

The Advertiser Magazine

February 2024

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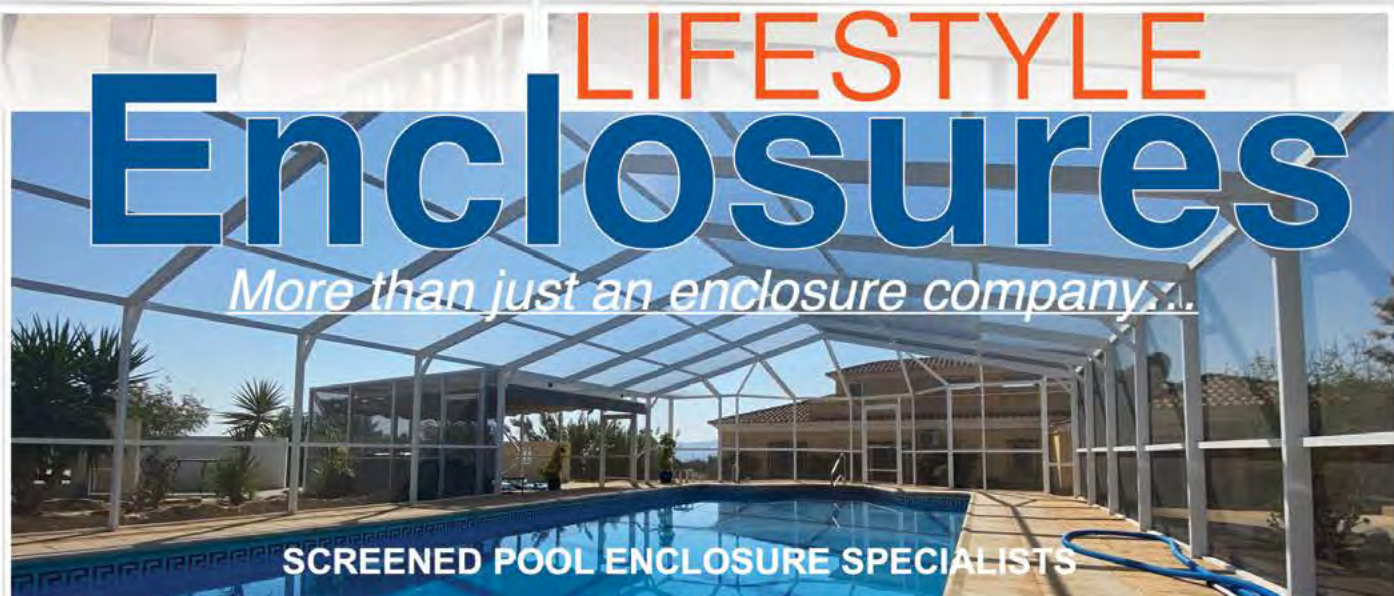
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THE Advertiser Magazine is published every month, except for January. It is bursting with useful adverts for a broad range of businesses located in Mojacar, Garrucha, Vera Playa, Antas, Los Gallardos, Bedar, Turre, Albox, Alfoquia and Zurgena.

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

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Welcome

to February's issue of the Advertiser Magazine

Welcome to the month of love, laughter and a hint of lingering winter chill! As we bid farewell to January's resolutions (or lack thereof), let's embrace the shortest month with open arms and a sprinkle of optimism.

February, the month that brings us heart-shaped chocolates, cozy blankets, and the perfect excuse to wear that fuzzy pair of socks you've been saving.

It's the time to turn the page on the calendar and dive headfirst into a fresh chapter filled with possibilities. Whether you're planning grand gestures for Valentine's Day or plotting a rom-com marathon for Singles Awareness Day, February is yours to paint with the colours of your choosing. Send those warm messages to loved ones, share smiles with strangers, and indulge in the guilty pleasure of heart-shaped pancakes because, why not?

As we navigate this delightful journey through the month, remember: it's okay if your New Year's resolutions are already gathering dust. February is all about embracing imperfections and celebrating the uniqueness that makes each of us sparkle.

Whether you're a winter enthusiast or counting the days until spring, let's make this February a month to remember. Cheers to friendship, love, and all the delightful surprises waiting just around the corner. Welcome, February – we've been expecting you with open arms and a heart full of joy!

Andrew & Cheryl

Local Market Days

MONDAY

- * Antas
- * Huercal Overa
- * Vera Playa

TUESDAY

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

WEDNESDAY

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

THURSDAY

- * Carboneras
- * Cuevas del Almanzora
- * 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





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Sat 10	-	20h
Sun 11	-	16:45h
Wed 14	-	16:45h
Fri 16	-	20h
Sat 17	-	20h
Sun 18	-	16:45h
Wed 21	-	16:45h
Fri 23	-	18h
Fri 23	-	20h
Sat 24	-	20h
Sun 25	-	16:45h
Wed 28	-	16:45h

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Now the January dieting is out of the way and the weather is not always at its best, what could be better than a nostalgic warming pudding.

I served this recently to friends and both said "ah, my Nan used to make me this" Well, that's a good enough compliment for me. So we have pineapple upside down cake, and also homemade marmalade. If you're not lucky enough to have your own tree you probably know someone that is and a frequent refrain this time of year is "do you want any oranges?" I was so delighted when I discovered our tree produced Seville oranges and we have a bumper crop this year.

PINEAPPLE UPSIDE DOWN CAKE

INGREDIENTS:

For the topping
50g softened butter
50g light soft brown sugar
7 pineapple rings in syrup, drained and syrup reserved



For the cake

INGREDIENTS:

100g softened butter
100g golden caster sugar
100g self-raising flour
1 tsp. baking powder
1 tsp. vanilla extract
2 eggs

METHOD:

Heat oven to 180C/160C fan/gas 4.

For the topping, beat 50g softened butter and 50g light soft brown sugar together until creamy. Spread over the base and a quarter of the way up the sides of a 20cm round cake tin. Arrange the pineapple rings on top (reserving the syrup for later).

Place 100g softened butter, 100g golden caster sugar, 100g self-raising flour, 1 tsp. baking powder, 1 tsp. vanilla extract and 2 eggs in a bowl along with 2 tbsp. of the reserved pineapple syrup. Using an electric whisk, beat to a soft consistency.

Spoon into the tin on top of the pineapple and smooth it out so it's level. Bake for 35 minutes. Leave to stand for 5 minutes, then turn out onto a plate. Serve warm with a scoop of ice cream or custard.

MARMALADE

This is a lot of work but it is well worth it. I always set aside a full afternoon to do this.

INGREDIENTS:

1kg Seville oranges
1 large lemon
2.5 litres water
1.75kg sugar
A little butter



You will also need a 6.5L capacity heavy based saucepan or preserving pan and a regular medium sized one

Begin by lightly buttering the base of the large pan (to help prevent the marmalade catching) measure 2.5 litres of water into the pan. Then cut the oranges in half (discarding any bits of stalk) and squeeze the juice out of them (if you intend to make lots of marmalade an electric citrus squeezer makes light work of this).

Add the juice to the water and place the pips and any bits of pith that cling to the squeezer into the separate smaller saucepan.

Now cut the orange peel into quarters with a sharp knife, and then one by one, fold and squeeze the quarters tightly together and cut them into shreds. As you cut, add the shreds to the water and any pips or spare pith you come across place into the 2nd saucepan. The pith contains a lot of pectin so don't discard any and don't worry about any pith and skin that clings to the shreds – it all gets dissolved in the boiling.

Quarter and squeeze the Lemon and pips into the second saucepan then add the squeezed lemon peel in too.

Bring the large saucepan up to simmering point and simmer very gently, uncovered, for 2 hours or thereabouts, until the peel is completely soft (test a piece carefully by pressing it between your finger and thumb, if you can squeeze it in half the peel is ready).

Meanwhile add a litre of water to the smaller saucepan that contains the pips, pith and lemon and simmer down until liquid is reduced by half then press through a sieve into the larger saucepan scraping the sticky jelly like substance from the bottom of the sieve into the pan. This contains the pectin needed to set the marmalade. Give it a good whisk in to combine.

Meanwhile, chill three side plates in the freezer.

Now pour the sugar in and stir it now and then over a low heat, until all the crystals have dissolved. Now increase the heat to its highest.

As soon as the mixture reaches a really fast boil, start timing. Give it an occasional stir, then after 15 minutes, remove the pan from the heat and spoon a little of the marmalade onto one of the cold plates from the freezer, and let it cool back in the fridge, for a few minutes.

When it has cooled, you can test if you have a 'set' by pushing the mixture with your finger: if it has a really crinkly skin, it is set. If not, continue to boil the marmalade and give it the same test at about 5 minute intervals until it does set. You may need to test it two or three times. After that remove the pan from the heat. If there's a lot of scum, most of it can be dispersed by stirring in half a teaspoon of butter, and the rest can be spooned off. Leave the marmalade to settle for 20 minutes.

In the meantime, wash 6 jars in mild soapy water, rinsed and dried and heated in a medium oven for 5 minutes.

Pour the marmalade, using a jug into the warm jars, (so that it goes right up to the neck) cover with baking parchment discs making sure you cover all the surface and put the lids on while still hot.

Store in a dry, cool, dark place and more importantly get some toast made!!

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14th February



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La Forneria celebrates their 5th anniversary this month. This heavenly bakery and cafeteria has been teasing the senses and palates of the locals at las Buganvillas since 2019. The delightful aroma of fresh baked goods wafting from La Forneria is just too tempting to resist. La Forneria began as a bread shop but quickly expanded the products on offer to include exquisite cakes and pastries. Specialty cakes can be ordered.

Since the cafeteria began, lucky clients can enjoy coffee, a range of mouthwatering breakfasts, including traditional Belgian breakfasts and freshly prepared sandwiches. Soon La Forneria will once again extend the range of products they offer. The arrival of a new chef will shortly see La Forneria offering a scrumptious range of savoury baked goods such as pastries, pies and quiches. If you haven't yet visited La Forneria then indulge yourself, it's a choice you'll relish.

You are welcome to come and celebrate with us on 14th of February from 5pm!



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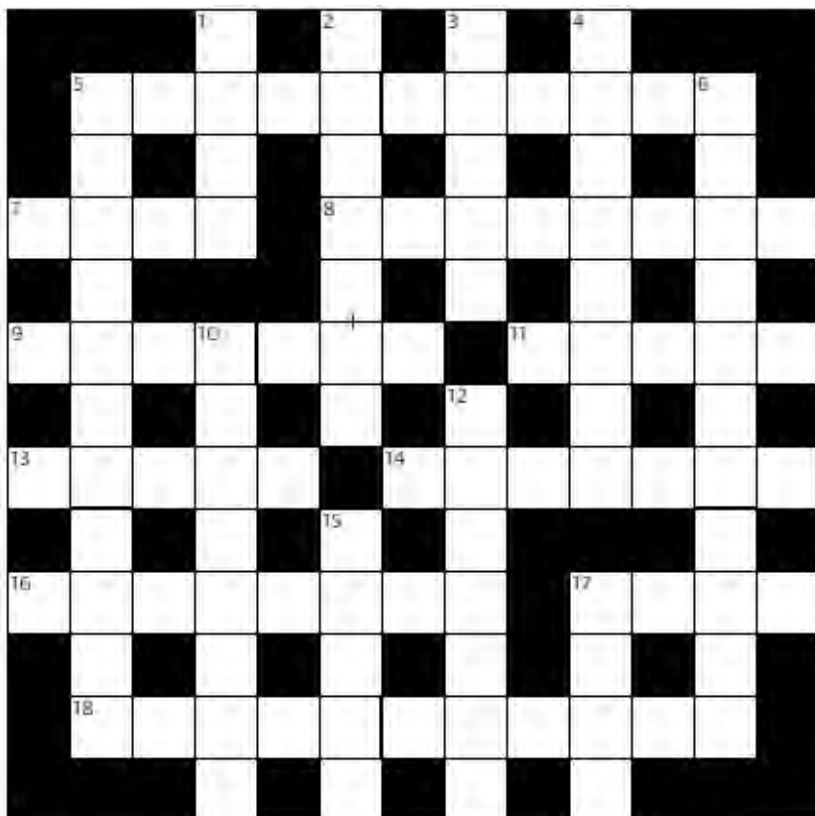


Sudokus

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

Cross Word



ACROSS

- 5 Small cut of beef from the underside of a sirloin (5,6)
- 7 Spot (4)
- 8 Pre-2001 name for Kolkata (8)
- 9 Eject (4,3)
- 11 Code for I (5)
- 13 Welsh for Wales (5)
- 14 Queens or Brooklyn, say, in New York (7)
- 16 Gorbachev's 1985 slogan involving more open government (8)
- 17 Connect (4)
- 18 Very gregarious type (5,6)

DOWN

- 1 Strip the skin off (4)
- 2 Snooty (5-2)
- 3 (Of terrain) going up and down (5)
- 4 Suggestive implication (8)
- 5 High-jumping technique — ploy rubs off (anag) (7,4)
- 6 1999 film starring Julia Roberts and Hugh Grant — West London district with an annual carnival (7,4)
- 10 Management of growing timber (8)
- 12 Omen (7)
- 15 Cyst (5)
- 17 Leap (4)

Find the solutions to these puzzles on our website: www.advertiseremojacar.com

just for laughs

A boy read a restaurant sign that advertised fat-free French fries.
"Sounds great," said the health-conscious boy. He ordered some. He watched as the cook pulled a basket of fries from the fryer. The potatoes were dripping with oil when the cook put them into the container.
"Wait a minute," the boy said. "Those don't look fat-free."
"Sure they are," the cook said. "We charge only for the potatoes."

My daughter brought a friend from school and she said his great-great-great-great-grandfather was coming to pick him up later. I was impressed and asked: "Does he know how his 'so many greats grandfather' lived for so long?"
My daughter answered: "It's because of my friend's stutter."

A bear walks into a bar... The bartender is extremely busy and looks tired. He eventually makes his way over to the bear. The bear immediately tells him, "You look exhausted."
"Yeah, it's been a rough day," says the bartender, "What are you drinking?"
"I'll have a glass of...", says the bear. He waits a painfully long moment before finishing, "...scotch."
"Why the long face?", asks the bartender.
"Don't you mean big pause?", asks the bear.
"Yeah, sorry. Like I said, it's been a rough day."

A man stands in line at an ATM in Moscow. After an hour he loses his patience and yells, "Putin is to blame for this I'm going to the Kremlin and I will get rid of him!"
30 minutes later he's back in line at the ATM.
"Why are you here again?", asks another waiter.
"The line in front of the Kremlin is twice as long as this one..."

A climber fell off a cliff, and, as he tumbled down, he caught hold of a small branch. "Help! Is there anybody up there?" he shouted.
A majestic voice boomed through the gorge:
"I will help you, my son, but first you must have faith in me."
"Yes, yes, I trust you!", cried the man.
"Let go of the branch", boomed the voice.
There was a long pause, and the man shouted up again, "Is there anybody else up there?"

A redneck's father passed away in his sleep. So in the morning, he calls 911 to come pick up the body. The 911 operator told him that she would send someone out right away.
"Where do you live?" asked the operator.
He replied, "At the end of Eucalyptus Drive."
The operator asked, "Can you spell that for me?"
There was a long pause and finally he said, "How 'bout if I drag him over to Oak Street and you pick him up there?"

A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and said, "Why are these penguins in your truck?"
The man replied, "These are my penguins. They belong to me."
"You need to take them to the zoo," the policeman said.
The next day, the officer saw the same guy driving down the road. He pulled him over again. He saw the penguins were still in the truck, but they were wearing sunglasses this time. "I thought I told you to take these penguins to the zoo!", the officer said.
"I did," the man replied. "And today I'm taking them to the beach."

Donald Trump was walking through Manhattan and saw a long queue. Wondering what it was for, he joined it. People would look over their shoulder, see that it was Donald Trump behind them, and leave the queue, so he would proceed closer and closer to the front. As he was getting closer to the head of the queue, he asked one guy, who also looked and was about to walk away, "Wait a second, what is this queue for and why are you now leaving it?"
The man said "This is the queue for Canadian Immigration Visas, but if you are getting one, I don't need one now."

I went to this haunted house for exploration. It was near the forest so the local guide warned me that I might find some animals there. Sure enough, there was a panda. When I offered it some food, I was taken aback because it suddenly started talking.
Turned out that it was a ghost panda and it only ate bam-booooo!

A man takes his sick Chihuahua to the veterinarian. They're immediately taken back to a room. Soon, a Labrador walks in, sniffs the Chihuahua for 10 minutes and leaves. Then a cat comes in, stares at the Chihuahua for 10 minutes and leaves. Finally, the doctor comes in, prescribes some medicine and hands the man a \$250 bill.
"This must be a mistake," the man says. "I've been here only 20 minutes!"
"No mistake," the doctor says. "It's \$100 for the lab test, \$100 for the cat scan and \$50 for the medicine."

I was once passing through a town in England when this lady stopped me because she needed help fixing her car that had broken down. As I was fixing the car, the lady would cross the road and shout "Hello" at me. This happened a few times as the lady found it really amusing. I would have thought that it was very weird had I not realized that it was the singer Adele.

LifeStyle

Healthy Heart Month

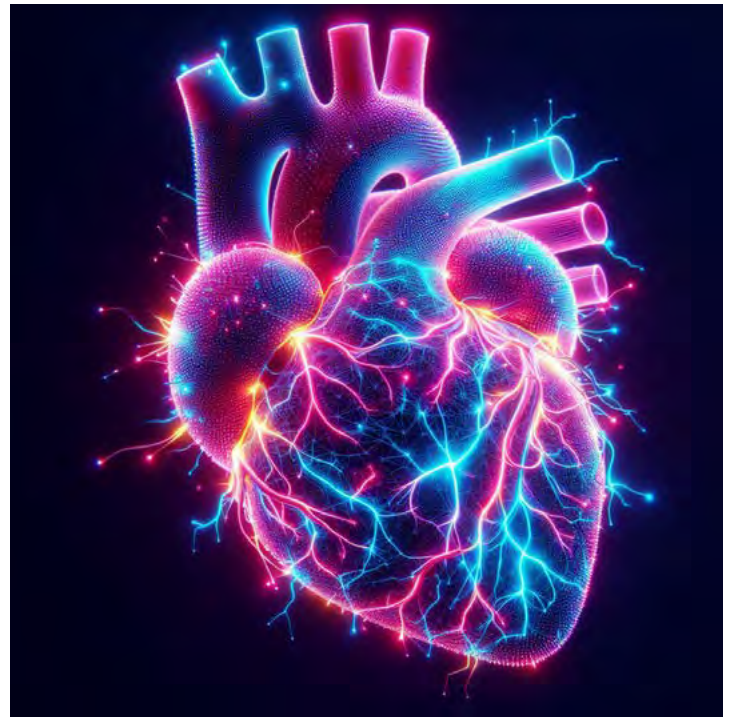
JUST when you thought no one was going to tell you what to do any more, along comes February raising awareness on the benefits of having a Healthy Heart, as opposed to having a dodgy one, or none at all. So let me get it out of the way early. **Stop smoking! Stop eating red meat! Stop stressing! Stop stealing the neighbour's eggs! OK, that last one might be for me only.**

But it's not all bad and no-no's. Apparently chewing gum can boost your heart rate, but it has to be sugar free and you're strictly not allowed to blow bubbles... and it should be curry flavour. You can also eat dark chocolate, as the specific ingredient responsible is flavonoids, which lowers blood pressure. And you thought you wouldn't learn anything from reading this today!

DIET AND EXERCISE

For a healthier heart, you should focus eating things like fruits, vegetables, whole grains and lean protein. Stay away from processed foods, transient fats, processed meat and basically anything that I eat now (my kebab place is going to go out of business). Those bad fats sit around your organs and cause all sorts of problems, which is better to avoid if you can.

Exercise is of course, an important component to keeping your heart healthy. 30 minutes a day is all you need. Different age levels will have varied exercises, with the younger you are, the more strenuous exercise you can take on. Just remember, if you haven't done much exercise recently, don't try and do too much



too quickly. Gradually, re-introduce yourself to the movements over weeks and build-up. If only I had have known this before trying to play basketball again.

ARE YOU A BIT OF A WORRY-WART?

Chronic stress can have significant implications for cardiovascular well-being and can develop or exacerbate heart-related conditions. So don't worry! Chronic stress is also related to long-term impact on blood pressure, inflammation and immune system response and effect heart rhythm. Really, don't worry!

However, it's good to know there are plenty of stress management possibilities out there. They range from meditation, yoga and deep-breathing techniques. Also, having a pet, and in particular a dog, has been linked to improve heart health due to companionship and physical activity. Research also suggests marriage is helpful to men and lowers risk of heart disease and stress (Not MY research!!). And laughter, so hopefully that last one made you laugh!

IN THE END

In the grand finale of our Healthy Heart Month, let's take a moment to celebrate the beating engine that keeps us alive – our hearts. February may be the designated month, but the journey to heart health is a year-round adventure. So, as we bid adieu to this heart-centric ride, remember that the road to a healthy heart is paved with not just restrictions but also delightful surprises.

Ohhh, I've just worked out why February was probably decided to be healthy heart month! I imagine it's because of Valentine's Day being about love and the heart and blah blah blah! That's clever!

If you have any feedback for me, to dispute, argue, agree, support, harass or to pinch, flick me an email

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by Brad H





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WEALTH MANAGEMENT

Post BREXIT Regulations state that Non-UK Residents can no longer receive advice from UK Advisers and Companies and must seek EU Advisers. Many UK Institutions have been contacting Spanish Ex-Pat Residents and closing their Bank Accounts, ISA's and Investment Portfolios. We can Review your current arrangements both in the UK and elsewhere and advise you of your options.

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PENSIONS

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UK TAX

As a Registered HMRC Agency we can complete UK Self-Assessment Returns, Double Taxation Applications and HMRC Issues.

Aurora & Ana will continue their excellent service advising and completing Resident & Non-Resident Tax Returns, Modelo 720 and all other aspects of living in Spain but these services will now be offered by Aurora & Ana working for Grupo Salvador, who have offices in Mojacar, Albox and Almeria.

**Any questions or queries, please contact Tim at :
tim@indalo.partners**

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GARDENING TIPS IN SOUTHERN SPAIN

By Alan



Pest Control in Your Garden - Tips & Tricks

Welcome to the enchanting world of Mediterranean gardens, where the sun kisses the earth, and vibrant flora paints a picturesque landscape.

However, even in this paradise, unwanted guests in the form of pests can occasionally disrupt the tranquility. Fear not, fellow garden enthusiasts! Let's embark on a journey to maintain the harmony of your Mediterranean oasis with some friendly pest control tips.

1. KNOW THY ENEMY:

The first step in effective pest control is identifying the intruders. In Mediterranean gardens, common pests include aphids, snails, and those mischievous little ants. Familiarize yourself with these tiny foes to better understand their habits and vulnerabilities.

2. PLANT ALLIES, NOT ENEMIES:

Nature has a wonderful way of balancing itself out. Introduce companion plants that naturally repel pests and promote a symbiotic relationship in your garden. For example, basil can deter mosquitoes, and marigolds act as a natural nemesis to nematodes. Embrace the power of biodiversity!

3. DIY PEST REPELLENTS:

Crafting your own pest repellents can be both fun and effective. A simple concoction of water, soap, and a touch of neem oil can work wonders against aphids. Spray your plants with this DIY potion to keep those pesky insects at bay without harming your garden's delicate balance.

4. ENCOURAGE BENEFICIAL PREDATORS:

Invite the good guys to the party! Ladybugs, lacewings, and predatory beetles are nature's pest control squad. Create a welcoming environment for these helpful insects by avoiding the use

of harsh chemical pesticides that might harm them. A balanced ecosystem is the key to a thriving garden.

5. TIMING IS EVERYTHING:

Strategically planning your gardening activities can be a game-changer. Water your plants in the morning to prevent excess moisture, which can attract snails and slugs. Additionally, regularly prune and remove dead leaves to eliminate hiding spots for unwanted critters.

6. EMBRACE NATURAL BARRIERS:

Create natural barriers to safeguard your Mediterranean haven. Crushed eggshells, coffee grounds, or even a sprinkling of cinnamon can act as deterrents for ants and other crawling pests. This not only protects your plants but also adds a touch of whimsy to your garden aesthetic.

Maintaining a pest-free Mediterranean garden doesn't have to be a battle; it can be a harmonious dance with nature. By understanding your garden's ecosystem, embracing natural solutions, and fostering a diverse environment, you can ensure that your oasis remains a thriving haven of beauty and serenity.

Happy gardening!





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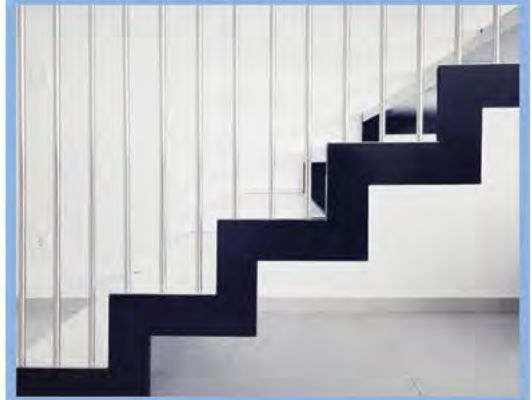
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The Cosentino family wishes to extol the values of their land, in a great project where they want to turn Macenas into a sustainable tourist destination with its own personality. This exciting challenge aims to create a positive impact at all levels, while leaving a legacy for future generations.



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Living in Macenas means a satisfying sensation of well-being in the middle of nature. Vital need to connect without limits with the landscape from a safe and cozy home that allows you to share and enjoy the little things, the sunrise, the birds singing at dawn, the murmur of the waves or a great conversation under the stars with friends.



At Macenas you will find a community based on respect and closeness, where you can relax and enjoy quality time, work with the best views, build your first home or spend your holidays. A place where you can savour the small moments that become extraordinary.

"The primary objective of the project is the renaturalisation of Macenas, preserving and promoting its natural and cultural heritage." The international architecture firm of Rafael de La-Hoz designed this resort by restoring the environment through landscaping, with an understated architectural style that embraces nature and the incredible views of the Mediterranean Sea.

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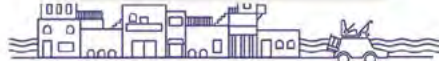
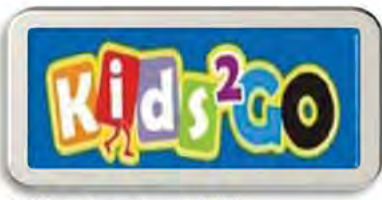
A selection of villas featuring modern Mediterranean architecture that capture the essence of Macenas and its natural surroundings. The interior blends in with the exterior, natural light floods every room and the views of the golf course and the Mediterranean Sea provide the best possible backdrop. Villas del Mar is synonymous with excellence and sustainable construction. This residential development has been awarded BREEAM, the world's leading method of assessing and certifying the sustainability of an architectural project.

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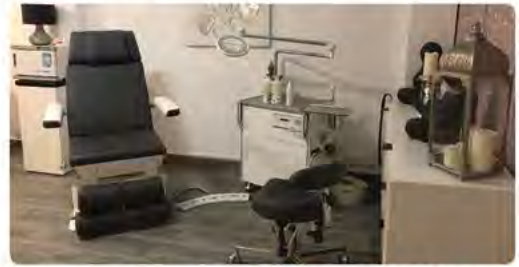
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Each month I am looking forward to sharing my knowledge of hair care with you. As a Vocational Trainer and Assessor for the examiners SCOTVEC and a salon owner for over 30 years, my passion is the science of hair and how to respect it using salon chemicals.

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.

WHY DOES MY HAIR ALWAYS LOOK SPLIT?

A) It is natural for your hair to split after approximately six to eight weeks which is why it is best to have your hairdresser trim the split ends off before they start to travel up the hair. Here are a few other tips to prevent your hair from breaking and/or splitting.

Change your pillow slip

Continuous friction from your pillowcase can cause split ends. Try covering your pillow with a satin or silk pillowcase to reduce split ends and frizz.

The right pillowcase can change the way your hair looks, your hair can glide over a satin or silk pillowcase much easier than a rough fabric pillowcase.

Silk and satin are soft fabrics and do not generate static causing your hair to go into those little knots like other fibres do. This tip is also a great tip to help prevent those little lines appearing on your face.

Don't tie up your hair when it is wet

Something that you might be doing simply out of habit is tying up your hair when it is wet. Hair that is wet is at its weakest point because the hydrogen bonds in your hair are weaker. The water

between the hydrogen bonds can cause the bonds to over stretch and snap resulting in breakage to your hair.

You should not be putting any pressure on your hair until your hair until it is completely dry.

Massaging your scalp

Massaging your scalp will help bring the blood to the surface of the scalp and feed the follicle. This is similar to when you tap yourself, the skin turns a tiny shade pinker due to the blood coming to the surface of the skin.

Your hairdresser can show you the best massage movements to use to encourage blood flow to the surface of the skin.

Just beneath the surface of the skin the hair bulb sits in a follicle, the bulb has a matrix and this is where the nutrients are stored, these nutrients come from our blood. Stimulation to the hair bulb has been proven to encourage hair growth and produce stronger hair.

Don't use Box Dye

Box dyes are not formulated to the same standard as the professional colour dyes, they can contain chemicals that are harmful to your hair. The overall colour may not turn out how you were quite expecting it to.

Hairdressers are trained to look, test and feel the hair to understand the best solutions and colours for your hair.

Happy New Year to you all, and I am looking forward to reading your questions throughout the year.

Beth x



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Make your outfit more flattering in seconds with the rule of thirds (*golden ratio*)

I'm not a fan of 'fashion rules' but I do enjoy learning what those rules are so, hopefully, you will find this as interesting as I did.

The Rule of Thirds is a concept in visual arts, mainly photography, film, painting and architecture, it's a basic guideline for making images more aesthetically pleasing, dynamic or compelling.

Understanding the rule of thirds when combining your outfits is pretty easy, and my guess is that you have been doing it already without realizing it had a name.

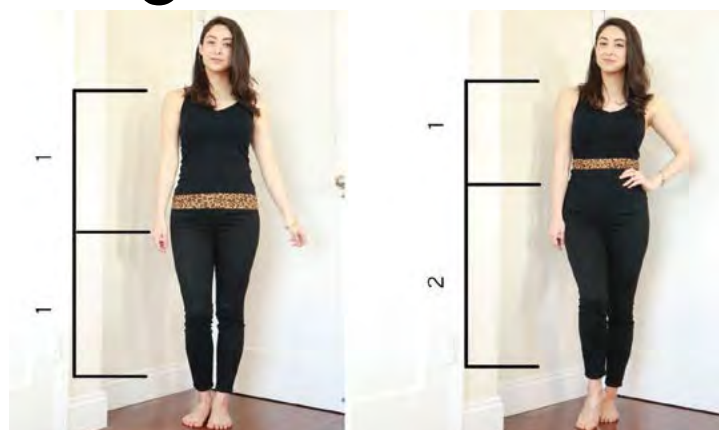
The key is to create a visual break or divide in your outfit at either the end of the first third, or the end of the second third. Avoid putting the visual break of your outfit in the middle as this can make you look frumpy.

The Golden Ratio boils down to aesthetics— creating a sense of beauty through harmony and proportion. When applied to any design, the Golden Ratio provides a sense of artistry; an X-factor; a certain je ne sais quoi.

It has been described by many authors (including the writer of the da Vinci Code) as the basis of all of the beautiful patterns in nature and it is sometimes referred to as the divine proportion. It is claimed that much of art and architecture contains features in proportions given by the golden ratio.

Basically when combining any outfit, it is better to divide the body into thirds and not in half. So 1/3 of your body is covered by your shirt/top and 2/3 is covered by your pants or skirt or vice versa.

The concept of the Rule of Thirds Means no matter how cute the individual pieces are, if the proportion of your outfit is off, it could look frumpy or unflattering.



It's generally accepted that a 1/3 to 2/3 ratio is the most aesthetically pleasing division of spaces. It doesn't have to be exact, it's just a guideline.

How to create a visual divide in your outfit

It's anywhere in your outfit something changes. The most obvious is any change in colour, but any of the following will create a visual divide:

- Where your top ends and the trousers or skirt begins so long as there's a difference in their colours.
- Wearing a belt (especially if you're wearing one continuous colour from head to foot).
- If you're wearing a dress or skirt, it's where the garment meets your skin...so for example an empire dress is fitted around the bust and upper waist so that's where the divide is and for a skirt it's the waist line.
- Wherever a layer ends.
- Where you roll your sleeves to.
- Where your trousers and boots meet (if they are not the same colour).

The key is to pay attention to the clothes you are wearing, and divide the outfit, not your body, into thirds. The lines are going to hit at different places depending on what you are wearing. It can be a bit confusing to understand at first, but the more you practice, the easier and more intuitive it becomes. Ever find it strange how you can look at an outfit and just know something 'isn't right'... generally it's because the balance of the outfit is off.

As Coco Chanel once said, "Fashion is architecture; it is a matter of proportions."

In fact, our brains are seemingly hard-wired to prefer objects and images that use the golden ratio. It's almost a subconscious attraction and even tiny tweaks that make an image truer to the Golden Ratio have a large impact on our brains.

Who could've known!!!



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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

This may not seem a big problem but it has really hurt me. I like to consider myself a good friend who would do anything for my friends. Before Christmas I messaged one of my friends to meet up as I hadn't seen or heard from her in a while. The friend replied that she was busy on the day I suggested but she didn't offer an alternative. To me this was just a brush off and I wanted to give her the gift I had bought for her for Christmas. It may seem silly but I realised that I'm always the one making all the effort to stay in touch etc. The only time she ever messages first is when she needs something. I feel really low about this and have been quite down about it since. Do you think I should have it out with her. I don't like confrontation.

Regards Evelyn

Dear Evelyn

I'm so sorry you have been hurt by your friends reactions. Sometimes good people can find themselves giving too much to others and always being the one others rely on in times of need. When we feel hurt or rejected it's natural to want to strike back in anger, but when we calm down we generally regret it. On the occasions that we suspect that we may be being taken for granted, it's often helpful to just take a big quiet step back rather than confronting the person. Simply stand back and focus on yourself for a while, this way we are not demanding attention from the other person and it's usually not too long before they notice our absence. If they come back and make an effort, it is then up to you to decide if you would like their company. If they don't come back then by the time you realise the relationship is over, enough time will have passed for you to be accustomed to your new reality without them, but you won't be hurt or feel rejected because you simply stepped away. I hope you understand that relationships are mostly 50/50 if you ever feel you are giving too much, just pull back slowly and gently until you feel there is fairness and balance again.

Look after your gentle heart
Theresa

Hi Evelyn,

I am in the same position with a friend. I also feel that it is only me who makes arrangements. I have decided to cut ties as it does affect my mental health.

This friend moved from to my area recently and I met her in walking group. She said she didn't have many friends and I said I would be her friend. We used to go for walks and meet up once a week or so until recently, then it stopped. She saw my husband at the gym and told him she would see me after Christmas. I have no idea why this happened.

Brenda

This has happened to me several times in my life. However, unless you ask your friend why, you will always have this hanging over your head and it seems that it is upsetting your mental wellbeing. Also, because you haven't seen her in a while, she may well be experiencing a life trauma that you know nothing about. There is nothing wrong with always being the first to extend yourself. If, however any of your friends seems to shy away from contact then just walk on. Be happy in yourself.

Sheelagh

The reason you are becoming aware of this is because you have risen in your own value and realised there is an imbalance. Whether or not you tackle this head on or not is up to you however if you choose not to ask yourself why not? Is it because you may be afraid of her reaction? That she may turn her back altogether? If she does then this is proof that this friendship is very one sided. I could say more however my guidance would be to first consult yourself as to what you wish to achieve and then weigh up the value of all options. If you are afraid of upsetting her then remind yourself that we are in control of our own emotions and choose to react in the way we wish. Create new boundaries and be available when it suits your heart but remain giving when you feel it from your soul. Listen to your needs and you will reap the rewards.

Sara

Evelyn - I have two friends like that too - I made a decision a long time ago based on how much the friendship means to me - do I want them in my life? - I strangely thought of Winnie the Pooh and Eeyore and decided I did still want them - so most of the time I don't push for contact but once in a blue moon I will - and they see me, and it's great - but by the same token I make the effort to be available whenever they want to meet - not because I'm a pushover as I'm anything but - but because I know they need my friendship in their lives - the decision is yours but you have to want their friendship and I value theirs (one friendship is 36 years and the other 15 so something must be right)

Janice

I wish you were my friend. If she wants to see you, she will make time for you. If she doesn't then I would not bother again. You will hear from this person when they have no one. Sorry to say it but it's true and the only one hurting is you. She is not thinking about you.

Lorraine

No alternative date offered speaks volumes and, has happened to us all. Let her go. She's not worthy of your time and obviously feels that you are not worthy of hers. Life's too short.

Nettie

Make an effort to see if there is a good reason for not contacting you and if there is no contact give up, be happy with your other friends, something like this happens to most people my dear!

Stephanie

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



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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.

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COMMUNITY

Readers Letter

Dear Readers,

I feel that I have to comment, in a very positive way, with regards my experience in Huerca Overa, the Immaculate Conception Hospital.

I unexpectedly had a medical problem, that came out of the blue!! Thinking, I was very fit, for my age, I am in my 70's. The care in the Ambulance was kind, thorough, and extremely professional! Asking me, who I was, details etc.

On arrival at Huerca Overa Hospital, I was whisked directly into the emergency room, where I was surrounded by no less the 8 doctors and nurses. It was almost like a dream, even though I was in pain!

Within a very short time I had had many tests and the print outs were being analysed. I was informed that I would be staying the night and then taken into an observation ward with more Doctors and Nurses. I was made comfortable and checked every 15 minutes. I had drips in my arm and had an ECG done.

I just had to say how grateful I am for this excellent treatment. Within 1 day of being home, I now have been sent a date and time for an appointment with my consultant!

Hearing so many negative accounts of the health care system in Spain, I just felt I had to comment on my, very positive, excellent care.

Mrs T.

Do you have something you would like to say?

Please send your readers letter to advertiseremojacar@gmail.com

**Editor's discretion will be used when deciding what to publish*

MOJACAR BOWLS CLUB



MOJACAR BOWLS CLUB is the only bowls club based in the resort of Mojacar Playa. Situated behind the ServiGroup Marina Mar Hotel, it offers an outdoor six rink carpet green, with stunning views of the picturesque Mojacar Pueblo, as well as the rolling hills and sea views.

This small club welcomes all levels of bowlers, with coaching and mentoring provided for beginners. Open all year round, roll-ups take place on Tuesdays, Thursdays and Saturday mornings, from 9:30am, with a 10:00am start.

Known as "The Friendly Club", the members seek to balance the game of bowling with the social side, providing opportunities to meet new people and become part of the Mojacar Bowls Club community. A few hours gentle exercise, followed by a drink and chat with your fellow bowlers in the clubhouse and bar is an idyllic way to spend a morning.

The club has approximately 50 members, some of whom live in Spain, and others who visit the club regularly, usually over the winter months. All members and day visitors are welcome to attend roll-ups as often as they choose. The club also attracts visitors from other bowling clubs, whether on an ad-hoc basis or as part of an organised trip.

As well as the bowling, the club arranges regular social and charity events, lunches, quizzes and occasional days out to visit and play other clubs within the region.

The club is located at Avenida del Mar, 7 Urb Marina de la Torre, Mojacar, 04638 (behind Hotel Servigroup Marina Mar). Any interested bowlers are always welcome to visit the club during a roll up to meet the members and get a flavour of the bowling.

For more information about Mojacar Bowls Club, contact Janet Lawrence email: janlawspain@yahoo.co.uk or call her on Tel: 627 204 422. Alternatively visit www.mojacarbcb.com



BOOK REVIEW

Tinderella

BY JACKY TREVANE

Tinderella, the modern-day fairy tale concocted by Jacky Trevane, is not your typical Cinderella story. This cheeky and hilariously refreshing take on dating in the digital age offers a witty exploration of love, lust, and the swipe-right culture.

In this laugh-out-loud novel, Jacky introduces us to navigating the tumultuous waters of online dating, not just online dating though. Jacky embarks on a quest for love, online, during the pandemic, in Spain. A quest for love armed with her smartphone and a good dose of self-deprecating humour.

The narrative unfolds like a series of cringe-worthy yet endearing anecdotes from Jacky's adventures and misadventures in the world of dating apps. Her writing style is a delightful blend of sarcasm and charm, making it nearly impossible not to root for "Tinderella" as she stumbles through the maze of profiles, swipes, and awkward first dates.

One of the standout features of this book is its ability to capture the zeitgeist of contemporary dating. Jacky cleverly weaves in the quirks and absurdities of online interactions, turning what could be a mundane exploration of dating apps into a comedy of errors. From bizarre bios to unexpected encounters, she manages to find humour in the seemingly innocent aspects of swiping left and right.

The supporting characters, Jacky's dates, are equally memorable, each contributing their own comedic flair to the story. The slew of eccentric potential suitors, the ensemble cast adds depth and dimension to the narrative.

Amid the laughter, Jacky also touches on the more poignant aspects of modern romance, exploring themes of self-discovery, personal safety and the importance of embracing imperfections. Jacky's journey becomes a mirror reflecting the insecurities and hopes of many readers who have dared to venture into the unpredictable world of online dating.

Tinderella is a breath of fresh air in the realm of romantic comedies, offering a witty and entertaining perspective on the trials and tribulations of love in the digital age. Jacky Trevane's clever writing and relatable characters make this book a must-read for anyone who has ever swiped right in the pursuit of their own happily ever after. Grab your glass slipper and get ready for a rollercoaster ride of laughs, cringes, and unexpected romance.

*Tinderella is available from Amazon.es and Amazon.co.uk

**Jacky Trevane is the Best Selling Author of Fatwa and Invisible Women



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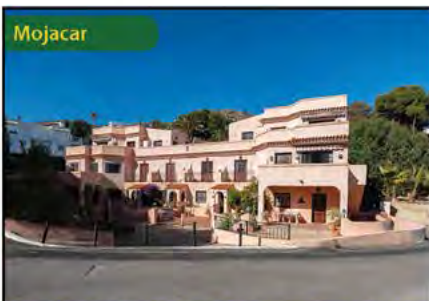
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