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



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**Price: €185.000**

**Ref: NV.SUS**



New build duplex in Nerja comprising:- ground floor, large, elegant hall, 2 bedrooms with built-in wardrobes and 2 bathrooms. Very large garden. First floor, separate kitchen, living room and an area for office use. Beautiful mountain views. Located in the Tropicana area with community pool. Furnished.

**Price: €299.000**

**Ref: NV.TROP**



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

**Price: €245.000**

**Ref: Casa Swallow**



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.

**Reduced to : €165.000**

**Ref: NV.P080B**

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Nice townhouse, approx. 90m2, comprises 2 floors. Ground floor: terrace, double bed, bath with a shower, washing machine and a 2nd bed. Upper floor: spacious living-dining room with TV, equipped kitchen, terrace with sea views. A/C and wifi access. Furnished. Communal swimming pool.

**Reduced: €259.000**

**Ref: Villa Robles**



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

**Price: €254.000**

**Ref: NV.B8**



Townhouse in Capistrano Village. Divided into 2 floors: - Ground floor: Living room, fully equipped kitchen and access to large garden. 1st floor: 2 beds, bath. Master bed, access to a large balcony with beautiful views. South facing. Community swimming pools, garden areas and security services.

**Price: €330.000**

**Ref: NV.002**



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

**Price: €399.000**

**Ref: NV.62**



Impressive villa with private pool and sea views, in Capistrano Village. Built on 2 floors. Comprises 6 beds, 3 baths, kitchen, living room and garage (3 cars). Huge garden with a private pool. Build 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**



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**

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## Country Property of the month

**Cómputa:**

**Price: €270.000**

**CP650**



Set in a large plot with mature trees and in very good condition. Parking space for several cars. Wooden windows all have shutters. House comprises:- spacious sunroom with good views to the sea, open plan living room with woodburning fire, fully fitted kitchen with electric oven and ceramic hob, granite worktops, 2 double beds (one with a ensuite shower room) and another family shower room. A room with separate access on the back of the property, currently in use as storage room, but this could easily become another bedroom. Several spots to relax in the sun or shade. Swimming pool with spa jets on a

raised tiled terrace with BBQ to the side for a Spanish outdoor lifestyle. Several fruit trees. The national park is directly behind. Excellent value for money property which reflects care, attention and up to the minute maintenance. Mains water and electricity connected. A/C heating, wall panels, and ceiling fans. Water deposit of 6000 litres and an irrigation system for the garden. Comfortable property for permanent use, holidays and or rental income.



**Sayalonga:**

**Price: 89.000€**



- Living space: 70m<sup>2</sup>
- Bedrooms : 1
- Pool: No
- Garage : No

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

**Ref.AP154**

**Cómputa:**

**Price: 475.000€**



- Living space: 153m<sup>2</sup>
- Bedrooms : 3
- Pool: Yes
- Garage: No

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

**Ref. CP645**

**Cómputa:**

**Price: 195.000€**



- Living space: 114m<sup>2</sup>
- Bedrooms : 2
- Pool: No
- Garage: No

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

**Ref. CP647**

**Nerja:**

**Price: 260.000€**



- Living space: 65m<sup>2</sup>
- Bedrooms : 2
- Pool: Yes
- Garage: No

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

**Ref. TAP333**

**Cómputa:**

**Price: 139.000€**



- Living space: 79m<sup>2</sup>
- Bedrooms : 3
- Pool: No
- Garage: No

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

**Ref. TH1102**

**Sayalonga:**

**Price: 190.000€**



- Living space: 90m<sup>2</sup>
- Bedrooms : 3
- Pool: No
- Garage: No

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

**Ref. TTH608**

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## Welcome to Streetwise magazine -

Welcome to the February issue of Streetwise magazine.

This month Nerja is a must visit to see the carnival. The atmosphere, music and costumes are incredible and I know from personal experience how much work goes into the costumes and music.

I was lucky enough to take part in the carnival one year with my zumba group and it was an incredible experience to be dressed up and joining in the fun. I will be there this year but as a spectator only!!

As I'm typing this I pray we get some more rain soon, we need a lot more to fill Lake Viñuela.

As always we have a packed Streetwise with lots to read and many fabulous clients offering their incredible services. Enjoy!



Cover photo.  
Watching the sun go down  
in Torrox Costa by  
Julie Leggott.

**Dawn x**

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**Febrero/Feb 2024**

**Issue Nº 311**

Web Site: [www.streetwise.es](http://www.streetwise.es)

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

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



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### Head of Junta de Andalucía warns 30 days of rain are needed

Local councils need to spend more of their budgets on repairing supply pipes. The heavy rain seen earlier this week on the Costa del Sol and in Malaga province has failed to make an impact on the area's almost empty reservoirs, although for now it appears the levels have stabilised. Restrictions have tended to hit smaller towns in Malaga province. Fuengirola is the first larger town to cut back water pressure at night. Malaga province rainfall is average for January but more rain is needed to raise the water level in La Viñuela reservoir, the province's largest.

### Extra virgin olive oil prices soar in Spain

Malaga farmers warn that the outlook for the countryside does not bode well for domestic economies.

The lack of rain points to another harvest failure, after the 2022-2023 season saw the shortest harvest in more than 20 years.

The start of this year saw price increases, with extra virgin olive oil approaching 13 euros per litre on many supermarket shelves. Alternatives below ten euros are becoming increasingly scarce and will gradually disappear.

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Price: €325.000

Ref: 6582TH3



### NIZA BEACH

Wonderful new development of modern 2 beds / 2 baths apartments with large terraces and great sea views. Boasting of 2 pools, 2 padel courts, private parking and storage rooms. Just steps away from the beach. Close to completion.

Starting from: €246.000

Ref: 6586DEV



### TORROX

Unique country villa with 207 m² comprising of 3 bedrooms, 3 bathrooms, a spacious kitchen, dining room, lounge, various terraces, infinity pool and breathtaking views of countryside and Mediterranean Sea. Good access.

Price: €850.000

Ref: 6231VI3



### CAJIZ

Beautiful country villa with a total of 4 bedrooms, 3 bathrooms. Spacious 190 m² built. Large plot of 36.000 m² full of fruit and olive trees. 2 separate guest houses, 9 x 4 metre swimming pool and lovely terraces with sea views. Close to the coast.

Price: €890.000

Ref: CAJIZ



### CALACEITE

Wonderful new development of modern apartments with large terraces and great sea views. 2 bedrooms, 2 bathrooms, lounge with open kitchen, storage room. Including private parking space, storage room and communal pool.

Starting from: €290.000

Ref: 6416DEV



### 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



### TORROX

Spacious town house at the edge of the village of Torrox. Comprising of 3 bedrooms, 2 bathrooms, separate kitchen with patio, lounge with chimney, private garage and a roof terrace with fantastic views. Walking distance to all amenities.

Only: €198.000

Ref: 6503TH3



### TORROX PARK

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

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Ref: 6571TH2

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**Nerja - NPSV2039**

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Spacious and newly reformed townhouse for sale, situated in the established complex of Almirajara II, and close to the two communal swimming pools. Private southwest facing terrace with garden views, internal patio area with storeroom of 3m2 and an underbuild of 18m2.



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2 1/1 100 m2

**Frigiliana - NPSV1907**

**169.000€**

This fantastic duplex is now for sale in Frigiliana. Located in the famous calle Las Huertas, close to all amenities within the village. Nice communal pool.





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### Frigiliana - NPSV2225

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2 1/1 m² 85 m2

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### Frigiliana - NPSV2167

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### Frigiliana - NPSV2200

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**Torrox Pueblo Ref: 201/P Price: €129.000**  
 Village house in Torrox Pueblo. Comprising of 4 beds and a terrace.  
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**Torrox Ref: 118/P Price: €685.000**  
 Luxury detached villa in Torrox Costa. Comprising of 3 beds, 3 baths, garage and a gym. Lovely garden with BBQ.  
 Stunning sea views.



**Torrox Costa Ref: 205/P Price: €390.000**  
 Large villa in the heart of Torrox Costa with 3 beds and parking. Plot 200m<sup>2</sup>. South facing and 200 metres to the beach.



**Torrox Pueblo Ref: 205/P Price: €110.000**  
 Village house for sale. Comprising of 2 beds, large roof terrace and storage room.  
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**Torrox Costa Ref: 202/P Price: €330.000**  
 Semi-detached house. Comprising of 3 beds, 2 baths, private garage, 2 terraces and a garden. South facing with sea views.

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

While you may not approve of what a friend or loved one is up to you know there isn't much you can do about it. You can either turn a blind eye to their efforts or criticize anyway knowing they will almost certainly ignore every word you say.

**Luckiest day:- Tuesday****TAURUS:-****(April 21 - May 21)**

You can and you must take the initiative and make things happen over the next month. Cosmic activity in the most adventurous area of your chart may not be as potent as it was but there is still plenty of scope to start making good things happen.

**Luckiest day:- Friday****GEMINI:-****(May 21 - June)**

Someone you have dealings with seems a little bit slow in the mental department and, to be frank, you would be better off without their ideas. Make an excuse to go off and do things by yourself this month and don't be in a hurry to come back again.

**Luckiest day:- Tuesday****CANCER:-****(June 21 - July 22)**

Let someone know that you will no longer allow them to push you around. If you can find the courage to speak up this month it won't be long before they realize you are not the easy touch they took you for and will go off and harass someone else.

**Luckiest day:- Saturday****LEO:-****(July 23 to August 22)**

It's fine to have controversial views – you are free to think and speak as you please – but you need to bear in mind that if those views are too outrageous you could make enemies of people who can make life tough for you. Tone down your act a bit.

**Luckiest day:- Sunday****VIRGO:-****(August 23 - Sept. 22)**

What occurs over the next month could be a shock to your system and bring you down to earth with a bump. But in a way that's good because you have been flying a little too high. Better to fall now than later on.

**Luckiest day:- Thursday****LIBRA:-****(Sept. 24 - October 23)**

It seems you have allowed certain individuals to say things and do things you profoundly disagree with and that must now end. With the Sun in your favour again you don't have to sit there and take it. Give as good as you get.

**Luckiest day:- Saturday****SCORPIO:-****(Oct. 23 - Nov. 22)**

No matter what happens this month you must not cancel your travel and social plans. If friends or family members or work colleagues urge you to do things for them rather than for yourself just get tough and refuse. There's nothing they can do about it.

**Luckiest day:- Wednesday****SAGITTARIUS:-****(Nov.23 -Dec. 21)**

You will learn something to your advantage this month and while the information may seem of limited use now it will grow in significance over the next few weeks. Keep your eyes and ears open, because what you see and hear will be of major importance.

**Luckiest day:- Monday****CAPRICORN:-****(Dec.22 - Jan.20)**

There is still time to bring a project to a successful conclusion but you must be quick. Now both the Sun and Pluto have left your sign a deadline of some sort is looming and if you miss it you will regret it forever.

**Luckiest day:- Friday****AQUARIUS:-****(Jan 21 - Feb. 18)**

You may be eager to get started on something new but a little bit of patience will go a long way, so refuse to be rushed, either by other people or by your own burning ambition. You have all the time in the world to make a good impression.

**Luckiest day:- Sunday****PISCES:-****(Feb.19 - March 20)**

Recent events in your personal life have got you a bit flustered and now you need to calm down and get your head and your heart working in harmony again. Whatever it is you've been worried about, in the greater scheme of things it really doesn't matter.

**Luckiest day:-Monday**

# Horoscopes.

by Kristian Marconi





### Urb. Naricha, Nerja

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

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

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### Edf. Almijara, Nerja

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

**Price: 245,000 euros Ref. JG139TPM**



### 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**

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### 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**

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



## In Lux Mundi, Torre del Mar Christmas bags

Lux Mundi, Torre del Mar; everything is ready to begin delivering toys for their children, bags with non-perishable food and fruits and vegetables to 27 families!!!

Thanks to Blevins Frank, BluCee, Spanish Insight, CSLawyers, SecuritasDirect, Sentinella Axarquia, Ocio Magazine, Belinda & Kelman Chambers, Bar Samba, Trilingo languages, Donna&Mark Tripp, Pasionintoprofit.dk, Gaynor Procter Smith, Currencies Direct Spain, GPS Insurances, friends of several associations in Alcaucin and Axarquia,

Hermanidad del Rocio Torre del Mar, Salon de Belleza Oasis, Gimnasio Valls, faithful of the English-speaking Catholic Church and the Anglican Church of San Bernabe, friends, volunteers and collaborators of Lux Mundi and many other people that we may have omitted but whom we thank anyway!!!

Thanks to your commitment and generosity we will be able to help many adults and children have a Merry Christmas 2023!!





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## What do you do when you just can't you just stop drinking alcohol?



Many of us choose the beginning of the year to try and cut back, or stop drinking all together; and, for a lot of people a "Dry January" isn't a problem. However, there are those who will have found it difficult, or even impossible! Who despite promising a loved one they would reduce their alcohol consumption; maybe for health and financial reasons, or to save a relationship; they couldn't make it past the end of the first week, or even the first day.

What is the answer when you just can't seem to give up the booze? When the idea of going a day without alcohol terrifies you, never mind a whole month.

Millions of people worldwide, struggle with problems related to alcohol use. If you often drink more or for longer than you planned too; have tried to cut back (or stop) and found you couldn't; drink to deal with feelings and emotions; or if your drinking is interfering with your life - your responsibilities, relationships, finances, or health. Then you could have a problem with alcohol.

There is a solution, Alcoholics Anonymous (AA) is a 12 Step fellowship support group, that has helped people all over the world, with their problem drinking. If the consequences of your alcohol use are getting too much, if you are ready to stop drinking, or want support to help you try, then don't wait until it gets any worse.

Lizzie and Nate; two members of Alcoholics Anonymous who both started drinking in their early teens; talk about how following the suggestions given to them in AA, has changed their lives, for the better.

Lizzie - "I started drinking in my early teens, and it was superb! It made me feel like a grown up. My drinking was a problem from the very start. I first came to AA when I was 25 years old, following an assault, that was 100% the fault of alcohol.

For the first 18 years, I would gain a period of sobriety, and then follow it with a relapse. Each relapse it got worse. The last time was horrific because my children saw me drunk and out of control, I felt like I was a monster in their eyes.

Since then, I have committed to the 12-step program, as was suggested to me, and as a result I have changed the way I think. I sometimes wish I had 'got it' the first time, but that was not my journey and there is a reason for that.

My life now is manageable. My ego is under control, in its box. I needed to change the way I thought, to enable me to be happy."

Nate - "My drinking got started when I was about 14. I was never able to make the equation that it was alcohol that was the cause of my problems. I had lost girlfriends, then wives! They had all pointed out that a big part of our relationship problems was that I did not drink normally. I lost my driver's licence because of driving drunk. I lost my friends because I beat them up whilst drunk. It was not until my current wife gave up on me, that I sought help in AA.

That was 10 years ago. By following the suggestions given freely to me, I know that I never have to drink again. To anyone struggling with alcohol, I would suggest finding a local AA meeting as soon as possible, we can't do this alone, we need help."

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

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

**CALL THE AA HELPLINE FOR SUPPORT:**

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## Saint Valentine

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14<sup>th</sup>. It originated as a Christian feast day honouring a martyr named Valentine and through later folk traditions, it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14<sup>th</sup>, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: tradition

maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution. The 8th-century Gelasian Sacramentary recorded the celebration of the Feast of Saint Valentine on February 14<sup>th</sup>.

The day became associated with romantic love in the 14<sup>th</sup> and 15<sup>th</sup> centuries when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring. In 18th-century England, it grew into an occasion for couples to express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. In the



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19th century, handmade cards gave way to mass-produced greetings. In Italy, Saint Valentine's keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children to ward off epilepsy (called Saint Valentine's Malady).

Saint Valentine's Day is not a public holiday in any country, although it is an official feast day in the Anglican Communion and the Lutheran Church. Many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day on July 6<sup>th</sup> in honour of Roman presbyter Saint Valentine, and on July 30<sup>th</sup> in honour of Hieromartyr Valentine, the Bishop of Interamna (modern Terni).

## Valentines Day

### Why Do We Give Red Roses on Valentine's Day?

Red roses are synonymous with romance, love, and passion. With their vibrant red petals to the thorns on the stems, they have been captivating especially when they are in a bouquet wrapped in shiny paper tied together by a ribbon. It is due to these associations that gifting red roses has become the norm on Valentine's Day.

### History of why we give roses

Giving roses for Valentine's Day all began in ancient Roman mythology where secret marriages and messages were prominent. It was believed that the first rose appeared during the birth of Aphrodite who is the goddess of love.

It is from her blood that roses became red. Hence the rose is an extremely ancient flower that according to this legend has been around during the period of the Gods.

### Why do we send a dozen roses?

It wasn't until the Victorian era that flowers became prominent gifts of love and passion.

This is where a dozen roses came to be as it represented the 12 months within the year and also the 12 Zodiac signs.

This number symbolised perfection and completeness.



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**Avenida Andalucía 65c, Torre del Mar, 29740, Málaga**

**Online video** Archéz **New this month!**

Great lock up and leave well-presented villa (73m²). 2 beds, 1 bath, open plan living/dining/kitchen, easy access on concrete track, low maintenance outside space, outside kitchen/bbq area, mountain/countryside/village views.

**Price: 159,950 euros**  
ref: v 1524 **EPC: In progress**

**Online video** Canillas de Albaida **Price reduced!**

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

**Price: 89,950 euros**  
ref: t1504 **EPC: E**

**Arenas** **New this month!**

Fantastic country villa 2 bed, 2 bath (193m²) with 2 independent guest apartments. A short drive from the village and the coast. The property benefits from private pool and magnificent sea and surrounding views.

**Price: 440,000 euros**  
ref: v1526 **EPC: E**

**Viñuela** **New this month!**

New development – 3 beds, 2 bath villa (113m²) with fantastic views. 14 spacious properties with gardens and parking space. To be completed by the end of summer 2024.

**Price from: 275,000 euros**  
ref: v1528 **EPC: A**

**Online video** Compéta **New this month!**

Spacious country villa (197m²), 4/5 bed, 4 baths, including separate guest house. Garage and swimming pool. Walking distance to the village, situated in a wonderful sought-after location. Great sea views.

**Price: 595,000 euros**  
ref: v1520 **EPC: in progress**

**Online video** Compéta **Price reduced!**

Modern 4 bed, 2 bath (110m²) townhouse with stylish interior, living/dining with separate kitchen, well presented, modern fixtures and fittings in bathrooms and kitchen, L-shaped terrace with outside kitchen, upper village location.

**Price: 143,000 euros**  
ref: t1333 **EPC: E**

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

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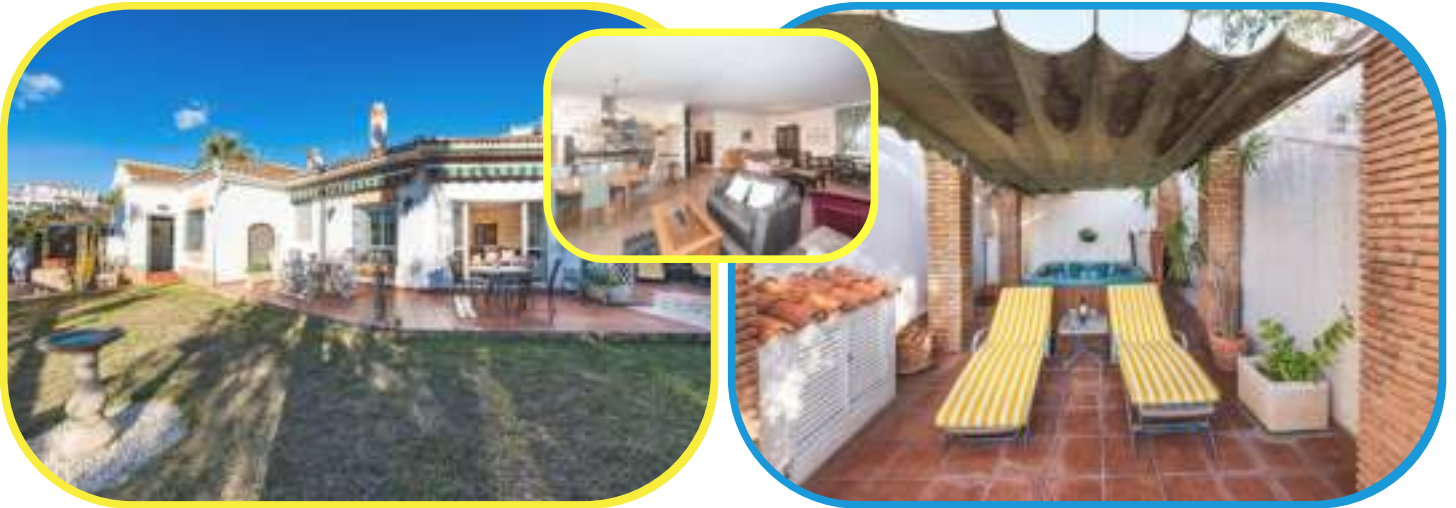
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## FEATURE PROPERTIES



### VSR4044 TORROX PARK

**Price: €420.000**

Detached villa 177m2, large private garden, terrace, lots of private outside space, including a Jacuzzi area, three bedrooms, two walk in shower rooms, one has a sauna. large open plan lounge/dining area, air con, gas central heating. Relaxing location, magnificent views to the sea and mountains.



### VSR4034 LA EXOTICA

**Price: €369.000**

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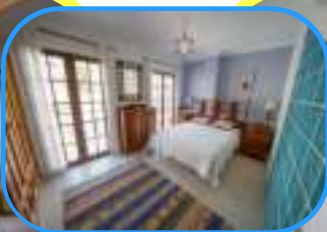
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## PROPERTIES OF THE MONTH



### VSR1033 FRIGILIANA

Apartment on two floors. Comprising three bedrooms, two bathrooms and a spacious lounge leading to a private terrace. The apartment is fully furnished. Large roof terrace. Village location.

Price reduced: €259.000



### VSR4035 TORRECILLA BEACH

Apartment, two bedrooms, air con, south facing terrace, partial sea view, bright lounge, shower room. Fully furnished. Communal pool. Walking distance to the beach. Great rental investment.

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**Star**

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

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

## The Costa Animal Society...



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

If you would like to meet Holly and / or Star, please contact Seacrest Kennels at 95 252 1426, or email us on [costaanimalsociety@gmail.com](mailto:costaanimalsociety@gmail.com) You can find us on Facebook - Costa Animal Society CAS, where there is more information. Or, pop into our shop in Castilla Perez 2, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.

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

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



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## AXARQUIA ANIMAL RESCUE



### AAR2723 – Beau

Beau is one of a litter of 5. Born 16th December to a pet who was attacked by a feral dog in the campo. Beau has 2 brothers and 2 sisters and they will be ready for local adoption at the end of February. They are with their mum who is a medium sized mixed breed. The likelihood is the pups will be medium size.

This photo was taken 4th January when his eyes just opened - you can see updated photos and information on our website [www.axarquiaanimalrescue.com](http://www.axarquiaanimalrescue.com), or email for [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



### AAR 2398 - Maisie Rose

Maisie is a 2 year old Bodeguera who was rehomed by us 2 years ago after she was abandoned at birth. Unfortunately, her owner has recently died, and a new home is needed. Maisie is a happy girl, but a bit confused with her situation at the moment. Ideally, we would like to rehome her with the owners other pet, a female dog called Treacle - see other post - but we know this is a big ask. Both dogs are loyal, affectionate and playful. They are very close and are good with other dogs and cats. If you are able to offer either or ideally, both of these lovely girls a loving home. Please contact [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

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# Axarquia Animal Rescue



**Monkey**

## AAR27147 - Monkey

I am one of 3 pups rescued with our mum when very young. I am the girl of the litter with 2 brothers. They are good fun but I would love a home of my own with a loving family. I was born on 10th October, have started my vaccines and will get my passport very soon so will be able to travel. Available for adoption now in Spain. Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**Luci**

## AAR2706 - Luci

Hi my name is Luci. Born on 3rd September 2023. My kind fosters rescued my mother who was hiding under their pool room stairs in a puddle on top of an ant nest during a huge thunderstorm. I am a confident, curious & happy pup, who loves her food and sleeps well through the night. I play well with my siblings and cat and love to be picked up and cuddled. Also I love new toys and to run around with my siblings or with my new dog friends, who I met at my other foster homes. I am ready to be adopted here in Spain and to travel to Europe and UK. Please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**Trevor**

## AAR27158 - Trevor

I was born on the 10th October. A very kind man is looking after me, my siblings and our mum.

I think our Mum would like us to have our own homes now, she's done her bit and would love a rest. I absolutely love life, playing with my siblings or just lazing around in the sun.

I am getting my passport very soon now and will be ready to travel or I can be adopted now within Spain.

Wouldn't you like me in your family, we could have great fun together.

Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**Mel**

**AAR2720 - Mel** Hello, I'm Mel a 5 month old GSD/Malinois mix female. I was found abandoned on my foster carer's land. I was hungry, underweight and very scared. Luckily, the people who found me are fostering me until I can find my forever home. I get on very well with other dogs. I have started my injections and will soon be ready to be adopted in Spain and to travel to Europe and the UK. Email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**Salva**

## AAR 2716 - Salva

My name is Salva. I am one of a litter of 3 pups rescued with our mum. I was born on 10th October. I am still living with my siblings and our mum but I would really like a home of my own.

I have started my vaccines and enjoy playtimes and just love to see what each day brings. Life is such fun but I sure could be so much better when I have my own home. Please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.

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

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

Please email:-  
[axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)  
for further information.



### Axarquia Animal Rescue

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## CAN MY DOG EAT THAT??

By Karen Wallace

Most of us are guilty of giving our dogs a taste of our dinner or sneaking them a little side treat from our snack, but is it really safe to feed our dogs table scraps? Short answer, yes and no.

There are many "human" foods that are healthy for your dog to eat. Dry kibble dog food was created to make it easier for us to feed our pets. In fact, many people feed their dog a raw food diet.

### Healthy foods dogs CAN eat

There are actually many people foods that are healthy for our dogs. Raw and cooked food are all good to add extra nutrients to your dogs balanced diet.

### Fruits and vegetables dogs CAN eat list

Many fruits and veggies are actually healthy for our dogs. In fact, I usually will freeze many of our fruits that are on the verge of becoming over-ripe. My dogs go crazy of these healthy treats!

- Apples: Vitamins A and C and fiber. Low in protein and fat.
- Avocados: Controversial. Beware the pit, skin, and leaves are toxic to dogs.
- Bananas: Potassium, vitamins, biotin, fibre, and copper.
- Blueberries: High in Antioxidants, fiber and phytochemicals.
- Broccoli: Vitamin C and fibre
- Brussel sprouts: Beware – the gassy effects of these vegetables are just as prevalent in dogs as they are in humans!
- Cantaloupe: High water content and fibre
- Carrots: High in fibre and beta-carotene, which produces vitamin A.
- Celery: Vitamins A, B, and C.
- Cranberries: High in Antioxidants.
- Cucumbers: Vitamins B1, C, K, potassium, copper, magnesium, and biotin.
- Green beans: iron and vitamins.
- Mango: Vitamins A, B6, C, and E, potassium, beta-carotene and alpha carotene.
- Oranges: Vitamin C, potassium, and fibre



- Peaches: Vitamin A and fibre
- Pears: Copper, vitamins C and K, and fibre
- Peas: Vitamins, A, C, K, iron and fibre
- Pineapple: High in Vitamin C and antioxidants.
- Potato: Vitamins C, B6, potassium and manganese.
- Pumpkin: Alpha-Carotene, Beta-Carotene, Fiber, Iron, Potassium, Vitamin C, Vitamin A, and Zinc.
- Raspberries: fiber, manganese, vitamin C, anti-inflammatory properties. Trace amounts of xylitol are found in raspberries, so small amounts only.
- Strawberries: Vitamin C and fibre
- Sweet potatoes: Vitamins A, B, C, D, iron, potassium and manganese
- Watermelon: Vitamins A, B-6, and C, potassium. Plus, watermelon is

92% water, making it a great way to keep hydrated.

### Can my dog eat cooked or raw meat?

Dogs are carnivores, so yes most meats are safe for your dog. You may even be one of the many dog owners that feed their dogs a raw meat diet (including me). However, it's important to note, that this is not as simple as giving your dog raw mince or chicken every day.

If you are interested in feeding your dog a raw meat diet, do your research. Dogs need a balanced diet with certain nutrients just like we do. I have a diploma in canine nutrition so feel free to drop me a message if you'd like to know more about raw feeding or your dog's diet in general.

You can get in touch using the contact form on my website or on social media

[www.dogschoolnerja.com](http://www.dogschoolnerja.com)

If you have questions or need any help please drop me a message on social media or send me an email: [info@dogschoolnerja.com](mailto:info@dogschoolnerja.com), or you can take a look on the website [www.dogschoolnerja.com](http://www.dogschoolnerja.com)



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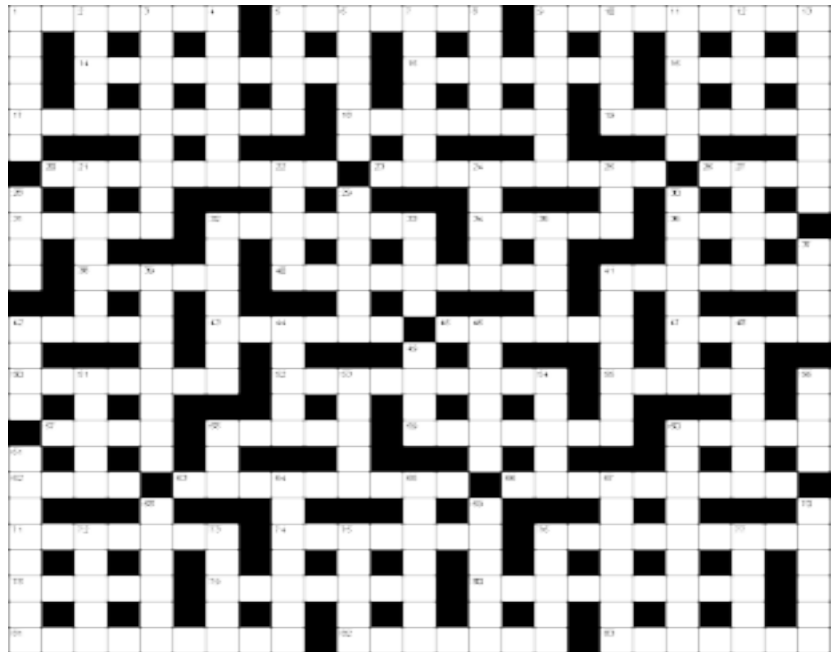
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## Across

1. Liberty (7)
5. Infers (7)
9. Haggled (9)
14. Villainous (9)
15. Requiring (7)
16. Paragon (5)
17. Obviate (9)
18. Perfumed (7)
19. Biggest (7)
20. Rogue (9)
23. Intricate (9)
26. Level (4)
31. Fleet (5)
32. Greed (7)
34. Mother-of-pearl (5)
36. Sharp (4)
38. Canoe (5)
40. Stubbornly unyielding (9)
41. Akin (7)
42. Taut or rigid (5)
43. Assail (6)
45. Dissertation (6)
47. Topic (5)
50. Inhabited (7)
52. Parts of a sonata (9)
55. Unit of weight (5)
57. Spoil (4)
58. Harvests (5)
59. Looked at briefly (7)
60. Stage (5)
62. Swerve (4)
63. Congenial (9)
66. Promenade by the

## Down

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



32. Clumsy (7)
33. Engrave (4)
35. Expenses (5)
37. Rim (4)
39. Conceding (8)
41. Answer (7)
42. Ripped (4)
44. Speed at which music is played (5)
46. Building where aircraft are maintained

- (6)
48. Gem (7)
49. Self-satisfied (4)
51. Relish (5)
53. View (5)
54. Fires (5)
56. Peak (4)
58. Sprocket (3)
60. Tropical fruit (9)
61. Prelude (8)
64. Foes (7)

65. Theft (7)
67. Pamphlet (7)
68. Bird (6)
69. Stick (6)
70. Evidenced (6)
72. Become liable to (5)
73. Fusillade (5)
75. Percussion instruments (5)
76. Inlets (5)
77. Chores (5)





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

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 O E P V U J Z Z S A X R K P Y G Z Q J I  
 U M B E A O Z T H O A F E N T R A N C E  
 E A O W W P E J B E I D V E E X W Y E K  
 C R A A Q P L L Q R L L E B R O O D B A  
 N F R Y R V I F E H K K S X U C C S D U  
 E E D A B A D P A Q R H A O D R F L X H  
 F R C H M B L L I N E N C L O S E T M H  
 K U K H I A A I R C O N D I T I O N E R  
 X T J Q C Y Z I Y T Z W G O J N E X B Q  
 G C B E F J G R M F N M Q E G A L O L K  
 A I P G O E C O U N T E R A V H M L E O  
 R P K A B C H O U S E Z M E N F O O R T  
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# Choosing your adviser for your financial journey in Spain

There are various reasons why people take financial advice; for help investing or with their pension, tax queries, estate planning guidance etc. What many do not realise, however, is that their choice of adviser may be the most important financial decision they need to make.

This is even more important when moving to or living in Spain, since you need an adviser who can analyse your situation and guide you through all the financial planning steps you need to take to successfully manage your wealth in Spain. Achieving long-term financial security and peace of mind in a new country with unfamiliar tax and succession regimes is harder than in your home country.

You need a holistic strategic financial plan based on your situation and aims, then ongoing, proactive support as circumstances evolve and regulations and investment climates change.

With all this in mind, here are some points to consider when looking for a financial adviser.

## A personal service

Your financial planning should be based on your personal situation – country of residence, plans, family situation, estate planning wishes, time horizon, investment risk tolerance and objectives.

Successful wealth management takes all these into

## By Kelman Chambers, Partner, Blevins Franks

account. Your adviser should get to know you, asking questions and establishing your risk profile before making recommendations or trying to sell you an investment. You want to build a good relationship with your advisory firm, so they'll be around to support you right through retirement, perhaps guiding your heirs in the future.

## Size and longevity

A firm with a history of longevity gives you peace of mind that they are likely to be there as long as you need them.

And the larger the firm, the more specialists they have covering the various services you need – local financial advisers, technical tax experts, pension professionals, investment analysts. In-house teams can seamlessly work together to provide integrated wealth management advice.

This is important. For example, how you hold your investments can impact how much tax you pay and how easily they can be passed onto your chosen heirs. So rather than using different firms and receiving isolated

# True cross-border expertise pays dividends.

With offices across Spain, France, Portugal, Cyprus, Malta and the UK, and with advisers living locally and teams of experts, Blevins Franks specialises in providing integrated, cross-border wealth management solutions.

Whether you are moving to or living in Spain, returning to the UK, or trying to decide where you are better off being tax resident, we can help. We have extensive knowledge of the Spanish and UK tax regimes, the interaction between them, and legitimate tax planning opportunities.

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advice, you benefit from a comprehensive, strategic financial plan covering all aspects.

A larger firm will also have more resources to apply effective compliance procedures to ensure regulatory rules are adhered to. It will be in a position to keep on top of changing regulations, such as tax and pensions, analysing how clients are affected and establishing compliant solutions where necessary.

### Local advice and knowledge

Using an adviser who lives and works in Spain proves highly beneficial.

They have personally experienced living here and how Spanish taxation impacts residents. They have in-depth understanding of Spain's tax and succession regimes and the legitimate planning opportunities.

It is unlikely your UK adviser will know the ins and out of local regulations in Spain or keep on top of all reforms. The fact that Spain's 17 autonomous communities have their own variations with regards tax rules makes it all the more complex. Continuing with your UK adviser could result in you buying inappropriate investments, paying more tax than necessary, or your beneficiaries having to deal with unnecessary complications.

Another important issue is regulation. Prior to Brexit, UK advisers and financial firms could 'passport' services into EU countries. This has ended, so unless your UK adviser has taken the effort and expense of getting set up and regulated in Spain, they would not be in a position to provide authorised advice to residents of Spain.

### Regulation and qualifications

Investing, pensions, estate planning and taxation are technical subjects which require specialist understanding. Ensure your advisory firm has professionals with officially recognised qualifications who keep up to date with regulatory changes and maintains high professional standards.

In the UK, for example, the Level 4 Diploma in Regulated Financial Planning meets the UK Financial Conduct Authorities (FCA) qualification requirements. Although you've moved abroad, your adviser should still have achieved a similar level of qualification.

For security and peace of mind, choose a firm which is authorised to provide advice in Spain and abides by national and international regulations. When investing, check that both your adviser and the investment managers they recommend are regulated.

Once you find an adviser who meets the above requirements, the rest of your financial planning in Spain should follow smoothly on. You won't need to worry about neglecting key aspects or keeping up with tax reforms. Your adviser will talk you through all the issues you need to consider, helping you weigh up your options before taking final decisions. They'll then keep you updated on reforms that impact you.

You can leave the hard work to them, and enjoy your new life in Spain with peace of mind.

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



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## BEAUTIFULLY SITUATED 2 BEDROOM DETACHED VILLA FOR SALE IN FRIGILIANA

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

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

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

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

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

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## CENTRALLY LOCATED HOUSE IN FRIGILIANA

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

975,000€



## DETACHED LUXURY VILLA IN FRIGILIANA

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

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52,500€



## 1 BEDROOM HOUSE FOR SALE IN ALMACHAR

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

65,000€



## CENTRALLY SITUATED HOUSE IN BENAMOCARRA

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



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SCAN ME



## Red Velvet Heart Cookies

**Serves: 46**

### Ingredients:-

1 cup butter, softened  
 1 ¼ cup granulated sugar  
 2 tbs unsweetened cocoa powder  
 1 ½ teaspoon baking powder  
 ½ tsp salt  
 2 eggs  
 1 tbs liquid red food colouring  
 1 tsp vanilla  
 2 ¾ cup all-purpose flour  
 Powdered sugar

### Preparation:-

In a large mixing bowl beat butter on medium to high 30 seconds. Add sugar, cocoa, baking powder, and salt. Beat until combined, scraping sides of bowl occasionally. Beat in eggs, food colouring, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour. Divide dough in half. Cover; chill

dough 1 hour or until easy to handle.

Preheat oven to 375°F. On a floured surface roll half the dough at a time to 1/4-inch thickness. Cut dough using a 2 1/2- to 3 1/2-inch heart-shape cookie cutter. Place cut outs 1 inch apart on ungreased cookie sheets. Bake 6 to 7 minutes or until edges are firm and bottoms are very light brown. Transfer cookies to wire racks to cool. Sprinkle with powdered sugar, using stencils if desired. Makes forty-six 2 1/2-inch or twenty-two 3 1/2-inch cookies.



## Chicken Cassoulet with Spicy Chorizo and Smoked Bacon

**Serves:- 4**

### Ingredients:-

2 ½ tbs extra virgin olive oil, plus extra to drizzle  
 4 x 400g chicken  
 2 dried spicy chorizo, cut into rough 1.5cm pieces  
 250g smoked bacon, cut into rough 1.5cm pieces  
 8 small eschalots, peeled, left whole  
 1 each large carrot & celery stalk, chopped  
 2 tsp each toasted cumin & caraway seeds  
 2 ½ tbs each thyme, tarragon & flat-leaf parsley leaves, finely chopped  
 2 bay leaves  
 4 cups (1L) Chicken Style Liquid Stock  
 250g frozen broad beans, defrosted, peeled  
 Toasted sourdough breadcrumbs, to serve

### Preparation:-

If cooking in oven, preheat oven to 160°C. Heat a large heavy-based ovenproof saucepan with a lid over high heat. If using a slow cooker, select 'saute/sear' and preheat. Add the oil and sear chicken skin-side down (in batches if necessary), turning frequently, for 5-6 minutes or until deep golden and browned all over.

Transfer to a bowl. Add chorizo and bacon to pan or slow cooker and cook, stirring frequently, for 2-3 minutes until chorizo and bacon begin to brown.

Add vegetables, spices and herbs and cook, stirring, for 4-5 minutes until onion begins to soften. Stir in stock and bring to the boil. Season to taste.

Return chicken to the pan or slow cooker and push to submerge slightly.

If cooking in the oven, cover with lid and braise for 2 hours or until very tender. If using a slow cooker, cover with the lid, select 'slow cook' and set timer for 6 hours.

Remove lid and stir in broad beans.

Stand for 5 minutes to warm through broad beans. Season to taste.

Divide among bowls.

Spoon over a little cooking liquid and scatter with toasted sourdough breadcrumbs to serve.

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## Crab and Calamari Salad with Mixed Tomatoes

**Serves:- 2**

### Ingredients:-

- 6 green tomatoes
- 2 tbs olive oil
- 1 tsp finely grated ginger
- 1 garlic clove, finely grated
- 1 eschalot, finely chopped
- 1 tbs white wine vinegar
- 2 x 500g squid tubes, sliced into rings
- 200g crab meat
- 2 baby fennel bulbs, thinly sliced
- ¼ cup (30g) olives
- 2 vine-ripened tomatoes, thinly sliced
- 100g cherry tomatoes, halved
- ¼ cup basil leaves

### Preparation:-

Roughly chop 4 green tomatoes and place in a small food processor with 50ml water. Whiz to a pulp. Heat the oil in a small saucepan over medium heat. Add the ginger, garlic and eschalot, and cook, stirring, for 2-3 minutes until soft. Add the green tomato pulp and cook for 6-8 minutes until reduced by half. Strain through a fine sieve, and discard solids, then whisk in vinegar. Season.

Fill a large bowl with ice and water. Place a saucepan of salted water over high heat and bring to the boil. Add the squid rings and cook for 10 seconds. Remove using a slotted spoon and plunge into iced water. Drain, then toss with crab, fennel and olives.

Slice remaining green tomatoes and arrange on a serving platter with vine-ripened and cherry tomatoes. Top with squid and crab mixture. Drizzle over green tomato dressing, scatter with basil leaves and season with black pepper.



## Mille-feuille with Roast Strawberries and Mascarpone

**Serves:- 10**


### Ingredients:-

2 x 375g frozen Butter Puff Pastry sheets or alternative  
butter puff pastry sheets, thawed  
250g caster sugar  
3 eggs  
1kg mascarpone  
2 vanilla beans  
2 x 250g punnets strawberries, hulled, larger ones halved

### Preparation:-

Preheat the oven to 200°C. Line 2 baking trays with baking paper.  
Cut each pastry sheet into 10 rectangles and arrange in a single layer on trays. Cover with another sheet of baking paper and place another tray over the top to weigh down

the pastry while cooking. Bake, swapping trays halfway, for 35-40 minutes until golden. Remove from oven and transfer to a wire rack to cool completely. Keep oven on. Meanwhile, place 200g caster sugar and 1 cup (250ml) water in a saucepan over medium heat, stirring until the sugar dissolves. Bring to 120°C on a sugar thermometer. Whisk eggs in a stand mixer until thick and pale. With the motor running, gradually pour hot sugar syrup into egg mixture in a thin, steady stream. Continue whisking for 10 minutes or until mixture is completely cooled and glossy. Whisk eggs in a stand mixer until thick and pale. With the motor running, gradually pour hot sugar syrup into egg mixture in a thin, steady stream. Continue whisking for 10 minutes or until mixture is completely cooled and glossy. Meanwhile, place strawberries on a baking paper-lined baking tray and sprinkle over remaining 50g sugar. Split remaining vanilla bean and scrape the seeds. Add the pod, scraped seeds and reserved vanilla pod to the strawberries, and toss to combine. Roast strawberries for 15 minutes or until softened and syrupy. Cool completely. When ready to serve, place mascarpone mixture in a piping bag fitted with a 1cm plain nozzle. Place half the pastry rectangles on serving dishes and pipe a layer of mascarpone over the top in small mounds. Add a few strawberries and syrup, then top with another sheet of pastry and repeat with mascarpone mixture and strawberries. Serve immediately.

A close-up photograph of three small, round pastries or tarts arranged on a light blue ceramic tray. Each pastry is served on a small white plate. The pastries have a golden-brown, flaky crust. They are topped with a layer of white mascarpone mixture, fresh strawberries, and a drizzle of red strawberry syrup. The background is slightly blurred, showing more of the same pastries and the blue tray.





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### ACUPUNCTURE, MIGRAINE AND SCIENCE



A Systematic Review of scientific studies published in the Journal Neurology and Therapies shows that acupuncture is effective and safe in treating migraine

Migraine is a health problem that can disable the normal life of those who suffer from it, causing absences from work and class, as well as the inability to perform normal tasks and have an adequate social life. It affects 14.7% of the world population (chronically affecting 1.4% - 2.2%), with a higher prevalence in women between 18 and 49 years of age.

Some of the factors related to the appearance of migraine are the

abuse of medication for acute migraine, obesity, depression and as well as high levels of stress.

This disorder is related to an alteration of the pain modulator system in the body, in which there is a disruption of neural networks, in particular of the trigeminal-vascular system. It can be associated with fatigue, concentration difficulties, nausea, irritability and present with moderate to severe throbbing pain, photophobia, and sonophobia.

Treatment for migraine in the first instance is usually pharmacological, consisting of NSAIDs, triptans, ergot alkaloids,

manantia

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dopamine antagonists, corticosteroids, opioids, etc. Other non-drug treatments include neurostimulation on trigeminal, riboflavin, or coenzyme Q10.

#### Evidence for acupuncture

Various investigations show the efficacy of acupuncture in treating migraine headaches. A Cochrane Systematic Review reported in 2016 that acupuncture is a valid treatment option, since it reduces the duration and frequency of migraine, both episodic and chronic. Similarly, numerous studies have shown greater efficacy of real acupuncture compared to sham acupuncture or simulated acupuncture.

There is also evidence that the efficacy of acupuncture is not inferior to that of medications such as topiramate or propranolol. Acupuncture, therefore, is considered a safe therapy that can be helpful as an alternative in patients who do not respond to medication, or in a complementary way.

Acupuncture in the treatment of migraine is usually significantly effective after a minimum of sessions (usually between 6-8).

#### Scientific studies on acupuncture and migraine

The review shows up to 20 different scientific references where the role that acupuncture can play in the treatment of migraine is highlighted.

They explain various physiological mechanisms produced by acupuncture when treating this disorder, such as brain metabolic regulation and modulation of functional connectivity in the frontoparietal network. It also explains the beneficial effects of auriculotherapy, as well as electroacupuncture.

#### In conclusion

Acupuncture and its different techniques, such as auriculotherapy or electroacupuncture, can play an important role in the treatment of migraine headaches, being able to reduce the frequency, intensity and duration of attacks.



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## Longevity? You need a leg to stand on!

***Flamingos everywhere have it right! A new study shows that the ability to stand on one leg for at least 10 seconds is strongly linked to the risk of death over the next 7 years.***

***According to the findings, people in middle age and older who couldn't perform the 10-second standing test were nearly four times as likely to die of any cause — heart attacks, strokes, cancer, and more — in the coming years than those who could, well, stand the test of time. Claudio Gil Araújo, MD, PhD, research director of the Exercise Medicine Clinic-CLINIMEX in Rio de Janeiro, Brazil, who led the study, called the results "awesome!"***

"As a physician who has worked with cardiac patients for over four decades, I was very impressed in finding out that, for those between 51 and 75 years of age, it is riskier for survival to not complete the 10-second one-leg standing test than to have been diagnosed as having coronary artery disease or in being hypertensive" or having abnormal cholesterol, according to Araújo. Unlike aerobic fitness, muscle strength and flexibility, balance tends to be reasonably well preserved until the sixth decade of life, when it starts to wane relatively rapidly, noted the researchers in the study published in the British Journal of Sports Medicine.

The 10-second balance test "provides rapid and objective feedback for the patient and health professionals regarding static balance" and that the test "adds useful information regarding mortality risk in middle-aged and older men and women". Researchers have known for at least a half century that balance and mortality are connected. One reason is falls — according to the World Health Organisation, worldwide, more than 37 million falls each year require medical attention with nearly 700,000 people each year dying as a result of a fall.

Araújo and his colleagues have been working on ways to improve balance and strength as people age. In addition to the one-legged standing test, previously they connected the ability to rise from a sitting position on the floor as being a strong predictor of longevity.

For the new study, the researchers assessed 1702 people aged 51–75 years who had been participating in an ongoing exercise study that began there in 1994. Starting in 2008, the team introduced the standing test, which involves balancing on one leg and placing the other foot at



the back weight-bearing limb for support. People get three tries to maintain that posture for at least 10 seconds. Not surprisingly, the ability to perform the test dropped with age.

Although 20% of people in the study overall were unable to stand on one leg for 10 seconds, that figure rose to about 70% for those aged 76–80 years, and nearly 90% for those aged 81–85, according to the researchers. Of the two dozen 85-year-olds in the study, only two were able to complete the standing test. At roughly age 70, half of people could not complete the 10-second test.

Over an average of 7 years of follow-up, 17.5% of people who could not manage the 10-second stand had died, compared with 4.5% of those who could last that long, the study found.

After accounting for age and many other risk factors, such as diabetes, body mass index, and a history of heart disease, people who were unable to complete the standing test were 84% more likely to die from any cause over the study period than their peers with better one-legged static balance.

Although low aerobic fitness is a marker of poor health, much less attention has been paid to non aerobic fitness — things like balance, flexibility, and muscle

strength and power.

"We are accumulating evidence that these three components of non aerobic physical fitness are potentially relevant for good health and even more relevant for survival in older subjects," Araújo said.

Poor non-aerobic fitness, which is normally but not always associated with a sedentary lifestyle, "is the background of most cases of frailty, and being frail is strongly associated with a poor quality of life, less physical activity and exercise, and so on.

It's a bad circle." Araújo's group has been using the standing test in their clinic for more than a dozen years and have seen gains in their patients, he said. "Patients are often unaware that they are unable to sustain 10 seconds standing one legged. After this simple evaluation, they are much more prone to engage in balance training," he said. I like to encourage my patients to fulfill their childhood fantasy of joining the circus. if you stand on one leg long enough, you might just be ready for the high wire act by your 100th birthday.



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## 5 Benefits of Exercise for Seniors and Aging Adults

You've heard it time and again: physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age. Below, we outline five benefits of exercise for seniors and aging adults.

### Senior exercise

#### 1. Prevent Disease

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

#### 2. Improved Mental Health

The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the "feel good" hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older



adults who often suffer from insomnia and disrupted sleep patterns.

#### 3. Decreased Risks of Falls

Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is critical.





#### 4. Social Engagement

Whether you join a walking group, go to group fitness classes or visit a gardening club, exercise can be made into a fun social event. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. Above all, the key is to find a form of exercise you love, and it will never feel like a chore again.

#### 5. Improved Cognitive Function

Regular physical activity and fine-tuned motor skills benefit cognitive function. Countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.

#### In Conclusion

Exercise is good for you; it's just a matter of making it a priority and habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. Regardless of your age, this will motivate you to incorporate exercise into your life.



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## The 24 Hour Fast: Benefits and How To

By Liam McAuliffe Updated on April 19, 2023  
Tags: intermittent fasting



***The 24 hour fast is an intermittent fasting strategy that can yield powerful benefits, even when practiced once a week.***

When you stop eating for 24 hours you trigger various beneficial and regenerative bodily processes that:-

- support metabolic health
- reduce the risk of heart disease
- metabolize fat stored body fat
- regulate blood sugar
- improve cholesterol and triglycerides levels
- stimulate human growth hormones
- activate autophagy and stem cell production
- reduce the risk of various cancers

In this article, we'll explore how to do a 24-hour fast, and the ways that fasting can support your health goals.

### Table of Contents

- What is the 24-Hour Fast?
- How to Do a 24 Hour Fast?
- What Happens To Your Metabolism on a 24 Hour Fast?
- 24-Hour Fast Benefits
- Weight Loss and Improved Body Composition
- Cellular Renewal (Autophagy)
- Increased Stem Cell Production and Intestinal Healing
- Improved Insulin Sensitivity
- Reduced Inflammation
- Potential Drawbacks of a 24-Hour Fast
- Foods to Eat Before and After a 24-Hour Fast
- 24-Hour Fast: The Takeaway

### What is the 24-Hour Fast?

A 24 hour fast calls for abstaining from food and drinking only non-caloric beverages for a 24-hour period between meals. The 24 hour fast is often associated with the „Eat Stop Eat“ intermittent fasting cadence that calls for abstaining from eating for 24 hours once or twice a week with two to five days between fasting periods.

healthwise

Eat Stop Eat was developed by nutritional researcher Brad Pilon based on data from his studies at the University of Guelph. His findings were popularized in the popular book „Eat Stop Eat“.

### How to Do a 24 Hour Fast?

A 24 hour fast usually begins at sundown on the first day and ends at the same time the next day. Linking your fasting period with circulation rhythms takes advantage of innate metabolic processes in your body that are governed by natural light and dark cycles.

### What Can I Drink on a 24 Hour Fast?

It's a given that you can't eat food during a 24 hour fasting period, but beverages can be a grey area. Most people stick with mineral water, while others drink black coffee or tea. A cup of black coffee contributes 2-3 calories, which isn't enough to interfere with the fasting metabolic state.

### What Happens To Your Metabolism on a 24 Hour Fast?

After restricting calories for 12-36 hours of fasting your body will begin breaking down fatty acids. Concurrently, at the 16-18 hour mark, your body will activate a process of cellular repair and renewal called autophagy. But it's important to keep in mind that intermittent fasting only stimulates significant autophagy when you align your fasting period spans overnight.

### 24-Hour Fast Benefits

Now that you're familiar with the basics of a 24-hour fast, let's explore the various possible health benefits, including:-

- Improved body composition
- Improved insulin sensitivity
- Improved cellular health
- Increased HGH production
- Increased BDNF production
- Reduced inflammation

### Weight Loss and Improved Body Composition

The 24-hour fast is widely used as a way to “melt” away excess body fat.

Animal studies show that fasting rapidly increases “fatty acid oxidation,” which means the breakdown and use of stored body fat as energy. The process of fat oxidation occurs when the absence of carbs causes the hormone insulin to drop and norephedrine to rise.

Increased fat oxidation due to intermittent fasting has been shown to promote weight loss and increase lean muscle mass. Studies show that intermittent fasting can result in the loss of up to



9.9% of body weight.

Another factor in intermittent fasting weight loss is increased metabolic rate. Studies show that fasting can raise metabolic rate by 14%.

A higher metabolic rate means that your body is burning calories even at a resting state.



## Carrot Veggie Smoothie

### Ingredients:-

- 1 cup thinly sliced carrot rounds
- 1 large apple, chopped into cubes
- 1 banana (room temperature), broken into pieces
- ½ cup orange juice
- ½ cup frozen pineapple or mango
- 10 ice cubes

### Preparation:-

Place everything in a blender and blend until smooth, stopping and scrapping as necessary.



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"Transcending Time" refers to the anniversary but also to the methods, media, and materials, as well as the aesthetic idioms, that the artists use. From traditional media, such as meticulous drawings and figurative painting, to innovative AI photography and sculpture, acknowledged artists and passionate amateurs exhibiting, will illuminate and transcend the passing of time. As John Keats wrote in his ode to the eternal beauty of art, all that is exhibited here "shalt remain, in midst of other woe."

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## **The Glamour Years: Jewellery and fashion 1929-1959**

Andrew Prince

In this talk which follows on from "Downton to Gatsby", Andrew shows how the Great Depression and the Second World War had such an extraordinary impact on fashion and jewellery design with the rise of Cinema and Hollywood. From the likes of Marlene Dietrich to Grace Kelly, he guides you through the various Screen Goddesses, how they were portrayed and what they gave to such dazzling effect.

He also shows that with the development of advertising, labour saving devices and leisure time, people had more opportunities to enjoy themselves and spend money on the finer things in life, as well as how the political events of the time influenced design and what was worn.

He also shows how The Belle Epoque and Art Deco styles did not end at the outbreak of the Second World War, but combined, to flower again with Christian Dior's "New Look"

## **About Andrew Prince**

Andrew Prince has had a passion for jewellery since he was a small child. In fact his enthusiasm can be traced back to the time when, at the age of three, he swallowed one of his mother's pearl earrings having found her jewel box hidden from him in a cupboard. The very first piece of jewellery he created was a ring

made of copper wire pulled from the back of a television. He presented it to his grandmother (it turned her finger green and gave her a rash). He then created a necklace for his mother using beads taken off her wedding dress (she was not at all happy).

In 1980, when he was nine, Andrew's mother took him to the Princely Magnificence exhibition at the V&A, exhibiting Renaissance jewels dating from 1500 to 1630. It proved a revelation.

Dazzled by the splendour and opulence of the jewels on show, Andrew decided then and there that creating jewellery was what he wanted to devote his life to. His passion for jewellery grew when, in 1984 on his first ever visit to Bond Street, Andrew viewed an exhibition by Castellani and Giulianoe at Wartski & Co's.

While there, he was allowed to handle beautiful 18th century gold boxes and magnificent imperial Russian pieces by Fabergé. In 1987, just before leaving school, he took time off to visit Geneva to view the astonishing Sotheby's auction of the Duchess of Windsor's jewellery collection. Here, for the first time, he held pieces created by some of the world's greatest jewellers, fashioned from only the finest of stones and set in designs of outstanding quality. For the young Andrew, it was a life-changing experience.

In August of that year, two weeks after his 16th birthday, Andrew started work in London's Bond Street, working for The Antiques Roadshow expert Ian Harris. Under his guidance, Andrew developed an appreciation for jewels that were valued for their quality of design and craftsmanship, rather than for how much the stones in the piece were worth. He then joined the renowned contemporary jeweller Elizabeth Gage and worked with her on the design and production side.

Through her and her private collection, Andrew was able to see and handle rare and extraordinary stones with names such as Sphene, Andalusite, Spinel and Diopase, many of which are far rarer than diamonds. Elizabeth Gage was to have an enormous influence on Andrew's sense of what was possible within the realm of jewellery design.

Andrew's taste for fine 'costume jewellery' can be traced back to an antique market, where he came across a late Victorian brooch set with what he initially thought were emeralds and diamonds. They were, in fact, crystal and green glass set in silver and gold. He realised that beautiful jewellery didn't require expensive stones, and that it was the elegance of the design and the quality of the workmanship that truly mattered. Private commissions then started to trickle in.

The trickle turned into a flood, as celebrities such as Michael Jackson (a large crystal and pearl shoulder jewel) and Shirley Bassey (necklaces) were seen wearing Andrew's creations. In 2002, the V&A commissioned a collection of jewels to accompany the resplendent Tiaras, Past and Present exhibition which became one of their most popular exhibits.

The exposure gained by the show then led to Andrew's jewellery appearing in film.





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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](mailto:southernspain@blevinsfranks.com)

## FURNITURE STORES

Brea – 95 252 1408

C/. Carabeo 39, Nerja

De Tropen – 680 480 276

Autovía del Mediterráneo A7, exit

953, Vélez Málaga

Muebles Piramedes – 95 255 0669

Avda. de Andalucia 187, Caleta de

Vélez

## GARDEN CENTRES

Garden La Palma – 95 123 7013

Camino de Remanentes s/n, Vélez

Málaga

## GYMNASIUMS

Manantia – 95 177 4819

Avda. Garcia Peñalver, Blq. 76, Bajo

6, Torrox Costa

## HAIRDRESSERS

Nora Gerritzen – 95 252 2762

C/. Chaparril, Nerja

## HOUSE AND HOME

## MATERIAL SUPPLIERS

Grupo Mostazo -

+34 744 624 212 Edif. Los Olivos,

Cruce Puente Don Manuel, Alcaucin



## INSURANCE COMPANIES

Axa – 95 252 0952

Pasaje Fuente de Cantarero, Blq. 1,

bajo D, Nerja

Mapfre – 95 252 7185

Avda. de Pescia 13, Nerja

## KITCHEN STORES

Idecocina – 95 254 1895

C/. Los Prados 4, Torre del Mar

## MEDICAL CENTRES

Clinica Cecilia – 95 252 0124

C/. Los Huertos no.46, Nerja

Clinica Europa – 95 253 0908

Centro Internacional, Blq. 86, Torrox

Costa

## MOBILITY EQUIPMENT

Blue Badge – 95 296 7015

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

Torrox Costa



## OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja



Heiko by Heiko 95 296 7923  
Avda. Andalucia 119, Torre del Mar  
Nerja Vision – 95 252 3911  
Avda. Castilla Pérez 3, Nerja  
Nueva Optica – 95 2525 5876  
Avda. Pescia 18, Nerja  
**ORTHOPAEDICS**  
Chatelin – 658 773 857 / 695 481 082  
C/. de la Cruz no.60, Nerja  
**PET SCHOOLS/TRAINING**  
Dog School Nerja – 711 020 098  
www.dogschoolnerja.com  
**PHYSIOTHERAPY CENTRES**  
Fisio Nerja – 95 252 8144  
Avda. Pescia no.1 bajo, Nerja

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## RESTAURANTS

Restaurant Jing – 95 253 4637  
Blq. 9, local 8 (on sea front) Torrox  
Costa  
RnR Bar & Dining - 95 215 5620  
C/. Los Huertos 40, Nerja



## SOLICITORS

Del Prado – 95 252 7274/1747  
Plaza Cavana no.5 bajo, Nerja

## STAIRLIFTS

618 490 186 / 95 296 7015

## VETERINARIANS/PET STORE

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

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## WINDOWS + DOORS MANUFACTURERS

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

# NEWS & What's ON

## Emergency numbers

Emergency services 112  
Guardia Civil 062  
Ambulance 061  
Fire Brigade 080  
National Police 091  
Sea Rescue 900 202 202  
Emergency / Helpline in  
English 902 102 112

## Guardia Civil

Frigiliana-952 533 003  
La Herradura-958 640 015  
Nerja-952 520 091  
Torrox-952 538 008

## Local Police

Frigiliana-952 533 126  
Nerja-952 521 545  
Torrox-952 539 828  
Torre del Mar-952 549 238

## Bus Stations

Almuñecar-958 630 140  
Málaga-952 350 061  
Nerja-952 521 504  
Torre del Mar-952 540 936  
Vélez Málaga-  
952 501 731

## Taxis

Frigiliana-952 533 231

Nerja-952 524 519  
La Herradura-958 630 017  
/ 670 995 257  
Torrox-952 531 030

## Airports

Granada-958 245 200  
Málaga-952 048 804

## Train Stations

Granada-958 271 272  
Málaga-952 239 261

## Consulates

Belgium-952 599 159  
Denmark-952 211 797  
France-952 226 590  
Germany-952 363 591  
Ireland-952 475 108  
Sweden-952 604 383  
UK-902 109 356 /  
913 342 194

## Tourist Offices

Frigiliana-952 534 261  
La Herradura-958 610 314  
Nerja-952 521 531  
Torrox Costa-952 532 155

## Street Markets

Monday - Torrox Costa  
Tuesday - Nerja,

Salobreña  
Wednesday -  
Algarrobo Costa,  
Rincon de la Victoria  
Thursday - Frigiliana,  
Torre del Mar -  
Friday Almuñecar,  
La Herradura -  
(summer only)  
Saturday - Cómpeta  
Sunday - Nerja (car boot),  
Vélez Málaga

## Town Halls

Frigiliana-952 533 002  
La Herradura-958 827 794  
La Herradura Foreign  
Residents-958 838 618  
Nerja-952 548 400  
Nerja Foreign  
Residents-952 548 401  
Torrox Pueblo-  
952 538 200  
Torrox Costa-952 538 010

## Hospitals

Motril-958 603 506  
Nerja Ambulatorio-  
951 289 662  
Vélez Málaga-  
951 067 000  
Carlos Haya-951 290 000

## Church Services

**Anglican Church of Nerja & Almuñecar Iglesia de SanMiguel (St.MichaelsChurch), Nerja.** Tel:- 952 52 1339.  
[www.nerjaalmuñecaranglican-church.co.uk](http://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](mailto:info@nlcnerja.com)  
Website: [www.nlcnerja.com](http://www.nlcnerja.com)  
Facebook: [www.facebook.com/nlcnerja](http://www.facebook.com/nlcnerja)

## Lux Mundi centre, Torre del Mar -

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

## The Anglican Church of St. George, Málaga

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

## Evangelical Church, Torre del Mar

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



# NEWS & What's ON

**Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org**

## **LUX MUNDI, TORRE DEL MAR FEBRUARY COMING EVENTS & EXCURSIONS**

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

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

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

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

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

**Wednesday 28th February** – Centre closed for Andalucía Day.

**Thursday 8th February** – Excursion to Gibraltar. Please join us for a day out on the famous Rock.

You will leave Gibraltar at 16.00h. Tickets available at the Centre price 23 euros with a Friends card, 25 euros for visitors. Proceeds for fundraising. Departure times:- Algarrobo (Lidl) - 07:45, Caleta (Vet) - 07:50, Torre del Mar (Bus station) - 08:00.

**Tuesday 27th February** – Excursion to Granada. We look forward to seeing you on our day out to Granada city centre for Market day. We'll stop for coffee along the way and arrive at 10:30h approx. There will be free time for everyone to visit the Cathedral, enjoy the large street market, or

maybe you'll wish to book a visit to the Alhambra. Leave for return journey at 17:30h. Tickets available at the Centre price: 20 euros with a Friends card 25 euros for visitors. Proceeds for fundraising. Departure times:- Torre del Mar (Bus Station) - 08:15, Caleta (opposite Vets) - 08:25, Algarrobo (Lidl) - 08:30.

**Friday 23rd** - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass

## **Phoenix Club**

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

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

Do come along and meet us.

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

## **Trips & Events**

### **February 2024**

2nd - Trip to Gib €18 and includes €1 for the driver.

23rd – Marbella Old Town

### **March 2024**

1st - Trip to Gib €18 and includes €1 for the driver.

22nd - IKEA & Guzmans Garden Centre

### **April 2024**

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

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



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# NEWS & What's ON

## YOGA FUSION DANCE

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

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

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

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

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

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



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

We will publish your events or news for free.

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

or call Dawn on 638 474 718.

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

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



### 41 CLUB NERJA PRESS RELEASE -

"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Brian Karet, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality". Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, whomay 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 Brian Karet can be contacted via email at [briankaret@sky.com](mailto:briankaret@sky.com)

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at [steve.ryan.sr56@gmail.com](mailto:steve.ryan.sr56@gmail.com) or by phone on 0044 7546 402 770.

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

You can also find 41 Club Nerja on Facebook.





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



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

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

We can also assist by telephone  
952 564 910  
or e-mail [cudeca@cudeca.org](mailto:cudeca@cudeca.org).

#### ROYAL BRITISH LEGION, NERJA BRANCH

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

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

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



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

#### POCAPECUNIA CHARITY SHOP

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

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

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

#### Want to join a choir?

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 Almuñecar (Coro Ciudad de Almuñecar) 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.

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



#### CAR BOOT SALE

EVERY TWO WEEKS  
11th AND 25th FEBRUARY 2024  
9 a.m. to 2 p.m.

Viveros Garden Paradise, Torrox  
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Contact Gill on 711 070 836





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**Apartment, Torrox Costa**  
**Ref: PS-2020-150**

Fully renovated and equipped one bedroom apartment with south-west facing terrace with panoramic sea and mountains views. Solid fully furnished. Urbanization in Torrox Park with community pool, tennis, shopping amenities, just minutes from the beach.

**€125,000**



**Penthouse, Torrox Costa**  
**Ref: PS-2023-600**

Sunny, cosy penthouse apartment in Torrox Park, only 3 minutes from the coast, with one bedroom, bathroom, living-dining room with direct access to the south-west terrace fantastic panoramic sea and the mountains views. Quiet complex with swimming pool, tennis and commercial centre amenities.

**€148,500**



**Apartment, Torrox Costa**  
**Ref: PS-2023-135**

A special, charming, bright apartment in Torrox Beach Club completely renovated with one bedroom, living-dining room with access to a sunny south-west terrace and fantastic sea views. Just steps from the beach. Located in a very nice and quiet urbanization with garden and swimming pool.

**€168,000**



**Duplex, Torrox Costa**  
**Ref: PS-2023-148**

Charming Studio-Penthouse renovated and furnished in 2022, in a closed residential area 50 meters to the beach, close to El Morche promenade. Sea views from a west-facing terrace, fully equipped American kitchen, large roof terrace (45m2 approx) with relaxation area and BBQ. Communal pool.

**€139,000**



**Apartment, Torrox Costa**  
**Ref: PS-2023-700**

All day sunbathing! Fully south-west facing with open sea and mountain views in Torrox Park. Two bedrooms, living-dining room with an open kitchen and direct access to a large terrace. Beautiful, well-kept complex with communal pool. Only a few minutes to the beach, promenade and amenities.

**€148,500**

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### TORROX

**REF: 7627**

**EXCLUSIVE:** Fantastic town house in Torrox, within 10 minutes drive from the coast and 5 minutes from the main square: 2 beds, 1 bath, 1 lounge, 1 kitchen, roof terrace, storage room, fully furnished, Sea views.

**Built: 81 m<sup>2</sup>**

**EPC: F**

**PRICE: €160.000**



### COMP TA

**REF: 7711**

Amazing country property a few minutes drive from C mpeta with 3 beds, 2 baths, 1 living/dining-room with fireplace & open plan kitchen, garage, private pool, mature garden, gas central heating, Sea & mountain views.

**Built: 171 m<sup>2</sup> Plot: 3.536 m<sup>2</sup> EPC: in progress**

**PRICE: €389.900**



### CANILLAS DE ALBAIDA

**REF: 7727**

**EXCLUSIVE:** Gorgeous town house within 5 minutes walking distance to the Natural Park: 2 beds, 1 bath, lounge with open plan kitchen, garage, 2 terraces, sea views.

**Built: 124 m<sup>2</sup>**

**EPC: in progress**

**PRICE: €180.000**



### ALCAUC N

**REF: 7731**

Nice low-maintained detached villa in a quiet residential area of Puente Don Manuel: 2 beds, 2 baths, lounge, separate kitchen, terrace, veranda, garden, private pool, patio, laundry, energy efficient, walking distances to amenities.

**Built: 100 m<sup>2</sup> Plot: 300 m<sup>2</sup> EPC: in progress**

**PRICE: €229.000**

**29754 C mpeta**

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

**29770 Torrox**

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

**29740 Torre del Mar**

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

