: 124m<sup>2</sup>
  - Bedrooms : 3
  - Pool: No
  - Garage: No
  - Terrace: Yes
  - Bathrooms: 3
  - Views: Sea views
  - Area: Village
- Ref. TTH616**

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## Welcome to Streetwise magazine -

Welcome to the May issue of Streetwise.

Spring is here, the long, light nights are wonderful we can enjoy our al fresco life style to the full with family and friends!

During May we have the Pilgrimage of San Isidro that takes place from the 13<sup>th</sup> to the 15<sup>th</sup>. San Isidro is the patron saint of farmers and is celebrated in all municipalities along the Costa del Sol.

In Nerja the Pilgrimage San Isidro starts on the Balcon de Europa and ends at the Caves of Nerja. The traditional costumes are beautiful to see, the horses and carriages are elaborate and colourful.

This is a fantastic spectacle to see and experience for visitors and locals. Dancing and singing goes on until late at night with several events throughout the 3 days for all tastes.

Lastly Streetwise is full of fantastic businesses and is a packed read. Enjoy!

**Dawn x**



Cover photo - Málaga Botanical Gardens

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### Tourist kidnapped from Málaga airport and held for ransom

A Swedish holiday maker was held captive for 23 days in various Costa del Sol hideouts. Within minutes of arriving in Málaga he was kidnapped and 500.000 cryptocurrencies was demanded for his safe return. He was shackled and a tracker was placed in his shoe. A relative who hadn't heard from the Swedish man for several days contacted the police. After 5 days of talks a rendezvous was arranged at a restaurant in Málaga. A Syrian and Lebanese have been detained.

### Málaga voted top city in Spain to learn Spanish

Málaga has again been recognised around the world as one of the ultimate most desirable tourism destinations for expats to live. It is the best city in Spain to learn languages.

### American tourist arrested in Málaga, after his wife dies

A 50 year old American man has been arrested after causing his wife 43 years old death by extreme sexual practices in an apartment in Málaga city on the 6<sup>th</sup> April.

### Swimming pool restrictions in Málaga province

President of the Junta de Andalucía, Juan Manuel Moreno has allowed certain concessions to water restrictions, such as filling of communal swimming pools during the summer months in some provinces but the restrictions will stay in place for private pools.

### British and Irish men arrested over Marbella restaurant shooting

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Two men believed to be members of an organised crime group, face charges of damage, making threats, possessing weapons illegally, document forgery and violating immigration laws. During raids on their homes in Marbella and Estepona police found 31,190 euros in cash, a large machete and a revolver. Both men are remanded in custody.

Continued on page 12



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  125 m<sup>2</sup>



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### Spanish restaurants can charge extra for sunny tables, but there's a catch

The Andalucian government have been made it legal to charge extra for premium tables in the sun but the additional cost must be expressly stated on the menu, price list, website and or any other advertising medium the business uses.

### Man killed with a golf club on the Costa del Sol, also stabbed landlord to death

A 34 year old man of North African origin has been arrested in connection with the death of a man killed with a golf club in Fuengirola. The man has also allegedly murdered his landlord and pit his girlfriend in hospital after stabbing her.

### Baby left alone in Málaga hotel

A couple from Holland left their 6 month old baby alone in a Málaga hotel while they went to a nearby restaurant for dinner. They used a mobile phone app to alert the couple if the baby started to cry. Another hotel guest alerted the National Police. An initial 12 month prison sentence was asked for by the public prosecutor. The couple have since been acquitted by Málaga's provincial court.

### Andalucians surgery waiting lists on the rise

Waiting lists for surgery in Andalucía increased by 19.2% in 2023 to a total of 205,005 patients. Waiting times also

increased by more than one month, making it 174 days on average for an operation date to be set.

### The mayor of Torrox announces the improvement and enhancement of the El Morche church square

The mayor of Torrox, Óscar Medina, has announced the upcoming improvement and enhancement of the plaza of the Santiago El Mayor de El Morche church. This is a complementary action to the works to improve the main general water supply ring and the new flooring, with an investment of more than 686,000 euros.



Continued on page 16

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Ref:- 231P

Price:- 675.000

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Ref:- 232P Price:- €155.000 Torrox Costa

Spacious ground floor apartment a few metres from the beach. Small living room, dining room, fully furnished kitchen, 2 bedrooms and bathroom, Originally commercial premises, now renovated and converted into a contemporary apartment with all the comforts. Sold fully furnished. Tourist license if purchased as a holiday investment. Parking space.

Ref:- 233P Price:- €275.000 Torrox

Spacious detached house on the outskirts of Torrox Pueblo. Ground floor: large garage for 3 cars, 2 storage rooms, bathroom. 1st floor: fully furnished independent kitchen, living room with fireplace, 1 bedroom, bathroom. 2nd floor: 3 bedrooms, bathroom. Terraces off the first floor. 180M2 plot, southeast facing, sun all day and sea views. In perfect condition, ready to move into. Bbq and outdoor dining area. Walking distance to Torrox pueblo.

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

After the ups and downs of recent weeks you would be forgiven for taking things easy now but that isn't your style. Step up your efforts to pull ahead of your rivals and make sure friends, colleagues and loved ones are behind you 100 per cent.

**Luckiest day:- Friday**

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

The more you allow yourself to dream now the more you will accomplish in the very near future. Your mind is a powerful tool and if you point it in a specific direction that is where you will end up and where you will find your true calling.

**Luckiest day:- Wednesday**

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

No matter what challenges you face over the next few weeks you will handle them all with ease. Last months solar eclipse filled you with so much self-belief that you honestly think you are destined for greatness, and with confidence like that it may be true!

**Luckiest day:- Saturday**

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

If you have to postpone your travel or social plans this month then so be it. The planets indicate there are serious issues that will need your input and you are not the sort to head off and have fun while leaving others to sort out the mess.

**Luckiest day:- Tuesday**

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

You may have to wait a bit before you get the chance to work on your latest big idea but keep thinking about it and keep refining the details inside your head, so that when you do get the green light you are ready to hit the ground running.

**Luckiest day:- Monday**

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

Cosmic activity in one of the more sensitive areas of your chart will put you on the spot over the next few weeks but you will quite enjoy the experience. You will certainly enjoy showing your enemies that you are not the sort to crack under pressure.

**Luckiest day:- Wednesday**

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

The planets warn you are taking a minor dispute far too seriously and need to get your mind straight before you say or do something you might later regret. It doesn't matter who is right and who is wrong, it isn't worth the aggravation either way.

**Luckiest day:- Saturday**

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

The more obstructive some people get the more your anger will rise but try not to let it ruin your month as nothing bad will come of it. Look at it as an opportunity to impress colleagues and employers with how patient and relaxed you can be.

**Luckiest day:- Friday**

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

If you find yourself a bit out of touch this month you must consult someone who has their finger on the pulse. No one expects you to know it all, so don't expect it of yourself. Focus on what you are good at and make an excellent job of it.

**Luckiest day:- Monday**

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

Because you have been on the go almost non-stop of late it's no surprise you now feel a bit run down. Ease off this month and give your mind and your body time to recover. What's so important that you need to run yourself into the ground?

**Luckiest day:- Sunday**

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

You won't be happy if something restricts you this month, and it will, but a little further down the line you will look back and realize it worked in your favour. If the universe is conspiring to keep you from doing something it must have its reasons.

**Luckiest day:- Thursday**

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

A friend or family member will claim a large slice of your time and energy this month and while it might be frustrating that they are keeping you from more interesting activities you must help them with their problems. They've helped you many times in the past.

**Luckiest day:- Saturday**

# Horoscopes





### Punta Lara, Nerja

In Urb. Punta Lara's sought-after lower area, this luxurious villa features a private pool and stunning sea and mountain views. Spread over three floors plus a roof terrace, it offers a lavish lifestyle. Ground floor boasts fully equipped kitchen, open-plan living, and pool terrace. First floor: three bedrooms and two showers. Basement: spacious living, gym, and wine cellar.

**Price: 675,000 euros Ref. JG185TPM**

**GET SEEN,  
GET SOLD:**

**A Place in the Sun**

**thinkSPAIN**



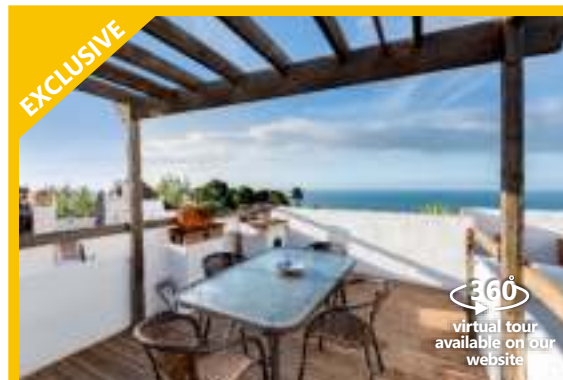
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POTENTIAL  
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PER MONTH**



### C/ Virgen del Carmen, Maro

Situated on picturesque Virgen del Carmen street in Maro, near Church Nuestra Señora de las Maravillas and Mirador de Maro, this property comprises two independent accommodations. Upper level features open-plan living/dining, fully equipped kitchen, 2 beds, 2 baths, and terrace with stunning sea and mountain views. Ground floor offers cosy living, spacious kitchen-dining, 2 beds, 2 baths, patio, and laundry area.

**Price: 340,000 euros Ref. JG184**



### Edf. Almijara, Nerja

This new top-floor apartment with southeast-facing sea views is part of Edf. Almijara, a sought-after complex near the town center. It features an open-plan living area, terrace, fitted kitchen, two bedrooms, and a shower room. The complex offers a communal pool, gardens, a tennis court, and gated parking, presenting excellent rental potential in the highly desirable Nerja village.

**Price: 219,000 euros Ref. JG139TPM**



### Urb. Villas de Nerja

This remarkable townhouse spans two floors, featuring a sunny roof terrace with sea views, guest accommodation, and laundry area. Entry level includes spacious entrance hall, fully fitted kitchen, guest toilet, dining area, and open-plan living with fireplace leading to sunny terrace and private patio. Upstairs, four bedrooms, family bathroom, and balcony. Gated community with communal pool.

**Price: 315,000 euros Ref. JG170**

**WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS**

 Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga



### Dunnes Stores enjoyed Saint Patrick's Day with GINS Golf Society

Dunnes Stores, Vélez Málaga generously sponsored all 3 of the St Patrick's Day Competitions at Golf International Nerja Society's weekly venues of Añoreta Golf, Baviera Golf and Los Moriscos Golf again this year.

The many prize winners received Dunnes Vouchers which will no doubt be quickly spent buying all those things they meant to buy at Dunnes in Vélez but were putting off as they were non essentials!

The major winners were husband and wife (also GINS Rep) Gill & Stewart Green at Añoreta, David Stead at Baviera and in a fiercely fought team game at Los

Moriscos Esther McClenaghan, Juan de Dios Alba, Tony O'Brien & Mark Fulton.

Plenty of fun on each day to celebrate St Patrick's Day and as usual some members dressed to the nines in green and some just looked .....??

GINS is the longest established Golf Society, some 35 years, on the coast with over 180 members playing golf at 3 courses every week in friendly but competitive golf games following the Rules of Golf.

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Continued on page 28



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**Phone: (0034) 609 54 39 45**



## Wild Orchid Routes!

Wild Orchids - the most beautiful exotic countryside flowers.

45% of wild orchids species are registered in Spain, with 60% of those registered in Andalusia, Málaga.

Orchids are beautiful, elegant plants, which have very complex flowers and complicated ecological interactions with pollination agents and fungus they have types of symbiotic association with.

We have 45 species of orchids in Málaga, real gems, which are spread all over our territory and can be seen thanks to the publication 'Get to know the orchids along the Great Málaga path and the province', where you will find the clues which will help you spot and admire them.

The Málaga province is full of life and many natural beauties which are completely unknown. For instance, did you know that this province has more than 300 species of birds, 110 species of diurnal butterflies and 54 dragonflies? Wild orchids are natural wonders that live in forests, dunes, countryside and Málaga's mountains.

These plants are some of the most beautiful flowers we can find thanks to their colours and appearance, but they often go unnoticed due to their small size. Moreover, in order to ensure pollination, they take on the form of insects. In the Sierra de las Nieves, there are species which are rare or more difficult to find, such as *Ophrys atlantica*, *Orchis cazorlensis*, *Cephalantera rubra*,



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Serapias parviflora or Anacamptis pyramidalis, and even some more common ones like Himantoglossum robertianum and Ophrys lutea, scolopax, speculum and tenthredinifera. Aceras anthropophorum, Himantoglossum hircinum and Orchis olbiensis are common in Spanish fir forests. Cephalantera longifolia grow in chestnut groves, and Epipactis tremolsii, Limodorum trabutianum, Orchis champagnouxii e italica, Androrchis langei, Neotinea maculata and conica, and Dactylorhiza insularis and elata in dense oak forests. The latter one can be found in wet areas or close to springs.

The Orchid Routes in Jimera de Líbar


Jimera de Líbar is a small but very beautiful town with 388 inhabitants according to the last census. It is placed in the Guadiaro Valley in the Serranía de Ronda. The town took advantage of its railway stop from Ronda to Algeciras in order to promote the Fray Leopoldo's [Brother Leopoldo] Route to Alpandeire and has recently showed its exceptional heritage. The town has now created seven routes or paths with twenty species of wild orchids that have been registered there.

The orchids paths in Jimera de Libar are not longer than two kilometres and are accessible, certified, easy and so beautiful that you will not be able to resist taking photos of the orchids.


These seven routes, where the flowers are identified on the boards, are called: Path of Natural Wonders, the Pathway, Olive Track, the Boat's Slope, Meadow, Atajate Way and Orchards Path.



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**Casabermeja** **Open views!**

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

**Price: 299.999 euros**

ref: v 1543 EPC: E

---




**Cómpeta** **Fantastic opportunity!**

Lovely 5 bed, 5 bath (171m<sup>2</sup>) townhouse, fully licenced B&B, lounge and separate kitchen/dining, storage room, great roof terraces with sea, countryside & village views, prominent position off main plaza.

**Price: 339,000 euros**

ref: b 1519 EPC: E

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**Online video**

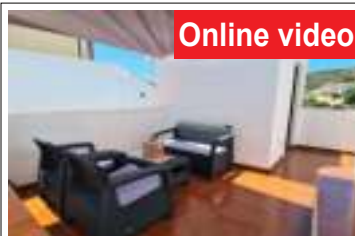
**Árchez** **Great price!**

Great lock up and leave well-presented villa (73m<sup>2</sup>). 2 beds 1 bath, open plan living/dining/kitchen, easy access on concrete track, low maintenance outside space, outside kitchen/bbq area, mountain/countryside/village views.

**Price: 159,950 euros**

ref: v1524 EPC: In progress

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**Online video**

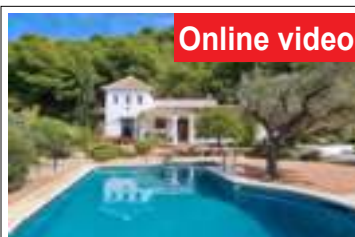
**Árchez** **Charming property!**

Reasonably priced, renovated traditional 2 bed 2 bath house (72m<sup>2</sup>) in a quiet corner close to the main plaza. Able to drive to the house, parking nearby. This charming house would make a wonderful holiday home/rental property.

**Price from: 79,950 euros**

ref: t1506 EPC: E

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**Online video**

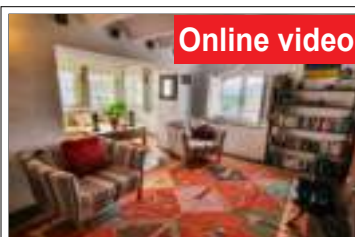
**Cómpeta** **Fantastic villa!**

Spacious country villa (197m<sup>2</sup>), 4/5 bed, 4 baths, including separate guest house. Garage and swimming pool. Walking distance to the village, situated in a wonderful sought-after location. Great sea views.

**Price: 595,000 euros**

ref: v1520 EPC: In progress

---



**Online video**

**Sedella** **Rustic charm!**




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

**Price: 154,950 euros**

ref: t1491 EPC: E

---

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

### PROPERTIES OF THE MONTH



#### VSR2164 NERJA

Price: €439.000

Townhouse, across 3 levels, three bedrooms and 2 bathrooms plus a separate independent studio apartment, various terraces, sea views, private pool, BBQ, parking, fully furnished, open plan kitchen dining area, air conditioning throughout, proven rental history. Walking distance to town.



#### VSR4041 TROPICANA

Price: €285.000

Apartment close to the beach, 2 beds, bathroom, air con, dining room with glass roof, private terrace, west facing garden 60m2, communal pool, easy renting.



#### 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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## FEATURED PROPERTY



**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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**Cuki**

**Cuki** was adopted by a young Irish gentleman when he was a young dog and lived a great life with his owner for about 8 years. Unfortunately, due to a family crisis the owner had to return to Ireland late last year and had to move into a situation where he could not have a dog. Cuki lived all of his life in flats so he is house trained and loves to go on long walks. He is about 9 years old now and is a very affectionate dog, perhaps too much, as he is protective of his owner around other dogs. He is a Jack Russell type dog who could possibly live with a female dog but does not get along with other males and is not good with cats. He is in good health, castrated and fully vaccinated. As time has gone on, he has become fond of one of our other dogs, and they play together daily. He would be suited to a one pet home and make a great companion to a single person or a couple. But if he and Duke could be housed together, that would be great, due to the relationship they have.

## The Costa Animal Society...

If you would like to meet Duke or Cuki, 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)



**Duke**

**Duke** was brought to CAS by a Spanish gentleman who found him wandering near the caves area of Maro last year. He was quite skinny and undernourished so he was placed in kennels to fatten him up. He's now a lovely, healthy, lively three year old neutered male with all vaccinations and paperwork up to date. He has a gregarious but loving personality who loves the company of people and other dogs as long as they are not aggressive themselves, but has not lived with cats. Duke is a large Podenco or Pharaoh Hound type dog who now weighs about 35 kilos. He is castrated, vaccinated and in good health. Duke is a long legged athletic boy so will need a home where he has room to run or will be taken out on several walks a day. He also loves his cosy cuddle time. Let's find him a home where he can run to his heart's content and then snuggle up by his family's side.

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## AXARQUIA ANIMAL RESCUE



These beautiful 7 puppies were rescued just before the rains came, they were living rough with their mum. The family is now safe in kennels - mum is very shy and not ready for a home of her own just yet. But the pups are now ready for adoption - mainly female, with only one male. Mum is a small to medium Podenco, so they are not expected to be very big. Vaccinations have started, and they can be adopted now in Spain. Foster homes are also needed for them, if you can help please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

## APAA NERJA

**PUPPIES READY FOR ADOPTION**

CONTACT: [APAANERJA.STATIONOFHOPE@GMAIL.COM](mailto:APAANERJA.STATIONOFHOPE@GMAIL.COM)

**ABEL**

Beillant and radiant, Abel&Max overcame adversity after being abandoned near bins in Nerja. Hand-reared with love by APAA, two out of eight are ready for their forever homes. Six siblings already rehomed, boasting glowing reports from delighted owners. Easy to train, overflowing with affection. Adopt a story of hope today.

**MAX**

**PEPPER**

Meet Pepper & Ginger, the most adorable Podencos born in early December 2023 and discovered abandoned in Nerja. These sweethearts are house-trained and get along famously with both dogs and cats. Fully vaccinated, chipped, and equipped with passports, they're all set to bring boundless joy to their new forever home

**GINGER**

APAA NERJA - [WWW.APAA.ES](http://WWW.APAA.ES) - JOIN US FOR UPCOMING EVENTS

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# Axarquia Animal Rescue



**Burt**

**AAR 2733 - Bert** Born 24th January. Bert was rescued when just 3 days old. He had been tied in a bag and thrown down an embankment with his 7 siblings. His finders were walking their dogs who alerted them to the puppies cries. Bert moved to a foster home where he was bottle fed, he went from strength to strength and has grown into a happy healthy confident pup. He has a big appetite and enjoys playtimes with his sister, he loves to explore and investigate everything new. He loves playing with his toys and will take them

to his bed. He is a Mastin and will be big when fully grown. He has now started his vaccines and can be adopted within Spain anytime now and when he is 15 weeks he will be able to travel to other European countries or the UK. Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information



**Monkey**

**AAR 2717 - Monkey** Born 10th October 23. Monkey is a mixed breed pup. Born to a feral mum who turned up at her finders home with her 3 pups. The finder fed the family but wasn't able to socialise the pups. He asked AAR to help find homes for the pups. It took a while but we eventually found a foster home for Monkey. At first, she was scared of everything, people, noises, so many things alarmed her but with patience and love from her foster mum she soon began to realise the world is quite a

nice place. She now enjoys playing with her toys, going for walks, meeting people and other dogs. Monkey would make a loving addition to the right family. She is fully vaccinated and is just waiting for that right family to come along. could it be you? Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**RJ**

**AAR 2735 - RJ** Born 24th January. This gorgeous pup was thrown away when just 3 days old. Found in a bag with his 7 siblings. He is in a loving foster home with one of his brothers. RJ is playful and confident. He loves his food and exploring. He plays with his toys and is quite affectionate. He is laid back and relaxed, typical Mastin, but always up for a game! being a puppy. He enjoys his food very much as well as snuggling up for a sleep. RJ is available for adoption now within Spain. Once fully vaccinated he will be able to

other European countries or the UK. Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information



**Toby**

**AAR 2657 -Toby** Toby is one of our special cases. He is still very nervous and slow to trust but he is making progress. He desperately needs a campo home that is fully fenced with a friendly dog to learn from. He is nervous but not aggressive and has so much potential but he needs someone to help him through the next stage.

There must be someone out there for this handsome young man.

He is on the large side of medium and just 2 years old. If you can help Toby by offering him a loving, peaceful home, or would like to foster him with a view to adopt, please contact us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Ziggy**

**AAR 2604 - Ziggy** Born February 2022, Ziggy is a deaf dog and is looking for someone special with some understanding of the needs of a deaf dog. He also has different colour eyes but his vision is perfect. Obviously communicating with Ziggy is more difficult that with a hearing dog but he has learnt some signs and there is slow progress so

patience is needed. He lives with other dogs but he isn't so keen on cats although there is some progress in that area. Ziggy is a big dog weighing around 36k of solid muscle. He would be best suited to a home with no children and no cats. Ziggy does get quite attached to his carer and loves nothing better than cuddling up on the sofa for some "me and my master time". He needs a home with a reasonable amount of outside space which must be secure. If you have the patience and desire to work with Ziggy and provide him with a loving safe home he deserves, we are waiting to hear from you. 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.



**Axarquia Animal Rescue**  
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# Ticks

By Karen Wallace



Spring is in the air now I'm really looking forward to the warmer weather. But with spring also comes the worry of ticks. And this year with the weird warm to cold to warm again weather the ticks are in full force.

### Tick facts

Ticks are pretty small and sometimes barely visible to the human eye. They are similar to spiders in that they are arachnids and have eight legs. They vary in size and as adults range from between 2mm and 10mm in length.

The body of the tick is usually a teardrop shape but can balloon up considerably after feeding. Depending on the species of tick, they will also differ in colour with the majority being a brown or reddish-brown colour.

Like other arachnids, they go through four stages of the life cycle which are egg, larva, nymph, and adult.

As they are arachnids and not insects, they do not fly as they have no wings.

Ticks are also referred to as Ectoparasites (External Parasites) as they survive by feeding off the blood of mammals, birds, and sometimes reptiles and amphibians.

### Where are Ticks Found?

Ticks or 'Garrapatas' in Spanish, are endemic to rural areas of Spain and other parts of the world, especially to wooded areas with tall grass and bushes where they lie in wait for any passing traffic such as us humans and other animals such as dogs and cats.

Ticks will generally perch themselves on the end of tall grasses and shrubs and once a new host comes along, they will cling on and embed themselves in the skin of the host. As they are parasitic by nature, they will do this to survive and feed off the new host's blood.

As a rule, ticks will need a host to live off, so areas in which there is an abundance of wildlife such as deer, rodents and livestock are perfect for ticks and an obvious habitat in which to find them.

But it's not only rural areas where they can be found. Ticks may also be found in urban areas as they can cling to clothes or get embedded in animal fur and be transported to a new location.

### What are the Dangers of Ticks with Dogs?

Ticks are a real danger to dogs with one of the biggest issues being Canine Ehrlichiosis which can be transmitted to your dog by the tick.

There are three phases to infection which are Acute (Early disease), Subclinical (No outward signs of infection), and Chronic (Long-term infection).

The most common signs of Ehrlichiosis in dogs are:-

- Fever
- Lethargy
- Poor appetite
- Eye inflammation
- Neurological abnormalities
- Enlargement of the lymph nodes
- Bruising or bleeding
- Respiratory problems
- Seizures
- Weight loss

Outward signs of Ehrlichiosis may not be apparent for two weeks or more after the initial infection.

Ticks may also pass on other diseases to

animals such as Babesiosis and Anaplasmosis.

### What do I do if I Find a Tick on my Dog?

If you do find any ticks you will need to remove them quickly by either using tweezers or a specialist tool that you can purchase from a pet store or your vet, or you can buy them online. Twist the tick off in a clockwise direction making sure not to leave the head embedded. Make sure you do not try to squeeze the tick's body as this may just cause the body to break off leaving the head still attached.

Dispose of the ticks by placing them in medical alcohol for 24 hours or wrapping them up and flushing them down the toilet. It's normal for there to be a red area or scab where the tick was. Keep an eye on it and continue to clean the area until it heals.

If you regularly walk your dog in areas where ticks may be present, it may be worth purchasing a tick removal tool and some tick spray and shampoo so that you can remove ticks quickly and safely. You can also purchase a collar such as Seresto or Scalibor which can protect dogs from fleas and ticks for up to 8-12 months, and drop treatments such as Frontline, Advantix and many other natural, chemical-free solutions, chews and tablets.

If need to ask any questions about ticks or how to prevent them, feel free to drop me a message or send an email. Check out all the new training classes and agility courses coming up at Dog School on the website at [www.dogschoolnerja.com](http://www.dogschoolnerja.com)



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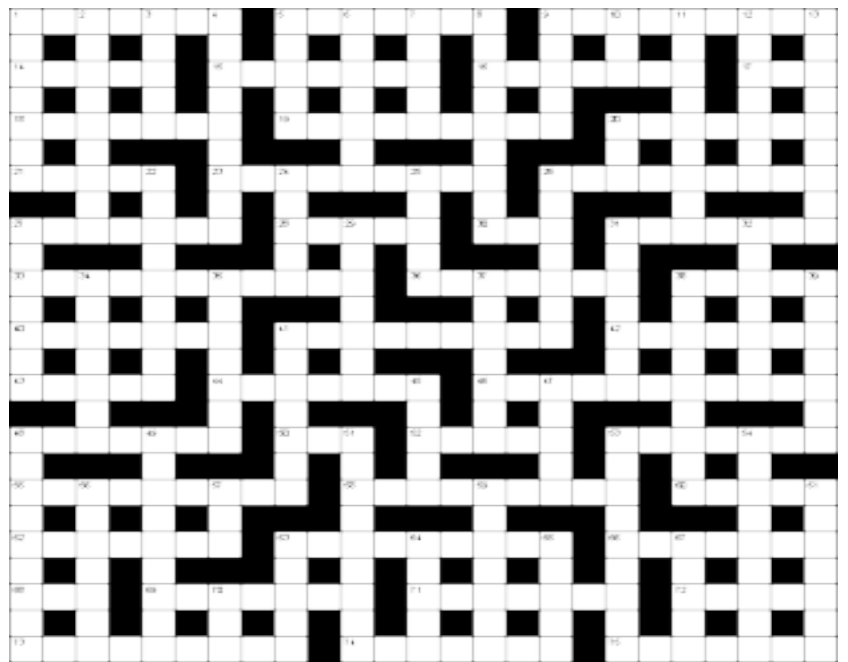
## Across

1. Left out (7)
5. Selected passage (7)
9. Voracious fish (9)
14. Tally (5)
15. Countries (7)
16. Fiend (7)
17. Everyone (3)
18. Huge (7)
19. Large oceanic bird (9)
20. Night (7)
21. Smooth fabric (5)
23. Large group of musicians (9)
26. Astonishment (9)
27. Scales down (7)
28. Scottish pole (5)
30. Tibetan ox (3)
31. Bullfighter (7)
33. Supplementary components (11)
36. Gem (7)
38. Barrels (5)
40. Emaciated (7)
41. Precaution (9)
42. Flower arrangement (7)
43. Squalid (5)
44. Repel (7)
46. Lit up (11)
48. Bland (7)
50. Conclusion (3)
52. Bowling area (5)
53. Tooth (7)

55. Exuberant (9)
58. Crafted (9)
60. Precise (5)
62. Patio (7)
63. Pirate (9)
66. Chuckled (7)
68. Sprocket (3)
69. Envisage (7)
71. Eight-sided polygon (7)
72. Lodging house (5)
73. Takes legal action (9)
74. Beer mug (7)
75. Before (7)

## Down

1. Acquires (7)
2. Insinuated (9)
3. Claw (5)
4. Perilous (9)
5. Additional (5)
6. Hassle (7)
7. Valuable possession (5)
8. Not permanent (9)
9. Incentive payment (5)
10. Decay (3)
11. Concord (9)
12. Dissimilar (7)
13. Amphibious reptile (9)
20. Epoch (3)
22. Essential (9)
24. Desert plants (5)



25. Laconic (5)
26. Clumsy (7)
27. Attains (7)
29. Self-consciously timid (7)
31. Small or token amount (7)
32. Remote (7)
34. Young swans (7)
35. Commanded (7)
37. Elusive (7)
38. Historic account (9)
39. Thin (7)
41. Sagacious (7)
45. Borders (5)
47. Fabric woven from flax (5)
48. Exactly the same (9)
49. Beating (9)
51. Lacking (9)
53. Laziness (9)
54. Pasta dish (9)
56. Vertical (7)
57. The night before (3)
59. Inactivity (7)
61. Small child (7)
63. Extreme happiness (5)
64. Fruit of the oak (5)
65. Inflexible (5)
67. Official guide (5)
70. Colony insect (3)





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### SUDOKO

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## WORD SEARCH

### Movies with One Word Titles 1

I	T	R	A	N	S	F	O	R	M	E	R	S	N
N	E	M	H	C	T	A	W	A	E	O	S	A	A
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I	V	E	N	T	A	K	E	T	K	E	S	E	A
G	J	O	E	O	R	C	E	I	H	K	A	V	G
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- HANCOCK
- TITANIC
- SEVEN
- ERAGON
- JUNG
- ARMAGEDDON
- WATCHMEN
- GREASE
- EVITA
- JAWS
- TWILIGHT
- TRANSFORMERS
- HALLOWEEN
- SAW
- ALIEN
- ROCKY
- JURASSIC
- TOOTSIE

### Famous Bands

D	T	L	I	T	T	L	E	M	I	X	N	C	S
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K	E	H	U	A	P	S	X	E	U	L	O	W	A
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J	N	O	I	N	U	P	U	E	K	R	U	L	B

- MCFLY
- PSY
- ELBOW
- WESTLIFE
- PINK
- TAKE THAT
- COLDPLAY
- FLEETWOOD MAC
- LITTLE MIX
- WANTED
- THE KILLERS
- GREEN DAY
- THE WHO
- UNION J
- BLUR
- BUSTED
- MUSE
- QUEEN





**Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªI", (Jardines Viña Malága/Antigua Casa de la Viña), Torre del Mar, 297L40. 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@luxmundi.org**

On Monday 18th of March Lux Mundi, Torre del Mar held an event at the Centre to thank everyone involved to celebrate one year of the Food Drive which over the last 12 months has helped approximately: 1,100 individuals, with 285 bags of food, and filled with 4,500 items.

We have more than doubled the number of families since March 2023, from 15-30. Our volunteers and donors have done an amazing job with contributing enough to ensure that 30 local families have the food and essentials they need, totalling over 1,000 Euros per month.

There were approximately 25 people including the food drive volunteers, staff from Lux Mundi, volunteers of Lux Mundi, Caritas staff, Hermandad de El Rocio staff, and businesses partners who have given time and money to the food drive.

Marisol Fernandez and other Caritas staff members were on hand. Marisol discussed how families come to them, and how they are vetted by Caritas. She also detailed what Caritas tries to help these families become established, including rental assistance and utility assistance. Carmina Martin Alba and two other staff from the Hermandad de El Rocio also joined the group to discuss their efforts in feeding people in need. They are also dedicated to ensuring future generations also continue the work of charity.

Both organizations have joined with Lux Mundi in an ongoing partnership to do what is necessary to feed the families of Torre del Mar, whether Spaniards, people from South America, or migrants. The main message from the event: No one should ever go hungry.

Our partners include: Caritas, Hermandad de El Rocio, Go! Café, Oasis Hair and Beauty and BluCee Real Estate. Here is what Julia Bailey the project leader said in her speech at the event:- 'Good morning and thank you for coming to help us celebrate one year of the Torre Del Mar Food Drive. I'm Julia and together with Connie and now Diana, I lead this project. But it's the help of the people here, our volunteers and supporters that has made all this possible. A year ago, the food drive agreed to try to help sixteen local families in need, many of them with children and a year later we are helping thirty. This is all thanks to you. We don't meet the families because they come to Lux Mundi the day after the bags are packed, but from time to time we receive messages from them. However, these messages are not for us, they are for you. There are some examples of these on your tables'.

I want to read a message from a family that was sent at Christmas, following the appeal for food and toys which many of you were involved with, and this message is for you.



'I received help and I have a little boy who will now receive gifts thanks to you. You are people of light. My family and I are very grateful for the help you have given us. Thank you very much!  
Report by Connie Ress

### 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.

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.

#### 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.

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SCAN ME



# SEA FOOD PAELLA



Paella is one of the few dishes that can truly represent an entire country and has existed since approximately the 15<sup>th</sup> and 16<sup>th</sup> century. It is one of the most popular Spanish dishes all over the world. Spanish paella is a dish that is eaten throughout the year, and you can find it in any restaurant in Spain. Different provinces and

regions have their own version, this recipe is based on the Andalusian version.

Paella comes originally from Valencian region. Each region of Spain has its own recipe with different ingredients, but the Andalusian paella recipe has seafood as its main ingredient.

Even though the traditional paella from Andalusia is a dish made with seafood and rice, there are still hundreds of changes that you can make to the ingredients.

## Seafood paella

**Serves:- 4**

### Ingredients:-

- 2 cups (370g) short-grain rice
- 4 cups (950ml) of shrimp broth
- ½ kg of squid
- ½ kg of fresh prawns
- 1 handful of seashells clams and mussels
- 1 onion
- 1 medium tomato
- ½ red pepper
- 2 cloves of garlic
- ½ cup peas
- 1 bunch of fresh parsley leaves
- Olive oil
- Salt (to taste)
- Pepper (to taste)
- 1 teaspoon yellow saffron powder



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### Preparation:-

To start making the traditional Spanish paella recipe you have to clean and peel the prawns. Use the shells and head to make broth and then set aside. You can skip this step and use store-bought fish broth. Also, clean the squid and chop them into a round shape.

After that clean the seashells with plenty of water to remove any sand residue.

In the paella pan or a very large, deep frying pan, sauté the onion, garlic, pepper, and tomato minced in small squares in olive oil. Add a little pepper and salt.

Next put the squid and then the seashells. Let them cook for a few minutes. You will see that a broth starts to form, this is fine.

Add the 2 cups of rice and stir to mix everything. Then add 4 cups of the shrimp broth that you made earlier. If you don't have enough, complete with water.

Stir well. Add a teaspoon of yellow saffron powder to have the classic paella seasoning, and boil for about 3 minutes.

Then add the fresh peas, and the parsley, (previously chopped). Check the salt and pepper and add more if necessary.

Traditional recipes say, to turn up the heat for 5 more minutes at that point, then turn off the heat and cover for 10 minutes to let it steam. At this time you can add some prawns with their shells.

The total cook time for the rice is approximately 20 minutes at medium heat, never stirred and only shaken a few times throughout the process.



## Sangria

**Serves:- 6 - 8**

### Ingredients:-

- 1 (750-ml.) bottle red wine
- 3/4 c. fresh orange juice
- 1/2 c. brandy
- 1/4 c. granulated sugar
- 1 orange, sliced
- 1 apple, sliced
- 1 c. fresh blueberries
- 1 c. sliced fresh strawberries
- 1 (3") cinnamon stick

### Preparation:-

In a large pitcher, mix wine, orange juice, brandy, and granulated sugar. Stir in oranges, apples, blueberries, strawberries, and cinnamon.

Refrigerate until ready to serve, at least 2 hours or preferably overnight.



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## IMPORTANCE OF STRETCHING

People who practice sports tend to be more aware of the importance of stretching, but it is common to find people who stretch inappropriately. For this reason I am going to explain the reasons why we should do it, what the correct way is and when we should do it.

### CONSEQUENCES OF GOOD STRETCHING WORK IN SPORTS

Any sport is based on the functioning of the skeletal muscle system and more specifically the muscular or myofascial system, so if its length and mechanical functioning are not optimal, this will have a negative impact on sports performance and marks obtained.

And the fact is that the muscles are authentic motorized pistons that largely base their ability to generate force on the path they are capable of taking from their maximum length to that of greatest shortening or contraction, that is, when the muscle stretches it charges an energy that discharge with muscle contraction and subsequent movement.

This is why complete, intense, long-lasting and frequent muscle stretching work will often lead to a moment of sporting performance and improved marks achieved. On the other hand, muscular imbalances between the left side and the right side or between the back and the front will generate not only a decrease in sports performance but greater mechanical suffering of all types of muscular, articular, interosseous, which will predispose you to suffering from all types of injuries, tendonitis, muscle tears, etc.

### WHY SHOULD WE STRETCH IN SPORTS?

- Reduces muscle tension.

- Increases amplitude and coordination of movements.
- Prevents future injuries.
- Prepares the muscles for physical activity – in this case ballistic stretches are more indicated since they will not misinform the mechanoreceptors and will leave the muscle prepared to respond to a very large or sudden stretch.
- Improves knowledge of one's own body.
- Improves circulation.
- Helps reabsorb lactic acid, preventing muscle fatigue.
- We achieve physical and therefore psychological well-being.

### HOW TO STRETCH?

When we stretch a muscle, what we are doing is distancing the two insertion points of it, that is, the purpose is to separate the ends of the muscle so that its fibers stretch. To do this, one of these points must remain fixed and we will vary the amplitude on the moving point. We must respect a series of principles when stretching:

- We must respect the planes and axes in addition to the joint width.
- We have to place the muscle in a state of pre-stretch and make the tensioning slow and progressive.
- It should not hurt, we should notice some tension but it should be tolerable.
- During the stretch we must breathe deeply and regularly.
- Respect stretching times.
- Progressive tensioning up to maximum tension.
- Maintain maximum tension for approximately 20 seconds.
- Return to the initial position slowly and progressively.

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TORNADO PLATEO 9:00-10:00	NIÑOS PLATEO 9:00-10:00	TORNADO PLATEO 9:00-10:00	NIÑOS PLATEO 9:00-10:00	TORNADO PLATEO 9:00-10:00	NIÑOS PLATEO 9:00-10:00	TORNADO PLATEO 9:00-10:00	NIÑOS PLATEO 9:00-10:00	GRUPO PRINCIPAL CON RESERVA	GRUPO PRINCIPAL CON RESERVA	GRUPO PRINCIPAL CON RESERVA	TRÁUMAS
TORNADO PRINCIPAL 10:00-11:00		TORNADO PRINCIPAL CON RESERVA		TORNADO PRINCIPAL 10:00-11:00		TORNADO PRINCIPAL CON RESERVA		GRUPO PRINCIPAL CON RESERVA		TRÁUMAS	
TORNADO PLATEO 11:00-12:00		TORNADO PLATEO 11:00-12:00		TORNADO PLATEO 11:00-12:00		TORNADO PLATEO 11:00-12:00		TORNADO PRINCIPAL CON RESERVA		TRÁUMAS	
TORNADO PRINCIPAL CON RESERVA 12:00-13:00		TORNADO PRINCIPAL 12:00-13:00	NIÑOS PLATEO 12:00-13:00	TORNADO PRINCIPAL CON RESERVA 12:00-13:00	TORNADO PRINCIPAL 12:00-13:00	NIÑOS PLATEO 12:00-13:00	NIÑOS PLATEO 12:00-13:00			TRÁUMAS	
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TORNADO PRINCIPAL 14:00-15:00		TORNADO PRINCIPAL CON RESERVA 14:00-15:00		TORNADO PRINCIPAL 14:00-15:00		TORNADO PRINCIPAL CON RESERVA 14:00-15:00				TRÁUMAS	

- Rest time: the sum of the time spent in the 3 previous steps.

#### WHEN TO STRETCH?

As a reference we can point out that it is not essential to stretch before or after regular training, but it is simply important to stretch at some point. This can be when we wake up, before going to bed, or during breaks at work. We must keep in mind that stretching or flexibility exercises should be part of our daily life.

#### ATHLETES

You should always stretch before and after exercise. It is more advisable to do ballistic stretches before practicing sports and leave static stretches for afterwards. But it is true that there is great controversy regarding this issue.

During the warm-up it is recommended to work on the mobility of the joints most involved and stretch the muscles most involved in the sport we practice.

After the activity, it is recommended to stretch to reduce tone, promote circulation and eliminate lactic acid.

During physical activity, when we perform an activity in series of series where breaks are taken, they are indicated to avoid loss of elasticity and facilitate muscle recovery.

#### NON-ATHLETES

Even if you do not do any sporting activity, it is advisable to dedicate a few minutes a day to stretching as a preventative measure. The ideal would be to stretch at the workplace, just before starting the workday, especially in jobs that involve repetitive movements or postures held for long periods of time. In this way we are warming up the muscles and preparing them for the day and thus we will be avoiding a possible contracture or injury.

Workers should emphasize the areas that are under tension during their work hours. So people who work sitting should place greater emphasis on the upper back, neck and shoulders, or people who work standing should emphasize the lumbar, hamstrings and calves.

In conclusion, comment that it will be important to perform the stretches, both symmetrically and globally to have global elasticity of the entire musculoskeletal system, and to perform certain stretches asymmetrically to obtain compensation, for example when the left hamstrings are shorter than the rights hamstrings, or a right psoas that is shorter than the left.

#### GENERAL CONCLUSIONS

Correct stretching in sports is of vital importance, since it allows better muscle function, reducing muscle tension, preparing the muscles for physical activity (stretching before exercise) and helping the reabsorption of lactic acid (stretching after exercise). exercise) thus avoiding muscle fatigue; Therefore, good stretching translates into an increase in sports performance. In addition, stretching prevents muscle imbalances that could cause injuries such as: tears, tendonitis, among others. Likewise, stretching is not reserved only for athletes; non-athletes can stretch as a preventative measure. Those people who work for hours with postures held for long periods of time generate great body tension, which is why a stretching routine before and after work is very beneficial.

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## OBESITY!



In the ongoing struggle against obesity, individuals often find themselves grappling with an internal war—a complex battle waged within the recesses of their minds. Every day, people fight a complex battle within their minds, wrestling with an unrelenting hunger after a hearty meal, succumbing to cravings for fried chicken or gummy bears.

These personal narratives echo the challenges faced by a substantial portion of adults grappling with obesity—a condition we, in the medical field, have come to recognize as a disease.

Over the years, debates have raged about the root causes, spanning genetic predispositions, lifestyle choices, and the omnipresence of carbohydrates and ultra-processed foods.

Traditional solutions, anchored in self-discipline and a simplistic "eat less, move more" mantra, often yield disheartening results.

Yet, a beacon of hope emerges in the form of brain-



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based therapies—a frontier I, as a physician, find both promising and controversial. From drugs meticulously designed to target reward and appetite centres to deep brain stimulation, a ground breaking intervention aiming to reset neural circuits, these treatments embody a paradigm shift. While debates persist, encompassing concerns about cost, side effects, and the potential to divert focus from lifestyle changes, there's a resounding agreement among my peers—a critical organ has been overlooked in our battle against obesity, and that organ is the brain.

As a doctor, I increasingly recognize that obesity likely involves a disruption within the very machinery of the brain. Our brains, akin to ceaselessly humming machines, interpret signals from the gut, hormones, and the environment to regulate hunger, assess the impact of food, and maintain energy balance. Research unveils malfunctioning circuits and pathways in individuals with obesity—impaired dopamine receptors, disrupted gut-brain signalling, and muted responses to meals.

The question persists: What triggers these malfunctions within the intricate network of the brain? Genetics play a role, undoubtedly, accounting for a significant portion of the variability in body mass index. However, it falls short of explaining the surge in obesity witnessed



over recent decades. Enter the changing landscape of our food supply, now dominated by ultra-processed foods constituting 60% of our diet—a significant contributing factor. These foods, laden with additives and artificial components, may disrupt the delicate balance of gut-brain signalling, leading to overconsumption.

In my experience, patients are turning to brain-based therapies with encouraging outcomes. Medications influencing hormones related to cravings and surgical interventions to modulate brain circuits are becoming integral components of the evolving obesity treatment landscape. Success

stories resonate within my clinic, underscoring the potential of these approaches to effect meaningful change.

As the medical community continues to navigate neurological frontiers, it becomes evident that a nuanced understanding is imperative.

Addressing obesity requires acknowledging the intricate role of the brain in appetite regulation and weight management.

Patients traversing these innovative therapies embody a shift towards a holistic approach—a recognition of the multifaceted nature of obesity and a commitment to lasting, albeit delicate, remission.

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**1. Swimming Can Help You Live Longer**

Studies show that regular exercise, swimming included, may increase your longevity. According to a 2017 report commissioned by Swim England, swimmers had a 28 percent lower risk of early death and a 41 percent lower risk of death due to heart disease and stroke compared with those who don't swim.

**2. Swimming Can Help Keep You Lean**

Swimming is a full-body workout. Swimming engages everything from the arms, shoulders, and legs to the core, glues, and back.

**3. Swimming Boosts Heart Health**

Like other forms of aerobic exercise, swimming can improve your cardiovascular fitness. Research shows swimming has been linked to improvements in hypertension, blood pressure, and other markers of cardiovascular health.

**4. Those Laps Can Strengthen Your Lungs**

If you've been diagnosed with a lung condition like asthma or chronic obstructive pulmonary disease, you might like hearing that the lungs are one of the biggest benefactors from swimming,

**5. Swimming May Boost Brain Power**

Exercise in general has been associated with improving cognition, but when researchers studied the specific benefits of swimming on cognition, they found a unique benefit. In one small study from the journal *Physiological Reports*, participants who did a 20-minute, moderate-intensity swim



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processed visual information and responded faster on cognitive tests conducted right before and immediately after their swim..

**6. The Water Workout May Put You in a Better Mood**

All exercise can be a mood booster. But a study published in 2003 in the Journal of Psychology found that a single session of swimming improved mood even more than a single session of aerobic dance (similar improvements in mood were linked with yoga and Feldenkrais movement, a body awareness practice, in the population of women studied).

**7. Swimming May Help You Sleep**

Improved sleep is a perk of sticking to just about any exercise routine. And that includes swimming.

**8. For People With Chronic Pain, Swimming May Help**

Conditions like arthritis and fibromyalgia often come with reduced mobility and in many cases, short- or long-term pain. This is where swimming can help. "A range of aquatic activities (including swimming) have been shown to help people with musculoskeletal conditions improve physical function and quality of life," Power says.

**9. Swimming Is Good for Bone Health**

A review published in 2020 in BioMed Research International found that three to six hours of swimming per week improved bone mineral density in postmenopausal women, especially among long-term swimmers. Though it's worth noting that there was no benefit to bone health in those who swam less than three hours per week.

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# Botanical Gardens of Málaga



La Concepción Botanical Garden hosts an enormous collection of more than 25,000 plants and it consists of many different sections showing the natural diversity of flora all around the world.

Its' heart is the 3.5 hectares the Historical Garden with more than 3000 species, waterfalls, streams, fountains, greenhouses and historical buildings. It's the oldest part of La Concepción, created 150 years ago by Loring family and soon declared a "garden of historical and artistic interest".

La Concepción estate stayed in private hands until 1990, it was then purchased by Malaga City Council. New, modern thematic gardens have been added to the Historical Part to create a space for research, preservation and education. Now the Botanical Gardens of Malaga occupy 55 hectares and apart from being a popular touristic attraction it creates space for species preservation, research and education.

The Historical Garden is surrounded by the botanical garden with plants arranged in distinct sections: the aquatic plants, prehistoric plants, orchids, greenhouses.

Additionally, in the northern section of the Botanical Garden Malaga, you can find a route known as "Around the World in 80 Trees" and a collection of palm trees as well as a section with regional plants.

The southern, warmest part of the garden is a selection of subtropical fruit trees as well as cacti and succulents. Finally, in the upper section of the Garden you can find two routes – "Forest" and "Viewpoint" featuring indigenous Mediterranean plants.

The arbour – the gem of the Botanical Garden Malaga is an iron pergola covered in Wisteria. It blooms in late March and early April, creating one of the most emblematic views of La Concepción.



The Loring museum – before a house to a magnificent collection of archaeological remains like Lex Flavia Malacitana, set of bronze tablets with Roman law statutes governing Malaga in AD 81-84. Now it displays a reconstruction of a Roman mosaic from the village of Cartama.



The Nymph's pond – a small pond with a sculpture by Valentin Dueñas is located next to the waterfalls and palm trees section.



The stately home – a classical style villa located in the central part of the Historical Garden; built by its original founders has hosted numerous social gatherings.



The historical viewpoint – the most characteristic spot of Botanical Garden Malaga is visible from the motorway. The historical viewpoint was built in 1920 by the second owner of the garden, Rafael Echevarria.





## What to do in the Botanical Garden Malaga?

- a) Discover fauna and flora!** Admiring plants is the obvious part of the visit but let's not forget that Botanical Garden is also a home for many different animals including rabbits, multiple species of birds, frogs and chameleons so keep your eyes sharp and cameras ready!
- b) Reset your mind!** Meditate a little in one of the hidden corners of the garden and let go of the everyday stress.
- c) Have a picnic!** Since The Botanical Garden provides multiple resting areas we highly recommend to take your lunch with you and enjoy it in the exotic ambience of the garden. These picnic areas can be found in several spots of the gardens.
- d) Make it special!** The Garden offers guided visits, nocturnal visits, events and workshops for children – check their website to plan ahead.
- e) Take a photo!** A visit to the Botanical Garden is a really good chance to take stunning holiday photos in an exotic setting. Choose between the desert-like section with succulents and cactuses or a jungle with palm trees and monstera plants.
- f) Go on a hike!** If you are dreaming about hiking in Spain and admiring the stunning landscapes but the length of your visit won't allow you. In the Botanical Gardens of Malaga, we highly recommend two mini-hiking routes in the Garden – Viewpoint and Forest. They will allow you to get a taste of the wilder part of Spain with beautiful views and ingenious fauna and flora.
- g) Enjoy a romantic date!** The ambience of the garden and its lush flora create a perfect atmosphere for a romantic stroll along winding paths and charming waterfalls.
- h) Learn!** Take a thematic route and learn more about plants in different parts of the world. Among many others you can try "Around the World in 80 Trees" or "Mapa-Mundi" of palm trees.

## History of the Botanical Garden Malaga

The 150 years history of the Jardín Botánico-Histórico La Concepción starts with Marquis and Marchioness of the House of Loring, Jorge Enrique Loring y Oyarzábal and Amalia Heredia Livermore, an influential couple well known among the bourgeois of Malaga.

In 1855 they joined together several smaller estates north of the city which were previously used for cultivating olives, almonds, vines and citrus trees. The garden quickly gained recognition under the supervision of a French gardener Jacinto Chamoussent. It was famous not only for the great collection of plants but also thanks to multiple archaeological remains gathered by Loring Museum located in La Concepcion.

In 1911 La Concepción Estate was purchased by Rafael Echevarria and Amalia Echevarrieta, a couple from Bilbao who expanded the Garden and added many of its most characteristic elements such as the Nymph Stream, the Palm Tree Avenue and the Viewpoint.

The third owner was Amalia's brother Horacio Eschevarrieta. He took over the Estate in 1943 and kept it in perfect condition until his death in 1963. Subsequent years saw a gradual decline of the Garden.

Finally, in 1990, Malaga City Council purchased the Estate and after 4 years opened it to the public. As early as 1943 the garden had been declared a Place of Historical and Artistic Interest and now it is known as a Place of Cultural Interest.

**Opening times:- April 1<sup>st</sup> to September 30<sup>th</sup> (9:30 - 20:30) / October 1<sup>st</sup> to March 31<sup>st</sup> (9:30 - 17:30) Closing days:- December 25<sup>th</sup>, January 1<sup>st</sup> and every Monday.**

**Visitors may remain in the garden for up to half an hour after closing time.**







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Monday 6<sup>th</sup> - Coffee Morning / Petanca

Thursday 9<sup>th</sup> - Mahjong

Friday 11<sup>th</sup> - Discussion

Monday 13<sup>th</sup> - Table Games / Petanca

Tuesday 14<sup>th</sup> - Writing Workshop

Wednesday 15<sup>th</sup> - Monthly Lecture

Thursday 16<sup>th</sup> - Mahong

Saturday 18<sup>th</sup> - Meditation

Monday 20<sup>th</sup> - Table Games / Petanca

Tuesday 21<sup>st</sup> - Writing Workshop

Thursday 23<sup>rd</sup> - Mahjong

Monday 27<sup>th</sup> - History / Petanca

Wednesday 29<sup>th</sup> - Book reading

Thursday 30<sup>th</sup> - Mahong

### 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.



U3A gang enjoying games day!



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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

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

## HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chapàril, Nerja

## HOUSE AND HOME

## MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

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

Costa del Oro, Blq. 3 nos. 3 + 10,

Torrox Costa

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Block 3  
Numbers 3 & 10  
Torrox Costa  
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Mob: 635 445 279

## 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

### ORTHOPAEDICS

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

### PET SCHOOLS/TRAINING

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

### 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 San Miguel (St. Michaels Church), 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 Señora del Carmen (Fishersman Chapel), Chinasol, Almuñecar, Sundays at 9.30am.  
Chaplain:- Fr. Nigel Thomas.

### Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.  
Tel: 952 52 0291. Mass times, English and Spanish Sundays 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 Mar 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.  
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.  
Chaplain: Fr. Louis Durrant, Tel: 630 909 131  
Email: [info@stgeorgemalaga.org](mailto:info@stgeorgemalaga.org) or contact one of the 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 1<sup>ra</sup>**, (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 MAY COMING EVENTS & EXCURSIONS

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 14<sup>th</sup> May** - Coach Excursion to Gaucin. Please come and join us to visit Gaucin a town and municipality located in the mountains of Andalusia in the province of Málaga, inland from Marbella. On the way you will first visit Quesos Sierra Crestillina, (named after its location in the Sierra de Crestellina), arriving at approx, 10:00. This is a farm where the raw material extracted from the Payoya goat is transformed into cheeses and yoghurts in an artisanal and natural way. It is a small business run by a fourth generation of goatherds and cheesemakers, having its own livestock. Its goat herd is immersed in programmes for native breeds and improving the quality of milk. There will be a guided visit in English lasting 45 minutes, with wine and cheese tasting included, after which there will be time to buy products from their shop. You will then re-join the coach for a short journey to Gaucin, famous for its international artists' community, where there with free time to look around, see the Eagle Castle, the whitewashed streets, the fountain of the 6 spouts etc, and have lunch, leaving for the homeward journey at 16:30. Tickets available at the Centre price 36 Euros for Friends and 40 Euros for visitors. Basic insurance included. Proceeds for fundraising. Departure times: Algarrobo (Lidl) - 07:30, Caleta (Vets) - 07:35. Torre del Mar (Bus station) - 07:45, Fuengirola (Feria Ground) - 08:50, Fuengirola (Bull Ring) - 09:00.

**Friday 10<sup>th</sup> May** - A Talk on advice concerning Electricity Bills. Energy Lab is giving a talk about this interesting subject. Now a days the electricity market changes frequently, so it is necessary to have advice about how to read our electricity bill, how to change to another

company, our rights and the services provided under the best price according to your personal use of electricity. Time 13.00 at the Centre.

**Friday 31<sup>st</sup> May** - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

## COMING EXCURSIONS

**June** - Ronda Romantica, Cirque du Soleil 'Alegria',  
**July** - Montilla & Lucena

## Phoenix Club

The Phoenix club have moved to a new location, at Chines Restaurant in Caleta de Velez, just next door to the Eclipse Restaurant.

The Phoenix Social Club is open to all nationalities but the lingua franca is English. 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. Our handmade greetings cards are for sale every week with all proceeds donated to the Red Cross. We meet every Thursday between 12 noon and 2 p.m. at Chines Restaurant in Caleta de Velez, next door to the Eclipse Restaurant and just off the coast road to/from Algarrobo.

## Trips & Events

**May 3<sup>rd</sup>** - Trip to Gib €22 and includes €1 for the driver. Pick up at Lidi Algarrobo Costa at 08.30. The restrictions have now been lifted at the border.

**May 10<sup>th</sup>** - Cordoba Patios €27pp departs Algarrobo Lidl at 08.30 and returning from Cordoba at 5p.m.

**May 16<sup>th</sup>** - Craft Fair and Home baking Sale at our meeting place. If you have something decorative, arty or crafty to sell, please do contact me.

**June 8<sup>th</sup>** - Ronda Romantica, come enjoy the historical re-enactments €22pp

**June 21<sup>st</sup>** - Almodovar Castle in Cordoba, the site of one of the Game of Thrones episode. €27pp

**July 5<sup>th</sup>** - Trip to Gib €22 and includes €1 for the driver. Pick up at Lidi Algarrobo Costa at 08.30

**July 13<sup>th</sup>** - Antequera Light Festival, evening trip €20pp

**July 19<sup>th</sup>** - Benalmadena Marina €20pp – Why not hop on a catamaran for a dolphin watching trip?

**For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) 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](http://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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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 Aragon) welcomes new singers. Coraxalia, based in Velez-Málaga rehearse on Thursdays, 17:30 - 20:00 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) or 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 15<sup>th</sup> monthly.

#### Energy Lab

Observatorio de energia.  
Asesoría Energética

Friday 10th May 2.024  
at 13.00h

Help to understand and read the electricity bill. Know the most economical offers on the market to lower the cost of the invoice according to each criterion. **Free entrance.**

After the talk there will be a light lunch (vegetable cream & bread) available for €3





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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!



**Penthouse Ref: PS-2023-138**  
Are you looking for something very special? This beautiful penthouse-apartment is approx. 72m<sup>2</sup> built with a 13m<sup>2</sup> terrace, south facing with sea and mountain views. Living-dining room with a new American kitchen, bathroom, 2 bedrooms and high-quality wooden floors. Sold unfurnished with option to buy. Quiet area, easy parking, gardens and community pool.

**€248,000**



**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!

**€145,500**



**Apartment Ref: PS-2024-035**  
For sun seekers and nature lovers! Nice apartment with 2 bedrooms, living-dining room, fully equipped American kitchen and bathroom. Fantastic panoramic sea and mountain views from the terrace. West facing terrace with high-quality glazing enabling it to be a conservatory or open to the tropical green area. Sold fully furnished. Residential complex with communal pool and gardens.

**€149,900**



**Terraced House Ref: PS-2024-053**  
Completely renovated to create a modern and cozy atmosphere with 2 bedrooms, 1 bathroom, separate kitchen and large living room. South-west facing roof terrace, additional room and bathroom that can be used for guests or rented (separate entrance). Further covered terrace with option to glaze as a conservatory. Private gardens, parking space and communal pool.

**€270,000**

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**TORROX REF: 7680**

Well built Villa in a privileged location between Torrox & Frigiliana with guest apartment and panoramic Sea views: 3 beds, 3 baths, lounge with open plan kitchen, private pool, 2 storage rooms, several terraces, good access.

**Built: 140 m<sup>2</sup> Plot: 1.200 m<sup>2</sup> EPC: In progress**  
**PRICE: €425.000**



**CÓMPETA REF: 7768**

SOLE AGENCY: Superb terrace house walking distance to village. Stunning sea & mountain views: 3 beds, 2 baths, living/dining-room with fireplace, kitchen with utility room, community pool, parking space, a/c, large storage room,...

**Built: 109 m<sup>2</sup> Plot: 63 m<sup>2</sup> EPC: In Progress**  
**PRICE: €265.000**



**ARCHIDONA REF: 7754**

Completely renovated manor house, situated in the historic centre of Archidona, distributed on 3 floors: 7 beds, 5 baths, 2 lounges, a kitchen with pantry, library, garden, garage, patio, 1 storage, ... Ideal as a B&B business. Sold fully furnished.

**Built: 510 m<sup>2</sup> EPC: D**  
**PRICE: €365.000**



**SEDELLA REF: 7753**

Fantastic renovated townhouse with parking nearby: 3 beds, 2 baths, 2 lounges (1 with fireplace & the other with pellets stove), large arched covered terrace with mountain views & the Sea. Ideal as investment or holiday home.

**Built: 140 m<sup>2</sup> EPC: In progress**  
**PRICE: €99.000**

**29754 Cómpeeta**  
 Plaza Almirante, 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

