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Entertainment Preview

By Barbara Beckley



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JOAN TAKAYAMA-OGAWA: CERAMIC BEACON EXHIBIT

Opens September 17

By Lou Jablon

Craft in America is pleased to present the exhibition Ceramic Beacon: Joan Takayama-Ogawa. Ceramicist Joan Takayama-Ogawa is known for conveying her candid and prophetic take on contemporary life through playful and witty narratives in ceramics. This exhibition will include roughly 30 sculptures made over three decades. It will be the first significant survey of this respected Pasadena born and based artist's work thus far.

Known for conveying her candid and prophetic take on contemporary life through playful and witty narratives in ceramics, the exhibition will include roughly 30 sculptures made over three decades. Ceramic Beacon will be the first

significant survey of this respected Pasadena born and based artist's work thus far.

Unequivocally tackling issues ranging from the housing crisis and global overfishing, to the pandemic, Internment camps, and human-induced species loss, Takayama-Ogawa makes objects that embody her world view and life experience. She draws the viewer into her intricate sculptures and initiates a conversation because they are a pleasure to behold. She tackles the core issues that define our contemporary society, from the political, to the historical, social, and environmental. Channeling fury into artistic power, she creates works that respond to the most pressing demands of the 21st century.



Joan Takayama-Ogawa is an accomplished sansei, or third-generation ceramic artist. Building on her family's rich creative history, she studied under the renowned artist Ralph Bacerra and went on to develop work that used ancient Japanese ceramic forms as a guide in creating contemporary pieces that utilize decoration and imagery of an American lifestyle. She continues to push the boundaries of ceramics by integrating clay with digital and rapid prototyping technologies. She served as a

Pasadena Design Commissioner and on the Board of Directors, American Museum of Ceramic Art. Takayama-Ogawa has published over 30 books and magazines, and in 2004 she was Otis Teacher of the Year and Commencement Speaker.



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FALL Entertainment Preview

By Barbara Beckley

SHOW ME!

Kick off the season at the LA Phil's opening night "Gala Concert" (<https://www.laphil.com/>), 7 p.m., September 27 at the Walt Disney Concert Hall. Launching the 2022/23 season, Gustavo Dudamel shares the podium with his close friend and inspiration, Conductor John Williams, in celebration of Williams' 90th birthday. Seems unbelievable! The opener features violinist Anne-Sophie Mutter and Williams conducting his Second Violin Concerto, which he wrote for Mutter and they premiered last year; followed by Dudamel leading selections from Williams' beloved film scores. Tickets: \$128 to \$191. Check the website for Gala dinner tables and special Gala ticket packages including a private pre-concert cocktail reception. Other Disney Concert Hall musts include: the "City of Birmingham Symphony Orchestra," 8 p.m., October 12, with Lithuanian Conductor Mirga Graziulyte-Tyla, on her final tour as music director, and Sheku Kanneh-Mason on cello, playing Haydn and Debussy. Tickets \$20 to \$85. "Un Segundo, Concierto Acustico" by Café Tacvba (Mexico's most visionary rock band), 8 p.m., October 21 & 22. Tickets go on sale August 23. "Chaka Khan," 7:30 p.m., October 30. Tickets: \$57 to \$183. And "The Cabinet of Dr. Caligari," 7:30 p.m., October 31, a silent 1920 masterpiece of murder and manipulation, enhanced by the concert hall's booming organ. Tickets: \$35 to \$68.

Make a date with the El Portal Theatre (<https://elportaltheatre.com/>) in North Hollywood and let the good times roll! They're reprising the crazy cool 1950s Be-bop smash hit, "The Elixir of Love" by Gaetano Donizetti, September 9 to 18. So... as they're saying, "Wake up Little Susie and put on those Blue Suede Shoes and Chantilly Lace because Oh What a Night it's going to be when we Rock Around the Clock at the El Portal Theatre in NoHo!" The musical's in Italian, with English subtitles

Turn the dial to "Culture!" And "fall" in love with SoCal's exciting new concerts, dramas, musicals – even a pop-up comedy fest – plus effervescent celebrations from mountaintop Oktoberfest to a waterfront chalk-on-the-walk art soiree!

using all your favorite '50s song titles and lyrics. Fridays, 8 p.m.; Saturdays, 7 p.m.; Sundays, 3 p.m. Tickets: \$20 to \$100. The El Portal is also delighting Dolly Parton fans – and who isn't? – with "Love, Dolly," starring Kim Eberhardt, 3 p.m., September 25, who delivers Dolly's music, wit and glamour with polish and precision. Kim, backed by her band, singing Dolly's beloved hits like 9 to 5, Jolene, Islands in the Stream, and I Will Always Love You is a country party you've got to see.

Color and fun brighten the Ford Theatre (<https://www.theford.com/>) with puppeteers and flamboyant shows. The Bob Baker Marionette Theater: "Hooray LA! LA Soundscapes" kicks off at 10:30 a.m., September 4. Family fun for ages 3 to 11 and up. Tickets: \$10. Then "Viva La Tradicion! Juan Gabrielísimo" celebrates one of Mexico's late great pop icons and composers at 8 p.m., September 24, as Juan Michel sings the songs of Juan Gabriel, alongside Las Colibri, with special guests Mariachi Angeles de Pepe Martinez Jr. and Ballet Folklorico Ollin. Tickets: \$50 to \$80. Followed by international ballet superstar Carlos Acosta and his critically acclaimed dance company performing "Acosta Danza: Cuban Landscape," 8 p.m., October 8. Tickets: \$25 to \$40. Pioneer Arab American stand-up comic Mo Amer delights with his observational comedy finding humor and connections in politics and race, 8 p.m., October 20. Tickets: \$25 to \$40.

Feeling avant guard? The REDCAT (<https://www.redcat.org/theater>) is staging its 19th annual New Original Works (NOW) Festival, August 25-27 and September 1-3, showcasing nine new works by LA artists "who are



redefining the boundaries of contemporary performance, inventing hybrid artistic disciplines, reimagining traditions, and confronting urgent issues," explains organizer Edgar Miramontes, REDCAT deputy executive director & curator. General admission: \$20. Festival Pass \$40. Shows include choreographer Faye Driscoll's shared rite of passage work: "Thank You for Coming: Space," September 15 to 17. Tickets: \$25. Film-maker Sharon Lockhart's "Eventide," September 21, a non-narrative single long shot on the Swedish coast, including a live performance by Petra and Tanya Haden. Tickets: \$12. And the world premiere of Latino playwright Octavio Solis' "Scene with Cranes," September 29 to October 1. Solis' work parallels Jean Sibelius' musical masterwork of the same name, but with a tight-knit East L.A. family. Tickets: \$25.

Across the street, you and the kids can laugh out loud at the Music Center's Ahmanson Theatre (<https://www.centertheatregroup.org/>) watching "The Prom," now through September 11, Tuesday-Thursday, 8 p.m.; Saturday, 2 & 8 p.m., and Sunday, 1 & 6 p.m. This rollicking Broadway musical comedy about big Broadway stars on a mission to change the world, and the love they discover along the way, is perfect for ages 8 and older. Tickets: \$35 to \$145. Some classics are worth seeing every time – share the glory of "Oklahoma!" September 13 through October 16. Saturday, 2 & 8 p.m.; Sunday, 1 & 6:30 p.m., and Tuesday through Friday, 8 p.m. Tickets: \$35 to \$150. Hold your breath during "2:22 A Ghost Story," October 29 – December 4, the supernatural thriller that astounded London audiences. Check the web for times & tickets. Join "The Search for Intelligent Life in the Universe," September 21 through October 23 at the Mark Taper Forum (<https://www.centertheatregroup.org/>), starring Saturday Night Live cast member Cecily Strong. Check the web for times & tickets.

Speaking of comedy... Grab your blankets and booze, and head over to what's sure to be one of the craziest shows of the season! The "Pop-up Venice Beach Comedy Club," (www.eventbrite.com/e/venice-beach-outdoor-comedy-club-september-17th-tickets-399563072907?aff=ebdssbdsearch) at 8 p.m., September 17, at Podshare Venice Beach. Be there or be square for this massive outdoor comedy bash headlining comedians from Netflix, Comedy Central and HBO Max. They'll provide seating, you're welcome to bring drinks, food, coolers, picnic baskets and blankets. Tickets: \$24.

GET OUTTA TOWN

Boats, yachts and art. Join the fun at the 14th annual "Ventura Art & Street Painting Festival" (www.venturaartfestival.com), 10 a.m. – 5 p.m., September 10 & 11 at Ventura Harbor Village (www.venturaharborvillage.com). Watch artists create works before your very eyes – beautiful chalk murals along the Village Promenade sidewalks – many up to 10X10 feet – and on canvas at their easels. Peruse the booths, maybe purchase some original paintings, pottery, photography and jewelry. Kids are the artists in the "Children's Chalk Area." For \$10, kids get a small box of chalk and a sidewalk square to turn into a masterpiece. Enjoy live entertainment on the waterfront Promenade



stage. Karen Eden headlines September 10 and Lynnzee Fraye stars September 11, both from noon to 3 p.m. Admission and parking are free, free, free!

Celebrate the oldest continuously operating theater west of the Mississippi! And fourth oldest in the nation! Right just up the road in Santa Barbara. Opened in 1873, The Lobero Theatre (<https://www.lobero.org/>) is 150 years old this year!! Rock out to its stellar lineup including "Cat Power," 8 p.m., September 9. Showcasing Chan Marshall's unparalleled catalogue of Indie Rock and the Great American Songbook; with special guest Arsun. Tickets: \$49 to \$89. The soulful Delta swamp blues sounds of singer/songwriter/guitarist Tab Benoit, 7:30 p.m., September 2, with special guest Nashville-based singer/songwriter/guitarist JD Simo, connecting the missing links between Motown and Woodstock. Tickets: \$39 to \$49. "Accentuate the Positive," 8 p.m., September 15, features classic jazz by the Konrad Paszkudski Quartet singing beloved standards including Pennies from Heaven, Look for the Silver Lining, On the Sunny Side of the Street, It Had to be You, and As Time Goes By. Tickets: \$56 to \$81. VIP \$106 including a post-show reception with the artists. "Get The Led Out" hits the stage 7:30 p.m., September 30, a high-energy celebration of "The Mighty Zep" by The Immediate Family, six power-house rock 'n' roll back-up musicians – think back-up for Keith Richards, Carole King, Stevie Nicks – described by Mojo Magazine as "a band of assassins who aim to groove and never miss their target." Tickets: \$39, \$49 & \$106 VIP including a pre-show reception. Switch gears to opera, with "La Scala di Seta," a comedy by Rossini, 2:30 p.m. November 13. Tickets: \$59, \$99 & \$159.

Spencer Makenzie's invites all cornhole fans, players, tailgaters and anyone who enjoys a great outdoor party to The Throw Down Cornhole Festival. This annual 3 day Cornhole Festival is held on Friday August 26, 2022 thru Sunday August 28, 2022 at Surfer's Point Live located at the Ventura County Fairgrounds. The Throw Down Cornhole Festival is the largest cornhole festival in the world. With over \$300,000.00 in cash payouts this is a must attend event for all cornhole fans and players of all

levels. Plus once the sun goes down join Spencer Makenzie's and the city of Ventura for some live music and an outdoor party like no other. This annual cornhole festival has become a must attend summer event. This year's music line up will feature Spotify fan favorite Sunny Ledford, Mandex the ultimate 80's cover band, Ventura County's superstars A.D.D, Rey Fresco, Morie & the Heavy Hitters. cbfproductions.ticketspice.com/spencer-mckenzie-the-throw-down-2022

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Stay and play at the Santa Barbara “Harbor & Seafood Festival” (<https://santabarbaraca.com/businesses/santa-barbara-harbor-seafood-festival/>) October 15, on the waterfront. Indulge in the freshest seafood – and all things marine, including free family-friendly boat rides on Santa Barbara’s official water taxi, Lil’ Toot; cruises on the 50-foot Double Dolphin catamaran, boat tours, dockside demonstrations, live music, arts and crafts. Best of all, meet the fishermen who catch the high-quality seafood sourced sustainably from local waters. Dig into freshly caught lobster and sea urchin (uni) prepared before your eyes. Visit specialty booths for fish tacos, oysters, mussels, barbecued albacore, fresh crab, clam chowder, seafood paella and more. Admission is free!



When the hot weather wanes, and the cool essence of fresh new air graces the astomosphere, we are glad Fall is here.

-J.S.K.

Prosit! Head for the hills and beer, beer, beer! At “Big Bear Lake Oktoberfest” (<https://bigbearevents.com/oktoberfest/>), weekends September 10 to November 5. Now in its 52nd year – it’s famous for genuine German beers, genuine German

bands and genuine Deutschland-style celebrating in the spirit of Munich. Enjoy a huge selection of German beers such as Spaten, Franziskaner, Warsteiner (pilsner and dunkel) and Konig Ludwig pouring at two bars inside the Convention Center and

four beer gardens under the pine trees: The High-Altitude Beer Garden, The Sports Garten, the Warsteiner Bier Garten and the Tiki Bar – what?! Nosh on German cuisine. Move, groove and polka to awesome

Toss contests and Kiddy Mug-Holding matches. Fridays, 4 to 11 p.m.; Saturdays, 1 to 11 p.m., and Sundays, noon to 6 p.m. Tickets: adults \$15 to \$125 for the Uber Burgermeister Party Pack including a commemorative stein, reserved seating, beer, German meal and more; kids \$5 to \$10.

Mad for mod? Check out Palm Springs’ “Modernism Week,” (<https://modernism-week.com/>) October 13 to 16, for a whirlwind of tours, talks, cocktail parties and the Palm Springs Modernism Fall Show & Sale, highlighting the city’s mid-century architecture and culture. Tickets: \$35 to \$220.



Prefer poodles? High tail it to Carmel and join some 600 perfectly coiffed canines for Poodle Day (<https://poodle-day.com/>), September 30 to October 2, featuring the Poodle Parade, beach frolic, and fabulous people-and-poodle cocktail parties and dinners. Registration: \$55. Tickets: \$35 to \$100.

Have some Fall Fun, and Be Safe!

German-American bands and the first since 2019 direct from Bavaria! Cheer on contestants – maybe be one yourself – at the Beer Stein-Carrying, Beer Drinking (non-alcoholic), and Log-Rolling contests. Bring the kids. The Kids Play Area features Pretzel

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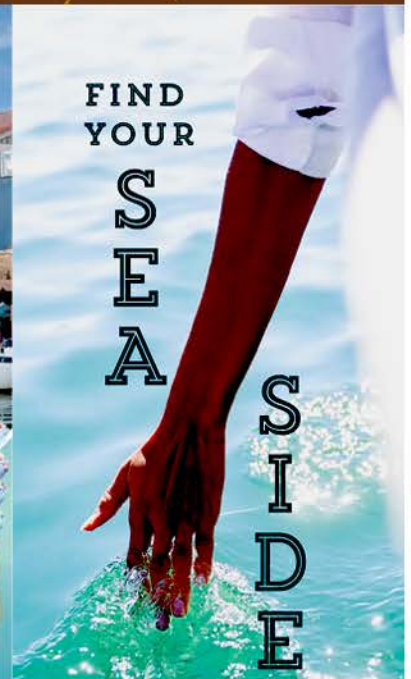
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14th Annual Art Festival at Ventura Harbor Village

By Staff Writer

Seaside Street Painters & Art Vendors Line the Waterfront for Event to Benefit FOOD Share of Ventura County And Boys & Girls Club of Greater Ventura

The 14th Annual Ventura Art & Street Painting Festival returns to picturesque Ventura Harbor Village on September 10 and 11, 2022 from 10am to 5pm. www.venturaartfestival.com What's more, the seaside enclave, located off of California Highway 101, invites visitors to experience a stunning backdrop of majestic yachts, stunning sunsets, blissful weather with gentle ocean breezes paired to casual open-air and sit down dining and unique one-of-a kind boutiques, galleries, and

specialty stores. The destination is the picture-perfect staycation/midweek/week-end getaway for couples, friends, and families.

Ventura Art & Street Painting – What's Happening Seaside:

The Ventura Art & Street Painting Festival at Ventura Harbor Village gives visitors an opportunity to enjoy art, street painting, and the beauty of the Ventura County coast.

"Ventura Art & Street Painting Festival provides festival-goers with a rare chance to see the artists working outside of their studio," said Barbara Hinton, Executive Director of the Ventura Art & Street Painting Festival. "The street painters are working in real time right before your very eyes," she added.

Artists will be showcasing their work in the artist's vendor festival near the Fisher-



man's Memorial between popular waterfront restaurants Andria's Seafood Restaurant & Market and Brophy Bros Clam Bar & Restaurant. The vendor art booths include original paintings, pottery, photography and jewelry -- all available for purchase.

Additionally, the sidewalks along the art festival and the Village Promenade will be the canvas for colorful street painters, who will be creating chalk pastel murals ranging from approximately 10x5 ft. to 10x10 ft. in size. The chalk paintings are a highlight of the festival and will remain up for visitors to view for weeks. (weather pending).

Admission & parking are free.

Children can join in and create their own

art as well in the Children's Chalk Area, operated by The Boys and Girls Club of Ventura County. For \$10 kids get a small box of chalk and a sidewalk square where they can create their own colorful work of art.

The Ventura Art & Street Painting festival weekend at Ventura Harbor Village will headline local female artists Karen Eden on Saturday, September 10, 2022 from Noon 3 PM, and Lynnzee Fraye, on Sunday,

September 11, 2022 from Noon – 3 PM, who will both perform live on the waterfront Promenade stage. Plus catch additional entertainment each evening at Ventura Harbor Village restaurants. Stroll through the Village galleries and boutiques shops and enjoy casual, seaside eats.

The festival is a fundraiser for two local charities: FOOD Share of Ventura County and Boys & Girls Club of Greater Ventura hosted by Ventura County Art Events, Inc. To date the organization has donated over \$60,000 to FOOD Share of Ventura County.

Visit Venturaharborvillage.com for Calendar of Events and venturaartfestival.com for more festival details.

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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

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

Connected Camps

Run by online experts, Connected Camps offers dozens of interactive, small

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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Squads by ID Tech Camps

Learning tech is cool. But experimenting with the hottest tech alongside friends? That's game-changing. Want to code and monetize your own game with Roblox? Make mods for Minecraft? Start a YouTube channel? Your Squad, your goals! Book now for Squads running September through December. Space is limited www.idtech.com/after-school

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Camp Woodland Hills

Located on the Oxnard Campus of Woodland Hills Private School. 2022 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, board games, puzzles, 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 – The two in-ground pools and much more. for details: camp.woodlandhillprivateschool.com



Day Shift

By Contributing Writer

This year marks the centennial of F. W. Murnau's "Nosferatu," a long time for humans but only a blip for vampires.

If you were looking to celebrate the birthday of that silent classic, which still casts a long and ominous shadow over all vampire films, you could do it with what's perhaps its exact opposite: the new Netflix action-comedy "Day Shift," with Jamie Foxx as a San Fernando Valley vampire hunter.

"Day Shift," has aims much closer to something like "Zombieland" than Murnau. Foxx plays Bud Jablonski, a working-class Los Angeles man and divorced father who cleans pools as a cover for his real job of hunting vampires. They seem to be populous in the San Fernando Valley, which may not be surprising to Californians but is about as far a departure you can get from the aristocratic, European origins of the genre.

"Day Shift" isn't much interested in vampires, anyway. They're mostly videogame-like cannon fodder for Bud, a veteran hunter who's quite good at killing them but significantly worse at hiding his real occupation.

He's living on his own after his wife (Meagan Good), suspicious of his excuses, kicked him out. Now, she's ready to move, with their 10-year-old daughter (Zion Broadnax), far away from Los Angeles unless Bud can come up with \$10,000 in a week for school tuition and braces.

But Bud is living fang to fang. He gets his money selling vampire teeth to what's effectively a pawn shop. He drives a turquoise pick-up and lives, with locks up and down the door, in a seedy apartment that appalls his ex.

"Day Shift," the directorial debut of former stuntman J.J. Perry and written by Tyler Tice and "Army of the Dead" scribe Shay Hatten, has placed a familiar tale — a down-and-out single father trying to prove his worth — into a vampire movie. There's also a labor commentary somewhere in here with Bud, kicked out of the vampire hunter union, trying to get back in to secure higher rates.

But the union subplot is less to drive home a free-market point than to supply Bud a buddy-comedy partner. After another hunter, Big John (Snoop Dogg), helps Bud get back into the union, a union rep (Dave Franco) is assigned to monitor and ride along with Bud. As a suit-wearing, regulations sidekick terrified of vampires but thoroughly knowledgeable about them, Franco is a fine foil to Foxx.



There's a this-is-barely-a-story feel to "Day Shift," but not always unpleasantly so. The family plotline is basic. The buddy comedy set-up — complete with banter about the "Twilight" saga — is likewise standard boilerplate. "Day Shift" might slot in somewhere around an OK "Buffy the Vampire Slayer" episode.

Yet the slapdash vibe of "Day Shift" has its charms. It's built to be the kind of thing you might,

after some scrolling, absentmindedly click to watch on Netflix and end of watching for its sheer watchability. That's due largely to Foxx, whose comic timing remains sharp, and supporting players like Snoop and Peter Stormare who breeze in, as if purely for fun. Thinly sketched as it is, "Day Shift" has a retro vibe. Not, like, "Nosferatu"-retro, but more 1980s. Want to see Jamie Foxx shoot some vampires? Well, you're in luck.

Mack & Rita

By Contributing Writer

The movie "Mack & Rita" — which adds grandma chic to two things no one needs on screen like lazy filmmaking and a tired old concept — can be distilled into one word: cringe.

Virtually no one associated with this film should be congratulated in any way.

"Mack & Rita" takes the traditional body-swap concept — think "Big," "Freaky Friday," "13 Going on 30" and even "Jumanji" — and makes it worse, much worse.

This time, it's a 30-year-old author with a perfect apartment and a little dog who goes to a sketchy past-life regression treatment and winds up as a 70-year-old hipster granny, played by Keaton, who is given such a poor role that she mostly just flails about.

Written by Madeline Walter and Paul Welsh, it's got the sort of science-supernatural plot and vibe from '80s films like "Weird Science" or "Back to the Future" and adds a rom-com, mismatched love interest to spice up a failing premise. It wants us to embrace age gracefully and let everyone be happy

with who they are. But first there must be a lot of anti-ageist physical comedy.

It starts with our author Mack (Elizabeth Lail) who is struggling with a second book and must do lowly Instagram posts for cash. She feels out of step with her fashionable Los Angeles friends — among them a memorably good Tylour Paige — and though she's styled to slay, her inner soul is pooped and just wants to sit down holding red wine.

If you were wondering what was going to happen in this film, a voice over announces: "I grew up always feeling like I was an older woman trapped in the body of a little girl." Presto, that becomes reality.

Keaton takes over about the 20-minute mark as Rita, but she's usually the butt of jokes, not the creator. Director Katie Aselton not only misuses the Oscar-winner, but her scenes often don't end as much as they are abandoned or peter out awkwardly.

This is a movie where if there's a swimming pool, Keaton will stumble into it. If there's wine, she's gonna guzzle it and say something inappropriate. The film's lowest point is at a Pilates studio, where a montage of Keaton using resistance straps in utterly unexpected ways ends with a face plant.



"This is really a nightmare. My hair's different. It's like really weird," she says. "It feels like it's well-coated wire or something." Then, after losing four decades in 10 minutes, she's shown happily trying on clothes.

In some ways, we must credit Keaton herself partly with the making of this monstrosity long before it was a script. She has been hailed as inspiration for the so-called "coastal grandma" look that is

apparently all the rage among the cardigan-and-linen pants-wearing crowd. But she didn't deserve this horror show, did she?

Though the young author inside the grandma initially tries to fight her instant aging with various procedures and youthful treatments — and a terrible scene where she's high on 'shrooms — she comes to realize something about age: "It's not an insult. It's just where I'm at. I'm old."

INDIAN CLASSICAL MUSIC CONCERT

COMING TO THE SIMI VALLEY CULTURAL ARTS CENTER

By Staff Writer

SciArtsRUs will present an Interactive Journey exploring Carnatic Classical Music featuring a Violin and Keyboard Duo Concert on Thursday, August 18, 2022 at 7 pm at the Simi Valley Cultural Arts Center. Performing will be Vid. Mullaivasal Dr. G Chandramouli on Violin, Rishabh Kaushik on Keyboard, Leonice Shinneman on Tabla, and Vid. Srinivasan Govindarajan on Mridangam. Tickets are \$22 for Adults and \$20 for Seniors, Students, and Children and can be purchased online at www.simi-arts.org under the Concert Page or by calling the box office at 805-583-7900.

SciArtsRUs is a California based 501©3

non-profit organization founded by Dr. Ranjini Kaushik, on the twin pillars of inclusion and diversity. Their mission is to promote and make accessible science, arts and music and everything at the interface. They also provide a global visual and performing arts platform to disabled artists, feature cross-cultural concerts and dances and curate programs at the interface of arts and sciences.

In a career spanning over two decades, award-winning violinist Mullaivasal Dr G. Chandramouli extensively accompanies great stalwarts of Carnatic music and performs violin solo concerts across many



continents. 13 year old Carnatic keyboardist Rishabh Kaushik's Carnatic vocal and keyboard maiden performance was at age 9 at the prestigious Marghazhi Season festival in Chennai, India. He has since been performing in numerous live and online venues throughout the world. Leonice Shinneman is recognized as the foremost American disciple of the legendary North Indian Tabla and pakhawaj master Pandit Raranath Rao. Leonice has given Tabla solos

in the US, India, Mexico, and Europe. Mridangist Vid. Srinivasan Govindarajan regularly performs for Los Angeles based music festival and musicians.

Tickets for this special concert are \$22 for Adults and \$20 for Seniors, Students, and Children and can be purchased online at www.simi-arts.org or by calling the box office at 805-583-7900. For more information, visit www.simi-arts.org or call (805) 583-7900.

2022 -2023 Season

November 19, 2022 - El Portal Theatre
Weber: Oberon Overture
Beethoven: Symphony #7 in A major
Concerto TBA

January 28, 2023 - El Portal Theatre
Wagner: Der Fliegende Hollander Overture
Tchaikovsky: Symphony #1 in G minor (Winter Dreams)
Korngold: Violin Concerto in D major - Alena Hove, violinist

April 1, 2023 - El Portal Theatre
Beethoven: Egmont Overture
Schumann: Symphony #4 in D minor
Tchaikovsky: Violin Concerto in D major -
Wenlan Jackson, violinist

May 20, 2023 - El Portal Theatre
Borodin: Polovtsian Dances from Prince Igor
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FAMOUS ON INSTA! HOW TO BECOME A SOCIAL MEDIA INFLUENCER



By Contributing Writer

Everybody likes to be liked. Especially on social media. On Instagram alone, we upload 95 million photos per day. And we all know how great it feels when we see those likes start pouring in.

But what if your Instagram profile could bring in a more tangible benefit? Namely, cash.

It's more realistic than you think: one of the hottest marketing tactics of the last few years is using influencers.

If that sounds like a pretty good gig to you and you want to know how to become a social media influencer, read on!

What IS Influencer Marketing?

Influencer marketing operates on the idea that consumers trust people more than they trust companies.

Essentially, if Brand X runs an ad saying how great they are, you might be skeptical. But if one of your most popular friends talks about how much they love Brand X, you'd be more likely to believe them.

Companies know this, so they try to capitalize. Brands will find someone with a large following and pay them to promote their product. This is why you see Kylie Jenner talking about the brands of her makeup so often—she's paid to.

Want to get in on it? Here's how.

Find Your Niche

No one is only interested in just one thing. Most of us have a wide variety of things we're passionate about.

But when it comes to your social media feed, people have short attention spans. Choose one thing and dive in with laser focus. And make sure your pictures look good.

Build Your Audience

Once you set your niche, it's time to find followers.

Start by following people in that niche. Use hashtags with large followings. If you're in a hurry, you can use an Instagram bot—learn more at espressotrip-lo.com.

Brands want to find users with large follower counts, so make sure you have someone to influence.

Post Regularly

The internet is a fickle and forgetful place. One moment, everyone's raving about a picture of an egg. The next, everyone's already forgotten.

One of the best ways to keep people's attention is to post regularly. Keep posting quality content that people want to engage with—and don't forget to engage with the comments.

Tag Brands

We'd all like to have brands hit us up out of the blue to give us their money. But it doesn't always work that way.

Sometimes, we have to get their attention ourselves.

If you have a brand or a product you love, start working as a volunteer influencer. Make regular posts about the product, tagging the brand when you do.

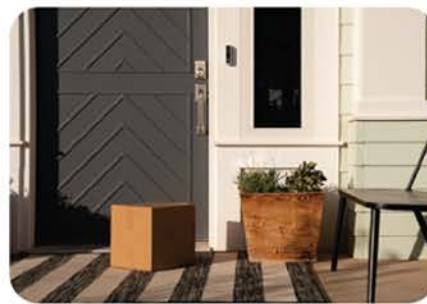
With enough posts and enough followers, the brand will take notice. And often, they'll reach out with a formal offer.

Get Influencing

Now that you know how to become a social media influencer, put these tips to use! Go grab your smartphone and turn those posts and likes into dollars and cents.

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By Jonah Flicer

Before humans invented beer, sake and most other alcohols, nature was making alcohol from fruit all on its own. Fruit-based alcohol is the most ancient and the original of all alcohols. By fermenting the highest quality ingredients that nature can offer - fruit! - we are able to provide you with the best and most delicious drinks possible.

FruitCraft hard seltzer is the highest quality on the market because it is derived from fruit. 95% of all hard seltzers currently on the market, are malt based - made through fermenting malted barley. At FruitCraft, they don't mess with ingredients like malted barley and have designed our hard seltzer to utilize the highest quality

ingredients available. Some of the most popular offerings include:

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The hard cider is made with fresh local apples from the California Fruit Company in Encinitas, CA. We make batches throughout the year right in our Hillcrest tasting room. Our traditional chilled cider is dry, crisp and refreshing, fermented at low temperatures and perfect for the changing seasons.

MEAD

Mead is a fermented beverage made of water, honey and yeast. Meads are typically carbonated, or dry, sweet, semi-sweet. In recent years Mead has been featured and made popular in Lord of the Rings, Harry



Potter, among other folklore.

FruitCraft's Mead is a raw, unfiltered, local wildflower honey derived from Mikolich Honey in San Diego. Made seasonally in our Hillcrest tasting room, our mead notes include light and semi-sweet with a lingering finish of honey.

NATURAL WINES FROM FRUIT

Made from just fruits, with no artificial flavors or colorings; our natural wines from fruit are available year round in our San Diego tasting room.

WINE FROM PINEAPPLES | 11% ABV dry, bright and tropical

WINE FROM POMEGRANATES | 11% ABV semi-sweet and tart

WINE FROM CHERRIES + POMEGRANATES | 11% ABV

semi-sweet with a natural cherry taste
WINE FROM CRANBERRIES | 11% ABV crisp and bold

RED WINE SELECTION

A selection curated personally by our members. Our red wines are derived from Russian River Valley, CA and round out our wines from fruit offerings.

MERLOT | 14% ABV

notes of red fruit + lightly oaked

PETITE VERDOT | 14% ABV

notes of red plum + licorice

SWEET WINES

While most of our products range from dry to semi-sweet, we created a special selection of sweet wines for those who love the sweeter things in life. Sweet like

moscato or dessert wine, our sweet wines will make any sweet tooth happy!

SWEET WINE FROM PINEAPPLES

11% ABV | bright + tropical

SWEET WINE FROM POMEGRANATES

11% ABV | sweet + fruity

SWEET WINE FROM CHERRIES +

POMEGRANATE | 11% ABV

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FruitCraft was started in 2009 making predominately natural wines made from fruit. Founded in San Diego, the founder, Alan Haghghi, was inspired by the Craft Beer scene. But where breweries at the time were fermenting mostly grains - an inexpensive source of sugar vis-à-vis starch - and where wineries, then and now, ferment grapes - we decided to do what nature has done since the beginning of time - ferment every other fruit!

Since then, this growing company also produces kombucha, hard kombucha, cider, mead, natural wines from fruit, red wine and distills Eau De Vie in our San Diego tasting room.

Location: 1477 University Ave
San Diego, CA 92103 (877) 484-6282





L.A. ZOO CELEBRATES “KIDS EAT RIGHT MONTH” WITH THE OPENING OF BEAN SPROUTS CAFE

By Julia Stafford

The Los Angeles Zoo is excited to debut its newest dining concept—Bean Sprouts Cafe—a kid-friendly dining option that specializes in healthy foods for visitors of all ages. Bean Sprouts’ award-winning children’s menu, with items like Grilledzilla and Do-Re-For-Me, empowers kids to make their own healthy choices through a visual menu display. Guests can order a variety of pizza, smoothies, and sandwiches as well as “Imaginibbles,” a signature line of themed, hand-held foods designed to make eating healthy fun. Bean Sprouts adheres to strict ingredient guidelines and features organic and sustainable foods, compostable packaging, and eco-friendly design.

“The Zoo is thrilled to refresh its dining experience and provide Angelenos with healthy, accessible, and family-friendly food for all,” said Denise M. Verret, CEO & Zoo Director, Los Angeles Zoo. “We could not have accomplished this worthwhile partnership with Bean Sprouts without the initiative and tenacity of our concession partner, the SSA Group. Our guests will now be able to enjoy even more delicious and sustainable food options when visiting their Los Angeles Zoo.”

The brightly colored cafe is located in the South America section of the Zoo and will feature Bean Sprouts’ line of signature themed, hand-held foods, including



Do-re-for-me, sunflower butter and organic jam; Grilledzilla, gooey grilled cheese and vegetables; Flutter Bite, turkey, cheese, mayonnaise, and vegetables; as well as sandwiches, The Great Turkado and Chicken Pesto Chango; cheese and pepperoni pizza; snacks; smoothies; classic and raspberry lemonades; and

more. Adults, discerning eaters, and those with food restrictions will delight in the deliciously fun food offerings now available at the Los Angeles Zoo.

To learn more, visit :
<https://www.lazoo.org/plan-your-visit/-food-shopping/>.

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ARE THERE ANY NEGATIVE SIDE EFFECTS OF HENNA?



Have you ever asked yourself, "Is henna safe to use? Keep reading to learn all about henna and whether it's safe or not.

Possible Adverse Reactions

In general, henna is safe to use, but some people can experience adverse side effects. Some of these side effects include loss of

pigmentation in the skin, leaking or raised lesions, blisters, or extra sensitivity to sunlight.

Are you still asking yourself, "Are henna tattoos safe?"

The best way to know if henna is right for you is by doing a patch test. You can do this by putting a tiny amount of henna on

your skin. After waiting 15 minutes, if you don't see any redness or rash once you wipe it off, then you should feel confident using your Henna Tattoo Kit.

You should remember that a natural henna product will often have henna powder, citric acid, sodium citrate, glycerin, water, and other ingredients.

Henna Hair Products

Aside from the henna plant being used for beautiful tattoos, it can also be used to dye your hair. Henna usually gives hair a reddish-orange hue, but the exact results depend on the original color of your hair.

You might be wondering, "Is henna safe for hair?"

It's important to be thorough by reading the list of ingredients in any henna hair product. To be safe, it's best to avoid products that have color additives or p-phenylenediamine. Even if you're getting your hair dyed with



henna by a professional, you should still ask them about the list of ingredients.

Sensitivity in Children

If you have children who want to use henna, then you're probably asking yourself, "Is henna safe for skin?"

In general, children can be extra-sensitive to the effects of henna. This doesn't mean that a child can't use henna at all. Rather, it's best to be safe and perform the patch test to see if there is any adverse reaction.



However, if your child has a glucose-6-phosphate dehydrogenase deficiency, then they should not use henna at all. With that health condition, henna can cause hemolysis, which is a life-threatening health complication in which blood cells rupture. **Is Henna Safe to Use?**

Has a friend ever asked you, "Is henna safe to use?" Now that you've learned all about henna and whether or not it's safe, you can give them an informed answer. Henna is a great way to look beautiful without having artwork on your body that's permanent.

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How To Fix A Bad Nose Job

By Contributing Writer

Bad nose jobs have caused problems for many patients. Yet, with the right approach, patients can limit their risk.

How to Fix a Bad Nose Job

Even if someone moves forward with a nose job, complications can arise. At this point, it pays to know how revision rhinoplasty can fix a bad nose job.

What Is a Bad Nose Job?

Rhinoplasty reshapes or resizes a patient's nose and ensures it looks proportional to facial features. There are many signs of a bad nose job.

Low Nasal Bridge

A facial plastic surgeon can remove too much nasal bone or cartilage. In this instance, the nose lacks sufficient support. As a result, the nose can cave in.

Pinched Nostrils

Nostrils can appear pinched after surgery if too much tissue or cartilage is removed from the outer portion. If this happens, the nose can appear narrow. At the same time, the nostrils can look like slits.

Elevated Nasal Tip

If the nose is shortened too much, a patient may appear to have a "pig snout." This issue



can be temporary and subside. But, there can be instances in which an elevated nasal tip persists for months after treatment. The longer the issue goes unaddressed, the more likely it becomes that it can permanently hamper an individual's appearance.

Difficulty Breathing

A rhinoplasty patient should have no trouble breathing following surgery. If a patient has difficulty breathing the nasal valve may be pinched. Additional treatment may be required.

If a patient displays any signs of a bad nose job, follow up with the plastic surgeon who performed the procedure. An evaluation can be performed to determine the cause of the issue and address it.

What Causes a Bad Nose Job?

It is impossible to pinpoint the cause of bad nose jobs. A facial plastic surgeon can plan ahead and work with their patient to ensure the procedure is successful. Regardless, a mistake can result in a bad rhinoplasty.



People who are considering a rhinoplasty should partner with a surgeon who has extensive nose job treatment experience. This surgeon can conduct an in-depth patient evaluation. Here, the surgeon can develop a personalized treatment plan. The surgeon can then perform the nose surgery, evaluate the patient's progress, and verify the full recovery process.

What Should a Rhinoplasty Patient Do After a Bad Nose Job?

After a bad nose job, a patient and their plastic surgeon can explore ways to mitigate the problem. The surgeon can assess their patient's nose and figure out why the initial nose job failed to deliver the intended results, and provide treatment options.

Those who want to fix bad nose jobs may consider a revision rhinoplasty. This nose job surgery is more complex than a traditional rhinoplasty. Thus, a revision nose job must be performed by a surgeon with comprehensive experience and expertise. That way, a patient can lower their risk of further complications.

What Is a Revision Rhinoplasty?

Revision rhinoplasty can be beneficial for patients who did not achieve the optimal results from a prior nose job. Like a traditional nose surgery, a revision nose job lets a patient correct structural or aesthetic nasal problems. On the other hand, a revision nose surgery is only performed if a patient previously underwent a nose job that was ineffective.

A revision nose job may be performed within about one year of an initial nose job. This is due to the fact that it takes about one year before the full results of a nose job become visible.

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BIKING STEAMBOAT UNFORGETTABLE TRAILS

By Sherman Stewart

Biking is ingrained in the culture of Steamboat Springs, and there's no better way to experience the vibrant fall colors than from atop a two-wheel steed. Riders in Steamboat have access to more than 500 miles of trails, 600 miles of dirt and gravel roads, the 7.5-mile Yampa River Core Trail, and the Bear River Bike Park in town. The mountain bike trail system, and gravel and road riding options are vast, allowing riders to enjoy some solitude with one key attribute: accessibility. No wonder locals dubbed this Bike Town U.S.A.®



Favorite Family Ride: Little Toots to Rotary

The Yampa River Core Trail is the perfect family biking trail and it's especially beautiful during the fall. Minimal grade changes on this paved trail make for an easy ride with kids on bikes, tagalongs or in Chariots. For the perfect family biking adventure, pack a picnic in a backpack and start at Little Toots Park at 11th and Yampa streets (park at the nearby Bud Werner Memorial Library). Take a minor detour to score dessert first to fuel your ride: soft serve ice cream from Yampa Valley Kitchen, or venture to Rocky Mountain Chocolate Factory or Fuzziwig's for a scoop or two. Lyon's Corner Drug & Soda Fountain, another Steamboat mainstay, offers up old school treats like cherry lime rickeys and rootbeer floats. Don't hesitate to stop at

some of the other great Steamboat parks enroute to Rotary Park. Dr. Rich Weiss Park is the perfect spot to let the kids run around in the open play area or use the restroom. Children love the playground at Emerald Park; or stop by Fetcher Park to refill your water bottle or watch the fish rise in the pond. End your ride at Rotary Park with a picnic lunch at one of the shaded tables.

Float the Boat tip: Ring your bell or speak up when passing pedestrians.

Best Ride to Scope Fall Colors: Flash of Gold on Buffalo Pass

The 11.8-mile Flash of Gold trail, also part of Steamboat's Buffalo Pass trail network, is aptly named: it delivers unparalleled golden vistas come autumn. This flowy route has quickly become a fan favorite for its smooth uphill coupled with a seamless downhill and spectacular views (it tops out at 10,129 feet). It can be done as an up and back down, or a loop connecting Buffalo Pass Road (Routt County Road 38), or BTR.

Float the Boat tip: Start your rides in the morning to avoid frequent afternoon thunderstorms and crowds. As this trail can get super busy on the weekends, consider riding it mid-week.

Best Beginner MTB Trails: Panorama and Fiddlehead on Buffalo Pass

Newbie MTBers of all ages love the new trails at Buff Pass. For a casual ride, try Panorama, an easy, 1-mile loop trail that begins and ends near the top of Spring Creek Trail, just down from the Dry Lake parking lot. The gradual grade and 360-degree views from the top make it a winner. Or opt for Fiddlehead, an easy 2-mile, multi-directional, green-rated trail that winds through its namesake fern groves and stunning golden aspen trees in the autumn. The trail has little elevation gain (just 135 feet) and serves up great views of Soda Mountain and the Zirkel Wilderness beyond.

Float the Boat tip: Protect our mountain environment and local flora by using

designated trails only and stay off "social trails;" don't create shortcuts or cut switchbacks. Avoid muddy trails; give trails time to dry out after rain or snowfall.

Best Trail for Solitude: Oak Creek Mountain Park

Located in South Routt, just a 30-minute drive from Steamboat Springs, discover Oak Creek Mountain Park. Routt County Riders, a nonprofit that advocates for the local trails as well as cyclists, has helped to maintain the five miles of trails spread out over 165 acres at this new biking area. There are 33 trails nestled in this area; favorites include Elk Run, Valley View, Face Shot and Mine Shaft, the latter dropping through a valley of fiddleheads.

Float the Boat tip: Share the trail: mountain bikers yield to hikers and equestrians; downhill traffic yields to uphill traffic; pass other trail users with care and be prepared to stop.

Best Cruiser/E-Bike Ride: Yampa River Core Trail

Explore the Yampa River Core Trail atop a cruiser or an e-bike. This 7.5-mile paved multi-use recreation path parallels the Yampa River through the heart of Steamboat

Springs. Don't miss these great stops along the route: Yampa River Botanic Park, a six-acre sanctuary of 40 gardens, ponds and sculptures; fishing access; Howelsen Ski Area, with volleyball, tennis and basketball courts and a skate park; tubing the Yampa (spring and early summer), and the public art murals located along the trail. Never tried an e-bike? Rent one from Pedego Electric Bikes.

Float the Boat tip: Always be kind and courteous to other trail users; it's the Steamboat way, after all.

Happiest Happy Hour ride: Bike the Brew Trail

The Steamboat Brew Trail will take you from downtown Steamboat to the west end of town. The Brew Trail is made up of three local breweries and one distillery: Mahogany Ridge (sip: The Alpenglow); Mountain Tap Brewery (sip: Mountain Macaroon); Steamboat Whiskey Company (sip: Smoked Old Fashioned); and Storm Peak Brewing Company (sip: Hoochie Mama).

Float the Boat tip: Stick to taster size pours; it's important to be mindful of the effects of altitude, especially when it comes to alcohol.

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AMC's Tales of the Walking Dead Lead Talks New Anthology Series

By JT Hainje & Lilyan Park

From directing to writing, producing, and acting, new leading starlet Kersti Bryan will wow audiences across the country with the upcoming AMC's "Tales of the Walking Dead," the brand new, highly anticipated spin-off from



"The Walking Dead" series which premiered yesterday. Other current projects include EGG PARTY, a 10-minute short film tackling the struggle of fertility. Kersti is also available to discuss her prestigious career having appeared and starred in hit series and films including HUSTLERS, RAY DONOVAN: THE MOVIE, and CBS' "FBI: Most Wanted" to name a few.

The third spinoff series of the 70x Emmy Award-Winning series "The Walking Dead," "Tales of the Walking Dead" will follow individual characters in each episode, telling the story of how they attempt to survive in a post-apocalyptic



world filled with zombies. Viewers will get to experience a world that they are already captivated by via a new lens and get to know new storylines within that universe, bringing a fresh perspective to this show. Kersti will be appearing in the pilot episode in a major role that is integral to the storyline of the show's premiere chapter. You can view the teaser trailer here: [Tales of the Walking Dead Teaser Trailer](#)

Winning multiple awards on the festival circuit including the "Audience Award" at both Cinequest Film Festival and the COVEN Film Festival, as well as getting praise from the Chelsea Film Festival, New York Shorts International Film Festival, Topaz Film Festival and the Charlotte Film Festival, to name a few, Kersti's short film EGG PARTY won audiences over with her powerful messaging and acting. In light of the Roe v Wade overturn, EGG PARTY has been described as a film we need right now and a celebra-



Described as "magnetic on stage," Kersti has performed in various Off-Broadway shows, following her education at Interlochen Arts Academy, which has produced other notable alumni including Felicity Huffman, Norah Jones, and Linda Hunt, just to name a few. After finishing up at the academy, Kersti received a degree from Carnegie Mellon and moved to New York City, where she currently resides. She has consistently worked in theater and television, and most recently taken a shot at directing.

Amid the pandemic, Kersti teamed up to create a project called The Clear Day Project, which helped support essential workers by bringing them messages of hope, joy, and thanks from the arts community. They gained recognition and coverage on CNN with this project, which consisted of various artists recording videos of them singing uplifting songs to the brave frontline workers in New York hospitals, as well as shoutout videos, poetry readings, and more from others in the arts community.

tion of women's choice over their body. The short film stars Sophie Von Haselberg, Susan Heyward, Holly Chou, and Christine Renee Miller. Kersti is the director, co-writer and executive producer of EGG PARTY.



Keep Moving

Mobility Exercises to Keep You Pain-Free

By Contributing Writer

Mobility issues plague nearly 19 million Americans, both young and old. Mobility is defined as the ability to have full use of your muscles and joints. If you can improve your mobility, you can improve your flexibility, fitness, reduce pain, and reduce the likelihood of injuries.

If you are suffering from mobility issues, doing some mobility exercises can help you regain the full use of your muscles and joints. Here are 5 different

exercises to try to help improve your ability to move.

Inchworms

Inchworms work your hamstrings, hips, and calves. To do them, stand with your feet hip-width apart. Reach your hands towards the floor and keep your knees straight.

Then, walk your hands forward until you get into full plank position and then walk your hands back towards your toes. Keep your knees straight as you walk your hands back. Once your hands get back to your toes, stand straight up.

Try to do three rounds of 10 reps each. If your fitness level is low, start with 5 reps and work your way up.

Band Pull-Over

Band pull-overs work your upper body, including your shoulders, scapula, spine, ribs, and your hips. You will need an exercise band to do these.

Lay flat on your back with your knees bent and your feet flat on the floor. Keep your shoulders, hips, back, and feet flat on the floor during the movement. Pull the band from overhead to your hips and then pause.

Then, bring your arms back over your head. Make sure it is a fluid motion.

Try to do three rounds of 12 to 15 reps each.

Shoulder Pass-Through

A shoulder pass-through works your deltoids, chest, upper back, and rotator cuffs. You'll need a broomstick or PVC pipe to do this exercise.

Stand shoulder-width apart holding your broomstick or pipe parallel to the floor, using an overhand grip (your fingers should face away

from you). Keep your arms straight and raise your object above your head. Keep your core stable and bring the object as far behind your head as possible and hold for a few seconds.

Repeat this exercise for three rounds of five reps each.

Neck Circles

Neck pain can put a severe cramp in your daily activities. Neck mobility can help reduce neck pain and neck circles can help with neck movement.

To do neck circles, sit or stand with your hands on your lap. Tilt your neck to one side until you feel it stretch and then roll your head forward. Bring your chin to your chest and then roll your head to the other side until you feel a stretch on that side.

Do five half circles, moving through each of them slowly and fluidly.

Lunges With The World's Greatest Stretch

Lunges help improve the mobility of your thoracic spine and your hips. To do them, take a lunge forward with one foot. Then, lean forward and put both of your hands on the ground.

Twist and reach up with the opposite arm, reaching for the sky. Take four deep breaths while in this position, and then return your hand to the ground and go back to a standing position.

Repeat on the opposite side. Aim for five on each side.

If stretching on your own doesn't work, physical therapy can help improve mobility as well.

Mobility Exercises to Improve Your Muscle and Joint Movement

Mobility exercises are necessary to help you improve your muscle and joint movement, your strength, and your fitness. They can also help you avoid chronic pain in your joints.





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KNOWING YOUR CAT

Studies Show Cats Have Many Characteristics You Might Not Have Known...

By Contributing Writer

Cats are one of the most popular pets to share unforgettable family moments with. Thanks to the unique quality's cats have, they are very easy to take care of, guaranteeing a very comfortable coexistence no matter your lifestyle.

It has been shown that just like humans, cats also have their own personality. Some are more affectionate, more independent, curious or frightened in front of visitors, but all of them have a series of common characteristics that you will find fascinating. Do you want to discover them?

Curious cat qualities

They are sociable

Although many people try to compare the personality of cats with that of dogs, insisting that they are very independent animals, felines are also sociable, and need contact with humans and other living beings on a daily basis.

Cats that are used to living with other pets can get along well with any other animal, even dogs! They enjoy games and need the company of the rest of their family, demonstrating it every day by greeting you when you walk through the door.

They see you as part of their family

Like all felines, cats also need to have a family in order to feel protected. You may think your cat isn't very loving towards you, but it's only because you don't know how to detect their signs of affection.

When a cat lets you pet it, gives you little bites, licks, or bumps its head against you, it is showing you how much it appreciates you.

They sleep a lot

This may not be new to you, but did you know why cats need so many hours of sleep?

When they sleep, cats don't easily reach the deep sleep phase. Even during sleep, they are in constant alert, as a defensive measure against possible attacks. Therefore, they need to sleep more hours than other animals and humans, to be able to rest enough.

They also have feelings

Cats are one of the animals that best express their feelings. You can easily tell when they are happy, sad or angry, among other emotions. However, negative feelings don't usually last long in

cats. If your cat ever gets angry with you, in a few minutes it will be forgotten, and your cat will be back to normal.

They dream when they sleep

When a cat reaches the REM phase of deep sleep, it can dream just as humans do. No one knows what felines dream about, but sometimes you can tell that they are having a pleasant dream and even a nightmare.

They are excellent hunters

Although they no longer need to hunt for their daily food, domestic cats have not lost their hunting instinct. If they ever get a chance to prove it, they could perfectly hunt any small animal with amazing skill.

Their cleanliness is very important

Another one of the most evident cat qualities is the importance of their cleanliness.



They have a very different vision

There are two very interesting facts about the vision of cats. The most well-known one is that they have impressive night vision, capturing the light of the environment to be able to see better at night than during the day.

The other cat quality related to their vision is that they cannot see well up close. To guide themselves in short distances they use their whiskers to help calculate the distances.

Every day they need to spend several hours cleaning and combing their fur using their own tongue.

It is also important for them to relieve themselves in a clean sandbox with adequate cat litter. In this way they avoid spreading their smell so that they are not detected by other animals that could pose a danger.

These and many other cat qualities are what make these felines the perfect pet for any type of family. At Sepicat we encourage you to discover for yourself how fascinating cats are by adopting a new family member with whom you can share incredible moments.

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CREATING A BEAUTIFUL HOME

Hardscape Ideas for a Beautiful Yard

By Contributing Writer

Creating a beautiful yard is an extension of your home. Spending time in nature relieves stress so why wouldn't you want a beautifully designed space? We have put together a list of the best hardscape ideas for your yard.

Edible Gardens

Having an edible garden means that you are in control of your food. You can grow your produce and herbs.

Choosing beautiful and fragrant herbs will elevate the appeal of your yard. Consider the following:

Lavender – For aroma and color or to brew in a tea
Heirloom
Tomato – These



varietals come in many shapes and colors

Rainbow Carrots – These are beautiful

Eggplant – Bright purple tones are

gorgeous and versatile for cooking

Rosemary – This herb is easy to grow

Play with different plants and herbs until you find the mix that is right. Create a grow box or even a beautiful greenhouse to elevate your garden.

Paved Pathways

A simple pathway leading from your patio to a tree swing or outdoor sitting area is a great way to beautify your yard. Let's take a look at some options for paving.

Travertine – These pavers are unique in their design. They are cut in triangle or square shapes, and are durable.

Ceramic Tile – These tiles come in a variety of shapes and colors. They do become very slippery when wet.

Concrete – Concrete pathways are expensive. They do not add to the aesthetic of your yard. You will likely need to add a sealant to the slab.

Firepit

Nothing says comfort like a nice fire. A well-placed fire pit could be a focal point. With the right construction, your pit could double as an outdoor cooking option. Try building the firepit with unique stones surrounding the base. If your fire-making skills are limited consider purchasing a propane firepit. Surround the pit with comfortable seating and small tables.

Updated Patio

Don't settle for outdated plastic seating. Make your patio the highlight of your yard!

If you live in an area that has limited patio space updates can help. Try planting tall sawgrass or hedges around the patio for more privacy. Consider installing a retractable awning for days where you need shade.

Waterscapes

Installing water features can turn your space into an oasis. Here are some options:

Small Streams – Create a small stream along the perimeter of your yard to create a unique border.

Waterfall – Waterfalls are a breathtaking addition. The sounds will add a sense of tranquility.

Koi Pond – Nothing says classic like a Koi pond. The ponds date back to 71AD

and will be a conversation starter.

Garden Dining

A beautiful dinner outside is a perfect way to spend summers. Try building a dining area that allows you to get the best view of your paradise. Consider seating large enough to host guests. Adjustable tables are a great option. Also, remember to have optional shade such as umbrellas.

Bold Entrances

Make the entryway spectacular! Here are a few options for a bold entrance:

A flower-filled archway; Unique hanging lanterns leading to the yard; A lavender-lined walkway; Vine covered trellis

Gorgeous Gazebos

A gazebo can pull the yard together. Gazebos are versatile outdoor rooms that serve many purposes. You can use your gazebo to host dinner parties, relax, or even turn it into an outdoor art studio.

Zen Garden

For the ultimate peace and tranquility consider a zen garden. Zen gardens are renowned for bringing relaxation and focus. You will need gravel and sand and a few larger stones to build your garden.

Stairways

Creating an elegant stone stairway will add contrast and dimension to your space. Try using different stones. Lining stairs with greenery will make the staircase pop.

Creating Your Sanctuary

With these ideas, you will have an oasis in no time. Don't be afraid to let your personality shine!

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At a funeral on Aug. 6 at Rolling Hills Memorial Park in Richmond, California, a family brawl broke out after the deceased's son and daughter started arguing, SFGate reported. Police were called to the scene around 1:30 p.m., where up to 20 family members abandoned the service to fight with each other. The 36-year-old brother got into a vehicle and "attempted to drive toward his sister in an aggressive way, but instead he struck another female and sent her to the hospital with non-life-threatening injuries," said Sgt. Aaron Pomeroy of the Richmond Police Department. He also managed to knock over headstones and vases and break a water main, causing the funeral plot to fill up with water. The coup de grace was knocking over the casket; fortunately, the deceased did not fall out. When the brother finally emerged from the car, someone hit him with a cane to subdue him. The brother was later charged with felony assault with a deadly weapon and vandalism.

Angel Domingo of Toronto is a big fan of trading items on resell websites. So when he moved into a new home and found a single cheese stick in the refrigerator, it was a no-brainer for him: Buy a billboard in Yonge-Dundas Square and offer the Black Diamond Cheese String in a trade for the best offer. "This is probably the strangest thing that I've ever had to offer up," Domingo told Global News. "I guess some people really want it." Indeed, he's received several offers for the cheese, the most unusual so far being a trade of two Persian cats. He hasn't made a deal yet, but he's in no hurry: There are months left before the cheese's expiration date.

The mother of a 6-year-old Butler County, Ohio, boy was arrested on Aug. 9 and charged with endangering a child and contributing to the delinquency of a child, WLWT-TV reported. The incident started when Olivia Eversole, a worker at a Marathon gas station in Hanover Township, saw the boy emerge from a car holding a Smirnoff Ice. Eversole asked the boy, "Do you know that you're drinking a beer?" He replied, "Yup, this is me and my mommy's favorite beer. We drink it all the time." Eversole called police, but when deputies arrived, the mother, Victoria Hampton, 26, told them it was an accident and left with the boy. But when officers followed her home, they found the boy riding a scooter,

holding another Smirnoff Ice. "You've got to be on your toes because you never know what's going to happen," Eversole said.

Miles Routledge, 23, of Birmingham, England, has stirred up controversy by traveling repeatedly to Afghanistan and cozying up to members of the Taliban, the Daily Star reported. Routledge posted on Twitter on Aug. 9, "I am officially Afghanistan's largest exporter to England. 150+ flags, patches and rugs," with a photo of his loot. But what's really got people up in arms is a rug he bought depicting the 9/11 attacks on the World Trade Center in New York City. Routledge believes the rug doesn't glorify the attacks; instead, it was made "by Afghan women to tell a story of a historical event. Hundreds of American soldiers who signed up to the military because of 9/11 have this rug in their homes," he claimed. Routledge called Taliban members "kind blokes" because he had tea with them after stumbling into their compound one evening.

As of July 1 in Delaware, retail stores were no longer allowed to supply plastic shopping bags for their customers' purchases. No problem, said shoppers at Acme in Christiana -- we'll just walk out with your plastic shopping baskets. Delaware Online reported that the store's supply of baskets has been wiped out, and manager Kaitlyn DiFrancesco is not going to buy more. Customers had the option of buying reusable shopping bags or paying 5 cents for paper bags at checkout, but instead, as soon as the ban went into effect, they started lifting the baskets. Employees were asked to stop customers, but some shoppers just ignored the warning or slipped out unseen.

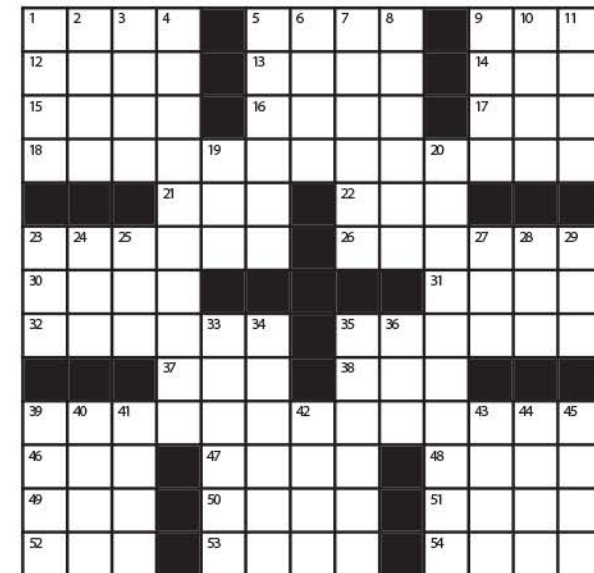
Looking for new kicks that'll mark you as a beer-loving fashion icon? Of course you are. Heineken has partnered with sneaker designer and customizer Dominic Ciambone to create Heinekicks -- signature green, white and red high-tops with a built-in bottle opener and the company's newest brew, Heineken Silver, sloshing around in the soles. Oddity Central reported that the shoes provide a unique feeling. "I can't say I've ever designed a sneaker that contains actual beer before," Ciambone said. Probably not -- and only a handful of people will ever get to wear them, with just 32 pairs scheduled to hit the market in the fourth quarter of 2022.

Across

1. Recedes
5. Manitoba native
9. "Doctor ___" (BBC series)
12. "Groovy!"
13. Camera part
14. "Say what?"
15. Sandwich bar
16. Computer menu option
17. Distinctive doctrine
18. Photos of color
21. Beer dispenser
22. Colorful flower, for short
23. Football shirt
26. Jellies
30. Indian nursemaid
31. Case for sewing gear
32. Time in power
35. Storage spot
37. Kind of paper
38. Spleen
39. Get to the point
46. Middle East title
47. Train track
48. Pass away notice (abbr.)
49. ___ start with your performance.....
50. ___ nesia
51. Long bone
52. "Occupy" location for a while
53. Simmer
54. Some whiskeys

Down

1. Quashes
2. Alerting message
3. Bundle
4. Gear change feature
5. Men of the cloth
6. Paint the walls, again
7. "Sadness" singers
8. Mating time
9. Jockey tool
10. Silence
11. Current measures
19. Golf driving area
20. Unit of charge equal to 3600 coulombs
23. Pickle container
24. Needle hole



25. Cleaning need
27. Would contraction
28. Actor's come-on
29. Male aristocrat
33. Relatives of Tahitians
34. Not destroyed
35. Bide one's time
36. Math term
39. Biblical son
40. "Coyote ___" movie
41. Perfumed powder
42. Take cover
43. With competence
44. Trig figure
45. Sorority letters

DAD JOKES

Which days are the strongest?
Saturday and Sunday.
The rest are weekdays.



From August 5





FINER THINGS

Gorgeous Glamorous Wedding Dresses

By Contributing Writer

Finding the perfect wedding dress can be exciting. With prices ranging from hundreds of thousands to the millions, these are the most expensive wedding dresses of all time.

Marie-Chantal Miller – \$225,000
Miller wed her husband, Prince Pavlos of Greece, in 1995 and – true to royal fashion – sported a stunning long-sleeve traditional dress. The gorgeous pearl-encrusted Valentino number cost \$225,000, with a 14-foot length Chantilly lace train.

Amal Clooney’s Oscar de la Renta – \$380,000

George and Amal Clooney spared no expense when it came to their wedding,



so of course Amal’s dress made it onto our list. The off-the-shoulder lace Oscar de la Renta gown cost \$380,000 and was the last wedding dress the late designer created before he passed away.

Chiara Ferragni’s Dior – \$420,000
This may have been the biggest Wedding of 2018 and a Chiara Ferragni’s Dior Wedding dress was nothing short of amazing.

Kate Middleton’s Alexander McQueen – \$434,000

The Duchess of Cambridge looked like Cinderella in her gorgeous

bespoke Alexander McQueen gown. Decked out in the most expensive fabrics, including French Chantilly, English Cluny lace and ivory and satin gazer, designer Sarah Burton created a wedding look that has made its way into the history books.

Kim Kardashian’s Givenchy – \$500,000

Of course Kim Kardashian would make it on the list. When Kim and Kanye tied the knot in 2014, Kim graced the aisle with a

\$500,000 custom-made Givenchy gown with long sleeves and a trumpet silhouette.

Victoria Swarovski’s Crystal Gown – \$1 Million
The Swarovski jewellery heiress’ stunning custom-made



gown had an estimated price tag of over \$1 million. Naturally, the dress was fitted with over 500,000 Swarovski crystals.

Priyanka Chopra’s Ralph Lauren – Estimated \$2,000,000
Priyanka Chopra’s was the fourth Wedding dress Ralph Lauren ever made and it was pure perfection!

Serena Williams’s Alexander McQueen – \$4,943,000

Serena Williams looked breathtaking in her princess gown by Sarah Burton.

Yumi Katsura’s White Gold Dress – \$8.5 Million

At \$8.5 million, this masterpiece from Japanese fashion designer Yumi Katsura was crafted from the finest silk and satin. This gown also features a collection of precious gemstones and displays intricate hand-stitched zari embroidery.

The Diamond Wedding Dress – \$12 Million

This collaboration between designer Renee Strauss and jeweller Martin Katz resulted in this gorgeous Diamond Wedding Gown. This beautiful dress is made from the finest silk fabrics and contains 150 carats of diamonds. Apparently it’s still up for sale.

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THE SECRET LIFE OF BULLIES: WHY THEY DO IT—AND HOW TO STOP THEM

By Contributing Writer

Why do some kids bully? The answer is simple: it solves social problems. It's easier to bully than to work things out, manage emotions, and learn to solve problems. Bullying is the "easy way out," and sadly, some kids take it.

Portrait of a Bully

Bullying can come from a variety of sources. One source is bullying at home. Part of the development of bullying can stem from undiagnosed or diagnosed learning disability which inhibits the child's ability to learn social and problem-solving skills.

Kids use bullying to replace social skills they're supposed to develop in school. As children develop, they should be finding ways of working problems out and getting along with others.

Bullies use aggression, and some use violence and verbal abuse, to supplant those skills. So in effect, they don't have to learn problem solving. The way they're solving problems is through force and intimidation.



What an aggressive bully often looks like: He doesn't know how to get along with other kids, so he's not trying to play. He's roaming around the perimeter of all the interactions that take place at school. And whenever he's confronted with a problem he takes that out on somebody else. He does this by putting somebody else down verbally or physically. A child who bullies might also throw or break things. When the bully feels powerless and afraid, he's much more likely to be aggressive.

Adolescents

When we talk about adolescent bullying, we're entering into another phenomenon. Many adolescents in high school are very abusive to each other. There are peer groups that will attack other kids. If a teen or pre-teen doesn't want to be a victim, they have to join a group. The shy or passive types—often become the targets. This behavior is hurtful and harmful. Make no bones about it, bullying is traumatizing for kids who are the targets.



Teach Your Children about Bullying

Teach your child what a bully is. A bully is somebody who forces other people to do things they don't want to do. A bully is somebody who hits other

people. A bully is someone who breaks other people's stuff. A bully is someone who calls other people names. Then you set a standard "We don't do that in our house." Ask your child, "How should you treat others?" And the answer is, "You treat others with respect; if they don't respect you back, walk away."

Create a Culture of Accountability

Your child is accountable to you: how he talks to you, his siblings, his family members. When he's bullying, don't get sucked into his excuses. Schools should also have a culture of accountability.

Skills Your Child Needs to Learn

A child who bullies needs to learn how to solve social problems. Have conversations, "What happens when other kids don't want to play your games? What do you do?"

Your child has to learn how to resolve conflicts and manage his emotions, and how to manage their impulses.

What to Do If Your Child is Bullying Others

Kids who are bullying others should be held accountable at home. Your child should be deprived of doing something he or she likes.

Your child's teachers should handle the process of having your child make amends for his behavior at school. But bullies don't stop bullying when they get home—they often target younger siblings. You have to be very clear if your child is bullying.

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Essential Art And Craft Materials For Kids

Glass jars

Glass or mason jars are popular crafting items at any time of the year. They are ideal for personalised drinkware, flower vases, pencil holders, and more. With their clear surface, glass jars allow any embellishment and paint from your art supplies to match the season and occasion.

Glue guns

Like scissors, glue guns are a familiar staple to most crafters. Low-heat ones are ideal for simple projects, but high-heat ones help in those requiring more stick. You

By Contributing Writer



Crafting is all about creativity. The inspiration for a craft can come from anything. It does not take too long to get an idea for a craft project, Guest Posting but how you make it is a different story. Every crafter has a collection of supplies and tools to complete their work. Your child explores their creative side and surprise you with new achievements every day.

There are many craft materials available at stationery stores and online. You can purchase them whenever you feel like creating something at any time of the day. Stores have fixed working hours, but websites operate 24x7. The following are essential materials required:

Ribbons

Whether you plan to tie a bow on a basket, card, or gift, you can utilise ribbons for any craft. Tie or glue them onto any surface. They are also perfect as a trim to hide crafting mistakes. Always store some in your collection to use them conveniently at any time.

can also buy dual temperature glue guns from stores or websites according to your needs.

Blackboard

Often, kids love writing and scribbling on surfaces with pencils, crayons, chalks, markers, etc. You can buy a blackboard for kids to practice whatever they learn in school and imitate their teachers. It is an important study material mixed with fun and vibrant coloured chalks to encourage your child to write.

Glitter

Whether you love or hate the mess, the glitter is a must when you require extra sparkle for craft projects. You can use it to beautify your creations like candles, Christmas gifts, greeting cards, glass jars, chart paper, etc. You never know when an object needs bling, so always keep it in stock.



Whiteboard

Whiteboards or writing boards for kids can help children improve their literacy and numeracy at home. They get an opportunity to improve and learn from their mistakes as they can write, clean, and rewrite as many times as desired.

Other supplies

You can also buy your child a scrapbook with colourful pages to cut and use for projects or write down journals. Go on, collect all your craft materials, and create a card or a creature to delight your family and friends.

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FASHION

Clutch Bags Make Your Dress Look Lavish

By Contributing Writer



Women engage in voguish fashion for ulterior motives. They want to make an eminent style statement no matter where they go. In fact they want to steal attention when going for evening walks.

Fashion is a complicated concept, made simple for few. People tend to define fashion as wearing something that provides optimum comfort. But experts argue that fashion is much more. Fashion is the way of living.

Many women and men dedicate their lives for fashion and style. Their uber lifestyle is an exemplar of their fine taste in style and art. They admire and respect beauty thus fashion is a prominent part of their lives because fashion makes everything seem beautiful. Without fashion and style, their lives saturate to a point and become gloomy and colourless.

Fashion has myriad facets and create a façade that is termed as irresistible. Style and panache are two main aspects of the fashion world. These two aspects are complemented by accessories. Accessories are a significant part of fashion. Every aspect and characteristic of fashion is interdependent. An outfit is incomplete without the right type of accessories.

Accessories are designed to augment the beauty of apparel. Formal and informal outfits are made beautiful with brocading, tracery and sheen. Accessorizing is necessary. Your feminine charm and individualistic style is mirrored through accessories. An accessory helps in personalising every aspect of your personality. You can team an accessory as you feel fit with your ensemble and make a lasting impression quickly.

Fashion is maintaining individual style. People tend to choose and cull out their

options in the fashion world as per their body type and shape. People understanding the aesthetics of fashion make a smart choice by making a well informed decision. When women go shopping they tend to buy clothes and accessories they are attracted towards. This is a common mistake committed by everyone. Experts say when buying accessories and dresses it is important that the design and style suit your personality.

Handbags are bought in order to add charm to your personality. If pink makes you look healthy, then black is a classic option to make your look sleek. There are certain basic rules that have to be followed by fashionistas. If you goof up with the rules you will end up creating a fashion disaster. Fashion police is always on a prowl and may be you will be their next victim.

Accessories perfect your look no matter how sombre and gloomy your dress is. Clutch bags are a latest craze that complements dresses well. Clutch bags break the monotony of carrying handbags and being overburdened when you want to let your hair down. Designers have begun dedicating varied product lines to bags. There is a bag for every function and dress. You can opt for handbags online shopping if brick and mortar stores have disappointed you. All you need to do is log on to a shopping website, choose the bag you like and proceed to payment options. Complement your outfit with the perfect clutch!

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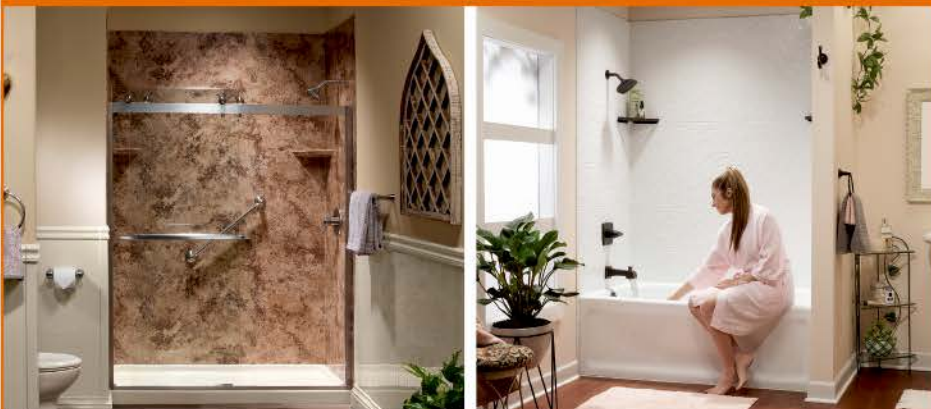
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