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11:11 COLLECTIVE

The Creative Pulse of the San Fernando Valley

In the heart of the San Fernando Valley's evolving arts scene, the 11:11 A Creative Collective stands as one of the most influential and community-driven creative organizations in Los Angeles. More than just an art gallery or studio, 11:11 is a cultural force—blending public art, youth education, and community engagement into a powerful platform for expression and connection.

Founded with the mission of creating space for artists in a region historically underserved by major art institutions, 11:11 has grown into a nonprofit collective that champions creativity as a tool for social impact. Since its inception, the organization has focused on amplifying diverse voices across the Valley, helping artists of all backgrounds showcase their work while engaging local communities in meaningful ways.

At its core, 11:11 operates as both a gallery and a multi-use creative hub. The collective hosts exhibitions, workshops, artist residencies, and community events that bring together emerging and established creatives. Its programming spans everything from youth art education to large-scale public mural projects, many of which can be seen throughout neighborhoods like Pacoima, Reseda, and North Hollywood.

One of the standout features of the organization is its commitment to accessibility. 11:11 has engaged tens of thousands of community members through free workshops, mentorship programs, and public art initiatives designed to reflect the cultural identity of the San Fernando Valley.

This approach has helped transform everyday spaces—utility boxes, walls, and public corridors—into vibrant canvases that celebrate local stories and voices.

A major extension of the collective's vision is Third House Studios in Van Nuys, a dedicated creative workspace and event venue. This artist-led initiative provides subsidized studio space, collaborative opportunities, and a platform for exhibitions, performances, and networking events. It's here that the Valley's creative energy truly comes alive, with regular open studio nights, gallery shows, and community gatherings that foster collaboration and innovation.

What sets 11:11 apart is its philosophy:

art is not just something to observe—it's something to participate in. The organization emphasizes "art as empowerment," using creativity to address social issues, build confidence among youth, and strengthen community bonds. Programs like their youth workshops and artist development initiatives have helped train hundreds of emerging artists while providing real-world opportunities in public art and exhibition spaces.

For families, students, and creatives across the SFV, 11:11 also serves as an after-school and enrichment resource. Through partnerships with schools and community organizations, the collective delivers hands-on art programs that encourage self-expression, critical thinking, and collaboration.

Today, 11:11 continues to shape the identity of the San Fernando Valley as a thriving creative hub. By merging art, education, and activism, the collective is not only supporting artists—it's redefining what a local arts organization can be in one of Los Angeles' most dynamic regions.

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GET FIT FOR SUMMER! USE ALTERNATIVE & ENGAGING METHODS

A Fresh, Lifestyle-Driven Approach To Looking and Feeling Your Best

As summer approaches in Southern California, the pressure to “get in shape” often ramps up—but the traditional gym grind isn’t for everyone. In fact, one of the biggest wellness shifts of 2026 is moving away from rigid routines and embracing engaging, experience-driven fitness.

The truth is simple: when fitness feels like play, consistency follows—and results come naturally.

This season, it’s all about alternative, immersive, and enjoyable ways to get fit that blend movement with lifestyle, creativity, and social connection. Whether you’re in the San Fernando Valley, Conejo Valley, Ventura County, or beyond, these methods are redefining what it means to get summer-ready.

Dance-Based Fitness: Movement Meets Music

Dance fitness has exploded in popularity, and for good reason—it’s one of the most effective full-body workouts disguised as pure fun. From hip-hop cardio to Latin-inspired rhythms, dance-based workouts elevate heart rate, improve coordination, and torch calories without feeling like exercise.

Studios across Los Angeles now offer immersive experiences with lighting, live DJs, and themed classes. Participants often burn 400–800 calories per session while boosting mood through music and movement.

Beyond physical benefits, dance taps into emotional expression. It’s not just about fitness—it’s about confidence, rhythm, and community. Whether you’re a beginner or seasoned dancer, these classes remove intimidation and replace it with energy and joy.

Outdoor Adventure Fitness: Nature as Your Gym

Why stay indoors when Southern California offers one of the most naturally inspiring fitness landscapes in the world?

Outdoor adventure fitness includes hiking, paddleboarding, trail running, and beach boot camps. Trails in Malibu, Topanga, and the Santa Monica Mountains provide both scenic beauty and intense physical challenges. Meanwhile, paddleboarding in Marina del Rey or kayaking along the Ventura coastline builds core strength and endurance.

These activities don’t just burn calories—they reduce stress, improve mental clarity, and reconnect you with nature. Research consistently shows that outdoor exercise enhances mood and lowers cortisol levels, making it a holistic fitness solution.

“Doga” and Mindful Movement Trends

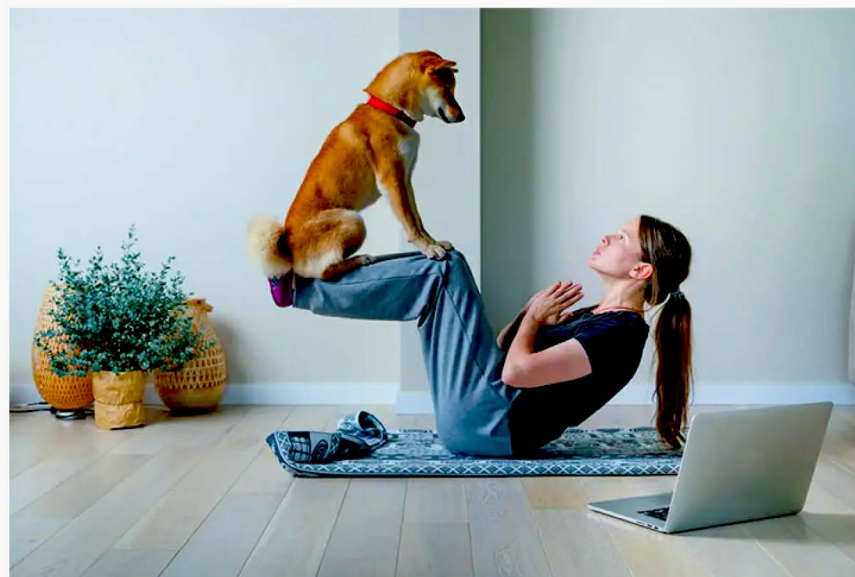
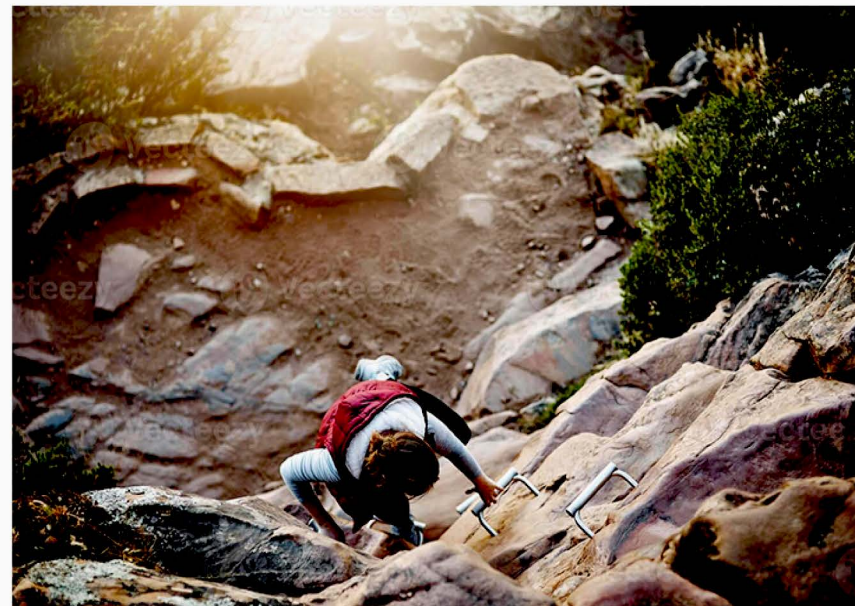
Mindful fitness is gaining traction, and one of the most unique trends is Doga—yoga practiced with your dog. While it may sound playful (and it is), it also promotes flexibility, relaxation, and bonding.

Beyond Doga, practices like slow-flow yoga, stretching studios, and sound bath movement sessions are redefining recovery and mobility. These approaches emphasize breath, alignment, and mental presence, which are often overlooked in high-intensity training.

Incorporating mindful movement into your weekly routine can improve posture, reduce injury risk, and enhance overall performance in more intense workouts.

Gamified Fitness: Turning Workouts Into Play

Gamification is revolutionizing fitness by turning workouts into interactive challenges. From VR boxing sessions to app-based competitions with friends, these platforms make fitness addictive in the best way possible.





Swimming, water aerobics, and resistance pool workouts engage multiple muscle groups while improving cardiovascular health. The natural resistance of water increases caloric burn while minimizing injury risk.

It's also incredibly refreshing—perfect for hot summer days when traditional workouts feel exhausting.



Social Fitness Clubs and Group Experiences

Fitness is no longer a solo journey. Social fitness clubs are transforming workouts into community-driven experiences. Think run clubs at sunset, yoga followed by brunch, or weekend hiking groups.

These gatherings create accountability and make fitness something to look forward to. The social aspect reduces burnout and keeps motivation high, especially for those who struggle with consistency.

In areas like West Hills, Calabasas, and Thousand Oaks, community-based fitness events are booming, blending wellness with lifestyle and networking.

Functional Fitness Through Everyday Activities
Not all fitness happens in a structured class. Functional fitness—movement that



mimics everyday activities—is one of the most sustainable ways to stay active.

Gardening, home improvement projects, walking the dog, or playing with kids all contribute to strength, mobility, and endurance. These activities may seem simple, but they add up significantly over time.

This approach removes the pressure of “working out” and replaces it with living actively, which is often easier to maintain long-term.

Hybrid Wellness Experiences: Fitness & Luxury

Luxury wellness is redefining fitness by combining workouts with recovery and relaxation. High-end studios now offer packages that include workouts, infrared saunas, cold plunges, and recovery lounges.

Apps track performance, reward progress, and introduce friendly competition. Whether it's earning points, leveling up, or beating your personal best, gamified fitness taps into motivation psychology.



Many boutique studios now incorporate leaderboards and team challenges, creating a social and competitive atmosphere that pushes participants to go further.

Aqua Fitness: Low Impact, High Results

Water-based workouts are making a strong comeback, especially in luxury wellness settings. Aqua fitness offers resistance training without joint strain, making it ideal for all fitness levels.



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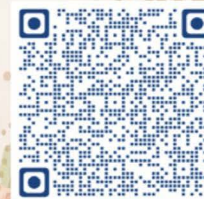
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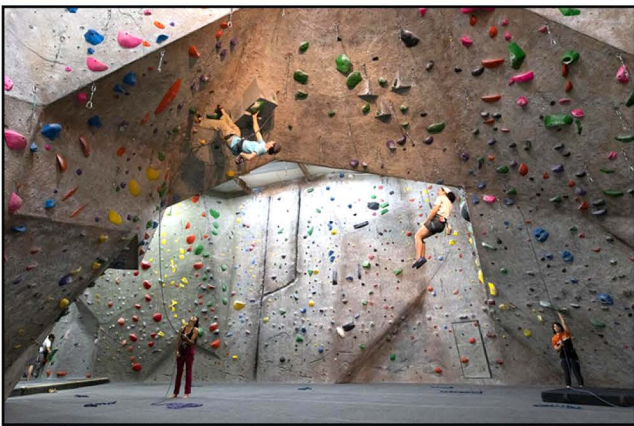
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This hybrid model emphasizes balance—training hard and recovering smarter. It also elevates the entire experience, making fitness feel like self-care rather than obligation.

In Los Angeles, wellness centers are embracing biohacking techniques, helping individuals optimize performance, energy, and recovery in innovative ways.

Creative Fitness: Think Outside the Gym

Creative fitness classes are gaining popularity for their uniqueness and excitement. Aerial yoga, trampoline workouts, rock climbing, and even circus-style training offer full-body workouts that feel like an adventure.

These activities challenge coordination, balance, and strength in ways traditional workouts cannot. They also

keep things fresh, preventing the boredom that often derails fitness routines.

Trying something new can reignite motivation and introduce muscles you didn't even know you had.

Personalized Micro-Workouts and Flexible Scheduling

One of the biggest shifts in fitness is flexibility. Micro-workouts—short, targeted sessions—allow individuals to stay active without committing to long gym sessions.



Apps and wearable tech now deliver personalized routines based on your goals, schedule, and performance. A 15-minute HIIT session in your living room can be just as effective as a longer workout when done consistently.

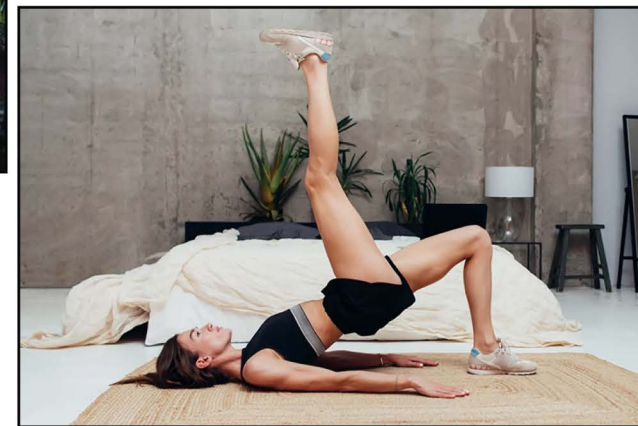
This approach removes time as an excuse and makes fitness accessible to even the busiest lifestyles.

Getting fit for summer in 2026 isn't about punishment—it's about engagement, enjoyment, and sustainability. The most successful fitness routines are the ones you actually look forward to doing.

By exploring alternative methods—whether it's dancing, hiking, gaming, or social workouts—you create a lifestyle that naturally supports your health goals. The key is variety, balance, and finding what genuinely excites you.

In a region like Southern California, where opportunities for movement are endless, there's no reason to stick to outdated routines. This summer, redefine fitness on your own terms—and make it something you love.

Because when fitness becomes fun, results are no longer a struggle—they're inevitable.



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By John Maywood

Stargazing Hikes Near Mount Wilson Where the Night Sky Comes Alive

Tucked above the glow of Los Angeles, Mount Wilson Observatory offers one of Southern California's most magical gateways to the night sky. Perched in the San Gabriel Mountains within Angeles National Forest, this historic site is surrounded by scenic trails that transform into stargazing havens after sunset. For hikers and astronomy lovers alike, combining a twilight trek with celestial views creates an unforgettable experience.

Why Mount Wilson Is Ideal for Stargazing

Mount Wilson sits at an elevation of over 5,700 feet, rising above much of Los Angeles' light pollution. While the city glows in the distance, the skies overhead often reveal constellations, planets, and even the Milky Way on especially clear nights. The area's relatively accessible trails make it a prime destination for those seeking a balance between adventure and cosmic wonder.

Echo Mountain Trail

One of the most popular routes for night hiking is the Echo Mountain Trail, which begins in Altadena.

This moderately challenging hike leads to the historic ruins of the Mount Lowe Railway, offering wide-open vantage points perfect for stargazing.

As you climb, the city lights stretch below you like a glowing carpet, while the sky above gradually darkens into a canvas of stars. At the summit, the lack of overhead obstruction provides excellent visibility for constellations and meteor showers. It's a favorite for photographers and night hikers who want a dramatic contrast between earth and sky.

Mount Lowe Railway Trail

Another captivating option is the Mount Lowe Railway Trail, which connects with Echo Mountain and extends deeper into the mountains. This trail offers quieter, less crowded spots where you can pause and take in the stillness of the night.

Here, the sounds of the city fade, replaced by the rustle of wind and nocturnal wildlife. The deeper you go, the darker the sky becomes—ideal conditions for spotting satellites, shooting stars, and distant galaxies.



Mount Wilson Summit Trails

For those who want a shorter hike with maximum payoff, the trails surrounding Mount Wilson itself offer easy



your night vision. Dress in layers, as mountain temperatures can drop quickly after sunset. It's also wise to hike with a partner and let someone know your plans before heading out.

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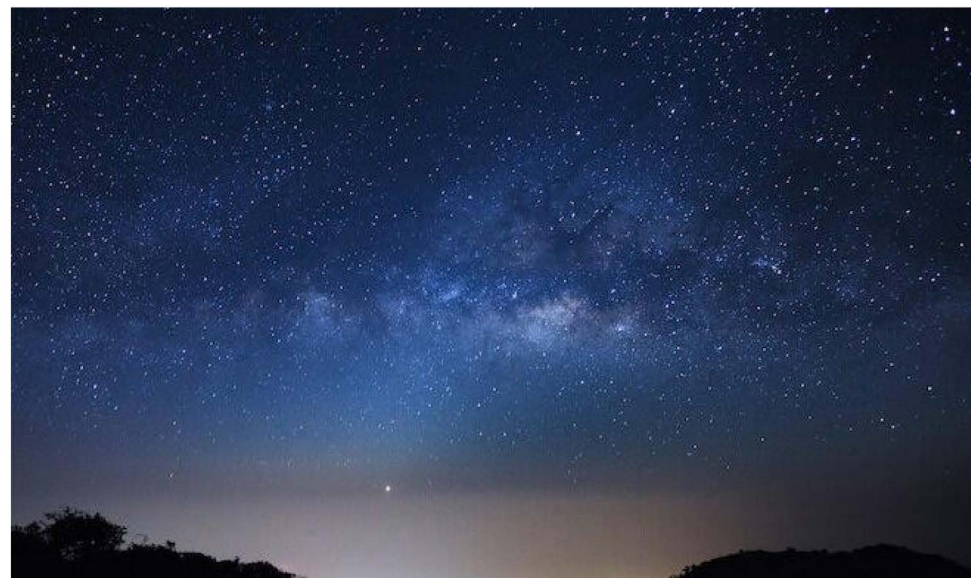
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access to incredible stargazing spots. Walking paths near the observatory provide clear, elevated viewpoints without requiring a strenuous climb.

Standing near the same telescopes that helped astronomers like Edwin Hubble change our understanding of the universe adds an extra layer of awe to the experience.

Tips for a Safe and Memorable Night Hike

Stargazing hikes require a bit more preparation than daytime adventures. Bring a reliable headlamp or flashlight with a red-light setting to preserve

Timing matters as well—new moon nights provide the darkest skies, while meteor showers like the Perseids can elevate your experience into something truly spectacular.

A Celestial Escape Close to Home

Just a short drive from Los Angeles, Mount Wilson and its trails offer a rare chance to reconnect with the universe. Whether you're a seasoned hiker or simply looking for a peaceful night under the stars, these trails deliver a breathtaking reminder of how vast—and beautiful—the night sky can be.



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Summer Blockbuster Movies 2026

The Season of Spectacle Returns

Movies like Hoppers and GOAT are performing strongly worldwide, contributing to a growing global box office ecosystem.

Studios are increasingly tailoring stories, casting, and marketing strategies to appeal to worldwide audiences, making blockbusters more diverse and globally connected than ever before.

Bigger, Louder, More Immersive

Technology continues to elevate the blockbuster experience. Premium formats like IMAX, Dolby Cinema, and 4DX are now central to how these films are designed and marketed. Studios are crafting movies with immersive visuals, surround sound, and large-format presentation in mind, encouraging audiences to return to theaters rather than wait for streaming releases.

This focus on spectacle is exactly what defines the modern blockbuster: it's not just about watching a movie—it's about experiencing it.

From Marvel and Star Wars to Nintendo and Pixar, studios are leaning heavily into established worlds that guarantee audience turnout. Big-ticket titles like Avengers: Doomsday and Dune: Part Three continue to build expansive cinematic universes that keep fans invested year after year.

Even comedy and horror are getting the blockbuster treatment with films like Scary Movie 6 and Scream 7, proving that spectacle isn't limited to action alone.

Original Stories Still Breaking Through

While sequels dominate, original storytelling hasn't disappeared. Films like Project Hail Mary have already gained

strong audience support and critical acclaim, showing that fresh ideas can still compete with franchise giants.

Additionally, visionary filmmakers like Christopher Nolan and Steven Spielberg are contributing ambitious projects, including epic adaptations and sci-fi spectacles that aim to push cinematic boundaries.



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The Rise of Global Box Office Influence

Another major factor shaping the 2026 blockbuster landscape is the global market. Films are no longer judged solely on domestic success—international audiences now play a massive role.

The Future of Summer Movies

As 2026 unfolds, the summer blockbuster season is proving to be a cornerstone of entertainment once again. With record-breaking openings, beloved franchises, and bold new ideas, the industry is delivering exactly what audiences crave—escapism, excitement, and unforgettable cinematic moments.

Whether it's superheroes saving the world, animated icons returning to the spotlight, or entirely new stories capturing imaginations, one thing is clear: summer 2026 is a celebration of the big screen at its very best.

The summer of 2026 is shaping up to be one of the most explosive movie seasons in years, delivering a powerful mix of nostalgia, franchise dominance, and cutting-edge filmmaking. From superhero epics to animated mega-hits and sci-fi adventures, this year's lineup proves that the summer blockbuster is not just alive—it's thriving.

Another major highlight is The Mandalorian & Grogu, arriving in theaters in May and marking a major return for the Star Wars universe on the big screen. With beloved characters and cinematic storytelling, it bridges streaming success with theatrical spectacle.

Animation continues to dominate family audiences with Toy Story 5, which blends nostalgia with modern storytelling, and promises to draw multi-generational crowds. Meanwhile, superhero fans are gearing up for Spider-Man: Brand New Day, one of the most anticipated entries in the Marvel universe, arriving mid-summer.

Franchise Power Still Rules

If there's one defining theme of summer 2026, it's the dominance of franchises.

Animation continues to dominate family audiences with Toy Story 5, which blends nostalgia with modern storytelling, and promises to draw multi-generational crowds. Meanwhile, superhero fans are gearing up for Spider-Man: Brand New Day, one of the most anticipated entries in the Marvel universe, arriving mid-summer.

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A Packed Slate of Must-See Movies

Leading the charge is The Super Mario Galaxy Movie, which has already made headlines with one of the biggest global openings of the year, pulling in massive box office numbers and reaffirming the power of video game adaptations. Its success highlights a major trend in 2026: audiences are showing up in droves for familiar charac-



TOP 20 NEW MUSIC RELEASES HEATING UP SUMMER 2026

(Including RATT & Stephen Pearcy)

By Adam Julles

The summer of 2026 is shaping up to be one of the most exciting music seasons in years, blending legacy rock icons with cutting-edge pop, hip-hop, and alternative artists. From long-awaited comebacks to breakout chart climbers, this year's soundtrack delivers something for every listener—especially fans of classic rock revival.

At the center of the buzz is Stephen Pearcy, who has returned with a gritty, nostalgic edge that longtime fans of Ratt will instantly recognize.

The Headliner: Stephen Pearcy Return

Pearcy's brand-new single "I Need U" is already making waves as a standout rock release heading into summer. The track serves as the lead single from his upcoming album *The Dogg Mob*, due later this summer.

Raw, unapologetic, and rooted in classic glam metal energy, "I Need U" blends vintage RATT attitude with modern production. It marks a strong return for Pearcy, who continues to prove that '80s rock legends still have serious bite in today's music landscape.

The Top 20 Summer 2026 Releases

Here are 20 of the hottest new and upcoming releases defining the season:

Stephen Pearcy – I Need U

Dua Lipa – New Summer Single (Dance/Pop)

Drake – Summer EP Drop

Billie Eilish – Experimental Summer Release

The Weeknd – Synth-heavy Summer Tracks

Olivia Rodrigo – New Emotional Pop Anthem

Bad Bunny – Global Summer Hit

Post Malone –

Genre-blending Summer Album

Doja Cat –

High-energy club single

Travis Scott –

Festival-ready track

SZA – Soulful summer follow-up

Foo Fighters – New Rock Release

Imagine Dragons – Arena anthem



Harry Styles – Retro-inspired single

Kendrick Lamar – Lyrical summer drop

Miley Cyrus – Rock-influenced comeback

Ed Sheeran – Acoustic summer hit

Arctic Monkeys – Indie summer track

Halsey – Dark-pop summer release

Green Day – Punk revival single

Rock Is Back in a Big Way

While pop and hip-hop continue to dominate streaming,

rock is experiencing a serious resurgence in 2026. Legacy acts like the Foo Fighters and Green Day

are releasing new material,

while artists like Pearcy

are bringing back the swagger

of glam metal.

"I Need U" stands out



because it doesn't try to reinvent the wheel—it leans into authentic guitar-driven energy, something fans have been craving in an era of digital production.

The Summer Soundtrack Takeaway

Summer 2026 is all about contrast—polished pop hits alongside raw, throwback rock. Whether you're blasting club anthems poolside or cruising the Pacific Coast Highway with classic riffs turned up, this year's lineup delivers.

And if one thing is clear, it's this:

Stephen Pearcy and the spirit of RATT are proving that real rock never goes out of style.



Rufus Choi

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Bach to Rach

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By Jennifer Osborne

Are You Ready for a Robotic Housemaid And How Much Does One Cost?

For decades, the idea of a robotic housemaid lived in the world of *The Jetsons*—a futuristic fantasy of machines folding laundry, cooking meals, and tidying up without complaint. In 2026, that future is no longer science fiction. It's arriving—slowly, expensively, and with a few important caveats.

The Rise of the Robotic Housemaid
A new generation of humanoid robots is being designed specifically for home use. These machines can fold clothes, organize rooms, fetch items, open doors, and even assist with basic daily routines. IX Technologies has introduced one of the most talked-about models, a humanoid robot called NEO, which is expected to begin entering homes in 2026.

These robots rely on AI vision, voice commands, and machine learning to understand tasks. Some are even designed to learn your habits over time—meaning your robot could eventually anticipate your needs, from morning coffee routines to nightly clean-ups.

However, today's reality is still a hybrid of human and machine. In many cases, robots are partially controlled or assisted by remote human operators for more complex tasks.

So... How Much Does One Cost?

The price of a robotic housemaid varies dramatically depending on its capabilities:

- Entry-level robots: Around \$5,000–\$10,000 for basic functionality
- Consumer humanoid robots (home-ready): Typically \$16,000–\$30,000
- Popular 2026 model (NEO): About \$20,000 upfront or \$499/month subscription
- Advanced or enterprise robots: Can reach \$100,000–\$300,000+



For most homeowners, the realistic entry point right now is around \$20K—roughly the price of a compact car.

But that's not the full story. Ownership costs can increase by 20–40% when you factor in maintenance, software updates, and support services.

What Can They Actually Do?

Today's robotic housemaids are impressive—but not perfect. Current capabilities include:

- Folding laundry (slowly but steadily)
- Cleaning and organizing surfaces
- Carrying

- items and assisting mobility
- Smart home integration (lights, doors, appliances)
- However, tasks are often slower than humans, and full autonomy is still in development. Some robots may even require limited camera access inside your home for

remote assistance, raising privacy considerations.

Are Boomers and Families Ready?

For older adults and busy households, the appeal is obvious. A robotic assistant could help with aging in place, reduce physical strain, and provide companionship. This is especially relevant in regions like the SFV and Ventura County, where wellness and independent living are top priorities.

But readiness isn't just about desire—it's about trust. Consumers must consider:

- Privacy:** Who can see what the robot sees?
- Reliability:** Can it truly replace human help?
- Value:** Is it worth the price today—or better to wait?

Robotic housemaids are here—but they are still in their early adopter phase. At around \$20,000, they're no longer out of reach, but they're not yet a plug-and-play replacement for human housekeeping.

The real question isn't just can you buy one?—it's are you ready to live with one? Because in the next few years, the idea of a robot quietly cleaning your home may shift from luxury curiosity to everyday reality.



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By Fred Merck

HEALTHY COCKTAILS

CLEAN SIPS WITHOUT THE GUILT

Cocktails have long been associated with indulgence, but a new wave of mixology is redefining the experience. Today's healthy cocktails focus on fresh ingredients, lower sugar content, and functional benefits—allowing you to enjoy a drink without completely derailing your wellness goals. Whether you're hosting at home or ordering out in Los Angeles' trend-forward bar scene, these lighter options are gaining serious traction. **What Makes a Cocktail "Healthy"?**

A healthy cocktail isn't necessarily alcohol-free—it's about balance and smarter choices. Traditional cocktails can be loaded with sugar, artificial syrups, and empty calories. Health-conscious versions swap these out for:

Fresh-squeezed juices instead of bottled mixers. Natural sweeteners like agave or honey (used sparingly). Herbs such as mint, basil, and rosemary for flavor without calories. Low-calorie spirits like vodka, tequila, or gin. Sparkling water in place of sugary sodas.



These swaps can dramatically reduce calorie counts while enhancing flavor and complexity.

Top Healthy Cocktail Options

The Skinny Margarita: A staple in Southern California, this version skips sugary triple sec and uses fresh lime juice, a splash of agave, and high-quality tequila. It's crisp, refreshing, and far lighter than the traditional recipe.

Vodka Soda with Citrus: Simple but effective, this classic is one of the lowest-calorie cocktails available. Add fresh lemon, lime, or even grapefruit slices for extra brightness without added sugar.

Cucumber Mint Cooler: This spa-inspired cocktail blends muddled cucumber,

Mocktails: The Ultimate Healthy Choice

For those skipping alcohol altogether, mocktails have evolved into sophisticated alternatives. Think fresh juices, herbal infusions, and sparkling bases that mimic the complexity of cocktails—without the alcohol or added sugars. Popular options include cucumber lime spritzers, ginger turmeric tonics, and watermelon basil coolers.

Tips for Smarter Drinking

Watch portion sizes – even healthy cocktails can add up

Stay hydrated – alternate with water

Choose quality over quantity – better ingredients mean better taste



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fresh mint, lime juice, and a light spirit like gin or vodka. It's hydrating, refreshing, and perfect for warm Valley evenings.

Kombucha Spritz: For a functional twist, mix kombucha with a splash of prosecco or vodka. Kombucha adds probiotics and a tangy flavor, making this a trendy wellness-forward option.

Berry Antioxidant Spritz: Fresh berries muddled with sparkling water and a touch of vodka or rosé create a drink rich in antioxidants and naturally sweet flavor.

Skip pre-made mixers – they're often packed with hidden sugars

Healthy cocktails prove you don't have to give up social sipping to stay on track. With fresh ingredients, mindful preparation, and a little creativity, you can enjoy drinks that feel indulgent while still aligning with a balanced lifestyle. In a place like Southern California—where wellness and lifestyle intersect—these smarter cocktails are quickly becoming the new standard.



The Ultimate Luxury Mother's Day Picnic

Where to Go and What to Bring

By Seth Jayes

Mother's Day deserves more than a casual outing—it calls for an elevated, thoughtfully curated experience. Enter the luxury picnic: a blend of fine dining, beautiful surroundings, and personalized details that transform a simple afternoon into a memorable celebration. Across the

Japanese—it creates a natural, romantic setting without needing much enhancement. For a more open-air but equally upscale feel, Conejo Creek North Park offers wide green spaces perfect for full-service picnic installations.

Ventura County brings coastal elegance. Ventura Harbor Village pairs ocean views with



wildflowers—placed in glass or ceramic vases. Add cloth napkins, gold-toned flatware, and elegant serving boards to complete the tablescape.

Shade elements like a small canopy or umbrella not only provide comfort but also add a resort-style aesthetic. Soft background music from a discreet speaker and a handwritten note or card for Mom create an intimate, thoughtful atmosphere.

Elevating the Moment

Consider turning the picnic into a full experience. Bring along a photographer for candid family shots, include a curated gift reveal, or pair the outing with a nearby activity such as a harbor stroll or garden walk.

Encourage a coordinated dress code—flowy dresses, linen sets, and sun hats—to match the upscale environment and enhance photos.

A Celebration Worthy of Mom

The ultimate luxury Mother's Day picnic is about creating a moment that feels both effortless and extraordinary. With the right location, elevated menu, and carefully chosen details, you can transform a simple outdoor gathering into a five-star experience—one she'll remember long after the last toast.

juices. Bring proper glassware or high-end reusable options to enhance the presentation.

Styling and Finishing Touches

The difference between a picnic and a luxury picnic lies in the details. Incorporate fresh floral arrangements—peonies, roses, or seasonal

walkable charm, while Channel Islands Harbor offers yacht-lined scenery that instantly elevates the mood. For a more exclusive beach feel, Mandalay Beach provides a quieter stretch of sand ideal for sunset celebrations.

What to Bring for a Luxury Experience

Luxury is all about detail. Start with a layered foundation: a high-quality woven blanket topped with plush cushions, linen runners, and a low-profile picnic table. Neutral tones with gold or pastel accents

create a polished, magazine-worthy look.

For dining, think beyond standard picnic fare. Curate a gourmet spread with artisanal cheeses, imported charcuterie, fresh berries, honeycomb, and warm baguettes. Add elevated dishes like smoked salmon, truffle pasta salad, or caprese skewers. For dessert, bring a boutique patisserie touch.

Beverages should match the moment. A chilled bottle of champagne or rosé is a must for a luxury Mother's Day toast (check park rules), paired with sparkling water or fresh-pressed



San Fernando Valley, Conejo Valley, and Ventura County, the perfect backdrop is never far away.

Where to Host a Luxury Picnic

For a refined Valley setting, Franklin Canyon Park offers serene lake views, quiet enclaves, and a tucked-away feel that lends itself to a private, upscale picnic. Nearby, Lake Balboa Park provides expansive lawns and blooming spring landscapes—ideal for a styled setup with room to spread out.

In the Conejo Valley, Gardens of the World delivers a truly luxurious ambiance. With its themed gardens—French, Italian,



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Water Intoxication

When Too Much Water Becomes Dangerous

By Sam Shafer

Water is essential for life, but surprisingly, it is possible to drink too much. Known medically as Hyponatremia, water intoxication occurs when excessive water intake dilutes the sodium levels in your bloodstream to dangerously low levels. While rare, this condition can become life-threatening if not recognized early.



What Happens in the Body?

Sodium is a critical electrolyte that helps regulate fluid balance in and around your cells. When you drink excessive amounts of water in a short period, your kidneys struggle to keep up. Normally, kidneys can excrete about 0.8 to 1.0 liters of water per hour, but beyond that, the body begins to retain excess fluid.

As sodium levels drop, water moves into cells, causing them to swell. This is particularly dangerous in the brain, where swelling can lead to increased pressure inside the skull. In severe cases, this can result in confusion, seizures, coma, or even death.

Who Is Most at Risk?

Although anyone can develop water intoxication, certain groups are more vulnerable:

Endurance athletes such as marathon runners who overhydrate during long events

Individuals participating in water-drinking contests
 People with certain medical conditions affecting kidney function
 Users of drugs like MDMA, which can alter thirst perception
 Military trainees or outdoor workers exposed to extreme heat
 Ironically, many cases occur in people who are trying to stay healthy by avoiding dehydration.

Warning Signs and Symptoms

Early symptoms of water intoxication can be subtle and are often mistaken for other conditions. These include:
 Headache
 Nausea and vomiting



Bloating
 Confusion or disorientation
 As the condition worsens, symptoms may escalate to:
 Muscle weakness or cramps
 Seizures
 Loss of consciousness
 Because these symptoms overlap with dehydration or heat exhaustion, proper diagnosis is critical.

How Much Water Is Too Much?

There's no universal number that applies to everyone, but a general guideline is to avoid drinking more than 1 liter per hour over several consecutive hours. Hydration needs vary depending on body size, activity level, and climate.

A helpful rule of thumb: drink when you're thirsty, and monitor the color of your urine. Pale

yellow typically indicates proper hydration, while completely clear urine may suggest overhydration.

Prevention and Smart Hydration

The key to avoiding water intoxication is balance. Here are some practical tips:

Listen to your body rather than forcing fluids

Incorporate electrolytes during prolonged exercise

Avoid "chugging" large amounts of water quickly

Be cautious during endurance events—follow hydration plans tailored to your activity

Sports drinks or electrolyte supplements can help maintain sodium balance during extended physical exertion.

While dehydration is a more common concern, overhydration should not be ignored. Water intoxication is a reminder that even essential things can become harmful in excess. By staying mindful of your intake and understanding your body's needs, you can maintain safe and effective hydration habits.

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Southern Gothic Magic in Sherman Oaks

A Deep Dive into The Baptist Witches of Shelbyville

By Luke Jeffe

The secret-laden summer air of a small town in Tennessee has settled over the Whitefire Theatre in Sherman Oaks. The Baptist Witches of Shelbyville, written by Julie Shavers, is a world premiere Southern Gothic comedy, and it is emerging as a poetic powerhouse production that is bringing together on stage the formidable

blue holiday hamburger buns, pitchers of rosé certainly keep the sisters spirits high and their vocal harmonies stunningly sweet.

Gummer, known for her precision and emotional depth on stages like the Roundabout and Classic Stage Company, portrays Lucinda as the anchor in a sea of eccentricity. Her return serves as the catalyst for the

“These characters are women of deep grace and strength, having inherited spiritual wisdom,” observes O’Brien who has directed several of the playwright’s earlier works. “The flip side is their inherited trauma. This play wrestles with the debate between spiritual bypass and taking action, examining the traumas a woman’s heart can sustain, and in this story a Matriarchy that five generations of women under one roof, who can turn suffering into healing.”

While the title might suggest supernatural hocus-pocus, the “witchcraft” in The Baptist Witches of Shelbyville is more about the intuitive, often misunderstood strength of women navigating a patriarchal world. It fits into the rich tradition of Southern drama like Steel Magnolias or

Crimes of the Heart, but it leans lighter into the “dark” side of satire.

By addressing dementia, infidelity, and the specific brand of madness that only kin can induce, the play offers a cathartic experience. It is a reminder that while you can’t choose your family, you can—with enough rosé and honesty—eventually find a way to heal with them.

Playwright Julie Shavers brings a distinguished background to this world premiere. A Tennessee Williams Scholar who has studied under legends like Paula Vogel and Naomi Iizuka, Shavers is no stranger to the intersection of dark comedy and tragic poetry. Her previous work, including the acclaimed Mary Go Nowhere, suggests a writer who is equally at home with theatrical invention and the gritty, uncomfortable truths of human relationships.

The Baptist Witches of Shelbyville runs at 8pm on April 17, 18, 25; May 1 at the Whitefire Theatre, 13500 Ventura Blvd. Sherman Oaks, Ca 91423. Tickets are \$40. Reservations: <https://whitefire.stage-ey.net/projects/13984?tab=tickets>



talents of award-winning actresses Mamie Gummer and Gigi Bermingham.

Directed by Daniel O’Brien, the play offers a sharply rendered look at a matriarchy spanning five generations, all tucked under one roof for a 4th of July family “come-apart” that might get as volatile as the fireworks lighting up the Tennessee sky.

The play centers on the Moon family, specifically the return of the eldest daughter, Lucinda Moon (Mamie Gummer). She has spent years attempting to outrun the confines of Shelbyville by moving to Los Angeles, yet the gravitational pull of family—draws her back into a landscape filled with the women who shaped her - and the memories she can’t shake. But, those

exposure of long-buried secrets, proving that in Shelbyville, the past is never truly buried; it’s just waiting for the right humidity level to resurface.

Standing at the center of the family storm is Mama Moon, played with a mix of fierce grace and “potentially homicidal” intensity by the Los Angeles Drama Critics Circle award recipient Gigi Bermingham, as she shoots rats in the wee hours of the night.

Bermingham’s performance is a masterclass in the “Southern Belle” archetype -won’t be pushed to the breaking point—a woman who serves as the gatekeeper of both inherited spiritual wisdom and inherited pain.

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By June Garson

The Most Exquisite Health Retreats

From Southern California Sanctuaries to Global Icons

In today's high-performance, always-on world, wellness retreats have evolved into immersive luxury experiences designed to restore the body, sharpen the mind, and elevate the spirit. From hidden gems in the San Fernando Valley (SFV), Conejo Valley, and Ventura County to world-renowned sanctuaries across Europe and Asia, these destinations redefine what it means to truly reset.

Local Luxury: SFV, Conejo Valley & Ventura County

Southern California is one of the most dynamic

wellness regions in the world, blending natural beauty with cutting-edge health philosophies.

Tucked into the Santa Monica Mountains, The Ashram offers one of the most transformative experiences available. Established in 1974, this retreat focuses on disciplined fitness, mindful eating, and mental clarity through structured week-long programs. Guests leave feeling physically lighter and mentally sharper after immersive hikes, yoga, and plant-based cuisine.



In nearby Westlake Village, Spa Relais at Westlake Village Inn delivers a more indulgent European-style escape. Surrounded by rolling hills, this boutique spa emphasizes relaxation, offering massages, facials, and tranquil environments inspired by the French philosophy of "joie de vivre."

Ventura County elevates wellness even further with the iconic Ojai Valley Inn and its famed Spa Ojai. Known for its serene "pink moment" sunsets and expansive spa village, this destination combines luxury amenities with spiritual healing practices like guided meditation and nature walks, making it a favorite among celebrities and wellness seekers alike.

For a more spiritual retreat, Meher Mount Sanctuary offers panoramic mountain views and a deeply introspective environment. This 172-acre sanctuary is dedicated to meditation, reflection, and universal spirituality, attracting visitors seeking peace over luxury.

California's Elite Wellness Escapes

Beyond the immediate region, California hosts some of the most celebrated wellness

retreats in the world. Cal-a-Vie Health Spa stands out as a globally recognized destination, frequently ranked among the top spas worldwide. Guests experience curated programs including fitness classes, nutrition workshops, spa treatments, and personalized wellness plans—all set within a French-inspired countryside estate.

Another standout is The Ranch Malibu, which has earned accolades as California's top wellness retreat. Its intense, results-driven programs—featuring daily hikes, clean eating, and digital

detox—attract high-profile clientele seeking serious transformation.

The World's Most Iconic Retreats

Globally, wellness retreats have become synonymous with ultra-luxury and cutting-edge health science. Switzerland's Chenot Palace Weggis is renowned for blending Eastern and Western medicine into detox programs that attract elite travelers. Meanwhile, Lanserhof offers medical-grade wellness rooted in naturopathy, focusing on gut health and longevity.

In warmer climates, retreats like SHA Wellness Clinic combine macrobiotic nutrition with modern diagnostics, while Italy's Palazzo Fiuggi pairs healing mineral waters with Michelin-level cuisine.

For those craving a tropical escape, destinations such as Milaidhoo Maldives and cliffside retreats in Crete or Montenegro offer breathtaking surroundings alongside holistic therapies, from Ayurveda to energy healing.

The New Definition of Wellness

Today's most exquisite retreats are no longer just about spa treatments—they are about transformation. Whether it's a structured fitness reset in Malibu, a spiritual awakening in Ojai, or a medically guided detox in Switzerland, these experiences are designed to create lasting change.

From the rolling hills of the Conejo Valley to the alpine peaks of Europe, wellness has become a global language of luxury. And for those ready to invest in themselves, these retreats offer something priceless: the chance to reset, recharge, and return to life better than ever.

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CELEB FITNESS TRAINERS

By William Serento

The world of celebrity fitness has evolved into a powerful industry where trainers are just as famous as the stars they sculpt. From Hollywood A-listers to global athletes, these elite fitness gurus are shaping bodies, setting trends, and building empires that extend far beyond the gym.

sense approach to strength and conditioning. He has trained elite athletes and celebrities including members of the Kardashian family. His philosophy blends functional training with intensity, focusing on results-driven workouts that build strength,



Here's a look at some of the top celebrity fitness trainers dominating the scene right now.

Tracy Anderson: The Sculpting Queen of Hollywood

Known for her transformative, dance-inspired workouts, Tracy Anderson has built a loyal following that includes Gwyneth Paltrow and Jennifer Lopez. Her method focuses on high-rep, low-weight movements designed to lengthen and tone muscles rather than bulk them up. With sleek studios and a robust streaming platform, Anderson has turned her brand into a luxury fitness lifestyle.

Gunnar Peterson: Strength Training Powerhouse

A staple in Beverly Hills fitness circles, Gunnar Peterson is known for his no-non-

endurance, and lean muscle.

Joe Wicks: The Global Fitness Influencer

Hailing from the UK, Joe Wicks—also known as “The Body

Coach”—became a global sensation through social media and YouTube. His high-energy HIIT workouts and accessible meal plans made fitness approachable for millions. During global lockdowns, his daily workouts became a household staple, cementing his role as one of the most influential trainers worldwide.

Kayla Itsines: The Bikini Body Pioneer

Australian trainer Kayla Itsines revolutionized fitness for women with her Bikini Body Guides (BBG). Her app, Sweat, has millions of users and offers structured programs focused on short, effective workouts. Itsines empha-

sizes empowerment, consistency, and community, helping women worldwide achieve sustainable results.

Jillian Michaels: The No-Excuses Coach

A household name thanks to *The Biggest Loser*, Jillian Michaels is known for her tough-love coaching style. Her programs combine strength, cardio, and nutrition for full-body transformation. Michaels has authored bestselling books and launched multiple fitness apps, continuing to influence both beginners and seasoned fitness enthusiasts.

Don Saladino: Hollywood's Superhero Maker

If a Hollywood actor needs to look like a superhero, Don Saladino is often the man behind the transformation. He has trained stars like Ryan Reynolds and Hugh Jackman. His approach focuses on functional strength, mobility, and aesthetics, helping clients achieve camera-ready physiques without sacrificing long-term health.

Celebrity fitness gurus are more than trainers—they're brands, influencers, and innovators. Whether it's Tracy Anderson's sculpting method, Gunnar Peterson's strength-focused routines, or Joe Wicks' digital fitness empire, each brings a unique



philosophy to the table. What they all share is the ability to make fitness aspirational, accessible, and constantly evolving.

For readers looking to elevate their own routines, these trainers offer inspiration—and proof that with the right guidance, transformation is always within reach.

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By Kate Deed

AX CHOPPING WORKOUTS HIT HARD

ACROSS THE SFV, CONEJO VALLEY & VENTURA COUNTY FITNESS SCENE

In the ever-evolving world of Southern California fitness, a gritty, high-impact trend is carving out serious attention—ax chopping workouts. From the parks of the San Fernando Valley (SFV) to the open-air training grounds of the Conejo Valley and the coastal communities of Ventura County, this primal, strength-driven workout is quickly becoming a go-to for those craving intensity, variety, and real results.

Unlike traditional gym routines, ax chopping workouts are rooted in functional movement. The act of swinging an ax—typically into a tire or reinforced training surface—engages multiple muscle groups at once. Shoulders, arms, core, back, and legs all work together in a powerful, coordinated motion, delivering a full-body workout that builds explosive strength, endurance, and athletic performance.



A Perfect Fit for the Local Lifestyle

In neighborhoods like Woodland Hills, Calabasas, and West Hills, outdoor fitness culture thrives year-round, making ax-style workouts a natural fit. Functional training

gyms and boot camps are increasingly incorporating “lumberjack-style” movements using sledgehammers, weighted tools, and tire slams—offering a safe but equally intense alternative to traditional ax use.

SFV Hotspots to Try

San Fernando Fitness: A strong community-driven gym focused on functional training, group workouts, and strength-building programs ideal for ax-style movements.

Phone: (747) 271-5459

Website: www.sanfernando.fitness

The Workout Revolution:

Known for high-intensity strength training, this studio emphasizes controlled power and muscle fatigue—perfect for building the explosive strength used in ax workouts.

Phone: (626) 600-6348

Website: www.theworkoutrevolution.com

Lori Michiel Fitness: A private training studio offering customized strength and functional fitness programs, often incorporating creative, real-world movement training.

Phone: (818) 620-1442

Website: www.lorimichiefitness.com

Conejo Valley & Ventura County Training Scene

While dedicated ax gyms are still emerging, the Conejo Valley

and Ventura County are ideal environments for outdoor and hybrid fitness programs that incorporate similar movements.

Sparta Academy: Specializes in functional training programs designed to mimic real-life movements, improving strength, balance, and coordination—key elements of ax chopping workouts.

Phone: (424) 832-7404

Website: www.spartacademy-la.com

Additionally, many trainers in Thousand Oaks, Agoura Hills, Ventura, and Oxnard run mobile boot camps in parks and beaches, bringing equipment like tires, sleds, and weighted tools for dynamic outdoor sessions.

What to Expect from a Session

A typical ax chopping workout is structured and intense:

Dynamic Warm-Up: Mobility drills and light cardio

Skill Training: Learning proper swing mechanics

Power Intervals: Ax or sledgehammer strikes combined with squats and burpees

Core Conditioning: Rotational strength exercises

Recovery: Stretching for shoulders, hips, and back

The rotational force required in each swing makes this workout especially effective for core strength and athletic performance.

Why It’s Trending Now

The appeal is both physical and emotional. These workouts offer a raw, stress-relieving outlet—something many Angelenos are craving. Add in the visual appeal for social media and the shift toward outdoor fitness, and it’s easy to see why this trend is exploding across the region.

Getting Started Safely

For beginners, proper technique is critical. Start with supervised sessions at one of the gyms listed above or join a local outdoor boot camp. Many programs begin with sledgehammers or weighted tools before progressing to full ax-style movements.

For those ready to break away from repetitive gym routines, ax chopping workouts offer a bold, powerful, and uniquely Southern California fitness experience—one swing at a time.

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SWIMMING TIPS FOR YOUR DOG

Where to Go in the SFV, Conejo Valley and Ventura

By Maria Wylde

For dogs, swimming can be a terrific warm-weather activity, but it should never start with the assumption that every pup is a natural. Some dogs love the water instantly, while others need a slower, confidence-building introduction. Start in shallow water, let your dog enter at their own pace, and use praise or a favorite floating toy instead of forcing the issue. A properly fitted canine life vest is a smart extra layer of safety, especially for puppies, seniors, short-legged breeds, and dogs that tire easily. Hydrotherapy specialists also note that water work can support strength, conditioning, weight control, and recovery when handled correctly.

One of the most important lessons is teaching your dog how to get out of the water. Dogs often know how to paddle but may panic if they cannot find steps or a ramp. Practice the exit route several times before a longer swim. Keep early sessions short and watch closely for fatigue, frantic paddling, or signs of stress. Afterward, rinse your dog well and dry the ears thoroughly, since lingering moisture can contribute to irritation or ear issues.

San Fernando Valley Picks

Buddy, Studio City is one of the Valley's most polished options for canine swimming and wellness. The facility offers recreational water exercise and hydrotherapy services in Studio City, making it a strong fit for dogs that need guided, structured sessions rather than chaotic splash play.

Phone: (323) 891-4880

Address: 11853 Ventura Blvd., Studio City

Website: www.buddyk9.com

Paradise Ranch Pet Resort, Sun Valley is more of a fun-forward destination. Its supervised dog water park is built into a cage-free pet resort setting, so it is best for social dogs that already enjoy water and activity.

Phone: (818) 394-9557

Address: 10268 La Tuna Canyon Rd., Sun Valley

Website: www.paradiseranch.net



PAW Rehabilitation Center, Sherman Oaks is a good Valley choice for dogs that need therapeutic hydrotherapy rather than simple recreation. The center specifically offers hydrotherapy

and underwater treadmill-based rehab.

Phone: (818) 847-7299

Address: 14942 Ventura Blvd., Sherman Oaks

Website: www.pawrehab.com



It is especially appealing for pets managing arthritis, post-surgical recovery, or mobility issues.

Phone: (805) 410-4086

Address: 505 Thousand Oaks Blvd., Thousand Oaks

Website: www.oasisanimalwellness.com

For more casual recreation, private dog-friendly pool rentals are also available across Thousand Oaks, Camarillo, Oxnard, San Buenaventura, and Ventura through platforms including

Swimply (www.swimply.com) and Sniffspot (www.sniffspot.com). These can be ideal for shy dogs, reactive dogs, or first-timers that do better without crowds.

The best rule of all is to match the setting to your dog's personality. Nervous beginners usually do best in rehab-style or one-on-one environments, while confident water lovers may thrive in splash parks and private pool rentals. With a little patience and the right local spot, swimming can become one of your dog's healthiest and happiest routines.

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Posh BBQ Setups

By Carrie Bradley

When it comes to building a luxury backyard BBQ setup in Los Angeles, serious grill enthusiasts are investing in high-end smokers that combine craftsmanship, precision temperature control, and statement-making design. The best expensive smokers aren't just cooking tools—they're centerpiece appliances for outdoor kitchens, capable of producing restaurant-quality brisket, ribs, and smoked seafood year-round.

The key buying criteria at the luxury level are build quality (steel or ceramic), temperature precision, cooking capacity, and fuel type (pellet, charcoal, or hybrid). Here are some of the most elite smokers available today.

Best Overall: Premium Smart Pellet Power

Traeger Timberline XL Pellet Grill
\$3,999

The Traeger Timberline XL represents the evolution of modern smoking. With WiFi connectivity, app-based controls, and



consistent heat regulation, it's ideal for homeowners who want set-it-and-forget-it convenience with luxury performance. Dual-wall insulation and advanced airflow

systems ensure even cooking, making it a favorite for upscale outdoor kitchens.

Best Luxury Statement Piece

Memphis Elite Freestanding Pellet Grill ITC3
\$4,999



FINER THINGS

Known for durability and precision, Lone Star Grillz units are often custom-built and highly sought after. Expect exceptional heat retention and long-term reliability, making it a serious investment piece.

Best Kamado-Style Luxury Smoker

Kamado Joe Big Joe III Charcoal Grill
\$2,999

A premium ceramic smoker that excels in heat retention, versatility, and flavor control.

Ceramic kamado smokers are prized for their ability to hold heat and moisture. The



A stainless steel, ultra-premium smoker designed for high-end outdoor kitchens.

For those designing a true showpiece backyard, the Memphis Elite is in a different league. Built with commercial-grade stainless steel and advanced combustion technology, it offers exceptional efficiency, ultra-clean burning, and precision cooking up to high temperatures. It's a favorite in luxury homes across Southern California where aesthetics matter as much as performance.

Best for Traditional Pitmaster Experience

Yoder Wichita Loaded Offset Smoker
\$2,799

A heavy-duty offset smoker built for authentic wood-fired flavor and serious BBQ enthusiasts.

If you want that authentic Texas-style smoke flavor, offset smokers like the Yoder Wichita deliver unmatched results. Built from thick steel with professional-grade airflow control, this smoker is designed for hands-on cooking and deep, complex smoke profiles. It's a favorite among competition-level pitmasters.

Best High-End Pellet Craftsmanship

Lone Star Grillz Pellet Smoker 20x42
\$2,995

A handcrafted, heavy-duty pellet smoker with premium materials and competition-grade performance.

This smoker blends modern pellet convenience with artisan-level construction.



Big Joe III offers incredible versatility—smoke, grill, bake, or sear—all in one unit. Its thick ceramic shell creates a unique cooking environment that produces juicy meats with deep flavor.

In Los Angeles, where outdoor living is part of the lifestyle, investing in a high-end smoker transforms your backyard into a culinary destination. If you want cutting-edge convenience, go with Traeger or Memphis. If you crave authenticity, Yoder delivers old-school mastery. And for versatility, Kamado Joe remains a standout.

Ultimately, the best smoker comes down to how you want to cook—hands-on fire control or precision automation—but at this level, every option delivers unforgettable flavor and serious backyard prestige.

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Elegant Home Spas & Gyms

Redefining Luxury Living at Home

By Owen Beeroo

In today's luxury lifestyle landscape, the concept of wellness has moved far beyond the occasional spa day or gym membership. Homeowners—especially in upscale areas like Hidden Hills, Calabasas, and the Conejo Valley—are investing in elegant home spas and gyms that rival five-star resorts. These spaces are no longer just functional; they are thoughtfully designed sanctuaries that blend aesthetics, technology, and personal well-being.

The Rise of the At-Home Wellness Sanctuary

The shift toward in-home wellness accelerated in recent years, as people began prioritizing convenience, privacy, and consistency in

Aromatherapy and chromotherapy lighting to enhance mood and relaxation

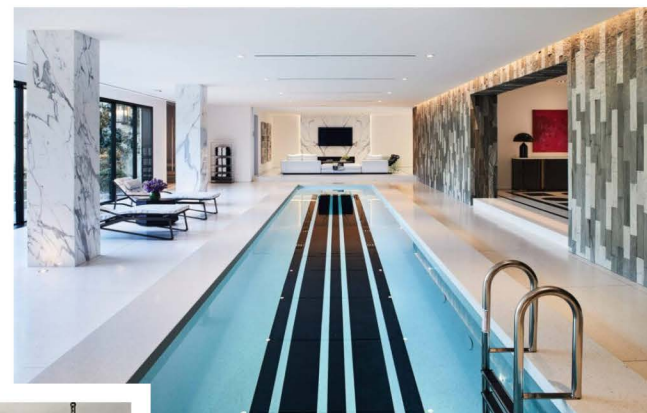
Soft lighting, greenery, and minimalist décor complete the look, transforming the space into a true retreat. Many homeowners also incorporate sound systems for meditation or ambient music, elevating the spa experience even further.

The Modern Luxury Home Gym

Today's home gyms are a far cry from a treadmill in the garage. High-end setups are designed with both performance and style in mind.

increasingly designing indoor-outdoor wellness spaces that integrate seamlessly with their surroundings. Think open-air yoga decks, outdoor saunas, and backyard plunge pools framed by lush landscaping.

This connection to nature enhances both physical and mental well-being, creating a resort-like atmosphere right at home.



A Lifestyle Investment

While elegant home spas and gyms require a significant investment, they offer long-term value. Beyond convenience, they promote consistent health habits, reduce stress, and increase property appeal. For many, they represent a shift toward a more intentional, wellness-focused lifestyle.

Elegant home spas and gyms are no longer reserved for elite resorts—they are becoming a feature of modern living. By combining design, technology, and personal wellness, these spaces allow homeowners to recharge, rejuvenate, and perform at their best—all without stepping outside their front door.



their routines. A well-designed home spa or gym eliminates travel time and offers a personalized experience tailored to individual needs. From daily workouts to evening wind-down rituals, these spaces are becoming essential rather than optional.

Designing the Ultimate Home Spa

A luxury home spa focuses on calm, sensory experience, and restoration. High-end materials such as marble, natural stone, and warm wood tones create a serene atmosphere. Popular features include:

Steam rooms and saunas, particularly infrared saunas known for detox and relaxation
Soaking tubs and hydrotherapy baths for muscle recovery

Cold plunge pools, a growing trend for boosting circulation and reducing inflammation

Floor-to-ceiling mirrors, glass walls, and custom flooring create a sleek, motivating environment.

State-of-the-art equipment is a must, including smart treadmills, resistance systems, and connected fitness platforms like Peloton and Tonal. These systems offer live and on-demand classes, giving users access to world-class training without leaving home.

Many luxury gyms also include dedicated zones for yoga, Pilates, and recovery, ensuring a balanced fitness approach. Recovery tools such as massage chairs, percussion devices, and stretching stations are becoming just as important as the workout equipment itself.

Blending Indoor and Outdoor Living

In Southern California, one of the biggest advantages is the climate. Homeowners are

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By Andrews McMeel Syndication

Anthony Buhl, 56, and March Chadwick, 57, are awaiting arraignment after being charged in Florida for driving with a dead alligator on the roof of their car, The Smoking Gun reported. On April 4, witnesses and license plate readers tracked Buhl and Chadwick as they drove from central Florida to the Atlantic coast with the carcass in plain view. After learning that possession of an alligator is illegal in Florida, the two tourists came up with a solution: They covered the deceased with a white sheet. A Fish and Wildlife Conservation (FWC) commissioner finally caught up to them and pulled them over, but it's unclear whether the pair still had the alligator at that point. The arrest report indicated that they had earlier called the FWC dispatch to inform them they had disposed of the alligator. The report also offered an explanation: Evidently, the duo "admitted taking the roadkill alligator and wanting to take it to a taxidermy office to have it stuffed." They were booked into the Brevard County jail and released after paying a \$5,000 bond. They are scheduled to appear in court on April 28.

WKRP is finally coming home to Cincinnati. D.P. McIntire of Raleigh, North Carolina, runs a media nonprofit that has been the proud owner of the call sign WKRP since 2014. McIntire, 56, recalled watching the first episode of the 1978 CBS sitcom "WKRP in Cincinnati": "I got up and I proclaimed, 'I'm going to be in radio. And if I ever have the opportunity, I'm going to run a station called WKRP.'" According to The Associated Press, McIntire's local broadcast WKRP-LP -- 101.9 FM -- went live on Nov. 30, 2015, and boasted "irreverent" offerings such as a show called "Weird AI and Friends," and even an annual Thanksgiving turkey giveaway, where McIntire's team gives out gift certificates to a local grocery store -- a nod to the sitcom's famous Turkey Day episode. When McIntire sought bids on the call letters, Cincinnati answered. "I cannot, by contract, tell you when. I cannot tell you who. But I can tell you, direct to the camera, WKRP, after 48 years, is coming to

Cincinnati," McIntire said. "It has a special place in the hearts of an awful lot of people, and we have been very, very, very proud to have been a steward of that legacy."

In London, younger millennials and older Gen Zers are ditching the dating apps for slide decks. At "Date My Mate," a live dating event hosted by a north London pub, participants create and present PowerPoint slides to pitch their close friends as potential dates for those looking for love, Reuters reported on March 27. Attendees adorn "Date" or "Mate" stickers, and friends boast about their pals. "A bit more about Lauren. She's 30. She's a structural engineer, so even though she will stop walls from falling down, she'll always be there to support you," said one friend. All 150 tickets sold out within minutes, and organizers are already planning additional events. "Date My Mate" comes as satisfaction with dating apps has dropped across the U.K. in recent years. The wine company Nice helped organize the event and hopes to plan as many as one per week across the country.

KFC isn't just about chicken anymore. The fast-food chain is partnering with BYD, China's electric vehicle company, to place car chargers at its locations across the country, CNBC reported on April 9. The ultra-fast (9-minute) chargers will provide just enough time for drivers to fill up on finger-lickin' chicken and all the fixins. BYD will facilitate the visits with onboard ordering and location displays. KFC is, according to an industry report, China's leading fast-food chain, with 13,000 outlets in 2,500 cities. [

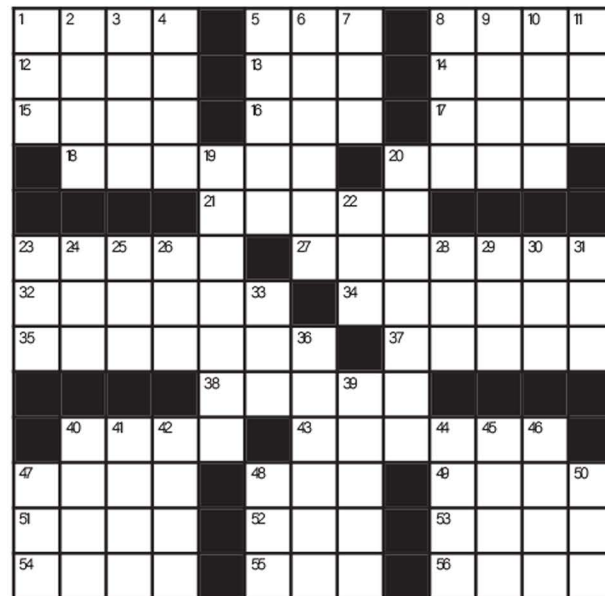
KABC-TV reported on April 6 that a man at an Orange County, California, gas station sat in his car and refused to leave until he was given \$55 in gas. When Irvine Police Department officers arrived, he told them, "I sincerely believe that money as a unit of payment is not real." Police tried to reason with him, but eventually he was placed in handcuffs and taken away. [

Crossword by Myles Mellor

Print this Page! Ctrl + P

Across

- 1 Birthstone after sapphire
- 5 Mil. rank
- 8 Killer whale
- 12 Sandwich shop
- 13 Imitate
- 14 Cancel
- 15 To have a opinion
- 16 Part of RPM
- 17 Consumes
- 18 Top QB, Manning
- 20 Military corps
- 21 Edit
- 23 Primp
- 27 Send out again
- 32 Except
- 34 Sleep inducer
- 35 Three -masted sailing ship
- 37 Court call
- 38 Military groups
- 40 Field ____
- 43 Razz
- 47 Hopper
- 48 Pronoun
- 49 Republic of China coin
- 51 Seed cover
- 52 And all that jazz
- 53 Taj Mahal site
- 54 Nothing but
- 55 Golf course builder Pete ____
- 56 Say no to



- 19 Get nervous
- 20 Relating to fat
- 22 Opposite of paleo -
- 23 Dog
- 24 Cell constituent
- 25 Home extension
- 26 Wiggler
- 28 "To ___ with Love" LuLu song
- 29 Dispirited
- 30 Service vehicle, for short
- 31 Always poetic
- 33 Royal wish
- 36 One before ten, times ten
- 39 9:00 am prayer time
- 40 Severed
- 41 Track
- 42 Futilely
- 44 Group of two
- 45 Olympic sport
- 46 Bring in
- 47 Philosophy of human conduct
- 48 Contraction
- 50 Roll - call call

Down

- 1 Bizarre
- 2 Slight sound
- 3 Away from wind
- 4 Type of soil
- 5 Ricochet
- 6 First act
- 7 Bulgarian coin
- 8 Done with
- 9 Gallivant around
- 10 Metropolis
- 11 Infomercials for example

Bad Dad Jokes

Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera



Previous Puzzle





After School & Summer Camps - Enroll Early!



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www.coderevkids.com

Join Discovery Cube Los Angeles for Camp Discovery as you travel beyond the classroom to explore and engage in fun, hands-on science. Campers will take a walk on the wild side during Curious about Creatures, which features animals from prehistoric past to present. Kids will go out of this world during our Space camp, as they explore "strange new worlds"

through space crafts, engineering and experiments. In World of Motion, campers will explore the exciting principles of physics and motion as they experiment with racecars & build flying machines. In California STEAMin' campers will engineer their own solutions to real-world problems. t: (714) 263-3837 www.discoverycube.org

SVCAC's Young Artists Playground (YAP) Youth Arts Education Program The Young Artists Playground (YAP) Summer Theater Camp invites children to dive into a world of imagination, creativity, and collaboration. Over the course of our dynamic 7-week program, young performers will build confidence, develop artistic skills, set meaningful goals, and experience the joy of bringing a story to life together. Simi Valley Arts Center
805 583 7905

Summer Art Academy - Agoura Explore our many unique summer programs designed to open minds and change lives including Art Camp, Art Camp 101, Teen Camp, Winter Camp, Mini Camp, and Spring Break Camp Your kids will enjoy painting, cooking, working with clay, musical theatre, cartooning, magic, sewing, yoga and most importantly having fun!
www.summerartacademy.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: destinationscience.org 888-909-2822 Enrollment special until March 1, call today!

Mind Crafters - West Hills

The future for our children is now, and there's no time to waste. Mind Crafters Mission is to bring STEM knowledge to kids, as early as possible. Grasping these concepts at an early age guarantee "OWNING THE FUTURE". Programs combine expert instruction, hands-on learning, and real world tools. As a result, they're interactive, engaging, and effective. And most important, kids genuinely enjoy them. Call Today (747) 263 0821

Kol Tikvah Youth Groups

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

After School Conservatory is a music based program located on Ventura Blvd. near the border of Woodland Hills and Calabasas. We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy, El Camino high school and many more. After School Conservatory has a spacious facility (over 3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital

pianos for a group piano teaching environment. (818) 436-2675

LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

The Leonis Adobe Museum is

hosting its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum
23537 Calabasas Road
Calabasas, California 91302
Phone: (818) 222-6511
Members are free or \$8 for non-members.

Camp Woodland Hills

2023 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground pools and swimming as well. For more information or to register call (818) 348-6563

Golden Performing Arts Center After School Programs

- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and

presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, Golden PAC has offered Musical Theater workshops for children and teens for over 35 years. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. All enrollees are guaranteed a part regardless of prior training or experience. Workshops are presented in the spring, summer, and fall. Each workshop culminates with a professional-quality production of a licensed Broadway musical in which young people play all the roles. <https://www.goldenpac.org/> Now in a brand new location!

Monarchs Classic Summer Camps

offering a perfect balance of creativity, sports, and adventure—along with plenty of swimming fun! Campers dive into the day with a variety of activities, including theatre games, arts & crafts, and exciting sports like basketball, tennis, soccer, and more. Whether it's perfecting their serve or scoring the game-winning goal, kids get to explore a range of sports while developing teamwork, coordination, and sportsmanship. Located in Valley Glen
Registration: (818) 304-3016 ext.4

Cali Campa

Offering activities like pool, arts and crafts, ropes course, horse back riding, go-karts, zip lines, aerial arts, and much, much more. 2026 Camp Dates: June 15 - August 14 Ages: 4 - 15
Cali Camp.com

To Advertise your Camp Program or for a listing, contact 818-888-7141



By Kathryn Andrew

The Top 10 Best Summer Camps for Your Kids

Science, Sports, Outdoor Adventures, Cooking and Indoor Rock Climbing

Summer camp is no longer a one-size-fits-all proposition. For today's families, the best camp is the one that matches a child's personality, energy level, and curiosity. Some kids want robots, inventions, and hands-on experiments. Others want surfboards, team sports, cooking projects, or the thrill of scaling an indoor wall. Across the San Fernando Valley, Conejo Valley, and Ventura area, the 2026 summer camp season offers a rich mix of choices for every type of young adventurer. Here are ten of the strongest options for families looking to build a summer that feels exciting, enriching, and memorable.



Oaks and the broader Conejo Valley. The camp programs are designed for ages 4 to 13 and typically run weekdays from 9 a.m. to 3 p.m., with optional extended care. This is a strong choice for children who love movement, games, athletic drills, and the social side of team-based activities. The company has served the Conejo Valley since 2008 and has built a loyal local following. Website: kidsinmotionllc.com. Phone: (805) 338-0231. **Aloha Beach Camp, Malibu with SFV and Conejo transportation**

For outdoor-loving kids who dream of a true California summer, Aloha Beach Camp is one of the most exciting choices on the list. The camp offers surfing, boogie boarding, ocean swimming, beach ecology, and a huge range of aquatic activities.



Camp Invention, Moorpark-area option

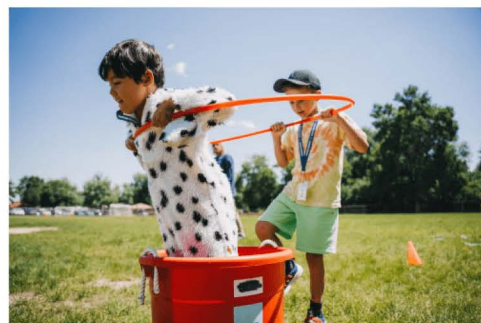
Camp Invention is another standout for science-loving kids, especially those who enjoy imagination, problem-solving, and hands-on discovery. The National Inventors Hall of Fame program's all-new 2026 curriculum emphasizes creativity, real-world challenges, and open-ended STEM exploration. That makes it a smart choice for young innovators who like taking things apart, making things, and thinking beyond the obvious. Camp Invention runs through local educator-led sites, making it a strong supplement to more traditional summer programming. Website: invent.org/programs/camp-invention.

Conejo Valley YMCA Summer Camp, Thousand Oaks

For a dependable, activity-filled, all-around summer day camp in the Conejo area, the Conejo Valley YMCA remains a favorite. The Y's summer camp model focuses on supervised activities, skill-building, relationships, and healthy movement, with a wide range of options that can include games, sports, crafts, and leadership-building experiences. It is an especially strong fit for energetic kids who like structure but do not want every day to look the same. Website: sevyymca.org. Phone: (805) 523-7613.

Kids In Motion, Conejo Valley

Kids In Motion is one of the most appealing sports-driven options for families in Thousand



Monarch Camps, Valley Glen

If you want one camp that covers almost everything, Monarch Camps remains one of the best overall picks in the San Fernando Valley. The program has been serving local families since 1971 and is set on a large campus with an Olympic-sized aquatics complex, gymnasiums, a gymnastics center, a football stadium, courts, and more. That broad setup makes it ideal for kids who want variety rather than one narrow specialty. Summer 2026 runs from June 8 through August 14, and the camp's long-running reputation gives it an edge for families who want a classic, polished, all-in-one experience. Website: monarchcamps.com. Phone: (818) 304-3016.

Camp Galileo, Encino/Sherman Oaks

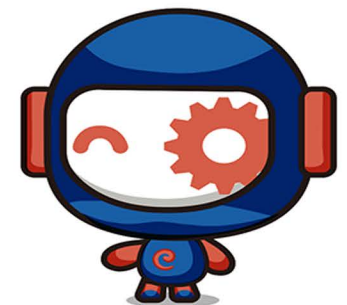
For children who love science, engineering, building, and asking how everything works, Camp Galileo is one of the strongest STEM-centered choices in the region. Its Encino/Sherman Oaks camp combines hands-on STEAM projects, collaborative design challenges, and outdoor play, which helps it feel like real camp rather than classroom extension. Galileo's Southern California camps serve kids entering kindergarten through 10th grade, making it a great pick for families wanting something educational without losing the fun factor. Website: galileo-camps.com. Phone: (800) 854-3684.

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29039 Thousand Oaks Blvd, CA 91301



Join us for our week long camps while we design, build, code and test the robots we build in class. Each session will be a new project or new objective!

What makes it especially attractive for this guide is that the camp offers free transportation from Los Angeles, the San Fernando Valley, and the Conejo Valley, including 2026 pickup routes. That convenience makes it much more realistic for

campers on this list that blends broad summer fun with specialty appeal, making it a strong middle-ground choice for families with kids who want a little of everything. Website: valleytrails.com/tarzana. Phone: (818) 345-3002.



Boulderdash Climbing, Chatsworth, Thousand Oaks and Ventura

For indoor rock climbing, Boulderdash absolutely deserves a spot in the conversation. It gives kids a different kind of physical challenge than standard sports, combining strength, balance, problem-solving, and confidence-building. That mix is especially valuable for kids who want an active camp but are not necessarily drawn to team competition. Boulderdash has locations highly relevant to this guide: Chatsworth for SFV families, Thousand Oaks/Westlake for Conejo families, and Ventura for Ventura County climbers. The company's youth and children's programming makes it one of the strongest climbing names to know this summer. Website: boulderdashclimbing.com. Chatsworth phone: (818) 700-1300. Ventura phone: (805) 676-1300.

Ventura Wild Summer Camps, Ventura

For families who want less asphalt and more fresh air, Ventura Wild Summer Camps are among the most distinctive options in Ventura County. Run through Ventura Land Trust, the 2026 summer programs are open and offer nature-based experiences that immerse children in exploration, games, art, and connection to the outdoors. This is a wonderful fit for kids

who thrive in small-group settings, love animals and ecosystems, or simply need a summer that feels earthy, hands-on, and adventurous. Website: venturlandtrust.org/-summer-programs. Phone: (805) 643-8044.

What makes these ten camps stand out is not just quality, but range. Monarch is terrific for families who want the best overall variety. Galileo and Camp Invention shine for science and innovation. The YMCA and Kids In Motion are ideal for active children who need movement and camaraderie. Aloha Beach Camp delivers that iconic surf-and-sun California feeling. Valley Trails gives families both a traditional camp and a culinary option. Boulderdash offers indoor rock climbing as a fresh, confidence-building alternative. Ventura Wild rounds out the list with nature-centered discovery.

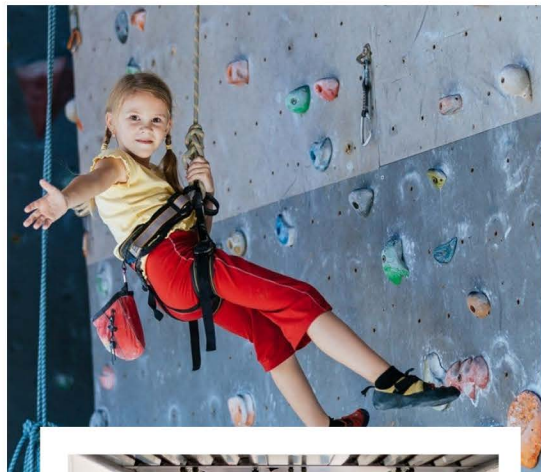
The real secret to choosing well is to think less about prestige and more about fit. The best camp is the one your child talks about on the way home, the one they cannot wait to return to, and the one that leaves them a little more confident, curious, and independent than they were in June. In the SFV, Conejo Valley, and Ventura region, summer 2026 offers plenty of ways to make that happen.



families who want a beach camp experience without daily coastal driving. Website: alohabeach-camp.com. Phone: (818) 932-4600.

Valley Trails Summer Camp, Tarzana

Valley Trails remains one of the best traditional summer camp experiences in the western San Fernando Valley. Its Tarzana location emphasizes unplugged outdoor fun, real social interaction, and a wide mix of activities that help campers build confidence and try new things. For families who want a classic camp atmosphere with more personality than a standard rec program, Valley Trails is a very appealing option. It is also one of the



Valley Trails Jr. Chef Camp, Tarzana

Cooking camps continue to rise in popularity, and Valley Trails' Jr. Chef Cooking Camp is one of the strongest local picks for kids who love being creative in the



kitchen. The program is designed for ages 8 to 13 and focuses on cooking techniques, knife skills, ingredient prep, and recipes kids can use beyond camp. It is a particularly smart

choice for children who may not be drawn to traditional sports but still want a hands-on, skill-based camp experience. Website: valleytrails.com/tarzana/-jr-chef-camp. Phone: (818) 345-3002.

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By Vincent Bent

The Vintage Beachwear Comeback

Retro Glam Meets Modern Shores

The tide has officially turned—vintage beachwear is back, and it's making a confident, sun-soaked statement across coastlines from Malibu to the Riviera. In 2026, retro-inspired swim and resort wear are no longer niche; they are defining the season's most stylish looks. From high-waisted silhouettes to playful polka dots and glamorous cover-ups, the revival of vintage beach fashion blends nostalgia with modern sophistication.

A Return to Iconic Silhouettes

At the heart of the vintage comeback is a renewed love for classic shapes. High-waisted bikini bottoms, structured tops, and elegant one-pieces are dominating collections once again. These silhouettes, originally popularized in the 1950s and 1960s, emphasized curves with cinched waists and supportive bustlines—design elements that continue to flatter a wide range of body types today.

Fast forward to now, and designers are reimagining these iconic forms with updated fabrics and tailoring. The resurgence of underwire bikini tops and sculpted one-pieces

reflects a desire for both structure and glamour, echoing old Hollywood poolside elegance.

Nostalgia Driven by Pop Culture and Celebrities

The vintage wave isn't happening in a vacuum—it's fueled by celebrities and influencers who are embracing archival fashion. Stars stepping out in vintage swimwear have sparked renewed interest in earlier decades, making retro looks aspirational again. This aligns with a broader trend: consumers increasingly seek authentic vintage pieces.

Even iconic styles from the early 2000s are making a comeback, with brands re-releasing cult-favorite designs and tapping into millennial nostalgia. This layered nostalgia—spanning decades—creates a rich, eclectic beach aesthetic that feels both personal and timeless.

Prints, Patterns, and Playful Details

Vintage beachwear isn't just about silhouettes—it's also about statement-mak-

ing prints and details. Polka dots, gingham, tie-dye, and retro florals are everywhere this season, offering a playful yet polished vibe.

Polka dots, in particular, have made a strong return, bringing a flirty, pin-up-inspired charm that feels fresh rather than costume-like. Meanwhile, animal prints and bold patterns—once staples of past decades—are being reintroduced with a modern edge, ensuring they feel current rather than dated.

The Rise of Retro Accessories and Cover-Ups

No vintage beach look is complete without the right accessories. Oversized sunglasses, wide-brim hats, and silk scarves are once again essentials for a polished seaside ensemble. Sheer cover-ups, sarongs, and breezy pants are also trending, offering a chic transition from beach to boardwalk.



Shell jewelry and beaded accents further reinforce the nostalgic aesthetic, blending coastal charm with a hint of 1970s bohemian flair. The result is a layered, styled look that goes beyond swimwear and into full lifestyle fashion.

Why Vintage Beachwear Resonates Now

The resurgence of vintage beachwear reflects more than just a love for old styles—it signals a shift in how people approach fashion. Today's consumers value longevity, individuality, and storytelling in what they wear. Retro pieces offer all three, combining timeless design with a sense of history and authenticity.

There's also a comfort factor. Many vintage-inspired designs provide more coverage and support, aligning with a growing demand for inclusive, body-positive fashion.

The Future of Retro on the Coast

As summer fashion continues to evolve, vintage beachwear is poised to remain a dominant force. Its ability to adapt—merging classic aesthetics with contemporary trends—ensures it won't feel like a passing fad.

Whether it's a high-waisted bikini reminiscent of a 1950s pin-up or a bold, patterned one-piece channeling the 1990s, the message is clear: what was once old is new again. And on today's beaches, retro style isn't just making a comeback—it's redefining modern glamour.

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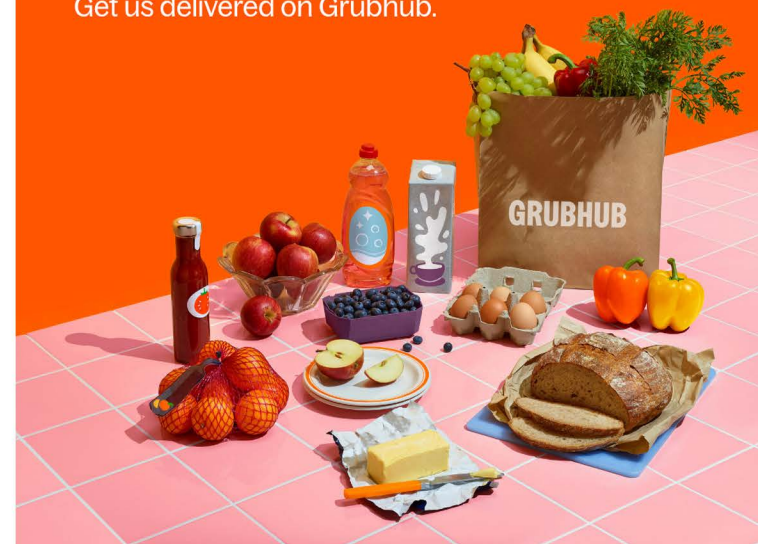
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