

# The Advertiser Magazine

April 2024

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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.

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# Welcome

## to April's issue of the Advertiser Magazine

Welcome to April, a month filled with the promise of warmer weather and renewed energy. As we bid farewell to March, I hope everyone had a joyous Easter celebration. April arrives with a sense of anticipation and hope, as we embrace the changing seasons and the opportunities they bring.

To all our readers, I extend a heartfelt thank you for your continued support and engagement. Your enthusiasm inspires us to deliver the best content possible, whether it's informative articles, captivating stories, or helpful tips to enrich your lives.

This month marks the final instalment of Alan's beloved gardening articles. We thank Alan for his insightful stories. Next month, get ready for an exciting change with a brand-new article featuring DIY tips. Watch this space for fresh inspiration!

We would like to express gratitude, as always, to our loyal advertisers, whose partnership enables us to provide valuable resources and entertainment to our community. Your support allows us to thrive and fulfil our mission of connecting and informing our readers.

As we embark on this new month, let us approach it with optimism and a sense of purpose. Let's embrace the opportunities for growth, creativity, and connection that April presents. Whether you're embarking on a new project, pursuing a passion, or simply taking time to savour life's simple pleasures, may this month be filled with moments of joy, fulfilment, and abundance.

Wishing you all a wonderful April filled with happiness, prosperity, and the warmth of spring's embrace.

*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
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- \* Uleila del Campo
- \* Zurgena

### SATURDAY

- \* Aguilas
- \* Albox
- \* Arboleas
- \* Tijola
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Tue 9	-	17h
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Fri 12	-	21h
Sat 13	-	21h
Sun 14	-	16:45h
Sun 14	-	20h
Mon 15	-	21h
Tue 16	-	19h
Tue 16	-	21h
Wed 17	-	16:45h
Wed 17	-	20h
Fri 19	-	21h
Sat 20	-	21h
Sun 21	-	16:45h
Sun 21	-	20h
Mon 22	-	21h
Tue 23	-	16:45h
Wed 24	-	16:45h
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Sat 27	-	21h
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# Bon Appetit

Spring is in the air and thoughts turn to lighter options for supper. Living by the sea we are lucky to have an abundance of fresh fish on our doorstep and nothing is more tasty and easy to prepare than a nice fillet of sea bass. So here is oven baked sea bass served with patatas a lo pobre and a zingy salsa verde. In line with the zesty flavours and, also one of our most popular starter choices at La Meseta, chilli & lime marinated prawns with a mango salsa. Plus who can resist using the rest of the mango to make a delicious fool? Not me!

## CHILLI AND LIME MARINATED PRAWNS WITH A MANGO SALSA

**SERVES 2**

### Ingredients:

8-10 large cooked prawns  
unpeeled  
1/2 red chilli  
1 lime  
1/2 large mango finely diced  
1/2 small red onion finely chopped  
Handful of fresh chopped coriander (this can be substituted with parsley if preferred)

### Method:

Peel and de-vein the prawns and place into a small bowl. Thinly slice and add the chilli plus the zest and juice of half the lime. Mix together and cover and leave to marinate in the fridge for at least 2 hours.

The salsa can also be made now and will sit happily in the fridge until ready to serve. Mix together the diced mango, chopped onion and coriander with the juice of the remaining lime half. Cover and refrigerate.

To serve, divide the salsa between 2 plates and add the prawns on top and garnish with lime wedges



## OVEN BAKED SEA BASS & PATATAS A LO POBRE

**SERVES 2**

### Ingredients:

1 to 2 sea bass fillets per person depending on size  
2 large white potatoes sliced into 1/2 cm thick pieces - the skins can be left on  
1/2 large red pepper sliced into strips  
Medium white onion sliced then cut into half moons  
Vegetable stock cube crumbled as finely as possible  
Black pepper  
Olive oil for roasting

### Method:

Lay the sliced potatoes, onions and pepper in a shallow roasting tin and sprinkle over the stock cube and plenty of black pepper. Add around 3 tablespoons of olive oil and give it all a good mix - using your hands is easiest, then spread out evenly. Bake in the oven at 200 degrees for around 40 minutes or until the potatoes are cooked and starting to brown. At this point, the sea bass can go in and as it takes literally 10 minutes to cook, the potatoes will sit happily in the oven for this time.

To cook the sea bass lay a piece of tin foil on a baking sheet and lightly oil or butter it. Season your sea bass with salt and pepper



and lay flesh side down on the foil. Then just 10-12 minutes in the hottest part of the oven.

Serve the fish on top of the potatoes and add a little salsa verde if desired.

## SALSA VERDE

### Ingredients:

4 tinned anchovy fillets in oil, drained  
1 tablespoon capers in vinegar, drained  
1/2 teaspoon Dijon mustard  
1 small clove garlic, crushed  
1 1/2 tablespoons lemon juice  
6 tablespoons olive oil  
2 tablespoons chopped fresh parsley  
Salt and freshly milled black pepper

### Method:

Chop the anchovy fillets as small as possible and crush them to a paste. Put the capers in a small sieve and rinse them under cold, running water to remove the vinegar they were preserved in. Dry them on kitchen paper and chop them as minutely as you can and add them to the anchovies.

Next, add the mustard, garlic, lemon juice and some freshly milled black pepper and mix well. Add the oil and chopped parsley mix again. Taste and add salt as required.

And finally mango & lime fool anyone? So quick and simple and not to mention utterly delicious!

## MANGO & LIME FOOL

### Ingredients:

1/2 diced ripe mango  
Grated zest and juice of 1/2 lime  
100ml double cream  
2 tsp. icing sugar  
Tablespoon Greek yogurt

### Method:

Mix together the mango, lime zest and lime juice and add the icing sugar. Lightly whip the cream to very soft peaks, it will thicken when mixed with the lime and stir into the fruit along with the yoghurt. Continue to mix together until it is no longer sloppy. Check for sweetness and add a little more sugar if needed. Divide between serving dishes, I use cocktail glasses for this type of dessert and add a little lime zest to garnish. Can be served with a biscuit or 2 if desired.



*First published March 2023*

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# just for laughs

me looking at the F my kid got for the math homework i solved

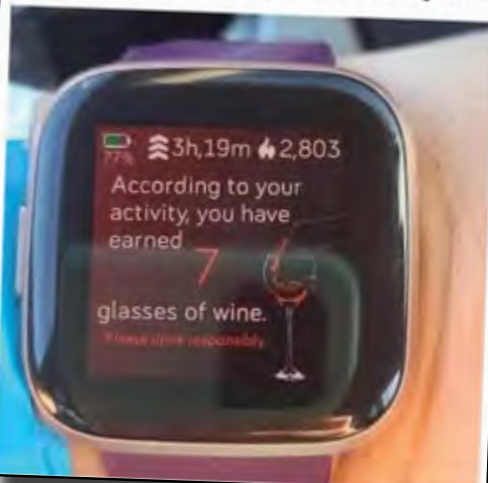


I'm so glad I was taught how to play the recorder at school.



It has come in really handy in adult life, Lost count of the times I've resolved a difficult situation with a quick blast of three blind mice.

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"You not even watching the movie"

Me: Yes I am



I was extremely drunk that day.



My wife hates being embarrassed, so we surprised her at the airport



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# International Women's Day: Celebrating Progress, Demanding Equality

International Women's Day, was celebrated on March 8th. It is a global occasion to honor the achievements of women while advocating for gender equality. Since its inception in the early 20th century, this day has evolved into a powerful platform for raising awareness, fostering dialogue, and mobilizing action towards women's rights and empowerment.

This year's International Women's Day comes at a crucial juncture, marked by both progress and persistent challenges. While significant strides have been made in advancing women's rights, there remains much work to be done to achieve true gender equality in all spheres of life.

One of the key themes of this year's celebration is "Break the Bias." Bias, whether conscious or unconscious, continues to hinder women's advancement in various aspects of society, including education, employment, and leadership. It is imperative to challenge and dismantle these biases to create a more inclusive and equitable world for all.

The COVID-19 pandemic has underscored existing gender disparities, with women disproportionately affected by its socio-economic impacts. From increased caregiving responsibilities to job losses and heightened risks of domestic violence, women have borne the brunt of the crisis. International Women's Day serves as a reminder of the urgent need to address these disparities and build back better in a way that prioritizes gender equality and women's rights.

Celebrating International Women's Day also means recognizing the contributions of women to social, economic, cultural, and political development worldwide. From pioneering scientists and groundbreaking artists to courageous activists and visionary leaders, women have been at the forefront of driving positive change and shaping history.

Moreover, International Women's Day is a call to action. It is a day to recommit ourselves to the pursuit of gender equality and women's empowerment. This entails advocating for equal

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Chris Logan



*Some of our beautiful local ladies celebrating International Women's Day.*

rights and opportunities, supporting women's leadership and participation in decision-making processes, and challenging discriminatory norms and practices.

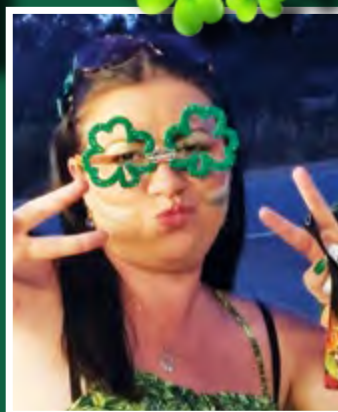
As we celebrate International Women's Day, let us celebrate the achievements of women past and present, acknowledge the ongoing struggles for gender equality, and reaffirm our collective commitment to building a more just and inclusive world where every woman and girl can thrive and realize her full potential. Together, we can break the bias and create a future of equality, dignity, and empowerment for all.



## Celebrating St Patrick's Day



Jackie and Nur  
celebrating  
St. Patrick's  
Day at  
Valery Mojacar



The lovely Anna celebrates  
St. Patrick's Day at Anto's Bar





# LifeStyle

## DAD HAS BEEN SUSPENDED!

Last month Brad H wrote the majority of the article as a giant, Shakespeare inspired poem... kind of thing. There was a record number of complaints and the underlying theme of those complaints were questioning if Brad H had been under the influence of large amounts of medication, hopefully the prescribed ones! At the end of it, he ridiculed the lovely owners of this wonderful magazine, Andrew and Cheryl, in a limerick none-the-less, and as such, has been suspended for 1 month.

Therefore, it's been left up to us, his two daughters to make sure there's bread on the table. So while dad gets comfortable in his straight-jacket, we're going to give you a day in the life of two teenagers. We're nowhere near as annoying as dad makes out and can prove that it's the reverse situation, that he is far more annoying than us!

### IT STARTS WITH A ROOSTER

So, where to begin... I start the day with dad turning all the lights of my room on to wake me up (who knows why he didn't wake me up like a normal person). I go down stairs and there is his "world famous" burnt toast waiting for me on the table. He rushes me for EVERYTHING, brushing my hair "5 minutes to go",



having breakfast "4 minutes to go", it's like he has a timer for every minute that passes.

Later, when we are leaving, his attempts at jokes are each time more cringe-worthy. I want to know if there's a PDF that dads get upon having a child with jokes that must be continually repeated? When he tries to cheer us up, it gets even worse! Let's not even talk about the socks and sandals that he wears to take me to school, even if it was just once! One too many in my book.

### TO SCHOOL TO TEACH ME

Later I go to school, it's basically a living sit-com. Teachers trying to be funny and my classmates creating chaos. While I can learn what needs to be learnt in about an hour, we're stuck there for 8 hours a day. It does have the bonus of me being able to hang out with my friends the whole day to talk about make-up, fashion and those silly boys. I guess it's also a good opportunity to play some sport and run around, so it's not all bad, but you didn't hear that from me!

### END OF A LONG DAY

I get back home and I can't even watch my favourite TV show! My family says that I have watched it too many times (as if 14 times is too much!). And lastly dinner, of course dad suggests something that always contains meat, cheese and bread, what a surprise! A few more dad jokes that we all smile politely at and then there's only the last part of having to whinge about going to bed (see, us kids get a PDF too!). And that is about it, a day in my life, not a single complaint!

**If you have any feedback for us, to dispute, argue, agree, support, harass or to pinch, flick us an email: [bradh\\_os@hotmail.com](mailto:bradh_os@hotmail.com)**

*Brad's Daughters*







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# Welcome to the Extraordinary

Macenas Mediterranean Resort is a new sustainable residential and tourist destination that proposes a lifestyle in connection with nature, in a simple and genuine way.

**This project was born from a family dream to preserve the natural heritage and Macenas culture.**

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.



## A LIFESTYLE BASED ON WELL-BEING

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.

## MACENAS GOLF & LEISURE

Macenas Golf, conceived by the architects Stirling & Martin, is a sustainable course, irrigated with 100% recycled water, fully integrated into nature, where the native fauna and flora are the real main features. A fully refurbished 18-hole Executive golf course, fun, family friendly and on the Mediterranean Sea coast. Suitable for all levels of golfer.

"Each hole at Macenas Golf aims for the highest topographical and landscape integration, uniqueness and attention to detail."



## MACENAS SOCIAL CLUB & LIFESTYLE

Open to all public and all year round, where you can enjoy the resort's meeting place where you can be part of a community of people who care about their well-being. We have designed an experience based

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The good weather, the Mediterranean sun, the neighbours who are like family. At Macenas, everything invites you to enjoy.

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## CASH SAVINGS VS INVESTING?

**ARE YOU GETTING AN ACCEPTABLE RETURN ON YOUR MONEY HELD ON DEPOSIT?**

**IS IT TIME TO REVIEW WHAT YOUR OPTIONS ARE TO ACHIEVE BETTER RETURNS ON YOUR MONEY?**



VS



**HERE ARE THREE THINGS TO CONSIDER:**

### 1. DON'T PUT ALL YOUR EGGS IN ONE (CASH) BASKET

Cash savings may be viewed as lower risk when compared to investing in shares. However, any gains made in deposit/savings/bank accounts will likely be taxable in the next year's tax return.

### 2. CAN YOU BEAT INFLATION?

Slightly higher savings rates may not mean cash is keeping pace with inflation, which has just dropped from 11% in the autumn of 2022 to around 4.00% in the UK – the lowest for two years, but still above the Bank of England's target of 2%\*.

The rate in Spain is currently around 3.4%\*\*\*, from around 6.00% a year ago.

### 3. WHEN IS THE RIGHT TIME TO RETURN TO INVESTING?

Whilst savings rates may look attractive, knowing when to invest is difficult to judge, especially if markets are volatile. Holding funds in cash savings, possibly waiting for investment conditions to improve or volatility to reduce, means you may risk missing the market upturn. Historically stock-market based investments tend to do better than cash savings over the longer-term.

### WHAT ARE THE OPTIONS?

Investing may not be for everyone; we know this but many people can benefit from getting good financial advice and making some subtle changes to their wealth management to make their money work for them.

So, ask yourself the question: are my cash savings getting a return anywhere close to inflation? If you would like to discuss how making some changes to wealth / savings can make a difference, then get in touch and ask for your free Wealth Check.

*The value of investments can go down as well as up and you may not get back the full amount you invested.*

*We can't predict the future. Past performance isn't a guide to future performance.*

\* UK Current inflation rate: 4.6% as at 31/01/2024. [www.bankofengland.co.uk](http://www.bankofengland.co.uk)

\*\*Spain Current Inflation rate as: 3.4% at 31/01/2024. <https://www.ine.es/en/index.htm>

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# Snookerclub Mojacar News!

The November 23 Handicap-tournament finished in February 2024 and in the final Clive Havis beat Ian Ashworth four to zero in the best of 7.

In the Semis, Ian had won against Wieland 3 to 0, and Clive won against Alan Newman 3 to 1.

## QUARTER FINAL RESULTS:

Eddy Clement 0 – Alan Newman 3

Andy Collier 1 – Clive Havis 3

Ian Ashworth 3 – Patrick Vermuelen 1

Wieland E. 3 – Trevor Moore 0

The highest break of the tournament, made by Ian, was 50.

The tournament is played in 4 groups Round Robin and then the best 8 have to play knockouts.

Handicaps for next tournament played in April:

Ian 31, Clive Havis 21, John Pattison 21, Wieland 14, Barry 14, Phil Simpson 14, David 14, Arthur 7, Alan Newman 7.



## LASE PLAY OFFS

Great news for Mojacar Snookerclub members and for the friends of the game in our area in general: Snookerclub Mojacar is hosting again one of the 4 Play Offs to reach the Madrid final of the LASE competition. (LASE= Liga Amateur Snooker España).

The event will be held at the Snooker Club in Mojacar, Avenida La Luz, Mojacar, (Zoco center, by the side of Mercadona) on the last weekend in April. (Saturday 27th and Sunday 28th April).

There are still a couple of matches to play, but it looks as though 5 players of the Mojacar Snooker Club (Ian, Barry, Phil, Wieland and Clive) could qualify for these Play Offs.

Last weekend all three tables were re-clothed by Anthony from Grizzly Pool (info@thebilliardist.es), just in time for the event and for the joy of the players.

Members and non-members are welcome to come down to watch and enjoy some Amateur Snooker.

The Snooker Club Mojácar is located just by the side of the Mercadona Supermarket, in Mojácar Playa at the "El Zoco".  
The One-Year-Membership is only 30€, and Holiday members are admitted. Sign up now and get membership for 2024.

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# GARDENING TIPS IN SOUTHERN SPAIN

By Alan



**While we would all love to have a large garden to tend, some of us must make do with only a balcony or terrace.**

Outdoor potted plants are a wonderful way to create a lush and vibrant outdoor oasis and, growing outdoor potted plants in Southern Spain can be a rewarding experience, given the region's abundant sunlight and relatively mild winters. Here are some tips to help you cultivate thriving potted plants in this Mediterranean climate:

**Choose the Right Plants:** Opt for plants that thrive in warm, sunny conditions and are well-suited to container gardening. Mediterranean herbs like rosemary, thyme, and lavender, as well as succulents like agave and aloe vera, are excellent choices for Southern Spain.

**Select Suitable Containers:** Ensure your pots have adequate drainage holes to prevent waterlogging, as excess moisture can be detrimental to plant health. Terracotta pots are a popular choice as they allow for good airflow to the roots and help regulate soil moisture.

**Use Quality Potting Mix:** Invest in a high-quality, well-draining potting mix specifically formulated for container gardening. Avoid using garden soil alone, as it tends to become compacted and may not provide sufficient aeration for the roots.

**Water Wisely:** In the hot, dry climate of Southern Spain, potted plants may require frequent watering, especially during the peak summer months. However, it's essential to strike a balance and avoid overwatering, which can lead to root rot. Check the moisture level of the soil

regularly and water deeply when the top inch feels dry to the touch.

**Provide Adequate Sunlight:** Most plants in Southern Spain thrive in full sun, so ensure your potted plants receive at least 6-8 hours of sunlight per day. Place them in a sunny location, such as a south-facing balcony or terrace, where they can soak up the sun's rays.

**Protect from Extreme Heat:** While many plants enjoy the warmth of the Mediterranean climate, prolonged exposure to scorching temperatures can be harmful. Consider providing shade during the hottest part of the day, especially for more delicate plants or those prone to sunburn.

**Fertilize Regularly:** Supplement your potted plants with a balanced, slow-release fertilizer or organic compost to replenish nutrients depleted from frequent watering. Follow the manufacturer's instructions for application rates and frequency to avoid over-fertilization.

**Monitor for Pests and Diseases:** Keep an eye out for common pests such as aphids, whiteflies, and spider mites, as well as fungal diseases like powdery mildew. Regularly inspect your plants for signs of infestation or disease and take prompt action to address any issues.

By following these tips, you can enjoy potted plants that thrive in the sunny climate of Southern Spain. With proper care and attention, your container garden will flourish and bring beauty to your outdoor space year-round.

**Sadly, this will be Alan's last gardening article. Next month this article will be replaced by a DIY tips article.**







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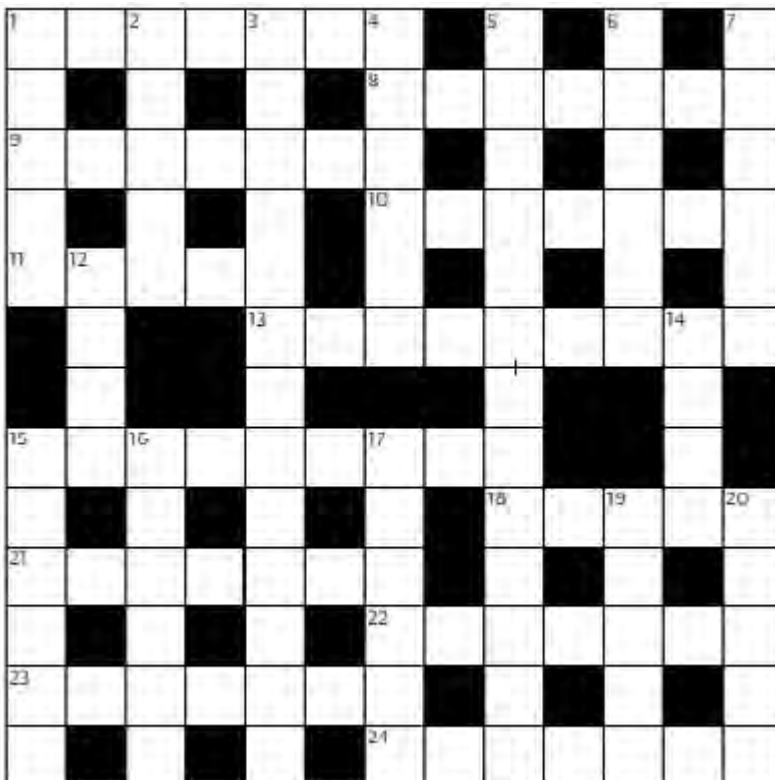


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		1	6	9				
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	9							1
			6	1	3			
				8		4		5
8	4	9	2					

## Cross Word



### Across

- 1 Thrive (7)
- 8 Formal male title (7)
- 9 Unassertive male (informal) — limps OK (anag) (7)
- 10 Insatiable desire for wealth (7)
- 11 Register (5)
- 13 Criminal — clarinets (anag) (9)
- 15 One of a hairy venomous family of spiders (9)
- 18 See (an eyesore?) (5)
- 21 Bitter container (4,3)
- 22 Structure with roof and walls (7)
- 23 French post-Impressionist, d. 1903 (7)
- 24 Female feline (7)

### Down

- 1 French apple (5)
- 2 Tanker carrying crude (5)
- 3 Timid (13)
- 4 Rectify (6)
- 5 Endless military drill (informal) (6-7)
- 6 Female swimsuit (6)
- 7 Shortcoming (6)
- 12 US space research agency (4)
- 14 Heaving sound, usually made with shoulders moving (4)
- 15 Trinidad's island partner (6)
- 16 Contrite (6)
- 17 Pressing (6)
- 19 Move smoothly and effortlessly (through the air?) (5)
- 20 Tartan trousers worn by Scottish regiments (5)

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# 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.

## WHY DOES MY HAIR STAND UP AT THE TOP?

Ever wondered why some hairdressers like to sit you in the chair before they wash your hair? simple, we like to see how your hair grows without water weighing it down. We can see the direction that your hair grows, whether you have a napes whorle or if you have a double crown, high crown or a calf's lick at the front. Also to give you the opportunity to inform us of any problem areas.

Human hair grows naturally in different ways, and knowing how yours grows can pay off when it comes to a new haircut.

It may seem useless to know if your hair grows in one direction, if you have one or more whorls or if a section of your hair usually stands up, but to hairdresser this can mean a lot. Hairdressers have the experience to suggest how to wear your hair to complement it and to make life easier working with your hair growth patterns.

## WHAT ARE HAIR GROWTH PATTERNS?

Hair growth patterns are nothing more than the natural way that your hair grows. The hair growth pattern is determined by genetics. If you can look at your parent's hair growth patterns you will find similarities in the way yours grows. Hair grows in two main directions: following the clock's needles or against them, it is known as hair flow, this is considered by hairdresser before cutting. However, when the hair grows in opposite directions in several areas, a stubborn whorl occurs.

Hair whorls are strands of hair that grow in the opposite direction to the rest of the hair. They generally do so in a circular or spiral shape and often appear on the crown, some people call this their 'crown'. It is usual to have a single whorl that ultimately determines the main hair growth direction. Still, many people have up to 3 'crowns', with some smaller than others.

Your hairdresser will usually cut the hair in the direction of the dominant one.

## TYPES OF HAIR GROWTH PATTERNS

**Cows-lick:** Cows-lick refers to hair growing in only one direction, which is usually not curved. It tends to look up and stick out when cut too far. It appears in the front hairline or near, although it can also appear anywhere.

**Double crown:** Someone has a double crown when there are two spirals (whorls) in the parietal area of the head (upper part). They are often quite difficult to handle when cutting.

**Widow's peak:** Mature hairline widow's peak hair. Here the hairline meets in a V-shape downward, descending across the forehead and giving a V-like appearance. The receding hairline is also a cause of widow's peak in men; this reveals a prominent 'U' or 'V' on the forehead, commonly known as 'hair recesses.' It is common in cases of male pattern baldness.

**Whorl:** Whorl hair - As we already mentioned, whorl or spirals are hair that grows in the opposite direction to the natural one, frequently forming a spiral on the crown or upper part of the head. A single person can have multiple whorls.

**Ducktail:** A Ducktail is known because hair grows towards the nape forming a V. It is similar to the widow's peak but to the opposite sides.

## WHY DO HAIR GROWTH PATTERNS MATTER?

Hair growth patterns determine the way your hair grows concerning direction, areas, and length. When the stylist knows how your hair naturally grows, they can provide you a haircut according to this pattern so that when your hair grows out, you can wear a versatile look that suits your face every day.

Often if the stylist doesn't know how your hair will grow, you may need more haircuts than expected to fix the mistakes of the first cut. For example, suppose you have swirls, and these are not taken into account during the haircut. In that case, when the hair grows back, the hairstyle will likely change completely and will no longer look good on you.

Hair growth patterns seem to be more important than you thought. They are determining when it comes to a haircut and can be the straw that breaks the camel's back when hair grows back after a new hairstyle.

Now that you know about hair growth patterns and how your hair grows, you can take care of it wisely and come up with a hairstyle that works every time.



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## ELEGANCE IS A BEAUTY THAT NEVER FADES...

"How do I dress elegant & classy?" People ask this question and the answer is simple. It is not just about the clothes and accessories you wear but also being mindful of how confident you appear, and how you carry yourself. You must feel good from within and these feelings will project outward.

"You never get a second chance to make a first impression." Here are a few reasons to dress elegantly.

- \* It boosts your mood
- \* It makes you feel chic
- \* It creates dignity

Grooming is the most important element of dressing that gets noticed. Well-groomed people are aware of how to dress elegantly and have the right kind of attitude for it. Here are some important tips to dress classy for any occasion.

### 1. START FROM THE BASICS

A basic rule of thumb for elegant dressing is to wear clothes that are right for your size and body shape. For an elegant & classy look, clothes should not be too tight or too loose.

### 2. BE DILIGENT ABOUT DETAIL

Make sure all of your clothes are spotless, free of wrinkles, and neatly ironed and any accessories are in harmony with the outfit and each other.

### 3. CLASSIC STYLES WIN OVER TRENDY ITEMS

Classic styles will NEVER go out of date and always look elegant and attractive because they complement a range of body types and are adaptable. You can wear them in various settings and still look urbane in every situation. Classic styles will always be in vogue.

### 5. DRAPE IN LUXURY FABRICS

Fabrics that are made of high-quality threads, generally with a higher counts are considered luxury fabrics. They're more durable, expensive, and have a much better look and feel to them. Cashmere, pashmina, silk, cervelt and wool are some of the most luxurious fabrics in the world and have an extremely classy and elegant look.

### 6. ACCESSORIES ARE IMPORTANT. SUNGLASSES, WATCHES, HANDBAGS & SCARVES.

Accessories add to the character of classiness & elegance. Stylebooks always talk about accessories. These days you don't have to look far to find decent accessories. If you're not

buying the best of the best then take a good look at the material and workmanship if you want an accessory that looks high end. Is this made of real leather, if not, does it come a close second? Is the quality of the gold plating on the metal good?

### 7. AGE APPROPRIATE DRESSING WILL ADD TO YOUR ELEGANCE.

The age-appropriate dressing is extremely important. Apart from looking better, age-appropriate clothing is a sign of respect. There is always room for expressing your ideas within that frame of appropriateness. Feel free to add your exclusive variation to whatever style you will choose, be respectful to yourselves.

### MONOCHROME MAGIC & NEUTRAL VIBES

Instead of using colour, you subtract most colour ...neutrals. Think about the colour wheel and what you don't see there.

The beauty of a neutral outfit lies in its versatility, it can be dressed up or down, and effortlessly combined with various accessories or statement pieces. Neutral tones create a timeless, elegant look that transcends seasons, making them a staple in any wardrobe.

Neutral outfits have established themselves as an enduring fashion trend, effortlessly showcasing simplicity & style. Embracing neutral shades into your life can transport your wardrobe to a new level of refinement offering limitless possibilities.

Neutral colours span a spectrum of shades, hues like white, creamy tones, earthy beige, sophisticated gray, deep & light browns, navy, and the ever classic, black. Don't forget the understated appeal of muted/subdued colours, like blush pink, sage green, or soft blues, these are also counted among the neutral palette.

Embracing a monochromatic look is one way to appear classy and elegant making a powerful style statement. It's about balance, creativity & effort which then exudes a sense of timeless elegance.

Neutral outfits are where simplicity meets sophistication, and elegance whispers without shouting.





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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 have been unwell for sometime and unfortunately had to give up work. I'm now on an allowance for disability. My wife is still working we still have a small mortgage. We are both in our late Fifties. My wife insists that all of my allowance is paid into her account to help cover the mortgage and our bills. I have asked her if we can talk about selling our house to get something smaller and on the flat as my condition is progressing. This would mean we could clear our mortgage, buy another house outright and have a bit to put by, but she won't even discuss it. My wife said I don't need to know about our finances anymore and she will handle everything. I feel worse than useless now, it's bad enough that I can't work but it feels like I have no right to an opinion anymore either, please help.  
Roy

Dear Roy

I'm so sorry that your illness has impacted you so dramatically, you have had a lot of losses and that needs to be acknowledged. Work often gives us part of our identity as well as friends and colleagues. Losing that role plus having to cope with a debilitating condition has been a huge change in your life. Your wife has also been impacted by this new situation and she may be panicking that she has to carry it all alone. Perhaps she may need some reassurance that you are still here and still interested in both your futures and the challenges that may face you. You have a right to know exactly what the household financial situation is, and if possible you also need to have some money of your own to spend. Having a say and some control over your finances and major decisions that impact your life is essential and respectful in anyone's life. I hope you can have a meaningful conversation with your wife.

Best wishes  
Theresa

So sorry about your illness, you are suffering enough as it is. You both need to make decisions together. What is the prognosis of your illness is it likely to deteriorate further? Perhaps counselling is the best answer so you get the chance to say calmly how you feel & how taking away any financial independence is soul destroying for you.

Judy

There does seem to be quite a divide between you both and what you want. It may be that you will not be able to agree. Certainly, everyone deserves to have some of their own disposable income. I think you both need to speak about this with a counsellor who can guide you both through discussing this, in a safe space.

Laura

Whatever condition your body is in, your mental capacity appears to be in great shape, so stop and consider your position. The moment you give up your control over your finances you will be absolutely dependent on this person, who for whatever reason, seems to be completely disregarding your feelings and wishes. This is not healthy and will be giving up any rights you still have. This will be stressful and will not aid your health situation. Please don't let yourself be bullied into a decision that will not be of equal advantage to you both. She may well be operating out of fear for her future but she must consider what is best for you as well as her.

Joyce

I have no problem with her organising the finance but you need to discuss the more important aspects of your life together. If you need housing on one level that may be good for both of you in the future. In the case of the mortgage, again, a little fall back money would be useful for both of you. It shouldn't just be about you or her, but both of you as a couple.

Susan

I worry that your wife may not be considering your long term needs medically as well.

Jeni

Divorce her!  
Suzy

It sounds like your wife may be feeling the stress of bearing the brunt of the financial burden. Perhaps she is worried about finances and this is causing her to be so controlling over them. You both need to have a proper talk.

Jenna

Everyone has the right to have a say over their finances, even jointly. I think you need to have a proper talk with your wife and explain how her completely controlling the finances is affecting your mental health. It's unfair to you. You need to be really clear about how you feel. These things are often best said in a "let's sit down and have a serious talk" rather than trying to voice your feelings in everyday conversation.

Amy

This worries me on so many levels. Your wife is not listening to your needs and certainly should not be so controlling of joint finances. Please don't let her take all your financial independence. From experience, that doesn't go well. It takes a while to be on the same page regarding moving to accessible accommodation but it will happen. It's not easy but you need to be firm and kind.

Netty

**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](mailto:theresa@advertiseremojacar.com)





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# BOOK REVIEW

## 56 days

BY CATHERINE RYAN HOWARD

"56 Days" by Catherine Ryan Howard is an extraordinary literary journey that grips you from the very first page and refuses to let go until the final word. Set against the backdrop of Ireland during a lockdown, this novel presents a thrilling narrative that is both timely and timeless.

In a world where uncertainty reigns supreme, Howard masterfully weaves a tale of suspense, intrigue, and unexpected twists. The story follows a couple, forced

into confinement together, each harbouring their own secrets and motivations. As the days stretch on, tensions rise, and the true nature of human behaviour is laid bare.

What sets "56 Days" apart is its ability to capture the essence of our current reality while simultaneously transcending it. Catherine's writing style is evocative and vivid, transporting readers into the heart of Dublin and immersing them in the lives of her characters. From the claustrophobic confines of lockdown to the intricacies of forming new relationships, vast expanse of the surrounding landscape, each character is brought to life with exquisite detail and imbued with depth and complexity. Both of them are convincing as fully realised people with their own fears, desires, and flaws. As alliances shift and loyalties are tested, readers will find themselves constantly on edge, eagerly anticipating the next twist in the tale.

Indeed, it is the twists and turns of the plot that make "56 Days" such a riveting read. Just when you think you have everything figured out, Howard throws another curveball, leaving you breathless with anticipation. The pacing is relentless, propelling the story forward with a sense of urgency that is impossible to resist.

In the end, "56 Days" is more than just a gripping thriller set in extraordinary circumstances—it is a meditation on the human condition itself. Through its pages, Catherine Howard explores themes of trust, betrayal, and the lengths to which we will go to protect ourselves and those we love. It is a book that will linger in your thoughts long after you've turned the final page.

"56 Days" has proven Catherine Ryan Howard to be a master storyteller, and this book is sure to solidify her place among the literary greats.



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- **TURRE** - BLANCA MOLDENHAUER (Días: 7, 15, 23)  
C/Las Tiendas 1. T: 950 479 012
- **VERA** - MARIA ELISA BELMONTE MENA (Días: 8-14)  
C/Mayor 69. T: 950 393 343
- **VERA** - NOELIA RUIZ BONACHELA (Días: 15-21)  
C/Mayor 100. T: 950 390 410
- **VERA** - JOSE CARMELO JORGE BELMONTE (Días: 1-7, 29-30)  
C/ Juan Anglada-Plaza Padre Vera 7. T: 950 393 819
- **VERA** - JUAN BELMONTE MENA (Días: 22-28)  
C/Alfredo Almunia 18. T: 950 390 136
- **ALBOX** - MARIA GRANERO NAVARRETE (Días: 2-8, 23-29)  
Plaza San Francisco 24. T: 950 120 234
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C/Llano de los Olleros s/n. T: 950 434 170
- **ALBOX** - FÉLIX L. MIRÓN (Días: 9-15)  
Plaza García Haro 1. T: 950 430 037
- **ALBOX** - JOSÉ PAREDES (Días: 16-22)  
Plaza del Pueblo, s/n. T: 950 121 079
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Avda. Guillermo Reyna 24. T: 950 470 410
- **HUERCAL OVERA** - ROCÍO BERGILLOS (Días: 1, 9, 17, 20, 21, 25)  
Plaza Constitución 14. T: 950 470 082
- **HUERCAL OVERA** - AMBROSIO BERNAL (Días: 2, 10, 13, 14, 18, 26, 29)  
Plaza Constitución 5. T: 950 470 014
- **HUERCAL OVERA** - ROCIO SANCHEZ (Días: 3, 6, 7, 11, 19, 22, 31)  
Guillermo Reyna 16. T: 950 470 040
- **HUERCAL OVERA** - JOSÉ CAPARRÓS (Días: 5, 8, 16, 24, 27, 28)  
C/Dr. Jiménez Díaz 26. T: 950 456 413/950 470 131

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