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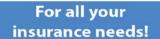


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THE Advertiser Magazine is published every month, except for January. It is bursting with useful adverts for a broad range of businesses located in Mojacar, Garrucha, Vera Playa, Antas, Los Gallardos, Bedar, Turre, Albox, Alfoquia and Zurgena.

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.

The Advertiser Magazine is delivered to over 200 local distribution points including our advertisers. The Advertiser Magazine is also available to download from our website www.advertisermojacar.com and approximately 2,200 downloads are recorded each month.

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Welcome

to September's issue of the **Advertiser Magazine**

As we step into a new month, it's the perfect time to reflect on how we managed to navigate through the bustling days of August. We hope everyone made it through with resilience and grace, handling the challenges and savoring the moments of joy that each day brought.

August was quite a month—hot, busy and often overwhelming. But now, with the arrival of September, there's a noticeable shift in the pace of life. The traffic, both vehicular and pedestrian, has begun to ease, giving us a welcome respite and making our days less stressful. Roads are less congested and streets are beginning to lighten up, bringing back a sense of calm and order that we've been eagerly waiting for. It's as if the town itself is exhaling, taking a deep breath of relief and readiness for a more relaxed and peaceful phase.

We are hopeful that the much-awaited cooling of temperatures is just around the corner. The days are gradually becoming more comfortable, paving the way for cozy evenings and a more pleasant environment overall. It's the perfect time to enjoy the outdoors—whether it's a walk along the paseo, a meal on the balcony or simply soaking in the fresh, cool air after months of heat.

So, here's to welcoming September with open arms! May it bring you comfort, peace and plenty of reasons to smile. We look forward to a month filled with refreshing breezes and the simple pleasures that make life beautiful. Stay safe and make this September a memorable one!

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TUESDAY

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- * Los Gallardos

WEDNESDAY

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

FRIDAY

* Lorca

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

SATURDAY

- * Aquilas
 - * Albox
 - * Arboleas
 - * Tijola
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SUNDAY

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Slow Cooker Stews

LAMB & WHITE BEAN STEW

Ingredients:

400g dried white beans, such as butter or cannellini beans

- 1 teaspoon baking soda
- 2 tablespoons olive oil
- 1 brown onion, diced
- 7 cloves garlic, crushed

½ cup fresh coriander leaves, chopped

350g diced lamb leg (beef can also be used, be sure to ask for stewing beef or shin beef)

- 2 tablespoons tomato paste
- 400g diced tomatoes, canned
- 1 litre vegetable stock
- 2 teaspoons salt

1½ teaspoons Baharat, often sold as Lebanese 7 Spice (can be purchased from the spice stall at any market or ordered from Amazon.es)

Pepper, to taste

Rice or Cous-Cous, to serve (traditional vermicelli rice or white rice)

Method:

Begin this dish the night before you plan to eat it by placing the beans and baking soda in a large bowl and covering with plenty



of water. Baking soda helps the beans break down, reducing cooking time. Leave to soak overnight. However if you are short on time and eager to get cooking you can replace the dried beans with jarred beans.

The following day, drain the water and rinse the beans. Set aside. Heat some oil in a pan and add the diced onion and sauté until soft and translucent.

Add garlic and coriander and fry for about 2 minutes until fragrant.

Place the lamb pieces into the pot and cook for about 5 minutes. The goal is to brown the meat and create a seal, rather than fully cook it.

Transfer the contents of the pan to your slow cooker.

Now add the tomato paste, diced tomatoes, stock, beans and seasonings. Stir the mixture thoroughly to ensure everything is well combined.

Place lid on your slow cooker and cook on high for 4 hours. After 4 hours, remove lid and check if beans are ready. They should mash quite easily when pressed between two fingers. If they do not, put slow cooker lid back on and cook for another

Serve on a warm bed of cous-cous, rice or even creamy mashed potatoes. This dish is perfect for freezing.













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Thu 11		21h
Fri 12		21h
Sat 13	_	22h
Sun 14		16:45h
Sun 14		21h
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Wed 17 21h Thu 18 21h Fri 19 21h **Sat 20** 21h **Sun 21** 16:45h **Sun 21** 21H **Tue 23** 21h Wed 24 <u>16:45h (open 15:00)</u> Wed 24 21h **Thu 25** 21h

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"Where's my latte?" a tourist cried,
As the waiter scurried from side to side.
In all the chaos, a mix-up occurred,
But kindness prevailed, no tempers stirred.

With a smile and a nod, the waiter explained, Apologies given, any errors contained. The tourist chuckled, understanding the mess, After all, we're all human, more or less.

So heed this advice during the busy season, Treat waiters with care, for a very good reason. For laughter and kindness can fix any blunder, Making the chaos a little bit of wonder.

So be patient, be kind, in this tourist spree, And watch as your actions spread joyful glee.

From all of the staff who are run off their feet, Please be patient whilst sat in your seat.





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LifeStyle

Back to School, Back to Real Life... Almost!

September. The flip-flops go back in the cupboard. The tourists vanish like mirages. And you finally have a chance to get sand out of your bedsheets. It's supposed to be a return to "normal life" but what even is that anymore?

September in southern Spain is the beach equivalent of the Monday after a three-day festival. Mojácar is blinking in the sunlight, mascara smudged, sand in its metaphorical underwear, wondering what just happened and who brought the inflatable crocodile. Again.

Those of us who live here full-time step out from our tiled, shaded lairs with the wide eyes of people who haven't seen the sea since June. It's a month of recovery. Of rehydration. Of cautiously removing the tinfoil from your car windows and sniffing the air for signs of actual oxygen. Of going to the supermarket and not having to fight a small French child over the last decent watermelon.

Kids: A Mixed Blessing

The kids are back at school, which means you're back to pretending to care about lunchboxes and pencil cases. You wave them off tearfully, then skip back home to have a quiet coffee in triumphant solitude. You try not to let them hear the hallelujah in your voice.

For exactly six hours a day. For two weeks. Then there's a long weekend. Then half of them are home with mysterious "first-week viruses" or have forgotten how shoes work. But still—progress.

Town Vibes: Calm After the Storm

This is the moment when you finally get a parking space within walking distance of your actual destination. When you walk into a restaurant and the waiter doesn't greet you with the hollow stare of a man who's seen 14,000 English breakfasts in 14 days.

The air itself is different: still warm, still proud of its Mediterranean pedigree, but less like a slap to the face from a sweaty oven glove.

September is when you start to make big plans again. You look at the calendar and tell yourself, "I'll get back into a routine." You'll cook more. Exercise. Finally take that Spanish class. Maybe even finish the book you promised yourself you'd write three years ago. You might even try to go for a hike. You won't. But you might try.

Expat Reality Check

You suddenly remember things like bills, paperwork, and that weird noise the car's been making since June. It's time to re-enter grown-up mode. But slowly. Maybe next week. For now, let's just



enjoy one last quiet tinto de verano without a child cannonballing into your sangría.

Seasonal Observations:

- Inflatable flamingos on balconies quietly deflate overnight.
- T-shirts are swapped for jumpers (in the evening, for about seven minutes).
- The only tourists left are German retirees and one very confused couple from Derby.
- People start casually mentioning Christmas as if it's not still

But Wait—It's Not Over Yet

Lest we forget, Spain isn't quite done with you yet. September still clings to summer like a drunk tourist clings to a lilo in the shallows. You'll still have the occasional scorcher—one final revenge fry-up from the sun—and the fiestas haven't entirely packed up. Some pueblos (naming no names, but you know who you are) didn't get the August memo and have scheduled their patron saint's celebration for mid-September. Because nothing says "religious devotion" like setting off explosives near a church at 3 a.m. on a Tuesday.

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



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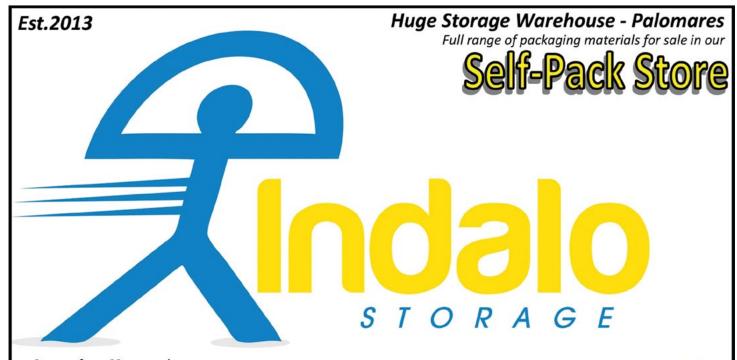
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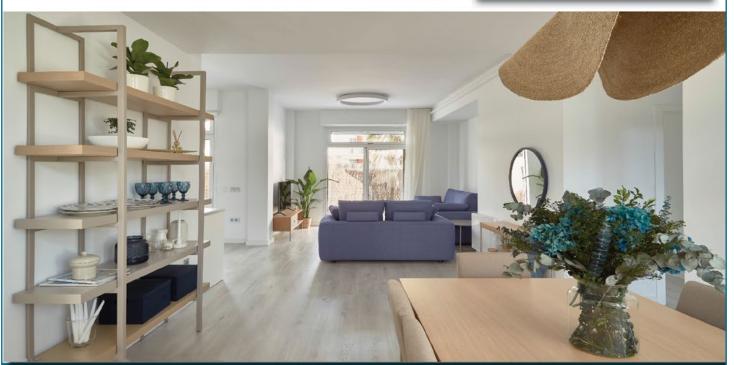
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What's the problem

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 completley 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.

Hi Theresa.

I left my very toxic husband just after Christmas after many years. I then met a lovely kind and gentle man a few months later, he understands what I've been through as he previously was married to a similar person, they separated five years ago.

My new partner is very steady and consistent, he is rarely 'in a mood' and never shouts or gets really angry. We talk things through calmly when we disagree and genuinely want the best for each other. The problem is although living with my ex was hell, I miss him so much. I secretly watch all his social media's to see what he's doing, and I drive by the house whenever I can. I know it's wrong but I can't stop, please help, I know I sound crazy.

Emma

Readers Answers

I think that you can get used to stress and pressure and feel that a normal relationship is a bit of an anti climax but you do not need to thrive on adrenaline with highs and lows. Just relax into a nice comfortable relationship. Joanna

I was in a very violent relationship from the age of 16 until two weeks before my 21st birthday. It was all that I knew. It was hard when I finally left him and I did feel a bit like you. You left for a reason, as did I. I met a lovely kind gorgeous man and we have been married for nearly 30 years. Forget your ex, and enjoy the company of a genuine man, you deserve it. Karen

You don't say how long you and your husband were together but I think you may be feeling some type of mis-placed guilt for leaving the relationship, because you are the one that left him. Unless you want to get back together with him (and please don't think for one minute that he will change - he won't), then you really must let go.

If you have mutual friends, you may consider re-evaluating some of them. In my experience, they will eventually take sides. Don't feel bad, don't be polite because you were brought up to be nice, just gently melt away. You don't need to hear what he is doing, and you certainly don't need anyone sharing your business. Maybe you also need to promise yourself to stay off social media for a while.

I don't know if you have children but, if you imagine you have a daughter in this situation, what advice would you be giving her? You are making a new life for yourself - and I stress that it is for yourself. Concentrate on that. This period is all about you. Decide who you want to be and how you want to live. Debbie

It sounds like you potentially have PTSD and Stockholm syndrome. Time for some professional help.

Before you can move on you have to deal with your past and recognise it for what it was, which in your words was "toxic". Aileen

Hi Emma,

You sound far from crazy. There are a few different parts to this I would like to address. First, congratulations for being brave enough to recognise a toxic relationship and that there is nothing you can do to change that except finally putting your own peace first. Second when we leave a war zone it takes a long time to recover, it's called Post traumatic stress disorder. Which means adjusting to the loss of the stress and drama and always being on edge. This sounds easy but in fact it feels like grief that nobody understands. People make "you're well rid of him" comments and, you feel you can't express the feelings of loss, of loneliness and sheer boredom of being without the person you loved. He might have been horrible to you, but you were loving to him. You haven't changed, you've also lost what you thought your future was going to be. Third, it really is too soon to be in another relationship, but they are keeping you company while you get over your last one. Practical advice. Dont look at his socials for 30 days, I know it's hard but I promise it really helps break the bond. It's just 30 days, see how much more relaxed you feel, the addiction, which it is, will ease slowly. If you can, go and see a therapist, but check they are fully qualified in abusive relationships.

Give all the love to yourself that you gave to him.

Kind regards,

Theresa

I don't know how long you were married for but it takes a long while and a lot of self-work to get out from under, so to speak. Your new partner is some way down this line with five years done bless him. You must stop the social media stuff as that's just feeding you toxic influence. I know it's not easy but also, I think you need to think about your authenticity as a person - stay true to your values. There's a lot more about becoming your new self (if indeed that is your aspiration) and ensuring you have forgiven your ex and yourself before you can be your complete self and properly contribute to your new relationship. It's not a simple process! I hope this helps.

You're an idiot ..stay with the guy who treats you right forget the a***hole ..why would you want to go through all that rubbish again? Lesley

You have been lucky enough to meet someone who obviously cares for you. Stay lucky. Valerie

Steady and consistent! Unfortunately it can also be "boring". Add a spontaneous event!!!! Annette

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

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ACROSS

- 1 Truth disguised as a lie (or vice versa) (6,5)
- 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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SPORT & MORE

by Tony Matthews

STRANGE SPORTING FACTS....

- 1) According to the world sports encyclopaedia, there are over 8,000 different indigenous sports and sports games, played worldwide! Despite this, however, there are only 32 sports scheduled to be played at the 2028 Olympics.
- 2) Boxing was totally illegal in the USA before 1896, when the State of New York finally legalized it with other states following soon after.
- 3) If ice hockey star Wayne Gretzky had never scored a single goal, he would, to this day, still be the NHL's all-time points top scorer with 1,963 assists alone.
- 4) Alcohol is considered a performance enhancing drug in most shooting sports as it calms your body down and allows you to shoot straighter.
- 5) There are only eighteen minutes of action in the average MLB/baseball game, certainly in the USA.
- 6) Basketball's power forward LeBron James is the all-time points scorer in NBA history with a massive total of 38,652. He is closely followed by Kareem Abdul-Jabbar who scored 38,387.
- 7) The real name of Canada's ice hockey trophy, the Stanley Cup, is actually called the Dominion Hockey Challenge Cup.
- 8) Early winners of events in the Olympics were not originally awarded with gold medals. They were presented with a silver medal and an olive branch instead.
- 9) Golf was totally banned in England in 1457 because it was considered a distraction from the serious pursuit of archery!
- 10) In the early days of volleyball, the game was originally played with a bladder from a basketball.
- 11) Golf and football has been banned in Scotland three times...



in 1457, 1471, and 1491.

- 12) 'Soccer' comes from the abbreviation for 'association' or 'assoc' as in Football Association.
- 13) The regular/standard golf ball has 336 dimples.
- 14) Every ball used in Major League baseball is dirty. Each ball is wiped down with mud in order for pitchers to get a better grip.
- 15) The sport of badminton was initially called "Poona".
- 16) The 2022 FIFA World Cup Championship kicked off in Lusail (Qatar), a city which did not exist until recently.
- 17) Sprinter Usain Bolt, an eight-time Olympic gold medalist, won the 100 metres title at the 2008 Bejing games on a diet of chicken nuggets he bought from McDonalds.
- 18) James Fixx, the man who popularized jogging in the USA, sadly died from a heart attack while out running!
- 19) US baseball pitcher Babe Ruth wore a cabbage leaf under his cap for good luck and also to keep cool. He reportedly changed it every two innings.
- 20) The biggest-ever score in a competitive football match is 36-0... achieved by Arbroath against Bon Accord in a Scottish Cup-tie in 1885....continued next month.

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.

Please contact our Club Captain Paul Didcote on thedidcotes@gmail.com or call +34 711 021 428 for more information. Alternatively visit www.mojacarbc.com







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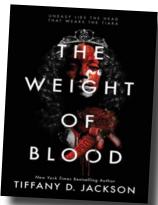
THE WEIGHT OF BLOOD

by Tiffany D Jackson

"The Weight of Blood" by Tiffany D. Jackson is an absolutely gripping and thought-provoking masterpiece that showcases the incredible talent of one of today's most gifted authors. From the very first page, Jackson draws you into a powerful narrative that balances raw emotion with incisive social commentary, all wrapped in a compelling mystery that keeps you on the edge of your

Tiffany D. Jackson has a remarkable gift for crafting stories that are both captivating and meaningful. Her

writing is sharp, insightful, and emotionally raw, often delving into complex issues with honesty and sensitivity. Once you experience her storytelling magic with this book, you'll find yourself eager to read everything she has written. Jackson is truly one of those writers whose work leaves a lasting impression—an author whose books you want to consume all at once, anxious to explore every facet of her extraordinary talent.



In "The Weight of Blood," Jackson masterfully tackles themes of race, identity, and power, set against the backdrop of a tense and atmospheric high school setting. The characters feel so real and multidimensional, and the story's layered revelations unfold with precision and care. It's a dark yet necessary exploration of societal issues, delivered through a compelling mystery that will resonate long after you've turned the last page.

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Cheryl Goth





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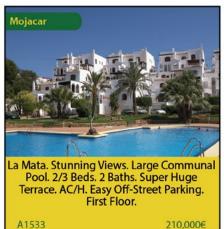
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