

## WOMAN ZONE

## HUNK OF THE WEEK



**This week's hunk is Tim. Tim is a ballet dancer from Chile, he is working as a photographer here in Spain.**

*Is your partner up to being our hunk of the week, or do you have a friend you would like to nominate? Send us your photos via email to [hunkoftheweek@sunnews.es](mailto:hunkoftheweek@sunnews.es)*

## CHATTERBOX



## January Blues

By Alice Griffin  
[alice.griffin@sunnews.es](mailto:alice.griffin@sunnews.es)  
[www.alicegriffin.co.uk](http://www.alicegriffin.co.uk)

Well thank the lord that another January is well and truly over. Call me a misery, but even this glass-half-full girl struggles with the post Christmas/early New Year 'what am I doing with my life?' blues. But, I'm pleased to announce that finally I'm raising my head out of hibernation and seeing the brighter side of life once again. The snow-drops are pushing through the frozen soil and the sun is warm enough to remind me of what spring feels like and send me charging happily towards this season where anything seems possible.

Anyhow, before I get carried away and rush forward into Spring I should tell you that my Christmas went well despite the unusual amount of snow we experienced here in England; my gifts were not ridiculed, I stayed respectably tipsy and my daughter had a ball. Of course she was lavished with far more than she needs and I'm already hoarding stuff together to give to a children's charity. Which brings me onto the question of why do we think we need so much when really we need very little? Out of all the presents received the one thing that my daughter hung on to for dear life throughout the festivities was a Sponge Bob Square Pants card sent from my brother in Norway. She took it on dog walks and family visits, carried it in her hand, tucked it in her pocket and

screamed blue murder when I said she couldn't take it to playgroup. Even now it is still sitting on her shelf.

Many of us have grown up with adults saying that kids 'only ever like the cardboard box' but for some reason we simply refuse to give into this notion, instead playing right into the hands of shiny-plastic-gimmicky-toy manufacturers only to find that the £5 torch we put in our kid's stocking is revered as the god of all other Toys R Us residents. I find this hugely frustrating so the other day I went into my daughter's room and suggested tentatively that she play with the flashing-pink-plastic trolley that Father Christmas had so lovingly picked out for her. "Come on sweetie, why not make mummy a nice slice of toast and cup of tea?" She simply looked at me, her nose scrunched up in disgust and replied:

**"the sun is warm enough to remind me of what spring feels like"**

"Mummy, I no like it." Just perfect.

Of course when we become adults I guess we become more interested in the contents than the box itself so I suggested to my husband that next year we should tap into this happy-box-play and instead put the money that is lining the pockets of tacky toy manufacturers into the hands of a lovely jeweler so that mummy can have herself a completely unnecessarily decadent diamond ring - feigning happiness at the prospect of a cardboard box at 34 is wearing a little thin and hey, it might cure my dislike of January in 2011!

## WORDS OF WISDOM

**Simply seek happiness, and you are not likely to find it. Seek to create and love without regard to your happiness, and you will likely be happy much of the time.**

**Nature's Philosophy**

Tel: 952 485 172 [naturesphilosophy.net](http://naturesphilosophy.net)

Calle Malaga, 39, Mijas Pueblo, 29650

Retail of Natural Products - Massage, Reflexology, Reiki, Aromatherapy