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January 2025

Number 322

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**Ref: REST**



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**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**



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

**Price reduced: €375.000**

**Ref: NV.18**



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

**Price reduced: €790.000**

**Ref: NV.EXO**



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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# The Lost Village of El Acebuchal



El Acebuchal isn't so much a village as a 17th century hamlet within the unspoiled mountains and natural park of Sierra Tejeda, Almijara and Alhama.

Situated close to the border of the provinces of Granada and Málaga and coming under the control of Cómputa, El Acebuchal is actually nearer to Frigiliana in terms of distance, yet a world away from the hordes of holiday-makers visiting the Costa del Sol.

The name comes from the Arabic "acebuche" meaning olive, and even though we know of its existence since 17th century, it is thought to have been inhabited long before then.

El Acebuchal was an important staging post on the ancient mule-trading routes between Competa, Frigiliana, Nerja and the inland city of Granada.

Fresh fish caught on the coast and locally grown crops including tomatoes and raisins were traded for chickpeas, wheat, lentils and other goods not easily available in the nearby mountains.

Life was hard for the inhabitants, as it was in most of rural Andalucía, but became even more difficult when they were caught between the Franco regime and guerrillas in the aftermath of the Spanish Civil War. Authorities had long suspected the villagers of supporting Republican rebels hiding out in the mountains, by providing them with food and refuge. In truth, the villagers were literally caught in the crossfire, and hassled from both sides.

In the summer of 1948, the villagers paid a heavy price for their isolated location in the mountains when the Guardia Civil ordered that El Acebuchal be cleared of its 200 inhabitants, who were forced to flee, leaving behind their homes, belongings and livestock.

The abandoned mountain hamlet soon fell into disrepair and eventually into ruins, becoming known locally as "The Lost Village" or "Pueblo el Fantasma" – The Village of Ghosts.

Fifty years later in 1998, Antonio García Sánchez, son of one of the original villagers, returned with his wife, Virtudes and family to restore a couple of houses in the village. Once these were completed, they rebuilt a further five houses and the tavern when they noticed an increase of rural tourism in the area.

This family's adventure became contagious as other former residents turned their attention back to their old family homes to begin their restoration, so that today, all 36 houses, the chapel, tavern and cobblestone streets have been returned to how they once were.

If you head to El Acebuchal and discover the tavern during the morning, you will probably find Antonio and some of his family gathered on the shady terrace opposite, performing some of their duties. The tavern restaurant serves dishes appropriate for the mountain environment: choto (kid), lamb, wild boar, rabbit and venison, with delicious home-made cakes and bread.

Step inside the tavern and you will find the walls proudly

lined with old photos of El Acebuchal and its former residents. Whenever I visit, I always find myself lingering a while, trying to imagine what life must have been like for these people.

With only a handful of permanent residents, most people you see around the streets are visitors, hikers or holidaymakers staying in one of the village rental properties.



The countryside near to the isolated hamlet is almost deserted except for the crumbling ruins of long-abandoned cortijos. There are plunging ravines, tinkling streams, mountain slopes covered with pine trees and the rocky crags of the mountain tops reaching up to the blue skies above.

This area is ideal for visitors who want to get away from it all .... and you can certainly do that in El Acebuchal as there is no telephone reception, no shops, credit cards or internet.

Rural tourism has breathed life back into the village which has risen like a phoenix from the ashes.

How to get there:

There are main two routes to El Acebuchal. You can get there from the Cómputa-Torrox road (A7207), where you turn off near to the Km 8 road marker. Follow the direction signs for El Acebuchal. Here you will face a 6.5 kilometre un-made mountain track to the village. It's not for the faint-hearted as there are no barriers, but it's certainly drivable and you don't need a 4-wheel drive to do it. Along the way you will drive through a stream and see spectacular scenery. It's quite an adventure!

Alternatively, the more popular and shorter route is from the village of Frigiliana. Take the scenic back-road towards Torrox, and after two kilometres you will see the turn-off sign to Acebuchal on your right. This road is asphalted, except for an easy 1500 metre section near to the village.



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## Country Property of the month

Cómputa:

Price: €335.000

CP602



One of our lovely country properties, situated only 5 minutes from the pretty mountain village of Cómputa and 20-25min to the sandy beaches of the Mediterranean. This property has magnificent views over the verdant countryside and you can see Corumbela village in the distance. Brilliant access. There are many areas to sit and relax and take full advantage of the magnificent views. The terrace at the front of the property is covered. Comprises a good size living room with wood burning

fire, large fitted kitchen, family bathroom with a shower and three good sized double bedrooms, one of which has an ensuite, utility room and a w.c. at the side of the property. The property is surrounded by a 2.426 m2 plot, with olive trees. Large 6 x 3 swimming pool at the front of the property. A truly charming property in an excellent location which must be seen to appreciate it.



Torrox:

Price: 320.000€



- Living space: 163m<sup>2</sup>
- Bedrooms : 6
- Pool: Yes
- Garage : Yes
- Terrace: Yes
- Bathrooms: 3
- Views: Sea views
- Area: Townhouse

Ref. TTH667

Canillas de Albaida Price: 450.000€



- Living space: 572m<sup>2</sup>
- Bedrooms : 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 5
- Views: Sea views
- Area: Townhouse

Ref. AP275

Torrox:

Price: 330.000€



- Living space: 75m<sup>2</sup>
- Bedrooms : 2
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Sea views
- Area: Townhouse

Ref. TAP367

Torrox:

Price: 870.000€



- Living space: 538m<sup>2</sup>
- Bedrooms : 7
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 9
- Views: Sea views
- Area: Countryhouse

Ref. TCP242

Sedella:

Price: 525.000€



- Living space: 140m<sup>2</sup>
- Bedrooms : 5
- Pool: Yes
- Garage: No
- Terrace: Yes
- Bathrooms: 2
- Views: Mountain
- Area: Countryhouse

Ref. CP412

Vélez Málaga:

Price: 420.000€



- Living space: 334m<sup>2</sup>
- Bedrooms : 3
- Pool: Yes
- Garage: Yes
- Terrace: Yes
- Bathrooms: 2
- Views: Village
- Area: Townhouse

Ref. TH821

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# Welcome to Streetwise magazine -

Firstly Streetwise would like to wish everyone a Happy, Healthy, Prosperous New Year 2025.

As we all look forward to another year beginning, we hope that this year will yet again bring us many visitors to our part of the world.

The weather is starting to cool and we should hopefully see snow appearing on the mountain tops this month. Enjoy this month's magazine and a big thank you to all our supporters.

This year Streetwise enters her 27<sup>th</sup> year of publishing.



**Dawn x**



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## Are you struggling with alcohol use?

### A New Year brings a new opportunity.

As the festive season fades into memory, many of us look back on the holidays with mixed emotions. For some, it was a time of joy and celebration; for others, it might have been marked by overindulgence, regret, or moments of discomfort around alcohol.

The parties, family gatherings, and social events of December often create a culture where excessive drinking feels normalised. It's easy to dismiss a nagging sense of unease about your alcohol use when everyone around you seems to be indulging too.

But now that January is here, it's an opportunity to pause and reflect. Has your drinking left you feeling out of control? Did the holiday season bring arguments, missed obligations, or emotional turmoil caused by alcohol? Are you struggling to stop now that the festive distractions have passed?

If any of this resonates, you're not alone. Recognising the impact alcohol is having on your life is the first step toward change. For many, the thought of life without alcohol can feel overwhelming. It's not uncommon to wonder how you'd cope, socialise, or find enjoyment without it. But countless people have found a way to break free from alcohol's grip, and you can too.

**Alcoholics Anonymous (AA)** is one such resource. AA provides a supportive, judgment-free community of people who've faced similar struggles. Through shared experiences, they've discovered that life without alcohol isn't just possible—it's liberating. Here, two members of AA share their journeys:

"My name is Daniel. Throughout my drinking I would often injure myself whilst in "blackout." After each injury I would stop drinking for a period, then start again with some controlled drinking, until before long I was back to normal.

The turning point came in 1999, after a heavy night of drinking in a bar in Galway, Ireland. I woke up with a

profound sense that I had, or was, crossing a line. This led me to my first meeting, in a small intimate room with around 16 people. I was told before I entered that I did not need to say I was an alcoholic and that the only requirement for attendance was a desire to stop drinking.

The people who spoke that night were honest and kind, my gratitude to them is impossible to quantify. As they suggested, I kept coming back! Alongside the 12 steps of recovery this has led to 25 years of sobriety."

"Hello, I am Jennifer. My rock bottom came in 1995. I weighed about 7 stone; I was not able to hold food down. I was fired from my job and had lost my home. I had \$10 and 2 bags of clothes to my name. I was sick in every area of my life. I could not stop drinking on my own and I had little hope I was going to see another year.

I heard about AA through a sober man I met, he took me to my first meeting and saved my life. I had no idea what to expect, my first few meetings were a blur, but I remember the warmth of the people, they hugged me and told me to keep coming back. My life now is so full. I have been sober for half of my life and I live one day at a time."

**Life without alcohol might seem unimaginable now, but many who've walked this path will tell you it's worth it. You don't have to struggle alone—help is just a call or a conversation away.**

**There are meetings of Alcoholics Anonymous held daily throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.**

**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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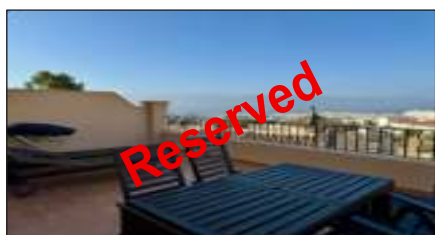


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## PROPERTY OF THE MONTH



### URB. ALMIJARA III

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**Price: €295,000**  
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### TORROX PARK

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**Price: €680,000**  
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### URB. ALMIJARA II NORTE

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**Price: €240,000**  
Ref: CN48703



### FUENTE DEL BADEN

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**Price: €865,000**  
Ref: CN48676



### TORROX COSTA

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**Price: €259,000**  
Ref: IN\_872\_IMN



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# Andalucian Homes



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## **TORROX COSTA**

**PRICE:- €675.000**

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

Large closed garage of 85m2 with storage room and room for the boiler and an attic of 40m2 in the upper part of the house that is currently used as a gym.

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



## **TORROX PUEBLO**

**PRICE:- €89.000**

Village house to renovate on the ground floor. Comprising: living room, kitchen, bathroom, 3 bedrooms (access to the third bedroom is through one of the bedrooms), patio with laundry room. No terrace, but it can be constructed above the bedrooms. Needs to be fully reformed, sold with a building license approved and paid for and with new project plans. Quiet pedestrian street, few meters from parking and close to village centre.



## **TORROX PUEBLO**

**Price:- €169.000**

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

**www.andalucianhomes.com**



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

Don't waste time trying to explain your ambitions to friends and loved ones because it's unlikely they will understand why you feel so driven to succeed. Instead, channel your energy, both physical and mental, into moving closer to your number one objective.

**Luckiest day:- Friday**

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

Try not to take what other people tell you too seriously this month as they have almost certainly got it wrong and will lead you astray if you believe them. Neptune, planet of illusion, warns that someone you see as a friend could see you as their meal ticket.

**Luckiest day:- Thursday**

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

It's not like you to be irritable but because you feel tied down by other people's expectations you may be a bit ill-tempered this month. Maybe you should review all the things you do for partners, loved ones and colleagues – and then start doing less.

**Luckiest day:- Friday**

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

The Sun in the work area of your chart encourages you to push yourself harder but you must realise there are limits to how much you can do. Quality work is, was and always will be preferable to quantity work, so make good use of your brain!

**Luckiest day:- Monday**

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

No, you don't have to work twice as hard as everyone else to get yourself noticed. On the contrary, employers and other powerful people are well aware of who you are and what you can do, so keep on doing it and the rewards will follow.

**Luckiest day:- Wednesday**

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

Mars in the most sensitive area of your chart could lead to all sorts of strange imaginings this month. Have you thought of taking some of those ideas and creating something of value such as a song or a book?

**Luckiest day:- Monday**

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

The fact that many of your friends are doing stupid things at the moment does not mean you have to follow their lead. On the contrary, try being smart and doing the opposite of what they are up to. You may be the only one who succeeds.

**Luckiest day:- Saturday**

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

You don't have to push yourself harder than ever. You don't have to test your limits. You may be under a lot of pressure to deliver but how much of that pressure comes from other people and how much from yourself? Lighten up a bit.

**Luckiest day:- Thursday**

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

This month you need to make a conscious effort to see the good in the world rather than the bad which is so much easier to spot. On a personal level no one has got it in for you, despite what you seem to believe.

**Luckiest day:- Sunday**

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

There is no such thing as a sure thing and anyone who tells you otherwise is not to be trusted. Usually you would not have to be reminded of that fact but your thinking does seem a bit vague at the moment. Time to sharpen up!

**Luckiest day:- Tuesday**

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

Don't let friends and loved ones pressure you into doing something you suspect won't be for the best. You may want to please them but your first responsibility is to your own well being, so if the situation troubles you just say No!

**Luckiest day:- Sunday**

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

This month you could be a little too reckless in one-to-one situations. Try not to see everything you do in terms of winning and losing. There is no shame in offering your opponent an honourable draw.

**Luckiest day:- Wednesday**

# Horoscopes





Fully detached villa with private pool for sale in the sought-after Alhambra urbanization, minutes from Nerja's center and Burriana Beach. Spanning two floors, the property includes a large roof terrace offering panoramic sea and mountain views.

The upper floor features an open-plan living and dining area with a cosy fireplace, leading to a sun terrace with sea views, a fully fitted kitchen, two double bedrooms with fitted wardrobes, and a newly renovated bathroom.

The lower level includes three additional bedrooms, two with direct access to the pool and sun terrace, plus two bathrooms (one newly fitted), a storage area, and a laundry room.

The villa boasts a spacious private pool surrounded by sun terraces for relaxation. Additionally, residents can enjoy a communal pool and landscaped gardens. This property's exceptional location and features make it truly unique.



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



Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªI, (Jardines Viña Malága/Antigua Casa de la Viña), Torre del Mar, 297L40. 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

Recently Gloria Uribe, the Director of Lux Mundi and Rafael Vazquez, San Fernando Parish Priest and officer for ecumenism and interreligious dialogue in Malaga, lead an excursion of 56 friends to visit three of the temples of the many different Religions that are established in Malaga.

On arrival at each venue, we were welcomed by their representatives, who explained the origin and beliefs of their faith.



The first venue was the Hindu temple where Mahara Dushi gave us a talk about Hinduism and how they settle here in Malaga. This was followed by the Fuengiola mosque where Ahmed Oualit also gave a talk and explanation about the characteristics of their temple and we had the opportunity to see their midday prayer. There was then a short break when the group stopped for a light lunch in the beautiful patio of the Lux Mundi, Fuengirola Centre. The group then re-joined the coach for the short journey to the Estupa de la Iluminacion in Benalmadena, where they had the final talk by Margarita Lehnert. Firstly Lux Mundi would like to thank the representatives at the different temples for their disposability and interest to show and explain their various faiths and would also like to thank all the friends who joined them on a very informative and interesting day out and look forward to meeting them again on any similar religious events.



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The villa is distributed on two levels perfectly combines privacy and open space. Enjoy the sunshine on the panoramic terraces from the first rays of the morning until twilight or relax in the pool and jacuzzi epitomising everyday luxury at its finest.



**Còmpeta**



Happy New Year!



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## Tips on Orchid Growing

### Ten things not to do when Growing Orchids

#### 1. Don't water orchids from above!

Water left standing in the crown and between leaves can cause rotting. If you manage to wet the orchid, take a paper napkin and remove the water as best as you can.

#### 2. Do not leave water in the orchid dish, or decorative container.

Orchids don't like to have wet feet as they say. Remove all the excessive water, so drain the orchid pot as best as you can.

#### 3. Never water orchids with ice.

Orchids are exotic plants, at least the vast majority of them. Ice cold water can seriously damage orchid roots, so use lukewarm water, even if you use tap water.

#### 4. Don't separate pseudobulbs individually.

Pseudobulbs store energy and nutrients, they are an orchid's batteries. The more connected pseudobulbs an orchid has, the more energy it will have to grow faster and stronger, so never separate individual pseudobulbs.



#### 5. Whatever you do Don't use regular potting soil with orchids.

The majority of the orchids you can buy are epiphytic plants, this means they do not grow in soil, but in the air, clinging to trees and branches. Use bark chips as a beginner, it is the safest media.

#### 6. Never place orchids in direct sun.

Orchids in general have pretty fragile leaves when it comes to direct sun and overheating. Place orchids in bright shade to avoid damage.

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## 7. Don't mist orchid flowers.

If in some cases misting leaves can benefit orchids, misting flowers is never a good idea. Water droplets can produce mould spots or patches on the flowers.

## 8. Leave as is don't cut aerial roots.

Some orchids just seem to grow roots in the air, especially Phalaenopsis. It's normal and natural. Leave them be, they are important for the orchid.



## 9. Don't cut healthy canes or pseudo bulbs.

They are the batteries of orchids, the less canes an orchid has, the slower it will grow, if it will have energy at all. Leave the green canes and pseudobulbs alone.

## 10. Don't neglect orchids.

The more attention you give to your orchids, the faster you will spot problems and have greater chances of curing them. Give your orchid a look daily or every few days at least. Even if it's not in bloom, your orchid still needs your love.



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



**Canillas de Albaida** **New this month!**  
Well presented 4 bed, 3 bath villa (243m<sup>2</sup>), bright lounge with separate dining room and kitchen, large utility room and store, fantastic terraces, pool area and tiered garden with countryside views, garage and drive.  
**Price: 375.000 euros**  
ref: v 1556 EPC: In progress



**Cómpeeta** **Great price!**  
Unique rustic townhouse (185m<sup>2</sup>) 4 en-suite bedrooms, 3 of which can be independent to the main living area. Option to convert to B & B. Lovely roof terrace with village views.  
**Prices from: 159,500 euros**  
ref: t1542 EPC: In progress



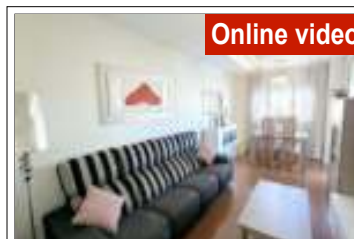
**Online video** **Archéz** **Sea views!**  
Cosy, bright and airy 2 bed, 1 bath (71m<sup>2</sup>) country house, open plan interior, great outside terraces, 6 person jacuzzi, sea, countryside and village views, mature gardens and easy road access.  
**Price: 240,000 euros**  
ref:v1546 EPC: in progress



**Cómpeeta** **Beautiful property!**  
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:t1536 EPC: E



**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: v1526 EPC: E



**Online video** **Torre del Mar** **Great location!**  
Spacious 2 bed, 2 bath apartment (86m<sup>2</sup>), with separate kitchen, ideally situated with easy access to the beach and all amenities. The perfect full time home, lock up and leave holiday home or rental property.  
**Price: 249,000 euros**  
ref: t1554 EPC: F

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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**Duke**

## The Costa Animal Society...

### Duke

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



**Lady Penelope**

### 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 now eats all her food and has made 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.

"Happy New Year 2025 to all our customers and supporters. You are the ones that allow us to continue with the work we do"

If you would like to meet Duke or Lady Penelope, please contact Seacrest Kennels on 711 028 847 or 646 613 885, or email us on [costaanimalsociety@gmail.com](mailto:costaanimalsociety@gmail.com) You can find us on Facebook - Costa Animal Society CAS where there is more information.

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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## AXARQUIA ANIMAL RESCUE



### Nancy and Oscar

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

A vet said we are Pit Bull cross breed so any adopter would need to hold a ppp license. But we are NOT dangerous dogs, far from it, we love nothing more than a cuddle and we give great kisses and we have never shown any aggressive behaviour. If you can offer us a loving home or want more information please contact AAR at:-  
[axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

### AAR 2739 - Canela

This beautiful, little girl has certainly made herself at home after being found nervous and hungry in Riogordo. Taken to safety and lovingly fostered by one of our regular volunteers, she has settled quickly into family life. At only 7.5 kg, this little princess will make an



**Canela**

excellent addition to any family. She has had her first vet check and injections and seems to be very healthy considering how she was found. We are waiting for the results of her blood tests. If you're interested in adopting this beautiful 5 month old pup, please email [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

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

<https://>

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



# Axarquia Animal Rescue



**Betsie**

**AAR 2747 – Betsie**  
I was born in February to a campo dog. We were a large litter and some of my siblings have already been adopted and are enjoying life in their new homes. I haven't been so lucky yet! I would really love to move to my forever home and family. I'm currently in foster care with the best foster parents ever and their doggie family. But, I'd really like a permanent home of my own. I really love other dogs. I'm

playful and gentle. I have a sweet personality. I'm really good at walking on the lead. I'm just a gentle soul. I have my pet passport and have been neutered. So, what are we waiting for? If you like me, please send an email to: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)



**Kate and Billy**

**Playful pups AAR 2770 - Billy and AAR 2771 - Kate** were dumped in the middle of nowhere on a cold winter's night at just weeks old. Luckily they were taken in by a caring couple in the campo in Almayate and are now in foster care. Billy and Kate are 12 weeks old and are healthy and full of fun. The pups immediately settled into family life. They love playing with other dogs, cats and children. Billy and Kate are mastin-type, quick to learn, clean in the house. Their foster mum says she has never known pups so brave and smart. They will make perfect family pets. Billy is outgoing and energetic while Kate is calm and gentle and loves a cuddle. They can be homed separately. You can see more pics of Billy and kate here: [axarquiaanimalrescue.com/meetme.php?id=2770](http://axarquiaanimalrescue.com/meetme.php?id=2770)  
[axarquiaanimalrescue.com/meetme.php?id=2771](http://axarquiaanimalrescue.com/meetme.php?id=2771)

If you'd like to home one of the pups email us with their name and reference number at email: [Axarquia-rescue@hotmail.com](mailto:Axarquia-rescue@hotmail.com)



**Daisy**

**AAR 2743 -Daisy** Beautiful Daisy is still in foster care and awaiting her forever home. Daisy is a 4 year old Podenco cross. She is still very timid and desperately needs to be in a loving home where she can get the one to one consistent attention which will give her confidence. There is no doubt she will be a wonderful loyal companion. She is good with dogs and a home with other dogs would be good for her but not essential. She is fully vaccinated and has her passport so can travel abroad. There must be someone out there who has the heart to give this girl a home. For more info on Daisy please email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com) quoting Daisy 2743. Daisy is patiently waiting for you.



**Benny**

**AAR 2768 - Benny** A new arrival to AAR. We will tell you more soon but while we wait for his first vet visit to give us a good picture of his health, we want to highlight the appreciation we have of volunteers and rescue. Resources are limited, disappointment hangs over us but Benny and his foster family are the light in a dark story. 11 year old Benny was surrendered to AAR this weekend as his previous owner is moving back to UK and threatened euthanasia. We know vets will not put a healthy dog to sleep but we had to help. Luckily long-time volunteers and who speak up for dogs like Benny to live the rest of their lives with love and care, we move forward with grace and kindness, with Benny as our focus. So, watch our facebook group for more updates on Benny as we get him sorted out and settled. He will be looking for a forever home! <https://www.axarquiaanimalrescue.com/meetme.php?id=2768>

**Contact us to see what's involved in fostering, we cannot do it without you!**  
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## New Years Resolutions with your dog in mind

By Karen Wallace

**2024 has come and gone. It's hard to believe, isn't it?! January is the month for making resolutions. I like to make goals for myself. I don't always follow through with them (being less attached to my phone has been on the list since 2015... guess whose iPhone is sitting next to her as she types this...) but one or two usually stick!**

### Here are some ideas for you and your dog to try for 2025:

- Try to fit 5-10 minutes of training in every day: I like to compare training to exercising; most fitness magazines recommend scheduling exercise in your planner and committing to it like any other appointment, and you can do the same thing with training! Or, if something more passive sounds appealing, try to commit to training your dog every time you're waiting for something in the microwave, or every time you're waiting for the kettle to boil. You'd be surprised at how this time adds up!
- Teach one new trick a month: This one is simple but can really help improve your relationship with your dog. Here are some great, simple to teach tricks to start with: crawl, roll over, bow, paw, high five, sit up, spin clockwise, spin counter-clockwise, speak.
- Go to one new place every week or month: As our dogs become more ingrained in our lives it can be easy to fall into the same routine; walk the same routes, only going to the same places. This can be boring for our dogs, and make it harder for them to accept novelty as they get older. Try going to one new park,



a different dog-friendly beach, or even a dog-friendly store a week or month to introduce a little more excitement into your dog's life.

- Pick one behaviour problem to improve on: Does your dog jump like a maniac? Pull on leash like a freight train? Demand bark? Does he do all three?! It can be overwhelming when looking at the total scope of our dog's behaviour, so choosing just one thing to work on and sticking with it can help!
- Pick a new dog sport: The world of dog sports is growing, and working on a sport with your dog can improve your bond and boost their confidence! Why not book into one of the agility classes at Dog School – it's great fun for both humans and the dogs!
- Try taking a group class: If competing in a dog sport doesn't sound like your "thing", all is not lost. Even just taking a class to brush up on manners or learn some new tricks is a great experience for your dog!
- Try one new enrichment activity a month: Mental enrichment is just as important for our dogs as physical exercise, but it can be easy to overlook! Try buying one new puzzle toy or enrichment activity a month to help your dog keep their brain sharp!
- Work on a grooming or



husbandry procedure: Does your dog have a hard time at the groomer or vet? This year, commit to helping your dog learn to tolerate nail trims or even injections at the vet's office! This is something that many of us just expect our dogs to do and one that many of them really don't like!

**Take a look on our website if you need some inspiration. There's plenty to choose from. Check it out at [www.dogschoolnerja.com](http://www.dogschoolnerja.com) or if you're looking for help with a specific problem, drop me a message.**

**Happy New Year from me and Dog School Nerja!**

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# Upcoming Classes

## JANUARY 2025



**MONDAY 13 JAN**  
9:30-10:30

### LIFE SKILLS 1 - BEGINNERS GROUP

ALL THE TOOLS AND INFORMATION YOU NEED TO START TRAINING YOUR GREAT TO BE GREAT! FOR DOGS OF ANY AGE AND ABILITY.

**TUESDAY 14 JAN**  
16:00-17:00

### ROCKET RECALL MASTERCLASS

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**WEDNESDAY 22 JAN**  
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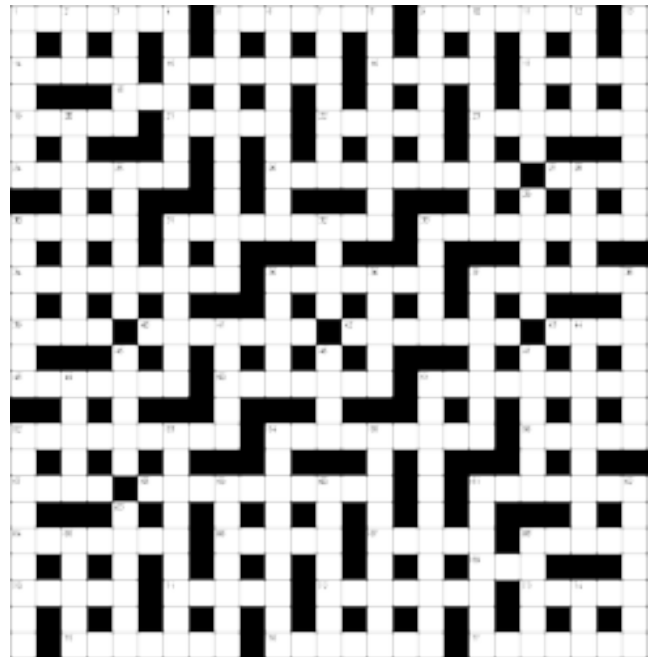
## Across

- Ignited (7)
- Express strong disapproval of (7)
- Intense emotion (7)
- Stitched (5)
- Changed (7)
- Angry (5)
- Mediterranean fruit (5)
- Joke (3)
- Elevate (5)
- Departing (5)
- Highway (5)
- Oblivious (7)
- Chuckled (7)
- Extra (10)
- Tight (4)
- Evade (5)
- Thumb a ride (9)
- Treasured (9)
- Large church (9)
- Make ready (7)
- Consultant (7)
- Tenders (4)
- Hide (7)
- Administration of the law (7)
- Weapons (4)
- Sweepstake (7)
- Go before (7)
- Persuaded (9)
- Clapped (9)
- Atoms (9)
- Successors (5)
- Tallies (4)
- Increase speed (10)
- Reproduction (7)
- Sincere (7)
- Coarse (5)

- Attempts (5)
- Trainee (5)
- Average (3)
- Deport (5)
- Dens (5)
- Repose (7)
- Male relative (5)
- Conference (7)
- Conundrums (7)
- Pills (7)

## Down

- Kind of falcon (7)
- Novel (3)
- Ridge (5)
- Hauled (7)
- Prejudicial (11)
- Group of sentences (9)
- Commanded (7)
- Protocol (9)
- Inert medication (7)
- Take a risk for profit (9)
- Meteorological indicator (6)
- Currency of Nigeria (5)
- Forstalled (9)
- Swamped (9)
- Paid close attention to (6)
- Dull pains (5)
- Strainer (5)
- Unit of sound intensity (7)
- Concordance (7)
- Notion (4)
- Top line of a hill (5)
- Serenity (5)
- Entertain (5)
- Goes up (7)
- Dwells (7)
- Roman god of love (5)
- Remedied (9)
- Commenced (5)
- Rend (4)
- Chess piece (6)
- Lukewarm (5)
- Famous people (11)
- Astonishment (9)
- Athletic contest (9)
- Harbinger (9)
- Exactly the same (9)



- Previously (7)
- Stuck (7)
- Deference (7)
- Female performer (7)
- Buy back for money (6)
- Used to control a horse (5)
- Small piece of bread or cake (5)
- Pool stick (3)





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|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 |   |   | 8 |   |   |   |   |   |
| 3 |   | 4 |   | 2 |   |   |   | 8 |
|   | 1 | 8 | 9 |   |   |   | 5 | 3 |
|   |   |   |   |   |   |   | 8 |   |
| 8 | 2 | 9 |   |   |   |   | 3 | 4 |
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## Be Seated

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| P | T | H | R | O | N | E | O | Z | Z | X | S | Z | A |
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| N | A | V | I | D | M | C | E | S | I | A | H | C | P |
| C | U | S | H | I | O | N | A | S | W | B | A | K | A |
| H | S | K | I | L | I | F | T | E | E | C | S | E | P |
| S | A | D | D | L | E | P | P | A | L | V | S | R | A |
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|          |          |          |
|----------|----------|----------|
| ARMCHAIR | CUSHION  | ROCKER   |
| BEANBAG  | DIVAN    | SADDLE   |
| BENCH    | FUTON    | SETTEE   |
| BLEACHER | HASSOCK  | SKI LIFT |
| BOOSTER  | LAP      | SOFA     |
| BOOTH    | LOVESEAT | STOOL    |
| CART     | OTTOMAN  | STOOP    |
| CHAIR    | PAPASAN  | THRONE   |
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### Expat's 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.

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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.

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160,000€



1 1 40m<sup>2</sup>

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275,000€



3 2 125m<sup>2</sup>

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2 1 64m<sup>2</sup>

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SCAN ME



## Left over Christmas dinner recipes!



### Bubble and Squeak

#### Bubble and Squeak

**Serves: 4**

#### Ingredients:-

50g butter  
1 onion, sliced  
1 clove garlic, finely chopped  
1 1/2 cups cabbage, shredded  
1/2 cup carrot, grated  
2 cups leftover mashed potato

#### Preparation:-

Melt butter in frying pan over medium heat. Add onion and garlic and cook until soft. Add cabbage and carrot and cook until both soften and start to colour. Mix in mashed potato and push down to fill the pan.

When it starts to colour, turn the mixture and press it back into shape again. Keep repeating until the bubble and squeak is golden all over.



### Ham, Pea and Parmesan Croquettes

#### Ham, Pea and Parmesan Croquettes

**Serves: 4**

#### Ingredients:-

600g potatoes, peeled, chopped  
25g butter  
1/4 cup milk  
125g sliced leg ham, chopped  
1 egg yolk  
1/3 cup grated parmesan  
1/2 cup frozen baby peas  
2 green onions, finely chopped  
1/2 cup plain flour  
1 cup breadcrumbs  
1 egg  
Vegetable oil, for shallow-frying  
1 large zucchini, peeled into ribbons  
4 radishes, thinly sliced  
1 cup fresh flat-leaf parsley leaves  
2 gem lettuces, leaves separated  
1 small avocado, cut into wedges  
2 tbsp honey mustard dressing  
Lemon wedges, to serve

#### Preparation:-

Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 10 to 12 minutes or until tender. Drain. Return to pan over low heat. Toss for 1 minute or until excess liquid has evaporated. Remove from heat. Add butter and 1 tablespoon milk. Using a potato masher, mash until smooth. Season to taste. Set aside for 20 minutes to cool.

Place mashed potato in a large bowl. Add ham, egg yolk, parmesan, peas, onion and 1/4 cup flour. Mix to combine. Using 1/4 cup mixture at a time, shape into 12 croquettes.

Place breadcrumbs and remaining flour on separate large plates. Whisk egg and remaining milk together in a shallow bowl. One at a time, roll croquettes in flour, shaking off excess. Dip in egg mixture. Coat in breadcrumbs. Transfer to a plate.

Pour enough oil into a large frying pan to come 5mm up side of pan. Heat over medium-high heat.

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Cook croquettes, turning, for 4 to 5 minutes or until golden. Using a slotted spoon, transfer to paper towel to drain.

Meanwhile, place zucchini, radish, parsley, lettuce, avocado and dressing in a large bowl. Toss gently to combine. Serve croquettes with salad and lemon wedges.



### Giant Club Sandwich

#### Giant club sandwich

**Serves: 4**

#### Ingredients:-

550g large roll  
2 tbsp olive oil  
4 rashers shortcut bacon  
1/3 cup (100g) aioli  
6 butter lettuce leaves  
300g leftover turkey  
3 tomatoes, sliced  
4 slices Swiss cheese

#### Preparation:-

Use a large serrated knife to split the bread horizontally into 3 layers. Brush the cut sides of bread with 1 1/2 tablespoon of the oil. Heat a large frying pan over medium-high heat. Cook the bread, in batches, for 1 min each side or until toasted. Heat the remaining oil in the same pan. Cook the bacon for 3 minutes each side or until golden. Remove from heat.

Place the bread base cut-side up on a serving platter. Spread with half the aioli. Top with half the lettuce, half the turkey and the bacon. Season. Top with the middle bread layer. Spread with the remaining aioli. Top with the remaining lettuce, tomato, cheese and remaining turkey. Sandwich with the remaining bread top. Insert 4 small skewers into the sandwich to secure. Slice into quarters to serve.

#### Fried rice with glazed ham and vegetables

**Serves: 4**

#### Ingredients:-

150g piece leftover leg ham  
1/3 cup soy sauce  
2 tbsp plum sauce  
2 1/2 tbsp peanut oil  
2 eggs, lightly beaten  
1 red capsicum, chopped  
2 cups shredded Chinese cabbage

1/2 cup frozen peas  
250g cherry tomatoes, halved  
4 cups cooked white long-grain rice  
Green onion, thinly sliced, to serve  
Sliced red chilli, to serve



### Fried Rice with Glazed Ham and Vegetables

#### Preparation:-

Toss ham in 1 tablespoon soy sauce and 1 tablespoon plum sauce. Heat 1 tablespoon oil in a large frying pan. Cook ham for 1 to 2 minutes each side or until browned and heated through. Transfer to a board. Cut into thin slices. Heat a wok over medium-high heat. Add 2 teaspoons of the remaining oil. Swirl to coat. Add egg. Swirl to cover base of wok and form a thin omelette. Cook for 1 to 2 minutes or until just set. Transfer to chopping board. Roll up and slice. Add remaining oil to wok. Swirl to coat. Add capsicum. Stir-fry for 2 minutes or until just tender. Add cabbage, peas, ham, tomato, rice and 1/2 the egg. Stir-fry for 3 to 4 minutes or until heated through. Add combined remaining soy and plum sauce. Stir-fry for 1 to 2 minutes or until combined. Sprinkle fried rice with green onion, chilli and remaining egg. Serve.



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## Movement control : Proprioception in cervical problems



Currently there are many studies that correlate a loss of motor control and alterations of postural control with chronic cervical pain and the importance of training the deep stabilizing cervical muscles for the management of cervical problems.

It is necessary to understand different concepts that can be confused, such as the error of joint positioning, proprioception and motor control.

Proprioception is defined as the unconscious movements' perception and body position, independent of vision.

Motor control is the correct integration of the movement phases in which the

stabilizing muscles work in the preparatory phase (it is normal that there is a pre-activation of these muscles in electromyography before making the movement) and subsequently the dynamic muscles perform the movement (the agonists in the direction of the movement and the antagonists slowing the movement in the opposite direction).

The joint position error is the angular difference between the corrected start position in a neutral joint area and the natural head position that is re-adopted after performing any movement.

Major errors of cervical joint position have been demonstrated in patients with idiopathic neck pain and with

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|---------|----------------------------------|--------------------------------|--|--|----------------------------------|
| 8:00H   | TORREDO YOGA***<br>preparacion   |                                | TORREDO YOGA***<br>preparacion               |  |                                  |
| 9:15H   | TORREDO PLATEO                   | TORREDO PLATEO                 | TORREDO PLATEO                               | TORREDO PLATEO                               | TORREDO PLATEO                   |
| 10:30H  | TORREDO PLATEO***<br>preparacion | TORREDO PLATEO                 | TORREDO PLATEO***<br>preparacion             | PLATEO                                       | TORREDO PLATEO***<br>preparacion |
| 11:30H  | TORREDO YOGA                     | TORREDO YOGA***<br>preparacion | TORREDO YOGA                                 | TORREDO YOGA***<br>preparacion               |                                  |
| 17:00H  | TORREDO PLATEO                   | TORREDO PLATEO                 | TORREDO PLATEO                               | TORREDO PLATEO                               | CLASE PRIVADA -<br>CON RESERVA   |
| 18:00H  | TORREDO PLATEO***<br>preparacion | TORREDO YOGA***<br>preparacion | TORREDO PLATEO***<br>preparacion             | TORREDO YOGA***<br>preparacion               | CLASE PRIVADA -<br>CON RESERVA   |
| 19:00H  | TORREDO PLATEO FUNCIONAL         | TORREDO PLATEO                 | TORREDO PLATEO FUNCIONAL                     | TORREDO PLATEO                               | CLASE PRIVADA -<br>CON RESERVA   |
| 20:00H  | TORREDO YOGA                     | TORREDO YOGA (20:00-21:00)     | TORREDO YOGA (19:00-20:00)***<br>preparacion | TORREDO YOGA (20:00-21:00)***<br>preparacion | CLASE PRIVADA -<br>CON RESERVA   |



acute and persistent alterations associated with a whiplash. It is considered that the error cervical joints position mainly reflects the afferent information that comes from the muscular receptors and those joints. A measure that is often used is the ability of the person to reposition the natural head position with closed eyes.

Evidence indicates that people with neck pain tend to unconsciously advance their head and that although changes in motor control can be initiated in the presence of pain and / or tissue injury, this seems to be prolonged in the acute pain phase and could contribute to the chronification of cervical problems.

Deficiencies of standing balance have been demonstrated in people with persistent cervical pain, both of idiopathic and traumatic origin. These data indicates that this factor should be assessed systematically in patients with cervical disorders.

The mechanisms that maintain body balance and oscillation are divided into three subsystems.

The information of these subsystems is processed and integrated at different levels within the central nervous system in order to avoid errors in continuous efferent activity to achieve optimal movements' performance.

For the clinician it is important to have a global view of the most important neurological connections of these three subsystems related to the cervical spine.

The vestibular system is developed to maintain posture and locomotion. The muscle reflexes of the trunk, limbs and eyes are developed to meet these needs. The specialized mechanoreceptors in the semi-circular canals are sensitized during changes in the speed of movement. That is, the angular velocity and the specialized mechanoreceptors of the utricular and saccular macula provide information on the position of the head with respect to the direction of the forces of gravity (that is, linear velocity) and the inclination of the head (gravity).

The view has an essential function to direct the movements, and this is reflected by the fact that when the somesthetic afferences and the vision disagree, the visual version usually prevails. More than a third of primate brain is dedicated to visual processing. The visual postural system consists of three different systems of eye movement: the slow tracking system, the saccadic system and the optokinetic system.

The slow tracking system stabilizes the images of targets with uniform movement in the fovea, by slow eye movements.

The saccadic system is responsible for small rapid movements of both eyes simultaneously to change the fixation point. This allows us to fix the visual objective in any movement in the visual periphery immediately.

The optokinetic system stabilizes the images throughout the retina as long as the entire field of vision is in motion. In general, the disorders of this system mimic the injuries that affect the slow and saccadic follow-up.

Like sight, hearing requires spatial orientation of distant phenomena by knowledge of the position of the head on the trunk. The neuroanatomical interaction of the proprioceptive system of the cervical spine with the auditory system through the ventral cochlear nucleus plays this role.



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# healthwise

It has been proven that cervical proprioception influences the lateralization of sound. This has led to speculation that subjective hearing problems in some patients with cervical disorders could be a disorder mediated by reflexes from the high cervical mechanoreceptors.

The somatosensory subsystem of the upper cervical spine has abundant mechanoreceptors, as a receptor field, especially of the gamma muscle spindles of the deep segmental muscles.

This system satisfies the need of the postural control system to receive information quickly about the position and movement of the head with respect to the body and to integrate this information with that coming from the labyrinth, to compare and balance the different information of these subsystems.

In conclusion, a physiotherapist need to control all these aspects when is giving a treatment to a patient with chronic cervical problems, in another way maybe manual therapy is not enough to solve the problem, so the most important thing is to treat a patient knowing the origin of the problem.

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## Kids who watch lots of TV have a lower bone mass as adults

**KIDS WHO WATCH** a lot of television may build less bone during critical years, and be more vulnerable to osteoporosis and bone breaks later in life as a result, a new study suggests. Children and teens followed until age 20 – when bone mass is peaking – had lower bone mass at that age the more hours they had spent watching TV in childhood, researchers reported online July 4<sup>th</sup> in the *Journal of Bone and Mineral Research*. 'What we need to make clear is that it's not necessarily the act of watching TV that is driving the link between TV and health outcomes, but the act of sitting for long periods,' said Natalie Pearson of the School of Sport, Exercise and Health Sciences at Loughborough University in the U.K. who was not part of the new study. 'The first set of data collected on TV viewing in the current study was collected 19 years ago,' and since then more and more young people have started watching TV on demand, using iPads, smart phones and apps, she told reporters by email.

For the study, led by Joanne A. McVeigh at Curtin University in Perth, Australia, the parents of more than 1,000 Australian kids reported how much TV each child watched per week at ages 5, 8, 10, 14, 17 and 20 years – though at older ages the kids started to self-report their own TV watching habits. Researchers sorted the kids into three groups based on their TV watching patterns over time: about 20 percent watched less than 14 hours of TV per week as children and teens and were considered consistent low-level watchers, more than 40 percent watched 14 or more hours per week as children and teens and were consistent high-level watchers, and 35 percent increased from low to high



levels of TV watching per week over the years.

At age 20 the participants had x-ray scans to assess bone mineral content. The researchers accounted for height, body mass, physical activity, calcium intake, vitamin D levels, alcohol, and smoking at age 20, and still found that kids who were consistently high-level TV watchers at younger ages had lower bone mineral content than others as adults. Immobilisation for prolonged periods of time is detrimental to bone health, said Dr. Sebastien Chastin of Glasgow Caledonian University in the U.K., who was not part of the new study. 'Sitting watching television does two things, it takes away from being active,

therefore we do not get the benefit of physical activity and second it immobilises us for prolonged period of time which we know from bed rest studies triggers physiological response that change the balance in our body chemistry that keeps our bone strong,' Chastin told reporters by email. 'Several studies have shown over the years that there is a relationship between the time we spend sitting and bone health,' he added. 'Poor bone health ultimately can lead to osteoporosis (brittle bone disease) which effects over 200 millions women worldwide,' he said 'You can imagine that a fall on a brittle hip is more likely to result in fracture.

Continued on page 38

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Our bodies reach peak bone density around age 22, after which time bone density decreases over time, though we can slow the decrease by maintaining an active and healthy lifestyle, Chastin said. 'Impact sports (not contact) are the most beneficial for bone health,' he said, citing parkour or 'free running' in particular for muscle strength, balance and coordination.

'It is often very difficult to make parents and doctors aware of the very long term health implications of sitting (at a screen or other sitting occasions such as school time, work time, travel, etc.) for long periods, as in today's society we are very interested in the immediate responses to our actions and not what will happen 20 years down the line,' Pearson said.

There are practical ways to break up periods of seated screen time, like getting up during ads or while working on a computer getting up to answer the phone instead of emailing a colleague or friend, she said.

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### Herbal Green Smoothie

**Ingredients:-**

- 1 avocado pitted
- 1 medium pear cut into chunks
- 1 sprig Fresh mint
- 1 1/2 cups spinach
- 1 cup coconut water
- Handful ice cubes
- Water to thin, if needed



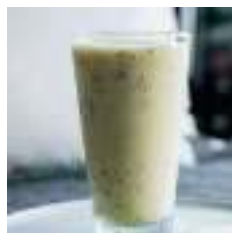
**Preparation:-**

Prep all ingredients; cut the avocado in half, remove the pit, then scoop out the fruit. Combine all ingredients into a high speed blender and blend until creamy. Add in water to thin, if needed, or a few ice cubes if you'd like a colder smoothie.

### Calming Evening Smoothie

**Ingredients:-**

- 1 1/2 frozen bananas cut into slices
- 1/2 cup rolled oats
- 1/8 cup walnuts
- 2 tbsp cacao powder
- 1 cup unsweetened almond milk
- 1/2 cup water
- More water to thin, if needed



**Preparation:-**

Combine all ingredients into a high speed blender and blend until creamy. Add in water to thin, if needed, or a few ice cubes if you'd like a colder smoothie. Make sure to blend this one for a good minute or so (if your blender can handle it), to make sure the oats are fully blended.

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### A few pointers .

Plan for discharge as soon as they go in- easier if it's a planned admission. If you need equipment source it at the start (often walking frames and wheel chairs are on prescription)..  
.but you have to ASK.

Discharge after an emergency admission can be much more difficult as often after getting out of bed for the first time the patient is discharged home,  
(even if they didn't get out of bed under their own steam!).

If you don't live alone the partner is expected to take on the caring role. (The fact that they might have chronic health problems themselves isn't factored into the hospital departure process).

The patient is discharged home (ok ,you have 3 flights of stairs and your loved one can't walk... no problem the ambulance crew will get them up there). After the initial joy of unity fades reality kicks in and the 3rd floor prison becomes a very lonely place.  
wheel chair won't go through the bathroom door...

Advice from the UK..." contact Social Services"... (If you are lucky there will be an assessment in a year or two and you could get a cleaner for an hour or two but nothing promised).

**Need Help - contact the English Nurse Care Team.**

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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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## Things that happened in January

1<sup>st</sup> January 1622. The Catholic Church adopted 1<sup>st</sup> January as the beginning of the New Year (instead of 25<sup>th</sup> March).

2<sup>nd</sup> January 1727. Birthday of James Wolfe, British general who played a major part in the fight for Canada with the French.



3<sup>rd</sup> January 1924. English explorer Howard Carter discovered the tomb of Tutankhamun in the Valley of the Kings, near Luxor, Egypt.



4<sup>th</sup> January 1967. Death of Donald Campbell. His jet-powered speedboat Bluebird somersaulted on Coniston Water, Cumbria, at a speed of 300-mph whilst attempting to break his own world record of 276-mph.

5<sup>th</sup> January 1818. The first regular trans-Atlantic shipping service begins between Liverpool and New York.



6<sup>th</sup> January 1066. Harold Godwin, Earl of Wessex was elected by the Witan to be the next King of England.

7<sup>th</sup> January 1558. English forces were ousted from the French port of Calais. The town's burghers had surrendered to an invading English army in 1346.



8<sup>th</sup> January 794. Danish Vikings attack Lindisfarne Island off the north-east coast of England and destroy its famous church.



10<sup>th</sup> January 1918. The House of Lords gives its approval to the Representation of the People Bill, which gives woman over the age of 30 the right to vote.

11<sup>th</sup> January 1569. The first state lottery is held in England, with tickets on sale at the West Door of St. Paul's Cathedral in London.



12<sup>th</sup> January 1970. The first Boeing 747 Jumbo jet arrives at London's Heathrow Airport after completing its maiden transatlantic flight from New York.

13<sup>th</sup> January 1893. The birth of a new political party in Britain as James Keir Hardie unites socialists under the banner of the Labour Representation Committee.



14<sup>th</sup> January 1742. Death of Sir Edmund Halley, British Astronomer Royal who gave his name to a comet.



15<sup>th</sup> January 1559. Elizabeth I was crowned Queen of England at the age of 25. Elizabeth is the daughter of Henry VIII's second wife, Anne Boleyn.

16<sup>th</sup> January 1780. British forces under the command of Admiral Rodney defeat the Spanish at Cape St. Vincent and relieve Gibraltar.





17<sup>th</sup> January 1912. Britain's polar explorers led by Captain Robert Falcon Scott reach the South Pole – only to find the Norwegian Roald Amundsen's expedition had beaten him by a month.



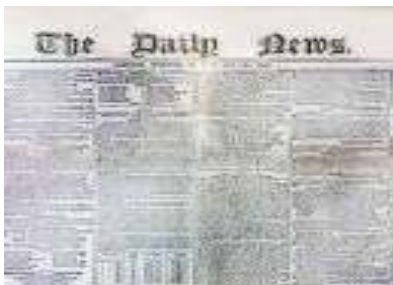
18<sup>th</sup> January 1485. After 30 years of civil war the Royal Houses of Lancaster and York are united by the marriage of Henry VII to the eldest daughter of Edward IV.



19<sup>th</sup> January 1915. German Zeppelin airships crossed the eastern coast of England to bombard towns in East Anglia, more than 20 people were killed.



20<sup>th</sup> January 1265. England's first Parliament meets at Westminster Hall in London. Representatives from towns and villages across the country meet for the first time in one chamber.



21<sup>st</sup> January 1846. The first edition of the Daily News, edited by Charles Dickens is published in London.

22<sup>nd</sup> January 1879. Zulu warriors massacre British troops at Isandhlwana in Natal Province, South Africa.

23<sup>rd</sup> January 1713. The signing of the Treaty of Utrecht redraws the map of Europe. The treaty signals the end of the long and bloody War of Spanish Succession. As part of the agreement Gibraltar and Minorca become British.

24<sup>th</sup> January 1965. The "last lion of British politics", Sir Winston Churchill died at the age of 90. His body is to lie in state in Westminster Hall, London.



25<sup>th</sup> January 1759. Birth of Robert "Rabbie" Burns, Scottish poet. Burns Suppers celebrated all over the world each year on this day.

26<sup>th</sup> January 1885. The British commander of Khartoum, General Charles Gordon is killed by a dervish spear as his forces are overrun by the Mahdi's Muslim army.

27<sup>th</sup> January 1926. Inventor John Logie Baird demonstrates his new television machine to members of the Royal Institution in London. Some have suggested that this could one day provide every home with a substitute for the cinema.



28<sup>th</sup> January 1807. London becomes the first city in the world to be lit by gas lights.



29<sup>th</sup> January 1596. The most famous English seaman and adventurer of the Elizabethan era, Sir Frances Drake, is buried at sea. The Spanish breathed a sigh of relief!

30<sup>th</sup> January 1649. The courts deemed him a "tyrant, traitor, murderer and enemy of the people", for this England's King Charles I was beheaded in Whitehall.

31<sup>st</sup> January 1747. The first clinic specializing in the treatment of venereal disease is opened at the London Dock Hospital.

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### Airports

Granada-958 245 200

Málaga-952 048 804

### Train Stations

Granada-958 271 272

Málaga-952 239 261

### Consulates

Belgium-952 599 159

Denmark-952 211 797

France-952 226 590

Germany-952 363 591

Ireland-952 475 108

Sweden-952 604 383

UK-902 109 356 /

913 342 194

### Guardia Civil

Frigiliana-952 533 003

La Herradura-958 640 015

Nerja-952 520 091

Torrox-952 538 008

### Local Police

Frigiliana-952 533 126

Nerja-952 521 545

Torrox-952 539 828

Torre del Mar-952 549 238

### Bus Stations

Almuñecar-958 630 140

Málaga-952 350 061

Nerja-952 521 504

Torre del Mar-952 540 936

Vélez Málaga-

952 501 731

### Taxis

Frigiliana-952 533 231

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

### 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,

### Church Services

#### Anglican Church of Nerja & Almuñecar Iglesia de

SanMiguel (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 first Sunday of the

month we meet at 10.30am for Communion/ Breakfast,  
on the other Sundays we meet at

11.00 am.

#### New Life Church

Whether you live in Nerja or are visiting our area, you  
are very welcome to come and join us at our Sunday  
gathering. Join us for a time of Holy Spirit led worship

and experience the presence of our God. Our teaching  
is Bible based as we honour God and obey His Word.

During this time of uncertainty, God's Word reminds us  
that the Gospel shines brightest in times of darkness.

Our service lasts for about an hour and half.

With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life.  
No one comes to the Father except through me".

John 14:6

Sunday Service 11.00 a.m.

Prayer Meetings Wednesdays 11.00 a.m

Pasaje San Miguel, Nerja, 29780.

Email: [info@nlcnerja.com](mailto:info@nlcnerja.com)

Website: [www.nlcnerja.com](http://www.nlcnerja.com)

Facebook: [www.facebook.com/nlcnerja](http://www.facebook.com/nlcnerja)

#### Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del 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 Capel-

la 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

chaplains 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, Local 2, 29740 Torre del Mar (across the

street from the Bus Station) in the Violin Shop.

Tel: 634 540 519.

Minister Rev. Colin Dickson. Tel: 654 884 658



# NEWS & What's ON

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

## LUX MUNDI, TORRE DEL MAR JANUARY 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.

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

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

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

**Thursday 9th January** - Gibraltar January Sales Shopping. Please join us for a fun day out on the famous Rock and maybe you will pick up some bargains. Perhaps besides shopping you would like to ride the cable car, visit the Military Tunnels or Gorham's Cave. Returning from Gibraltar at 16.00. Tickets available from the Centre, Price 22 euros with a Friends card or 25 euros for visitors. Proceeds for fundraising. Departure times: Algarrobo (Lidl) 07:45, Caleta (Vets) 07:50, Torre del Mar (Bus station) 08:00.

**Thursday 23rd January** - Excursion to the Chinese lantern Festival in Malaga. Please come and join friends for a unique experience of a lifetime, at the Chinese New Year Lantern

Festival (Festival de las Linternas) in the Parque del Oeste, in Malaga. This ancient culture of Chinese tradition, in 2025 will be celebrating the Year of the Snake, a symbol of wisdom, richness, prudence and longevity and will be covered 600 beautifully carefully crafted lanterns of all colours, shapes and sizes. Also known as the Spring Festival, there are 4,000 points of stunning, illuminations; each figure has been carefully designed so as to transmit a story through light and colour. There will also be a series of traditional Chinese activities such as a great Chinese New Year vibrant parade, featuring the traditional dragon dance, dynamic lion dance and an energetic dance performance with drums. One can see a mural of wishes, lantern-making workshops, calligraphy and banners. The entertainment will include theatre performances of hand juggling, jar balancing, the intriguing face-changing spectacle, and the skill of plate spinning, music and traditional dance. Show times: 6pm, 7:15pm, 8:30pm and 9:45pm. Ticket price: 30 euros with a Friends card, 33 euros for visitors available at the Centre. (Proceeds for fundraising). Departure times: Algarrobo (Lidl) 18.00, Caleta (Vets) 18.05, Torre del Mar (bus station) 18.15. Departure time from Malaga at 22.30 to be confirmed.

## 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.

**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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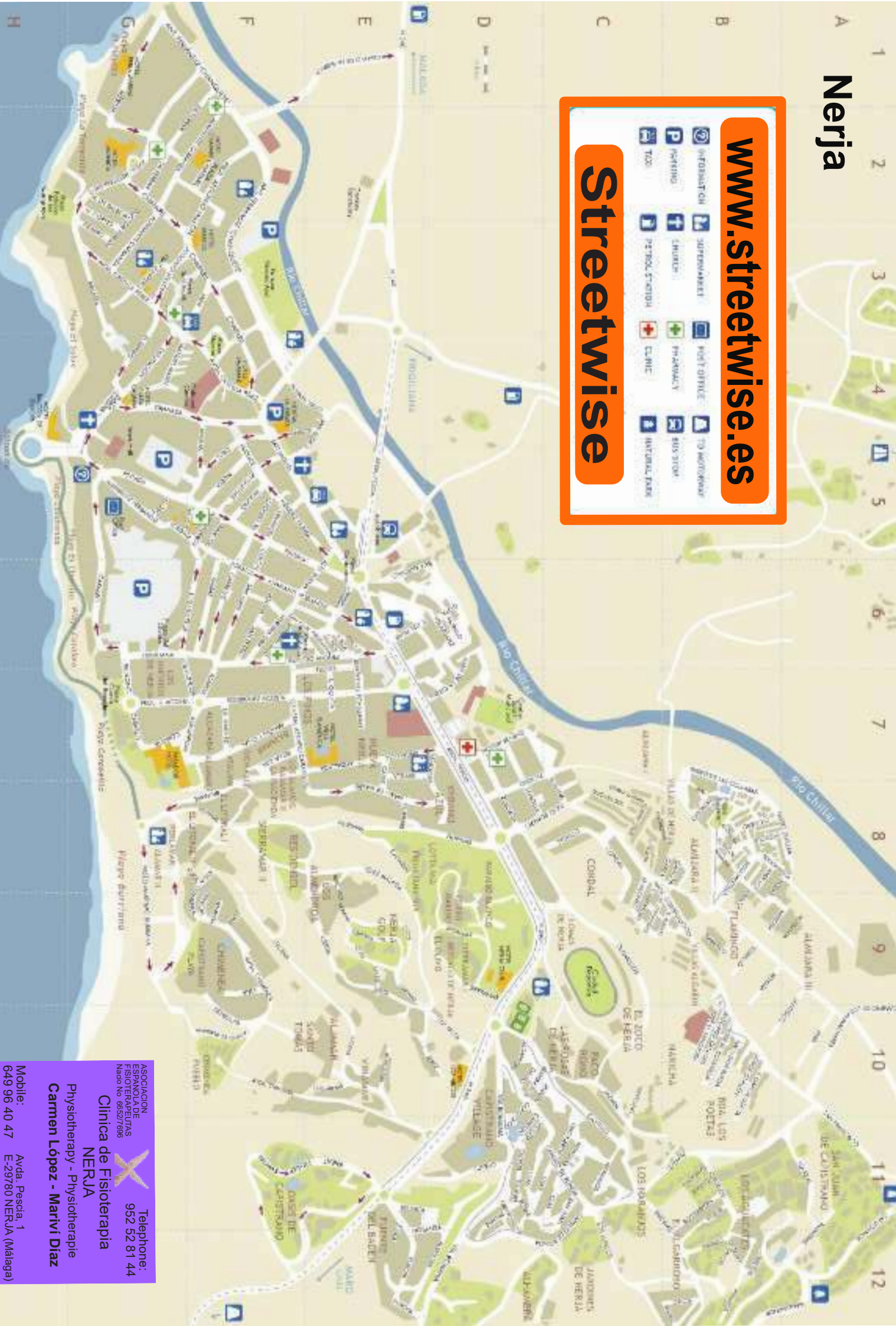




# Nerja

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

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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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**LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY**

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,  
crocery, 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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**Terraced house in Torrox Park Ref:- PS-2024-053**

**Price:- €265.000**



Beautiful semi-detached house inn Torrox Park. This lovely semi-detached house has recently been completely renovated to create a modern and welcoming atmosphere. It has its own garden with a barbecue where you can enjoy the Mediterranean climate and relax outdoors. Inside you will find 2 bedrooms and 1 bathroom, a separate kitchen and a large living room. In addition, it has a southwest-facing roof terrace as well as another additional room and bathroom that can be used for guests or for renting out as it has a separate entrance. You can also enjoy a communal pool and have your own parking space. With a constructed area of 90 m<sup>2</sup> and a plot of 145 m<sup>2</sup>, this house offers more than enough space to live comfortably. The southwest orientation guarantees excellent natural lighting throughout the day. The house also has a covered terrace that can be glazed.  
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### FRIGILIANA

REF: 7849

EXCLUSIVE: Charming country house with spectacular Sea views: 3 beds, 2 baths, storage/office, lounge with American kitchen, porch, terraces, gardens, jacuzzi, car port, 25 min. from Nerja & 10 min. from Frigiliana.

Built: 131 m<sup>2</sup>

Plot: 3.503 m<sup>2</sup>

EPC: E

PRICE: €375.000



### TORROX

REF: 7853

EXCLUSIVE: Private country house 15 min. from the coast of Torrox with 2 beds, 1 bath, fitted kitchen, lounge with wood burning stove, 2 storages, several terraces, private pool, parking space, good rental potential.

Built: 85 m<sup>2</sup>

Plot: 1.721 m<sup>2</sup>

EPC: E

PRICE: €175.000



*Happy New Year 2025*



### CÓMPETA

REF: 7800

EXCLUSIVE: Delightful townhouse a few minutes from all amenities with 1 bedroom with en suite bathroom, 1 lounge, 1 dining room, 1 kitchen, patio, glassed sitting area & covered terrace with wonderful Sea and mountain views.

Built: 61 m<sup>2</sup>

EPC: In progress

PRICE: €65.000



### Jete (GRANADA)

REF: 7783

EXCLUSIVE: A charming country house in rustic style 20 min. to the coast of Almuñécar with 2 beds, 2 baths, lounge with open plan kitchen, porch, conservatory room, storage, Sea & mountain views, sold furnished.

Built: 164 m<sup>2</sup>

Plot: 5.592 m<sup>2</sup>

EPC: E

PRICE: €179.900

**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

