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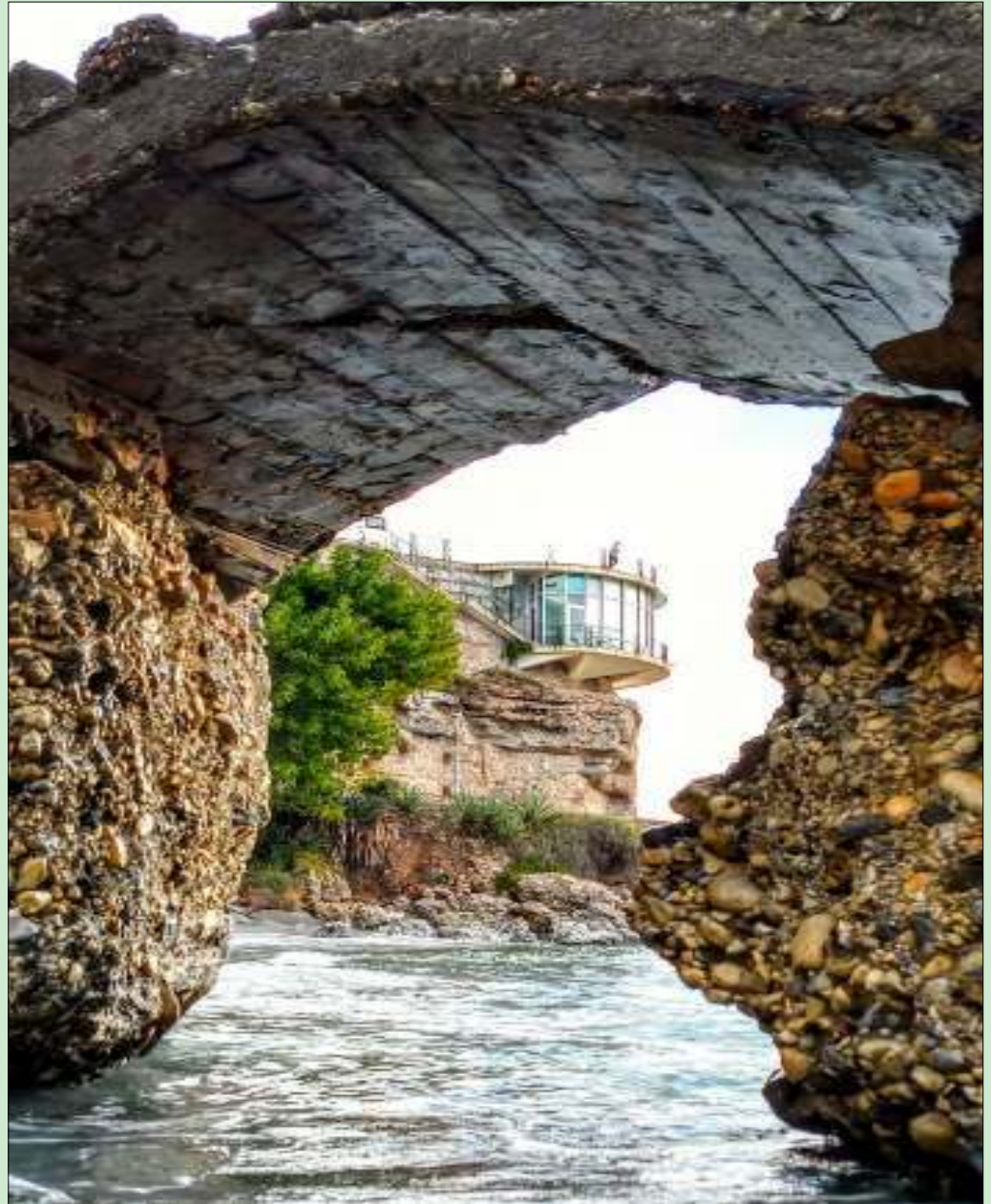
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**Price: €895.000**

**Ref: REST**



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

**Price reduced: €475.000 Ref: NV.GARDENS**



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

**Price: €196.000**

**Ref: NV97A**



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

**Price: €159.000**

**Ref: NV.39B**

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

**Price: €167.000**

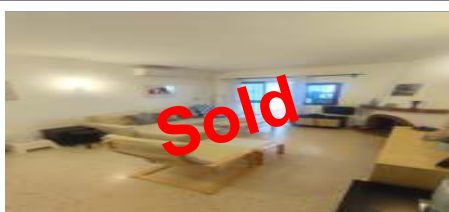
**Ref: 75A**



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

**Price: €649.000**

**Ref: NV.005**



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

**Price: €186.000**

**Ref: NV.79B**



Beautiful villa divided into 3 areas: Separate living room with entrance from the garden Ground floor: large garden, terrace area, living room/kitchen. 2<sup>nd</sup> floor: bedrooms, bathroom. Beautiful views from both floors, great location, parking and swimming pools very close. Easy to make a third bedroom in the living room.

**Price reduced: €370.000**

**Ref: NV.62**



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

**Price reduced: €790.000**

**Ref: NV.EXO**



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

**Price reduced: €275.000**

**Ref: NV.JES**



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

**Price: €300.000**

**Ref: V.Flamenca**

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 Ayuntamiento de Frigiliana  


In the 8th edition of the Frigiliana art route, once again, we celebrate artistic talent in a unique atmosphere. For three days, you will have the opportunity to explore the beautiful streets of Frigiliana as you discover the 35 locations hosting 60 participating artists from 12 different nationalities and their wide variety of artistic expressions: painting, sculpture, photography... and so many different traditional mediums and new ones like processed palm shields.... You will be able to see their works and interact with them. You can also participate in drawing workshops with the guest artist Pedro Moyano and witness live demonstrations of different creative processes. Live demonstration silk painting with Daiana Bruno and watercolour workshops with Julieta Aytas. Three days brimming with art in a charming setting.

**THE 2024 FRIGILIANA ART ROUTE will thrill you! COME AND ENJOY IT!**

From October 4th to 6th from 11 a.m. to 2 p.m. and from 4 p.m. to 8 p.m.

Organized by Frigiliana Town Hall.  
Artistic direction: Maribel Martín and Brendon Taylor (AMARTE Gallery)

**MORE INFORMATION:** [rutadelartefrigiliana@gmail.com](mailto:rutadelartefrigiliana@gmail.com) - [@rutadelartefrigiliana](https://www.instagram.com/rutadelartefrigiliana)  
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## Country Property of the month

**Cómputa:**

**Price: €395.000**

**CP682**



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double bedrooms, one of which has en-suite facilities, and a family bathroom with a shower.

The exterior is equally as enticing as the interior with lots of terrace space around the 8x4 swimming pool where one can also drink and dine while taking in the stunning sunsets. The garden is beautifully landscaped with lots of trees, flowers and terraces.

This is a truly wonderful property which is ideal as a permanent residence, as a holiday home or to provide a rental income.



**Archez:**

**Price: 99.950€**



- Living space: 96m<sup>2</sup>
- Bedrooms: 3
- Pool: No
- Garage : No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Town house

**Ref. TH1138**

**Frigiliana**

**Price: 1.300.000€**



- Living space: 240m<sup>2</sup>
- Bedrooms: 7
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 6
- Views: Sea views
- Area: Countryside

**Ref. NCP006**

**Cómputa:**

**Price: 450.000€**



- Living space: 190m<sup>2</sup>
- Bedrooms : 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 3
- Views: Mountain
- Area: Countryside

**Ref. CP572**

**Cómputa:**

**Price: 440.000€**



- Living space: 153m<sup>2</sup>
- Bedrooms : 3
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Countryside

**Ref. CP645**

**Frigiliana:**

**Price: 699.000€**



- Living space: 172m<sup>2</sup>
- Bedrooms : 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Town house

**Ref. NTH015**

**Cómputa:**

**Price: 290.000€**



- Living space: 160m<sup>2</sup>
- Bedrooms : 5
- Pool: No
- Garage: No
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Town house

**Ref. TH1073**

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**Welcome to Streetwise magazine -**  
 Welcome to the September issue of Streetwise magazine. This month there are plenty of things to do here on the costa, as the weather becomes a little cooler.  
 If you are looking to meet people and enjoy walking, why not take part in the charity walk on the 7<sup>th</sup> September, see page 41 for more details.  
 There is plenty to read in this month's issue. Enjoy!

**Dawn x**



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 Issue Nº 318**

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 what's on and much more...**

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# Galeria Luz de la Vida, the ART place in Competa! 10 Year Anniversary!



***Galeria Luz de la Vida, the ART place in Competa!  
Calle Laberinto 15 bajo Competa, (opposite  
Restaurant El Pilon), Only accesable by stairs.***

This year the gallery celebrates its 10th Anniversary with extra events and activities. Competa has been a place for artists and art lovers for decades now, if not longer. This September Month it's THE place to be if you like to see art and to meet artists! We've the yearly Art Walk that takes place from 13th till the 15th.

In the days before that weekend we host talented young artist Osama Rytami as an artist-in-residence in the gallery. He is a conceptual artist of Moroccan roots who grew up in Italy and studied in Milano. He has had solo exhibitions in Germany and in France. He has a number of faithful collectors worldwide (such as in the USA, in Germany, France, Italy, Spain, Latin America), who count on his bright future in the art-scene.

Statement of the artist:

"My art is inspired by nature elements, most of all by light and the symbols of the universe, as well as by science of ancient languages with its codes and keys. By it I express my longing for knowledge and spiritual sensuality. It is my



Continued on page 10



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pleasure to exhibit my works in the spirit of the beautiful Andalusian habitat of C6mpeta in the bright light of its white architecture surrounded by pure nature."

Rytami loves to recycle materials and to work intuitively. From Thursday the 5<sup>th</sup> till Tuesday the 10<sup>th</sup> of September he will be at work in the atelier/ gallery. You're very welcome to meet him and to see him creating from 11:00 to 14:00 and from 17:00 to 20:00. And Sept 12<sup>th</sup> to 16<sup>th</sup> (hours 11:00 to 14:00 and 16:00 to 19:00), he exhibits at Casa Edita, Calle Toledo 22, C6mpeta during and after the Art Walk.

The gallery has a history with International artists from all over the world. For the Art Symposium Luz artists travelled to Competa to join the vibrant creative weeks. Since these were public events about creation, it brought a lot of dynamics and interaction in the village. In October, the 17<sup>th</sup> - 24<sup>th</sup> of October, we'll have our 6th Symposium LUZ! This time it takes place in the Natural Park near Competa with the inauguration Thursday the 24<sup>th</sup> in the gallery.

During the Art Walk the gallery will open its doors as well, we're open from Thursday 12<sup>th</sup> September till Sunday 15<sup>th</sup> September from 11:00 - 14:00 & 16:00 - 20:00.

We'll present lasercut art works by Dutch artist Lieuwke Loth, Re-circle deco art objects by the collective consisting of Han Renting & Lieuwke Loth, ceramics by Swiss artist Anne-Barbara Lenzin, paintings by Spanish artist Javier Montero and of course in our stock we have paintings of good quality by our International Symposia artists. Now the sympo art for sale for reduced prices! This special art place, run by the Dutch lady Lieuwke Loth, attracts artists and art-lovers from all over the world. The little garden got her design years ago and with the beautiful trees and plants and Anne-Barbara's mosaic on



Continued on page 12

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Moroccon artist: Fb: Osama Rytami,

Instagram: rytami.osama

**September activities:-**

Thursday 5<sup>th</sup> September - Tuesday 10<sup>th</sup> September  
Osama Rytami will be present and at work in the atelier/  
gallery: 11:00 to 14:00 and 17:00 to 20:00

Thursday 12<sup>th</sup> September - Sunday 15<sup>th</sup> September  
11:00 - 14:00 and 17:00 - 20:00

(13<sup>th</sup> - 15<sup>th</sup> Art Walk days)

Thursday 19<sup>th</sup> September/ Friday 20<sup>th</sup> Sept/ Saturday 21<sup>st</sup>  
September 10:00 - 14:00

Thursday 26<sup>th</sup> September/ Friday 27<sup>th</sup> September/  
Saturday 28<sup>th</sup> September 10:00 - 14:00

Art Walk 13<sup>th</sup> -15<sup>th</sup> of September:

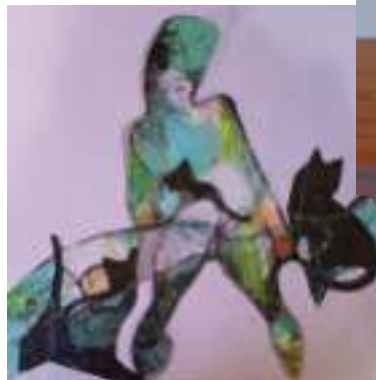
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Torrox artist Coby Bloemsma will be taking part in the 15th Competa ArtWalk/ Paseo del Arte this year. She will be exhibiting her latest paintings, collages and sculptures. There will be about 40 different artists taking part in this unique event. The ArtWalk takes place on 13, 14 and 15 September at different locations in the village.

See more of her work on [www.cobybloemsma.com](http://www.cobybloemsma.com)



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## Almijara, Nerja

Spacious townhouse for sale. Ground floor:- terrace with jacuzzi, chillout area at the entrance, living room, separate kitchen, bathroom and backyard converted into a cozy relaxation area. Top floor:- 3 bedrooms and bathroom. Facing east/west with panoramic views towards the mountains. Quiet urbanization, approx..5 mins to centre and beach. Communal pool and sauna. Parking for residents, good condition, ready to live in. **Price:- €350.000**



**Torrox Costa** Spacious ground floor apartment, 90M2. Consists:- living room, independent kitchen, 3 bedrooms, 2 bathrooms (one with shower and one with bathtub) and private patio. The apartment occupies the ground floor and the upper floor is another independent dwelling that belongs to another neighbour. There is a communal terrace with storage room for the use and enjoyment of neighbours located on the upper floor. Very central and close to all services such as pharmacy, outpatient clinic, market, etc. **Price:- €125.000**

[www.andalucianhomes.com](http://www.andalucianhomes.com)



### **ARIES:-** (March 21 - April 19)

Nothing can disturb you this month. No matter how worrying the news that comes your way may be you will just shrug it off and get on with your life. As far as you are concerned it's not worth getting worked up over things that cannot be changed.

**Luckiest day:- Wednesday**

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

You can be somewhat obsessive at times but that is not necessarily a bad thing and this month it could even be a good thing in that it keeps you searching for answers to life's big questions. Don't stop probing until you understand everything.

**Luckiest day:- Monday**

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

Do something dramatic during this month, something that cannot be ignored. Cosmic activity in and around your birth sign urges you to soar above and beyond the limits you have imposed on yourself. Aim higher, try harder and make great things happen.

**Luckiest day:- Thursday**

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

You may not want to accept that a colleague has done better than you on the work front but it's a fact and there is no point moaning about it. Look carefully at what brought them success, then find ways to adapt their methods for your own use.

**Luckiest day:- Sunday**

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

You may think that you are special but it would appear that someone in a position of power has their doubts, so make it your business this month to prove that you are up to the tasks they have set you. You were born to be Number One.

**Luckiest day:- Monday**

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

There is nothing you need to be afraid of, so why are you always looking over your shoulder? Whatever the reason you need to get over it because there are some fantastic opportunities coming your way, opportunities that will approach from the front, not the rear.

**Luckiest day:- Friday**

### **GEMINI:-** (May 21- June)

Affairs of the heart are under generous stars at the moment, so if there is someone you are attracted to don't be afraid to approach them, because you may get a warmer response than expected. You must though be serious in your intentions.

**Luckiest day:- Sunday**

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

Go out of your way to mix with people socially this month, even if you still have a heap of work to get through. If you force yourself to knuckle down and get it all done you could miss out on some interesting and potentially profitable gossip.

**Luckiest day:- Tuesday**

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

Don't just accept what the so-called experts tell you. The planets warn they are every bit as confused by events as you are, so reject their advice if it doesn't sound right and act on what your instincts tell you. Deep down you already know what the truth is.

**Luckiest day:- Saturday**

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

Venus in the travel area of your chart makes this a good time to get away with family and friends but you must plan your route carefully. If you just head out into the wide blue yonder you could get lost!

**Luckiest day:- Friday**

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

According to the planets your overactive imagination is causing you problems, not least in that you seem to believe you are heading for the poor house. Stop worrying and start looking for ways to boost your income, ways that you are in full control of.

**Luckiest day:- Thursday**

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

Don't sit back and wait for the world to beat a path to your door over this month. Take your show on the road and let everyone know what you are capable of, which is much more than most people have given you credit for.

**Luckiest day:- Wednesday**

# Horoscopes



**Punta Lara, Nerja**

In Urb. Punta Lara's sought-after lower area, this luxurious villa features a private pool and stunning sea and mountain views. Spread over three floors plus a roof terrace, it offers a lavish lifestyle. Ground floor boasts fully equipped kitchen, open-plan living, and pool terrace. First floor: three bedrooms and two showers. Basement: spacious living, gym, and wine cellar.

Price: 675,000 euros Ref. JG185TPM

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**Urb. Casablanca, Nerja**

Nestled in Nerja's charming Casablanca urbanization, this terraced house embodies coastal living at its finest. Spread across three floors, it seamlessly blends comfort with style. The ground floor features an open-plan layout with a fireplace, A/C, and a southwest-facing terrace. Upstairs, two bedrooms offer scenic views, while a private roof terrace provides panoramic vistas.

Price: 340,000 euros Ref. JG1000TPM



**Edf. Almijara, Nerja**

This top-floor apartment with southeast-facing sea views is part of Edf. Almijara, a sought-after complex near the town center. It features an open-plan living area, terrace, fitted kitchen, two bedrooms, and a shower room. The complex offers a communal pool, gardens, a tennis court, and gated parking, presenting excellent rental potential in the highly desirable Nerja village.

Price: 219,000 euros Ref. JG139TPM

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**Urb. Alhambra, Nerja**

A detached villa in Alhambra, Nerja, features a private pool and two floors with a spacious roof terrace boasting panoramic sea and mountain views. The top floor hosts a living/dining area, kitchen, and two bedrooms, while the lower level offers three bedrooms, 2 bathrooms, and access to the pool terrace. Community amenities include a large pool and landscaped gardens.

Price: 649,000 euros Ref. JG1000TPM

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[info@nerjapropertycenter.com](mailto:info@nerjapropertycenter.com)

# Jardín de Inspiración en Costa del Sol - Garden of Inspiration at Costa

Open air exhibition  
 Exhibition, Friday from 4:00p.m. - 7:00p.m.  
 Concert from 7:30p.m. - 8:30p.m. with  
 Anne Sofie & Juan Rodrigo (registration  
 only).  
 Saturday, September 28<sup>th</sup> from 11:00a.m. -  
 7:30p.m.  
 Sunday, September 29<sup>th</sup> from 11:00a.m. - 7:30p.m.



A unique and special art event full of beauty and positive vibrations will take place on the last weekend of September this year. Anne-Barbara Lenzin is a Swiss artist who has found her second home in Andalusia. She is a ceramicist and many already know her sculptures from her participation in the Competa and Frigiliana Art Walks and other art events on the coast. She regularly exhibits her art in the Galeria Luz de la Vida in Competa and in the art boutique The Soul's Art - a way of living in Nerja. The sculpture garden will welcome all art lovers on the weekend of 27<sup>th</sup> – 29<sup>th</sup> September together with the two artists Lieuwke Loth (from The Netherlands, who is running Galerie Luz de la Vida in Competa) and Merle from Munich/ Periana. In one of the rooms the collective consisting of Han Renting & Lieuwke Loth will present their Re-circle collection. On a hill just outside Cajiz, the Swiss woman's terraced garden offers a spectacular view of the sea. The more than 4000 square meter property takes you on a magical walk through an impressive exhibition in the midst of Andalusian nature. The creative place, which is surrounded by powerful nature and silence, has a magic effect on people. Let your soul unwind, take in the impressions and enjoy



the moment. Tapas, drinks and music will invite you to linger in the magical atmosphere. The exhibition will open on Friday evening with an open-air concert with tapas and drinks. Anne Sofie & Juan

Continued on page 42

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Nice house, 102m<sup>2</sup> on a plot of 260m<sup>2</sup>. Only 5 minutes from the beach. Fantastic sea views from the large south facing terrace. Comprising: two bedrooms, one bathroom, large garage and storage room. Very quiet location. Good rental potential!

**Phone: (0034) 609 54 39 45**

## Beautiful Jasmines...



**Italian Jasmine (Jasminum humile)**

**Italian Jasmine (Jasminum humile)**

**Description:** Italian jasmine, or Italian yellow jasmine, bears bright yellow flowers with a slight fragrance. It is a deciduous shrub with arching branches.

**Special Feature:** Italian jasmine is a versatile plant, suitable for borders, hedges, or container gardening.

**Golden Jasmine (Jasminum mesnyi 'Aureum')**

**Description:** Golden jasmine showcases bright yellow flowers and glossy golden-yellow foliage. It is a climbing vine with arching branches.

**Special Feature:** The vibrant golden foliage of Golden jasmine adds a splash of colour to gardens and creates a striking contrast against other plants.



**Golden Jasmine  
(Jasminum mesnyi 'Aureum')**



**Downy Jasmine (Jasminum multiflorum)**

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## Downy Jasmine (*Jasminum multiflorum*)

**Description:** Downy jasmine produces clusters of small, white, star-shaped flowers that emit a light fragrance. It is a twining vine with soft, downy leaves.

**Special Feature:** The leaves of downy jasmine have a velvety texture, adding a unique tactile element to the plant.



## Green Jasmine (*Jasminum odoratissimum*)

### Green Jasmine (*Jasminum odoratissimum*)

**Description:** Green jasmine produces small, white flowers with a sweet scent. It is a climbing vine with glossy, dark green leaves.

**Special Feature:** Green jasmine is often used as a ground cover or as a filler plant in landscaping projects.



## Royal Jasmine (*Jasminum rex*)

### Royal Jasmine (*Jasminum rex*)

**Description:** Royal jasmine bears small, white flowers with a delightful fragrance. It is a twining vine with glossy, dark green leaves.

**Special Feature:** Royal jasmine is a vigorous climber and can quickly cover trellises or pergolas with its foliage and flowers.

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



**Còmpeta** **New this month!**  
Charming 5 bed, 5 bath townhouse (217m<sup>2</sup>) distributed as 5 independent apartments, great roof terrace with sea & village views, great position close to the main Plaza. Casa rural, used as a rental business.  
**Price: 325.000 euros**  
ref: t 1536 **EPC: E**



**Archéz** **New this month!**  
Charming, bright and airy 2 bed, 1 bath wooden chalet (71m<sup>2</sup>). Lovely open plan feel to the living spaces, wonderful terraces, 6 person hot tub, sea, countryside and village views.  
**Price: 240,000 euros**  
ref: v 1546 **EPC: In progress**



**Arenas** **Price reduced!**  
Fantastic country villa 2 bed, 2 bath (193m<sup>2</sup>) with 2 independent guest apartments. A short drive from the village and the coast. The property benefits from private pool and magnificent sea and surrounding views.  
**Price: 398,000 euros**  
ref:t1526 **EPC: E**



**Online video**

**Sedella** **Price reduced!**  
Character 2/3 bed, 2 bath townhouse (179m<sup>2</sup>) spacious rooms, bright and airy living space, enclosed courtyards and roof terrace with countryside and village views.  
**Price from: 149.000 euros**  
ref:v1491 **EPC: E**



**Online video**

**Còmpeta** **Sea views!**  
Beautiful and spacious 3/4 bed 1 bath townhouse (111m<sup>2</sup>) with large roof terrace, sea and mountain views. Access by car and close to all village amenities. The perfect full time or holiday home.  
**Price: 139,950 euros**  
ref: v1458 **EPC: E**



**Periana** **New this month!**  
Fantastic, private 4 bed, 4 bath villa with spacious outside space that includes cover outside kitchen and glazed garden room. Stunning sea and lake views and surrounded with beautiful gardens.  
**Price: 850,000 euros**  
ref: v1511 **EPC: In progress**

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

### OUR SELECTION



**VSR2053 BURRIANA BEACH**  
**€325.000**

Garden apartment, two bedrooms, communal pool, gardens, private parking.



**VSR2168 TORROX PUEBLO**  
**€250.000**

Apartment in the village, three bedrooms, bright and spacious, large rooms.



**VSR2169 JARDINES LA NORIA**  
**€299.000**

Townhouse, three bedrooms, south facing terraces, communal pool, private parking, great family home or rental.



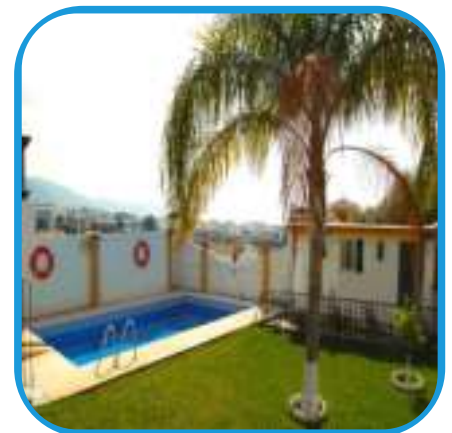
**VSR2146 NERJA**  
**Reduced €174.950**

Apartment, two bedrooms, terrace, completely re furnished, ready to move in...



**VSR4049 FRIGILIANA**  
**€285.000**

Apartment, two bedrooms, large 30m2 private terrace, BBQ Jacuzzi, fully furnished, good location.



**VSR1509 NERJA**  
**€367.500**

Detached villa close to the town, six bedrooms, three bathrooms, private pool, full of potential, needs modernising.

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### VSR2164 NERJA

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The property has sea views and is fully furnished. Walking distance to town and has great rental potential.

There is also a separate studio apartment with this townhouse.  
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# The Costa Animal Society...



## Lady Penelope

Lady P is a mature female who was found on Burriana Beach by a holidaymaker. Despite our best efforts no owner was located and she is now residing in kennels. At first she ate very little and slept for 3 days out of sheer exhaustion. We think Penelope might have been fending for herself on the street for quite a while as she seemed stressed and her skin was in a bad state and sunburned. After resting up in kennels Lady P has come out of her shell with a sweet personality and she just wants to follow someone around. She is eating all her food and making a full recovery physically. She has tested negative for all Mediterranean diseases and will be spayed and vaccinated. Lady Penelope is ready for her forever home.



Lady Peneope

## Ringo

Ringo was rescued by a local dog trainer while she was walking two of her client's dogs in the campo of Nerja. She noticed this shy, young dog hiding in the underbrush next to a cortijo and she had never seen him before in the area. After recruiting the help of a couple of local gents, they were able to catch the waif by flushing him out of the bushes. The dog was quite clean and in good health so he had not been fending for himself for very long and after contacting the Costa Animal Society (CAS) he was placed in kennels. CAS advertised the dog for several weeks as a found male in the Nerja campo but no owner came forward, so we think he was dumped by someone who didn't want him.

This is a real shame because Ringo is a very sweet, affectionate boy who bows down to more aggressive males and he will make a wonderful companion. He is about 1-2 years old and in good health and has been castrated and vaccinated by CAS. Ringo is very clean in his kennel so we are sure he is house trained, and because of his kind nature and love of treats, we think he will do really well in obedience training. He is a medium size boy who weighs about 10 kilos and we think he might be a Podenco/Beagle cross.



Ringo

If you would like to meet Ringo or Lady P, please contact Seacrest Kennels on 711028847 or 646613885, or email us on [costaanimalsociety@gmail.com](mailto:costaanimalsociety@gmail.com) You can find us on Facebook - Costa Animal Society CAS where there is more information.

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

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**MAX**



**PEPPER**



**GINGER**

Meet Pepper & Ginger, the most adorable Podencos born in early December 2023 and discovered abandoned in Nerja. These sweethearts are house-trained and get along famously with both dogs and cats. Fully vaccinated, chipped, and equipped with passports, they're all set to bring boundless joy to their new forever home

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f [givemefiveanimalcharityspain](https://www.facebook.com/givemefiveanimalcharityspain)

# Axarquia Animal Rescue



**Valentina**

**AAR 2744 - Valentina** Born 10<sup>th</sup> Feb 2024. Campo dog roaming around until one day she it was noted that she was pregnant, she suddenly disappeared for a few weeks. She went to have her babies, a villager contacted a AAR volunteer to say the puppies and mother were on his property. Valentina had 9 puppies on 1<sup>st</sup> Feb 2024. AAR secured a place in kennels where she is there now enjoying her life in a safer environment. She is doing well, started trusting humans and now approaches them. She is training to walk on a lead. Fully vaccinated, chipped, passport and neutered. Now ready to be adopted here in Spain. She can be a good companion to someone who

will give her extra training. If you are interested in adopting Valentina, please email AAR at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information.



**Brady**

**AAR 2732 - Brady** A young male dog who turned up with his brother Murphy at a holiday home. Born 10<sup>th</sup> Nov 2023. Brady has been in foster home since then where he is enjoying family life and playing with his foster siblings. He loves to play with other dogs and he gets on well with anyone. Full of energy and life, he wants is to impress you with his intelligence. Quick learner, good regular training he'll make a good companion for someone who likes walking, the beach. Brady adapts to any new circumstances as all podencos do. Neutered, fully vaccinated, chipped & passport he is ready to be adopted in Spain or in Europe

& UK. If you are interested in his adoption, please email AAR at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information on how to adopt him. Brady is waiting to hear from you - so please don't disappoint him!



**Shanti**

**Why does nobody want me?**

**AAR 2745 - Shanti** I'm six months old and I've been lonely in kennels almost my whole life. I'm quiet and gentle and long for a family to share love and cuddles. I'm not pushy, I'm a bit shy, so when people come to choose a puppy, I'm always left behind. I'm calm with other dogs and I enjoy my walks out with volunteers. I love a tummy rub, but when they go home, I'm put back in my cage. Alone again. I would love to experience home life, explore the world, visit a beach or a forest, or a dog park and play with a human family. If you're not sure,

please let me be your foster pup and give me a chance to show you what a good girl I am. I might win your heart and we could be friends forever. Please don't leave me here to waste my life alone in kennels. Come and meet me and give me hope. You can see more pics and video of Shanti and her mum on our website [www.axarquiaanimalrescue.com](http://www.axarquiaanimalrescue.com) or email us at [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Milly**

**AAR 2759 - Milly** Born 7th Jan 2024. After being thrown over someone's wall, with my sister, when just a few months old, luck was on our side and we weren't injured. AAR stepped in to help and found us a place in some kennels as they didn't have any available foster homes. I was a bit shy and nervous at first but my confidence is growing all the time. I have heard that if you live in a proper home you get to do so much more and experience so many different things and best of all you become part of a family. That sounds very exciting to me and I would love the opportunity to find out. I am expected to be quite small when fully grown as I only weighed 4.4k in July. Please adopt me or foster me so I can find out what home life is all about.



**Olive**

**AAR 2760 - Olive** Born 7th Jan 2024. On the 21st June, with my sister Milly, we were thrown over someone's wall. Luckily we weren't hurt. The lady couldn't keep us and asked AAR for help. They didn't have any foster homes so we were put in kennels. I do enjoy life, love cuddles and I am very friendly but I am sure life could be much better. I am missing out on so much, if I was adopted or fostered, I would be part of a family, get to sleep inside the house and would feel I really belonged.

Kennels are ok but sometimes I feel quite lonely. I am expected to be fairly small when fully growing as I only weighed just over 4kg in July.



**Toby**

**AAR 3657 - Toby** Toby is still looking for that special someone who will help him take his next step. He is 3 years old. His needs are few. Fully fenced home in the campo. A K9 friend to help him learn the ropes. Someone to love and encourage him with patience and kindness. Not a lot to ask. There must be someone out there for this lovely boy. He's been waiting so long in kennels, he'll only progress if someone has the time to encourage him and bring him out of his shell. He's fearful but not aggressive. Please email

[axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) for more information. He ideally needs a forever home but a foster home would be a step forward.



**Axarquia Animal Rescue**  
Registered Charity No.10567(Spain) | CIF:O33245116

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## Dog Socialisation Is Important

By Karen Wallace

It should be perfectly natural for a dog to be able to communicate with other dogs, but more and more dogs are lacking the essential skills they need to interact appropriately with other members of their own species; in fact, this is one of the most common issues I am asked to help with, and it causes more problems than just an awkward or embarrassing walk.

As far as I can see, it is a problem that has been caused mostly by a recent decline in dogs being allowed to exercise off lead. This has come about due to:

- dogs being banned from exercising off lead in popular areas,
- personal fear of what your big dog might do to that little one or fear of what another bigger dog might do to your tiny pooch, and
- a lazy approach to dog training.

### Playtime Is Not Just for Fun

Playtime is an essential part of a dog's routine, not just because it's fun (although that is important), but mostly because dogs use playtime to practice some of their most essential survival skills, such as communicating, hunting and fighting.

Of course, we could play with our dogs ourselves, and many of us do so regularly - it is one of the many joys of owning a dog. This is great for bonding and can help them practice in some capacity, but it is never going to be as good to chase you as it will be to play chase another dog; we are so much slower and weaker than another dog, so play has to be diluted, mostly to avoid injury to ourselves.

Chasing, tugging and wrestling with another dog can be rougher and faster than we do it; it allows the dog to really let themselves go. If he doesn't get the chance to let loose with another dog, you might struggle with inappropriate or rough play behaviour at home, such as play biting, grabbing at hands or clothing and stealing valued items to instigate an unwanted chase or a tug game.

Regularly exercising his need to play and interact with dogs will also make your dog less reactive when he is on his lead, as they will have already fulfilled this need adequately, and at an appropriate time.

### How Is Socialising Good for Your Dog's Mental Health?

Interacting with other members of his own species can only be good for your dog's mental health. It will help boost self-esteem, and allow your dog to behave like a proper dog. This is particularly important these days, when dogs are often being treated less and less like actual dogs and more like little people. We are all guilty of it!

### It Provides Mental Stimulation

Playing with old friends is great, but meeting new dogs on neutral territory and learning how to interact with them is particularly beneficial to your dog's mental health as it stimulates the problem-solving and investigative parts of his brain, which fulfills another of his psychological needs.

### How to Socialise Your Dog Safely

How you introduce your dog to other dogs mostly depends on how trustworthy he is in their presence. If your dog is overly excitable on his lead in the presence of other dogs, then it is likely he will be much calmer off his lead than on.

The constriction of the lead often causes frustration and anxiety, and it can be helpful to let dogs meet on loose leads, or even better no leads at all (though context is key, here). Frustration comes because he is trapped and forced to meet another dog nose to nose, which is very rude behaviour for a dog. The dog is anxious because when things go wrong, and is more likely to choose a flight reaction, but in this scenario, he is restricted to a freeze or fight response only.

At Dog School, we have lots of options where you can allow your dog to meet and socialise with other dogs in a safe and controlled way. One of those is regular Playtime sessions which are organised according to both size and play style. To find out more about these sessions and all the other classes we have on offer, check out the website at



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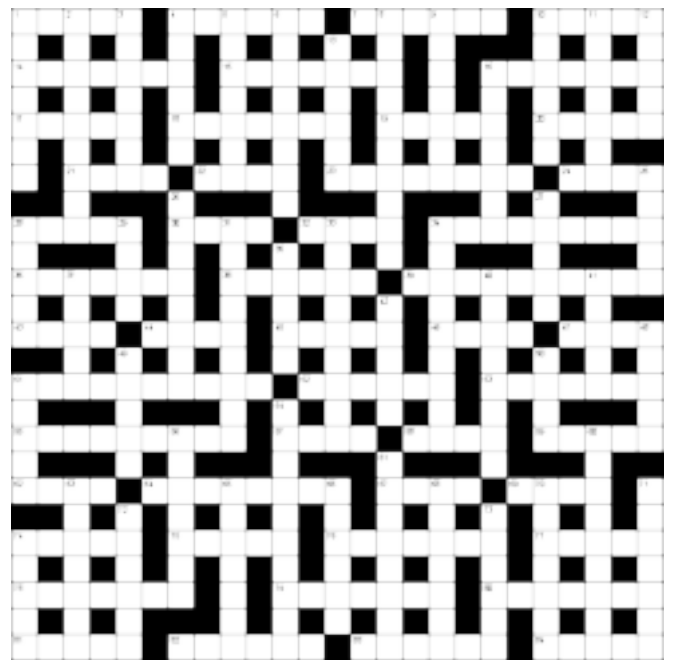
1. Cruising or racing vessel (5)
4. Disquiet (6)
7. Area (6)
10. Zealous (5)
14. Unwitting (7)
15. Enclosed territory (7)
16. Vegetable (7)
17. Outstanding (5)
18. Spoken (7)
19. Tripod (5)
20. Distinctive spirit (5)
21. Sense organs (4)
22. Redact (4)
23. Secured a horse (8)
24. Land measure (4)
28.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

## Down

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

## Down

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



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

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



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3				7	5		1	8
	5						9	
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7		3				1		
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X	D	R	D	F	A	S	H	C	O	L	D	A	Q
Y	J	N	K	I	N	G	S	Q	O	I	E	O	C
A	I	R	Q	C	I	P	O	T	O	M	A	C	O
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L	O	S	E	S	A	H	A	O	E	H	C	O	Y
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L	Z	G	R	U	U	J	V	N	E	C	N	C	U
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T	N	W	O	C	H	E	A	T	R	D	N	E	O
Z	T	C	N	C	S	Z	Y	S	N	A	K	E	R

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## Expats' Commitment to Expats in Costa del Sol



*In the town of Nerja, where the sun shines brightly and the Mediterranean Sea beckons, a new company is making waves in the telecommunications sector. Expat Internet, a local provider of fiber optic internet, mobile services, and television, is dedicated to serving the expatriate community that has made this beautiful area their home.*

### **We are Expat Internet**

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

exacerbate these challenges, making it difficult for expats to find reliable assistance.

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

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

At Expat Internet, we offer a comprehensive suite of services designed to meet the diverse needs of our clients. Our team understands the specific challenges faced by expatriates in Spain, and we are here to guide them every step of the way. Whether it's explaining technical details in plain language or providing support during installation, our commitment is to make our clients feel at home.

We provide fiber optic internet, mobile services, and television that keep you entertained and connected to your favorite shows and channels. Whether someone is looking for high-speed internet for remote work, keep in touch with family and Friends, catch up on the latest news or enjoy a movie night with family, we have solutions that cater to various lifestyles.

In conclusion, Expat Internet is more than just a telecommunications provider; we are a partner for expatriates in Spain. Our dedication to personalized service and understanding of our clients' needs sets us apart from traditional operators. We invite all expats in the area to experience the difference with Expat Internet.

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

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

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

Together, let's make your experience in Spain as enjoyable and connected as possible.



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SCAN ME

# SALAD



**Chicken Caesar Salad**

## Chicken Caesar Salad

### Ingredients:-

- 3 slices bread, torn into bite-sized pieces
- Olive oil spray
- 4 slices prosciutto, excess fat trimmed
- 400g Chicken Breast Fillets
- 2 baby cos lettuce, trimmed, leaves separated, coarsely

- ½ cup fresh continental parsley leaves
- 2 hard-boiled eggs, peeled, quartered
- 1 tbsp finely grated parmesan
- 125ml (1/2 cup) 99% fat free ceasar dressing

### Preparation:-

Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper. Place bread on 1 tray. Spray lightly with oil. Place prosciutto on the remaining tray. Bake, turning bread once, for 7-8 minutes or until the bread and prosciutto are crisp and golden. Set aside to cool.

Meanwhile, spray a non-stick frying pan with oil. Heat over medium-high heat. Cook the chicken for 4-5 minutes each side or until golden and cooked through. Set aside to cool slightly. Thinly slice.

Break the prosciutto into shards. Combine the bread, prosciutto, chicken, lettuce, parsley, egg and parmesan in a serving bowl. Drizzle over the dressing.



**Thai Beef Salad**

## Thai Beef Salad

### Ingredients:-

- 1 ½ tbsp fresh lime juice
- 1 garlic clove, crushed
- 1 tbsp finely chopped palm sugar
- 1 tbsp fish sauce
- 2 tsp sesame oil
- 1 tsp soy sauce
- 2 tsp finely grated fresh ginger
- 700g beef rump steak
- 1 x 200g pkt grape tomatoes, quartered
- 1 cucumber, halved lengthways, thinly sliced diagonally
- 1 red onion, halved, cut into thin wedges
- 2 long fresh red chillies, halved, deseeded, thinly sliced lengthways
- 1 bunch fresh mint, leaves picked, large leaves torn
- 1 bunch fresh coriander, leaves picked
- 1 bunch fresh Thai basil, leaves picked, large leaves torn
- 55g toasted peanuts, coarsely chopped

### Preparation:-

Whisk together lime juice, garlic, fish sauce, sesame oil, soy sauce, ginger and palm sugar in a jug. Place the steak in a glass or ceramic dish. Drizzle with half the dressing. Cover with plastic wrap and place in the fridge, turning occasionally, for 2 hours to develop the flavours.

Preheat a barbecue grill or chargrill pan on high. Cook steak on grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 10 minutes to rest.

Place the tomato, cucumber, onion, chilli, mint, coriander, basil, peanuts and lime leaves in a large bowl. Thinly slice steak across the grain and add to the salad.

Drizzle with remaining dressing and gently toss to combine.

Divide salad among bowls and serve immediately.

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### Pumpkin and Spinach Salad

#### Pumpkin and Spinach Salad

##### Ingredients:-

- 600g butternut pumpkin, deseeded, peeled, cut into wedges
- 2 tsp olive oil
- 2 tsp honey
- 2 tsp sesame seeds
- 1 tbsp fresh lemon juice
- 1 tbsp honey, extra
- 2 tbsp extra virgin olive oil
- 2 tsp wholegrain mustard
- 1 x 150g pkt baby spinach leaves
- 1 x 75g pkt toasted pine nuts

##### Preparation:-

Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place the pumpkin in a large bowl. Drizzle with oil and honey. Season with salt and pepper. Gently toss until the pumpkin is well coated. Place in a single layer on the lined tray. Bake, turning once during cooking, for 25 minutes or until golden brown. Remove from oven and sprinkle evenly with the sesame seeds. Return to oven and bake for 5 minutes or until the seeds are lightly toasted. Remove from oven and set aside for 30 minutes to cool. Combine the lemon juice, extra virgin olive oil, mustard and extra honey in a screw-top jar and shake until well combined. Season with salt and pepper. Place the pumpkin, spinach and pine nuts in a large bowl. Drizzle with the dressing and gently toss until just combined. Serve immediately.

#### Prawn Mango and Avocado Salad

##### Ingredients:-

- 1kg cooked tiger prawns
- 2 mangos, cut into 2cm cubes
- 2 avocados, cut into 2cm cubes
- 2 limes, plus lime wedges to serve
- ½ cup finely chopped coriander leaves
- 1 long red chilli, seeds removed, finely chopped
- 1 tbsp Coles Pure Australian Honey
- 1 tbsp avocado oil or extra virgin olive oil
- 1 lettuce, leaves separated

##### Preparation:-

Peel, devein and roughly chop half the prawns. Place in a bowl with mango and avocado.

Grate the zest of half a lime, then juice both limes. Place the lime zest and juice in a small bowl with the coriander, chilli, honey and oil. Whisk to combine and season well. Pour over prawn mixture and toss to combine. Divide lettuce among plates, fill with the salad and serve with the remaining prawns, lime and micro herbs, if using.



### Prawn Mango and Avocado Salad



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- Reduces muscle tension.
- Increases amplitude and coordination of movements.
- Prevents future injuries.
- Prepares the muscles for physical activity – in this case ballistic stretches are more indicated since they will not misinform the mechanoreceptors and will leave the muscle prepared to respond to a very large or sudden stretch.
- Improves knowledge of one's own body.
- Improves circulation.
- Helps reabsorb lactic acid, preventing muscle fatigue.
- We achieve physical and therefore psychological well-being.

How to stretch?

When we stretch a muscle, what we are doing is distancing the two insertion points of it, that is, the purpose is to separate the ends of the muscle so that its fibers stretch. To do this, one of these points must remain fixed and we will vary the amplitude on the moving point. We must respect a series of principles when stretching:

- We must respect the planes and axes in addition to the joint width.
- We have to place the muscle in a state of pre-stretch and make the tensioning slow and progressive.
- It should not hurt, we should notice some tension but it should be tolerable.
- During the stretch we must breathe deeply and regularly.
- Respect stretching times.
- Progressive tensioning up to maximum tension.
- Maintain maximum tension for approximately 20 seconds.
- Return to the initial position slowly and progressively.
- Rest time: the sum of the time spent in the 3 previous steps.

When to stretch?

As a reference we can point out that it is not essential to stretch before or after regular training, but it is simply important to stretch at some point. This can be when we wake up, before going to bed, or during breaks at work. We must keep in mind that stretching or flexibility exercises should be part of our daily life.

Athletes

You should always stretch before and after exercise. It is more advisable to do ballistic stretches before practicing sports and leave static stretches for afterwards. But it is true that there is great controversy regarding this issue. During the warm-up it is recommended to work on the mobility of the joints most involved and stretch the muscles most involved in the sport we practice. After the activity, it is recommended to stretch to reduce tone, promote circulation and eliminate lactic acid. During physical activity, when we perform an activity in series of series where breaks are taken, they are indicated to avoid loss of elasticity and facilitate muscle recovery.

Non-Athletes

Even if you do not do any sporting activity, it is advisable to dedicate a few minutes a day to stretching as a preventative measure. The ideal would be to stretch at the workplace, just before starting the workday, especially in jobs that involve repetitive movements or postures held for long periods of time. In this way we are warming up the muscles and preparing them for the day and thus we



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# healthwise

will be avoiding a possible contracture or injury. Workers should emphasize the areas that are under tension during their work hours. So people who work sitting should place greater emphasis on the upper back, neck and shoulders, or people who work standing should emphasize the lumbar, hamstrings and calves.

In conclusion, comment that it will be important to perform the stretches, both symmetrically and globally to have global elasticity of the entire musculoskeletal system, and to perform certain stretches asymmetrically to obtain compensation, for example when the left hamstrings are shorter than the rights hamstrings, or a right psoas that is shorter than the left.

### General conclusions

Correct stretching in sports is of vital importance, since it allows better muscle function, reducing muscle tension, preparing the muscles for physical activity (stretching before exercise) and helping the reabsorption of lactic acid (stretching after exercise). exercise) thus avoiding muscle fatigue; Therefore, good stretching translates into an increase in sports performance. In addition, stretching prevents muscle imbalances that could cause injuries such as: tears, tendonitis, among others.

Likewise, stretching is not reserved only for athletes; non-athletes can stretch as a preventative measure. Those people who work for hours with postures held for long periods of time generate great body tension, which is why a stretching routine before and after work is very beneficial.

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# Antibiotic Guardians

**WE ARE FACING A global catastrophic threat as more and more bacteria becomes resistant leaving us with more and more untreatable infections. While over the last 30 years, we have discovered at least one new infectious disease, very few new antibiotics have been developed leaving our pharmaceutical armoury almost empty as bacteria evolve and become resistant.**

European Antibiotic Awareness Day is held in November, an annual European public health initiative, to raise awareness about the threat to public health of antibiotic resistance and prudent antibiotic use. The latest data confirms that across the European Union the number of patients infected by resistant bacteria is increasing and that antibiotic resistance is a major threat to public health. Before the discovery of antibiotics, thousands of people died from bacterial diseases, such as pneumonia or infection following surgery. Antibiotics were once considered 'wonder drugs' – efficiently fighting diseases from pneumonia, diarrhea, ear and sinus infections. Since antibiotics have been discovered and used, more and more bacteria, which were originally susceptible, have become resistant and developed numerous different means of fighting against antibiotics. Because resistance is increasing and few new antibiotics have been discovered and marketed in recent years, the problem of antibiotic resistance is now a major public health threat. Yesterday's wonder drugs have become not so wonderful in face of new super bacteria ironically mutated through the misuse of antibiotics.

Data from the European Antimicrobial Resistance Surveillance Network (EARS\_Net) show that there is a North-South gradient with

low rates of resistance in Scandinavian countries and the Netherlands and high resistance rates in Southern Europe. Countries with lower resistance rates have generally lower use of antibiotics, whereas countries with higher antibiotic resistance rates use more antibiotics. For those who live here full time or part time, you should be aware that amongst western countries, Spain has one of the highest rates of antimicrobial

consumption, and antimicrobial resistance. Embarrassingly, it is the medical profession that is most culpable for the inappropriate use of antibiotics. Studies indicate that nearly 50% of antimicrobial use in hospitals is unnecessary or inappropriate. Some doctors may not have kept up to date on the latest protocols for the right use of antibiotics. Other doctors write out prescriptions to 'be safe'. In August 2018, I was interviewed by the BBC as to proposals by the National Institute for Health and Care Excellence, NICE, to sanction doctors who are 'soft touches' for antibiotic prescriptions. During the BBC interview, I pointed out and continue to maintain that patient demands put pressure on doctors to prescribe antibiotics even though they are ineffective for their infections. Almost everyday I am asked for antibiotics for viral infections, such as a cold, cough, flu or most bronchitis. It would be easier to write out the prescription than face the frustration and, sometimes, anger when I explain that antibiotics are not going to make them feel better, make them less contagious or cure their viral infections. In fact, each time a person takes antibiotics, sensitive bacteria are killed, but the resistant germs are left to



grow, mutate and multiply. Repeated, inappropriate use of antibiotics will jeopardize the effectiveness of essential drugs leaving you more vulnerable to the life-threatening super bacteria.

Hospitals, clinics and your own doctor's surgery are great breeding areas for microbes! Viruses and bacteria are spread from patient to patient in airborne molecules and through physical contact. Medical professionals may forget to wash their hands or change gloves between patients! Hygiene is one of the most important factors in preventing the spread of contagious infections. Antibiotics are needed when your doctor diagnoses you with an infection caused by a bacteria. Lab tests are essential to make a good diagnosis.

A sore throat caused by Streptococcus A can not be definitively diagnosed by simply looking at the throat, no matter how much redness and pus there is. Acute bronchitis, or chest cold, occurs when the bronchial tubes leading

Continued on page 38

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to the lungs become inflamed. This usually follows an upper respiratory infection like a cold. Antibiotics are rarely required in acute bronchitis as it is almost always viral in origin – no matter how green and gooky the sputum you are coughing up. Acute rhinosinusitis had been traditionally treated with antibiotics, however a study published in the Journal of the American Medical Association in December 2007 found that antibiotics were ineffective in treating the majority of these infections. Antibiotic therapy should be reserved for acute rhinosinusitis patients meeting specific criteria and then should be narrow-spectrum agents targeting the most likely pathogens such as Streptococcus pneumoniae or Haemophilus influenzae.

Preventing an infection is easier than treating one. No antibiotic or other medication is as effective as practising good hand hygiene.

Keep your immune system healthy with a vitamin-rich, low fat diet. Reduce environmental risk factors by not smoking and avoiding second-hand smoke.

Go to [antibioticguardian.com](http://antibioticguardian.com) for more information. Take the Pledge and become an Antibiotic Guardian.

**Dr. Paula Anthony,**  
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### Carrot Smoothie

**Ingredients:-**

- 1 cup thinly sliced carrot rounds
- 1 large apple, chopped into cubes
- 1 banana (room temperature)
- ½ cup orange juice\*
- ½ cup frozen pineapple or mango
- 10 ice cubes

Optional mix in: ½ teaspoon grated fresh ginger, ¼ teaspoon cinnamon

**Preparation:-**

Peel the carrots and slice them into rounds. Chop the apple, keeping the peel on. Break the banana into pieces.

Add all ingredients to the blender, adding the liquids first. Blend until smooth. Eat immediately or store up to 1 day refrigerated in a covered jar.



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# COASTAL WALK

7th September 2024

Coastal Walk from Torre Del Mar lighthouse to Torrox Jubilee House

(you can join anywhere en route)

In aid of Exeter Hospital Stoma Dept

20€ registration fee, includes a free T Shirt

Refreshments at the end of the walk provided by JUBILEE HOUSE- CLOSE CARE UNIT Penoncillo-Torrox Costa



For further information, please contact Amanda by email at: [amanda.stockton@hotmail.co.uk](mailto:amanda.stockton@hotmail.co.uk) phone: 636 866 775

It has been a very busy month for us the **English Nurse Care Team** at **Jubilee House**, Penoncillo, Torrox Costa and for the swallow team who do short term care at home care throughout Nerja and Torrox and beyond ..

The 24 hour home care team have also had a hot and busy summer.

Despite the soaring temperatures our Tuesday luncheon club has continued offering companionship and a subsidised lunch for people on their own at home ...It's good to talk !

We have officially started our repatriation scheme taking a delightful gentleman home to Scotland ..( it was bright sunshine when we touched down ..) .

**Please mark the 7th September in your agenda as we support Exeter Hospital and Amanda on the Coastal Walk ....**



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

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**[www.englishnurse.net](http://www.englishnurse.net)**



Rodrigo, a voice and guitar duo, will open the exhibition in a romantic atmosphere by the pool with a selection of pop and jazz music. Their performance offers a refined and authentic musical experience, blending Anne Sofie's heartfelt vocals with Juan Rodrigo's skilled guitar play. Enjoy an evening of captivating music in an intimate setting. The concert will take place on donation basis.

Places are limited, reservations are required at: [casaelventorrillo@gmail.com](mailto:casaelventorrillo@gmail.com)

Art by Lieuwke Loth

Artist and owner of the Luz de la Vida gallery in Competa will decorate the garden with her beautiful sculptures made of bronze, resin, stainless steel and cortensteel. The beautiful works cut from steel using laser cutting technology and her sculptures made of bronze and resin touch the soul and are an ornament for the house and garden.

Art by Merle

The paintings and sculptures by Merle are inspiring as well. Merle is a native of Munich who has her second home in Periana. In her large studio, sculptures and acrylic and oil paintings are created, full of joie de vivre, liveliness. She also presents 'objects trouver', or 'found objects from nature' which she touches with her paint.

The Re-circle art deco

The collective consisting of Han Renting & Lieuwke Loth creates original unique pieces from recycled and natural materials in combination with art or reproductions of art by Lieuwke Loth. Unique & artistic decoration for your home.

Art by Anne-Barbara Lenzin

Anne-Barbara creates a magical world with ceramics. Colorful totem poles, African masks, female figures with long eyelashes and big dragonflies are Anne-Barbara Lenzin her specialty. The figures radiate a mystical beauty and happiness. Each piece is unique and touches the viewer.

Concert:

The concert 27/9 7:30p.m. will take place on donation basis. Places are limited, reservations are required at: [casaelventorrillo@gmail.com](mailto:casaelventorrillo@gmail.com)

Park and Ride

There are only a few parking spaces directly at the finca. However, the house is very close to the Cajiz motorway exit. Please park your car at the spot marked with the QR code, near the roundabout. A regular park and ride service is organized.

**QR for parking space**



**Anne Sofie and Juan Rodrigo**

The exhibition is organized with the Asociacion música y arte, Cajiz.

Artists websites:

[www.merle-inspirationen.com](http://www.merle-inspirationen.com)

[www.facebook.com/anne.vrij](https://www.facebook.com/anne.vrij)

[www.anne-barbara-lenzin.com](http://www.anne-barbara-lenzin.com)

[www.galerialuzdelavida.com](http://www.galerialuzdelavida.com)

fb/ Insta: Galeria Luz de la Vida

fb: Lieuwke Loth Art / insta: Lieuwke Loth

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For more pictures see:-

<https://www.anne-barbara-lenzin.com/sculpturegarden>





## When is the time to question your relationship with alcohol?

The summer holidays are almost over. Autumn is just around the corner. Before we know it, the kids will be back at school. Summer on the Costa del Sol can feel like one long party: Trips to the beach, dinners out, night-time clubbing, and nonstop fun – all with a side order of alcohol.

Maybe this hasn't been your experience of summer. Instead, you've been sitting at home, drinking on your own. Fear of embarrassing yourself with drunken out-of-control behaviour has you drinking alone, and lonely.

Has your drinking become an issue for you, or those around you? Are friends and family commenting on how much, or how often you are drinking? Is your alcohol use damaging your relationships, finances, or health? Is your life, and your drinking, out of control and unmanageable?

Do you think the time has come for you to take a look at your relationship with alcohol?

You are not alone. Millions of people worldwide have admitted defeat in their quest to try and control, or manage, their problem drinking. They found a solution that works; Alcoholics Anonymous (AA) - a 12 Step, peer-support fellowship group. Here two members talk about how their drinking brought them to AA.

"My name is Gaby. I was 12 years old when I started experimenting with alcohol and drugs. For the next 21 years I would constantly put myself in dangerous situations, experience horrific consequences, suffer horrendously through the aftermath, and then do it all over again. Three years ago, I decided things had to change. I followed the advice of someone I liked into a meeting of AA. I stayed because I suddenly didn't feel so alone. I met others like me.

In my first meeting I was angry and in denial. I was also drunk. I wanted to test all the people in the room. How could these calm, well-dressed people know

anything about what I had been through? They were gentle and ready for the myriad of questions I threw at them. I was genuinely moved by their kindness. I wanted to be kind like them. I wanted what they had. That was three and a half years ago and so much has changed. I got a good sponsor. I did what she suggested, and I kept coming back. And a miracle happened. I changed and began to heal."

"My name is Tom. I had numerous run-ins with the law, lost my career, and most of my family and friends; and still, I couldn't see my part in the problem. I finally realised I needed to do something about my drinking, when my physical health seriously deteriorated. But really, by this point, my mental health was broken so badly, I knew the game was up. I'd heard of AA through my last counsellor, an addiction specialist. He begged me to go to along to a meeting. He actually said it would be pointless to continue with our sessions unless I went to AA. As it turns out he was right, AA and the 12 Steps totally changed my life, and the lives of those who were still around me. I went to my first meeting in March 2020, and since that day I haven't picked up a drink or drug."

There are meetings of Alcoholics Anonymous, with friendly people who understand, held daily throughout the Costa del Sol. If you are ready to stop drinking, or want support to help you try, then get in touch.

*Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.*

**Call the English-speaking AA helpline for support:  
+34 600 379 110, or visit the website for help and information:  
[www.aacostadelsol.com](http://www.aacostadelsol.com)**

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Germany-952 363 591  
Ireland-952 475 108  
Sweden-952 604 383  
UK-902 109 356 /  
913 342 194

### Tourist Offices

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

### Street Markets

Monday - Torrox Costa  
Tuesday - Nerja,

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

### Town Halls

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

### Hospitals

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

### Church Services

**Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St.MichaelsChurch), Nerja.** Tel:- 952 52 1 339.  
[www.nerjaalmunecaranglican-church.co.uk](http://www.nerjaalmunecaranglican-church.co.uk)  
Sundays at 12 noon and Capilla de Nuestra Señoradel Carmen (FishersmanChapel), Chinasol,Almuñecar, Sundays at 9.30am.  
Chaplain:- Fr.Nigel Thomas.

### Community Bible Fellowship

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

### Presbyterian Church,Torre del Mar

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

### New Life Church

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

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

### Lux Mundi centre,Torre del Mar -

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

### The Anglican Church of St. George, Málaga

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

### Evangelical Church,Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2,Local2,29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.  
Tel: 634 540 519.  
Minister Rev. Colin Dickson. Tel: 654 884 658



# NEWS & What's ON

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

## **LUX MUNDI, TORRE DEL MAR SEPTEMBER ETC. COMING EVENTS & EXCURSIONS**

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

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

**Every Thursday Spanglish** - Starts on 12th September. General conversation between Spanish and English friends. Time 16.30 to 17.30.

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

**Every Friday** - Conversation group. Time 10.00 to 11.00.

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

**Friday 20th September** - St George's Anglican Chaplaincy in Malaga (British cemetery). Please come and join in the Prayer for Creation. Ecumenical prayer with the participation of different Christian churches. Time 19.30.

**Thursday 26th September** - Excursion to Estepona. Please come and have an enjoyable day along the coast in Estepona. You may like to visit the Orchid House, the port, take a boat trip to see the dolphins or just wander around the town marvelling at some of the 60 works of incredible street art that are on display. Plenty of time for refreshments and lunch.

Ticket price: 25 euros with a friends card 28 euros for visitors available at the Centre. Departure times: Algarrobo (Lidl) 07.45, Caleta (Vets) 07.50, Torre del Mar (Bus Station) 08.00. Return at 17.00.

## **COMING EXCURSIONS**

**Friday 4th October** - Excursion to see Annie at the Salon Varieties Fuengirola. Ticket price 44 euros with friends card or 47 euros for visitors available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 15.30, Caleta (Vets) 15.35, Torre del Mar (Bus Station) 15.45. Return approx. 22.45.

**Thursday 28th November** - Excursion to Viveros Guzmán, the Miramar shopping centre and Iceland. Ticket price 20 euros with a friends card for visitors 23 euros available at the Centre. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 09.00, Caleta (Vets) 09.05, Torre del Mar (Bus Station) 09.15. Return approx. 16.30.

## **Phoenix Club**

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

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

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

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

### **September 2024:-**

**3<sup>rd</sup>** - Trip to Gib €22 pick up Algarrobo Lidl at 08.30

**6<sup>th</sup>** - A visit to Montillar near Cordoba with a guided visit to Bodegas Alvear includes tastings of 3 different wines. €32pp includes coach and visit to the Bodega at 11€ pp.

**29<sup>th</sup>** - SoHo Sunday Market in Malaga. An arts, crafts and vintage market. €18pp

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



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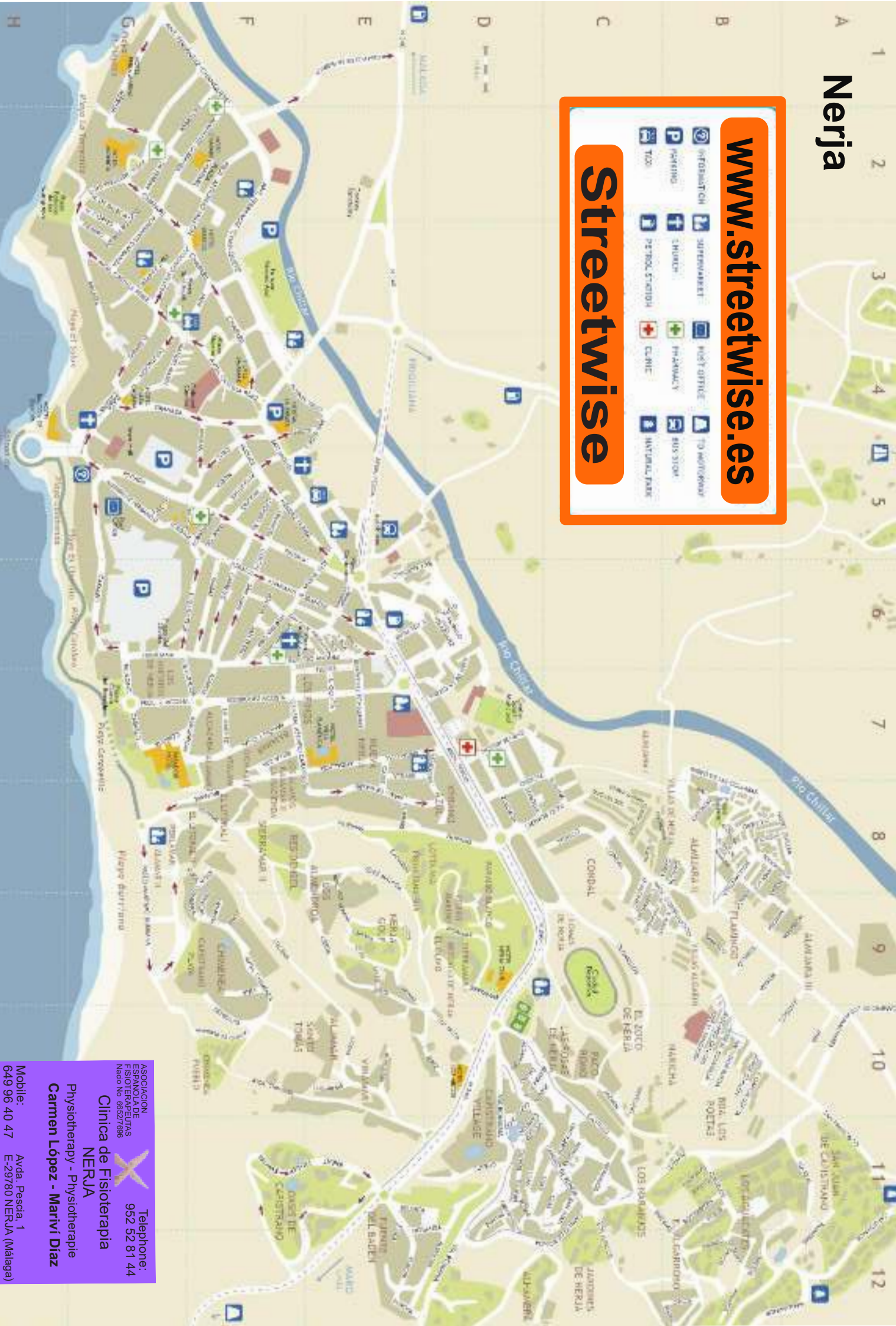
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# Nerja

[www.streetwise.es](http://www.streetwise.es)

**Streetwise**



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MASAJES  
NERJA  
Nº de registro 66527966

Telephone:  
952 52 81 44

Clínica de Fisioterapia  
NERJA

Physiotherapy - Physiotherapie  
**Carmen López - Mariví Díaz**

Mobile: 649 96 40 47      Avda. Pesca, 1  
E-29780 NERJA (Málaga)



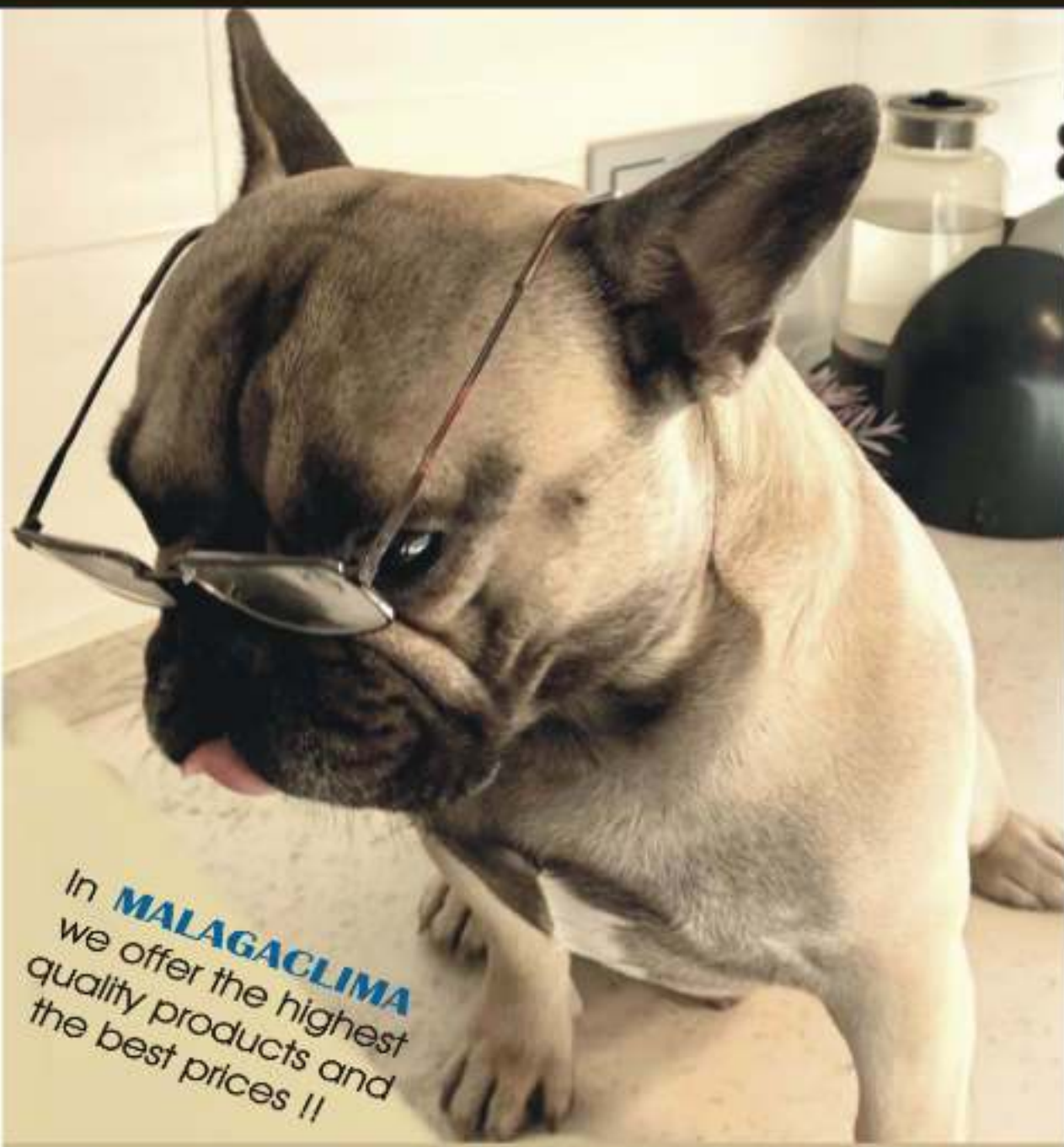


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Buen ambiente, distintas nacionalidades, excelente repertorio  
Conciertos, comidas, posibilidad de viajar, etc.)

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

**¡ VEN Y OYENOS !**

---

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We welcome new members, all voice parts  
- male and female, all nationalities.  
Great multi-cultural atmosphere, wide repertoire,  
concerts and social events.

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

**COME AND JOIN US !**

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

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

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

**We can also assist by telephone  
on 95 256 4910 or  
email: [cudeca@cudeca.org](mailto:cudeca@cudeca.org)**

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

**YOGA FUSION DANCE**

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

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



**41 Club Nerja**

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

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

**ROYAL BRITISH LEGION, NERJA BRANCH**

Meets twice monthly for lunch - on the 3<sup>rd</sup> Thursday at the Al Andalus Hotel, Maro and on the 1<sup>st</sup> Friday at the Nuevo Arenas Restaurant, La Herradura.  
Everyone is welcome to join us. Booking is essential.  
Please contact Kimon on tel: +44 798 802 9001 or email: [kim\\_bowe1@hotmail.com](mailto:kim_bowe1@hotmail.com)  
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: [eddiebowe1@hotmail.com](mailto:eddiebowe1@hotmail.com)

**POPAPECUNIA CHARITY SHOP**  
Avda. Rodriguez Acosta, Edif. Tucaman  
(opposite Cafe Trebol), Nerja.  
Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...  
Anything you think will still be of use to other people.  
Opening hours:-  
Monday to Saturday 10 a.m. till 2.30 p.m.



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## Duplex Penthouse Torrox Costa

Ref:- PS-2024-081

**Price:- €285.000**

Beautiful duplex penthouse in Torrox Costa, with living area 90 m<sup>2</sup> and constructed area 155 m<sup>2</sup>, southwest with panoramic views. Comprising 2 bedrooms with fitted wardrobes, 2 bathrooms, a fully equipped open kitchen, cozy living room with terrace and a storage room. Open terrace of 65 m<sup>2</sup> with eating area, and a relaxing area, air con., double glazed, sliding shutters, communal swimming pool, communal gardens and the urbanization has video surveillance. Lovely sunny terrace. The penthouse is adapted for people with reduced mobility. Pets are also allowed in the building. The property is fully furnished and well decorated.



Torrox-Costa | Urb. Costa del Oro | Centro Comercial B  
al lado / next to / neben Caixa Bank

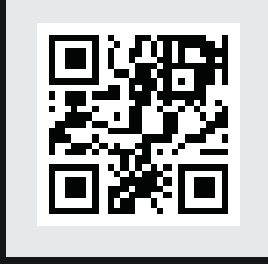
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## CALETA DE VÉLEZ

REF: 7822

EXCLUSIVE: Villa with guest apartment, with 3 beds, 2 baths, garage and private pool. Privileged location, in one of the most sought-after developments in Caleta de Vélez, a short drive to the coast, La Caleta port, Baviera Golf, Torre del Mar.

Built: 163m<sup>2</sup>

EPC: E

PRICE: €579.000



## CÓMPETA

REF: 7768

SOLE AGENCY: A superb terrace house walking distance to the village with stunning sea & mountain views: 3 beds, 2 baths, living/dining-room with fireplace, kitchen with utility room, community pool, parking space, a/c, large storage room,...

Built: 109 m<sup>2</sup>

Plot: 63 m<sup>2</sup>

EPC: In Progress

PRICE: €265.000

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## VÉLEZ MÁLAGA

REF: 7818

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

Built: 229 m<sup>2</sup>

Plot: 344 m<sup>2</sup>

EPC: In progress

PRICE: €319.900



## TORROX

REF: 7819

Traditional 3-storey town house with views of the mountains 5 min. walk from the center and of all services, with 2 bedrooms, 1 bathroom, living room with A/C, fitted kitchen, toilet and laundry room, roof terrace.

Built: 97 m<sup>2</sup>

EPC: In progress

PRICE: €129.000

**29754 Cómpeeta**

Plaza Almirante, 21  
Tel.: +34 952 51 61 78

**29770 Torrox**

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

**29740 Torre del Mar**

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

