



Competa Properties s.l.
The best service you can get!

Avda. Sayalunga 24B Avda. Constitución 37B
 Competa (Málaga) Competa (Málaga)
 Tel: (0034) 952 516 107 Tel: (0034) 952 553 589

info@competaproperties.com
www.competaproperties.com

See our advert on page 5

Opticians
HEIKO BY HEIKO
 Your local English-speaking Opticians



Book your **FREE** Eye Test
 Avda. Andalucía 119, Torre del Mar
info@heikobyheiko.es
 Tel: 952 967 923 / 682 327 084
heikobyheiko.es

 **Perez Oglietti**
 ESTATE AGENTS • INMOBILIARIOS • IMMOBILIARIA

Are you selling your property?
 Do you want to buy a property?
 Contact us!

info@perezoglietti.com
www.perezoglietti.com
 +34 653 782 878

"Trying to make your life in Spain easier"

villasol CON ACCESO WEB AL PORTAL REAL ESTATE AL

LEADING THE WAY IN SALES AND LONG TERM RENTALS

See pages 20 & 21
www.villasolrealestate.com
 Tel: (0034) 952 52 72 01
 e.mail: info@villasolrealestate.com

LAWYERS • CONVEYANCE • TAX CONSULTANTS • ACCOUNTANCY • WILLS • MORTGAGES • INSURANCE

Don't settle for a copy...
 Be original!

Del Prado & PARTNERS SOLICITORS

The best for you ALWAYS!!

We are not second or third or even the fourth...
 We are not those who are resigned...
 We are not those who avoid making the effort...
 We are not those who do not understand you...
 Yes correct, we are Del Prado & Partners Solicitors...
 the best for you, now in Plaza Cavana...always for you...

See our advert on page 15
WWW.DELPRADOANDPARTNERS-ES.COM

streetwise

In Spain

The longest running **FREE** English language magazine in the Axarquia, over 25 years!

September 2023

Number 306

www.streetwise.es



OPTICA
Chaves
 Since 1980

Working in partnership with the social security agreement for outpatients

In Optica Chaves
 you enter as a customer,
 and leave as a friend!

Avenida Castilla Pérez, 24
 29780 NERJA, (Málaga)
 Tel: 952 521 994

NERJA VISION

Castilla Pérez, 24
 29780 NERJA (Málaga)
www.nerjavision.com

● (Monday - Friday)
 10:00 - 14:00 & 17:00 - 20:30
 (Saturday) 10:30 - 13:30

● Contact Lenses; Frames;
 Sun Glasses
 ● The Best Brands!
 ● Free Eye Test & Glaucoma Test

● We Speak English

Andalucian Homes

Selling and renting property
 on the
 Costa del Sol

info@andalucianhomes.com
contact@andalucianhomes.com

www.andalucianhomes.com

Don't settle for a copy...
Be original!

Del Prado **PARTNERS** **SOLICITORS**

The best for you...
ALWAYS!!

- We are not second or third or even the fourth...
- We are not those who copy...
- We are not those who are resigned...
- We are not those who avoid making the effort...
- We are not those who do not understand you...
- Yes, correct, we are Del Prado & Partners Solicitors...
the best for you, now in Plaza Cavana...always for you...

Plaza Cavana No 5, Bajo (Next to the Balcon de Europa) • 29780 NERJA (Málaga)

Tel: (+34) 952 52 72 74 / (+34) 952 52 17 47 • Fax: (+34) 952 52 72 17 / (+34) 952 52 10 76

delpradoandpartners@delpradoandpartners-es.com

Ctra. Cártama, 48 Bajo, Izquierda • 29120 **ALHAURÍN EL GRANDE** (Málaga) • Tel: (+34) 952 49 19 96 • Fax: (+34) 952 59 72 02 • alhaurin@delpradoandpartners-es.com

C/ De la Tercia, 4 - Bajo • 29200 **ANTEQUERA** • Tel: (+34) 952 84 40 22 • 952 84 42 28 • Fax: (+34) 952 70 44 46 • antequera@delpradoandpartners-es.com

GOOD PRICES FOR YOU!



BERGEN SOFA SET IN THICK GREY CANE

PRICE FOR THE SET WITH COFFEE TABLE **1.798 €** (BEFORE 1.998 €)

PRICE WITH UP&DOWN TABLE – **1.998 €** (BEFORE 2.295 €)



VERONA DINING TABLE

IN SOLID SOAP TREATED OAK 100X200 CM. BEFORE 995 €

SEPTEMBER OFFER 595 €*

CHAIR METTE, SOLID OAK. BEFORE 158 €

NOW 115 €*

*** AS LONG AS STOCK LASTS**



IMOLA

2,5 SEATER SOFA. BEFORE 695 €

**SEPTEMBER
OFFER 495 €***

*** AS LONG AS STOCK LASTS**



SYDNEY

SWIVEL CHAIR, AVAILABLE
IN GREY AND IN BLACK.

NORMAL PRICE 395 €

NOW 295 €



CONTINENTAL BED HAPPY PLUS

Mattress with pocket springs, topper included:

180x200 cm - 1.195 €, 160x200 cm – 1.095 €

Headboard 398 € and 348 €



Find us on
Facebook

WE DELIVER AND ASSEMBLE ALONG THE COAST FOR FREE

Avda. de Andalucía, 187 · 29751 Caleta de Vélez · (Entrance to Caleta Port)

Tel: 952 55 06 69 · piramides@mueblespiramides.com · www.mueblespiramides.com

Opening hours: Monday to Friday 10 - 20 h. Saturdays: 10 - 14 h.



DANISH QUALITY AT SPANISH PRICES

YOUR SPECIALIST IN OUTDOOR FURNITURE

DE TROPEN®



How to get here:

Autovía del Mediterráneo A7, exit 953
Vélez-Málaga
entrance behind Repsol gas station
Free covered parking

Opening hours:

Monday - Saturday: 9 am - 8 pm
Sunday: Closed

Beauty comes from the outside.



DE TROPEN®
OUTDOOR FURNITURE

First picture: SEMPRE dining chairs with BEL AIR Teak table by 4 Seasons Outdoor®
From left to right: SIERRA Bar stool with FIESTA table by 4SO®, Solar, battery and cable lamps & garlands by New Garden®, MARSANNE rug by Lafuma® & Modular Outdoor Kitchen with CROSSRAY 4B by Grndhall® & PORTABLE gas Oven by Alfai®



info@detropen.es
(+34) 680 480 276
www.detropen.es



Cómputa Properties s.l.

The best service you can get!

Avda. Sayalonga, 24B Cómputa (Málaga) / Tel: (0034) 952 516 107
 Avda. Constitución Ed. Costezuela Local 1 - 29754 Cómputa
 Paseo de las moreas 1, Torrox - Pueblo (Málaga) / Tel: 952 538 337
www.computaproperties.com / info@computaproperties.com



Country Property of the month

Torrox:

Price: €595.000

TCP221



A unique, superb and immaculate property built to a very high standard. Plot of app. 10.000m². 15 minutes drive to the pretty white village of Torrox, app. 20 minutes drive to the coast and beaches. Electric gated entrance opens onto the driveway with plenty of parking space and a garage, which can be used as a Casita. The villa comprises; bright, fully equipped kitchen, large airy sitting room opening onto a pergola and views of the garden and pool. Dining room which opens with archway into the sitting

room. There are also two double bedrooms with ensuite bathrooms and fitted wardrobes. The house also includes a wonderful penthouse comprising additional sitting room, kitchen and large balcony with dining area with magnificent views of the mountains. It can also be used as a 3rd bedroom. The exterior has lots of terrace space around the swimming pool. Beautiful landscaped garden with lots of trees, flowers and terraces. Ideal as a permanent home, holiday home or rental property.



Cómputa:

Price: 235.000€



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

Ref. CP520

Sayalonga:

Price: 425.000€



- Living space: 133m²
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP594

Torrox:

Price: 385.000€



- Living space: 144m²
- Bedrooms : 2
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. TCP217

Cómputa:

Price: 179.000€



- Living space: 125m²
- Bedrooms : 4
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Town

Ref. TH899

Cómputa:

Price: 295.000€



- Living space: 165m²
- Bedrooms : 2
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Town

Ref. TH1009

Torrox:

Price: 120.000€



- Living space: 53m²
- Bedrooms : 3
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Town
- Area: Town

Ref. TTH591

In conjunction with Cómputa Properties S.L.

Construction & Services

Avd. Sayalonga 24 A, Cómputa 29754 (Málaga)

Tel / Fax: (0034) 952 553 435

celefernanandez@computaproperties.com



Welcome to Streetwise magazine -

As we enter September, let's hope that the weather will cool slightly, it has been a very warm, busy summer.

It was good to see so many people around this summer enjoying their time here on the Costa del Sol.

As always we have a packed Streetwise for you to enjoy with fantastic businesses offering their goods.

During September lots of the clubs and associations start their autumn/winter schedules, so still lots happening here on the coast.



Dawn x



Beautiful Town house in Còmpeta



Sept/Sept2023
Issu e Nº 306

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

Web Site: www.streetwise.es

Email: info@streetwise.es

No part of this publication may be reproduced in any form without prior consent in writing from the Publishers. The publisher is unable to accept liability for the claims made by advertisers, or the contents of their advertisements.

Contents

Daniel Lopez, Art Exhibition Archez - Page 8

7th Ruta del Arte Frigiliana - pages 14

14th Art Walk Còmpeta - pages 28 & 29

Animal charity - pages 22, 23 & 24

Dog School, dangerous plants - page 25

Mediterranean diet & pregnancy - pages 38 & 39

Reverse the effects of sun damage - page 42

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

BREA
C/ Carabeo 39, NERJA

FURNITURE RESTORER
Hand crafted furniture, also incorporating your own design.
Mirrors and artefacts hand made to order, any size and many designs and finishes.

Contact Vikki on
95 252 1408

E GALERIA DE ARTE
ART SHOP
GALLERY

Pintura / expos / piezas únicas / objetos vintage / prints / postales
OPEN BY PREVIOUS APPOINTMENT / CITA PREVIA

Pasaje Fuente de Cantanero, blq. 1 bñ. d, 2978 Nerja (Málaga)
www.egalleryspain.com / 669 67 89 67

Established in 2002
Villasolutions

Email: sales@villasolutions.net
Mobile: +34 696 522 171 - Skype: Villasolutions4u2002
Take Villasolutions and Alcaucin valley property as featured in the Channel 4 TV series **A Place in the Sun**

Tim Whiteley, Director/Owner
Villasolutions, Local D
El Cruce de Puente don Manuel
Alcaucin 29711 Malaga

www.villasolutions.net

For ALL types of Insurance
Cars (private and business),
Health, Home, Furniture,
contact:

AXA

Begoña Fernández López
Exclusive Agent for AXA Insurance
Pasaje Fuente de Cantanero,
Blq. 1, Bajo D, Nerja 29780
Telephone: **952 520 952**
Fax: **951 919 744**
e-mail: begonerja@hotmail.com
www.mariabegonafernandez.oficinaaxa.es

NEW ADDRESS!



NERJA Villas

CAPISTRANO

SERVICIOS INMOBILIARIOS SALES-RENTALS -MAINTENANCE

ESTABLISHED SINCE 1999

El Capistrano Village (Nerja) Tel: (00 34) 95 252 3853 - Fax: (00 34) 95 252 8050

www.capistranovillage.com info@capistranovillage.com

'For properties in El Capistrano Area, we offer guaranteed Rentals'

For holiday rentals, see our ample range of nice properties !



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

Price: €185.000

Ref: NV.SUS



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

Reduced to: €210.000

Ref: Casa Capuchinos



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

**We urgently
require...
Properties for
existing buyers!**

**Apartments, Town Houses
and Villas situated in and
around the Nerja Area.**

*If you have a property for sale, contact
us for a friendly, no obligation chat, and
find out how we can sell your home!*



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

Reduced to : €320.000

Ref: NV.MARYLIN



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

Price reduced: €199.500

Ref: NV.PO117B



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



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

Price reduced: €790.000

Ref: NV.EXO



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

Price reduced: €790.000

Ref: NV.JAZ



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

Price: €360.000

Ref: NV.CR

**Due to our many successful sales, ...we urgently require properties for our extensive list of potential purchasers.
Located in El Capistrano Village, we are open every day of the year. We Await your call or visit!**



Four people die in less than an hour in two traffic accidents in Malaga

The Civil Guard has arrested a person for the crash on a secondary road near Coín. The other accident occurred on the A-7 motorway near Malaga.

Four people have died and another two have been injured in separate traffic accidents that occurred during the early morning, and in less than an hour, in the province of Malaga.. Malaga roads have claimed up to 21 victims so far this year, 13 of them so far this summer. On August 7th and 8th, a motorcyclist, a driver and a pedestrian died in Antequera, Teba and Málaga respectively after suffering traffic accidents. The first died after colliding with his motorcycle against a car on the A-7281 road. The second after colliding his car against a truck on the A-384 road. The third had gotten out of his damaged vehicle on the A-7 motorway inside the Churriana tunnel when he was run over by another car, according to sources from the Malaga Traffic Management Centre.

The last long weekend in August left 17 deaths in traffic accidents throughout Spain, one less than in 2022. Most of the accidents occurred on conventional roads and half were caused by leaving the road. From the beginning of the year to the 15th of this month, 675 people have lost their lives on the road, 5% less than in the same period last year, according to Traffic data.

80,000 inhabitants of northern Córdoba in the water queues for 4 months

Residents of 24 municipalities are required to fill drinking bottles because drinking tap water is prohibited. The situation can last until autumn, if the rains appear.

Children's soccer coach arrested for asking children for sexual photos posing as a minor

The man is accused of deceiving up to 200 kids taking advantage of their proximity to exchange videos and photos through a fake profile. Two police officers arrest a soccer coach for allegedly sexually harassing minors, in Seville.

Explosion at a gas station in Almería causes four injuries

A strong explosion at a gas station in the Almería municipality of San José has seriously injured four of its employees who were carrying out cleaning tasks in a storage chest. Three of them are in the Torrecárdenas hospital, one in the ICU; and another has been transferred to the Virgen del Rocío Hospital in Seville, a reference for burns in Andalusia, according to what police sources.

Sea turtles colonize the Spanish coast

Climate change pushes the species to spawn along the entire coast from Girona to Malaga and 26 nests have already been reported this summer, the highest number since the first was recorded in 2001.

Civil Guard investigates the discovery of the bodies of a woman and a man in a house in the Seville municipality of Osuna

The Civil Guard of Seville is investigating the discovery of the bodies of a woman and a man in an advanced state of decomposition in a house in the town of Osuna (17,442 inhabitants). The couple had been residing in the municipality for a short time, according to sources from the Civil Guard. The neighbours maintain that he was from Barcelona and she was from the Ukraine; and that they would be between 40 and 50 years old. A marijuana plantation has also been found in the two-story house, according to sources familiar with the investigation.

Mass tourism leads Nerja to close the Chíllar river


The flood of visitors has destroyed the biodiversity of one of the tourist attractions of the Malaga town. The great risk of fire in the area has triggered the measure.

The Chíllar river, in Nerja is one of the jewels of the Sierras de Tejeda, Almijara y Alhama Natural Park, in the east of the province of Málaga. Its simple entrance, the ease of exploring it on foot, the surprising rock formations known as cahorros, its landscape and the refreshing pools have made it one of the favourite destinations for locals and tourists: in summer it reaches up to 4,000 visitors a day.

ARCHEZ

5 CALLE ALAMO

exposicion



LOPEZ

1-30 septiembre 2023

18h-22h free

Hablamos español

We speak English

Wir sprechen deutsch



SUNNY PALM

PROPERTIES

For 17 years your reliable partner in Torrox



TORROX COSTA

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

Price: €499.000

Ref: 6572VI3



TORROX PARK

Lovely bungalow in a quiet and peaceful residential area. Bright & sunny. 2 double bedrooms, bathroom, modern kitchen, lounge with fireplace, 2 terraces (East & West facing) plus a huge roof terrace with stunning sea views. Communal pool.

Price: €229.000

Ref: 6571TH2



NERJA

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

Price: €695.000

Ref: 6109VI3



PUNTA DEL FARO

Frontline beach apartment in one of the most demanded sea side urbanisations along the coast. 2 beds, 2 baths, kitchen with laundry room, lounge, 24 m² terrace with spectacular sea views. Secure community with 2 pools.

Price: €430.000

Ref: 5555PDF



TORROX PARK

Lovely ground floor apartment in Montesol. Comprising of 2 bedrooms, bathroom, separate kitchen, lounge, conservatory and open terrace. South facing with sun all day and wonderful sea views. Great communal pool.

Only: €135.000

Ref: 6569AP2



TORROX COSTA

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

Price: €189.000

Ref: 6550AP2



TORROX

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

Reduced to: €259.000

Ref: 6511VI3



CALACEITE

Wonderful new development of modern apartments with large terraces and great sea views. 1, 2 or 3 bedrooms available. Spacious lounges with modern kitchens. Including private parking space, storage room and communal pool.

Starting from: €205.000

Ref: 6416DEV



CÓMPETA

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

Price: €399.000

Ref: 6532VI4

Avenida Peñoncillo 16 - Edif. Oasis Club - 29793 - Torrox Costa
Tel: 952 967 595 - Email: houses@sunnypalmproperties.eu
www.sunnypalmproperties.eu

☎ (+34) 952 52 03 43

📍 Rosario la Joaquin, 18
Frigiliana

FRIGILIANA Real Estate

Nerja Property Services

✉ info@frigilianarealestate.com
reception@nerjapropertyservices.com

🌐 www.frigilianarealestate.com
www.nerjapropertyservices.com

435.000 €



Exclusive to Frigiliana Real Estate & Nerja Property Services



Villa for sale in Torrox.

Casa El Descanso del Marinero is situated in the heart of the Torrox Campo with the most breath-taking views over Torrox Village, over the surrounding countryside and down to the sea. Private swimming pool of 20m2 with ample terraces and gardens on a plot of 6,131m2

🏠 YES

✳️ YES

🏡 PRIVATE

🏡 PRIVATE

Ref. NPSV2160



3 bed / 2.1 bath



245 m² / 6131 m²

YOUR TRUSTED REAL ESTATE



WE SPEAK



NPSV2167

2 2

240.000 €

TRADITIONAL TOWNHOUSE IN FRIGILIANA

Located in the beautiful white washed village of Frigiliana, ideal for those looking for a house in the village with outside space and views.



NPSV2013

3 1

425.000 €

BEAUTIFUL VILLA FOR SALE IN LOS TABLAZOS

Beautiful property surrounded with gardens and in a fantastic location close to the coastal town of Nerja and the Mountain Village of Frigiliana.



NPSV2109

2 2

299.500 €

OPPORTUNITY IN CALACEITE! FANTASTIC APARTMENT

Impeccable interiors, well designed with stunning sea views. Elegant apartment located in the exclusive Vistamar complex.



NPSV2070

3 1

199.995 €

TOP FLOOR APARTMENT FOR SALE IN FRIGILIANA

A well-designed apartment with great outdoor private space and sunroom with amazing mountain and sea views.



NPSV1897

3 2

358.000 €

BEAUTIFUL COUNTRY PROPERTY IN PAGO PIEDRA BLANCA
Situated just below the beautiful mountains and national park of Frigiliana. This villa has been finished to a high standard!



NPSV2110

2 1

158.000 €

CHARMING APARTMENT IN FUENTE VIEJA COMPLEX
Opportunity! Nice apartment for sale with communal indoor pool, a sauna, jacuzzi, and outdoor rooftop pool access.

LONG TERM RENTALS

WINTER RENTALS

HOLIDAY RENTALS

idealista

thinkSPAIN

kyero

rightmove

habitaclia

YouTube

TikTok

Instagram

A Place in Sun

↓ ADVANTAGES OF PUBLISHING YOUR PROPERTY EXCLUSIVE WITH US ↓

- Professional photos
- Professional video tours
- 360 technology for virtual viewings.
- Open Houses
- Videos & photos from above with our drone specialist.
- Best marketing, sharing in all our channels.



The woman who was presumed dead in a traffic accident in Granada was suffocated before the accident

Her death was initially linked to the accident she suffered on May 6th when she was traveling with her husband, a man who escaped unharmed, committed suicide a few hours later. The Investigating Court 5 of Motril (Granada), which works for violence against women, will be in charge of investigating the death by suffocation of a neighbour of this municipality initially linked to the accident of the car in which she was traveling with her husband, who committed suicide hours later. The accident in which they found the body of the victim, a 39-year-old resident of Motril, took place on May 6th on the A-44 highway. According to the first information offered by the victim's husband at the time, he wanted to avoid an obstacle on the road, swerved and caused the car to leave the road and fall down a drop of about three meters. However, the definitive data from the autopsy have confirmed that the death of the victim is not compatible with the traffic accident and that she died of suffocation.

6,000 litres of oil in Teba (Málaga) with a value close to 50,000 euros, stolen

At least 6,000 litres of extra virgin olive oil have been stolen from the Terraverne mill, in Teba (Málaga), with a market value of close to 50,000 euros, after the surveillance cameras were deactivated, according to sources from the company. The thieves took nine pallets of oil bottles of various references at a rate of 600 litres each and also products that were not packaged and that the thieves themselves would have packaged, who also let part of the oil spill on the floor. They have also caused damage to a packaging plant and have stolen computers, tables, chairs or fans, among other material. An employee discovered the theft when he went to the facilities and found the entrance doors forced.



A civil guard arrested for hitting a local policeman in the face with his badge at the Malaga fair

The civil guard was off duty and bothering a woman in Larios street. An agent from the Investigation and Prevention Group (GIP) of the Local Police, who was in civilian clothes, saw a man on Calle Larios who seemed to make a woman uncomfortable. Given the situation, the local police officer approached to attend to what was happening, but the woman, who refused to report, stated that she was fine and that it was her boyfriend, who "had too much to drink at the Fair". However, the policeman asked the man to identify himself and show him his ID, but the civil guard refused and showed him his badge with which he hit him in the face while calling him a "clown". The local police officer, after what happened, notified the rest of the units to arrest the man, whom they later located in the surroundings of Plaza del Obispo. The local police officer went to a health centre with minor injuries. The civil guard was transferred to the police station, where proceedings were conducted before turning him over to court.

The Civil Guard has intervened more than 34,000 kilos of food in poor condition

The armed institute, which has denounced one of the two companies for administrative violations and is investigating the manager of the other, has explained that the investigation began in May, when they obtained information about the commission of possible irregularities by two commercial

companies in two industrial buildings in Torrevieja. In them, it was allegedly marketed with expired food products that were distributed between Spain and Portugal. Likewise, the existence of two other establishments in the towns of Coslada (Madrid) and Marbella (Málaga) were found, where the same irregularities were being committed.

In June, agents simultaneously carried out various inspections in the three establishments

Foods with manipulated best-before dates, others expired and others in a poor state of preservation were located and intervened, all of them ready for sale and distribution. After intervening all the food in poor condition, about 34,000 kilos, the manager of one of the companies was investigated for a crime related to the market and consumers for food fraud.

A man arrested after trying to sexually assault a young woman at the Malaga fair

The two left a booth together and right after the young man took the girl to a secluded area where he tried to abuse her. The Local Police of Malaga have arrested a man as the perpetrator of a sexual assault on a young woman whom he had met in a booth at the Cortijo de Torres at the Malaga Fair. The girl screamed for help and was rescued, at first, by a group of young people, almost at the time the local police officers arrived, who were on duty in the area at that time. Thanks to the description offered by the young woman and the witnesses, the alleged attacker was located in the Real, arrested and brought to justice. The victim was transferred to a hospital.

Smoking club in Estepona that functioned as a point of sale for drugs, dismantled

The place that housed a smoking club in Estepona (Málaga), which lacked a municipal opening license and in which drug trafficking was allegedly trafficked, has been dismantled by the Police in an operation in which a 29-year-old man has been arrested.

The investigators verified that the same person in charge of opening and closing the club was also in charge of supplying the drug to the people who travelled there, both to consume it inside the premises and to buy it and take it outside.

Gay venue in Seville set on fire at dawn, investigation into whether it was a homophobic attack

Customers were evacuated and there were no injuries. The gay venue in Seville suffered an "intentional" fire that is now being investigated to determine whether or not it was a homophobic attack.

Quickly, the clients that were in the club were evicted and the Fire Brigade and the Local Police were notified. "Fire officials confirmed that it was an intentional fire", since they had put a roll of paper in it and set it on fire "with the idea that the wooden door would burn" and spread inside, they explain. In his message on the networks.

Approved works for the bike lane - north between Nerja and Maro with a budget of 582,254 euros

The mayor of Nerja has approved, by decree, the file for the contracting of the works of the bicycle lane that will link Nerja and Maro through the northern area of the National Highway 340.

He has also approved the specifications for the bidding for said works.

The works have a base tender budget of 582,254.81 euros, 80% co-financed with European funds as it is part of the Nerja Sustainable and Integrated Development Strategy (EDUSI) and 20% the City Council.

The project corresponds to the "Nerja sustainable urban mobility" program.

Andalucian Homes



Mobiles:- (+34) 604 464 769 & 647 045 546
info@andalucianhomes.com



C mpeta Ref: 101/P Price:  775.000
 Luxury villa in C mpeta comprising 5 bedrooms, 4 bathrooms and swimming pool. Plot 2.100m² with stunning sea views.



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



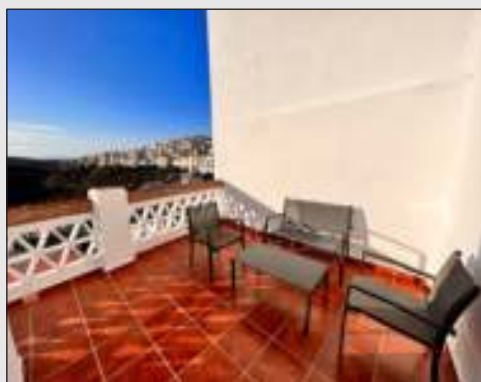
Torrox Pueblo Ref: 135/P Price:  112.000
 2 bedroomed apartment in Torrox Pueblo, completely new, very centrally located. Parking space included.



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



Market & Class Registration from 11:30

AAR DOG SHOW 29 Oct 2023

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

Great Market
Many stalls
Something for everyone

Fantastic Venue
Food & drink available at the Bar
Plenty of seating

Dog show starts 13:00

Venue: Puerto Niza Restaurant
Carretera Malaga-Almeria, Km 263, Benajarafé

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

email: axaquia-rescue@hotmail.com

Ruta del Arte Frigiliana

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

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

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

More information:- rutadelartefrigiliana@gmail.com
tlf:- +34 645818089

Estudio-galeria AmArte @amartefrigiliana
Calle Hernando el Darra 6, Frigiliana.

7ª RUTA DEL ARTE FRIGILIANA

ARTE

6-8 OCTUBRE 2023

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

AmArte

Ayuntamiento de Frigiliana



Urb. Los Pinos, Nerja

Newly available terraced house in sought-after Los Pinos. Quick access to Burriana/Carabeo beaches and town center. Open plan living & dining with fireplace, fitted kitchen, guest toilet on ground floor. South-facing terrace for alfresco dining. Upstairs: 2 double bedrooms, storage, family bathroom. Great rental potential and investment opportunity.

Price: 340,000 euros

Ref. JG121

**GET SEEN,
GET SOLD:**

rightmove

A Place in the Sun

thinkSPAIN

Spainhouses.net



Torrecilla Beach, Nerja

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

Price: 390,000 euros

Ref. JG240



Urb. El Algarrobo, Nerja

Apartment for sale in Urb. Algarrobo, one of the most sought-after urbanisations in Nerja. It comprises 2 double bedrooms, both with fitted wardrobes, 2 bathrooms, one en suite, fitted kitchen and a spacious open plan living & dining area with access to a large sunny terrace with nice sea views. There is A/C & heating in all rooms. Storage room. Communal pool and gardens.

Price: 199,000 euros

Ref. JG732TPM

Google
AdWords

idealista

**GET YOUR
PROPERTY
SEEN
BY MORE
THAN
5 MILLION
POTENTIAL
BUYERS
PER MONTH**



Edf. Nevada, Nerja

Exceptional 4th floor apartment in Nerja's heart, close to town center and Torrecilla Beach. Stunning west-facing balcony offers enchanting town views. Open plan living-dining area flows to balcony. Modern bathroom, spacious double bedroom with wardrobe. A/C & Heating throughout. Communal pool and gardens.

Price: 145,000 euros

Ref. JG124TPM

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



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





Relax and let Streetwise take care of your advertising needs. Call Dawn on 638 47 47 18 or email info@streetwise.es for our advertising offers.



MAPFRE
INSURANCES



Up to 50% discount on your private medical insurance: Specialised in health policies for residency.

Your private medical cover with the latest technology, including digital consultations and online medical chats, all from our Mapfre Health App.

Contact us for a free quotation at:-

**Avenida de Pescia, 13 - NERJA
(Opposite Iranzos)
Edif. Autosol, Bajo
Tel: 952 527 185
WhatsApp: 651 866 832
vhardin@mapfre.com**

AA HELP ing people
TURN their **lives** around
is located on the **Costa del Sol**
and there is a **MEETING** with
friendly people who will
understand your **problem**
somewhere on the coast
every DAY

Call our HELpline
600 379 110
For Support And Information

ALCOHOLICS ANONYMOUS
www.aacostadelsol.com



Step into the **Sun**Shine



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...



Corn Flowers

BLUE FLOWERS HAVE always held a special attraction for me. The deep azure blue of the corn flower, the sky blue of the scabiosa and since coming to Spain the wonderful smokey blue of the Jacaranda, which are now in bloom here. They are a beautiful sight, these trees with their canopies of blue blossoms hanging over white walls in the various urbanisations.

People who have travelled to South America where it is prolific, remember seeing this tree for the first time on their holidays and many a photograph has been taken of them. Whilst walking a coastal path not too long ago, my husband and I came across a huge water tank outside the backwall of a finca. There was water pouring in from a huge pipe and a family of frogs resident in one corner. What caught my attention next was the mass of violet/blue fluffy flowers that were growing out of the cracks in the finca walls, crevices in the little walls and along the path edge. I picked a few of these lovely flowers to help me

identify them, sure enough they were a variation on *Trachelium Caeruleum* (Passion of Violet). If I were lucky enough to get a bunch of flowers in England or if I treated myself, this flower would be included as it is so beautifully unusual. The variety that I collected from around the water tank is *Trachelium Rumelianum*. Slightly different as the flower heads start off as green spikey balls before they burst into bloom. It hails from Greece and Bulgaria and is described as entirely at home in crevices plantings, borders and rockeries, which I can confirm.

One of the projects for my garden that has taken upmost of my 'planning' time on paper as well as in my head is 'what to do with the grass?' Some writings ago, I mentioned that the lawn had suffered badly last year during a particular hot week, when our supply of mains water was cut off and we had to rely on what was in the 'deposito' for use in the house only. The problem was a fractured water mains pipe along the Frigiliana road. Eventually it was repaired, but by that time the sun had



Trachelium Rumelianum

Garden La Palma



We offer our clients a wide assortment of indoor plants and seasonal, shrubs, fruit trees and ornamental plants.

All kinds of goodies for your garden:- tools, compost, plant health products, ceramics, furniture and now also an area with products for your pet.



Garden La Palma

Camino de Remanentes, s/n, Vélez Málaga

Tel: 951 237 013 • Mobile: 648 163 907

Open: 9.00h - 20.00h Monday to Saturday

& 9.00h - 14.00h Sundays

See our special offers and promotions by visiting our blog: gardenlapalmavelezmalaga.blogspot.com and become friends with Garden La Palma on facebook

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.

done a good job of baking patches in the lawn. The grasses were a mixture of the tough Spanish Grama Gruesa and what looked like an English grass. The tender non Spanish stuff all shrivelled up and died leaving brown swathes through the greener Grama. It looked like an irregular patchwork quilt. At this point I started to consider a gravel garden and began making treks around various builders yards to look at what was available and how it could be delivered to our house. In between these trips to builders yards, I have managed to rake out most of the dead grass, the 'thatch' as the garden book calls it and the Grama is now sending out stolons, (a new word for me) across the bare patches. It responds to watering well and I have been assured that once all these 'stolons' have sort of 'meshed'. It will be a tough, easy to care for green lawn, hopefully.

Around the builders yards, I found a supplier of gravel and the lorry to bring it up here. But the gravel was very grey looking and would have looked too harsh spread over a large area. In another yard, I found the right stuff. Small round pebbles in subtle colours of beige, grey and off-white. Quite expensive though, as it comes from a riverbed in Jaen.

The access to our house is difficult for most cars, so to get any gravel delivered to our garden, it will have to be tipped over a garden wall from an empty field next door. It gets more complicated! Next question asked of the builder's yard man, 'Does it come in sacks, to be lifted up and over by a crane off the lorry?' A very definite 'no'.

We would have to knock down part of the wall down, so that the truck can tip! The other alternative would be a wheelbarrow. It is a considerable distance from some dumping point.

My assistant, sorry husband said 'no way' to that last suggestion! So for the time being I am encouraging the stolons, whilst I mull over the cost and logistics of it all!



Jacaranda

Sunset Properties Spain
 on the Costa del Sol
 See new properties for sale on our Facebook page
 www.sunsetproperties-spain.com
 info@sunsetproperties-spain.com
 Tel: +34 618 295 063 Office: +34 601 626 525
 Avenida Andalucía 65c, Torre del Mar, 29740, Málaga



Alcaucin **Fantastic villa!**
 Beautiful modern 5 bed 3 bath villa (268m²) located within walking distance of the village. Lower floor could make independent apartment. Private pool and terraces. Open views to the countryside, lake and mountains.

Price: 369,950 euros

ref: v 1501

EPC: In progress



Caleta de Vélez **New this month!**
 Large modern 4 bed, 2 bath +2 wc townhouse (139m²) with communal facilities and within easy walking to the beach. Private double garage, gardens and terraces with large sea views, great location and a must to see!

Price: 390,000 euros

ref: t1507

EPC: D

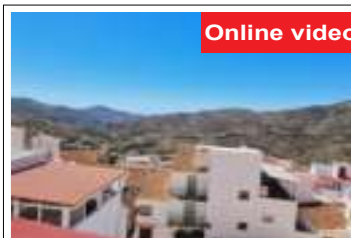


Salares **New this month!**
 Great lock up and leave 2 bed, 1 bath townhouse (103m²) with kitchen/dining, separate lounge, 2 roof terraces, on road parking nearby, a great base to explore the surrounding countryside and neighbouring villages.

Price: 89,950 euros

ref:t1505

EPC: E



Online video

Canillas de Albaida **Price reduced!**
 A great lock up and leave 2 bed, 1 bath townhouse (126m²), open plan living/dining, with separate kitchen and utility room, sunny roof terrace with mountain, countryside and village views, great internal courtyard.

Price: 99,000 euros

ref:t1502

EPC: E



Online video

Archez **New this month!**
 A great lock up and leave 2 bed, 1 bath townhouse (126m²), open plan living/dining, with separate kitchen and utility room, sunny roof terrace with mountain, countryside and village views, great internal courtyard.

Price: 145,000 euros

ref: t1509

EPC: E



Cómpeta **New this month!**
 Wonderful 4 bed, 3 bath (281m²) villa, spacious rooms, gas central heating, fantastic terraces with sea and countryside views, private parking, free style pool and hot tub. Can be split into 2 separate homes!

Price: 495,000 euros

ref: v1499

EPC: In progress

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

idealista

thinkSPAIN

kyero

villasol

Over 20 years
experience

Real Estate S.L.

www.villasolrealestate.com

TORROX COUNTRY COLLECTION



VSRS1039

Price: €550.000

Detached Villa, four bedrooms two bathrooms, 242m2, Private pool, lawned gardens, BBQ, SEA VIEWS, covered terrace, This villa has a lot of rustic charm, in true Andalusian style, with beamed ceilings, Quiet location, a short drive to Nerja. Private parking.

Why advertise exclusively with Villasol?

Enjoy special commission rates without losing out on extensive advertising campaigns.

Selling and renting from the same corner office, in Nerja for 20 years.

Professional photos. Walk through videos.

We advertise on many websites and property portals.

Calle Antonio Millon, 10, NERJA

Tel:- (+34) 95 252 7201  **627 240 865**

Email:- info@villasolrealestate.com

**Contact Villasol
to discuss our special rates,
for advertising exclusively!**

villasol

Over 20 years
experience

Real Estate S.L.

www.villasolrealestate.com

FRIGILIANA PROPERTY COLLECTION



VSRS1066 CLOSE TO VILLAGE

Price: €499.000

Detached villa comprising two bedrooms and two bathrooms. The property is full of character with many traditional Spanish features. The villa has private terraces with views across the countryside. Private swimming pool.



VSR1927 COUNTRYSIDE

Price: €275.000

Detached cortijo, on a flat plot of 2,500m², three bedrooms, one bathroom, a covered glazed terrace 35m², space for a pool, there is a paddock and stable, ideal for horses, lots of potential, quiet location.



VSRS1064 FRIGILIANA VILLAGE

Price: €395,000

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

Why Villasol? We Listen. We Care.

We work in partnership with many other agents. We offer flexible competitive commission rates.

We make the buying and selling process simple.

We work closely with local solicitors.

We are a one stop property shop. Pop in and see us!

Calle Antonio Millon, 10, NERJA

Tel:- (+34) 95 252 7201  627 240 865

Email:- info@villasolrealestate.com

Request a free valuation!



Milo

We URGENTLY need to find a new home for beautiful Milo.

Tragically his owner, who has been diagnosed with terminal cancer, will be returning to the Netherlands at the end of August to go into hospice care. Milo is a magnificent six year old male Spanish Mastin. He was found five years ago, all skin and bones and was adopted, loved and brought back to health by his present owner.

He is a very big dog (approx.. 50 kilos) and a great and loyal guard dog but would do better as an only dog and does not get along with cats.

He has low level Leish and takes two pills a day, but other than that is in perfect health with all vaccinations up to date.

Please search your hearts and help us to find Milo a new home. By the time you read this in September, his owner will have left Spain, but Milo is still with us at our kennels.

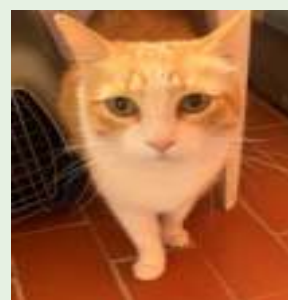
This is another sad story we have to bring to you this month. The owner of these two lovely cats has sadly passed away. Unfortunately, there is no family that are able to take the cats on, so they are being cared for by us.

They have been used to a loving caring home, after the owner took them in off the streets, so the quicker they are back in that environment, the better it will be for them. Both Rusty (10 yrs old) and Dyson (8 yrs old) are fully vaccinated and have passports.

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



Milo



Rusty



Dyson

Mon. to Sat. 9am till 2pm & 5.30pm till 9pm



PET SHOP

**Food, Accessories, Gifts
and much much more...**

Home Delivery Service

Customer Loyalty Discount Scheme

Avda. Castilla Perez 14, NERJA Tel: 95 252 7295

VETERINARY CLINIC

**24h Hospitalisation with Intensive Care;
Fully Equipped Operating Theatre;
Electro-Cardiograph; In-house Laboratory;
Digital X-ray and Ultrasound.**

Emergency Tel: 95 252 7295



FIERRECILLAS



DOG GROOMING

**Large, Small and Exotic Pets
Grooming; Styling; Stripping;**

Thinning; also Scissor Cutting if required





AXARQUIA ANIMAL RESCUE



Deedee

AAR 2656 - Deedee

Deedee was born on the 18th March 2023 and is now a wonderful 5 months old! She was born in kennels with her seven siblings, and is believed to be a bodeguero mix breed. Deedee is currently living with her lovely foster angel, who is also fostering her sister Kyra (AAR2650). They think she is amazing! Deedee's favourite thing is definitely getting pats and cuddles, she is always ready for a little fussing. Like all pups, she is very playful, full of energy but also very easy going. She loves her walks and is a great companion to have by your side. Deedee is fully vaccinated and has her passport so she can be adopted in Spain, Europe and the UK. To follow Deedee's story and to see more photos or videos please follow the link to www.axarquiaanimalrescue.com/meetme.php?id=2656 or email axarquia-rescue@hotmail.com



Pedro

AAR 2648 - Pedro

This little boy is Pedro. Pedro is entering his older years, the vet has estimated his date of birth as 1/1/2016. He is a small dog weighing approx 8kg and 33cm floor to shoulder. Pedro was rescued from a life as a stray, he was found scavenging for food near some bins in a Spanish village. He had a really bad skin condition but with regular treatment and special baths this is now much better. He doesn't ask much of life, he is more than happy to laze around by day and watch the world go by. He isn't that keen on going for walks, just a short stroll to relieve himself and home again would be perfect for Pedro. He gets on ok with other dogs and cats. Pretty much a live and let live attitude. His foster mum said "He is a very easy boy to look after. Sleeps most of the time, doesn't bark or whine. I take him on 4 or 5 little walks a day but he doesn't walk too far. He has a very waggy tail! Always happy to see humans and is great with other dogs and cats also" If you aren't too keen on long walks and are happy to just go for a short stroll a few times a day and would like a friend and companion in your life then Pedro is probably the dog for you. For more photo's and videos of this relaxed happy little boy follow this link to his webpage: www.axarquiaanimalrescue.com/meetme.php?id=2648 or email axarquia-rescue@hotmail.com



VETERINARY CLINIC
San Fernando
 Clinica San Fernando
 C/. Chaparil, Edif. Corona, Local 5,
 29780 Nerja, Málaga, España
 Tel: 95 252 18 38, Fax: 95 252 47 67
 Mobile (24 Hours) 609 982 941

Clinic Open:
 Mon. - Fri. 10.30am - 8pm
 Sat. 10am - 2pm

We speak: English, German,
 Danish and Spanish

POSH PAWS
 Dog & Cat Grooming

Laguna Veterinary Clinic

Lda. Nieves Maria
 Rico Sánchez.
 Colg 626 (MÁLAGA)

UK, Germany, Spain

Veterinary Consultations; Surgery; Clinical Analysis; X-ray;
 Cytology; Endoscopies; Electrocardiograms; Ultrasound
 Scans; Intensive Care, fluid therapy, oxygen therapy;
 Hospitalisation; Dog and Cat Grooming Service;
 Pet Accessories; High quality range of Dietary Food.

Urb. Laguna Beach, 29793 Torrox Costa. Tel: 952 530 463
24hrs. Emergency: 608 45 42 70

Animal Charity

GIVE ME FIVE

Contact:
Scott Huston

Tel:
603 416 632

E.mail:
givemefive@dentadanes.com

[f givemefiveanimalcharityspain](https://www.facebook.com/givemefiveanimalcharityspain)

Axarquia Animal Rescue



Inuk

AAR 2657 - Inuk

Inuk is approximately 2 years old, male, podenco type, found living on the streets with a female and her puppies. All were captured and taken to safety. Inuk has found it difficult to adjust from his former life but he is in kennels experienced in the rehabilitation of dogs like Inuk. He is very good with other dogs and is beginning to bond and trust humans. Inuk needs a home with another dog and secure space to roam around him. An adopter or fosterer needs to be experienced and patient. He is a fearful dog, not aggressive and in the correct hands will make a loyal, forever companion. Please email axarquia-rescue@hotmail.com for more information.



Kyra

AAR 2650 - Kyra

Kyra was born on the 18th March 2023 and is 5 months old. Kyra was born in kennels with her seven siblings, and is believed to be a bodeguero mix breed. Kyra is currently living with her lovely foster angel, who is also fostering her sister Deedee (AAR2656). Their foster is truly amazing! Kyra LOVES toys! When her foster greets her in the morning, one by

one she brings her toys to the living room. She has a favourite teddy that she sometimes takes to bed with her. She also loves her walks; just show her the lead and she is ready for action! Kyra is a real live wire who enjoys the feel of sand under her feet! Kyra is fully vaccinated and has her passport so she can be adopted in Spain, Europe and the UK. To follow Kyra's story and to see more photos or videos please follow the link to <https://axarquiaanimalrescue.com/meetme.php?id=2650> - or email axarquia-rescue@hotmail.com



Metta

AAR 2664 - Metta

Metta was born on the 1st December 2022. She is now 8 months old and is so looking forward to finding her forever home. Metta is continuing to thrive in her new foster home, she is a very happy young lady. She has a wonderful temperament and loves other people and furies! Her foster angel describes her as an adorable little pup who is very affectionate. Metta is fully vaccinated and has her passport so she can be adopted in Spain, Europe and the UK. To follow Metta's story and to see more photos or videos please follow the link <https://axarquiaanimalrescue.com/meetme.php?id=2664> or email axarquia-rescue@hotmail.com

AAR 2604 - Ziggy

A LIFE IN TOTAL SILENCE - A WORLD WITH NO SOUND. This is Ziggy's life! Ziggy's world! Ziggy was rescued in October 2022. Having no microchip he was advertised as a found dog but no owner came forward. He moved to a foster home with AAR that he shares with other dogs. His deafness was soon identified and his foster carer

researched "caring for a deaf dog". There is a wealth of information on the internet including signing for dogs. Just imagine how Ziggy's life has turned around. As a stray he was totally alone, unable to hear any approaching dangers, scared and confused, he must have been so frightened. Ziggy has done brilliantly well in his foster home and has gone from a scared confused dog to a dog full of confidence, the happiest of dogs you will find. Best suited to a home without young children or cats. Ziggy loves to be outdoors in the fresh air so a home with secured outside space is a must for him. Another dog would be a bonus. Ziggy will bring so much love to your home and will make the perfect companion. The vet estimated that Ziggy was born around February of 2022. He has attended doggy classes where everyone was amazed at how well he copes with his deafness. Ziggy's eyes are also different colours although his vision is fine, some people may find his eyes off putting, we find them endearing and it's another part of Ziggy that makes him very special. Ziggy is fully up to date with his vaccines, neutered and has his passport so is ready to travel. If you would like Ziggy in your life please email: axarquia-rescue@hotmail.com and quote Ziggy AAR2604



Ziggy

Market & Class
Registration
from 11:30

Great Market
Many stalls
Something
for everyone

**AAR
DOG SHOW
29 Oct
2023**

Dog show
starts
13:00

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

Fantastic Venue
Food & drink
available at the Bar
Plenty of seating

Venue: Puerto Niza Restaurant
Corredera Malaga-Almeria, Km 26.5, Benjarafe

DOG CLASSES

Waggiest Tail
Best Rescue Female
Best Rescue Male
Best pup (under 1 year)
Best Ears
Best Golden Oldie (8+)
I am Fabulous Female
I am Fabulous Male
Best Paw Shake
BEST IN SHOW
ALL Class winners
gain free entry into
Best in Show

EVENT SPONSORS

Sam & Jo Doggy Ranch
Harbour Lights Community Support
- Sarah Baker
Dantis Transport - Lee Devilbiss
Phillipa Ervin
Axarquia Drone Service
Margaret Davies & Diane Wells
Autocool - Barbara Jenkinson
Banana Yoga - Jo Ramsey-Whale
Waynes Drains
Blacktower & GPS Insurance
RBL Riders - Dave Pusey
Currencies Direct
Sheila's Cattery
AAR Local Neutering

axarquia-rescue@hotmail.com

Axarquia Animal Rescue
Registered Charity No.10567(Spain) | CIF:G53245316

Dedicated to saving lives, and re-homing abandoned and abused animals.
Dedicado a salvar vidas y encontrar nuevos hogares a los animales maltratados y abandonados.

Can you Foster, Adopt, Donate or Support?
Puede Acoger, Adoptar, Donar o Apoyar?

www.axarquiaanimalrescue.com
axarquia-rescue@hotmail.com

Follow Us On Facebook
www.facebook.com/groups/axarquia.animalrescue

SPANISH PLANTS THAT ARE POISONOUS TO DOGS

By Karen Wallace

Dogs are notorious for getting their noses into things they shouldn't. Besides their dog food, they'll happily snuffle up anything they come across, from litter on the street to the newly planted flowers and plants in your garden. And while some of the stuff your dog comes across is just gross, other items can be downright dangerous. In fact, there are tons of poisonous plants for dogs that can harm your pet. Summer means that there are lots of flowers and plants in bloom in our gardens and in pots on our patios and terraces. Beautiful to look at – but do you know which ones are toxic to dogs and which ones aren't?

OLEANDER

You'll find oleander everywhere in Spain. It's an incredibly hardy plant that can survive extremes of temperatures and can be covered in pink, yellow or white flowers. However it is one of the most toxic plants for pets and even ingesting a tiny amount can lead to arrhythmia and death. There isn't a single part of the oleander plant that dogs can safely ingest. This shrub is completely toxic to dogs.



SAGO PALM

All parts of the Sago Palm are poisonous, but the seeds (nuts) are the most toxic to pets and are easier for them to eat. The sago palm can cause severe damage to the liver and potentially death when they are ingested by dogs. Can cause vomiting, lethargy, haemorrhage and liver disease.



LILY

Plants of the lily family are some of the most dangerous to pets and a single bite can cause vomiting, weakness, irregular heart rate. Every part of the plants is toxic – even the pollen! This family of flowering plant includes lily of the valley, calla lily and peace lily varieties, all of which are potentially toxic for dogs.



IVY

Ivy is a vine that grows readily in Spain. All parts of the plant are toxic, but the fruit in particular can be deadly. Touching it can cause skin irritations and symptoms after ingestion include vomiting and fever.



CYCLAMEN

The substance cyclamine which can be found in the plant's roots is highly poisonous to cats and dogs.

Ingesting can lead to vomiting, kidney failure and in some cases even paralysis. Depending on the amount of root fibres ingested, the animal may even die.



POINSETTIA

Seen everywhere in Spain at Christmas time and its pretty red colour makes it interesting and appetising for animals. The toxicity of poinsettia lies in the milky liquid inside the leaves and stems. If a dog or cat eats this plant, it can suffer from fatigue, tremors, vomiting and irritation of the oesophagus and stomach.



WHAT SHOULD I DO IF MY DOG HAS EATEN ANY OF THESE?

If consumed, even small amounts of these plants can be fatal so always act immediately and take your dog to the vets.

If you have questions or need any help please drop me a message on social media or send me an email:
karen@dogschoolnerja.com,
or you can take a look on the website www.dogschoolnerja.com



Telephone: 711020098
Facebook: Dogschoolnerja
Web: www.dogschoolnerja.com

DOG SCHOOL
Nerja

BEGINNERS CLASS

- EASY TO FOLLOW WEEKLY CLASSES
- FUN & INTERACTIVE FOR YOU & YOUR DOG
- IMPROVE YOUR DOG'S SOCIAL SKILLS

www.dogschoolnerja.com

NEXT COURSE BEGINS
MONDAY 11 SEPTEMBER
9:30-10:30
LITTLE WEEDS, NERJA

65€

www.idecocina.com



- All the styles
- Free Estimates
- Reform Project Management
- 3D Design Imported
- Range Cookers
- Everything for the kitchen



Opening times: Mon - Fri 9.30 to 19.30 Sat 10.30 to 13.00

C/: Los Prados, 4 - Torre del Mar

Tel:- 952 541 895 605 932 060

idecocina@idecocina.com

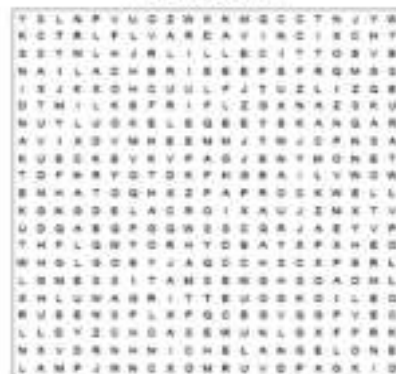
SUDOKO

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

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

Famous Artists Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.



BOTTICELLI
CEDANNE
CHAGALL
DA VINCI
DALI
DELACROIX
EATLO
FANDRISKY
FLINT
MAKETTE
MATISSE
MICHELANGELO
MOHET
MURDER
ONKEFFE
PSCASSO
POLLOCK
RAPHAEL
REMBRANDT
ROCKWELL
RUBENS

SEURAT
VAN GOGH

VERMEER
WARHOL

DID YOU KNOW?

Vincent van Gogh was a Dutch painter who is widely regarded as one of the most influential artists of the 19th century. His works, such as *Starry Night* and *Sunflowers*, are characterized by their vivid colors, bold brushstrokes, and emotional intensity.

Equation Crossword

Each of the digits 1 through 9 is used once and only once in each of these two puzzles.
Can you figure out where they must be placed so that each of the equations (both
horizontally and vertically) are true? Only positive numbers are involved.

	-		+		= 8
-		+		÷	
	-		+		= 7
x		-		-	
(+)	+		= 7
= 5	= 10	= 0			

	+		-		= 4
+		x		+	
	-		+		= 8
-		-		-	
(x)	-		= 8
= 6	= 2	= 6			





Bo Arenander



Anne Barbara

Various International professional artists taking place at the Art Walk Còmpeta:

Lieuwke Loth, event organiser and some of the names taking part in the Art Walk Còmpeta; Sandra Costello (UK), Leanda Jaine (UK), Bo Arenander (SE), Jorg Paper (DE), Rossana Ragusa, (IT), Nanon Morsink (NL), Irene Bertoni (CH), Griselda Cardenas (MX), Eric Berger (AT), Angel Toledo Munoz (ES). On display: ceramic, bronze, metal sculptures, textile art, drawings, paintings, crafts, recycled collage kind of sculptures, macrame, leather products, painted pebbles, photography etc.



Danilo Pinner 1	Jörg Pinner 1	Fior Chiara Testa 2	Sol Chiara Testa 2	Alberto Marini 2	Còmpeta Fine Artists 2	Elisa Sarina-Stepniowska 2
Juanrillo 2	Mich Franco 2	SHYNEA Goodberry Store 2	Serije Stanković 2	Angel Toledo Muñoz 3	Eike Lange (Orange Art) 3	Laura Herliou 3
Angela Bertoni 4	Irene Bertoni 4	Naura Recas 4	Zerinda Armata Ellis 4	Corrie van de Waa 5	Reep Kameester 5	Helen Purdie 6
Lara Marchione 6	Ja Denison 7	Hubertine Hermes & Coque Planaert 8	Eric Berger 9	Dynna O'Halloran 10	Roel Loris 10	Orsola Fiol 11
Alex Metlicka 12	Ricardo Marique 12	Jeanette Michellid 13	Bo Arenander 14	Leanda Jaine 14	Nanon Morsink (Teller Nance) 14	David Shannon 15
Susan Brown 15	Griselda Cardenas 16	Rossana Ragusa 16	Sandra Costello 17	Michaela Wili 18	Lois Lager Dairé 19	Fernando Nolas 20
Griselda Cardenas 20	Taga Martin Fernandez 21	Lieuwke Loth 22	Marin Wolfendort 23	Elke Lotta Sorensen León 23	Caroline Afton Petersen 23	James Byron Richardson 23
24 Museo de Artes y Costumbres Concursos - Concerts						
Viernes, 16 de sept. a las 19:00 - Friday, Sep. 16 at 19:00 Clásicos Contemporary Classics Jazz - Blues Contemporary Jazz - Blues						
Sábado, 16 de sept. a las 10:00 - Saturday, Sep. 16 at 10:00 Ulrich Putsch Sloven Craven Ulrich & Craven Soundgarden Project						
Domingo, 17 de sept. a las 10:00 - Sunday, Sep. 17 at 10:00 Música contemporánea Abstracta - Electrónica Música contemporánea Abstracta - Electrónica						



Leanda Jaine



Nanon Morsink



Sandra Costello



Yago Martin



Lieuwke Loth



We see it as our primary task to make the important moments in your, our clients and friends, life as enjoyable and stress free as possible.

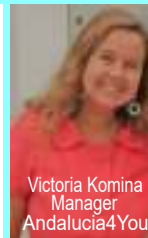
For advice and guidance on Purchase and Sale of your Real Estate in Southern Spain, Andalusia, contact us:

Choose International Exposure!

OUR CLIENTS ARE LOOKING TO BUY IN YOUR AREA!

TO ADVERTISE YOUR TOWN HOUSE, VILLA, FINCA OR APARTMENT PLEASE CONTACT VICTORIA:

WHATSAPP/MOBILE: (+34) 634357026



10 YEARS OF EXPERIENCE IN REAL ESTATE



**Avenida Andaluca 125,
Caleta de Vélez, Málaga,
Spain**

Opening times Mon - Fri 10am to 6pm
Saturday 10am to 1pm

Contact us! / Contacte Nos!

Tel:- (+34) 952 72 08 32

634 35 70 26

Email

contact@andalucia4you.net

WWW.ANDALUCIA4YOU.NET





ARIES:- (March 21 - April 19)

Your reputation will soar over the next few days as the Sun in the most active area of your chart encourages you to get out into the world and make your mark. You don't have to be aggressive about it though – aim to make friends, not enemies!

Luckiest day:- Sunday

TAURUS:- (April 21 - May 21)

It may seem to others as if you don't have a care in the world but deep down you are worried about something, most likely to do with your domestic situation. If you need assistance, or even sympathy, don't be too proud to ask for it.

Luckiest day:- Tuesday

GEMINI:- (May 21 to June 20)

The message of the stars as the new month begins is that spending time with friends and loved ones is infinitely more important than making money and getting ahead on the work front. You cannot put a financial value on having fun, still less on love.

Luckiest day:- Saturday

CANCER:- (June 21 - July 22)

The more someone tries to convince you today that nothing can possibly go wrong and that any risks you take are sure to pay off the more careful you will need to be. Experience taught you long ago that there is no such thing as a sure thing.

Luckiest day:- Thursday

LEO:- (July 23 to August 22)

You seem to possess almost limitless self-confidence at the moment and the feeling that you cannot possibly lose will remain with you up to and beyond. Somehow you just know you will come out ahead of the game.

Luckiest day:- Friday

VIRGO:- (August 23 - Sept. 22)

Something of a personal nature is playing on your mind but it is important that you don't keep your feelings or your fears to yourself. You are not the only one who has gone through this type of situation, so get help if you need it.

Luckiest day:- Monday

LIBRA:- (Sept. 24 - October 23)

Your can-do attitude will impress colleagues and people in positions of power today but don't get carried away and take on tasks that may be too much for you. Libra has limits like everyone else and there is no shame in knowing what they are.

Luckiest day:- Thursday

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

The message of the stars as the new month begins is that you must play by the book, even if following the rules slows you down. A rival is hoping and praying they will get the chance to accuse you of doing something underhand. Don't let that happen.

Luckiest day:- Wednesday

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

You won't hesitate for even a moment if a friend or loved one needs assistance today. You will rush to their rescue even if you have to put your own plans on hold. There is, was and always will be something heroic in the Sagittarius nature.

Luckiest day:- Sunday

CAPRICORN:-
(Dec.22 - Jan.20) You may be tempted to go on a spree today but if you are smart you will control that urge and wait until you know for certain you have enough money to do as you please. The approaching new moon suggests that time may be very soon.

Luckiest day:- Saturday

AQUARIUS:- (Jan 21 - Feb. 18)

A relationship has been under a considerable amount of pressure recently and you may be wondering if it is worth carrying on with, but don't do anything drastic just yet. This new month will encourage you to make another go of it.

Luckiest day:- Thursday

PISCES:- (Feb.19 - March 20)

You need to stop taking life so seriously and lighten up a bit. There are certainly things going on in the world that make you want to cry but will your tears change anything? No they will not, so dry your eyes and do something practical instead.

Luckiest day:- Wednesday

Horoscopes.

by Kristian Marconi

City Council awards two new autotaxi licenses for people with reduced mobility

The Local Government Board has approved a motion from the mayor, José Alberto Armijo; and the Councilor for Security and Transportation, Francisco Arce, approving the awarding of two autotaxi licences, 33 and 34, both adapted for use by people with reduced mobility.

The creation of the new licenses was approved in May by the Local Government Board and subsequently published in the Official Gazette of the Province of Malaga.

As well as on the notice board of the Town Hall, opening a period for submission of applications by of those interested in being awarded.

Nerja joins the awareness campaign against sexual violence in Andalusia

The Nerja City Council, through the departments of Equality and Commerce, joins the social awareness campaign against sexual violence in Andalusia that has the slogan "A telephone for all" that has been launched by the Andalusian Institute for Women and with which the image of the Women's Helpline has been renewed, 900 200 999.

To publicize this campaign and remember the helpline number, stickers and billboards are being placed in local bars, cafeterias and pubs, as well as in the women's toilets of these establishments.

To address details of the campaign, a working meeting was held at the Nerja Women's Information Center (CIM) attended by Remedios Cueto, provincial coordinator of the Andalusian Women's Institute in Malaga (IAM) and the councilors of Equality and Commerce of the Nerja City Council, Daniel Rivas and Antonio López, respectively, as well as workers from the CIM and the IAM.

This campaign, which is carried out in collaboration with the business sector of the municipality, is carried out "in order to raise awareness and eradicate any type of gender violence,

especially sexual violence", indicated Daniel Rivas.

The councilor thanked the businessmen and women for their participation, noting that they are "very interested in collaborating in all those aspects that are important to improve coexistence and compliance with regulations and laws, and especially in those that help create a better social conscience.

The City Council guarantees the water supply to residential and industrial areas of Castillo Alto

The Local Government Board has approved a motion from the mayor, José Alberto Armijo; and the Councilor for infraestructura , José Alberto Tomé, for the contracting of works to connect the residential and industrial areas of Castillo Alto to the municipal water supply network, with a planned investment of 330,075.66 euros .

"An action that will guarantee the supply to the urbanizations of La Noria and Pueblo Rocío, to the Castillo Alto industrial estate and to all the developable sectors of the environment", as highlighted by the mayor of Nerja, José Alberto Armijo , noting that currently this area It is supplied from a tank located next to the La Noria urbanization, facing Antonio Villasclaras avenue, which in turn is fed from a well located on the Chillar river.

"With this intervention, the deposit will be interconnected to the municipal supply network, which will ensure the supply, dispensing an adequate provision of the water supply service, "José Alberto Armijo has pointed out.

More than 1,300 items siezed, most of them counterfeit, that were sold illegally

Watches, imitation sportswear, glasses and counterfeit bags that were sold illegally, are some of the items seized by the Nerja Local Police during the months of June and July.

Specifically, 74 caps, 194 bags, 137 bracelets, 76 jarapas, 10 pairs of sports shoes, 710 sportswear, 108 glasses, 56 watches, as well as 19 boxes of men's underwear have been seized.

Opticians
HEIKO BY HEIKO
2 X 1

2 pairs of glasses
for the price of 1
 Includes varifocal lenses

Share the offer with a friend!

Book your
FREE
 Eye Test
 using our QR code



Avda. Andalucía 119 - Torre del Mar

info@heikobyheiko.es

952 967 923

Whatsapp: 682 327 084

heikobyheiko.es

We speak your language





Warm Eggplant & Mint Salad

Warm Eggplant and Mint Salad

Serves:- 1

Ingredients:-

- 1 large eggplant, cut into 1-inch cubes (about 1 pound)
- 3 tsp olive oil, divided
- 1/2 teaspoon kosher salt, plus more to taste
- 1/2 lemon, juiced (about 1 tablespoon)
- 1 pinch sugar
- Freshly cracked black pepper, to taste
- 2 tablespoons fresh mint, roughly chopped

Preparation:-

Preheat the oven to 400°F. Toss the eggplant cubes, 2

tablespoons of the olive oil, and salt directly on a quarter sheet pan and roast for 30 minutes, or until caramelized and tender. Turn off the oven. Season the cooked eggplant with the lemon juice, sugar, black pepper, the remaining 1 tablespoon of olive oil, and a pinch more salt if you feel it needs it, and toss together. Place back in the turned-off oven for 5 more minutes. Finish with the fresh mint and serve at room temperature.



Chicken Cranberry & Pear Spinach Salad

Chicken Cranberry & Pear Spinach Salad

Serves:- 2

Ingredients:-

- Apple Cider Vinaigrette
- 3 tablespoons olive oil
- 2 tsp apple cider vinegar
- 1 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- Pinch of ground black pepper
- 1 boneless, skinless chicken breast, sliced into 1/2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 tsp olive oil
- 1 pear, sliced
- 2 cups baby spinach
- 1 tablespoon dried cranberries
- 2 tablespoons toasted, unsalted walnuts, chopped

Preparation:-

Mix the vinaigrette ingredients together in a small bowl. Set aside. On a cutting board, season the chicken with salt, pepper, and paprika.

Heat the olive oil in a pan over medium heat. Once the oil begins to shimmer, add the chicken and cook until browned on all sides, about 4 minutes.

In a large bowl, add the sliced pear, spinach, cranberries, walnuts, and cooked chicken and dress with the vinaigrette.

Vegan Beet Pesto Pasta

Serves:- 6

Ingredients:-

- 1 pound regular or gluten-free spaghetti
- 2 cloves garlic
- 1/2 cup raw slivered almonds
- 2 large cooked and peeled red beets, coarsely chopped
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- Kosher salt
- Minced fresh chives, for garnish

JING
RESTAURANTE
Cocina Asiatica

Asiatic Food at it's best
A large variety of Chinese
& Asiatic dishes. Good service
Open every day
12.30pm till 4.30pm
& 7.00pm till Midnight

Blq. 9, local 8
(on the side front)
TORROX COSTA
Tel: 952 53 46 37
www.restaurantejing.com



Vegan Beet Pesto Pasta

Preparation:-

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente.

Meanwhile, place the garlic and almonds in the bowl of a food processor fitted with the blade attachment and pulse until the almonds are a fine meal and the garlic is minced. Add the beets, olive oil, and vinegar and pulse until you have a smooth pesto-like sauce. Season to taste with kosher salt. When the pasta is ready, toss with the pesto and season to taste with kosher salt. Serve hot. (If you want to serve the pasta at room temperature or chilled, rinse the pasta with cold water before tossing with the pesto).



Eggplant Pizza

Eggplant Pizza

Makes:-16 to 20

Ingredients:-

Ingredients

- 2 large eggplant, sliced 1 inch thick
- 24 oz jar tomato sauce
- 20 slices provolone cheese, mozzarella works too
- 3-4 oz fresh cherry tomatoes, sliced
- 1 cup fresh spinach
- 1/2 tsp salt
- Pepper flakes, optional

Preparation:-

Preparation:
Preheat your oven to 425 F. In two baking trays arrange the sliced eggplants. Sprinkle the Himalayan salt and bake for 15-20 minutes. Remove the bake eggplant from the oven and turn your broiler on.

Spread 1 tablespoon of tomato sauce over each eggplant round followed by one slice of provolone.

Arrange some fresh spinach and cherry tomatoes over the cheese and broil for 3-5 minutes.

Make sure you keep a close look while the eggplant is under the broiler as they can burn really fast.

Serve while still hot.

White Sangria with Peaches & Plums

Serves:- 4 to 6

Ingredients:-

1/4 cup sugar

1/4 cup water
1 cup sliced peaches,
skins left on

1 cup sliced plums,
skins left on

1 cup cherries,

stemmed and pitted
1/2 cup peach brandy

1 (750-ml) bottle
Riesling, chilled

Preparation:-

In a small saucepan, combine the sugar and water, and heat

just until the sugar is dissolved to make a simple sugar syrup.

Place the peaches, plums, and cherries in a large pitcher and pour the sugar syrup over top.

Add the peach brandy and stir.

Add the cold Riesling and chill until ready to serve.

Ideally overnight.

When ready to serve, fill the rest of the pitcher with ice.

Serve over ice, being sure to serve some of the stone fruit in each glass.





RnR

bar & dining



ALL MAJOR SPORTS SHOWN

F1 - Football - Rugby - Tennis - Cricket - Golf

WE ARE OPEN AT 2PM TUE –

SUN, AND 1PM ON SAT EVERY

WEEK!!



DEDICATED BAR!!



GREAT WEEKDAY AND WEEKEND

SNACK MENUS AVAILABLE!

SERVING HOT DRINKS, SOFT DRINKS &

ALCOHOLIC BEVERAGES ALL DAY!

BEAUTIFUL SUN TERRACE AT REAR

C/ Los Huertos 40, Nerja

t: +34952155620 / e: mnr-nerja@outlook.com

 RnR Bar





Manantia Services and timetable

International Wellness Center
manantia



Physiotherapy Service
Ainhoa C. Izuel Physiotherapist nº Cole 8509

Pediatric Physiotherapy
Colic of the Infant,
Congenital Muscular Torticollis,
Infant Massage,
Respiratory Physiotherapy...

Sport Physiotherapy
Sprain,
Ankle Pain,
ACL Injury,
Muscle Overloads...

Treatment of
Backache, Cervical pain,
Spondylitis,
Sciatica,
Muscle Contracture...

Manual Therapy
Therapeutic Massage,
Kinesiotaping,
Functional Bandages,
Osteopathy,
Massage deportivo,
Lymphatic Drainage,
Dry needling,
Stretching...

Avenida García Pelayo (Ronda del Faro) s/n 76 Bajo 6
29793 Torroja-Costa, Málaga. 951 774 819-848 51 7952

healthwise

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

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PILATES 9.15H	TORROX PILATES 9.15H	NERJA PILATES 9.15H	PILATES 9.15H	TORROX PILATES 9.15H
				NERJA PILATES 9.15H
				CLASES INDIVIDUALES
	PILATES 10.30H		PILATES 10.30H	CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	ENTRENAMIENTO FUNCIONAL GRUPO 1 18.00H	YOGA AÉREO 18.30H	COLUMPIO ACROBÁTICO ADOLESCENTES 17.30H 24TH SEP - 12TH DEC
ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		
INFÓRMATE DE NUESTROS HORARIOS ADAPTADOS A TI - LLÁMENOS AL 648 517 092 O 951 774 819 PARA MAS INFORMACIÓN				

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



Since 1985

Clínica Europa
your health partner

General Medicine
Paediatrics
Dermatology
Cardiologist
Psychology
Other specialists
Acupuncture
Physiotherapy

Jose Antonio Gonzalez
Maxillofacial Surgeon

English Speaking Dentist
Dr. Lucia Acosta
Chileme



We Speak English; German & French

Centro Internacional, Blq. 86, TORROX COSTA
Tel: 952 53 09 08
Please call for more information or send an e.mail: clinicaeuropatorroxcosta@gmail.com



DentaDanés
Clinica dental


Nete G. Larsen
Martin Lazenby

Scandinavian, English, German and Spanish spoken

Please call between 10.00 and 17.00 (Monday - Friday) to make an appointment

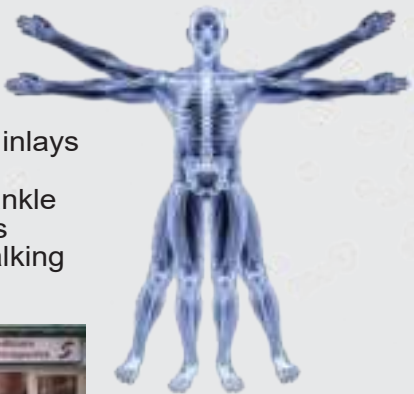
Tel./Tax: 95 252 9666
www.dentadanés.com
Calle San Miguel s/n, "Maro Club"
125 29787 Maro, Nerja


Chatelin
Orthopaedics
Fully Qualified Pedicurist



A company with over 30 years experience in the orthopaedic sector.


- Offering all your inlays and sports inlays
- Corsets, knee, ankle and wrist supports
- Wheelchairs, walking aids, beds, etc..





In house pedicure centre offering clients professional comprehensive treatment and care. Toenails - Corns and Callouses

Chatelin Orthopaedic & Pedicure Centre
Calle de la Cruz, No.60, Nerja 29780
Tel: 658 773 857 & 695 481 082
Open: Monday - Thursday 10.00am - 2pm & 3pm - 6pm





Opticians **HEIKO BY HEIKO**

2 X 1

**2 pairs of glasses
for the price of 1**
Includes varifocal lenses

**Share the offer
with a friend!**



**Book your
FREE
Eye Test**

Avda. Andalucía 119

Torre del Mar

info@heikobyheiko.es

Tel: 952 967 923

WhatsApp: 682 327 084

heikobyheiko.es

We speak your language



healthwise

- 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

CLINIC OF PHYSIOTHERAPY OF NERJA.

**Carmen López y
Mariví Díaz.**

**Avda Pescia, N^a1
Groundfloor.**

29780 Nerja (Málaga)

Tel:

952528144 or 649964047

A number of studies over the years have linked smoking with schizophrenia, but no one has really been sure which one came first.

Many psychiatrists, psychologists and neurobiologists felt schizophrenia predisposed you to risk-taking behaviour making you more likely to start smoking – then there were the mental-health professionals who suggested that there was something about smoking that contributed to the development of the disorder.

However, a new analysis has given additional clarity to this ‘chicken and egg’ question, indicating that smoking may indeed be the cause rather than the effect.

The new analysis, conducted by researchers at King’s College London’s Department of Psychosis Studies, analyzed sixty-one studies from around the world from 1980 to 2014 containing data from 15,000 smokers and almost 273,000 non-smokers.

The report built on the relationship between the use of substances and the risk of developing psychosis.

Cannabis has long been the usual suspect, but these researchers approached the analysis with the hypothesis that tobacco smoking also played a part in increasing the risk of developing psychosis. Not only were the smokers three times more likely to develop psychosis, they also developed psychotic illness one year earlier than non-smokers.

The Missing Link: Smoking and Psychosis.

One clear message the research highlighted was the high level of smoking among those with mental health problems and that smoking is not necessarily simply something that alleviates symptoms – the so-called ‘self-medication hypothesis’. The figure is striking: 42% of all cigarettes smoked in England are consumed by people with mental health problems. While the life expectancy of the general population continues to climb, those with a severe mental health problem have their lives cut short by up to 30 years – in part due to smoking. Since the 1950s, rates of smoking have dramatically reduced in the population while the number of people with psychosis has remained constant. Why has the incidence of psychosis not mirrored the reduction in the overall numbers of smokers? Two factors might explain this. First institutional neglect has held up efforts and resources employed to reduce smoking for people with mental health problems – until recently, public health campaigns have pretty much ignored

this group thinking that ‘Surely they have enough to worry about without being nagged about smoking’ or ‘It’s one of the few pleasures they have’. Not, surprisingly, the tobacco industry, more than aware of this loyal group of customers, has played a sinister role in keeping the cigarettes lit with these patients. The industry actively funded research supporting the ‘self-medication’ hypothesis, pushing the idea that people with psychosis need tobacco to relieve their symptoms. The industry is a key player in obstructing hospital smoking bans, which they perceive as a threat to tobacco consumption. Worse still, they market cigarettes specifically to people with mental health problems. People with psychosis use substances for the same reasons we all do: to relax or feel less stressed.

Contrary to many people’s preconceptions, individuals with mental health problems are no different to any of us in their desire and ability to quit smoking.

Given the clear links between smoking and mental health – that is particularly good news.

NEW LASER TREATMENTS

High-powered laser treatments (Alma Harmony XL Pro) in Nerja! Non-invasive & quick results.

Treating: Pigmented lesions, Leg veins, Acne, Scarring, Psoriasis, Tattoo removal, Vitiligo, Stretch marks, Vascular lesions, Surgical Incision and Excision, & more!

Personalised Medical Care in your language:

- Walk-in and Urgent Care
- General Medicine & Specialists: Cardiology, Dermatology, Internal Medicine, Urology, Orthopaedics, Gynaecology, Aesthetic Medicine, Psychologist

USA & EU doctors practicing evidence-based medicine:

- Clinical Ultrasound – Doppler
- Blood tests (urgent results available)
- COVID testing (PCR/LAMP/Antigen & travel certificates)
- Instant Diagnostic & Glucose Checks
- Advanced Cardiac Testing: Echocardiogram, Cardiac Stress ECG, 24/48 hour ECG + Blood Pressure monitor, Rapid Cardiac Enzymes (heart attack) testing, D Dimer (Blood Clot) testing



CLINICA S^{ra} CECILIA
C/Los Huertos #46, NERJA

BOOK NOW: 952 521 024 - CLINICANERJA.COM

healthwise



● (Monday - Friday)
10:00 - 14:00 & 17:00 - 20:30
(Saturday) 10:30 - 13:30

- Contact Lenses; Frames;
Sun Glasses
- The Best Brands!
- Free Eye Test & Glaucoma Test

● **We Speak English**



Mediterranean diet during pregnancy improved 2-year-olds' cognitive, social abilities

Mothers who followed the Mediterranean diet while pregnant improved their children's cognitive, social and emotional development at age 2 compared with children whose mothers did not follow the diet, according to a new randomized clinical trial. "Despite previous evidence suggesting (an) association between adverse lifestyle (patterns) and poorer child neurodevelopment, no previous studies had evaluated whether lifestyle interventions improved neurodevelopment," said study coauthor Dr. Francesca Crovetto, a postdoctoral researcher at the BCNatal Fetal Medicine Research Center at the Universitat de Barcelona in Spain, via email.

"At year 2 the children's brains are harvesting some of the benefits that they received in their adequate nutrition during their intrauterine life," said Dr. Miguel Martínez-González, a professor of preventive medicine and public health at the University of Navarra in Pamplona, Spain, in an email. He was not involved in the study. "No other dietary model possesses such an impressive accrual of scientific evidence as the traditional Mediterranean diet," said Martínez-González, who is also an adjunct professor of nutrition at the Harvard T.H. Chan School of Public Health in Boston. The Mediterranean diet, which features simple, plant-based cooking, has been shown in studies to reduce the risk for diabetes, high cholesterol, dementia, memory loss, depression, stronger bones, a healthier heart and longer life.

Children of mothers who took a stress-reduction class during pregnancy also scored higher in social and emotional well-being as toddlers compared with children of mothers who did not receive the training, according to the study published Tuesday in JAMA Network Open. "Stress is not just a feeling, it is a feeling that

BEAUTY AND WELLNESS CENTRE - HAIRDRESSING



Rebecca Curtis

Opening Times: Tuesday - Saturday 10.00am till 6.00pm
952 530 122 (voicemail service) Mobile:- 651 956 284

SPECIALIST FACIAL TREATMENTS
AROMATHERAPY MASSAGE
REFLEXOLOGY
WAXING
PERMANENT MAKEUP
(micro pigmentation)



Gel manicures (available with BIAB to add strength and promote growth of your natural nail). Spa pedicures. Acrylic extensions. Lash and brow tints. Henna brows (for long lasting colour).
Telephone:- 676 697 636



Tamara Halliwell

- Phobias
- Anxiety
- Addictions
- Depression
- Couples Therapy

Tel:- 657 424 933 - Email:- mindhealingobi@gmail.com

NAILS AND BEAUTY
SUZI JACKSON



- 651 956 284 / 711 047 122
- Rebecca Curtis Beauty and Wellness
- Urb. Laguna Beach, Centro Comercial B,16
- Torrox Costa, 29793

The centre is situated behind Mena Cafe.

English Hairdresser- Fridays & Saturdays

Urb. Laguna Beach, Centro Comercial B, nº 16, Torrox Costa, 29793, Málaga

echoes through our endocrine and nervous and immune systems," said Dr. David Katz, a specialist in preventive and lifestyle medicine who founded the nonprofit True Health Initiative, a global coalition of experts dedicated to evidence-based lifestyle medicine. He was not involved in the study. "There are changes in hormone levels with stress, and we should not be surprised to learn that variations in maternal hormones have implications for fetal and neonatal development and health,

"Katz said. "I would hope this study gives people a deep appreciation for what an incredible opportunity there is to use lifestyle as medicine during pregnancy to give our newborns the best possible start in life."

The study followed children born to 1,221 high-risk mothers who were part of The Improving Mothers for a Better Prenatal Care Trial Barcelona, a randomized clinical trial conducted between February 2017 and March 2020. All of the women in the study had been identified as carrying a fetus with a high risk of being born small for their gestational age, a leading cause of infant death.

One group of women was randomized to follow a Mediterranean diet and given free olive oil and walnuts, and met monthly with trained nutritionists who provided recipes, shopping lists and a weekly meal plan.

Another group of high-risk women was assigned to eight weeks of pregnancy yoga, meditation and mindfulness group sessions and home-based interventions, which all focused on the relationship between the mother and the developing baby. A third group of women was given standard prenatal care. The initial results of the study were published in December 2021. Nearly 22% of women who received only prenatal care gave birth to babies of low weight, the research team found. The number of low-weight births dropped to 15.6% of the women who attended stress-reduction classes and 14% of the women who ate a Mediterranean diet.

The Mediterranean diet focuses on fruits, vegetables, whole grains, beans and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil.

Approximately two years after the women gave birth, researchers visited 626 children, or representing about half of the original study group, and administered the Bayley Scales of Infant and Toddler Development, a well-known measure of cognitive, social and emotional infant development.

On the cognitive test, there was a 5-point favourable difference between children whose mothers ate a Mediterranean diet and those in the control group who did not, Katz said. A new study has found that an 8-week mindfulness and meditation program was just as effective at reducing anxiety symptoms as a common anti-anxiety medication.

"Overwhelmingly, fetal nutrients are a byproduct of maternal diet," he added. "Maternal dietary pattern and quality will thus influence fetal exposures to diverse nutrients and will even influence taste preferences early in life."

Both stress reduction and the Mediterranean diet increased scores of social and emotional development, but only the Mediterranean diet intervention was statistically significant — meaning the outcome was greater than chance.

"For me, the most important result and most generalizable for the population of pregnant women is the improvement in the average overall cognitive composite score in the Mediterranean diet group," Martínez-González said in an email.

"The first arm (Mediterranean diet) addressed a more physical and direct aspect: the dietary pattern and the supply of interesting nutrients that are known to be beneficial.

They are likely to be important for the development of the child's brain," he added. However, there was an improvement in only one of the elements of the cognitive score in the stress-reduction group compared with controls, Martínez-González said. "The promotion of meditation-mindfulness needs more evidence.

It is likely that it may be beneficial, but further studies are needed."

By Sandee LaMotte,

manantia
International Wellness Center
International Centre
for the well-being
of body and mind
**PILATES :: DANCE :: MASSAGE
YOGA :: MINDFULNESS :: TAI CHI
and more activities!**
**Tel: 951 774 819
Mobile: 648 517 092**
Avda. del Faro 'García Peñalver'
Blq. 76, Bajo 6, Torrox Costa (Málaga)
www.manantiawellness.com
surymamarixa@hotmail.com

NuevaÓptica
CENTRO AUDITIVO
¡Ven y verás!
Avda. Pescia, 18 - 952 52 58 76 - 29780 Nerja (Málaga)
nuevaopticanerja@gmail.com

50% on all sunglasses

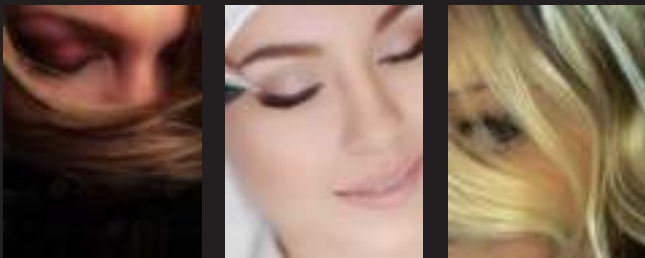
Opening times:-
Monday - Friday 10.00-14.00 / 17.00 - 20.30
Saturday:- 10.30 - 13.30

Avda. Pescia, 18, 29780 Nerja (Málaga)
Tel: 95 252 5876 / 608 395 729

We Speak English



all about beauty



- Micro-needling with electric Derma Meso pen
- We work with a Dermatologist and a Plastic Surgeon
- Home Derma roller kit • Microdermabrasion • Ultrasonic
- Chemical peelings • Permanent make-up • Eyelash extensions

First class Hair & Styling, Colours, Low/Highlights,
Perms and much more!

BEAUTIFY YOURSELF!

Advanced facial treatments with visible results:

HIFU- The next best thing to a face lift.

HIFU is the most sought after lifting treatment for the face and neck. The treatment lifts, tightens, tones and reduces loose skin to counteract the effects of both time and gravity. The high intensity focused ultrasound penetrates the foundation layer of the skin, bypassing the surface of the skin and delivering a targeted energy specifically into the deep, structural tissues and muscles where collagen lives. As the collagen fibres rejuvenate and shorten there is a tightening effect and gently and gradually the skin and tissue memory is restored. The treatment really comes into its own for lifting and tightening the cheek area and sharpening the jowls and jawline; lifting the brow; reducing wrinkles around the forehead, eyes and lips; reducing excess skin on upper eyelids; improving the chin outline and reducing marionette lines; removing the ageing wrinkles from the neck; improving the skin quality and tightening loose skin.

Microdermabrasion Epidermal-Infusion.

Treatments combine exfoliation with the delivery of skin specific topical solutions, which results in fresher feeling and better looking skin. Microdermabrasion topical solutions are formulated to treat specific dermatological conditions. The solution is applied under vacuum pressure at the same time the system exfoliates the epidermis. At all about beauty we tailor treatments to each patient's unique skincare needs.

Permanent Make-up

Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment your natural features.

All about beauty cosmeceutical products made exclusively by pharmacists: A cosmeceutical ingredient has the active potential to bring about visible changes to the skin and these changes will be backed by clinical evidence.

ERIC QUALIFIED HAIRDRESSER, TEACHER FOR HAIRDRESSERS, STAGE

PERFORMER: Blond Expert, professional cutting and colouring techniques:

Dip Dye. Painting, fan hi/lo lights.

SEPTEMBER 2023 : SPECIAL OFFER

Hifu full face and neck 199€



C/. Infantes 23, Torre del Mar
Tel. 952 967 968

healthwise

The brow trends set to rule in 2023.

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

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

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

Texturised 3D brows

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



Thin brows

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



Straight brows

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



Brow lightening

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



Tailored lamination

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

OUT: Over-styled HD brows

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

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

All About Beauty
Calle Infantes 23,
Torre del Mar
Tel: 952 967 968

Clínica Dental Innodenta
 Telephone: 952 52 40 03
 www.innovadent.info
 Plaza de la Ermita, 9
 29780, NERJA, (MA)

Dentist Speaks Perfect English
 German Dental surgery/practice
 using the latest technology
 situated in Nerja Town Centre
 offering extensive treatment.

NORAGERRITZEN
 HAIRDRESSER - FRISEUR - ESTILISTA

TRY OUR NEW SERVICES:
 - MAKE-UP
 - MANICURE
 - FACIALS

WE SPEAK ENGLISH
 WIR SPRECHEN DEUTSCH
 HABLAMOS ESPAÑOL

www.norahair.com
 95 252 2762
 C/ Chaparril, Nerja

OPTICA
Chaves

Since 1980

**Working in partnership with the
 social security agreement for outpatients**

**In Optica Chaves
 you enter as a customer,
 and leave as a friend!**

Avenida Castilla Pérez, 24
29780 NERJA, (Málaga)
Tel: 952 521 994



healthwise

Reverse the effects of sun damaged skin



A DAY IN THE SUN without ample sun protection can lead to skin damages. And while it may not show outright effects, you can expect damages to surface years later. This happens as a result of UV radiation which causes an alteration in the actual DNA make up of the skin cells.

Sun damaged skin - The signs to watch for

- Fine Lines
- Wrinkles
- Skin Dryness
- Patches of Dull, Rough Skin
- Skin Tightness
- Age Spots
- Skin Cancer

How to prevent sun damaged skin

It's possible to reverse sun damage that has been done on your skin. Starting now can actually prevent further damage and even reverse its effects up to some degree.

Here are the steps to follow for your skin to be on its way to recovery:

1. Never miss a day without sun screen

As basic as it may sound, proper and regular use of sun screen, particularly with SPF 15 or higher, benefits the skin and keeps it free from damages.

- Lower sun exposure
- Reduces long-term risk of skin cancer
- Provides time for the skin to heal
- Allows the immune system to repair skin damage

** For best results use sun screen with SPF 15 or higher.*

Did you know?

Excessive exposure to harmful ultra violet (UV) light increases the risk for skin cancer and pre cancers like actinickeratoses.

2. Exfoliate to get rid of dead skin cells

The build up of dead cells on the skin cell layer

causes uneven and blotchy appearance, making regular exfoliation necessary as it:

- Gives the skin a clean look
- Restores skin luster
- Leaves skin smoother

3. Keep skin hydrated

Your skin loses moisture not only with exposure to the sun but to other elements as well, like chlorine and salt water. Proper hydration works especially with hand and body creams, moisturizers and facial serums that offer numerous benefits.

- Plumps skin, even the area around the eyes
- Makes the skin appear less wrinkled
- Stimulates collagen production

Did you know?

The Skin Cancer Foundation revealed that sun damage is responsible for 90% of ageing signs and wrinkle formation.

4. Get high on vitamin c

When your skin is exposed to UV rays, there is also an increase in free radicals that can speed up skin ageing and get in the way of collagen production. Consume foods that are rich in Vitamin C and make use of skin care essentials with this nutrient like serums that help firm the skin and rebuild collagen.

- Facilitates the growth of new and healthy cells
- Prevents premature ageing of the skin
- Controls skin darkening by inhibiting enzymetyrosinase
- Fights collagen-damaging free radicals

5. Load up on antioxidants

Just as Vitamin C is essential for skin health and rejuvenation, antioxidants are also essential in making sure that free radicals are kept at bay to maintain plump and youthful looking complexion. Stick to a diet that is rich in antioxidants and look for products like body cleansers and moisturisers that you can use for the body to give your skin the boost it needs.

- Prevents collagen breakdown
- Preserves elasticity and firms the skin
- Calms inflammation
- Reduces the appearance of wrinkles
- Stimulates blood flow in the skin

Sun protection is a basic necessity for proper skin care. But if you've spent too much time under the sun whether it's summer season or not, you can worry less by following the above-mentioned tips that can help reduce the effects of sun exposure - and even reverse the damages that have already been done on your skin.

For more skin care advice and useful information contact Christina on 952967 968.

Nerja

www.streetwise.es

Streetwise



ASOCIACION
ESPAÑOLA DE
FISIOTERAPEUTAS
Nació No. 6652/6896

Telephone:
952 52 81 44

**Clinica de Fisioterapia
NERJA**

Physiotherapy - Physiotherapie
Carmen López - Mariví Díaz

Mobile: Avda. Pescía, 1
649 96 40 47 E-29780 NERJA (Málaga)





Directory

AIR CONDITIONING/HEATING SUPPLIERS

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

All about beauty

Micro needling - Microdermabrasion - Chemical peels
Permanent makeup - HIFU non surgical facelifts
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

Pocapocunia 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

Advertising in the Streetwise
directory is less than
€5 per week!
Call Dawn on 638 47 47 18 for
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
Dawn on 638 47 47 18

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

**Advertising in
Streetwise directory
is less than
€5 per week!
Call Dawn on
638 47 47 18
for the latest offers**

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

**Advertise here
for less than
€5 per week!**

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

Evangelical Church, Torre del Mar

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



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 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 SEPTEMBER ETC. COMING EVENTS & EXCURSION PRESS RELEASE

Our shop will be open Wednesday and Friday when the coffee morning is also held. Time 11.00 to 13.00.

Thursday 21st September - Excursion to "Dolmens of Corominas and Estepona. There will be a short stop for coffee on the way to the first stop to see the dolmens near Estepona. On arrival there will be a guided visit in English split into 2 groups. The first group at 10:00 and the other at 11:00 with time to look around the surrounding area whilst waiting.

Afterwards you will go into Estepona with time for lunch and to visit the old town, see the street art and visit the Orchid House (entrance 4€ not included).

We will leave for the return journey at 17:30, arriving in Torre del Mar at 19:00 approx.

Tickets available at the Centre, Price 30 euros for Friends and 32 euros for visitors. (Proceeds for fund raising).

Departure times: Algarrobo (Lidl) 07:30, Caleta (vets) 07:35, Torre del Mar (Bus station) 07:45.

October Tuesday 3rd to Saturday 7th - 4 nights stay in Puerto de Santa Maria. Guided tours and day trips to Jaen and Cadiz calling at Medina Sidonia on the way home.

Price 395 euros per person double room

for Friends, 415 euros visitors and 495 euros single room for friends, 515 euros visitors. Proceeds for fundraising.

November 23rd - Science Park Granada and visit the Sierra Nevada Shopping Centre. Price 34 euros for Friends and 36eEuros for Visitors. Proceeds for fundraising.



Dólmenes de Colominas and Estepona

Thursday September 21st, 2023.

30€  **or** **32€**

(Insurance included).

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

Algarrobo - 07:30 Caleta - 07:35 Torre del Mar - 07:45



A short stop for coffee, arriving for a guided visit in English, of the dolmens in 2 groups. 1st group at 10:00 and the other at 11:00 with time to look around the surrounding area whilst waiting. Afterwards we will go into Estepona with time to visit the old town, see the street art and visit the Orchid House (entrance 4€ not included) We'll leave for the return journey at 17:30, arriving in Torre del Mar at 19:00 approx.

TEL: 952 543 334
Avda. Moscatel 1ª Torre del Mar
luxmundi@luxmundi.org
www.luxmundi.org

Reservar en 

OFFICIAL KÖMMERLING MANUFACTURER

10 REASONS TO CHOOSE US



Glass Curtains available

- ✓ 30 YEARS EXPERIENCE
- ✓ ACOUSTIC AND THERMIC INSULATION
- ✓ TOP BRAND
- ✓ POST-SALES SUPPORT
- ✓ PROFESSIONALISM
- ✓ GUARANTEE AND QUALITY
- ✓ TOP FINISHINGS
- ✓ SECURITY
- ✓ CONSIDERATE
- ✓ SAVINGS
- ✓ UPVC SPECIALISTS SINCE 1997

No more excuses.
**POSSIBILITIES
FOR FINANCING**
call us for more information.
952 502 527

UPVC WINDOWS | PVC FENSTER      

Polig. Ind. La Mata | Cno. del Higueral, 9 | 29700 Vélez-Málaga | (Málaga)
T. 952 502 527 | F. 952 558 598 | juanverdun@juanverdun.com | www.juanverdun.com



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

Cada miércoles de 19:00 h. a 20:00 h.
Online
yogafusionarte.com
 0034 699 03 79 98
Belly Dance Tribal and intuitive.
 La Ciencia del Yoga y de la Creatividad de la Danza
YOGA FUSION DANCE

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

We will publish your events or news for free.

Please send all information to info@streetwise.es

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.



MALAGACLIMA

Simply better service

AIRCONDITIONING

SOLAR PHOTOVOLTAICA



In **MALAGACLIMA**
we offer the highest
quality products and
the best prices !!



Authorised Service Technician

Panasonic
ideas for life

DAIKIN

**MITSUBISHI
ELECTRIC**
Changes for the Better

HITACHI
Inspire the Next

NEW SHOP



MALAGACLIMA

Avda. Victoria Kent, 3A
(between SUPECO and the Hospital)
29740 TORRE DEL MAR (MALAGA)

Tel./Fax: 952-96 78 03 Movil: 661 149 934
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?

Velez-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 Almuñécar (Coro Ciudad de Almuñécar) 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.

Please send all information to info@streetwise.es or call Dawn on 638 474 718.

All information is required by the 15th monthly.

Curve Stairlifts

Why compromise your lifestyle and freedom because of difficulty getting up and down the stairs?

Contact us today,
and give your life a lift...

952 967 015
& 618 490 186





Su agencia de confianza desde 1993
Quieres comprar o vender?



Your trusted agency since 1993
Do you want to buy or sell?



Ihr Immobilienpartner seit 1993
Möchten Sie kaufen oder verkaufen?

URGENTLY REQUIRED

We are looking for Properties on the eastern Costa del Sol such as
Torre del Mar, Torrox, Nerja, etc...



Benefit from the following advantages when selling with us:

- Well-established real estate company since 1993 with headquarters in Torrox-Costa and collaborating agencies around Europe
- Multilingual real estate team with professional experience
- Free property valuation based on the current market situation detailing your property to a maximum
- Marketing of your property in international real estate portals, print media, in our offices and on our international website
- Preparation of professional dossiers and videos of your property
- Large customer database of possible buyers
- Tax and legal initial advice are included with us from our own lawyer

Would you like to give us a try? - We will not disappoint you!

We look forward to hearing from you. Please visit us personally at our office in Torrox-Costa, email us at info@property-select.net, calling us on **+34 951 084 054** or send a message via WhatsApp to **+34 644 555 730**

Your reliable Partner since 1993

Properties urgently required! | Sell with one of the leading agents of Torrox-Costa

Torrox-Costa | Urb. Costa del Oro | Centro Comercial B
al lado / next to / neben Caixa Bank / Tails Charity Shop



951 084 054

info@property-select.net | WhatsApp +34 644 555 730





TORROX

REF: 7667

EXCLUSIVE: Fabulous country house in Torrox with stunning sea views, 10 minutes from the coast with 2 bedrooms, 2 bathrooms, lounge with open plan kitchen, several terraces, private pool and a car port. Build 110 m², plot 3.700 m², EPC: E.

CÓMPETA

REF: 7673

EXCLUSIVE: Traditional town house centrally located, 5 minutes from the main square, with 3 bedrooms, 2 bathrooms, living/dining-room and a roof terrace. Wonderful sea, village and mountain views, 104 m², EPC: In progress.

29754 Cómpeeta

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. Andalucía, 32B
Tel.: +34 952 54 18 86

 609 176 586

 www.countryproperties.net

 sales@countryproperties.net

