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Number 326

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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**



Beautiful townhouse in Capistrano Village. Divided into 2 floors. Ground floor:- living room-kitchen with access to the large garden. Upper floor:- 2 bedrooms and a bathroom. The master bedroom has a large balcony with beautiful views. South facing and communal swimming pool.

**Price: €320.000**

**Ref: NV.002**



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,, wood burning 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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## Country Property of the month

**Frigiliana:**

**Price: €495.000**

**NCP014**



An amazing country property featuring a spacious pool area and breath taking views! Authentic Spanish living in this charming south facing retreat, offering ample outdoor space, large pool and a lush garden filled with a variety of fruit trees. Located 10 minutes drive from Frigiliana via a concrete road from the main highway. Comprising:- generous living area with a fireplace, inviting dining area, open plan kitchen and two bedrooms with a/c, solid wood doors, and beautiful beamed ceilings that add to the home's character. Spacious bathroom boasts a bathtub and delightful original details like artisanal tiles and elegant fixtures. Fenced yard includes a

storage room, covered parking, and a barbecue area. On the east side of the property a thriving orchard with a variety of fruit trees, including mangoes, avocados, figs, oranges, lemons, and more, along with a mature olive grove that produces around 280 litres of olive oil annually. Fully furnished, all appliances included. Stunning mountain views. Excellent internet connectivity and mobile coverage. The property also features an independent water cistern with mountain sourced water. Please note, there is no DAFO in place.



**Nerja:**

**Price: 399.000€**



- Living space: 134m<sup>2</sup>
- Bedrooms : 4
- Pool: Yes
- Garage : No
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Townhouse

**Ref.NTH042**

**Sedella:**

**Price: 695.000€**



- Living space: 655m<sup>2</sup>
- Bedrooms : 8
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 8
- Views: Mountain
- Area: Countryhouse

**Ref. CP723**

**Torrox:**

**Price: 365.000€**



- Living space: 53m<sup>2</sup>
- Bedrooms : 2
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 1
- Views: Sea views
- Area: Beach

**Ref. TTH646**

**Cómputa:**

**Price: 241.500€**



- Living space: 190m<sup>2</sup>
- Bedrooms : 4
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Townhouse

**Ref. TH930**

**Cómputa:**

**Price: 750.000€**



- Living space: 437m<sup>2</sup>
- Bedrooms : 6
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryhouse

**Ref. CP670**

**Frigiliana:**

**Price: 289.000€**



- Living space: 214m<sup>2</sup>
- Bedrooms : 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 5
- Views: Mountain
- Area: Countryhouse

**Ref. TCP149**

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## Welcome to Streetwise magazine -

This month we celebrate San Isidro (The Patron Saint of Farmers) on the 15<sup>th</sup> of May. The procession starts at the Balcon de Europa and ends at the Maro Caves, with many festivities. Also during May, Ed Sheeran plays 2 concerts in Madrid on the 30<sup>th</sup> and 31<sup>st</sup>.

For those that still love a good book, the 54<sup>th</sup> Málaga Book Fair takes place on the 11<sup>th</sup> at the Paseo del Parque, Málaga.

The International Museum Day on the 18<sup>th</sup> allows free entry into all museums in Málaga.

Also a tribute concert to Fleetwood Mac on the 17<sup>th</sup> at 8p.m. will be held in the English Cemetery.

As always enjoy this months Streetwise.



**Dawn x**



**Mayo/May 2025**  
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### **The Nerja OMAC is changing its hours to better serve its citizens.**

The Councilor for Citizen Services, Antonio López, has announced the modification of the opening hours of the Municipal Citizen Services Office (OMAC), both at its main office, located on the ground floor of Nerja Town Hall, and at the office located in Maro. The new opening hours for the OMAC in Nerja will be Monday to Friday, from 8:00 a.m. to 2:00 p.m. and from 6:00 p.m. to 8:00 p.m., with the aim of offering a more accessible service to all residents of the municipality. Maro's office will also be open to the public on Tuesdays and Thursdays, from 6:00 p.m. to 8:00 p.m.



### **Nerja celebrates the 11th Tapas Route from April 28th to May 11th**

Nerja will celebrate its 11th Tapas Route, from April 28th to May 11th, with the participation of 15 local establishments. The event was presented by the Councilor for Commerce, Antonio López, the Deputy Mayor, Ana María Muñoz, and Antonio Villasclaras, representing the Open Shopping Center. The three establishments with the most votes from the public will receive prizes in Nerja Centro tickets (€300, €150, and

€100, respectively). The first place winner will also receive three months of free sponsorship on Radio Nerja 103.3 FM and InfoNerja. The fourth and fifth place winners will also receive a diploma. On the other hand, those who complete at least 9 stamps on the passport must hand them in at the Tourist Office or at the Open Shopping Center, located in Plaza de las Cofradías. This way, they will be eligible through a raffle to enjoy a dinner for four people at the winning establishment of the route, with a limit of €150, in addition to receiving the number of litres of beer that matches their body weight.



### **Guns found in car wreckage on the Costa del Sol**

Two handguns were found in a car wreckage that were possibly used in the murder of a young British man in his 30s in Mijas. The investigators suspect that they are the weapons used in the crime and believe that there were two hooded killers.

Continued on page 10



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### Bearded vulture takes flight again in Andalucía

The vultures that only feeds on bones, is now making a strong comeback after 30 years of a pioneering programme of reintroduction supported by the Junta de Andalucía. This project has enabled its population to be revived with around 90 birds being released in the region since 2006.

### Resident arrested for assaulting Torrox Town Hall official

The Civil Guard arrested a 38 year old resident of Torrox as the alleged perpetrator of an assault on a City Council employee near his workplace in the Urban Planning Department, next to the La Almedina parking lot.

### Torrox is processing land on the coast to build a second covered pool and pavilion.

The City Council is finalizing the first phase of the new El Morche football field, following an investment of 4.6 million euros.

### Dismembered body found inside property

A man aged 46 years was arrested in Malaga for allegedly killing and dismembering a woman with an axe. Although the identity of the victim has not yet been confirmed, all the indications are that it is the arrested man's 68 year old Spanish mother.

### Swedish man identified as victim of fatal car blaze

The charred body of a Swedish 47 year old man was found inside a car that was reported burning in a tunnel on the Costa del Sol in the municipality of Benahavís.

### Car crashes into group of cyclists on main road in Spain

An incident involving a car and several cyclists in the Alicante province on Easter Sunday resulted in the death of one of the cyclists. His 14-year-old son was also injured and taken to hospital with a fractured femur. The 20-year-old driver was arrested by the Guardia Civil. He is facing charges on three counts: homicide, injury and a road safety offence.

### Cyclist found in the area of Serranía de Ronda village

Guardia Civil officers recovered the body of a young man after his bicycle plunged from a road. The local 30 year

Continued on page 12

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**Price: €215,000**

Ref: CNP48100

**PROPERTY OF  
THE MONTH**



**FLAMINGO - NERJA**

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**Price: €410,000**

Ref: CN48686



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**Price: €680,000**

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old man was discovered after several calls alerted the police to the presence of a man's lifeless body in a mountainous area.

#### Woman found dead in car boot

A man told police officers that he was carrying the body of his wife in the boot of his car. The 43 year old stopped his vehicle after seeing the Catalan regional police force. If the case is confirmed as gender violence, the woman would be the eighth fatal victim of gender violence in Spain so far this year.

#### Swimming pool chemical explosion on the Costa del Sol

A 53-year-old man was injured when a container of chlorine exploded.

The emergency services coordination centre immediately alerted the ambulance service, fire brigade, Local Police, National Police and the health and safety authorities.

#### Private care home in Malaga closed down

A private care home was forced to close by the Junta de Andalucía for displaying conditions that saw it labelled as the "residence of horrors".

As a result, the managers of La Coracha, who are planning on opening another facility in Torremolinos on the Costa del Sol, are facing legal proceedings for possible crime of damage.

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## **TORROX COSTA**

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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)

If there is something you feel you have left unfinished then get on top of it while the Sun is still moving through your sign. Come the month end there will be other demands made on your time, so get it done now or forget about it altogether.

**Luckiest day:- Thursday**

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

The Sun is in your birth sign so you must get to grips with an issue that has been on your mind a great deal of late. No matter how difficult it may be you must get past it once and for all.

**Luckiest day:- Sunday**

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

You have nothing to fear and so much to look forward to, so banish any and all negative thoughts from your mind and act as if you cannot lose, because you can't! A positive attitude is a must if you are to reach your true potential.

**Luckiest day:- Monday**

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

It may frustrate you that certain people seem incapable of making up their minds about the most simple of matters but that's just the way it is and you must find ways to deal with it. One way, of course, is to put some distance between you.

**Luckiest day:- Saturday**

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

Put your own needs first this month and do whatever it takes, short of anything illegal, of course, to move closer to your goals. Make it your aim to hit the ground running when the Sun is in the career area of your chart.

**Luckiest day:- Saturday**

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

Why are you frowning when you should be smiling? Okay, so there have been some serious issues to deal with of late but you have come through unscathed and have every right to be proud of your efforts, efforts that will soon be rewarded.

**Luckiest day:- Thursday**

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

Relationships have been a bit tense in recent months but you can honestly say that you dealt with them effectively and even made some new friends. Find ways to make those friendships work for you not just on a personal level but financially as well.

**Luckiest day:- Sunday**

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

A more positive phase begins soon but before then you need to knuckle down and complete a project that has dragged on too long. Yes, it is still worth finishing, so get serious and put some extra effort into it right now.

**Luckiest day:- Wednesday**

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

Work related matters will be much on your mind over the next month but don't let them squeeze out the fun side of life. You are feeling very creative so make the most of this time and enjoy doing stuff that makes you smile.

**Luckiest day:- Monday**

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

You are feeling your most dynamic this month and there will be no stopping you but for best results you must start picking up speed this month. The higher you aim the more momentum you are going to need.

**Luckiest day:- Friday**

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

If friends and family members try to burden you with extra responsibilities you must get tough and say "No" – and mean it. You have done more than enough for them already, so insist that they do more for themselves, starting this month.

**Luckiest day:- Tuesday**

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

Because you have such an active imagination you sometimes find it hard to tell fact from fiction and that could be a problem over the next month. Let your instincts guide you but not to the extent that you disregard logic and reason completely.

**Luckiest day:- Friday**

# Horoscopes



**Edf. Florida, Nerja**

New to the market, this fully refurbished 2 bedroom apartment offers stunning panoramic sea views from its south-facing terrace. Located within walking distance of Nerja's town center, it's part of the desirable Edf. Florida complex, with a large communal pool, gardens, and secure parking. Ideal as a full-time residence or holiday rental investment.

**Price: 350,000 euros Ref. JG1053**

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**Edf. Toboso, Nerja**

Exceptional top-floor corner apartment in Edf. Toboso, just steps from Torrecilla Beach. This bright home features a west-facing balcony with stunning sea and mountain views, an open-plan living/dining area, two double bedrooms, and two bathrooms. Ideally located near shops and restaurants, it's perfect as a holiday home or rental investment in central Nerja.

**Price: 315,000 euros Ref. JG149TPM**



**Edf. Avenida, Nerja**

This charming studio apartment, just steps from the Balcón de Europa and the beach, offers a bright, open-plan living space with a fully fitted kitchen and modern bathroom. Enjoy a south-facing balcony with sunlight throughout the day. With a tourist rental license and great rental history, it's an ideal investment or holiday retreat.

**Price: 185,000 euros Ref. JG1043**

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**Urb. Aljamar, Nerja**

Located in the sought-after Aljamar development, this townhouse is just minutes from Burriana Beach and a short drive to Nerja's village center. It offers a bright open-plan living area with a fireplace, a modern kitchen, and three double bedrooms. With sea views, terraces, double garage, and storage, it's perfect for both investment and residence.

**Price: 399,000 euros Ref. JG1052**

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**Torrox - NPSV2399** **299.000€**

Spacious, traditional Andalusian townhouse situated in one of the most picturesque streets of Torrox Pueblo, in a peaceful cul-de-sac on a flat, pedestrian street.



**EXCLUSIVE**





3 2 107 / 120 m<sup>2</sup>

**Nerja - NPSV2410** **420.000€**

Bright first-floor apartment in Edificio Cristina, just 10 minutes walk from the iconic Balcón de Europa and 200 metres from Torrecilla Beach. Private garage included.





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### Frigiliana - NPSV2379

**649.000€**

Exceptional townhouse in the heart of Frigiliana, perfectly situated on Calle Real. Meticulously refurbished with exquisite taste, this unique property effortlessly blends traditional charm with modern comforts to create the ideal family home or investment opportunity.



### Frigiliana - NPSV2400

**240.000€**

Fantastic 2-bedroom apartment in the highly sought-after Residencial La Fuente in Frigiliana.



### Frigiliana - NPSV2356

**299.000€**

Enchanting, exclusive townhouse in the heart of Frigiliana with private rooftop terrace.



### Frigiliana - NPSV2339

**375.000€**

Charming country house boasting breathtaking views of the sea and private swimming pool.



### Nerja - NPSV1715

**249.000€**

One of the nicest, bright modern apartments located in the Bahamas complex in Burriana.





## Parc Samà Historical Garden



With 14 hectares of nature, this open-air space nestled in the Baix Camp district of Tarragona, between Cambrils and Montbrió del Camp, is one of the finest examples of Romantic gardening in Spain. It was built as a summer residence for the Samà family, the Marquises of Marianao. Protected as a Site of Cultural Interest (BIC) in the Historic Garden category, Parc Samà belongs to the European Route of Historic Gardens. The architectural complex includes a small palace, a lake with suspension bridges and gardens conceived in full Romanticism,



a way of seeing the world where feelings prevail over reason. Romantic gardens were designed with the premise of breaking with the rigidity and structuring of the French garden and returning to nature, often demonstrating an excessive desire for the wild and the exotic.

The park offers different spaces where you can admire and interact with lush vegetation and a constantly growing zoological collection: fallow deer, peacocks, macaws, pheasants, ducks, turtles, hedgehogs, etc. A space with different facilities that aims to serve as a source of inspiration, learning, and a place for positive social change.

Salvador Samà i Torrents was a man ahead of his time, interested in the artistic, political, and social movements of his near and far surroundings. Open-minded, cosmopolitan, and committed, he was obsessed with aesthetics and the well-being that beauty brings. He recaptured the exotic flavour of life in his ancestors' colonies, found beauty in the asymmetrical harmony of Romanticism, and embraced the prevailing Catalan modernism. The park blends adventures, travels, and pieces brought from Cuba, England, France, and China with anecdotes of determination and perseverance, a desire to preserve the history of his memories.

More than eight hundred palm trees, magical oaks, and elegant cedars and pines surround the lake, home to ducks and turtles. Turkeys and pheasants scurry around the waterfall. A garden of cultural interest, a companion to moods, freedom, and reunion.

It's romanticism, it's the garden of Parc Samà.

Without renouncing its orderly, French-inspired composition, the park is primarily romantic and poetic, more or less dense and wild, composed largely of open spaces and featuring important botanical species. It is a distinctly eclectic garden that combines styles ranging from the Italian to the English Renaissance.

Exotic palm trees, Mediterranean fan palms, eucalyptus, plane trees, and rushes coexist with wisteria and bougainvillea. Exotic flowerbeds dominated by palm trees and ivy. Oak trees dedicated

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to the feminine divinity of the Earth, centuries-old hackberry trees with magical qualities. Elegant cedars, sacred pines, and mythical cypresses surround the lake, also witnessing its estuary and waterfall in a romantic nod to Asia. Parc Samà was built in 1881, coinciding with the Romantic cultural movement, a new way of seeing the world where feelings prevailed over reason. This movement also reached gardening, so Romantic gardens were designed with the premise of breaking with the rigidity and structuring of the French garden and returning to nature, demonstrating an often excessive desire for the wild and the exotic. In the case of Parc Samà, and in keeping with the idea of the park's founder, Salvador Samà i Torrens, of recreating a garden that would transport visitors to colonial Cuba, the park housed different animal collections, among which the birds brought from Central America stood out. Today's garden seeks to recover this dimension, focusing on its founder's passion for collecting ornamental birds from the New World, but adapting this concept to the 21st century, where animal welfare is the absolute priority. The animal collections housed in Parc Samà are intended to serve as an educational and conservation centre, where visitors can admire, enjoy, and understand the wonderful world of birds first hand. The park aims to be a powerful tool for raising social awareness of environmental issues, the conservation of endangered species, and scientific research. The Marianao Aviary, designed to immerse visitors in the world of exotic birds, recreates the sensation of being in a tropical rainforest. The aviary, built on the basis of the old deer enclosure, is eight meters high and includes vegetation and waterways. Visitors enter and contemplate eight magnificent species of Central American birds in their habitat and in all their splendour, thus paying once again tribute to Salvador Samà i Torrens and to the Caribbean world, whose highest expression is these beautiful and colourful birds.



Part 2 in the June magazine

# Sunset Properties Spain

on the Costa del Sol

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

**Online video**

**Casabermeja** New this month!

Beautifully presented rustic villa with 3 beds and 2 baths (194m<sup>2</sup>) with spacious rooms. Plenty of terraces, a large pool and outside kitchen/bbq. Ample parking with a car port and presently used as a successful rental business.

**Price: 379.950 euros**

ref: v 1567 EPC: E

**Online video**

**Torrox** New this month!

This new 2-beds, 2-baths apartments (73m<sup>2</sup>) are located in a prime area, offering stunning sea views and crafted with the highest quality materials for a luxurious living experience.

**Price: from 229.000 euros**

ref: t1563 EPC: In progress

**Online video**

**Archez** Easy access!

Bright interior, 3 bed, 2 bath villa (135m<sup>2</sup>), concrete access, 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: v1552 EPC: E

**Online video**

**Canillas de Albaida** New this month!

Beautifully renovated 1 bed 1 bath village house (90m<sup>2</sup>) with sofa bed in the spacious lounge. Finished in an attractive rustic style, this traditional house has many stunning features. The superb sunroom and roof terrace have open countryside and sea views.

**Price: 152,000 euros**

ref: t1565 EPC: In progress

**Online video**

**Periana** Fantastic views!

Fantastic, and private 4 bed, 4 bath villa with spacious outside spaces that include a covered outside kitchen and glazed garden room. Stunning sea and lake views and surrounded by walled and fenced beautiful gardens.

**Price: 795,000 euros**

ref: v1511 EPC: In progress

**Online video**

**Canillas de Albaida** New this month!

A 3 bed, 2 bath villa (120m<sup>2</sup>) with pool, situated in a fantastic location between Canillas De Albaida and Archez. This property offers a spacious and comfortable family home, complemented by great outside spaces.

**Price: 425,000 euros**

ref: t1548 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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Same location, ask for details, **ref:- VSR2095**, house two bedrooms. **Offers towards:- €300,000**



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**VSR2022** **EDIF. TOBOSO**  
Apartment two bedrooms, bathroom, large patio,  
sea views, close to Playazo Beach.  
**Price:- €320,000**



**VSR4115** **TORRECILLA AREA**  
Studio apartment, 38m2, close to the beach,  
glazed in terrace, with views to the communal pool  
and gardens, a/c, great rental potential.  
**Price:- €200,000 Book a viewing now!**



**VSR4109** **CENTRE OF NERJA**  
Currently 2 beds and 2 offices can be easily  
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**Price:- €280.000 Book a viewing now!**



**VSR2203** **NERJA**  
Apartment, 100m2, quite different, all open plan,  
unfurnished, air con, shower room, 1 bedroom,  
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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.



**Benji**

### 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.



**Patch**

**If you would like to meet Benji or Patch, please contact Seacrest Kennels at 711 028 847 or 646 613 885, or email us on [costaanimalsociety@gmail.com](mailto:costaanimalsociety@gmail.com)**

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

**Or pop into our shop in Calle Antonio Millon 13 (Next to Café Aloha), Nerja,**

**Monday to Saturday between 10:00 and 14:00 where our staff will be able to help.**

**If you would like to help CAS in their work and donate, please go to our website where you will find our bank details, [costa-animal-society.square.site](http://costa-animal-society.square.site)**



## AXARQUIA ANIMAL RESCUE

### Spare change, coin collecting

Do you have some spare change cluttering up your sideboard or thrown in to a drawer?

Then why not give it to AAR.

As a not-for-profit charity every penny counts, and your spare change can soon add up to make a huge difference.

Before you know it your jar is full and it will be enough for AAR to buy some well needed medicine or food for the animals in our care.

Every little helps.

Full jars can be dropped off at either Trapiche Market or our charity shop in Torre del Mar, or just contact us and if one of our volunteers lives nearby we would be only too happy to collect it.

For more information and other ways to raise much needed funds please visit our website at  
[www.axarquiaanimalrescue.com/donate](http://www.axarquiaanimalrescue.com/donate)

### 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](mailto: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.**

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# Axarquia Animal Rescue



**AAR 2768 - Benny** PUPDATE - VET VISIT & COFFEE DATE! Benny went to the vets today to continue his vaccinations and took time out to have a coffee where he met another dog and made friends. His foster family told us he climbs into the car now on his own and jumped for joy when he found out he was going out for the morning. Don't you think he is looking SOOOO GOOOD!? He's such a happy boy now. If you would like to find out more about this handsome Mastin /Labrador cross, Email us to apply to adopt Benny: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



## AAR 2780 - Willow

Date of birth 10th February 21. Willow was rescued with her 7 pups. She has been extremely busy caring for them and has done a fantastic job but has now had enough and doesn't want to be "mummy" anymore. Willow is looking for her forever home. Prior to rescue she lived in a campo property and has no experience of town life. For this reason we feel she would be best suited to a rural or semi rural home. It's time for Willow to relax, have time for herself and maybe a bit of pampering. Willow is a happy, sociable dog, and getting used to walking on a lead. She has lived with other dogs but wouldn't mind being an only dog. Medium in size. If you would like to offer beautiful Willow a loving home please email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



3 more of Willow's pups. Born on 18th February, they are all female, from left to right, **Janey, KB & Lola**. They are progressing just as pups their age should. Inquisitive, love exploring and finding new things. They love playtimes and cuddles with their foster mum. They will soon be looking for their forever homes. When 8 weeks old they will be ready for adoption within Spain and from around 15-16 weeks, when they have their passports, they will be ready for adoption to the UK or other European countries. If you would like one of these little beauties to join your family, email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



From left to right we have **Benita, Christy & George**. 3 of Willows Pups. Born on 18th February these pups will soon be looking for their forever homes. All happy, healthy pups who love exploring and playing with each other. They will be ready for adoption within Spain when they are 8 weeks old and once fully vaccinated and get their passports, around 15-16 weeks of age, they will be ready for adoption to the UK or other European Countries. Expected to be medium in size. If you would like a bundle of joy to join your family please email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Milo** has settled in really well with his foster family and is a complete snuggle bunny; but he would love a home of his own. He is fully vaccinated, happy and healthy. We are at a loss as to why this gorgeous boy has not been offered a home of his own. He's small/ medium sized and 20 months old. Can you offer this gorgeous little boy a place on your sofa? Milo is great with other dogs but no cats. Could he be the one for you? Please email for more details :- [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**AAR 2743 - Daisy** What an absolute delight this little girl is. At 5 years old she's never known the comfort and security of a home of her own. All she needs is a chance to prove what a loyal and loving companion she will be. If you could be Daisy's special person or family, please email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

Daisy is in kennels and can be visited with an appointment.





## Axarquia Animal Rescue

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## Understanding Leishmaniasis in Dogs

### Understanding Leishmaniasis in Dogs: What You Need to Know

Leishmaniasis is a serious and potentially life-threatening disease caused by a parasite called *Leishmania infantum*. It is transmitted by the bite of infected sandflies, which are most active during the warmer months, especially at dawn and dusk. This disease is most common in southern Europe, parts of the Middle East, Africa, and South America.

#### How Is It Transmitted?

Dogs become infected when bitten by a sandfly carrying the *Leishmania* parasite. The parasite enters the dog's bloodstream and can lie dormant for months or even years before symptoms appear. In some cases, dogs may carry the disease without showing obvious signs but can still be a source of infection for other sandflies.

#### How Does It Affect Dogs?

Leishmaniasis affects the immune system and can cause a wide range of symptoms, including:

- Hair loss (especially around the eyes, ears, and nose)
- Skin lesions or sores
- Weight loss
- Lethargy
- Lameness
- Swollen lymph nodes
- Nosebleeds
- Eye problems
- Kidney failure in severe cases

If left untreated, it can be fatal. Early diagnosis and long-term treatment can help manage the disease, but there is currently no cure. Prevention Is Key The best way to protect your dog from leishmaniasis is through prevention. This includes:



#### 1. Repellent Collars

Collars containing insecticides like deltamethrin (e.g., Scalibor) can effectively repel sandflies for several months. These are easy to use and ideal for long-term protection.

#### 2. Spot-On Treatments

Monthly spot-on treatments containing permethrin and other repellents (such as Advantix) offer another layer of protection by deterring sandflies from biting.

#### 3. Avoiding Peak Sandfly Hours

Keep your dog indoors during the early morning and evening when sandflies are most active. Using mosquito nets and fans can also help reduce sandfly exposure indoors.

#### 4. Environmental Control

Avoid walking your dog in areas with



By Karen Wallace



high sandfly populations, such as near stagnant water, forests, or shaded, damp spots. Keeping sleeping areas clean and elevated can also help.

#### Stay Vigilant

If you live in or travel to areas where leishmaniasis is common, prevention should be part of your regular care routine. Even dogs that look healthy can carry the parasite, so regular check-ups and blood tests are recommended, especially if you notice any unusual symptoms. With a few simple steps, you can significantly reduce your dog's risk and keep them safe, happy, and healthy.

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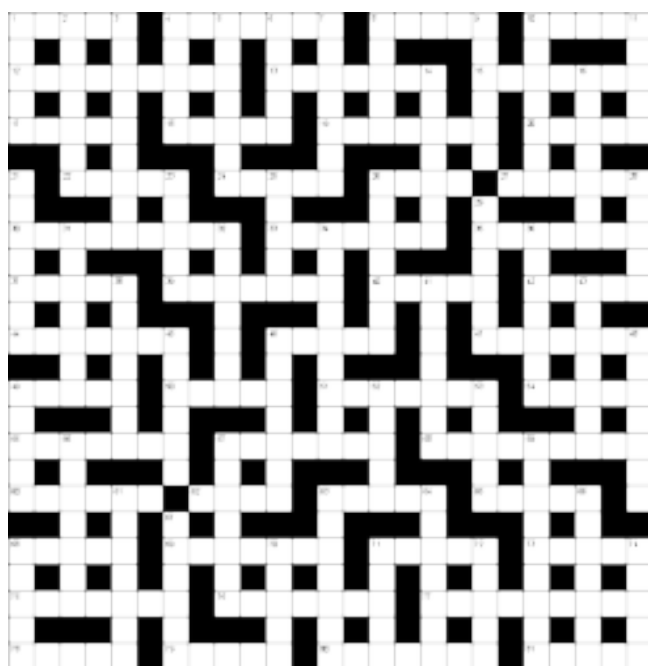
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80. Custodian (7)
81. Laconic (5)

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3. Hung (9)
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7. Useful device (7)
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9. Broadside (6)
10. Large drum (7)
11. Command (5)
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16. Herbaceous plant (7)
21. Sore (7)
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25. Paragon (5)
26. Warned (7)
28. Bottomless pit (5)
29. Cutting tool (6)
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32. Enclose (7)
34. Respiration (9)
36. Insignificant (7)
38. Springing (7)



41. Memory loss (7)
43. Gourmet (7)
45. Mock (6)
46. Tapers (7)
48. Anteater (7)
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52. Beverage made from apple juice (5)
53. Currency of Pakistan (5)
56. All together (2,5)
57. Stark (7)

59. Exuberant (9)
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63. Disorderly (7)
64. Excerpt (7)
66. Previously (7)
67. Conundrum (6)
68. Sound (5)
70. Rubbish (5)
71. Church officer (5)
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74. Result (5)



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15  
Years



## Celebrating 15 Years of Community, Trust, and the Magic of Nerja & Frigiliana

On a spring afternoon in Frigiliana, the street of Calle Rosarico la Joaquín hummed with laughter, clinking glasses, and the soulful strumming of a guitar. It wasn't just another gathering – it was a heartfelt thank you to the people who've shaped our 15-year journey in the property market of Nerja, Frigiliana and the surrounding areas.

When we first opened our doors in 2010, we were fuelled by a simple belief: that estate agency should be about people, not just properties. Over tapas and chilled glasses of Frigiliana Gin, we were reminded just how far that belief has carried us – and how much of it is down to the friends, clients, and collaborators who've walked alongside us.

### A Toast to the Faces Behind the Journey



The afternoon was a patchwork of stories. Long-time clients reminisced about buying their first holiday homes here; local agents swapped tales of “impossible” deals that somehow closed.

The celebration allowed us to acknowledge those who made the day – and our wider work – possible:

- To Our Clients – Now Friends, fifteen years in property might sound like a tally of sales or square metres, but for us, it's always been about you. The first-time buyers who trusted us with nervous smiles, those chasing Andalusian sunlight, the families passing homes down generations – your stories became ours. Late-night calls before signing contracts, the keys handed over with shaky hands, and the bottles of wine left on our desk “just because”. It's about the WhatsApp photos you still send us – your lemon trees in bloom, grandchildren splashing in your pool, sunsets from your terrace.

- Jackie Downes, she made us a special, beautiful and delicious cake.



- Alberto Fer, whose music turned our celebration into a proper fiesta. (If you haven't heard his own song “Mi Playa Desierta” under the Andalusian sun, you're missing out!).



- Chris with his Frigiliana Gin, Davison & Brogan Gin Frigiliana, who kept glasses topped with cocktails inspired by local botanicals.

- The catering crew, by Sharon Munro, delivered a menu of delicious bites.



- Every colleague who carved time out of busy schedules to join us (and those who sent regrets – we missed you!).

### Fifteen Years of “More Than Just Keys”

As the sun dipped behind Frigiliana's whitewashed houses, we found ourselves reflecting on what's changed – and what hasn't. The property market has evolved, yes, but the core of our work remains the same: helping people fall in love with this corner of Andalucía, whether they're here for a holiday let, a forever home, or a fresh start.

We've weathered market storms, celebrated record sales, and learned that a good team can solve most problems. But above all, we've seen how a handshake, a listening ear, and a shared laugh can turn transactions into friendships.

### The Secret Ingredient? You.

We're grateful to everyone who has contributed to our 15-year story – clients who trusted us with their property goals, collaborators who shared our commitment to quality, and a team that works tirelessly behind the scenes. Here's to continuing to serve Nerja, Frigiliana, and the wider Axarquía community with the professionalism this region deserves.

### Final Thought

To borrow a phrase from a client who became a dear friend: “In Nerja and Frigiliana, you don't just find a house – you find a piece of your heart.” Here's to many more years of helping those hearts find their place.

### With gratitude,

The Teams at Frigiliana Real Estate & Nerja Property Services

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### Chilli Lime Chicken Kebabs

#### Chilli Lime Chicken Kebabs

**Serves:- 4**

##### Ingredients:-

3 tbsp olive oil  
1 ½ tbsp red wine vinegar  
1 lime, juiced  
1 tsp chili powder  
½ tsp paprika  
½ tsp onion powder  
½ tsp garlic powder  
cayenne pepper to taste  
salt and freshly ground black pepper to taste  
1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces

##### Preparation:-

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the

sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.

Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.

Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.



### Peach Slaw

#### Peach Slaw

**Serves:- 8**

##### Ingredients:-

1 cup pecan pieces  
1 head savoy cabbage, sliced  
8 fresh peaches, pitted and sliced  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
½ cup chopped green onions  
2 tbsp celery seed  
½ cup fresh peaches, pitted and chopped  
½ cup vegetable oil  
¼ cup honey  
¼ cup lemon juice  
salt and pepper to taste  
1 bunch fresh mint sprigs

##### Preparation:-

Place the pecan pieces in a skillet over medium heat, and cook, stirring constantly, until lightly toasted.

In a large bowl, mix the pecans, cabbage, 8 fresh peaches, red bell pepper, yellow bell pepper, green onions, and celery seed. Cover and chill 45 minutes in the refrigerator.

In a blender or food processor, blend the ½ cup chopped peaches until smooth. Transfer to a bowl, and mix with the oil, honey, lemon juice, salt, and pepper. Chill until slaw is ready to be served, then toss with slaw to coat. Garnish slaw with mint sprigs.



### Zucchini Bun Hot Dogs

#### Zucchini Bun Hot Dogs

**Serves:- 6**

##### Ingredients:-

For avocado topping  
1 avocado, cubed  
¼ cup frozen corn, defrosted  
¼ cup chopped tomatoes  
1 green onion, thinly sliced  
Juice of 1 lime  
Salt

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6 hot dogs

#### Preparation:-

Make topping: In a medium bowl stir together avocado, corn, tomatoes, green onion, and lime juice. Season with salt and pepper. Remove ends of halved zucchini and scoop out seeds with a spoon. Drizzle all halves with olive oil and season with salt.

On a large grill pan over medium heat, grill zucchini until nicely charred, 3 to 4 minutes. Remove from pan.

Grill hot dogs until warmed through and charred on the outside. Place hot dogs in zucchini "bun" and top with avocado mixture. Serve.



### Grilled Teriyaki Cauliflower Steaks

#### Grilled Teeriyaki Cauliflower Steaks

**Serves:- 3 to 4**

#### Ingredients:-

½ cup reduced-sodium soy sauce  
3 cloves garlic, grated  
2 tbsp. unseasoned rice wine vinegar  
2 tsp grated peeled ginger  
1 tsp toasted sesame oil  
1 large head cauliflower  
2 tbsp corn starch  
1/3 cup light brown sugar  
Neutral oil, for grill  
¼ tsp salt  
2 scallions, thinly sliced  
2 tbsp. toasted sesame seeds

#### Preparation:-

Arrange cauliflower head stem down on a cutting board (trim stem if necessary so bottom of cauliflower can rest on cutting board). Using a sharp knife, cut cauliflower into slices about ¼" thick. (The ends will crumble and that's okay; reserve pieces for another use. There should be 3 or 4 centre "steaks" that hold together.) Arrange cauliflower steaks in a single layer in a 13" x 9" baking dish.

In a medium bowl, combine soy sauce, garlic, vinegar, ginger, sesame oil, and ¼ cup cold water. Pour over cauliflower and turn to coat. Let sit, turning halfway through, 30 minutes.

Meanwhile, in a small pot, whisk corn starch and 1 tablespoon cold water until corn starch is dissolved. Add brown sugar and whisk to combine.

Carefully transfer cauliflower to a metal baking sheet; season with salt.

Pour marinade into pot with brown sugar mixture. Bring to a boil over medium-high heat and cook, stirring occasionally, until reduced and thick enough to coat the back of a spoon, 4 to 6 minutes. Remove sauce from heat.

Meanwhile, prepare a grill for medium heat (or heat a grill pan over medium heat); preheat 5 minutes. Clean and oil grates with neutral oil.

Arrange cauliflower steaks on grill, spacing evenly apart. Grill, undisturbed, until deeply marked on the bottom, 6 to 8 minutes. Using a large metal spatula, carefully flip steaks. Continue to grill until grill marks appear on the bottom and steak is tender enough to pierce with a fork, 6 to 8 minutes more.

Arrange cauliflower on a platter. Slather with teriyaki sauce. Top with scallions and sesame seeds.

#### Red Potato Salad

**Serves: 12**

#### Ingredients:-

2 pounds red potatoes, diced into desired size  
½ cup bell pepper, chopped (one bell pepper)  
½ cup celery, chopped (two stalks)  
¼ cup red onion, chopped  
1 ¼ cups mayonnaise  
½ cup sweet relish  
1 ½ tbsp dijon mustard  
1 tsp vinegar  
Salt and pepper to taste  
Chopped green onion to garnish, optional



#### Preparation:-

Place potatoes in a pot and cover with salted water. Bring to a boil then reduce to a simmer for about 10 minutes or until barely fork tender. Fold together the remainder of the ingredients. Gently fold in with the potatoes. Add salt and pepper to taste. Chill for at least 1 hour before serving. Garnish with chopped green onion, optional.



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# healthwise

## Exercise and Cancer. How, When and Why?



### Introduction

Too often we are greeted by cancer patients with low levels of physical activity and/or generalized disacondition. Sometimes this situation comes from afar and occurs because the person has never been physically active or has performed little exercise, but many times we encounter patients who were active and have ceased to be so because they believed that in their situation the exercise was discouraged or because they are afraid that their symptoms will worsen.

Although this trend has been reversed over time among patients with chronic pathologies, especially cardiac or respiratory diseases, thanks mainly to

the efforts of the scientific community to investigate and disseminate the positive effects of exercise, in the case of cancer patients we find that this trend still persists.

However, the truth is that over the past two decades, multiple studies have been conducted that have shown that exercise in the oncology population is safe and feasible and is effective in improving physical condition, cancer-related fatigue and health-related quality of life.

In fact, as with respiratory or cardiac patients, physical exercise in cancer patients not only does not worsen fatigue or dyspnoea, but is the main treatment for them.

But the benefits of cancer exercise are not limited to symptom control,



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| 19:00H | TORONJO: PLATES FUNCIONALES        | TORONJO: PLATES                  | TORONJO: YOGA<br>19:30-21:00H***<br>próximamente | TORONJO: PLATES FUNCIONALES      | CLASES PRIVADAS -<br>CON RESERVA   |
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but recent studies have observed among other effects a decrease in body weight in breast cancer, a reduction in tumour growth in patients with colon cancer, or an increase in adherence and completion rate of anti-cancer therapies such as chemotherapy.

### Benefits of physical exercise at different stages of cancer

The benefits of exercise in cancer patients extend throughout the clinical process and even begin at the preventive level. In this sense, it has been found that the practice of physical exercise is related to a lower risk of certain types of cancer such as colon, prostate or breast and very possibly has effects on the incidence of others such as lung or ovarian cancer.

According to a systematic review published in 2015, performing the equivalent of 2.5 hours of exercise per week meant a 13% reduction in the risk of cancer death. Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment.

Oncology pre-provisioning, as these programmes are known in the scientific field, are generally based. Specific programs have been launched in patients who have recently been diagnosed with cancer and are still in the pre-therapeutic phase aimed at optimizing the functional status and physical condition of patients in preparation for anti-cancer therapies, especially in the case of surgical treatment.

Oncology pre-provisioning, as is known in the scientific field to these programs, is usually based on a multimodal intervention in which smoking disinhabitation, psychological support and nutrition are included in addition to physical exercise. Although these programs are not yet implemented in clinical practice, several studies have shown that such programs are effective in increasing



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aerobic capacity, muscle strength and optimizing the nutritional profile prior to surgery, as well as accelerating post-surgery recovery.

For patients receiving chemotherapy or radiation therapy, physical exercise may help to mitigate the effects of these treatments, improve physical condition even in patients in advanced stages, and improve response to treatment and survival.

As with other types of chronic pathologies, the real challenge in cancer patients is to keep the exercise practice in time.

To this end it is important to emphasize from the outset that the benefits of exercise are only preserved if the person remains physically active on a regular basis and therefore the planning of the exercise in this population must be accompanied by a motivational interview in which the preferences of the individual are identified as well as the possible barriers and facilitators.

In cancer patients, in addition to the well-known benefits of regular physical activity in the general population (reduction of cholesterol and/or blood glucose levels, reduced blood pressure, increased muscle and bone mass, etc.), in cancer patients the practice of exercise both during and after treatment is linked to a reduction in the risk of relapse and risk of death either from cancer or any other cause.

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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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Roughly chop the carrots so they fit better in the blender. Peel your oranges and juice the lime. Add everything to the blender along with 1 cup of water. Blend until smooth, scraping down the sides and stirring as needed. It will look thick and pulpy. Strain and serve.

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healthwise

## The low blood pressure challenge - (A vegetarian pickle )

Having been disconnected from the ubiquitous hospital pipework the patient who the day before was being treated for high blood pressure arrived with a blood pressure which was very low ...

The infection which was allegedly cleared was still evident .. resulting in a very weary lady with a degree of heart failure and a "pre diabetic label " and loose stools to add to her complications. The obvious way to improve blood pressure is with copious amounts of fluid ( low sugar in this case ) but we can't push too much fluid with a patient with heart failure.

We then looked carefully at vegetarian diet, including eggs and cheese.. but no extra salt and commercial sauces, fried foods and fast foods didn't fit with the cardiac aspect.

Red meat was not an option either.

Looking at fruit and vegetables, we had to rule out bananas, kiwi and red berries, apples and salted nuts too .. Vegetables like broccoli didn't fit the bill, and potatoes had to be limited.

Into the mix came whole wheat bread and brown rice with assorted vegetables (but not leafy greens).

Every few days the medication was adjusted with decreasing diuretics (water tablets) and with caffeine and dark chocolate in moderation and no off the shelf vitamins and minerals including magnesium and melatonin and calcium the "vegetarian pickle" was resolved. (We turned a blind eye to the extra chocolate and maybe a G&T went unnoticed..!)

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## University of the Third Age (U3A)

**Coffee morning** - This is a new group designed to get members together informally over a drink, to meet each other for a chat. It will be held on the last Thursday of the month, @ Mena Golf, Laguna Beach @ 11am. At least one member of the committee will attend to meet and greet old and new members. This month's will be on 24th April, and would be ideal for people who would like more information about our club.

**Table games** - Will now be held every Monday of the month at Mena Golf, Laguna beach - 1pm for a 1-30pm start - just turn up or contact [judyannspain@yahoo.com](mailto:judyannspain@yahoo.com) This is proving to be a very popular group.

**History group** - Held the 4th Monday of the month @ El Pozuelo, Laguna beach @11am. All welcome. Contact Sue @ [sueharrison@hotmail.com](mailto:sueharrison@hotmail.com)

**Monthly meal deal (MMD)** - Held on the 2nd Wednesday of the month. Various venues. The idea is to stick to the Menu del Dia of the chosen restaurants. The May MMD meeting will be at Pahuna in Torrox Costa on Wednesday 14th May. All welcome but must contact [judyannspain@yahoo.com](mailto:judyannspain@yahoo.com) to reserve a place.

**Lecture group** - Held on the 3rd Wednesday of the month, at Media Caña, Penoncillo @ 11am. Contact [norma2kk@aol.com](mailto:norma2kk@aol.com)

**Book club/Reading group** - Held on the last Wednesday of the month @ La Cabaña cafe in Algarrobo Costa. Please contact Robert Skippon (Skip) @ [skippon@gmail.com](mailto:skippon@gmail.com)

**Munch lunch** - Held on the 3rd Thursday of the month. Must contact Norma to go on her members list for this months' details. [norma2kk@aol.com](mailto:norma2kk@aol.com)

**Meditation group** - Held on the 3rd Saturday pm, held via Skype + Sue or Norma's house. Contact Ewa Celinska @ [celinska21@gmail.com](mailto:celinska21@gmail.com) for more information.

**Discussion group** - Held on the 2nd Friday of the month at Media Caña, Penoncillo at 11am. Contact Gerry @ [gersil197@yahoo.com](mailto:gersil197@yahoo.com). This group covers all sorts of topics, usually concerning worldwide news, but we try to find lighter topics too

**Writers workshop** - Held on the 2nd & 4th Tuesdays of the month. Contact [norma2kk@aol.com](mailto:norma2kk@aol.com) to go onto her waiting list. There may be a space coming up shortly for this.







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

## OPTICIANS

Chaves – 95 252 1994

Avda. Castilla Pérez 24, Nerja

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

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## RESTAURANTS

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



## SOLICITORS

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

## STAIRLIFTS

618 490 186 / 95 296 7015

## VETERINARIANS/PET STORE

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

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## WINDOWS + DOORS MANUFACTURERS

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

# NEWS & What's ON

## Emergency numbers

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

## Guardia Civil

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

## Local Police

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

## Bus Stations

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

## Taxis

Frigiliana-952 533 231

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

## Airports

Granada-958 245 200  
Málaga-952 048 804

## Train Stations

Granada-958 271 272  
Málaga-952 239 261

## Consulates

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

## Tourist Offices

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

## Street Markets

Monday - Torrox Costa  
Tuesday - Nerja,

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

## Town Halls

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

## Hospitals

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

## Church Services

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

## Community Bible Fellowship

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

## Presbyterian Church, Torre del Mar

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

## New Life Church

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

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

## Lux Mundi centre, Torre del Mar -

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

## The Anglican Church of St. George, Málaga

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

## Evangelical Church, Torre del Mar

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





# NEWS & What's ON

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

## LUX MUNDI, TORRE DEL MAR MAY AND JUNE 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 to our reception for that purpose.

**Every Tuesday** - Axarquia Business Networking group. Time 19.00.

**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 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 Change 17.00.

**Monday 12th May** - Monday 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 12th May** - Lux Mundi Friends monthly lunch. Restaurant Eclipse la Caleta. Time 13.30 for 14.00.

**Thursday 15th May** - Excursion to Ubrique. Please

come and join friends and visit a typical white village, situated in the northern mountain ranges and the Campo de Gibraltar. Famous for the production of leather goods. Part of its territory is included in the Los Alcornocales Natural Park and another in the Sierra de Grazalema Natural Park.

There will be a coffee stop in Árdales; arriving in Ubrique at approx 11.15 when there will be a visit to the leather museum at 11:30 am. After the visit, free time for shopping (leather) and visiting the other sights, including the old town, art gallery, bullfighting museum, Cardela Castle etc and to have lunch. Departure from Ubrique at 16:00 with a short stop on the way home. Tickets available at the price: 32 Euros with a Friends card, visitors 36 Euros. Travel insurance included. Proceeds for fundraising. Departure times: Algarrobo (Lidl) - 07:30, Caleta (Vets) - 07:40, Torre del Mar (Bus Station) - 07:45.

**Friday 30th May** - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time. Time 20.00 after the Mass.

## COMING EXCURSION

**Thursday 19th June** - Visit Benalmadena Sea Life, Old Town and Butterfly House.

## 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.

### May 2025

**Monday 6th** - Trip to Gib €22pp

**Thursday 23rd** - Trip to the interesting street market in Almunecar. €20pp

### June 2025

**Monday 3rd** - Trip to Gib €22pp

**Friday 21st** - Trip to Alfarnate and their Cherry Fiesta. €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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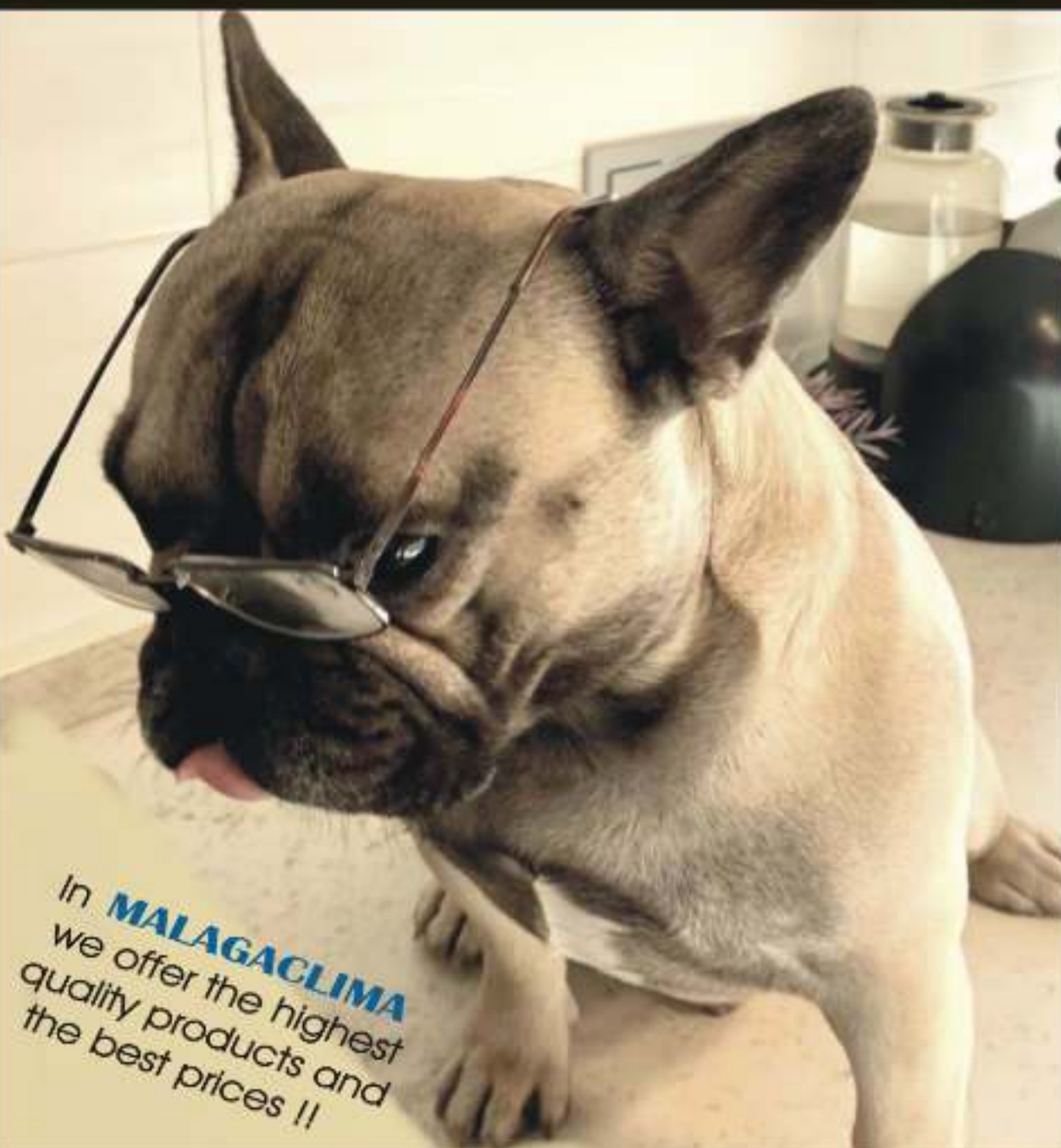
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**POPAPECUNIA CHARITY SHOP**  
Avda. Rodriguez Acosta, Edif. Tucuman  
(opposite Cafe Trebol), Nerja.  
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crochery, vases, pictures, books, clothing,  
plastic bags, etc...  
Anything you think will still be of use to other people.  
Opening hours:-  
Monday to Saturday 10 a.m. till 2.30 p.m.



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## TOWN HOUSE SELECTION

Properties at an Affordable Price!



### Mezquitilla

**Ref: Casa Halina Price: €455.000A**

South facing townhouse. Living area 128 m<sup>2</sup>. Ground floor: entrance hall, kitchen, toilet and a bright spacious living room with a/c and a pellet fireplace and access to a large terrace with great views. First floor: 2 large bedrooms, 3 bedrooms, one of which is a beautiful ensuite with a bathtub. Master bedroom has a balcony with sea view. Included are 2 side-by-side parking spaces (valued at around €30,000).



### Torrox Beach Club

**Ref: PS-2024-043 Price: - €335.000**

Renovated terraced house divided over 2 floors. Living area 133 m<sup>2</sup>. Ground floor: entrance with a large terrace of approx... 50m<sup>2</sup>, living room, dining room, bedroom, fully equipped kitchen and a. bathroom. First floor: 2 bedrooms, bathroom, living room/lounge area and a huge 30m<sup>2</sup> south-facing terrace for sunbathing all day long.



### Torrox Park

**Ref: PS-2025-017 Price: €360.000**

Beautifully renovated terraced house 98m<sup>2</sup> with private parking for several cars. Located on a fenced plot of approx. 200m<sup>2</sup>. Ground floor: large equipped kitchen, guest toilet, a large living room with fireplace, direct access to sunny south-facing terrace with a 5 person jacuzzi, beautiful dining area and a storage room. Upper floor: 3 bedrooms with various built-in wardrobes and a beautiful bathroom. Large pool, beautiful landscaped gardens and a tennis court. Few minutes from the sea and shops.



### Torrox Park

**Ref: PS-2024-053 Price: €265.000**

Renovated beautiful terraced house with a private garden. Living area of 90 m<sup>2</sup>, plot of 145 m<sup>2</sup>. Comprises: 2 bedrooms, 1 bathroom, separate kitchen and a large living room. Also a south-west facing roof terrace, an additional room and bathroom that can be used for guests or rented as it has a separate entrance. Communal swimming pool. The house also has a covered terrace that can be glazed and then used as a conservatory.

**Torrox-Costa | Urb. Costa del Oro | Centro Comercial B**  
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**REF:- 7858 EXCLUSIVE COUNTRY HOUSE IN CÓMPETA WITH GUEST HOUSE – SEA & MOUNTAIN VIEWS**

Built: 231 m<sup>2</sup> 4 bedrooms, 3 bathrooms, 2 lounges, double garage, private pool, sauna, Jacuzzi, Al Fresco dining area, gas under floor heating... Plot: 2.374 m<sup>2</sup> **PRICE: €599.000**



**EXCLUSIVE**

**REF:- 7783 COUNTRY HOUSE - JETE**

2 bedrooms, 2 bathrooms, lounge, conservatory room, Sea & mountain views. Built: 173 m<sup>2</sup> Plot: 5.592 m<sup>2</sup>.

**PRICE:- €179.900**



**REF:- 7885 APARTMENT - TORROX-COSTA**

1 Bedroom, 1 bathroom, 1 lounge, 1 terrace, communal pool, Sea views. Built: 53 m<sup>2</sup>.

**PRICE:- €179.000**



**REF:- 7890 COUNTRY HOUSE - CANILLAS DE ALBAIDA**

3 Bedrooms, 3 bathrooms, 1 lounge, garage, private pool, gas central heating, mountain views,... Plot: 1.119 m<sup>2</sup>

**PRICE:- €449.950**



**REF:- 7901 TOWN HOUSE - TORROX**

3 Bedrooms, 2 bathrooms, 2 sitting rooms, basement, panoramic Sea views, 2 kitchens, roof terrace,... Built: 124 m<sup>2</sup>.

**PRICE:- €260.000**

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