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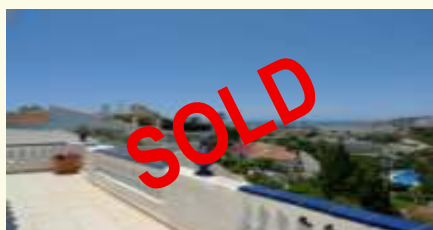
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2BR Apartment totally renovated with balcony and communal roof terrace. Great rental investment. 300m walking to Burriana beach. Surrounded by restaurants, shops ect

Price: €195,000
Ref: IN_670_INM



URB. NARICHA

Beautiful sunny villa with 4 beds, 3 baths. Surrounded by spacious terraces with stunning views. Private garage, storage. Communal pool and gardens.

Price: €299,000
Ref: CN48601



TORRECILLA

3/4BR Stunning spacious 220m2 family townhouse in privileged area, 2 min walking to beach & town centre. Roof terrace with splash pool. Private garage, storage area.

Price: €595,000
Ref: CN48669

PROPERTY OF THE MONTH



TORRECILLA AREA

Stunning 2BR Penthouse with a wonderful private sunny terrace with direct sea views. 200m to the closest beach. Private parking and communal pool.

Price: €399,000
Ref: CN48667



URB. ALMIJARA II NORTE

3 beds townhouse with stunning mountain and country views. Spacious terrace and interior patio. Storage room. Communal pool and gardens.

Price: €250,000
Ref: CN48703



CAPISTRANO VILLAGE

6 beds renovated beautiful 200m2 villa, 500m2 plot. Private pool and gardens. Excellent location close to all amenities. Sea views. Private 60m2 garage.

Price: €820,000
Ref: CN48227



TORROX PUEBLO

Village Townhouse separated in 3 apartments. Roof terrace with beautiful views, private garden, lots of natural light. Walking distance to the centre of town.

Price: €189,000
Ref: CN48601



TORROX PUEBLO

4BR Spacious townhouse with beautiful views. Storage room and private garage. Communal pool with outdoor kitchen and gardens.

Price: €235,000
Ref: CN48634



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Country Property of the month

Sedella:

Price: €289.000

CP588



A fantastic country property in Spain. The property is in a beautiful rustic setting where you can enjoy the lovely mountain views. The property is less than a 10 minutes drive from the village of Sedella. Gates open onto a private driveway which leads on to a large parking area. It is a wonderful property with a private swimming pool surrounded by terraces and next to it is a useful storage room. The interior accommodation comprises; a living room with a wood burner, a fully fitted Andalusian style kitchen, a shower room and three double bedrooms with fitted wardrobes.

The outside area has a private swimming pool, a Jacuzzi and 2 covered terraces. One of the terraces has a BBQ area and a sink, where you can enjoy your meals al fresco or relax with a good book in the shade.

This is the perfect property where one can feel the beauty of country properties in Spain!

An enchanting house at a reasonable price.



Cómputa:

Price: 115.000€



- Living space: 69m²
 - Bedrooms : 1
 - Pool: No
 - Garage : No
 - Terrace: Yes
 - Bathrooms: 1
 - Views: Mountain
 - Area: Countryside
- Ref.CP522**

Frigiliana:

Price: 1.000.000€



- Living space: 350m²
 - Bedrooms : 6
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 4
 - Views: Sea views
 - Area: Countryside
- Ref. TCP157**

Torre del Mar:

Price: 750.000€



- Living space: 320m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: Yes
 - Terrace: Yes
 - Bathrooms: 4
 - Views: Sea views
 - Area: Village
- Ref. TH507**

Frigiliana:

Price: 680.000€



- Living space: 160m²
 - Bedrooms : 3
 - Pool: Yes
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 3
 - Views: Sea views
 - Area: Village
- Ref. TH901**

Nerja:

Price: 859.000€



- Living space: 205m²
 - Bedrooms : 8
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 5
 - Views: Sea views
 - Area: Village
- Ref. TTH560**

Torrox:

Price: 168.000€



- Living space: 80m²
 - Bedrooms : 3
 - Pool: No
 - Garage: No
 - Terrace: Yes
 - Bathrooms: 2
 - Views: Sea views
 - Area: Village
- Ref. TTH520**

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Cover by Chelsea Ashurst

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As we start our **26th year** of publishing Streetwise magazine, we would like to thank all our clients, contributors, readers and friends for making Streetwise the success it is! A huge **THANK YOU!** for all your support over the last 25 years and **THANK YOU** for your continued support of Streetwise magazine.

It still makes me happy and puts a smile on my face when I see people sat at cafes reading Streetwise and enjoying it. Enjoy our **300th edition** of Streetwise magazine.

Love to all Dawn x



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Magnificent apartment in Nerja. Great location, just a couple of minutes walk from the Balcon de Europa and the beaches. Consists of: 3 bedrooms, living room, dining room, fully equipped kitchen, bathroom and a terrace. It has the possibility of adding a 4th bedroom. It is located on the first floor and has 120m2.

Price: €212.000

Ref: NV.AM



Beautiful villa in the prestigious urbanization of Capistrano Village. Built 100m2,170m2 total. 1st floor bathroom, kitchen, living/dining room with a large sunny terrace. 2nd floor 2 beds, renovated bathroom and terrace. One bed has an adjoining room, (office or 3rd bed. Bedrooms have sea views. Private garden, parking.

Price: €385.000

Ref: NV.137



Attractive 2 storey penthouse apartment, comprising 2 beds, 2 baths, lounge-dining room with cable tv, wifi, a/c. and equipped kitchen with washing machine. South facing terrace with sun all day, lovely sea and mountain views. Several communal pools, reataurant, bar, mini market, laundry, ample garden areas, etc..

Reduced: €220.000

Ref: NV.GOL26



Attractive apartment, in the lovely urbanization EL Capistrano Village, comprises of pretty patio-garden, facing the south, with sun all day round and partial sea views, lounge-dining room, fitted kitchen, bathroom, bedroom. It has a big rental potential and enjoys facilities such as several swimming pools (within 1 minute walk), ample garden areas, bar, restaurant, security guard, bus service into Nerja and the beach.

Price: €178.000

Ref:NV.P080B

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Beautiful Villa in Capistrano Village. Comprising 3 beds, 2 baths and a toilet, kitchen, living room, several terraces, garden and private parking. Everything is on one floor, so it is very accessible. It has a large outdoor space with several terraces and gardens. Common areas of Capistrano Village, swimming pools, gardens, restaurant, security, etc.

Price: €380.000

Ref:NV.PAL



Lovely apartment, ample terrace with sun all day. Beautiful sea and swimming pools views, lounge-dining room with cable TV, equipped kitchen, bathroom with shower, washing machine, double bedroom, wifi and air conditioning. Several communal pools, restaurant, bar, garden areas, security guard, bus service to Nerja and beach.

Price:€220.000

Ref:NV.PO117B



Townhouse in Nerja. Comprising: 2 beds, living room, bath and terrace. Completely renovated, south facing, beautiful sea views. Ground floor: Kitchen-living room with direct access to the terrace. 1st floor: Beds and bath It also has a beautiful community pool and parking.

Price: €265.000

Ref: NV.ALG



Impressive villa in Nerja. Consists: 5 beds, 3 baths, private pool, private parking, numerous terraces and a fully equipped barbecue area. Build150m2, 600m2 in total. Perfect home to enjoy the Nerja sun. Completely renovated and is very bright and spacious. Exterior 400m2 including a solarium with wonderful views.

Price: €669.000

Ref:NV.FDB



Nice apartment, next door to El Capistrano Village. Comprising good sized south facing terrace overlooking the communal pool. Sea views, sun all day, bright lounge-dining room, with fireplace, fitted kitchen, 2 spacious beds with built-in wardrobes, bath, parking area.

Reduced to: €218.500

Ref:NV.DA08



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

Price: €820.000

Ref: NV.JAZ



Fully renovated villa, ready to move in to. Priviledged location in Capistrano Village. 1st floor:- patio-garden, terrace with sun most of the day, bright living room with TV, dining room, equipped kitchen, toilet. 2nd floor:- beautiful sea views, double bedroom with en-suite, bedroom with 2 beds, bathroom. Pools, restaurant and bar.

Price:€440.000

Ref: NV.OL159

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Spain to grant residency to unauthorised foreigners who complete vocational training

The Spanish government has announced it will give a temporary residence permit to foreigners without legal residency if they complete vocational training courses. Many undocumented migrants in Spain are forced into the black economy. No residencia means no social security. Some of the roughly 500,000 undocumented migrants are being offered temporary residency if they agree to complete vocational training, what's called Formación Profesional (FP) in Spanish.

The measure is part of the first draft of the royal decree on the Regulation of Vocational Training, initially approved in 2022. If it is greenlighted in Spain's Congress and Senate, it will bolster the rights and freedoms of foreigners in Spain and their social integration.

Spain mulls whether single parents should get double parental leave

Spain gives mothers and fathers 16 weeks of fully-paid parental leave each, but Spanish courts are now considering whether it's discriminatory that single parents don't get the same amount of accumulated leave with their babies.

The Spanish Supreme court is considering extending the current leave of 16 weeks to 26 weeks or even 32 weeks for single-parent families, in order to avoid discriminating against children that grow up in households with one parent, rather than those that have two.

According to the latest stats, 10 percent of households in Spain are run by single parents and 80 percent of these are women.

Eyes are now on the Spanish Supreme Court to make a ruling on the issue so that regional courts can follow suit. It is expected that they will make a decision before the end of 2023, as the rate of single-parent households in Spain continues to increase at a rate never seen before.

From the age of 16, women may abort without the permission of their mothers, fathers or guardians.

Elimination of the three days of reflection, currently required. Elimination of the obligation to provide information to women about the resources and aid available in case of continuing the pregnancy. It will only be done if they request it.

The new abortion law will allow the termination of a pregnancy from the age of 16 without parental permission

Rain of euro bills causes mad rush for money on Spanish highway

A crash on the A-7 near the southern city of Marbella sent €20,000 in cash flying out the window of a car. Nearby vehicles, including a bus, screeched to a halt as drivers raced to pick up the notes before the police arrived. Motorists driving on Spain's A-7 highway in the vicinity of Marbella were surprised to suddenly see €50 notes raining down on them. The collision of a vehicle whose occupants were carrying about €20,000 in cash resulted in the money "flying out" in every direction.

Several drivers stopped their cars in the middle of the motorway to grab the banknotes, which created a huge traffic jam and dangerous situations.

A multiple car crash that took place at Km 181 on the A-7, near La Cañada shopping area outside the city of Marbella. The impact caused a briefcase to be ejected from one of the cars and break open. The bills went flying out.

The National Police is now investigating the origin of the money. According to police sources, the occupants of the

One dead, several injured in machete attack against churches in southern Spain

The assailant has been arrested, and authorities are investigating the case as a possible act of Islamic terrorism. Spanish police have arrested a machete-wielding man who walked into two Catholic churches in the southern city of Algeciras during February, killing one person and injuring at least four more. The suspect is a 25-year-old Moroccan national identified as Yasine Kanjaa by sources familiar with the investigation. Spain's high court, the Audiencia Nacional, is investigating the matter as a possible act of Islamic terrorism, although the Interior Ministry has not yet classified the attack as jihadist. Shortly after 6.30pm the suspect entered the Church of San Isidro, in the centre of this port city near the southern tip of Spain, and "began to argue with the parishioners, telling them that they should follow the Islamic religion." He left but returned less than an hour later, around 7.20pm, armed with a machete that he used to attack and seriously injure the priest, according to these same sources. The clergyman is reported to be in stable condition after receiving medical assistance.

The assailant then walked over to the Church of La Palma, located just 200 meters from the first temple, as a Mass service was ending. He began to throw religious images, crucifixes and candles on the floor and climbed up on the altar. The sexton asked him to leave several times, and the assailant chased him out of the church and to a public square called Plaza Alta, in the city centre, where he killed

Continued on page 13

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Price: €219.000

Ref: 6557AP2



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Price: €1.495.000

Ref: 6546VI6



TORROX COSTA

Bright & sunny West facing apartment with 2 bedrooms, huge bathroom, guest WC, lounge with open kitchen and a very large terrace with breath-taking sea views. Coming with a large storage room and a nice communal pool.

Only: €240.000

Ref: 6524AP2



TORROX COSTA

Frontline to the sea in Punta del Faro. 2 beds, 2 baths, separate kitchen with laundry room, lounge and spacious South facing terrace with unobstructed sea and coastal views. Community with well kept gardens and 2 swimming pools.

Price: €430.000

Ref: 5555PDF



TORROX COSTA

Lovely one bedroom apartment close to the centre of Torrox Costa. It comprises of bedroom, bathroom, hall, separate kitchen and lounge. Both bedroom and lounge have access to the terrace. Communal pool included. Close to all amenities.

Price: €147.000

Ref: 5556TDF



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Starting from: €290.000

Ref: 6416DEV



TORROX

Spacious town house in the village. Comprising of 3 bedrooms, 2 bathrooms, kitchen with patio, lounge with fireplace, lovely roof terrace with sea views and a spacious garage. Fully furnished and air conditioned. In great condition.

Price: €189.000

Ref: 6503TH3

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him with the machete, according to eyewitnesses. The suspect, who had no previous criminal record, is in the custody of the National Police in Algeciras.

Drug trafficking on the Costa del Sol

Spanish police arrested 15 people, including actor and painter Jean-Claude Pautot, dismantling a drug-trafficking network that smuggled hundreds of kilos of narcotics into Europe. Jean-Claude Pautot served as a middleman between French and Spanish drug traffickers bringing cocaine into Europe from the Caribbean. He was arrested in December in Marbella as part of a joint operation between Spanish and French police.

Two men seriously injured from falls in Nerja

The two men, aged 63 and 40, were separately taken to the Regional Hospital of Axarquía. Within two hours of each other the two men aged 63 and 40 were taken by ambulance to the Axarquía Regional Hospital. One of the men fell from a ladder while working in a house and the other man from an avocado tree on a rural farm in La Vega Tetouan, in the direction of Maro.

Man arrested for various robberies in rural homes in Nerja

The arrested man, 40 years old, a resident of the area and with a history of similar events, had sold part of the stolen machinery and technology, valued at 15,000 euros. A wave of robberies in farms in the rural area of the Río de la Miel, located to the east of the municipality of Nerja, had generated alert and concern among the residents of the area. A dozen homes had been violently assaulted while their residents were absent from them. The thefts began in December and continued into January. Apparently, the suspect always used the same 'modus operandis': he verified that there were no people in the homes to access them at dawn by forcing the locks and fences.

Apparently, during the search of his home, also located in the rural environment, several of the objects that had been reported as stolen were found.

Miguel Herrera, a Nerja resident with a mental illness who had been missing was found in good condition

The relatives of Miguel Herrera, a 63-year-old resident of Nerja who suffers from a mental illness and requires medication, had reported his disappearance to the Civil Guard. After more than 48 hours without knowing his whereabouts, he was found in good health, in an abandoned farmhouse in the area of the Río de la Miel, to the east of the municipality of Nerja.

Hashish found on Burriana beach in Nerja

A British man living in Nerja found 2 packages of hashish in the sand at Burriana Beach and alerted the Civil Guard.



Continued on page 14



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Arrested for stabbing three Chinese bazaar shopkeepers where he tried to rob in Malaga

The National Police have arrested a 26-year-old man for his alleged involvement in three robberies with violence and intimidation committed in Chinese bazaars in the centre of Malaga. The victims suffered several cuts on their bodies and faces, although none of the injuries were serious. The National Police immediately deployed a large device in the vicinity of this area that allowed them to find the person investigated, who they located on board an electric scooter. Apparently, he still had blood stains on his hands, clothes and shoes.

Food prices rise more than 15 per cent in Spain

Inflation is the biggest headache for consumers since the Ukraine war crisis began almost a year ago. Prices have risen so much that the government reduced or eliminated IVA on basic foods. Despite this, food prices rose by 15.4% in January compared to a year ago. Prices in January compared to December reveal that bread had fallen by 0.2%, milk by 1.5% and eggs by 1.5%.



Spain passes law allowing people to freely change gender from age 16

After months of sometimes heated debate within the ruling left-wing, Spanish MPs on Thursday gave final approval to a law allowing people to freely change their gender from the age of 16, at a time when other European countries are holding back on this controversial subject. The so-called 'transgender law', which is the battle horse of the radical left-wing party Podemos, an ally of the Socialists in Pedro Sánchez's government, allows people to change their gender on their identity papers by means of a simple administrative declaration from the age of 16.

Spanish museum returns two 15th century paintings to Poland

Spain's Museum of Pontevedra has returned two paintings to Polish authorities after experts determined the works had been stolen by Nazi forces during the Second World War. The museum handed the 15th-century paintings, 'Mater Dolorosa' and 'Ecce Homo' to a delegation from the Polish Ministry of Culture.

Woman arrested for leaving her four-year-old daughter alone at night to go to work

Two agents took a 27 year old woman arrested for abandoning minors to the police station in Madrid. The minor told them that she was alone and that she was very hungry because she had not eaten anything in hours,

Continued on page 16

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Edf. Rocamar, Nerja

Apartment for sale situated in Edf. Rocamar, one of the most sought-after apartment complex in the Parador area of Nerja, at the end of calle Carabeo. The apartment has a southwest facing terrace with nice sea views through beautiful gardens. It comprises 1 large bedroom with fitted wardrobes and a modern bathroom. This apartment has been fully refurbished to a very high standard. A/C & heating. Perfect investment for holiday rentals.

Price: 395,000 euros Ref. JG993



Urb. San Juan de Capistrano

Charming apartment on the sought-after San Juan de Capistrano with 1 bedroom and 1 bathroom, open plan fitted kitchen and living area with direct access to a spacious south-facing terrace and a further roof terrace with both offering fantastic views of the Mediterranean Sea and Nerja. Great rental potential.

Price: 199,500 euros Ref. JG996TPM



Hotel Parador area, Nerja

Top floor apartment located in the very sought-after area of the Hotel Parador. The property has a good sized terrace facing east with beautiful open views of the nearby urbanisations and some sea view to the south. It comprises a large open plan living & dining area, a separate fitted kitchen, guest toilet, 3 double bedrooms and one bathroom. A/C & Heating throughout.

Price: 230,000 euros Ref. JG994TPM



Edf. Verde Mar, Nerja

Apartment for sale situated in Verde Mar, one of the most sought-after apartment complex in the Parador area of Nerja, on calle Carabeo. The apartment has a south facing terrace with fantastic sea views. It comprises 3 bedrooms, although one is used as an additional sitting area, a new bathroom and a separate toilet. A/C & heating throughout. This is an ideal holiday rental investment.

Price: 545,000 euros Ref. JG986



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since noon, when they only gave her a piece of bread. The home, shared with more people who were not inside at that time, was in "unsanitary conditions, with mould on the walls and garbage on the floor", while there was apparently "no food" in the kitchen.

The minor was placed under protection in a reception centre. The Colombian woman worked in a pub-discotheque in the Villaverde district. The woman admitted that it was not the first time that she left her daughter alone during her workday , 10:00 p.m. to 4:00 a.m.

Thousands protested in Madrid over 'barbaric' plan to fell over 1,000 trees

Thousands of people gathered in Madrid to protest against "barbaric" plans to cut down more than 1,000 trees in two popular parks to make way for an extension of the city's metro system. Although the regional Madrid



government had originally planned to build two new stations on line 11 of the metro in streets south-west of the city centre, it has now decided that the stations will be located in the old Arganzuela section of the Madrid Río park and in the nearby Comillas park.

According to the new plan, the construction work will involve cutting down 1,027 trees, some of which are more than 50 years old and moving another 348.

Former Andalucían bar confirmed as lost medieval synagogue

City of Utrera's mayor heralds 'extraordinary' proof that building is part of legacy of Spain's exiled Jews.

Archaeologists in the Andalucían city of Utrera have rediscovered a staggeringly rare Spanish medieval synagogue, which was later used over the course of seven centuries as everything from a hospital and a home for abandoned children to a restaurant and disco-pub.

How long can I leave my cat or dog alone at home in Spain?

How long can you leave a pet unattended under Spain's new animal welfare law without facing a hefty fine? And are there any exceptions?

In recent months, the Spanish government has attempted to pass legislation that strengthens the rights of pets, known as mascotas in Spanish. The country's new Animal Welfare Law was approved by the Spanish Parliament in early February 2023, and includes a whole raft of changes and rules which pet owners have to follow. The legislation will need the final approval of the Spanish Senate before

Continued on page 28



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ADDITIONAL GUARANTEES TO BE TAKEN FOR PURCHASING IN SPAIN A PROPERTY UNDER CONSTRUCTION

Anyone visiting the Costa del Sol and Spain can clearly see that new developments are taking place whatever area you visit. After the COVID, many developers and investors from all over the world are attracted to the Costa del Sol and new developments and golf courses are being built. In this new property market booming, some of these new projects are just an idea that are only on paper, and they will only be real in two or three years' time.

The property market is undergoing such a good moment that many of these new developments are being sold very quickly. People are asked to pay high amounts in advance, and it is necessary to take some precautions to avoid problems in the future. When the only thing you can see is a plot of land it is worth asking some questions to find out if the money you are advancing for your future house is secure.

The purchase of new property in Spain is very safe, but here you have some points that you should ask the developer before paying any deposit or advancing any amount:

1. Who is the owner of the plot of land where the houses will be built?
2. Is this ownership registered in the Land Registry?
3. Is the developer a company duly incorporated and registered in the Mercantile Registry?
4. Does the developer have the construction project signed by an architect and duly stamped by the College of Architects?
5. Does the developer have building license for building the

houses projected?

6. Are there any mortgages to finance the construction?
7. Does the developer have the compulsory insurance required by the Spanish regulations to guarantee the amounts received in advance?
8. Does the developer have any bank guarantees?
9. When will the houses be finished and delivered?
10. Which are the precise characteristics of the house (square metres, distributions of rooms, quality of materials)?

Although the Spanish Act and regulations protect customers who are purchasing houses under construction, it is worth requesting some documents from the developer and receiving clear answers to your questions so you can see that you are dealing with a serious developer. Doing that you will avoid that your future dream house will not become your worst nightmare. It is also worth it contacting a good Law Firm before paying a deposit or signing any agreement. A professional solicitor must check that the developer is in order from a legal point of view and that you are signing a contract that protects your interests and respects all guarantees fixed by Spanish regulations. If you take the time to check the above mentioned 10 items your property experience will be straightforward. Do not let your house off-plan in Spain become your worst nightmare.

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My garden in Spain...



Roses

February and March:

The annual flowers that I have planted are all looking good. That very welcome rain brought them on incredibly well.

For the future, I only intend to have annuals in pots, as I want perennials and other permanent plants around the garden to make it easier.

You usually have to wait a year and longer for perennials to flower so I was really pleased to find seeds of perennial that flower in the first year, in the Thompson and Morgan catalogue.

I order them by telephone and when they arrived sowed them into pots in the sun room.

They are now all little strong plants, which will be planted out in a few weeks time.

The picture on the package shows flowers of red, tallow, blue, pink and white in an assortment of height and spread.

Some of the annual plants that I grew last summer very kindly sowed their seeds and have started to shoot up.

In fact, some of the plants didn't die off completely and grew on throughout the winter. Are they now perennials I wonder?

All the hard work and useful advise that went into the pruning earlier on is paying off as all the climbers are racing toward the sky.

With the help of a very experienced gardening friend I have tackled the rose pruning and have been rewarded with my first rose of the season.

It is a beautiful scented bloom the colour of claret in its outer petals graduating to a deep pink in the middle.



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Our regular gardening column by Irene Beenham. Throughout the year, Irene describes the range of emotions experienced in creating her very own 'Spanish Garden', offering help and advice along the way.

Fully opened it measures 7 inches in diameter and in some ways resembles a Peony. There are another 7 buds in this lovely rose, nearly ready to open.

Another useful ground cover plant that I have been introduced to is Uñas de Gatos which means Cats claws.

It has spikey, fleshy leaves and roots very quickly from cuttings. It has huge flowers, some in deep pink, some in yellow that resemble Helichrysum.

I have managed to germinate most of the Wisteria seeds and now have 7 plants to bring on.

The sun room is proving to be a very useful place for seed growing, as the outside temperatures seem to vary too much to use a little greenhouse for any germination at the moment.



Wisteria

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Algarrobo **New this month!**
Fantastic 5 bed, 4 bath south facing villa (193m²), used as a B & B, also perfect as a family home. In an elevated position with fantastic unobstructed sea views and good access. Beautiful pool and terraces.

Price: 599,000 euros

ref: v1489

EPC: In progress



Cómpeta **New this month!**
Beautifully presented 2 beds, 1 bath townhouse. Annexed 1 bed guest accommodation. Renovated houses, fantastic roof terraces with village / countryside views. Ideal as a permanent home and also have rental income.

Price: 293,000 euros

ref: t1494

EPC: E



Canillas de Aceituno **New this month!**
Large country house (190m²) a perfect renovation project. Affordable price and with easy access. Option to create a separate guest accommodation. Open countryside views.

Price: 121,000 euros

ref: v1488

EPC: in progress



ONLINE VIDEO

Nerja **New this month!**
Beautifully renovated 2 bed, 2 bath garden apartment (71m²), well located in Urb. Oasis in Nerja. Private terrace, sea views and a wonderful garden. A must to see!

Price: 369,950 euros

ref: t1490

EPC: E



ONLINE VIDEO

Cómpeta **Fantastic Property!**
Lovely 3 beds, 2 baths country house (99m²), established Casa Rural business, bright open plan living/dining/kitchen, easy access to local amenities, detached garage, private pool and fantastic terraces and gardens.

Price: 390,000 euros

ref: t1469

EPC: E



Canillas de Albaida **Stunning Property!**
Beautiful & charming hacienda style country house (180m²) with 5 beds, 4 baths & a WC. 10m x 5m private pool, deep covered terraces along 3 sides of the house. Fantastic opportunity to buy a stunning property in a quiet location.

Price: 850,000 euros

ref: v1461

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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BRUNO...

Came in as a rescue dog from a friend of a friend. He was in bad condition and covered in bites and scars and was quite aggressive. He is a lot quieter now but doesn't like other male dogs. He weighs about 25 kilos and is fully vaccinated and castrated. He loves being outside which makes us think that he had been enclosed a lot at some stage of his life.



Bruno

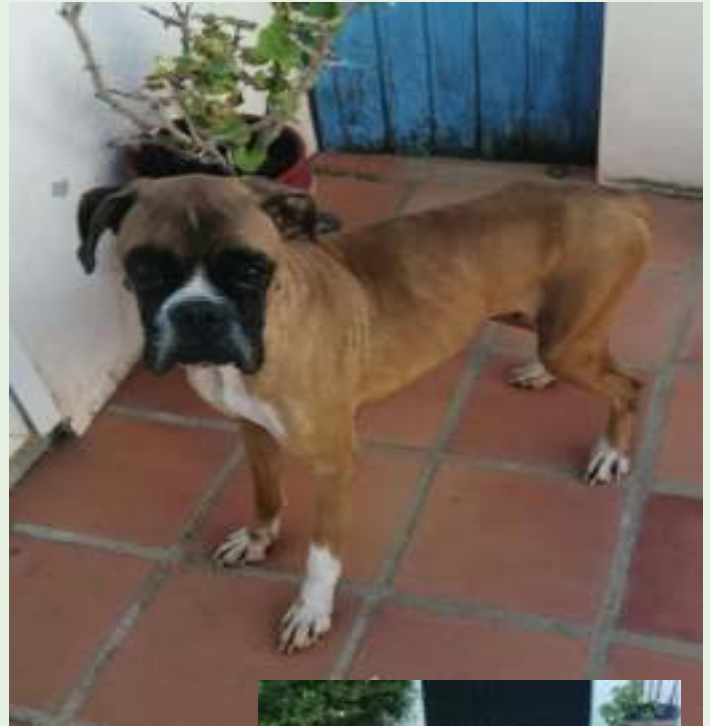
HECTOR... The poor lad has been with us for quite a while now after being abandoned in Nerja. He had spent a year or so at another kennel when he was young and is now five years old. He is very much an Alpha male and doesn't get on well with other male dogs. Unfortunately he is not too keen on cats either. Hector is about 20 kilos and is fully vaccinated and castrated. He loves to play and has a healthy appetite.



Hector

The Costa Animal Society...

INKY... She was found abandoned along the riverbank with Tyson a year or so ago. She was totally bald on her back and shoulders but with treatment and patience she is fine now. She is about 2 years old and is fully vaccinated and spayed and weighs about 8 kilos. She is very sweet and playful and loves being with her friend Tyson and as you can see from the photos, she loves a fuss and a stroke.



Tyson



TYSON.. Is a lovely boxer who was found abandoned along the river bed in Nerja with his little friend Inky. He is about 4 years old and unfortunately was tested positive for leishmaniasis for which he takes medication daily. This has also affected his eyes so he needs eye drops daily. He can be aggressive at feeding time. He likes to eat a LOT but stays quite slim. He is fully vaccinated and castrated and weighs about 20 kilos. He is very happy being with his little friend Inky.



Inky

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Lauro

Lauro – AAR 2638

Lauro was found badly injured, probably attacked by a wild boar or other dogs. Vet said he is about 7-8 years old. After urgent vet treatment and a few days in the vet hospital he is now recovering in a foster home. Once fully recovered he will be looking for his forever home. Email axarquia-rescue@hotmail.com for more information



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Axarquia Animal Rescue



Beethovan

Beethoven – AAR 2627

I was found with my mum, brother & sister last month. Our owner had died and our mum had taken up refuge in a scrap yard. AAR were alerted and found us a safe place to stay at some kennels. After just a couple of days they discovered I had an existing injury on my head that had become infected. I was taken to the vets where the wound was drained and cleaned. I was given special medicine to help it get better. Sadly, the infection spread and made me quite unwell. I had to be admitted to the vet hospital where I spent 9 days. Luckily I have since recovered in a foster home and I am now well enough for a forever home of my own. I love cuddles and exploring and AAR thinks that I'm about 3 months old. Please email axarquia-rescue@hotmail.com for more information.

Petra - AAR 2626

Petra is a beautiful Mastin Espanol about 6 years old. We believe her life has been having litter after litter of pups. She was rescued with her last

litter who are now all moving on to their forever or foster homes and Petra will be all alone in the kennels. We are looking for a foster or forever home for Petra, ideally with another dog for company. If you would like Petra in your life, either temporary or permanently, please email: axarquia-rescue@hotmail.com



Petra

Django - 2623

Django was found injured and alone in the countryside, gorgeous Django is now thriving under the care of his



Monty

Monty - AAR 2429

Monty is a 4 year old Dalmation cross. He loves people but does need a home with just adults, no children and no other animals. He will be your best friend and loyal companion. He is available for adoption within the Axarquia region of Southern Spain. Email axarquia-rescue@hotmail.com



Dulce

Dulce - AAR 2564

Dulce is a lucky girl and you could be lucky enough to be her forever family. Her fortunes have been up and down but now we're confident Spanish Waterdog Dulce is destined for happiness. Dulce is approximately 7 years old, a beautiful and gentle soul. Quiet and shy, but has learnt to love cuddles and treats. Dulce is relaxed with other dogs, and ignores cats, loves people once she gets to know them. If you could offer Dulce a loving home, where she can enjoy snoozing in the sun and mooching around, please contact us for more information at axarquia-rescue@hotmail.com

Kiwi - AAR 2498

Kiwi was born 2nd December 2021 and is looking for a very special home. Born disabled, Kiwi has a very unique way of racing around on 3 legs and keeps up with her foster brothers



Kiwi

easily - she literally can run rings around them! Full of love, mischief and also a bit of a Diva - Kiwi will make you smile and laugh everyday. She'll smother you with love! We are looking for a special adopter here in Spain who can accept Kiwi as she is, happy, healthy and a bit wonky on the back legs. AAR will support Kiwi for life and fund any vet treatments/ surgeries she needs on her back legs. Please help Kiwi to continue to live her life to the full.



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Ouch! Helping your puppy play nicely

Puppies use their mouths just like we use our hands! They explore new things with their teeth, and when they interact and play with one-another you will see a lot of teeth!

So, how do we teach our puppies that the rules are different when it comes to interacting with their human friends? The first thing that is required is a lot of patience! Puppies mouth people to get attention and play. Your puppy will therefore need to learn that using their teeth on people NEVER works to get attention. Remember your attention comes in three forms (talk, touch and even eye contact). You will have to be very consistent whilst your puppy learns the 'rules' – and any time they put their teeth on you, quietly remove your skin/clothes from your puppy's mouth. If they continue trying to mouth you, try turning away from them and crossing your arms – a clear signal that your attention has been withdrawn! If this still doesn't work you will need to walk away from your puppy and leave the room, closing the door behind you and leaving them to calm down for a moment before going back in. It is very important that it is YOU who leaves the room, instead of picking your puppy up and moving them away, as this still counts as attention! Once your puppy has calmed down and is doing something more suitable you can praise them and interact again – remember, if they mouth you again you will again need to move yourself away. This can leave you feeling like a bit of a Yo-Yo to begin with, and your puppy may go through a period where they seem to get worse before they get better because they need to learn that this behaviour no longer works. Be very strict with yourself and make sure that you do not give in and respond when your puppy mouths you particularly hard or for a long time (you will only teach them to mouth harder/persist!). This training will eventually click and your puppy will learn not to use their teeth when interacting with people.

Although it can be very frustrating, try to avoid telling your puppy off for mouthing. Remember, the only reason they are doing it is to try and get you to interact with them – so any interaction could still reinforce their behaviour! In addition, telling them off may make them worried. Although this may work to stop your puppy in their tracks, it can drive more over the top, severe mouthing in the future, in addition to contributing to other issues. Simply stopping any reward for the behaviour is the safest and most effective way of dealing with mouthing in the long term.

A top tip for success is to keep a toy with you when you know your puppy is feeling lively.

You can let them chew on this as you play with them, instead of having the temptation of putting your hands in their mouths! Always keep a few different toys out so that your puppy has something

DOG SCHOOL - NERJA

Karen Wallace

suitable to chew on at all times. Your puppy is much less likely to mouth when they are tired out, so ensuring that they have the right kind of outlet when they are feeling energetic is half the battle!

We would advise against wearing your best clothes around puppy! It is far better to get changed into something you don't mind getting spoilt whilst you are training your puppy not to mouth. If you have young children that cannot put this advice into practise you will need to manage the situation more closely. It is a good idea to separate your child and puppy at times when either is feeling particularly excited, and/or to keep a light lead on your puppy in the house so that you can gently remove them from a situation without needing to tell them off or give them your attention when they are being 'naughty'!

If your puppy is showing an extreme mouthing and/or this advice does not seem to help ask an expert for advice. Always get your puppy checked over by a vet if they have a sudden change in behaviour or are behaving in a way that is of concern – as this could be related to a medical issue.

So, remember our top tips for preventing mouthing:

- Try not to shout at your puppy, as they will associate mouthing you with getting your attention, or potentially get scared.
- If your dog mouths you, don't respond with your attention. Remember your attention comes in three forms – talk, touch, and eye contact. Turning away and crossing your arms removes all three forms of attention.
- If this still doesn't work, you may need to leave the room, close the door behind you and let them calm down for a moment

before you return to the room.

- Positively praise your dog when they stop mouthing and interact with you in a gentler way.
- If you have children in your home, you may need to supervise their contact with your puppy. If your puppy or child is feeling particularly excitable, it may be wise to keep them apart.

If you have a puppy at home, why not come along to training classes to get your training started on the right paw? Check out the latest info about classes and private training on our website at www.dogschoolnerja.com and social media pages, or get in touch via email at karen@dogschoolnerja.com



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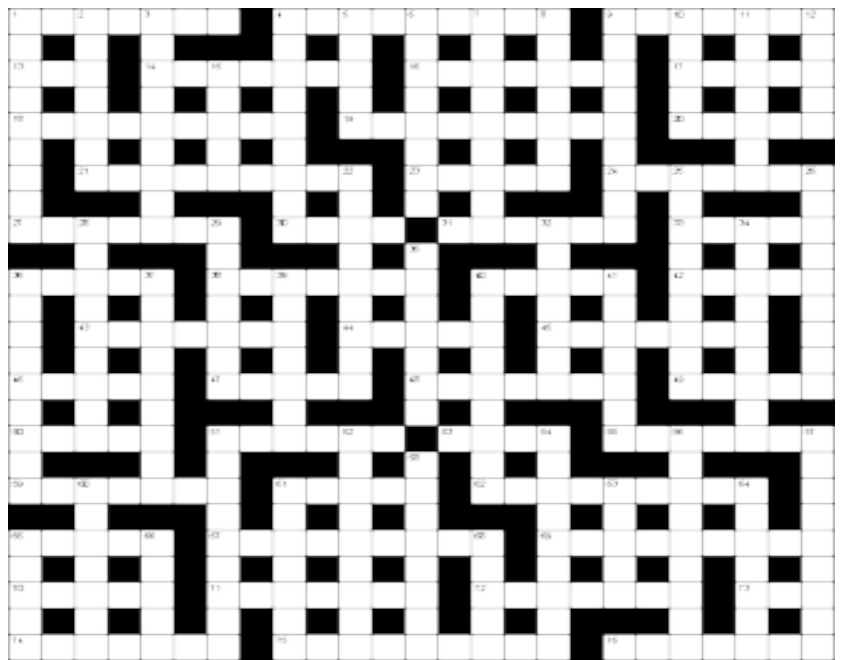
- Sentiment (7)
- Predominant (9)
- Cure all (7)
- Short sleep (3)
- Young swans (7)
- Earnest (7)
- Publish (5)
- Percussion instrument (9)
- Notable display (9)
- Live (5)
- Puzzling (9)
- Spooky (5)
- Instructed (7)
- Units of time (7)
- Sand hill (4)
- Positioned (6)
- Body of water (5)
- Stringed instrument (5)
- Angry dispute (7)
- Copious (5)
- Musical study (5)
- Slope (7)
- Coconut meat (5)
- Attain (7)
- Angry (5)
- Footwear (5)
- Everlasting (7)
- Snares (5)
- Larceny (5)
- Hypothesis (6)

53. Folio (4)

- Core (7)
- Recount (7)
- Smooth fabric (5)
- Provisional (9)
- Stage whisper (5)
- Intrepid (9)
- Part of the Stone Age (9)
- Used to control a horse (5)
- Entourage (7)
- Japanese art of paper folding (7)
- Singing pair (3)
- Responses (7)
- Close observer (9)
- Direction finder (7)

Down:-

- Unpleasant (9)
- Urge (7)
- Origin (9)
- Forestalled (9)
- Hazards (5)
- Gathered together (8)
- Affected (9)
- Kind of syrup (7)
- Demonstrated (9)
- Callow (5)
- Pillow (7)
- Alarm (5)
- Ostler (5)



- Written agreements (9)
- Expiation (9)
- Perilous (9)
- Nominee (9)
- Spangles (7)
- Ship's master (7)
- Count (9)
- Skidded (7)
- Court game (9)

- Large musical group (9)
- Wondrous (7)
- Astonishment (9)
- Line of troops (7)
- Book of synonyms (9)
- Reserve (9)
- Fiscal (9)
- Disapproval (9)

- Sapient (9)
- Not guilty (8)
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ROOK

RUMMY

SKAT

SLAP JACK

SNAP

SPADES

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WHIST





coming into force once it is published in Spain's official state bulletin (BOE).

7 key points from Spain's new Animal Welfare Law
Who gets the dog after a break-up? Spain starts shared custody.

Pets in Spain cannot be left alone for longer than 72 hours, equal to three days. This applies to cats, hamsters, rabbits, birds and other pets. However, the maximum amount of time a dog can be left alone at home in Spain is now 24 hours. Leaving them locked out on terraces, balconies or kennels during this period is strictly forbidden. The fine for leaving your pet alone for longer than the permitted time is up to €10,000. Most animal experts and vets will without a doubt recommend that the time dogs spend alone be far less than a day nonetheless, from a maximum of two hours for puppies to six hours for adult dogs. The only legal exception within the canine world are shepherd dogs that are fulfilling that very role, and they will need to have a geolocator on them and an outdoor shelter available to them. For cats, animal associations acknowledge that felines can spend more time by themselves than pooches, but the recommendation is still to keep it under eight hours.

Face masks in Spain now only required at hospitals, pharmacies & care homes

Face masks are no longer required on public transport in Spain, after the new rules were published in the Boletín Oficial del Estado (BOE). The health authorities still recommend 'responsible use' of face masks if people feel they have Covid-19 symptoms or have respiratory issues. Face masks will remain obligatory for visitors to hospitals

and pharmacies, as well as for care home staff and visitors, but not residents.

200 evacuated as fire engulfs migrant camp in Almería, Andalusia

Some 200 people were evacuated from a camp housing hundreds of migrant workers in the Almería province of Andalusia, after a fire engulfed the site. Most of the camp's residents were men from sub-Saharan Africa and Morocco, working on the many farms in the area. Together with tourism, agriculture is a primary source of income for the region. The camp consisted of hundreds of huts built around 15 years ago and housed up to 500 migrant workers. Many shelters were built out of the same plastic used in the local farms' greenhouses and lack any services like electricity or running water.



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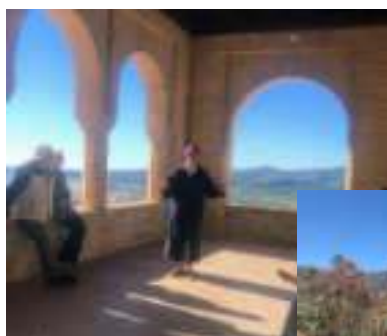


NERJA CAPTIVATED IN BALISH

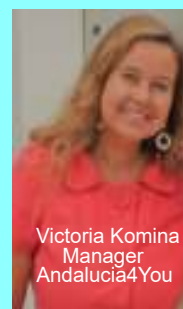
41 Club Nerja had the privilege of making the "Theatrical Walking Tour" of Balish, which we now know as Velez Malaga. "It was charming . . ." said Chairman Peter, "I had expected the usual nice walk round the old town, with some names and dates explained, but instead the tour involves four actors in period costumes who play real characters from Balish's Moorish past. "They bring it all to life. They made us suspend reality for a short time and put ourselves back into the tiny markets in the little squares; to listen to the young muslim woman reciting her poetry and singing her haunting songs; to listen to the last Mayor of Balish struggling with the imminent loss of the city to the Christians in 1487; and to begin to understand the mystic Sufi master in the Mosque reciting his poems in Arabic and English." The tour then descends from the fortress into the Medina, when one meets the girl in the Jewish quarter, emphasising the co-existence of the religions at that time. The Tour may be booked on sharqandalus@gmail.com quoting *TOURBALISH*



41 Club Nerja can be contacted on 41@41clubnerja.org or find out more at our website 41clubnerja.org
A video of the tour can be found on YouTube via this link <https://www.youtube.com/watch?v=HgDPttgG38o>



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ARIES:- (March 21 - April 19)

Don't waste time listening to the so-called experts today, listen instead to what your heart is telling you. It may not sound logical but if you follow it faithfully you will find in the long-term it guides you in exactly the right direction.

Luckiest day:- Friday

TAURUS:- (April 21 - May 21)

Do whatever it takes to make yourself heard this month. You don't have to shout but you do have to insist that friends and family members alike listen to your message, because if they don't they could find themselves out of favour very soon!

Luckiest day:- Tuesday

GEMINI:- (May 21 to June 20)

You seem to have a guilty conscience about something, but the planets suggest you have no reason to be ashamed by what you have done. On the contrary, you were 100 per cent right to follow your desires, so there is absolutely no need to apologize.

Luckiest day:- Saturday

CANCER:- (June 21 - July 22)

You have so much going for you and so much to look forward to but still you doubt yourself. If it's because you don't know how you are going to finance what you hope to accomplish, don't worry – the universe will take care of your needs.

Luckiest day:- Monday

LEO:- (July 23 to August 22)

You can, if you wish, show your rivals how tough you can be this month but it's really not necessary. They know you well enough to be aware that when you say something you not only mean it but will be ruthless in making it happen.

Luckiest day:- Wednesday

VIRGO:- (August 23 - Sept. 22)

You will get the chance to air your point of view this month and you must take advantage of it. Partnerships in general and relationships in particular will go well for you now if you are open and honest about what you think and how you feel.

Luckiest day:- Friday

LIBRA:- (Sept. 24 - October 23)

There is a danger this month that you might believe you have to act now, immediately, this very moment, but that's actually the opposite of what you should be doing. Slow down and take each task as it comes. You have all the time in the world to shine.

Luckiest day:- Monday

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

Partners, colleagues and loved ones will be running here, there and everywhere today but you are smart enough to know you can just sit back and let life come to you. You don't have to be on the go every minute of every day to be a success.

Luckiest day:- Saturday

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

The reason a certain individual is talking so fast is because they don't want you to stop and think long enough to realize they are trying to cheat you. If your sixth sense is telling you they cannot be trusted – and it should be – you must listen to it.

Luckiest day:- Sunday

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

You will be pleasantly surprised this month by new information that helps you make sense of the world. Don't reject it just because it's a bit "way out". You may be one of the more rational members of the zodiac but you know truth when you see it.

Luckiest day:- Wednesday

AQUARIUS:- (Jan 21 - Feb. 18)

Pay attention to what your heart tells you this month because you will only be able to work out what is going on if you listen to the voice that comes from within. The more others try to bombard you with "facts" the more you must trust your own judgement.

Luckiest day:- Thursday

PISCES:- (Feb.19 - March 20)

You must put the talents you were born with to better use in the days and weeks to come. Under no circumstances listen to those who try to tell you that what you are doing is misguided, because they're wrong. You know what needs to be done.

Luckiest day:- Friday

Horoscopes.

by Kristian Marconi

Exposición Torrox pueblo

Para ver más - Margaret Riordan - marlordan@aol.com

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Roasted Lemon Chicken Thighs with Potatoes

Roasted Lemon Chicken Thighs with Potatoes

Serves: 6

Ingredients:-

- 6 bone-in, skin-on chicken thighs
- Salt and freshly ground black pepper
- ¼ cup olive oil
- 1 ½ pounds potatoes (680g, scrubbed and cut into 1-inch chunks)
- 1 lemon (sliced)
- 10 cloves garlic (peeled)
- ¼ cup chopped cilantro or parsley leaves

Preparation:-

Preheat your oven to 425 degrees F, and season the chicken thighs with salt and pepper. Heat the olive oil in a roasting pan set over two burners at medium high heat. Sear the chicken skin-side down in the roasting pan. After the chicken thighs have been searing for about 5-7

minutes, flip them over. Add the potatoes and stir them in the oil. Add the lemon slices and garlic cloves, tossing everything together so the potatoes and garlic are well-coated in olive oil. Transfer the chicken to the oven and cook for another 30 minutes, or until the chicken is cooked through and the potatoes are tender. Remove from the oven and stir in the herbs.



Cheesy Baked Leeks with Ham

Cheesy Baked Leeks with Ham

Serves: 4

Ingredients:-

- 3 leeks (around 500g)
- 180g packet of sliced, cooked ham
- 30g butter
- 30g plain flour
- 150ml dry white wine
- 250ml milk
- 1 tbsp wholegrain mustard
- 1 tsp chopped fresh thyme leaves, plus a little extra to serve
- 75g grated cheddar
- 100g brie, sliced

Preparation:-

Heat the oven to 200°C /180°fan/gas 6. Cut the leeks into 8cm lengths, then wrap each in a piece of ham, cutting to fit and using up all the offcuts. Arrange in the base of a 1.5 litre ovenproof dish. Meanwhile, melt the butter in a pan, then stir in the flour and cook over a medium heat for 2-3 minutes. Gradually whisk in the wine and milk. Bring to the boil, then simmer for 3 minutes. Stir in the wholegrain mustard, thyme leaves and cheddar until melted, then pour over the leeks. Top with the brie, then bake for 30 minutes until bubbling. Scatter with more thyme and serve with crusty bread.

If you have a recipe that you would like to share with Streetwise Magazine readers, please send it to info@streetwise.es



Roasted Vegetable Yorkshire Pudding

Roasted Vegetable Yorkshire Pudding Traybake

Serves: 6

Ingredients:-

1 celeriac, trimmed and cut into 1cm wedges
6 medium shallots, peeled and halved lengthways
250g mushrooms, halved or quartered if large
A few fresh thyme sprigs
4 tbsp olive oil
Large handful kale, thickly sliced
2 fresh rosemary sprigs
Small handful fresh sage leaves
Pinch sea salt flakes
Quality veggie gravy to serve

For the batter:-

225g plain flour
Pinch baking powder
4 large eggs
300ml whole milk
3 tbsp creamed horseradish
2 fresh thyme sprigs, leaves picked

You'll also need... 1.5 litre baking dish or shallow casserole

Preparation:-

Heat the oven to 200°C/180°C fan/gas 6. Put the celeriac, shallots, mushrooms and most of the thyme sprigs in a large roasting tin, drizzle with 2 tbsp of the oil and sprinkle with salt and pepper. Roast for 25 minutes, turning the vegetables halfway through, until tender and starting to caramelise. Drizzle the remaining 2 tbsp oil into the 1.5 litre baking dish, then warm in the oven for 5 minutes. Meanwhile, for the batter, sift the flour and baking powder into a large mixing bowl, then make a well in the centre. Crack in the eggs, then pour in the milk. Using a balloon whisk, beat to make a smooth batter (you should see bubbles start to appear on the surface). Whisk in the horseradish, thyme leaves and some salt and pepper. Sprinkle the kale into the warm oil in the baking dish/ casserole (see tip), then pour in the batter and arrange the roasted veg on top. Bake for 25-30 minutes until puffed up,

golden and cooked through. Roughly chop the remaining thyme sprigs, along with the leaves from the rosemary sprigs and the sage leaves. Mix with the salt. Sprinkle over the pud to serve, along with a jug of piping hot gravy, some mustard and horseradish sauce.

Traditional Rice Pudding

Serves: 8

Ingredients:-

5 ½ oz (150g) pudding rice
2 oz (50g) sugar
410g Carnation Evaporated Milk
1½ pints (900ml) whole milk
1tsp Vanilla extract or vanilla
bean paste
¼ fresh nutmeg, grated or pinch of ground nutmeg
1 oz Butter



Traditional Rice Pudding

You will also need: 2pt (1.4Ltr) ovenproof dish, greased

Preparation:-

Preheat the oven to 150°C, (130°C for fan ovens), Gas Mark 2.

Sit the dish on a baking tray.

Place the rice and sugar into the dish and pour over the milks and vanilla, stir together and then top with the grated nutmeg.

Finally top with small blobs of butter and carefully transfer to the oven on the middle shelf for 2 ¼ hours.

Stir the pudding after about 45 minutes.

We love the skin on the top but if you prefer you can cover with foil to prevent this.



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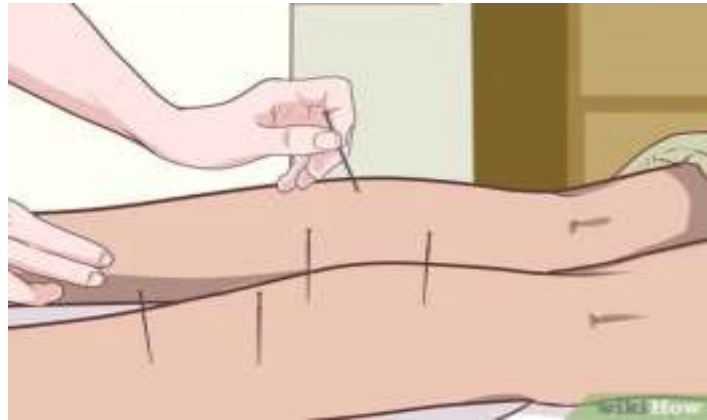
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ACUPUNCTURE AS TREATMENT OF FIBROMYALGIA



A study recently published in the *Journal of Pain Research* claims that acupuncture can decrease pain and improve quality of life in fibromyalgia patients.

Acupuncture May Ease Fibromyalgia Pain and Improve Quality of Life

Fibromyalgia is a disease characterized by widespread musculoskeletal pain and can affect up to 9.3% of the population. It is often accompanied by fatigue, sleep difficulties, cognitive dysfunction, depressed mood, or depressive episodes. This disorder occurs more frequently in middle-aged women, and is usually associated with a high

health cost, as well as that associated with loss of productivity. Management of fibromyalgia requires a multidimensional approach that includes patient education, behavioural therapy, exercise, and pain management. Unfortunately, no really effective treatments are currently available. The most common pharmacological therapies include amitriptyline, anticonvulsants, and serotonin and norepinephrine reuptake agents. However, recent European guidelines indicate that the effects of most treatments are relatively modest. Furthermore, they suggest that the initial management in the treatment of fibromyalgia should focus on non-pharmacological therapies.

Acupuncture Properties

Acupuncture is one of the most significant techniques within non-pharmacological therapies. Recent research shows how acupuncture works in the treatment of pain, since it can activate the pain control systems in the body (peripheral and central) releasing substances such as endogenous opioids, and non-opioid compounds such as beta-endorphins, enkephalins, dynorphins, serotonin, norepinephrine, gamma-aminobutyric acid and ATP. All these substances are essential to decrease hypersensitivity to pain and therefore reduce pain symptoms.

Study on acupuncture and fibromyalgia

The study consisted of a Systematic Review and Meta-analysis of clinical trials, for which 12 trials were used that compared the efficacy of real acupuncture with sham acupuncture

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	PILATES 10.30H		PILATES 10.30H	CLASES INDIVIDUALES
FITNESS PARA MAYORES 12.00H	YOGA 11.30H	FITNESS PARA MAYORES 12.00H	YOGA 11.30H	CLASES INDIVIDUALES
PILATES + HIPOPRESIVOS 16.00H		PILATES + HIPOPRESIVOS 16.00H		
PILATES 17.00H	YOGA 17.00H	PILATES 17.00H	YOGA 17.00H	TALLER TEATRO INFANTIL 16.00H RESERVE SU PLAZA
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ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	ENTRENAMIENTO FUNCIONAL GRUPO 2 18.45H	PILATES 20.00H	DANZA DEL VIENTRE FUSION 19.00H - 21.00H RESERVE SU PLAZA
NERJA PILATES 19.30H		NERJA PILATES 19.30H		

Study on acupuncture and fibromyalgia

The study consisted of a Systematic Review and Meta-analysis of clinical trials, for which 12 trials were used that compared the efficacy of real acupuncture with sham acupuncture or treatment with usual medication. Its conclusions state that real acupuncture showed better results than sham acupuncture and conventional medication in relieving pain and improving the quality of life of patients with fibromyalgia, both in the short and long term.

No serious adverse effects were found during acupuncture treatment. In summary, acupuncture is an effective and safe treatment for fibromyalgia patients, and can be recommended as a therapeutic option.

However, more trials are needed to pinpoint the long-term effects of acupuncture on this disorder.

Source: Zhang, XC et al: Acupuncture therapy for fibromyalgia: a systematic review and meta-analysis of randomized controlled trials. J Pain Res. 2019; 12: 527-542.



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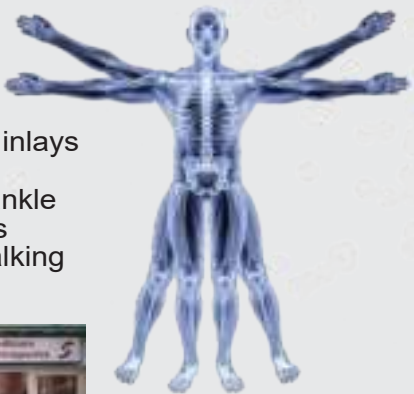
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9 effects of stress on your body

Chronic stress can affect your whole body, from your head to your heart. Stress is a powerful thing. In small doses, it can motivate us to ace that presentation at work or land our dream job. But when left unchecked for a long time, stress is anything but motivating. So, what's really going on when you're stressed? And how can paying attention to your stress improve your health?

What is stress?

Whether you've just narrowly avoided a car accident or are worried about losing your job, stressful situations trigger a release of hormones known as the "fight-or-flight response."

The reaction starts in a part of your brain called the amygdala, which processes emotions like fear. When the amygdala senses danger, it sends a distress signal to your hypothalamus, which communicates to the rest of your body via the nervous system. When the hypothalamus gives the signal, your brain releases hormones like epinephrine (also called adrenaline) and the stress hormone cortisol into your bloodstream.

"The fight-or-flight response is a survival mechanism that lets us react quickly to dangerous situations by preparing to either fight or run from the stressor," explains Laura Keys Campbell, PhD, chief of outpatient psychology and therapy at Geisinger Medical Center in Danville.

Some physical signs your fight-or-flight response has kicked in include:

- Rapid breathing and heart rate
- Heightened senses and awareness
- Tense muscles
- Pale or flushed skin
- Cold or clammy hands
- Dilated pupils
- Dizziness
- Nausea

In a truly dangerous situation, this response can be lifesaving. But when stress is chronic and this system is activated too often, it takes a toll on your body.

How does stress affect the body?

Left unmanaged, stress impacts you physically, mentally and emotionally. "Research shows that chronic stress can have effects on almost every system in the body — from the heart to the digestive system to the immune system," Dr. Campbell says.

Here are nine effects of stress on your body:

1. Elevated blood pressure

It's normal for your blood pressure to temporarily spike when your fight-or-flight response is activated. But when stress becomes chronic, it could lead to long-term high blood pressure, which increases your risk of heart disease.

2. Weakened immune system

Do you feel like you always catch a cold after finishing a stressful project? It's probably because of cortisol's effect on your immune system.

"Cortisol temporarily inhibits your ability to fight off infections because it decreases your body's supply of white blood cells," explains Dr. Campbell. "This can make you more prone to catching illnesses like the cold or flu."

3. Chronic inflammation

But too much cortisol over a long period can also cause your immune system to overreact in the form of inflammation.

"Inflammation is a critical part of the healing process as your body responds to intruders like viruses and bacteria," says Dr. Campbell. "But when no intruders are present and your body is still sending out inflammatory signals, it can lead to chronic inflammation." Chronic inflammation has been linked to several health conditions including: Arthritis, Diabetes, Heart disease, Crohn's disease, ulcerative colitis and irritable bowel syndrome (IBS), Alzheimer's and dementia, Cancer.

"Going through periods of high stress doesn't automatically mean you'll develop one of these conditions, but it can put you at increased risk — or make symptoms worse if you already have

Is it bad to sleep near your Smartphone?

Is it bad to sleep near your Smartphone?

IF YOU'RE ANYTHING like the average mobile phone owner, you probably sleep with your smartphone within arm's reach. A recent report has found that 71% of people sleep with or near their phones, and that includes the 13% who said they slept with their phones in their beds.

Maybe you've wondered whether keeping your phone nearby is a bad idea, perhaps it's zapping your brain with radio waves or otherwise harming your health. It would be comforting if researchers firmly and finally quashed any notions that our devices can cause negative health effects. No such luck. In November 2018, the U.S. government's National Toxicology Program wrapped up a 10 year, \$30 million study on the health effects of cellphone radiation exposure. In essence, the government scientists blasted rats with different levels of radio frequency radiation (RFR) for varying lengths of time and then watched to see what would happen. 'Our studies showed that radio frequency radiation at the frequencies and modulations used in cellular telecommunications and under the exposure conditions we used can produce adverse biological effects', says John Bucher, one of the study's authors and a senior scientist with the National Institute of Environmental Health Sciences. Specifically, Bucher's study found 'clear evidence' of tumours in the hearts of male rats exposed to RFR, as well as, 'some evidence' of tumours in the brains and adrenal glands of male rats. They found 'equivocal' evidence of adverse effects in female rats, meaning it wasn't clear if the tumours that turned up were caused by RFR exposure.

What to make of these findings? Depends on who you ask.

Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. 'Were using this to put together follow-up research programs', he says.

Even so, Bucher says there may be some 'low' risk when a phone is held against the head or body, like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with 'prolonged and persistent use', though at this point, defining each of these terms is guesswork.

'If there is a risk, I think it's minimal', says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. 'We haven't seen an increase in brain tumours since mobile phone use has become

widespread.' Moreover, Junck says the research showing any mechanistic link between cellphone radiation and brain tumours is inconsistent and 'methodologically flawed.' Others look at the existing research with great concern. 'I think there's compelling evidence that electromagnetic radiation exposure is indeed harmful,' says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkeley. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma, a type of malignant tumour in the brain and spinal cord. A 2018 U.K. study found rates of glioblastoma, another cancerous brain tumour, more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumours, locations that correspond with where we rest our phones during calls, showed some of the steepest increases. In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes, changes they say are not factored into the U.S. Central Brain Tumour Registry and other databases that track tumours, they turned up glioblastoma increases similar to the ones they tracked in England. Brain tumours aren't the only worry for cellphone users. 'If you look at modern smartphones, the antennas are in the corners, both upper and lower,' Moskowitz says. But the bulk of the cellular signal is now directed down through the lower antennas, 'which would make the most significant exposures in the neck area,' he says. Her mentions tumours of the neck and thyroid as particularly concerning. And there again, some data suggest rates are rising. Rates of thyroid cancer have tripled in the past three decades and are increasing more rapidly than any other type of cancer, according to the American Cancer Society (ACS).

But none of these findings constitute proof that cellphones are to blame. For example. The ACS

says the increased use of tumour detecting thyroid ultrasounds could explain the uptick in rates of those cancers.

'If there is a risk, I think it's minimal.' Why is it so hard to pin down the potential health effects of our devices? One gigantic hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. 'Most of the epidemiological studies looking at brain tumour risk collected data in the early to mid 2000s from users whom used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology,' Moskowitz says. Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says.

Since this might keep you up at night, let's get back to the question of sleeping next to your phone.

Moskowitz says tumour risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low level night time radiation exposures could disrupt sleep and cause other neurological effects.

He points to a small 2016 study from Germany that found exposing men to cellphone radiation seemed to change the structure of their sleep, increasing or decreasing REM and other sleep parameters, though the health ramifications of these shifts aren't clear.

Whatever risks may exist could be heightened in kids, 'I personally believe that children should be dissuaded from sleeping with a phone under the pillow, as RFR is thought to penetrate farther into their tissues than in adults,' Bucher says.

The obvious advice is to keep your phone out of the bedroom. Or, if you use it as an alarm clock, you could switch it into airplane mode, which stops it from sending or receiving signals, Moskowitz says. He also repeats the longstanding advice to use a wired handsfree device when making calls and to keep your phone away from your body. Start with all that and hope that the cellphone radiation Pollyannas turn out to be right.

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something like arthritis or IBS,” explains Dr. Campbell.

4. Headaches

Why does it always seem like a pounding headache strikes right when your frustration reaches its peak? “Because your muscles tense up during the fight-or-flight response, chronic stress can cause tension headaches or trigger migraines in people prone to them,” says Dr. Campbell.

5. Anxiety, depression or mood changes

Beyond the physical effects, stress can also have a big impact on your mental health. “Studies have shown that unmanaged stress can trigger anxiety, depression, fatigue, difficulty concentrating and irritability,” says Dr. Campbell. “It can also lead to unhealthy coping mechanisms like drug and alcohol abuse.”

6. Weight gain

There’s a reason why you reach for mac and cheese or cake whenever you’re stressed. “Cortisol can cause cravings for foods rich in fat, sugar and salt. This is because our bodies are looking for quick doses of energy to prepare for whatever perceived threat we’re facing,” explains Dr. Campbell. Over time, reaching for these comfort foods during stressful situations could become an unhealthy habit leading to weight gain.

7. Difficulty sleeping

You’re too stressed to sleep, so you stay up late. But then you’re so tired that you feel even more stressed and stay up later the next night. Sound familiar?

“Stress and sleep can be a slippery slope,” says Dr. Campbell. “Increased adrenaline and cortisol can make you feel too on edge to fall asleep and sleep deprivation can make you more likely to get stressed out.”

8. Decreased sex drive

Wondering where your libido went? First consider how stressed you’ve been. “When we’re going through periods of high stress, it’s perfectly normal for sex to be the last thing on our minds,” says Dr. Campbell. “This is typically only temporary and should resolve as you cope with the stress.”

9. Changes to your menstrual cycle

If you’ve noticed your period is late, heavier or shorter than usual, it could be stress. “Because of chronic stress’ effect on hormones, it could cause irregular menstrual cycles,” explains Dr. Campbell. “You should always talk with your doctor about any changes in your period and be sure to mention if you’ve experienced any long-term stress lately.”

Ways to relieve stress

So, how do you reduce stress once you have it? “It might be tempting to overeat, drink alcohol or use tobacco, but those things provide temporary relief at best, and only add to health problems in the long run,” says Dr. Campbell.

Some healthier ways to relieve stress include: Exercise, Deep breathing, Meditation, Yoga, Getting enough sleep, Eating a healthy diet.

“Exercise is an especially great way to reduce or eliminate stress, boost your energy levels and improve your mood, not to mention your overall health,

Need more help or guidance?

If you’re having a hard time identifying what’s causing your stress, talk to your doctor. They can work with you to identify causes and discuss coping techniques. They might also refer you to a licensed therapist or a professional counselor who can help you pinpoint and possibly eliminate sources of stress. And if constant stress leaves you with sudden chest pain and shortness of breath, get help immediately.

“Listen to your body,” Dr. Campbell says. “And when it tells you it’s under stress or you need help coping, pay attention to that message, so you can enjoy a long, healthy and high-quality life.”

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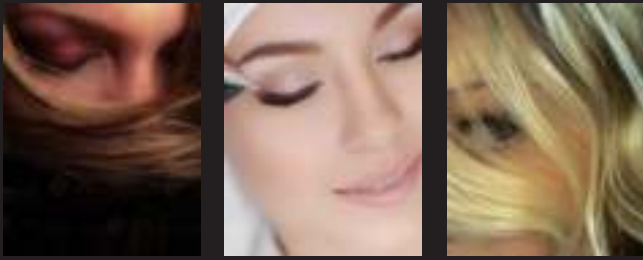
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Semi-permanent make-up. Permanent Make-up or Micropigmentation are all exactly the same needle penetration treatments generally used to improve or create eyebrows, lips & eye definition. Its intention is not to replace make-up but to enhance and compliment your natural features.

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9 Makeup Tips for Skin Over 50

“The good thing about makeup is that there are no rules for any woman of any age. My advice is to embrace aging “and just focus on enhancing your features and beauty.” While there are no rules set in stone and makeup is, at its best, a vehicle for self-expression, the way your makeup goes on and appears at age 50 is different than at age 20—it’s a simple fact of life. Aging women have concerns about their skin, not that this is anything shocking. They can see people looking at them and noticing all the problems—the wrinkles, the bags, the sags.” However, I want to remind people that 50 is not old, “as a woman over 70, I can tell you from my heart.” While 50 is still a young, vivacious age, your skin is different, and the way makeup sits has shifted. To help you adjust your routine, experts share their best tips on how to approach makeup once you’re over 50.

1:- Prep the skin before applying makeup

One of the most successful makeup tips at any age, in order to achieve that smooth, glowing radiant look, is prepping the skin before any makeup application.

2:- Be detailed when it comes to your eyebrows

As you age, your eyebrows have a tendency to become unruly and thin, you start to lose the tail, and you get grey hairs, So the goal is to maintain the natural shape of your brows as a well-defined brow, which will lift and open your eye and frame your face, giving you a younger look.”

To achieve this doing “light feathered strokes” and filling in the entire brow, then using a clear brow gel to set them or much easier have a permanent make up.

3:- Update your look

I suggest continually updating your hair and makeup look as you age to suit your current appearance. The lipstick that looked perfect on you in your 40s may not be the best option for you now, so test out some new products.

4:- Stick to matte or soft shimmer eye shadow

When it comes to people over 50, I prefer matte and soft shimmer eye shadows. I advise against high gloss, bold shimmer and frosted eye shadow options as they tend to accentuate wrinkles more.

5:- Remember less is more

When it comes to makeup on over 50 skin, less is more. He adds that this is especially true during the summer months, so consider dialing down your makeup application. “With women over 50, the more you try to hide your flaws, the more you bring attention to them,” notes Michael.

6:- Choose the right eyeshadow shade based on your complexion

Eyeshadow colours are not one size fits all. The best eyeshadow shade for you depends on your complexion. Those with a warm skin tone stick to green, brown, pink and gold; cool skin tones should opt for blue, grey, silver,

pink and peach; dark skin tones should select brown, black and deeper colours.

7:- Take advantage of advances in cosmetics

With the advances made in cosmetics, there are plenty of makeup products specifically formulated for mature skin.

8:- Try a smokey eye

A lot of women don't know how to use eyeshadows or do creative things with them, and after 50, you don't want to go too crazy on the shadow. When in doubt, I advise turning to a smokey eye. Doing this offers a bold yet youthful look. The key is to blend and use complimenting colours. You can use browns, deep browns, blacks and even coloured shadows such as blues, greens, ambers, etc."

9:- Maintain healthy skin

Makeup looks so much better on a canvas of healthy, clean skin, so for better makeup application, ensure you're caring for your skin. Women over 50, please take full advantage of a great dermatologist and qualified beauticians.



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*Details should reach us by
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Contact details are on page 6

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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 1 hour and 30 mins. 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 11.00am.

Prayer Meetings Wednesdays 11.00am

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 11am. 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.

Veléz Málaga, Holy Communion or Morning Prayer.

Sunday mornings at 10.30am in the Antigua Capella de San José, Calle Linares 7, Veléz Málaga.

Chaplain: Fr. Louis Durrant, Tel: 630 909 131

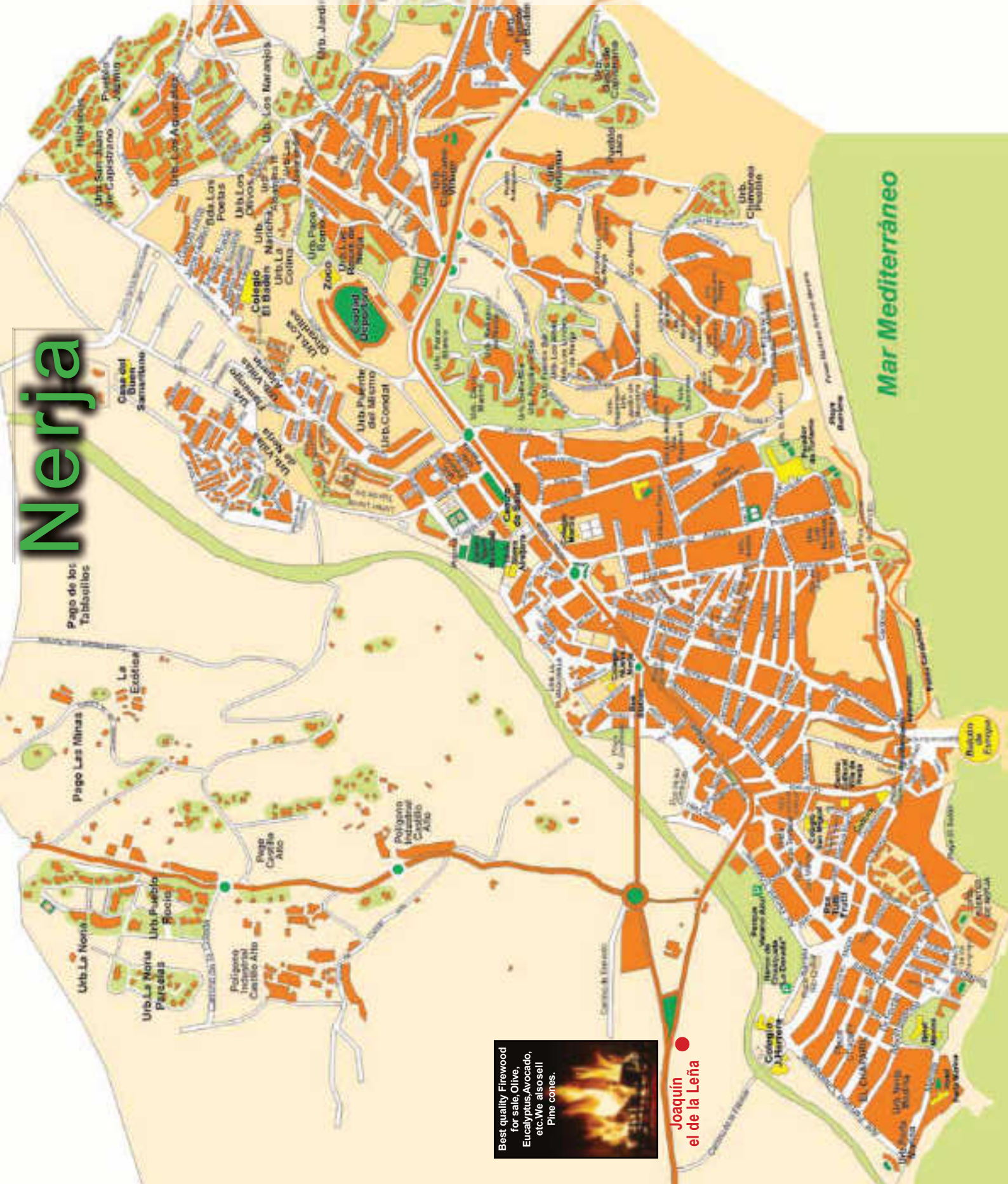
Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

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

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NEWS & What's ON



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

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park). We can also assist by telephone 952 564 910 or e-mail cudeca@cudeca.org.

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

ROYAL BRITISH LEGION, NERJA BRANCH
Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kimon tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com.

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

Want to join a choir?

Velez-Málaga's Coraxalia International Choir's. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30hrs - 20:00hrs in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish), Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. Please note that you may join Coraxalia at any point in the Term time. Don't hesitate to give us a call!

The Phoenix Club has been in existence for the last 13 years and has a diverse membership and meets every Tuesday between 1200hrs & 1400hrs.



Could you foster for us? - we are desperately in need of foster homes, to help us help more abandoned animals. We rely on reduced rate kennels, and volunteer foster homes - all food, vet, equipment costs will be covered by us - all we ask is that you open your home to an abandoned kitten, cat, pup or dog, and treat them as if they were your own whilst we look for homes for them.

A safe, home environment is very important, and needed to help our dogs on their way to adoption. We give full team back up, and need emergency fosters, long term fosters, or short term - sometimes only a few days gives us time to take an emergency case - If you can help, and are in the Axarquia area, please contact us.

Lux Mundi Ecumenical Centre,

Torre del Mar, Avda. Moscatel 1^{er} I, (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 PRESS RELEASE

We continue our regular activities: Spanish practice groups (limited numbers per group).

Our shop will be open Wednesday and Fridays. Time 11.00 to 13.00. Donations in good conditions are always welcome.

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.

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

Wednesday 1st March - Quiz Night. Please come along to the Centre and have a fun night out with your team of up to 6 friends. Light refreshments will be available and drinks can be purchased. Tickets available at the Centre 7€ or with a Friend of Lux Mundi card 6€.

Doors open at 6.00pm and the fun starts at 6.30pm.

Wednesday 8th March - International Women's Day of Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 17.00.

Thursday 30th March - Excursion to Loja. Please come and join us to visit the town of Loja which is situated at the western limit of the province of Granada and is surrounded by the so-called Sierra de Loja. There will be a breakfast/ coffee stop of 30 minutes and you will arrive in Loja at approximately 10.30, where there will be a 2-hour

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KÖMMERLING

guided tour in English visiting the Santa Clara Convent, Water Museum and the Church of San Gabriel. There will also be a tasting of the Roscos de Loja. After the tour there will be free time for lunch and to look around the town. The coach will leave Loja at 5pm. Tickets available at the centre 25 Euros for Friends of Lux Mundi/ visitors 28 Euros. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 08:00, Caleta (Vets) 08:05, Torre del Mar (Bus station) 08:15.

Friday 31st March - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

YOGA FUSION DANCE

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

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

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

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

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

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

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

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All information is required by the 15th monthly.

POCAPECUNIA CHARITY SHOP

Avda. Rodriguez Acosta,
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Your unwanted things always needed! - kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc..

Anything you think will still be of use to other people.

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



41 CLUB NERJA PRESS RELEASE -
"WE MEET AGAIN, AT LAST!"

"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after

20 long months our members are at last coming together for a proper social gathering.

"Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept

our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".

"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected

us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Face- book page, all

aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality".

Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.

41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288.

41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at

steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.

41 Club Nerja Website is at www.41clubnerja.org

You can also find 41 Club Nerja on Facebook.



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Nerja Arts Society



Shauna Isaac

Tuesday 14th March - The Art of the Steal: Nazi Looting during WWII

The Nazis looted over 20% of Western Art during World War II, confiscating art from Jewish families and emptying museums throughout Europe. This lecture will provide an overview of Nazi looting by setting the scene in Nazi Germany, discussing Hitler's obsession with art and how the Monuments Men recovered art after the war. Several landmark cases will be discussed in detail, including Gustav Klimt's celebrated Portrait of Adele Bloch Bauer and the stash of over 1200 artworks found in possession of the son of a notorious Nazi dealer.

About Shauna Isaac - Shauna Isaac has been active in World War II art restitution for several years and has worked with families and government organisations to recover Nazi looted art. She set up the Central Registry on Looted Cultural Property and served as a member of the Working Group for the Holocaust Era Assets Conference in Prague. Shauna studied at the Courtauld Institute of Art in the UK and Smith College in the USA. She is a regular lecturer at the Sotheby's Institute of Art.

Her publications include articles for The Art Newspaper, The Times Literary Supplement and Art Quarterly. She is a contributor to the book *Insiders/Outsiders: Refugees from Nazi Europe and their contribution to British Visual Culture*. Shauna entertained in January 2020 with a talk on sensational art thefts.



Tuesday 28th March - Santiago de Compostella: an iconographic voyage in history and art. How Saint James was used by politicians!

Helen Sijssling

The fascinating story how the apostle James became Santiago de Compostella and the many different ways of portraying him.

In this lecture we will seek answers to some questions:

What do chickens, shells, Botticelli's Venus and Celtic rocks have in common? How did James become Santiago? Or how did the pilgrimage come into being? This involves looking at James historically (what are the facts?) looking at legends, and at miracles. And what do power and politics have to do with Santiago?

In what different ways (3!) is James portrayed and why?

What was the role of holy pilgrims and holy places on the pilgrimage to Santiago? A journey through art from the 10th to modern times.

A fascinating story which will maybe inspire you to do the camino!

About Helen Sijssling - Dr Helen Sijssling MA (born in Australia, lived in the Netherlands, lives in Spain), MA History of Art (University of Leyden), MA English Literature (Universities of Leyden and Oxford) and MA Educational Management (University of Amsterdam). Helen taught English for the first part of her career to later become management consultant on education, advising secondary schools on educational improvement and training teachers and managers in The Netherlands and the Antilles. Helen is presently Chairman of The Arts Society Nerja and has lectured for many years to The Arts Societies in Europe.



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Apartment in TORCASOL
Ref: PS-2022-152

Completely renovated 1 bedroom (formerly a Studio) located just 150 meters from the Paseo Marítimo "Ferrara" beach. **€118,000**



Apartment in TORROX PARK
Ref: PS-2021-185

Bright, cozy 2 bed apartment with large-glazed terrace of about 20m². Garden and mountains views. Communal pool. **€119,000**



Apartment in RIO GUI
Ref: PS-2022-056

1 Bedroom, living room and 5m2 open terrace with communal pool, near amenities and 100 mtrs to El Morche beach. **€119,500**



Apartment in TORROX PARK
Ref: PS-2023-008

Quiet and beautiful 1 bedroom with a large terrace and beautiful views. Communal pool and gardens. **€128,000**



Apartment in PUEBLO ANDALUZ
Ref: PS-2022-151

Spacious and bright with 1 bed, 100 meters to the beach & "Ferrara" promenade. Community pool/tennis courts. **€134,500**



Apartment in TORROX COSTA
Ref: PS-2022-109

Beautiful with 2 bedrooms, living-dining room with terrace, roof top pool, only 61.05 mtrs to beach. Close to amenities. **€139,000**



Apartment in TORCASOL
Ref: PS-2022-134

Panoramic views from this beachfront apartment with 1 bed, an open terrace, 100 mtrs to the beach. **€149,000**



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