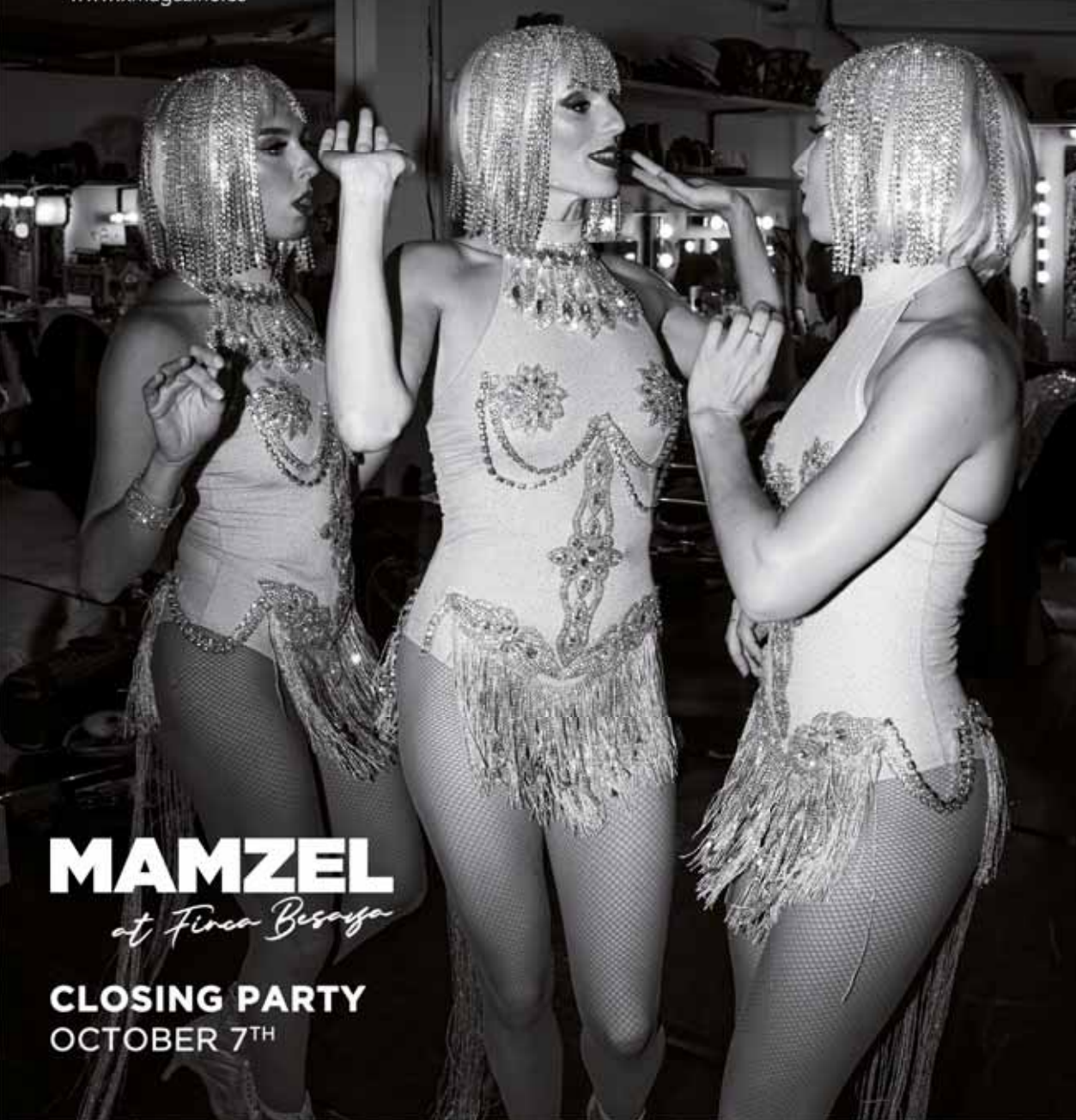




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A dynamic composition of various sushi pieces, including nigiri and maki rolls, falling from a pair of wooden chopsticks. The sushi is surrounded by a shower of white rice grains and colorful garnishes like salmon, tuna, and green onions. The background is a clean, bright white.

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Dear readers, the summer season is coming to an end, and with it we give way to a little quieter and calmer few months, but just as intense as the summer. That is why this month we wanted to recommend a restaurant that is very well known already, and that offers both terrace and indoor lounge, for those days when perhaps it cools a little more. We're referring to Restaurant MAO Mijas, an Asian restaurant with extreme elegance, and where every detail is carefully thought out, so that all its spaces make us travel to the Asian continent: itself, but adding beautiful sea views to the experience. Duck is the highlight of their menu, cooked in various ways but treated as it really deserves. All this makes Restaurant MAO Mijas the perfect place for lovers of Asian food. As always, we leave you with some photos of our Xperience. Thanks for reading us every month!

Estimados lectores, la temporada de verano va finalizando, y con ello damos paso a unos meses un poco más tranquilos y sosegados, pero igual de intensos que los de verano. Por eso este mes hemos querido recomendar un restaurante que a día de hoy es muy conocido, y que cuenta tanto con terraza como salón interior, para esos días en los que quizás refresca un poco más. Nos referimos al restaurante MAO Mijas, un restaurante asiático, con extrema elegancia, y cuidando hasta el último detalle, haciendo que todos sus espacios nos trasladan al mismo continente asiático, pero eso sí, con unas preciosas vistas al mar. Su plato estrella es el pato, cocinado de varias formas pero tratado como realmente merece. Todo ello hace que el restaurante MAO Mijas sea el lugar perfecto para los amantes de la comida asiática. Como siempre, os dejamos con algunas instantáneas. ¡Gracias por leerme todos los meses!

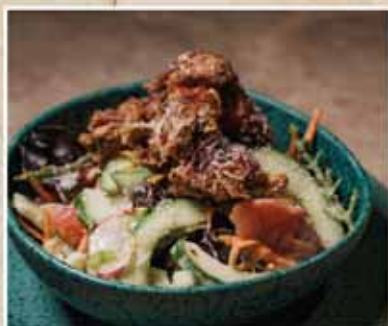
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MARIO SANDOVAL

CHEF 2 ESTRELLAS MICHELÍN

Tell us more about you. Mario Sandoval.

I'm the youngest of 4 brothers, and proud member of a family saga dedicated to the restaurant business. I consider myself a hard worker, I love challenges, enjoy time with family and friends around a good table, a good chat and laughs. I'm a simple, direct and sincere person. I have the privilege of pursuing a professional career in what I'm most passionate about, with great friends both inside and outside the sector, with whom I share a feeling of mutual respect and affection.

How did you start in the world of gastronomy?

My grandfather had a restaurant that my mother took over. As far as I can remember, I've always kept among my memories my mother in the kitchen holding me in her arms while she cooked, surrounded by aromas such as paprika, bay leaves and cumin. These elements are part of my earliest memories.

What does a Michelin star mean to a chef?

A wonderful recognition that is also very demanding, because keeping them is the hardest part. Even so, it's not something that worries me; to me, the real challenge is to offer a unique gastronomic experience to those who come to visit Coque every day, and make them want to come back.

What can you tell us about Coque?

It's the continuity of my grandfather's dream that my mother took over after him, who in turn instilled in us the love for cooking, which we have now brought to the heart of Madrid.

Describe a day in your life when you're not busy cooking.

I spend quality time with my family, especially my children and mainly in the countryside, so that they learn from an early age the culture and value of livestock and agriculture, that the fruits of the field are for those who work hard on them. I also like to travel, visit new places or visit people I appreciate in their countries or cities and enjoy the local gastronomy.



¿Quién es Mario Sandoval?

El pequeño de 4 hermanos, orgulloso perteneciente de una saga familiar dedicada a la restauración. Trabajador, me encantan los retos, disfruto mucho de la familia, mis amigos alrededor de una buena mesa, una buena charla y risas. Soy de gustos sencillos, directo y sincero.

Tengo el privilegio de trabajar en lo que más me gusta y me apasiona, con grandes amigos en nuestro sector y fuera del él de los cuales tenemos un sentimiento de respeto y cariño mutuo.

¿Cómo empezaste en el mundo de la gastronomía?

Mi abuelo tenía un restaurante del que recogió el testigo mi madre, desde que tengo uso de razón, recuerdo a mi madre en la cocina sosteniéndome en brazos mientras cocinaba así que aromas como el pimentón, el laurel o el comino, forman parte de mi memoria más temprana.

¿Qué supone para un cocinero las estrellas Michelin?

Un reconocimiento maravilloso que es muy exigente porque lo difícil es mantenerlas. Pero no es algo que me quite el sueño, el verdadero reto es que quienes vienen a visitar Coque cada día, vivan una experiencia gastronómica única y con ganas de volver.

¿Qué nos puedes contar sobre Coque?

Es la continuidad del sueño de mi abuelo del que recogió el testigo mi madre, la cual nos inculcó el amor por la cocina y nosotros hemos traído al corazón de Madrid.



MARIO SANDOVAL



What is Mario's favourite dish to eat?

Valencian paella, I really don't know if it's my favourite dish or an addiction, because I never get tired of it.

What do you think of X Magazine?

It's an intuitive magazine that offers a lot of information and good recommendations of places of interest. It always makes you discover new and significant things, presented with a modern style.



¿Cómo es un día en tu vida cuando no estás cocinando?

Lo paso en familia, con mis hijos y en el campo para que aprendan desde pequeños la cultura ganadera y agrícola, que los frutos del campo son para quien los trabaja. Si no me gusta mucho viajar, conocer lugares nuevos o visitar gente que quiero en sus países o ciudades y disfrutar de la gastronomía local.

¿Qué plato es el preferido para comer de Mario?

La paella valenciana, realmente no sé si es mi plato preferido o una adicción porque jamás me canso de ella.

¿Qué opinas de X Magazine?

Es una revista con mucha información, intuitiva con buenas recomendaciones de lugares de interés. Tiene un estilo moderno en la que siempre te descubre cosas nuevas y significativas.

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KATRINA ORDINANZA

Tell us more about you, Katrina Ordinanza.

I was born and raised in the Philippines, and come from a family that is a mix of Chinese and Filipino origin. I moved to Malaga, Spain in 2016, and had various experiences in the industry as a waitress, bar manager, and receptionist, to administrative positions which led me to my current role in management. In 2021, I was given the opportunity to work as a waitress at MAO Restaurant and after years of hard work, I am now the current manager of the restaurant.

How were your beginnings in the culinary world?

Like anybody, my journey in the world of gastronomy started at home. For me the strongest influence was my mom who is a cook, and my father who is Chinese and influenced us to a whole new world of Asian gastronomy. Apart from my family, the Philippines is a melting pot of cultures and we have extremely diverse, creative, and innovative cuisine and experiences available everywhere, it's surprising how you never run out of options! When I moved to the Costa del Sol in Spain, it opened a whole new world of food, culture, aroma and flavours of Mediterranean and Western origins, and working in the hospitality industry sparked my interest in different kinds of cuisine and wines.

Tell us more about MAO Restaurant.

MAO Restaurant has a modern, sophisticated yet friendly atmosphere with stunning unobstructed views of the Mediterranean sea. It's an Asian restaurant mainly focusing on the elements of Chinese cuisine, as well as other Asian influences like Singapore, Malaysia and other surrounding Asian countries. Our wine list is carefully chosen with a wide variety of international and local picks. We also have an experimental and unique cocktail selection. It's a very good location to enjoy dinner with friends and family, from small to big groups. It's not just for regular dinners, but can also be a place to celebrate special occasions like birthdays, pre-wedding celebrations, wedding receptions, canape parties, private events and more! We have sharing experiences with drinks pairing options which cater to those who are more adventurous and would like us to fully take care of their dining experience. We do takeaways and we also have a valet parking service which is free for our clients.



What is your target audience?

MAO has a very good regular clientele, both local and international. Our menu is not only targeted to all Asian food aficionados, but also those who are new to the world of Asian cuisine. We cater to all ages, and we can also accommodate guests with various dietary requirements without compromising quality and taste.

What do you love the most about your profession?

For me it is the opportunity to share with my clients the food I grew up with. To be able to share the rich elements of Asian cuisine, the history and origins and how these dishes are important and symbolic in Asian celebrations and festivities like the Chinese New Year. At work, it is being able to train my staff and see them grow and become better in their field and working with an amazing team is a rewarding experience for me.

Describe a day in your life when off work.

When I'm not working, I find time to do normal activities like spending time with my family, or catching up with some friends. I like to read books and do yoga exercises. I appreciate the world of art and I also engage in creative activities like painting, drawing and surface pattern designing and the likes.

What do you think of X Magazine?

I think X Magazine is an exceptional reference and a powerful tool of communication that spreads information in the world of gastronomy and events in Costa del Sol as well as other services around the area. For me its size format is perfect because you can easily carry it around and read it anytime, anywhere — a very good magazine!

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WHAT SHOULD A SCHOOL MENU INCLUDE?

With the arrival of September, a new school year begins and all that it entails: getting up early, classes, information to retain, extracurricular activities and knowledge tests, better known as exams.

It's surprising how children, after spending between 5 and 8 hours at school, continue to carry out activities at the same educational centre, in addition to extracurricular activities.

Bearing this in mind, how important is what we eat at this stage?

Firstly, energy (calories) is necessary to be able to carry out all the tasks of the day, and not only those that require movement, as thinking also requires energy for the brain. Therefore, providing the necessary calories is essential, bearing in mind that each stage of life has different needs. In particular, the school stage is characterised by a period of growth and development.

Are calories a cause for concern at school age?

No. All menus offered in schools meet the calorie requirements. It makes a difference whether they are all consumed or not. Equally, the calories themselves are not important. The real concern is where the calories come from. And this is where we talk about nutritional quality.

For example, a plate of pasta with tomato and sausages may contain about 600 calories (kcal), satisfying the energy needs of the child but not the nutritional needs. Why? Because they are foods of low nutritional quality. They provide few nutrients compared to the calories they have. A higher quality version of this same dish could be whole wheat pasta with vegetable ratatouille and minced chicken. Or its vegan version, replacing the meat with textured soya.

What should the school menu be made up of?

Vegetables should always be on the plate. If we try to avoid them, they'll only be rejected in the long run. We shouldn't be afraid to include them, quite the opposite. When this insecurity is shown, we give them the power to justify their refusal to eat them. Now, we

have to be a bit more careful. No one wants to eat cooked broccoli or a lettuce salad. Vegetables should be part of the preparations, so that they are much more appealing and appetising.

When selecting carbohydrates sources, we need complex ones. These provide a more even digestion and absorption of energy. They are found in whole grains such as legumes and unrefined cereals or pseudocereals (rice, whole wheat pasta or quinoa).

On the other hand, although in smaller quantities, root vegetables such as potatoes or sweet potatoes also provide this type of carbohydrates.

Protein-rich foods should complete the dish. In the case of a vegan diet, it's common to leave them out of the dish, which would not make the menu nutritionally complete. In this situation, legumes are the easiest and most versatile option. And we are increasingly finding nutritionally interesting derivatives of these, such as tofu, textured soya and tempeh, which help to make delicious dishes that have nothing to envy the omnivorous diet.

For the latter, we have a wide variety of meats and fish, eggs and cheeses, avoiding processed meats and surimi of course, which are not nutritionally interesting.

Virgin olive oil should be used in all meals for cooking and seasoning, avoiding any other type of oil. Even for frying, although this cooking technique shouldn't be included in any school menu.

For dessert, the ideal is to offer a variety of seasonal fruits, and water to drink.

Is a vegan diet healthy for children?

Yes, as long as the nutritional requirements are met. Take in mind that in a vegan diet, animal protein sources are replaced by legumes and quality by-products such as those mentioned previously. Legumes can therefore be consumed on a daily basis. However, Vitamin B12 needs to be added as a supplement. The same as in the vegetarian diet, although in this one eggs and dairy products are consumed.

Finally, since school days can be long, snack times are often included to nourish the little ones. Depending on their appetite, some interesting options could be: a whole grain bread sandwich with a protein source (tuna, fresh cheese, chickpea hummus); fruit with natural yoghurt, cinnamon and nuts; soya drink with no added sugar and fruit; cherry tomato and mozzarella pearls skewers or chia pudding with fruit.

Always remember that it's not the calories that matter, but the quality of the calories. Therefore, fried foods, pastries, biscuits, sweetened soluble cocoa, sausages or similar, may meet the needed calories, but it's the nutrients that make our bodies work.

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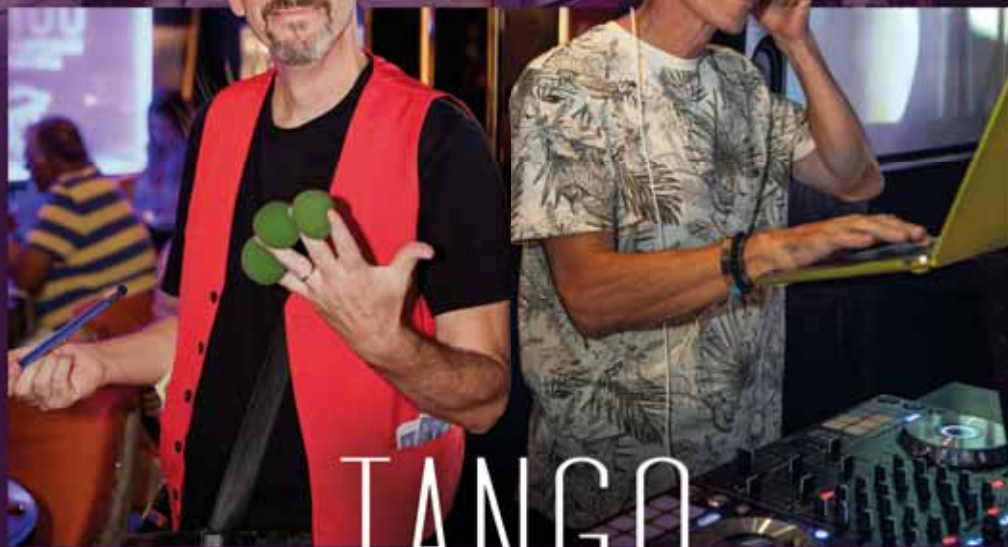
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Octopus on potato emulsion

Directions

- Red Pepper Oil
Warm the olive oil in a saucepan at medium-heat. Then add the red pepper powder, mix, and let blend. Remove the saucepan from the heat and let the oil acquire the flavour and colour of the red pepper. Finally leave to cool down.

- Potato Emulsion
Peel, wash, and cut the potatoes, then place it in a saucepan along with the milk and salt, and leave to cook. Grind the whole with a mixer until achieving a soft cream texture without lumps. Add the cream and blend with the mixer.

- Presentation
Add a spoonful of red pepper oil to the bottom of the jar/shot-like recipient. Then add on top of the oil a spoonful of potato emulsion. Cut the octopus in small pieces, add a pinch of salt, and finally place a small portion of octopus on top of the potato.



Emulsión de patata con pulpo

Preparación

El aceite al pimentón
- Ponemos el aceite en un cazo a fuego medio. Cuando esté caliente, añadimos el pimentón, removemos y reservamos. Retiramos el cazo del fuego y dejamos que el aceite tome el sabor y color del pimentón. Dejamos enfriar.

La crema de patata.
- Pelamos las patatas, las lavamos, cortamos y las ponemos en una cazuela junto con la leche y la sal. Dejamos que las patatas se cuezan. Trituramos enérgicamente con la batidora o cualquier robot de cocina para formar una crema suave y sin grumos. Añadimos la nata y volvemos a batir para que la nata se integre.

Para montar el chupito
Ponemos una cucharadita de aceite de pimentón en el fondo del chupito. Sobre el aceite, colocamos una cucharadita de crema de patata. Cortamos el pulpo en cachitos pequeños, (mejor si la pata de pulpo no es muy grande), ponemos un pelín de sal y lo colocamos encima de la crema de patata.

INGREDIENTS

Red Pepper Oil
50ml Extra virgin olive oil
1 small spoon of Spanish red pepper powder

Potato emulsion
400gr potatoes
150ml milk
1 small spoon of salt
200ml cream for cooking

Octopus
1 cooked octopus leg

INGREDIENTES

Para el aceite al pimentón.
50 ml de AOV extra
1 cucharadita de pimentón

Para la crema de patata:
400 g, de patata
150 ml. de leche
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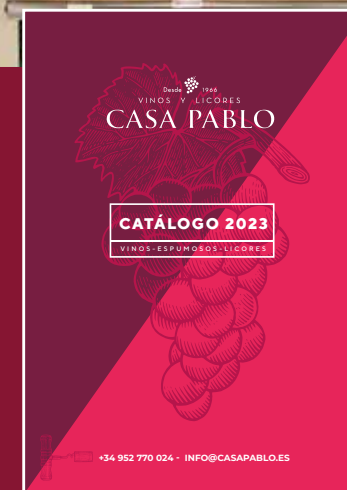
Winery: Finca Bacara
D.O.: DO Jumilla
Ageing: 12 months in American oak barrels
Short description: Harvested by hand with double classification in the field and on the sorting table. Separate vinification of different plots of Monastrell, according to soil and ripeness. Light crushing or no crushing depending on the characteristics of the grapes. Fermentation at low temperature (20-24°C) to preserve the aromatic richness of the variety.
Colour: Intense cherry red garnet, deep, bright, attractive, with very good tear-like form and a beautiful presentation.
Nose: Clean aroma and remarkable intensity. Presence of ripe red fruit (blackberry, morello cherries in liqueur) accompanied by spicy and balsamic aromas, undergrowth, leather and liquorice.
Palate: Elegant and well-structured, very long and complex aftertaste. With a modern style.
Pairing: Game meat, red meat, stews, roasts with aromatic herbs, cured cheeses, oily fish with tomato sauces and Iberian cured meats.
Alcohol: 14,5% Vol
Estimated Price: 12,30 €
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WINE tasting

Bodega: Finca Bacara
D.O.: Jumilla DO
Envejecimiento: 12 meses en bodega de roble americano
Breve descripción: Vendimia manual con doble clasificación, en campo y mesa de selección. Vinificación por separado de diferentes parcelas de Monastrell, según suelos y grado de maduración. Estrujado leve o ausencia de él en función de las características de la uva. Fermentación a baja temperatura (20-24°C) para preservar la riqueza aromática de la variedad
Color: Granate picota intenso, profundo, brillante, atractivo con muy buena formación de lágrima y de bellísima presentación.
Nariz: Aroma limpio y notable intensidad. Presencia de fruta roja madura (mora, guindas en licor) acompañado de aromas especiados y balsámicos, monte bajo, cuero y regaliz.
Boca: Elegante y bien estructurado, retrogusto muy prolongado y complejo.
Maridaje: Caza, carne roja, guisos de cuchara, asados con hierbas aromáticas, quesos curados, pescados grasos con salsas de tomate, y embutido ibérico.
Alcohol: 14,5% Vol
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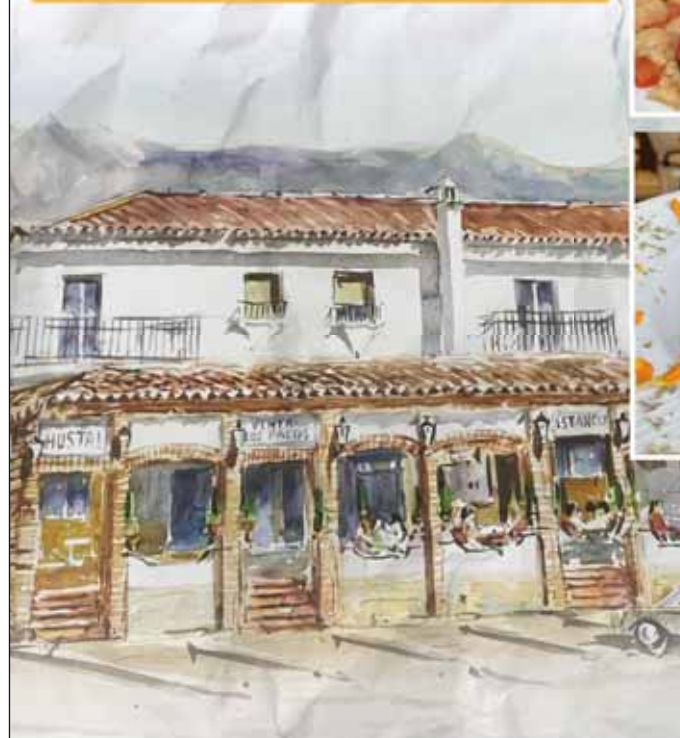


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PADEL TIPS

TIPS TO IMPROVE YOUR BANDEJA OR TRAY SHOT

During a padel point, one of our main objectives is to get to the net in order to develop a more aggressive game. However, at the same time, our rivals will try to take us far from the net to counterattack, usually with a lob.

This is why the Bandeja was developed in padel. It's a shot to recover the net, and is used against a lob. Even though it won't let us achieve the point, it will save us from moving away from the net towards the back of the court. When used correctly, it's one of the most used shots in padel, so it is convenient to remember the following tips:

- Stand sideways to the ball when about to receive the lob
- Keep your elbow up at shoulder-level and make sure to draw a 90 degrees-angle when lifting your arm.
- Hit the ball at head-level and far enough from yourself so that your arm is extended on the right (or left if you're left-handed).
- Your movement must be wide with your arm towards the front, to lead the ball so that it is sent back in depth.
- At impact, your racquet should be slightly open to emulate a cutting effect, descending gradually as we hit the ball.
- The Bandeja is a control shot. Don't use more than 60% of your strength when hitting the ball.

Above all, a good Bandeja must give you enough time to go back to your optimal net position.

CONSEJOS PARA MEJORAR TU "BANDEJA"

Con bastante frecuencia sucede que cuando estamos jugando desde la zona de defensa, los jugadores de la

Durante un punto de pádel, uno de nuestros objetivos principales será lograr alcanzar la red para poder desarrollar un juego más agresivo. Pero igualmente, nuestros rivales intentarán desplazarnos lejos de ella para poder contraatacar, utilizando normalmente el globo.

Es por esta razón que nace la "bandeja" en el pádel. Es un golpe de recuperación de la red utilizado para la devolución de un globo. Aunque no nos permite acabar el punto, nos evita desplazarnos al fondo de la pista.

Utilizado correctamente, es uno de los golpes más usados en pádel, por ello es conveniente recordar los siguientes puntos:

- Colócate de lado cuando vayas a recibir el globo.
- Eleva tu codo hasta la altura del hombro y asegúrate de dibujar un ángulo de 90 grados levantando el brazo.
- Impacta la bola a la altura de tu cabeza y lo suficientemente lejos de ti como para que tu brazo esté extendido hacia la derecha (izquierda si eres zurdo).
- Realiza un movimiento amplio con tu brazo hacia delante para acompañar la bola de manera que ésta vuele con profundidad.
- En el punto de impacto, mantén la pala ligeramente abierta para poder conseguir un efecto cortado, descendiendo a medida que vayamos a impactar la bola
- La bandeja es un golpe de control. Utiliza un máximo del 60% de tu fuerza en el golpe.
- Por encima de todo, una buena bandeja debe ofrecerte el tiempo suficiente para recuperar tu posición óptima de red.



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SERENITY

Serenity is a source of tranquility within life's complexity, it's about being able to see things from an island of balance and peace in order to be able to act better, decide more wisely, and regulate dimensions such as fear or anxiety.

To face every circumstance in life with serenity gives us that perfect combination that goes from calmness to reflection. True well-being is simpler than we think, and most of the time it lies in emotional balance, in inner tranquillity.

As we all know, it's not always easy to take that approach. After all, the opposite of serenity is nervousness and anxiety, that which now cohabits with us, filling our minds with noise and our night's rest with fears. This dimension, that of serenity, is not something that comes from the factory, it's a dimension in which we can and must enable ourselves.

The anxious mind deceives us and makes us think what it's not, sees threats almost everywhere and forces us to act with impulsivity.

For the Eastern tradition, nothing was (and is) as important as serenity. Training calmness is almost like trying to walk on the roof of a high-speed train. However, as striking as it may seem to us, we can become good tightrope walkers.

To be calm is to accept uncertainty, to accept that in this life, there are many things that cannot be controlled.

Self-knowledge helps us to awaken our conscience and with it, that inner clarity in which calmness germinates, that calm from which to look at the world in a more contemplative way. In serenity there's no room for disturbing anxiety, the same anxiety that makes us lose control and blurs everything. There's only harmony, the connection with your inner self, and the lucidity to look around with clarity.

To have serenity in our daily lives, we have only one option: to practise it, to commit ourselves to it. Training this approach takes time because it involves managing emotions, controlling thoughts, reducing stress... But it can be done.

As the French writer Françoise Sagan says: "Happiness is to be in good health, to sleep without fear, to wake up without anxiety and to have the serenity to act".

IRENE MUÑIZ

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SERENIDAD

La serenidad es una fuente de calma ante la complejidad de la vida, es poder ver las cosas desde una isla en equilibrio y paz para poder actuar mejor, decidir con mayor acierto y regular dimensiones como el miedo o la ansiedad.

Tener serenidad ante cada circunstancia vital nos otorga esa combinación perfecta que va de la calma a la reflexión. El auténtico bienestar es más simple de lo que creemos y la mayor parte de las veces, reside en el equilibrio emocional, en la tranquilidad interior.

Como bien sabemos, no siempre es tan fácil asumir ese enfoque. Al fin y al cabo, lo opuesto a la serenidad es el nerviosismo y la ansiedad, eso que ahora mismo cohabita con nosotros, llenando de ruido la mente y de miedos nuestro descanso nocturno. Esta dimensión, la de la serenidad, no es algo que nos venga de fábrica, es una dimensión en la que podemos y debemos habilitarnos.

Porque la mente ansiosa engaña, nos hace pensar lo que no es, ve amenazas en casi cualquier sitio y nos obliga a actuar por impulso.

Para la tradición oriental, nada era (y es) tan importante como tener serenidad.

Entrenar la calma es casi como intentar caminar sobre el techo de un tren de alta velocidad. Sin embargo, y por llamativo que nos parezca, podemos convertirnos en buenos equilibristas.

Tener serenidad es aceptar la incertidumbre, aceptar que en esta vida hay muchas cosas que no se pueden controlar.

El autoconocimiento nos ayuda a despertar nuestra conciencia y con ella, esa claridad interna en la que germina el sosiego, esa calma desde la cual mirar el mundo de forma más contemplativa. En la serenidad no tiene cabida la ansiedad perturbadora, la misma que nos hace perder el control y todo lo emborrona. Ahí solo hay armonía, conexión con el propio interior y lucidez para mirar alrededor con claridad.

Para tener serenidad en el día a día solo tenemos una opción: practicarla, comprometernos en ella. Entrenar este enfoque lleva tiempo porque implica gestionar emociones, controlar pensamientos, reducir el estrés... Pero puede lograrse.

Como dice la escritora francesa Françoise Sagan: "La felicidad es tener buena salud, dormir sin miedo, despertar sin angustia y tener serenidad para actuar".



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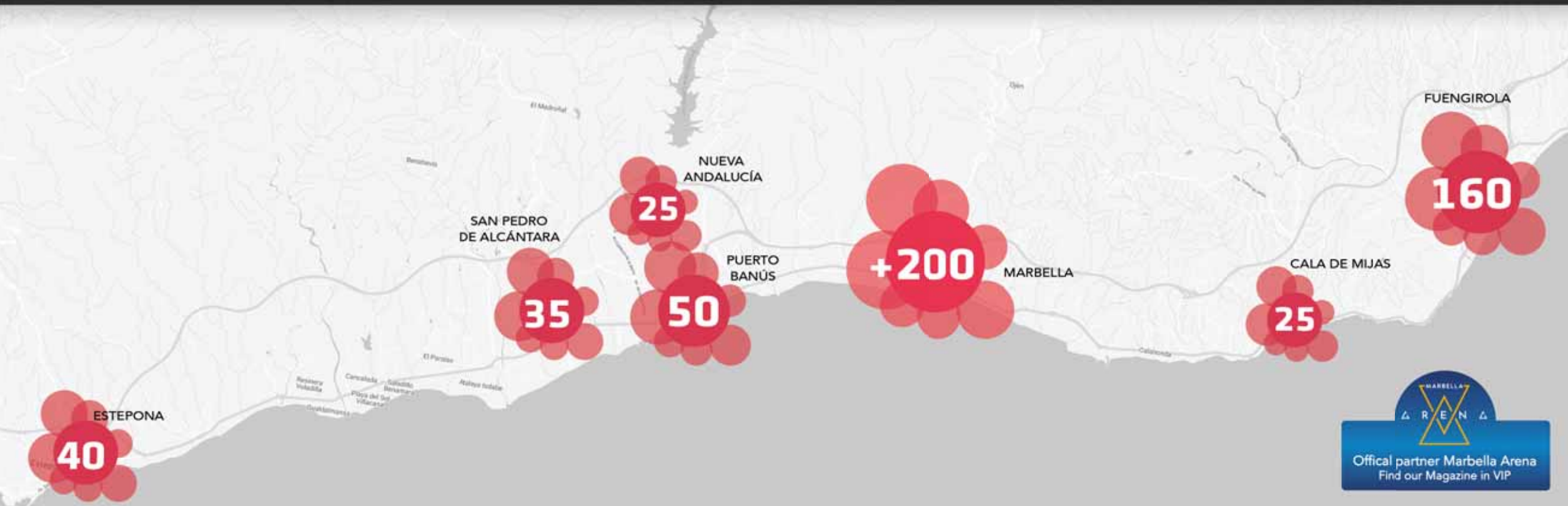
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JOE

We'd like to introduce you to one of our most endearing seniors. Joe is 8 years old, 5 years of which he's spent behind the bars of a cold kennel. He's a very, very affectionate dog, used to the warmth of a home, where he used to live with children and two other male dogs, a big one and a smaller one, he also gets on well with females, although we don't know how he gets on with cats. He has a big heart and is pure joy, always ready to cover your face with licks, and willing to play as soon as he sees you, full of energy. But Joe is getting old and nobody's asking for him. Do you want to be the one to give him a few last years of happiness surrounded by the warmth of a home? PPP licence required.

Os presentamos a uno de nuestros mayores más entrañables. Joe tiene 8 años, 5 de los cuales los ha pasado entre las rejas de una fría jaula. Es un perro muy, muy cariñoso, acostumbrado al calor de un hogar, en el que solía convivir con niños y con otros dos perros machos, uno de tamaño grande y otro de tamaño pequeño, también se lleva bien con hembras, aunque desconocemos cómo se relaciona con los gatos. Es todo corazón y alegría, siempre está dispuesto a lavarte la cara a lengüetazos y a querer jugar en cuanto te ve, es todo energía. Pero Joe ya se hace viejito y nadie pregunta por él. ¿Quieres ser tú quien le regale unos últimos años de felicidad arropado por la calidez de un hogar? Necesaria licencia PPP.

Do you want to become their lifechanger? Contact us!
¿Quieres cambiar su vida? ¡Contáctanos!
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LIASSO

September is about new beginnings and new opportunities, just like the one our dearest Lasso deserves, one of the best known cats in our shelter since he's been with us for many years unfortunately. Our boy arrived as an adult stray cat, so he had a hard time adapting to the caregivers and the petting. However, over time he discovered that he actually enjoys a bit of soft cuddling and brushing that gives a good tickle. He loves other cats and is a big fan of dogs. Whenever there is a need for an adoption trial with cats, he's always happy to volunteer and rub shoulders with the dogs. Lasso is positive for feline leukaemia, but that doesn't stop him from enjoying himself and being a totally happy cat who deserves to know the warmth of a family who understands him.

Septiembre va de nuevos comienzos y nuevas oportunidades, Justo como la que se merece nuestro queridísimo Lasso, uno de los gatos más conocidos en nuestra protectora ya que desafortunadamente lleva con nosotros bastantes años. Nuestro chico llegó siendo ya adulto y callejero, por lo que lo pasó bastante mal para adaptarse a los cuidadores y a las caricias. Sin embargo, con el tiempo ha descubierto que se puede disfrutar de unos mimos tranquilos y de un buen cepillado que hace cosquillitas. Por su carácter más tímido sería ideal una familia tranquila, adora a otros gatos y es un gran fan de los perros, siempre que hace falta una prueba de adopción con gatos está encantado de ser voluntario y rozarse con los perretes. Lasso es positivo en Leucemia felina, sin embargo, eso no le impide disfrutar y ser un gato totalmente feliz que merece conocer el calor de una familia que le comprenda.

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¿CUÁL ES EL PLAZO PARA IMPUGNAR LOS ACUERDOS DE LA COMUNIDAD DE PROPIETARIOS NO INCLUIDOS EN EL ORDEN DEL DÍA?

Los acuerdos fruto de una junta de comunidad de propietarios, que no hayan sido previamente incluidos en el orden del día, son considerados acuerdos contrarios a la Ley.

El artículo 18.3 de la LPH dispone que la acción para impugnar actos contrarios a la ley caducará al año.

Para poder impugnar el acuerdo, el propietario presente en la junta tiene que votar en contra o "salvar el voto".

Este plazo para impugnar comenzará desde la fecha de su adopción si el vecino impugnante estuvo presente en la junta o desde que se le notifique el acuerdo si estuvo ausente.

El propietario debe estar al corriente con los pagos y deudas con la comunidad.

WHAT IS THE DEADLINE FOR CHALLENGING A COMMUNITY OF OWNERS' AGREEMENTS THAT WEREN'T INCLUDED IN THE MEETINGS' AGENDA?

Agreements resulting from a homeowners' association meeting, which have not been previously included in the agenda, are considered agreements contrary to the Law.

Article 18.3 of the Horizontal Property Law states that the deadline to contest actions contrary to the Law is of one year.

In order to contest the agreement, the owner present at the meeting must vote against or "save the vote".

The deadline will start from the date when the agreement was voted, if the contesting neighbour was present during the meeting, otherwise from the date of notification of the meeting's resolution if they were absent.

The owner must have no pending payments or debts with the association.



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ELA GUERRERO

Who is Ela Guerrero?

I was born in Spain, from a Cuban mother and a father from Madrid, and from a very young age I liked singing, dancing, "dressing up" like the singers and dancers I saw on TV, inventing choreographies and putting them into practice, and everything related to that. I remember in my childhood, when my mother's friends and relatives came to my house, I would sit them on the sofa in the living room and show them my rehearsed choreographies. At the end of the school year in my primary school, there were always dance shows, and of course I would involve myself in all aspects (choreography, costumes, hairdressing, dancing), I loved it! Nowadays I work as a go-go dancer, and I love the freedom in every movement.

How were your beginnings in the entertainment business?

When I look back and ask myself this question, I always thank the people who made it possible. You could say I was in the perfect place, time and situation. I never looked for the opportunity, it came to me and I grabbed it with open arms slightly more than 10 years ago. I always think I was very lucky, and for that I'm eternally grateful.

What can you tell us about your work?

I have many anecdotes to tell, but one of the best is while being in the nightclub lounge on my break for example, they would often ask me if I work there... I have answered no on more than one occasion, just to see their reactions.

What projects are you currently working on?

I've worked in most of the clubs in the Marbella area. At the moment, I'm mainly working at Mirage, Kube and Paname, besides other events and extra venues as well. I'm also working on a new project, which includes dancing with fans and fire.



What do you love the most about your profession?

Everything, from doing my makeup at home, to going to the club, the freedom I feel during and after dancing. I try to enjoy what's considered to be the most insignificant things. People just want to get to the destination, but you've also got to enjoy the journey, and that's what I try to do.

Describe a day in your life when off work.

Well, my daily routine is the usual, because in the end I'm just another person in this world. I eat, go out, go to the gym, spend time with my dog Coco, enjoy going out for dinner, go to the beach, walk in the mountains, or take a short trip outside Marbella.

What do you think of X Magazine?

It has everything you need, it gathers information and immortalises Marbella's lifestyle in photographs. The magazine's photographers are great and very friendly, as they go around the different places to capture the best moments. Gastronomy, art, sport, health, beauty, nightlife, everything you need is there, I always read it!

Xavi Márquez
CEO X Magazine



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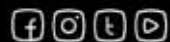
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OMAR ANTONIO & KATHERINE HERNÁNDEZ

Tell us more about you, Omar Antonio and Katherine Hernández.

We are first of all a couple, but we're also the MARIACHI LOS HERNANDEZ, because besides our love, we share our passion for music. We also have several musician friends who accompany us when needed.

How did you start in the musical world?

For Omar Antonio, music has been his greatest passion all his life, and from a very early age he dedicated himself to the artistic world as a singer, composer and guitarist, touring more than 50 countries with different orchestras, Mariachis and musical groups.

As for Katherine, she has had more contact with fashion, catwalks and international dance and beauty contests, but since she's been with her husband, her love for singing has awakened, which she inherited from my grandmother Herminia, who was a soprano.

What can you tell us about your shows?

Our speciality is Mexican music, but we also include different Latin American genres and rhythms such as Salsa, Cumbia, Merengue, Bachata, Vallenato, Tango, Pasaje, Joropo, and Son, as well as international repertoire in English, Italian, Portuguese and Spanish including great artists such as Frank Sinatra, Andrea Bocelli, the Gpsy Kings, Carlos Jobim, Marc Anthony, and Julio Iglesias, among many others.

We are currently adding to our repertoire songs by Elvis Presley and Country music from the southern USA, by request of the public that follows us.

Who's your target audience for your shows?

Because of the variety of our repertoire, we reach different audiences and nationalities. But we focus more on private events such as weddings, anniversaries, birthdays, and corporate events such as end-of-year parties.



What do you love the most about your profession?

Bringing a positive message of joy and love with our songs. Once, after a concert, a girl came up to me and told me that thanks to my songs she had given up the idea of committing suicide. It was something very powerful for me - Omar Antonio confesses - but it made me reflect on the enormous responsibility I have as a musician and composer, and if my music has already served to save a life, then it's worth continuing in this profession.

Describe a day in your life when off work.

When we're not performing, we spend time rehearsing, preparing new repertoires, and listening to other singers, for example right now Elvis and country music. Of course, we also lead a normal life at home and we enjoy going to the beach whenever we get the chance, taking advantage of the beautiful beaches on the Costa del Sol.

What do you think of X Magazine?

X Magazine offers great international visibility for the artistic, cultural and business world in Marbella and all the Costa del Sol. For us, this is an excellent opportunity to make our artistic work known to a wide and select audience. Thank you X Magazine for this, and earnest regards to all our readers!

Xavi Márquez
CEO X Magazine

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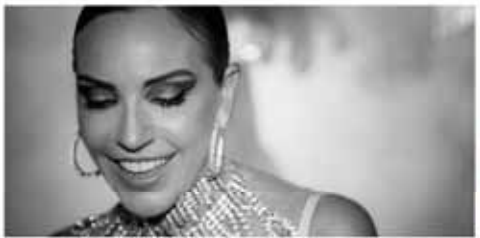
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