

The Advertiser Magazine

March 2022

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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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Welcome to the March issue of the Advertiser Magazine

Springtime is finally here. The sharpness has gone out of the cold and there is definitely a bit of warmth in the days. It's been two years, this month, since the pandemic hit.

I am glad I didn't realise back then just how long the whole thing would last. The vibe I am getting from local businesses and people in general is that they are all expecting to have a really great year.

The beach bars are already getting ready to open and I am hearing people tell of family that are coming to visit for holidays for the first time in two years. With little or no restrictions on incoming travellers this summer, I foresee a very busy and very prosperous summer for all of us.

Let's enjoy it. I know we plan to make the most of every festival, fiesta and beach day that we possibly can this year and this month we have St. Patrick's Day. This month's issue has a strong "Paddy's Day" theme. Enjoy and take care.

Andrew & Cheryl

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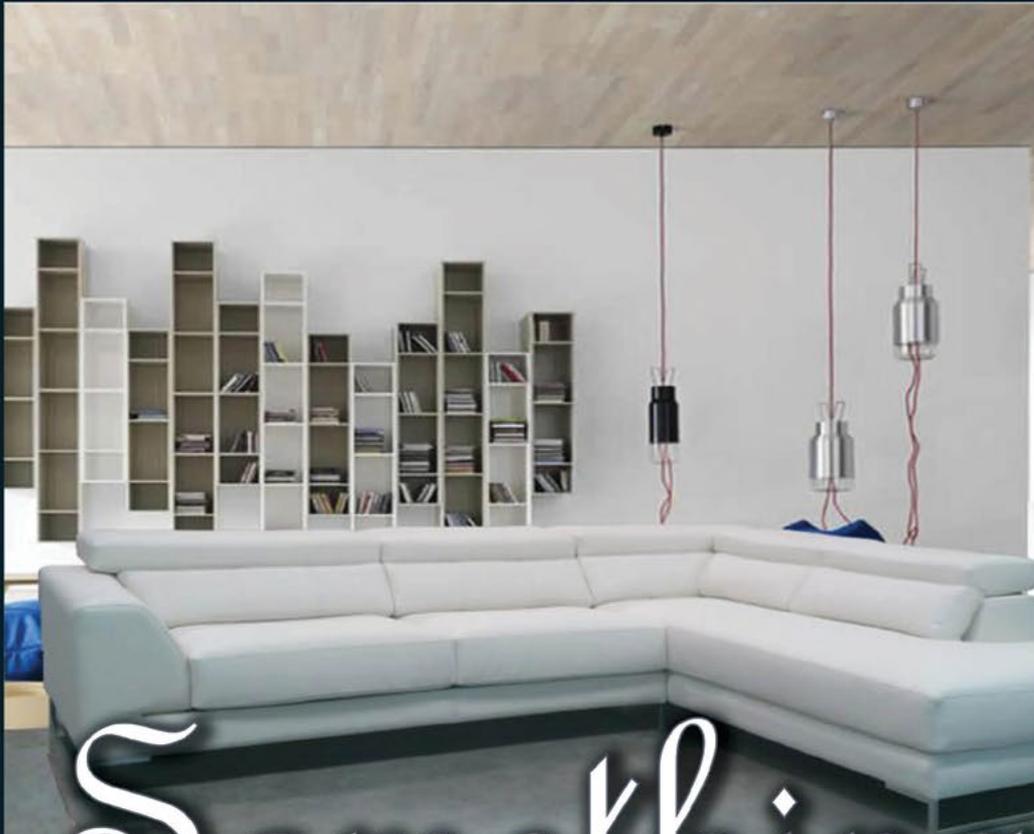

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JANE OF ALL TRADES

"If adventures will not befall a young lady in her own village, she must seek them abroad" – Jane Austin

This month I sat down with one of the nicest sales people I've ever met, Jane, who helps this great magazine continue. If your business is not already advertising here, then you need to speak with Jane and she will sort you out! I'm still trying to work out how she managed to sell me an advert, it was my interview!

Brad: If you could choose one song to play every time you walked into a room for the rest of your life, what song would you choose?

Jane: The song is "Standing Outside The Fire" by Garth Brooks. It reminds to be tough at times and not let things get to me too much. I once suffered with depression and this song was always there to remind me to enjoy life.

B: Describe the purpose of this job to someone from another planet.

J: I speak to or visit people that have a business, that you or other people might like to go to. Sometimes it's a bar or restaurant or it can be a shop or service provider or if your spaceship needs repairing!

We have lots of different businesses in our magazine and each month I try and get people to advertise. An advertisement is a picture telling everyone what your business does or sells. The advert should tell you where they are, what they do, what hours they operate and how to contact the business.

It's a job I really enjoy as I like people and I probably talk a little too much, but you need to be friendly and it doesn't cost me anything to smile - except more wrinkles, but that's OK.

B: Who's your favourite customer?

J: Oh that's below the belt. I'm very lucky to have great customers. They're friendly and I've known some of them for at least 5 years. Some I've never actually met in person, which is probably a godsend for them with a face like mine.

B: Played it safe. What advice would you give to your previous boss if you could?

J: I would tell any boss to show appreciation to their workers. Whether it's a cake, gift voucher or a simple thank you. I would say without any agenda that I have great bosses in Cheryl and Andrew and love working for them.

B: I will get you to say something mean by the end of this. Would you relive your days in high school if you could?

J: God No! I liked some lessons such as English, Drama and History,



subjects which I still enjoy now, but, at Maths and Science I was rubbish. I did stay on into Sixth Form and felt very grown up, until a friend started earning money and that meant I really wanted to do the same. So bye-bye Sixth Form.

B: You're known for your cooking. What's your "go to" dish to impress your guests?

J: I'm a very lucky girl as the task of cooking a meal doesn't fall to me. The best cook in our house is my husband Nigel. Roast dinners, Chinese, Indian with flat bread and Onion Bhajis are just some of his specialities. The one thing I do cook is Shepherd's pie. It's the only meal he's not allowed to cook. Would it impress people? I am not sure, but my two like it. The mash on top needs to be smooth and allowed to crisp up under the grill. Nice gravy, not too thick or runny and, served with Heinz beans. My husband would laugh at this question. As I have hardly cooked a lot for at least 29 years. And we've been together 34 years.

B: What's the worst book you've read to the end?

J: This is so easy. "Being Elizabeth" ..it was a weird storyline. I started off enjoying it, but it slowly dawned on me that I'd heard the history of Elizabeth somewhere before. The fact that she was at odds with her cousin Mary. Cecil Williams acts as her mentor ...it all sounded very like Elizabeth the First. However the book was passed off as fiction.

How anyone could think they could pass this off as fiction and all their own work ..it was laughable. I ended up giving the book to a friend and just said 'Let me know what you think'. Imagine my surprise when she returned and said my thoughts out loud. All I could think about was I'd wasted a whole week on that book.

B: Last question and I want you to answer seriously. Why are manholes round?

J: Manholes are round because they look prettier than the square ones. Also they possibly easier to open, like opening a tin of beans. One of my cats loves sitting by manholes because he thinks it's fun to carry home cockroaches. One last thing I suppose if you fall down a manhole while drunk and you can eventually feel the roundness of it you know it's a manhole you've fallen down.

B: One more thing, a little birdy told me you're a big fan of Boris Johnson...

J: Oh yes, huge... He's a (redacted) (redacted). Quick get me a straitjacket!

B: Thanks for your time Jane. It's been revealing.

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

PS. To see how good of a sales agent Jane really is, watch out for "My" advert that appears in next month's issue! Let me know what page you find it on.

by Brad H





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St Patrick's falls on the 17th of March every year and, although it's the Irish National holiday, green invades the world on this date. It has become one of the biggest worldwide celebrations, known for the festivities and parades held everywhere from NYC to Tokyo Japan, where they also hold their own St. Patrick's Day parade. When we think of the day, we think of green, shamrocks and Guinness and no surprise there, as roughly 13 million pints of Guinness are believed to be sold on this day alone! However, there is a little more to it than that. There might be a few things that surprise you about this great and grand Irish party.

So, St. Patrick's Day celebrates the life of St. Patrick on the date of his death. The missionary, turned priest, that brought Christianity to our beloved Ireland with a Shamrock for the Holy Trinity. He rid the land of "snakes". Legend has it, he stood on a hilltop to give a sermon, with only a wooden staff by his side and drove the snakes out to sea, metaphorically representing the eradication of the pagan ideology in Ireland. As we now know, there never were any snakes in the first place.

Funnily enough, the first St. Patrick's Day celebration took place in America, making the New York St. Patrick's Day Parade the world's oldest civilian parade and, the largest in the states with a cracking 250.000 people all celebrating in green. Everyone is a little Irish on St. Patrick's Day and that rings true in America due to the fact that a quarter of the Irish population came to their shores after the devastating potato blights of 1845 and 1879, that caused over 1 million people to starve to death and forcing over 2 million people to abandon their land in the largest single population movement of the 19th century. The Irish weren't well-welcomed back then, looked down upon as refugees, but everyone wants to be Irish now!

Ah yes, green. Green is the colour of Ireland, without a doubt, worn loud and proud, hitting the middle of March like the spring breeze... taking us to memories of our dearest "Emerald Isle", the Irish flag, shamrocks and spring itself; flooding the world, quite literally in Chicago, where they even dye their great river the colour of our fields, as far as Mumbai where the "Gateway to India" is lit up a lovely emerald to join in. However, it may surprise you to learn that green hasn't always been our colour.



It was originally blue, the same as the colour of King Henry VIII's flag, whom claimed himself to be the king of Ireland. It wasn't until the Great Irish Rebellion, in 1641, that green became the pride of Ireland. The Irish-Americans, to honour their heritage, first started wearing it to the St. Patrick's Day parades in the 1800s, and it stuck.

Whereas for many, St. Patrick's Day means getting out your green garb, finding some shamrocks and gathering all your strength to partake in the festivities, whilst reciting limericks until you can't pronounce the words any longer, the festivities haven't always been this way. Our now seemingly guiltless excuse for the best pub-crawl of the year, used to actually be a day of absolute absence of such things. Being a religious celebration, there were even laws that banned bars from being opened on the day, until the good old 60's, that is.

Oh, how things change... Many were devastated when the St. Patrick's Day celebrations were cancelled in 2020 for the first time in over 250 years! What a way to ruin centuries of dedication to the tradition. Thanks to COVID, we were robbed of our sea of green and our sea of beer! So, this year, I hope to see you all at our local Irish owned pubs (all advertised in this magazine) on the big day this year, drinking Guinness and wearing green so not to be pinched away by the leprechauns.

"May the luck or the Irish possess you....May the devil fly off with worries.....May you get all your wishes but one, so you shall always have something to strive for".

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Bon Appetit



When Irish eyes are smiling.....they certainly will be if you serve up a fabulous

GUINNESS CAKE !

In honour of St Patrick's Day on March 17th, I thought I would share with you this absolutely delicious rich & dark squidgy chocolate cake. It's one of my all time favourites and will be featured on our Afternoon teas at La Meseta for all of March as our 'cake of the month'!

FOR THE CAKE

250ml Guinness
250g butter
75g cocoa powder
400g caster sugar
150ml sour cream
2 large eggs
1 tablespoon vanilla extract
275g plain flour
2.5 tsp bicarb

FOR THE FROSTING

100g mascapone
100g butter
200g icing sugar
1 teaspoon vanilla extract

Add the Guinness and diced butter to a large saucepan and heat gently until the butter has melted, then whisk in the cocoa and sugar.

Beat the sour cream with the eggs and vanilla then add to the pan.

Finally whisk in the flour and bicarb.

Pour the cake batter into a greased and lined, 9 inch springform tin and bake for 45 minutes. Then, check to see if a cocktail stick comes out clean. If not, bake for a further 10 to 15 minutes.

Leave to cool in the tin on a cooling rack until completely cold.

Once cold, sit the cake on a flat platter or cake stand ready for the icing. Whisk the butter and icing sugar together until pale and fluffy then whisk slowly to incorporate the mascarpone and the vanilla.

Spread the frosting over the top of the cake with a pallet knife so it resembles the frothy top of a pint of Guinness.

Put the kettle on and cut yourself a hefty slice!



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IRISH FLAG JELLY SHOTS



Our editors couldn't resist putting in a recipe for their tricolor jelly shots. The rule of thumb when making these is, that the cook is permitted to consume any that do not turn out perfectly!!!

GREEN LAYER:

4 oz. (120ml) Vodka
4 oz. (120ml) Hot Water
3 oz. Green Jelly

WHITE LAYER:

4 oz. (120ml) Vodka
4 oz. (120ml) Hot Water
1 Packet Plain Gelatin
1/2 Can Condensed Milk

ORANGE LAYER:

4 oz. (120ml) Vodka
4 oz. (120ml) Hot Water
3 oz. Orange Jelly

PREPARATION

Create white jelly mix by combining hot water, gelatin and sweetened condensed milk. Leave to cool and add booze. Repeat with other colors.

Pour green layer one third of way into shot glass and refrigerate. Once set, add white layer and repeat. Finish with orange layer.

Please consume with care, as we found out, they are stronger than you might imagine.

Warning: The editors accept no responsibility for YOUR actions should you decide to partake of more than one jelly shot!

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COMMUNITY NEWS

Caring for Orchids In Spain

This article covers some of the ways of giving your Orchid a good quality bloom time whilst showing its beautiful colours.

I have been growing and propagating orchids for some 10 years here in Spain and below are some tips on producing healthy plants.

The main species available here, unless you go to a specialist Nursery are Phalaenopsis (The Moth Orchid), Cymbidium (The Boat Orchid) and Dendrobium (The Cane Orchid).

These are the main three orchids you will normally find in garden centres, stores and market stalls.

Care Options

You'll need a good quality greenhouse for winter months. I've opted for a poly tunnel with an olive net cover with plastic over that and then green shading on top which gives good filtered sunlight and can be easily removed during the winter.

Temperatures can be brutal during the summer months here. Many orchids come from countries which also have high temperatures but also provide high humidity conditions which can be hard to achieve here.

To overcome this problem I have installed a small bore sprinkler system in the tunnel that produces a fine mist for the plants. In midsummer three times a day misting is quite common for about 5 to 10 minutes each.

Watering and Feeding

This is possibly the main KILLER of Orchids. There are many species of Orchid and many variations of how to water, when to water, what type of water to use, whether or not to feed the plant and when to feed it. Lots of questions, lots of answers.

Your best bet is to read up on your plant and follow the instructions, there's lots of information on the internet regarding plant care. I will explain for the species which I favour, the Cane orchid Dendrobium. This plant benefits from almost zero watering or a fair amount of water at different times, it also produces some spectacular flowers which last up to 3 months.

For Dendrobium orchid watering, there are two different options, firstly minimal watering during winter months will produce flowers for the next year on the same stems whereas a lot of watering will produce a lot of new plants, and or, flowers the following season which can be an easy way of increasing your collection.

There are a number of commercial feeds available, just follow instructions, normally one cap per 5 litres of water.

What type of water to use? Most people use tap water however, rain water or distilled water are best. If you are using tap water, it's a good idea to flush the plants every couple of months to remove any build-up of salts.

If you can master all of this you're well on the way to keeping more plants than you lose, I know, I've been there and it is a lot of trial and error and possibly money.

Where to buy Orchids and prices

LIDL is actually a good supplier of orchids, normally 7.99€ for a 2-stem plant and they do last quite well. Garden centres seem to be a licence to print money where orchids are concerned, for example a large Cymbidium with two stems will cost from about 26€-40€ whereas, the same plant on a market stall can be bought for about 18€. I hope this has been some help for your quest for a healthy Orchid.

by Stephen Edwards



Phalaenopsis



Cymbidium



Oncidium



Dendrobium Noble

just for laughs



You Can Not Be Serious

I remember when I was a child grown-ups used to say 'Time goes faster when you get old.' 'Stupid - course it doesn't.' I would sometimes say, always making sure I was out of ear-clipping distance first.

The truth is that it is always the same length, but sometimes it goes faster and sometimes it goes slower.

It's a bit of an anomaly; enjoyable time goes fast, whereas unenjoyable time goes slower. Let me explain: With good friends and good food and wine at a good restaurant 3 hours will pass in the blink of an eye. 'Would you look at the time! Where's it gone?' someone is bound to say.

Yet half that amount of clock time spent in, say, the dentist's waiting room will last for an eternity. But if asked, anyone except masochists will answer 'I was in the dentist's all morning.'

In fact it seems to me that a day is made up of sections of time which in all add up to 24 hours, but in which the individual sections are of different lengths. I imagine it like the pie chart on the back of my electricity bill, where the circle is complete, but subdivided into different 'slices' in different colours. It doesn't matter how many 'slices' there are somehow they all add up to a complete pie.

Warming to that analogy, and bearing in mind that my electricity bill is very nearly twice what it was for this time last year, why is the pie the same size? I feel it would be far more logical to expand the pie to very nearly twice its size, so as to accurately match the 'slices' to the amount of money disappearing out of my account every month.

Looping back to the comparison of time in the restaurant and time in the dentist's I feel that if someone made a pie chart in which both of those scenarios happened on the same day the restaurant slice would be a mere sliver, whereas the dentist slice would take up the major portion, with only a small section left for 'other', such as getting dressed and shaved.

I feel this would solve the anomaly of a total amount of time e.g. 24 hours, being of different lengths.

I was waxing lyrical about the elegance of this solution to a problem which, up until now, humanity had given very little thought, when the Higher Authority interrupted me with 'And how big is the slice between me pouring you a cup of tea, you jabbering on about time, and me going and making you another one because you've let that one get cold?'

- Jos Biggs

Two Irishmen walk into a pet shop in Dingle, they walk over to the bird section and Gerry says to Paddy, 'Dat's dem.'

The owner comes over and asks if he can help them.

'Yeah, we'll take four of dem dere little budgies in dat cage up dere,' says Gerry.

The owner puts the budgies in a cardboard box.

Paddy and Gerry pay for the birds, leave the shop and get into Gerry's truck to drive to the top of the Connor Pass.

At the Connor Pass, Gerry looks down at the 1000 foot drop and says, 'Dis looks like a grand place.' He takes two birds out of the box, puts one on each shoulder and jumps off the cliff.

Paddy watches as the budgies fly off and Gerry falls all the way to the bottom, killing himself stone dead. Looking down at the remains of his best pal, Paddy shakes his head and says, 'Fook dat. Dis budgie jumping is too fook'n dangerous for me!'

Wait for it...

Moment's later, Seamus arrives up at Connor Pass.

He's been to the pet shop too and walks up to the edge of the cliff

carrying another cardboard box in one hand and a shotgun in the other. 'Hi, Paddy, watch dis,' Seamus says. He takes a parrot from the box and lets him fly free.

He then throws himself over the edge of the cliff with the gun.

Paddy watches as half way down, Seamus takes the gun and shoots the parrot.

Seamus continues to plummet down and down until he hits the bottom and breaks every bone in his body. Paddy shakes his head and says, 'And I'm never trying dat parrotshooting either!'

Just then....

Paddy is just getting over the shock of losing two friends when Sean appears.

He's also been to the pet shop and is carrying a cardboard box out of which he pulls a chicken.

Sean then takes the chicken by its legs and hurls himself off the cliff and disappears down and down until he hits a rock and breaks his spine.

Once more Paddy shakes his head.

'Fook dat, lads. First dere was Gerry with his budgie jumping, den Seamus parrotshooting.... And now Sean and his fook'n hengliding!'

International borders re-open as 20 flights bound for Sydney... AND



Vegemite and Tim Tams were on offer to arrivals at Sydney Airport.

(As if the poor travellers hadn't suffered enough, not having seen their families for two years!!)

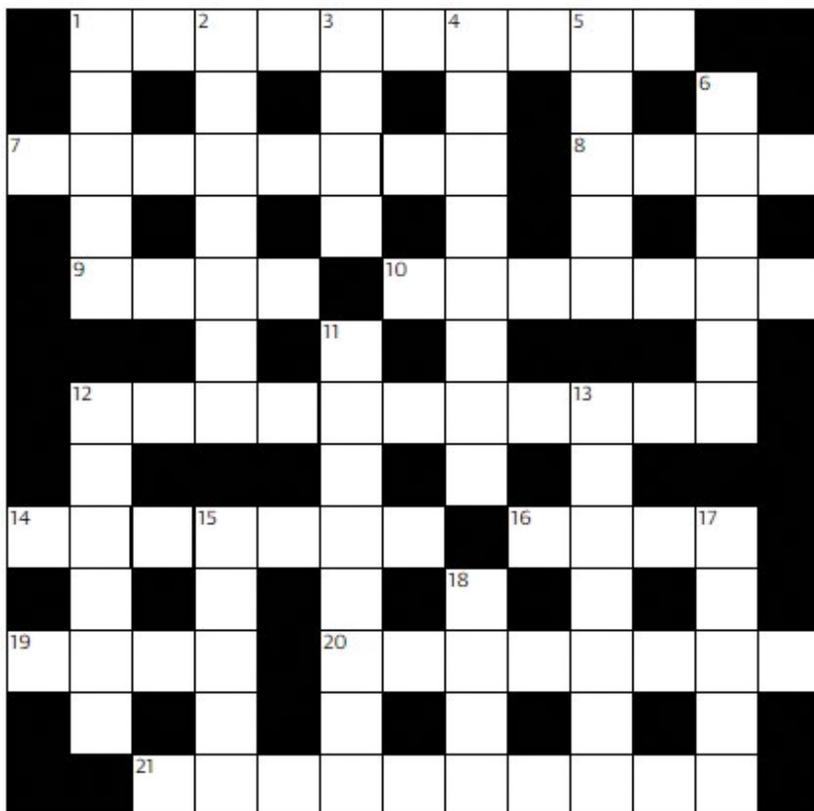


Sudokus

2		5		6				
9		3	1					2
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	7	4			1		3	
5	1		7		3		8	9
	9		8			1	7	
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7					9	5		1
				1		7		3

	6	5	3		8			
	3						1	6
8				6				
	7						5	
4			9		5			3
		2					6	
					4			1
9	1						4	
				8	1	3	7	

Cross Word



ACROSS

- 1 Disparaging (10)
- 7 Confined (6,2)
- 8 Swollen-headed (4)
- 9 Objectives (4)
- 10 Idiomatic (7)
- 12 Small long-haired dog (4,7)
- 14 Feeling angry and upset (2,1,4)
- 16 Functions (4)
- 19 Abel's brother (4)
- 20 Out-of-the-way (8)
- 21 Circus compere (10)

DOWN

- 1 Unmanned aerial vehicle (5)
- 2 Swiftly (7)
- 3 Mars, Mercury etc (4)
- 4 Wall hanging, like the one at Bayeux (8)
- 5 Large crow (5)
- 6 First across the finishing line (6)
- 11 Oppressively hot or airless (8)
- 12 Rules for forming proper sentences (6)
- 13 Powdered coffee (7)
- 15 Indian language (5)
- 17 Queen Boudica's (Boadicea) weapon of choice (5)
- 18 (In music) concluding passage (4)

Find the solutions to these puzzles inside the back page of this issue !!

Beautiful You



BITS AND PIECES

Can you remember your first kiss? Yes, of course you can. There was so much trepidation about when it would happen, what do you do, what happens to the noses?! How do you do it? and of course, none of the planning went as you thought it would.

In my case, I was 14 years old and had been seeing the boy for a couple of months. We would walk for miles and talk about all sorts of things and, on this occasion, I had said goodnight at the gate and turned to go inside when he grabbed the hood of my coat, pulled me back and SMACK, kissed me. I must admit I was a bit underwhelmed, no fireworks, fires and hearts in sight, just a kind of. 'Oh, that's it done then! Since then I have lost count of the kisses, the boyfriends, and the dreams of the girl I used to be.

Do we as humans need anticipation? I certainly think that it is a key point of many segments of our lives. Yes, the anticipation on a first date, but also the first day in a new job, new place, new destination. Do you agree that sometimes the anticipation is better than the actual event?

Our range of emotions are endless it seems, and each one is valid. The crushing disappointment, bitterness, anger and of course heartache of a rift in a relationship all stem from the initial expectation of what will happen in the future. In relationships we sometimes get caught up in the excitement and passions and novelty in this new potential bliss and, we see what we want to see.

We project our wants and needs onto the significant other and, they of course reciprocate. We get so caught up in trying to please them and make them happy that the daily routine slips into the background. When out of the blue, a crisis drops a bombshell in front of us we see, sometimes brutally clearly, the true character of ourselves and our partners.

Romance is fine, but love is real, and true love will only ever be strengthened by going through life's challenges together. Understanding each other and leaning on each other when needed is the essence of real love.

So when we lose our partners we feel completely lost and out of balance. We are so used to the space beside you being occupied by them that instead we feel a gaping chasm and feel we could fall into that sweet oblivion in an instant.

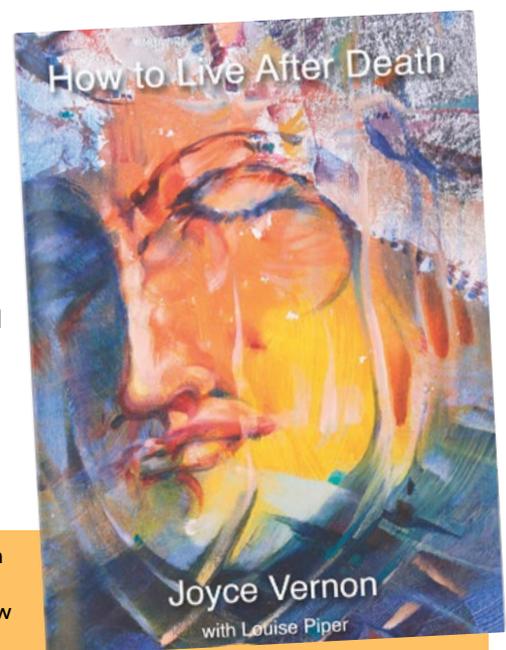


We feel like we are walking a tightrope of emotions and worry about collapsing into grief in a millisecond. Abandonment is the price we pay for love and I am sure that it is worth every agony. Would you really like to be able to turn back time, avoid your lover, and never feel this pain? Of course not.

Time isn't a great healer, it is just a means of measuring the distance from when you were happy, before your world was shattered. One year since the separation, anniversary of the death, divorce, etc.

Your new chapters can be a thing of great beauty though. I see life after the death of a loved one as a beautiful mosaic image. Made entirely of broken shards of memories, promises, photographs, smiles, births, marriages, deaths etc.

When viewed from a distance we can see the whole image and take some pleasure in recognising each tiny chip of our lives together, and truly seeing the treasure we still have.



"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

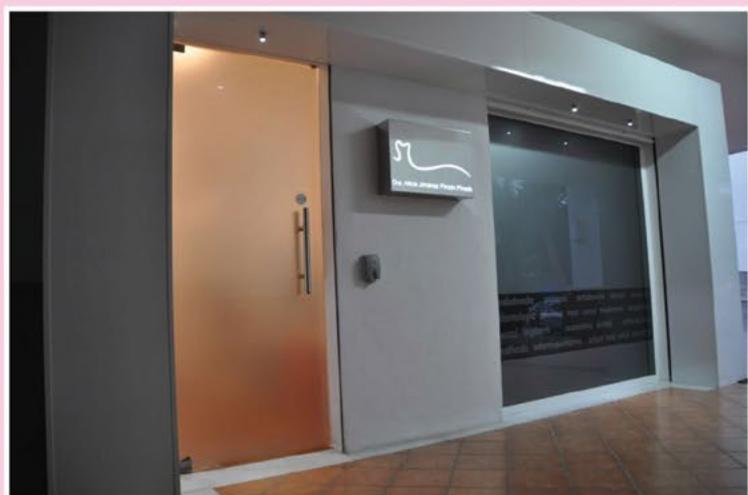
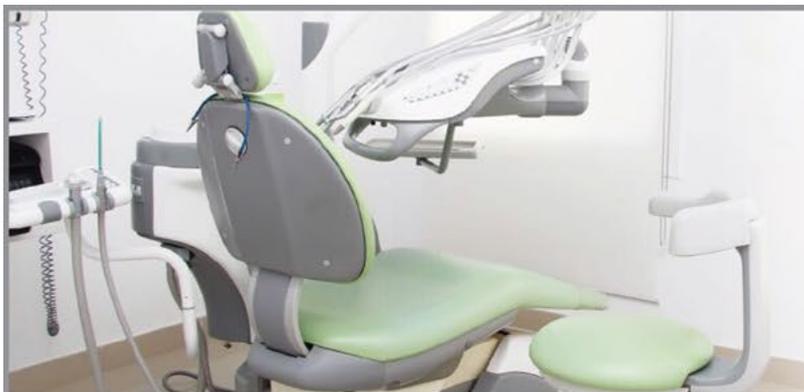
Joyce is a professional psychic medium with over 45 years experience.

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



Dr. Alicia Jiménez - Pinzon, with more than 20 years of experience in the field of Dentistry, founded her clinic more than 15 years ago, which is located in Mojácar Playa.

It has become a benchmark in the eastern area of Almeria, in dental care for children and adults.

Dr. Alicia finished her Bachelor's Degree in Dentistry in Seville, where she subsequently obtained the Degree of Outstanding Doctor Cum Laude in Dentistry. She also holds a Master's degree in Clinical Orthodontics from the UAL. She has taken numerous improvement and specialisation courses, she is the author of numerous scientific articles published in national and international journals and, a teaching collaborator in Master of Orthodontics at UAL.

All the professionals who work at Alicia Jimenez-Pinzon's Dental Clinic are also in continuous training, achieving excellence knowledge in each area, which allows them to apply the best and most innovative techniques in Dental Aesthetics, Surgery and Implants, General Dentistry, Dental Prosthesis and Pediatric Dentistry.

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www.clinicadentalmojacar.es or on our Facebook page: Dra Alicia Jimenez Pinzon Pineda, to arrange an appointment.

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LOOK AFTER



YOUR SMILE

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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.

I will be giving you some useful tips and advice on how you can protect and care for your hair and how to make the most of your crowning glory.

Q) HOW DOES GRIEVING AFFECT MY HAIR?

A) The grieving process often involves high levels of emotional distress; this distress has a real impact on our bodies. While the emotional and psychological challenges of grieving are completely normal, sometimes, the physiological consequences can be daunting.

The stress of grieving typically leads to increased levels of Cortisol. Cortisol is a normal hormone that helps us to concentrate and to deal with stress in our life. While Cortisol is a very important hormone to our everyday health, too much of it can trigger hair feeling and looking dull and even resulting in hair loss. Thankfully, this type of hair loss is considered temporary. Other effects of too much cortisol can be weight gain and depression.

The physical stress of grieving also shocks your hair follicles prematurely out of their active growing phase, called the anagen phase, and into the resting phase, called the telogen phase. It is the shock to the body caused by grief that kick-starts the hair loss process.

Follicles typically remain in the telogen phase for about three months, which is why people generally start to see hair fall a few months after the trauma. The good news is once your follicles are actively shedding hair, it's likely because they have already begun to return to a normal growth cycle.

Q) WHY IS MY HAIR SO UNRULY DURING THE WINTER MONTHS?

A) This winter has seemed much colder for me than other winters which I know has had an effect on my scalp and hair. Lots of static from the dry air and having to resort to wearing a scarf to keep me warm causing my neck hairs to be a bit flyaway to say the least..

Dry, itchy scalp with split ends

Just as your skin gets dry in the winter from indoor heating and dry air outside, your scalp gets dry too. When your scalp becomes dry, it's

likely to itch and the skin may even flake off. The same for split ends. Dry air can cause the ends of your hair to split and gradually work its way up the hair.

How to prepare your hair for spring

There are plenty of ways to prepare your hair for spring and avoid any serious damage that winter may cause to your hair. Here are a few tips and tricks to add to your hair care routine that will keep your hair healthy all winter long.

Boost the scalp and hair

Prepare your hair for the onslaught of spring and summer. In winter/spring it's best to wash your hair less often. To give your scalp a boost when it's dry use a clarifying shampoo this will give a deep cleanse then use a moisturising hair mask.

Visit your salon for a trim

Spring is the perfect time to visit your salon for a trim, because your hair was more prone to split ends and other damage during the winter months. Even if you don't want to drastically change the length of your hair, cutting less than an inch can do wonders for the health of your hair and save it from any further damage that split ends may cause in the long run.

Switch to a hydrating shampoo and conditioner

Switch to a hydrating shampoo and conditioner.(providing you don't have fine flyaway hair) You may even want to incorporate a mask with hydrating ingredients such as coconut milk and natural oils such as argon oil.

Thank you for your questions, I look forward to many more.
Beth x





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Stay young Stay beautiful

Zen Body and Mind – the Posture Experts!



At Zen our approach to massage, centres around posture alignment. That is why, along with a detailed health questionnaire, we undertake a digital posture assessment for all new clients and allocate 90 minutes for the first session (we only charge for 60 minutes, 40€). Posture is the position in which we hold our bodies while standing, sitting, or lying down.

Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities, aiding:

- Keeping bones and joints in correct alignment so that muscles are used correctly, decreasing the abnormal wearing of joint surfaces that can lead to degenerative arthritis and joint pain.
- Reduces the stress on ligaments holding the spinal joints together, minimizing likelihood of injury.
- Allows muscles to work more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue.
- Helps prevent muscle strain, overuse disorders, and even back and muscular pain.

Factors that can contribute to poor posture include, stress, obesity, pregnancy, weak postural muscles, tight muscles, and poor supporting footwear. A major contributor we have found with many of our clients is the feet, either pronating or supinating (roll inwards or outwards), resulting in detrimental impacts onto the skeletal frame. In addition, decreased flexibility, poor work environment, incorrect working posture, and unhealthy sitting and standing habits can also contribute to poor body positioning. Many of these habits are built up over time and can result in numerous pains or mobility issues.

To maintain proper posture, you need to have adequate muscle flexibility and strength, normal joint motion in the spine and other body regions, as well as efficient postural muscles that are balanced on both sides of the spine.

Focused deep tissue massage to address acute issues or pains aligned with elongating, removing build-up of toxins, and creating improved flexibility aligned with increased personal awareness allows us to bring about longer-term improvements for our clients. We look forward to helping you achieve an improved posture soon!

More information at www.zenbodyandmind.com or contact us direct via WhatsApp for an appointment at; Cheryl - 643 766 935 or Alan – 643 7222 762

	Good Posture	Bad Posture	
	<p>Results in...</p> <ul style="list-style-type: none"> • Prevents back pain • Maintain proper muscle and joint usage • Prevent spine from forming into abnormal positions • Centre your balance • Reduces stress • Promotes efficiency since muscles, joints and bones are being used optimally • Encourage confidence and good morale 	<p>Results in...</p> <ul style="list-style-type: none"> • Lower back pain • Shoulder pain • Neck pain • Frequent headaches • TMJ dysfunction • Bone spurs • Invertebral disc damage • Fibrotic scar tissue • High blood pressure • Breathing problems • Fatigue 	



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Your eyes and skin are your solar panels. If you charge them correctly, they will power your entire body.

When we talk about benefits of sunlight, we think vitamin D, but the nuances and role that the sun plays in the human body goes much much further.

Your solar panels are your skin and eyes. When you expose skin to middle day sun, we convert vitamin D. It's also the sunlight that can burn if you are over exposed.

SUNRISE is a different type of light.

All sunlight is 42% infrared light. Infrared light stimulates collagen, increases bone healing and heals wounds. So, sunrise is also great for your gums and teeth.

Sunrise contains little to no UV, so expose as much skin to the morning sun as you can.

Take the time to get up early. Go to bed earlier. It's worth it.

This type of infrared light is also anti-ageing; it reduces wrinkles and scars. That's not what you usually hear about sunlight is it!

Infrared light, along with cellular water, is crucial when it comes to charging your body and creating energy.

Take your shoes off and do some earthing while your at it.

The benefits of morning sun play a critical role as to how we utilize sunrays found in light over the day. Infrared light around sunrise preconditions our skin to protect us from the UVA and UVB that comes out a bit later.

Catch enough infrared light early in the morning and you're less likely to burn later in the day.

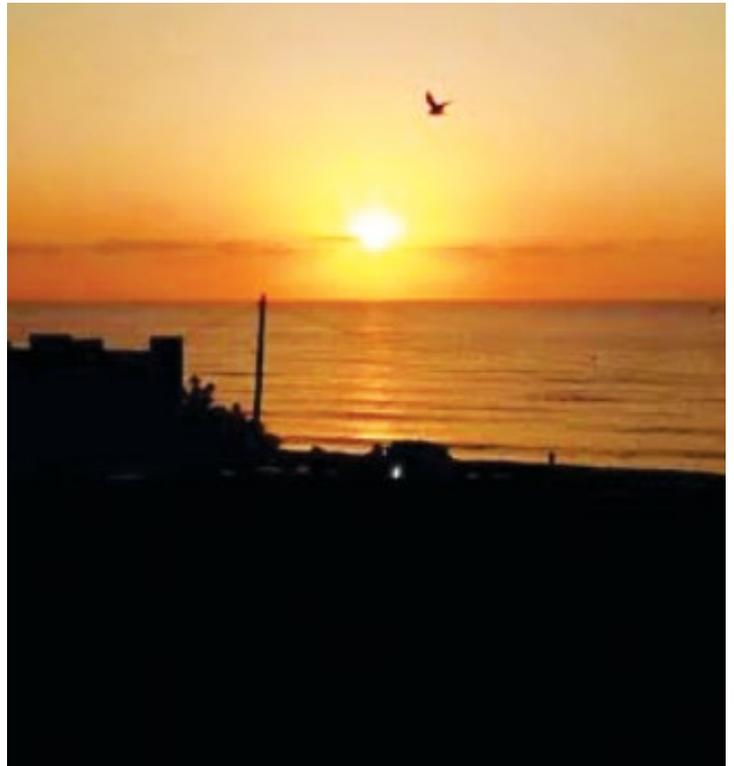
Then around 10am, UVA raises its head a little bit later in the morning. It is critical in making Nitric Oxide (the substance we release from the nasal sinus and exercise). Nitric oxide drastically increases mitochondrial energy, your memory, and it's anti-aging. UVA light also triggers the production of serotonin and dopamine and releases endorphins along with a small opiate effect. The end result? You feel wonderful.

So if there's one health recommendation I can make. Get up with the sunrise, watch it and expose your eyes, skin, and brain to the benefits of sunlight.

Take a photo post it - it may encourage others.

Did you know the benefits of the beautiful morning sun? Anyone get up in time to be lucky enough to catch the sunrise today?

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VaVa Health & Wellbeing



The winter blahs... & how to avoid them (part 3).

This is the final instalment of The Winter Blahs, and how to avoid them. Here are a few more ways we can beat the winter blahs, by getting enough sun and sleep.

1) LACK OF SUNLIGHT

Now you might think that living in Spain, we get lots of sun. We do, but a lot of people just don't take advantage of the sun. Why do we need sun? Well, we are light sensitive and pretty much solar powered, and short gloomy winter days can make us feel miserable after a while. Sometimes the effects can be so severe, that they warrant a diagnosis of seasonal affective disorder (SAD), this is way more common in the more northern countries where winter daylight hours are in short supply. But SAD is very real and can result in depression with symptoms such as sadness, irritability, tiredness, body pain, insomnia and cravings for carbohydrates.

Vitamin D is called "the sunshine vitamin" – with good reason:

- **Maintains strong bones** – when skin is exposed to sunlight, (about 15-20 minutes a day is more than enough if you have fair skin), it manufactures vitamin D from a form of cholesterol. Vitamin D is crucial to the body and has many roles including for example, instructing cells in the gut to absorb phosphorus & calcium, two minerals that are essential for maintaining strong and healthy bones. Being outside in the sun is therefore an excellent way to combat osteoporosis.
- **Strengthens the immune system** – vitamin D is a key element for boosting the immune system, so consistent exposure to the sun can aid in strengthening it. Reducing the risk of infections, some cancers and mortality after surgery are all the job of the immune system, so get your daily dose of sun.
- **Stress reduction** – The hormone, melatonin reduces stress reactivity and being in the sunny outdoors helps the body to naturally regulate melatonin thus reducing stress levels. The bonus here is if you're outdoors you're probably doing some form of exercise (walking, gardening, playing etc.), which also helps reduce stress.
- **Combats depression** – We feel better when its sunny and we are in it and the science says that sunshine boosts the bodies other happy hormone, serotonin, which helps the body stay calm and focused as well as improving the mood and keeping us cheerful.
- **Improves sleep** – The hormone melatonin is responsible for helping us sleep and it goes into production when its dark, which is why we feel sleepy a few hours after sunset. With the longer summer days we naturally stay up later and research indicates that you will have better sleep with an hour of natural light in the morning. Sunshine also regulates the bodies circadian rhythm by instructing the body when to decrease or increase melatonin levels. Bottom line, more daylight exposure = better production of melatonin when its bedtime.

2) POOR SLEEP

The quality of our sleep plays a fundamental role in our quality of life, as inadequate or poor sleep is a leading cause of fatigue. Serious potential health issues related to poor sleep quality and chronic sleep deprivation are; diabetes, high blood pressure,



heart failure or stroke, with other potential problems including depression, obesity, compromised immunity and lowered sex drive.

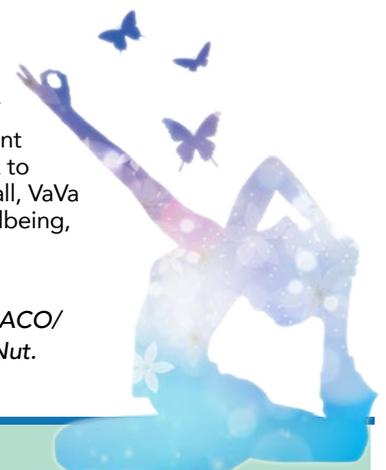
Sleep is also important to a myriad of brain functions, including how neurons (nerve cells) communicate with each other; the brain and body don't sleep when you do, your sleeping time is when they go to work, doing housekeeping and cleaning that removes toxins in the brain that build up while you are awake. Lack of regular good quality sleep even affects how we look (and can age us), as poor quality sleep creates fine lines, reduced elasticity and uneven pigmentation. Simply put, poor sleep diminishes the skins ability to rejuvenate and repair itself and makes us look older. So be sure to get the best nights sleep, every night.

You can boost your energy naturally with some iron, Korean or Siberian ginseng & B-complex vitamins.

We can provide nutritional & exercise advice to help find the best balance for your body. So if you want good quality sleep, want to feel better or just want to talk to someone, simply pop in to, or call, VaVa Complementary Health and Wellbeing, and let us take care of you.

Namaste, Ashlí

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



VaVa Yoga y Más

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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

I'm in my mid sixties and I'm only working part time now. I have brought up my children who are all adults now. I like to enjoy myself I've always worked hard. I go out 3-4 nights a week socialising when I can. My family are complaining that I shouldn't be drinking and I should stay in more, especially at my age. They are also saying what other people will think of me and that I'm going to get a bad name. I just want them to leave me alone, I know they are talking about me and treating me like they are the parents now. I lie to them to avoid an argument.

Jenna

Hi Jenna

There is a lot in your email, so I will try to unpack it a little. The first thing is you are an adult and if you are not hurting anyone you are entitled to live your life as you see fit. Your children appear to be suggesting that you may have a problem with alcohol. You must ask yourself has alcohol become a problem for you. Does it effect your work, your health, your finances or your safety in any way. If the answer to these questions is a firm no, then it clearly isn't an issue for you at present. Our children often forget that as parents we are also fully functioning adults, that have been looking after ourselves and them for a very long time.

Children can try and switch roles as they get older, they think that their parents now need guidance to live their lives. You need to sit your children down and have a very firm but encouraging talk to them, to explain that you have heard them, that you appreciate their concern, but, you are in charge of your own life and should you need their help or opinions that you will ask them. As for them worrying about what other people may think of you, this is a great opportunity to educate them that other people's opinions, neither pay your bills for you or keep you company. I wish you every happiness.

Theresa

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

Jenna, you only live once, life is too short. Enjoy yourself.
Christina

Believe me my love, I have the exact same problem and it's so unfair!!! We did absolutely everything to raise our kids and now they seem to have very short memories. You enjoy yourself my lovely.
Kim

You are absolutely entitled to live your life the way you want to. Just be yourself, and the ones who love you will come closer, and the ones who don't will move away. Either way you win. Hold your head up high and do whatever you want to, whenever you want to.
Joyce

Ask yourself if you are happy? If yes, then carry on as you are. It sounds like you have a lot of friends and they are not judging you. It is your children who need to change their mindsets and not expect you to sit at home watching tv and knitting. They forget you are a person in your own right and are thinking of you as a stereotype 'old person'. As for the thought of other people judging you for your lifestyle then ask yourself, 'would I go to these people for advice?' If no, then why would you accept their criticism. Their opinion does not matter. Carry on as you are and enjoy your life.
Carolyn

Is it the alcohol they are worrying about? If so try and balance that for the sake of your health AND keeping the peace. They love you and only want the best health for you.
Queenie

Sixty is the new forty (or thirty if you like). If you are happy with your life, and you are not hurting anyone, then why not? Whatever the opinion your children have, or the 'people' they refer to, that is in their control and not yours. Right now, is your time, and you must live it as you wish to. Go for it.
Debbie

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@advertiseremojacar.com

COMMUNITY NEWS

The Big Mac 7 event took place on Sunday 6th February 2022.

Photo Credit for all photos: Andrew Goth

A fantastic day was had by all who attended. The following statement was issued by MACS.

MACS event! Big Mac 7. Sunday 6/2/22 at Hostal Rural/Chiringuito Extreme

MACS would like to thank all those who attended, baked, donated food, our fabulous volunteers for your hard work behind the scenes and on the day and to our wonderful, generous artists:

Mind The Gap, The Tonicx, Elegant Overdose, Tony Justice & Lady Ellen, Carl Lewis, The Electric Owls, Glam Slam, Skyfall, The Allskas...THANK YOU

Special thanks to Tim Ridgway and Richard Purvis for setting up the sound systems on both stages.....for pulling it all together and to Paul Rawlins for MC'ing all day - running between the two stages and keeping everyone to time.

The work involved before the event in sorting out everyone's equipment requirements is unbelievable. We are so very fortunate to have the best, hardworking, friendliest and supportive artists - you are all amazing Thanks also to Kev Moore for designing, and allowing us to use the Big Mac logo.

Thanks to Michael George Weston for the beautiful, directional signage used around the grounds. Thanks to Cheryl Woods and team at Pronto Imprenta for the posters and various other items - design and printing. Thanks to Sergio and the team at Hostal Rural and Manuel Rivas (Manny) Rivas and the team at Chiringuito Extreme.

Thanks to Jeremy Fox-Rayner for the photos.

The total amount raised was €4611.87 (subject to a further check when banking).

An incredible amount of money, which will help in our endeavour to support all MACS patients, now and in the future.

THANK YOU TO EVERYONE INVOLVED

MACS
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THE BIG MAC 7

Sunday 6th February 2022

10 Euros per person
Payable on the day

Hostal Rural / Chiringuito Extreme - TURRE
Entry from 12pm * Music from 12.30 * Finish 6pm
All timings are subject to change

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The Electric Owls
Elegant Overdose The Tonicx
Tony Justice Ellen Turner
The All Skas Carl Lewis

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Sam and Yolanda rocking the grill

The Electric Owls - A very popular new group



MACS volunteers - Sam, Gerry & Joyce





Kev Moore in Glam Slam



The All Skas - with a cracking performance



Little Tommy was the real star of the day. We think Kev Moore was delighted to have Tommy supporting his performance.



Joyce, looking guilty. Trust me, whatever it was...Joyce did it...I can tell by that face!



Skyfall - a stunning show as usual



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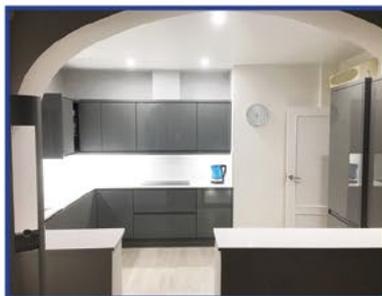
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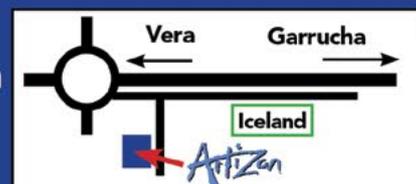
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COMMUNITY NEWS

Local Market Days

MONDAY

- * Antas
- * Huercal Overa
- * Vera Playa

TUESDAY

- * Albox
- * Cuevas de Almazora
- * Los Gallardos

WEDNESDAY

- * Cantoria
- * Lubrin
- * Mojacar
- * Palomares
- * Velez Blanco

THURSDAY

- * Carboneras
- * Cuevas del Almazora
- * Huercal Overa
- * Lorca
- * Olula del Rio
- * Purchena
- * Sorbas

FRIDAY

- * Chirivel
- * Garrucha
- * Taberno
- * Turre
- * Uleila del Campo
- * Zurgena

SATURDAY

- * Aguilas
- * Albox
- * Arboleas
- * Tijola
- * Velez Rubio
- * Vera

SUNDAY

- * Fines
- * La Alfoquia
- * Oria
- * San Juan de los Terreros
- * Villaricos

Frank Miller and Jeremy Stent the winners of the last two Handicap Tournaments at the Snooker - Club –Mojácar.

First Frank Miller won in May 2021 the club tournament beating Ian Ashworth with 4 frames to 2. The semis in that tournament were:

Arthur Davies 0 – Ian 3 and Frank 3 – Wieland 2. For the first time George Bonwick and Danny Jones reached the quarter finals.

Later on in October 21 Jeremy Stent, who is participating since the opening of the snookerclub Mojacar in the tournament, won it for the first time beating the first ever Belgium finalist Patrick Vermeulen with 4 frames to 1. In Semis Jeremy beat Kevin Halliwell with 3 to 0 and Patrick beat Steve Magic in a dramatic match with 3 to 2. Beaten in quarters were our Oldy Bazil, Ian, Arthur and Eddy Clement.

The Mojácar 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.

The next handicap tournament is scheduled for the first week of March.

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

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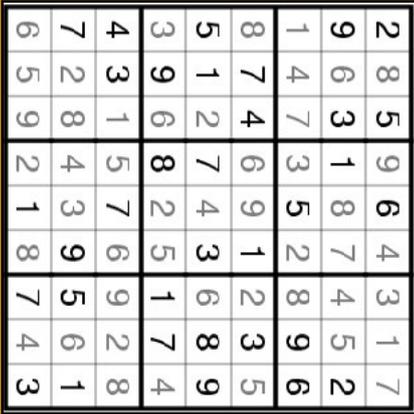
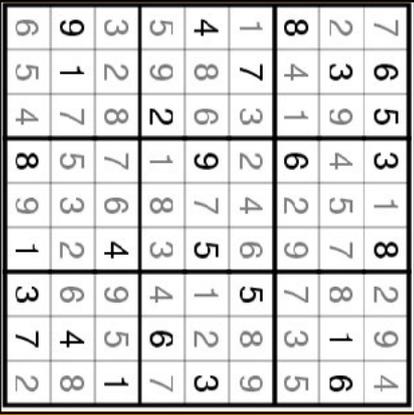
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- **MOJÁCAR** - JUAN JOSÉ CRESPO HARO (Días: 2, 10, 18, 26)
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
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C/Mayor 100. T: 950 390 410
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