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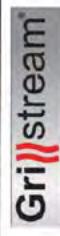
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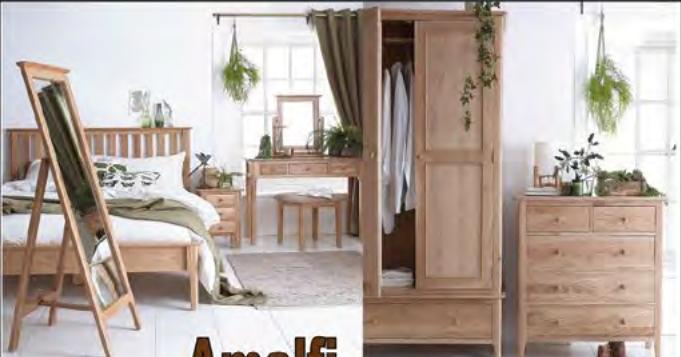
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Hugely popular with readers, the magazine is known for its photographic reporting of local events. It also contains articles written by the local community, for the local community.

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The Advertiser magazine is also available to download from our website

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Welcome to the May issue of the Advertiser Magazine

I hope this issue finds you all safe and well. Hopefully, that rain is all out of the way now and we can look forward to enjoying our six months of sunshine and clear blue skies.

We honestly can't remember a Spring as wet as this one.

As usual, we have many interesting editorial pieces for you to read this month. A massive thank you, as always, to all of our contributors who work so hard each month to bring you such excellent articles.

Our "What's the problem?" page is proving especially popular with our readers.

Each month a reader's problem is answered by a trained psychotherapist and also several members of a confidential group.

We also have several new advertisers which, is a very good sign for businesses. Two of our articles feature newly opened businesses or venues.

As always, we love to have feedback from our readers. So please feel free to send us an email with your comments about The Advertiser magazine to: advertisermojacar@gmail.com

Wishing you all a warm and sunny May. Stay safe.



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LifeStyle

By now, most of you know that the title of this series is not only inaccurate, but wantonly deceitful. I have no ambition to "Make Spain Great Again", afterall I can't sell baseball caps with MSGA on them! Or "Transformar España para que sea Estupenda de Nuevo". TEpqEdN is not catchy at all on a baseball cap.

And when was the last time Spain was great anyway? When King Ferdinand and Isabella married and fought the Moors out of the country? That's called genocide these days. Maybe pre-Franco, when Spain led the world with women's rights, but women have those rights these days, so it's already caught up. See how difficult this is!

Last month's article proposed eliminating single-use plastics and setting up infrastructure to deal with the other plastics. El Presidente signalled to me that he is in full agreement on this and has agreed to continue to do nothing about it. Sigh.

GET A HAIRCUT AND GET A REAL JOB

Nearly 40% of under 25's that want a job, can't get a job. That's 2 out of every 5, for those playing along at home. That means less people moving out from mum and dad, less people paying rent and taxes, just less money being thrown around.

Then we have the complete oddity of new businesses being saddled with 21% company tax, the same as every business out there. We all know that half of new businesses fail within the first 5 years, so why are we making it so difficult for them? If a company is growing, it's employing. This is a rather radical idea, but how about we help them get established!

It's rather simple, the first year they pay 0% company tax, 2nd year 5% and so on until the fifth year they're paying the full 21%. I know what you're thinking, there's going to be some educated bums that just start a new business every 5 years, but I'm sure that a control can be put in place. Something like you can't open a new business within a 2-year period of selling or closing a

BRAD RUNS FOR 'EL PRESIDENTE'

part 4



previous one, unless you pay me €14 million directly. Bank details below.

WHAT NOT TO DO

At the end of my long 6 hour shift at the bar (no, I don't work there) some of the bar patrons were talking about a scheme where a new business had to be a sole operator and wasn't allowed to hire anyone as they would lose their grants. If this is true (I'll let my editor double check), who on Earth signed off on this palm to face idea?

There's a huge reason why when recession strikes, we get lots of information about the unemployment rate. Job creation is always a major concern. It's a basic concept, but very true; more people working means more people spending. More people spending means more jobs which means more people working which means more people spending and so on and so forth.

If you have any feedback for me, to dispute, argue, agree, support, harass or to pinch, flick me an email bradh_os@hotmail.com

by Brad H



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SPANISH TAX

Spanish Tax Return time is upon us again and we have sent out our client questionnaires, if you have not received one as yet, please contact the office. Below are a few questions that we have received...

FREQUENTLY ASKED QUESTIONS:

DO WE HAVE TO DECLARE ALL OF OUR INCOME?

Yes, the law states that ALL income has to be declared and tax paid in the country that you are living in. The caveat to this is that Crown Pensions, UK Property Rental and Royalties, the tax has to be paid in the UK but it still needs to be declared in Spain and any tax paid in the UK will be taken into account.

WHAT IS THE DIFFERENCE IN STATE PENSION AND CROWN PENSION?

A State pension is the Old Age Pension, a Crown Pension is Armed Forces, Civil Service or Local Government Pensions

IS THE STATE PENSION TAXABLE IN SPAIN?

Yes, it is liable for tax in Spain as it would be if you lived in the UK.

CAN WE CHOOSE TO PAY OUR TAXES IN THE UK?

No, if you are a Spanish Tax Resident, then your income needs to be declared and taxes paid in Spain.

WHEN AM I CLASSED AS A SPANISH TAX RESIDENT?

If you live in Spain for more than 183 days in any year, you are deemed as a Spanish Tax Resident.

WHAT HAPPENS IF I DO NOT MAKE A DECLARATION OR ONLY DECLARE SOME OF MY INCOME?

The Spanish Tax Authorities have direct access to the UK Tax Authorities system and are fully aware of your income, if you do not declare or declare incorrectly, the Authorities can go back four years and claim the tax that was due, plus interest, plus they will also fine you.

WHAT ARE THE ALLOWANCES AND TAX LIMITS IN SPAIN?

The Spanish system is totally different to the UK and is based on your personal circumstances, in the UK everyone has a personal allowance of £12,750 and any income above that allowance is taxed at 20% up to £37,000.

In Spain there are tax allowances and liabilities for Madrid and your local Authority ie. Andalucia. Once your income figures are entered onto the system, allowances and liabilities are applied according to your personal circumstances and any tax due is calculated by the system.

ARE MY UK PENSION ANNUITIES TAXED FAVOURABLY?

Spanish Annuities are a specific income paid for a specific term, usually three years, UK Pension annuities are paid for a lifetime and so do not fall within the benefits of Spanish Annuities and the full annuity amount is taxable.

These are only some of the most frequently asked questions but if you have any others, please contact Aurora on 950 472 242 or aurora@indalo.partners

If you have any questions or would like to arrange an appointment to discuss this further, please contact Tim Taplin 647 866 371 or email tim@indalo.partners

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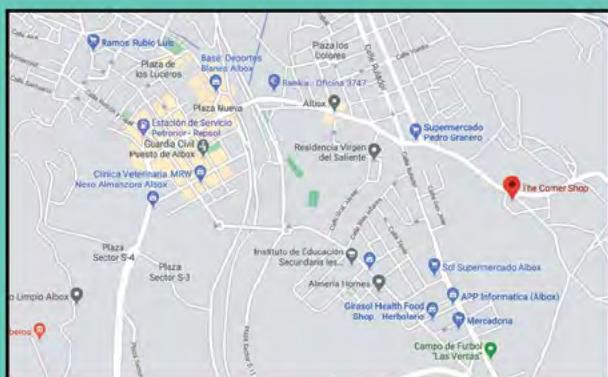
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COMMUNITY NEWS

Easter Raffle raises 560€ for Turre Food bank

Sarah Milnethorpe - Customer Services Advisor IBEX Insurance



We recently held an Easter raffle for a huge chocolate hamper to raise funds for the food bank organised by the Evangelical Church in Turre. We raised the huge sum of 560€. The money was presented to Tony Stubbs and Vera Walsh, representatives from the food bank. The lucky winner purchased a ticket on the day of the draw from 'Forget me Not' at



Las Buganvillas at their 14th Anniversary celebration on 1st April.

Tickets were sold by Sue Ennis of Forget me Not, and from our office in Mojacar. We have been astounded at the response and the amount raised.

A huge thank you to everyone who has supported us in this event, and to those who have been spreading the word on social media.

The Advertiser Magazine

APSA is looking forward to continuing its successful work with animals after the difficulties of the pandemic.

The charity continued to help and home dogs during 2020 despite the shop being closed for periods and, there being no fundraising events. Times were hard with little revenue but food and vets bills still needed to be paid said Dianne Reid, President of APSA.

Di was instrumental in setting up the charity and, became President in 2008. She has had a lifetime of involvement in rescuing and training dogs and has led APSA in homing over 2,000 dogs. Di runs the helpline on 663 762 642 and has a vast amount of knowledge and experience in caring for dogs, legal requirements and help in choosing a pet.

The charity has had three shops, the current shop is located at Avenida Lepanto next to Harrisons in Albox. APSA no longer has a stall at Los Llanos market but the shop is open 6 days a week and is always grateful for donations of clothes and bric-a-brac. Manageress Val and her many shop volunteers provide the main income for the charity. Membership, €5, is due now and can be paid at the shop. This provides a welcome boost to the charity's finances and the monthly newsletter gives charity updates to it's members.

Looking to the future, Di has contacts to facilitate the homing of dogs in other countries. Podencos, for example, are popular in the UK where there is safe home checking.

The charity is seeking a kennel manager to join the team. Homing and fostering continues. Liaison with other charities, vets, and the high profile of APSA on Facebook help the charity to assist the many abandoned dogs in the area.

The charity is always seeking volunteers to assist in the shop, kennels, with dog walking and fundraising etc..

If you are interested in helping a worthwhile cause please contact Di at the helpline 663 762 642.



Photos of Dianne Reid, with Callum on her knee.... Callum is seeking a home.



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 ALL TYPES OF AWNINGS AND BLINDS**

Bon Appétit

When life gives you lemons.....



We are surrounded by lemons ripening nicely and we have an abundant crop on our tree at La Meseta this year.

There is a limit to how many G&T's we can drink so we find lots of other uses for them.

We like to serve shot glasses of lovely desserts with our afternoon teas and the current favourite is lemon posset. Quick and simple to make and it tastes lovely.

LEMON POSSET

This will make approx 12 shot glasses or 6 ramekins or small teacups - perfect with a shortbread biscuit on the side.

Ingredients:

600ml cream - the dessert Nata in a carton works perfectly well for this
2 lemons - zest and juice
140g granulated sugar



Method:

- Put the cream, sugar and the zest of both lemons into a medium saucepan and gently bring to the boil stirring to dissolve the sugar.
- Simmer on a medium heat for 3 minutes keeping an eye on it so it doesn't boil over.
- Remove from heat and leave to cool.
- When cool whisk in the juice from both lemons, the mixture will thicken. Transfer to your chosen serving dishes and leave to set for at least 2 hours. Serve on its own decorated with soft fruit or with a shortbread biscuit. This will keep in the fridge for 3 days.

LEMON CURD

We use our rich buttery lemon curd as a filling for our lemon drizzle cake and for our lemon tarts.

This recipe makes 2x250g jars.

Ingredients:

3 large lemons
200g granulated sugar
100g butter cut into cubes
3 eggs plus 1 egg yolk



Method:

- Put the zest & juice, sugar and butter into a heatproof bowl over a saucepan of simmering water, stir every now and then until the butter has melted
- Lightly whisk the eggs & egg yolk and stir into the mixture. Whisk all the ingredients until well combined then cook for at least 10 minutes whisking frequently until the mixture is thick enough to coat the back of a spoon.
- Remove the heat and allow to cool stirring occasionally.
- Once cooled transfer to sterilised jars and keep in the fridge until ready to use. Use within 2 weeks.

LEMON DRIZZLE CAKE

Always a winner! This light moist sponge filled with homemade lemon curd and topped with lemon glace icing is the perfect teatime treat.

Ingredients:

For the sponge
170g self raising flour
170g caster sugar
170g margarine - I always used stork in the UK but find the mercadona margarine con sal just as good. You can use butter but this gives a heavier more dense cake.
3 medium eggs



For the filling - homemade lemon curd

For the lemon syrup - juice of half a lemon & tablespoon of granulated sugar

For the topping - juice of half a lemon 3 tablespoons of icing sugar.

Method:

Line the base and short sides of a standard size loaf tin with a strip of parchment allowing enough at either end to lift the cake out. Generously grease the 2 long sides of the tin.

With an electric mixer, mix all the sponge ingredients together until nicely combined - this will take less than a minute - do not over whisk or you will knock all the air out. Transfer to the prepared tin and level the mixture. Bake for 35 to 40 mins at 180. It should be well risen and golden. Test with a cocktail stick, if it comes out clean, your cake is cooked. If not retest at 5 minute intervals until done. Leave to cool for 10 mins in the tin then transfer to a wire rack. Loosen the long sides with a sharp knife then lift out using the parchment paper.

For the Lemon Syrup:

- Meanwhile, in a small saucepan, dissolve the granulated sugar in the lemon juice and simmer gently until thickened and syrupy.
- While the cake is still warm prick all over the top with a fork then gently spoon the syrup over the top of the cake and let it soak in.
- When the cake is completely cool, split horizontally through the middle with a sharp knife and sandwich together with your homemade lemon curd.

For the Glace icing

- Mix the icing sugar with the lemon juice adding a little water or a little more icing sugar to make a soft dropping consistency.
- Spread this over the top of your prepared cake.
- Decorate with strands of lemon zest if desired.
- Leave to set for about 30 mins.

Finally, stick the kettle on!

No. 1
La Meseta
Luxury
Afternoon Tea
in Bédar

Our beautiful Cortijo in the whitewashed Andalucian village of Bédar also offers:
two luxury suites, a lovely pool, a fabulously sunny terrace...
peace and tranquillity in abundance!



Recipes provided by
Katie of La Meseta



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18 SCREENS FOR LIVE SPORT



BARVALERYMOJACAR

Tel: 662 96 84 60 www.valerymojacar.com

Paseo del Mediterraneo 213, Mojacar Playa



Jay Cathcart has lived in Mojácar since he was just 13 years old. He is known by most people in the area from when he worked and then ran the Emerald Isle. It was there, about 9 years ago that Jay met Richard, Nancy and their two boys, Joe and Oscar. Whilst Richard and Nancy were just holidaying in the area, they were no strangers to Mojácar. Nancy had come to Mojácar on holiday many times as a child. She spent three full years here between the ages of 15 and 18 as a nanny and attended school in Vera.

It was after Nancy met and married Richard and had children that she brought her family to Mojácar for a holiday. She wanted to show them where she had spent so much time as a child and why her heart lay here in Mojácar. It was during one of these family holidays that they met Jay and formed a friendship with not just Jay but the rest of Jay's family. Anyone who knows Jay knows that he comes from a musical family and, as Joe and Oscar both enjoy singing, they had a lot in common with Jay's brother Ashley. Ashley is a well-known and extremely talented local musician.

One topic of conversation that often cropped up between Jay and the couple was their desire to eventually move to Mojácar permanently. They knew that Jay was an avid sports fan and they often discussed the possibility of opening a sports bar together. Well one day, several years later, the perfect opportunity presented itself.

Jay had moved on to own a bar called Salty Dog. Nancy was here on holiday and heard that Valery Music Bar was closing. At the same time

that Nancy was calling her husband back in the UK to tell him of this fantastic opportunity, Jay was messaging Richard about the exact same thing. They struck a deal and their project began.

Their vision was to create a place which catered to all tastes. After many months

of work, Valery opened its doors on Saturday the 13th of March. The wonderful, sun-drenched terrace was an instant hit with clients enjoying drinks or just coffee and cakes, in the sun, with wonderful sea views. The cocktail bar is right there on the terrace. There is an ice-cream bar, so kids are happy. The sports bar opened on Friday 16th of April. It is literally like no other. There are three different sound zones so multiple games can be viewed and, more importantly, heard with little or no sound bleed. Valery boasts a total of 18 screens. Yes, that's right, 18 screens.

Valery opens every morning at 9am for breakfast and continues to offer a wide and varied menu throughout the day, including tapas. Their menu choices offer quality and well-presented food at a very reasonable price. From the moment you enter Valery, whether you choose to enjoy the terrace area or the super sports bar, you actually have no reason to leave.

Valery has a full, late night music licence. Although live music is not currently an option due to the restrictions in place by the town hall, the Valery team have lots lined up this summer. Several local and favourite artists have already been reserved, while there are a few surprises in store as well. Jay and Nancy hinted at some very exciting things still to come at Valery. Watch this space for details. Whatever plans they have, one thing is for sure, Valery will be the place to be from now on.

Valery - Paseo del Mediterraneo 213, Mojácar Playa

Tel: 662 96 84 60 www.valerymojacar.com [barvalerymojacar](#)



Jay behind the bar at Valery





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ROYAL ASCOT LADIES DAY



Thursday 17th of June

Dress to Impress - Call Now to Reserve

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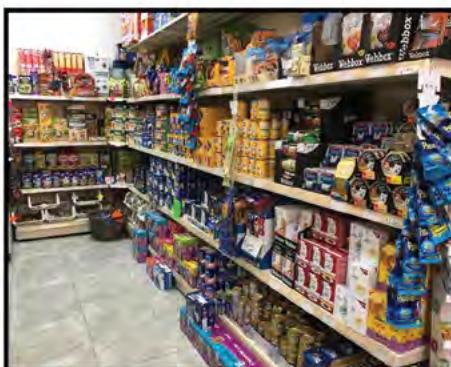
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**Reflections – A fabulous new venue
downstairs at The Rose & Crown Mojacar.**
The Rose & Crown pub opened almost 5 years ago and has a very large downstairs room. Until now it had mainly been used as a pool room. Ann and Andy Webber, who own the bar had often thought about how better to use the space.

Ann had felt for a long time that there was a gap in the market. Somewhere to hold a private event, without it costing the earth. Ann also felt that there were facilities abounding for both the young people in the area and the retired community as well but, not a lot for the "middies".

During lockdown, with time on their hands, the renovations took place. Ann and Andy transformed the downstairs space into something magical. Still unnamed, Ann asked her friends on Facebook for ideas for the newly transformed space. Daphne and Mandy suggested the name "Reflections" which Ann and Andy immediately felt was the perfect name due to the wall of beautifully framed mirrors in the new venue. Ann's native Luton also has a nightclub called reflections so the name felt right.

Reflections is the ideal venue for a girls night out, birthday parties, anniversaries or any private or group event. It is just the perfect sized space for fun loving and like-minded people to get together. There is a cocktail event every Friday night where you can also avail of table service. The venue can seat 24 (at 4 per table) while still abiding by all social distancing requirements.

There is a stage area upstairs which can be perfectly viewed from downstairs. Reflections also has two big screen tv's so any music events can also be enjoyed in the luxurious new venue. Best of all though, ALL COCKTAILS ARE JUST 5€.

This venue is sure to be in very high demand so get your event reserved early.

Call 950 973 436 to make a booking.

**Downstairs at
The Rose & Crown Pub,
Mojacar Playa**



Thursday 17th of June



ROYAL ASCOT

A wonderful day out for everyone !!



15€ ENTRY FEE
Includes a meal of poached salmon or gammon ham with assorted salads and new potatoes, & assorted desserts.

DRESS TO IMPRESS
Races will be shown on 7 big screens. Table service available in both areas. Booking highly recommended.

FOR BOOKINGS Tel: 950 973 436

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Sunday 23rd May from 11am

Performances from:
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IMPRENTA**

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St George's Day

Celebrations



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Celebrations



St. Georges Day at the Rose & Crown

ROSE & CROWN



Roberto and Andy working hard on St. George's Day



Ann enjoying the St. George's Day Sun



OUT AND ABOUT

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St George's Day *Celebrations*



VALERY
— MUSIC & COCKTAIL BAR —



Jay behind the bar at Valery
on St. George's Day



A Belgian couple getting into the
St. Georges day spirit



Beautiful you



Do our pets stay with us ?

This lovely dog is Dude, a well known character who lived in Mojacar with his Dad, Sam and he often comes to visit us!

A question I am asked very often is what happens to our pets when they die. Do they have an afterlife like us? I am a firm believer that yes, they do.



They stay with us, and let us know they are around us. When I lived in Cheshire in the UK I used to do Reiki healing on a beautiful horse, called Emma. She was silver grey, with white mane and tail, and just loved the healing. She had a benign tumour by her left lung which was inoperable, and caused pressure on the windpipe. The local vet was interested in the Reiki and monitored the results, and he was surprised by how much Emma obviously enjoyed it.

When she eventually died from this 3 years later, I was given a small snippet of hair from her tail, which I still have to this day. I ask her to help me when I am working on animals, and always feel her head nudging me on my back, between my shoulder blades when she comes to help me.

So many people have told me that they can feel their dogs and cats with them for years after they have passed and, find a great relief knowing their beloved pets are still with them. They never resent another dog being brought into the household, but they are most indignant if you give the new dog the old lead, or feeding bowl ! That is a definite no no as far as they are concerned!

They are happy to stay with us in the spirit life, and continue to guard and protect us as much as they are able.

Many cultures believe fervently that we can be protected by spirit animals, and they can be seen in cave paintings, pottery, amulets, and carvings in museums all over the world.

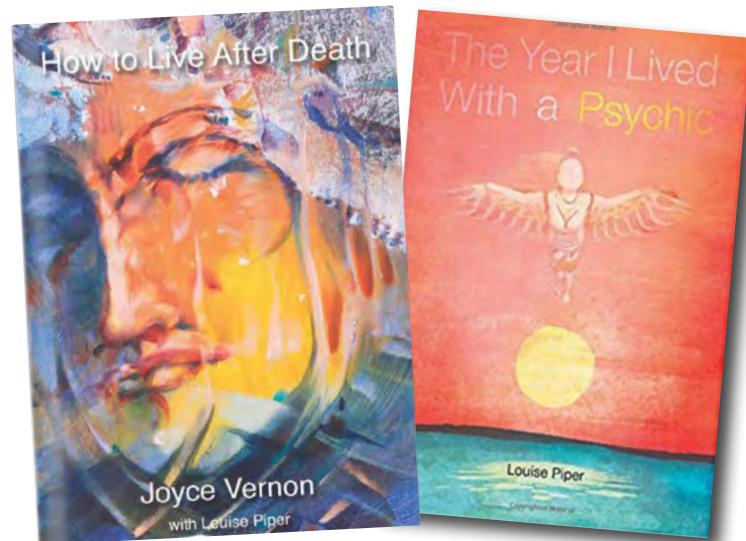
The ancient Egyptians even mummified animals to protect and accompany their masters into the next life, and some were worshipped as gods, including cats, lions, jackals, and even hippos!

One of the strangest experiences I have ever had involved a reading I did for a lovely lady, who came to me in floods of tears telling me she was desperate to speak to her boy. Of course, I was happy to try to connect with his spirit to give her some consolation, and I immediately felt myself gently rocking from side to side, and repeating myself as I passed on her boys

messages. Suffice it to say, that after 20 minutes of this, she explained that the boy, Peter, was in fact a parrot and that he had described events in her life so clearly since his death that she was 100% convinced that we were in fact talking to her boy!

Of course, this is included in my book as I never want to forget that particular reading!

Laughter aside, she was devastated by losing her beloved Peter, and the parrot was still devoted to her even in death. This world is full of amazing creatures, and as far as I am concerned, if something is able to feel love, then it must have a soul. If it has a soul, then it will live on in spirit, so please let go of your sadness, and in some cases, guilt, at the loss of your best friends, your pets, as they are still with you, and still show you loyalty and love. Love connects us all. x



"HOW TO LIVE AFTER DEATH" is not the only book about Joyce and her Psychic Medium gift. Author Louise Piper came to stay with Joyce for a time and published the book she wrote, "The year I lived with a Psychic Medium" about her experience. Both books are now available on Amazon UK and Amazon Spain and make wonderful gifts.

Editorial provided by Joyce Vernon

Joyce is a professional psychic medium with over 45 years experience.
She offers private sessions and also Skype and Facebook messenger readings.
She is a Reiki Master and also teaches both Reiki and Prana energy healing.
Joyce has worked with the police in the UK with murder and missing persons cases.
Call or WhatsApp: 634 332 542 or Visit www.joycevernon.com



Welcome to your monthly hair dot com

By Beth Underhill

Each month I am looking forward to sharing my knowledge of hair care with you. As a Vocational Trainer and Assessor for the examiners SCOTVEC and a salon owner for over 30 years, my passion is the science of hair and how to respect it using salon chemicals.

When writing my articles I usually take inspiration from my clients. Thank you for your questions, I look forward to reading many more. I do hope that you enjoy reading and find this page helpful. I would love to hear from you with your questions, please send them to me at:- bethunderhill@hotmail.com

Etticut Salon facebook page or www.etticut@weebly.com

You would love to see shiny, voluminous and luscious hair just like the magazine pictures and wish that your hair would just obey... As hairdressers this is the greatest gift we can give you. Amazing hair requires time, money and maintenance. The most common hair issues can be a product of a variety of factors; genetic, mechanical, chemical or environmental. Our hair is exposed to numerous stresses throughout the day and can be difficult to bring back to balance and health. There are some regimens I can advise you to follow to help rejuvenate and restore your damaged hair. Some of these methods may require time and others a monetary investment in the care and maintenance of your hair.

Q) WHY IS MY HAIR SO FINE AND WEAK?

A) There are many causes to weak hair; it could be genetic or constant overlapping of chemical treatments, environmental factors, overstressing pressure from wearing the same hairstyle repeatedly. Chemicals can strip the hair of its natural moisture, leaving hair weak and easy to break. Heat styling tools can cause heat damage to hair over time.

After a consultation with your stylist he or she can advise you on the best and safest chemicals to use when they colour your hair. Reduce usage of hot styling tools and avoid washing your hair with very hot water

It is best to have regular trims when experiencing breakage as split travel up the hair shaft damaging healthy hair. If you have very weak hair, you may want to visit your doctor for medical advice.

Q) WHY IS MY SCALP SO SENSITIVE AND ITCHY?

A) Sensitive scalps feel itchy and irritated; it can even be painful at the roots. Some of my clients have said that their scalp becomes sore when their hair is due to be cut. Scalp sensitivity can originate from a few causes including an imbalance of sebum secretion that causes irritation. Another possibility is pollution that can coat the hair in harmful elements that creates a dull film over the hair. Stress also plays a major role in the condition of the skin and scalp, an imbalanced diet, the use of harsh shampoos and products, frequent styling and blow drying, chlorinated water through washing and swimming, sun rays can burn the scalp causing painful



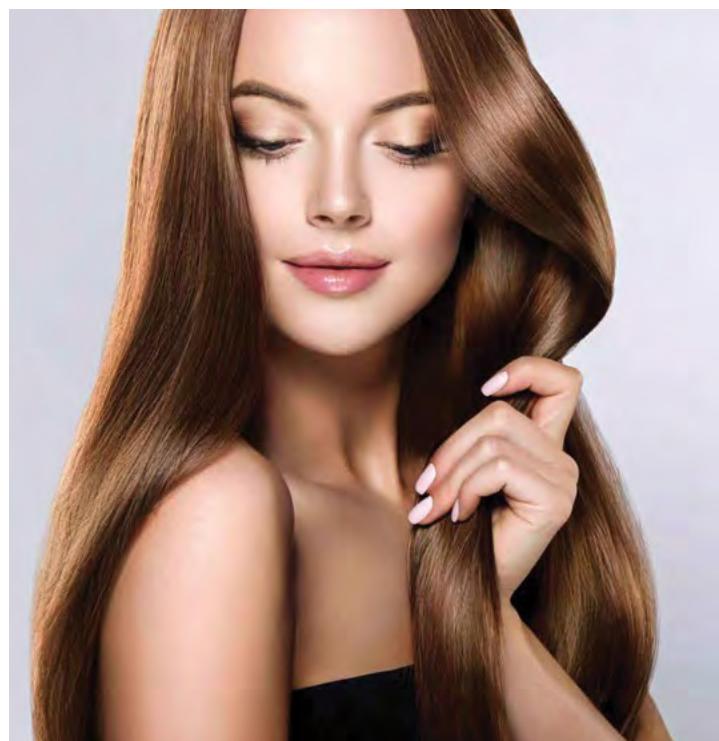
irritation. If you are also experiencing redness, it could also be the sign of other disorders such as eczema or psoriasis.

Try massaging the scalp periodically in a circular movement to invigorate the glands that produce sebum secretion, using a pH balanced shampoo, shampoo your hair twice or three times a week at most, making the final rinse of your hair with bottled water to eliminate chlorine and wearing a hat or scarf in the sun are all preventative measures to having a sensitive and itchy scalp. If the symptoms persist consult your doctor.

Q) WHY IS MY HAIR TURNING GREY?

A) It is a natural sign of ageing and there is absolutely nothing wrong with hair turning grey, in fact there is no such thing as grey hair, it is normally pigmented hair becoming mixed with hair that has become white making hair look grey. Hair turns white when the pigmentation cells responsible for colour (called melanocytes) are no longer being produced. The rate at which a person grows grey hair comes down to genetics. Nutritional and hormonal factors can affect hair colour, as well as stress. The best way to approach this is to keep your hair as healthy as possible by ensuring it receives the right nourishment and vitamins to stay strong.

Thank you for your questions and I hope that these answers have been of some help.x



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VaVa Health & Wellbeing



For every kilo you lose....

These are the amazing things that happen in your body (all for the better). Part II of II

In the last article "For every kilo you lose" we talked about the challenge to shift excess weight and why we want to keep it off. Apart from the obvious reason of feeling and looking better, part II of this article continues to highlight the reasons we need to keep it off.

LETS EXAMINE THESE REASONS.

1) Prevent Type 2 diabetes – Weight loss has been proven to be one of the most effective ways to prevent or delay the onset of diabetes Type 2. Throw some exercise into the mix and you're pretty well on your way to avoiding it all together. If however you already have diabetes, losing weight will help control your blood sugar, take less medicine and increase in the odds in your favour that you wont fall prey to related health problems.

2) Reverse insulin resistance – Insulin is the hormone responsible for keeping your blood sugar levels normal. Fat cells (especially around the belly area) release chemicals that hamper your bodies ability to stop reacting to the effects of insulin, thus the pancreas works even harder to make more insulin & your blood sugar skyrockets. This is not healthy, yet even a teeny bit of weight loss can help reverse this effect.

3) Lower your chances of cancer - According to scientists at Fred Hutchinson Cancer Research centre in Seattle, post-menopausal women who lost 5-10% of their body weight while taking 2,000 IU of Vitamin D daily, had significantly reduced levels of a pro-inflammatory cytokine that's linked with a higher risk of ovarian and endometrial cancer.

4) Better sleep quality - Some studies have shown that the less sleep you get the more likely you are to carry excess weight or to be obese, with other studies showing that losing at least 5% of excess weight can lead to better quality and longer sleep.

5) Stop sleep apnoea - Extra tissue in the back of the throat is quite common with people who are overweight, so when the body relaxes while you're sleeping, that tissue can drop down, creating a blockage in the airway. This wreaks havoc with the body because you stop breathing over & over all through the night.

This can cause a devastating ripple effect in the body leading to a myriad of health problems, especially for the heart. Slimming down a little will go a long way to alleviating this problem.

6) Natural mood boost – A study conducted with people who were depressed & very overweight felt a lot better after they lost an average of 8% of their body weight, which is why losing weight can help chase the blues away. By keeping the weight off, the body releases DOSE (Dopamine, Oxytocin, Serotonin and Endorphins) our natural anti-depressant, and continues to help us feel, look and sleep better, as long as the weight stays off.

7) Have more sex (did she just say "have more sex?") - Yep, I did. When we are feeling fat we typically have less sex, have virtually no libido, and totally not sexy. When we lose weight, we feel better, we gain confidence, feel sexier and may be in the mood more often than when you're overweight. SO! One of the best ways to burn calories, lose weight AND limber up is to have sex, so double bonus!

Here are a few easy tips (and you already know this) but let me remind you. There isn't a perfect food solution for everyone as we are all different, however the basics are the following (and these do apply to everyone who wants to achieve optimum health).

- Portion sizes; use a smaller plate and load it up with over half in the fresh stuff (veggies & fruit).

- Protein; keep it LEAN and unprocessed. If you are a carnivore, avoid saturated fatty meats such as beef, lamb and pork & stock up on omega 3, in the form of deep water fish *remember SMASH (S-salmon, M-mackerel, A-anchovy, S-sardine, H-herring).

- For vegetarians; eat plenty of healthy fats, nuts & seeds, eggs, avocados, beans & pulses, healthy oils – olive, primrose, macadamia, avocado & sesame.

- Carbohydrates; avoid refined grains (anything white, flour, bread, pastries, wheat, pasta, white rice) and replace with whole grains such as brown rice/pasta, quinoa, buckwheat, rye, root vegetables.

- Water; drink lots of it, not so much that your kidneys float out of you, but keep hydrated.

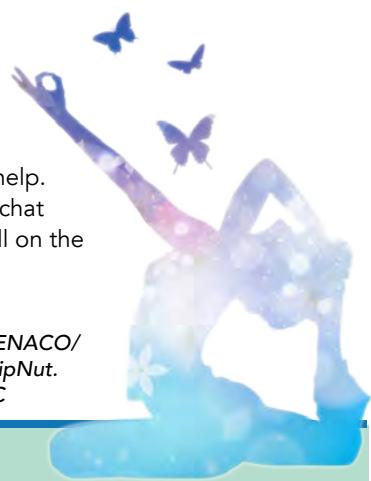
If you want to lose weight or just feel better, we can help. Pop into VaVa Health, lets chat over a cuppa or give us call on the number below.

Namaste, Ashlí

Ashlí Miréla BCompMed. mFENACO/
Naturopath. S.E.N (SANC). DipNut.
DipAdv DTM. DipArom. YTTC

For every kilo lost - 14 benefits of weight loss

1	Reduce inflammation
2	Reduce joint pressure & pain
3	Lower blood pressure
4	Reduce bad cholesterol (LDL)
5	Reduce tri-glycerides
6	Reduce heartburn
7	Reverses insulin resistance
8	Improve sleep (longer & better)
9	Improves mood & self esteem
10	Reduces fatigue
11	Improves sexual function
12	Reduces sleep apnoea
13	Prevent Type II diabetes
14	Can reduce and inhibit cancer



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The Apothecary

Aromatherapy Essential oils – Spotlight on Lime From the Apothecary of the Enchanted Forest.

Lime essential oil is a skin rejuvenator superstar, having excellent firming effects, making it a great skin revitaliser, and is also ideal for mature skin. Lime is also known for its detoxifying properties and is especially good for reducing the signs of cellulite.

LIME'S HISTORY

Originating in Southeast Asia, limes were introduced into Egypt & Northern Africa around the 10th century. They were then introduced into Spain around the 13th century & spread from there throughout the rest of Europe. We have Columbus to thank for taking these beautiful fruits with him in 1493 on his second voyage where they were cultivated in the warm Caribbean climate. Limes were used extensively by British explorers & known for their high vitamin C content and for preventing scurvy.

Lime is a wonder oil and can aid with the following:

- Aids with easing tonsillitis, throat infections & influenza
- Combats viral & bacterial infections
- Eases muscle spasms
- Combats chronic fatigue & mental exhaustion
- Reduces the appearance of wrinkles
- Cleanses & disinfects minor wounds

HOW TO USE LIME ESSENTIAL OIL

- **Diffuser:** Use lime essential oil in the diffuser and inhale for its sedative properties, its citrusy fragrance acts as a tonic and enhances our mood & well-being.
- In the bath: add a few drops of lime to your bath to relieve stress (and smell nice too) and help reduce nasal congestion.
- **Helps to alleviate toothache pain:** An influx of bacterial growth within a decaying tooth can cause horrible toothache, the astringent properties of lime essential oil can help to reduce toothache until you can get to your dentist.
- **Reducing dark spots:** Lime essential oil is loaded with antioxidants, which help in softening & reducing the appearance of dark spots on the skin. Age spots in particular and scarring can be lightened with the healing properties of lime. Also effective in smoothing out lines, softening wrinkles & improving overall skin tone. Add a few drops to your face moisturiser for best results.
- **Prevents viral infections:** Lime has antiseptic properties that help the body fight and heal infections, so diffusing a few drops in the home during the wintery flu & cold seasons helps keep the home & family clean and healthy.
- **Fights acne:** Add a few drops to your facial cleanser. The astringent and antibacterial properties of lime essential oil can help to stop blemishes and acne breakouts.



- **Aromatherapy & disinfecting room spray:** Add a few drops of lime to a spray bottle to make an aromatic air freshener that can eliminate bacteria, and a few drops of Lemon & mint can be added as well for disinfecting qualities.

Botanical name: Citrus aurantifolia

Family: Rutaceae

Origin: Italy

Aroma characteristics: Citrusy, sharp, tangy & tart

THERAPEUTIC PROPERTIES

- anti-microbial • antiseptic • astringent • anti-viral • digestive
- cholagogue (promotes the discharge of bile from the system)
- depurative (purifier) • restorative • tonic

THERAPEUTIC USES

- Digestive problems • loss of appetite • detoxifying • cellulite
- throat infection • tonsillitis • sore throat • influenza • lethargy
- chronic fatigue • mental exhaustion • intestinal parasites.

All the essential oils highlighted in this column are available at The Emporium of the Enchanted Forest (inside the VaVa Yoga Studio) or online, and you can explore our Apothecary and discuss any questions you may have with me, Ashlí.

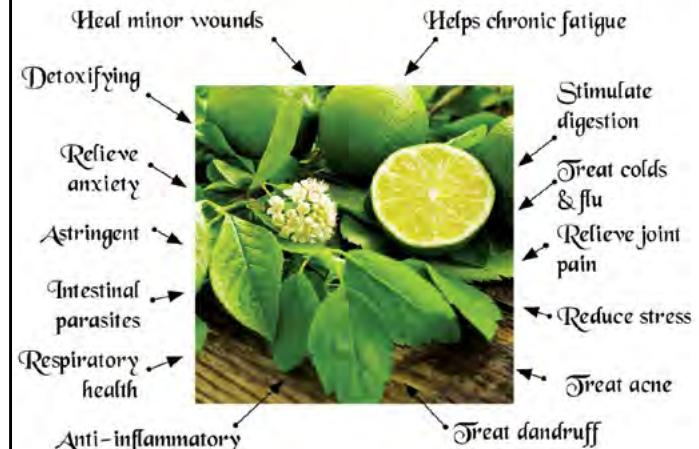
Ashlí Miréla

BCompMed. mFENACO/Naturopath. S.E.N (SANC). DipNut. DipAdv DTM. DipArom. YTTC.

Safety data: Lime oil is a photosensitizer; do not apply to the skin prior to sun exposure.

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Lime Essential Oil Citrus aurantifolia.



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The Emporium of the Enchanted Forest

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What's the problem?

At the Advertiser magazine, we recognise that everyone needs to reach out for advice now and then.
 Seeking the help of someone who can not only offer a completely objective point of view but, is also qualified to advise you, may not always be possible. We are delighted to be able to offer the services of a qualified counsellor and psychotherapist, Theresa Wood, to answer any of our readers issues or problems.

Dear Theresa

My marriage broke down a couple of years ago and my husband told so many lies about me, to everyone. I had a battle to get it to court but three weeks ago, we finally got there. Everything he said was proved to be lies and I was granted everything I asked for by the judge. The problem is, why don't I feel any better? I thought once I got to court it would all be over and I could just move on. I actually feel worse now than when I was battling to get to court.
 I can't tell my friends or family, because they say its great, and I must be delighted. Sandra

We posted this question on a confidential online facebook group. The answers we received were varied. Here are some of them...

A divorce is very complicated and the five common emotions during divorce are like grief. Denial, anger, bargaining, depression and finally acceptance.

I think you have been going through anger and bargaining and now your feeling depressed. Keep going and share time with friends. Charity work and exercise are wonderful ways of making you feel so much better, even if its just a brisk walk everyday. Once you enter the acceptance stage you feel so much better. That done, keep strong and believe me you will soon feel so much better.
 Marian

It's always so sad that the person you loved behaved so badly towards you. It must feel like a hollow victory. Keep going. Look up in the sky, watch the clouds, listen to the birds and thank your lucky stars you are now rid of this horrible man.

Me personally, I found it therapeutic to write down a list of all the reasons he has got you to where you are and the things he's said and done. Read this when you feel down and remind yourself of what a shit he's been.....then smile and start your new life, emphasis on NEW. Takes courage but you will get there. On your bad days take 5 mins at a time and a pat on the back for getting through it. Don't look back as you are not going that way and if you do go down memory lane remember to come back up it on the same day.

Adrienne

Hi Sandra

I'm so sorry your marriage has ended. This is such a sad situation, you fell in love with this man so much and married him. He was the person you were planning to grow old with, perhaps have children with. All of your future events in life were dreamed of with him at your side. Obviously something happened that changed that and as you said, you 'won' in court. What you are going through now is grief. Grief for what you thought was going to be your life and your future. Grief for the role in life you thought you were going to play. Grief for your identity as a loved and happily married woman. You have been battling as you said, which has kept you up and fighting. What you have now is the anti climax of the battle. You need to rest and be as kind to yourself as possible. Be gentle with your heart - it is broken.
 Sending love, Theresa

I think it's like Boxing Day - a bit of an anti climax - you've focused your life for so long on getting this sorted and finalised that now you have an empty feeling as if you've lost your way - you need to find another focus to take up your time and energy - some people do volunteer work to help get them over this hurdle as once you've focused on something else you'll find the real you comes back - patience and you'll get there
 Janice

It's not easy when you have to revisit the scene of the crime. It's like reliving it. And reopens wounds and hurts. By filling your life and making new memories you are able to write a new narrative. It's yours to have.
 As far as what he said about you. Forget it. Literally forget it. Don't repeat it and don't give it a platform. Decide to be happy (I know it's not easy but as with anything you put the work into its worth it)
 Jackie

I think the first thing I would assure anyone going through this is, that it's good to talk those feelings out and, give yourself time. Unless you have lived through it, no one can judge. You marked the end of something which, even if it was your choice to do so, is still very sad. I think you grieve for what should and could have been. More laughter and conversation is the key. With grief there is no rule how long the hurt and pain lasts. Think and plan little treats for yourself or meetings with friends. Set little targets to do such as painting or new hobby. Change the negative for a positive and always remember, you are worth 10 times the effort and energy that you spent on him and his lies.
 Dianne

Theresa Wood M.I.A.C.P - M.Phil. Psychoanalysis - Bsc. Counselling & Psychotherapy
Would you like to ask for Theresa's advice? Email in confidence at: theresa@advertisermojacar.com

just for laughs

You Can Not Be Serious

I am by no means a technophobe. Neither am I a technonerd. I fall midway between both schools – I am techno tolerant.

The computer is exclusively my domain; the Higher Authority has a profound disdain for it – apart from Facebook.

Thus it is down to me to glean from it anything that might be considered useful either to myself or the Higher Authority. Such as the UK weather forecast, in which both of us take a not inconsiderable amount of satisfaction from seeing how cold/wet or windy/cold/wet it is expected to be during the next 24 hours in that green and pleasant land we used to call home.

However, it has had a rather odd blip recently. On opening up I get a pretty picture, which changes every couple of weeks, and a projection of the day, month and time.

I can generally handle the month information, but the day and time are a godsend to me. Though I would be loathe to admit it, the actual day of the week sometimes has me flummoxed.

The same goes for the time of day. Retirement does not on the whole go with a frenetic schedule of activities, but there are days when things have to be done at or by a certain time.

For instance, whereas Mercadona and some other big shops now stay open over the lunch period, there are those shops that do not. Thus it is handy to know what the time is – there are few things more irritating than getting to a shop at five past two to buy an absolutely essential item, something that we have to have right now, only to find that the shop is shut.

Cue the blip. The computer knows full well that it lives in Spain, and so displays the Spanish time, which as I have trained myself to know, is an hour behind UK time. Impressively it also changes its time when the clocks change for summertime, thus it always shows the correct Spanish time.

Shortly after changing the clocks to summertime it spontaneously reverted to either UK time or wintertime, I know not which. The result was that I was out by an hour.

This would have been fine had I realised what was going on. But I didn't; at least not for the best part of a day. I had a vague feeling of unease – somehow the time on the screen didn't seem to be in line with the feeling of the day.

The dawn of enlightenment came when I looked at the clock. My initial thought was that I had forgotten to change the clock. So I looked at another clock. Both clocks were out of sync with the computer - I might have overlooked one clock, but I knew for certain that I hadn't overlooked two!

I turned on the radio, and when the time check came on it was in line with the clocks, not the computer – for some reason only known to its electronic brain it had decided that I needed to know UK time!

I had no idea how to change its clock so I left it be while I wondered how to get it back in line.

And proof, if proof were needed, that leaving temperamental technology alone and not fiddling with it paid off. After a couple of UK days it returned to Spanish time.

But why did it do it in the first place? I have no idea!

- Jos Biggs

Messages from parents who can put their kids in their place with one genius phrase





...is it just me?

by Madness from Mojacar

In last month's article I wrote about changes I would make if "I were in charge". Well, the feedback I received was interesting, to say the least.

I expected to be absolutely crucified for my suggestions that pleasure cycling be banned at peak traffic times and that only working people be permitted to use banks and post offices before 10am. Well, it turns out that lots of people are completely in agreement with me!

So, come on retirees, have a little common courtesy and take care of your banking and postal chores mid-morning and not in the tiny early morning window available to working people. So what's next on my agenda in my new self-appointed role of being in charge?

Shop and Business Opening Hours

Where do I start. Well, I plan to put legislation into place to regularise all shop and business opening hours. Spanish opening hours are typically from 10am until 2pm and then again from 5pm until 8pm. Although some business services open earlier to facilitate working people and may or, may not open again in the evenings.

Then there are other businesses which open from 10:30am but may close at 1:30pm and open again a 4pm until 7 or 8pm.

Then we have the ex-pat owned businesses, who although

operating a business in Spain, decide to stick with English opening hours of "Anywhere between 9am and 10am" closing at 5pm, just as the Spanish owned businesses are reopening. Often these businesses then discover that they tend not to do a lot of business between the hours of 2pm and 5pm...So they then decide to close for the day at 2pm. I often wonder if it has occurred to them that they are completely eliminating the possibility of anyone who has a job, even part time, from ever visiting their business.

For customers, these wildly variable opening hours make shopping a bit of a nightmare. Especially if one is trying to do the right thing and shop locally, but also trying to fit one's shopping around one's own working hours. Is it just me or is everyone fed up having to contact every business you plan to shop at to find out when they might be open? Then having to plan your shopping route around all of the different opening / closing times rather than choose the order that best suits you? Is it just me?

So, now that I am in charge, we are going to set minimum trading hours. As we live in Spain these will likely reflect Spanish trading hours. You may open longer hours than the minimum hours legislated, but not less. If you are not prepared to open the minimum trading hours appointed, don't open a business in Spain. Not while I am in charge!

HARE LOSES THE RACE - BUT GETS HIS LIFE BACK

Actually, everyone throughout the world has kept giving the example of Tortoise.... saying that slow and steady wins the race and emphasising the value of persistence and dedication...

Well ! No one has ever bothered to ask the Hare his side of the story, so let me tell you the story from a different point of view... I met the Hare and sat down with him for a heart to heart talk. This is what he had to say after we spent the better part of a balmy summer afternoon getting to know one other.

It was a wonderful experience, believe me..

"Yes, I am the hare who lost. No, I did not get lazy or complacent. Let me explain.

I was hopping over the meadows near the hills and looked back to realize that the tortoise was nowhere to be seen.

Assured of my healthy lead, I decided to take a short nap under the large banyan tree near the pond.

The anticipation of the race had kept me up all night.

For days, that old silly tortoise had boasted about his ability to plod for hundreds of miles without stopping.

Life is a marathon, he said, not a sprint. I wanted to show him that I could run both far and fast.

The shade of the tree was like an umbrella.

I found an almost oval rock, covered it with grass, and turned it into a makeshift pillow.

I could hear the leaves rustling and the bees buzzing – it felt they were collaborating and even conspiring to put me to sleep. And it didn't take them long to succeed.

I saw myself drifting on a log in a beautiful stream of water. As I came near the shore, I found an old man, with a flowing beard, sitting on a rock in a meditative pose. He opened his eyes, gave me an all-knowing smile, and asked:

"Who are you?"

"I am a hare. I am running a race."

"Why?"

"To prove to all the creatures in the jungle that I am the fastest."

"Why do you want to prove that you are the fastest?"

"So that I get a medal which will give me status which will give me money which will get me food..."

"There is already so much food around." He pointed to the forest in the distance. "Look at all those trees laden with fruits and nuts, all those leafy branches"

"I also want respect. I want to be remembered as the fastest hare who ever lived."

"Do you know the name of the fastest deer or the largest elephant or the strongest lion who lived a thousand years before you?"

"No."

"Today you have been challenged by a tortoise. Tomorrow, it will be a snake. Then it will be a zebra.

Will you keep racing all your life to prove that you are the fastest?"

"Hmm. I didn't think about it. I don't want to race all my life."

"What do you want to do?"

"I want to sleep under a banyan tree on a makeshift pillow while the leaves rustle and the bees buzz.

I want to hop over the meadows near the hills and swim in the pond."

"You can do all these things this very moment. Forget the race. You are here today but you will be gone tomorrow."

I woke up from my sleep. The ducks in the pond looked happy. I jumped into the pond, startling them for a moment.

They looked at me quizzically.

"Weren't you supposed to be racing with the tortoise today?"

"It's pointless. An exercise in futility. All I want is to be here. Hopefully, someday, someone will tell the world my story, That I lost the race but got back my life!!"



Source: Unknown

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PAWS NOTIFICATION

The PAWS-PATAS outlet in Turre is currently closed due to extensive renovation. It will re-open on Tuesday 1 June. The outlet will be bigger, brighter and bolder with the addition of an Information Centre covering all areas of the PAWS-PATAS Animal Charity plus their TNR (Trapping, Neutering and Returning) cat colony campaign.



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PRONTO IMPRENTA

Las Buganvillas 950 133 492



Environmental Issues



The beginning of April saw us back out, as a group, cleaning up. It was a 'changeable weather' kind of day but, 13 of us gathered at the carpark opposite Boracay in Garrucha.

Our group included some regular volunteers and also some new faces, all ready to get cracking.

The chosen area was one we have cleaned at least 3 times before. It had been reported to me by a couple of our regular volunteers who had passed by and seen the extent of the problem there. I will admit however that I was not expecting there to be quite so much rubbish. The plan was to work along as far as the petrol station and then down onto the rocky beach. Within the first 200 meters we had collected around 25 bags of rubbish and we ended up gathering around 42 bags in total. The number of surgical masks was staggering. We think there were at least 30 masks in 200 meters of beach. Having discussed this as a group we concluded it must be the wind blowing them from cars after people have stopped at the petrol station. We can't think of another reason why this patch would be so particularly bad.

We did finally make it down onto the beach where we collected more of the stuff that we usually find on beaches, polystyrene, irrigation piping, fishing line and similar items.

After 1hr the weather started to turn and so we headed back to the warmth and a well-deserved refreshment. We will return another day to do the section further along, hopefully including more beach cleaning and less general litter.

Looking ahead, I was recently contacted by Victors bar in Las Buganvillas who have raised money with a raffle and wish to contribute to our efforts. As we have sufficient bags and gloves at the moment, I thought it best that the donation money be used to reward the volunteers who give their time to keep the area clean. So between us, we are coming up with a plan to feed a number of volunteers after a clean in the near future. This kind of collaboration is much appreciated and fulfils the win-win philosophy that I like to follow. So, a BIG thank you to everyone who bought a raffle ticket at Victors bar and, to the guys there for reaching out to CCA.

See you all soon, Sue. x

Editorial provided by Sue Parmenter from Coastal Cleaners Andalucia

Taking action against plastics, fishing paraphernalia and other litter on our beaches and coastline. We try to encourage a wide group of people to get involved through varied activities including litter picks, art, social gatherings and sports. In order to tackle the issue of prevention, our activities also include educational projects and workshops, focusing on building awareness and sharing information about alternatives.

www.coastalcleanersandalucia.com

Coastal Cleaners Andalucia

COMMUNITY NEWS

Mojacar Snooker Club

7 years after, Ian and Wieland met again in the final of the Handicap Tournament of the Snooker - Club –Mojácar.

The Mojacar club tournament is played in round robin groups of five or six players and then it is played best of 5 in the quarters and in the semi-finals.

Quarter final results were Wieland Eckler 3 – Benjamin Jackson 0, Frank Miller 3 – Danny V.D. Bergh 1, Swa Houtmeyers 0 – Jeremy Stent 3, Ian Ashworth 3 – Clive Havis 1.

In Semis Wieland beat Frank 3 to 1 and Ian beat Clive with 3 to 1.

In the final Ian was nearly disqualified ;-) but won with 3 to 2.

The handicaps for the next event:
Ian Ashworth 38, Wieland Eckler 21,
Frank Miller 7,
Steve Magic 7,
Clive Havis 14.

Next tournament begins on Saturday first of May.

The Snooker Club Mojácar is located just on the side of the well-known "Mercadona Supermarket" at Mojácar – beach at the "El Zoco".

The One-Year-Membership is only 20.-€ and Holiday members are admitted. (Tel. 950 473 041 or mobile: 634 364 311 and 609 026 526 as well for Spanish speakers)





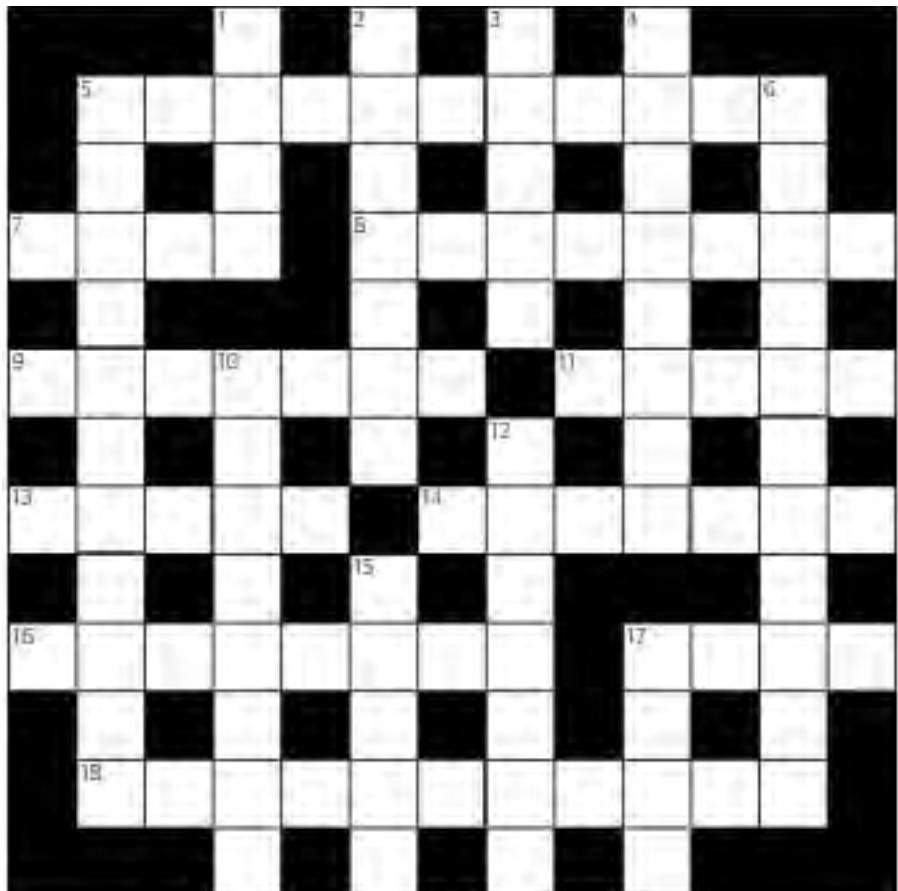
Sudoku Easy

5		9		4	2			
	1		6	9				
2		5			6			
	5							
4			3		9	1		
7					6			
		7	5					
7	6				3			
9			4		1			

Sudoku Hard

9	8							1
		2					9	
								5
	7		9	1				
3								
	2	7		3		8	4	
			4					3
8	2			5				9
	9		8					7

Cross Word



Across

- 5 Forty winks for those wanting to look good (6,5)
- 7 Men-only (4)
- 8 System based on pleasure as the highest good (8)
- 9 Melodies (7)
- 11 Asian capital (5)
- 13 In and of itself (3,2)
- 14 Blackthorn-fruit flavoured liqueur — Leo sign (anag) (4,3)
- 16 Benevolence — compassion (8)
- 17 Abominable (4)
- 18 Inflammation of an arm tendon (6,5)

Down

- 1 Sound of a gun (4)
- 2 Carving into a surface (7)
- 3 In reserve — confidential remark (5)
- 4 Tall, thin person (8)
- 5 Come to an end (4,3,4)
- 6 Catkin tree (5,6)
- 10 Declines to vote (8)
- 12 Enclosure for kids (7)
- 15 Elf (5)
- 17 Aura experienced instinctively (4)

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For information regarding adoption, donations or volunteering visit our website : www.paws-patas.org

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CORTIJO GRANDE GOLF CLUB: Mike Picken: Tlf: 950 475 509

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