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May 2020



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THE Journal

May 2020



Dear Readers,

The Journal would like to wish you all well and hope that you are managing to stay safe.

We are celebrating the Dawn Chorus this month. This is more appropriate than ever as it signifies new beginnings. If any of you are keen photographers, please send in any pictures you have of our beautiful local birds.

We are available online at the-journal.es

Please stay in touch with friends and loved ones as we find new and imaginative ways to occupy our time.

The lockdown will lift in a staged and structured rollout which will become apparent over time. With this in mind we would like to encourage and support our local community and businesses in whatever way we can.

With those thoughts in mind I will leave you to read and enjoy.....

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**Running of the bulls:
Pamplona's San Fermin**

San Fermin is celebrated each July in the northern city of Pamplona, Navarra, but the fiesta which draws crowds of a million revellers will not be taking place this summer.

Pamplona's city council officially announced news of the cancellation of the

event on Tuesday, confirming what many regular festival goers had suspected.

The festival, which kicks off on July 6th attracts hundreds of thousands of visitors, who cram into the Navarran capital for the eight-day long non-stop party, which involves religious parades, concerts, bullfights as well as the daily 'encierros' or bull runs.

Each morning at 8am crowds of runners

traditionally dressed in white with red pañuelos and sashes await the release of six Spanish fighting bulls and six steers, who race through the narrow cobbled streets to the bullring, cancelled over coronavirus. Similar encierros take place in towns across the Basque region but Pamplona's San Fermin is the biggest and most famous after being immortalised in Ernest Hemingway's 1926 novel "The Sun Also Rises".



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“As expected as it was, it still leaves us deeply sad,” said acting mayor Ana Elizalde when announcing the inevitable news that the festival could not be carried out with social distancing measures in place.

She was unable to say whether it might be held at a later date, given the unpredictability of the coronavirus health crisis.

“It seems complicated to celebrate San Fermin (at all) this year, but we will wait to see how events evolve”, she said. It is not the only time in its history that the fiesta has been cancelled. It was also suspended in 1937 and 1938 during the Spanish Civil War, and had to be cancelled a third time in 1978 after a student was shot during clashes between police and protesters calling for an independent Basque region.

Deirdre Carney, an American now living in Spain who has attended the fiesta since childhood, said: “The last time San Fermin was called off was the year I was born. My father was there and he and his friends were holed up in their hotel for a few days to avoid the rioting. “That was 42 years ago, and it is com-

pletely shocking to the people of Navarra and everyone who loves the festival to have this happen again. Of course everyone understands why, and that there was no other choice, but we are nonetheless very saddened. The fiesta is a celebration of life and joy, so we will return next year and it will be even more meaningful than ever.”

Coronavirus: Could this be the future of dining in Spain?



A waiter wearing a mask and surgical gloves welcomes you at the door and, while maintaining a safe distance of two metres guides you carefully along a wide route through the restaurant, to a table

where you take a seat behind a plastic screen. This is the possible future being outlined by restaurant owners in Madrid keen to come up with solutions that would allow them to reopen once lockdown is lifted.

One restaurant in Leganes has already had the prototype screens installed to test the design of the hygiene petitions that have been built by the Llenatubar company.

The partition screens are made of methacrylate and are the sort that have already been installed at supermarket tills to protect both workers and shoppers from infection.

They would enclose each diner in their own protective box where they could enjoy the food and the atmosphere of the restaurant without fear of contagion.

“The price of a personal protection system for individual diners is around €600-700 per table” explained Manuel Gil, the owner of llenatubar.com, as he presented the system on TeleMadrid this week.

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It's Time to Declutter: The 16 Things You Can Purge

Spring cleaning is getting quite the upgrade this year. Instead of putting it on our weekend to-do lists for weeks until we decide it's summer, many of us are actually cleaning out our spaces and getting rid of items we don't want, don't use, or don't need.

But for those of us with more than the optimal amount of clutter, not knowing where to start can derail the entire process. Instead of getting discouraged before you even start the project, pay attention to these items in your home and know that they can be tossed or donated without having to give it too much thought. Once you get these out, finding items to clear out will be a breeze.

1. Expired Makeup and Skincare

We all know to get rid of old makeup (and if you don't, get to it!), but we often forget skincare has an expiration date too. Check the labels on your skincare products and keep a record of when they were purchased to make this step easier. Remember that sunscreen in particular can be basically null and void once it's passed the expiration date.

2. Extra Items in Your Shower

Most of us like to have a few options when it comes to our shower items, but what about all those things you've stopped using that still take up space on those extremely small shower ledges and organizers? From half-used body washes, almost-empty shaving creams, and skincare products you swore you'd use but don't, toss those and make space for what you actually use.

3. Broken Pens

You know when you grab for a pen and it doesn't work? So, then you grab for another and that one doesn't work? I'm known to tossing them to the side (pens come back to life sometimes) rather than just tossing them right then and there. Grab a piece of scrap paper and make sure all of your writing utensils are smooth and inky.

4. Expired Medications

Over time, medication can decrease

in effectiveness if it's kept for too long. Most medicines will have the expiration date printed right on the package, but if not, google the medication to see when it's recommended to toss out.

Out of date medication can be returned to any pharmacy where they can dispose of it for you safely.

5. Canned Goods You Won't Use

Our eyes are definitely bigger than our stomachs at the grocery store sometimes, so we buy canned beans and corn and pineapples and tomatoes thinking we'll "get to them eventually." And maybe you will! I like to go through my canned goods by looking through recipes to try, an easy way of getting through the cans when short on ideas!

6. Books You Won't Read

Whether it's been on your bookshelf for years and still doesn't strike your fancy or you know you'll never reread it, go through your book stash and get rid of anything that doesn't serve a purpose anymore. Of course, books are décor to, but if they don't make your shelves prettier, they can go.

7. Expired Herbs and Spices

When was the last time you went through your spice rack? Although they often come in small packages, they can derail your entire cooking process if you go to use the cumin in a recipe and realize it expired eight months ago. If they stop smelling like they normally do, it's time for them to go.

8. Excess On Your Countertops

If you often notice your kitchen counters, desk, vanity, or bathroom counters get cluttered easily, you're probably sticking the same items on them over and over again, such as mail, your skincare stash, notebooks, dishes, cords, and more. You might not be ready to throw those things away, but you can get rid of the clutter by giving them all a permanent home.

9. The Next Season's Clothes

While it might sound right to declutter your coats, sweaters, and scarves right now, it's actually a better plan (for your wallet and your wardrobe) to focus on the items you'll wear in the upcoming season. Do those eight off-the-shoulder blouses you bought two summers ago still match your wardrobe for 2020? Do you like the denim shorts you bought last year, or are they uncomfortable now? This will help you plan your wardrobe for the upcoming season. When fall rolls around, that's when you'll want to see if your staple winter items from last year still make the cut. You might be bored of your sweater collection by now, but after putting them away for months, they might bring you joy again!

10. Tupperware Without Lids

We all have a stash of meal prep containers that the lids have somehow gone missing. If you can't find the lid, wash it and put it in the donation pile. This is also a great project to help you start organizing the cabinets—win, win!

11. CDs and DVDs

OK, maybe you can prove me wrong, but I haven't listened to a CD since 2013. While some might hold sentimental value I get it, same goes for DVDs: if it's a movie you can watch on Netflix or another streaming service, goodbye!

12. Earrings Without A Match

I have a tendency to keep earrings that I've lost one. Maybe I'll find it one day? Nope, you won't. Take to a pawnbrokers and see if you can get some money!

13. Old Paperwork

Keeping a folder, or a few, of all the paperwork you might need at some point is a great idea, but those folders can get overloaded quickly. Go through what you have and really prioritize what you might need. A bank statement from 2012 might not serve you when you're applying for a loan, just as you probably don't need receipts for furniture you've had for years.

14. Accessories You Don't Wear Often

How often do you go through your hair accessories, jewellery, scarves, and hats? While we might go through our clothes often, those other items might fall to the wayside when you're decluttering your space. If you only wear the same five necklaces but have 12 in your collection or your hat collection is getting out of control, give those pieces a look. These are also items you can donate or sell!

15. Old Sheets and Bedding

Buying new duvet covers and sheets to brighten up (or cozy up, depending on the season) your space is fun, but what happens your collection is overfilled with sheets and bedding you'll likely never use again? It's good to keep a few extras especially for guests, but an entire linen closet full of bedding can be pared down.

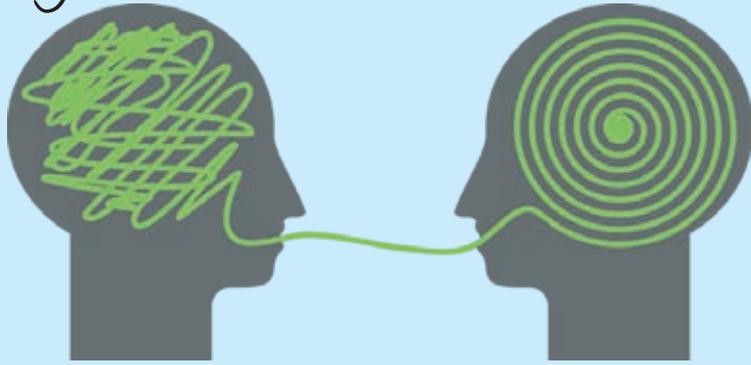
16. Anything You Haven't Used in Six Months

This is where the decluttering starts to take a turn. These may not be items you think of immediately, but pay attention to what you use and love, and what's been sitting in its place for a long time. The mug that just doesn't hold as much coffee as you need in the morning, the candle that always burns weird, the lipstick you never quite like on your skin tone—these items hide in plain sight and take up precious space in your home.

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11 of the Best Virtual Museums and Art Gallery Tours Take a trip through some of the world's best collections online...

As we have been on lock down for sometime and may be spending the next few weeks continuing to social distance and self-isolating at home, we have all had to put our travel plans on hold. But, I expect many people have been turning to the TV, or reading and going on line to find new ways of entertaining themselves and finding a way to stay occupied to help time pass. But this doesn't mean we can't get our culture fix!

Many of the world's leading museums and art galleries offer virtual tours that provide a detailed viewing of the creative treasures inside, from the brilliance of the old masters at the National Gallery and the Louvre, to a celebration of British art at the Tate. Get ready for some high-brow gallery-hopping as we take you on a journey from London to Paris, Amsterdam, America and back again – all from the comfort of your own sofa. And you don't even have to worry about what to pack...

1 Le Musée du Louvre, Paris



Begin your online travels in the City of Light. Even if Paris has lost its status as the most visited city in the world in recent years, its museums remain immensely popular. The Louvre Museum is the world's largest art and antiques museum, holding world-famous pieces such as the Mona Lisa or the Victory of Samothrace, and is actually the most popular museum in Europe on Instagram, exceeding four million posts.

2 British Museum, London



London is a cultural hub just waiting to be explored, and what better way to dive into history than by using the resources on offer at the British Museum? Older than the United States itself, this museum contains one of the most important collections in the world, illustrating the evolution of man from his beginnings to present day. Scroll through the ages as you explore art, history, religion, conflict and more.

3 The Metropolitan Museum of Art, New York



This incredible building is the biggest museum of art in the United States. Sit back, put your feet up, and enjoy tours of the Great Hall, the Temple of Dendur, and the Arms and Armour galleries.

4 Natural History Museum, London



Looking for a tour that the kids will enjoy too? This is it. Introduce them to the giant Dippy the dino in the entrance hall, as well as specimens in jars, butterflies, the dodo and more as you browse the corridors from your sofa.

5 Rijksmuseum, Amsterdam



Hop on a ferry and head off to the Netherlands, more particularly to Amsterdam where the Rijksmuseum is located. If you are finding the name difficult to pronounce, it simply means 'Amsterdam State Museum'. It is the most important museum in the country, both in terms of the number of visitors and the number of works on display. It is dedicated to the fine arts, crafts and history of the country.

6 Musée d'Orsay, Paris



The French capital also boasts the Musée d'Orsay, a museum which holds the largest collection of impressionist and post-impressionist works in the world. The online collection allows you to feast your eyes upon a variety of works from oil paintings and canvas works, to themes surrounding impressionism and French history.

7 J Paul Getty Museum, Los Angeles



One of the most important art museums on the west coast of the US, you can see over 6,000 years worth of creative treasures here, including the old master, like Van Gogh's *Iris* and Renoir's *La Promenade*. The museum also features Greek, Etruscan, and Roman art, as well as international photography from the 20th and 21st centuries. The Google Arts and Culture tool offers a look at the art inside the gallery spaces and you might need to strap in as this could be a long and interesting ride.

8 Musei Vaticani, Vatican City



No art lovers' trip around Europe is complete without a visit to 'Musei Vaticani'. The Vatican Museums, located in The

Vatican City, a city-state in the heart of the Italian capital of Rome, hosts a grand collection of public art and sculpture which was gathered by the Roman Catholic Church over the centuries.

9 Tate Britain, London



Tate Britain's online portal offers virtual tours around its rooms showing a chronological display of Britain's greatest artists of all time. Easily click your way through the collection in order of decade, allowing you to see a clear overview of British art from 1545 to the present day.

10 Van Gogh Museum, Amsterdam



Back to Amsterdam, this art museum is named after one of the most famous and influential figures in the history of Western art – Vincent van Gogh. Dedicated to the works of the Dutch post-impressionist painter, this museum has an amazing online section allowing you to explore the life and works of Van Gogh and access a wide variety of child-friendly resources to keep the younger ones entertained and educated.

11 National Gallery, London



Nestled behind the famous lion statues in London's Trafalgar Square, the National Gallery is home to over 3,000 paintings, drawings, watercolours and art from 13th to mid-20th century Europe. You can enjoy endless browsing around its seven exhibition spaces featuring portraits and dramatic landscapes from the old masters.

Dawn Chorus Day Get into the Rhythm of International Dawn Chorus Day.

International Dawn Chorus Day is held on the first Sunday in May each year, which falls on May 3rd in 2020. The event is promoted by the Wildlife Trust and this is the perfect opportunity for nature lovers to gather at dawn in one of the scenic spots in your local area and listen to the sounds of birds as they sing to greet the rising sun.

The first Dawn Chorus Day was organised by environmentalist and broadcaster Chris Baines in the 1980s when he held his birthday party at 4am so that all of his guests could listen to the dawn chorus together. What began as a small annual event in the city of Birmingham has now spread right across the UK and is even celebrated in parts of Antarctica and the Caribbean.

In fact, more than eighty different countries have taken part in International Dawn Chorus Day over the years. This is the perfect opportunity to experience the wonders of nature as they gather to listen to the song of hundreds of birds.

A wide range of different types of events are set to be held to celebrate International Dawn Chorus Day 2020. In addition to joining scheduled events, people can also choose to host their own event if they wish. Just make sure that you get up in plenty of time before dawn and choose a spot surrounded by nature so that you will be in the perfect position to greet the day and listen to the impressive chorus that accompanies it.



International Nurse Day



Organised annually by the International Council of Nurses, International Nurses Day celebrates the contribution that nurses make to societies around the world. The date has a very strong significance, being the birthday of perhaps the world's most famous nurse, Florence Nightingale. Alongside the encouragement of a

fully deserved congratulations owed to nurses, the organisation also produces an International Nurses Day Kit to educate and assist health workers around the world, with a different theme each year. Past publications have focused on working with the poor, fighting AIDS, equal access to care, and sustainable development.

I know we have all been amazed by our Nurses all over the world during the Covid-19 pandemic, their dedication to saving lives, working on the front line as they did, giving no thought to their safety and health and wellbeing. If their has ever been a moment in time

more apt, to giving them thanks...this is it...and we are all utterly and truly thankful.

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Star Wars Day

Since 2011 May the 4th has been known across Star Wars Fandom as Star Wars Day and was chosen due to the pun “May The Fourth be with You”. In fact Star Wars fans have bought into the celebration so much that a second date has since been created, with May the 5th becoming known as “Revenge of The Fifth”, a play on words from Episode III – Revenge Of The Sith, where fans join the ‘Dark Side’ by celebrating the Sith Lords from the Star Wars series.

Although Star Wars Day wasn’t created by George Lucas it has since been embraced by Lucas film as an annual

celebration of the day, with Disney – who purchased Lucas film and the rights to the Star Wars franchise in 2012, also holding many events in celebration of May 4th.

Never ones to be left out of a party we’ve popped a few interesting facts about the Star Wars franchise below in honour of the day. May the Fourth Be With You!

Many of the buildings constructed to be used in shots Tatooine are still standing in Tunisia. In fact, some of them are used by locals. Commemorative Star Wars coins became legal tender on the Pacific island of Niue in 2011.

It took as many as 10 puppeteers using both hands to operate Jabba the Hutt.

The trash in the Death Star garbage compactor scene was REAL. Apparently, the smell was so bad that Mark Hamill burst a blood vessel from trying to hold his breath, and the camera angle had to be adjusted for the rest of the scene so as not to show his injury.

As for Peter Mayhew’s yak-hair Chewbacca suit? It reeked for the rest of production.

The voice of Yoda is done by Frank Oz, who also happens to voice Miss Piggy from The Muppets. The alien race of ET: The Extra-Terrestrial makes an appearance in Episode 1: The Phantom Menace- officially connecting the worlds of Lucas and Spielberg sci-fi.

Yoda from the prequels was almost a real-life monkey in a green mask carrying a cane, however a monkey expert on set threw a spanner in the works. One of the crew who worked with apes in 2001: A Space Odyssey quickly pointed out, Look, the monkey’s just going to pull off the mask over and over again. It’s never going to work. The team soon enlisted Muppet master-crafter Jim Henson, who suggested casting Frank Oz (formerly the voice of Miss Piggy) to bring Yoda to life.



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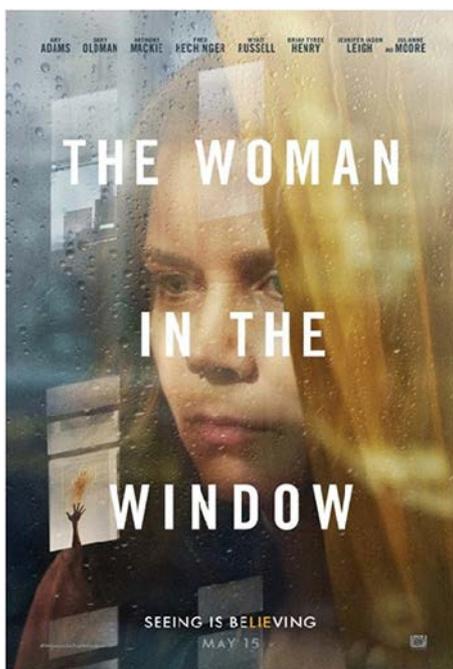
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The Woman in the Window

Is an upcoming 2020 American psychological thriller film directed by Joe Wright, from a screenplay adapted by Tracy Letts, based on the 2018 novel

of the same name by pseudonymous author A. J. Finn. The film stars Amy Adams, Gary Oldman, Anthony Mackie, Fred Hechinger, Wyatt Russell, Brian Tyree Henry, Jennifer Jason Leigh, and Julianne Moore. The film is scheduled to be released on May 15, 2020.

Plot: What's the story?

Anna Fox lives alone in the New York City brownstone that once housed her happy family. She suffers from agoraphobia and is separated from her husband

and daughter. She spends her days chatting online with strangers, watching old movies, drinking to excess and spying on her neighbours. This gets interesting when the Russell clan moves in next door. Watching the bond between the parents and their teen son makes her long for her own reunion with her own family, but that changes when she observes what seems to be a shocking act of violence. The housebound woman must confront what she saw, or whether she has become unhinged.



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Trolls World Tour



Titled as Trolls 2: World Tour from release is a 2020 American computer-animated jukebox musical video-on-demand film produced by DreamWorks Animation and distributed by Universal Pictures Home Entertainment.

The film is a sequel to the 2016 film Trolls, directed by Walt Dohrn with co-direction by David P. Smith, produced by Gina Shay, and written by Jonathan Aibel, Glenn Berger, Elizabeth Tippet, Maya Forbes and Wallace Wolodarsky, from a story by Aibel and Berger.

The film stars Anna Kendrick, Justin Timberlake, James Corden, Kunal Nayyar, Ozzy Osbourne, and Rachel Bloom.

Trolls World Tour was originally set to be theatrically released in the United States on April 10, 2020. However, due to the 2019–20 coronavirus pandemic, the film will be released on digital rental on the same day.

After the events of the first film, Poppy and Branch discover that there are other different kinds of Trolls scattered over six different lands, each devoted to a different form of music: Pop, Funk, Classical, Techno, Country, and Rock. Their world is about

to get a lot bigger, and a whole lot louder, as member of hard-rock royalty, the evil Queen Barb, aided by her father King Thrash, wants to destroy all other kinds of music to let rock reign supreme.

With the fate of the world at stake, Poppy and Branch, along with their friends — Smidge, Legsly, Biggie, Satin and Chenille, Cooper, Guy Diamond and Tiny Diamond — set out to visit all the other lands to unify the Trolls in harmony against Barb, who's looking to upstage them all and turn them into rock zombies.

Meanwhile, Branch tries to find a way to tell Poppy how he feels about her.



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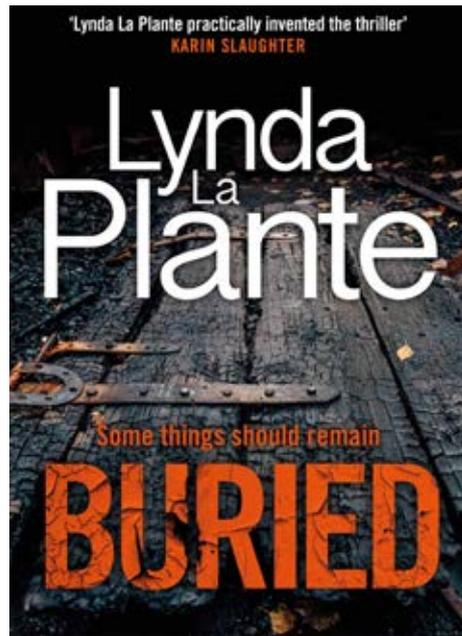
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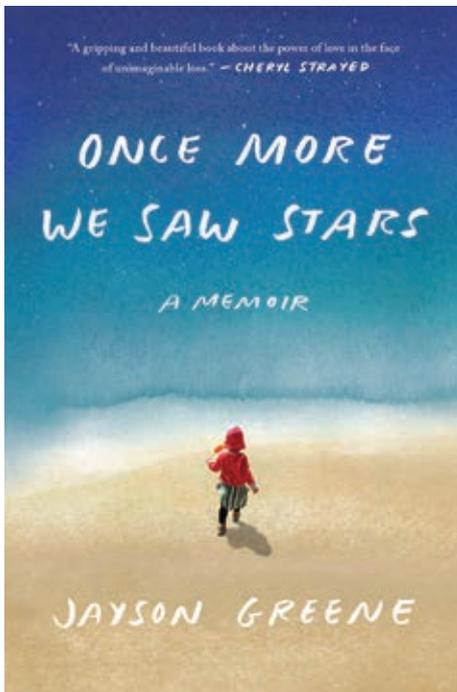
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Once More We Saw Stars
by
Jayson Greene

A gripping and beautiful book about the power of love in the face of unimaginable loss."
--Cheryl Strayed

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As the book opens: two-year-old Greta Greene is sitting with her grandmother on a park bench on the Upper West Side of Manhattan.

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Jayson recognizes, even in the midst of his ordeal, that there will be a life for him beyond it--that

if only he can continue moving forward, from one moment to the next, he will survive what seems unsurvivable.

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ELVIS COSTELLO

Is a singer song writer and musician with a glittering career spanning over 45 years. Costello has won many, many, music awards and has collaborated with some of the world's biggest music legends.

Declan Patrick McManus was born in St Mary's Hospital in Paddington London in 1954 to Lilian Alda and Ross McManus. His Father Ross was a musician who had a solo career as well as playing with the Joe Loss Orchestra as a singer and trumpet player.

McManus grew up in the Twickenham area of south west London and was always trying to find ways to make and record his music.

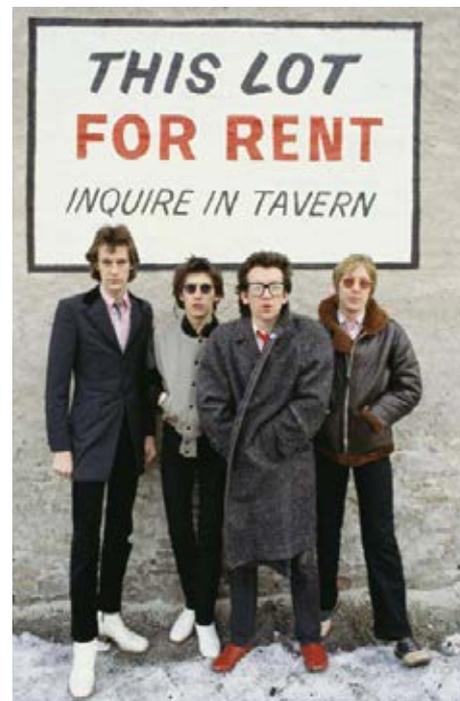
In 1971, upon leaving school at the age of 16, McManus moved with his mother to Birkenhead, near her hometown of Liverpool. He completed his education at St Francis Xavier college. McManus started his first band at this time; a folk outfit named Rusty. He also had several office jobs at this time to support himself.

In 1974 McManus moved back to London to be near his father and formed another band; a pub rock band named Flip City, he was to stay with this band playing small audiences for two years. In 1974 McManus was married to first wife Mary Burgoyne and she bore his first child Matthew. The marriage was not to last a long time. Also in the year 1974, McManus (who was going by the stage name of D.P McManus) had his first

advert for R Whites Lemonade (a secret lemonade drinker). His father Ross sang the vocal, with Declan on backing vocals. He continued to write songs It was also around this time that McManus met Nick Lowe who was then a bassist for pub rock band Brinsley Schwarz. Lowe then introduced McManus to Jake Riviera who was a manager with Stiff Records. Riviera suggested that he change his name to Elvis Costello.

In 1976 Elvis Costello released his first album My Aim Is True, the album was the first of five consecutive albums produced by Nick Lowe and Costello appeared on the cover in what was to be his trademark oversized glasses. The album was a moderate success and the singles Less than Zero, Red Shoes and the incredible but commercially unsuccessful ballad Alison all featured. Costello's music was not being sold in America and this prompted Costello being arrested for busking outside a convention for CBS executives! Costello signed for Columbia records a couple of months after this episode.

1977 saw Costello release his first major single Watching the detectives on Columbia records and later he formed his first permanent backing band The Attractions. The band consisted of Steve Nieve on piano, Bruce Thomas on Base and Pete Thomas (unrelated to Bruce) on Drums. Three more albums followed with the Attractions and produced by Lowe; This Year's Model (1978 including the singles I don't want to go to Chelsea and



Elvis Costello & The Attractions

Pump it up, Armed Forces (1979) featuring hit singles Olivers Army and Accidents will happen and Get Happy (1980) featuring the Sam and Dave hit I can't stand up for falling down. Costello also found time to Produce The Specials debut album in 1979.

By the end of the 70's Costello was firmly established as both performer and songwriter with Dave Edmunds and Linda Ronstadt having success with his songs.

The start of the 80's saw increasing tension between Costello and the Attractions and there were several disagreements between the members.

1981 saw the release of the album Trust, this album was critically acclaimed but not so successful in the charts at the time; Although the album was acclaimed retrospectively, when Rolling Stone magazine increased the rating from 4 to 5 stars.

1981 also saw Costello co-produce Squeeze's successful album East Side Story. Costello had grown up enjoying country music and this led to the release of Almost Blue, an album of cover country songs and this

spawned the surprise hit single A good year for the roses. The album was a success and reached No 6 in the UK.

1982 and 83 Saw the release of two more albums with the attractions with

some success; Imperial Bedroom and Punch the clock reached number 30 and number 24 in the Billboard charts respectively, with the latter being voted album of the year in the NME. Under the pseudonym the Imposter, Costello released the single Pills and Soap from the Punch the Clock album to coincide with the 1983 General election as a direct attack on Thatcherism. Every day I write the book was his first US top 40 single from the same album. Also in 1983 Costello provided vocals on the Madness song Tomorrows just another day.

1984 saw increasing tension in the band- especially between Costello and Bruce Thomas. Costello threatened to retire from music just before the release of Goodbye Cruel world – an album that was poorly received and Costello retired.....but not for long.

1985 saw Costello appear at the Live Aid concert at Wembley. He later teamed up with American T Bone Burnett (Bob Dylan's ex guitar-

ist) going by the name The Coward Brothers and releasing the single The People's Limousine. Costello in the same year produced The Pogues album Rum, Sodomy and the Lash.

Costello made his acting debut in this year too; Appearing in the Alan Bleasdale film No Surrender it was a small part, but added another string to his bow.

1986 saw the Attractions formerly split. Costello spent most of that year working with Burnett on several projects producing the album King of America. During this time Costello was using his birth name Declan McManus but he took on the middle name of Aloysius. Costello went to Ireland later in the year to appear at the benefit concert Self Aid in Dublin, a concert to help the unemployed in Ireland.

The same year saw the release of Blood and Chocolate, a critically acclaimed album produced by Nick Lowe (who produced his first five

albums) and saw a return to the post punk style from the early years. For this project took on the alias Napoleon Dynamite. The album also saw Costello working with the original Attractions band.

1987 saw Costello's recording contract with Columbia come to an end. In 87 he released a compilation album Out of our Idiot on his own UK label Demon Records the album consisted of unreleased songs and B sides and had Collaborators listed as Burnett, Lowe and Jimmy Cliff.

Costello signed a recording contract with Warner brothers in early 1989 and released the hit Album Spike which reached number 5 in the UK album charts and spawned the single Veronica which was co written with Paul McCartney and reached number 19 in the billboard hot 100 chart.

In 1991 Costello released a new album Mighty like the rose; Produced by Richard Froom and back under the name of Elvis Costello The Album

Continued on Pg20

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echoed Spike for it's diversity but with a darker feel.

1993 Saw a collaboration with The Brodsky Quartet on a classical music project The Juliet Letters. Costello's first attempt at penning classical music. He also wrote an album for Wendy James of Transmission Vamp entitled Now That Ain't the Time for Tears. That same year he licensed the rights to an album of his pre 1987 work (My aim is true to Blood on Chocolate) to Rykodisc in the USA.

Costello was reunited with the Attractions in 1984 to record the straightforward pop album Brutal Youth and the band toured together worldwide through 1994 and 1995. He released an album of cover versions in this year Kojak Variety; a project that had been shelved for many years. An album of original works that mostly had been released by other artists followed in the same year entitled All This Useless Beauty. This album was the final album of the Warner Bros contract and the final album of original works he was to record with the attractions.

1998 saw a collaboration with legend Burt Bacharach on the album Painted from Memory. The album received critical acclaim and sold everywhere except in the UK and USA. A successful tour followed with Bacharach around America and Europe and when Bacharach left the tour, Costello brought in Neive to continue what the pair dubbed the lonely world tour. The tour took them into 1999 when Costello started on film work with Costello providing music contributions in both Notting Hill and Austin Powers; The spy who shagged me. Costello and Bacharach appeared briefly in the latter as street musicians.

In 2001, he found himself with a residency at UCLA, where he performed several concerts and was instrumental in teaching music during the year. He also began work on a self-produced album that featured Pete Thomas and Nieve -- now billed as a band called the Imposters -- entitled When I was cruel, and the album finally found release via Island Records in the spring of 2002; at the end of the year, he released a collection of B-sides and leftovers from the album's sessions entitled Cruel Smile.

2002 saw Costello split with Cait O'Riordan and he subsequently fell in love with and was engaged to successful jazz pianist Diana Krall. They married at home later that year.

The album When I was Cruel, kick started a new productive era for the ever-prolific Costello. In 2003, he returned with North, a collection of classically styled pop songs pitched halfway between Gershwin and Sondheim. The next year, he collaborated with his new wife Krall, on her first collection of original material; The Girl in the Other Room. The same Autumn, Costello released two albums of his own original material: a classical work entitled Il Sogno and the concept album The Delivery Man, a rock & roll record cut with the Imposters. Issued in 2006 My Flame Burns Blue was a live album with Costello fronting a 52-piece jazz orchestra the Metropole Orkest; the release featured classic Costello songs (with new orchestral arrangements) alongside new compositions and a performance of Il Sogno in its entirety.

In 2006, Costello released The River in Reverse, a collaboration with New Orleans R&B legend Allen Toussait, followed by the album Momofuku, another effort credited to Elvis Costello & the Imposters, in 2008.

That same year, Costello teamed up with veteran producer T-Bone Burnett for a series of recording sessions, the results of which were compiled into Secret, Profane & Sugar Cane and readied for release in early 2009. The pair also recorded a second album National Ransom, which appeared the following year. In 2011, Costello & the Imposters released The Return of the Spectacular Spinning Songbook!!!, which was recorded live over a two-day stint at the Wiltern in Los Angeles. The next year or so was relatively quiet, but at the end of 2012 he released a new compilation called In Motion Pictures, which was a compilation of songs he contributed to films.

2013 brought yet another collaboration this time with the Philadelphia Hip Hop band The Roots. Originally planned as a reinterpretation of songs from his vast back catalogue, the album Wise Up Ghost turned into

a full-fledged collaboration and was greeted by positive reviews upon its September 2013 release on Blue Note. In 2015, Costello announced that he was completing work on his memoirs, and that the book, titled Unfaithful Music & Disappearing Ink, was scheduled for publication in October 2015. Costello also compiled a companion album, Unfaithful Music & Soundtrack Album, which featured a career-spanning selection of songs from his catalogue, as well as two previously unreleased selections.

In July 2018, Costello revealed that he was recovering from a "small but very aggressive cancer." By the time he delivered the news, he was not only on the mend but had a new album with The Imposters in the can, Look Now, the group's first record together in a decade, appeared in October 2018; it won a Grammy Award for Best Traditional Pop Vocal Album the following year.

Costello was appointed Officer of the



Order of the British Empire (OBE) in the 2019 Birthday Honours for services to music.

So, a full career with collaborations with some of the musical greats, appearances in movies and TV (tv commercials!!!) and being involved with music across the genres including Punk, New Wave, Classical, Reggae, Hip hop and his beloved Country. I would like to point you to a track that really explains the genius that is Elvis Costello; I am referring to a song he wrote in 1976. The song is Alison from his first album My Aim is true. Comfortably one of the finest love songs I have ever heard and it absolutely amazes me to think that the song was written at the age of 22. Ladies and Gentleman I give you the song writing genius that is Elvis Costello.

Damien Sugden





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FMA, like many other charities in this area have been hit greatly by the impact of the corona virus and the effect it has had on our fund raising abilities, upon which we are totally reliant. Cancellation of events such as concerts, our monthly markets and fayres has meant digging in to our already depleted financial reserves which we are always reluctant to do.

Trying to find positives from this crazy situation is hard, but believe it or not, there has been quite a lot to celebrate over the last month since lockdown. We already knew we had fantastic supporters and they did not need much persuading to answer our 'call to arms', contributing in so many ways; liking and sharing our posts, donating much needed funds, offering foster homes, donating monies from already purchased concert tickets, and even adopting.

Amongst those dogs finding permanent homes were all our M&M puppies and Flossie with some others still awaiting confirmation. Our appeal for fosters resulted in many of our dogs and puppies moving in with temporary families, where they can experience a home situation and learn the life skills needed for their development and future life. We still have many dogs needing foster homes so if you are able to help please contact us. We are really grateful to everyone who has stepped up at this difficult time and opened up their

homes for our FMA family.

We are hoping, like everyone else, that a return to 'normal' will not be too long in the future and that we can all meet up again at our monthly market to catch up with friends and enjoy the sunshine which is inevitably going to happen. Until that time everyone at FMA will be giving an extra loud clap on Thursdays, not just for our wonderful key workers but for our wonderful friends and supporters.

Please keep looking in and sharing our Facebook page. We will endeavour to keep everyone updated on forthcoming events and their situation as well as updating on the animals in our care both past and present. Please remember the more likes we get on our Facebook page the more people we can reach.

If you think you can offer your help in any way please contact us. In most cases we are still open for adoptions and fostering within the immediate area. Thank you as ever for all your support.

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What to do in the garden in May

May has arrived and the days are getting warmer and longer. Summer is on its way and it's time to tidy up spring plants, plant out summer flowers and get planning for autumn.

Timely Tips

1. Start planting out summer bedding towards the end of this month.
2. Look after your finished spring bulbs for next year. Once they've gone over, resist the temptation to cut back the foliage. Instead, let it die and break down on its own and add liquid fertiliser all around the clumps. This will give you an even better display next spring.
3. Remember if you have a greenhouse, to open vents and doors. You can also damp down your greenhouse on hot days to increase humidity and deter red spider mites.
4. Optimise your watering regime - watering early and late to get the most out of your water - and start collecting and recycling water whenever possible.

In the flower garden · • Thin out drifts of hardy annuals. · • Harden off half-hardy plants by leaving them outside during the day and bringing them back under cover at night for 7 to 10 days before planting outdoors.

· • Plant summer hanging baskets, adding good-quality compost, slow-release fertiliser and water-retaining crystals, to keep them in top condition. · • Harden off dahlias and tender exotics such as canna for planting.

· • Continue dividing herbaceous perennials to improve vigour and create new plants. · • Divide hostas as they come into growth. · • Trim back spreading plants such as aubrieta, alyssum and candytuft after they've flowered, to encourage fresh new growth and more blooms. · • Lift forget-me-nots to prevent heavy self-seeding and reduce spreading. · • Prune penstemons now - cut all the old shoots back to the base, providing there is new growth at the bottom of the plant. If there are no new shoots at the base, cut just above the lowest

set of leaves. · Take cuttings of tender perennials, such as fuchsia, argyranthemum and pelargoniums (geraniums). The new shoots of hardy perennials can also be used for cuttings. · • Take softwood cuttings of shrubby herbs (such as sage and lemon verbena). · • Prune out overcrowded and dead stems of early-flowering clematis (*C. alpina*, *C. cirrhosa*, *C. macropetala*, *C. armandii*, and their cultivars) after flowering.

· • Tie in climbing and rambling roses. Laying the stems horizontally will help to produce more flowers. · • Tie in sweet peas with plant support rings to encourage them to climb.

· • Prune spring-flowering shrubs after flowering.

· • Cut back flowered shoots of choisya to promote a second flush of flowers in autumn. · • Trim lavender plants, cutting off old flower heads and about 2.5 cm (1 inch) of the current year's growth.

· • Feed and water container plants.

· • Top-dress permanent pot plants to refresh the compost. · • Supplement container plants with balanced liquid feed every 2-4 weeks to promote healthy growth.

· • Closely inspect plants for pests and diseases - early prevention is much easier than curing an infestation.

· • Pick off any larvae of rosemary, viburnum and lily beetle as soon as you spot them.

· • Look out for signs of blackspot on roses. If discovered, treat it with a systemic fungicide.

· • Continue to weed beds and borders to prevent competition for water and nutrients. · • Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs.

In the vegetable garden

· Continue earthing up potatoes.

· • Harvest asparagus spears when they are no more than 18 cm tall. · • Thin out direct-sown vegetables such as spinach, carrot and lettuce seedlings, then water the rows well. · • Harden off outdoor tomatoes,

courgettes and pumpkins for planting early next month. · • Protect carrots from carrot fly by covering with horticultural fleece or Enviromesh. · • Pinch out the growing points of broad beans as soon as beans start to appear at the base of the plant to reduce the risk of blackfly attack. · • Weed around your onions and garlic to reduce competition for nutrients and water. Apply an onion fertiliser to boost growth. · • Make supports for your runner beans, using 8 ft (2.4 m) bamboo canes. · • Support pea plants with twiggy sticks or pea netting.

· • Keep on top of weeding - weeds will compete for precious water, light and nutrients.

In the fruit garden

· Protect strawberries with straw (to control weeds and lift the berries off the ground) and netting (to keep birds off the fruit).

· • Harvest rhubarb, picking only one-third of the total amount of stems.

· • Hang pheromone traps in plum trees from May to August to monitor plum-fruit-moth activity.

· • Hang pheromone traps in apple trees to reduce codling moth.

· • Keep young fruit trees well watered while they are putting on rapid growth.

· • Remove blossom and fruits from newly planted fruit trees to help them establish properly during



Continued on Pg24

their first year.

- Regularly check the centre of gooseberry bushes for green gooseberry sawfly caterpillars - they will quickly skeletonise leaves if not removed.
- Erect netting around soft fruit plants to prevent birds eating your crop.

Looking after your lawn

- Apply lawn weedkiller to your lawn this month.
- Feed your lawn with a high-nitrogen fertiliser to encourage healthy green growth.
- Water the grass during hot weather - that's particularly important for newly seeded or turfed lawns. Never allow new lawns to dry out.

- Lower mower blades to their regular summer-cut height.

- Continue sowing lawn seed and repairing bare patches in the early part of the month.

- Postpone mowing newly sown grass until it reaches 3 inches in height and make sure the mower blades are on a high setting.

Other jobs about the garden

- Feed pond fish little and often.
- Remove duckweed and blanket weed from ponds, and thin out submerged oxygenators. Lay any removed weed beside your pond overnight to allow insects, snails and other pondlife to escape back into the water.

- Keep on top of weeds to prevent them spreading.

- Clip evergreen hedges now.

- Control the heat in your greenhouse with blinds or shade paint.
- Hang fly traps throughout the greenhouse to monitor levels of whitefly, thrips and other pests.

From your armchair

- Keep a diary of which seeds you're sowing and planting to help you stay on top of things throughout the year.

- Take time out from the all your hard work to relax and enjoy the garden now that the warmer weather has arrived!

Spanish patios in May



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How to Build a Hanging Basket

The key is planting the sides as well as the top

A hanging basket can serve a variety of functions, from accenting a front porch to filling an empty wall. No matter what the purpose, they offer an opportunity to play with plant combinations to create a riot of color. Today's ever-shrinking landscapes mean fewer places to cultivate. Planting a hanging basket may be just the ticket for expanding your gardening realm. It is also one of the easiest ways to connect your garden with your home.

Trailing plants are traditionally used in hanging baskets with three plants of the same variety planted in the top. Another way to craft a hanging garden is to use an open-sided basket and plant the sides as well, a technique that allows me to use three to four times the number of plants in a traditional basket. I usually use a jumble of clumpers and trailers to create the illusion of masses of color and texture. I also mix in a few plants with great foliage to add interest throughout the growing season.

1. Choose a basket



When it comes to baskets, size—or in this case, volume—does matter. The volume of the basket is directly related to the amount of water your hanging garden can retain; if you select a basket that is too small, you'll have to water daily, if not more often. A larger basket can make taller columns or posts look more in scale with your house or landscape. I use baskets that have open sides so that I can cut slits in the liner in a checkerboard pattern for planting

2. Insert a liner

To fully cover large baskets, you may need to overlap two rectangular sections of liner. While the exact lengths depend on the size of your basket, allow enough extra material so that, when the basket is filled with soil, some will still



spill over the edges. Overlapping the liner in the bottom of the basket has the added benefit of slowing water flow out of the basket.

3. Build a base layer of potting soil



Start with a base layer of good-quality potting soil in the bottom of your basket. Press it against the bottom and sides of the basket so that you have a firm background to cut against when making the slits for the first row of plants. The soil level should be about 4 to 6 inches above the bottom of the basket when you complete this step.

4. Insert a water reservoir



To help with aeration and watering, I insert a vertical 8- to 10-inch section of slotted black drainpipe, available at any hardware store. I adjust the length so that 2 to 3 inches are exposed above the final soil level; this ensures that the

drainpipe does not fill with potting soil during rainfall or waterings. I place the pipe so that the end sits about 4 to 5 inches above the bottom of the basket. If the drainpipe hits the bottom of the basket, water will simply drain right out of the basket instead of filling the surrounding area. The pipe directs the water toward the bottom of the basket, which is the first place to dry out.

Stagger your plants

To ensure maximum coverage while preserving visibility, place plants in a checkerboard pattern. After spacing plants evenly in the bottom row, create the next row so that its plants fall between, not directly above, those below.

5. Cut the liner and add plants



Using a sharp object, make small incisions in the liner just below the current soil level and carefully poke the root-balls of the plants through from the outside. Small plugs or cell pack-size annuals work best because they minimize the size of the openings in your liner; larger holes will let potting soil spill out and may even cause young plants to wash out during watering. If you must use larger plants, gently wash most of the potting soil from the root system and carefully compress the root mass into a torpedo shape and slip it through the liner.

6. Continue planting to the top



Keep adding layers of potting soil, cutting slits, and inserting rows of plants in a staggered pattern until you reach the top of the basket. Top off your planting with a few upright annuals or perhaps even some small grasses. Trim the liner to about 1 to 3 inches above the final soil level so that a small amount peeks over the edge of the basket. This reduces the chance of potting soil being washed out of the basket when watering. Then, give the whole basket a good soaking.

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The property market, coronavirus and expat buyers and sellers in Spain



Sales and rental activity in the Spanish housing market will suffer significant declines for some time due to the draconian measures introduced by the government to tackle the virus.

Spain is one of the countries worst affected by the coronavirus. According to Worldometer, as of 9:45 AM on April 2nd, Spain has 104,118 positive cases and the second-highest death toll in the world.

To curb the spreading of the virus, the Spanish government ordered a nationwide lockdown, whereby no-one can leave their homes except to go to the supermarket, pharmacy or to care for the vulnerable and elderly. Businesses and restaurants have closed, there are travel restrictions, and police are issuing fines to anyone who does not have sufficient reason for being outside.

The travel and tourism sector has been severely affected by the lockdown and expats who rely on rental income, or are looking to sell and relocate elsewhere are also suffering.

Property rentals is a flourishing market in Spain, and many expats let their homes to travellers due to the high financial returns available. However, travel restrictions and border closures enforced worldwide are having a damaging effect on rental income as tourists are unable to travel.

Also, as the coronavirus is rampant in Spain, there has been a freeze in market activity due to loss of income and

social distancing measures that have reduced the appetite for buying. Without a reliable source of income, buyers are reluctant to invest, meaning expats hoping to sell and return to their home country are stuck in limbo.

Future of the Spanish property market

While the coronavirus pandemic has delivered a shock to the Spanish housing market, it is a passing crisis. The Bank of Spain expects the domestic housing market to remain fragile for some time but for international investment to find momentum much sooner.

For the overseas buyer, life in Spain is attractive and an excellent investment due to its popularity with tourists. For Britons, if Sterling rallies in the coronavirus aftermath, the British demand for Spanish properties is expected to surge.

Recovery may be slow, but there is hope for the future of the Spanish property market.

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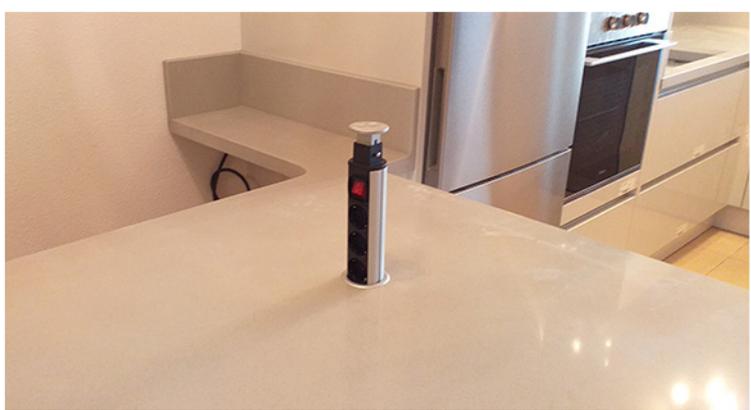
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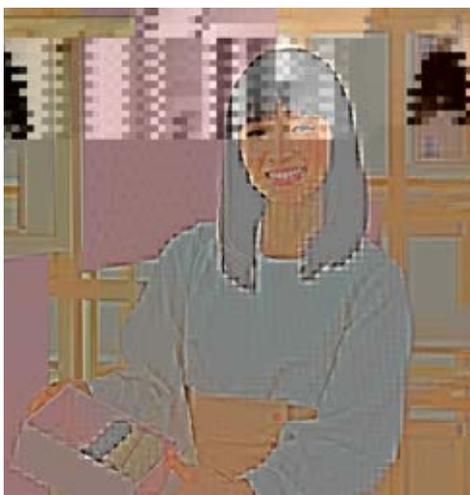
May Trend
Back to basics



In these unprecedented times we are all having to have a good think about what's important to us and what we really no longer need in our lives. This is a good thing in an unpredictable world that we have all found ourselves living in over recent weeks. Take this time to de-clutter Marie Kondo style. Her approach is if you don't absolutely love it and if it doesn't bring you joy then get rid.

'Create your personal sanctuary'

By using simple colours and tones we can create a peaceful space at home away from the world. Create a space for mindful meditation or reading or just sitting still and reconnecting with the earth in your personal sanctuary.



De – clutter your cupboards and wardrobes and try Marie Kondo's technique or Rise to the Right. This is where you start with dark colours or fabrics on the left side and lighter fabrics and colour to the right. You can try this on book shelves or kitchen cupboards as well and get rid of any old or unused items to create more space . Konmari.com





Red Cross Week

Red Cross Week is celebrated between 4th and 10th of May. The week is timed to tie in with World Red

Cross and Red Crescent day which is celebrated on the 8th May every year. Red Cross Week is a week in which to celebrate the charitable work of the Red Cross and also an opportunity to get involved in fundraising and help

people in Crisis all over the world.

The Red Cross is a charity that works to help people in crisis all over the world. Support is offered in a diverse variety of ways, from emergency help and medical support in times of crisis such as war, terrorism or natural disaster to helping those dealing with loneliness and supporting victims of modern slavery and trafficking.

Red Cross Week is the charity's biggest fundraising and awareness campaign of the year, and there are lots of ways to get involved. Those who would like to support the charity can help raise awareness by downloading the Red Cross Kindness Calendar off their website, doing a small act of kindness every day and sharing on social media using the hashtag #PowerofKindness.

Further information about local events and how to get more involved can be found by contacting our very own Red Cross here in Mazarrón.

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ACUTE RESPIRATORY INFECTION BY NOVEL CORONAVIRUS (COVID-19)

What is novel coronavirus?

On January 7th., 2020, Chinese authorities identified the emergence of a new type of virus, named "novel coronavirus", 2019-nCov. Subsequently, the virus has been referred to as SARS-CoV-2, and the disease as COVID-19.



What are its symptoms?

Most common symptoms include **fever, dry cough and shortness of breath**. 80% of cases are mild. In more severe cases, the infection can cause pneumonia, intense breathing difficulty, renal failure and even death.

The more severe cases, generally affect older adults or people who already suffer from preexisting conditions such as heart or lung disease, and immuno-compromised populations.



Fever



Cough



Shortness of breath

How contagious is the infection?

According to the information we currently have, and taking into consideration the transmission mechanisms more common in coronavirus, transmission occurs via droplets when an infected person coughs or sneezes.

In order for the infection to occur, it would require direct contact of the respiratory droplets of an infected person with the mucous membranes of another person (nose, mouth, eyes).

Transmission through the air at distances over one or two meters (three to six and a half feet) seems unlikely.



What can I do to protect myself?

Take the corresponding personal protection measures against respiratory diseases, as you would normally do with the flu:



Frequent hand hygiene (thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water), **especially after direct contact with ill people or their environment**).



Avoid touching your eyes, nose and mouth, as the infection is spread by hands.



If you have any symptoms of respiratory illness, avoid close contact (keeping a safety distance of approximately one meter/three feet) **with other people**.



When coughing or sneezing, cover your mouth and nose with the inside of your elbow.



Use disposable tissues and throw them away immediately.

What actions are being carried out by the Spanish Ministry of Health and the Department of Health of the Region of Murcia?

There is a permanent evaluation of the situation's evolution and they are developing specific actions in relation to the coronavirus outbreak.

Daily updates on the outbreak situation have become available to the public and can be consulted at: www.msrebs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/home.htm



You can also access this information scanning the following QR code:

INFORMATION AND EMERGENCY NUMBERS

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Toll-free number designated to tend to the citizens' requests and questions regarding the coronavirus, available from Monday through Friday, from 8 am to 8 pm.

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MON	TUE	WED	THU
<p>Day 5</p> <p>What sound are you grateful for today?</p>	<p>Day 6</p> <p>What in nature are you grateful for?</p>	<p>Day 7</p> <p>What memory are you grateful for?</p>	<p>Day 1</p> <p>What smell are you grateful for today?</p> <p>Day 8</p> <p>What book are you most grateful for?</p>
<p>Day 12</p> <p>What texture are you grateful for?</p>	<p>Day 13</p> <p>What abilities are you grateful for?</p>	<p>Day 14</p> <p>What sight are you grateful for today?</p>	<p>Day 15</p> <p>What season are you grateful for?</p>
<p>Day 19</p> <p>What touch are you grateful for today?</p>	<p>Day 20</p> <p>Who in your life are you grateful for?</p>	<p>Day 21</p> <p>What song are you most grateful for?</p>	<p>Day 22</p> <p>What story are you grateful for?</p>
<p>Day 26</p> <p>What form of expression are you most grateful for?</p>	<p>Day 27</p> <p>What small thing that you use daily are grateful for?</p>	<p>Day 28</p> <p>What small thing that happened today are you grateful for?</p>	<p>Day 29</p> <p>What friend / family member are you grateful for today?</p>

Sudokus

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

Answers to last months page 66

Animal Jokes

Q: Why did the pig have ink all over its face?

A: Because it came out of the pen.

A snail named Samuel just got a raise working as an estate agent. He decided since he got this money he will get a custom sports car with a big "S" on the side to show everyone the car is his. While he's flexing his new car down the streets of Los Angeles, he passes an elderly couple sitting on their porch. As he passes the man exclaims to his wife, "Look at that S-Car-Go!"

A farmer was persuaded to cross-breed his cattle with hyenas. It was a disaster. The offspring were the laughing stock of the community!

Q: Why do birds fly south in the Fall?

A: Because it's too far to walk.

Q: What is black, white, and red all over?

A: A sunburnt penguin!

Q: Where do shellfish go to borrow money?

A: The prawn broker.

Q: What happened when the frog's car broke down on the side of the road?

A: It gets toad away.

Q: What did the fish say when it swam into a wall?

A: "Dam!"

Spring Word Search

C H I C K E J U N E G R W O W
 H P U D D L E M A P R I L H S
 I B L O H B U N N Y E B O M E
 B A S E B A L L T T E U M A E
 S U M A M A T C H A N T F R D
 H O T S P R I C I N G T L C S
 N E S T T A P I H E A F O H O
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 A S E H B U F N N S O L R S I
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 A N U W E F M A Y Y M V R O C
 S A N E R A N B O W S H E S O
 U M B R E L L A E A S T E R A
 T H A S P R I N G P U D D E T



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS
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 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST
 PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
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DOWN

- 1 Australia's national gemstone
- 2 French feminine and masculine articles
- 3 Small amount of residue
- 4 Mr. Burns catchphrase
- 5 "It's a ____ Life"
- 6 Length by width
- 7 Hitchcock's "____ Window"
- 8 "Hunky-____"
- 14 Small bite
- 16 Film failure
- 17 "____! I did it again"
- 18 Raw materials
- 19 Remove and replace
- 20 Warning sign
- 21 FBI agents

1	2	3	4		5	6	7	8
9					10			
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13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

ACROSS

- 1 Ye ____ Shoppe
- 5 Prison division
- 9 10 stroke hole?
- 10 Black and white treat
- 11 Baldwin who played in Beetlejuice
- 12 Move toward
- 13 Barney Stinson catchphrase
- 15 Falsehood
- 16 2003 Ryan Reynolds heist film
- 22 Traditional knowledge
- 23 Emit as vapor
- 24 Unseal
- 25 Secondhand
- 26 "Hey you!" at the library
- 27 "It's been a while" in SMS lingo



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LENSBUBBLE



With so many of us having extra time on our hands lately, have you been tempted to improve your photography skills?

What does it do?

With its unique spherical shape, the Lensbubble creates stunning imagery through the technique of refraction. It adds that extra wow factor, making your photos stand out from the rest.

How does it do it?

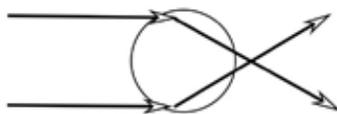
Pure transparency is achieved through using 100% K9 Crystal Glass material. The final product is a flawless Lensbubble with no blemishes, scratches or distortion.

7 Tips for Doing Crystal Ball Refraction Photography

You've heard of reflections in photography, but have you tried refraction? When used well, refraction creates compelling images that will leave your audience both wowed and curious.. Once you've mastered this type of photograph you'll likely get the same audience. Here are some tips to help you do crystal ball refraction photography.

So what is refraction?

Refraction



Light is bent through the glass sphere, and inverts the image

Refraction happens when light passes through an object of denser mass, such as water or glass. When this occurs, light is bent, and there is a distortion.

When refraction occurs with a transparent spherical object something magical happens. An inverted image of the scene behind the ball is seen. The lens elements in your camera actually work this way as well. You can use a glass ball as an extra lens element, one you can move around your scene.

How to do refraction photography

Now you know what refraction is, it's time to learn how to apply it to your photography. If you follow the guide below you won't go far wrong with this type of photography.

1 - Dealing with the upside down image

There are instances where it works to have an upside down image in the background or inside the ball. If you want to avoid this, the best way to deal with an upside down background is to blur it out using bokeh. An alternative to blurring out the background is to use reflection since the reflected image will be the right way up inside the ball.

2 - Get above your subject

You should get the ball off the ground so it's level with the subject you're photographing. A centered subject in the ball will have less distortion and more impact

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in the frame. There are always exceptions, of course, as leaf beds or puddles work well when the ball is placed right in them.

3 – Fill the glass ball with your subject

You have to get close to your subject, or it (they) will appear very small inside the ball. The best advice I can give here is to see if your scene would fill a wide angle lens. If so you're gold.

4 – Choose the correct lens

The best option here is to use a macro lens or a telephoto lens with macro capability. The macro lens will allow you to get close to the ball, making it easier to create bokeh around the ball. Using a wider angle lens can also work if your scene allows it.

5 – Choose the correct aperture

You need to get the correct aperture for your scene. An aperture that's too small won't blur out the background. One that's too large will make it hard to get a sharp image inside the ball. I would choose an aperture of around f/4, it depends on the scene you are photographing, though.

6 – Find a safe place to position the ball

This is very important, especially if you are photographing from a high vantage point. The ball needs to sit on a flat surface, finding a crevice to sit the ball on is better. Once you have placed the ball ensure it isn't going to fall and keep your hands near it during this time.

If there is no place to rest the ball you can ask a friend if they'll hold the ball for you. You need to be especially careful on a windy day, a strong gust of wind can move the ball if it's not in a secure position.

7 – Lighting the subject in front of the ball

You should have a well-lit subject in any kind of photo, but it's even more important with refraction photographs. A strongly lit subject will shine through the ball with less reflection appearing on the ball. Look to photograph when the sun is behind you or during blue hour shooting towards lit buildings.

Refraction photography versus a standard landscape

A lot of locations that suit refraction photography with a glass ball will also be good for regular landscapes. The question is why photograph a refraction photo when you could take a wide-angle shot of the same scene?



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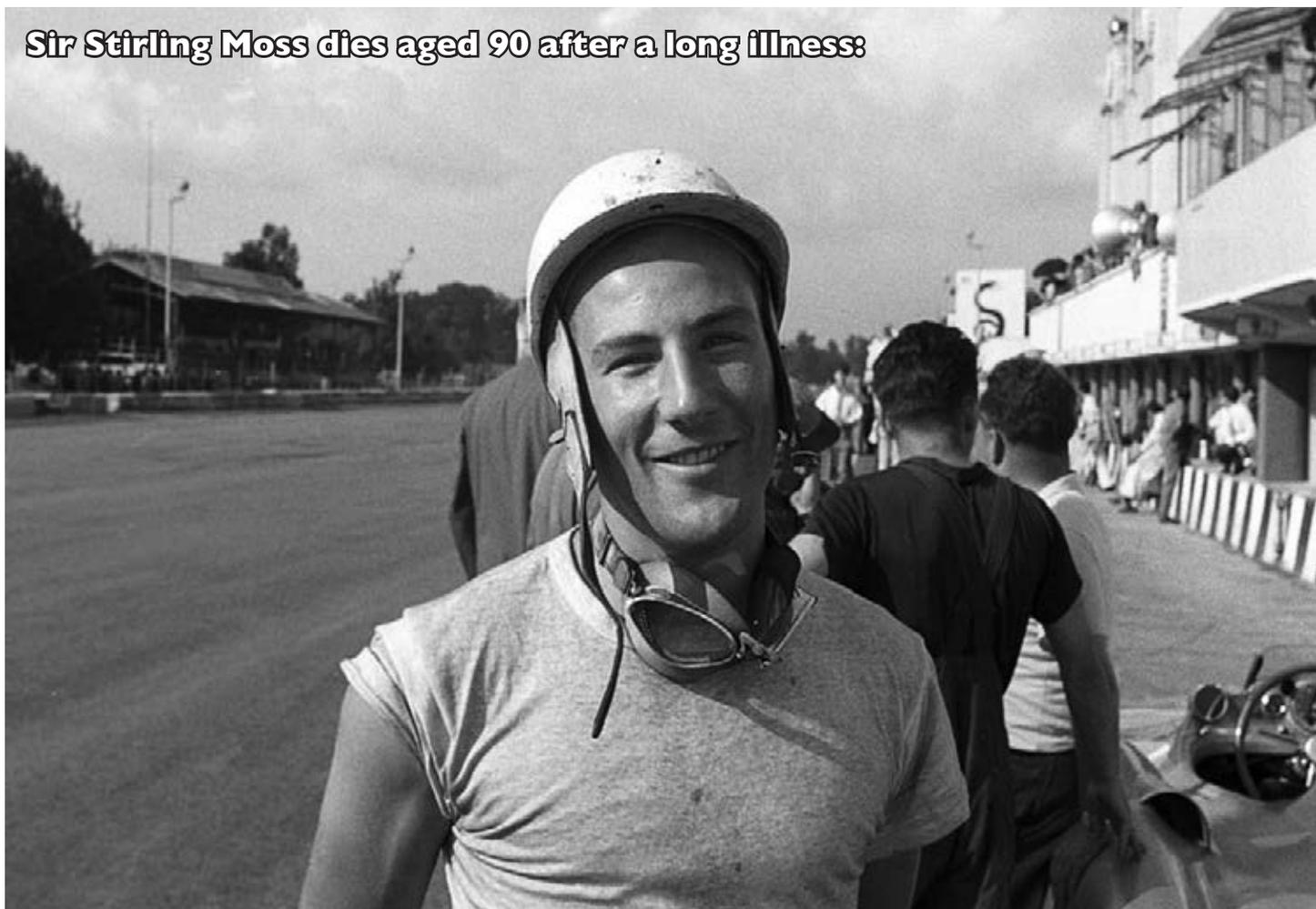


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Sir Stirling Moss dies aged 90 after a long illness:



One of the greatest racing drivers in history, Sir Stirling Moss, has died at 90 years old.

Widely regarded as the best driver never to win an F1 World Championship, Moss won 16 Grand Prix between 1955 and 1961 with Mercedes, Maserati, Vanwall, and with Rob Walker's team aboard Cooper and Lotus machinery. His first win, at the British Grand Prix at Aintree, was the first World Championship Grand Prix win by a British Driver.

In all his seven year F1 career saw him finish second in the points standings no fewer than four times, and third a further three times.

Beyond F1 he was a regular winner in sports cars too, his greatest win regarded by many as being the victory, partnered by journalist Denis Jenkinson, in the 1955 Mille Miglia in a factory-entered Mercedes Benz 300 SLR. The pair would set an astonishing time of 10 hours, 7 minutes and 48 seconds, an average speed of 98.53 mph for the 1000 miles. Sir Stirling was five time winner of the RAC Tourist Trophy, in Jaguar, Mercedes and Aston Martin machinery, including the infamous event at Goodwood in 1959 that sealed the World Championship for Aston Martin. He was also four times winner of the British Empire Trophy, four times win-

ner of the Nurburgring 1000km (below 1956), winner of the 1955 Targa Florio, the 1954 12 Hours of Sebring and a host of other major events worldwide in single-seater, sportscar and rally machinery.

Through his professional career Sir Stirling won no fewer than 212 of the 529 races he entered and scored many more podiums. (Below is a shot from his 1960 Nurburgring 1000km victory) Whilst his career was cut short by a major accident at Goodwood in 1962 that left him fighting for his life and in a coma, he did return to competition from time to time, including a two year spell with Audi in the 1980s in UK national saloon racing.

Thereafter he raced only in historic racing, eventually standing down in 2011, dramatically announcing his retirement from competition, live on air to Radio Le Mans' Joe Bradley after qualifying for the Le Mans Legends support race to the Le Mans 24 Hours. He finally retired from public life aged 88 after suffering ill-health. He died peacefully at home.

He'll be remembered by millions as a true icon of the sport, a survivor from an unforgiving age.



Sir Stirling Moss and his wife Lady Moss



Heineken Dutch Grand Prix 2020
Race 3rd May , 15.10 – 17.10
Round 5

Circuit Zandvoort
First Grand Prix 1952
Number of Laps 72
Circuit Length 4.252km
Race Distance 306.144 km
Lap Record
null null (null)
Zandvoort

When was the track built?

Like Silverstone, Zandvoort was first opened in 1948, part of the wave of post-war motorsport enthusiasm that swept across Europe. Originally made up of a mixture of permanent track and public roads that snaked through the sand dunes of the Zandvoort resort town, the Dutch Automobile Racing Club – who initiated the plans for the circuit – brought in 1927 Le Mans winner Sammy Davis to consult on the layout for the original 4.2km track. When was its first Grand Prix? Formula 1 arrived in the Dutch dunes in



1952, with Alberto Ascari dominating the race as he led home a 1-2-3 for Ferrari. Formula 1 would go on to race on and off at the track until 1985 – before, in 2019, the announcement came that the championship would return to Zandvoort for 2020, after a 35-year hiatus.

What's the circuit like?

'Really quick', 'pretty insane', 'crazy' and 'old-school' were words used by the current crop of F1 drivers when asked to describe the Zandvoort track that many of them tackled in their junior category days. We'd also add 'undulating' to that list. The Zandvoort track swoops and flows through the sand dunes, creating a rollercoaster-like feel to the lap. And while the circuit will be modernised in time for F1's 2020 return – including increasing the banking angle at the famous Tarzan corner to an Indianapolis Motor Speedway-trumping 18 degrees – Zandvoort will remain a proper, challenging drivers' track.

Why go?

Zandvoort combines a lot of enticing features for an F1 fan. There's the historic track, which famously featured in

John Frankenheimer's Grand Prix, and was the scene of many great F1 moments over the years (Gilles Villeneuve's three-wheeled lap, anyone?). There's the atmosphere, which with Max Verstappen on the grid is set to be electric, and most definitely orange-hued. And then there's the beachside location, just a 30-minute train ride outside of Amsterdam. What's not to love?

Where is the best place to watch?

We recommend taking to either the first turn at Tarzan, or to one of the banked corners, either at Arie Luyendijkbocht – the final turn on the track – or Hugenholtzbocht. For F1's 2020 return, the latter corner will be both widened and banked into a parabolic corner, to allow cars to run side by side, and at the same speed, through it. Should be exciting...



Gran Premio de Espana Grand Prix 2020
Race 10th May , 15.10 – 17.10
Round 6

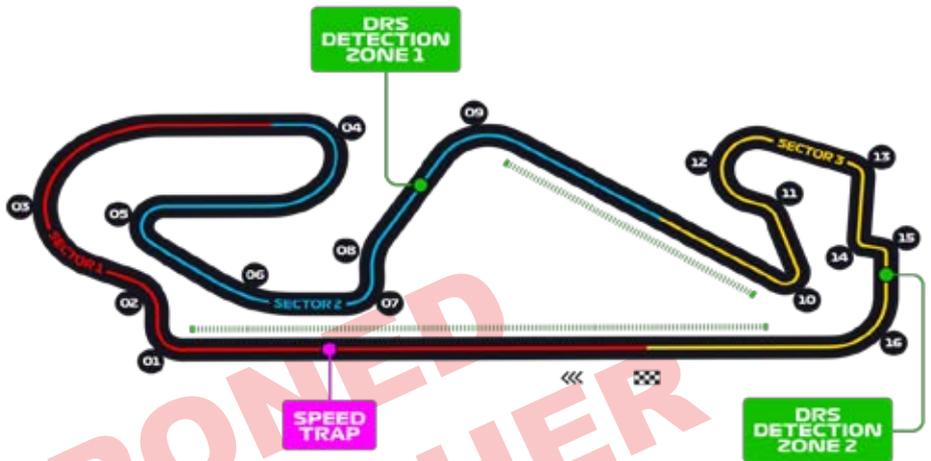
Circuit de Barcelona - Catalunya

First Grand Prix 1991
Number of Laps 66
Circuit Length 4.655km
Race Distance 307.104 km
Lap Record 1:18.441 Daniel Ricciardo (2018)
Catalunya

When was the track built?

The Circuit de Barcelona-Catalunya was built as part of the 1992 Barcelona Olympics development programme. The foundation stone was laid in 1989, while the first car race was a round of the 1991 Spanish Touring Car Championship. When was its first Grand Prix?

Two weeks after the touring cars raced at Barcelona, it was Formula 1's turn. The track enjoyed a sensational debut,



with Nigel Mansell and Ayrton Senna's famous eyeball-to-eyeball drag race down the straight, before Mansell took the lead and drove on to victory.

What's the circuit like?

The drivers love the Circuit de Barcelona-Catalunya, which is just as well, because they spend huge amounts of time pounding around it during winter testing. The track is a good mix of high and low speed corners, with the challenging Turn 3 right-hander a great chance to evaluate the balance of the car your team's designers have given you to fight with for the season.

Why go?

You don't need us to tell you that Bar-

celona is one of the world's great cities, even if we just sort of did. Food, culture, beaches – it's all there, making a Spanish Grand Prix holiday a properly attractive proposition.

Where is the best place to watch?

You've got plenty of choice, with almost the whole track overlooked by grandstands or general admission areas. On the outside of Turn 1, Grandstand A will let you see the best overtaking spot on the track, while the general admission area around Turn 3 will provide the awe-inspiring sight of Formula 1 cars being pushed to the limit of their downforce capabilities.



Monaco Grand Prix 2020
Race 24th May, 15.10 – 17.10
Round 7

Circuit de Monaco

First Grand Prix 1950
Number of Laps 78
Circuit Length 3.337km
Race Distance 260.286 km
Lap Record 1:14.260 Max Verstappen (2018)

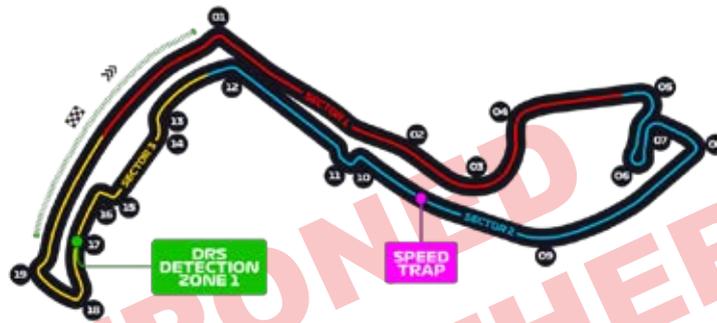
Monte Carlo

When was the track built?

In 1215, sort of – that's when Monaco was first established as a colony of Genoa.

When was its first Grand Prix?

It was 1929 when racing engines first reverberated around the Principality, after cigarette manufacturer Antony Noghes decided to organise a race with his pals from the Automobile Club de Monaco.



chance to watch Formula 1 cars pounding past places where Monegasques usually go to buy a pint of milk? It really is as fun as it sounds. On top of that, the chance to walk the track after a day's hard lapping – or even enjoy your dinner on it at one of

the terrasse bars – is not to be missed. Where is the best place to watch? Assuming you can't get into one of the overhanging apartment blocks around the circuit (or onto a boat) shoot for anything from Grandstands L to P, which are clustered around the Swimming Pool section of the track, and where drivers hurl their cars through the tight chicane at 200km/h. Or, for a more spectacular vista, try Grandstand B, overlooking the ritzy Casino Square.

The race was part of the calendar in the first year of the Formula 1 World Championship in 1950, and hasn't been off it since 1955.

What's the circuit like?

Incredibly narrow and totally iconic. Nelson Piquet memorably described driving around Monaco as "like riding a bicycle around your living room"... which is fair. Despite that, it's a challenge that nearly all drivers love, forcing them to put their skills on the line and rewarding millimetric accuracy. Overtaking on the tight streets is harder, however, with the 2003 Grand Prix witnessing a grand total of zero passing moves!

Why go?

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LOS AMIGOS DE MAZARRON FC MAY 2020

The dreadful coronavirus outbreak brought a suspension of all football, not only in Spain but also in most countries throughout the world. At the time of writing, it seems that the Spanish Football Federation is about to decide that the current season is now concluded except that the top four teams will be involved in Play Off games to qualify for the National Group Play Offs for promotion to Segunda B when the current coronavirus crisis allows.

As Real Murcia "B" cannot be involved in



Tolo

the play offs as they already have a team in the Segunda B, Mazarron FC, who are in fifth place, would be involved in the Play Offs with Lorca Deportiva, Atletico Pulpileno and Mar Menor.

Unlike in normal circumstances the games, both semi finals and the final, would be decided, not over two legs, but on one game played on a neutral ground behind closed doors.

Lorca Deportiva would play Mazarron and Pulpileno would play Mar Menor. It is hoped that the games would be streamed live on the internet as have many games already this season so that supporters can watch their favourite teams in these vital matches. Many small clubs will be fearful of the future as there has been no source of income through the turnstiles and sponsorship monies will also suffer so it is hoped that clubs like Mazarron can survive the current crisis.

All social events have had to be postponed including the Los Amigos de Mazarron FC Gala Week events which were due to take place at the end of March. It is hoped that the Race Night, Celebrity Golf Day and Gala Dinner can



Promotion 2014-15



Promotion 2017-18



Los Amigos Donation to Mazarron FC from 10th Gala Evening are able to announce new details.

be re-arranged when we return to normality as proceeds from these events are a great boost to the coffers of Mazarron Football Club. Tickets for all the events should be retained until such time as we

Also cancelled was the outing to Meson Los Ortegos (Lamb Chop) scheduled for the 25th April and the annual End of

Sports & Local Societies

Season Player Awards and Dinner at the Sienna Bar and Restaurant in Mazarron due to take place immediately following the last game of the season. However, it is still hoped that the trip to Calpe from Monday 12th to Wednesday 14th October will be able to go ahead if the situation has improved sufficiently. Bed and breakfast accommodation will be provided at the AR Roca & Esmeralda Spa Hotel with an excursion to Guadalquivir on the Tuesday and to the Chocolate Factory in Villajoyosa on the return journey on Wednesday. The cost of a twin room with balcony, terrace, private bathroom and free Wi-Fi is €125 per person which includes the coach and any excursions. There is already plenty of interest and places are limited so if you would like to join us please email pamada.1130@yahoo.co.uk as soon as possible.

Los Amigos de Mazarron FC has been in existence now for over fourteen years, since the inaugural meeting in February 2006 which was attended by just 14 ex-pat football followers. It has formed a very close relationship with Mazarron Football Club over this time and has been of great value both with support at games and with financial assistance which has helped keep the club afloat during difficult times in the past.

There have been many ups and downs, with the Club on the brink of going out of existence in the summer of 2009 when some players took action against the Club to recover unpaid wages. The Club could not afford to pay the registration fee for the 2009/20 season

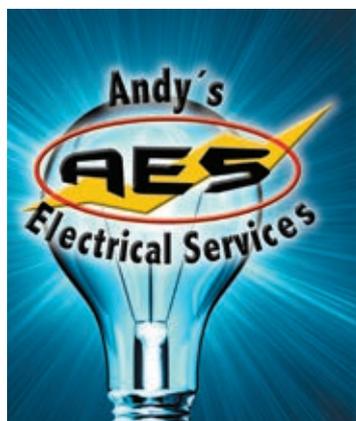
until Los Amigos stepped in to make an emergency payment and also provide the playing kit for the season. Without this intervention there is little doubt that Mazarron Football Club would have folded.

On the playing field, it has been a roller coaster ride!! Promotion to the Segunda B was achieved in 2007/07 for the first time in the Club's history. This was to be short lived as, despite a tremendous effort towards the end of the season, Mazarron were relegated, finishing fourth bottom of the league. After a brief spell in the Tercera Division, two subsequent relegations saw Mazarron in the lower depths of the Primera Autonómica where they had to regroup and virtually start from scratch with a team comprising many local players who had come through their successful junior ranks. The 2014/15 season saw Mazarron promoted back to the Preferente Autonómica via the play offs in a season which saw Tolo score a record 40 goals for Mazarron. The start of the 2016/17 season saw the departure of Club President Jose Rodriguez and the future of Mazarron FC was again in doubt until the current President Ruben Collado stepped in at the 11th hour to secure the future of the Club.

Promotion back to

the Tercera Division was achieved in the 2018/19 season when an injury time goal by Blaz Bazan, his first and only goal for Mazarron, saw a nail biting victory on the away goals rule against CD Algar. In their first season back in the Tercera, Mazarron finished in a creditable tenth position and the improvement has continued this season.

When the current restrictions are lifted Los Amigos de Mazarron FC hold weekly meetings throughout the football and new members or guests are very welcome. Social meetings take place every Thursday at the Club House, Camposol Club de Golf at 4 pm. Business meetings are held on the last Thursday of each month when only members are allowed to attend. Membership is €20 with numerous discounts available on most social events and coach travel. Please email pamada.1130@yahoo.co.uk for a membership form.



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Life In Lockdown

Hello everyone - I hope you all coping with lockdown in your different ways. Having more time in the house can mean your thinking about things a lot more than you usually do and that can cause anxiety and stress so I hope your finding ways to manage.

If you have any worries regarding your legal and financial affairs dont hesitate to contact me by email and I will do my best to help. I am working from home and although unable to see you at the moment because of the restrictions imposed by Coronavirus, there are still things I can deal with over the internet, such as English Wills and certification of documents for UK purposes . Likewise queries and concerns regarding UK investments and pension funds. Angela South of Tramway Financial Management and I are here at your disposal.

Its important that you dont feel isolated and start to brood on things which cause unnecessary worry.

Here are a few Q n A for you to think about so have a pen and paper ready and PIT YOUR WITS!!

Q. How come it is possible to deal with some legal matters in the UK without having to see a Lawyer in person ? ie sale or purchase of property or an inheritance

A. This is because how the legal system in the UK operates enables a lot of matters to be dealt with by qualified Lawyers without the need for a physical presence between themselves and clients, although this is obviously desirable in a lot of cases.

Nowadays with the internet, matters such as sale or purchase of property or an inheritance can be dealt with by telephone and over the internet. I have lost count of the times I have heard people say oh yes when we sold/bought our house in Manchester, the Solicitors were in Brighton but we never even saw them ! What would have been necessary is for the clients to have had their identity verified by another legal professional in their local vicinity and post that off to the Brighton Solicitor and then he would correspond with the clients by email or phone about the transaction without the need to see them personally.

Q. So why cant that happen in Spain then ?

A. Because the legal system in Spain works in a different way, it is necessary for a physical presence in order to achieve the required steps to complete the purchase of a property for example. Thinking about different elements for which a physical presence is necessary include opening a bank account, the obtaining of monies from a bank account in readiness for completion, applying for an NIE number, signing the Escritura de Compraventa (deed of purchase) to buy a property, or sell a property.

The law in Spain requires that PRESENCE is necessary to achieve these processes, and if the client is unable to attend, then they must at least attend before a Notary either in Spain or the UK at an earlier stage to sign a Power to another person to act on their behalf and who will then sign the Escritura before the Spanish Notary in their absence.

So in that situation, it means that 2 people have effectively signed somewhere in order to achieve the goal - the client signing the Power, and then the person with the Power signing on the day of completion.

Q 3 What is the function of a Notary in Spain?

A A notary in Spain is an internationally recognised public

official with power delegated from the State and who is able to deal with documents of a legal nature including the sale or purchase of property or inheritances and wills amongst other things.

In fact a Notary can even marry or divorce you !!

Lawyers in Spain also have an important role and, particularly for expats, are the first port of call to discuss their legal concerns and queries.

Q. 4 Why are taxes different in Spain ? I never thought when I came to Spain that I would have to start paying taxes !!

A. This is because the tax laws in Spain operate in a different way to the tax laws in the UK. In Spain, anyone who owns property or has an income has to declare their assets to the State. In the UK, for many who have worked in the PAYE system have not had the experience of having to file annual tax returns which is the norm for most people in Spain.

Its tax time again now for fiscal taxes and my colleague Carmen Guerra says all our clients should send their documents to enable the calculation for this years tax return as usual, so please dont risk incurring a fine for filing late.

Anyone with queries about any of the above, do not hesitate to contact me and I will do my best to help. My email address

is shirleyfisherlegalservices@gmail.com and my mobile 0034 634053976 and my English mobile 0044 7927586989 and Im

also available on Whatsapp and Messenger.

Bye for now and take care

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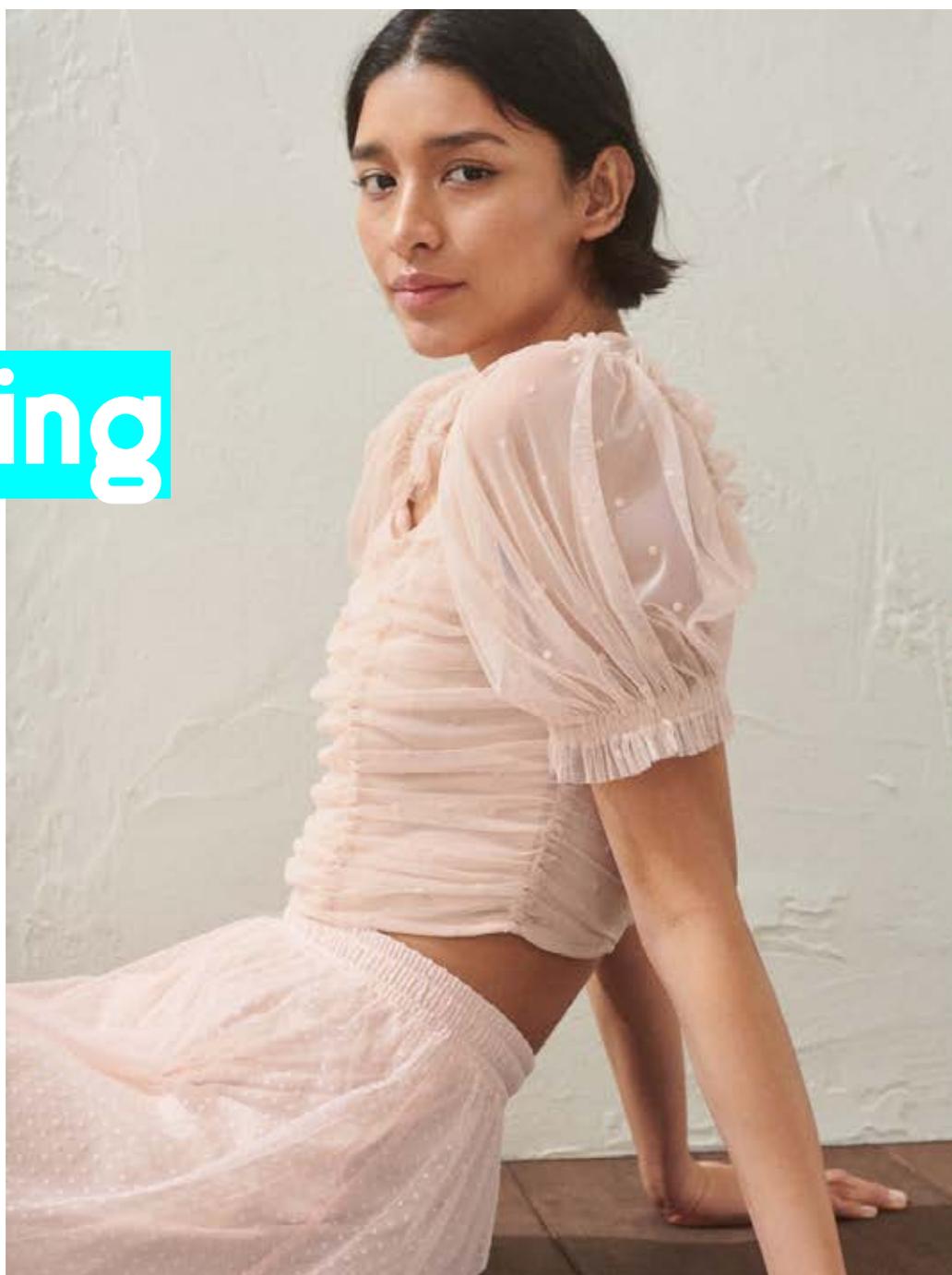
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FASHION

Getting into the Pink

Getting
into
the
pink

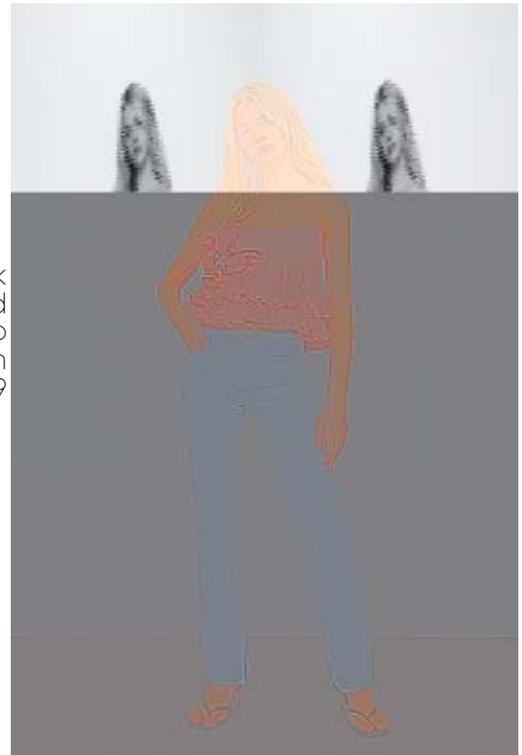


Puff sleeved mesh top by H&M
£17.99

This month shopping for clothes is probably the last thing on your mind, but the weather is getting warmer each day and summer is round the corner. We look at the pinks that are coming in to make you feel good inside and out.



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pleated
top
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£25.99



Lyocell-blend skirt by H&M
£24.99



Pink satin pyjamas
by H&M
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Kaftan
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£355.86



Platform
sporty
Espadrilles
by Tommy
Hilfiger
Tommy.com
£60.00





How to Fix Your Roots

If you color your hair - at a salon or at home - you get roots. Some people love them and even accentuate them: Many of the chicest variations on ombré are essentially grown-out roots. If you don't love roots, however, they are fairly painless to erase - as is the fading that is also part and parcel of having your hair colored.

If you go to a colorist, ask them for shade (and brand) recommendations first. Some salons create special roots-fixing kits for each individual client; others will recommend over-the-counter products. You want professional guidance, in terms of shade and in terms of how often you should be reapplying color.

Touching up your roots shouldn't involve recoloring all your hair, for several reasons. Your roots are a different shade from the rest of your hair, points out Clairol color director James Corbett of New York's James Corbett Studio. You think you want it all to match, but since the base color for roots isn't the same as the already-colored part of your hair, they won't match. Recoloring the whole head is the number one mistake women make when coloring their hair at home.

Color on top of color also dulls and flattens the look and texture of your hair. Redken celebrity colorist Tracey Cunningham points out that over-dyed roots can cause dark shades to go darker than they're supposed to: You're essentially layering color on top of color. If you're blonde, recoloring too often causes breakage. Just fix the roots and leave the rest as long as you can, period.

Clean, super effective, but (very temporary): eye shadow for hair. Color Wow makes compacts that look like especially luxe eye-shadow palettes and dispense kind of amazing powder that sticks to your hair, looks totally natural, and comes out only when you wash it. You smooth the powder on

with a brush - it's both invisible and totally effective. Everyone should have one in their shade for emergencies, but we know one editor who uses it all the time. As in, she never touches up her roots with actual dye. "It's definitely less damaging, and it literally takes me two minutes," she says.

Clean and lasts through seven shampoos: temporary gel color

The famous French colorist Christophe Robin has come up with color in a box that blends imperceptibly, looks as natural as the color he'd give you if you flew to his Parisian salon, and lasts for seven shampoos before fading. It also feels (and acts) more like a hair treatment than hair color. Best of all, it's made without PPD (a compound found in permanent and semipermanent hair-color formulas linked to everything from scalp itchiness to life-threatening reactions), resorcinol (another concerning common hair color chemical), ammonia (a corrosive), peroxide, oxidants, silicones, and sodium laurel sulfate.

Pick the right color

Go lighter on root touch-up shades especially around the face. Always do a lighter color around your hairline. Otherwise it starts looking really dark because the hairs around your face are like facial hair and the color absorbs differently.

Your choice of all over hair color seriously affects how often it has to be touched up. If you're a busy working mom, going pale blonde can be more high-maintenance than is ideal. Red, which fades the most quickly, is another not-for-the-extra-busy option.

Treat fade (aka that irritating red/orange/brassiness)

All permanent hair color fades, losing its initial luster. Whenever you color hair—even a dark color - the process involves some initial bleaching to get the color to go inside the hair shaft. As the color slowly leeches out of the hair, what's left is lighter than your original shade. "Darker colors like black fade violet-red, dark brown fades reddish, brown fades orange, and blondes fade from orange to very gold - brassy.

Fade fix no. 1: Start with "ash" family colors

You'll notice most boxed hair color is labeled "ash," "warm," or "golden." Warm and golden have more red in them; if red or oranginess bugs you, start with ash. All colorists will doubtless be aghast at this last statement, but the only people we've

met who want more red in their hair are pretty clear about it, while most people who don't want red don't understand that "ash" is (generally) the antidote. If you've got a colorist to advise you, listen. But if you're standing in the hair-color aisle at the supermarket and you don't want reddish fade, start with ash.

Fade fix no. 2: Glosses

Salons treat fading with glosses - essentially semipermanent color that temporarily adjusts the tone (getting rid of the color-fade effect) and increases shine. When colour starts to fade, prolonging the time in between hair colourings and keeping hair as healthy as possible. A gloss usually lasts between twelve and twenty shampoos, depending on your hair and how you treat it. You can create a similar effect with semipermanent color at home, pick a shade that's on the lighter side of what looks right for the first time. If you don't get enough tone correction with that shade, go a shade darker the next time you do it.

Fade fix no. 3: Avoid pools and sun

The worst! Especially the combination of the two. If you're going to be in a pool or hot tub at all, wet down your hair, then seal in the water with conditioner or oil before you go in the pool. Think of your hair like a sponge: You want to fill it up with plain water before you go into anything chlorinated - chlorine is bleach - so it won't absorb the chlorine as much. It's really worth the extra step, every time.

Fade fix no. 4: Think before you shampoo

Washing your hair - especially with detergent (most shampoos that lather are made with detergent, aka SLS) - strips and fades color. Think about washing it less often, using SLS-free formulas and using lots of conditioner to build back in softness and shine. You can also address color with shampoo. Generally, to correct brassiness, a purple-based shampoo counteracts orange, yellow, blue, or violet, and green based-shampoos help counteract red and orange. Purple is great for blonde shades, green more for brown ones.

**RULE FOR ALL
COLORED HAIR:**

**NEVER
STOP
CONDITIONING**



Longer Lasting Perfume

To get the most out of your perfume you should apply Vaseline to the areas that you spray the perfume. The Vaseline will soak up the perfume and make it last longer!

Cure Dry Feet

If you suffer with dry, cracked sore feet you should slather on foot cream or body butter all over your feet. Stick on a pair of socks and go to bed. The next morning your feet should feel soft and moisturised!

False Tan That Doesn't Transfer

If you're applying false tan before bed, pop on some talcum powder over your tan. This will stop the tan from transferring to your clothes or bedding and leave you with cleaner sheets for longer!



of hot water for 15 minutes. The temperature of the hot water should allow the product to soften and start to liquidise the inside.

Salon Hair at Home

To achieve hair that feels like you've just had a blow dry at the hairdressers you should try double washing your hair. So before you condition your hair you should shampoo your hair twice. The first shampoo will remove any oils and dirt from your hair. The second shampoo will then cleanse your natural hair before conditioning. Your hair should then stay clean for longer than it normally would and leaves you with luscious clean healthy locks!

Home Beauty Hacks

Freeze Your Eyeliner

If your eyeliner sometimes crumbles when applying leave it in the freezer for 10-15 minutes before applying your makeup. It should allow the product to loosen and glide along your lash line smoothly without any crumbling.

Shave With Conditioner

If you're out of shaving cream, lather your legs with conditioner instead of soap. Conditioner will soften the hair on your legs making it easier to shave and allow your razor to glide along the legs with ease.

Revive Dry Mascara

Revive dry mascara when you come to the end of your mascara you may notice it starts to go dry and so you end up chucking it away. Instead of doing this, as soon as you notice it starting to go dry leave it in a mug

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Dawn Llewellyn-Price

Is it May? Is it Monday, Tuesday, Whatday or Thatday? Who knows, as we plod along emptying wardrobes and sorting cupboards. Are we still in lockdown, out of lockdown? Impossible to know at the time of going to press. Who'd have thought it, eh? Sometimes I've imagined an enforced period of time at home, chained to my laptop, shovelling out endless numbers of daily words, beavering away at that future bestseller or attempting a Monica in 'Friends' style of photo-logging, cross referencing of all those fading 5 x7's stored in an enormous trunk in the hallway.

Has it happened yet, as I'm still only partway through sorting endless bags of 'stuff' thrown in the bottoms of wardrobes? Who knows, but that's the plan.

Where are those glorious days of popping out for lunch, or a lengthy cycle ride (the culprits stopping me from doing any of the above on a daily basis) gone? It feels like we must be living in the 1950s when a treat was an ice cream at a local parlour, or a meal out was melon balls and cindered steak. Of course that steak must come from the supermarket, and someone has to get in that kitchen and shake, rattle and roll those pots and pans. Luckily, it's not me, phew, although I've managed to feed Virgoman a few out-of-the-packet-onto-the-plate brunches of smoked salmon and gherkins, with the occasional irksome whisking of eggs to make it look like I've tried.

Luckily, he's the one who loves cooking, and watching Gino or the Hairy Bikers pour their talents onto our plates. He's even bought tickets for the latter at a nearby theatre in the winter, and now worries it won't go ahead. Oh well. As Doris would have said 'Que sera, sera, whatever will be, will be.'

We're probably fed up of the dreadful news, and yearn for good news. As I write, Boris Johnson is in intensive care, Linda Lusardi, Page 3 girl of my youth, is out of it, and so are many

others, who don't make the news, because news focuses naturally on the bad.

We're living in troubled times. It's affecting the majority of us deeply. When we've extinguished every new recipe, knitting pattern, and novel we never quite got around to reading, and argumentatively micro managed our way around the house, we'll hopefully emerge thankful we've made it, with the echoes of clapping and cheering healthworkers fading into the distance.

Sadly, as I'm in the UK having just returned from Spain only days before the lockdown began there, I've attended the surreal funeral of a male family member on a beautiful Spring day, no hugging, mourners sitting apart, and no wake. Two weeks on and I'm awaiting funeral arrangements for a close female friend, if allowed. Both suffered the same illness, both expected, but nevertheless extremely sad.

When we finally emerge, blinking into the sunshine, we must patronise those businesses we loved before this crisis, treat ourselves, and hug the world.

Tightly.



Is Ensaladilla Rusa Really Russian?

Like in many countries across the globe this year, Spain witnessed a truly sad and unusual Easter: no celebrations and no feasts. But still the Spaniards kept the spirit, celebrating Easter at home, cooking festive dishes themselves. In Murcia region, one of the typical Easter meals is a salad called 'ensaladilla rusa' (which can be translated as Russian salad). Yet this appetizer is eaten not only for Easter -- almost all cafes in Cartagena serve marinera tapas with this salad. Ensaladilla rusa consists of boiled potatoes, boiled eggs, fresh cucumbers, tinned tuna, and mayonnaise.

Our guests often order ensaladilla rusa and wonder why we, Russians, don't serve it in Luces. The answer is simple: this is not a Russian dish. "How come?", the Spaniards ask with disappointment. Frankly speaking, I don't know any traditional Russian tuna recipe. But there is a dish that slightly resembles ensaladilla. It is the Olivier salad, which, in its turn, is familiar to every Russian.

The recipe of this salad was created in the middle of the 19th century, in Moscow. Its author was Lucien Olivier, a Frenchman, the chef of the then famous Hermitage restaurant. His father knew a special secret mayonnaise recipe (based on mustard and spices). Lucien first introduced this appetizer in his restaurant, and it was

named after him – the Olivier salad. Then the salad consisted of grouse, calf tongue, caviar, lobster, cucumbers, capers, boiled eggs and was dressed with the famous mayonnaise.

The Olivier salad has been on festive tables in Russia for two centuries now, but modern recipe includes more affordable ingredients: boiled eggs, potatoes, carrots, fresh white onions, pickles, and tinned peas. Grouse and calf tongue were replaced by sausages and ham. All ingredients should be diced, then salt and pepper are added, and all the mixture is dressed with mayonnaise.

We would love to serve such a salad in Luces, but as a gesture of respect, we serve other unparalleled dishes that have no links with Spanish cuisine.



Olivier salad



Marinera murciana with ensaladilla rusa

Cena en Cartagena ?

Luces

restaurante



RECOMENDADO
tripadvisor

Plaza del Rey

C/ Villamartín 13, Cartagena

968 080 647 / 675 336 701

Halloumi & pepper kebabs with lemony cabbage salad



Ingredients

- 500g halloumi cheese, cut into cubes
- 3 red peppers, deseeded and cut into squares
- 1 tbsp olive oil

Probably the most widely-used oil in cooking, olive oil is pressed from fresh olives. It's...

1 tsp oregano

Closely related to marjoram, of which it is the wild equivalent, oregano has a coarser, more... (fresh or dried)

For the salad · 500g red cabbage

A favourite winter vegetable served hot with roasted game birds but equally good as a colourful..., finely shredded

· 2 tbsp extra virgin olive oil · juice ½ lemon

[Oval in shape with a pronounced bulge on one end, lemons are one of the most versatile... · handful parsley

One of the most ubiquitous herbs in British cookery, parsley is also popular in European and...

, finely shredded pitta breads and tzatziki, to serve

Method

1. Thread the halloumi and red peppers onto 8 soaked wooden skewers and put on a plate. Stir the oil and oregano together, then drizzle it over the kebabs. Season well with black pepper – you shouldn't need salt.

2. To make the salad, put the cabbage in a bowl. Mix together the oil, lemon juice and seasoning, pour over the cabbage, and toss until well coated, then stir through the parsley.

3. Barbecue the skewers for 10 mins on each side until the cheese is golden and the peppers slightly charred. Serve on a large platter with pitta breads and tzatziki, with salad on the side.

Barbecued pork belly



Ingredients

- 2-3 bone-in rindless pork belly

For the rub

- 1 tbsp black peppercorns
- 2 tbsp cumin seeds
- 1 tbsp fennel seeds
- 2 dried bay leaves
- 4 tbsp paprika
- 1 tsp dried oregano
- 50g light brown sugar

For the BBQ sauce

- 150g ketchup
- 100ml apple juice
- 100ml apple cider vinegar
- 1 tbsp American mustard
- 3 tbsp light brown sugar
- 1 tbsp brown sauce
- splash chilli sauce (optional)

Method

1. If you have time, season the pork all over with 2 tbsp sea salt a few hours before cooking – this acts as a dry brine but it isn't essential. If you don't have time, simply salt the pork all over. To make the rub, toast the peppercorns, cumin seeds and fennel seeds in a dry, hot pan, then grind them with the bay leaves. Mix thoroughly with the other rub ingredients. Will keep in an airtight container for one week.

2. Set a lidded barbecue up for indirect cooking with a foil drip tray (see tip below) on the coal-free side. Light the coals and wait for them to die down to ashen. Put the lid on, then arrange the vents so a small stream of air is coming through. The temperature should be around 110C – stick a probe into the lid vent to get a reading if your barbecue doesn't have a thermometer.

3. Pack the rub all over the pork. Throw a few new coals on the barbecue, add a good scattering of woodchips on top, then put on the grate. Sit the pork bone-side down over the drip tray and put on the lid, with the vents over the pork. Leave the pork to cook for 5-6 hrs, topping up with more woodchips and coals a few times during the smoking. After the initial blast, you want a slight, steady stream of smoke coming out of the vent.

4. While the pork is smoking, make the BBQ sauce by mixing all the ingredients together until the sugar has dissolved. This is a thin 'mop' sauce for basting. If you want it thicker, gently bubble the sauce in a saucepan for a few mins. Will keep in the fridge for one week – the further ahead you make the sauce, the better it will taste.

5. When the pork reaches 85C on a cooking thermometer, brush it all over with the sauce and continue to cook. Once the sauce has glazed onto the meat, remove the pork from the barbecue and rest for a while before slicing it into rib-bone-thick chops and serving with more sauce. For an extra kick, get the barbecue going again with a layer of hot coals, then put the chops back on the barbecue with some more sauce until the exposed fat is sizzling and the sticky sauce has charred on all sides.

BBQ Molten Lava Cake



Ingredients

For the cakes:

- 4 oz (1 stick) unsalted butter, plus more for brushing the mason jars
- 4 oz dark chocolate, diced
- 2 eggs, plus 2 yolks
- 1/2 cup white sugar, plus more

for mason jars

- 1 tbsp AP flour

For the ganache:

- 4 oz heavy cream
- 3 oz dark chocolate, diced
- 1 tbsp unsalted butter

Instructions

For the ganache, combine the chocolate and butter in a bowl. Bring the cream to a boil in a small pan or skillet. Immediately remove and pour over the chocolate and butter. Allow it to sit for a minute. Whisk to incorporate. Set aside, at room temperature.

Either over a double boiler or in the microwave, melt the butter and chocolate for the cakes together and whisk until smooth. Meanwhile, place the whole eggs, yolks, and sugar in the bowl of a stand mixer and mix with the whisk attachment over medium speed until lightened and double in volume (this will take a few minutes). Turn the speed down to medium-low and slowly drizzle in the melted chocolate and butter mixture. Scrape down the sides of the bowl and mix in the flour by hand (with a spatula).

Brush 5-6 (4 oz) mason jars with a thin layer of melted butter. Drain excess butter from the jar. Sprinkle sugar in the jars to coat. Shake out the excess. Pour the batter into the jars, leaving 1/2" of room at the top. Place the jars on a sheet pan and the sheet pan in the grill. Cook for about 15 minutes, until the outsides of the cake is set, but the center still jiggles. Remove from the grill, and allow to cool for a few minutes.



A Day When You Can Eat Just What You Want

Eat What You Want Day is held every year on May 11th. It's a day when you can choose to eat anything that takes your fancy, quite a refreshing change when we are all so stressed about what we eat.

The media constantly bombards

us with images of the perfect body, and it seems like every week we're told about something else that's not good for us. Add to that all the health food fads that come and go, it's no surprise we get so worried.

Eat What You Want Day is a breath of fresh air, but how did it come about? Who Created Eat What You Want Day?

It was a husband and wife team

that came up with the idea of a day when you shouldn't be feeling guilty about what you eat. Thomas and Ruth Roy run a herb and holiday business under the name of Wellcat Herbs and Wellcat Holidays. The idea was to create a day when people could let go of their food hangups and live a little.

What You Can do to Celebrate the Day

The name of the day kind of gives it away. Eat whatever you want, it's really that simple. Don't worry about calories and have a day enjoying what you eat for a change. It could be a day scoffing pizza, or a day filled with ice-cream desserts. Eat at home or go out and enjoy a pig-out at your favourite food establishment. Do it alone or why not invite your friends to enjoy the celebration?



Wine

of the
Month

LUZÓN BLANCO

WHITE WINE

Bodegas Luzón is the leader in the making and in the export of quality wines from the D.O. Jumilla (Murcia, Spain). Bodegas Luzón was established in 1916 and has more than 500 hectares of its own vineyards, with several prestigious varieties such as: Monastrell, Tempranillo, Cabernet - Sauvignon, Merlot, Syrah, Petit Verdot as red grapes and Macabeo and Chardonnay as white grapes. Since the Fuertes family (www.grupofuertes.com) bought Bodegas Luzón in 2005, they began the difficult and costly process of undertaking a programme of modernisation, unprecedented in the region. The production process for quality control was greatly improved through the acquisition of pneumatic presses, cooling systems, autovinifiers and high-tech laboratory.

PRODUCT INFORMATION

Grapes Variety: Macabeo - Airen

Alcohol by volume: 12,5%

Servet at: 4/6°C

Vinification:

Winemaking: The grapes were separated from the stalks immediately after a short period of cold maceration and a light pressing. The juice fermented for 15 days at a controlled temperature of 16°C. The fermentation was completed in new French oak barrels, where it remained in contact with the lees for 50 days.

TASTING NOTES

Colour: Pale straw yellow with a greenish rim.

Aroma: Floral notes, tropical fruits and herbs.

Palate: Deliciously fresh and full of rich fruit flavours. Its firm acidity makes for a very vibrant and lively wine.

FOOD PAIRING

Simple salads, vegetable dishes, roast beef, pork and chicken, braised beef, meaty & oily fish, rice dishes and pasta, young and medium-aged cheese.

AWARDS

Guía Peñin - 85 points



Winemaker: Luis Sánchez Sánchez / Bodegas Luzón S.L. Crta. Jumilla-Calsparra Km 3.1 30520 Jumilla-Murcia T. 968 78 41 35 www.bodegasluzon.com



It's a New Dawn, It's a New Day, It's a New Life.

I have been asked as an Intuitive what my thoughts and feelings are on the current situation that we are all experiencing.

What is happening to Our Planet (Mother Earth), what is happening to our Society and what is happening to our Souls during this time?

We are on the cusp of a great Enlightenment and Awakening for all. It is your choice whether you allow yourself to change or stay as you are.

Lightworkers around the World have been aware for a long time that we are in a major energy shift to another Dimensional Level and are in one of the most important stages of our evolution. We have been working collectively to bring about Healing and Love to our Mother Earth and to all who exist on her.

You do not need to be a Rocket Scientist to be aware that we are currently in a time of deep cleansing and ascension to a higher vibration. This will create a time of great change for everyone and to our Mother Earth, which is affecting everybody worldwide.

Our Mother Earth has been crying out for a long time, trying to get us to see and understand that we are collectively destroying her. She has sent great Storms, Famines, Fires, etc. and only a few are hearing her. We need her to flourish for our continued survival. For example, if we remove some of the insect life from our world, without them we will gradually fade. If we remove the humans, she will thrive. We need her more than she needs us. We are already seeing examples of this, Venice with beautiful clear waters, pollution from cities giving way to clear, fresh skies.

We have created a life full of fear, negativity, aggression, falsehood and separa-

tion from each other.

Our purpose on Earth is to experience Love and give Love unconditionally.

“The Awakening is the purpose. The awakening is the fact that in essence, we are Light, we are Love. The power source that runs all life is Light. So, to awaken to that knowledge and to desire to operate in that Realm and to believe that it is possible, are all the factors that will put you there”. (Author - Dolores Cannon – The Convolution Universe).

Do we create our own reality? Well, the answer is Yes. Alone and collectively, we create our own reality, we have created negative thoughts, blockages, greed, inflated Ego's, envy, jealousy and fear. This will stop us from moving forward

with our lives purpose. This is merely a veil, stopping us from seeing our true selves. It is time to know what and who we truly are and to stir our Souls into action. We have now been given a new Lens in which to look through. To change our minds, gain new understanding, to bring new prosperity and richness to our lives. This is for the greater good of all for our progression.

Any Lightworker will tell you that transformation can be hard, casting off the old energies and allowing the new to ebb and flow to us and from us. The Higher Intelligences of our Universe are asking us to question during this time, is this just a terrible thing that has happened, or does it serve a bigger purpose? The situation we are in at this time has come as no surprise, after all we have received guidance through the documentation of Nostradamus 1503-1566, Baba Vanga 1911-1996, who both gave insights to our future.

It is not surprising to see that those who are able to share Love seem to be in Keyworker positions, continuing their work with humanity during this time. We in turn are seeing their true value within our society. We have been given this time to look within, to evaluate what is working for us, who you have of value in your life, how you would like 'your' life and world to change. Once we have travelled through the darkness of our minds, we will be able to emerge like a butterfly, renewed, beautiful and ready to fly.

The time has come to release the shackles that we have created for ourselves. See the Light, feel the Love and embrace it. It is never too late to aspire to attain your dreams. We are learning at this time that the things that we had taken as normal, have caused great harm

and damage to our Souls. Social Media, for example, is a great tool that has been abused by many. Social Media Stars have been worshipped for being nothing more than false, how can someone wearing Branded clothing, false nails and hair be held on a pedestal? Trolling has become the norm, breaking the very essence of someone's being, causing depression and in some cases suicide.

Now we are seeing the Love and Light in action, that Social Media is being used for good and upliftment. Families and friends are keeping connected maintaining our loving connection. Acts of kindness to each other are now being applauded by those unknown to each other. Let us keep this change going, looking after our neighbours, being considerate and caring to the animal kingdom, who after all have mastered the ability to give unconditional love. The vegetable and mineral kingdom that is vital to our survival, all realms are to be tended for our continued growth.

My friends, whether you believe in the energy shift or not, you cannot deny that change is here, nothing will be the same and when we emerge, it is up to us to decide what type of person we wish to be and what type of society we wish to live in.

Is it a world full of hate and fear or one where we wish to shine and live in peace and harmony with one another?

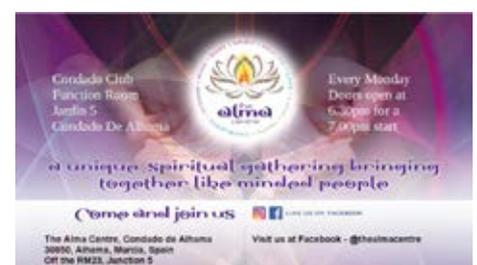
Let us use this time of seclusion wisely and come together collectively to send Love and Healing to our Mother Earth and to each and every Soul. Set aside boredom, depression and look within and allow yourself to bloom.

Send your collective love, healing and thoughts to all those who have transitioned to a higher awareness, for they have given us the great gift of awareness. Our thoughts go out to their families and loved ones.

We are not here to weather the storm; we are here to learn to dance in the rain.

Namaste

Corina xx



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WELLNESS

And breathe.....



Alternate nostril breathing

- Sit in a comfortable position with your legs crossed.
- Place your left hand on your left knee.
- Lift your right hand up toward your nose.
- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side.
- This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.



This month And breathe..... in these uncertain times we all need to lean to take a minute and just breathe. One of my favorite breathing technique in alternative nostril breathing and its easier than your think. In Sanskrit, it's known as nadi shodhana pranayama and the benefits include relaxing your body and mind, reduce anxiety and promote overall well-being. As part of a daily practise this simple breathing can also improve lung function and lower your heart rate. What's not to love !



9 Life-Changing Habits That Will Make You a Better Person

Life is truly a gift, but even when you know this deep down, sometimes it can really get the better of you. Just when you think you've got it all figured out and are steering a happy course, life takes control of the wheel and swerves you down a dead end. This tumultuous turn can jolt you from a positive place to a dark and often uncertain one. In times like these, we are left asking ourselves one question: How can I turn things around? The good news is you can, and you can do it today.

We understand how simple (and even a little naive) this might sound, but it's true. Change is possible - that is, if you want it. The trick is to establish what those life adjustments are and divvy them into short- and long-term goals, then take a very systematic approach toward making them happen. Continually question yourself along the way too: What is my end goal? How do I want to feel? What do I want from life? To get you started, we listed some very straightforward steps you can take toward making positive changes in your life.

Go on - you deserve the best.

With the working hours slowly ex-

ceeding our personal ones, it's easy to get caught up in the "cult of busy." It becomes a crutch for our negative behavior and dismal outlook on life. But in reality, there's always something to be thankful for. Maybe it's your health or something as simple as the roof over your head, even the fact that you have a job is something to appreciate. Life doesn't have to be a Rihanna song of "werk, werk, werk, werk, werk." Take a mental break from the hustle and reflect on the things you are grateful for; then write them down. We promise it will inspire happiness and good vibes even on your worst days.

If you need some help finding gratitude, then try this simple experiment. Researchers found that when you spend five to 10 minutes writing about events that went "really well" each day, you can significantly reduce stress, boost happiness, and even improve relationships. By intentionally noticing good things you can overcome the gravitational pull into thinking about what can or did go wrong.

Nothing feels as good as venting does, right? But there's a big difference between getting something off your chest and participating in negative behavior. We liken it to the Pringles effect: Once you start, you can't stop. While you might label this conduct as an emotional offload, science suggests there are serious

flaws in this theory and that "expressing negativity is bad for your mood and the moods of the people you are complaining to."

Once you dip your toes into the swamp of negativity, it can quickly drag you down like quicksand. Colleagues who spend a lot of time together can easily fall into this trap when things might not be going so well. It breeds negativity in the culture, and this kind of communication becomes unproductive. It's a common business casualty when there is a lot of familiarity, and it sabotages any chance of problem solving and improvement. Challenge yourself to stop complaining for a day.

It will heighten your awareness around this practice, and you'll soon realize how much it's affecting your health and happiness.

We know this isn't the first time you've heard of this ancient practice, but there's a reason everyone bangs on about it. Meditation has a myriad of positive health benefits that can improve your mental state, outlook, energy, and lifestyle. And the good news is you only need 10 minutes a day to see a difference - here's how to get started. One study led by the University of Massachusetts Medical School taught mindfulness to a group of people with clinical levels of anxi-

Continued on Pg58

ety and found that 90% experienced significant reductions in anxiety and depression.

Not only that, but meditation has also been found to improve insomnia, decrease the risk of cardiovascular disease, relieve pain, enhance relationships, and increase your productivity. So if you're serious about turning your life around, meditation is a good place to start. And don't get hung up on 10 minutes either. Start small and work your way up. Even if you only manage 2 minutes, it's all about developing a practice that suits you and your body.

Need a mental escape from the stresses of modern life? Feel like your life is too much to handle? Put a brush to canvas or a pen to paper and get creative. Science has proven that creating art can significantly lower stress hormone levels, and you don't need artistic talent to get started. Tap into your inner child and unleash the creative within. If painting intimates you, then try watercolor or

If your life is spiraling out of control and it feels like someone else has taken over the reins, then it's high time you let the universe know what course you want it to take. All successful women do this one thing at the beginning of the year: Write down your goals. Why? It sets a crystal-clear direction and acts as a guide you can refer to along the way to keep you on track. So start writing them down, all of them, no matter how big or small.

The key is to check in with your list



1x per week. What are you starting today? What do you want to make happen this year? You have xxx days left, make each one count. Today could be the start of something great. Turn your life around and finally realize your dreams.

Now that you've written down your goals, it's time to achieve them. Attaining your dreams isn't as simple as jotting them down on a piece of paper; it also takes a physical process of manifestation and action. It's time to craft your future (literally) by creating your very own vision board, aka mood board. Designers regularly use them to collate their ideas for a project before presenting to a client or to fashion their concept for a collection before it hits the runway.

A huge part of your inner transformation is in the very act of creating this board, and once designed, it will play an essential role in making your intentions come to fruition. It also doubles as a beautiful piece of artwork for your office or home too.

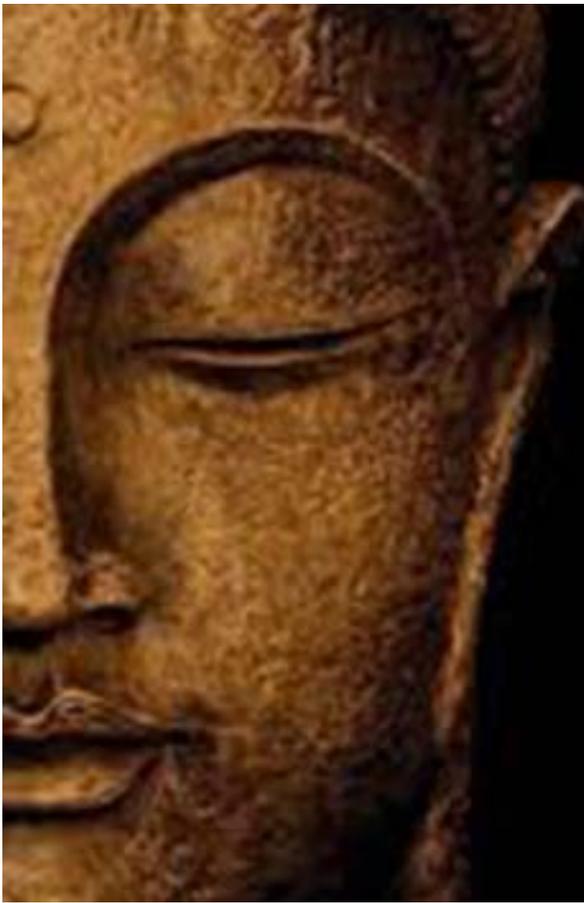
Seeing what your goals, dreams, and desires are helps keep them in check daily. Take the time to map out what you want. You can have it! Breaking up is hard to do, especially when it's your best friend, but when a relationship turns toxic, there's no other choice but to end it—here's a step-by-step approach. You could continue on, but like anything in life, ignoring it isn't the answer. Besides, negative friendships are draining, exhausting, and bad for your personal health. Why would you want to waste what little time you have in life for social outings with someone who makes you feel bad and drags you down? Can't you just hear your parents' voice? That friend of yours is a bad influence.

It's hard to realize when you're in it, but the weight of these friendships is a heavy burden to bear. It's not until you cull them that you understand. You'll feel so much lighter without the tension and hostility. Over time, this can really take its toll on all aspects of your life. It can even negatively impact your other relationships. Toxic people are controlling and manipulative, and let's be honest: Ain't nobody got time for that. When it comes to making a change in your life, the struggle



is real. Sometimes you just have to trick yourself into it. How? Design morning and evening routines that become so habitual they turn into rituals—this psychological trick will not only make you highly productive but also establish a momentum toward consistent positive results. Set something in motion that's achievable and then make tweaks along the way until it's so automatic you don't even notice it anymore. You will maximize your time and minimize stress. It's a win-win.

Now that you've made some small changes and feel your life moving in the right direction, it's time to take it one step further and change the world around you. How? Take the simple 30-day Most Important Person Challenge. This doesn't require any physical effort, just a simple switch in perception. All you need to do is "treat every person you meet, without a single exception, as the most important person on earth" for 30 days. Okay, so maybe it isn't as simple as it sounds, but challenging yourself to be a better, more caring, and kinder person will benefit not only others but you, as well. The key is to keep the benefits of this challenge front of mind, especially on the days when you just don't feel like being nice.



Change Your Vibration

Change Your Life

7 Things That Affect Your Vibration Frequency From The Point of View of Quantum Physics.

Vibration in quantum physics means everything is energy. We are vibrant beings on certain frequencies. Every vibration is equivalent to a feeling and in the world, "Vibrational", there are only two species of vibrations, positive and negative. Any feeling makes you broadcast a vibration that can be positive or negative.

1st - Thoughts

Every thought emits a frequency to the universe and this frequency goes back to origin, so in the case, if you have negative thoughts, discouragement, sadness, anger, fear, all this comes back to you. This is why it is so important that you take care of the quality of your thoughts and learn how to cultivate more positive thoughts.

2nd - The Companies

The people around you directly influence your vibration frequency. If you surround yourself with happy, positive and determined

people, you will also enter this vibration. Now, if you surround yourself with people complaining, gossiping and pessimist, be careful! Indeed, they can reduce your frequency and therefore prevent you from using the law of attraction in your favor.

3rd - The Music

Music is very powerful. If you only listen to music that talks about death, betrayal, sadness, abandonment, all this will interfere with what you are feeling. Pay attention to the lyrics of the music you listen to, it could reduce your vibration frequency. And Remember: you attract exactly what you feel in your life.

4th - The Things You Look At

When you look at programs that deal with misfortunes, dead, betrayals, etc. Your brain accepts this as a reality and releases a whole chemistry into your body, which affects your vibration frequency. Look at things that do you feel good and helps you vibrate at a higher frequency.

5th - The Atmosphere

Whether it's at home or at work, if

you spend a lot of time in a messy and dirty environment, it will also affect your vibration frequency. Improve what surrounds you, organize and clean your environment. Show the universe that you are fit to receive much more. Take care of what you already have!

6th - The WORD

If you claim or speak wrong about things and people, it affects your vibration frequency. To keep your frequency high, it is essential to eliminate the habit of complaining and bad talking about others. So avoid drama and bullying. Assume your responsibility for the choices of your life!

7th - GRATITUDE

Gratitude positively affects your vibration frequency. This is a habit you should integrate now into your life. Start to thank for everything, for the good things and what you consider to be bad, thank you for all the experiences you've experienced. Gratitude opens the door for good things to happen positively in your life.



Skin Cancer Awareness Month

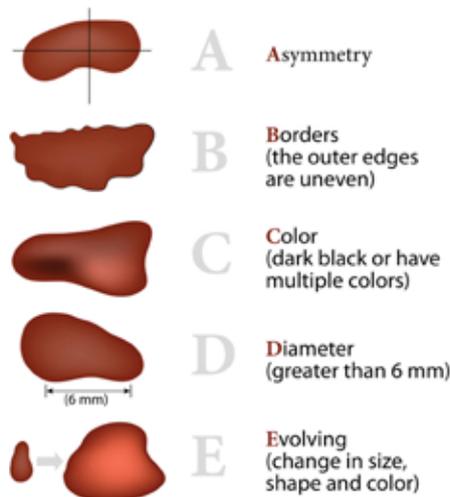
Skin Cancer awareness month is an annual awareness campaign that takes place every May. The campaign aims to raise awareness of the dangers of unprotected sun exposure and educate the public about the ways to help prevent skin cancer.

UV exposure from the sun is one of the main causes of skin cancer and also one of the most preventable. This campaign hopes to reduce instances of skin cancer and increase the likelihood of early detection through education.

During the month, people who have been affected by skin cancer are encouraged to get involved by sharing their stories on all forms of social media using the hashtag #MySkinCan-

cerJourney, and everyone is invited to share information about sun safety, skin cancer prevention and early

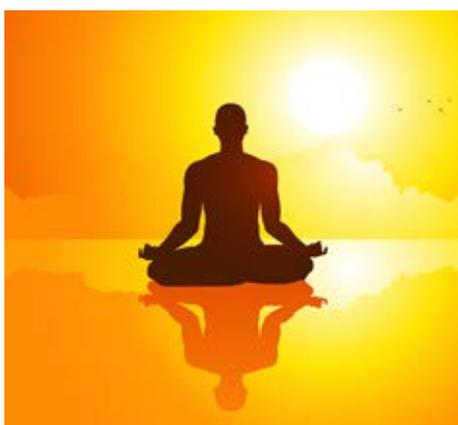
detection of melanoma



detection with friends and family. Special awareness classes will also be available in many schools, and there will be an increase in stories around this theme in the media.

A range of fundraising events takes place throughout the month with proceeds going to fund education and research into new treatments. Participants can join in with activities such as cycles, treks and races for this good cause.

More information about Skin Cancer Awareness Month, along with fact sheets on detection and prevention can be found at www.skincancer.org



World Meditation Day

Modern life can feel relentless and stressful. But with the right tools, we all have the potential to be healthier and happier. The vision is for World Meditation Day to be celebrated across the globe, so that people everywhere can take the opportunity to press pause and reboot.

No prior meditation experience is necessary to join in. If you're not a meditator, perhaps just take 20 minutes out of your day to close your eyes, relax and reflect. You can learn and practice meditation with various on line apps, but why not check out one of the local yoga, meditation centres local within our own community.



Clare Tam-Im Photography

Loneliness in Lockdown

By Hayley Scott

For the first time in history we are being told to stay at home, in order to combat the virus that has been sweeping the globe since January. It's a strange and unforeseen turn of events, which sound more like a Netflix series as opposed to our current reality! It's unsurprising that most of us are left feeling woefully unprepared for such circumstances. This has resulted in many people experiencing loneliness, anxiety and undoubtedly suffering with more than a little cabin fever!

However this is our new, albeit temporary reality, and finding techniques to cope are just as important as the social distancing that we are all required to practise.

Now more than ever, it's a time to be kind. Not just to your friends, family, and neighbours, but also exercising kindness towards yourself. Acts of self kindness can take many forms and are not limited to taking long bubble baths with a glass of wine and your favourite book. Although highly recommended!

Firstly, don't make social media your

source of news. I cannot emphasise this enough! This is a place where the line between facts and opinions blur, leaving room for speculation, confusion, fear and anxiety. Alternatively, check a reliable and impartial news outlet. Once or twice a day to stay informed is fine, but anything more is unnecessary and can increase anxiety.

Instead use social media for its intended purpose, staying connected! We are lucky enough to live in a digital age, so for everyone who has access to a tablet or smart phone then making use of apps, such as Houseparty or Zoom, will enable you to digitally spend time with friends and family. Video calling can also provide some much needed face to face interaction, so avoid just sending messages or calling. There will undoubtedly be other people in your community that are feeling isolated, so look for a group of people locally to you that you can reach out to and connect with.

Why not host a digital dinner party? It may sound ridiculous at first but you'd be surprised how having something in the diary to break up the week can really help. You can enjoy a meal with the people you love and miss, plus it means if you sink a bot-

tle of wine during dinner, you're not technically drinking alone, right?!

Keeping your mind and body active can be challenging when you can't leave the house, but not impossible! YouTube has thousands of work out videos, all at various levels, that can be used inside the comfort of your own home. There are millions of games to download at the touch of a button. Online concerts and quizzes are being put together all the time and Audible have a 30 day free trial that gives you access to the world largest library of books.

Whilst this time can be seen as a great opportunity to do all those little things you previously lacked time for, like online courses, learning a new language or skill, don't feel pressured into productivity! You may find that the best use of your time right now is to practise a little self care. Longer lie ins, slower pace of life and simply taking some time for yourself are all equally good for the soul.

Whilst the current restrictions may have turned our lives upside down, staying at home really is for the greater good. Remind yourself that this is only temporary, you are not alone and as the Queen so beautifully said in her speech this week "We will be with our friends again; we will be with our families again; we will meet again"





World No Tobacco Day

The World Health Organisation's World No Tobacco Day is every year on 31st May. It was created to bring awareness

to more people about the dangers and health risks of smoking tobacco, and ultimately, to stop use of tobacco around the world.

The vast majority of the population of

the developed countries is aware of the dangers of tobacco and smoking. Over 7 million people are killed across the globe by smoking Tobacco alone. Many of us know it is believed to be the leading cause of throat and lung cancers, and a major risk factor in many other types of cancer. However, what is little known is that smoking tobacco is one of the main cause of heart problems and diseases. The aim of World No Tobacco Day is to highlight this issue.

Tobacco use and second-hand smoke are known to contribute to around 12% of all deaths from heart disease and is the second leading cause of CardioVascular Disease, second only to high blood pressure (which smoking can also contribute to). While these numbers are bad for smokers, it's important to remember that nearly 900,000 people are killed by breathing in second-hand smoke. The World No Tobacco Day also wants to highlight this issue that smokers don't just affect their health, but that of the people and loved ones around them. Finally, the WHO wants to bring awareness to the fact that of the over 1 billion people worldwide that smoke, nearly 80% of those are in low-income countries where tobacco-related disease and death will have the hardest impact.

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Mix a Little Salt and Olive Oil and Say Goodbye to Joint Pain

When it comes to joint pain, it can affect everything about your life. It is so disruptive that you may find yourself reaching for the OTC pain pills multiple times, or even seeking out a doctor's prescription for addictive opiates. But while these remedies are good at reducing pain, they come with a lot of scary side effects.

Acetaminophen, the active ingredient in Tylenol, is the single largest cause of liver failure worldwide. Aspirin has been linked to bleeding disorders. Ibuprofen, generally considered quite safe, will wreak havoc on your digestive system if taken every day. Prescription painkillers come with their own risks, not the least of which is death due to overdose. So while pain medications can be a helpful part of a treatment plan for chronic joint pain, care should be taken to use them sparingly. Luckily, there are a lot of natural treatments available that can reduce your dependence on meds by taking care of the factor that drives the pain in the first place – inflammation.

If you are able to reduce your inflammation, your pain will also go down. Your joints will also feel less stiff and will move more easily. A diet high in fruits, vegetables, and plenty of water goes a long way toward naturally reducing inflammation, but it's not always enough.

To get even more benefit from natural anti-inflammatory substances, we are going to share the recipe for massage oil that is applied topically. It has two active ingredients – olive oil and salt – so you may be eating this oil already. We think you'll be surprised by how much better you feel if you also rub it into painful joints. For starters, let's look at each of the individual ingredients.

Olive Oil

Olive Oil is recommended highly over vegetable oils because it is naturally extracted, rather than chemically created. It is high in a group of antioxidants called polyphenols, which studies show are able to slow down the aging of your cells. Therefore, chronic conditions that cause joint pain, such as arthritis take longer to affect cells to the point that you experience pain. But olive oil also attacks inflammation directly via a compound called oleocanthal. Oleocanthal is able to prevent enzymes responsible for

inflammation from ever being activated. This mechanism is the same as that used by ibuprofen to reduce inflammation.

Sea Salt

Sea salt is a different breed of salt that contains much more nutritive value than table salt. While table salt has been heavily processed to remove minerals and prevent clumping, sea salt is grainer but delivers a good amount of magnesium, potassium, calcium, copper and zinc. Because sea salt is harvested rather than processed, the level of these minerals varies depending on the source. Now, despite the healthy minerals contained in sea salt, it does contain about as much sodium as table salt. Eating too much sodium is known to cause inflammation, so we recommend getting your vitamins and minerals from other healthy food sources like lean meat and organic produce. However, when rubbed on the skin during massage, sea salt can impart the benefit of its minerals without the price of eating sodium. pixabay.com rather than chemically created. It is high in a group of antioxidants called polyphenols, which studies show are able to slow down the aging of your cells. Therefore, chronic conditions that cause joint pain, such as arthritis, take longer to affect cells to the point that you experience pain. But olive oil also attacks inflammation directly via a compound called oleocanthal. Oleocanthal is able to prevent enzymes responsible for inflammation from ever being activated. This mechanism is the same as that used by ibuprofen to reduce inflammation

Potassium is also a mineral with a diverse set of jobs. One of them is keeping your muscles strong and working effectively. You may not immediately think of your muscles when your joints hurt, but reliable support is really important to keep joints stabilized. If you have a chronic joint condition, building up the muscles around the area can also do wonders for the pain.

And finally, sea salt in general has been linked to a healthy immune system. Inflammation is actually an immune response that is valuable for certain types of injuries and conditions. Unfortunately, it can go haywire and cause unnecessary pain all the time. One way to improve your immune system is through diet, but another major one is stress reduction. And to that end, let's talk about massage.

Massage

The oil recipe we are going to share is applied through gentle massage to the affected joints. Massage itself is an excellent remedy for inflammation for a couple of reasons. One is that it relaxes the body and reduces stress. Stress causes a major drain on our immune systems. Another is that it increases blood flow to affected areas. However, when you are dealing with inflammation, it is important that your massage

be gentle. Too much pressure will cause micro tears in your muscle fibres – this is normally okay because repairing those tears is how stronger muscles are built. But it also causes inflammation, the very thing you want to reduce in areas around painful joints.

Making the Oil

The recipe is simple and easy to prepare. Ingredients:

1 cup (200 ml) water
20 tablespoons (300 ml) of olive oil
10 tablespoons (150 ml) of sea salt

Simply mix the ingredients until the salt has dissolved fully. For ease of application, we recommend storing your oil in a spray bottle; just remember to shake it before use to reintegrate the ingredients. When you are ready to apply it, simply spray a light coating over your affected joints and massage them gently for a few minutes.

Start with just a minute or two upon your first application, but gradually work up to 15 minutes of massage per day. For even better results, you can prepare your skin to receive the oil by applying a warm wet compress for 10 minutes prior to the massage. This opens up pores and relaxes the muscles around your joints, which may be clenched due to pain. The heat is also great for easing stiff joints.

This all natural joint pain remedy may or may not be enough to eliminate your need for pain pills all together, but it can certainly reduce your reliance on them and therefore protect you from the dangerous side effects of chemical remedies.

Applying the oil is a process that is calming and pleasurable in itself, so we encourage you to set aside some non-negotiable time for the kind of self-care that can make a huge difference in your pain levels day to day. Along with a healthy diet and adequate hydration, massage with an olive oil and sea salt combo is one of nature's many gifts for healing.





The PSYCHIC TAROT

This month we have selected a card from the John Holland Oracle Deck. It is a 65 beautifully illustrated deck of cards that creates a powerful bridge between your psychic abilities and the ancient knowledge and meanings of the tarot and will help you develop intuitive insights about all areas of your life, including love and relationships, business matters and even career changes.

I find this card deck fascinating and uplifting and it helps guide me, and it can help guide you whether you are a novice or are already in tune with your psychic abilities.

After a good shuffle of the deck, I spread the cards and allow my left hand to hover over and allow energy to flow and guide me to the card I am attracted towards the most.

This time, on turning the card over, it revealed the

Victory & Success Card

Good news is on the way! The qualities of this positive card are completion, victory, and success that often follow a

difficult period. Many people around you are very proud to see how you triumphantly came through it. They respect you and may even attempt to follow your example. You've worked hard and devoted much effort to get to this point in your life, where you've become wiser and have grown in so many ways. Always remember to stop and pat yourself on the back – you deserve it.

This card also reminds you to stay grounded, remember where you came from, AND KEEP YOUR EGO IN CHECK – don't lose who you really are. This victory can be used as a teaching tool for the future. Realise that if you came through this challenging time, you can achieve anything!



May 2020 by Marion Parmenter
+34617925467 Facebook page Whispers from Spirit

This month I will introduce Jupiter commonly known as "The Great Benefactor" or the Uncle of the chart. He rules the signs of Sagittarius and Pisces. He is a planet that moves slowly, although not quite as slow as Saturn going through each sign in approximately a year. He helps with expansion, flow, growth and success and is much freer than the likes of "The Victorian Father", Saturn who I spoke of last month. He can expand the mind with knowledge and positive growth or make you gain weight so ... perhaps not all good. He can lack control so there can be issues with excess depending on the individual and the relationships he has with other influential planets in the natal chart. He can also bring links either positive or negative to do with the law, people in power, government officials etc. He also has a strong social influence (so important of late) and can be the "Glue" that holds everything together. Be careful what you wish for, because, if his influence is strong you may well get it! However, even the difficult aspects or relationships he makes as he moves through the chart, should not be too difficult to cope with. The advice would be to enjoy him but exercise care as he expands your awareness and shows you the doors that can open for you.

So what can we see for you during May ...



Aries ... This month your attention turns to your values in life be it material, intellectual or spiritual and you may even be in negotiations concerning money or property investments. You will have energy to get ahead but take care to avoid excess and stay disciplined, not extending beyond resources at hand. Any difficulties with others will need you to see their point of view and try to find common ground in order to achieve cooperation. You may have to change old behavior patterns or be called to account for decisions or work that you have not finished or have done poorly in the past ... However any challenges you overcome now will serve as a source of strength to help you in the future.



Taurus ... Now is a perfect time to look inward and see what you need for progress in the future rather than concerning yourself with the World at large. No, it's not selfish but necessary! If you don't fulfill your own needs at this time

you will be of little use to others. The mind may be very busy and hard to tame though, darting from one topic to the next and others may find it hard to keep up. However, if you find that nervous energy getting a bit much, as this is not a natural state for you, move onto lighter more fun topics until it settles. You should find that if you can do this, you will be able to communicate well and project yourself in a way that creates a good impression this month. Do take care though, as all this may mean, you will not be particularly sensitive to the needs of others. If you find yourself getting frustrated and/or irritable because things are not going to plan or are moving too slow, direct your energy into hard work otherwise your health may suffer.



Gemini ... This time is perfect for you to de clutter your mind letting go of long held memories that may be causing you setbacks. A typical example is outworn behaviours that were learned as far back as childhood that are now, through life's experiences, outgrown and no longer appropriate. It is a good time to recognise these patterns of behaviour allowing them to exist, but realising that they are no longer relevant. We all show two sets of signals/ideas ... one being ideas of what we think we want to do and the other, sent out unconsciously to others that show what we are "really" trying to do. If these two signals don't "tie up" it causes others to lose faith in us due to confusion. Now, is not a good time for secrets and provided that you keep your ego in check you should speak out and voice your opinions. You may be attracted to spiritual or religious teachings as well as research and time to be alone to look into these matters. Meditation may also be beneficial now.



Cancer ... Friendships and groups will be forefront in your mind this month and your place within those areas. You will be looking at their values and ideas as well as your own and how you relate to them. It is time to ask yourself ... What kind of interaction do you have with

those you are involved in and what role do they play in your life?? Do you fulfil each other's needs? You are normally quite content with your own company just dealing with who you are what your purpose is in life. However nobody can survive alone! It is time to let others know who you are so that you can fit into the group dynamic. Time to think about your goals and ex-

pectations in life and ask yourself some questions. Have you attained them and if so do they serve you?? Are they your own or have you adopted those of another person or groups and if that is so are they appropriate for you now? Look out for a younger person who may have an effect on you by shedding a different light on you and life in general!



Leo ... Now you will be concerned with your reputation and standing in the area of career and within the community at large. Take time to see if the direction you are going in is right for you and if you are projecting yourself in a way that will reap rewards. You may be asked to

step into the centre stage with an area or project that has a certain amount of power but the responsibility that comes with that is also pretty weighty. Make sure you know your strengths and weakness as you need to represent yourself to the best of your ability. This is a positive time for this area of your public life and the natural flow of energies are on your side but truth will out so don't pretend to be something you are not ... it is not weak to acknowledge an area of your understanding that is unclear or that you are uncertain about. Parents will also come to the fore now and your interaction with them will be important. Although there may be issues from the past that need to be addressed and your thinking tweaked it will only be to allow you to plan for the future with a clear path ahead. The future is now!



Virgo ... Due to the obvious situation we are all facing causing restrictions with physical travel right now it will mean you need to be inventive and broaden your mind in other ways. Reading, study, World affairs and making the most trivial encounter a learning experience can

help you to do this in the most enjoyable way possible. There is a real need for mental stimulation especially in relation to unusual very differing lifestyles and ideas to those you currently have. If you stimulate your mind with enjoyable or practical subjects and hobbies it will give you a much broader perspective on everything. Metaphysical, religious and spiritual concerns in general will also stimulate your mind and you will be more than receptive at this time. You may even get interested in law ... not involving yourself directly, but maybe studying your own legal rights in your everyday business. A good time for all kinds of communication and you will find yourself being much more tolerant of others differing opinions than you normally would be.



Libra ... This month sees you having a deeper understanding of yourself and your inner truths than you normally would. It is a good time to concentrate on that as normally we are too busy with the mundane, and become disconnected from our psychological side. There may

be someone who you come to know and will have a real understanding of each other, through conversation. ... This connection may even make you change your thinking about some subjects or beliefs. Stay focused on the here and now as it would be easy at this time to get caught up with thinking about the mortality of your loved ones. You may be speaking to another about negotiations to do with joint investments or insurances or obtaining some financial backing which, if successful should be favourable.



Scorpio ... You may find that there is a need to think about your standing in the relationships in your life such as business partners or those with whom you may deal with financially. These could be consultants or experts in the health, legal fields or even life partners, where there

needs to be explanations to clarify one or more situations. There could be conflict but even in this case you could find that the conflict will force you to examine and become more aware of your own position within the relationship. There is only gain for both parties in this situation if handled correctly, as it is not a good time to sit and let things brew on your own. Any encounter in a one to one situation will be stimulating and better than no communication now whether in cheerful banter or heated debate. Even calling on the services of a counsellor/therapist will be helpful as you are at a time when another point of view will bring clarity. It is also a good time to look at contracts and negotiations.



Sagittarius ... Come on now! time to roll your sleeves up and set to work. You need to work with efficiency and keep as much "on track" as possible, maybe forgoing immediate rewards or gratification in favour of what can be expected further down the line. It is a good time

for you to examine and refine how you are applying yourself and the procedures or ways with which you work. This may also mean you have to step down and work the way another person asks you to. Even if you are technically "in charge" maybe you will have clients or a sense of obligation calling for you to do this. Now, you will find out if your ego will allow you to do so should the need arise. This will call for self control but you will get a great deal of satisfaction by doing what is asked of you well ... it will mean a lot!



Capricorn ... Although we have this unusual state of being this month, you feel a strong sense of freedom even if only in your mindset. Provided you meet your daily restrictions and obligations (which may be tricky for you this month) there is no reason why you can't enjoy doing

what you want to do, so ... Woe betide anyone who tries to stop you doing just that! This time will bring fun and entertainment to your relationships with partners and also children. Lighthearted reading, writing and games that need the "cogs to turn" will be good for you now or further down the line. However, try not to get caught up in all this enjoying yourself so much so that you forget to not only "be yourself" but to "know yourself" and at the same time giving others their chance to have input. Also know that sometimes the practical jokes etc. are not always received in the way you put them out there.



Aquarius ... Family and home is extremely important to you this month and you need to also examine your personal life and those who affect it. If you find yourself harping back to events in the past, know that it will be because these events

are still affecting you now. It may be that they have returned because they have been triggered by problems you are now trying to deal with. Look for the link between the past event and what is happening now and that will hint at what needs to be worked on. It has been stirred up for a reason and once dealt with should ease and help sort the current situation. If you are unsure, then maybe a parent will shed some light on it. Rather than talk it through, try writing to them to help you express yourself and ask for a written reply which you can then read, digest and absorb slowly. Answers can also come from taking yourself off on your own and even doing some meditation or something that takes you within. Issues from the past may have created behaviors that are outdated and inappropriate for now causing you major tension. Now is a great time to get it sorted once and for all.



Pisces ... This month calls for you to examine your interaction with those people you deal with on a daily basis, be they neighbors, friends, business colleagues and maybe some family members. Does the communication between you work both ways, is it clear and do you do all

the talking or do you also listen??? Time now for clarity and explaining exactly where you stand on any given topic of importance. It is a good time for short distance travel and although that element in your life may be restricted, travel using other ways are important for you now. You should find that it will be easier to let others know the real you, communicate your feelings, thoughts and ideas and generally stop keeping people in the dark about yourself and what you are about. Life may feel a bit electric at the moment and you will need to steal yourself away from it all now and again to slow down, relax and recharge. Keep everything flexible at the moment as this is a time to gather information, not to reach any conclusions or finalize things. You never know what may turn up whilst the energy around you is still busy!

Activities

La Mariposa 96 631 00

Airconditioning

Cocielec Alcalá 603 304 121
CHM 646 965 082
TJ Electricals 868 181 121

Airports

Alicante Airport Lost Property
966 919 223

Alcoholics Anonymous

Mazarrón 646 290 420

Bars, Restaurants & Cafes

The Blackbull 634 374 381
Cat's Bar 634 365 245
La Mariposa 968 631 008
Piccolo 968 131 515
Spice Villa 968 199 226

Beauty Care & Health

Heather Mobile 636 657 481

British Consulate

Alicante, Spain. (+34 902 109 356.
Alternative number: (+34) 91 334
2194. Fax: (34) 96 514 0528.

Builders

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CM Construction 659 159 948

Costa Calida Radio

868 110 383

Car Hire & Services

F&C Rental 968 199 156

Car Mechanics & Car Sales

Decklids
Ken Sherwood Mechanics
679 646 859

Carpentry

Cocielec Alcalá 603 304 121
Dave Davidson 634 330 706

Camposol Business Centre

The Journal
Security
Dentist
Chiropodists

Central Heating & Plumbing

CHM 968 199 184 / 646 965 082

Charities

Age Concern 634 344 589
Andreas Animal Rescue 690 906 565
FAST Non Emergency 634 309 899
PALS 968 422 228 / 626 460 465
Lions 696 827 525
Mabs 639 665 370
Making a Difference 634 357 137

Chiropodists

Nathalia 968 103 008

Coastguard

Sea Rescue 900 202 202
Cartagena 968 529 594
Cartagena Port Control Room
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Guardia Civil

Mazarrón 968 590 005
Pto Mazarrón 968 594 103

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Suzanne 634 313 274

Hospitals

Santa Lucia Hospital Cartagena
968 128 600
Maria Roselle 968 325 000

Insurance & Asesoria

Harriett Richardson 669 046 167
Ibex 968 595 945

ITV

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8.00am - 9.00pm
Lorca 968 46 07 61

Law Services

Corral & Alcaraz 968 078 754
Costa Calida Property Services
968 199 251
Shirley Ann Fisher 968 103 008

Mattresses

@Home 868 088 118 / 603 304 121

Medical Centres

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Pto Mazarron
968 595 342 / 968 154 202
Camposol 968 131 695 / 968 228 250

Camposol Medical Centre Online
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Metalwork

Eriks 636 050 008

Pharmacy

Camposol 868 102 623

Police

Mazarron 968 591 496
Pto de Mazarron 968418181

Pool Cleaning, Maintenance & Repair

Camposol Properties 646 476 911

Post Offices

Camposol 968 199 427
Mazarron 968 590 140
Pto Mazarron 968 594 860

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Insignia Graphics 618 615 903

Property Sales and Rental Agents

2let2buy2sell 968 979 876
Mercers 968 199 188
Blue Med 968 595 684

Red Cross

968 590 140

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address Calle Canovos 3 Totana
30850 opening hours 09.00-14.00,
website www.seg-social.es you can
make an appointment on this site.

Spanish Interpreters & Courses

Debbie Translations 677 353 136

Town Hall

Mazarron 968 590 012

Utilities

Aqualia Emergency 902 136 013 or
902 236 023
Premium Rate or 985 794 121,
Madrid Alternative standard rate
number

Please also report on PYM Forum so
we can keep a record of all Camposol
water leaks etc

Aqualia Mazarron 968 592 266

IBERDROLA Pto De Mazarron 968
332 016

IBERDROLA – Special Number – di-
rect for English speaking. 900 322 044

Iberswitch 966 265 089

Water Purification Services

Waterfiltersspain 677 353 136

Getting in touch with the committees and organisations

Sector A gardening Group is Chaired
by Brian Curran. ...briancurran39@
gmail.com. ..605065160 Contact the
Secretary for details of monthly meet-
ings on: joce@lospalacios-gardeners.com
Friday morning bookstall outside the
post room on A.

Sector B & B-clean (their gardening
group) NB B sector community group
is newly formed.

Helen White 968 199 506 is the pro-
tem organiser.

Sector C Greenfingers gardening
group, Chairman, John Osborne-
Tel 634 325 427

email: johnos1943@gmail.com.
Camposol Community Group D Sec-
tor

The group meets monthly on the first
Monday at 4PM at The Clubhouse.
President - Ken De Angelo, Vice
President - Gordon Cockburn, Sec-
retary - Patrick Steer, Treasurer - Jo
Steer, Membership secretary - Carol
De Angelo, Social secretary - Laurie
Lewis.

A car with tow bar and trailer is now
available for sector D residents to take
garden waste to the Eco park, contact
Alan Muncaster 654 024 474

Age Concern no longer meet at The
Cultural Centre. We are now open
Monday to Friday 10am -1pm at our
drop in centre, Calle Valencia 12,
Camposol A.

Telephone 634344589.

Email:
ageconcerncostacalida@gmail.com

Camposolers The registered group
site for residents of Camposol, the
proprietor is Reg Rogers who can be
contacted by e-mailing
regrogers@hotmail.com. Apply to
Reg for membership. NB there is an
underline dash between reg and rog-
ers!!!!!!

MABS now have an office on the
main dual carriage way on Sector B.

LIONS Tel: 628001942

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fourth Tuesday in the underbuild at
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B.



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