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Price: €895.000

Ref: REST



Detached house in Capistrano Garden. Comprising: 3 bedrooms, 3 bathrooms, open kitchen-living area and several terraces. Roof terrace with pool. Private parking. It has a total of 110 squares meters plus terraces, divided in 3 floors. The house is was built just a few year ago with high quality materials and a modern style. Sea views.

Price reduced: €475.000 Ref: NV.GARDENS



Nice apartment in Capistrano Village. The apartment consists of 1 bedroom, bathroom, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €196.000

Ref: NV97A



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000

Ref: NV.39B

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Price: €167.000

Ref: 75A



Impressive detached villa with private pool in Nerja, in the Alhambra urbanization. Comprises:- 5 large bedrooms, 3 bathrooms, kitchen, living room, several terraces and the patio that includes a private pool. Sea views.

Price: €649.000

Ref: NV.005



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

Price: €186.000

Ref: NV.79B



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 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 reduced: €370.000

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



Beautiful detached house in Almuñecar. The house has more than 120 square meters built distributed over 3 floors, where we find: 3 bedrooms, 3 bathrooms, living room, kitchen, large outdoor areas and garage. It has a communal pool and barbecue area with incredible views.

Price reduced: €275.000

Ref: NV.JES



Completely renovated and ready to move into, this property has 2 bedrooms, a large living room, kitchen, bathroom and toilet, distributed over 2 floors. 5 minutes walk from Burriana beach, in the center of Nerja.

Price: €300.000

Ref: V. Flamenca

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Country Property of the month

Frigiliana: **Price: €1.350.000** **NCP005**



Luxury country villa, a country, just 5 Kms from Nerja and the beaches, with mountain & sea views. Plot of 2,319 sq m, built 535 sq m, distributed over three floors. Comprising:- 5 bedrooms, each with its own private en-suite, enormous open plan lounge-diningroom-kitchen, double garage, laundry room, various storerooms, pool side kitchen and shower room, lovely large pool surrounded by ample terraces to sunbathe and relax while enjoying the magnificent views to the coast, the Mediterranean sea and across country and farmland. The house was built to modern spec in 2004 with all mod cons. South and West facing terrace. Spacious garage with an automatic

door. There is a very large parking area before the garage entrance allowing plenty of space for visitors' cars. The swimming pool, 9m long by 5m wide, has easy steps down into the water, allowing you to sit in the water or launch into a good long swim to exercise or just have fun. This is complimented by the round Jacuzzi and the annex containing a full kitchen and toilet with a shower. There is so much terrace around the pool, you will never be short of space. Air conditioning/heating throughout. For a viewing contact Compeeta Properties today!



Cómputa: **Price: 475.000€**



- Living space: 170m²
- Bedrooms: 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

Ref. CP623

Cómputa: **Price: 310.000€**



- Living space: 131m²
- Bedrooms: 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. CP673

Nerja: **Price: 310.000€**



- Living space: 67m²
- Bedrooms: 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Village
- Area: Town house

Ref. NAP045

Nerja: **Price: 370.000€**



- Living space: 197m²
- Bedrooms: 3
- Pool: No
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Greenery
- Area: Town house

Ref. NTH025

Torrox: **Price: 425.000€**



- Living space: 213m²
- Bedrooms: 4
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Countryside

Ref. TCP244

Cómputa: **Price: 395.000€**



- Living space: 120m²
- Bedrooms: 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

Ref. V265

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Welcome to Streetwise magazine -

Welcome to the November edition of Streetwise magazine. We are heading quickly towards Christmas and speaking to friends and family holidays are already being put into place for the year end celebrations! For those who love to ski, Sierra Nevada had it's first snow fall at the end of October. Enjoy this months read!

Dawn x



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Lost Parrot Harry, sadly missed!

Lost in Calle Bolina, Residential Amaya area of Torrox Costa. An Amazon orange wing parrot. Answers to the name Harry and is extremely tame. Please can you check your gardens. Any information please contact **Michael Stockdale**. Calle Bolina 10, Residential Amaya. Call 0034 628 338 999 plus whatsapp. Please help us find him, he is sadly missed!



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**For further information please contact the
Centre, Torre del Mar Tel. 952 543 334
E-mail: luxmundi@lux-mundi.org**



Recently Lux Mundi, Torre del Mar and Fuengirolá Centres together with the Delegation of Ecumenism, held an Ecumenical Celebration for Creation in the grounds of the Anglican Chapel of St. George in Málaga. Representatives of the Evangelical Spanish, Evangelical German, Dutch Protestant, Norwegian and Finnish Lutheran, Orthodox and Catholic Churches, were present. The celebration was presided over and hosted by Rev Dorren Cage. A large number of faithful members from different Churches were there to give thanks and ask the Lord to guide us in our task of being stewards of creation. The group Amanecer allowed the occasion to create a special atmosphere of prayer and praise with their songs. We would like to give thanks to the joint work of Lux Mundi and the Delegation of Ecumenism who have managed one more year to touch the hearts of many with their message of Unity.



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Galeria Luz de la Vida 6th International Art Symposium Luz!

The Symposium took place from 17th - 24th of October. Art show from Sat 26/10 till 30/11.

Art & creation... ..be moved by the energy, light & inspiration!

The gallery has a history with artists from all over the world, since 2015 groups of International artists have been visiting the charming mountain village C mpeta. It has been a big honour that they travel from far away to get inspired in Spain! Dutch artist, gallery owner and art event organiser Lieuwke Loth has been organising art symposiums since 2015.

This time 4 Danish and 4 Polish artists travelled to C mpeta to have a Symposium week together. (17-24 Oct) They created their art in the natural park at the place where Lieuwke, the gallery owner, hosted them. The results of a week full of joy, creation and connection can be seen in Galeria Luz de la Vida in C mpeta till Saturday 30th of November. The art is for sale as well. Don't miss this chance to see art of good quality in the beautiful mountain village C mpeta!

fb: symposiumluz

<http://www.galerialuzdelavida.com/symposium-luz/>



Continued on page 12

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MOVE IT TO MUSIC! Kick-start your joie de vivre with these fun & friendly dance fitness classes. Saturdays, 11-12 noon at Millenium Wellness Center in Pasaje Milenio 3 (just off the far entrance to Nerja's Carabeo car park). Low-impact moves set to spirit-lifting tunes. Option to meet for coffee afterwards. Bring water and come in trainers and stretchy clothing. Beginners welcome. Just turn up - no need to book!

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Galeria Luz de la Vida, the ART place in Competa!

This year the gallery celebrates its 10th Anniversary with extra events and activities.

Competa has been a place for artists and art lovers for decades now, if not longer.

This special art place, run by the Dutch lady Lieuwke Loth, attracts artists and art-lovers from all over the world. Here you can find International art of good quality, from laser cut art works to ceramics to paintings. The little garden got her design years ago and with the beautiful trees and plants and Anne-Barbara's mosaic on the wall it has a special blissful atmosphere. It is a place in town that people return to time after time.

Galeria Luz de la vida:

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Large closed garage of 85m2 with storage room and room for the boiler and an attic of 40m2 in the upper part of the house that is currently used as a gym.



TORROX PUEBLO

PRICE:- €93.000

Village house to renovate on the ground floor. Comprising: living room, kitchen, bathroom, 3 bedrooms (access to the third bedroom is through one of the bedrooms), patio with laundry room. No terrace, but it can be constructed above the bedrooms. Needs to be fully reformed, sold with a building license approved and paid for and with new project plans. Quiet pedestrian street, few meters from parking and close to village centre.



TORROX PUEBLO

Price:- €125.000

Spacious ground floor apartment. Build 90m2 all on one floor. Comprising: living room, independent kitchen, 3 bedrooms, 2 bathrooms and a private patio. The apartment occupies the ground floor along with another apartment and 2 apartments on the top floor. The building has 4 apartments only in the building. Communal terrace. Central location.

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

If you allow others to lead the way this month you will end up some place good. Hold back your ego and be a passenger for a while – it may come as a welcome relief that you don't have to be the one calling the shots all the time.

Luckiest day:- Wednesday**TAURUS:-****(April 21st - May 21st)**

What occurs during this month may seem to be a random event but if you look at it in closer detail you will realize that it's part of a much wider pattern. You will also realize that everything you say and do has a knock-on effect.

Luckiest day:- Monday**GEMINI:-****(May 21st - June 20th)**

For months, maybe years, you have wanted to try your hand at some kind of artistic activity and it's time to stop daydreaming and make it happen. So be creative and take action this month.

Luckiest day:- Sunday**CANCER:-****(June 21st - July 22nd)**

The most important thing now is that you don't let other people undermine your confidence. Keep telling yourself that what you are involved in is not a zero-sum game – everyone can be a winner during this month if you all pull together.

Luckiest day:- Friday**LEO:-****(July 23rd to August 22nd)**

You may honestly believe that your efforts are going to pay off in a very big way, and maybe they are, but don't count your chickens before they are hatched. And certainly don't make plans to spend the profits before the dollars are there in your hand.

Luckiest day:- Thursday**VIRGO:-****(August 23rd - Sept. 22nd)**

You seem to be of the opinion that the only way to succeed is to speed things up and try to cram a month's efforts into just a few hours. That's nonsense. Be sensible and stick with your current schedule – it's taking you in the right direction.

Luckiest day:- Sunday**LIBRA:-****(Sept. 24th - October 23rd)**

You are very much at the centre of things at the moment and you must make the most of it. Make sure that employers and senior colleagues are aware of who you are and what you can do. Don't be just another face in the crowd.

Luckiest day:- Tuesday**SCORPIO:-****(Oct. 23rd - Nov. 22nd)**

Some days it feels as if the whole world is against you, but during this month that feeling will be turned on its head and it will feel as if the whole world is with you. Try not to be so extreme in your moods!

Luckiest day:- Thursday**SAGITTARIUS:-****(Nov. 23rd - Dec. 21st)**

By all means plan something big this month but don't try to do it all on your own. The Sun in the friendship area of your chart makes it easy to win over allies to your cause, so why do all the back-breaking and mind-numbing stuff yourself?

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

You seem to be at a loss as to what your next move should be. Put the problem out of your mind and focus on activities that are simple and fun. If you think less and act more your inner self will find it easier to guide you.

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

The best way to change the world is to change your attitude towards it. Stop looking at what goes on around you in a negative light and have faith that it will all come good in the end. Focus on your own life and what makes you happy.

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

A problem of some kind won't go away if you just ignore it. Be more like your opposite sign of Virgo and look for practical solutions to the many minor issues that make up the bigger problem. Small steps are better than no steps at all.

Luckiest day:- Wednesday

Horoscopes



Detached house
2 beds / 2 baths
Sea views
Private garden
Communal pool

Introducing this fully detached house in Naricha, a peaceful urbanisation on Nerja's eastern side. The property boasts a private garden and stunning sea views.

Residents of Naricha enjoy a tranquil setting with access to a delightful communal swimming pool, convenient parking, and close proximity to the town center. Supermarkets, bars, restaurants, a sports center, and a tennis club are all nearby, enhancing the lifestyle appeal of this prime location.

Inside, the house features a bright, open-plan living and dining area with a fireplace, seamlessly flowing into a modern kitchen. The living area opens to a south-facing terrace and a private garden with mature trees and a charming BBQ area.

The property offers two double bedrooms with fitted wardrobes and two bathrooms, one of which is en suite. Additionally, it includes a laundry area, along with air conditioning and heating in the living area for added comfort.

In summary, this property perfectly blends tranquillity, modern features, and convenience, making it an ideal choice for those seeking a serene yet connected lifestyle.



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





'We are in danger' - Spanish anti-tourism spills into winter season!

A demonstrator with tattoos uses a megaphone as people protest against mass tourism on a street in Alicante, Spain, during July this year. The banner reads "Stop turismo masivo" ("Stop mass tourism").

It's well past the August holiday peak, but anger against over-tourism in Spain is spilling into the off-season, as holiday-makers continue to seek winter sun.

During November anti-tourism protesters will gather in Seville.

This year appears to have marked a watershed for attitudes to tourism in Spain and many other parts of Europe, as the post-Covid travel boom has seen the industry equal and often surpass records set before the pandemic.

Spain is expected to receive more than 90 million foreign visitors by the end of the year. The consultancy firm Braintrust estimates that the number of arrivals will rise to 115 million by 2040, well ahead of the current world leader, France.

This year's protests began in April, in the Canary Islands, and included a hunger strike by six protesters in Tenerife in an attempt to halt two major tourism projects on the island. They continued in many of the country's most popular tourist destinations, such as the Balearic Islands, the Mediterranean city of Alicante, cities on the southern coast and Barcelona, where some protesters squirted foreign visitors with water pistols and shouted: "Tourists go home!". The grievances driving the upcoming protests are similar to those in the summer.

The complaint about tourism's impact on rental rates is a common theme and feeds into a broader housing crisis across Spain. The country's central bank has reported that nearly half of families who rent at market prices are at risk of poverty or social exclusion. However, with tourism

representing 13% of Spain's GDP and directly providing around three million jobs, its supporters insist that the industry is essential to the economy and that it drove the country's recovery in the wake of the pandemic. They are particularly concerned by scenes such as that on Playa de las Américas in Tenerife on October 20th, where one video showed two tourists sunbathing on the beach while protesters chanted just metres away from them. There have also been reports in the Spanish media of more hostile behaviour, such as the locks of tourist apartments in Seville being covered in faeces. Such incidents prompted David Morales, head of tourism for the conservative People's Party (PP) in the Canary Islands, to insist on "the right of tourists to enjoy their holidays without being the target of interruptions or gestural or verbal attacks, and certainly not physical attacks".

As the protests continue beyond the summer, there are particular concerns in destinations like the Canary Islands, where the climate means they receive large numbers of visitors during the winter months. The president of the Circle of Impresarios and Professionals in Southern Tenerife (CEST), Javier Cabrera, warned that "under an umbrella of legitimate grievances, tourism-phobia is being cultivated". There has been an attempt to defuse the backlash, with a range of measures being implemented. Barcelona city hall has announced that short-term tourist apartments will be banned from 2028. Local authorities in Palma de Mallorca have put a cap on the number of cruise liners which can dock in its port. In Tenerife, a new limit has been introduced on the number of visitors to some natural parks. And in Seville, a new charge is planned for those entering the city's popular Plaza de España square. Yet Asier Basurto is not convinced and says the protests must continue. "Those who advocate tourism can no longer say that everything is rosy," he said. "Either we change this now or it's going to be too late."

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Spanish Winter Evergreens



Viola tricolor - Pansy

Viola tricolor - Pansy

Produces neat flowers with faces in shades of yellow, blue, violet, and white.



Rosa rugosa – Rugosa Rose

Rosa rugosa – Rugosa Rose

This is a large shrub that grows to 8 feet (2.4m) and has good autumn colour. Flowers in autumn and often in winter. Self seeds readily.

What makes this plant appealing for winter are the large tomato-like hips that are produced after it flowers. The hips are quite a feature and last all winter long.



Acorus gramineus – Sweet Flag

Acorus gramineus – Sweet Flag

Native to Japan, it has soft, curved leaves under 12 inches (30 cm) long and about ¼ inch (6 mm) wide.

This plant is grown mainly for its foliage, which is sweet smelling.

In the winter, it has beautiful texture and pleasing green, white and chartreuse colours.

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Rohdea japonica – Lily of China

Rohdea japonica – Lily of China

During the winter months it forms clumps of deep green long leaves that are 8 -18 inches (20-45 cm) long. This plant has bright red berries during winter that contrast the dark green leaves very well. This is an excellent choice for a limited spread groundcover, a small specimen clump or even in a container.



Iberis sempervirens – Candytuft

Iberis sempervirens – Candytuft

Good for rock gardens. Grows 6 to 12 inches (15-30 cm) high with a spread of 18 to 24 inches (45-60 cm). 'Snowflake' is very attractive with glossy, dark green leaves.



Erica carnea – Winter Heath

Erica carnea – Winter Heath

This is a low growing plant usually under 12 inches (30 cm) with very dense branches. Through most of the winter and into early spring it has a great display of small urn-shaped flowers that are purple -pink. There are many well known cultivars to choose from.



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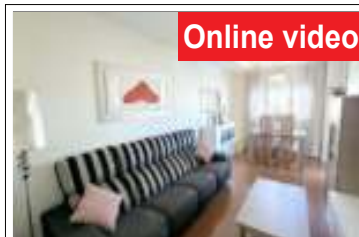
Online video

Archéz New this month!
 Bright modern interior, 3 bed, 2 bath villa (135m²), Spacious living spaces, gas central heating, large garage, outside kitchen with bbq & pizza oven, 4 horse stable and 2 areas of flat land, mountain/countryside/village views.

Price: 265.000 euros

ref: v 1552

EPC: In progress



Online video

Torre del Mar New this month!
 Spacious 2 bed, 2 bath apartment (86m²), with separate kitchen, ideally situated with easy access to the beach and all amenities. The perfect full time home, lock up and leave holiday home or rental property.

Price: 249,000 euros

ref: t 1554

EPC: F



Cómpeta

Large property!

Imposing townhouse (198m²) with 4/5 beds and 2 wc's, bright and airy interior, original floor tiles, fantastic roof terrace with Natural Park, village and sea views, project available for redeveloping the property into a beautiful unique home.

Price: 279,500 euros

ref:t1540

EPC: In progress



Online video

Canillas de Aceituno New this month!
 Bright, modern 3 bed, 2 bath villa (161m²), open plan living/dining/kitchen, purpose built jacuzzi with fountain, fantastic outside space with fruit & olive trees, far reaching views, quiet location, accessed by part conc./part unmade track.

Price: 325.000 euros

ref:v1551

EPC: E



Online video

Archéz Charming property!
 Very reasonably priced & renovated traditional 2 bed, 2 bath village house (72m²). Quiet corner close to the main plaza. Drive to the house, parking nearby. This charming house would make a wonderful holiday home/rental property.

Price: 79,950 euros

ref: t1506

EPC: E



Online video

Cómpeta Fantastic property!
 A unique opportunity to purchase a 4 bed, 2 bath villa (185m²) finished in a modern/rustic style. spacious outdoor terraces, large pool and exceptional sea, mountain and village views. A fantastic home or high quality rental property.

Price: 559,950 euros

ref: v1514

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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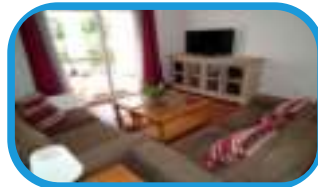
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The Costa Animal Society...

Benji

Benji and Betty were from a litter of pups that were dumped on the Costa Animal Society (CAS) doorsteps. Betty found a new home fairly quickly but perhaps due to Benji's timid nature or due to a stroke of bad luck he has remained in kennels, making him our longest resident. He was actually chosen for adoption at one time by a lady who lived in Jersey but could not travel to Spain because of the Covid outbreak. Unfortunately, during lockdown the lady changed her plans about moving to Spain and the adoption was never finalised. Benji is a medium size boy who comes below knee height and weighs about 20 kilos. He is a brindle coloured Staffy mix who is in good health and has been vaccinated and castrated. Benji loves to play with other dogs but would not be good with cats and he has a sweet but shy disposition.

Patch

Patch was rescued by the Costa Animal Society (CAS) back in February of 2020 as part of a litter of four pups who were living rough in a field near Hotel Caracoles on the Frigiliana to Torrox Road and they were placed into kennels just before the pandemic hit. These pups were about 6 months old at the time and were quite timid around people but it was clear they had some contact with humans when they were younger so it was thought they could be tamed with some patience. Over the next several months they began taking treats by hand and a CAS volunteer worked with them several times a week until they could be touched and handled. The patience and hard work paid off because two of Patch's siblings eventually found homes in the Netherlands and one found a home in Sweden but Patch is proving to be a more difficult case as she was the shyest of the litter. Unfortunately, despite being a sweet girl Patch has difficulty in trusting new people and she has lingered in kennels as one of the longest resident. She is now 3-4 years old and is in good health. Patch has trust issues but once she gets to know someone she is a lovely girl who has even learned a few tricks like giving high fives. She has been spayed and is fully vaccinated.

If you would like to meet Patch or Benji, please contact Seacrest Kennels on 711028847 or 646613885, or email us on costaanimalsociety@gmail.com. You can find us on Facebook - Costa Animal Society CAS where there is more information.

You can also pop into our shop Mon – Sat, 10:00 – 14:00, where our staff will be willing to help.



Benji



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Valentia

Valentia is 4 years old, born 010th February 2020. She spent most of her life in the Campo roaming with the other dogs, getting food and water where and when they can. Few couples in Iznate have found her with her mates and started to feed them to gain their confidence. Until one day she was found pregnant in January 2024 and she suddenly disappeared few weeks after.

They knew that she went to have her babies but could not find her hiding place until one day a villager got in contact with our AAR volunteer living in the village to say that he had the puppies and the mother on his property. Valentia gave birth to 9 puppies on 1st Feb 2024.

As the villager could get near her and catch her, AAR managed to secure her place in the kennels where she is there now enjoying her life in a safer environment. Valentia is doing well in the kennels - she starts to trust humans around her - she is smiling more and not afraid of approaching them. Also she is enjoying the company of other dogs in the kennels and she is learning to play too. Valentia is training to walk on the lead and so far she is progressing well.

Valentia is fully vaccinated, chipped with passport and neutered too. Valentia is now ready to be adopted here in Spain where she can enjoy her life with a family who can give her all the care, love and attention she needs. She can be a good companion to someone who is willing to give her more training and provide a secure and safe home.

If you are interested in fostering or adopting Valentia,

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Axarquía Animal Rescue



Marron

AAR 2761 - Marron Marron is a small (8.6kg) podenco who is now 14 months old. He was living in a village where he was fed and began to trust humans and would willingly go in to their homes. Unfortunately they have now moved away and Marron is living in kennels. He would love to have a bed to call his own and people he can love who will love him back. Can you offer this lovely boy a foster home or ideally adopt him.

For more information please email:-

axarquia-rescue@hotmail.com



Milly

AAR 2759 - Milly Milly is a small Podenco type dog born 7th January. We believe she will be on the smaller side of medium when fully grown. She is currently living in kennels with her sister, thoroughly enjoys playtimes and having cuddles from the kennel staff. She has a very sweet nature. Milly's life would be greatly enhanced if she could find a foster home, local to the Axarquía region of Southern Spain. She also has her passport and is ready for adoption to the UK, other European countries or anywhere within Spain. email: axarquia-rescue@hotmail.com if you can offer either a foster or forever home to Milly.

AAR 2760 - Olive Born 7th January, small Podenco type dog. This is Milly's sister and just like Milly, Olive enjoys playing with her sister and absolutely loves the attention given to her from the kennel staff. She is a loving little girl who is looking for a foster home close to or within the

Axarquía region of Southern Spain. She also has her passport and is ready for adoption to the UK, other European Countries or anywhere within Spain. Have you got a space for Olive in your home?

Email:
axarquia-rescue@hotmail.com



Olive

AAR 2766 - Zen This is Zen who is only two weeks old. He was found in the countryside with his 3 siblings who unfortunately didn't make it. He is now in the very capable hands of one of our bottle feeders and is making his presence known with lots of noise to let her know what he needs and is proving to be a little fighter. Could you offer Zen a foster/adopted home in Spain when he is weaned or could travel when he is old enough. Estimated by vets to be medium in size, although he is too young to be sure. Please email axarquia-rescue@hotmail.com for more information



Zen



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Boredom busters for your dog!

By Karen Wallace

As the weather starts to feel more and more unpredictable these days, sometimes it simply doesn't allow you to exercise your dog as much as you (and they!) would like. Here are some boredom busters to help you keep them entertained.

1. Use trash (literally!) for enrichment

You're already recycling, right? Good for you! You can use recyclables as DIY puzzle toys for your dog, an indoor activity that will both enrich and preoccupy them.

My own dogs love tearing up cardboard boxes and sometimes even forget about the treats inside because they love the activity itself so much.

Here are some ideas you can do:

- Cardboard boxes: put a treat inside it, fold it up, and let your dog go crazy.
- Plastic bottles: drop a couple of treats inside a plastic bottle.
- Empty toilet paper rolls: put a couple of treats inside the roll, fold up the ends, and hand it over!
- Egg cartons: put a couple of treats in an egg carton and close it. Let your dog figure it out.
- Old towels: lay it flat, throw some treats in the middle, then roll it up into a pretzel. Your pup will do the rest.

2. Nose/sniffing games for your dog

You don't need a scenthound to have fun with nose games! You can start with easy games and work up to some really complicated stuff if your dog enjoys it.

Shell Game: Grab three cups, put a treat under one, and ask your dog 'which one?'. When they sniff the right one, praise, and lift the cup and let them have their reward. When they are confidently finding it, start moving the cups around before asking "which one?"

Which Hand? Put both hands behind your back, and put a treat in one hand. Offer both closed fists to your dog and ask them 'which one?'.

Find-It: This is a great game to get your dog using their nose and brain to search for something, which provides mental and physical stimulation and strengthens their independence.

For beginners, toss a treat on the ground just a few feet away and say "find it!" Repeat. Once your dog gets the concept, here's how you advance it: ask your dog to sit or lie down and then ask them to stay. Place the treat or smelly toy somewhere only slightly hidden (like just around the corner where they can see you). Release them from their stay as you say 'Find it!', and allow them to search for the treat or toy until they find it. Slowly increase the difficulty of the hiding spot and soon you'll use your entire house/apartment for this game!

If your dog gives up and sits next to you for longer than 30-45 seconds, you can help them by standing closer to the treat or toy.

3. Practice those training behaviours!

You can freshen up on some known behaviours, or you can teach your dog

something brand new!

Use a treat pouch filled with some small, yummy treats and have an idea of what you want to train. Stay positive and keep training light, without pressure. Remember, it isn't important to get perfect behaviour in one session, the goal is to have fun and work together.

taking an existing known behaviour and adding to it. For example, if your dog is really good at lying down on cue, add lying on their side, or even roll over! Give lots of breaks and celebrate small wins!

4. Use puzzle toys

We are lucky to be living during a time when so many advancements in the dog toy industry are being made! Most pet supply stores carry at least a few puzzle toys and of course, you can buy pretty much anything you want online! Our favourites are from Nina Ottoson or Outward Hound. There are difficulty levels, so you can find what is right for your dog.

5. Play

Play with your dog. Play with your dog. One more time, for the people in the back: **PLAY WITH YOUR DOG!** The only requirements here are:

- You have to be silly.
- It has to be consensual.

Maybe play looks like dance for you and your dog. Maybe it's rolling around on the floor like hooligans. Maybe toys are a necessary component. Maybe it involves



lots of running or no running at all. Be silly, pretend you are five years old. Use silly voices. Pretend. Use your imagination. Reconnect with your inner child and your dog at the same time. I promise, just a bit of play every day will enhance your relationship with your dog and keep you both busy!



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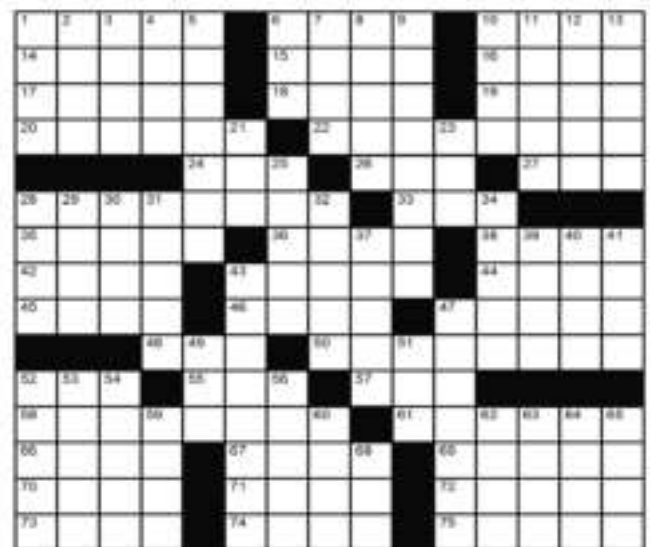
Across

1. Let $P = 0.5n$, where P is population and n is number of ____ done by Thanos
6. Oldest son of Eddard Stark, nephew of Lyanna
10. Research facility, abbr.
14. Capless
15. Alakazam and Kachina pre-evolution
16. Pokémon's silent Mister
17. A in MOBA
18. Analog device knob
19. Era
20. Thanos' (favourite) adopted daughter
22. Thanos' favourite photo app?
24. Soviet state security, acronym
26. Double helix chains
27. Proceeds except or watch
28. Peter Jason Quill, alternatively
33. Delete command
35. March 14th
36. Slimey *D&D* creature
38. North American game rater, acronym
42. At a distance
43. Disliked
44. *Borke's* 2 female character
45. What belongs to you, but others use it more than you do?
46. Common Turkish name
47. Scientist and *Conan* host, Carl
48. The Sea
50. High in demand after "The Soap", probably?
52. Select
55. 0
57. Sean Connery, Patrick Stewart, or Ian McKellen, e.g.
58. Thanos' golden glove

61. Thanos' (other) adopted daughter
66. Zora Princess in 49-Down
67. Hip bones
69. Fable writer
70. Tesla CEO and the web's favourite supervillain, Musk
71. Movie
72. Fortified castle towers
73. King
74. Board member, for short
75. 5 kills in 1 life will get you one

Down

1. GmB
2. *Heroes'* actress, Zoheter
3. Interruption
4. Wide photo, for short
5. Tunny meat in Cap, severely?
6. Sick or cool
7. Kenobi copylayers
8. To mark with a hot iron
9. "Pretty, isn't it? Perfectly ____ as all things should be."
10. Apple computer
11. It's dark (and full of terror)
12. Inklings or Amsterdams might do this
13. An intrepid investigator
21. "A lifetime ____ I too sought the stars."
23. silly
25. Wide, cutting sword
28. Range
29. *FP7*'s Lockhart
30. Marvel's Warlock, Him
31. Coveted cards
32. Pointillism
34. To plot again



37. *FP7*'s BBEG
39. Epic series
40. Deadpool and Pikachu voice actor, Reynolds
41. Mods give these to flammies and trolls
43. Thanos' favourite sci-fi game?
47. 22-Across combos
48. First 3D Zelda title, acronym
51. Immoral act
53. Sheik, Rousie, and Mûgarah, e.g.

53. Swiss Physicist, Wolfgang
54. Homework helper
56. Pen DiePle, int
59. Zero
60. Scrabble piece
62. Analog computer noise
63. Mouse manipulator
64. Stride
65. Semicircular recess
68. The Walking Dead star



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Expat's Commitment to Expats in Costa del Sol.

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We are Expat Internet.

In recent years, many expatriates have felt a growing disconnect with traditional service providers. The lack of personalized support and understanding of their unique needs has left many feeling frustrated when trying to navigate contracts for essential services like internet and mobile plans. Language barriers often exacerbate these challenges, making it difficult for expats to find reliable assistance.

Recognizing this gap in the market, we founded Expat Internet with a clear mission: to restore that sense of closeness and community between service providers and expatriates. Our goal is to simplify the process of setting up home internet contracts and other essential services.

Our primary focus is on building relationships with our clients. We understand that moving to a new country can be overwhelming, and navigating the complexities of setting up internet and phone services should not add to that stress. We want to make the process as smooth as possible. Our team are fluent in English, which means we can communicate effectively with our clients and ensure that language is never a barrier.

At Expat Internet, we offer a comprehensive suite of services designed to meet the diverse needs of our clients. Our team understands the specific challenges faced by expatriates in Spain, and we are here to guide them every step of the way.

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SCAN ME



Pea and Broccoli Korma

Pea and Broccoli Korma

Serves:- 3

Ingredients:-

2 tbsp olive oil, Extra Virgin
 3 cloves garlic, minced
 1 piece, 2-inch ginger root, minced or grated
 ½ red pepper
 Thai chili pepper, finely diced
 Green onion, chopped
 1 medium red bell pepper, cut into strips
 2 broccoli heads, raw, chopped into florets
 250 gm cherry Tomatoes, quartered
 1 tsp cumin seeds
 1 can (13.5oz) coconut milk, reduced fat

1 can 16 oz diced tomatoes, low sodium, canned
 1 tbsp maple syrup, pure
 2 tbsp curry powder
 1 tsp salt
 ½ tsp black pepper
 200 gm green peas, raw (canned or frozen)
 1 bunch coriander, chopped
 3 tbsp cashew nuts, roasted (for garnish)

Preparation:-

Add oil to a pan over high heat.
 Once heated, garlic, ginger, chilli, and green onion (scallions). Cook for 2 minutes
 Add the red bell pepper strips, broccoli florets, and tomatoes quarters to the pan. Cook for 2 minutes.
 When the broccoli starts to char, add the cumin seeds.
 Pour in the coconut milk, canned diced tomatoes and maple syrup and season with curry powder, salt, pepper.
 Stir and cook for about 10 minutes until warmed through.
 Stir in the peas and coriander. Cook for 1 minute.
 Serve with a sprinkling of roasted cashews!



Egg Plant Bolognese

Eggplant Bolognese

Serves:- 4

Ingredients:-

Salt and pepper
 6 tbsp extra-virgin olive oil
 1 pound eggplant, peeled and chopped into ¼-inch pieces (4 packed cups)
 6 ounces button mushrooms, finely chopped (2 cups)
 ½ cup finely chopped white onion
 ½ cup finely chopped carrot
 3 garlic cloves, minced
 2 tbsp tomato paste
 3 cups mushroom broth (or vegetable stock)
 1 cup canned whole tomatoes, crushed with your hands
 1 tsp dried oregano
 1 basil sprig, plus chopped basil for garnishing
 1 pound rigatoni, fusilli or other short pasta
 2 tbsp unsalted butter
 Freshly grated Parmesan, for serving

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Preparation:-

Bring a large pot of salted water to a boil over high. In a large Dutch oven or other heavy lidded pot, heat 2 tablespoons of the oil over medium-high. Add half of the eggplant, season with salt and pepper and cook, stirring occasionally, until softened and lightly golden, 5 minutes. Transfer eggplant to a plate. Adjust heat to medium and repeat with 2 tablespoons of the oil and the remaining eggplant, transferring the eggplant to the plate. Add the remaining 2 tablespoons oil and the mushrooms to the pot. Season with salt and pepper and cook, stirring occasionally to scrape up any browned bits, until golden, 5 minutes. Add onion and carrot, season with salt and pepper and cook, stirring occasionally, until onion is softened, 3 minutes. Adjust heat to low, add garlic and tomato paste and stir until caramelized, about 2 minutes. Stir in broth, tomatoes, oregano, basil sprig and the browned eggplant, then bring to a boil over medium-high. Cover, adjust heat to medium and cook, stirring occasionally, until eggplant is very tender, 15 minutes. Uncover and cook, stirring and mashing half of the eggplant, until sauce is thickened, 2 minutes. While the sauce comes to a boil, drop pasta in the boiling water and cook according to package directions until al dente. Reserve 1 cup of the pasta water before draining. Add pasta, butter and ½ cup of the pasta water to the eggplant mixture and cook, stirring vigorously, until pasta is nicely coated and mixture is saucy, 2 to 3 minutes. Season with salt and pepper. Divide pasta among bowls. Top with chopped basil and cheese; serve warm.

Ginger Carrot Cake with Cream Cheese Frosting**Serves:-****Ingredients:-**

½ pound grated carrots
1 inch fresh ginger
¼ cup unsalted butter
½ cup granulated sugar
3 ounces light brown sugar
vegetable oil
large eggs
½ teaspoon vanilla extract
1 ¼ cup flour
1 tsp baking soda
1 tsp ground cinnamon
½ tsp table salt
¼ tsp allspice optional
¼ tsp ground nutmeg
¼ tsp ground ginger
⅛ tsp ground cloves
¼ cup chopped nuts, such as pecans or walnuts optional

**Cream Cheese Frosting:-**

4 ounces full fat cream cheese
2 tbsp unsalted butter room temp
½ tsp vanilla extract
¼ tsp ground ginger
2 cups powdered sugar
2 tbsp chopped crystalized ginger optional

Preparation:-

Peel the carrots. Grate the carrots finely using the smallest holes on a box grater. Measure out ½ pound (8 ounces), or about 1 cup grated carrot and set aside. Use the same sized holes or a small microplane to grate the fresh ginger. Measure out 2 tsp of grated ginger. Set aside.

Preheat the oven to 350F. Grease an 8 x 8-inch metal baking pan with butter. Place a square of parchment paper in the base of the pan for easy cake removal.

In a mixing bowl, use a hand mixer on low speed or a mixing spoon to mix together the softened butter, granulated sugar, brown sugar, and oil until well combined. Mix in the eggs and vanilla extract until just combined. Stir in the dry ingredients: flour, baking soda, cinnamon, salt, optional allspice, nutmeg, dry ginger, cloves, and 2 tsp grated ginger. Once combined, fold in the grated carrots and optional nuts. Transfer the cake batter to the prepared 8 x 8-inch pan. Bake at 350F for 25 to 35 minutes. Check the cake for doneness starting at 25 minutes (be careful not to slam the oven door or shake the cake pan.) When the cake is done, it should be slightly domed on the top, the edges will be golden and pulling away from the pan, and the centre should spring back when touched gently. Let the cake cool for no more than 10 minutes before gently removing from the pan and turning out on a cooling rack. Once cooled completely, top with the cream cheese frosting and optional pecans. Enjoy!

Cream Cheese Frosting:-

The cream cheese and butter should be room temperature/softened for this step. Use a hand mixer to cream together the cream cheese and butter until light and fluffy, about 30 seconds. Stir in the vanilla, ground ginger, and half of the powdered sugar. Continue mixing on low speed. Once the powdered sugar is incorporated, add in the remaining 1 cup. The cream cheese frosting should be thick but easily spreadable. Add a splash of milk if it is too thick, or add additional powdered sugar ¼ cup at a time if it is too thin. Fold in the diced crystalized ginger making sure it's distributed evenly into the frosting. Spread on the cake and enjoy!



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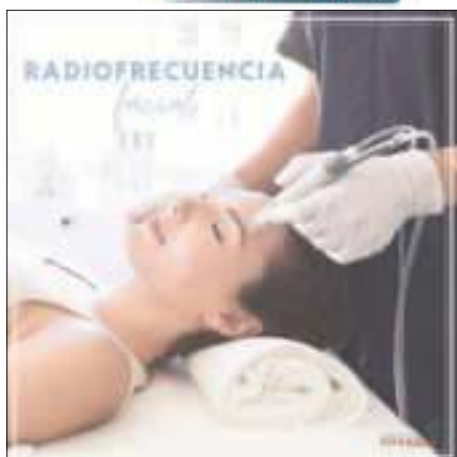
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healthwise

Acupuncture treatment of knee osteoarthritis



A Knee pain is one of the most frequent reasons for consultation in family doctors, traumatologists and physiotherapists.

There are many injuries that can cause this pain, such as ligament sprains, tendinitis or contusions, but today we will focus on the main cause of chronic knee pain in our country: knee osteoarthritis. According to estimates made by the Spanish Society of Rheumatology, between 9 and 11% of the population over 20 years of age suffers from this disease to some degree.

It is also the most important cause of disability in the elderly population of our territory. It is a chronic disease, related to knee wear that we find to a greater extent in women, in overweight patients and that increases as we age. Its main symptoms are pain and loss of function of the knee, even completely limiting the movements of the leg. From western medicine, different treatments have been tried to try to stop its evolution but in many cases patients end up on a waiting list for surgery, with the placement of a knee prosthesis



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18:00H	TORRENO- PIRATES*** próximamente	TORRENO- PIRATES	TORRENO- PIRATES*** próximamente	TORRENO- PIRATES*** próximamente	TORRENO- PIRATES*** próximamente	TORRENO- PIRATES*** próximamente	CLASES PRIVADAS - CON RESERVA
19:00H	TORRENO- PIRATES FORTIFIED	TORRENO- PIRATES	TORRENO- PIRATES	TORRENO- PIRATES FORTIFIED	TORRENO- PIRATES	TORRENO- PIRATES	CLASES PRIVADAS - CON RESERVA
20:00H	TORRENO- YOGA	TORRENO- YOGA (18:00-20:00H) próximamente	TORRENO- YOGA	TORRENO- YOGA	TORRENO- YOGA (18:00-20:00H) próximamente	TORRENO- YOGA	CLASES PRIVADAS - CON RESERVA

being a frequent solution.

From the point of view of traditional Chinese medicine, it is considered a "bi syndrome" and we have different ways to treat it, achieving very good results, both in improving pain and slowing down the loss of knee function.

There are different studies and experiences in which the effectiveness of acupuncture treatments for the symptomatic improvement of the disease has been seen, avoiding, in many cases, going through the operating room. Some of them even carried out by the Andalusian Health System, and in which relief is achieved in more than 60% of patients treated with acupuncture.

In summary, acupuncture is a very effective treatment for the symptomatic improvement of patients suffering from knee osteoarthritis and, in many cases, it can even help us avoid going through the operating room.

Surely we all know many people around us with this problem, so do not hesitate to recommend that they consult a good acupuncturist specialist. In a few sessions they will thank you.



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healthwise

Urinary Tract Infections – Complicated and Uncomplicated



Urinary tract infection (UTI) is the most common of all bacterial infections and can occur at any time in the life of an individual. The urinary system is designed to keep out microscopic invaders and generally does a pretty good job at it – but sometimes the defences fail. About 95% of the time bacteria multiplies at the opening of the urethra and travels up to the bladder. Even then, when bacteria is introduced into the bladder, there are a number of defence systems

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protecting the urinary tract against an active infection. Some of these defences include:

- Urine is normally sterile and itself works as an antiseptic, washing out bacteria during normal urination.
- Ureters work to prevent urine from backing up into the kidney when the bladder forces out the urine through the urethra.
- The bladder's mucous lining has antibacterial substances that eliminate many pathologic organisms.
- The prostate gland secretes infection fighting substances in men.
- A healthy women has lactobacilli in the vagina, which maintains an acidic low pH environment that is hostile to other bacteria. Still sometimes bacteria manages to enter despite the body's various defences and a urinary tract infection ensues. Less frequently but more seriously, the bacteria spreads and infects the kidney causing pyelonephritis. Urinary tract infections are not treated alike depending if they are classified as complicated or uncomplicated. Uncomplicated UTI's are usually found in non-pregnant, pre-menopausal women. Complicated UTI's are defined variably but generally include patients with underlying disease such as diabetes, post-menopausal women, pregnancy, alcoholism, under 12 years of age, all men, structural abnormalities, and catheter use- just to name a few.

There is a significant difference in the treatment of complicated and uncomplicated UTIs. Too often I am seeing patients who fall in the complicated category given antibiotics regimen suitable for an uncomplicated infection. I usually see these patients in a significant level of distress. They tell me tales of weeks of on-going treatment with changing antibiotics all resulting in no cure for their pain and discomfort.

From diagnosing to treatment, there is a difference in what is effective for complicated and uncomplicated UTIs.

Uncomplicated UTIs

The popular and quick "dipstick" to test urine is acceptable for pre menopausal women with an uncomplicated presentation (no fever or kidney pain). The optimal duration of treatment in these cases is three days. Single-dose therapies have an unacceptable rate for the infection to come back mutated and nastier! If these patients are still symptomatic after three days, they require a laboratory urinalysis along with a microbacterial culture to identify the causative organism. Numerous studies have shown that it is not acceptable to simply change the antibiotic with out having that culture!

Complicated UTIs

Pretty much everybody else with UTIs fall into the complicated category of infection and need their first urine sample sent for biochemistry and culture in a lab as well as a dipstick at the doctor's surgery.

Why not just use the "dipstick"? Not for these more complicated infections. The main disadvantage of the dipstick is that, while "instant", the information may not be very accurate. Additionally, the information given in dipstick testing is pretty limited as the dipstick is a qualitative test rather than a quantitative one – it does not give a precise measurement of the quantity of the abnormality. Therefore, dipstick urine results do not show both normal and abnormal values.

The ability of the dipstick to replace microscopy is an ongoing controversy. Many studies, including those presented to the American Academy of Emergency Medicine, show that a negative dipstick test simply cannot be counted on to rule out pyuria - pus in the urine.

Post menopausal women need laboratory urinalysis and gynaecological evaluation with ultrasound are needed.

Continued on page 38

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Many complicated UTIs require a urological exam with ultrasound to rule out underlying structural or anatomical abnormalities. Antibiotics in complicated UTIs need to be taken for ten to fourteen days.

Urinary tract infections in all men, as a general rule, are considered complicated infections and the possibility of the infection having ascended to the kidney or having ascended from the prostate must be considered. Laboratory urinalysis, microbacterial culture and specialist urological consultation are required.

If you are concerned about the health of your urinary tract system, take a look at the
www.urologyhealth.org,
the website for the
American Urological Association.

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Ingredients:-

½ cup milk or milk alternative
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2 tbsp almond butter
½ cup rolled oats
½ frozen banana
1 tbsp honey
¼ tsp vanilla essence or extract
Ice cubes (fill ½ cup)
Ground cinnamon
Ground nutmeg

Preparation:-

Warm up milk/milk alternative.
Let spiced chai tea bag sit in warmed milk for 7 to 10 minutes (to taste).
Mix milk tea with remaining ingredients (minus ground cinnamon and nutmeg) into the blender.
After blending, top with a dash ground cinnamon and nutmeg.



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2. Take Regular Exercise
3. Stop Smoking
4. Reduce or stop alcohol
5. Regular exercise
6. Reducing stress.



...this is excellent advice if you remember to go to the appointment !

Living as the partner of someone with cognitive impairment presents challenges. The earlier stages can be especially difficult . No two people are the same...but here are some basic coping strategies .

Go to the doctors , get blood and urine checked to eliminate an infection ... it may be that the doctor suggests a Tac scan to look at the condition of the brain, this is all very positive.

Use a note book or diary - as the condition progresses it becomes invaluable.

Follow a routine for meal times / bed times and trips eg Thursday is shopping day.

Ovoid conflict - you don't need to have an argument.

Ensure adequate sleep.

Maintain Social Activities.



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Death by selfie

Is the lust for likes on social media encouraging people to take life-threatening risks? Chris Stokel-Walker pokes his lens over the precipice

It was an ordinary day in Wolverhampton, a small city in the English Midlands, in December 2017, right up to the point that Jay Swinger's head got stuck in the microwave. Swinger, a popular You Tuber known for his goofy behaviour, has inserted a plastic tube into his mouth, slipped a green plastic shopping bag over his head and then cemented himself into a microwave using Polyfilla, a type of plaster normally used to fill small holes. The plaster expanded more than expected and, crucially, Swinger allowed it to set. When he tried to loosen the microwave, it wouldn't budge. The fire department had to drill him free as paramedics stood by in case of injury.

Though the stunt went wrong, it propelled Swinger to a new level of stardom. Before posting the video, Swinger was gaining roughly 10,000 subscribers every three days; in the three days following the posting, he attracted 70,000 new subscribers. His video was viewed 850,000 times within 13 hours of going online.

Daredevil behaviour in pursuits of likes, retweets and shares does not always have such a soft landing. The number of self-inflicted injuries and fatalities in the name of attention seeking is growing between 2014 and 2018 more than 200 people worldwide died while taking a selfie. In October 2018, Jon James, a Canadian rapper, fell to his death while filming himself on an aeroplane wing. Joanne Orlando, a researcher in technology and learning at Western Sydney University, blames the mechanics of social media which prize constant validation from others. Since people are more likely to comment on dynamic selfies than static ones, many are reluctant to upload anything that looks too ordinary. Algorithms on many platforms reinforce that tendency. If a particular pose or shot proves popular, then it is served up to more people. Other users, seeing it's success, may try to match or outdo the stunt in order to be rewarded by that same process. Mona Kasra, a professor of digital media at the University of Virginia, recently travelled to Iceland, where locals reported a spate of tourists placing themselves in harms way while trying to capture breath taking photos on the lips of volcanoes. "They're not equipped and don't know how to

deal with that environment," she says.

Smartphone cameras can take pictures of near professional quality, but they also have limitations that may encourage dangerous behaviour. Digital zooms produce blurry images, and the field of view in phone camera lenses is often narrow. Trying to get the best shot, some people shuffle closer to precipitous edges in order to capture more of the backdrop behind them.

In October 2018, a couple died after falling off a cliff in Yosemite as they perched for a shot. That is not as unusual as it should be. Of the 200 plus deaths by selfie between 2014 and 2018, some two thirds of deaths involved great heights, water or a combination of the two. An app for smartphone cameras that identifies potential hazards and flags up locations identified as dangerous by previous users is available.

Phones are not the only devices to encourage risk taking. The GoPro camera can be fixed onto a person's head to allow participants in extreme sports to capture dramatic, first person footage. Runners and cyclists use gamified fitness apps such as Strava to compete with each other and receive online 'badges' as reward for accomplishments. These can prompt an individual to take a more dangerous route down a mountainside, for example, in order to reach the top of an online leader board. "We are very amenable to manipulation by reward even if it puts us in danger," says Adam Johnson, a behavioural scientist at the University of Bath. His colleague, Lukasz Piwek, is more circumspect about causation. But a forthcoming paper written by the pair shows that cyclists who use Strava are very speedy, a fifth



of users pedal at more than 22mph, and the fastest are most likely to pay for the app. The trend is global, Los Angeles County Sheriffs have reported a 38% increase in rescue missions since 2013 as more and more people end up in trouble while trying to capture the perfect photo or video. In 2017 British emergency services were called out to more than 3,000 incidents that had associated field notes which mentioned YouTube, nearly double the number of such calls in 2013. In an extreme case in America in the same year, Pedro Ruiz III, a young YouTuber, died when his girlfriend, Monalisa Perez, shot him at close range under the mistaken belief that a hardback book he was holding could stop a 50 calibre bullet.

India is on the front line of selfie fervour: over half of the selfie related deaths recorded since 2014 occurred there. The country's ministry of railways now warns people to avoid taking selfies on the tracks; and Mumbai's police force has identified 16 hotspots in the city where selfie takers could put themselves in danger.

Many selfie takers are conscious of the dangers. In the early days of January 2017, Viki Odintcova, a 23 year old Russian model, lowered herself off a beam at the top of the Cayan Tower, a 1,004 foot edifice in Dubai. Eyes closed, she leaned into thin air as she clung onto the hand of an assistant who was all that stood between her and a sharp fall into the waters below. She then opened her eyes so that her assistant could take her photo with his free hand. The photo went viral, but she deleted it from her Instagram profile after a backlash from followers who believed that it would encourage others to repeat her prank. The two videos that remain on Instagram documenting the stunt



have been viewed more than 3.2m times. But Odintcova says she is no longer proud of her daring. "I was just trying to leave a trace in history." Some platforms have responded by age blocking content that might encourage minors to undertake copycat stunts. YouTube quickly barred younger registered viewers from watching Swinger's video, for example. But such measures are crude and are easily bypassed. Some platforms exist with the specific purpose of hosting material excluded by mainstream sites. One such site, LiveLeak, gets 36m hits a month.

And so the proliferation of outlandish stunts continues. Social networks keep promoting extreme content, and their users are unlikely to start favouring mundanities in sufficient numbers to divert the algorithms along a safer course. Beware the wisdom of crowds!

Chris Stokel-Walker is a freelance journalist.
Illustrations: Brett Ryder



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www.nerjaalmuñecaranglican-church.co.uk
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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.

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Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284
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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 NOVEMBER ETC. COMING EVENTS & EXCURSIONS

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

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

Our shop will be open Wednesdays and Fridays. . Offers a good selection of Household goods, autumn and winter clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10 to 13.00.

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

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

Every Saturday starting the 9th November there will be a Catholic Mass in English in the Lux Mundi Centre. Time 16.00.

Friday 1st November - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time after the Mass.

Thursday 28th November. Excursion to Viveros Guzmán, the Miramar shopping centre and Iceland. Please come and join us, bring a friend along, and see the wonderful display of plants, Christmas decorations etc. in this very large garden centre, Viveros Guzmán. You will arrive at 10:15 approx, and there will be time for shopping and refreshments. The bus will leave at 12.00 for the short drive to the Miramar shopping centre. You may choose to get off the bus at the shopping centre or at Iceland and you will have free time to have lunch and to do some shopping. The bus will pick up from both stops at 16:25 and 16:30 respectively. Tickets available at the Centre, price: 20 Euros with a Friends card for visitors 23 Euros available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 09.00, Caleta (Vets) 09.05, Torre del Mar (Bus Station) 09.15. Return approx. 16.30.

COMING EXCURSIONS

Tuesday 10th to Thursday 12th December - Excursion to Seville to experience the Christmas celebrations. Come and have 3 days of fun with friends. Tickets available at the Centre, price: sharing a double/twin room 200 euros with a Friends card visitors 225 euros per person. Single room 270 euros with a Friends card, visitors 295 euros. Basic travel insurance included. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 08.45, Caleta (Vets) 08.50, Torre del Mar (Bus station) 09.00.

Thursday 19th December - Excursion to see the Malaga Christmas lights. Tickets available at the Centre, price: 5 euros with a Friends card, visitors 18 euros. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 16.45, Caleta (Vets) 16.50, Torre del Mar (Bus station) 17.00.

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, help each other & share information but primarily to have fun in a friendly and inclusive association. You do not have to be a member to join us on our trips.

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

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

Trips/Events – all trips/events include a drivers gratuity.

November 2024:-

5th - Trip to Gib €18 pp pick up Algarrobo Lidl at 08.30

15th - A visit to Rute and the Anise, Chocolate and Jamon/Sausage factories. €22pp lunch extra

21st - Home bake sale at Chines, Caleta de Velez. From Christmas cakes and puds to sausage rolls and steak pies. Orders taken. If you would like a table to sell your wares, please whatsapp me.

29th - Black Friday in the La Canada Centre €20pp

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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TEMPORADA 2024-2025
(septiembre - junio)

BUSCAMOS NUEVAS VOCES, MASCULINAS Y FEMENINAS
Buen ambiente, distintas nacionalidades, excelente repertorio
Conciertos, comidas, posibilidad de viajar, etc.)

Jueves de 17:30 a 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

¡ VEN Y OYENOS !

LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY
We welcome new members, all voice parts
- male and female, all nationalities.
Great multi-cultural atmosphere, wide repertoire,
concerts and social events.

Thursdays, 17:30 - 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

COME AND JOIN US !
653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

**"NEW MEMBERS WELCOME ALL
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Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!

FUNDACIÓN cudeca
CUIDADOS DEL CÁNCER / CANCER CARE HOSPICE

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

We meet on the 2nd Thursday of each month at 11.30 a.m.
In Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

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

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

YOGA FUSION DANCE
Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.m. on the ZOOM platform.
Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her career, she meets real yogis who teach her and pass on their knowledge.

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

41 Club Nerja

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

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Velez-Malaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 29700 Vélez-Málaga, near San Juan Church and the Language School.
Parking nearby at the San Francisco market (1 euro).
For more information please contact 657 951 755 (English) or 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice monthly for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura.
Everyone is welcome to join us. Booking is essential.
Please contact Kimon on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

POPAPECUNIA CHARITY SHOP
Avda. Rodriguez Acosta, Edif. Tucuman (opposite Cafe 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 10 a.m. till 2.30 p.m.



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Apartment in Santa Rosa

Price:- €240.000

Completely renovated stunning 80m² 2 bedroom apartment only 5 minutes from the beach. The apartment has been lovingly renovated with no expense spared, as seen in the sleek, high-quality finishes throughout.

Comprising:- Two spacious terraces (one enclosed, perfect for cosying up during cooler nights) and the other is open-air, with a high-end awning system ideal for all-weather outdoor dining, sunbathing, or entertaining. There are also high-quality mosquito nets on both terraces. Upgraded marble heating throughout to ensure year-round warmth and comfort. A luxurious bathroom featuring a large glass shower with both rain and handheld systems, heated towel rails, and new tiling. All the premium furnishings and major appliances including a washing machine, a dryer and a second extra-large refrigerator freezer are also included. Storage room of approx. 23m² is also included. Lift for easy access and direct parking for two or more cars, conveniently located next to the apartment. Don't miss your chance to own this spectacular apartment in one of the most desirable locations in the region.

Call or email today to schedule your private viewing—this gem won't stay on the market for long!



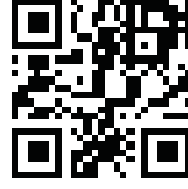
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CÓMPETA

REF: 7835

EXCLUSIVE: Beautiful country house 10 min. drive from Cómpeeta with 3 beds, 2 baths, open plan lounge & kitchen, sun-room, pool, central heating, A/C & fans, garage, good access, sea & mountain views...

Built: 110 m²

Plot: 4.019 m²

EPC: E

PRICE: €369.000



ALMAYATE

REF: 7494

EXCLUSIVE: Lovely positioned villa only 5 minutes drive to the coast with Sea views; 2 beds, 2 baths, living/dining-room, extra storage/office space, double garage, gas central heating, Jacuzzi, porch...

Built: 120 m²

Plot: 900 m²

EPC: In Progress

PRICE: €469.000

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TORROX

REF: 7679

Large town house in the upper part of Torrox with mountain views; 5 beds, 2 baths, 2 lounges, 2 kitchens, 2 independent entrances, ceiling fans, covered terrace, pergola, patio, roof terrace, storage.

Built: 142 m²

EPC: In progress

PRICE: €249.000



ALMUÑECAR

REF: 7692

Refurbished country house within 10 kms from Almuñécar, with 1 bed, 1 bath, lounge, 3 plots of land with avocados & mangos, photovoltaic panels, under floor heating, sea & mountain views.

Built: 70 m²

Plot: 9.249 m²

EPC: In progress

PRICE: €219.000

29754 Cómpeeta

Plaza Almirante, 21
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29770 Torrox

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

29740 Torre del Mar

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

