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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



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

Price: €159.000

Ref: NV.39B

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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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Unemployment in Spain falls to lowest level since 2008

The service sector slashed unemployment by 100,000 during 2024, a year in which the world's second most-visited country received a record 94 million tourists. 'Fewer women out of work, less temporary work and more quality employment,' socialist Prime Minister Pedro Sánchez wrote on X (Twitter).

The 2008 financial crisis and the collapse of a housing market bubble triggered soaring unemployment that peaked at around 27% in early 2013. Spain's recovery then suffered the shock of the Covid-19 pandemic that drove joblessness above 16% before bouncing back with the return of international travel and labour reforms.

Spain is moving closer to reducing the work week

The Spanish Cabinet approved a plan to reduce the standard work week for millions of employees by 2.5 hours, bringing it down to 37.5 hours. However, while the decision is seen as a positive step, it still requires approval from parliament before it can take effect. As part of their 2023 coalition agreement with Sumar, the ruling PSOE led by Prime Minister Pedro Sánchez pledged to cut the full-time contractual work week from 40 hours to 37.5 hours without reducing salaries. The government aims to implement this change by the end of 2025.

Spanish city honours Senegal migrants for bravery

The city of A Coruña in Galicia, northern Spain, on Monday granted the title of adoptive sons to two Senegalese migrants who risked their lives to assist a gay man whose murder in 2021 shocked the nation. Ibrahima Diack and Magatte N'Diaye tried to intervene and protect Samuel Luiz as he was brutally beaten by a group of men outside a nightclub in the city in July 2021.

Luiz, 24, later died in hospital, prompting nationwide protests and drawing condemnation from Prime Minister Pedro Sánchez.

At the time, Diack and N'Diaye were undocumented migrants, but their bravery led to the eventual granting of work and residency permits.

Spanish police smash sex trafficking gang

Spanish police have dismantled a human trafficking ring that had lured more than 1,000 women to the country over the past year with false job offers before forcing them into sex work. The women, who were mainly from Venezuela and Colombia, were told they would be working in the beauty or cleaning sectors, the Spanish National Police said in a statement.

'On arrival in Spain they were transferred to clubs where they were sexually exploited and forced to work all hours.' Two Colombian women and a Spaniard were among 48 suspects arrested in raids in Alicante and Murcia, and three strip clubs were closed as part of the operation.

Malaga police officers intoxicated after 'mistakenly' eating drug-laced jelly sweets

Three police officers ended up in the emergency department in Malaga last week after suffering an accidental narcotic intoxication. The officers mistakenly ate some jelly sweets and felt unwell, which led to their hospitalisation.

The officers seized different substances that were allegedly being distributed under the guise of sweets or jelly sweets.

New archaeological find in Malaga province

A forestry officer discovered a necropolis that has been buried among bushes and vegetation in the province of Malaga for more than 4,200 years. The regional ministry of culture has confirmed the discovery of a dozen megalithic tombs in Colmenar, estimating that their origin dates back to the Copper Age

Benalmádena announces project to keep beaches in perfect condition

The work, which has a budget of around half a million euros. Benalmádena beaches councillor Presi Aguilera has announced a project that will include the renovation of the walkways along its coast after the destruction during inclement weather earlier this year. The councillor said that the plan is "of great importance" in order to keep the beaches in perfect condition and ensure the safety of users.

Malaga hypermarket celebrates 50th anniversary

Fifty years ago Malaga was in the news with the opening of what is today one of its most popular shopping centres, Carrefour Los Patios.

Man arrested in Mijas

In a café in Mijas a man allegedly threw a cup of hot coffee into his partner's face in what appears to be a possible case of domestic abuse.

Officers went to the premises after receiving a call. On arrival, they saw that several customers were holding the individual to prevent him from leaving.

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.

Murders and rapes on the rise in Malaga

Malaga province has seen a rise in attempted murders and sexual assaults, while kidnappings, theft and cyber scams have either dropped or stagnated. According to crime reports collected by the state security forces and corps, 175 rapes were committed in Malaga province in 2024, or, in other words, approximately one every two days, compared to 153 in 2023. The Ministry has associated this upwards trend to the increase in awareness-raising policies and the reduction of social and personal tolerance towards this type of crime, which "translates into a greater willingness of victims to report them" and to place their trust in the police.

High temperatures bring forward appearance of processionary caterpillars

Every year processionary caterpillars are appearing earlier. They usually leave their nests in March and April, at the beginning of spring but the warmer winters have led to the caterpillars appearing earlier. The processionary caterpillar has come early this year and being vigilant is necessary in places where there are pine trees.

Continued in page 8



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Country Property of the month

Torrox: **Price: €289.000** **CP621**



areas around the house and the pool are idyllic for outdoor living and entertaining. There is also a covered front porch, perfect for that evening glass of wine while you sit and watch another happy day gently fade away. The superb location and magnificent views make this a property which must be viewed to be appreciated. Ideal for a permanent residence, holiday home or it could even be used to provide a rental income.

Feel the charm of country properties in Spain with this enchanting totally private, quiet and peaceful villa, with spectacular views of the sierras and down to the Mediterranean and over to the coast of Africa. Living accommodation comprises a fully fitted kitchen, living and dining room with a wood burner, family bathroom with a shower and 2 double bedrooms, one of which has en-suite facilities. The exterior of this property is every bit as enticing as the interior with a good size swimming pool and the terraced



Cómputa: **Price: 299.000€**



- Living space: 170m²
 - Bedrooms : 4
 - Pool: No
 - Garage : Yes
 - Terrace: Yes
 - Bathrooms: 3
 - Views: Village
 - Area: Townhouse
- Ref. TH1186**

Cómputa **Price: 330.000€**



- Living space: 134m²
 - Bedrooms : 4
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Sea views
 - Area: Countryhouse
- Ref. CP708**

Sayalonga: **Price: 158.000€**



- Living space: 150m²
 - Bedrooms : 5
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Village
 - Area: Townhouse
- Ref. TH665**

Torrox: **Price: 378.000€**



- Living space: 243m²
 - Bedrooms : 4
 - Pool: Yes
 - Garage: Yes
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Mountain
 - Area: Countryhouse
- Ref. TV047**

Nerja: **Price: 315.000€**



- Living space: 107m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Village
 - Area: Townhouse
- Ref. NAP058**

Vélez Málaga: **Price: 530.000€**



- Living space: 158m²
 - Bedrooms : 4
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
 - Area: Countryhouse
- Ref. CP488**

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Welcome to Streetwise magazine -

The coast is buzzing with repairs being done and paint work freshened making it pretty for the new arrivals. Over the last few weeks I've been lucky enough to meet several people who are thinking of making the Eastern Costa del Sol their permanent home as they near retirement. Having new people move to the area always excites me. It's great to see people from all walks of life choosing the Eastern Costa del Sol as their new home. Don't forget to pop along to Torre del Mar during March, the Rutas de Tapas takes place from the 9th to the 30th.



As always enjoy this months Streetwise!

Dawn x



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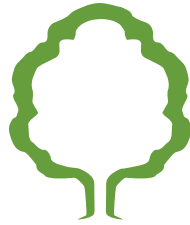
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Police carry out raids against Russian mafia

A huge joint operation by the National Police and Europol has resulted in the arrest of 14 people. Nine raids and searches were carried out in Madrid, Malaga, Marbella, Torremolinos, Coín, Ayamonte and Lisbon (Portugal), in which more than one million euros have been seized, as well as four money counters, encrypted mobile phones, a cryptocurrency wallet and abundant documentation, and the organisation's properties in Spain have also been blocked

The body of the man found in Fuengirola

The body of a British man was found dead in a hotel room in Fuengirola, on the Costa del Sol. Staff from the hotel initially found the deceased man on entering the room.

Aggressive British passenger sentenced in court

A British court has sentenced a man to 24 weeks in prison for displaying aggressive behaviour during a flight from Alicante to Manchester, which took place on 8th November 2023. The man aged 44 years, disrupted the EasyJet flight by trying to bite other passengers and spitting foam from his mouth. After roughly an hour of his aggressive behaviour, passengers were forced to restrain him until the plane landed. Police officers arrested him at the airport in Manchester.

Fourth dog friendly beach to open in Almeria in 2025

Mojácar town hall has announced the opening of the municipality's first dog friendly beach. Located on Macenas beach, it is expected to open in 2025, in response to the growing demand for pet-friendly public spaces. Mojácar joins the list of dog friendly beaches in

the province of Almeria, where there are already three areas for this use: Playa de la Rana in Adra, inaugurated in 2021; Playa del Bobar in Almeria city; and Cala Taray in San Juan de los Terreros, Pulpí.



Body of 67 year old Swedish man found off Almuñécar

The body of a 67 year old Swedish man floating in the sea a hundred metres from the shore in the Peñón del Lobo area of Almuñécar was found by a fisherman. The Swedish man had not been reported missing and nobody else is connected with the incident.

Drug trafficker is killed and another seriously injured in boat chase

A suspected drug trafficker has died and another has been seriously injured during a police chase in which a Guardia Civil patrol boat was hot on the heels of a so-called 'narco-boat' in Spain. He is the second drug trafficker to be killed on the Andalusian coast in recent days.

Continued on page 10



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“I surrendered myself to AA and started working on the problem that had haunted my whole life...”

Daniel talks about getting relief, as well as the answer to why he couldn't seem to cope with life as well as those around him; and that he now knows he can deal with whatever life might bring. This is his story.

“ ”

“I am a 51-year-old, father of two. My father was an active alcoholic; functioning to the point that he never missed a day's work, but dysfunctional in terms of his personal life. He found recovery in Alcoholics Anonymous when I was 18.

My first independently sourced drink was “Carlsberg Special Brew” at 15. It tasted horrible, but I found that I could get on with my friends and I was confident doing what others were doing. More regular drinking started at 17 when I could go out with friends to local pubs. I knew early on that I needed to find ways to control my alcohol use. There were times when I would try not to drink at parties or to try to limit my drinking.

This semi-controlled pattern of behaviour changed the minute I left home for university. Then there was no stopping me!

It was also where I found drugs. Mostly recreational, though I developed a raging cannabis habit and student life meant I would be stoned every day, often starting the process in the morning.

University became a mess of drinking, drugging, and watching football matches, many people will say that is normal for university students, but there was something very destructive about its effect on me. I went from being a good hard-working student to being completely lost and unable to cope.

Throughout my drinking, right from the early days, I would often hurt myself whilst in “blackout”. After each injury I would stop drinking for a period, then start again with some controlled drinking, until before long I was back to normal.

The turning point came in 1999. In September I had a serious incident whilst blackout drunk that ended with me being mugged on the streets of Lodz, in Poland. Then in the November, after a heavy night of drinking in a bar in Galway, Ireland, I

woke up with a profound sense that I had, or was, crossing a line.

My father had got sober and STAYED sober with the help of AA, and this led me to my first meeting in November 1999, when I was 26 years old. It was there I found a massive relief. A small intimate room with around 16 people. I was told before I entered the room

The people who spoke that night were honest and kind, my gratitude to them is impossible to quantify

that I did not need to say I was an alcoholic and that the only requirement for attendance was a desire to stop drinking.

The people who spoke that night were honest and kind, my gratitude to them is impossible to quantify. As they suggested, I kept coming back! Alongside the 12 steps of recovery this has led to 25 years of sobriety. To anyone who may be struggling with alcohol, I would say; since I surrendered myself to AA and started working on the problem that had haunted my whole life, I have found relief from the exhaustion of so many unanswered questions about why I couldn't cope with life as well as those around me. I have been given an inner strength knowing it will help me cope with what ever life might bring, however joyous or traumatic it may be - I know the philosophy of AA will see me through.”



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





Buying Ozempic online warning

Spain's OCU consumer organisation in Andalucía has warned people interested in purchasing Ozempic about the risks of buying the drug online, as well as pointing out that counterfeits have already been detected by the World Health Organization (WHO). Ozempic is a prescription drug of the active ingredient semaglutide, the main function of which is to help people with type 2 diabetes control their blood glucose when sugar levels are too high.



Andalucía takes first step towards creating new legal rules for tourism

The regional government's top ministers have approved the draft bill of the law on sustainable tourism, which will replace the current legislation that has been in place since 2012

Semi-naked man breaks into woman's flat in Granada

A man in just his underwear broke into an elderly woman's flat in Granada, put on her dressing gown and made himself dinner, before being arrested by the Local Police. The semi-naked man shoved the victim aside and entered her home. The woman then ran to the street and started screaming. In the meantime, the perpetrator locked the door. calmly made himself dinner.

Andalucía has the highest risk of poverty or social exclusion

Andalucía is, for the second consecutive year, the Spanish region with the highest percentage of population at risk of poverty or social exclusion.

Just over one in three people living in Andalucía have incomes below 60% of the national median income.

Continued on page 12

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MOVE IT TO MUSIC! Kick-start your joie de vivre with these fun & friendly dance fitness classes. Saturdays, 11-12 noon at Millenium Wellness Center in Pasaje Milenio 3 (just off the far entrance to Nerja's Carabeo car park). Low-impact moves set to spirit-lifting tunes. Option to meet for coffee afterwards. Bring water and come in trainers and stretchy clothing. Beginners welcome.

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URB NARICHA

Spacious family villa with 3 bedrooms, 2 baths, lovely garden and big terraces. Private garage. Communal pool and parking. Walking distance to supermarkets, beach and the town centre.

Price: €375,000
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PUNTA LARA

Villa 141m2, plot 643m2 with 3 beds, 3 baths. Private pool, garage, beautiful gardens. Terraces with great views over the sea, Nerja & mountains. Permanent home or great rental income.

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PROPERTY OF THE MONTH



URB ALGARROBO

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Ref: CN48676



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One of Germany's most wanted men arrested in Estepona

A 36-year-old man, who was a prominent member of an international criminal organisation dedicated to drug trafficking in Europe, has been arrested by the Civil Guard in Estepona. The man had become "one of the most wanted" in Germany after fleeing from justice in that country.

This individual, who was the subject of a European Arrest Warrant (EAW), was located leading a "discreet life" on the outskirts of Estepona, the armed institute reported in a statement on Wednesday.

Violent robbery of a woman in Cadiz

The National Police have managed to identify and arrest a man of about 40 years of age and resident in Cádiz as the alleged perpetrator of a robbery with violence using the snatching procedure that occurred in the Paz neighbourhood, where he allegedly approached a woman to steal her bag and caused her injuries during the fall. The man was finally arrested and has been remanded in custody.

National Police discover a clandestine underground shooting gallery in Granada

The National Police have discovered dozens of weapons on a farm in Granada. They also discovered a clandestine underground shooting gallery. Three searches were carried out and two people were arrested with more being questioned. During the searches, the

officers seized a considerable arsenal of long and short weapons, the exact number of which is yet to be determined.

Couple found dead in Córdoba, died from electrocution

The house where the bodies of a 42 year old woman and a 32 year old man who were found in Montilla, Córdoba died from electrocution. It is believed the accident happened in the bathroom of the house.

Tivoli to reopen as amusement park

The new centre will have a commercial area and a tourist complex. Although the exact date is unknown, the iconic Tivoli World amusement park, located in Benalmádena, Málaga and where Isabel Pantoja and Rocío Jurado, Alejandro Sanz, Julio Iglesias and James Brown have performed on stage, will reopen its doors after renovation. It is estimated that more than 100 million euros will be invested into renovating Tivoli World and it will continue to be a leisure park and will have improved attractions, but it will also have a tourist complex and a shopping area.

Bank robber in Malaga has been arrested

The National Police have arrested the so-called 'acid robber', who allegedly robbed three banks in Malaga by threatening to pour this liquid on the employees. The officers seized from the arrested man, aged 59 and with

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)

Just because someone takes an interest in your personal affairs does not mean you should go on the defensive. Most likely they want to see you get your mojo back and want to know what is worrying you so much. Why not tell them?

Luckiest day:- Tuesday

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

No matter how many mistakes someone makes this month you must be tolerant. If you frown at everything they do that will only undermine their confidence further and make it more likely the mistakes will go on. Smile and encourage them instead.

Luckiest day:- Saturday

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

A financial matter may not have worked out as well as you expected but it's not the end of the world so don't make an issue of it. In the greater scheme of things you are still doing well, so count your blessings rather than your euros.

Luckiest day:- Tuesday

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

You have so much energy at your disposal now but what can you do with it? To start with, look around for opportunities to get away from your current environment, at least for a while. A vacation could do you the world of good.

Luckiest day:- Sunday

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

If someone you work or do business with has let you down in the past it is odds-on they will let you down again, so keep some distance between you and don't be fooled by their big ideas and constant boasting. They'll never change.

Luckiest day:- Thursday

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

If you are having second thoughts about a viewpoint you once took for granted that's a good sign because it means you are not so committed to it that change is impossible. Life rarely stands still for long and neither should you.

Luckiest day:- Saturday

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

You will be in a generous mood this month but you need to be aware that your resources are not unlimited and should not be stretched too far. If you try to do everything for everyone you will be no good to anyone!

Luckiest day:- Monday

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

You may not get much work done over the month but so what? Cosmic activity in the most dynamic area of your chart means you will do what needs to be done when the time is right, and that time may not be for a while.

Luckiest day:- Friday

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

Follow your heart wherever it leads and don't count the cost either in time taken or money spent. This is one of those occasions when there is no limit to what you can accomplish, both for yourself and for other people, so go for it!

Luckiest day:- Wednesday

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

No doubt you have several interesting options in front of you now but the one you must go for is the one that makes the biggest impact. You will get more bang for your buck if you choose one aim only and focus on it 100%.

Luckiest day:- Sunday

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

You may find it hard to get excited about what is going on around you this month but that's to be expected. There are a lot of big questions buzzing around your brain, so find a quiet spot where you can be on your own – and think!

Luckiest day:- Wednesday

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

Don't sit at home waiting for others to get their act together. Get out into the world and enjoy all the wonderful things life has to offer. Aim to be a good example, show friends and family how easy it is to have fun.

Luckiest day:- Monday

Horoscopes



Discover the charm of Nerja with this centrally located studio apartment, just a few meters from the iconic Balcón de Europa and a short walk from the beach.

Located on the third floor with the convenience of a lift, the apartment features a bright and inviting open-plan living space. The well-designed layout includes a fully fitted open-plan kitchen and a modern bathroom with a walk-in shower.

The living area extends to a south-facing balcony, offering sunlight for most of the day. With its unbeatable location in the heart of Nerja, this apartment is an ideal investment or holiday retreat.

Additionally, the building's entrance has been fully refurbished, adding to the overall appeal of the property.

This studio apartment has a tourist rental licence and a great rental history.



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





no previous record of crimes of the same nature, a can of strong water, a pepper spray, the motorcycle he used for his travels and the clothes he was wearing during the criminal acts.

The first robbery took place on January 21st at a bank in the Malaga neighbourhood of Churriana, where they made off with a loot of more than 500 euros.

Football coach is being investigated for corruption of minors in Córdoba

A youth football coach is being investigated for corruption of minors in Córdoba, where the parents of two of the boys he trained at the Séneca Football Club have filed separate complaints against the now investigated man.

The coach, who is on bail with charges but no other precautionary measures, has been on the radar of the National Police since last January, when he was arrested by police officers and had to give a statement following a complaint filed by the father of a child on the team.

**If you have any news, events
or information you would like
to share with the
Streetwise readers,
please feel free to email me on
info@streetwise.es**

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Torre del Mar - 07:45 Caleta - 07:55 Algarrobo - 08:00

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Second, 1 hour stop in Capileira at 12:15 approx.

Third, lunch stop of 2 and a half hours in Pampaneira at 13:30 approx.

Fourth, and last stop of 30 minutes, at the view point in Babión at 16:15 approx.
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Planning Your Spanish Garden

The Spanish climate and the planned open-air, low-stress and healthy lifestyles of many who purchase properties in sunny Spain lend themselves to a holistic approach to garden design and development. An approach that goes much deeper than merely constructing a swimming pool, laying down a large terrace, some convenient paths and going out and planting some pleasing plants for the colour of their flowers.

Outdoor Lifestyle

Matches and enables an outdoor lifestyle for most of the year by, amongst other things, providing for summer shade and sheltered winter sun.

Terraces & Paths

An attractive and interesting network of terraces and paths.

Terraces of different sizes for different activities such as cooking and entertaining, secluded siestas, sunning after a dip in the pool or a quiet winters read.

Pathways that lead one from one attractive part of the garden to another opening up both internal and external vistas en route.

Curving rather than straight paths and the use of a variety of surfaces can add to the magic of a new garden even before the first plants are planted.

Mini-Gardens & Patios

A number of interesting and contrasting mini gardens, patios or corners. The pool area treated as just one mini garden rather than the main but little used feature of the garden 365 days a year.

Appropriate Planting

Collections of plants appropriate to the emergent micro-climate of the garden site. For many new gardens it will be wise to limit your choice of plants until fences, trees and hedges give protection from prevailing hot and cold winds and the hottest and coldest temperatures.

Colour Schemes – Hot & Cold Beds

A variety of colour schemes painted with the many hues and textures of green foliage as well as the subtle or blazing colours of the flowers. For instance 'cold beds' planted up with plants that have white and mauve flowers and blue grey foliages or 'hot beds' planted with plants that have masses of the most vivid of red, orange and yellow flowers.

Scents

Perfume throughout the year as one passes through the entrance gate and around the garden. Favourites include jasmines, roses, honey suckles, galan de noche, san diego, frangipani, mock orange, citrus trees, freesias, lilies, passion flowers, sweet peas, geraniums, and naturally culinary and medicinal herbs.

Garden La Palma



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

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



Garden La Palma

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and become friends with Garden La Palma on facebook

Running Water

The traditional restful and at times inspiring sound of dripping water from a fountain or the running water of a waterfall into or between ponds. These days a wide range of mini features enable the magic of water to be achieved on the naya (an arched covered terrace) or apartment terrace as well as within the garden.

Ornaments & Pots

The tasteful selection and placement of ornaments and groups of pots. Some of the later left empty and others planted up. Looking at the statues and ornaments stocked by many garden centres along the costas there are a wide range of tastes! Inland stockists are often more conservative and traditional as their main clients are Spanish.

Architectural Planting

The use of plants with interesting architectural shapes. Carefully sited groups of palm trees, cordylines, cacti and aloes, or green or purple leaved aconitums can be as effective as a bank of flowering shrubs.

Outdoor Cooking

The construction or availability of a range of cooking facilities that might range from a barbecue or paella dish and gas ring to a traditional brick oven or Spanish style outside kitchen.

Herbs

The growing of a variety of herbs for use in cooking as well as their natural aroma therapeutic effects. Herbs can be grouped in a herb garden or on as rockery or spread around the garden in mixed beds.

Vegetables

The growing of even just a few seasonal vegetables that can be harvested and eaten fresh especially when grown ecologically/organically to avoid surface or absorbed chemical sprays. In a country that allows many gardeners to grow and harvest vegetables 365 days a year it's unfortunate that many Spanish vegetables are grown under plastic and never receive the beneficial energy of the sun's rays or a refreshing shower of rain.

Shade from Hot Sun

Lastly, but by no means least, shade is essential on sunny days. Where possible provide for this with trees or high hedges, make full use of the natural shadows around the house particularly on the north side, develop the shady glade as an extension of the garden into the house rather than vice versa. and supplement with plant covered gazebos and pergolas, and large umbrellas.

Your garden is yours. Whether you develop it alone or with help of a gardener there are a hundred and one possibilities for any site. But recognise that a successful garden will have the health benefits of not just fresh vegetables and fruit but all year round exercise, stimulating internal and external vistas, pleasant perfumes, the stimulus of 'hot' beds and the calming effects of 'cool' areas of the garden, plus restful summer shade and invigorating winter sun. With a little thought all can be achieved in a garden with low maintenance.

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Online video

Villa Niza **New this month!**

This fabulous townhouse (145 m²) has 4 beds, 2 baths, + WC located in a secure, gated community. Spacious living accommodation, terraces with stunning sea, communal pools and mountain views.

Price: 340.000 euros

ref: t1560

EPC: In progress



Periana

Lake views!

A unique opportunity to purchase a 4 bed, 4 bath villa (225 m²) extensive terraces, large pool and large glazed summer room. A fantastic full time home, holiday retreat or stunning rental property.

Price: 795.000 euros

ref: v1511

EPC: In progress



Online video

Cómpeeta

Spectacular villa!

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

Price: 529,950 euros

ref: v1514

EPC: E



Salares

Price reduced!

Lovely spacious 4 bed, 2 bath country villa (134 m²) with living/dining and open kitchen. There are stunning views of the mountains, set in a quiet location, great outside spaces and a covered pool (retractable). A must to view!

Price: 279,000 euros

ref: v1328

EPC: E



Salares

Price reduced!

Large beautifully renovated 3 bed 4 bath village house (200 m²) with on street parking right outside. Huge living/dining room, 3 double en suite beds, terrace, walled courtyard with Jacuzzi and roof terrace.

Price: 211,000 euros

ref: t1132

EPC: D



Online video

Cómpeeta

Fantastic B & B!

A great business opportunity B & B (336 m²) with 4 rental rooms with owners accommodation. Separate apt, possible to convert to additional rental potential, fantastic outside space, gardens, private pool area, in a great location.

Price: 749,950 euros

ref: v1559

EPC: D

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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VSR2164 NERJA

€399.000

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VSR2192 TORROX €449.000

Detached villa. Comprising three bedrooms, private swimming pool, terraces and a spacious lounge. Private garage and easy access to the property.



VSR2053 BURRIANA AREA €325.000

Garden apartment in the Burriana area. Comprising of two bedrooms and fully furnished. Private covered terrace. Private garden, also a communal swimming pool and private underground parking. Great for rentals and within walking distance to Burriana Beach.

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The Costa Animal Society...

Hello to all our friends and followers of Costa Animal Society

As we are now well into 2025, I thought I would give you a summary of what we did as a charity last year. I had to wait until January to collate all the information, so I'm hoping the following will give you all a small insight as to what we get involved with.

Firstly, the "Happy Tails" – As some of you may know, we do not have our own shelter, for dogs or cats, but we do work in collaboration with a local kennel where our dogs are cared for and looked after. This is obviously at a cost to the charity. We both work hard to try and find our dogs their forever homes. In 2024, we had five dogs that did exactly that. Snow found a home here in Spain in April, as did Cuki in October. Ringo and Bimbo went to Sweden in December and Lady Penelope found her home here in Spain.

We still have seven dogs looking for homes. Contact details are at the foot of this page.

We have had many kittens that we have found dumped or lost, some only a few days old, that our "surrogate" mother Fiona (yes, she is human!) has hand reared and found homes for. You can see their lovely little faces and their stories on our Facebook page.

As a charity, we follow the "Trap, Neuter and Release" scheme that runs here in Spain and since the new Animal Welfare Laws were introduced in September 2023 we have been given a lot more protection for the work we do with the street cats.

In 2024 alone, we caught and released a total of 104 male and female cats from the street which cost us in excess of €5000. We receive minimal funding from the Town Hall, so rely heavily on your clothing and cash donations, so that we can continue our work.

In addition to the above, we have to pay the vet costs for all the other work he does on our behalf. Bearing all the above in mind, we do have to run a "tight ship" financially, but we will always help when and where we can. Next year, C.A.S. would have been helping the animals here for 40 years, so we must be doing something right!!

In June last year, we moved to another premises in Antonio Millon 13. We have more space, a brighter shop all on one level and air conditioning for the summer months. You can also grab a coffee and some food in Café Aloha, which is right next door.



If you feel like you would like to help in our work and volunteer, even if only for one four hour shift per week, just speak with anyone in the shop and they will help you.

If you would like to meet any of our dogs, please contact Seacrest Kennels at 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.

Or pop into our shop 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, or via PayPal on our Facebook page.

Duke

Duke was brought to CAS by a Spanish gentleman who found him wandering near the caves area of Maro last year. He was quite skinny and undernourished so he was placed in kennels to fatten him up. He's now a lovely, healthy, lively three year old neutered male with all vaccinations and paperwork up to date. He has a gregarious but loving personality who loves the company of people and other dogs as long as they are not aggressive themselves, but has not lived with cats. Duke is a large Podenco or Pharaoh Hound type dog who now weighs about 35 kilos. He is castrated, vaccinated and in good health. Duke is a long legged athletic boy so will need a home where he has room to run or will be taken out on several walks a day. He also loves his cosy cuddle time. Let's find him a home where he can run to his heart's content and then snuggle up by his family's side.



Duke

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

Since August 2011, AAR have rehomed over 5,300 animals. This year we rehomed 37, as well as supporting a further 47 external cases. But that's not all. We're also sponsoring 13 cats and dogs in permanent foster (as their medical needs are so complex and serious their loving foster families would not be able to keep them permanently on a financial basis without our help). As we rely completely on public donations, fundraising and our charity shop in Torre Del Mar, it is important to us that we are open and transparent about how we work and what we do with your money.

Our main costs for 2024 were as follows:

- Vet bills - €15,868
- Kennel Costs - €22,680
- Food, Specialist Meds, Specialist Animal Costs and Running Costs - €20,923

Every life saved is a testament to the hard work and dedication of everyone who volunteers and supports AAR. We promise to keep doing our very best and with your help, we have no doubt that 2025 is going to be even better.

If you think you can help us with anything from fostering to donating then please go to www.axarquiaanimalrescue.com/getinvolved.php or call Diane on 0034 692 962 429.

On behalf of all the animals we've been able to help and those still in our care, we thank you.

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://>

www.teaming.netaxarquiaanimalrescue

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 2429 - Monty

Monty is a Dalmatian cross, born 03/01/2019, found wandering alone in the campo. Monty is a loyal loving dog who prefers to be with older dogs, no cats or on his own. He needs a home here in Spain, and pretty much needs to be an "only child" in the family. It would be preferred if his adopter or his foster has experience with strong dogs and he will need secure outside space. Monty will need to have structured training and daily exercise to stimulate his brain. If you are a sporty person and you have time and energy to spend with Monty, then he will be a very happy companion. Monty has lots of love to give to his human family. Cuddles and hugs are his favourites. Monty has been waiting for his own family for a long time now and this year should be his year to get adopted! Please don't disappoint this gorgeous loving dog! Please mail Marlene at axarquia-rescue@hotmail.com for more information.

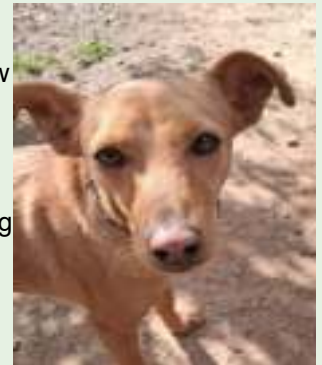


human companies. She is ready for adoption here in Spain, neutered, chipped, vaccinated and she has her passport. If you have a place in your heart and want to share your life with Valentia, please don't delay to adopt her, she has been waiting for a long time to hear from someone! Please email axarquia-rescue@hotmail.com for more information.



AAR 276 - Marron

How can you resist those eyes? Marron has been in our care now since August and is still waiting to find his 'forever' home. He is 19 months old and a very small podenco (under 10kg). He is the cutest little boy who is very loving and friendly. He loves his walks out with his friends and is calm and very good on a lead. When offered treats he will sit and wait and gently take them from you. He would dearly love a family of his own. Could this be you? Email axarquia-rescue@hotmail.com for more information



AAR 2744 - Valentia

Valentia born 10/02/2020 has spent most of her life in the Campo roaming with the other dogs, getting food and water where they can. She was rescued a year ago after giving birth to a litter of 9 puppies. Valentia is a gentle female dog with a sweet nature who needs all the love, care from someone who has time to devote to her socialising with other dogs. She loves to play with other dogs. And mostly she loves her cuddles. After being a campo dog, she is learning to walk on the lead and enjoy

AAR 2743 - Daisy

Gentle Daisy is a real poppet, she has come on so well in kennels, and has learnt to trust people, and enjoy their company. Lovely nature, calm, good with other dogs, yet unbelievably she is still stuck in kennels waiting for someone to take her home. Daisy is a medium sized

mixed breed and around 4 years old. Fully vaccinated and neutered. Could you offer this sweet girl a foster home? Or give her a forever home? In return she'll give loyalty, love and affection. Please email axarquia-rescue@hotmail.com for more information.




Axarquia Animal Rescue
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DOG PARK ETIQUETTE - SHOULD I TAKE MY DOG TO THE DOG PARK?

Now that Nerja has 2 brand new dog parks, let's look at some of the things that you need to know before you pay a visit with your dog.

As with any other social activity, it's important for dog owners to know the expectations. In this case, it's not just a matter of a social cues. Failing to follow the unspoken rules can put your dog and other pets at risk.

Dog parks can be a good or bad experience for your dog, depending on different factors. Bad experiences can be traumatic for your dog, while good ones can be stress-relieving and fun. There are steps you can take to determine whether your dog and a specific dog park are a good match, and whether your dog is ready for a dog park environment.

Before planning a visit to the park you'll want to consider your dog's temperament and socialisation skills. If your dog is shy, overly aggressive, or nervous around other dogs, it might be best to skip the dog park until they're more comfortable in social settings. The dog park isn't the best fit for every dog, and that's okay! In the meantime, you can work on socialisation through smaller, more controlled outings with your dog on a leash or with other dogs they're more familiar with.

Once you're inside the park and your dog is ready to play, don't be tempted to zone out and watch other people's dog play! Stay vigilant and keep an eye on your dog at all times. This isn't just for their safety — it's also important for maintaining good dog park etiquette. If your pup starts showing aggressive behaviour or becomes overly rowdy, it's your responsibility to intervene and redirect their attention.

Watching your dog closely can also help you identify any concerning body language from both your dog and any other dogs they might be playing with. Keeping an eye on dog body language can help prevent unwanted fights or aggression, or even just help you pick up on signals that your dog is ready to head home. If your dog starts showing signs of exhaustion or distress, don't push them to keep playing. Likewise, if tensions start to rise, it's best to call it a day before things escalate. Remember, safety should always come first.

These Alone Might Be Signs That Fun Time Is Coming To An End, But If You

Notice More Than One, It Is Time To Go Home:

- Tucked-tail
- Whale eye
- Licking of the lips
- Excessive panting
- Ears tucked back

Beware Of These More Direct Signs That Can Signal Something Is Wrong And You Need To Act Quickly:

- Bearing teeth, growling and snapping
- Excessive drooling
- Shaking and crouching backward or fleeing
- Vomiting or diarrhea

These Body Language Displays Can Help Alert You To Unwanted Dog Park Behaviour, Which May Include:

- Mounting
- Obsessive following
- Charging
- Bullying
- Neck biting

Your dog may be a social butterfly, but remember that not all dogs appreciate unwanted attention. Always ask before allowing your dog to approach another, and be prepared to step in if either party seems uncomfortable. A simple, "Is it okay if our dogs say hello?" goes a long way in fostering positive interactions and respecting boundaries.

Don't bring food. Bringing food to the dog park can spell trouble for several reasons. You never know which dogs might have food sensitivities, allergies, or react aggressively to the presence of food. It's safer to enjoy treats with your dog in the comfort of your own home, where you can ensure they're both delicious and safe for

By Karen Wallace



consumption.

In conclusion, mastering dog park etiquette is all about being proactive, respectful, and attentive to both your dog's needs and the needs of others. By following these simple tips, you can ensure a fun and safe outing for you and your dog every time you visit the dog park. Remember, for your dog, nothing really replaces time spent with you. Go on walks, take a hike, enroll in an obedience class or try a dog sport such as agility. A dog can be happy with or without a dog park experience.

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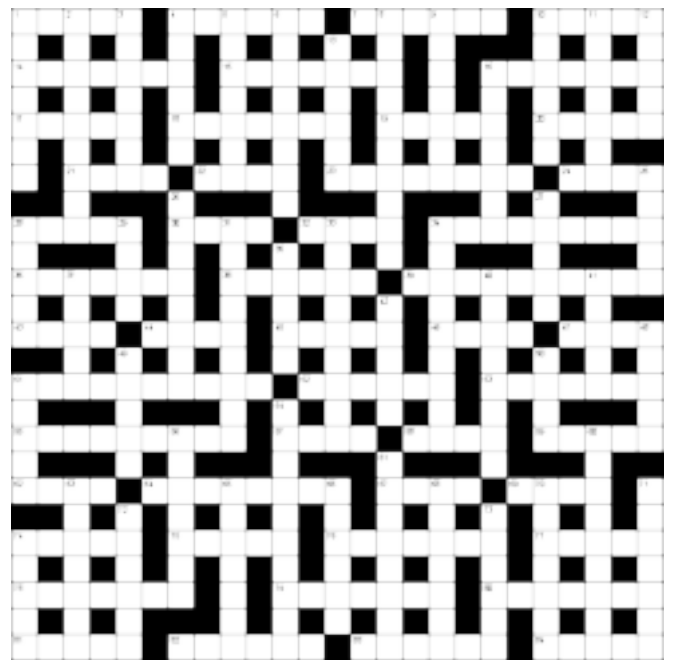
1. Cruising or racing vessel (5)
4. Disquiet (6)
7. Area (6)
10. Zealous (5)
14. Unwitting (7)
15. Enclosed territory (7)
16. Vegetable (7)
17. Outstanding (5)
18. Spoken (7)
19. Tripod (5)
20. Distinctive spirit (5)
21. Sense organs (4)
22. Redact (4)
23. Secured a horse (8)
24. Land measure (4)
28. Irritate (5)
30. Frolic (4)
32. Carnival (4)
34. Ascertain (9)
36. Display of bad temper (7)
38. Taste (6)
39. Ostensibly (10)
43. Precipitation (4)
44. Fossil fuel (4)
45. Water barrier (5)
46. Fiend (4)
47. Wealthy (4)
51. Predilection (10)
52. Fruit (6)
53. Injured (7)
55. Perilous (9)
57. Requirement (4)
58. Sort (4)
59. Facets (5)
62. Direction (4)
64. Extremely poisonous (8)
67. Comply (4)

Down

69. Requests (4)
74. Assumed name (5)
75. Part of a church (5)
76. Mode (7)
77. Rank (5)
78. Pear-shaped tropical fruit (7)
79. Rubbish (7)
80. Assisted in a crime (7)
81. Allays (5)
82. Dwell (6)
83. Sculpture (6)
84. Topic (5)

Down

1. Not as old (7)
2. Lizard (9)
3. Farm vehicle (7)
4. Of value (6)
5. Threw out (7)
6. Safety (8)
8. Primary (10)
9. Deadlock (7)
10. Flag (6)
11. Pictorial (7)
12. Woody grasses (5)
13. Armed robber (6)
16. Accumulate (7)
25. Foe (5)
26. Musical instrument (8)
27. Barbarous (5)
28. Performer (5)
29. Enclosure (4)
31. Loses (9)
33. Facilitate (9)
34. Finesse (9)
35. Copious (5)
37. Callow (5)



40. Shortened (8)
41. Unspecific entity (5)
42. Savage (5)
48. Conceals (5)
49. Not at any time (5)
50. Mischievous fairies (4)
51. Military chaplain (5)
54. Supported (10)
56. Aromatic herb (7)
60. Disassemble (9)
61. Perpetual (8)

63. Mariners (7)
65. Acquires (7)
66. African expedition (6)
68. Distinguished (7)
70. Section (7)
71. Not paid on time (7)
72. Compositions (6)
73. Breathe in (6)
74. Saying (5)



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We are Expat Internet.

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

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

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

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

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One of the cornerstones of our business is our commitment to exceptional customer service. We understand that questions and issues can arise at any time, which is why we are always available to assist you. Whether you have technical problems, billing inquiries, or questions about your contract, our team is just a phone call, email, or visit away.

We also recognize that technical issues can be frustrating, which is why we encourage our clients to visit our office for assistance. Our team is ready to troubleshoot any problems you may encounter, ensuring that you can get back to enjoying your services as quickly as possible.

We invite you to join the Expat Internet family and experience the difference for yourself. Whether you are looking to set up internet services in your new home, need assistance with your mobile plan, or simply want to chat about your options, we are here for you. Together, let's make your experience in Spain as enjoyable and connected as possible.

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SCAN ME



Spanish Ham Croquettes

Spanish Ham Croquettes

Serves:- 2

Ingredients:-

1/2 cup olive oil, more for frying
 3/4 cup all-purpose flour
 1 1/2 cups milk
 1/2 cup chicken broth
 1/2 tsp nutmeg
 Salt, to taste
 Freshly ground black pepper, to taste
 1/2 cup finely minced Spanish cured ham, about 2 to 3 ounces
 2 large eggs
 2 tsp water
 1 cup breadcrumbs

Preparation:-

Heat 1/2 cup olive oil in a large skillet over medium heat. Add the flour and cook for 3 minutes, stirring constantly,

until a smooth paste forms. Smooth paste of olive oil and flour being stirred with a whisk in a large skillet Very slowly drizzle in the milk and chicken broth, stirring constantly, until well combined. This can take up to 30 minutes.

Add the nutmeg, and salt, and pepper to taste. Cook over medium heat, stirring constantly until the mixture is thick, smooth, with a consistency similar to mashed potatoes.

Lower the heat to low. Add the minced ham, stirring constantly until well combined, 2 to 3 minutes. Remove from heat. Adjust seasoning if necessary.

Cool for 5 to 10 minutes. Refrigerate until the mixture is cold, about 3 hours. If you are preparing a day or so ahead, you can cover the mixture tightly and keep refrigerated until you are ready to fry the croquettes.

Beat the eggs with the water in a separate small, shallow bowl. Pour the breadcrumbs into another small, shallow bowl.

Cover your hands in flour, then divide the mixture into 1 inch balls or oblong pieces. Set on a plate so that they are not touching.

Add about 1/2 inch oil to a large skillet or other heavy-duty pan and heat to 355 F. Dip the croquettes in the egg, then coat with breadcrumbs.

Fry the croquettes in batches, turning several times, until golden. Remove the croquettes with a slotted spoon to a paper-towel-lined plate. Serve immediately.



Rice Pudding with Raisins

Rice Pudding with Raisins

Serves:- 8

Ingredients:-

1/2 cup Raisins (golden Or Regular)
 1/2 cup Bourbon Or Other Whiskey (optional)
 1 cup Medium Grain White Rice
 2 cups Water
 2 cups Milk (I Used 1%)
 2 tbsp. Heavy Cream
 1 tbsp. Salted Butter
 Pinch Of Salt
 8 oz. fluid Sweetened Condensed Milk, More If Needed
 Dash Of Ground Cinnamon
 Dash Of Ground Nutmeg
 1 tbsp. Vanilla Extract
 1 whole Egg, Beaten
 Caramel-Pecan Sauce
 1/2 cup Butter
 1/2 cup Packed Brown Sugar
 1/2 cup Light Corn Syrup
 1/2 cup Chopped Pecans
 1 tbsp. Bourbon Or Other Whiskey (optional)

Preparation:-

In a small bowl, combine the raisins and whiskey. Set aside for 1 hour.

In a medium saucepan or pot, combine the rice, water,

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milk, cream, butter, and salt. Bring it to a gentle boil, then cover the pot, reduce it to low, and simmer for 20 to 25 minutes, stirring twice during this stage. Note: The rice should be cooked, but there should still be visible creamy liquid; it should not all be absorbed. If the liquid looks like it is absorbing more quickly than this, you can cut this stage to 18-20 minutes.

Remove the pot from the stove and add the sweetened condensed milk, cinnamon, nutmeg, and vanilla. Return to low heat for 5 minutes to finish cooking.

Remove the pot from the stove and slowly drizzle in the beaten egg, stirring constantly. Drain the raisins and stir them in. If you'd like the pudding to be a little creamier, stir in a little more sweetened condensed milk. If it's too creamy, return to the stove top and cook for another 3 to 4 minutes. Serve immediately in a small bowl.

While the rice is cooking for the first stage, make the Caramel-Pecan Sauce: Combine 1/2 cup butter, brown sugar, light corn syrup, and chopped pecans. Heat up the mixture over medium-low heat, then allow to bubbly gently for 5 minutes, or until consistency is like a nice caramel sauce.. Remove from the heat and set aside. Top each portion of rice pudding with some of the Caramel-Pecan Sauce.



Carnival Pancakes

Carnival Pancakes

Serves:- makes 24

Ingredients:-

- 3 large eggs
- 1 1/3 cups sugar
- 1 1/3 cups all-purpose flour
- 1/2 medium peeled lemon
- 8 ounces milk
- 1 3/4 ounces anise liqueur
- Olive oil, for frying
- 1 teaspoon ground cinnamon
- 4 to 6 ounces wildflower honey

Preparation:-

Separate the egg whites from the yolks, placing the whites in a large mixing bowl. Beat the egg whites to stiff peaks with an electric hand mixer.

As the whites begin to stiffen up, add the sugar, yolks and then the flour and anise liqueur. Slowly pour in the milk and last the lemon peel. Allow to stand for 5 minutes.

Pour olive oil into a medium frying pan to a depth of at least a 1/2 inch. Heat on medium to medium-high, careful not to burn the oil. Once the oil is hot enough, use a ladle to pour a small amount of batter into the oil. When the tortillas are golden on one side, carefully turn them over and cook on the other.

Remove from pan and drain on a paper towel. Serve immediately. Choose to flavour the tortillas with cinnamon

one of two ways: Cinnamon Stick: Pour honey into a small pan or bowl, with the cinnamon stick in it. Heat on stove or in the microwave. Drizzle warm honey over the tortillas when serving. Ground Cinnamon: Heat honey and drizzle over tortillas. Sprinkle ground cinnamon on top.



Spanish Cocktail Rebutito

Rebutito, Spanish Cocktail


Ingredients:-

- 250ml Fino or Manzanilla sherry (can be substituted with white wine)
- 250ml sparkling water or soda
- 4 tbsp lemon juice
- 4 tbsp sugar
- Ice cubes
- Mint

Preparation:-

Pour the sherry and water into a large glass jug. Add lemon juice, sugar and mix well to dissolve the sugar, then add ice.



Serve in long glasses, with a few mint leaves in each glass.



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Can I Treat my Insomnia with Acupuncture



Insomnia is one of the most frequent sleep disturbances that currently exist. Since they affect a large part of society. We can define insomnia as the alteration or modification of sleep.

Types of Insomnia

It can be presented in several ways:

- Problems falling asleep at bedtime. This case is the most frequent or common, and this type is called initial insomnia.
- At other times insomnia however occurs when we wake up very frequently. Also when we wake up often throughout the night. This type is called intermediate insomnia.
- Although sometimes insomnia can also appear when we wake up very

early, much earlier than we expected. This type is called terminal insomnia.

We must know that sleeping is a vital and very important function for the human being. We say this, since when we are sleeping the brain will carry out innately or naturally, a process that will allow the whole body to regenerate and recover. But when this process is affected or altered, this is when it is said that the sleep has not been restorative.

Hours of Sleep

The duration of sleep will vary from one person to another. Since, it will depend on the age. But it usually oscillates between 4 and 12 hours of sleep. For an adult, the normal and the most ideal thing is that their night sleep

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is about 7 to 8 hours. This sleep time will allow us, the next day, to carry out our daily or daily activities with total normality. However, on the other hand, it must be said that an elderly person does not need so many hours of sleep. The normal thing for a 65-year-old person is to sleep about 6 hours at night. These hours of sleep are totally sufficient for them since they do not carry out great activities that imply a great effort throughout the day. I mean, they don't move as much as a 40-year-old.

Another important fact to note is that insomnia appears more frequently in women than in men. They have been carried out and there is still a lot of study and research on the subject. This produces great alterations or even disorders on a mental and physical level. For this reason, when we are facing a case of insomnia it is important to know how to frame it in order to be able to carry out a successful treatment later.

Insomnia Classifications

We can perform the following classification:

1.- FOR ITS DURATION Which in turn is divided into:

- * ACUTE OR TRANSIENT. This type of insomnia does not last long, only about 2 or 3 days. They appear because some type of situation is related that is not usual, such as a trip or exams. It tends to disappear the moment that specific situation that causes the patient a state of nervousness disappears. They usually do not need treatment.
- * SHORT DURATION OR LOWER DURATION. This type of insomnia has a longer duration, usually lasting about 4 weeks. They have somewhat more important problems associated with them, such as family problems, financial problems ...
- * CHRONIC OR LONG LASTING. The duration of this type of insomnia is greater than 4 weeks. The causes that trigger this type are not known or are not very clear.

2.- ACCORDING TO ITS INTENSITY They are classified into:

- * MILD. Insomnia usually appears almost every night, but quickly falls asleep again. Therefore, it does not usually alter the normal rhythm of the patient, being able to carry out his daily activities without any problem.
- * MODERATE. Insomnia appears every night, but the time to fall asleep again is somewhat longer. Here if the power to perform daily activities is affected and even the quality of life of the patient is affected. This can lead to fatigue, irritability, and even anxiety.
- * SERIOUS. It is the same as the previous case, but here the associated symptoms are much more pronounced, being of greater intensity.

3.- BY THE WAY OF PRESENTATION

In turn, they are divided into:

- CONCILIATION, are those insomnia that takes less than 30 minutes to fall asleep again.
- MAINTENANCE, are those types of insomnia that take more than 30 minutes to fall asleep again.
- A RAPID AWAKENING, are those insomnia in which the patient wakes up before the scheduled or scheduled time. They usually appear in older people.

What are the causes of Insomnia?

They can be very varied and multiple causes for which insomnia or that sleep disturbance appears, but below we are going to point out or list the frequent or most important ones:

- Due to excessive worry. For Traditional Chinese Medicine



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(TCM) an excess of concern will affect the Lung, Spleen and Heart.

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- When we eat very heavy meals or excessively increase dairy products in our diet, and for Traditional Chinese Medicine (TCM) this will affect the Stomach.

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- Mood alterations.
- Altered mood.
- Irritability.
- Depression may appear.
- We can even find ourselves with anxiety attacks.
- Decreased concentration.
- Reduces reaction time to any unforeseen event.
- You have even had problems keeping your balance, increasing the risk of falling.
- Decreases the quality of work.
- And of course, our quality of life decreases.

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of Nerja
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OBESITY - The on going struggle!

In the ongoing struggle against obesity, individuals often find themselves grappling with an internal war—a complex battle waged within the recesses of their minds. Every day, people fight a complex battle within their minds, wrestling with an unrelenting hunger after a hearty meal, succumbing to cravings for fried chicken or gummy bears.

These personal narratives echo the challenges faced by a substantial portion of adults grappling with obesity—a condition we, in the medical field, have come to recognize as a disease. Over the years, debates have raged about the root causes, spanning genetic predispositions, lifestyle choices, and the omnipresence of carbohydrates and ultra-processed foods. Traditional solutions, anchored in self-discipline and a simplistic "eat less, move more" mantra, often yield disheartening results.

Yet, a beacon of hope emerges in the form of brain-based therapies—a frontier I, as a physician, find both promising and controversial. From drugs meticulously designed to target reward and appetite centres to deep brain stimulation, a ground breaking intervention aiming to reset neural circuits, these treatments embody a paradigm shift. While debates persist, encompassing concerns about cost, side effects, and the potential to divert focus from lifestyle changes, there's a resounding agreement among my peers—a critical organ has been overlooked in our battle against obesity, and that organ is the brain.

Obesity



As a doctor, I increasingly recognize that obesity likely involves a disruption within the very machinery of the brain. Our brains, akin to ceaselessly humming machines, interpret signals from the gut, hormones, and the environment to regulate hunger, assess the impact of food, and maintain energy balance. Research unveils malfunctioning circuits and pathways in individuals with obesity—impaired dopamine receptors, disrupted gut-brain signalling, and muted responses to meals.

The question persists: What triggers these malfunctions within the intricate

network of the brain? Genetics play a role, undoubtedly, accounting for a significant portion of the variability in body mass index. However, it falls short of explaining the surge in obesity witnessed over recent decades. Enter the changing landscape of our food supply, now dominated by ultra-processed foods constituting 60% of our diet—a significant contributing factor. These foods, laden with additives and artificial components, may disrupt the delicate balance of gut-brain signalling, leading to overconsumption.

Continued on page 38

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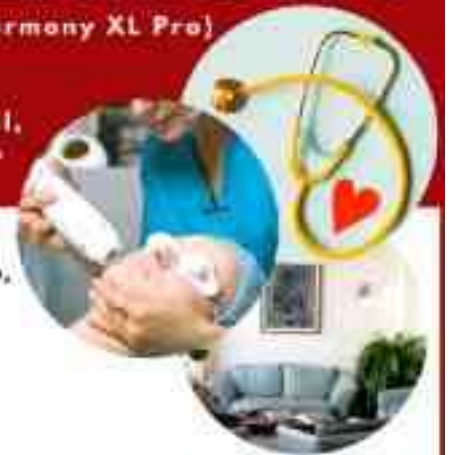
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In my experience, patients are turning to brain-based therapies with encouraging outcomes. Medications influencing hormones related to cravings and surgical interventions to modulate brain circuits are becoming integral components of the evolving obesity treatment landscape. Success stories resonate within my clinic, underscoring the potential of these approaches to effect meaningful change.

As the medical community continues to navigate neurological frontiers, it becomes evident that a nuanced understanding is imperative. Addressing obesity requires acknowledging the intricate role of the brain in appetite regulation and weight management. Patients traversing these innovative therapies embody a shift towards a holistic approach—a recognition of the multifaceted nature of obesity and a commitment to lasting, albeit delicate, remission.

**Dr. Paula Anthony,
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Strawberry Smoothie

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- 2 cups unsweetened frozen strawberries
- 1/2 cup cranberry-raspberry juice
- 1/4 cup orange juice
- 1/2 cup vanilla yogurt
- 2 large fresh strawberries, for garnish

Preparation:-

Place 2 cups unsweetened frozen strawberries in bottom of a blender or food processor fitted with a metal blade. Add 1/2 cup cranberry-raspberry juice and 1/4 cup orange juice and top with 1/2 cup vanilla yogurt. Cover and immediately blend until smooth, scraping down sides if needed. Pour into glasses and garnish each with a strawberry. Serve immediately.

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Jubilee House celebrates it's First Birthday !



It has been a truly amazing year with our "very frail " nonagenarians (I had to google what came after octogenarian). The "nonos" took on a new lease of life with their daily route marches around the grounds and trips to local restaurants. (thank you to our "swallow team who pick up our Jubilee house guests and take them out).

We had a vision of how things might be ... We were determined that we are a "Close Care Unit" and NOT a residencia. The reality is better by far than the dream...

Odd extra services evolved ...

Verifying people are still alive (saves a trip to the Gestor, or doctor) and passport renewal .Medical repatriation and all the protracted paperwork that goes with it..

We have made new friends opening the doors for "Day Guests". People who would otherwise be alone all week. Our "swallows" pick them up and bring them in for a 3 course lunch and games or just a chat .

Never Forgotten...

Outside Jubilee House is our "memory tree". It probably looks strange to anyone passing by but if they look closely they will see a torch hanging, a pair of glasses, a dvd all reminders of people who spent their last days with us. These people and their families are never forgotten and the door is open as one husband brings flowers on a certain day every month as his wife's picture remains with us.

A heart felt THANK YOU to all our fabulous staff and the people who have given their time and donated gifts to us.



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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

Tel:- 951 55 05 81 / Mobile:- 692 419 548

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www.englishnurse.net



The Alpujarras of Granada is an area of Granada hidden among the spectacular mountains of the Sierra Nevada. An area where you can find rugged landscapes and the highest villages in Spain.



Lanjarón

Lanjarón located just 45 km from Granada is a unique space. Its name comes from the Arabs and means "place of springs." Water is the great protagonist of this village in the Alpujarra region of Granada.

Here you can find the remains of its ancient castle, showing the importance that this place had during the Andalusian period.

The viewpoint of La Cañona, has the oldest cannon in the municipality, used by its inhabitants against the Napoleonic troops. Lanjarón even has a honey museum!



Capileira

Another of the most beautiful villages in the Alpujarra of Granada is Capileira. Almost 1500 meters high give this village a special character. Here you can enjoy impressive views of the Poqueira Ravine. The view of the Mulhacén and Veleta peaks will be one of the most fascinating things about this place. Capileira is the second highest village in Spain. There are many places of interest in Capileira, the Mirador de Perchel, the Casa-Museo Pedro Antonio de Alarcón, the mirador de Eras de Aldeire or the Calle Mentidero.



Pampaneira

Pampaneira is a small village in the Alpujarra of Granada with just over 300 inhabitants, but it is one of the most beautiful villages in the province of Granada. Pampaneira is one of the villages of the Alpujarra of Granada catalogued as a historic-artistic site, together with Bubión and Capileira.

Pampaneira was awarded the First Provincial Prize for the Beautification of Towns in 1976. In 1977 and 1978 it was awarded the National Tourism Prize for the Beautification and Improvement of Spanish Villages.

Bubión

From Bubión you can enjoy wonderful views of the whole valley. Many of the streets in this village were built by the Arabs. You will be amazed by the construction of their



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houses when you arrive. They do not have a roof, but they do have chimneys. In Bubion you will find portals known as "tiznaos", streets full of flowers. You can immerse yourself in a unique space where you can find the Taller del Telar, a set of two looms in perfect condition that are still working. It is one of the few traditional looms still in use in the whole region.

In Bubion you will find the Bubion Agricultural Museum or the Casa Alpujarreña Museum.



Orgiva

Orgiva is located at the foot of the Sierra de Lujar and the Sierra Nevada Natural Park. One of the villages of the Alpujarra considered as the capital of the western Alpujarra, being a commercial municipality. If you like the hippie world you should know that in this town lives an important hippie community, formed mostly by Germans, French, Dutch, Swedes, and other Europeans. Visit the parish church of Nuestra Señora de la Expectacion, which was started in 1580 in the Renaissance style with half-timbered vaults and semicircular arches, also visit the Palace of the Counts of Sagtogo.



Trevezes

The village of Trevezes is the highest in Spain. A town with just over 700 inhabitants, but where its hams are famous, recognized with the Protected Geographical Indication.

If you would like to know more about the ham industry, in Trevezes you can visit some of its drying sheds to learn about the artisan process of curing this delicious delicacy. It also has spectacular views and natural areas such as Siete Lagunas, Pico del Rey or Mulhacen itself.



These are just some of the villages of the Alpujarra to visit, but we assure you that you will be enchanted with this part of the province of Granada.

If you like tourism you can not only enjoy the interior of the province of Granada but also the capital.

When the coldest time of the year arrives there are many visitors to this part of Andalusia. The Costa del Sol is less than an hour away.

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Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel:- 952 52 1 339.
www.nerjaalmunecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishersman Chapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr.Nigel Thomas.

Community Bible Fellowship

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

Presbyterian Church, Torre del Mar

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

New Life Church

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

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

Lux Mundi centre, Torre del Mar -

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

The Anglican Church of St. George, Málaga

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

Evangelical Church, Torre del Mar

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



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ª, (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 MARCH COMING EVENTS & EXCURSION

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

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

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

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

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.

Thursday 6th March - Excursion to see the Almond Blossom in the Alpujarras. Lux Mundi would be very pleased to welcome you on a coach excursion to see the almond blossom. You will travel through the beautiful country side of the Alpujarras, with its amazing valleys and snow capped mountains arriving at your first stop in Trevélez, the highest village at approx.10.00. There will be a stop of about 90 minutes, time to take a short walk and refreshments and may be sample the famous Serrano Ham which is produced here. You will then join the coach for a drive back down the valley arriving at approx. 12.15 for a 1 hour stop in the village of Capileira, the highest and most northerly of the three villages in the gorge of the Poqueria River. Joining the coach again for the very short drive to the village of Pampaneira where you will have 2 and a half hours to eat a leisurely lunch and also pop into the chocolate factory and treat yourself in the shop. The last stop of 30 minutes will be in the village of Bubián and your homeward journey will start at 16.45

arriving in Algarrobo at approx. 18.30. Ticket price, available at the Centre: 22 Euros with a Friends card and 25 Euros for visitors. Proceeds for fundraising. Departure times: Torre del Mar (Bus Station) 07.45, Caleta (Opposite the Vets) 07.55, Algarrobo (Lidl) 08.00.

Monday 10th March - 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.

Friday 21st March - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time after the Mass.

Friday 28th March - Joseph and his Amazing Technicolor Dreamcoat. Please come and join Lux Mundi for an evening of musical entertainment. Tickets available at the Centre. Price: 44 Euros with a Friends card 47 Euros for visitors. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets), Torre del Mar (bus station) 15.45. Return at 22.45 approx.

COMING EXCURSION.

Tuesday April 8th - Saturday April 12th 2025. Excursión to Huelva , Rio Tinto, Arcena, Doñana Natural Park.

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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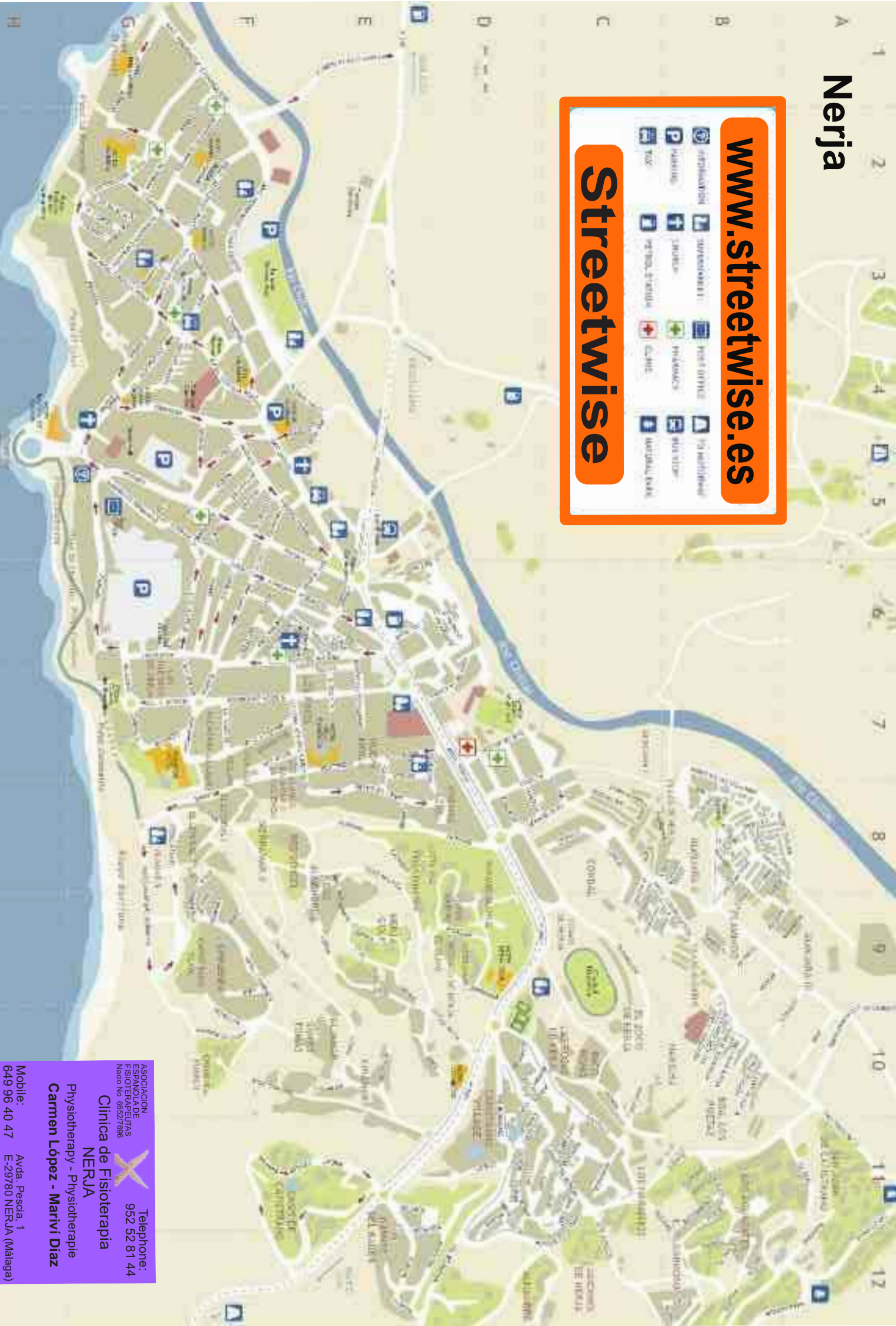
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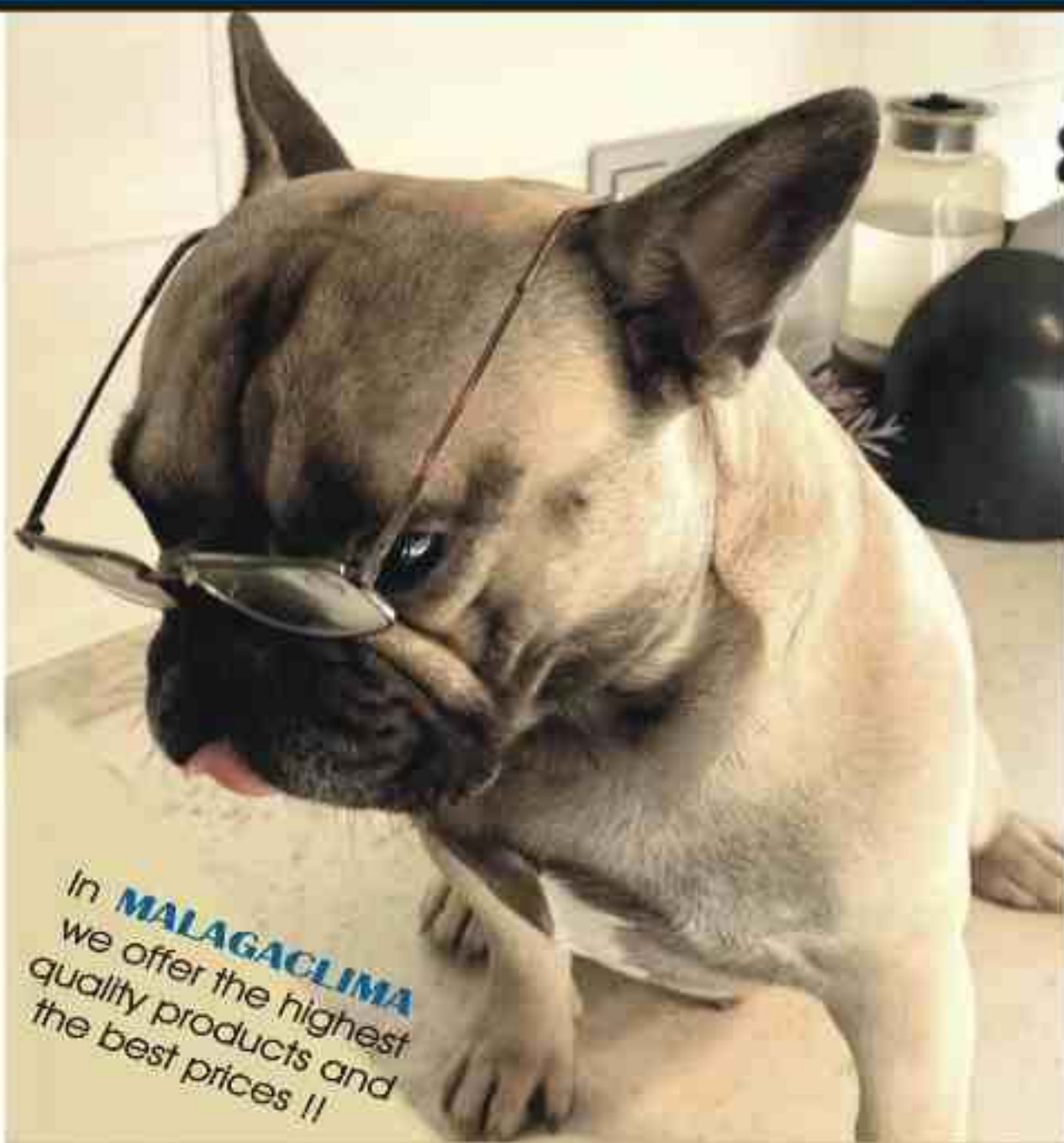


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Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastreros, 1 CP 29700 Vélez-Málaga

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Plaza de los Sastreros, 1 CP 29700 Vélez-Málaga

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653.150.058 (ES) / 667.951.756 (UK)
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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 Sastreros, 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

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Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...
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TORROX

REF: 7866

EXCLUSIVE: Spacious modern walking distance to Torrox villaje and 15 min. to the coast with Sea & mountain views: 4 beds, 2 baths, lounge, double garage, pool, garden, porch, patio, central heating, A/C, Great potential.

Built: 268 m²

Plot: 8.244 m²

EPC: F

PRICE: €585.000



ALMAYATE

REF: 7494

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

Built: 120 m²

Plot: 900 m²

EPC: In Progress

PRICE: €439.000

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CÓMPETA

REF: 7742

EXCLUSIVE: A superb townhouse situated in a very charming street, only a troll away from the main square with 3 beds, 1 bath, 1 lounge, 1 kitchen, storage, private patio, balcony, roof terrace with views of the village.

Built: 116 m²

EPC: In progress

PRICE: €162.000



VÉLEZ MÁLAGA

REF: 7818

Traditional centric villa in need of some renovation, 10 min. drive from the coast within walking distance to all of the local amenities; with 3 beds, 2 baths, lounge, kitchen, porch, storage, large beautiful garden and pool.

Built: 229 m²

Plot: 344 m²

EPC: In progress

PRICE: €319.900

29754 Cómpeeta

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29770 Torrox

Calle Elisa Ortigosa, 7

Tel.: +34 952 53 91 25

