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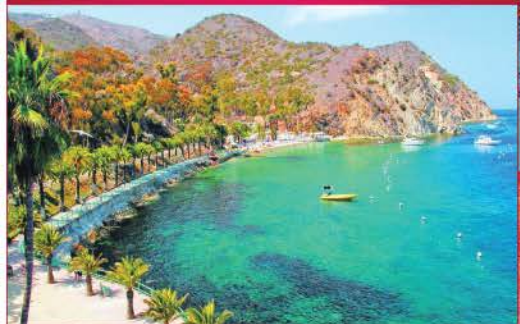
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ARTS/CULTURE



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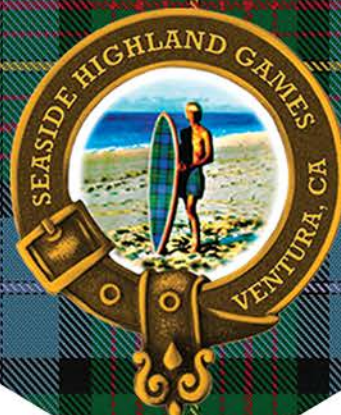
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LEARNING THE TRADE

Arts, Music, Entertainment

By Barbara Beckley



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SEASIDE HIGHLAND GAMES

California's Central Coast this October 8 & 9, 2022

By Contributing Writer



The Seaside Highland Games, Ventura's very own Scottish/Celtic Festival, will return to their home on California's Central Coast this October 8 & 9, 2022. The Ventura County Fairgrounds is the ideal spot for this many-faceted Festival. Every Games activity from bagpipe bands to sheepdog demos is within easy access of the Fairgrounds' Main Street—our "Clan Row."

Beginning in 2002, the Organizers believe that a proper Highland Festival must have as its backbone a good representation of Scottish Clans and Societies. Still true, you will find over seventy (70) such Societies ready and able to discuss their strong connection to true Scottish soil.

And to welcome you as either a newcomer or old friend—and direct you to someone best able to help you trace your family lineage.

Perhaps you just came for the music? Well, do not dismay my friend. We are so pleased to offer a fine array of artists starting with the our amazing regulars the Browne Sisters and George Cavanaugh on the Alex Beaton Center Stage, the always

fine music of Sligo Rags--taking a break from Disneyland appearances.

The popular Plougboys led by Mark Romano and The Angry Brians (who are not at all angry) will headline the Celtic Rock Stage.

Dancing has always been a huge part of Seaside's stage presentations from youthful Scottish Highland Dance to the more mature Scottish Country Dance (and, yes, you can most certainly join in)! And the amazing Harp Glen sponsored by the venerable St. Andrews Society of Los Angeles!

But no Festival is complete without the huge and talented Scottish Heavy Athletes. Look to Morgan Arena for these talented fellas and gals tossing, throwing, heaving impossibly heavy implements to new height and distance records! And, yes, the long pole-like cabers are there to be turned as well. That event, like the stage shows, continues nonstop throughout the week-end.

If you can't do without bagpipes—and which of us can—you are in the right place! Plan your weekend to arrive at Saturday's NOON GRAND PARADE and

OPENING CEREMONIES which will dazzle your eyes, ears and cellphone cameras!! All the guest pipe and drum bands will march interspersed with



Clan/Family groups past the Alex Beaton Stage to officially open the Games to all comers! Grab a chair or bleacher seat for this spectacularly bright and colorful event.

If you don't have your very own kilt or tartan garb, look no further than the many high quality vendors to find exactly what you need. And while there, why not

sample some delicious Welsh Cakes or the wonderful Scottish meat pies or fish & chips and so much more...perhaps a Scottish Cerveza?!!

Many of the young folks at Seaside will be competing for prize money and honors in dance, piping & drumming and athletics. Be there to cheer them on as we grant them their well-earned prizes!

Classes in genealogy, Gaelic speaking, Scottish history and Scotch! So much to be learnt! Friday night before the big weekend is a lively evening you are welcome to enjoy including a great Single Malt

ScotchTasting followed by a fine buffet supper and Scottish Fashion Show!

These events—A Scottish Evening—kick off the weekend at the beautiful Four Points Sheraton and are not to be missed!

Make your plans to join us on the Fairgrounds in October. Lovely Buenaventura awaits! Formore information visit Seaside-Games.com.



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Photo courtesy of Tom Calderwood

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LEARNING THE TRADE

Arts, Music and Entertainment

By Barbara Beckley

Sure, it's time for "back to school." But why be traditional? As the fall entertainment season kicks in – don't be in the audience – be on stage! Bring out your creative side with lessons in the arts. From full-on Bachelor degrees and door-opening Professional Certificates to serious part-time classes and Mommy-and-Me family series, there's no age limit to talent.

When Art is Calling!

The Los Angeles Academy of Figurative Art (<https://laafa.edu/>) in Van Nuys is a perfect match offering accredited Bachelor of Fine Arts (BFA) degrees and Atelier Certificates for Fine Art, Entertainment Art (not acting; creating art for the entertainment industry), and Intensive Art Tracks. FYI, this school is ranked among The Top 10 Best Art Schools in the WORLD by American Artists Magazine. The three-year Fine Art track features French, Italian and Russian academic traditions including instruction in drawing, composition, painting, sculpture and anatomy, followed by emphasis on your personal artistic best, culminating in a BFA degree. The Fine Art Certificate program is the same, but you don't have to take all those general education courses. Admission is on a rolling basis. The ending date for current application is April 30, 2024. If you're already in the biz, or would like to fine tune your talent, LAAFA also offers Community Art Classes. Registration for Fall Community Classes is open now. These courses include "Imagined Creature Design," held on the campus, 10 a.m. – 2:30 p.m. for eight Mondays October 3 through November 28. \$679. Eight other courses are via Zoom including Master Copy Portrait Painting in oils, 10:30 a.m. – 12:30 p.m., for six Wednesdays October 12 to November 16. \$199. And City and Landscape Water Color Painting, 6:30 – 8:30 p.m. for six Thursdays October 13 to November 17. \$199 each.

In Woodland Hills, the acclaimed Valley Art Workshop (<http://www.valleyartworkshop.com/>) at Collier House offers College Prep courses for ages 9 to 18 for

students "determined to be creative professionals." Many of its alumni have graduated to colleges and art programs across the country. Its offerings include expert-led workshops in drawing, painting, print-making, paper crafts and environmental subjects; a Cyanotype class in collaboration with the Annenberg Center for Photography, and a Resident Artist program. Classes are Fridays, 4 – 6



p.m., \$140 for four weeks. They're "operated like a college program and offer deep creative experiences" – so be prepared. The Youth Program has weekly classes and assists in public art projects throughout Greater L.A. A great way for budding artists to showcase their work. Classes are grouped ages 9 to 13; and 14 to 18. Tuition averages \$140 for four weeks. Lucky for the rest of us, the workshop also offers a variety of drop-in classes. For example, the adult painting and drawing class is Wednesdays, 10 a.m. – noon, \$45; "Life Drawing" (full nude) is Saturdays, 9:30 a.m. – 12:30 p.m., \$15; and Costume and Character is Tuesdays, 7 – 10 p.m., \$15. For families, The Kids Academy offers instruction in a wide range of subjects and artistic media for ages 4 to 11, Thursdays, 4 – 5 p.m., \$100 for four weeks.

Of course – Otis College of Art and Design (www.otis.edu) – since 1918 is right in our own back yard in Los Angeles. Undergrad and grad programs taught by faculty, who are award-winners in their fields. And students who have gone on to win Oscars and sought-after careers with DreamWorks, Nike, Apple and Pixar to name a few. Choose from eight Bachelor of Fine Art

programs: Fashion Design, Fine Arts, Game Design, Animation, Graphic Design, Illustration, Product Design, and Toy Design; and Master degrees in Fine Arts and in Graphic Design. Applications are open! The BFA program Early Action Deadline is December 1, 2022, and the Priority Deadline is February 15, 2023. Master of Fine Arts Priority Deadline is January 15, 2023. 2022-23 BFA and MFA tuition is \$24,550 per semester + plus fees, books, etc.

In Agoura Hills, the Raminfard School of Fine Arts (<https://raminfardart.com/>) was founded by award-winning artist Daniel Raminfard, dedicated "to making adults and teens better artists." Classes include graphites, charcoals, pastels, watercolors, acrylics and oils in still life, portrait, landscape and figure. Ages 10 and up. Group tuition includes four classes, \$370; eight lessons, \$720, and 12 lessons, \$1,050. Raminfard recommends attending two to three times a week for best results. Private lessons are \$175 an hour to \$260 for 90 minutes.

And surprise, surprise! You can sketch with the masters at The Getty! Following the Renaissance tradition of artists beginning their training by copying the works of established artists, the J. Paul Getty Museum (www.getty.edu) offers a drop-in Sketching Gallery, located in the East Pavilion, second floor. It's filled with works for artists of all levels to study and copy. You can mimic six original oils including Giovanni Lanfranco's Moses and the Messengers from Canaan and Four Studies of a Male Head from the workshop of Peter Paul Rubens. Plus three cast sculptures including Adriaen de Vries' Juggling Man and Jean-Baptiste Pigalle's Busts of Two Sisters: Brigitte Francois Elisabeth de Lansire and Adelaide Julie Mirleau de Neuville. Plus – can you believe – it's free!



SCHOOL OF ROCK - WOODLAND HILLS

Get Your Beat On

Keith Richards look out! Grab your instrument and LET ER' RIP! On stage. With the School of Rock Woodland Hills (<https://www.schoolofrock.com/locations/woodlandhills>) in West Hills and Santa Clarita. This is a genuine path to the stage. Whether you've always wanted to be a rocker (and who hasn't?) or hone your skills, the School of Rock is the go-to for ages 3 to adults. Every student is placed in a band of fellow students and learns by playing in a live performance setting. For example, Rookies, ages 6-7; Performance, ages 8 – 18; Little Wing, ages 3-5; House Band, 17 and under, All Stars, 17 and under. Adults, 18 and up. Once selected, the Adult Band and the All Stars – are just that – on tour performing at famous venues and festivals. Look for them live on stage at The Canyon Club, Oct 2; the Sagebrush Music Festival, October 8, and the Sherman Oaks Street Fair, October 16. Instruction includes guitar, drum, singing, bass guitar and keyboard-piano. Weekly lessons feature one group rehearsal playing classic rock songs and one private music lesson. Monthly tuition is \$275 to \$450-plus.

Looking for a more refined notes? Consider L.A. Classical Studio, Inc. (<http://laclassical.com/Dylan.html>) in Pasadena, specializing in voice, classical guitar, strings (violin and viola), woodwinds, sax and piano. Voice is taught by the owner Gregory Geiger, who sings with the Los Angeles Opera – you've probably seen him

soloing on the Dorothy Chandler Pavilion stage. The woodwinds and sax instructor teaches classical, but also plays with jazz and rock bands. The classical piano instructor also does jazz, rock and pop. Tuition differs by instructor. Geiger's rates are \$50 for 30 minutes and \$80 an hour.

Make Theatre Your Life!

Follow in the footsteps of alumni Robert Redford, Grace Kelly and Kirk Douglas, with a Bachelor's Degree and/or door-opening Certificate of Advanced Studies in Acting from The American Academy of Dramatic Arts (<https://www.aada.edu/>) in Los Angeles. The two-year full-time Conservatory Program includes studies in acting, theater history, movement, voice and speech, musical theatre singing, on-camera techniques, script analysis, Alexander Technique I & II, theatre dance and voice science. Upon completion, you'll receive an Associate of Occupational Studies degree. Follow up with the third-year Company Program for the Certificate of Advanced Studies in Acting. Another benefit, your credits are transferable to most colleges and universities throughout the country, enabling you to continue on for a Bachelor's Degree in the theatre arts. Even better, it has an agreement with Antioch University LA to pursue conservancy training culminating in a Bachelor's degree. To get you comfy with fame the graduation ceremony on stage at the "home of the Oscars" in the Dolby Theatre. Tuition for 2022-23, including fees, books, medical insurance (if you need it) and personal costs is \$42,578.



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RAGE ACADEMY - GRANADA HILLS



In Granada Hills, The Rage Performing Arts Complex (<https://www.ragecomplex.com/prices-and-policies>) HAS IT ALL for children ages six and older – acting for stage, musical theatre, vocals, ballet, break-dancing, hip hop, jazz and more. A great perk is the complex's 200-seat theatre, where students put their skills to work live on stage. Matilda, The Musical is currently playing, Fridays at 4 p.m. Monthly tuition is \$67 for the first class, up to \$386 for eight classes. Monthly acting is \$85. Musical theatre is \$200. The Unlimited Class program is \$385 with a 12-month contract.

Classical ballet – really classical – taught in The Vaganova Method is the specialty of The Grand Academy of Ballet (<https://thegrandballet.org/>) in Encino, for adults and ages 2.5 and up. Classes are divided by age: “Mommy & Me Ballet,” 2.5 to 3 years; then 3 to 5 years; 5 to 15, and “Adults,” 16 years and up, for skills from beginner to advanced. Get in on the ground floor now – of its newly formed “Adult Ballet Company” and see what the future holds! Tuition ranges from \$125 a month for one class a week to \$405 monthly for six classes a week. And who knew! Even this “grand” academy isn’t afraid of change. Check out the daily classes in everything from contemporary to belly dancing. From \$25 per class to \$900 for 50 classes.

Keep your arms still and your feet flying

at the Celtic Irish Dance Academy (<https://www.celticirishdanceacademy.com/>) in Burbank. Under the direction of Riverdance star (Ms.) Maeve Croke, you and/or your kids can be dancing on stage at The Music Center, in TV gigs, corporate and community events in no time. Registration is on-going. Adult classes are Tuesdays, group classes are Monday through Saturday, and private lessons are Fridays. Call or email for tuition.

Go beyond belly dancing! Gather your gal pals for group lessons from Hells Belles Burlesque (www.hellsbellesburlesque.com) in North Hollywood. Beginner/Intermediate classes are \$37 for two classes. Wednesday evenings.

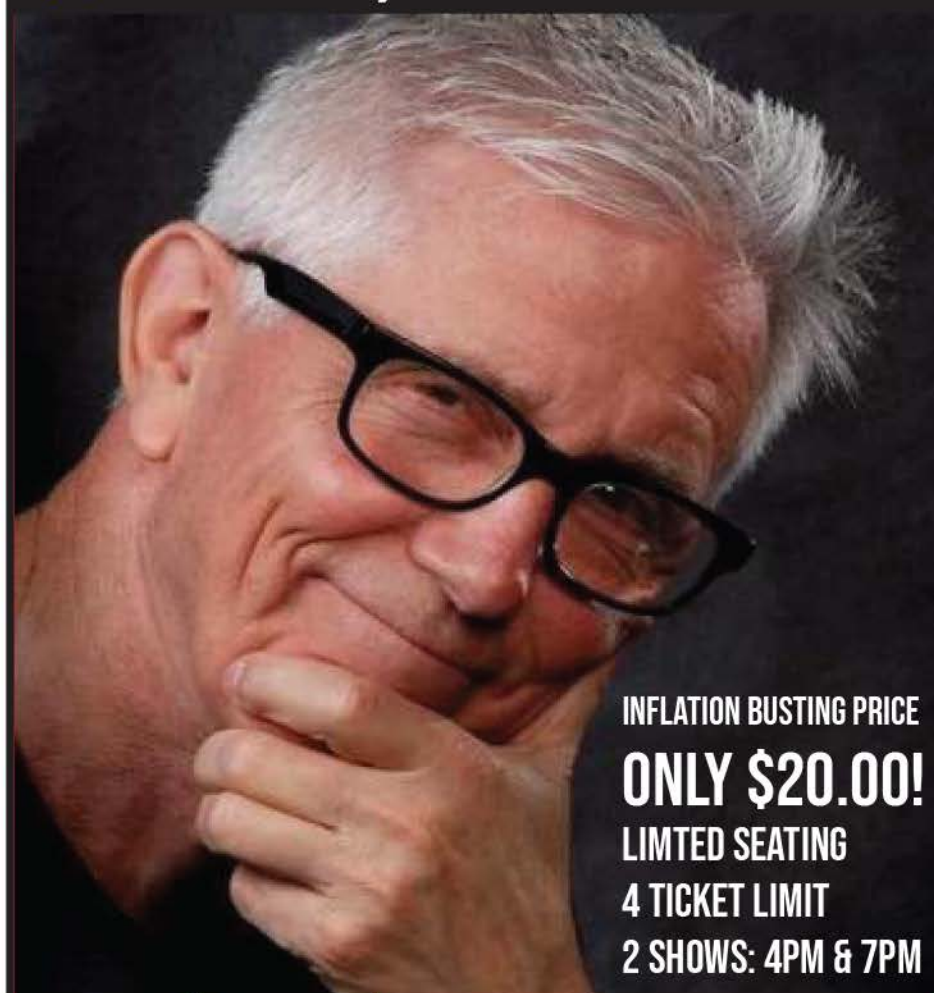
If just the kids love dance, the California Conservatory of Performing Arts (<https://www.caconservatory.com/>) in Chatsworth specializes in ages 3 to 17. More than a dance studio, “we’re a family,” they say. All the better to bring out your youngster’s talent in ballet, tap, hip hop, contemporary, break dancing and jazz. Students can audition for its MJM Dance Company, and if accepted, hit the big time performing live on stage at conventions, halftime shows, dance competitions and more. Classes are Monday through Saturday. Tuition ranges from \$50 for 30 minutes per week; to \$390 for eight or more hours per week.

See you in class!!

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Take A Quick Trip To Lompoc

Wine Tasting, Hiking, Food and Scenery...

By Staff Writer

With cooler temperatures on the way, fall is the ideal season for a road trip to Lompoc! Sip award-winning wines from Sta. Rita Valley wineries, warm up with a pumpkin latte in one of our cozy coffee shops, take a lazy drive on our scenic country roads or relax at Jalama beach, catch a rocket launch from Vandenberg SFB, and stay at one of our comfy hotels!

Whether you visit for a week or a weekend, the comfortable weather conditions clear the way for outdoor activities like these:

Take a self-guided Art Tour

Slip on your walking shoes and get ready to see larger-than-life murals. Lompoc's historic Old Town is home to 40+ murals that cover buildings, dot

doorways, and liven up entire city blocks.

Before you go, download the Mural Map so you can plan a route. Many of the murals are located in Art Alley, just between W. Ocean Avenue and W. Cypress Avenue. Park your car at the Lompoc Valley Chamber of Commerce, where 20+ murals are located within a two block radius.

These picturesque murals showcase Lompoc's history, with depictions of everything from mining and flower fields to pioneer families and the land's Native American heritage.

Tour La Purisima Mission

Want to see what life was like in central California back in the 1800s? Visit La Purisima Mission. As the state's most extensively restored mission, you can



explore restored buildings, see livestock roaming in fields, or hike one of the many trails located inside the 2,000 acre park.

Take a guided tour, offered Wednesday through Saturday, or consider visiting when La Purisima hosts a living history event where costumed docents show you how to shear a sheep, make bread, or weave a basket.

Sip And Tour Lompoc's Popular Vineyards

Tour the crisp fall fields of Lompoc's most renowned vineyards. Located in the rolling Sta. Rita Hills, visitors are just a short drive away from sprawling vistas and award-winning wine. You can create your own wine tour, visiting spots like Foley Estates Vineyard, where a 3500 sq. ft. tasting room awaits, or Babcock Winery & Vineyard, where they can sip Pinot in a retro rock-and-roll themed hangar.

If travelers rather leave the driving to someone else, check into tours offered by Next Adventure Tours and Tasting or Artisan Excursion Wine Tours.

Cozy Up In One of The Comfy Coffee Shops!

As cooler temps prevail, lose yourself in a good book and sip a pumpkin latte or munch a pumpkin treat (or two)! From the quaint to the eclectic, our coffee shops are a great escape on your trip!

Watch a Rocket Launch!

Vandenberg Space Force Base is the primary spaceport on the West Coast and just minutes from Lompoc! Our valley is the best place to view rocket launches. The launches take place from several Space Launch Complex launch sites (SLC's). Check out our list of several great launch sites where visitors are able to view the launch action.

Take a Scenic Drive on Country Roads!

If dramatic coastline views of frothy oceans or winding paths flowing through gentle hillsides are your thing, explore the winding country roads in and around Lompoc to satisfy your travelust! Take a country drive.

Enjoy Quiet Time In Nature

If travelers are seeking to escape the city and shed some stress, consider spending some quality time in nature. Lompoc has a variety of calm, soothing outdoor activities that can help you refuel. Consider these options:

Hike Bodger Trail, a short, 1.5 mile hike just outside the city with stunning views of the Lompoc Valley at the top.

Find the hidden Nojoqui Falls that are tucked inside a seemingly simple city park.

Wander the soothing shores along Jalama Beach, located just 30 minutes outside the city.

Go Skydiving

If visitors are looking for something a little more rigorous than art tours and beach walks, you can skydive. Lompoc offers the highest tandem jump on the west coast. Skydive Santa Barbara has an 18,000 foot tandem jump that's like no other. The 90-second free-fall is an adrenaline-pumping adventure that combines high-flying thrills with scenic frills.

So, what are you waiting for? Plan a fall road trip to Lompoc today. Visit Explore Lompoc for more fall activities that will make your seasonal trip a memorable one.

Lompoc has 12 hotels to welcome visitors. To discover more about the Lompoc Valley, and other things to see and do, visit: www.explorelompoc.com. web site is www.MelindaMyers.com.

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STARS Academy

A unique, in-person, K-8 private school where students engage in all academic subjects with a musical theater emphasis! The mission of STARS Academy educates all students through deep academic inquiry and creativity of the arts (musical theater integration) through flexible

mixed-age groupings. www.starsacademyschool.com

Destination Science is a warm, wonderful science camp where kids feel comfortable making connections with others! Parents tell us that their child loves that everyone at camp shares the idea that it is cool to be smart! Multiple locations: destination-science.org 888-909-2822 Enrollment special until March 1, call today!

Mind Crafters - West Hills

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group programs for kids ages 8 through 17. Prices range from \$48 to \$90 per month for classes on everything from Minecraft to game design to Esports. Kids can even hang out with friends in a free Minecraft server where moderators help to keep them engaged. connected-camps.com

Kol Tikvah Youth Groups and Teen Programs

Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

Cali Camp

Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature. *All activities are pre-assigned and rotate on a daily basis. Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

Star Galaxy- Academic, Homework lab, Sports STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activi-

ties. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

Teenage Drama Workshop (TADW)

is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

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PINOCCHIO

By Contributing Writer

After a string of live-action remakes, Walt Disney Co. has finally gotten around to “Pinocchio.” Along the way, there have been some nice performances, CGI and one very blue Will Smith.

Whether any of these movies have done much to improve the originals is up for debate, and undertaking “Pinocchio” poses even more particular challenges. Most pressing: What you do with Pinocchio?

Do you cast a young actor to play the puppet once brought to life? Alongside some live performers (Tom Hanks, Cynthia Erivo) and some CGI characters, director Robert Zemeckis has used computer imagery to render Pinocchio (Benjamin Evan Ainsworth) much in the style and vocal pitch of the 1940 cartoon. The effect is an awkward fusion of fake and real that strains to find any magic in between.

It’s also one of two adaptations of the fairy tale coming this fall. Zemeckis’ “Pinocchio” premieres on Disney+. Later comes a

stop-motion version by Guillermo del Toro. The directors are magicians both, and they will surely have different takes on the old Italian tale. In a few months, we’ll be able to compare them.



Zemeckis’ film opens with a reminder of how foundational “Pinocchio” has been to the Disney myth-making machine. As the familiar castle logo plays with “When You Wish Upon `itt) floats down under an umbrella to stake claim. “Isn’t that a catchy little tune?” he asks.

The original “Pinocchio” remains about as pure an example of Disney at its archetypal best as anything. Maurice Sendak once described it as possessing “the golden glamour of a lost era.”

Zemeckis’ film, in its ways just as representative of its cinematic era, keeps much of the 1940

another, with cameos from Erivo (as the Blue Fairy and “Wish Upon a Star” singer) and Keegan-Michael Key, as the voice of the red fox Honest John. Certainly, “Hi-Did-dle-Dee-Dee (An Actor’s Life For Me)” has a different resonance in a movie where actors compete with CGI creations.

The best reason to see “Pinocchio” is Hanks, who brings soulful melancholy to Geppetto. It’s a corollary to Hanks’ performance as Presley manager Tom Parker in “Elvis.” Only in that film, Hanks was the one pulling the strings.

There are moments, still, that remind you of Zemeckis’ powers. Enchantment doesn’t always feel so far away, like when Jiminy floats gracefully down to the whale that has swallowed Pinocchio. Or when Pinocchio’s nose shoots out and Jiminy teeters on it like how Gordon-Levitt, as high-wire artist Philippe Petit, did in “The Walk.”

If I’m picking a modern marionette to dance with, it’s “Annette,” Leos Carax’s 2021 wild and wonderful musical opus with a simple, hand-crafted puppet at the center of another opera about art and parenthood. In that film, what was incongruous between the actors and the puppet was part of the film’s drama. It was fitfully ridiculous and emotionally devastating, and a reminder that real boy, or not, it makes no difference who are you.

BARBARIAN

By Contributing Writer

“Barbarian” starts at night with a heavy downpour and a thunderclap. So far, so good, for what seems to be a classic horror movie. Hold onto your ponchos.

Some two hours later you will have seen virtually every horror convention — from doors slamming on their own to weird monsters with mommy issues and subterranean torture rooms — ingeniously messed about with. Even the title is a misdirection.

“Barbarian” marks the auspicious feature film debut of director-writer Zach Cregger, someone well-versed in film tropes and with a subtle skill at social satire approaching Jordan Peele levels. He will also somehow make you laugh hard in oases of humor before the dread reappears.

It starts on a rainy middle-of-the-night street of a half-ruined section of Detroit when a young woman (Georgina Campbell) finds her Airbnb-rented house weirdly occupied by a stranger (Bill Skarsgård.) “I don’t know what the protocol for all this is,” he tells her. Their little

awkward dance — checking booking receipts, offering to sleep on the couch — seems to point to a tiny tale of gender roles and microaggressions. Yet somehow it will evolve into a hair-on-fire horror flick with eyeball-gouged skulls.

slight-of-hand — a bombed out section of Detroit with the Airbnb home in its center was actually filmed in Bulgaria.

Later, the arrival of Justin Long — playing a slimy TV figure of a new show



Make no mistake: Cregger is playing with us every step of the way. Casting Skarsgård as the is-he-a-sweetie-or-not comes colored by his role as Pennywise in “It,” and even the film’s setting is a

tellingly called “Chip off the Block” — clouds things further, he being an actor long associated with good-guy comedy. Cregger is somehow leaning into Hollywood conventions even outside his own movie.

As good as the casting is, it is the house that is the real star, nicely appointed but cookie-cutter, in a sea of torn up and decayed homes. It has an alarming basement with a horrific room that has a soiled bed, a bucket and a camera. But there’s more: An even creepier cavernous space below. You can almost hear Cregger cackling as our heroes face TWO horror-film ready basements. “You’re safe,” says one. “I don’t think I am,” another replies. (They’re not, by the way, of course.)

One running joke is that Campbell spends so much time trying to escape the house and yet smashing her way back into it moments later that more than one person in the audience at a recent screening loudly implored her to get into her Jeep Cherokee and just drive away.

All along are reaches for real social issues — redlining, misogyny, character redemption, gun accidents and police misconduct, among them — that elevate the film from genre-gazing silliness. There may be a monster inside the house, but forces outside that structure keep that monster firmly inside.

“Barbarian” is firmly of it’s time — online house rental bookings, smart-phone flashlights and real estate square footage listings — and yet timeless, like an arm ripped off and used as a club. It was predictable and yet was impossible to predict. It’s worth booking one night soon.

GOOD ADVICE

NEW SINGLE RELEASE FROM LUND

By Staff Writer

Asheville, NC-based outfit lund, fronted by singer/songwriter Nicole Lund, has released “Good Advice,” the latest track from the band’s debut LP, *Right This Time*, out on September 9th. Lund says of the song, which she co-wrote with Tyler “The Falcon” Greenwell and Brandon Townsend, that it is about “being fed up in a relationship by not knowing how the other person feels, pleading for them to speak their mind and to let me know because I’m about to be gone. This tune started out completely different and morphed into what you hear now. As Falcon did with all of our tunes on this album, he flipped it on its head. At the time I felt like there was too much space but that quickly changed once we added in all of the amazing instrumentation and the incredible backing vocals of Mark Rivers (Tedeschi Trucks Band). He really helped take this track to higher ground!” “Good Advice” follows the grunge-y “Paper Tiger,” “Don’t You Leave Me,” and the soulful title track.

“I don’t know if you believe in this crap,” says lund, who recently had her tarot read. “But I drew the Hermit card,

representing exploration and personal growth. He’s shining a light: Come on out of the shadows!” After a decade in the music business on the management and booking sides, the classically-trained singer has finally moved toward the light. “It was time,” she reveals.

lund’s debut album *Right This Time*, was recorded with producer Tyler “The Falcon” Greenwell (Tedeschi Trucks Band) at Echo Mountain Studios and Sedgwick Studios in her adoptive hometown of Asheville. The album features original songs honed over her decades-long stint in New York City as a working musician, promoter, and manager. Written in collaboration with local artist Brandon Townsend — and additional contributions from guitarist Paul Olsen (Scrapomatic, Susan Tedeschi, Kristina Train) — lund’s soulful brand of Americana runs the gamut from punchy blues to plaintive weepers. Her band is a reflection of her eclectic tastes: Dave Yoke on guitar (Dr. John, Susan Tedeschi), Brandon Boone on bass (Tedeschi Trucks Band, Col. Bruce Hampton), and New Orleanian Isaac Eady (Tedeschi Trucks Band, Rhiannon Giddens) on drums.

Her musical journey actually started with a Music



Industries Studies degree — with a concentration in vocal performance — from Appalachian State University. Suffice to say, she “knows her shit.” “My voice professor was an opera singer,” says lund with a grin. “I sang every spiritual I could to avoid opera.” Her passion and training are evident on the Nina Simone-derived psych-soul of “Don’t You Leave Me,” the grungy swirl of “Paper Tiger,” and her subtle self-harmonizing on the title track. On this eclectic stroll through American musical styles, lund’s clarion voice is the tie that binds.

In the summer of 2020, with the pandemic on the rise and an album’s worth of rock-solid material in the tank, she realized how she could optimize her quarantine. The tricky dance of socially-distanced recording was well worth it. “I always felt like a late bloomer in life,” she reflects. “But now I know it’s all about timing.”

The band will celebrate the release of *Right This Time* with a show at One World Brewing West on Friday, September 2nd, which will also be live streamed iamavl.com.

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TECH TALK



HOW TO REPOST TIKTOK VIDEOS WITHOUT A WATERMARK ON INSTAGRAM REELS?

By Contributing Writer



The first option for removing video watermarks is to use a website.

The Tikdown TikTok Downloader is only one of several online watermark-removing solutions accessible today.

Instagram is said to be restricting the visibility of Reels with a TikTok watermark. If you look at Instagram as a company this makes perfect sense. Who in their right mind would want a rival's brand prominently displayed on their platform? No one.

Even though IG Reels has been around for a while, the feature's functionality is still not as user-friendly as TikTok, so the announcement was a big frustration for many social media managers and copyright holders. To expand their Instagram followings, users must now forego the convenience of TikTok. With this information, brands like ours have been left wondering how they could maintain their high content production standards using low-quality tools.

Instagram Reels

Facebook's latest TikTok rival, Instagram Reels, was released on August 5 in the United States, days after the threatened TikTok ban made the news. In contrast to its competitors, Instagram Stories and IGTV, Reels is an integrated part of the main app.

In blatantly ripping off ByteDance's worldwide success, TikTok and Instagram Reels may be the worst offenders yet. As a result, veteran users of rival app TikTok will

have little trouble shifting to Reels. Every Instagram Reels video may only be 15 seconds long, which is the main (and perhaps only) distinction between Instagram Reels and TikTok. Instagram Reels provide content creators access to all of Instagram's special effects, such as the amazing user-created filters that have become more prominent in 2020.

Repost Your TikTok Videos for Instagram Reels

The first option for removing video watermarks is to use a website. The Tikdown TikTok Downloader is only one of several online watermark-removing solutions accessible today. You have access to a wealth of useful alternatives on this website. Let's explore how to use this service to remove the watermark from a video.

- Step 1 - Upload your TikTok Video
- Step 2 - Copy the link to your TikTok video
- Step 3 - Past the Link of your TikTok Video on the TikDown TikTok Downloader.
- Step 4 - Download your video without a watermark



- Step 5 - Upload your video on Instagram Reels.

How to Remove Watermark from TikTok Videos Using Software?

Moving on to the program, we recommend Apowersoft's Video Converter Studio. Watermark removal is just one of many uses for this versatile piece of software. The app is free to download, but a premium upgrade is available for \$40 per year. Video files can be converted, the length adjusted, the video cropped, and subtitles added, among other features, using this watermark remover program. This program can eliminate the watermark in the following ways: Video Converter Studio can be accessed in the Products & Solution section of apowersoft.com.

Please save the file to your computer and run the installer. To get rid of the watermark, launch the app, go to the "Add Files" menu, and choose the desired video. Select "None" from the subtitle drop-down menu. Now all you have to do is convert the video. In this way, the software can detect the watermark in the video and eliminate it without user intervention.

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A TASTE OF AUTUMN

IT'S TIME TO STOCK SOME NEW FLAVORS

By Jonah Flicer

With Autumn upon us, people will be shifting their flavor palates to something with a little spice and a lot of bold flavor. They'll be looking for different liquors to be used in their cocktails to give them the textures and concentration of alcohol they need for long nights and gatherings. We're going to take a look at the liquors that every bar should have if they want to capture the essence of autumn in a bottle (or indeed a glass).

It's important to understand the flavors that people want the most during the fall. During this time of year, people are less likely to want the citrus and berries as they do in the summer. While a beer and lemonade hybrid might be the go-to on a hot day,

the colder weather and rich foods of the fall makes people yearn for a mild sweetness, bold spices, and tartness instead of outright, overpowering sweetness.

Flavors such as apple, cinnamon, nutmeg, cloves, pumpkin, and caramel are all desired by people that drink during this time. While these flavors might mirror a list of ingredients for a dessert recipe, they're commonly desired during this time. While you may have some craft beers stocked that match these flavor profiles, liquor is a different ballpark.

Not only are the costs for liquor a lot higher, but they also require preparation on the part of your bartender to use them properly. With that being said, we're going



to review some liquors that can help you match your customers' desires.

Fall Liquor for your Bar

The Liquors That Provide the Best Flavors and Textures

The best spirits for the fall are not necessarily going to share one flavor or texture. Instead, they're going to have various tastes and mouthfeels, and they're going to come from many "families" of alcohol.

Bourbon

Bourbon is a drink for people looking for a mature flavor profile that includes many of the tastes people desire when the chilly winds start blowing. Oak, vanilla, and caramel- this alcohol can be served alone or as part of a larger mix to provide a potent beverage. We suggest highlighting some top-shelf sipping bourbons as well as some more mixing-friendly options on your menu this fall.

Brandy

Brandy or cognac are two alcohols that work well in the fall. While you can find people that prefer to drink them straight, it's a type of alcohol with many available flavors that mix well with others. Better still, you can buy top-shelf and middle-shelf liquor and still have many options since there are so many brandy and cognac makers.

Rum

The first spirit that you should always keep stocked at your bar is rum. Now, that is

going to sound like the most obvious thing in the world. Yet, the reasons are numerous. For one thing, rum comes in many forms such as spiced, white, and black rum. While spiced rum is going to be especially important during the fall season, the fact remains that it's a fantastic base alcohol to mix with others to produce tasty fall cocktails.

Stock your shelves with these liquors and you should have many liquors to serve straight to your customers as well as good bases for seasonal drinks.

Fall Spirits your Bar Needs What Mixes Work the Best?

Having the liquor at your bar is just the first step of an autumn-oriented menu. You have to know about some of the ways to serve these drinks to get people to come back to your restaurant and bar. One thing is certain, though; when you serve up some of these drinks, you're going to get customers that come to your establishment just because you can serve up the tastes of fall.

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WHEN DIFFERENT CULTURES MEET, A NEW CUISINE IS INVENTED

By Hodo Yashi

WHAT IS ASIAN CUISINE?

Asia is massive and diverse. The region includes Turkey to the west and Japan to the east, and Kazakhstan and Mongolia to the north and the islands of Indonesia and East Timor to the south. Just as the cultures of Asia are diverse, so are the culinary traditions.

When Different Cultures Meet, New Cuisine is Invented

Chinese food, Korean food, Thai food, Vietnamese food, Indian food, Turkish food—there is a tendency to call cuisines using the name of the countries in which they originated, which can often be misleading. This is because, for instance, the differences between Turkish food and Greek food are not clear-cut and curry,

which is often thought of as Indian food, is actually categorized by region and not as cuisine representative of the entire country. On top of that, what we call "curry" today is actually a concept invented by the British, who were the colonial rulers of India. Considering this, various cuisines attributed to countries are not actually traditional and unique cuisines that originated in the countries for which they are named, but rather inventions that were created as national unifiers or symbols.

This is clear from observing modern Japanese food and the Japanese diet. For instance, Japanese food from a foreign perspective includes sushi, tonkatsu (pork cutlet), ramen, yakiniku, sukiyaki, and curry rice. Having lived in Japan for about 30 years myself, these are dishes that I



miss every time I go overseas. Luckily, these are standard menu items in almost every Japanese restaurant in other countries. Most people would probably not disagree with you if you call these dishes "Japanese food." However, how many of the examples I listed are traditionally and uniquely Japanese? Even sushi originated from a Northeast Asian and Southeast Asian tradition of eating fermented or

seasoned raw fish. It is well-known that the Japanese sushi culture, known as Edomae sushi, emerged during the birth of modern Japan.

The point is to make with this example is that many cultural aspects, including cuisine, evolves constantly as societies and people's lifestyles evolve. Other examples of culinary evolution, such as California rolls or mentaiko pasta, as well as Japanese ramen and curry rice, are not things that should be stopped, nor can be stopped. In fact, these trends should be actively pursued.

As they evolve, these transformative cuisines are tried and tested by citizens of global cities, and then they spread around the world. In global Asian cities, from Tokyo and Osaka to Singapore, Hong Kong, Beijing, Bangkok and Seoul, new Asian cuisines are being developed by immigrant populations.

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Find Out the Best Beauty Products Based on Your Zodiac Sign

By Contributing Writer

There are many beauty products. The average woman will use as many as possible in order to maximize her beauty. Let's now find out what the best beauty products are based on your zodiac sign.

Aries – Effortless Eyebrow Products

Aries is a fire and a cardinal sign that is always on the go. Those with this sun sign will not want time-consuming beauty products. That means the best one is eyebrow makeup. The brow makeup will show that they are powerful, as it emphasizes the eyebrows. And, the bonus is that it takes just a few swipes to apply it!

Taurus – Face Masks

Taurus is an earth sign, and a fixed sign that is all about beauty, routine, and luxury. That is why they will love any type of face mask. The face mask is cleansing, refreshing, and may even be from the earth if it is a mud mask.



However, the Taurean will bask in the glory of having any type of natural face mask. Nothing pleases them more than having a day where they can lounge wearing that beautifying mask.

Gemini – Nail Polish

Gemini is an air and mutable sign. The Gemini is all about communication and movement. Those who have this sign will be more likely to move their hands, and they show off their fingers. That is why nail polish

is the best type of beauty product. And they can wear a variety of colors.

Cancer – Lip Balm

Cancer is a water sign that represents nourishment, maternal instincts, and a

love for home and family. The best beauty product for those who have this sign is lip balm. Lip balm keeps lips well-nourished and moist. Give a Cancer this beauty product – they will appreciate you.

Leo – the Perfect Bronzer

Leo is a fire sign, and it is fixed. This sign represents playfulness, creativity, and love for the spotlight. And this is why Leo would love bronzer. The bronzer will turn up the glow, radiance, and the warmth that is associated with this sign.

Virgo – Face Cleanser

Virgo is an earth and mutable sign that represents cleanliness, paying attention to details, health, wellness, and analysis. That is why the Virgo would want the best facial cleanse around. A facial cleanser that is high-quality and will remove bacteria, white and blackheads in the pores. A clean Virgo is a happy one!

Libra – Lip Scrub

Libra is an air sign, and it is mutable which represents beauty, socialization, and balance. And the lip scrub is a great beauty product

for captivating lips by emphasizing the best pout or expression. And this is exactly how a Libra will achieve the beauty they want. Expressive lips are an asset during socialization.

Scorpio – Mascara

Scorpio is a water sign and a fixed sign which represents extremes, passion, and anything mysterious and intense. And they often want to appear magnetic. The best way for the Scorpio to achieve that is by mascara. Mascara will create that magnetic yet mysterious look that they crave and want. And high-volume formulas are what they really want to take the most advantage of.

Sagittarius – Setting Spray

Sagittarius is a fire and mutable sign that represents adventure, travel, optimism, and exploration. Sagittarians will want to look as fresh as possible. That is why setting spray is the perfect beauty product. They will appear to be fresh and beautiful no matter what adventure they go. And that Sagittarius is a huge deal because they want to carry on with their adventures without having to worry about reapplying their makeup.

Capricorn – Lipstick

Capricorn is an earth sign as well as a cardinal sign. It represents practicality, business, and organization. And there is nothing more practical than lipstick that is long-lasting. What is appealing about lipstick for the Capricorn is that it is clean-cut, which is very important for those with this sun sign, and wearing lipstick is also very professional.

Aquarius – Eye Shadow

Aquarius is an air sign that represents eccentricity, innovation, humanitarianism, and nonconformity. The thing about the Aquarius is that they love to stand out and that is why the best type of makeup is eye shadow. Eye shadow does make one stand out, and the typical Aquarius would wear eye shadow that is of any type of funky color!

Pisces – Eye Liner

Pisces is a water sign and it is mutable which represents creativity, empathy, imagination, and intuition. That is why the eyeliner is the ideal beauty product. The eyeliner is dual, and it features the matte formula that is velvety, and on the other side is metallic that is shiny. And it provides an appearance that is quite mystical.



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REVERSING YOUR HAIR LOSS

By Contributing Writer

Have you been struggling with hair loss or thinning hair? If you have, you're not alone. The average person loses between 50 to 100 hairs every day, but excessive hair loss is a cause for concern.

If you've been losing too much hair, then maybe you should give scalp micropigmentation a whirl. Scalp micropigmentation, or SMP, is a process that can help restore your lost hair. This non-surgical procedure involves tattooing pigment into the scalp.

If you're considering scalp micropigmentation, choosing a reputable service is crucial. How do you choose the right one?

Clinic's Licenses

You must work with a licensed SMP service provider. Be sure to ask to see the clinic's license. Pay close attention to the expiry date. Also, check whether the SMP specialist has the right credentials.

In some states, SMP specialists need to have a cosmetology license. The specialist should show proof of proficiency. A certificate from a reputable SMP training institution or tattoo license should do the trick.



Clinician's Experience

The next thing to look for in a scalp micropigmentation service is the specialist's experience. Ask the SMP provider how many years they've been in the industry and how many clients they've worked with. Anything above five years of experience is good enough.

Sometimes numbers can be misleading. That's why it's a good idea to do research before settling on a clinic.



Yelp, and the BBB make it easy for you to see what other people are saying. Read positive and negative reviews to get a well-rounded picture.

Clinic's Portfolio

If you're still unsettled about a scalp micropigmentation service, look at their portfolio. This will give you an idea of their previous work. Most SMP clinics have an online gallery where you can see before-and-after photos. If the clinic doesn't have an online gallery, ask to see physical copies of their work.

A good scalp micropigmentation clinic should be able to provide you with a portfolio that showcases a variety of styles and techniques. You can get an idea of what they can do for you.

Assess the Clinic's Cleanliness

Scalp micropigmentation is a delicate procedure that requires sterile needles and surgical equipment. It involves puncturing your skin and impregnating it with ink. If any of the needles are contaminated it could transfer the bacteria inside your skin. It's important to find a clean SMP clinic.

SMP Specialist's Demeanor

The scalp micropigmentation procedure can be a sensitive and emotional. Find a specialist who is compassionate and understanding. They should make you feel comfortable and relaxed throughout the entire process.

Online Reviews and Testimonials

One of the best ways to gauge a scalp micropigmentation quality is online reviews. You can find reviews on the clinic's site or on authority review sites. Platforms like Google,

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CATALINA ISLAND

THE PERFECT PLACE TO "KICK IT"

By Pam Froman

26 miles across the sea...Santa Catalina is the place for me! Coming for the day, the week-end, or more? Catalina Island is the perfect place to kick back and relax, take in the sights, or have fun on a new adventure.

Getting there is an experience in itself with a ride on the Catalina Express. Catalina



souvenirs, fine clothing, jewelry, and more. To pamper yourself take a trip to one of the island's many spas where you can get a massage, facial or body scrub.

Experience amazing thrills on a Zipline tour, which features five consecutive zips, all showing off inspiring vistas of the Pacific Ocean.

www.visitcatalinaisland.com/tings-to-do/land-tours/zip-line-tours

With parasailing, you'll fly up to 800 feet above the sea while being towed by a high-speed boat. For an extra splash of excitement, make sure to let the crew know you want to be dipped in the water.

<https://islandwatercharters.com>
Take a food tour, learn the history of Catalina's most iconic building, the Casino, tour Avalon on a bus and get familiar with all the sights or explore the island's vast interior on a jeep, bus or hummer. Tours into the interior, 42,000 acres preserved by the Catalina Island Conservancy, include stops at the Airport in the Sky and sightings of popular Catalina Island wildlife.

Get wet with activities like fishing, jet skiing, kayaking, paddle boarding, and snorkeling, or if you are certified, scuba

diving. Go fishing by either renting a boat, heading aboard a fishing charter, or just dropping your line off Avalon's Green Pleasure Pier. Rent a jet ski from Catalina Coastal Tours and go exploring, or check out Joe's Rent a Boat which offers kayaks, paddle boards, motor boats, paddle boats, and more. www.catalinacoastaltours.com, www.joesrentaboat.com

Catalina Island is often considered to be the best spot in Southern California for scuba diving, with dives that vary from easy to advanced. Expect to see kelp forests, giant black sea bass, yellowtail, lobsters, abalone, horn shark, nudibranch, large pelagic species, eels, sheep crab, garibaldi, halibut, leopard sharks, and sea lions. www.divingcatalina.com

Kick back and unwind with a meal at one of the island's many restaurants. You can satisfy your appetite soak in the atmosphere—and do not forget to try out

Catalina Island's signature cocktail, the Buffalo Milk.

For those who love pizza, check out Antonio's, which offers casual, family-friendly Italian cuisine with a patio and indoor dining on the waterfront. www.visitcatalinaisland.com/dining/avalon/antonios-pizzeria-cabaret

Avalon Grille serves California coastal food, artfully crafted into a menu of chef-inspired dishes for a unique dining experience. www.visitcatalinaisland.com/dining/avalon/avalon-grille

Authentic Mexican is served up at Coyote Joe's. It's the perfect place to spice up your food cravings. www.coyotejoes-restaurant.com

El Galleon is the place for aged steaks, prime rib, fresh fish, king crab legs, live lobster, and applewood smoked BBQ ribs and chicken. El Galleon offers up a festive atmosphere, with a full bar and live karaoke late into the evening. www.elgalleonrestaurant.com

For great food, tropical drinks, live music, and dancing by the sea, go to Luau Larry's. Try the famous "Wicky Wacker" or "Garibaldi Lager". Larry's, where the bar meets the bay! www.luaularrys.com



Express is the fastest, safest, most frequent, and most comfortable way to get to Catalina Island. The company offers 30 departures daily year-round, with service to Avalon and Two Harbors on Catalina Island from San Pedro, Long Beach, and Dana Point. www.catalinaexpress.com

Once you get to the island, check into one of the many gorgeous hotels and accommodations that will surprise and delight you with their laid-back feel. Accommodations are as varied as the scenery. From luxurious hotels to welcoming bed and breakfast inns, vacation rentals, tent-site camping, cozy beach-front cabanas, well-appointed condos, charming cottage vacation rentals, and elegant 4-star country inns – it's all here.

Catalina Island is brimming with activities and things to do. Visit one of the many boutiques and shops which feature

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"Yellowjackets" Star on 3-Time EMMY Nomination!!

By Staff Writer

Esteemed actor Steven Krueger stars in the 3-time 2022 Emmy Award-nominated, including for "Best Drama Series", Showtime series "Yellowjackets" as coach 'Ben Scott' who is left stranded with his all-girl team of high school soccer players after their plane crashes. The TCA and Peabody Award-nominated series has quickly become a critical and fan favorite and is in



production for a highly anticipated Season 2. Krueger is also well known for his roles in the hit CW series "Roswell, New Mexico" and "The Originals", where he played the comedic and fan favorite character 'Josh Rosza' for all five seasons of the show. We would love to set up an interview with you and Steven to discuss his current projects.

Showtime's one-hour drama series "Yellowjackets" is equal parts survival epic, psychological horror story and

coming-of-age drama as it tells the saga of a team of wildly talented high school girls soccer players who become the un(lucky) survivors of a plane crash deep in the remote northern wilderness. The series chronicles their descent from a complicated but thriving team to savage clans, while also tracking the lives they've attempted to piece together nearly 25 years later, proving that the past is never really the past and what began out in the wilderness is far from over. Krueger stars in the series as 'Ben Scott', the team's sexy soccer coach with plenty of his own secrets, opposite Academy, Emmy and Golden Globe nominated Juliette Lewis ("Camping") and Emmy and Golden Globe Award-nominated Christina Ricci ("Z: The Beginning of Everything").

Krueger joined the cast of the CW's hit series "Roswell, New Mexico" as the steamy love interest of series star Jeanine Mason ("Liz Ortecho") for Season 3 of the hit series. Krueger has guest starred on a long list of hit shows like "Pretty Little Liars", "Hawaii 5-0", "NCIS", "Workaholics", "Two and A Half Men", and "Good Trouble". His feature credits include a major supporting role in Sony box office hit Goosebumps and the lead of indie thriller Satanic.

Krueger grew up in Sarasota, FL where he had his first exposure to the performing arts when his mother enlisted him in acting class. It wasn't until he found himself in Los Angeles for a post-college internship that he realized he truly wanted to pursue a career in the arts. In addition to his on-camera work, Krueger aims to branch into directing and producing as well. Outside of the industry, Krueger was a competitive tennis player for 15 years and spends a lot of time traveling around the world in search of outdoor adventures.

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BUSY BODY

EXERCISE IN NATURE

Ditch The Indoor Gym

By Contributing Writer

Exercise in the outdoors reduces stress, improves memory, and promotes feelings of calm.

Exercise boosts endorphins.

With its ideal setting bordering the Pacific Ocean, Las Catalinas in Guanacaste, Costa Rica offers many wellness pursuits. CORE by ChakFitness is a unique outdoor gym on the beach offering a Flinstones-esque strength building experience with weights and machines made almost entirely of wood, as well as a full schedule of classes led by owner and trainer Chakiris Menafacio. The Center of Joy is a wellness retreat center with a variety of stunning spaces offering yoga, sound baths and more, with a focus on mindfulness. Many individuals and organizations use this space for group

retreats, though residents and guests also benefit. Private rooms can also be booked for special therapies and services. There is a wide range of accommodation options.

An outdoor paradise for hikers, trail runners, mountain bikers, yogis, and water enthusiasts, Las Catalinas has an array of activities for all abilities. With over 26 miles of wtrails that feature stunning views, Las Catalinas is the most prominent mountain biking destination in the American tropics. All hiking and running trails feature opportunities to glimpse the area's amazing local wildlife. Trails vary in difficulty and length. The town is flanked by two of the best beaches on Costa Rica's Pacific coast. Sheltered from the southern swell, Las Catalinas is a haven for water sports enthusiasts, and consistent moderate waves make it ideal



Calabash Cove Resort and Spa, Saint Lucia

for body surfing and boogie boarding as well as standup paddle-boarding and sea kayaking. www.lascatalinas.cr.com

Ocean Therapy: Head to the beach

There are health and psychological benefits to being close to the ocean. The feel of salt water on the skin, the smell of the ocean, the soothing sound of the waves lapping, the ocean is not only meditative, but reduces stress and allows for self-reflection.

Calabash Cove Resort and Spa is one of the most popular all-inclusive,

adults-only boutique hotels in Saint Lucia, a Caribbean gem offering seclusion, beauty, and views at every turn. Its 26 villas feature Caribbean charm coupled with luxurious resort amenities. From the heavenly Windsong restaurant and lively C-Bar overlooking the infinity pool to the peaceful Ti Spa, guests have everything at their fingertips. Ti Spa offers a wide range of treatments that combine European technique with St. Lucia's storied tradition of plant- and food-based curatives. Each and every treatment is expertly

www.valleyscenemagazine.com

designed to cleanse the body of stress, rejuvenate the spirit, and relax the mind. The exfoliation products are all organic made from local products. Therapists will be happy to demonstrate the benefits between a coffee or papaya scrub.

Try their signature Spa Sampler (80 minutes/\$140), a blend of holistic spa treatments fused together to create the ultimate experience. Melt away stress from the back with a hot stone massage followed by deep tissue massage on the back of legs. Swedish massage techniques are used with a mix of counter stretching. Aromatherapy facial massage is then performed to induce even deeper relaxation and end with a revitalizing foot scrub. The resort's outdoor gazebo is the perfect spot for a spa treatment while listening to the waves. www.calabashcove.com

Invest in Self-care: Go on a wellness retreat

In a world that is constantly changing, pulling us in different directions, how do we find inner peace? Self-care is more important than ever.

For anyone seeking inner peace, Ananda in the Himalayas just announced its first ever The Ananda Soul Detox Retreat – A Himalayan Retreat for Inner Healing and Self Discovery (Oct. 30 – Nov. 6, 2022). By helping people release traumatic impressions, this retreat aims to rediscover one's true self. In this week in the heart of the Himalayas, participants will revisit and release some of their biggest emotional blocks and rediscover their own energy through Spiritual Hypnotherapy, Regression, Yoga, Meditation and Energy Healing. The experience will combine Eastern Spirituality with Western behavioral sciences.

Retreat includes luxury accommodations, wellness meals at the restaurant, group sessions, one personal session on Emotional Healing, airport transfers, two vouchers offering a 15 percent discount on spa treatments and early check in and late check out. Located on a 100-acre Maharaja's Palace Estate, Ananda in the Himalayas is a multi-award-winning luxury wellness retreat in the Himalayan foothills, surrounded by the majestic Himalayan Mountains, the birthplace of India's ancient practices of yoga, meditation, and Ayurveda. www.anandaspa.com

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WHY DO CATS MEOW?

An Age Old Question Answered...

By Contributing Writer



From Mothers to Humans—the Evolution of the Meow

Meows are the most frequent cat-to-human vocalizations. But they are uncommon in cat-to-cat communication. Cats communicate with each other through scent, facial expression, marking, body language and vocalization. Vocalizations used in cat-to-cat communication include caterwauls for mating, hissing to ward off an intruder or shrieking when hurt or afraid.

Kittens meow to solicit attention and care from their mothers. Once the kittens are grown, they stop meowing to other cats. Meowing is usually not part of adult cat-to-cat communication—it is used almost exclusively with humans. So why do cats meow to people? Because meowing is what works.

Researchers have compared the vocalizations of the domestic cat to the vocalizations of its closest relative, the African wild cat, a species that also vocalizes a lot. They have also discovered that the vocalizations of the domestic cat have evolved to become more pleasant to the human ear.

Their meows are less threatening, more high-pitched and more kitten-like. Humans are more sensitive to this type of sound and also more likely to respond positively, such as by providing care—like we do when an infant cries. Which leads to the question “how do we know what they want”?

Did you know that cats meow to people, but not to other cats? Here's why that happens, and how you can interpret your cat's language to better understand her.

Cat People Know Cat Language

Meowing can develop into a language used by your cat to communicate with you. Some scientists would say that cats have

refined their meows specifically to manipulate people—and it works!

Cats can learn to modify the characteristics of their meows, such as their frequencies or

duration, to let people know exactly what they want.

Not surprisingly, the more experience people have with cats, the better they are at understanding what their cats want when they meow at them. Some research suggests that, based on the sound alone, experienced cat owners can identify the meaning of about 40 percent of the meows.

That's a pretty remarkable result, considering that in that

research, the respondents didn't have any visual clues to help them.

A Better Understanding of Cats & Why They Meow

Hopefully this guide has helped you learn more about why and how your cat communicates with you. The better you understand her special language, the better you will be able to understand your cat.

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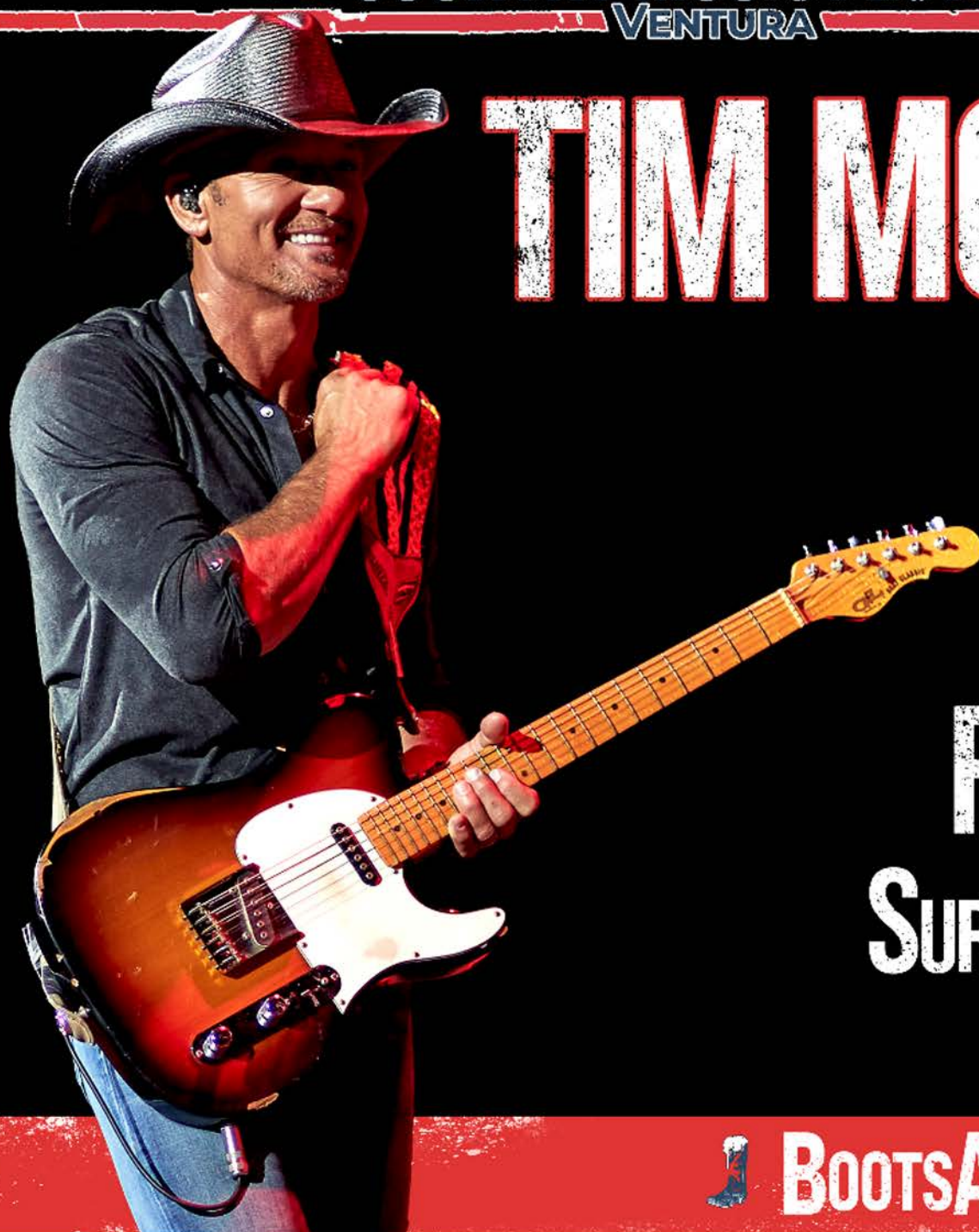
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5 Questions to Ask Before Choosing a Moving Service

By Contributing Writer

According to experts, a long-distance move from a 3-bedroom home can cost up to \$11,600. This cost will depend on your location, size of your home, and the moving service you choose.

You might think moving your belongings by yourself is cheaper, but that's far from the truth. Believe it or not, moving your belongings on your own can turn into an expensive headache. You'll need to consider costs such as packing supplies, leasing a truck, among others.

Choosing the right moving company will depend on asking the right questions. Don't know where to start?

We've got you covered. Here are the top five questions you should ask moving companies before hiring them.

Is Your Company Licensed, Bonded, and Insured?

It may be tempting to hire the first moving company you find that fits your budget. However, it's recommended to hire licensed, bonded, and insured companies. For long-distance moves, the company must hold a US Department of Transportation number.

The best moving service will also hold a bond and liability insurance. The first ensures the company will perform the service you contract. Insured companies will cover any damages to your belongings and, in many cases, employee injuries as well.

What Services Do You Offer?

Some moving companies offer a wide variety of services, from moving certain items to full-service move, including packing personal items. There's a chance you may only need some of their services.

When scheduling your consultation, you should tell their representative about the types of services you require. This information can help them connect you with the best expert to meet your needs.

Can You Provide References From Prior Customers?

Taking a look at the company's website and customer reviews is a good starting



point. Yet, you should also consider requesting references from prior customers.

Make sure to reach out to them to learn about their overall experience with the company. Before reaching out, narrow down a list of questions to obtain insight into what to expect if you hire this moving company.

Do You Offer Temporary Storage?

Depending on your move, you may need temporary storage. If that's the case, you should ask your potential moving company about this service. Do they offer it?

If so, how much would it cost? Some companies even offer containers where you can load your belongings. You may also consider contacting a moving container company to learn more about this service.

Can You Provide a Binding Estimate?

Most companies will offer a rough estimate of the costs. Yet, you should always request a binding estimate of the moving company costs. When you receive this type of estimate, the moving service company will provide a document detailing all the costs associated with your move.

Obtaining a binding estimate will ensure the company doesn't charge you over your quote. However, you should also request details of any potential additional costs.

Can You Choose the Best Moving Service?

You can choose the best moving service. It all comes down to contacting 3 to 5 companies and asking the right questions.

Make sure to sit down with moving experts to discuss your needs. It's important to consider any additional costs. The right moving company will offer a complete package without breaking your bank account.

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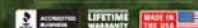
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Kindt Clinics in Amsterdam, which treats anxiety, phobias and PTSD, posted a job opening for someone who is able to vomit at will, NL Times reported on Sept. 4. The person who fills the part-time position will help patients who have a fear of vomiting, replacing a previous employee who retired. Psychologist Maartje Kroesse, who posted the position, said the response has been overwhelming: "There are many more applications than expected. Our new transmitter is certainly among them." (Transmitter?) One hopeful applicant gushed: "Now I can finally share my art: vomit on command!"

During the U.S. Open tennis tournament on Sept. 6, as a match unfolded between Nick Kyrgios of Australia and Karen Khachanov of Russia at Arthur Ashe Stadium, two men in the stands stole the show for a few minutes, the Associated Press reported. YouTube prankster JiDion donned a barber's cape while a second man gave him a trim with clippers -- at least until tournament security arrived. "They were escorted out of their seats and then off the grounds for disruption of play," USTA's Brendan McIntyre said. "There's a first time for anything." However, it wasn't the first for JiDion: He got a trim at a Timberwolves vs. Mavericks game in March, and in July, he was banned for life from Wimbledon for blowing an air horn during a match between Novak Djokovic and Jannik Sinner.

Sailboat pilot Steve Strickland was headed to Chesapeake Bay from Queens, New York, early on Labor Day when nature called, NBC Philadelphia reported. He set the boat on autopilot and stepped away, but "the autopilot shut off," he said. The boat, which he'd bought only three weeks before, hit a rock jetty and became stuck in the sand at a beach in Ocean City, New Jersey, around 4 a.m. Strickland had to wait until afternoon to get a tow. For him, Labor Day amounted to "a lot of headache and a lot of money."

Elizabeth Leon, 18, was hired to babysit a 4-year-old in Aventura, Florida, from 1:45 p.m. until midnight on Aug. 15, Local10 reported. When the child's mother texted Leon at 11:14 p.m. to say she was headed home, Leon texted back that she was "heading out ... because her mother paid for an Uber to take her back home and it arrived ahead of time," an arrest report said. Leon told the mother she had locked

the door, and requested her \$168 payment. The mother checked her Ring doorbell recording and saw that Leon had actually left at 9:45 p.m., leaving the child alone for more than two hours. On Aug. 22, Leon was charged with child neglect and transferred to jail, where she's unlikely to be able to leave early.

In Fort Myers, Florida, deputies stopped to investigate a Nissan Altima that was parked blocking a bicycle lane on Sept. 3, NBC2-TV reported. Officers found a man reclining in the driver's seat; after giving them a false name, he was asked to exit the vehicle. That's when Randy Austerman, 34, reached into the console and removed a 3-foot-long steel sword, then paused to attach a dragon-shaped handle to the blade. Police backed off as Austerman poked the sword out the car's window at them. As he tried to escape through the passenger door, Austerman was subdued and arrested; officers found methamphetamine, marijuana and a glass pipe in the car.

Ryan Boria and Amy Schaner were really hoping for a slow night at the Wendy's where they both worked on Aug. 26. So as they drove to the restaurant in Tilden Township, Pennsylvania, they made a short stop, WFMZ-TV reported. Along the train crossing at Industrial Drive, Boria "placed a shunt on the track. He got back in the car with (Schaner) and they proceeded to Wendy's," Officer Frank Cataldi of the Tilden Township Police Department said. "They told us that their intentions were that if the gates could malfunction and they could somehow block traffic, then that would prevent people from getting to Wendy's, and they could have a slow night at work." Both were arrested on multiple charges, including causing or risking a catastrophe.

Comic book creator Dale Keown has launched a YouTube channel to talk about his own career and that of other cartoonists, Bleeding Cool reported. But on Sept. 8, Keown's livestream got a little less lively when he fell asleep and the camera kept rolling -- for more than five hours. The beginning of the video includes Keown expounding on Marvel, Disney, the Hulk and his own drunkenness -- and then he seems to just drop off into dreamland. Journalist and Bleeding Cool founder Rich Johnston, who was watching the stream, called it "so transfixing and mellowing."

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- Across
- 1. Beatle first name
 - 5. Jeopardy winner, Jennings
 - 8. Cold one
 - 12. Arranger's container
 - 13. ___ got a secret
 - 14. The good, the bad and the ____
 - 15. Prepare to swallow
 - 16. Teensy
 - 17. Oxen's harness
 - 18. Become smaller
 - 21. Regal
 - 24. Get up
 - 28. Wrong
 - 29. Try to persuade
 - 32. European peak
 - 33. Steinfuf
 - 34. Priest's vestment
 - 35. Jersey call
 - 36. Nancy Drew's beau
 - 37. Variety of taro
 - 38. Goat
 - 39. Super bargain
 - 41. Antiquated
 - 42. Sell
 - 46. Way up the mountain
 - 49. Zodiac, between Virgo and Cancer
 - 50. Sea surrounded holiday spot
 - 54. Tobacco kiln
 - 55. Seeing without seeing
 - 56. Sweet
 - 57. Radio "P"
 - 58. Dolt
 - 59. Volcano in Sicily

- Down
- 1. Electric wire, insulation
 - 2. Spa sound
 - 3. "___ Me," Withers hit
 - 4. Obscenely
 - 5. Tropical fruit
 - 6. Not odd
 - 7. Must have
 - 8. Purchaser
 - 9. "I" problem
 - 10. Caribou kin
 - 11. Bar order
 - 19. People in general
 - 20. Airport on the west coast of the US
 - 21. Indian breads
 - 22. Young night flier
 - 23. Something braided, old word
 - 25. Poetry parts
 - 26. Fruits
 - 27. Glue

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57					58				59			

- 29. Blackguard
- 30. Worn out
- 31. Blood system
- 37. Santa's help
- 38. Salt of hydriodic acid
- 40. Main line, heart
- 41. Tea Party state
- 43. Dog pest
- 44. Barely
- 45. "My bad"
- 46. Crest
- 47. Cote quote
- 48. Nile reptile
- 51. Song list
- 52. Computer link
- 53. Stat for Clemens

DAD JOKES

I wish my gray hair started in Las Vegas because what happens in Vegas, stays in Vegas.



From September 2

1	S	2	A	3	M		4	O	5	R	6	S	7	O		8	O	9	B	10	O	11	E
12	K	E	Y				13	F	I	N	K					14	X	R	A	Y			
15	I	O	N				16	F	O	U	R		17	S	C	O	R	E					
18	S	N	A	19	P				20	G	A	I	A										
				21	A	22	I	23	L				24	C	R	25	E	26	A	27	M		
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38	U	N	D	39	O		40	K	E	R	O	41	S	E	N	E							
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52	A	53	S	54	S	I	S	T	A	55	N	56	T		57	D	O	N					
58	L	O	P	S				59	O	P	E	N			60	D	N	A					
61	B	L	A	H				62	M	E	E	T			63	Y	E	T					

MOST EXPENSIVE THINGS IN THE WORLD

By Contributing Writer

Let's take a virtual tour of beautiful and expensive things!

Yacht History Supreme
Cost: 4.5 billion USD

History Supreme is the most expensive yacht in the world. This yacht was designed by Stuart Hughes, a UK-based luxury designer took almost 3 years to complete.

The extremely high price tag is because of the usage of around 100,000 kg of precious metals for assembling this luxury liner. The Master



bedroom is the center of attraction which is made up of meteorite rock.

Hubble Space Telescope
Cost: 2.1 billion USD

The Hubble Space Telescope holds the Guinness book of world records for being the world's most expensive telescope. It was first launched in 1990 and is responsible for many major discoveries.

Antilia
Cost: 2 billion USD

Antilia, located in Mumbai is owned by Asia's billionaire Mukesh Ambani. This huge 27-storey house has

luxury amenities like helipads, air traffic control, parking space for 168-cars, a ballroom, 9 high-speed elevators, a 50-seat theatre, and more. It is designed to survive an 8.0 earthquake.

Villa Leopolda
Cost: 506 million USD

Villa Leopolda is constructed on the French Riviera. It is owned by Edmond and Lily Safra.

'The Card Players' (painting)
Cost: 275 million USD

The painting is the artwork of French artist Paul Cezanne that is owned by the Royal family of Al Thani of Qatar.



FINER THINGS

Garçon à la pipe (painting)
Cost: 104 million USD

Garçon à la pipe painting was made by none other than Pablo Picasso in the year 1905. It is considered to be one of the best ever early works by the artist.

L'Incomparable Diamond Necklace
Cost: 55 million USD

L'Incomparable Diamond Necklace is made up of a near-flawless 407.48-carat white diamond along with 90 white diamonds that weigh around 230 carats.

1963 Ferrari GTO
Cost: 52 Million USD

Out of 39 GTOs that were manufactured to date, this GTO has won the 1963 Tour de France road race driven by Jean Guichet.

201-carat gemstone watch
Cost: 25 million USD

This 201-carat gemstone watch fits all the requirements of what an ideal great timepiece should look like. This was made by the Chopard watchmakers. There are 874

diamonds and a total of 201 carats of precious gemstones with heart-shaped fancy diamonds embedded in it.

The 'Perfect Pink'
Cost: 23 million USD

The perfect Pink diamond is the most expensive jewel in the Asian subcontinent.

The domain 'Insure.com'
Cost: 16 million USD

The domain name 'Insure.com' is the category that has ever been sold. It was sold to California-based Quinstreet.

Diamond Panther Bracelet
Cost: 12.4 million USD

This jewelry piece triggered a romance between Wallace Simpson, the original socialite and queen of style, and Edward VIII.

Dead Shark
Cost: 12 million USD

This dead shark art piece was created by Damien Hirst. This artwork was picked up by an anonymous financial wizard who works in the hedge-fund industry.



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Benefits of Martial Arts for Kids

By Contributing Writer

As a sport, martial arts is something that attracts kids. Martial arts requires that in order to be any good, students work at it for long periods of time. Thus, parents who want their kids to be excellent martial artists will put their kids in the sport far earlier than is typical for other sports.

This is for good reason — there are many benefits of martial arts.



or tantrums from your kid. Your child must approach the sport with a teachable spirit.

If your child is not willing to be coached, chances are the martial arts coach won't allow him or her to pursue the sport!

Physical Progression

Martial arts is one of the most demanding sports out there. Just try punching or kicking a bag for several three-minute rounds. It isn't easy!

The net result is that your child's muscles will grow faster, they will have greater core strength, and they'll be able to perform far better at any other sports that they may decide to play down the road.

Teamwork

You might be scratching your head at this one. Teamwork? Isn't martial arts an individual sport? Yes it is — however, martial arts is still able to teach

kids teamwork. This is because in order to get better at martial arts, one has to spar with other students. Thus, the students have to be able to communicate with each other.

Compassion

With the right coach, your child will learn to be compassionate on those who may not be as good as them and will learn to be careful to use their own strength in a way that doesn't damage another child.

Fighting Skills

At the end of their martial arts training, your child will be a better fighter! The skills that they have will come in handy if there ever should arise a situation where your child has to stand against a bully.

Confidence

Being good at martial arts, due to the very physical nature of the sport, will inspire your child with confidence.

Athletic Competition

Competition is good for a child so they can compete graciously. If your child ends up having an ability for martial arts, he or she may be able to participate in competitions. Not only will this teach work ethic, it will teach them to be a good winner.

Excellent Coordination

One of the best benefits of martial arts for kids is coordination. As a child, one is still learning how to use one's body. Any kind of martial arts imparts excellent coordination skills.

This is because the punches, kicks, and defenses that are required in martial arts are very varied, but all rely on timing and precision. A punch has to be thrown precisely, and the same goes for a kick.

Thus, the kid learns how to control his or her body, and also gains excellent hand-eye coordination.

Mental Strength

One of the key attributes that one requires to be good at martial arts is mental strength.

To be able to understand that, absorb that, and still perform at a high level physically under that mental pressure will develop intense mental strength in your child. This mental strength will crossover into many other things later on in the child's life.

Teachability

Martial arts for kids is an excellent choice because it requires the child to be teachable. No martial arts coach will allow any nonsense

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PREPARE YOUR HOUSE FOR A KIDS SLEEPOVER

Pack away smaller items, on tables and shelves. You've probably got some empty boxes in the garage, or go grab a couple of those large plastic containers from the discount store.

Safely Moving Furniture

With the little bits and pieces out the way, it's time to tackle furniture. Some items may need to be moved to another room, or the garage, while others can be pushed back against the wall. What you don't want to do, however, is damage the furniture.

The best solution is to use furniture pads. To be honest, you should be using these great little pads all the time, but this could be the perfect excuse to fit them.

Furniture pads come in a variety of sizes, so you can use them for table and chair legs, beds, couches, and other pieces of furniture.

By Contributing Writer



If you've got children, there's no way around it. At some point, you are going to have to host a kid's sleepover. Here are some ideas that may help.

Traditionally, a sleepover was held in your child's own bedroom, but that may not be the best plan. For one thing, it's probably right next door to your room!

And it's pretty likely that his or her bedroom will be way too small for the number of guests invited. So how about using your living room?

Have A Plan

What's that? Another look of horror? Worried your lovely furniture and pretty belongings will get damaged? Nope, not going to happen – because we have a plan.

Just as you plan the sleepover invitations, and the menu, also plan ahead to clear out your living room and pack precious items away. And don't do all the work yourself. The party host should definitely be helping!

Choose Quality Furniture Pads

It is important to buy good quality furniture pads, made from non-scratch materials. They should not only protect your flooring from scuffs and dents, but be thick enough to cut noise.

So, with the pads in place, you can now safely move furniture out of the way, and really open up the space ready for the sleepover.

Depending on your type of flooring, further protection may be required. For example, you don't want sticky drinks and food dropped on your best carpet, or expensive Persian rug.

Choose A Theme

Now you're ready to give the room a good clean and prepare it for the party. Choosing a theme is a great way to get the party started, and you can decorate accordingly.

While you're busy in the kitchen cooking up a storm, the young party host



can scour the house for sleeping bags, mattresses, duvets, cushions and pillows, and set up the sleeping arrangements.

As far as feeding your guests, think easy finger food. Bite-sized savories and biscuits, mini hot dogs, mini quiches and pizzas, cupcakes and, no doubt, ice cream.

Let The Party Begin

Finally, it's a good idea to organize a few activities to get the night started. After that, it's up to them!

With your furniture pads in place, putting your living room back in order will be easy. And if you've got any pads left over, they have many more uses, such as stopping cupboard doors from banging.

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FASHION

Fashion Blogs Are Gaining Popularity

By Contributing Writer

trends and avoid those who go for super expensive items, suggesting chic but cheap fashion.

Popularity of Fashion Bloggers

Fashion bloggers are well-known. They used to be fashion outsiders but because of determination to gain an edge, they have turned into admired insiders. They turn fashion world inside out with their straightforward opinions on the season's collections, giving their honest views of the latest trends and ways on how these can be carried off by regular folks.

What Influences Fashion Blogging?

They are blessed with innumerable talents, which influence their blogs. Some host fashion events while others design the displays of the world's renowned fashion storefronts. Others shoot for fashion books while some model the ramp. Fashion blogging's success makes advertising, among other major industries; want a share of the action. Since fashion bloggers have loyal women followers all over, they have turned into strong personalities, and every word they speak is taken seriously.

You will find all forms and shapes of fashion blog. It can talk about the advantage of wearing skinny jeans over boyfriend jeans or how pink takes the place of black. As you go online, you will get your fill of the latest in fashion trends.

Fashion As Part of Our Lives

There are people who say that they can live without fashion and this is not at all important to



them. Giving it some thought, because fashion has been a part of our being, ever since you can remember, influencing culture and society.

What Influences Fashion?

Certain periods in history that fashion has defined, involved discrimination among classes. This distinguished royalty from non-royalty and restrictions on social dressing. During earlier times in Western Europe, the bourgeoisie were prevented by government regulations from wearing fine clothes, so as not to be identified as royalty. Since the dragon was an emperor's symbol in China, non-royals were prohibited from wearing this. In World War II, American women's skirts had restricted lengths because of a ration on fabrics. This just shows that fashion has a significant influence in people's lives.

Knowing the Latest Trends Via Fashion Blogs

Present-day fashion-conscious individuals called fashionistas, have various ways of living with fashion. They check out the new trends via fashion blogs, not to be tagged as "in" or "cool" but to find out what people are wearing. Fashion bloggers are updated, with regards to the latest

Fashion blogs are, definitely, here to stay. As a matter of fact, you can say that they are gradually taking the place of magazine editors as fashion leaders. Fashion blogging is an industry, where huge benefits outweigh all risks. A fashion blog [http://www.altyle.com] can be considered as the fashion industry's answer to high earners in the business and corporate world, who give a good look to business suits.

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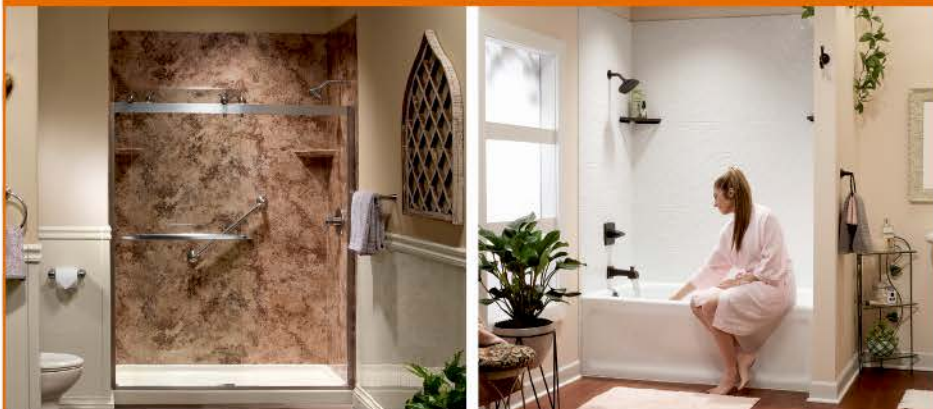


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