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Price reduced: €750.000

Ref: REST



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

Price: €198.000

Ref: Casa Argentina



Nice apartment in Capistrano Village. The apartment consists of 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



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

Price: €265.000

Ref: NV.101

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Nice apartment in Capistrano Village. Comprising 1 bedroom, bathroom and living/dining room leading onto terrace with sea views. Parking place close by the communal pool is also very close. The village has bus stop in the door and access to the pools. Big supermarkets are 2 minutes walking.

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 reduced: €599.000

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



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

Price reduced: €375.000

Ref: NV.18



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

Price reduced: €790.000

Ref: NV.EXO



Magnificent semi-detached house in Capistrano Area. Comprising: 3 bedrooms, 2 bathrooms, 1 toilet and terraces. Car parking. The house has a fantastic modern design with the highest quality materials used. Private swimming pool and fantastic sea views.

Price: €550.000

Ref: NV.550



Fantastic apartment in Alpujarras capital, Orgiva. Only 30 minutes from Trevelez and Motril. Built 80m2. The apartment is centrally located with pretty views of the church and the mountains. Comprising: 3 bedrooms, living/dining room, kitchen, bathroom and terrace.

Price: €110.000

Ref: NV.ORG

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The Bonoloto leaves a new millionaire in Spain

The Bonoloto leaves a new millionaire in Spain with a prize of almost two million. The winning ticket has been validated at the Receiving Office number 60,815 in Sant Antoni de Portmany (Balearic Islands), located at Plaza de España, 3.



Aesan warns of the presence of salmonella in a well-known brand of pork rinds in Spain

The product was distributed in the autonomous communities of Andalusia, Catalonia, Castile and León, Madrid, and the Valencian Community. The presence of salmonella has been found in two brands of packaged torreznos, which are not recommended for consumption.

Increase in serious cases in Spain due to a bacteria that attacks the immune system

The infection mainly affects older people and patients with pre-existing illnesses. A study from Bellvitge Hospital has warned of an increase in serious cases in Spain of infections caused by *Streptococcus dysgalactiae* subsp. *equisimilis* (SDSE), a bacterium that coexists with humans but can cause severe infections in weakened immune systems.

One of its main conclusions is that the infection primarily affects older people and patients with conditions such as diabetes, cardiovascular disease, or cancer, and that some strains of the bacteria are also becoming resistant to antibiotics, complicating treatment.

Spain will need at least 260,000 more caregivers by 2030 to maintain the care system

The government estimates that the number of female workers needs to increase by 53%. Within five years, the dependency system will need at least 260,000 more workers than it currently has.

The DGT launches three new radars in Andalusia

During the first month of operation, drivers who travel at a speed higher than that permitted on the roads where they are located will receive a simple information letter. Specifically, three fixed speed cameras are coming into operation in Andalusia: located on the A-491 (Cádiz) at point 4+350; in Seville, on the A-49 at point 0+700; and on the A-8005 at point 5+818.

A man sentenced to 6 years and 9 months for sexually assaulting a friend's minor daughter

The accused, a friend of the victim's father, committed the abuse at family gatherings.

The defendant has been convicted twice for sexual assault crimes, in 2021 and 2023. According to the ruling, the minor victims of both crimes belonged to the same circle of friends, unaware of what the others might have suffered until they revealed what had happened to them and filed a complaint.

The March storms leaves 72.57 cubic hectometres in the La Viñuela reservoir

Almost 37 cubic hectometres of water, this is what the La Viñuela reservoir has gained since the storms passed through the Axarquía region during March.



The SAS will have to compensate the family of a woman who died due to a medical error

The Andalusian Health Service will have to pay 107,366 euros for the woman's death in September 2014. The immediate cause was the improper placement of the enema for the biliary fistula, which led to her immediate death.

Buried body found by police during drugs raid in south of Spain

A body which had been buried has been found by Guardia Civil officers while carrying out searches on properties in Huéscara in Granada province as part of a drug trafficking operation. The police raid led to the dismantling of a criminal organisation dedicated to cocaine trafficking and to the investigation of an alleged homicide, when the body of a man was found.

Katy Perry concerts in Spain during November

American singer Katy Perry will perform in Barcelona and Madrid in November on her The Lifetimes Tour. Katy Perry, who returned to the stage last September for the first time since 2017, will perform on 9th November at Barcelona's Palau Sant Jordi and 11th November at Madrid's Movistar Arena, with tickets going on sale on 4th March.

Pot-bellied pig takes a daily stroll along a promenade in Spain

At the same time every day, the residents of Polopos-La Mamola in Granada province have a somewhat peculiar visitor: a pot-bellied pig that takes a daily stroll around the town. According to the town hall, this friendly pig belongs to a resident of Sorvilán and the morning stroll along La Mamola promenade has become part of its daily routine, just like any other resident.

Benalmádena to host rare plant fair

Around 40 local and national horticultural specialists will promote their plants and shrubs at the event.

The event now in its 18th year will be held in Parque La Paloma from Friday 18th until Sunday 20th April, the Easter period. The fair is to encourage visiting tourists and locals to enjoy the park and its many facilities. La Paloma park houses a permanent collection of over 90 species of palm trees and boasts one of the best collections of bamboo, cacti and other succulents in Europe. Entry to the plant fair, which begins at 5pm on Good Friday, is free.

Continued in page 8



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Country Property of the month

Torrox:

Price: €399.000

TCP251



Amazing country properties less than a 10 minute drive from Torrox and 15 minutes from the beach. South facing home offers breathtaking views and expansive outdoor spaces. Parking for 2 - 3 cars, and a spacious storage room at the entrance. Stunning pool surrounded by a relaxing chill out zone and a shaded area for warm summer days. Outdoor kitchen, BBQ and wooden decking provides the perfect setting to enjoy al fresco. Well kept garden around the property, leading to a spiral staircase that takes you to an additional terrace, an idyllic spot to admire the Mediterranean Cozy yet spacious design, a class enclosed porch with fireplace offers a warm

retreat during the cooler months, connecting to the inviting living room with fireplace, an open plan kitchen ideal for entertaining, hallway leading to three bedrooms, one has been converted into an office but can easily be restored to its original purpose and a modern family bathroom with a walk in shower. Prime location, stunning views, and impeccable condition, this property presents a fantastic opportunity for those looking to relocate to Southern Spain. For more details or to arrange a viewing, don't hesitate to contact us!



Torrox:

Price: 155.000€



- Living space: 62m²
- Bedrooms : 2
- Pool: No
- Garage : No

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

Ref.TTH674

Cómputa

Price: 349.000€



- Living space: 165m²
- Bedrooms : 3
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryhouse

Ref. CP604

Torrox:

Price: 294.000€



- Living space: 75m²
- Bedrooms : 2
- Pool: Yes
- Garage: No

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

Ref. TAP359

Cómputa:

Price: 180.000€



- Living space: 232m²
- Bedrooms : 4
- Pool: No
- Garage: No

- Terrace: Yes
- Bathrooms: 4
- Views: Village
- Area: Townhouse

Ref. TH1193

Frigiliana:

Price: 370.000€



- Living space: 114m²
- Bedrooms : 4
- Pool: No
- Garage: No

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

Ref. NTH033

Canillas de Albaida: Price: 295.000€



- Living space: 150m²
- Bedrooms : 3
- Pool: Yes
- Garage: No

- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Countryhouse

Ref. CP703

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Welcome to Streetwise magazine -

This month Streetwise enters it's 27th year of publishing and we would like to thank our clients, contributors and readers for their constant support of Streetwise.

When this month's Streetwise hits the streets we will be enjoying warmer weather and longer lighter nights! During April Semana Santa takes place. The processions during Holy Week are truly incredible. The front cover shows a Holy Week procession in Málaga.

As always enjoy this month's Streetwise, there's plenty of local events this month to take part in.



Dawn x

streetwise
MÁLAGA

Abril/April 2025
Issue Nº 325

Web Site: www.streetwise.es

Email: info@streetwise.es

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Published by Streetwise
Apartado de Correos 136,
Torrox, 29770 Málaga, España
Publisher: Dawn Ashurst
Sales: (0034) 638 474 718
Design work: Dawn Ashurst
Design work: Chelsea Ashurst
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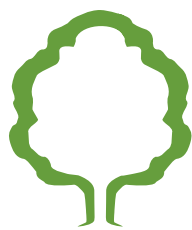
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**Roman villa in Granada given protected status**

The Junta de Andalucía has agreed to include the Roman Villa of Los Vergeles in Granada city into its general catalogue of Andalusian historical heritage. It is one of the most important and unique Roman villas not only in Andalucía but in the whole of the Iberian peninsula. It is also known as the villa of the Zaidín, Calle Primavera or Plaza Rafael Guillén and is a clear example of the powerful Roman empire in Spain.

Police attempt to identify bones of young girl and woman

Two sets of bones have been discovered by a shepherd in a cave in Granada. Since passing from the Institute of Legal Medicine in Seville, where DNA samples were extracted, to the University of Granada, the bones have been investigated for date of origin, which would allow scientists and the police to identify them.

Seville town records 4.1 magnitude earthquake felt across four provinces

Spain's national geographic institute recorded an earthquake of 4.1 magnitude with its epicentre in the Seville town of Cazalla de la Sierra. It was felt in around 200 municipalities in four provinces: Seville, Huelva, Cordoba and Badajoz.

Elderly woman beaten up in Mijas

A municipal worker raised the alarm after finding the victim with her face covered in blood in her home in Mijas. As best she could, the elderly woman recounted that a few hours earlier, during the early hours of the morning, she had been beaten up by two thieves who had entered her home to steal her belongings.

Body of missing biker found

The Guardia Civil's search operation resulted in the discovery of the body of the 61 year old motorcyclist who was swept away by the Genal river in Pujerra. He was last seen by his fellow motorcycle enthusiasts when he tried to cross the bridge over the river between Igualaja and Júzcar. When a strong current of the river swept Ignacio away.

Miramar shopping centre fire in Fuengirola

The fire started near the solar panels on the roof. The flames were quickly extinguished, without any injuries among the visitors who were inside the shopping centre at the time.

Woman talked out of jumping from overpass in Malaga

Two men, talked a woman out of committing suicide and continued consoling her even when she was safely sat on the ground. Suicide continues to be one of the leading causes of death in Andalucía

Admission price hike at two popular tourist attractions in Malaga

A price increase was approved for two of Malagas top attractions. The price will change from €3.50 to €7 to enter one of either of the two monuments.

In the case of the joint ticket to enter both monuments (Alcazaba and Gibralfaro), this will go from €5.50 to €10.

Continued on page 10



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Is alcohol holding you back this Easter?

As Easter approaches, many of us look forward to the long weekend and the social gatherings that come with it. But for some, alcohol can be a tricky companion during these times. If you find that drinking has become more than just part of the celebration, it may be worth taking a moment to consider whether it's time for a change.

The Easter break often involves family gatherings, barbecues, and evening celebrations, making it easy to fall into a risky pattern of drinking behaviour. Alcohol may be ever-present, but it can also bring feelings of regret, anxiety, and unease.

Do you ever find yourself thinking, I won't drink today, only to reach for a drink anyway? Do you feel like you're living for the next drink rather than the moment? Or perhaps you've noticed that socialising without alcohol is becoming more difficult?

If this resonates with you, you are not alone. The reality is that alcohol can take hold more easily than we realise. It can slowly creep into your daily routine, and before you know it, it's dictating your actions and emotions.

"AA has given me more than just sobriety, it has given me a life I never thought possible"

For those who feel alcohol has become a problem, Alcoholics Anonymous (AA) offers a path to freedom. AA is a welcoming space where individuals can share their struggles and receive the support they need to live without alcohol.

Here are two inspiring stories from AA members who have found their way to recovery:

“ ”

"My name is Polly, and I've been sober since August 2022. For years, I fought with my addiction, waking up each day with regret and frustration, only to fall into the same cycle. After years of battling on my own, I finally walked into an AA meeting, unsure whether it would help. But I was met with kindness, understanding, and a path to recovery. AA has changed my life—it saved me. Now, I can face life's ups and downs with clarity and confidence." Whether you have just started questioning your drinking or have been struggling for years, help is available. AA is a confidential, non-judgemental support group for anyone struggling with alcohol.

“ ”

"I'm Greg, and I've been sober for 33 years now. Alcohol had a tight grip on my life, from my early days of trying to escape my fears to the dangerous blackout that made me realise I needed help. It wasn't easy, but when I found AA, I found a community that truly understood me. I walked into my first meeting in 1991, not knowing what to expect, but the support I received changed everything. AA has given me more than just sobriety, it has given me a life I never thought possible."

Do you ever find yourself thinking, I won't drink today, only to reach for a drink anyway?

Whether you have just started questioning your drinking or have been struggling for years, help is available. AA is a confidential, non-judgemental support group for anyone struggling with alcohol.

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.

AA is located along the entire Costa del Sol and there is a meeting with friendly people who will understand your problems somewhere near you every day.

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or visit the website for help and information: www.aacostadelsol.com





Over 15,000 illegal tourist flats in Madrid

Spain's Ministry of Consumer Affairs has been tracking all tourist apartment listings in the city of Madrid, and the numbers don't add up. The department, led by Pablo Bustinduy, has counted a total of 16,335 properties, yet according to Madrid City Council's figures, only 1,131 licences have been granted. This discrepancy presents a 'very concerning' issue for the local government, according to the ministry, with more than 15,200 tourist apartments operating illegally in one of the cities hardest hit by the housing crisis.



Five arrested for providing fake visas to cruise ship passengers stranded in Barcelona

The Spanish National Police, along with Ameripol, Interpol, and Bolivian law enforcement, have collaborated in the arrest of five individuals in Bolivia who were allegedly involved in providing fraudulent visas to 69 Bolivian citizens. These individuals had intended to enter the European Union last April via cruise ship. The MSC Armonia, which had travelled from Brazil, became stranded at Barcelona's port after Spanish authorities discovered that 69 Bolivian passengers were attempting to enter the Schengen Area using fake visas. Among them were 55 adults and 14 children.

Mijas wild cats

Mijas Council has set aside €112,000 for an annual contract to manage its wild cat colonies, in line with the Animal Welfare Law. The wild cats roam various districts in Mijas contributing to pest control.

Continued on page 12

MOVE IT TO MUSIC!

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.

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Price: €399,000

Ref: EL MORCHE



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Price: €375,000

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

Price: €215,000

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PROPERTY OF THE MONTH



FLAMINGO - NERJA

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

Price: €410,000

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Price: €680,000

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Price: €465,000

Ref: CN48683



FUENTE DEL BADEN

New built 262m2 villa on 4 floors with a lift, 4 bedrooms, 3 bathrooms, private pool. Spacious sunny roof terrace with beautiful views.

Price: €865,000

Ref: CN48676



TORROX COSTA

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

Price: €259,000

Ref: IN_872_IMN



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Hikers rescued

Two young hikers from La Línea de la Concepción, aged 22 and 24, were safely rescued at dawn after losing their way while descending La Concha Peak in Marbella's Sierra Blanca. Marbella Fire Department carried out a near 10-hour rescue operation, which ended successfully without injuries.

TAPAS annual spring fair

TAPAS annual Spring Fair will take place on Saturday, April 12th.

TAPAS (The Andalucía Performing Arts Society) invites everyone to come along and join in the fun and enter competitions.

There will be over 30 stalls with local produce, gifts and crafts, a tombola stall, music all day and great food available. Chiringuito Ania & Mayra, Carretera Cartama-Coin KM 4.3, Cartama on Saturday, April 12th from 11am to 3pm, entry is free.

TAPAS supports the Alzheimer's and Dementia Support Group, based in Calahonda, and provides an informal and supportive environment, information and activities to carers and support users. For further information contact info@adsgmijascostaspain.com.

Marbella stadium

Marbella will build a new stadium as the council rejects attempts to block the construction. The project is expected to be awarded in the next couple of months, with an execution period of two years from the laying of the first brick.

Flooded dog shelter

Galgos en Familia dog shelter had to be evacuated by firefighters due to rising floodwaters.

The Guadalhorce River overflowed, triggered by heavy rains from storm Laurence' saw the river surge to a record 5.46 metres, filling the rescue shelter the shelter located 500 metres from the riverbank in the Doña Ana area.

Toll road AP46 to Granada free

The AP46 toll road from Las Pedrizas to Málaga is now free for all drivers, due to a major landslide on the parallel A-45 autovía.

Mountain road block to continue

The A-397 road connecting Ronda and San Pedro Alcántara will stay closed until at least August 25th, due to severe damage from the recent Jana storm.

Around 7,500 daily commuters now face lengthy detours via Campillos or Manilva, doubling travel times.

Officials estimated four and a half months to reopen one lane. Full restoration could take longer.

Drivers are advised to plan alternative routes.

Continued on page 16

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TORROX COSTA

PRICE:- €675.000

Fabulous luxury house in Torrox Costa. Build 196m2 distributed on one floor. Comprising: large living room with fireplace, fully equipped kitchen, ironing room, 3 bedrooms (the master bedroom with dressing room and en-suite bathroom, and 2 single bedrooms both with dressing rooms), 2 bathrooms and a porch of 23m2. Large terrace, barbecue area with wood oven, private garden kitchen, jacuzzi, relaxation area and parking.

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.

Wishing you and your family a Happy, Healthy, Prosperous New Year 2025!



TORROX PUEBLO

PRICE:- €89.000

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:- €169.000

Spacious village house on 3 floors. Ground floor: living room, kitchen, 1 bathroom with shower, laundry room and storage room. 1st floor: 2 bedrooms and a bathroom, upper floor: third bedroom and a terrace with views towards the village and the mountains, facing East for the morning sun. Easily accessible, 3/4 minutes walk to village centre, all flat, without slopes or steps. Close to free public car park and close to shops and all services.

www.andalucianhomes.com



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

You will need to be firm this month when dealing with people who think you can be easily persuaded to see and do things their way. Let them know that in areas where you are the boss you won't put up with outside interference of any kind.

Luckiest day:- Tuesday

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

You appear to have overlooked something of major importance and need to discover what it is so you can go back and find a way to fit it into your plans. If you can't work it out for yourself ask a trusted friend to advise you.

Luckiest day:- Saturday

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

You will get the chance to impress some very important people this month but don't claim to be able to do things you know you cannot. There is a make or break influence, so be honest with everyone, including yourself.

Luckiest day:- Tuesday

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

If you try to force someone to act in ways they don't agree with they will inevitably rebel, so make allowances for your differences and focus instead on areas where you see eye to eye. You still have more in common than things that divide you.

Luckiest day:- Sunday

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

Listen carefully to what a partner or work colleague has to tell you this month because they can see connections that you could easily miss. No one expects you to know everything about what's going on, so why would you expect it of yourself?

Luckiest day:- Thursday

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

This month will bring criticism from people you live and work with that is not in the least bit welcome. You can, if you wish, ignore it but deep down you know they are telling you what you need to hear, so don't be too touchy.

Luckiest day:- Saturday

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

It would be easy to believe that someone is out to get you but the planets indicate there are no secret enemies lurking around the next corner. You need to get a grip on your imagination. Focus on facts and leave the fantasies to lesser minds.

Luckiest day:- Monday

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

Differences of opinion are inevitable but they don't have to be major and they don't have to come between you and the people you love. Make allowances for those who see things from a different perspective, just as they make allowances for you.

Luckiest day:- Friday

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

You may want to push ahead with a creative activity of some kind but this month there is likely to be obstacles in your path. Maybe you should take the hint and tread water for a while. Maybe this isn't the right time to act.

Luckiest day:- Wednesday

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

There may be several routes open to you at the moment but there is only one route that will take you straight to your goal. What occurs over the next month will point you in the right direction and then all you have to do is march.

Luckiest day:- Sunday

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

Keep your money in your pocket this month and keep those who want to spend it for you at arm's length. There is a warning that once you start doling out cash you won't be able to stop and your funds are not unlimited.

Luckiest day:- Wednesday

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

This month you are both assertive and ambitious but there may be restrictions put upon you. Your options for action may be few and far between. But who says you have to act immediately? Give yourself a rest day.

Luckiest day:- Monday

Horoscopes



EXCLUSIVE

Ref.: JG1053
Edf. Florida, Nerja
Price: 350,000 €

Apartment
2 beds / 1 bath
Suberb sea views
Communal pool
& parking area



New to the market, this fully refurbished apartment boasts breath-taking panoramic sea views from its south-facing terrace.

Ideally located within walking distance of the town center, the property is part of the sought-after Edf. Florida, a gated complex offering a large communal pool, beautifully maintained gardens, and a secure residents-only parking area.

Situated on the 6th floor, the apartment features a bright and airy open-plan living and dining area, with double-glazed patio doors opening onto a spacious terrace that overlooks the pool, village, and Mediterranean Sea.

The modern, fully fitted kitchen complements the stylish interior, while two double bedrooms with standing wardrobes provide comfortable accommodation. A contemporary shower room completes this well-appointed home.

The nearest beach, Playa de Burriana, is just a 15-minute walk away, while the village center can be reached in approximately 10 minutes on foot.

Edf. Florida is an ideal choice for those seeking a full-time family residence or a holiday apartment.



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





Sitges Terramar Festival

The 8th edition of the music festival will take place from 25th July until 10th August.

The opening concert will be given by the legendary Californian band The Beach Boys.

On 26th July the performer and actress Ana Belén.

On 27th July, French singer ZAZ will present her new album as part of her international tour.

On 5th August, Duncan Dhu 40 años, the tour of the group's greatest hits from the album Por Tierras Escocesas (1984) to El Duelo (2013) with Mikel Erentxun at the helm.

On 6th August, the festival will witness the surprising and highly anticipated tour of Lax'n'Busto, the Catalan band recovering its historic line-up twenty years later, incorporating its original vocalist, Pemi Fortuny.

On 7th August, Sara Baras will present Vuela, the new show in which the prestigious dancer pays tribute to Paco de Lucía.

On 8th August, Pecos will star in one of the most impressive returns of the season with their Dos Voces y una Historia tour, which includes the greatest hits of their recording career.

On 9th August, Kool and the Gang will perform on the stage of the Terramar Gardens, playing hits such as Celebration, Ladies' Night, Get Down on It or Fresh, among others.

Tickets have been available from 10th February,

on the festival's official website

www.FestivalTerramarCaixaBank.com

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Ubrique

Thursday May 15 2025

Algarrobo - 07:30 Caleta - 07:40 Torre del Mar - 07:45

A coffee stop in Árdales.
Arrival in Ubrique at 11:15.
A visit to the leather museum at 11:30 am.
After the visit, free time for shopping (leather!), to have lunch and visit the other sights, including the old town, art gallery, bull fighting museum etc.

Departure from Ubrique at 16:00 with a short stop on the route.

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Easter in Spain: Floral traditions and modern ways.



Photo: Spain.info

Easter is celebrated by many Catholics. In the Netherlands, it is celebrated too, but often it seems the focus has shifted towards the fun of looking for Easter eggs and decorating the dinner table for an Easter brunch. It is a good excuse to brighten up your home with fragrant spring flowers. Modern times have caused this shift. Of course, eggs, bulbs and generally the spring flowers associated with the time around Easter symbolise the renewal of life, something very close to the original religious meaning of Easter.

To understand how Easter is celebrated in a different country than our own, we asked one of Flower Factor's Spanish ambassadors to shine his light upon it. Alex Segura Arana explains how Easter is celebrated in Spain and what role flowers play.

Traditions and Santa Semana

Modern times have also come to bring change to the traditions of Easter. However, Spain is mainly a Catholic country and the religious traditions go back centuries. The week going into Easter is called the Holy week or

Santa Semana and dates back to the year 1150. It is a time in which many daily processions take place to honour, remember and worship Jesus, Virgin Mary and the many patron saints. As the statues are carried around town during a procession, people come out to watch and sing to them showing their devotion.

"Each statue belongs to a brotherhood or Hermandad who takes care of the adornment, maintenance and decoration of the religious statue used in the processions. Of course, these statues are wonderfully decorated with flowers."

Across Spain, Easter is celebrated in different ways. From glamorous to sober, different cities know a different way of celebrating Easter.

"Here in Barcelona, my birthplace, Easter is not being celebrated in the traditional way anymore.

The Southern part of Spain is still very strict, so these processions with the floral beauty are organised widely. Seville is famous for its most traditional Santa Semana."

Arrangements and choice of flowers

Flowers play an important part in the decoration of the statues. Often the plateau these religious depictions are carried on is filled with flowers, creating a carpet with one



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type of flower with only one colour. Most of the time, classic shapes are used for decorations, such as carpets or rounded-off rectangles, and the customary colours belonging to the statue.

Jesus is usually adorned with red flowers as a symbol of blood but is often decorated with blue irises as well. Virgin Mary or Esperanza Macarena is shown with white, cream and sometimes soft pink flowers symbolising purity.

The classic choice of flowers often falls on roses and carnations, but Freesia is now also widely used. In the less traditional towns, other flowers are also used. Unfortunately, tradition often doesn't leave a lot of space for creative freedom, but the results and processions are beautiful nonetheless.

The modern way

In modern parts of the country, the traditional Santa Semana with its daily processions is celebrated by some people. Apart from the processions, there are no other traditions regarding Easter in Spain. "People in Spain normally don't decorate their home, especially for Easter. However, Easter coincides with the awakening of spring so it is normal to find all kind of bulbs in the flower shops and in people's homes."

Similarly to the Netherlands, the Easter period for non-religious people means they have some time off and they will plan trips. No matter how you celebrate it, it is a time in which all of us embrace life, light and the change of season.

Text: FlowerPower





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Arenas Fantastic property!
 Fantastic country villa 4 beds, 3 baths (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: 398.000 euros
 ref: t1526 EPC: In progress



Torre del Mar New build!
 New development of 6 apartments (84m² - 120m²) in central location. 2/3 beds, 2 baths, GF with pool. Close to all town amenities and the beach. Benefits from parking space and storage room.
Price: 289.950 euros
 ref: v1555 EPC: C/B



Online video

Cómpeta New this month!
 Delightful 2 beds, 1 bath (116m²) finca style property, lounge/dining with separate modern kitchen, great terrace areas, swimming pool, easy access and parking.
Price: 229,000 euros
 ref: v1562 EPC: In progress



Sedella Rustic property!
 Spacious bright countryside villa (165m²) 3 beds, 2 baths, separate living, kitchen/dining, private pool terrace with sea, mountain and village views, 2 stables, 2 additional plots of land, potential for horse-riding business.
Price: 433,000 euros
 ref: v1515 EPC: In progress



Cómpeta Great price!
 Unique rustic townhouse (185m²) 4 en-suite bedrooms, 3 of which can be independent to the main living area. Option to convert to B & B. Lovely roof terrace with village views.
Price: 159,500 euros
 ref: v1542 EPC: In progress



Online video

Cómpeta Price reduced!
 Fantastic & successful licenced B & B (296m²) with 8 letting rooms and independent apartment, beautiful communal sitting area with bar, roof terrace with sea and countryside views, central location and access by car.
Price: 405,000 euros
 ref: t1382 EPC: In progress

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

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VSR2189 TORROX/CÓMPETA
Cortijo, 80m2 on a plot of 2,355m2, 1 bedroom, office, large private terrace, private pool, easy access, NO DAFO certificate. offers towards **Price:- €229,000**



VSR4109 CENTRE OF NERJA

Price:- €280.000

Apartment that is currently two bedrooms and two offices but can be easily converted in to a four bedroom apartment.

There are also two bathrooms and a private patio.

The apartment is close to the Balcon de Europa and has lots of potential.

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The Costa Animal Society...

Holly

Holly and Star were rescued as young pups on Christmas Day a couple of years ago, when they were found by a Swedish holidaymaker who was taking a walk along the Rio Chillar in Nerja. The Costa Animal Society (CAS) was contacted for help by the Swedish lady on Boxing Day stating she would only be in town for a week and she did not know what to do with the pups. A foster home is difficult to find at normal times and with it being the holidays the local kennels were full with private customers but after a reshuffle of the schedule emergency accommodations were secured on a temporary basis. However, after the Christmas season passed and things quietened down it was decided that Holly and Star would be able to stay at the kennels on a permanent basis until new homes could be found. Holly was about 3-4 months old and she has an outgoing yet sweet personality so everyone thought she would be rehomed

fairly quickly but perhaps because of her rugged good looks, or with her being mislabelled as a Mastiff cross, she has been passed over for smaller and cuter dogs. Now that Holly is fully grown her breed has been re-evaluated and CAS now thinks she is a large version of a Teckle/Dachshund as she has relatively short legs. Holly is slightly more muscular than her sister and is a bit darker in colour. She has been spayed, is in very good health and is fully vaccinated.



Star

At the time, Star was about 3-4 months old and she has a gregarious and friendly personality so CAS thought she had a good chance to find a new home. However, possibly because of her appearance or because she was initially determined to be a larger breed, Star has been passed over all year for smaller and cuter dogs.

Now that she is an adult, it is clear that Star is more of a Teckle/Dachshund as she has relatively short legs. Star is a bit smaller than her sister but has a more determined nature. She has been spayed, is in very good health and is fully vaccinated.

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



Holly and Star

If you would like to meet Duke or any of our rescue dogs, please contact Seacrest Kennels on 711 028 847 or 646 613 885, or email us on costaanimalsociety@gmail.com

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

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



AXARQUIA ANIMAL RESCUE



Nancy and Oscar

Oscar and Nancy - We just wanted to remind you we are still waiting to be offered either a foster or forever home. We are brother & sister, Oscar & Nancy. We were born 5th October 2017 so we are now 7 years old. We are the happiest dogs you could ever meet. We have had 2 permanent homes within the same family, but because of family breakdowns we lost those homes and now we are living in kennels. All we want is a home with people who will love us and keep us safe and throw a ball for us to play. We want to stay together as we have never been apart and we get on so well with each other. We love to run and play ball. We are free of Leish and other Mediterranean diseases. We are simply happy healthy dogs. If you can offer us a loving home or want more information please contact AAR at:- axarquia-rescue@hotmail.com

Fostering

**Here at AAR we are crying out for fosterers.
Could that be you?**

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

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

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

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

[https://](https://www.teaming.netaxarquiaanimalrescue)

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Axarquia Animal Rescue

You may remember Benny's story from last month, after many vet visits, and treatment, Benny is now ready for a loving home of his own. Benny is a handsome, 11- year old mastin / labrador cross who is looking for his forever home. Benny is currently in a foster home and lives with other dogs and cats. He is friendly, easy going and has a loving nature. As a senior dog, Benny would prefer a single-storey home with some outside space as he likes to spend time both in and out of the house, relaxing. Due to previous neglect, he is partially deaf but can hear loud or high noises, so his recall is based on visual cues. Speaking of training, he is good on the lead, enjoys walks and is food motivated so you can teach an old dog new tricks!

It's time to give Benny the loving home he has not had for all his life, it's never too late for more information, please contact Emma at axarquia-rescue@hotmail.com



AAR 2789 - Goldie

A lovely special girl, approximately 3.5 years old. Sadly part of her nose was shot away by hunters a year or so ago and this was left untreated. Due to the death of her owner, she has just come into our care and started vet treatment. Her nose doesn't bother her at all, she eats and drinks well, but is slower than most other dogs. Slightly underweight at 22.5 kg, but now she is in a loving foster home, she will soon put weight on and learn to live in a house. Goldie is good with other dogs, and just loves people. Please contact us at axarquia-rescue@hotmail.com for more details and photos.



healing nicely. Her pups, 5 female and 2 male, are all doing extremely well, they all feed well and are gaining weight. For now Willow is kept very busy caring for her pups but once her mummy duties are complete Willow will be neutered then she and all her pups will be looking for forever homes. You can see more up to date photos and information on our website at www.axarquiaanimalrescue.com, or our facebook group AAR Axarquia Animal Rescue.

AAR 2604 - Ziggy

Ziggy is a 3 year old mixed breed dog. He is a big boy weighing 36kg. Ziggy is a deaf dog, it doesn't bother him at all, it is all he has ever known. He gets on well with other dogs but he doesn't like cats and will chase them. He loves humans and would make a loyal loving addition to the family. Due to his size and deafness we recommend a home without young children. Ziggy really needs a country home as he doesn't cope very well in built up areas, there is simply too much going on for him. His foster family have taught him a few signs and he responds well. He has beautiful eyes of different colours but his vision is perfect. He needs a local forever home in Southern Spain. His forever home is out there somewhere, could it be with you?



AAR 2780 - Willow and her 7 pups.

Willow was recently rescued from an outdoor life after the death of her owner. She gave birth to 7 pups on the 18th February and is proving to be a great mum. She has moved to a foster home where she is receiving lots of love, good food and is now safe and warm. When rescued she had an injury to her side but that is now



AAR 2776 - Annie & AAR 2777 - Scout

Annie and Scout are cute, fun-loving 10-week Podenco puppies, cinnamon and white coloured. They are healthy, happy and thriving in their foster home with the resident dogs and humans. Expected to be small /medium when full grown.

They have started their vaccinations, and are just the best entertainment.





Axarquia Animal Rescue

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DO I NEED A DOG TRAINER?

By Karen Wallace

Some dogs are more receptive to training than others! It's always advisable to do your research before adopting a new dog into your home, especially if you are a first time dog owner. Some dog breeds are eager to please so are easier to train, whereas others may need a little more time!

Some dog owners may be reluctant to enlist the help of a Dog Trainer, but we need to remember that living in a human world comes with its own pressures for a dog. Training helps them to understand our expectations, learn social skills, and live happily in a home environment.

What do trainers do?

A trainer can help you develop the skills and techniques you need to help your dog handle many situations through positive reinforcement, reward-based training and help you to understand and get to know your dog even better. Before starting on a training regime, a good trainer will also inquire about your puppy/dog's general health, and if you are having any specific issues you wish to address.

Skills that you can expect to learn:

- Teaching your dog how to socialise with other dogs.
- Teaching cues such as 'sit' and 'recall'.
- Ways to keep your dog physically and mentally stimulated like scent work, chase and fetch, and agility games.

House training and general good doggie manners, like walking on a loose lead

You will also learn:

- How to better understand and communicate with your dog
- How to overcome a block in their training
- How and when to reward your dog

Taking your dog to training classes does not mean that you are unable to train your dog, but you will receive help and advice about the methods you should adopt to get the best possible results. Classes normally take place over a number of weeks, allowing you and your dog to practise these new skills at home in between visits and fit them into your daily routine.

It's not just puppies who should go to training classes; like humans, dogs



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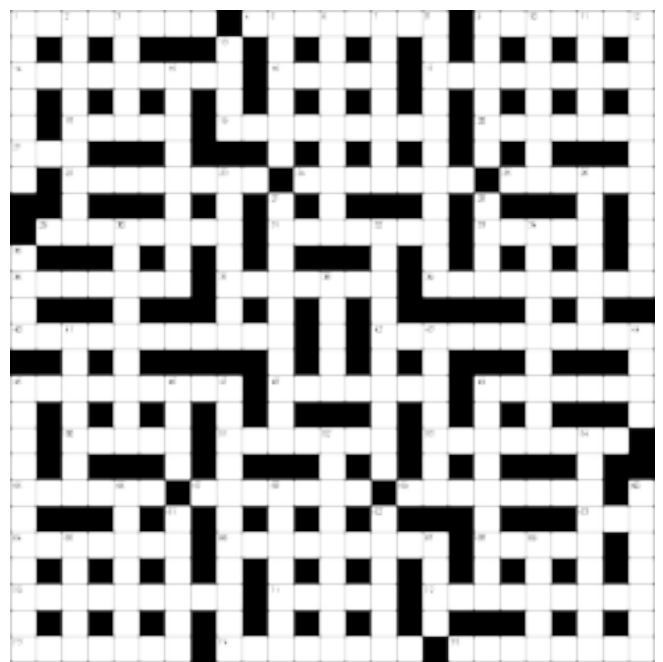
Across

1. Pitiless (8)
4. Slope (8)
9. Cure-all (7)
14. Rabid (9)
16. Greek letter (5)
17. Small openings (9)
18. Choose (5)
19. Obstructions (9)
20. Brother or sister (7)
21. Atmosphere (3)
22. Insinuation (8)
24. Small fry (7)
25. Type of hat (6)
29. Announces (8)
31. Lackadaisical (7)
33. Desert plants (5)
36. Unfathomable (7)
37. Mundane (7)
39. Measure of size (9)
40. Improvement (11)
42. Subdivided (11)
45. Heedful (9)
48. Fruit (7)
49. Large rock (7)
50. Throw out (5)
51. Ordinary (7)
53. Teeth (8)
55. Light beams (6)
57. Accumulate (7)
59. Astonishes (8)
63. Hearing organ (3)
64. Obtain (7)

66. Eggplant (9)
68. Become liable to (5)
70. End (9)
71. Scottish landowner (5)
72. Sapient (9)
73. Hates (7)
74. Longing (8)
75. Postponed (8)

Down

1. Declination (7)
2. Variety of mandarin orange (9)
3. Svelte (5)
5. Root vegetable (6)
6. Breed of dog (9)
7. Empowered (7)
8. Surpassed (11)
9. Gratify (6)
10. Illustrious (7)
11. Welsh canine (5)
12. Tryst (11)
13. Singing voice (4)
15. Large church building (9)
23. Merit (7)
26. Sentiment (7)
27. Exemplify (10)
28. Fraudulent scheme (4)
30. Light (9)
32. Unforeseen (10)
34. Goes on (9)
35. Nemesis (4)
38. Deduct (5)



41. Milliners (7)
43. Keeps back (7)
44. Arrow (4)
45. Increased speed (11)
46. Scintilla (4)
47. Intricately (11)
49. Waving (9)
52. Musical instrument (9)
54. Artificial lake (9)
56. Dried grapes (7)
58. Herbaceous plant (7)
60. Lauded (7)
61. Part of a flower (6)
62. Concealed (6)
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67. Direction (4)



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SCAN ME



French Onion Soup

French Spring Soup

Serves:- 10

Ingredients:-

¼ cup butter
1 pound leeks, chopped
1 onion, chopped
2 quarts water
3 large potatoes, chopped
2 large carrots, chopped
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
⅓ cup uncooked long-grain white rice
4 tsp salt
½ pound fresh spinach
1 cup heavy cream

Preparation:-

Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.

Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and

rice are tender.

Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.



Pesto Tortellini Salad

Pesto Tortellini Salad

Serves:- 6

Ingredients:-

1 (9 ounce) package cheese tortellini
1 small red bell pepper, julienned
¾ cup broccoli florets, blanched
⅓ cup shredded carrots
⅓ cup pitted green olives
1 clove garlic, chopped
½ cup mayonnaise
¼ cup prepared basil pesto
¼ cup milk
2 tbsp grated Parmesan cheese
1 tbsp olive oil
1 tbsp distilled white vinegar
1 bunch fresh spinach leaves

Preparation:-

Bring a large pot of lightly salted water to a boil. Place tortellini in the pot and cook until al dente, 7 to 8 minutes. Drain and cool.

Mix cooked tortellini, bell pepper, broccoli, carrots, olives, and garlic in a large bowl. Whisk mayonnaise, pesto, milk, Parmesan cheese, oil, and vinegar together in a separate bowl. Pour over tortellini and vegetables and gently toss to coat.

For best flavour results, cover and place in the refrigerator until chilled. Serve over spinach leaves.



Banana Bread

Banana Bread

Serves:- 12

Ingredients:-

3 cups sugar
1 cup margarine, softened
1 tsp vanilla extract
4 eggs
3 ½ cups all-purpose flour
2 tsp baking soda
¼ tsp salt

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1 cup buttermilk
6 very ripe bananas, mashed

Preparation:-

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch baking pan. In a large bowl, cream together the sugar and margarine until light and fluffy. Stir in the eggs one at a time, beating well with each addition, then stir in the vanilla.

In a large bowl, sift together flour, baking soda and salt. Blend this mixture into the egg mixture, alternately with the buttermilk; stir just to combine. Fold in the mashed bananas; mixing just enough to evenly combine. Pour batter into prepared pan.

Bake in preheated oven until a toothpick inserted into centre of the loaf comes out clean, about 60 minutes.



Roasted Potatoes and Onions

Roasted Potatoes and Onions - Easy and Delicious

Serves:- 6

Ingredients:-

2 pounds potatoes, sliced into 1/2-inch-thick pieces
1 onion, halved and each half cut into quarters
1/2 cup canola oil
1/2 cup olive oil
4 cloves garlic, chopped
1 envelope onion soup mix
1 tbsp chopped fresh rosemary, or more to taste
1 tbsp freshly ground black pepper

Preparation:-

Preheat the oven to 450 degrees F (230 degrees C). Combine potatoes and onion in a roasting pan; cover with canola oil and olive oil. Add garlic, onion soup mix, rosemary, and black pepper; stir until potatoes and onion are evenly coated. Cover roasting pan with aluminium foil. Roast in the preheated oven for 25 minutes. Remove foil and continue to roast until potatoes and onion are browned and edges are crispy, 15 to 30 minutes. Serve hot and enjoy!



Spring Vegetable Lasagne

Spring vegetable lasagne

Serves:- 4

Ingredients:-

30g butter

1/4 cup plain flour
1/2 cups milk
1 bunch asparagus, trimmed, thickly sliced
2 zucchini, cut into ribbons
2 green onions, trimmed, cut into 8cm lengths
1 bunch English spinach, trimmed
10 dried instant lasagne sheets
1 cup frozen peas
250g fresh ricotta
2 roma tomatoes, thinly sliced
2/3 cup chopped fresh basil leaves
1 cup grated pizza cheese
Extra basil leaves, to serve

Preparation:-

Preheat oven to 200°C/180°C fan-forced. Melt butter in small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, 3 minutes or until sauce boils and thickens. Remove from heat. Season with salt and pepper. Bring a medium saucepan of salted water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with slotted spoon. Drain on paper towel. Add spinach to pan. Cook for 1 minute or until wilted. Remove with slotted spoon. Squeeze out excess moisture when cool enough to handle. Roughly chop. Cover the base of a 20cm x 28cm (8 cup- capacity) ovenproof dish with 2/3 cup white sauce. Layer 1/4 lasagne sheets trimming to fit. Layer asparagus mixture, peas and 1/3 ricotta. Top with 1/3 of remaining lasagne sheets, 1/2 spinach, and 1/2 remaining ricotta. Repeat. Top with remaining lasagne sheets and remaining white sauce. Arrange tomato and basil leaves on top. Sprinkle with cheese.. Bake for 45 minutes or until golden and pasta is tender. Serve with extra basil leaves.



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Can I Treat my Insomnia with Acupuncture



Part 2

What are the benefits of Acupuncture for Insomnia?

Acupuncture is an ancient technique and is considered one of the most effective alternative therapies. Acupuncture treatments are totally painless, because the needle is very fine and elastic and it will only be applied under the skin. The only thing that the patient will notice at the time of inserting the needle is a sensation of a small pinch, which will disappear as soon as the needle is in place. The needles used to perform this or any other Acupuncture treatment are totally sterile and disposable needles. It is important to point out or indicate that acupuncture treatment does not

have any side effects on health, unlike drug treatments that most do have side effects. The efficiency of Acupuncture on a large number of diseases is more than verified, since its objective is to restore or restore the flow of energy and this for example can help us in this case, to achieve a great improvement for the treatment of insomnia.

This is because with the acupuncture treatment we will achieve:

- 1.- Increase blood flow.
- 2.- Regulate or balance the Nervous System.
- 3.- We are going to help the production of a very important hormone to promote sleep, this hormone is Melatonin.



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What is the mechanism of action of Acupuncture on Insomnia?

Previously we have listed only three points of how acupuncture works, but below we will develop more deeply how acupuncture intervenes in the treatment of insomnia.

➤ The effect that the needles will have will be to act on the nerve fibers that will block the sympathetic system at the spinal level.
➤ Acupuncture is known to positively influence the chemical activity of the brain and this is achieved through the release of:

- Some substances that will stimulate or inhibit nerve impulses. These substances are known by the name of Neurotransmitters.
- Some substances that will act on the activity of an organ in our body. These substances are known by the name of Neuro-hormones.

➤ At the base of our skull we have a gland that is the Pituitary and there is also the Hypothalamus. With Acupuncture what we are going to achieve is to stimulate both the Pituitary Gland and the Hypothalamus. It is known that the Hypothalamus is in charge of activating and controlling a part of our Nervous System and also has the function of controlling the Endocrine System and certain bodily functions. Among these functions are the regulation of temperature, appetite and of course sleep.

➤ Acupuncture will regulate or balance the release of hormones that will act on sleep. These hormones are:

- Endorphins
- Serotonin
- Norepinephrine
- Cortisol
- Acetylcholine
- Melatonin
- Nitric oxide
- Substance P

➤ Another mechanism of action of Acupuncture on insomnia is the stimulation of molecules that will regulate stress among many other things. These molecules are known by the name of Endogenous Opiates.

What points does Acupuncture use to treat Insomnia?

As we have commented previously, the objective of Acupuncture is to regulate the flow of energy, using fine, sterile, disposable and painless needles as a working tool. For the Acupuncture treatment to be totally effective we have to take into account several factors:

- 1.- We must do a good, in-depth study of all the symptoms that the patient presents.
- 2.- Once all the symptoms have been correctly identified, with this what we are going to do is make a good diagnosis.
- 3.- If these two previous points have been carried out very exhaustively, it will lead us to a correct and successful treatment. In this case of insomnia, a part of the treatment will be focused on mitigating or softening stress, as well as balancing or restoring energy.
- 4.- A factor that is also important and that should not be left to free will, is choosing a good professional to perform the treatment for us. This will greatly influence the skill or expertise of the acupuncturist in inserting the needle, the in-depth knowledge of human anatomy and the exact



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points where the treatment should be applied.

Energy points

It is important to indicate that all treatments must be totally personalized, since each patient may have the same symptoms, which in this case is insomnia, but may present different alterations in the background. We have previously commented that, due to insomnia, energy imbalances were presented in different organs of our body. These organs that were decompensated were Heart (C), Kidney (R), Liver (H), Stomach (E), Spleen (B) and Lung (P). Well, the treatment that we must carry out must be directed towards these six organs. We know that Traditional Chinese Medicine (TCM) says that the human being is all energy and that this energy circulates throughout our body, through channels called Meridians. We can say that Meridians are like the blood vessels through which blood circulates.

Sessions:

Finally, it only remains to highlight that with Acupuncture excellent results are obtained for insomnia problems. But for this, at least five sessions are needed, to be able to observe the first symptoms of improvement. With a total of ten sessions to achieve all the energy rebalancing. But as we have commented previously, all treatments must be personalized and this number of sessions are only indicative.

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The Vital Role of Iron for Women's Health: Beyond Anemia

Iron, often associated with its role in preventing anemia, plays a far more crucial role in women's health than one might imagine. Beyond its contribution to red blood cell production, iron has been linked to various aspects of wellness, from combating fatigue and hair thinning to alleviating symptoms of restless leg syndrome (RLS). Recent studies have shed light on the importance of maintaining adequate iron levels, especially for nonanemic women with specific ferritin level thresholds.

Iron Deficiency: A Global and Local Challenge:

Iron deficiency isn't just a minor concern; it's the most common mineral deficiency worldwide, impacting approximately 20% of the global population. Iron deficiency anemia alone affects this large portion of the world. However, iron deficiency without anemia is even more widespread, indicating an urgent health issue. This challenge is certainly relevant to Australia. The World Health Organization (WHO) estimates that in the land Down Under, 8% of preschool children, 12% of pregnant women, and 15% of non-pregnant women of reproductive age grapple with anemia, with iron deficiency serving as the major culprit.

Taking a Closer Look at Fatigue:

We've all experienced tiredness at some point, but persistent fatigue can have a substantial impact on a woman's daily life. A recent case study highlights the story of a 45-year-old woman who struggled with fatigue for six months. Despite normal hemoglobin levels, her ferritin level was found to be as low as 35 mcg/mL,



suggesting a possible iron deficiency. Studies like those by Verdon and colleagues emphasize the potential benefits of iron treatment for nonanemic women with ferritin levels below 50 mcg/L. Their research found that those who received iron experienced a significant reduction in fatigue scores, emphasizing the importance of maintaining optimal iron levels.

Unlocking the Connection with Hair Thinning:

Hair thinning can be distressing for many women. Surprisingly, iron deficiency may contribute to this concern. While research linking low ferritin levels to hair loss is established, the effectiveness of iron treatment has been debated. A study by Hard et al. uncovered that among women with diffuse hair loss, 19% had iron deficiency without anemia. Strikingly, all patients who received iron treatment experienced hair regrowth. A ferritin goal exceeding 40 mcg/L is recommended to

address hair thinning effectively. This underscores the need for women with ferritin levels below 50 mcg/L to consider iron therapy as a possible solution.

Easing Restless Leg Syndrome (RLS):

Restless leg syndrome, characterized by an irresistible urge to move the legs, can be disruptive to sleep and overall well-being. Surprisingly, iron deficiency has been identified as a trigger for RLS. Allen and colleagues have proposed clinical practice guidelines suggesting ferric carboxymaltose as an effective treatment for moderate to severe RLS in individuals with serum ferritin levels below 300 mcg/L. Additionally, oral iron supplementation might be beneficial for those with ferritin levels less than 75 mcg/L. The significance of iron in managing RLS cannot be underestimated, emphasizing the holistic impact of maintaining proper iron levels.

Continued on page 38

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The significance of iron for women's health goes beyond its role in preventing anemia. Research has shown that iron deficiency, even in the absence of anemia, can contribute to fatigue, hair thinning, and restless leg syndrome. Addressing these issues requires understanding the specific ferritin level thresholds: a ferritin level below 50 mcg/L for fatigue and hair thinning, and a ferritin level below 75 mcg/L for restless leg syndrome. By recognizing and acting upon the importance of maintaining optimal iron levels, women can enhance their overall well-being and quality of life. Iron is truly a crucial element that should not be overlooked.



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 - : Feeling of worthlessness and guilt
- : Thoughts of self harm and even death.

It is important to talk to your doctor and to check that the cause isn't a physical one; eg. Vitamin deficiency or thyroid disorder.

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History of Málaga

Situated in a "basin" and surrounded by mountains, Malaga's history has been difficult due to the communication problems it has with the inland areas as its only connection with other peoples was by sea (until the road communications were finished). The presence of Africa just next door has always led to Malaga being a meeting place for all kinds of cultures, which also led to it being active on a commercial level with many countries through its port.

The first people to step on the shores of Malaga were the Phoenicians who, not only began a process of civilisation of the many indigenous peoples in the area through trade, the use of their currency, and alphabet, but they also improved the agricultural industries in the zone at the same time as they introduced iron-working and precious stone industries, and remodelled the fishing practices of the locals. They founded Malaka, which was then situated at the foot of the Gibralfaro hill on the site of the present day Alcazaba. During the time Cartamo reigned in the Mediterranean, Malaga experimented considerable growth as far as defence structures were concerned and its port also became much more widely known.

Later on the Greeks would arrive on the scene followed by the Romans, who were responsible for the building of the most of the current urban centre of the city and the highway between Seville and Granada. With the arrival of the Romans Malaga began to be called, Malaca, although there were few changes made to the city itself except the adding of several public buildings. Historians calculate that the Roman settlement would have housed some 3000 people and have been some 6000 square metres big. The Roman city was protected from attacks by the city wall and there were passageways that linked it with the Phoenician wall. The temple and the theatre etc must have been situated on the hillside where the Alcazaba is today which would have been part of a series of stepped terraces carved out of the side of the Gibralfaro hillside. The whole area was obviously very important, something that is evidenced by the large number of archaeological sites that have been discovered. The most outstanding of them all is undoubtedly, the Roman Theatre, which was uncovered in 1951.

After three centuries of Roman occupation and another three during the Visigoths and Germanic periods, it was the turn of the Islamic invasion of the Iberian peninsula, and along with it, Malaga. During the period of Arabic rule occupation the city experienced some of its best moments, above all from a trading point of view as it became one of the most important trading ports of the whole empire. However, this long period of prosperity came to an end with the fighting began for the conquest of the Kingdom of Granada. The territorial and demographic organisation of the land that supposedly belonged to the city of Malaga was carried out in the Nasrid period. The amount of agricultural produce for sale is so great at that time that they started to export olive oil, raisins, figs,

almonds, and silk, which were all passed through the port by the Italians, above all by the merchants from Genoa who set up important departments in the city. They were also in charge of most of the trading that went on in the North-eastern part of Europe at the time. Such was their strength in the area that they were allowed to build the Castil de Genoveses, which was a part of the urban centre of the city up until the beginning of the 17th century.

The Malaga of the Nasrid period had a urban city centre very much in line with the Islamic concept of a city. There was the heart of the city (The Medina), a fortress that was linked to the residence of those in power at the time (The Alcazaba Castle Gibralfaro complex), and the areas outside the walled city that were in expansion (los "arrabales"). Therefore, the Medina, which is the ancient historic quarter of the modern day city, was where the main religious, commercial and military matters were treated. However, it was in the Alcazaba-Castillo de Gibralfaro complex, which is in an excellent state of repair nowadays and visited by tourists, where the persons in power resided. The Alcazaba, an enclosed, private fortress, is finished off by the castle on the top of the hill and the several "corachas" which were fortified walls that were built at tangents off the main fortress. As for the "arrabales", historians point out that there were two; the one named the Fontanella, which went from the Puerta de Antequera up to the Puerta de Granada; and the second from the Tratantes de Paja. This way they dominated the horizon and created the Islamic Al-Idrisi suburbs which stretched out to the west of the Guadalmedina, to make up the Perchel and Trinidad neighbourhoods.

Málaga was included into the Kingdom of Castille in 1487 after a long siege that forced its surrender as people were dying of hunger. From this moment on the city underwent some important changes, especially in the way its urban centre developed. The Christian leaders maintained the Arab layout in general, but they did set about reorganising the city in accordance with their customs and needs. It was in the new, undeveloped zones that the difference between the Arabic style and the Christian style was to be most seen. All the mosques were changed for Christian churches, while a lot of new religious buildings were built, especially convents. The most worthy of mention are the ones that were built outside the city walls on the sides of some of the historic highways (The Granada highway, The Antequera highway, The Casabermeja highway...). These convents are called La Victoria, de la Trinidad, de Capuchinos, de San Andrés and Santo Domingo, and, today, as is obvious, they are all within the Malaga city limits. The most important work that was undertaken within the walled city was the inauguration of Calle Nueva, which was completed in 1491 in order to connect the Plaza Mayor (today the Plaza de la Constitucion) with the port area provide a quick exit for the traffic created by the activity around the harbour.

After this short parenthesis this city experienced another period of economic growth provoked by the impetus of the animal farming and agricultural sectors. The incorporation of different cereal crops as well as wines from the vineyards in the area were the most important in the agricultural sector. This new activation of the commercial activity attracted a large number of foreigners to Malaga in the 18th century and eventually they made up five percent of the total population. Both in the 17th and the 18th centuries the parts of the city called the Perchel and the Trinidad were both used as experiments for new kinds of buildings called "corralones", which were houses organised around a central courtyard. There are still some

that are inhabited today.

The city underwent considerable urban growth in the 18th century and some very important public works were conducted. This urban expansion was due to the incredible population explosion which took Malaga to almost 50.000 inhabitants in 1789. However, the growth was also brought on by the agricultural and commercial boom, the ideological changes, the newly created institutions (Consulado Marítimo y Terreste or La Sociedad Económica de Amigos del País), the loss of the traditionally upheld work categories in favour of a wider accepting commercial market which favoured the "middle class masses".... All of these factors led to important urban changes and it also meant the military-orientated society began to become more and more secular (the defence wall was even destroyed in parts to allow for commerce). The convents were considered as important and some important public works were carried out (La Aduana and El Salon de la Alameda) highways were built and the port was expanded, etc.

From a political and administrative standpoint, Malaga exists since 1833. And it was during the 19th century that it became an important city due to the rapid industrialisation that it was exposed to. So much so that it became the second most important province of Spain behind Barcelona. This process was led by a few families like the Loring, the Larios and the Heredias, who set up the control of the local business class. But they not only revitalised the growth of industry, but they also promoted the much needed associated entities such as the: Málaga to Córdoba train, the Banco de Málaga, Insurance companies, etc. The immediate results of this growth were seen in construction of factories, warehouses, the train station and the kilometres of track (finished in 1865), the docks of the port, which were expanded again in 1865, and the birth of the first working class neighbourhoods on the western side of the city like; Huelin, El Bulto and La Pelusa.

However, an economic crisis hit at the end of the 19th century which was to ruin Malaga's growth period and destroy industry and almost bankrupt its economy. Recovery was not felt until well into the 60's of the last century when the industrialised past gave way to a sharp demographic growth united with a rapid construction boom. Málaga's population grew from 90.000 in 1870 to more than 134.000 in 1887. This period coincided with the sale of the church's properties, which went on from 1835 onwards at the same time as the urban renovation and reform were going on. The sale of Church lands was especially influential in Malaga as there were so many religious buildings in the city. Convents such as; San Bernardo, Santa Clara, el Angel, el de Santa María de la Paz, el de las Capuchinas and la Merced were all destroyed, which changed the urban horizon quite a lot. Some public and civil buildings were constructed in their place such as; Atarazanas or en la Alhóndiga. Perhaps the most important and relevant building project that was undertaken in those days was the Calle Larios Project, which meant the opening on this emblematic street along with the 12 blocks of buildings that lined both sides. This was all executed and financed by the Sociedad Mercantil "Hijos de M. Larios" (The sons of Mr Larios) and it was completed in a four year period. Ever since its opening, Calle Larios has been considered as one of the most successful urban developments of all of Malaga as it enhanced the original street layout substantially. The main avenue named El Parque also dates from that period and gave Malaga its first environmentally-friendly area.

However, during this period of crisis the lack of infrastructures worsened. It was not until the dictatorship led by Primo de Rivera that the whole idea of urban development of Malaga came to the fore again. It is at this time that the urban suburbs begin to take shape such as El Palo and Torremolinos, and also, the then named, "casas baratas" (cheap housing) in the Carretera de Cádiz, Camino Suárez, Trinidad. The neighbourhood known as Cuidad Jardin was the largest of the residential neighbourhoods that was built then. After the dictatorship the urban boom drops once again and with the start of the Civil War it came to a complete standstill. Once the war was over the reconstruction job included the planning and building of some huge masses of urban housing estates like Carranque, which was built in 1955 and consisted of 2161 individual flats. As for the rest of the city, there were very few other changes. The Parque Avenue was linked with the Alameda and the block known as the Marina was demolished. Some important civic buildings were erected like the Municipal Arts Centre (Casa De La Cultura, which was later demolished, and the Palacio de Justicia and the Trade Unions Headquarters.

It was at the end of the 50's in the 20th century when the Costa del Sol began its spectacular tourism boom, which gave rise to an enormous influx of emigrants and an incredible amount of construction work all along the west side of the coast. In 1960 the population was at 300.000 inhabitants, while some 15 years later in 1975 it had already grown to 410.000. At the same time as the numbers increased, the economy became more and more orientated towards the service industries. And the extremely complicated urban development that was underway began to receive criticism and there were calls for a new style of construction to be used.

Today, Malaga is a cosmopolitan city with over 545.000 and it is in a constant process of transformation and growth with a view to create open spaces that the general public can enjoy. The most important economic elements are the construction and tourism industries. It is the fifth largest city in Spain after Madrid, Barcelona, Mallorca, Gran Canarias and Tenerife. It also has an important Technological Park, which is considered as the most relevant in all of the Autonomous community as it is a promoter of all kinds of high technology business projects. It also counts on the presence of a port that sees more and more cruise ships each year. However, this rather privileged economic and strategic position has not meant that Malaga has forgotten its roots or history. Malaga is, above all, a city that is open to all. A friendly place with an exceptional climate, which nobody who visits can fail to enjoy at the same time as the locals make them feel at home.

Text: Diputación Provincial de Málaga





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Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

Hospitals

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

Church Services

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

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.
Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about an hour and half. With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".
John 14:6
Sunday Service 11.00 a.m.
Prayer Meetings Wednesdays 11.00 a.m.
Pasaje San Miguel, Nerja, 29780.
Email: info@nlcnerja.com
Website: www.nlcnerja.com
Facebook: www.facebook.com/nlcnerja

Lux Mundi centre, Torre del Mar -

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

The Anglican Church of St. George, Málaga

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

Evangelical Church, Torre del Mar

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



NEWS & What's ON

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

LUX MUNDI, TORRE DEL MAR APRIL ETC. COMING EVENTS & EXCURSION

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

Every Monday - AA (Alcoholics Anonymous) English group. Time 19.00 to 20:30.

Wednesday and Friday. Spanish practice group (limited numbers per group). Time 10.00 to 13.00.

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

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, autumn and winter clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 to 13.00.

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

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

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

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

Every Saturday - Catholic Mass in English in the Lux Mundi Centre. Time 16.00.

Monday 14th to Sunday 20th April. Easter the Centre will be open only for religious services.

Monday 14th April - Club. This is a New Venture and all are welcome to come to the Centre, make new friends, have a chat and maybe play a few board or card games and suggest new ideas for small excursions etc... Time 11.00.

Monday 14th April - Lux Mundi Friends monthly lunch. Restaurant Alpuja, Avenida Torre Torre. Time 13.30 for 14.00.

Tuesday 22nd April - British Consulate Talk. Services available for UK Citizens. Time 11.00.

Friday 25th April - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time. Time after the Mass

COMING EXCURSION.

Thursday May 15th visit Ubrique with its leather museum.

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.

March

Tuesday 4th - Trip to Gib €22pp

Friday 21st - Trip to IKEA and Guzmans Garden Centre €20

For information call Gail on 951067723/626370695 (Whatsapp) email phoenixsocialclub@yahoo.co.uk check out our FB page.

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



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

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

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653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

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

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

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

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

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

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

41 Club Nerja

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

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers.
Coraxalia, based in Vélez-Málaga 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. Rodríguez Acosta, Edif. Tucuman (opposite Cafe Trebol), Nerja.
Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...
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Ref:- PS-2024-056



CENTRAL NERJA

Beautiful semi furnished apartment for sale in the centre of Nerja, close to the Balcon de Eurpoa and Plaza España.

Comprising of 3 bedrooms (master bedroom has a south facing terrace), 2 bathrooms, a fully equipped kitchen with a private patio of 8m² and a spacious living-dining room with a balcony. A/C, double glazing and shutters.

Living area of 93m² and constructed area 105m².

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TORROX

REF: 7788

EXCLUSIVE: Charming & private country villa a short drive from Torrox village and the coast with 3 beds, 2 baths, lounge, garage/storage, patio, mature garden, pergola, A/C, ceiling fans, panoramic mountain views.

Built: 195 m² Plot: 5.362 m² EPC: In progress

PRICE: €425.000



TORRE DEL MAR

REF: 7874

Renovated semi-detached house 5 min. to the beach, divided into 2 living accommodations and distributed over 3 floors: 4 beds, 3 baths, 2 living/dining-rooms, 2 kitchens, patio, walk-in closet, Central heating and A/C throughout.

Built: 279 m²

EPC: In Progress

PRICE: €395.000

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ÁRCHEZ

REF: 7472

REDUCED PRICE: Fabulous rustic style country house 10 minutes drive from Árchéz and 40 min. from the coast: 3 beds, 1 bath, separate kitchen, covered terrace, attic storage space, Mountain views.

Built: 90 m² Plot: 6.500m² EPC: In progress

PRICE: €185.000



ALMUÑECAR

REF: 7692

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

Built: 70 m² Plot: 9.249 m² EPC: In progress

PRICE: €199.000

29754 Cómputa

Plaza Almijara, 21

Tel.: +34 952 51 61 78

29770 Torrox

Calle Elisa Ortigosa, 7

Tel.: +34 952 53 91 25

