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June 2025

Number 327

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With more than 30 years of operation in El Capistrano Village, a nice restaurant next to the pool. Terrace overlooking the pool. 290m2. In addition to the restaurant it has a separate bar.

Price reduced: €750.000

Ref: REST



Apartment in excellent condition in Capistrano Village. Consists: Spacious Living room - kitchen, fully renovated bathroom and a large bedroom. There is a terrace with access to the communal swimming pool. A/C, wifi and parking close by. There is also a possibility to make a second bedroom.

Price: €198.000

Ref: Casa Argentina



Nice apartment in Capistrano Village. The apartment consists of 2 bedrooms, 2 bathrooms, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €332.000

Ref: NV1B



Attractive top floor apartment in Capistrano village. Comprising of 2 bedrooms, bathroom and a kitchen-living room. There is also a large terrace.

Price: €265.000

Ref: NV.101

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Beautiful penthouse in Maro. Comprises: spacious open kitchen-living room, 2 full baths, 2 beds and a big terrace with stunning sea, mountain and village views.

Price: €329.000

Ref: Maravillas



Beautiful townhouse in Capistrano Village. Divided into 2 floors. Ground floor:- living room-kitchen with access to the large garden. Upper floor:- 2 bedrooms and a bathroom. The master bedroom has a large balcony with beautiful views. South facing and communal swimming pool.

Price: €320.000

Ref: NV.002



Beautiful apartment in Capistrano village with one bedroom. Newly renovated kitchen and bathroom with sea views. No rental license or rental potential. Walking distance to Burriana Beach and the Balcon de Europa.

Price: €219.000

Ref: Carabeo



Semi-detached villa, build 100m2. Sea/mountain views. 2 bedrooms (en-suite), light living room and dining room leading to a large south facing terrace, WC and separate kitchen with breakfast bar and small utility cupboard. Central heating,, wood burning stove, a/c, double glazed and a secluded lower garden/patio.

Price reduced: €375.000

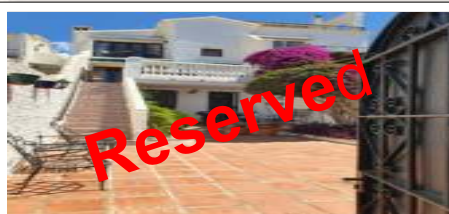
Ref: NV.18



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

Price reduced: €790.000

Ref: NV.EXO



Beautiful 3 bed villa in Capistrano Village. 1st and 2nd floor: 2 beds, bath, kitchen and terrace with sea views. Ground floor: Independent studio. Great location, very close to main pool, supermarket and parking.

Price: €370.000

Ref: NVL03



House in Maro, 146 m2 built and distributed over two floors. It consists of four bedrooms, living-dining room, kitchen, bathroom, patio, terrace and a solarium with sea views.

Price: €475.000

Ref: NVMAR4

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Thursday, June 19, 2025

Algarrobo - 09:30 Caleta - 09:35 Torre del Mar - 09:45

Visit to Sealife 11:00.
Departure at 14:00 to go to Benalmadena pueblo.
Free time for lunch, etc.
Departure at 3:45 p.m. to go to the Butterfly House.
16:00 Visit to the Butterfly House.
Opportunity to visit the Buddhist Stupa afterwards.
Departure at 5:30 PM.

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Thursday, July 17, 2025

Algarrobo - 08:30 Caleta - 08:35 Torre del Mar - 08:45

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(See replicas of Salvador Dali's statues)

Departure for short ride to La Cañada shopping centre, which includes M&S store.

Departure from La Cañada at 17:00.
Arrival at Torre del Mar at 18:30 approx.

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Country Property of the month

Cómputa:

Price: €459.000

CP623



Fantastic spacious country property in a wonderful location, only 3 minutes drive from Cómputa and less than 30 minutes to the sea. Private gateway leads to the property. Living space approx. 95m², garage approx. 71 m² that could be great for a separate guest apartment, attractive plot approx. 7.000 m² with many fruit trees and impressive countryside views.

Comprises:- bright, spacious fully fitted kitchen, open plan living/dining room, tiled shower room and three double bedrooms, the master bedroom has en-suite facilities. Lots of terrace space, swimming pool,

summer kitchen and pizza oven. Beautifully landscaped garden. Spacious laundry room with washing machine and tumble dryer on the roof terrace. A/C with heating in all bedrooms, double glazed windows and a private well. The views, the location and the immaculate condition make it a house that really could become your dream home in Spain. Ideal as a permanent residence, as a holiday home or to provide a rental income.



Cómputa:

Price: 119.000€



- Living space: 71m²
- Bedrooms: 2
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Townhouse

Ref. TH1212

Torrox:

Price: 440.000€



- Living space: 139m²
- Bedrooms: 3
- Pool: Yes
- Garage: Yes

- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryhouse

Ref. TCP248

Cómputa:

Price: 415.000€



- Living space: 193m²
- Bedrooms: 4
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Countryhouse

Ref. CP732

Arenas:

Price: 398.000€



- Living space: 147m²
- Bedrooms: 4
- Pool: Yes
- Garage: Yes

- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Countryhouse

Ref. CP059

Maro:

Price: 305.000€



- Living space: 83m²
- Bedrooms: 3
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Townhouse

Ref. NAP025

Corumbela:

Price: 110.000€



- Living space: 80m²
- Bedrooms: 2
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Townhouse

Ref. TH1169

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Welcome to Streetwise magazine -

This month we celebrate San Juan, this tradition is celebrated on the June 23rd and 24th, and it involves a variety of symbolic rituals and celebrations. Bonfires are lit on the beach, and people participate in the "Júas" burning ritual, a way to ward off negativity. A dip in the sea at midnight is a common practice, believed to bring good fortune and purify the soul. I'll be down on Torrox Costa beach popping my toes into the cool evening sea!

The temperature is once again rising exceptionally fast. We have a lot more tourists and it's wonderful to see them enjoying the local bars and restaurants, hopefully I'll see a few old faces return this year again.



Dawn x

streetwise
MÁLAGA

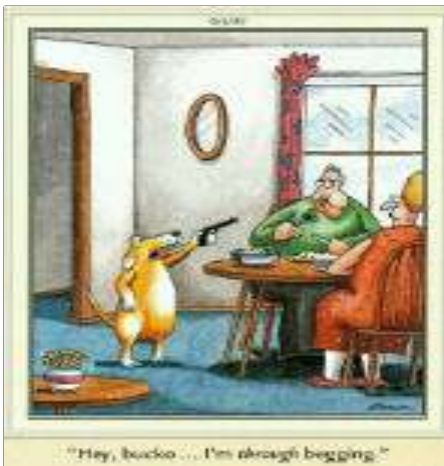
Junio/June 2025
Issue Nº 327

Web Site: www.streetwise.es

Email: info@streetwise.es

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Published by Streetwise
Apartado de Correos 136,
Torrox, 29770 Málaga, España
Publisher: Dawn Ashurst
Sales: (0034) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
Deposito Legal: MA 3272-2009



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**A father and son wanted for drug trafficking arrested in Malaga.**

An international operation against drug trafficking between the Italian authorities and the National Police resulted in a father and son wanted in Italy being arrested in Malaga. The events took place between August 2020 and December 2021, when both were responsible for importing, transporting and selling large quantities of narcotic substances, including cocaine, marijuana and hashish. Both were responsible for promoting, organizing, and distributing the substances from Malaga.

Bus driver in Ronda tested positive for cocaine.

A school bus driver carrying 12 minors on the bus tested positive for cocaine. He was also fined for lacking insurance and specific signage for schoolchildren. Officers from the Malaga Traffic Subsector reported the driver of a school bus for driving while intoxicated, the events occurred on March 14th, 2025, on the A-374 highway in the Malaga municipality of Ronda.

Malaga home opens to help inmates reintegrate into society upon release.

Women without financial resources or support networks now have temporary shelter to help them after regaining their freedom.

It is a social integration project to help support the women and allow them to live freely and normally.

Málaga's third hospital.

A third hospital will be built on the parking lot of the Civil Hospital. Tenders for the construction contract and the concession for the parking lot has been published, at a cost of €607.5 million and a 75-month completion period.

The deadline for submitting bids will end in July.

100 people defrauded with fake rentals.

An investigation determined that the individual posted fake rental ads for homes located in various locations across the country. He stole identities and moved €80.000 euros through mule accounts. More than 100 residents across all the Autonomous Communities were allegedly defrauded. The victims paid various amounts of money as a deposit, which the victims agreed to without warning and in haste for fear of losing the rental option due to high demand. At the time of his arrest, the man had 12 legal complaints filed by various courts throughout Spain for the investigation of similar crimes.

Man drowns on Fuengirola beach.

A man was rescued by two people, but emergency services were unable to revive him after. According to the callers, the man was found about 60 meters from the shore, struggling to get out of the water.

Police officers deliver a baby girl in a car.

Three police officers on duty in Marbella, carrying out duties related to this Citizen Security Unit in an unmarked vehicle, observed a 36 year old Ukrainian man getting out of his vehicle near a hospital, his partner about to give birth was in the car. With no time to transport her to the hospital, the National Police placed the mother in the back seat of the vehicle, as she was ready to give birth. Upon the paramedics arrival, the officers made way for the medical professionals.

Continued on page 10



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A man arrested in Malaga for masturbating on the beach

Local Police were alerted regarding a man masturbating on the beach in front of minors. The man was arrested for exposing himself and then taken to the police headquarters, where officers confirmed that he had several arrests for robbery with violence.

Foreigners in Malaga.

At the end of 2024, Malaga was the sixth province with the highest number of registered foreigners. Malaga is also the sixth most populated province in Spain..

Golf buggy plunges into river.

Two men aged 29 and 46 were left injured at the Santa Clara Golf club in Marbella when their golf buggy plunged into a river. The victims were rushed to the Regional Hospital in Malaga by air ambulance. At the moment, their conditions are unknown.

Collision on the Costa del Sol motorway.

A multiple collision took place at La Cala del Moral on the Costa del Sol. The collision happened on the Malaga-bound carriageway.

66.000 Airbnb rental listings in Spain to be removed.

Airbnb have been told to remove 66.000 properties by a Spanish court but Airbnb have announced plans to appeal the Spanish high court ruling. The removal of the listings is due to the properties breaching regulations for tourist accommodation.

The rise of Social Security scams in Spain is catching people off guard.

A fresh wave of scams is going around in Spain right now it's focusing on Social Security. Thousands of people have already been caught out by this Social Security scam either by a phone call or computer message.

Bad parking in Spain.

Spain has laws in place to punish drivers who park across multiple spaces, and it could now become very expensive. When a vehicle is parked across two or more spaces, it can be considered a violation and lead to a fine.

The costs vary from minor offences being between €80 and €100, and serious offences could cost up to €200. If the fine is paid within 20 calendar days you are eligible for a 50% discount, but forfeit the right to dispute the ticket.

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Price: €349,000

Ref: IN-936_IMN



EL ZOCO DE NERJA

Large commercial space for sale in Nerja's Zoco. Approximately 190 m² plus a terrace with a garden for use and enjoyment.

Price: €215,000

Ref: CNP48100

PROPERTY OF THE MONTH



FLAMINGO - NERJA

Stunning spacious townhouse with 4/5 bedrooms, 3 bathrooms, private pool and garage. Sunny roof terrace with beautiful views. Walking distance to the centre and the beach.

Price: €410,000

Ref: CN48686



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Price: €680,000

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Ref: CN48683



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Price: €865,000

Ref: CN48676



TORROX COSTA

2 bedroom apartment located just 50m from the Peñoncillo beach. 2 bathrooms, spacious lounge and terrace.

Price: €259,000

Ref: IN_872_IMN



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Lux Mundi, Torre del Mar recently took 34 friends on a fabulous excursion to the province of Huelva. They arrived at their hotel, opposite the Museum of Huelva in the early afternoon and spent the rest of the day exploring this interesting city, with so many points of interest, including the Rio Tinto wharf, the Cathedral of Santa Iglesia de Nuestra Señora de la Merced and the 'Barrio Obrero Reina Victoria', with its Historical British style houses and the many monuments.

The following day the group visited the Rio Tinto mines with a 4 hour guided tour included. After meeting the guide, they drove out to the vast Corta Atalaya Mine and watched the workers manoeuvring the huge trucks around. They then rode on the old mining train, viewing the weird, colourful landscape and the red Rio Tinto River. Also included in the tour was a visit to the mining museum and House 21, one of the houses used by the mine workers in days gone by. There was then free time to have lunch before returning to the hotel.

On Thursday the destination for the day was Aracena where they visited La Gruta de la Maravillas (the Cave of Wonders), a network of limestone caverns with impressive rock formations that have taken centuries to form. These caves are amazing and considered one of the most amazing natural treasures of Spain. A visit to the Ham Museum and the Castle was also included for those who

still had energy left after the difficult walk in the caves.

There was time to have lunch in the beautiful old square, before returning to Huelva.

On the last day there was time for an early breakfast before joining the coach to go to the beautiful Doñana National and Natural Park. Bursting with life, thanks to a season of heavy rains, this visit was the crowning glory of the trip to Huelva. The once-parched marshlands have returned to their former glory and, according to the wonderful guide, Sonya, are the best for 20 years. The bird life was spectacular with hundreds of Flamings, Spoonbills, Storks, Red Kites, Black Kites, Owls, Terns and many more species to be seen. Lunchtime was spent in El Rocio before travelling to the Muelle de las Caravelas to climb on board the replicas of Columbus's 3 ships and visit the museum.

On Saturday morning, after a leisurely breakfast, the group returned to Torre del Mar, arriving back mid-afternoon. All agreed that this had been a wonderful trip with friendly people, a great hotel, fabulous weather and an interesting itinerary, with visits to some fantastic places. A trip to be remembered.



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Almijara, Nerja Townhouse (430) Price: €350.000

Townhouse on 2 floors. Ground floor:- terrace with jacuzzi and chillout area at the entrance, living room, separate kitchen, bathroom and backyard converted into a cosy relaxation area. Top floor:-3 bedrooms and bathroom. Facing East/West with panoramic views towards the mountains. Very bright and sunny. Quiet urbanization, approx. 5 minutes from the centre and the beach. Communal pool and residents parking. In good condition, ready to live in.



Commercial premises, Nerja (445) Price: €215.000

Large commercial premises, 190m2 approximately with terrace and garden. Very bright with windows and good ventilation. Independent access from the street. Ideal for opening a gym with an outdoor exercise area, meeting room, religious centre, creative painting workshop, restaurant or any type of business.



El Peñoncillo Torrox Costa (432) Price: €265.000

First floor corner apartment facing the sea. Enjoy spectacular sunsets. Small, quiet block with elevator very close to the Mediterranean. Consists:- living room facing south with access to a terrace, kitchenette, bathroom with bathtub and 2 bedrooms, both also facing south. Excellent sea views.



Torrox Pueblo (442) Price: €180.000

Townhouse over 3 floors. Ground floor:- spacious living room and a fully furnished independent kitchen. First floor:- 2 bedrooms and a large family bath with bathtub. Second floor:- 2 bedrooms and a small terrace where you can access the sunny roof terrace with south orientation and great views of the village and the sea. A few minutes walk from the town centre, in a quiet, pedestrian street with good neighbours.

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ARIES:- (March 21st - April 19th)

You may not want to offend other people but some of the things you have to say over the next month is unlikely to go down well with those who would prefer to avoid the truth. Call it as you see it and to hell with the consequences.

Luckiest day:- Tuesday

TAURUS:- (April 21st - May 21st)

Step into the spotlight and let the world know you exist. You may be reluctant to draw attention to yourself but this is one of those times when your communication skills could be useful in winning important people round to your way of thinking.

Luckiest day:- Wednesday

GEMINI:- (May 21st - June 20th)

The fact that you have fallen behind a bit in your chores over the last month or so no longer matters. The Sun in your sign this month means you will have bigger fish to fry, so let others take care of the small stuff.

Luckiest day:- Thursday

CANCER:- (June 21st - July 22nd)

It may look as if your luck has run out but if you allow your mind to get into that sort of negative groove you may never get it out of there again. Focus on what is going right in your life, there's plenty you can be proud of.

Luckiest day:- Monday

LEO:- (July 23rd to August 22nd)

You will find it easy to get things done this month and even easier the following months. Most tasks you can deal with on your own but there will be one job that requires a team effort to succeed, so ask for help when you need it.

Luckiest day:- Friday

VIRGO:- (August 23rd - Sept. 22nd)

If you don't like what has been happening on the work front then you must speak up about it. The Sun in the career area of your chart makes this a promising time for your long-term ambitions, but you've got to be brave.

Luckiest day:- Friday

LIBRA:- (Sept. 24th - October 23rd)

Any risks you have taken with money over the past few weeks will either pay off or cost you dearly over the next month. Whatever the outcome you must then move on from your old goals and focus on something new and exciting.

Luckiest day:- Monday

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

The fact that some people do not approve of what you are doing not only won't deter you but may actually make you even more resolved to rock the boat. Your determination to succeed means you won't allow yourself to be dictated to.

Luckiest day:- Friday

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

The message of the stars this month is that if you waste time on matters that are of no real consequence you may lose the support of partners and loved ones and colleagues. A more serious attitude to life in general is an absolute must.

Luckiest day:- Sunday

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

There is no reason to be suspicious of what colleagues are up to on the work front. This month you should be able to see that there is a method to their apparent madness. In fact they are every bit as sane as you are.

Luckiest day:- Saturday

AQUARIUS:- (Jan. 21st - Feb. 18th)

The more people you can win over to your side the easier it will be to turn a big idea into big profits. Explain to friends and colleagues in plain and simple language why backing your latest proposal is as good as money in the bank.

Luckiest day:- Thursday

PISCES:- (Feb. 19th - March 20th)

You have a tendency to focus on minor details while overlooking the bigger picture but that needs to be turned on its head. Look beyond your immediate environment and take note of what is going on in the world, and how you can profit from it.

Luckiest day:- Wednesday

Horoscopes



Edf. Florida, Nerja

New to the market, this fully refurbished 2 bedroom apartment offers stunning panoramic sea views from its south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Edf. Florida complex, with a large communal pool, gardens, and secure parking. Ideal as a full-time residence or holiday rental investment.

Price: 350,000 euros Ref. JG1053

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Edf. Toboso, Nerja

Exceptional top-floor corner apartment in Edf. Toboso, just steps from Torrecilla Beach. This bright home features a west-facing balcony with stunning sea and mountain views, an open-plan living/dining area, two double bedrooms, and two bathrooms. Ideally located near shops and restaurants, it's perfect as a holiday home or rental investment in central Nerja.

Price: 315,000 euros Ref. JG149TPM



Edf. Avenida, Nerja

This charming studio apartment, just steps from the Balcón de Europa and the beach, offers a bright, open-plan living space with a fully fitted kitchen and modern bathroom. Enjoy a south-facing balcony with sunlight throughout the day. With a tourist rental license and great rental history, it's an ideal investment or holiday retreat.

Price: 185,000 euros Ref. JG1043

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Urb. Ladera del Águila, Nerja

Elegant semi-detached villa in Ladera del Águila, Maro, offering 182 m² of living space on a 300 m² plot. Features include a private pool with retractable cover, sea views, garage, and multiple terraces. With four bedrooms, three en suites, and Mediterranean charm, it's close to Maro village, the Nerja Caves, and the Natural Park.

Price: 499,000 euros Ref. JG1058TPM

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Exceptional townhouse in the heart of Frigiliana, perfectly situated on Calle Real. Meticulously refurbished with exquisite taste, this unique property effortlessly blends traditional charm with modern comforts to create the ideal family home or investment opportunity.



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Frigiliana - NPSV2418 **249.500€**

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Parc Samà Historical Garden

Modernism and nature. Their inseparable relationship, guided by the master Josep Fontserè i Mestres and in collaboration with Antoni Gaudí. A place from which to understand the exceptional nature of this universal Catalan artist's work. Grottoes, walkways, and benches that evoke rocks, shells, and branches, carefully designed to be seen as if they were a landscape. This is the beginning of Modernism and Antoni Gaudí's career; it is the architecture of Parc Samà.

In 1881, Salvador Samà commissioned Josep Fontserè i Mestres to build a holiday home surrounded by gardens reminiscent of the lost island of Cuba. Parc Samà is the perfect fusion of the developer's sensitivity and the creativity of his master builder. He was a master of great works, but also of other masters. He directed and built works such as the Ciutadella Park in Barcelona with the collaboration of Antonio Gaudí. The greatest exponent of Catalan modernism participated in Parc Samà. Here he worked with wrought iron, ceramics, wood, and glass, materials that later became his raw materials. Parc Samà is the perfect fusion of sensitivity and creativity, nature, styles, and art: the best launching pad for the genius and eclectic modernism of Antoni Gaudí.

Parc Samà is a garden with memory; it is what it hides and what it tells. The life of Marquis Salvador Samà i Torrents was very dynamic, and the park reflected his political and social commitment. Parc Samà hosted visits by HM King Alfonso XIII and Queen Victoria Eugenie, and was the venue for numerous political meetings and conventions. In the 1920s, the Development Council carried out several botanical experiments, particularly trials aimed at eradicating the olive fruit fly.

Part 2

His passion for nature led him to become a collector of animals brought from various places. The garden owes its name to the fact that, due to his hobby, it was equipped with various pavilions and cages housing pheasants, parrots, wolves, monkeys, crocodiles, a panther, and even a bear, peacocks, Peruvian llamas, macaws, marabous birds, swallows, swans, ostriches, parakeets, and beautiful aquariums that completed the Parc Samà's fauna.

Besides nature, Salvador Samà i Torrents's great passion was horses, and he kept magnificent specimens in his park stable. His collection of horse-drawn carriages was considered the finest in Spain. Besides being a wide variety (tilburis, landaus, covered carriages, and mourning carriages), most were made by the prestigious Binder company.

His grandson and successor, Salvador Samà i Coll, inherited his grandfather's character and virtues and became the next owner of the park. He rode horses, was attentive to detail and sociable, and had an innate aesthetic taste. He was also a great person who was loved by everyone. He inherited his grandfather's passion for aesthetics and the park. He would spend hours and hours in the garden, knew every tree, and would sit on a bench for long periods of time to see what he could improve. Salvador Samà i Coll was the first Samà to open the doors of his garden to the public, and he often chatted with tourists. He spoke German, English and French perfectly, and when he was on the veranda having a snack, he had invited visitors to join him more than once.

But Parc Samà has also witnessed the Civil War. In 1936, the park was used exclusively for military purposes. The palace and gardens were confiscated by the Cambrils Anti-

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Feixist Committee, and the grounds became a Military Training Centre, where thousands of soldiers passed through and were sent to the trenches after just a few days. The sign of the quartermaster's kitchen and the entrance to the air-raid shelter can still be seen. It is estimated that at the height of the war, some 2,500 soldiers were stationed in barracks and tents scattered throughout the grounds. The machine-gun section was positioned in the Angulo Tower under the command of Captain Medrano.

In 1938, the park housed the soldiers of the "Quinta del Biberón" (Baby Bottle Regiment), who, after receiving military training for just three days, were sent to the Ebro or Segre lines. At the end of the same year, a "Hospital de Sang," or field hospital for the war wounded, was established within the grounds. The post war period brought changes, and what had been a hunting estate became a farm. Olive trees, vines, and hazelnut trees were planted. A winery and a winepress were built, where muscatel wine was produced and sold directly. More than twenty farmers worked the land.

During this new phase, Parc Samà hosted the first editions of the Cambrils International Classical Music Festival. Salvador Samà i Coll, a music lover, was the driving force behind this festival, along with Lluís Recasens, the mayor of Cambrils at the time. Salvador Samà made the garden available for concerts, which featured performances by José Carreras and Montserrat Caballé, among others. Alfonso de Fontcuberta, 7th Marquis of Marianao, received the park as a donation from his mother in 1981 and made the second major change to the park: he restructured the estate, invested in machinery, planted new trees such as almond and peach trees, and marketed the produce wholesale. He installed drip irrigation throughout the estate and for all this, he received the Deu Award from the Institut Agrícola de Catalunya as a model estate. Alfonso de Fontcuberta realized that the park had become a tourist attraction, and after a trip to California, he copied the model of visiting places with cultural and leisure attractions. Thus began the tourist visits and marketing of the park through intermediaries. In this sense, it could be said that Parc Samà was the first leisure park in Spain.

CONTACT:-

Tel :- 0034 977 82 65 14

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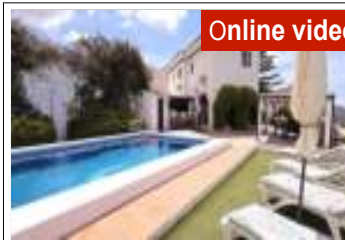


Cómpeta New this month!
A great business opportunity (336m²) villa with 4 rental rooms, owners accommodation and separate apartment, possible to convert for additional rental potential, fantastic outside space, gardens, terraces and private pool area, great location.
Price: 749.950 euros
ref: b 1561 EPC: E



Online video

Salares New this month!
Gorgeous traditional Moorish style 3/4 bed, 2 bath townhouse (131m²), sympathetically restored, reception room, living/dining with separate kitchen, upper & lower terraces with views over the roof tops and countryside.
Price: 195.000 euros
ref: t 1564 EPC: In progress



Online video

Canillas de Albaida New this month!
A 3 bed, 3 bath villa (155m²) with pool, situated in a fantastic location walking distance to between Canillas De Albaida. This property offers a spacious and comfortable family home, complemented by great outside space.
Price: 449.950 euros
ref: v 1569 EPC: In progress



Online video

Valle-Niza Near the beach!
This fabulous townhouse (145m²) has 4 beds, 2 baths, + WC located in a secure, gated community. Spacious living accommodation, terraces with stunning sea, communal pools and mountain views.
Price: 340.000 euros
ref: t1560 EPC: In progress



Cómpeta New this month!
Delightful 3 bed, 2 bath (109m²) villa, lounge/dining with separate kitchen, great terrace areas, private swimming pool, easy access & parking.
Price: 285,000 euros
ref: v1570 EPC: In progress



Online video

Canillas de Albaida New this month!
Beautifully renovated 1 bed 1 bath village house (90m²) with sofa bed in the spacious lounge. Finished in an attractive rustic style, this traditional house has many stunning features. The superb sunroom and roof terrace have open countryside and sea views.
Price: 152,000 euros
ref: t1565 EPC: In progress

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

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The Costa Animal Society...

Holly and Star



Holly

Holly and Star were rescued as young pups on Christmas Day a couple of years ago, when they were found by a Swedish holidaymaker who was taking a walk along the Rio Chillar in Nerja. The Costa Animal Society (CAS) was contacted for help by the Swedish lady on Boxing Day stating she would only be in town for a week and she did not know what to do with the pups. A foster home is difficult to find at normal times and with it being the holidays the local kennels were full with private customers but after a reshuffle of the schedule emergency accommodations were secured on a temporary basis. However, after the Christmas season passed and things quietened down it was decided that Holly and Star would be able to stay at the kennels on a permanent basis until new homes could be found.

At the time, Holly was about 3-4 months old and she has an outgoing yet sweet personality so everyone thought she would be rehomed fairly quickly but perhaps because of her rugged good looks, or with her being mislabelled as a Mastiff cross, she has been passed over for smaller and cuter dogs. Now that Holly is fully grown her breed has been re-evaluated and CAS now thinks she is a large version of a Teckle/Dachshund as she has relatively short legs. Holly is slightly more muscular than her sister and is a bit darker in colour. She has been spayed, is in very good health and is fully vaccinated.

Star

At the time, Star was about 3-4 months old and she has a gregarious and friendly personality so CAS thought she had a good chance to find a new home. However, possibly because of her appearance or because she was initially determined to be a larger breed, Star has been passed over all year for smaller and cuter dogs. Now that she is an adult, it is clear that Star is more of a Teckle/Dachshund as she has relatively short legs. Star is a bit smaller than her sister but has a more determined nature. She has been spayed, is in very good health and is fully vaccinated.

You can see how well behaved these two dogs are as they are taken out for their routine exercise walks.

If you would like to meet Holly or Star, please contact Seacrest Kennels at 711 028 847 or 646 613 885, or email us on costaanimalsociety@gmail.com

You can find us on Facebook - Costa Animal Society CAS where there is more information.

Or pop into our shop in Calle Antonio Millon 13 (Next to Café Aloha), Nerja,

Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

If you would like to help CAS in their work and donate, please go to our website where you will find our bank details, costa-animal-society.square.site

AXARQUIA ANIMAL RESCUE

Spare change, coin collecting

Do you have some spare change cluttering up your sideboard or thrown in to a drawer?

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As a not-for-profit charity every penny counts, and your spare change can soon add up to make a huge difference.

Before you know it your jar is full and it will be enough for AAR to buy some well needed medicine or food for the animals in our care.

Every little helps.

Full jars can be dropped off at either Trapiche Market or our charity shop in Torre del Mar, or just contact us and if one of our volunteers lives nearby we would be only too happy to collect it.

For more information and other ways to raise much needed funds please visit our website at
www.axarquiaanimalrescue.com/donate

Fostering

Here at AAR we are crying out for fosterers.
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Fostering is vital to the welfare of the animal. It gives them a better chance of finding their forever family and teaches them what it's like to live in a home and be cared for. Maybe you've had a dog or cat in the past, but you're worried having a pet would tie you down; or maybe you're concerned about the rising cost of owning an animal, after all veterinary care isn't cheap. Well, here at AAR we work with you.

All our dogs are fully funded so you are never expected to pay for anything. Plus, if time is a concern, then we offer a buddy service to help you on the days having an animal to care for isn't convenient. Fostering brings so many rewards, and not just for the animal. You know you're making a real difference as you watch them thrive and find their forever home. Yes, there will be tears, but they will be happy tears as you say goodbye knowing it was a job well done. If you're interested in fostering or becoming a buddy, then please get in touch as we would love to hear from you.

Email: axarquia-rescue@hotmail.com or call Diane on 0034 692 962 429.

Don't forget to join AAR on Teaming and donate 1 euro per month so AAR can keep helping dogs like Benny - click on the link and follow the instructions.

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Axarquía Animal Rescue



AAR 2782 - George

Happy, playful, fun loving George is one of Willow's pups. Born 18th Feb 25, has had his first vacs, is chipped and passported. Gorgeous little boy who plays well with his big sister and has no problem with the cats in the house. Confident and sociable, but does love his sleep. Expected to be on the larger side of medium when fully grown. If you could offer George his loving home, please email axarquia-rescue@hotmail.com or visit our website where you will see more photos and information.

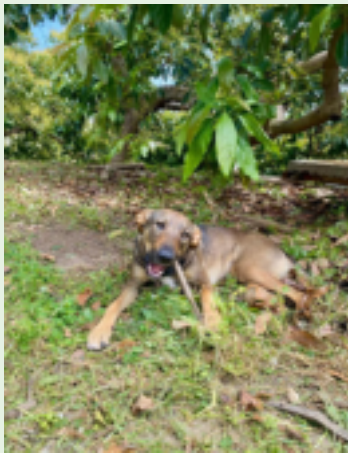
AAR 2784 - KB

Born 18th Feb 25, another of Willow's pups. I'm a happy playful pup and I'm looking for my forever family. Please let that be you. I'm good with other dogs and cats, and although I am small, I am expected to be a medium/large girl when I grow up. As I am only little and I love to meet new friends and to explore the world. I am chipped and vaccinated. If you are interested in me, please email axarquia-rescue@hotmail.com and quote my name and AAR number.



AAR 2747 - Betsie

Betsie is now 16 months old and living in a foster home. Betsie has a shy personality. She loves other dogs! Betsie enjoys riding in a car and going on walks. She is fully vaccinated and neutered and is ready to find her forever home. Betsie & Luna are sisters, and were raised with their mum in kennels. They are both now in a loving foster home together. They are both very shy dogs, and sadly their timidness has put prospective adopters off - could you be the one to spend time to get to know either one of them? Once they trust you, you will be showered with love and affection. Please email axarquia-rescue@hotmail.com for more information.



AAR 2781 - Benita

Benita is an adorable pup. She is confident and friendly with people, dogs and cats. She is very quick to learn and will make a fantastic family pet. She will be medium/large when fully grown, date of birth 18th Feb 25. Benita is currently in kennels and would also benefit from living in a foster home. For more information on adoption or fostering, please email axarquia-rescue@hotmail.com



Candy is a sweet, gentle 6 year old Podenco mix who recently experienced a huge loss, the passing of her adoptive parents. She's now back in the care of Axarquía Animal Rescue and in need of a loving home. She is great with cats, dogs and humans alike and has lived in a home for the past six years. Currently in kennels, but she would love a home of her own, or even a foster home. Please email axarquia-rescue@hotmail.com for more information.



Join Us at AAR Charity Shop

Want to make new friends? Practise a spattering of Spanish with the locals? Our charity shop at 147 Avenida de Andalucía, Torre del Mar (the main road through town and close to the Thursday market) is looking for dedicated volunteers to help us with a variety of tasks, from sorting donations to assisting customers. Come and be part of something special - help us make a positive impact in the lives of those who need it most and help us raise money for AAR. Our Shop is open Monday to Saturday 10am until 1.30pm. If you think you can spare us a few hours, then Liz Pusey, our shop manager would love to hear from you. You can contact Liz via our email address: axarquia-rescue@hotmail.com or come visit us at the shop. We'd love to meet you.

AAR 2746 - Luna

Luna is almost 16 months, has her pet passport and has been neutered. Luna ADORES other dogs! Luna is currently living with foster parents and their three dogs. Luna is a very sweet, quiet dog. Luna loves to greet everyone with a goofy smile when she wakes up in the morning! Luna is a bit shy when she first meets a stranger, but once she gets to know you, she will love you for ever. Please email axarquia-rescue@hotmail.com for more information.





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Why You Should Train Your Dog – For Their Happiness and Yours

By Karen Wallace

Training your dog isn't just about getting them to sit, stay, or walk nicely on a lead. At its heart, dog training is about communication, trust, and creating a shared understanding between you and your furry companion. Whether you've just brought home a bouncy puppy or have an older dog in need of a confidence boost, training lays the foundation for a happier, safer, and more fulfilling life together.

A well-trained dog is not only easier to live with, but also more confident and less anxious. Dogs, like humans, thrive with clear boundaries and structure. When they understand what's expected of them, they can relax and enjoy life. It also means you can confidently take them to the beach, café, or hiking trail without worrying about them jumping up on strangers or running off after a pigeon.

But training is not just for your benefit—it's for theirs too. Mental stimulation is crucial for a dog's wellbeing. Training sessions give your dog the opportunity to use their brain, solve problems, and feel successful. For high-energy dogs, a short training session can be more tiring than a long walk!

Perhaps one of the biggest misconceptions is that training is only for "naughty" dogs. In truth, all dogs benefit from learning, no matter their age or background. And it's never too late to start. In fact, training often helps build trust and a deeper bond, especially with rescue dogs or those who have had a rough start in life.

Positive, Professional, and Local:
Dog School Nerja

For dog owners in the Axarquía region, Dog School Nerja offers a range of professionally run classes that are not only effective but fun and



friendly too. Using only modern, reward-based methods, the school focuses on building trust and mutual respect between owner and dog. Their popular group classes cover everything from life skills for beginners to recall masterclasses and agility fun. Whether you're starting from scratch or fine-tuning your dog's skills, there's a course to suit every stage of the journey. All classes are held locally in Nerja, making them easily accessible for residents and visitors alike.

What sets Dog School Nerja apart is its supportive, inclusive atmosphere. You won't find any harsh methods or old-fashioned dominance techniques here. Instead, it's about working with your dog, not against them. Dog School Nerja also offers online courses, private training, and access

to their Members Hub for continued support. Their goal is simple: to help you and your dog enjoy a better life together.

So if you've ever found yourself frustrated, overwhelmed, or just curious about what your dog is thinking, training might just be the answer. It's not about creating a perfectly obedient robot - it's about building a real partnership with your best friend.

Ready to get started?

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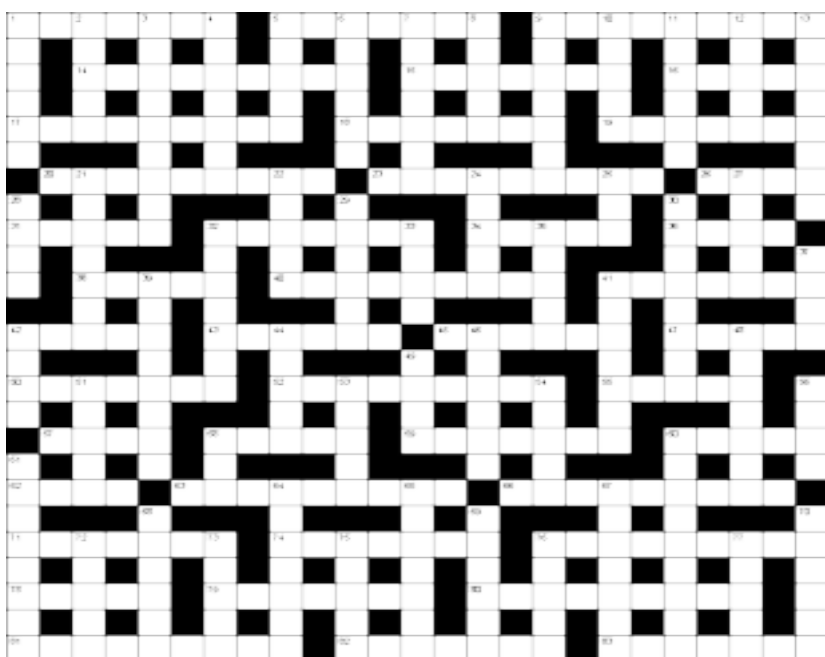
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Across

1. Liberty (7)
5. Infers (7)
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16. Paragon (5)
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18. Perfumed (7)
19. Biggest (7)
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38. Canoe (5)
40. Stubbornly unyielding (9)
41. Akin (7)
42. Taut or rigid (5)
43. Assail (6)
45. Dissertation (6)
47. Topic (5)
50. Inhabited (7)
52. Parts of a sonata (9)
55. Unit of weight (5)
57. Spoil (4)
58. Harvests (5)
59. Looked at briefly (7)
60. Stage (5)
62. Swerve (4)
63. Congenial (9)
66. Promenade by the

Down

71. Dried grapes (7)
74. Lasted (7)
76. Graphic symbol (9)
78. Male relation (5)
79. Free time (7)
80. Enfolds (9)
81. Inaccurate (9)
82. Timidity (7)
83. Betrayal (7)
1. Secure (6)
2. Boredom (5)
3. Not easy (9)
4. Half woman, half fish (7)
5. Stingless male bee (5)
6. Refrain (6)
7. Hide (7)
8. Slumbered (5)
9. Constructor (7)
10. Majestic (5)
11. Bird sanctuary (6)
12. Female relative (5)
13. Wasting time (8)
21. Fowl (7)
22. Precise (5)
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28. Small island (4)
29. Informal meal outside (6)
30. Set of bones (8)



32. Clumsy (7)
33. Engrave (4)
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37. Rim (4)
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41. Answer (7)
42. Ripped (4)
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61. Prelude (8)
64. Foes (7)
65. Theft (7)
67. Pamphlet (7)
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69. Stick (6)
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More than just a drink: Finding clarity this summer

As summer begins and the days stretch longer, many of us look forward to holidays, barbecues, and relaxed social gatherings. Warm weather and long evenings can encourage social drinking - but what if that one glass is turning into many? For some, this season can bring more than just sunshine; it can highlight a growing reliance on alcohol.

Perhaps you've found that drinking has become part of every weekend - or even every day. Maybe you've told yourself, I'll take a break, only to find yourself reaching for another drink anyway. If you feel alcohol is no longer just part of the fun - but something you need - it may be time to pause and reflect.

If this sounds familiar, you're not alone. Many people find that alcohol has slowly crept into their daily routine, only realising it's taken hold when something goes wrong - or when everything starts to fall apart.

For those ready to make a change, Alcoholics Anonymous (AA) offers a supportive, confidential space where people share their experiences and discover a path to freedom from alcohol. Here are two honest accounts from people who found a new way of life through AA:

Alice, 44, began drinking in her teens. Over time, it became a daily habit - one that took over her life.

"Hardly anyone ever said anything," she reflects. "But I knew something was wrong. I hit my lowest point when I passed out with a pack of Valium in my hand. I woke up, still holding it, and asked God what to do. The answer was clear: stop drinking."

Her life was in chaos. "My daughter wasn't speaking to me, my husband hated me, and I was living in a rented place I'd let fall apart. Then I found a website for people trying to quit drinking, and from there I met members of AA." Alice's first meeting was online. "I didn't understand what was going on, but I stayed sober. I kept going. I found a sponsor and started working the programme. I don't know how the 12 Steps work - but they do. And they've helped me get my life back."

Mikael, 45, had a loving family, a successful career, and a happy home - but he couldn't stop drinking.

"I passed out on the kitchen floor at 11 a.m. after three gin and tonics. I woke up in bed, my wife and son crying beside me. That was the moment I knew I had to change."

Two weeks later, he walked into his first AA meeting. "I didn't know what to expect, but people were kind. They greeted me and made me feel welcome. That was all I needed."

Now over a year sober, Mikael says, "Life is better - still a work in progress - but I show up for it now."

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

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

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SCAN ME



Spinach and Ricotta Stuffed Mushrooms

Spinach and ricotta stuffed mushrooms

Serves:- 4

Ingredients:-

8 large flat mushrooms, stalks removed
250g reduced-fat ricotta cheese
1/3 cup grated Parmesan cheese
1 egg
3 cups baby spinach leaves, finely chopped
3 green shallots, finely chopped
1/4 red capsicum, finely chopped
1/4 cup chopped basil leaves
1 tsp Tuscan seasoning
2 tsp grated lemon zest
Pinch of ground pepper
Olive oil

Preparation:-

Preheat the oven to 180°C. Line a baking tray with baking paper. Place the mushrooms, stalk side up, on the prepared tray. Combine the remaining ingredients, except oil, in a large bowl and season with pepper. Spoon the ricotta mixture evenly onto the mushrooms and lightly drizzle with olive oil. Cover with foil and bake for 15 minutes. Remove foil and bake for a further 20 minutes or until mushrooms are tender. Serve.



Apple and Cinnamon Slice

Apple and cinnamon slice

Serves:- 16

Ingredients:-

1/2 cup apple purée
1/3 cup caster sugar
2 eggs
1/2 cup reduced-fat natural Greek yoghurt
1 tsp ground cinnamon
1 cup wholemeal self raising flour
200g canned apple slices

Preparation:-

Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin. Add the apple purée and sugar to a large bowl and whisk until combined. Whisk in the eggs, one at a time until combined. Add the yoghurt and cinnamon and whisk to combine. Add the flour and gently fold through until combined. Spoon the mixture into the prepared tin. Arrange the apple slices on top. Bake for 20-25 minutes, until a skewer inserted in the centre comes out clean. Stand in tin for 10 minutes before turning out onto a wire rack to cool. Slice and serve.



Zucchini and cheese hashbrown cups

Serves:- makes 12

Ingredients:-

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Olive oil
 500g potatoes, peeled, grated & liquid squeezed out
 2 tbsp olive oil
 Pinch of salt
 Freshly cracked pepper to taste
 6 eggs
 4 egg whites
 ¼ cup reduced-fat cheddar, grated
 2 zucchinis, grated & liquid squeezed out
 4 spring onions, diced
 1 cup frozen peas.

Preparation:-

Pre-heat the oven to 200°C. Liberally grease a standard 12-cup muffin tin with olive oil. In a large bowl, combine the potato and olive oil. Add a pinch of salt and pepper. Divide the mixture evenly into the muffin cups and press firmly into the bottom and up the sides to form a well. Bake for 15 to 20 minutes or until the edges turn golden. Meanwhile, in a separate bowl, whisk together the eggs. Add the cheese, zucchini, spring onion and peas and mix to combine. Once the hash browns are cooked, remove from the oven and slowly pour the egg mixture into each cup. Return to the oven and cook for 15 minutes or until the eggs are set. Run a knife around the outside of each cup and ease them out of the tin.



Blueberry and Oat Muffins

Blueberry and oat muffins

Serves:- makes: 12

Ingredients:-

2 cups plain flour (white or wholemeal, or a mixture)
 1 cup oats
 ¾ cup brown sugar
 1 tsp baking powder
 1 tsp baking soda
 1½ cups reduced-fat Greek yogurt
 2 eggs, lightly beaten
 50g margarine, melted, slightly cooled
 1 tsp vanilla extract
 1 cup fresh or frozen blueberries

Preparation:-

Pre-heat the oven to 180°C.
 Prepare a muffin tin by greasing with margarine or spraying with oil.
 Melt the margarine.
 Combine flour, oats, sugar, baking powder and baking soda in a bowl and mix well.
 In a second bowl, combine yogurt, eggs, margarine and vanilla. Fold the yogurt mixture into the dry mixture.
 Gently fold in blueberries.
 Spoon mixture into muffin tin and bake for 20-25 minutes or until the top is golden and springs back when touched.



Pumpkin Soup

Classic pumpkin soup

Serves:- 4

Ingredients:-

1.2 kg butternut pumpkin, deseeded, peeled, cut into 6cm pieces 1
 large onion, sliced
 3 garlic cloves
 2 reduced-salt vegetable stock cubes
 ½ cup reduced-fat natural yoghurt
 Black pepper, ground

Preparation:-

Add the pumpkin, onion, garlic, stock cubes and 1L water to a large pot. Bring to the boil and then reduce heat to medium and simmer, covered for 20 minutes or until pumpkin is tender.

Remove from the heat and use a stick blender to blend until smooth. Season with pepper. Return to the heat, cover and bring to the boil. Divide among bowls and swirl through 1 tablespoon yoghurt in each bowl.



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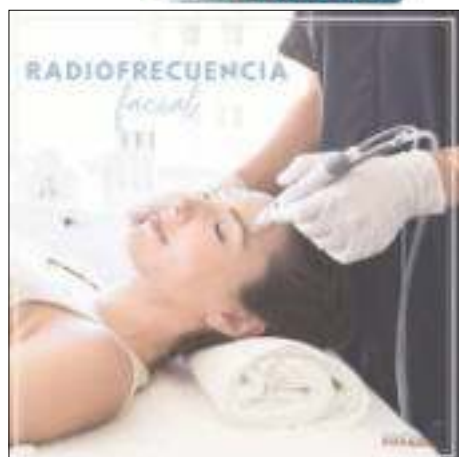
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healthwise

CAN I TREAT MY INSOMNIA WITH ACUPUNCTURE?



Insomnia is one of the most frequent sleep disturbances that currently exist. Since they affect a large part of society. We can define insomnia as the alteration or modification of sleep.

Types of Insomnia

It can be presented in several ways:

- Problems falling asleep at bedtime. This case is the most frequent or common, and this type is called initial insomnia.
- At other times insomnia however occurs when we wake up very frequently. Also when we wake up often throughout the night. This type is called intermediate insomnia.
- Although sometimes insomnia can also appear when we wake up very early, much earlier than we expected. This type is called terminal insomnia.

We must know that sleeping is a vital and very important function for the human being. We say this, since when we are sleeping the brain will carry out innately or naturally, a process that will allow the whole body to regenerate and recover. But when this process is affected or altered, this is when it is said that the sleep has not been restorative.

Hours of Sleep

The duration of sleep will vary from one person to another. Since, it will depend on the age. But it usually oscillates between 4 and 12 hours of sleep. For an adult, the normal and the most ideal thing is that their night sleep is about 7 to 8 hours. This sleep time will allow us, the next day, to carry out our daily or daily activities with total normality. However, on the



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20:00H	TORRÓN: CLAYNA		TORRÓN: YOGA AERÓBICO 20:30-21:30H		TORRÓN: YOGA AERÓBICO 20:30-21:30H		CLASES PRINCIPALES - CON RESERVA

other hand, it must be said that an elderly person does not need so many hours of sleep. The normal thing for a 65-year-old person is to sleep about 6 hours at night. These hours of sleep are totally sufficient for them since they do not carry out great activities that imply a great effort throughout the day. I mean, they don't move as much as a 40-year-old.

Another important fact to note is that insomnia appears more frequently in women than in men. They have been carried out and there is still a lot of study and research on the subject. This produces great alterations or even disorders on a mental and physical level. For this reason, when we are facing a case of insomnia it is important to know how to frame it in order to be able to carry out a successful treatment later.

Insomnia Classifications

We can perform the following classification:

1.- FOR ITS DURATION

Which in turn is divided into:

* **ACUTE OR TRANSIENT.** This type of insomnia does not last long, only about 2 or 3 days. They appear because some type of situation is related that is not usual, such as a trip or exams. It tends to disappear the moment that specific situation that causes the patient a state of nervousness disappears. They usually do not need treatment.

* **SHORT DURATION OR LOWER DURATION.** This type of insomnia has a longer duration, usually lasting about 4 weeks. They have somewhat more important problems associated with them, such as family problems, financial problems ...

* **CHRONIC OR LONG LASTING.** The duration of this type of insomnia is greater than 4 weeks. The causes that trigger this type are not known or are not very clear.

2.- ACCORDING TO ITS INTENSITY

They are classified into:

* **MILD.** Insomnia usually appears almost every night, but quickly falls asleep again. Therefore, it does not usually alter the normal rhythm of the patient, being able to carry out his daily activities without any problem.

* **MODERATE.** Insomnia appears every night, but the time to fall asleep again is somewhat longer. Here if the power to perform daily activities is affected and even the quality of life of the patient is affected. This can lead to fatigue, irritability, and even anxiety.

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healthwise

* **SERIOUS.** It is the same as the previous case, but here the associated symptoms are much more pronounced, being of greater intensity.

3.- BY THE WAY OF PRESENTATION
In turn, they are divided into:

CONCILIATION, are those insomnia that takes less than 30 minutes to fall asleep again.

MAINTENANCE, are those types of insomnia that take more than 30 minutes to fall asleep again.

A RAPID AWAKENING, are those insomnia in which the patient wakes up before the scheduled or scheduled time. They usually appear in older people.

What are the causes of Insomnia?

They can be very varied and multiple causes for which insomnia or that sleep disturbance appears, but below we are going to point out or list the frequent or most important ones:

- Due to excessive worry. For Traditional Chinese Medicine (TCM) an excess of concern will affect the Lung, Spleen and Heart.
- Because the patient may have frustration or anger or resentment. For Traditional Chinese Medicine (TCM) this will affect the Liver.
- Because there is an excess of work in which you work long hours and without rest. For Traditional Chinese Medicine (TCM), this rate of work will affect our Kidney.
- When we eat very heavy meals or excessively increase dairy products in our diet, and for Traditional Chinese Medicine (TCM) this will affect the Stomach.

Part 2 in July 2025

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Kids who watch lots of TV have a lower bone mass as adults

KIDS WHO WATCH a lot of television may build less bone during critical years, and be more vulnerable to osteoporosis and bone breaks later in life as a result, a new study suggests.

Children and teens followed until age 20 – when bone mass is peaking – had lower bone mass at that age the more hours they had spent watching TV in childhood, researchers reported online July 4th in the Journal of Bone and Mineral Research.

‘What we need to make clear is that it’s not necessarily the act of watching TV that is driving the link between TV and health outcomes, but the act of sitting for long periods,’ said Natalie Pearson of the School of Sport, Exercise and Health Sciences at Loughborough University in the U.K. who was not part of the new study.

‘The first set of data collected on TV viewing in the current study was collected 19 years ago,’ and since then more and more young people have started watching TV on demand, using iPads, smart phones and apps, she told reporters by email.

For the study, led by Joanne A. McVeigh at Curtin University in Perth, Australia, the parents of more than 1,000

Australian kids reported how much TV each child watched per week at ages 5, 8, 10, 14, 17 and 20 years – though at older ages the kids started to self-report their own TV watching habits.

Researchers sorted the kids into three groups based on their TV watching patterns over time: about 20 percent watched less than 14 hours of TV per week as children and teens and were considered consistent low-level watchers, more than 40 percent watched 14 or more hours per week as children and teens and were consistent high-level watchers, and 35 percent increased from low to high levels of TV watching per week over the years.

At age 20 the participants had x-ray scans to assess bone mineral content.

The researchers accounted for height, body mass, physical activity, calcium intake, vitamin D levels, alcohol, and smoking at age 20, and still found that kids who were consistently high-level TV watchers at younger ages had lower bone mineral content than others as adults.

Immobilisation for prolonged periods of time is detrimental to bone health, said Dr. Sebastien Chastin of Glasgow Caledonian University in the U.K., who was not part of the new study.

‘Sitting watching television does two things, it takes away from being active, therefore we do not get the benefit of physical activity and second



it immobilises us for prolonged period of time which we know from bed rest studies triggers physiological response that change the balance in our body chemistry that keeps our bone strong,’ Chastin told reporters by email. ‘Several studies have shown over the years that there is a relationship between the time we spend sitting and bone health,’ he added. ‘Poor bone health ultimately can lead to osteoporosis (brittle bone disease) which affects over 200 millions women worldwide,’ he said ‘You can imagine that a fall on a brittle hip is more likely to result in fracture. Our bodies reach peak bone density around age 22, after which time bone density decreases over time, though we can slow the decrease by maintaining an active and healthy

Continued on page 38

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lifestyle, Chastin said. 'Impact sports (not contact) are the most beneficial for bone health,' he said, citing parkour or 'free running' in particular for muscle strength, balance and coordination.

'It is often very difficult to make parents and doctors aware of the very long term health implications of sitting (at a screen or other sitting occasions such as school time, work time, travel, etc.) for long periods, as in today's society we are very interested in the immediate responses to our actions and not what will happen 20 years down the line,' Pearson said.

There are practical ways to break up periods of seated screen time, like getting up during ads or while working on a computer getting up to answer the phone instead of emailing a colleague or friend, she said.

Dr. Paula Anthony,
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Doctors Orders ..

Mary and John are now in their 80's and live in a very rural area, their friends (who are now much fewer in number are also in their 80's.) Sadly there is no family support.

Mary broke her hip a few years ago, this was the time when her daughter Suzi could have come from UK to help but for a variety of reasons this didn't happen. (Nor did the orthopaedic "follow up". It was indeed lucky that Mary got her wound clips taken out.)

John is a proud man, he had always taken care of his wife. He had turned down the offer of a short stay in a residencia to get her "back on her feet" so Mary didn't walk again.... muscle wasted and Mary became chair bound. The "great friends" did not become carers.. The three nights out a week became just one to the "Tuesday night Pizza". Which ultimately became a "take away". Mary became emotionally isolated as John left her to go shopping, he went to the doctors on her behalf. Mary became very depressed ultimately John was backed into a corner and took his wife for an "in person visit" to the GP. Blood results indicated an iron deficiency (John had stopped cooking nutritious and delicious in favour of quick fix and no washing up.)

Life was tough as John became ever more possessive of the love of his life. John gave half the antidepressants and reduced the iron (to avoid constipation) but in doing so she became weaker and more confused.

He cut her drinks and she became even more confused. He cut her food (as she didn't seem to recognise what was on the plate.) Finally she fell and broke her arm.

It was hard for John to accept his wife's needs and the difference "Close Care" made but over time (taking the medication the mood lifted.)

The iron supplement and good home cooked food restored her body and she could be transferred to a wheelchair and out into the garden with potential to walk..

John didn't accept that the doctor was right but his wife smiles again but she won't eat pizza!



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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

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Lux Mundi hosts Axarquía Business Networking Charity Coffee Morning

The Axarquía Business Networking group is delighted to announce a charity Coffee Morning, taking place on Thursday, 12th June, from 10.30am to 13.30pm at Lux Mundi, Avda. Moscatel 1ª, (Jardines Viña Málaga/ Antigua Casa de la Viña), Torre del Mar. Entrance by Calle Rioja.

This friendly event is open to all, offering a great opportunity to meet a wide range of local businesses while supporting a good cause. Members of the English-speaking networking group can promote their business with a pitch for just €5, while non-members (those who do not attend the group's regular weekly meetings) can do so for €10.

All proceeds from the morning will be donated to Lux Mundi, the groups chosen charity, to assist with their vital work in the local community, including initiatives like the Food Drive.

Visitors will be able to connect with many types of businesses. These include estate agents, financial advisors specialising in UK pensions, money transfer companies, dog trainers, artisan crafters, local organic coffee roasters, and lawyers offering advice on property purchases, wills, and inheritance.

"Our goal is to bring people together in a supportive, welcoming environment whether you are a seasoned business owner or just starting out," said Michelle Conner, President of Axarquía Business Networking. "Events like this coffee morning are a great way to connect, share ideas, and make a real difference in the community." Whether you are looking for professional services, interested in networking, or simply want to enjoy a morning coffee for a good cause, we would love to see you there.

Event Details: Lux Mundi, Torre del Mar, Thursday 12th June, 10.30am - 30pm. Join us for coffee, conversation, and community support. For more information, please contact: info@brandwisecontent.com



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University of the Third Age (U3A)

Events: May and June 2025

Coffee morning - This is a new group designed to get members together informally over a drink, to meet each other for a chat. It will be held on the last Thursday of the month, at Mena Golf, Laguna Beach at 11am.

At least one member of the committee will attend, to meet and greet old and new members. May's will be held on the 29th May and June's on the 26th. This is ideal for people who would like more information about our club.

Table games - is held every Monday of the month at Mena Golf, Laguna beach - 1pm for a 1.30pm start - just turn up or contact judyannspain@yahoo.com This is a very popular group.

History group - held the 4th Monday of the month @ El Pozuelo, Laguna beach @11am. All welcome. Contact Sue @ suelharrison@hotmail.com

Monthly meal deal (MMD) - held on the 2nd Wednesday of the month. Various venues. The idea is to stick to the Menu del Dia of the chosen restaurants.

The June MMD meeting will be at Azotea, el Morche (ex Bio Beach) on the 11th. All welcome but must contact judyannspain@yahoo.com to reserve a place.

Lecture group - held on the 3rd Wednesday of the month, at Media Caña, Penoncillo at 11am. Contact norma2kk@aol.com

Book club/reading group - held on the last Wednesday of the month at La Cabaña cafe in Algarrobo Costa. Please contact Robert Skippon (Skip): skippon@gmail.com

Munch bunch - held on the 3rd Thursday of the month. Must contact Norma to go on her members list for this months' details. norma2kk@aol.com

Meditation group - held on the 3rd Saturday pm, held online or at Sue or Norma's house. Contact Ewa Celinska: celinska21@gmail.com for more information.

Discussion group - held on the 2nd Friday of the month at Media Caña, Penoncillo at 11am. Contact Gerry @ gersil197@yahoo.com.

This group covers all sorts of topics, usually concerning worldwide news, but lighter topics too

Writers workshop - held on the 2nd and 4th Tuesdays of the month. Contact norma2kk@aol.com to go onto her waiting list. There may be a space coming up shortly for this.





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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.

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

Evangelical Church, Torre del Mar

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



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (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

The Food Drive is still taking place every month. We appreciate your contributions with a packet of imperishable food or monetary donations given to our reception for that purpose.

Every Tuesday - Axarquía Business Networking group. Time 07.00 to 09.00.

Wednesday and Friday - Spanish practice group (limited numbers per group). 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 Wednesdays and Fridays. Offers a good selection of Household goods, spring and summer clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 to 13.00.

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

Every Thursday - NA (Narcotics Anonymous) English group. Time 19.00 to 20.30.

Every Friday - Conversation group. Time 10.00 to 11.00. A donation of 3 euros per session to support the Centre.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

Every Saturday - Catholic Mass in English in the Lux Mundi Centre. Time Change 17.00.

Monday 9th June - Monday Club. This is a New Venture and all are welcome to come to the Centre, make new friends, have a chat and maybe play a few board or card games and suggest new ideas for small excursions etc... Time 11.00.

Thursday 12th June - Lux Mundi hosts Axarquía Business Networking Charity Coffee Morning. Please come and support local business's and have an interesting, informative and fun morning at the Centre.

Time 10.30 to 13.30.

Thursday 19th June - Excursion to Benalmádena. Lux Mundi looks forward to you joining us at 11.00 to visit Sealife, situated in Benalmádena Marina. Step beneath the waves and get closer than ever before to the creatures and features of the world's oceans. You will have until 14.00 when you'll rejoin the coach for a short journey to Benalmádena village, where there will be free time for lunch. You will then be taken at 15.45 for a visit to the nearby Butterfly House. In this spectacular Thai temple, you can walk amongst more than 1,500 exotic butterflies from around the world. You may also visit the Buddhist Stupa if you wish. You will depart for the homeward trip at 17.30. Tickets available at the Centre, price: 45 euros for Friends and 48 euros for visitors. Insurance included. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 09:30, Caleta (vets) 09:35, Torre del Mar (Bus station) 09:45.

Friday 27th June - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time 20.00 after the Mass.

COMING EXCURSION

Thursday 17th July - Excursion to Marbella and La Cañada Shopping Centre.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, 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.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

June 2025

Monday 3rd - Trip to Gib €22pp

Friday 21st - Trip to Alfarnate and their Cherry Fiesta. €20pp

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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Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

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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 Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

We can also assist by telephone
on 95 256 4910 or
email: cudeca@cudeca.org

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

YOGA FUSION DANCE
Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.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 career, she meets real yogis who teach her and pass on their knowledge.

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

41 Club Nerja

41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770 41 Club
Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Velez-Malaga 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

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice monthly 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 on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

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REF:- 7909 TOWN HOUSE - CÓMPETA
 2 beds, 1 bath, 1 lounge, 2 terraces, recently refurbished,
 stunning Sea & mountain views... Built: 69 m².
PRICE:- €186.000



REF:- 7889 COUNTRY HOUSE - CÓMPETA
 4 beds, 3 baths, a lounge, garage, separate guest annex, utility
 room, 3 terraces, fans, Sea views... Plot: 973 m². Built: 156 m².
PRICE:- €415.000



REF:- 7898 APARTMENT - ALMAYATE
 3 beds, 1 bath, 1 fully fitted kitchen, 1 lounge, garage, terrace,
 utility room, A/C, centrally located... Built: 91 m².
PRICE:- €215.000



REF:- 7907 COUNTRY HOUSE - TORROX
 4 beds, 2 baths, lounge, kitchen, Jacuzzi, private pool, mature
 garden, sea & mountain views... Built: 166 m² Plot: 5.362 m².
PRICE:- €325.000

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