

The Advertiser Magazine

OCTOBER 2023

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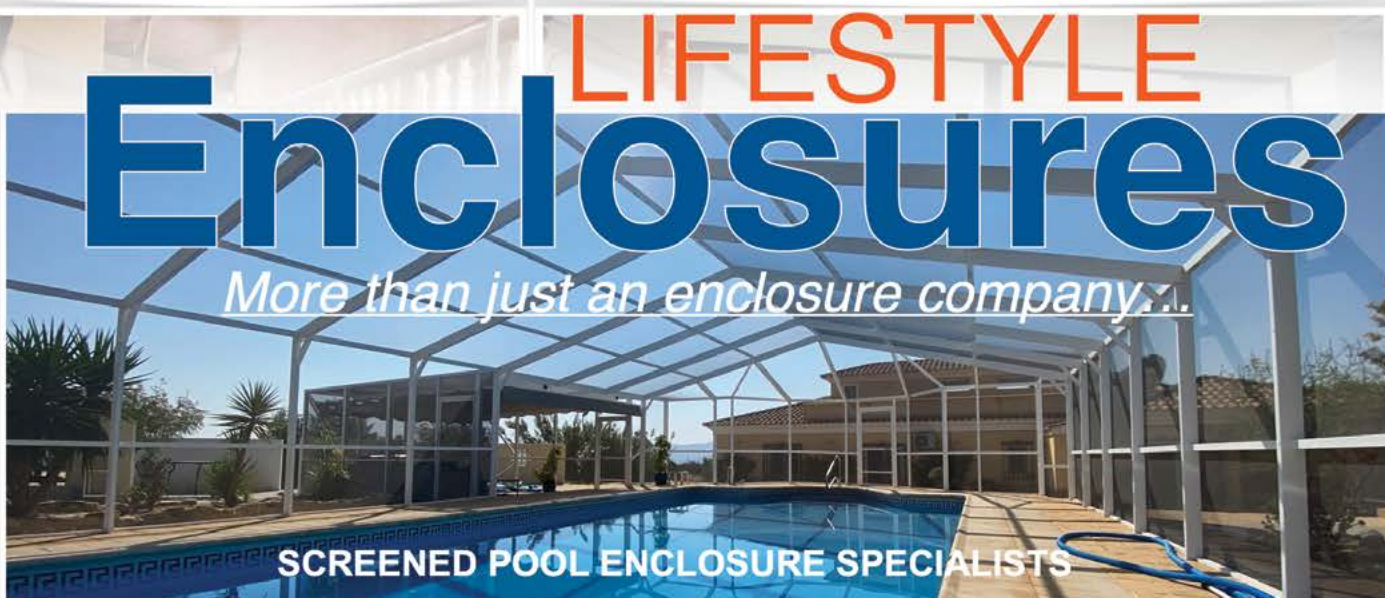
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The Advertiser Magazine

THE Advertiser Magazine is published every month, except for January. It is bursting with useful adverts for a broad range of businesses located in Mojacar, Garrucha, Vera Playa, Antas, Los Gallardos, Bedar, Turre, Albox, Alfoquia and Zurgena.

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.

A minimum of 5,000 copies of the advertiser are printed each and every month and delivered to over 200 local distribution points as well as to all of our advertisers.

The Advertiser magazine is also available to download from our website

www.advertisermojacar.com and approximately 2,500 downloads are recorded each month.

This means that you can always get a copy.

To advertise please get in touch using the details below.

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Welcome to October's issue of the Advertiser Magazine

We are delighted to usher in the October edition of The Advertiser Magazine. Autumn has officially arrived, and with it, a cornucopia of exciting articles and inspiring adverts just waiting to be discovered in this issue.

Mark your calendars, because October brings with it a special reason to celebrate. On the 12th of October, we observe a national holiday that's close to our hearts – Hispanic Day! It's a time to honour the rich and diverse culture, traditions, and contributions of the Hispanic community. Whether you're planning to enjoy traditional cuisine, dance to vibrant music, or simply embrace the spirit of unity, this day is an opportunity to join in the festivities.

Daylight saving time officially ends on 29th of this month, so remember to put those clocks back.

Don't forget, Halloween is creeping up on October 31st! Get ready for spooky fun, costumes and sweet treats. 🦇

In this issue, we've curated a delightful mix of articles and features that will not only tickle your curiosity but also warm your hearts. From our book review, that will help you to choose your next autumn read to gardening tips and delectable seasonal recipes that'll tantalize your taste buds.

So, pour yourself a cup of spiced apple cider, snuggle up in your favourite reading nook, and let the enchantment of October unfold within these pages.

Thank you for choosing The Advertiser Magazine and Happy reading!

Andrew & Cheryl

Local Market Days

MONDAY

- * Antas
- * Huerca Overa
- * Vera Playa

TUESDAY

- * Albox
- * Cuevas de Almanzora
- * Los Gallardos

WEDNESDAY

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

THURSDAY

- * Carboneras
- * Cuevas del Almanzora
- * Huerca 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





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 Tue 10 - 9pm
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 Thu 12 - 8pm
 Fri 13 - 8pm
 Sat 14 - 8pm
 Sun 15 - 4:45pm
 Tue 17 - 9pm
 Wed 18 - 4:45pm
 Thu 19 - 8pm
 Fri 20 - 9pm
 Sat 21 - 8pm
 Sun 22 - 4:45pm
 Tue 24 - 7pm
 Tue 24 - 9pm
 Wed 25 - 4:45pm
 Thu 26 - 9pm
 Fri 27 - 8pm
 Sat 28 -
 Sun 29 - 4:45pm
 Tue 31 - 9pm



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 SUE MORETTA
 ABBA SOLUTELY FABULOUS
 MAD ON BLONDE
 SKYFALL
 ASHLEY
 BEATLES TRIBUTE
 MADONNA TRIBUTE WITH NIKKI GALE
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DJ PLASTIQ - BACK TO THE 90s - SAT 11pm

SPANISH CLASSICAL BRUNCH WITH ASHLEY - SUN 12:30pm

LOUNGE SESSIONS WITH DJUDE - SUN 8pm



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Bon Appetit

October is world pasta month, not that I need an excuse, I could eat spaghetti every day and, as Sophia Loren famously said "Everything you see I owe to spaghetti". If that's not a good enough excuse to eat it, I don't know what is!

Here are some of my favourite pasta recipes which can be served with any style of pasta you prefer.

CLASSIC TOMATO SAUCE

The base of many a great pasta dish. I had to change my recipe based on the availability of ingredients when I moved to Spain but this works perfectly, in fact better than my original recipe

Ingredients:

Olive oil
Medium white onion
3 cloves garlic finely chopped or crushed
Can of chopped tomatoes
210 g carton of tomato frito
1/2 glass of red wine
Plenty of freshly ground black pepper
2 bayleaves

Method:

Soften the onion and garlic in olive oil until translucent, taking care not to colour the onions. It's important to get them soft at this stage as they won't soften further once you add the tomatoes.

Stir in the Frito (fill the carton half full with water to get all the sauce out and add) cook for a couple of minutes.

Add the tomatoes, pepper, bay leaves and wine, and leave to simmer on as low as possible for a good 40 minutes stirring occasionally.

Add a little water (or more wine!) if too thick.

Serve on its own with some fresh basil leaves and parmesan, or use as a base for bolognese - the mince should be added and browned after the onions and garlic.

Serve with pasta of your choice and the rest of the wine



VONGOLE IN BIANCO OR ALMEJAS AL VINO BLANCO

Ingredients:

Serves 4

1kg fresh clams well rinsed - discard any open clams that won't close when tapped
3 tablespoons olive oil
4 cloves garlic crushed or finely chopped
Scant teaspoon of chilli powder - or half a fresh chilli finely chopped if you prefer more bite
200ml white wine
50g butter
Handful of chopped fresh parsley
Freshly ground black pepper and salt to taste.



Method:

Gently cook the garlic with the chilli in the oil in a large pan that has a lid for a couple of minutes taking care not to colour the garlic.

Add the clams and cook for one minute giving them a good stir. Add the wine and give the pan a good shake and put the lid on. Cook on a medium to high heat giving and occasional shake until the clams all pop open this should take about 5 minutes. (Discard any that don't open).

Add the butter, black pepper & parsley and cook long enough to melt the butter.

Season with salt to taste and stir in your freshly cooked spaghetti. Serve with crusty bread.

Halved cherry tomatoes (about 6 per person) can also be added to this, and they go in after the garlic. Cook for five minutes, before adding the wine and clams.

QUICK PASTA WITH SAGE BUTTER & LEMON

This is my 'go to' supper when the cupboards are bare, I'm too tired or short on time!

Ingredients:

Serves 1
Pasta of your choice
25g butter
1/2 tablespoon olive oil
2 anchovy salted fillets (optional)
1 clove of garlic
8 small to medium fresh sage leaves
Grated parmesan

Method:

Once you have put your pasta in to cook, in a small pan add a clove of crushed garlic to 25g of butter and a little olive oil, cook gently taking care not to brown the garlic.

Add a couple of salted anchovy fillets and cook until they dissolve (optional, I just add these if I have some in the cupboard).

Add around 8 chopped fresh sage leaves and a good squeeze of fresh lemon, and a grind of black pepper.

Cook gently for a couple of minutes.

Drain your pasta and add the sauce and serve with grated parmesan.



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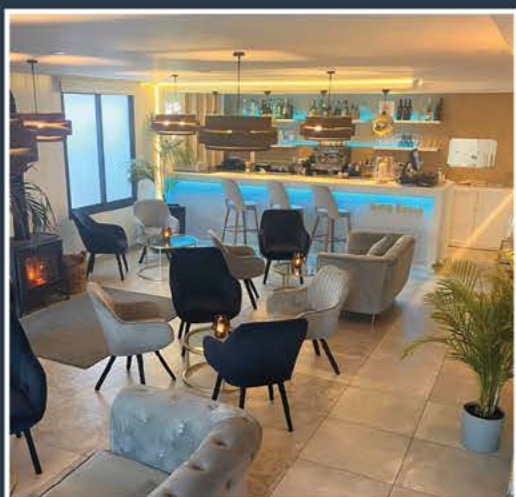
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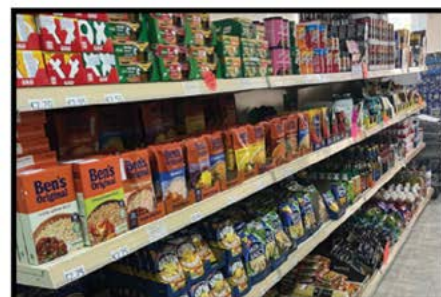
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just for laughs

We had to have the garage door repaired. The repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener. I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower. He shook his head and said, 'You need a 1/4 horsepower.' I responded that 1/2 was larger than 1/4 and he said, 'NOOO, it's not. Four is larger than two.' We haven't used that repairman since...

My daughter and I went through the McDonald's driveway window and I gave the cashier a \$5 bill. Our total was \$4.25, so I also handed her 25c. She said, 'you gave me too much money.' I said, 'Yes I know, but this way you can just give me a dollar coin back.' She sighed and went to get the manager who asked me to repeat my request. I did so, and he handed me back the 25c, and said 'We're sorry but we don't do that kind of thing.' The cashier then proceeded to give me back 75 cents in change. Do not confuse the people at MacD's

Two crows were in a field when they noticed a figure that looked like a man in the distance. "See that over there? What is that?", says the first crow. The second crows takes a long look, "That's a scarecrow. Looks authentic, doesn't it." "How can you tell it's a scarecrow and not a person?", replies the first crow. "Look at it's hand. No cellphone", says the second crow.

I was at the airport, checking in at the gate when an airport employee asked, 'Has anyone put anything in your baggage without your knowledge?' To which I replied, 'If it was without my knowledge, how would I know?' He smiled knowingly and nodded, 'That's why we ask.

I live in a semi rural area. We recently had a new neighbor call the local city council office to request the removal of the DEER CROSSING sign on our road. The reason: 'Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore.'

The pedestrian light on the corner beeps when it's safe to cross the street. I was crossing with an 'intellectually challenged' co-worker of mine. She asked if I knew what the beeper was for. I explained that it signals blind people when the light is red. Appalled, she responded, 'what on earth are blind people doing driving?!' She is a government employee.....

IDIOT SIGHTING IN FOOD SERVICE.

My daughter went to a Mexican fast food and ordered a taco. She asked the person behind the counter for 'minimal lettuce.' He said he was sorry, but they only had iceberg lettuce.

When my husband and I arrived at a car dealership to pick up our car after a service, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. 'Hey,' I announced to the technician, 'its open!' His reply, 'I know. I already did that side.' STAY ALERT! They walk among us, they breed, and they vote...

Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish. "I want to go home," says the first friend. The genie grants her wish. "I want to go home, too," says the second friend. And the genie sends him back home. "I'm lonely," says the third friend. "I sure wish my friends were back here."

After Sunday church, the priest would hand us each an orange and a big cookie. A little girl once lied and took two oranges, but the priest told her she mustn't lie because God is watching. Then, the girl took two cookies and lied about it. When asked why she had done that, she said because she thought that God was only watching oranges.

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly. "Captain," one passenger asks, "who is that man over there?" "I have no idea," the captain says, "but he goes nuts every year when we pass him."



To be clear, I don't necessarily mean Artificial Intelligence is going to end the world by doing something like dropping atomic bombs or by becoming Skynet. I'm also not necessarily against believing those are possibilities. But enough has been written about that topic. I really mean AI is just going to *ruin* the world for people.

Artificial Intelligence really does seem like it can do anything. Any topic that requires a degree of talent or scholarship will be performed by an all-knowing machine. Even a machine that is rudimentary as a Google search engine with human-like grammar already knows more than the most brilliant human scholars in the world (combined) and can communicate it effectively enough to be understood.

And as a result, any job out there that requires simply *knowing* something or how to do will be replaceable by a robot now. And when I say "job," I don't just mean things we do for work and to increase economic output. I mean the things we do to bring joy to ourselves and others. And when AI can do that, there's fundamentally no purpose in humans making anything anymore. Because AI will be able to do it faster. So, so much faster. And even if the output is of terrible quality, a second output just a second keystroke away.

The work people enjoy and bring purpose can and will be replaced by AI.

Ever wanted to write a book? Good luck finding a market when ChatGPT can do it for readers instead.

Do you work in a factory, and proud of your ability to make things that people need? Robotic arms on the factory floor will do that for you instead.

Do you want to paint? You could be the next Da Vinci, but in the time it takes you to find inspiration, Midjourney will have output 100,000 images, and inevitably one of them will rival the Mona Lisa. And it's not just painting, even complicated and mathematical art like architectural design can be done by an AI now, too.

Do you enjoy travel planning, for yourself or for your friends? An AI will be able to know the names of every hotel and airline in the world, and can put together an itinerary faster you can type "Trivago."

Do you want to protect and serve your country by joining the military? A killer robot can shoot down targets in a second and

take risks no human would be able to. And then there will be thousands more in the swarm ready to serve the same purpose. Their lethality is displayed by the fact that militaries around the world are currently working not to improve, but *restrain* killer robots.

Do you want to make TV shows? We now even have AI that can write, voice, and animate South Park episodes based on a keystroke.

Interested in becoming a lawyer? AI programs can pass the Bar Exam with a perfect score. All it needs is a few seconds and a WiFi connection to download a law school education.

Voice acting? You can now have Plankton from SpongeBob's synthesized voice sing you Somebody That I Used to Know.

Enjoy having sex? Well how about an AI that gathers information on sex toys on how to best pleasure their buyers, so that better performance can be done for them?

But maybe all of this sounds good to you. If AI does everything in the world for work, we can need for nothing. We can spend our lives pursuing our own interests, and do what makes us happy.

And perhaps that is all well and good: but are *you* going to do that? Or are you going to spend your life sitting on a couch playing a video game that AI generated for you where can play as Jedi Master Taylor Swift battling Thanos with procedurally-generated dialogue, who has allied with a facsimile of your mother-in-law; which you input because your AI therapist prescribed you with childhood trauma related to your parents?

Does this post sound like a joke? It shouldn't, believe it or not. Every AI example I provided above is actually now in existence (except the specifics of that video game one, for now) and most are available to consumers. In fact, these were just the ones that came from memory. I could have asked ChatGPT to write a better list with hundreds of examples, and it would have been much better than my own.

So, please: change my view. How do I convince myself that AI's ability to do *everything* won't render everything we enjoy inferior to a machine's output? What will be left for us who aren't AI software engineers?

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LifeStyle

by Brad H

Yes, we have wildlife!

Spain isn't always considered the oasis of wildlife and animals, or ever for that matter. As long as you don't include some bachelorette parties that come here from unknown locations. Okay, they're Brits. And I haven't included them this time.

Spain doesn't have the marsupials and killer everything else like Australia, or the strange looking animals like Madagascar. However, we do have a few native locals that are pretty interesting and because the weather has cooled a little, Autumn can be a great time to go and investigate.

I THINK I SAW, NOPE.

First up, the chameleon! Located to the south of Mojácar, these critters are the masters of disguise. They change colours faster than a fashionista on a shopping spree, blending seamlessly into their surroundings. It's almost like they're playing a never-ending game of hide-and-seek with unsuspecting tourists. Just when I think I've spotted one, poof! It disappears into thin air, leaving me to question my eyesight and sanity.

WHY DID THE TORTOISE CROSS THE ROAD?

The tortoises of Mojácar, the true philosophers of the Spanish wilderness. These wise old creatures have made Mojácar their sanctuary, and they're not in a hurry to leave anytime soon. You'll often find them basking in the sun, their wrinkled necks outstretched, as if contemplating the mysteries of the universe.

It's almost as if they've taken a vow of eternal relaxation, teaching us that life doesn't always have to be a race. As you stroll through Mojácar, you might even catch them engaged in a slow and deliberate game of Froga, slowly, very slowly trying to cross the road without being hit by an 80km/h vehicle. Why did the tortoise cross the road? They don't know, they'll tell you when they get there.

'FLAMENCO' KINDA SOUND LIKE 'FLAMINGO', COINCIDENCE?

The flamboyant flamingos grace the Vera wetlands with their presence. These elegant pink birds are like the fashion models of the avian world, strutting their stuff in the shallow waters. They're

the real showstoppers of the wetlands, turning heads with their vibrant plumage and graceful poses.

If there were a flamingo runway, they'd undoubtedly be the stars, sashaying through the water with an air of effortless chic. So, grab your binoculars and prepare to be dazzled by the Vera wetlands' very own feathered supermodels – the fabulous flamingos. Now if they could just dance and tap!

THEY'RE HERE, BUT YOU WON'T SEE THEM

A little further away in the surrounding mountains are bigger animals such as the Lynx. Recently reintroduced to the mountains of Almeria, their numbers are still very low and still quite endangered. Although, they don't look too dissimilar to some of the street cats, so just tick that box and say you saw it.

There's also reportedly deer up in Las Filiabes mountains and by the time of print, their rutting season should just about be over. Again, if you look at some of the bucks' parties in the area, it's probably not too different. Opps, I said I wasn't going to count them!

Thanks to the readers who sent me their own AI pictures after last month's magazine. Some really interesting graphics came out of it.

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





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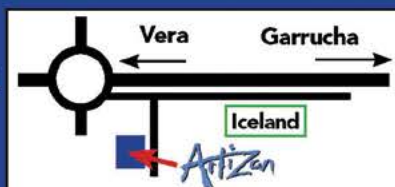
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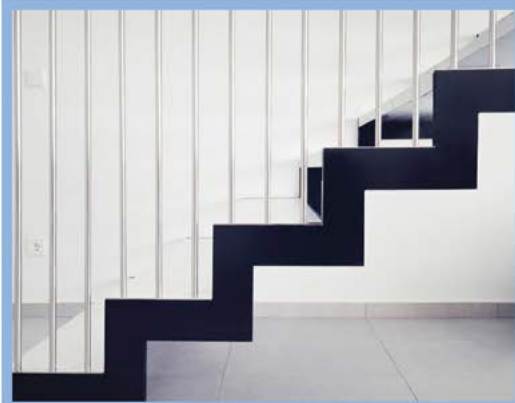
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GARDENING TIPS IN SOUTHERN SPAIN

Green Fingers by Alan

Howdy there, green-thumbed amigos! If you're basking in the sunny glory of Southern Spain and wondering what veggies can thrive under that scorching Mediterranean sun, you've stumbled onto the right señorita of an article. So, roll up your sleeves, grab your sombrero, and let's get our hands dirty (in a gardening way, of course).

THE SUN-SPLASHED SIX

Southern Spain isn't just famous for tapas and flamenco; it's a veggie paradise too! Here are the "Sun-Splashed Six" – vegetables that soak up the Spanish sun like it's a beach vacation:

1. **Tomatoes:** In Spain, tomatoes are the unofficial national vegetable (yes, we know they're technically fruits). The key to luscious tomatoes is well-drained soil and consistent watering. And don't forget the sangria, because tomatoes love some fruity tunes.
2. **Peppers:** Whether you like 'em red, green, or spicy, peppers flourish in the Spanish sun. They're practically begging for it. Keep them happy with some light pruning, and they'll reward you with a fiesta of flavors.
3. **Aubergines:** Known as "berenjenas" here, these purple beauties adore the heat. Plant them in well-composted soil and give them plenty of space to show off their Spanish flair.
4. **Courgette:** Or "calabacín" as they're known locally. Courgettes grow like wildfire with regular watering. Just watch out; they might start a vegetable invasion!
5. **Cucumbers:** They're as cool as a cucumber, especially when they have all that Spanish sun to soak up. They need lots of water, though, so be ready to play hose DJ.
6. **Beans:** Beans, beans, they're good for your heart, and in Spain, they're a gardening work of art. Plant them in a sunny spot, keep the soil well-drained, and watch them climb their way to beanstalk fame.



TOP TIPS FOR VEGGIE SUCCESS

1. **Sunblock for Veggies:** As much as they love the sun, veggies need some shade too. Provide some afternoon shade to shield them from the sweltering heat.
2. **Soil Test Salsa:** Get your soil tested to ensure it's in tiptop condition. Most veggies appreciate well-drained, nutrient-rich soil. Add compost for extra flavor!
3. **Water Wisely:** Watering is an art in these parts. Give your veggies a deep soak early in the morning or late in the evening to prevent evaporation.
4. **Pest Patrol:** The bugs love Spain's climate as much as you do. Keep an eye out for garden pests and defend your veggies with organic remedies. Ladybugs and maracas might do the trick!
5. **Companions for Life:** Some veggies are better buddies than others. Plant compatible companions next to each other to keep the peace. For example, tomatoes and basil are the best of amigos.
6. **Harvest Happy:** Harvest your veggies at their peak to enjoy their full flavor and nutritional value. Plus, it's like a treasure hunt in your own garden!
7. **Talk to Your Plants:** I am not kidding! Studies suggest that talking to your plants can boost their growth. So, serenade your veggies with some flamenco tunes and watch them dance!

Now that you've got the scoop on what veggies thrive in sunny Southern Spain and a few gardening tricks up your sleeve, it's time to dig in and get your garden growing.

Remember, gardening is like life – sometimes you get a sunburn, but the rewards are worth it.

Happy gardening, amigos!



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COMMUNITY NEWS

INDALO PLAYERS FLY!

By: Chrissie Cremore

The long awaited production by The Indalo Players of "One Flew Over The Cuckoo's Nest"; having been discussed 10 years ago, has finally come to fruition. With a revitalised company and lots of local talent they look forward to bringing you their adaptation entitled "ONE FLEW EAST...ONE FLEW WEST". This title comes from the nursery rhyme included in the book written by Ken Kesey:

Vintery, mintery, cutery, corn
Apple seed and apple thorn
Wire, briar, limber lock
Three geese in a flock
One flew east
One flew west
And one flew over
The cuckoo's nest

The crux of the story is the battle between Randle P McMurphy, played unforgettably in the film by Jack Nicholson and Nurse Ratched. The 1960 novel is an allegory about an authoritarian society represented by Ratched. In order to escape the prison labour, McMurphy fakes insanity and is shifted to the special ward for the mentally unstable. McMurphy represents sexuality, freedom and self-determination; characteristics that clash with the oppressed ward which is controlled by Nurse Ratched. McMurphy is not crazy but rather that he is trying to manipulate the system to his advantage.

In this ward, he must rise up against a cruel nurse who runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medications and sessions of electroconvulsive therapy. Instead of viewing them as human beings and trying to help them better themselves, she just wants to dominate them. The battle of wills between the rebellious McMurphy and the inflexible Ratched soon effects all the ward's patients.



The Indalo Players have worked very hard on cultivating their characters and some have never "trod the boards". And they have also had the opportunity to add their own "directive" thoughts to the production. Gary and Sally Elliott have worked on the set design and production assistance.

"ONE FLEW EAST - ONE FLEW WEST" will be performed at The Vera Auditorium on Friday 20th October and Saturday 21st October. Doors open at 7:30pm.

Tickets are €7 and can be purchased from Items For Sale in Mojácar, Forget Me Not in Las Buganvillas and Total Entertainment in Turre. For further information about The Indalo Players please visit their website: <http://www.indaloplayers.es/>

Facebook: Indalo Players el Teatro, Mojácar.

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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 so upset, I'm a 45 year old woman, married with two children. A man I have been friends with at work for a while told me he is leaving. We have always been close and he has asked me for my number a few times but I said no. This man is kind affectionate and funny. All the things my husband isn't. Don't get me wrong my husband is a good man and does everything for me and the children but he's never romantic, he will build something or decorate something and be delighted showing me what he's done. I cried in my car all the way home yesterday I should have given him my number I've missed my chance. I'm heartbroken.

Can you help

Suzie

Hi Suzie

I think you may be upset because you have lost your fantasy. I'm not being cruel but this man at work has been charming and funny and trying to have an affair with a married woman. We all like to feel that someone fancies us but in reality it's not real. What is real is that your husband is a good man, loves you and the children and shows you in very practical but real ways. If you would like your husband to be more romantic then tell him. Recall a time he did something romantic and tell him how much you loved it or what really turns you on. Ask him on a date and tell him your going to ravish him later, use your imagination and fantasies on him and see what happens.

Show your husband what you'd like him to show you.

Theresa

Suzie, you sound upset and confused. Take a moment to reflect and know that your family is sacred. You cry tears for a man who should have respected your commitment as another's wife and mother.

I'm not trying to diminish what you feel but I do ask you to imagine how your husband would feel if he knew that you had feelings for another man and you blamed him for not being enough - when you never even gave your husband the opportunity to change or understand your feelings. What if the situation were reversed? What if your husband was crying because a woman, he fancied at work left and although he had a good wife at home, he wished he'd gotten her number to keep in touch?

Why don't you give your family and your husband an opportunity to be the source of affection and kindness you say is lacking? Sometimes when we feel a great void in our lives, honesty and counselling is a good way to start to unfold the many emotional complexities within. Good luck to you.

Roseann

If you didn't give him your number beforehand, it's because you knew deep down, that you didn't want to. Maybe it's just because he's not there anymore, that you feel differently. But in your heart of hearts. You know it was the right thing to do. Maybe start a date night with your husband. Rekindle that fire that's just maybe buried a little bit. Good luck.

Collette

It sounds like you are really mourning the 'what ifs' and the 'what could bes' of something that would probably be a big mistake. Excitement is fantastic but not worth what you probably already have right now. Take another look with a different view. Wishing you peace and happiness.

Debra

Suzie, your chance of what, destroying a family and years of trust. YOU be the romantic one...woo him..., run him a yummy bath, take him out, buy him flowers. give it a go lass, it may what you think you are missing without the pain and devastation. spoken with respect and concern.

Mandi

Your husband is a good man and does everything he can for you and the kids. You've said it all, you're a lucky woman! Just be thankful you've dodged a bullet! Get on with your life, maybe try to arrange things for you and hubby to spice up the romanticism. Value the important things in life!

Maureen

Lust/love.

don't throw a whole life that YOU built. Your husband is a reality, the man is a fantasy. Create excitement in what you already have. All the best

Fe

He would only bring heartache and break up your lovely family. We all want romance in our life but this is just a fantasy. Hope you and your husband have a long and happy life together.

Isabella

It's so easy to accept an apple from a different tree isn't it. Your male friend can't be that good if he's being like that and knows your married etc. Let it go.

Netty

The life you fantasise having with this man is just that, fantasy. The everyday reality of it could be very different. You know how good your husband is, let him know that and show him what your idea of romance is and how much you enjoy it. I'm sure he'll take that on board to make you happy.

Helen

As Theresa is on holiday this month we have republished a previous problem that generated a lot of response from our readers.

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Intravenous drip vitamin therapy

Intravenous (IV) vitamin therapy (also known as intravenous micronutrient therapy and hydration therapy) is a way to give high concentrations of vitamins and minerals directly into the bloodstream, allowing rapid absorption of higher doses of the vitamins and minerals than if the person got them through food or supplements.

Benefits of IV vitamin therapy

Vitamin therapy helps patients to prevent illnesses and get better protection against flu viruses.

It can help metabolise food to promote optimal energy levels, help create the chemicals necessary for supporting normal neurological function, improve heart health, increase brain performance, help maintain your central nervous system, enhance vision, reduce the risk of anemia, and decrease anxiety and depression.

Vitamin C is known for its power to strengthen the immune system and fight stress, while vitamin B12 promotes cellular repair and contributes to healthy blood and nervous system function.

Vitamin infusions improve your health and well-being, helping to boost energy and the immune system, stave off stomach flu, hangovers and dehydration.

Glutathione is a substance found in cells, it prevents premature aging, protects against cancer and neurological diseases.

Glutathione (TAD) is an antioxidant and neutralizes free radicals. It is recommended for athletes, people with work disorders and damage to the liver or pancreas, chronic fatigue or stress, and to those being treated with chemotherapy and radiotherapy.

Are intravenous infusions safe?

The therapy is safe and guarantees the desired effect in a personalised way.

The composition of TAD Glutathione drip:

Vitamin A: supports the regeneration of a weakened body.

Magnesium: determines the proper functioning of muscles.

B vitamins: supports the work of the nervous system.

Vitamin C: Ascorbic acid is involved in the metabolism of fats.

Vitamin E: improves blood flow.

Vitamin D: reduces the risk of bone fractures.

What is the procedure?

The patient makes themselves comfortable, and the specialist connects the vitamin drip.

The procedure usually takes between 30 and 50 minutes.

What is the difference between IV therapy (vitamins cocktails) and normal vitamins?

One of the biggest benefits of IV therapy is simply how efficient it is. When you consume nutrients orally, they have to go through your digestive system and metabolise before your body can use them. It's a slow process and the reality is that orally consumed vitamins are around 50% bioavailable.

Complex Vitamin B, B1, B2, B3, B5, B6 is a whole set of vitamins that dissolve well in water, are removed with sweat or urine and participate in the processes of matrix metabolism.

They help in the absorption of carbohydrates, support the functioning of the nervous system and necessary for a functioning circulatory system.

Infusions have an immediate effect as they bypass the digestive system, so the losses are minimal.

Glutathione improves the body's degreasing process, supports the immune system, helps maintain proper body weight, takes part in regeneration and thus reduces inflammation and protects against stress.

Coenzyme Q-10 plays a key role in energy production, antioxidant activity, immune system support and in the production of ATP, the main source of energy for cells. The anti-oxidant neutralizes free radicals that are formed as a result of metabolic processes and support for the cardiovascular system.

Welcome to your monthly hair dot com



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 HOT IS TOO HOT FOR MY HAIR?

A) Your hair is made up of overlapping protein called keratin and this protein can take temperatures below the 300-395 degrees Fahrenheit threshold. The keratin that gives your hair strength and elasticity will begin to break down and burn away with higher temperatures, the outer surface of the hair, the cuticle, cracks and frays, and will lose its protective ability.

Moisture will evaporate from the interior layers of the hair shaft – and if you heat wet hair, steam will blast through the hair structure and cause breakage and split ends as it escapes.

For thicker hair which has more layers of keratin than thinner hair, the range of 300 to 340 degrees Fahrenheit is safe. While for thinner hair, remaining below 290 degrees Fahrenheit is ideal.

For over processed or heat damaged hair it is advised not to use heated appliances.

Heat indexes for some heat styling instruments :

1) **Blow dryers** : Hair Dryers typically heat to between 80 and 140 degrees Fahrenheit. With maximum heat, it can reach an extreme temperature like 140 degrees Fahrenheit. Keeping the hair dryer in one place can eventually bake your hair, keeping the hair dryer moving whilst drying your hair will prevent over drying and burning your hair.

If you have the extra time, blast- dry your hair to remove about 50% of the excess moisture, for the remaining moisture, let it air dry naturally.

2) **Tongs** : For thick textured hair, go for a high temperature between 200 to 300 degrees Fahrenheit. With thin textured hair, it is best not to go above 200 degrees Fahrenheit because of its sensitivity. Do not leave the tongs on your hair for a long period of time, I usually place my finger over the hair that I have wrapped around the tong, once I feel the heat through the hair it's time to let go and unwrap the hair. For thicker hair take smaller sections.

3) **Hair Straighteners** : Straightening your hair requires more heat than curling. So, straighteners work on higher heat levels in comparison to tongs.

For thicker hair, the range of 300 to 340 degrees Fahrenheit is safe. While for thinner hair, remaining below 290 degrees Fahrenheit is ideal. Never leave your straighteners in one place of your hair, keep the straighteners moving. If your hair is not healthy enough or is damaged, then staying away from hair straighteners is the best solution.

Q) WHY DO I NEED A HEAT PROTECTOR FOR MY HAIR?

A) In general, heat protectors form a thin film on the hair's surface, providing a thermal protector that helps to slow down heat conduction and distribute the heat more evenly. This means that hair will heat up gradually rather than suddenly to lessen the shock, resulting in less hair damage. A heat protector also reduces water evaporation (moisture) by sealing in the moisture that is already there for its elasticity.

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



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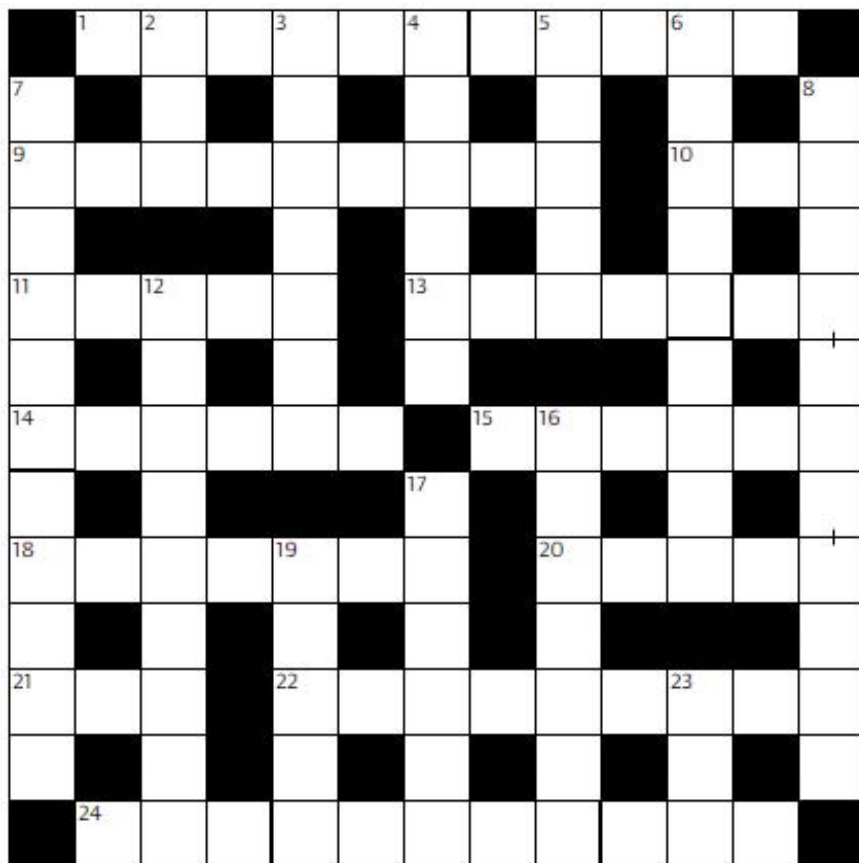


Sudokus

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Cross Word



ACROSS

- 1 Truth disguised as a lie (or vice versa) (6,5)
- 9 Is incompatible (with) (9)
- 10 Scamp (3)
- 11 Bingo (5)
- 13 During the first stages (5,2)
- 14 Thickset (6)
- 15 Keep back (6)
- 18 Non-believer (7)
- 20 Estimate — shot (5)
- 21 And so on (abbr) (3)
- 22 Unrehearsed (9)
- 24 1st of 365 (or 366) (3,5,3)

Down

- 2 Belonging to a specified person (3)
- 3 Young (or castrated) male bovine (7)
- 4 Surpass (6)
- 5 Unsuccessful gambler (5)
- 6 Magical story with a happy ending (5,4)
- 7 Flat pastries filled with dried fruit — less EEC cack (anag) (6,5)
- 8 Completely straightforward (4-3-4)
- 12 Odontalgia (9)
- 16 Completely engage (7)
- 17 Completely ideal state (6)
- 19 In a frosty manner (5)
- 23 Pulse (3)

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BOOK REVIEW

"Rich Dad Poor Dad"

BY ROBERT KIYOSAKI:
A Timeless Wealth Building Blueprint

"Rich Dad Poor Dad" is a financial classic that has resonated with readers for over a quarter of a century.

Although I read this book over 20 years ago and still have that copy today, I just recently came across an online discussion thread about Kiyosaki's work. Opinions about Kiyosaki and his book vary widely, there's no denying the lasting impact and relevance of his ideas on personal finance and wealth-building strategies.

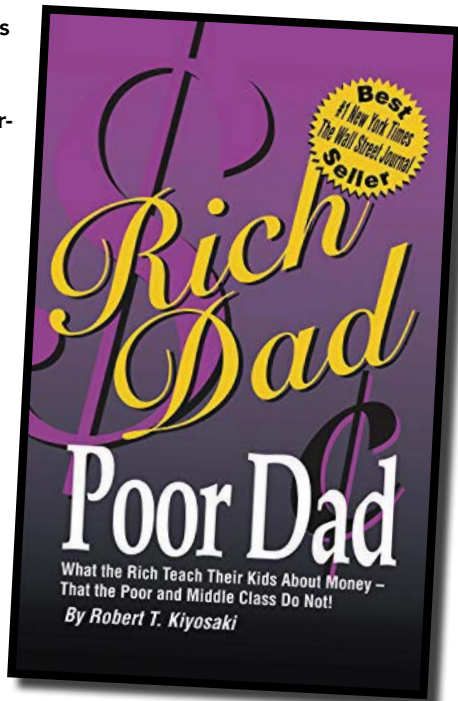
"Rich Dad Poor Dad" continues to be a bestseller today. Kiyosaki's unique perspective is drawn from his own life experiences. The book introduces readers to two influential figures in Kiyosaki's life: his biological father, referred to as "Poor Dad," and his best friend's father, known as "Rich Dad." These two contrasting parental figures serve as the book's central characters, representing differing financial mindsets and approaches to money.

"Rich Dad" encourages readers to break free from the cycle of working for money and instead, to make money work for them. Kiyosaki explores the importance of financial education, investment, entrepreneurship, and the acquisition of assets. He argues that true wealth is built by generating passive income streams and making informed financial decisions.

Critics of Kiyosaki's book often point to its simplicity and occasional lack of specific financial advice. Some argue that his emphasis on passive income and entrepreneurship may not be suitable for everyone. Additionally, Kiyosaki's promotion of MLM (Multi Level Marketing) raises eyebrows among those sceptical of such business models.

Whether you love or hate "Rich Dad Poor Dad," there's undeniable value in reading it. The book sparks a fundamental shift in how readers perceive money, assets, and financial security. "Rich Dad Poor Dad" serves as a stepping stone for those looking to embark on a journey towards financial literacy and independence. While Kiyosaki's approach may not align with everyone's beliefs or circumstances, the book's enduring popularity attests to its ability to provoke thought and inspire action. So, whether you're a seasoned investor or just starting on your financial journey, "Rich Dad Poor Dad" is definitely worth a read, as it challenges conventional thinking on financial destiny.

By Cheryl Goth



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