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August 2023

Number 305

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Country Property of the month

Torrox:

Price: €385.000

TCP221



A 2 minute drive from the pretty white village of Torrox and 7 minutes from the beaches of the Costa del Sol. Well maintained driveway leading to the house, parking for 2 or 3 cars. Swimming pool and a Jacuzzi. South facing terraces with retractable awnings to provide shade on hot summer days. Comprised: - 3 beds, spacious living room with wood burner, fully fitted kitchen with breakfast bar, 2 baths, one en-suite and a very bright conservatory room. All bedrooms have air-conditioning.

There is another room which is used as a storage room. In addition to the perfect location and access to this property, it also has unbeatable views towards the village of Torrox, the mountains and the Mediterranean Sea. Without any doubt, it is the perfect opportunity for a family looking to enjoy all year round this incredible country house, as a second home or also as a rental investment. Do not hesitate to ask for more information or book your visit!



Canillas de Albaida: Price: 87.000€



- Living space: 55m²
- Bedrooms : 2
- Pool: No
- Garage : No
- Terrace: No
- Bathrooms: 1
- Views: Village
- Area: Town

Ref.AP161

Sayalonga: Price: 440.000€



- Living space: 454m²
- Bedrooms : 7
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 4
- Views: Mountain
- Area: Countryside

Ref. CP521

Cómputa: Price: 380.000€



- Living space: 220m²
- Bedrooms : 7
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 6
- Views: Village
- Area: Countryside

Ref. CP564

Torrox: Price: 400.000€



- Living space: 80m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryside

Ref. TCP202

Cómputa: Price: 389.000€



- Living space: 205m²
- Bedrooms : 5
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Town

Ref. TH912

Torrox: Price: 159.000€



- Living space: 60m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Town

Ref. TTH582

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Welcome to Streetwise magazine -

We have lots of activities this month on the Eastern Costa del Sol. Frigiliana has the Three Culturas Festival from 24th to 27th August. El Morche has the Feria from the 11th to 15th August. Plus there are several concerts at the Nerja Caves. Once again we have a packed Streetwise for you, enjoy the read and please support our advertisers.

Dawn x



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Swimming for fun - page 42

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



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Price: €185.000

Ref: NV.SUS



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

Reduced to: €210.000

Ref: Casa Capuchinos



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, a/c. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views. Several communal pools, restaurant, bar, mini market, laundry, ample garden areas, etc..

Reduced: €220.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref: NV.P080B

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

Reduced to : €320.000

Ref: NV.MARYLIN



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price: €220.000

Ref: NV.PO117B



Semi-detached house in the Capistrano area, Nerja. 1st floor, fully equipped kitchen, bright living-dining room, toilet and terrace with sea views. 2nd floor, large bedroom with sea views, second bedroom and a full bathroom. Ground floor, bedroom, bathroom, small garden. Bright house. with good views, close parking, with low cost.

Price: €315.000

Ref: NV.RO



Apartment in Nerja. Consists: large master bedroom with lots of storage, 2nd bedroom as well, fully equipped kitchen and a cosy living room with fireplace. A/C, small balcony and private use of part of the communal terrace. Low community cost, under 30 euros per month, including water.

Price reduced: €199.000

Ref: NV.CH



Detached house in Nerja, divided into 2 floors: - Ground floor: Fully equipped kitchen, spacious, bright livingroom, w/c and a wonderful terrace. - Top floor: 2 large bedrooms and bathroom. Garage included in the price. The chalet is located in the Noria area, a very well connected area. It is a great opportunity. Excellent value for money.

Price reduced: €184.000

Ref: NV.NOR



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

Price reduced: €790.000

Ref: NV.JAZ



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

Price: €360.000

Ref: NV.CR

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Spanish woman scammed out of €170,000 by a fake Brad Pitt

The victim was led to believe she was speaking to the actor through Facebook, where she was told she would star in a film alongside the Oscar winner. The scam began in 2022, and lasted for just over a year.



Killer whales interrupt sailing race

A pod of killer whales bumped one of the boats in an endurance sailing race as it approached the Strait of Gibraltar.

The latest encounter in what researchers say is a growing trend of sometimes aggressive interactions with Iberian orcas.

The 15-minute run-in with at least three of the giant mammals forced the crew competing in The Ocean Race to drop its sails and raise a clatter in an attempt to scare the approaching orcas off.

No one was injured, but Team JAO skipper Jelmer van Beek said in a video posted on The Ocean Race website that it was "a scary moment."

Archaeological pieces hidden in a storage room in Córdoba

The Spanish Civil Guard police recovered a marble bust of a female 'of similar artistic quality to the ones exhibited in the Louvre' and arrested a couple accused of crimes against historical heritage. The armed forces announced that, as part of the so-called Operation Plotina, they have arrested two people who are charged with allegedly committing crimes against historical heritage, smuggling and receiving the same and that they have recovered 119 extraordinarily valuable archaeological pieces. Operation Plotina is part of the international Pandora VII operation, conducted by Spain's Civil Guard police, Europol and Interpol to combat the illicit trafficking of cultural property in Europe. The international operation has resulted in 60 people arrested, 237 people under investigation and 11,049 seized cultural assets.

Sexual Abuse in the Catholic Church

The Spanish priest who sexually abused children in Senegal for 25 years. Last Thursday, the Pious Schools of Catalonia released a statement saying that Manel Sales Castellà, who was one of their missionaries in Senegal, had abused "a significant number" of minors for 25 years and that the Piarist order had covered up the case "to protect the institution." According to the victims, the church knew about the abuses before 2005.

The Piarist provincial superior of Catalonia's decision to finally acknowledge what happened is due to pressure from the commission into abuses in Senegal, and the recent ordination of a new director, Jordi Vilà, who held a meeting with members of the commission in May.


Immigrant dies in one of the boats that reached the coast of Almería

Three irregular boats arrived in the Andalusian province. The Judicial Police of the Civil Guard are investigating the circumstances in which an immigrant died in one of several small boats that arrived in western Almería.

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Ref: 6109VI3



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Ref: 5555PDF



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Ref: 6569AP2



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Lovely holiday apartment on Peñoncillo beach in Torrox Costa. Comprising of 2 bedrooms, bathroom, lounge with open kitchen and a very large terrace. Communal pool and garden. Close to the beach, restaurants and a supermarket. Sold furnished.

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Ref: 6550AP2



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Rotten food and cockroaches in a butcher shop in Granada

Police close a butchers shop in the Albaicín as a precautionary measure due to the horrible state of the food. During the intervention, 80 kilos of food have been intervened in the establishment for its destruction, according to the Local Police in its official Twitter account.

When inspecting the premises, the agents found up to 23 deficiencies, including a large accumulation of dirt, the presence of flies and cockroaches, food in a state of putrefaction, refrigerators that do not cool food at 20 degrees, absence of cleaning products and hot water. For all these reasons, the butchers shop has been closed.

Broad daylight shooting spreads panic in Puerto Banús

An individual, hidden behind a cap and bandana, fires an automatic weapon and flees in a vehicle that was found burning shortly after. At around 6 p.m. an individual, armed and firing what appears to be an automatic weapon, was leaving a shopping centre and running along one of the main access roads to Puerto Banús, Avenida de las Naciones Unidas which, fortunately, was not very crowded at that time.

The man with the gun, wearing sneakers, dark pants and a red T-shirt, hid his face behind a cap and a black bandana-type scarf and without having reached anyone, he left in a hurry in a vehicle in which, apparently, another individual was waiting for him. So far no arrests have been made and it is unknown who or who the shots were directed at. Although the National Police has opened an investigation to clarify what happened and the Local Police officers remain very alert to any eventuality.

Arrested for the stabbing of a man found lifeless in greenhouses in Almería

A man was arrested for holding his mother and a friend and threatening to explode some butane cylinders. A man has been arrested as the alleged perpetrator of the fatal stabbing of another, about 40 years old, whose lifeless body was found at dawn last Monday in the El Bojar area of the Almería town of Vícar. The victim, of foreign origin, had at least one stab wound to the abdomen and lacked documentation. The agents of the Judicial Police opened an investigation to determine the circumstances in which the man's death occurred, pointing out the first indications that he could have been involved in a fight.

The Junta de Andalucía detects mosquitoes that transmit West Nile virus only in Malaga city

Health ECDC warns that climate change increases the risk of mosquito-borne diseases. The latest report from the Andalusian General Directorate of Public Health reveals that the population density of female mosquitoes potentially transmitting West Nile virus is relatively low, except in the trapping station in the city of Malaga. As reported to EFE by sources from the Ministry of Health, the presence of potentially transmitting mosquitoes is low, especially the species *Culex perexiguus*, although in Malaga, specifically in the trapping station located in the area of the mouth of the Guadalhorce, catches of *Culex pipiens* have been high last week.

Traps are located in 27 Andalusian municipalities, either because they are classified as high or moderate risk areas or to obtain information on the progress of the vector in territories with lower risk levels.

Woman thrown out of her vehicle after being stabbed by her partner during an argument in Mijas

A woman has been thrown out of her vehicle after being stabbed by her partner after the two had a heated argument. At the moment, the Civil Guard is investigating what happened to determine if the girl, who had to be assisted at a hospital to treat her injuries, jumped from the vehicle with the intention of escaping or was thrown outside by her attacker.

Orca surprises bathers after reaching the shore of a beach in Huelva

People who were enjoying a nice day at the beach in La Antilla (Huelva) were scared when a huge fin could be seen very close to the shore. When they realized it, many came closer to take a closer look at what it was and could see that it was not a shark but a small orca. The animal passed in front of several bathers without interacting with them.

Although there was no problem with the animal, the orcas are becoming a headache for many tourists and fishermen in the Gulf of Cádiz. Attacks on boats by these animals have increased in recent years.



Spain's Correos postal service boosts its eco fleet in Andalucía

Correos, the Spanish post office service, is expanding its fleet of electric motorbikes with the incorporation in Andalucía of 127 more units of the Cargo Pro by NUUK. These vehicles will be added to the 141 of the same model that the company already has in the region, according to a statement from Correos.

The company is also strengthening its commitment to sustainable mobility for last-mile delivery, with the progressive incorporation of electric vehicles into its fleet. By the end of 2023, it will have more than 2,800 ecological vehicles.

Including 2,506 electric vehicles and 310 hybrid or ECO vans, one of the largest electric and "zero emissions" fleets in the distribution sector in Spain.

The measures are part of an advancement towards the company's goal that half of its fleet is based on alternative technologies by 2030.

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C mpeta Ref: 101/P Price:  775.000
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Nerja Ref: 155/P Price:  149.000
 Studio in Edf. Torresol, 24m², sea views, fully furnished and equipped. Communal swimming pool. Great rental potential.



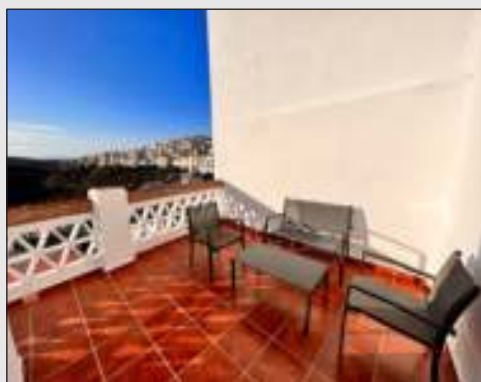
Torrox Pueblo Ref: 135/P Price:  112.000
 2 bedroomed apartment in Torrox Pueblo, completely new, very centrally located. Parking space included.



Torrox Costa Ref: 205/P Price:  390.000
 Large villa in the heart of Torrox Costa comprising 3 bedrooms and parking. Plot 200m². South facing and only 200 metres from the sea.



Torrox Ref: 189/P Price:  210.000
 Country house in Manzano Alto. comprising 3 bedrooms. Plot 5.000m². South/West facing, sea views and only 7 minutes away from Torrox.



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



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



Frigiliana Ref: 277/P Price:  235.000
 Little country house (apero) in Frigiliana, 40m², swimming pool, BBQ and parking. Plot 2.300m². Only 5 minutes from Nerja.

www.andalucianhomes.com

New cool bus stops on the way in Andalucía, lowering temperatures inside by as much 28C on hot summer days

Next summer Seville will have a new bus shelter where the temperature will be between 22 and 28C lower than the air temperature even if it is 42C and the ground is at 50C, which is usually the case at this time of year. The welcome move is thanks to a team from the University of Seville's School of Engineering (ETSI), where engineers have created an "intelligent" bus shelter capable of detecting when there is a user waiting and activating its thermal conditioning system.

Although ETSI has been working on this project since 2016, it will be next year when the first of these bus stops will be inaugurated. The first smart bus stop will be located on Avenida de la Cruz Roja. At the moment, the water tanks are already being installed on this road although the project has yet to be put out to tender.



New rules for electric scooters to come into effect from next year in Spain

As of January 2024, all the existing electric scooter models and other personal mobility vehicles (PMVs) in Spain must be approved in accordance with the latest regulations published by the Directorate-General for Traffic (DGT) to circulate legally on the roads.

All the PMVs that are marketed as of January 22, 2024 must be certified brands and models and will appear on the traffic authority's website, www.dgt.es/vmp. The standard will grant a moratorium to skateboards and other non-certified PMVs, which may continue to circulate until January 2027. Thereafter, only personal mobility vehicles that comply with the provisions of this manual may circulate. The regulations stipulate that the maximum speed should be between six and 25 km/h, the power, for vehicles without self-balancing of $\leq 1,000$ W and for vehicles with self-balancing of $\leq 2,500$ W; a weight of < 50 kg and a maximum length of two metres.

Likewise, all vehicles must have two independent brakes. Personal mobility vehicles with less than three wheels must have a stabilisation system to be used while parked. PMVs are also not allowed to use a smooth tyres. Finally, personal mobility vehicles must be equipped with lights, including a brake light.

The sad case of the British pensioner who died three days after a burglary at his home in south of Spain

Albert Boyden, 81, lived for many years in Mollina (Malaga province) before moving to Estepa in Seville. Albert Boyden earned his living as a refuse collection lorry driver in the UK and when he retired, he was left with a small pension to tide him over. It was just enough that he needed for the final stretch of his life in Saydo Park, a British community in Mollina (Malaga province) where some 1,500 people live. 'Little England' is what the locals call it. But it didn't turn out the way he expected. After

more than a decade in Saydo, Albert and his wife separated and he moved to the Sevillian town of Estepa, just 30 kilometres away, and settled in a house found for him by a friend.

Thieves broke into his home and allegedly assaulted and robbed him. Albert, 81, survived the ordeal and was even discharged from hospital after treatment for his injuries, but he died three days later.

Fatal hit and run in Seville

Local Police in Seville arrested a 38-year-old driver positive for drugs for the fatal hit-and-run of a 57-year-old woman while crossing a pedestrian crossing on Avenida de Jerez in the capital. According to the first investigations, the result of the investigation of the accident and the statements of several witnesses, the accident could have occurred when the deceased woman was crossing Avenida de Jerez through a pedestrian crossing and the car driven by the detainee would have passed the traffic light at high speed, running over the woman, whose body was projected some 30 meters from the place of the first impact.

17 year old Swedish minor, denounced that a man in his 30s tried to force her into his car

The National Police is investigating an alleged sexual assault on a minor that occurred on Tuesday night in the centre of Malaga. The girl, a Swedish national, has denounced that a man in his 30s assaulted her in the street and put her in a car to sexually force her. Agents of the Family and Women's Care Unit (UFAM) of the National Police have taken charge of the investigation and have used video surveillance cameras in the area to try to identify the alleged attacker.

Suicide rate in Andalucía exceeds the national average in Spain

The regional Parliament debated the issue, which is considered the leading cause of unnatural deaths among adolescents. An alarming trend in suicides among adolescents triggered debate on the issue in the Andalusian Parliament on Wednesday 12th July. The Partido Popular, PSOE and Vox parties requested the appearance of the Andalusian Minister of Health, Catalina García, to report on the measures that the Junta is taking to tackle the problem.

Which is especially affecting the region's younger population and those aged over 65.

In 2021, 849 people died by suicide in Andalucía, 316 of whom were aged between 15 and 29 - 68% were male. Another 14, twice as many as in the previous year, were under the age of 15. Suicides recorded in 2021 were the highest since 1906.

The suicides recorded in Andalucía in 2021 were 7% more than those recorded the previous year, and those in Spain as a whole in the same year were the most recorded since 1906 when records began.

A rise in all age groups is noticeable, but particularly among the over-65s, according to García.

Elena Morales, player of the Jerez Volleyball Club, dies at the age of 16

The young woman was considered a young promise of the team and, at the moment, the causes of death are unknown.



Edf. Sol Marengo, Nerja

Top-floor apartment for sale in central Nerja. South-facing balcony with enchanting town and partial sea views. Open plan living, compact kitchen, modern bathroom, spacious double bedroom with balcony access. Close to town center and Torrecilla Beach, the renowned Balcon de Europa a short stroll away.

Price: 185,000 euros

Ref. JG118

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Urb. San Juan de Capistrano, Nerja

Exceptionally large apartment comprising two double bedrooms with fitted wardrobes, family bathroom, fully fitted kitchen and a bright open plan living & dining area with two large sliding doors opening out onto a spacious terrace (29 m2) offering fantastic sea and mountain views. Air conditioning and heating throughout.

Price: 320,000 euros

Ref. JG998



Urb. San Juan de Capistrano

Charming apartment on the sought-after San Juan de Capistrano with 1 bedroom and 1 bathroom, open plan fitted kitchen and living area with direct access to a spacious south-facing terrace and a further roof terrace with both offering fantastic views of the Mediterranean Sea and Nerja. Great rental potential.

Price: 179,000 euros

Ref. JG996TPM

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Urb. Jardines de Nerja

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

Price: 299,000 euros

Ref. JG119

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A secret binge-drinker reaches out for help and gets "a life beyond her wildest dreams".

Ava speaks about how she kidded herself for years and was in denial about her secret drinking. After joining Alcoholics Anonymous she found, "a life beyond her wildest dreams," here is her story....

"My name is Ava, I am 79 years old, with no children. Before I retired, I held a senior position, in a large multinational services conglomerate.

Our family history doesn't include much alcohol use, but there were plenty of other mental health problems, including depression, and emotional absenteeism. I spent 9 months of the year at boarding school and then was farmed out to various family members during the holidays.

I started drinking in my early 20s, and I used alcohol, along with relationships, to change the way I felt. I was a secretive, binge-drinker. I was always too sick with my hangovers to drink daily. Publicly I would manage my alcohol use, only having a couple; then I would go home, and in private, drink to blackout.

I always knew there was a problem with the way I drank, normal people didn't hide their drinking. I did. Normal people could stop once they started, I couldn't. But I was in denial because I was able to give up for short periods of time, I kidded myself I was in control.

There was no single incident, or specific occasion, that I would count as my rock bottom. It was more a feeling of being totally broken, hating myself, I was sick to death of the lies. I loathed looking at myself in the mirror, I had no self-respect. The unmanageability of my life was getting worse, I was sick and tired, of being sick and tired! I knew I needed help.

Through friends I heard of Alcoholics Anonymous (AA) so I went along to my first meeting, which was in April 2004. Everyone was tight-eyed and bushy tailed. They were laughing, I wanted some of what they had. Then the sharing started, it was so honest, so open... and listening I knew I was home, amongst people who understood me.

Thanks to this wonderful programme, what it has helped me discover, and the people I have met along the way, I haven't had a drink since that first meeting. I am very grateful that I lost the craving very early on. It hasn't always been easy, I have been through some incredibly tough times, but with the support and fellowship I have stuck to my programme and stayed sober.

On a daily basis, I follow the suggestions laid out by the Big Book of Alcoholics Anonymous, and I listen to my sponsor (like a guide), who I have had from the very beginning, and who was (and

continues to be, right to this day) very gentle and patient with me. I help others and do service within (and outside) the fellowship whenever I can.

I cannot praise the 12-step model of recovery enough. It is a design for living, which has helped me get my self-respect back and brought contentment into my life. The programme has helped me realise how important it is to have a purpose and be useful. It has allowed me to make wonderful friends and generally made me a more open honest person, who accepts responsibility for my actions and behaviour.

Life now is, as we say in the fellowship, "happy, joyous and free". I have a "life beyond my wildest dreams" for which I am eternally grateful. To anyone struggling with alcohol, I would say come along to a meeting, everyone is welcome, you will be cared for, and loved. This programme works if you work it! It worked for me!"

There are meetings of Alcoholics Anonymous, with friendly people who understand, held daily, throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome. Call the English-speaking AA helpline for support: +34 600 379 110, or visit the website for help and information: www.aacostadelsol.com

CALL THE AA HELPLINE FOR SUPPORT:

+350 200 73774 Gibraltar or +34 600 379 110 Costa del Sol or visit the website for help & information:

www.aacostadelsol.com





My garden in Spain...



One plant that caught my eye, because I had not seen it before, had small, 'wispy' green leaves and little pink flowers similar to hibiscus. It was growing out of a pot, competing with groundsel and a few grasses in soil that resembled the garden of a very absentee gardener! The plant I discovered is called *Anisodonteia Capensis*. I tracked it down in a viveros, I've planted it in a corner and am doing my best to neglect it!

As I was looking around this forgotten little garden, I made a mental note to bring the camera and take some photographs of all these flowers and plants doing 'their own thing', but I was too late!

A builder arrived the very next day and the garden has been dug over. Up in one corner there are a few flowers hanging on. But the rest have all gone, into a skip I think!

May – late

Antonio's greenhouse is now a forest of healthy, fast growing tomato plants. As we wake every morning, we hear him chatting away to his wife as he nips out the side

shoots, ties up the wandering branches and walks around with a little gadget that 'puffs' something over the plants. Last year we were given loads of these delicious fruits, and with fresh bread, salt and olive oil, they made our lunches complete. I still decided to grow a few tomato plants of my own of the miniature variety though. I had the seeds of Tumbler, Sun Baby and Nectar. I sowed them all at the same time, in big pots, sheltered against a wall of the house. The pictures in the catalogue show average sized plants suitable for growing on patios and conservatories. Well, my lot have grown at different rates, some are bushy, some are racing for the skies and some are still thinking about it.

The Jacaranda tree is flourishing and has stood up to the rather keen breezes of the last few weeks. The lemon tree is looking really good and the blossom scent was wonderful. The orange tree has it's new green shoots



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Our regular gardening column by Irene Beenham.
Throughout the year, Irene describes the range of emotions experienced in creating her very own 'Spanish Garden', offering help and advice along the way.



eaten by something or somethings and has had to start growing again. I put some sticky deterrent around the stem and the rim of the pot as advised in the book, after discovering this, and hope that it gives the little tree a chance to catch up.

In the flowerbeds that surround the pond, the resident frog is doing a grand job of keeping the snail population down. He obviously doesn't patrol the other side of the garden as one morning I discovered an entire family of snails munching their way up the leaves of the Ipomoeas and the dwarf Sweet Peas. I picked them all off and tipped them into the pond as a surprise breakfast for the frog.

In a news letter from BBC gardeners world, Gaye Search reports that she can't remember a worst year for slugs and snails. She found tulip leaves with snails nose to tail along the whole length from half fingernail size to big grand daddy ones. Her husband collected 125 snails in less than 15 minutes! He put them in a bag and left them out for the dustbin men. I don't feel that generous to anything that eats so much of my plants in one night.





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Canillas de Albaida New this month!

A great lock up and leave 2 bed, 1 bath (102m²) townhouse, within walking distance of local amenities. 2 terraces, countryside and village views, includes an adjoining plot of land for development.

Price: 99,950 euros
 ref: t1504 EPC: E



Riogordo Unique villa!

Beautiful rustic style 3 bed, 2 bath country house (140m²) in a superb rural location with a fabulous Moorish inspired interior, pool, covered terrace, roof terrace and spectacular mountain, countryside and sea views.

Price: 335,000 euros
 ref: v1432 EPC: In progress



Almarchar Price reduced!

Recently renovated village house (38m²) with 2 beds 1 bath, spacious open plan living/dining/kitchen. Store room and space for table and chairs outside.

Price: 67,950 euros
 ref: t1440 EPC: G



Còmpeta Price reduced!

Stylish boutique guesthouse (122m²) run as a successful business. Fully reformed to a very high standard. 4 double en-suite rooms & single guest room with sep. shower room. Prime situation, sensible offers considered!

Price: 399,950 euros
 ref: b1468 EPC: E



Còmpeta Price reduced!

Delightful 2 bed, 1 bath (116m²) finca style property, lounge/dining with separate modern kitchen, great terrace areas, shared swimming pool, easy access & parking.

Price: 190,000 euros
 ref: v1470 EPC: In progress



Archez New this month!

Reasonably priced, renovated traditional 2 bed, 2 bath village house (72m²), quiet corner close to the main plaza. Drive to the house with parking nearby. Charming house would make a wonderful holiday home/rental property.

Price: 85,000 euros
 ref: t1506 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.





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Price: €275.000

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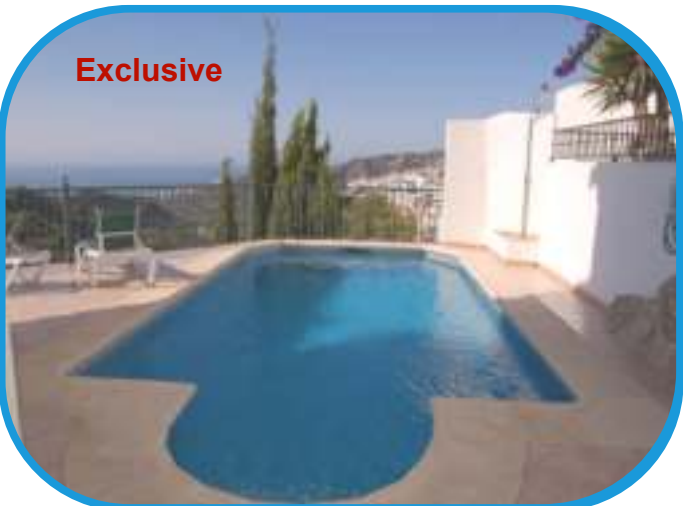


VSR1066 CLOSE TO VILLAGE

Price: €499.000

Detached villa, two bedrooms, two bathrooms, full of character, many traditional Spanish features, private terraces, views across the countryside, private pool.

Exclusive



VSR1972 MIRADOR LAS LOMAS

Price: €499.000

Detached villa, four bedrooms, various terraces, including a roof terrace, with jacuzzi, SEA VIEWS, air con, private pool, fully furnished, quiet location, good access, situated between Nerja and Frigiliana.



VSR1064 FRIGILIANA VILLAGE

Price: €395,000

Townhouse, three/four bedrooms, two bathrooms, very spacious, air con, renovated to a high standard, stunning roof terrace.

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**Inky**

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

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

**Tyson**

The Costa Animal Society...

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

**Bruno**

HECTOR...

The poor lad has been with us for quite a while now after being abandoned in Nerja. He had spent a year or so at another kennel when he was young and is now five years old. He is very much an Alpha male and doesn't get on well with other male dogs. Unfortunately he is not too keen on cats either.

**Hector**

Hector is about 20 kilos and is fully vaccinated and castrated. He loves to play and has a healthy appetite.

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

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Petra

AAR 2626 - Petra

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

AAR 2674 - Kylie

Born 20.3.23. Kylie is a very loving puppy and extremely cute. She is used to living with both cats and dogs. Fully vaccinated and ready to travel. Can you really resist this gorgeous girl? Expected to be medium in size. Please email axarquia-rescue@hotmail.com for more information.



Kylie

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Axarquia Animal Rescue



Martin

AAR 2672 - Martin

Born 20.3.23. Martin is used to living with other dogs and cats. He is a fun loving pup, eager to learn. Martin is expected to be medium in size, he looks very like his mum, who isn't very big at all, but father was obviously bigger. He is fully vaccinated and ready to travel - if you would like more information, please email axarquia-rescue@hotmail.com



Charlie

AAR 2655 - Charlie

One of the pups born in kennels on 18th March, mum is a Bodeguero type, father unknown. Charlie is a happy pup, and loves being around people, he has settled well into his foster home, but would really prefer a home of his own. Expected to be medium in size. Charlie is vaccinated and ready for adoption here in Spain. For more information please email axarquia-rescue@hotmail.com



Lana

AAR 2676 - Lana

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

AAR 2673 - Freddie

Born 20.3.23. Freddie is a very confident pup. He is loving and enjoys cuddles and tummy tickles. He is used to living with other dogs and cats. He is fully vaccinated and ready to travel. If you would like this little fella in your life, please get in touch. email: axarquia-rescue@hotmail.com



Freddie

AAR 2692 - Viv

Meet this beautiful girl puppy!

Who can resist that face. This beautiful girl together with her 3 siblings were found dumped in the countryside. She is a Cross breed pup and will be medium to large in size when she is fully grown. Viv was born on 11th April. She is in the process of being inoculated. She can be adopted here in Spain now, and outside of Spain when she is 16 weeks old. If you are interested in giving this beautiful pup a home please contact axarquia-rescue@hotmail.com



Viv



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DOG SCHOOL - NERJA

By Karen Wallace



Many dogs love to go swimming, especially in the heat of summer. If you have your own pool, you might have considered letting your dog swim in it. Allowing your dog to swim in the pool is not an entirely bad idea, but there are some things you should consider first.

Should You Let Your Dog Swim in the Pool?

It's up to you to decide whether or not to let your dog get into your pool. The biggest factors to consider are safety and maintenance. Just like children, dogs must ALWAYS be supervised when swimming, even if it's a small pool.

Not all dogs are good swimmers, and if some dogs fall in they can't figure out how to get out or can't swim well to do so. So, if you do decide to go swimming with your dog, you must take things slowly and adapt to your dog. Some breeds can't swim well. In addition, your dog's presence in the pool will change the way you need to maintain it. It will take extra time and work to make sure your pool chemical levels are appropriate and your filtration system is in good working order.

Is Pool Water Safe For Dogs?

A properly maintained swimming pool is generally safe for dogs to swim in. Pool water, whether it's chlorine or saltwater, isn't considered harmful under most circumstances. However, there are a few things to remember.

Everyone who swims ingests some amount of water. Kids and animals tend to swallow more than adult humans. Dogs don't know any better and may drink the pool water. This should be avoided. Drinking pool water can lead to an upset gastrointestinal tract, leading to nausea, vomiting and esophageal damage. In rare cases, drinking excessive amounts of pool water can cause a dangerous condition called water intoxication. This causes a major imbalance in the electrolytes in the body, leading to serious and possibly irreversible brain damage.

Pool chemicals can cause skin irritation and dryness in both humans and animals, especially if they swim often. Be sure to rinse your dog's coat after swimming and

check the skin regularly for redness, flaking, or other issues. Contact your vet if the skin appears abnormal.

How Dogs Can Affect Your Pool

Many pool experts say that one dog in a swimming pool will have the same effect on the pool water as three humans. This means that the amount of debris your dog brings into the pool is a lot more than what humans bring.

Dogs, of course, have a lot more hair than people. Any loose or dead hairs on your dog's coat will end up in the pool water, affecting the filtration system and the chemical balance. A dog's coat also tends to have a lot of debris like dirt, pollen, and even fecal matter that goes into the pool water when they swim. Parasites and germs can also contaminate the pool water and affect humans and other animals that enter the pool.

Swimming Pool Safety for Dogs

Not all dogs are natural swimmers, so it's important to understand your dog's abilities before allowing them to swim. If you already know that your dog is a strong swimmer, then it's fine to let them jump in and have fun, but never leave them unsupervised.

If your dog is new to swimming, gradually introduce them to the water. Never force them to get in the pool; instead, let them explore on their own. Consider getting a life jacket until you know they are comfortable swimming. Spend time in the pool helping them stay safe and comfortable, but be careful about sharp nails that can easily claw at you. Dogs with shorter legs or a lower body fat percentage may have a more difficult time staying afloat and can especially benefit from the extra buoyancy a life jacket provides.



Not all dogs are comfortable jumping in a pool or climbing steps to exit. Be sure to assist your dog, especially if your pool only has steps and ladders. A pool with steps rather than a ladder is much easier for dogs to enter and exit.

Just as swimming is an excellent way to get fit for humans, it's also an amazing form of exercise, mental stimulation, and healing for our dogs. My dogs absolutely love to swim in the pool (and the sea!) but I've made sure they know where the steps are and never leave them alone while they're swimming.

If you need help with teaching your dog to swim, or have any other dog training questions, drop me a message on social media or send me an email:

karen@dogschoolnerja.com, or you can take a look on the website at **www.dogschoolnerja.com** School is out for summer, but we're back again in September when it's much cooler.



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A promotional poster for Dog School Nerja's "BEGINNERS CLASS". The poster has a dark blue background on the left and a green grassy area on the right. A dog is sitting on the grass. The text "DOG SCHOOL Nerja" is at the top left. "BEGINNERS CLASS" is in large white letters. Below it, there are three circular icons with text: "EASY TO FOLLOW WEEKLY CLASSES", "FUN & INTERACTIVE FOR YOU & YOUR DOG", and "IMPROVE YOUR DOG'S SOCIAL SKILLS". At the bottom left, there is a website URL "www.dogschoolnerja.com". On the right, there is a red circular badge with "65€". To the right of the badge, it says "NEXT COURSE BEGINS MONDAY 11 SEPTEMBER 9:30-10:30 LITTLE WEEDS, NERJA".

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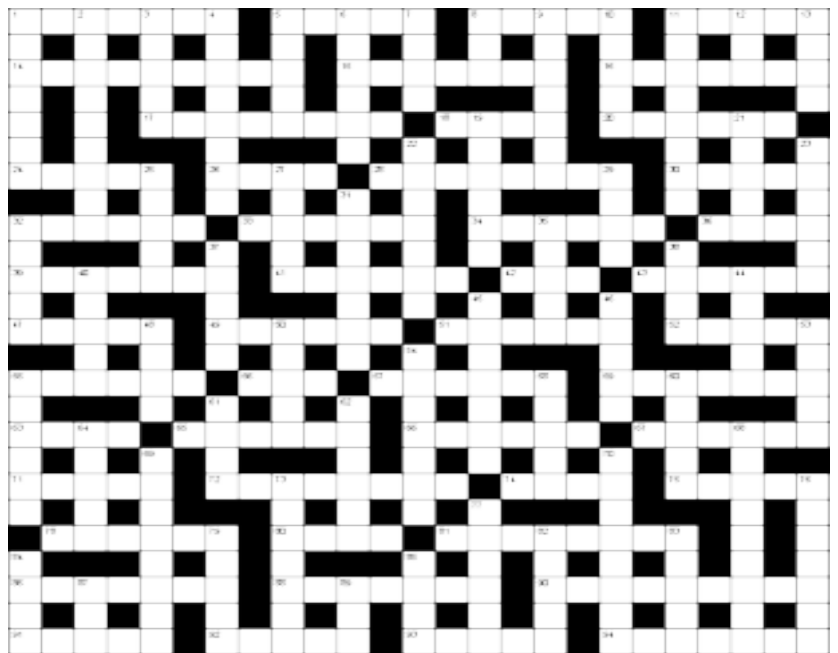
Across

1. Lackadaisical (7)
5. Lariat (5)
8. Cranium (5)
11. Warning (5)
14. Riddle (9)
15. Stone pillar (7)
16. Countries (7)
17. Withstood (8)
18. Particle (4)
20. Lure (6)
24. Youngster (5)
26. Chances (4)
28. Word for word (8)
30. Fear (5)
32. Hot spring (6)
33. Shut (6)
34. Tripods (6)
36. Border (4)
39. Confused (7)
41. Emphasis (6)
42. Rear of a ship (3)
43. Gracefully slender (6)
47. Loiter (5)
49. Allow (6)
51. Rabbit colony (6)
52. Respond (5)
55. Consternation (6)
56. Poem (3)
57. Armed robber (6)
59. Large ape (7)
63. Charts (4)
65. Marine mammal (6)
66. Communicate (6)
67. Concealed (6)
71. Type of lizard (5)
72. Five-sided polygon (8)
74. Unguent (4)
75. Bird of prey (5)

78. Sacred songs (6)
80. Assist in wrongdoing (4)
81. Copies (8)
86. Implement (7)
88. Previously (7)
90. Questionably (9)
91. Leg joint (5)
92. Heading (5)
93. Part of a play (5)
94. Encrypted (7)

Down

1. Terse (7)
2. Nothing (9)
3. Relating to one of the bones in the forearm (5)
4. Mockery (8)
5. Young animals (5)
6. Decelerated (6)
7. Portent (4)
8. Snow runner (3)
9. Not properly maintained (7)
10. Spear (5)
11. Height (8)
12. Self (3)
13. Chore (4)
19. Stone slab (6)
21. System of principles or beliefs (5)
22. Preeminent (7)
23. Stick (6)
25. Brood (5)
27. Greek letter (5)
29. Moderate (4)
31. Clairvoyant (7)
32. Scope (5)
35. More secure (5)
37. Highly skilled (5)



38. Finished (4)
40. Sews (5)
44. Part of a coat (5)
45. Dressing (7)
46. Unforeseen obstacles (5)
48. Period of time (4)
50. Early warning system (5)
53. Hanker (5)
54. Musical instrument (7)
55. Injury (6)
58. Jewelled headdress (5)
60. Elevate (5)
61. Insect (4)
62. Get away (6)
64. Steps (5)
68. Wandered off the subject (9)
69. Blend (8)
70. Friendly (8)

73. Closest (7)
76. Relished (7)
77. Edict (6)
79. Divided (5)
82. Hostel (5)
83. Impassive (5)
84. Large fish (4)
85. Prejudice (4)
87. Moose (3)
89. Regret (3)



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Turmeric
Fennel
Star Anise
Nutmeg
Thyme

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Making a home in Spain? Five financial essentials to consider

If you are quite new to living in Spain or in the process of organising your move here, you probably have a list of jobs to get through. While it may seem long enough already, you need to include a wealth management review. It is important to adjust your tax, financial and estate planning for your new life in Spain and spending a little time on it now will reap dividends in the future.

If you have been living here for a while, when was the last time you reviewed your financial planning? Is it up-to-date and designed for your life in Spain?

1) Legal and tax residence

There are two concepts of residence you need to be aware of and plan for.

Lawful residence gives you the right to live and potentially work in Spain. UK nationals now need to plan for Spanish residence in advance since the process is more bureaucratic following Brexit. Retirees can apply for the non-lucrative visa, while the golden visa is currently available to those who make a substantial investment in Spain. The digital nomad visa could allow you to live in Spain if you can work remotely.

Tax residence determines which country has taxing rights over your worldwide income and wealth. Make sure you understand the rules for Spanish tax residency (it is not just about day counting) and correctly declare your worldwide income, gains and wealth as required by Spanish tax law. If you hold assets or receive income in

By Kelman Chambers, Partner, Blevins Franks

another country, follow the double tax treaty to pay tax in the right place.

2) Tax planning

While the Spanish tax regime may look discouraging at first glance, there often are compliant opportunities to reduce your tax liabilities to lower than you expect, particularly on investment capital. And here in Andalucía, wealth tax has effectively been abolished.

Do not presume that what was tax efficient in your home country is tax efficient here. You may need to convert existing arrangements to ones more suitable for Spanish residents. How you hold your assets can make a significant difference to how much tax you pay.

If you have not yet moved to Spain, you may be able to time your move to save tax. The Spanish tax year runs from January to December whereas the UK's is April to April, and the two countries apply different capital gains tax rules and rates. Compare how much tax you would pay when selling your UK assets as a UK tax resident to selling them as a Spanish resident.

This is one example of why it pays to take cross-border advice

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before moving to Spain. Another example is UK pensions, where taking the 25% tax free lump sum and/or transferring your funds to a Qualifying Recognised Overseas Pensions Schemes (QROPS) before you become Spanish tax resident could save you a large amount of tax.

3) Inheritance planning

You may not want to think about this as you're starting your new life in Spain, but what happens if you die while living here? Will the right money go to the right hands at the right time? You need to understand how Spanish inheritance tax and succession law could impact your family.

Spouses are generally not exempt from Spanish succession and gift tax, while allowances and multipliers vary according to degree of kinship. The autonomous communities can adjust the rules, rates and allowances, so seek advice for your region. Andalucía has virtually eliminated succession tax for spouses, descendants and ascendants.

Spain imposes forced heirship. UK nationals can use the EU succession regulation to opt for UK succession law to apply to their estate, but first establish if this is the right route for your family.

4) Your investment portfolio

Review all your savings and investments to confirm they are suitable for you now. Are you holding the right spread of assets to meet your objectives, time horizon and risk tolerance? Is your portfolio too risky for you? Do you need to hold more assets in Euros and diversify away from UK investments?

5) Pensions

Retirees should review their pension funds and options to consider how to maximise their retirement savings without unnecessary risk. Weigh up the pros and cons of each option and establish if they will achieve your objectives.

It is important to understand the tax implications in Spain. For example, transferring a UK pension to QROPS after you are Spanish tax resident will incur a prohibitive tax charge in Spain.

Integrated planning

The sooner you review your finances, the sooner you can get on with enjoying life in Spain. For the best results, consider all these essentials in conjunction with each other. Often one will impact upon another so working on them in isolation could have unexpected consequences.

Ultimately, you want to achieve peace of mind that all your affairs are in order and designed to achieve your wishes. Taking professional guidance from a locally based adviser will ensure you have all the facts and understand your options.

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

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

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ARIES:- (March 21 - April 19)

You may be full of yourself at the moment, and with good reason, but take care that in your optimistic state of mind you don't take on more work than even a powerhouse Aries can comfortably handle. Others will take advantage of you if they get the chance.

Luckiest day:- Wednesday

TAURUS:- (April 21 - May 21)

Anyone who is foolish enough to believe they can come between you and your ambitions will learn the hard way that you won't ever allow lesser mortals to hold you back. Leave friends and colleagues in no doubt what will happen if they try.

Luckiest day:- Friday

GEMINI:- (May 21 to June 20)

No matter how unfairly you think you have been treated of late you must not attempt to hit back. Your anger may be justified but it could also cause you even more trouble than you are in at the moment, and that's exactly what your rivals want.

Luckiest day:- Sunday

CANCER:- (June 21 - July 22)

If you run away from problems this month it will return to bother you again later when there are more pressing matters to deal with, so roll up your sleeves and sort it out now so you can put it behind you once and for all.

Luckiest day:- Tuesday

LEO:- (July 23 to August 22)

Even if someone annoys you beyond the point of no return today you must stay calm and resist the urge to hit back at them. The planets warn if you get aggressive now, even if it is justified, you will pay for it financially later on.

Luckiest day:- Tuesday

VIRGO:- (August 23 - Sept. 22)

With Mars in your birth sign you will begin to believe that all things are possible, and that's great, but don't try to do everything in one mad rush. Set yourself goals you can work towards a step at a time, it's what you do best.

Luckiest day:- Thursday

LIBRA:- (Sept. 24 - October 23)

Has someone got it in for you? Are the powers that be trying to block your ambitions? No and No again. The only thing you need to worry about today is your own tendency to see the worst in situations that in reality are no big deal.

Luckiest day:- Saturday

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

A project you have been working on for some time will get a boost over the next few days as you discover reserves of energy and inspiration you never knew you had. The most important thing is that you believe in yourself and what you are doing.

Luckiest day:- Monday

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

Mars moves into the career area of your chart today, making it easy for you to be forceful when dealing with colleagues and employers and people in positions of power. Don't be too forceful though, sensible cooperation makes everyone a winner.

Luckiest day:- Saturday

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

You may be inclined to go over the top without realizing it during this month and if you do the consequences won't be to your liking. Also, you need to recognize that what is acceptable to you may not be acceptable to other people.

Luckiest day:- Sunday

AQUARIUS:- (Jan 21 - Feb. 18)

As one of the zodiac's "fixed" signs you don't often change your way of doing things but it will pay you to be more flexible this month. To put it another way, it could cost you a great deal of money if you refuse to back up even an inch.

Luckiest day:- Monday

PISCES:- (Feb.19 - March 20)

Mars, planet of aggression, moves into the partnership area of your chart this month, so expect to be challenged by people who think you've had far too much freedom of late. You will only keep that freedom if you are prepared to fight for it.

Luckiest day:- Friday

Horoscopes.

by Kristian Marconi

Lucky escape for lifeguard on Costa del Sol beach after watchtower collapses

The young man fell from a height of around three metres and suffered an injury to his arm after the beach surveillance tower in Torrox toppled. A lifeguard on the Ferrara beach in Torrox had a lucky escape after the watchtower he was standing on broke at the base, for reasons which are being investigated. He fell to the ground from a height of around three metres and was left lying on the ground, unconscious. However, he had no serious injuries from the heavy blow when he hit the ground. he lifeguard is now recovering at home.

Man hits five-year-old in the face during attempt to steal phone belonging to child's mother at Malaga café

A woman and her five-year-old son were quietly sitting on the terrace of a café in Malaga city when a man started to ask customers for money. Then, suddenly, the man, who has numerous previous criminal convictions, allegedly hit the child in the face in an attempt to steal the mother's mobile phone. The child also suffered a cut on his leg as a glass toppled from the table and smashed. A 51-year-old man was arrested. Witnesses, and the victim's mother herself, said the arrested man started to ask for money from the customers of the eatery until he approached the table where the woman and the boy were. After the alleged assault he then tried to pull the mobile phone from the woman's hands, but the handset fell to the ground and the man fled the scene.

Several people alerted the local police and told officers where he had run away to. He was found a few metres from the scene where police identified and arrested him before passing him to the courts.

Young woman dies after fall from jet ski off Costa del Sol beach

The 32-year-old victim was rushed in a critical condition to a hospital in Malaga city, where she died in the early hours of the morning. Police are investigating the death of a 32-year-old woman who suffered serious injuries after apparently falling from a jet ski off the coast of the Costa del Sol.

The accident happened offshore near the El Palo neighbourhood of Malaga city.

The Local Police notified the National to investigate the incident, although it seems that the Guardia Civil will finally take charge of the case, given that the accident apparently took place at sea.

Initial investigations indicate that the woman was travelling on a three-seater jet ski. It appears that she was on the back of the boat and, during the journey, she fell off it. Her companions, a man and another woman, rescued her from the water unconscious and took her to the shore.



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Tomato Gnocchi Kebabs

Tomato Gnocchi Kebabs

Serves:- 4

Ingredients:-

For the salsa verde

1/4 c. fresh parsley

1/4 c. fresh basil

1/4 c. extra-virgin olive oil

2 tsp. capers

1 tbsp. fresh lemon juice

2 anchovy fillets

1 clove garlic

Kosher salt

For the kebabs

1 (12-oz.) package fresh gnocchi

2 pt. cherry tomatoes

2 small red onions, cut into 2" pieces

2 tbsp. extra-virgin olive oil

Kosher salt

Freshly ground black pepper

Preparation:-

Make the salsa verde: In a food processor, combine parsley, basil, oil, capers, lemon juice, anchovies, and garlic. Blend until smooth, season to taste with salt, and chill until ready to serve.

Make the kebabs: Preheat grill to medium-high for 3 minutes, and soak skewers in a shallow pan filled with water for 10 minutes to prevent scorching. In a large bowl, toss gnocchi, tomatoes, onions, and oil until coated.

Season with salt and pepper then thread gnocchi, tomatoes, and onions onto the soaked skewers.

Grill the kebabs, flipping halfway through, until the tomatoes are blistered and the gnocchi is browned, 7 to 8 minutes.

Transfer the kebabs to a platter, drizzle with salsa verde and serve.



BBQ Hot Dogs with Cilantro Slaw

BBQ Hot Dogs with Cilantro Slaw

Serves:- 8

Ingredients:-

For the slaw

1/2 c. mayonnaise

3 tbsp. whole milk

1 tbsp. apple cider vinegar

2 tsp. dijon mustard

2 tsp. sugar

1/2 tsp. kosher salt

1/4 tsp. cayenne pepper

Black pepper, to taste

1 carrot, shredded

1/4 small head savoy cabbage, shredded

1/4 head red cabbage, shredded

1/2 small red onion, thinly sliced

1/2 c. fresh cilantro, chopped

For the hot dogs

Vegetable oil, for the grill

8 brioche hot dog buns

8 all-beef hot dogs

1/2 c. barbecue sauce

Preparation:-

Preheat a grill to medium high. For the slaw: Whisk the mayonnaise, milk, vinegar, mustard, sugar, salt, cayenne and black pepper in a large bowl. Add the carrot, both kinds of cabbage and the red onion and toss to combine. Lightly oil the grill grates. Grill the hot dog buns until lightly toasted, 1 to 2 minutes. Remove to a platter. Add the hot dogs to the grill. Brush with some of the barbecue sauce

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and cook, turning and brushing occasionally with more sauce, until charred and glossy, 4 to 5 minutes. Place the hot dogs in the buns and brush with any remaining barbecue sauce.

Just before serving, add the cilantro to the slaw and toss. Top the hot dogs with the slaw.



Cheddar Bacon Corns

Cheddar Bacon Corns

Serves:- 10

Ingredients:-

1/2 c. (1 stick) butter, softened
1 packet ranch seasoning
Freshly ground black pepper
10 ears corn
2 c. shredded cheddar
6 slices cooked bacon, finely crumbled
freshly chopped chives
BBQ sauce, for drizzling

Preparation:-

Heat grill to medium high. In a small bowl, stir together butter and ranch seasoning and season with pepper. Rub ranch butter on corn.
Grill until lightly charred, 10 minutes. Top with cheddar and cover grill to melt, 2 minutes.
Top with cooked bacon and chives and drizzle with BBQ sauce.

Ribs with BBQ Sauce

Serves:- 6

Ingredients:-

3 lb. spareribs
2 tbsp. brown sugar
2 tsp. kosher salt
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. oregano
1/2 tsp. freshly ground black pepper
1/2 tsp. chili powder
1/2 tsp. mustard powder
1/4 tsp. cayenne pepper
4 tbsp. butter, cut into cubes
1 c. barbecue sauce

Preparation:-

Preheat oven to 300° and line a baking sheet with aluminum foil. If your ribs have a thin membrane over the bones on the backside, remove by carefully sliding a knife under the membrane and then peeling it away.
In a small bowl, combine brown sugar and seasonings. Rub mixture all over ribs until well coated. Evenly distribute butter cubes over ribs, wrap tightly in foil, and place on



Ribs with BBQ Sauce

prepared baking sheet. Bake until very tender, about 2 1/2 hours.

Switch oven to broil, unwrap ribs, and brush all over with barbecue sauce. Place back on baking sheet and broil until sauce starts to caramelize, 5 minutes.

Icy Watermelon Granita

Ingredients:-

2 tbsp. Sugar
Kosher salt
2 large lemons
6 lb. seedless watermelon, rind removed, cut up

Preparation:-

Combine sugar, 1/4 cup water, and 1/4 tsp salt and simmer until sugar has dissolved, 2 minutes. Finely grate zest from lemons and squeeze 1/2 cup juice then stir into the syrup. Puree watermelon with lemon syrup. Pour into metal loaf pan or square pan and freeze until set, about 8 hours. Using a fork, scrape surface into large flakes.






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Atención: Carolina Pedraza (Graduada del Curso) y M.ª José B. 29713 Torroja-Costa, Málaga. 952.774.816-948.11.982

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SWOLLEN LEGS: CAUSES, TIPS AND EXERCISES



The heaviness and swelling of the legs are part of the symptoms that can appear after the presence of circulatory problems, which is why taking preventive and corrective measures to help improve them is of great interest to those who suffer from them, in this article we explain with greater detail of what it treats, what factors can trigger them and some treatment options to improve.

What is swelling and heavy legs?

The feeling of heaviness and swelling of the legs are characteristic signs and symptoms of poor circulation. Frequently they usually appear due to fluid retention in the lower limbs or because they are suffering from venous insufficiency. "The feeling of heaviness and swelling of the legs are characteristic signs and symptoms of poor circulation." Venous insufficiency causes the passage of blood flow to be difficult, preventing the blood from performing the venous return efficiently, thus facilitating the accumulation of liquids or blood at the level of the lower limbs, and in turn

triggering the sensation of heavy and swelling legs and then the manifestation of the dreaded varicose veins.

Types of swelling in the legs.

There are different types of swelling in the legs and this depends on the specific area or area that is inflamed. Among the most common we find:

1. Swelling or inflammation in one leg or in both limbs: this presentation may be associated with possible altered conditions in the general systems of the body if it refers to both legs, while if it is in only one it may be due to a particular problem of that leg.
2. Swelling in a specific area or throughout the leg: this inflammation is characterized by appearing in a specific area as a result of conditions such as arthritis, skin lesions, infectious or allergic processes.
3. Sudden or gradual swelling or inflammation: frequently the swelling occurs gradually and the person does not realize it at first until it is really visible and the symptoms of tension appear, while if the swelling suddenly originates in only one leg, it may be a symptom of deep vein thrombosis.
4. Swelling with or without the presence of pain: swelling does not usually cause pain, but rather a sensation of tension in the area, however, in cases where pain exists, it may be related to infections, injuries or joint problems, or the presence of deep vein thrombosis.

According to the type of swelling present, it is possible to determine the cause or triggering factor of these signs and symptoms.

Causes and risk factors of swollen legs.

The causes and risk factors that trigger swollen or heavy legs have currently been increasing, and that is that prolonged postures, a sedentary lifestyle, and bad eating habits favour the appearance of circulatory problems.

Among the most common factors we find:

- Obesity: body overweight is one of the frequent causes of the appearance of venous insufficiency as well as edema in the lower limbs.
- High cholesterol due to excessive

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consumption of fatty foods and fried foods: poor diet and excessive consumption of high-fat foods can cause atherosclerosis and with it the appearance of circulatory problems.

- Excessive consumption of alcohol and tobacco: tobacco and alcohol contain substances that are harmful to health. In the case of tobacco, it causes damage to the walls of the veins and thus predisposes them to work incorrectly in the functioning of the blood supply. , while alcohol consumption affects the kidneys and liver causing the functioning of these organs to deteriorate and kidney failure or insufficiency can be reached.
- Arterial hypertension due to heart failure and difficulty returning blood flow to the lungs, which accumulates in the legs, ankles and feet.
- Family history of atherosclerosis: atherosclerosis is a condition of great concern today since a large percentage of deaths derive from this condition, due to the accumulation of plaques on the walls of the arteries, so if there is a history of this condition it is important to be vigilant.
- Lack of physical activity and a sedentary lifestyle can cause poor blood circulation and, consequently, swelling and a feeling of tiredness in the legs.
- Aortic thickening due to advanced age: over the years, calcium deposits may accumulate in the aortic valve, causing it to harden and narrow.
- Diabetes Mellitus due to a predisposition to fluid retention and high blood sugar levels that damage the blood vessels and nerves in the legs and feet.
- Kidney, heart or liver failure: suffering from these diseases increases the probability of suffering from circulatory problems and with it the appearance of symptoms of inflammation and heaviness in the legs.
- Consumption of some medications such as antidepressants, steroids or hormones increase the probability of leg swelling, as well as the appearance of symptoms of heaviness.

What are the symptoms of possible circulatory problems? In addition to the feeling of heaviness in the legs and their swelling, it is possible to find other signs and symptoms that may be related to problems in the circulatory system such as:

- Shooting and burning pain (burning pain)
- Tiredness in the legs
- Sensation of itching and with it the appearance of pruritus
- Changes in skin coloration
- Presence of ulcerations
- Dry and hard skin
- Poor wound healing
- Sensations of tingling and numbness
- Presence of spider veins

When is it important to see a doctor?

It is important to see a doctor when, in addition to the presence of swollen legs and a feeling of heaviness, other significant symptoms are added that compromise the well-being of people, such as respiratory distress, chest pain, dizziness, coughing up blood or lack of air when making some effort.

"It is important to go to the doctor when, in addition to the presence of swollen legs and a feeling of heaviness, other significant symptoms are added."

In addition, if you have a history of kidney, heart, or liver failure and the lower limb or limbs swell, redden, or are much hotter to the touch, evaluation and consultation with a specialist is necessary to determine the cause.

What can be done to improve swelling and heavy legs?

Conservative treatment for the existence of symptoms of swelling and heavy legs requires in the first instance a medical health assessment to determine the possible cause, and then start with pharmacological, therapeutic or surgical treatment if necessary.

From physiotherapy, the implementation of exercises that promote circulation and mobility of the lower limbs, together with the application of a lymphatic drainage massage are part of the main treatment, in addition to daily activities of daily living. It is important to take into account some recommendations and tips to care for and prevent the appearance of circulatory problems, it is also important, some of them are:

Continued ob page 36



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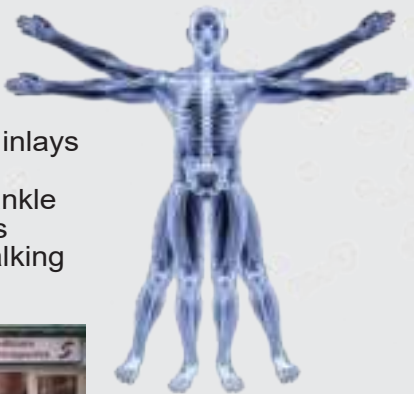
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- Mobilize your legs at any time, performing exercises that favour the proper functioning of the venous return will be of great help to prevent the symptoms of heaviness and swelling from appearing.
- If your work activity requires prolonged postures, both standing or sitting, remember to take active rest periods (active breaks).
- Avoid prolonged use of heat sources such as the use of saunas, sun exposure, hot baths or waxing.
- Take walks or some low-impact physical activity to put your circulatory system to work effectively.
- Avoid excess weight and constipation
- Avoid wearing heels
- Reduce the consumption of foods with excess salt and sugars, since the high consumption of them causes an increase in blood pressure, and with it arterial hypertension, pathologies associated with it such as myocardial infarction, kidney disorders, cerebrovascular accidents. and diabetes mellitus.
- Avoid the use of very tight garments in this way you will favour the best functioning of your circulatory system

Recommended exercises.

Foot circle exercise - From the lying position, placing a pillow or cushion under your legs, you must make circles with your feet, making them very wide and well defining the range of mobility of the ankle.

Elevated Legs Bicycle Exercise - From the lying position you will raise your legs, to then simulate the action of a bicycle, it is important that you mark the flexion and extension of the foot well during the exercise.

Tiptoe exercise to activate calf pumping - Locating yourself in the standing position and on tiptoes, you must perform several repetitions of this exercise in a static way, that is, without displacement, you will have to perform at least 20 repetitions to activate your calves.

Toe walking exercise - This exercise is a sequence of the previous exercise and for this you will only have to maintain the tiptoe position but this time you will make a small displacement or walk in this position for about 30 seconds.

Calf stretching exercise - Located from the lying position and with one leg bent while the other is stretched, you will bring the tip of the foot towards you, keeping in mind that you must keep your back straight, and then gradually bring your trunk towards flexion in order to generate a little more stretching, it is important that you maintain this position for approximately 15 second

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

Clinica Santa Cecilia

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 considered 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 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.

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- 2 cups ice cubes

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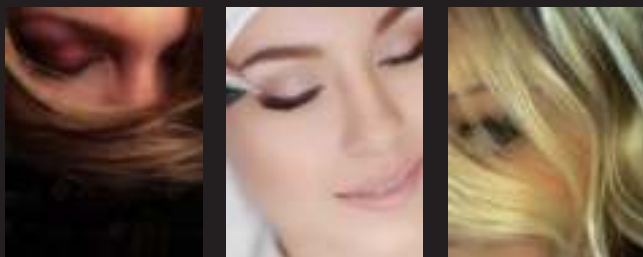
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7 Face Yoga Exercises and Their Anti-Aging Benefit

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

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

What Is Face Yoga?

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

How It Works

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

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

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

Face Yoga Exercises

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

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

The exercises were referred to by names such as:

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

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

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

1. Eye-Opener

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

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

2. Forehead Lifter

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

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

3. Cheek Lifter

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



4. Neck and Jaw Stretch

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

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

5. Pucker Lips

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

6. Smiler

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

7. Massage + Face Savasana

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

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

How long does face yoga take to work?

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

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Benefits of swimming



Swimming is one of the most popular sports. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends.

Swimming is a healthy activity that you can continue for a lifetime.

It is a low-impact activity that has many physical and mental health benefits.

Swimming for recreation

Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's a good way to relax and feel good.

Common swimming styles in recreational swimming are:-

- 1 - breaststroke
- 2 - backstroke
- 3 - sidestroke
- 4 - freestyle.
- 5 - Competitive swimming

Some people who enjoy swimming want to take it to a competitive level. This can provide the health benefits of a vigorous workout as well as the fun and thrill of competition.

The main strokes used in competitive swimming are:-

- 1 - breaststroke
- 2 - freestyle
- 3 - backstroke
- 4 - butterfly.

The distances swum in competition swimming can vary from 50 metres in a pool to much further distances in open water.

Health benefits of swimming

Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:-

- 1 - keeps your heart rate up but takes some of the impact stress off your body
- 2 - builds endurance, muscle strength and cardiovascular fitness
- 3 - helps you maintain a healthy weight, healthy heart and lungs
- 4 - tones muscles and builds strength
- 5 - provides an all-over body workout, as nearly all of your muscles are used during swimming.

Swimming has many other benefits including:-

- 1 - being a relaxing and peaceful form of exercise
- 2 - alleviating stress
- 3 - improving coordination, balance and posture
- 4 - improving flexibility
- 5 - providing good low-impact therapy for some injuries and conditions
- 6 - providing a pleasant way to cool down on a hot day
- 7 - being available in many places – you can swim in swimming pools, beaches, lakes, dams and rivers. Make sure that the environment you choose to swim in is safe.

Getting started with swimming

Getting started in swimming is easy. It is a sport for all age groups, skill and fitness levels. Before you get started, you will need to purchase a pair of swimmers and some goggles.

Some general tips for swimming

Before you dive in:-

- 1 - Make sure you know how to swim.
- 2 - Choose a safe environment and ensure the water safety of children.
- 3 - Warm up and stretch your muscles and joints before entering the water.
- 4 - Have plenty of fluids on hand and drink regularly.
- 5 - Don't overdo it if you're just starting out.

See your doctor if you haven't exercised for a long time.



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

ART GALLERIES

Galeria de Arte – 669 678 967
Pasaje Fuente de Cantarero, Blq. 1, bajo D, Nerja

BEAUTICIANS

All about beauty – 95 296 7968
C/. Infantes 23, Torre del Mar

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Micro needling - Microdermabrasion - Chemical peels
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Facials - much more...
First class hair and styling, colours, low/highlights,
perms and much more...

C/. Infantes 23, Torre del Mar Tel:- 95 296 7968

Rebecca Curtis Wellness Centre – 95 253 0122

Urb. Laguna Beach, Centro
Comercial B no.16, Torrox Costa

CAR RENTALS

Lessaggo – 95 252 4699

C/. Los Huertos, Nerja

CHARITY SHOPS + CLUBS

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

Choir group

657 951 755 Vélez Málaga

689 111 352 Almuñecar/Salobreña

Club 41 Nerja – 678 059 288

Cudeca – 95 256 4910

Give me 5 animal charity – 603 416 632

Lux Mundi – 95 254 3334

Avda. Moscatel 1 (Jardines Viña),
Torre del Mar

Pocapucunia Charity Shop

Avda. Rodriguez Acosta, Edif.

Tucaman, Nerja

Royal British Legion -
+44 759 071 7384

CLOTHING ALTERATIONS

Carmen – 95 190 3595

C/. Bronce 2, Nerja



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the latest offers

DENTAL TECHNICIANS

English Dental – 633 157 891



DENTISTS

Clinica Dental Innodenta –

95 252 4003

Plaza de la Ermita 9, Nerja

Dentadanes – 95252 9666

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

ESTATE AGENTS

Andalucia4you – 95 272 0832

Avda. Andalucia 125, Caleta de Vélez

Casa Nerja – 95 154 3517

Edif. Rocamar Baja, Prolongacion

Hernando de Carabeo, Nejra



Cómpeta Properties - 95 251 6107 /
95 253 8337

Avda. Sayalonga 24B Còmpeta

Avda. Constitución Edif. Costezuela

Local 1, Còmpeta

Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucia 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosarico la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

El Capistrano Village, Nerja

Pérez Oglietti – 653 782 878

Torrox Costa

Property Select – 95 108 4054

Urb. Costa del Oro, Centro Comercial
B, Torrox Costa

Spanish Management – 618 940 829

Office in Viñuela (next to farmacia)

Sunny Palm – 95 296 7595

Avda. Peñoncillo 16, Edif. Oasis Club,
Torrox Costa

Sunset Properties Spain –

601 626 525

Avda. Andalucia 65c, Torre del Mar

Villasol – 95 252 7201

C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171

El Cruce de Puente don Manuel,
local D, Alcaucin

For advertising offers call
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FINANCIAL ADVISORS

Blevins Franks – 900 670 047

Email:-

southernspain@blevinsfranks.com

FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 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/. Chaparril, Nerja

HOUSE AND HOME

MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin



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



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 SanMiguel (St.MichaelsChurch), Nerja. Tel:- 952 52 1339.
www.nerjaalmuñecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

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
Website: www.nlcnerja.com
Facebook: 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.

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@stgeorgemálaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemálaga.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 1ªI, (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 AUGUST COMING EVENTS & EXCURSION PRESS RELEASE

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

Every Wednesday –

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

Every Thursday –

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

Every Friday –

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

Thursday August 15th -

Excursion to Almuñécar Fireworks.
Please come and join friends of Lux Mundi, Torre Del Mar, for the spectacular fireworks display.

You will travel by coach to join in the festivities in honour of the Virgen de la Antigua (Virgen of the Old).
The Virgen will be carried in a procession from the Church of the Incarnation through

the streets to the beach of San Cristobal, where many boats will be waiting at sea to accompany the statue around the rocks of the Peñón to the Puerta del Mar beach. Then there will be a fantastic firework display, set to music, against a backdrop of the San Miguel Castle and the Holy Rock. On our arrival in Almuñécar there will be plenty of time for you to take refreshments before the display.
Departure time for homeward journey will be after the fireworks, at approx. 23:45.
Ticket price 14 euros with Friends card or 16 euros without a card available at the Centre (insurance included).
Proceeds for fundraising.

Departure times:

Torre del Mar (Bus station) 17:00,
Caleta (Opposite Vets) 17:10,
Algarrobo (Lidl) 17:15.

Almuñécar fireworks

Tuesday 15th August 2023

14€ **or** **16€**

(Insurance included).

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

Torre del Mar 17.00 Caleta 17.10 Algarrobo 17.15

Arrival in Almuñécar 18.00 approx. Free time for the evening, leaving Almuñécar after the fireworks at 23.45 approx.

FOR MORE INFORMATION
CONTACT LUX MUNDI
Avda. Moscatel 1ªI Torre del Mar
952 543 334 luxmundi@lux-mundi.org

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KÖMMERLING



NEWS & What's ON

YOGA FUSION DANCE

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

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

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

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

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

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



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.

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



41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after

20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept

our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288. 41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770. 41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.



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www.malagaclima.es



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

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

We can also assist by telephone
952 564 910
or e-mail cudeca@cudeca.org.

ROYAL BRITISH LEGION, NERJA BRANCH

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

Everyone is welcome to join us. Booking is essential.
Please contact Kimon tel: +44 798 802 9001 or
email: kim_bowe1@hotmail.com.

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



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

Want to join a choir?

Vélez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish). Also our sister choirs of Almúñecar (Coro Ciudad de Almúñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club

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

POCAPECUNIA CHARITY SHOP

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

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

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

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.

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All information is required by the 15th monthly.

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Bungalow, Torrox Costa
Ref: PS-2023-082

Nice 3 bed prefabricated house, open and sunny plot on "El Pino" campsite, Torrox Park. Communal pool & amenities.

€39,000



Apartment, Torrox Costa
Ref: PS-2022-097

Ground floor 1 bed apartment in Colinas, 17m2 terrace (possible 2nd bed), storage. Quiet complex, community pool and garden.

€114,400



Apartment, Torrox Costa
Ref: PS-2023-024

Charming 1 bed apartment with terrace just one step from El Morche beach! Close to all amenities and El Morche promenade.

€117,000



Penthouse, Torrox Costa
Ref: PS-2023-300

BARGAIN! Torrox Park Penthouse! South-west facing 1 bed apartment with terrace and panoramic views. Communal pool.

€135,000



Apartment, Torrox Costa
Ref: PS-2023-023

Bright 2 bed apartment in Urb. with large private storage room same building. Just 1 km to the beach. By all amenities.

~~€149,000~~ **NOW €139,000**



Studio, Torrox Costa
Ref: PS-2023-076

Completely renovated 1st line beach studio apartment, stylish and with everything new. Steps from Ferrara beach. Communal pool.

~~€159,900~~ **NOW €149,000**



Apartment, Torrox Costa
Ref: PS-2023-064

First line beach 1 Bed apartment, sea & mountain views. Centro Internacional, by promenade and amenities. Communal pool.

€150,000



Apartment, Torrox Costa
Ref: PS-2023-065 COSTA DEL ORO

Spacious 103m2 3 bed apartment, extensive views, just 100m to the "Ferrara" promenade. Close to all amenities. Option to buy a garage.

€169,900



Apartment, Torrox Costa
Ref: PS-2022-067

Steps from the sea! Bright 2 bedroom with south-facing terrace. Well-kept communal pool and gardens. Close to amenities.

€194,500

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TORROX PARK

REF: 7661

EXCLUSIVE: Lovely semi-detached house in Torrox-Park with stunning open sea views, 7 minutes from the beach with 3 beds, 2 baths, lounge with fireplace and open plan kitchen, glazed terrace & open terrace, communal pool, , 96 m², plot: 200 m², EPC: in progress.

ARENAS

REF: 7655

EXCLUSIVE: Country Villa with guest apartment in Arenas, 25 minutes from the coast with 4 beds, 3 baths, 2 kitchens, 2 lounges, private pool, porch, several terraces, 167 m², plot: 1.512 m², Mountain views, EPC: in progress.

29754 C3mpeta

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

29770 Torrox

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

29740 Torre del Mar

Avda. Andalucia, 32B
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