

LOS ANGELES, SAN FERNANDO AND CONEJO VALLEYS



# Valley Scene

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*Entertainment ★ Leisure ★ Lifestyles*

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→ JUNE 9 - 22, 2023 VOLUME 24 NO.12

## MOVIES



### THE LITTLE MERMAID

## EVENTS



### VENTURA MUSIC FESTIVAL

## SPIRITS



### SUMMER COCKTAILS AND TASTY TRENDS



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*Celebrate*  
**DAD'S DAY**

BY BARBARA BECKLEY

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Monday, June 5 - Sunday, September 3, 2023



## SEASONAL MENU

- Elote
- Turbo Dog
- Asada Plate
- Strawberry Shortcake Shake
- Summer Shandy
- Summer Sangria
- Twisted Palmer
- Beer-Mosa

## LIVE MUSIC

Friday & Saturday on the Lawn  
(See Website for Performance Calendar)

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# HAWAIIAN-BASED JEWELRY COMPANY DEPO MARKET PROMOTING INDEPENDENT LIFESTYLE CHOICES FOR ADULTS WITH AUTISM AND OTHER DISABILITIES

By Joyce R. Forchion

Depo Market CEO Tiffany Chou (pictured, right) is joined by her brother Chris (left) in amplifying a message of hope, determination, and empowerment to adults with disabilities who are seeking viable employment opportunities.



Depo Market CEO Tiffany Chou and her brother Chris in one of the company's most popular videos available on their website

Depo Market, a notable Hawaiian-based jewelry and accessories line staffing several adults with disabilities, is resonating in the hearts and minds of countless TikTok users as many of their videos have been averaging over 1 million views, totaling 4.5 million overall likes on their popular page.

Sought-after jewelry designer Tiffany Chou founded Depo Market with the intention of providing a better, more independent life for her adopted brother Chris-- who is autistic-- and other determined adults like him. Another way she has empowered his independence is by investing in the Amazon Alexa product, and she shares how the device has assisted with managing his daily routines

Family serves as the foundation of Depo Market and the primary reason for its existence. Chou, a prominent jewelry designer whose eclectic work has been featured internationally in Vogue, Cosmopolitan, and Sports Illustrated Swimsuit Edition, retired from her lucrative career in New York to join her brother Chris in conceptualizing the family-operated business. Chou and Chris, both adopted from South Korea and Cambodia respectively, prioritize their connectivity in translating their mission- providing outlets for independence to adults with disabilities.

“The goal of Depo Market is to provide as many jobs as possible to other adults in the community that are in similar situations as my brother,” said Chou, founder of Depo Market. “He wants to work but hasn’t been given the same opportunities as everyone else. This is a chance for people like Chris to be front and center and show everyone that just because they might do things a little differently doesn’t mean they can’t do it.”

When asked about her motivation, Chou explains, “The largest minority group in the world is people with disabilities. No matter where someone falls on the spectrum of abilities, if they have a disability, it usually makes it a lot harder to find employment. I want to show our community and other businesses how important including people with disabilities is. Learning from someone that is different from you can only make you a better person, and in turn make your business stronger.”

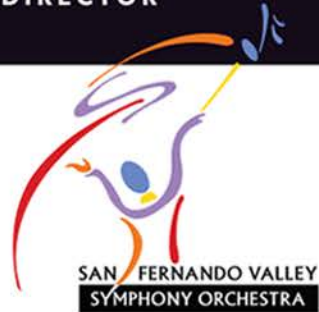
Though National Autism Awareness Month was observed in April 2023, Chou is committed to spreading the word about the invaluable benefits of professionals with disabilities and those on the spectrum and encourages other companies to embrace a more socially responsible mission to add them to their teams. “Chris and I have always had a

special bond, and I am so proud of his accomplishments and impressed by all the ideas he adds to our family business,” said Chou. “We hope to inspire others to visit our online store, peruse our unique jewelry designs within our diverse product line, and show others that there is always hope and anything is possible.”

Chou is also pleased to announce plans to open the brand’s official storefront location in Wailuku, Maui within the next few months. She and Chris have been working tirelessly to conceptualize the floor layout and product inventory in time to open the doors at the request of residents. She also states that hiring adults with disabilities will become a mainstay team-building element of this family-owned business.

Tiffany Chou and her team at Depo Market are gearing up for Valentine’s Day and hope to serve as a first-choice outlet for gift ideas. Online store visitors are encouraged to select from an assortment of rings, earrings, bracelets, necklaces, and origami-inspired designs. To learn more about Depo Market and the mission of its founder, visit the website ([www.depomarket.org](http://www.depomarket.org)) or take a look at their day-to-day activities on the company’s TikTok platform.

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# Celebrate DADS DAY

By Barbara Beckley

**Congratulations! To our Dads, on June 18th Father's Day, who bring joy to our lives. And Graduates, for your outstanding accomplishments and exciting futures. This year – don't do ordinary to show your love and appreciation. Here are our suggestions for gifts that are as unique, fun, and surprising as they are.**

## DADS

### Fun Things to Unwrap.

Who's your daddy? Whether he's an enigma or the life of the party, step outside the ordinary with a far-out photo from the iconic rock photography Morrison Hotel Galley ([morrisonhotelgallery.com/collections/fathers-day-2023/](http://morrisonhotelgallery.com/collections/fathers-day-2023/)) in West Hollywood. This year, for the first time, the gallery is featuring the "Daddy Issues" Father's Day collection – rocker images that celebrate the complexities of fatherhood. Especially timely – that classic black & white of Keith Richards, Tina Turner and David Bowie, New York City (1983), where Tina is holding a whisky bottle to Bowie's lips, from \$400. Also, "The Beatles, with Balloons" (1967), from \$1,500. And the knock out! "Muhammad Ali vs. Cleveland Williams," Houston Astrodome (1966) from \$4,000. In honor of all Dads, the gallery is offering \$100 off orders of \$1,000 or more!

Help him look rocker cool with a new pair of shades. But not just any shades. New Ray-Ban Stories Wayfarer Smart Sunglasses ([www.ray-ban.com](http://www.ray-ban.com)) that connect to his phone! Dad can use these Ray-Bans to listen to music, podcasts, answer phone calls and take photos! \$303.20 on Amazon. \$299 at Macy's.

Is Dad the engineering type? Surprise him with a Legos

for grown-ups ([www.lego.com/en-us/gifts/gifts-for-dad](http://www.lego.com/en-us/gifts/gifts-for-dad)) DIY kit. From the Titanic, \$679.99; Roman Colosseum, \$549.99; Star Wars walking tank, \$849.99, and a "motorized" Lighthouse, \$299.99, to Vincent van Gogh's "The Starry Night," (yes, seems odd, but doable), \$169.99; the Rolling Stones logo, \$149.99 and more – all detailed, intricate, and super hip.

Put a smile on his face – and on his feet! With Shine-Sand ([www.amazon.com/stores/ShineSand](http://www.amazon.com/stores/ShineSand)), \$13.99, Custom Face Socks! Oprahdaily.com loves them. Just send in a humorous or handsome photo of Dad, and get

est-Coaches/), \$11.59, hardcover. Fatherly advice, which your Dad probably already knows, but will enjoy seeing he's on the same page with sports greats like Tommy Lasorda, Phil Jackson and John Madden.

Always in style and comfy cozy. Koolaburra by UGG Men's Tipton Slippers ([www.koolaburra.com](http://www.koolaburra.com)), \$49.95. Faux fur lined in sizes 7-14. Also, 32 Degrees Men's Puffer Down alternative vest ([www.32degrees.com/](http://www.32degrees.com/)), \$64; Amazon, \$24.99. Made with 100 percent recycled poly-fill; and seven pockets in a range of smart colors. And classic, classic, classic! Monogrammed gentlemen's handkerchiefs by Mark and Graham ([www.markandgraham.com](http://www.markandgraham.com)). Set of four in cotton percale, \$35.

### Go for It!

If Dad prefers experiences. Start your engines! Treat him to an action-packed session at the BMW Performance Center ([bmwperformancecenter.com/](http://bmwperformancecenter.com/)) in Thermal, two hours south. He'll get an adrenaline fix on the one-hour "BMW M Track Driving Experience," \$299, during six exhilarating laps at one of three Thermal Club racing circuits. Then follow his instructor's car for a warm-up lap to bring him up to speed, before flooring it to the max as he tries to keep the instructor's car in sight and speeds and G forces increase. Or the two-hour "BMW Performance Driving Experience," \$299, at the wheel of a BMW X vehicle following his

instructor through a challenging off-road course. Then, heading to the track and rotating between BMW vehicles, taking tight corners and fast straightaways. Afterward, celebrate his need for speed at nearby Morgan's in the Desert ([morgansinthedesert.com/](http://morgansinthedesert.com/)) in La Quinta, with the restaurant's exclusive "Wine Dinner Series." June's theme is "The Oregon Wine Trail," pairing Sommelier Steven Parker's Oregon labels with Executive Chef Andrew Cooper's handcrafted menu from garden-fresh greens to powdered gold-covered chocolate dessert. Prix fixe is \$200 including four courses and wine. Insider tip: the Wine Series is not on the menu – reservations are strongly suggested.

back a pair of adorable and hilarious custom crew socks covered in Dad's portrait! Then keep him smiling with Kiehl's Ultimate Shave Collection Gift Set ([www.kiehls.com](http://www.kiehls.com)), \$58. The set includes four skincare essentials: a refreshing gel cleanser to create smooth skin, shave cream and after-shave cream to keep his skin feeling soft and nick-free, and post-shave moisturizer to help restore brightness and hydration.

For first-timers or seasoned granddads – he's sure to enjoy the "Dad's Playbook. Wisdom for Fathers from the Greatest Coaches of All Time," by Tom Limbert ([www.amazon.com/Dads-Playbook-Fathers-Great-](http://www.amazon.com/Dads-Playbook-Fathers-Great-)



West Coast Performing Arts Presenters and Castle Entertainment Present

If he likes the water. On Father's Day, June 18, treat Dad to a cruise, cocktails and meal in Marina del Rey, onboard City Cruises' ([www.cityexperiences.com](http://www.cityexperiences.com)) newly revamped "Entertainer" yacht. Choose the "Father's Day Premier Plus Brunch Cruise," 11 a.m. – 1 p.m., featuring a chef-inspired buffet, wine, champagne, and classic cocktails. Sit inside or out, enjoying live DJ tunes and million-dollar views of water, ocean, and homes. \$120 per person. Or the "Father's Day Premier Dinner Cruise," 5:30 – 8 p.m., with a reserved table for everyone in your party, chef-inspired plated entrees, wine, beer, champagne, cocktails, live DJ, and glittery marina views. \$131 per person.

## DADS &amp; GRADS

Are they golfers?

Always a winning gift – a cap, shirt or other logo merch and equipment from a legendary course. Visit the pro shop in person or online, if possible. PGA West

([www.pgawest.com/golf/golf-shops-online-store](http://www.pgawest.com/golf/golf-shops-online-store)) in La Quinta has an online shop: caps from \$29.50, polo shirts from \$79.50. You'll need an invite from a member to access the pro shop at the super private Riviera Country Club (<https://www.therivieracountryclub.com/>) in Pacific Palisades. Walk-ins are welcome at the Pebble Beach Golf Links ([www.pebblebeach.com/](http://www.pebblebeach.com/)) pro shop, five hours north along the Monterey coast.

## GRADS!

A Celebrity Endorsement! How fun is this! Order a personalized video message delivered by your Grad's (or your own) favorite TV, movie, music, sports, or business star through Cameo ([www.cameo.com](http://www.cameo.com).) You tell them what to say. Choose among thousands of stars (and prices) like Snoop Dogg, \$900; Mark Pellegrino, \$50; Patrick Fabian, \$235; Brian Baumgartner of "The Office" fame, \$195; singer LeAnn Rimes, \$333; Chaka Khan, \$800; comedian Carrot Top, \$150; even yikes, Lindsay Lohan, \$475, and Mike Tyson, \$20,000.

## Cool Merch.


The must-gift of 2023 – recommended by Oprah and The New York Post. A diploma frame – but not just any frame. This one is mahogany and not only has room for the diploma but also an area to preserve their graduation cap tassel. By Graduation Mall ([www.amazon.com/GraduationMall-Diploma-Picture-Certificate-Document/](http://www.amazon.com/GraduationMall-Diploma-Picture-Certificate-Document/)), \$39.99.

After the milestone comes – the meetings! Welcome to the real world, graduates. Be sure your graduate is the coolest new team member at company Zoom gatherings, with the NexiGo NGO 1080P web cam ([www.amazon.com/Microphone-NexiGo-Computer-110-degree-Conferencing/](http://www.amazon.com/Microphone-NexiGo-Computer-110-degree-Conferencing/)), \$39.99. And often travel. Oprah recommends sending them off in style – and so do we – with the top-rated new CALPAK Starter Bundle ([www.calpaktravel.com](http://www.calpaktravel.com)), \$299. A matching set of

luggage including the carry-on bag with spinner wheels; a large check-in bag with spinner wheels; three packing cubes, two pouches, and a luggage tag.

For high school grads off to college, nothing says "home" better than a personalized pillow from Shutterfly ([www.shutterfly.com/ideas/grad-gifts/](http://www.shutterfly.com/ideas/grad-gifts/)), \$30.99. Include their name, pictures of family, pets, their friends and maybe a graduation quote. They'll cherish it even after they've graduated college.

The coincidence of the century! If your grads are Disney crazy. OMG – this year is also Disney's 100th anniversary. Make their graduation milestone Micky Miraculous with Disney ([www.shopdisney.com](http://www.shopdisney.com)) gifts like "Class of 2023" Disney t-shirts, \$14.95 at printerval.com. Disney Hallmark graduation cards, \$4.59 and up. Mickey Mouse graduation cap and tassel – with ears of course -- \$29.99. Better yet, break the bank, and give them a trip to Disneyland Resort or Walt Disney World Orlando ([www.disneyworld.disney.go.com](http://www.disneyworld.disney.go.com)) to enjoy all the 100th anniversary festivities.

# Forever Brooklyn!

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**Written & Directed by  
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**- Joan Alperin,  
Stage and Cinema**

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“Oh, the Places You’ll Go!” “Perhaps one of the most special university graduation gifts,” recommends The New York Post, “to give your new young adult some hope, humor, and memories with this Dr. Seuss classic.” Make it even more special with a written note on the inside cover to congratulate your grad and wish them luck no matter “the places they go” after college. \$8.48 on Amazon ([www.amazon.com/Oh-Places-Youll-Dr-Seuss/](http://www.amazon.com/Oh-Places-Youll-Dr-Seuss/)).



Jewelry! Yes, for the graduating woman in your life. The Pandora Moments Pave Heart Clasp Snake Chain Bracelet ([www.us.pandora.net](http://www.us.pandora.net)), \$150, makes a beautiful sterling silver and cubic zirconia keepsake. Start her charm collection with the sterling silver and blue crystal Wise Owl Graduation Charm for \$55. If she loves flowers, keepsakes, and (age appropriate) champagne, go one better than your average vase – with a Personalized Champagne Milestone Vase from Uncommon Goods ([www.uncommon-goods.com](http://www.uncommon-goods.com)), \$78. Customizes this genuine champagne bottle-turned-vase with your graduate’s name and gradua-

tion date. She’ll keep it forever!

Give them a chuckle with an “Adulthood Fig & Cashmere Candle” by Anecdote Candles ([www.anecdotecandles.com](http://www.anecdotecandles.com)), \$34. \$24.95 on Amazon. It’s recommended by Entertainment Tonight EOnline.com. College graduation signifies the first step into adulthood. Well maybe! Whether cozying in for the night, or at their laptop, this candle’s wafting scent that “smells like early nights and steady paychecks” (also cashmere & fig) is sure to please.

It’s safe to say EVERY graduate is a techie. Here are our favorite recommendations from Wired.com.

**Fitness and Time Tracker.** For iPhone owners, give the Apple Watch Series 8 ([www.apple.com/apple-watch-series-8/](http://www.apple.com/apple-watch-series-8/)), loaded with wonderful health tracking features and safety tools, like fall detection and the option for automated emergency calls. Grads can also reply to messages, check notifications, control music playback, and more. \$400- \$329 at Target. \$399 at Apple, and Best Buy. \$329 at Amazon. For Android users, choose the Samsung Galaxy Watch5, and Galaxy Watch5 Pro ([www.samsung.com/us/watches/-galaxy-watch5/](http://www.samsung.com/us/watches/-galaxy-watch5/)). From \$399. It’s got many of the same health-related bells and whistles as the Apple watch, and great everyday uses like turn-by-turn directions and checking notifications. Insider tip: these are not compatible with iPhones. \$279 - \$310 at Best Buy. \$280 - \$310 at Amazon.

For exercise-friendly earbuds, the Jabra Elite 7 ([www.jabra.com/bluetooth-headsets/jabra-elite-7-active/](http://www.jabra.com/bluetooth-headsets/jabra-elite-7-active/)), from \$179.99, is Wired’s favorite workout headphones. Thanks to

their tiny size, comfortable fit and great sound. They’ll stay securely in place during runs, deadlifts, and hikes, even if the wearer is sweaty. The companion app for smartphones allows for sound adjustment, so your giftee can let in more ambient noise if they’re on a trail or a busy street. The carrying case even keeps the battery charged.

Kindle Paperwhite ([www.amazon.com/Kindle-Paperwhite](http://www.amazon.com/Kindle-Paperwhite)), from \$139.99 – another 2023 graduation must, according to Wired and Oprah. Easy on the eyes and waterproof. A perfect gift to help your grateful grad unwind.

Secure Passwords – not very sexy. But so, so necessary once your grad is on their own. Give them solid protection with an 1Password (1password.com/) gift card. 1Password has lots of extra features for storing and protecting hundreds of long, strong, secure passwords. Like Travel Mode, which prevents law enforcement officers from accessing a user’s vault when passing through international borders. 1Password can also act as an authentication app (like Google Authenticator), and integrates well with other apps. A one-year individual membership is \$36.

Everything Everywhere.

Last, but not least. The gift that keeps on giving – Amazon Prime ([www.amazon.com](http://www.amazon.com))! Don’t laugh. Wired says, “two things are genuine markers of adulthood these days: getting your own Netflix account and getting your own Amazon Prime subscription.” So, while your graduate’s student discount may be disappearing, you can save the day by gifting them another year. \$139.

Congratulations to you all! On being a super Dad. And an accomplished Grad.



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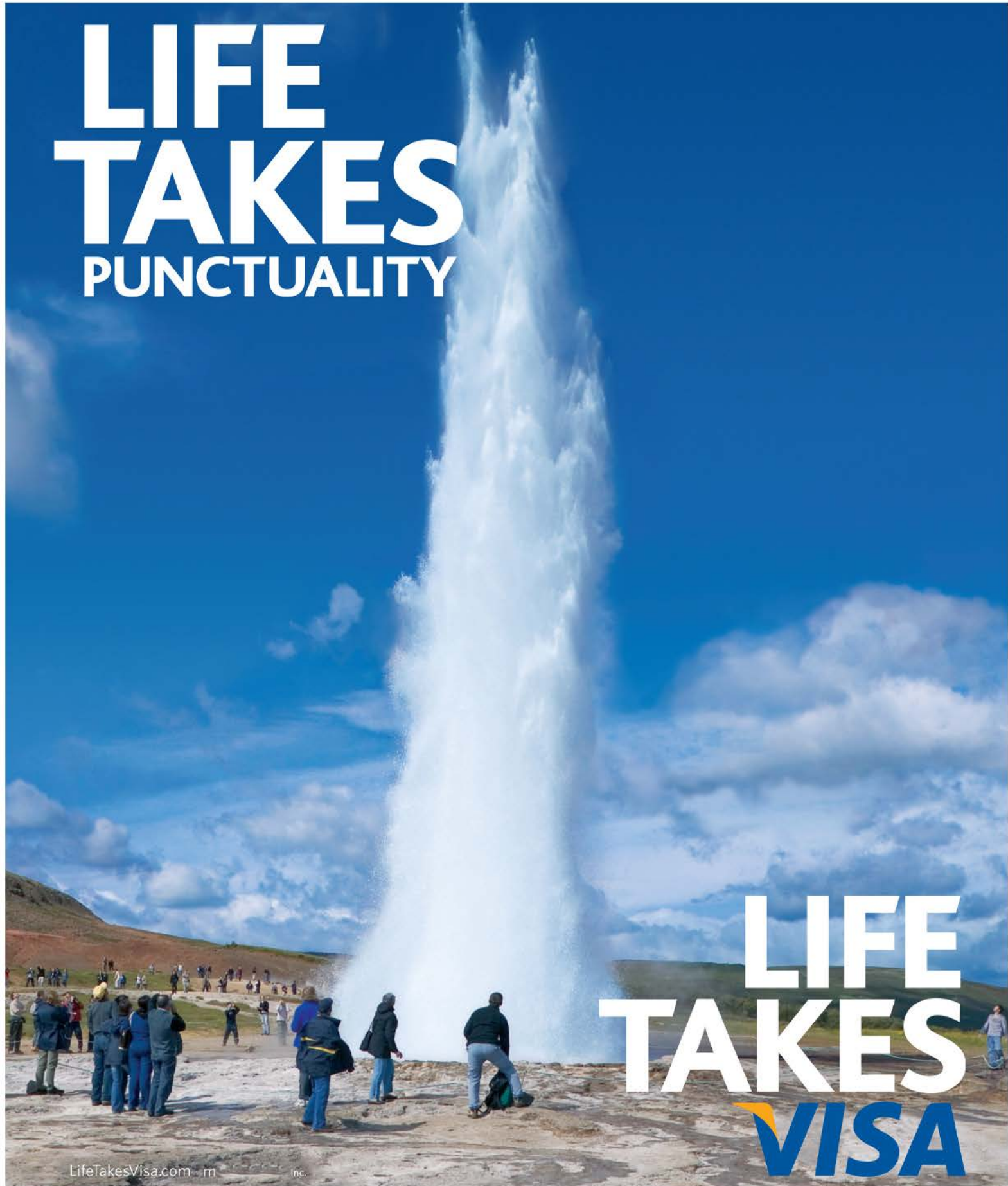
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# LIFE TAKES PUNCTUALITY



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# Ventura Music Festival's

Star-Filled 28th Festival

Is Set For July 28-30 and August 4-6

By Contributing Writer

**F**estival at-a-glance: Weekend One presents headliner and 5x Grammy Winner, Dianne Reeves, one of the pre-eminent jazz vocalists in the world. Choreographer and tap prodigy Caleb Teicher joins piano virtuoso Conrad Tao creating magic onstage in "Counterpoint," their second national tour exploring the intersections between their artistic worlds. Mark O'Connor, a musical genius considered by many to be "the most influential fiddle player ever" is joined by his wife Maggie O'Connor is what promises to be a memorable close to the weekend.

Weekend Two opens with the sublime artistry of classical guitarist Ana Vidovic and also includes the Moanin' Frogs sextet featuring all six saxophones from soprano to bass in an electrifying, delight-producing



program. And for fusion and smooth jazz lovers, there is Special EFX All-Stars. The Grammy-nominated supergroup features guitarist, bandleader and 3x Emmy winner

Chieli Minucci, joined by Elliott Yamin, Brian Bromberg, Jeff Kashiwa, Lao Tizer and Gene Cove.

An expanded glance at the two jazz programs. For still more on all the artists of the 28th festival, including video clips, visit [www.VenturaMusicFestival.org](http://www.VenturaMusicFestival.org).

Dianne Reeves. Ms. Reeves is often described as a living legend and celebrated for her breathtaking virtuosity, improvisational prowess and unique jazz and R&B stylings. She received the Grammy for Best



Jazz Vocal Performance for three consecutive recordings – a Grammy first in any vocal category. She has recorded and performed with Wynton Marsalis and the Lincoln Jazz Center Orchestra and the Chicago Symphony Jazz Orchestra among others. The National

"Song of the Year" honors from Billboard magazine, the All-Stars again move the musical bar and paint a vivid portrait of their musical journey with all the colors and moods that have come to define one of the genre's most lasting and relevant bands. Guitarist, composer, producer and arranger Chieli Minucci is the band's longtime leader. Besides writing and performing his own music, he is renowned in the jazz and pop world as a gifted television and film composer.

Three and a half decades since the release of their self-titled debut album, Minucci and Special EFX All-Stars find themselves still blazing new trails of innovation with their unique brand of contemporary jazz seamlessly blending progressive pop, soul and funk with an undercurrent of freewheeling world fusion.

In addition to Chieli Minucci, Special EFX All-Stars include:

Elliott Yamin, Vocalist who vaulted to stardom as an American Idol finalist; Jeff Kashiwa, a compelling saxophonist since early days with The Rippingtons; Brian Bromberg, one of the world's most versatile acoustic & electric bassists; Lao Tizer, keyboardist & rising star of the world-fusion genre; and Gene Coyne, drummer extraordinaire and 2x Grammy winner

Special EFX All-Stars will perform in the Rancho Campana PAC in Camarillo. All



Endowment for the Arts designated her a Jazz Master – the highest honor the United States bestows on jazz artists and one critic called her "a natural wonder not to be missed." Ms. Reeves accompanists include Peter Martin on piano, Romero Lubambo on guitar and Terreon Gully on drums.

Special EFX All-Stars: Following recent

other artists are presented in the Ventura College PAC.

Program schedule and details, along with video clips are online at [www.VenturaMusicFestival.org](http://www.VenturaMusicFestival.org). 805-648-3146. Ticket prices range from \$15 to \$65 and may also be purchased at the PAC's box office starting an hour before show time.

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**MATT STELL**  
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**BOOTSANDBREWS.COM**



By Contributing Writer

# The Little Mermaid

It's not Rob Marshall's fault that Disney's latest live-action retread doesn't really sing. "The Little Mermaid," a drab undertaking with sparks of bioluminescence, suffers from the same issues that plagued "The Lion King," "Aladdin" and "Beauty and the Beast." Halle Bailey might be a lovely presence and possesses a superb voice, but photorealistic fins, animals and environments do not make Disney fairy tales more enchanting.

The essential problem is that the live-action films have prioritized nostalgia over visual storytelling. They try to recreate shots from animated predecessors, ignoring the possibility that musical sequences and choices were enchanting because they were animated.

There was, in the 1989 film, a sparkling awe. The underwater castle. The mermaids. Eric's ship. Even Ariel's bright red hair. Combined with wonderful songs and lyrics by Alan Menken and Howard Ashman, it's not hard to understand why it fueled a Disney Animation renaissance.

Anyone who has gone through Disney's live-action library would be right to approach "The Little Mermaid" with caution. Still, there's excitement as the camera takes us underwater — even after



a ominous quote from Hans Christian Anderson that begins the movie. You can't help but be hopeful. But the first mermaid that comes into focus doesn't evoke wonder as it does a flashback of Ben Stiller's merman in "Zoolander." The technology is better, but the result is the same. Worse, as we spend more time with them, following Ariel's multicultural sisters

as they gather around their father King Triton (Javier Bardem), it's hard to shake an uncanny feeling. It's like gazing in on AI supermodels with fins.

For all its pizzazz, this "Little Mermaid" is muted. Miranda's new songs are odd, and don't fit. Prince Eric's (Jonah Hauer-King) makes

go so far while looking like an actual seagull who might be after your chips at the beach. Close-ups of its beady blue eyes are unsettling, though it was probably a good call to go blue over gold, which looks a bit demonic even in the cartoon. Sometimes it seems as though the editor is trying to minimize the unpleasantness by quickly cutting away from Scuttle. Flounder (Jacob Tremblay, who also voiced Luca) doesn't have this problem as much, mainly because once they go out of the water he's essentially hidden under the surface. Daveed Diggs' Sebastian gets off easy, looking the most pleasantly cartoonish. But then there's that Jamaican accent that they decided to carry over (and this in a movie that adds a line about consent to "Kiss the Girl").

Visibility is a problem for more than just Flounder, too. Sometimes "The Little Mermaid's" underwater sequences just look too underwater. Things are cloudy and dull and hard to see, once again probably in the name of authenticity, but straining to see what Marshall and the scores of VFX teams have labored on for years is not a pleasant experience. This could be a projection issue — I wasn't in an especially high-tech theater with color enhancing upgrades. But that also means anyone without access to things like Dolby Vision around the world will have this issue, too. When Sebastian brings out the most colorful fish he can find for the "Under the Sea" number, you even start to empathize with Ariel a little bit. It is the exact opposite of the "Avatar: The Way of Water" experience.

# Spider-Man

## Across the Spider-Verse

By Contributing Writer

Let's get this upfront: "Spider-Man: Into the Spider-Verse" was the best comic-book film of the last decade.

With animation straight from the pages of comics, "Into the Spider-Verse" took a supercollider to the superhero movie. Solemnity was out. Gone was the chosen one. Spider-Man could be anyone, including a graffiti-tagging kid from Brooklyn. The possibilities were limitless.

So a lot to live up to. Yet the Spider-verse is still expanding. "Spider-Man: Across the Spider-Verse" is the rare sequel that dazzles as much as the original. Colors drip, invert and splatter in a pop-art swirl.

If "Into the Spider-Verse" reveled in the collision of universes, "Across the Spider-Verse" turns the multiverse blender up a notch. Worlds bump into each other like shoppers in a bodega. Spider-Men and Spider-Women tumble like



unloaded clown cars. This frenetic, freewheeling thing dares you keep up with it.

But despite all that, "Across the Spider-Verse" is grounded as a coming-of-age tale. The flair of writers-producers Phil Lord and Christopher Miller,

who penned the script with David Callahan, lies in how they detonate convention.

The directing team has been swapped out. Joaquim Dos Santos, Kemp Powers and Justin K. Thompson take the reins, which finds Miles Morales (Shameik Moore) now a 15-year-old with a handle on his powers. He's less adept, though, at communicating with his parents, Jefferson (Brian Tyree Henry) and Rio (Luna Lauren Vélez), who don't know their

son's secret identity and are growing concerned about his strange behavior.

Similar issues bedevil Gwen Stacy (Hailee Steinfeld), who by revealing to her father (Shea Whigham) that she's Spider-Woman has caused a huge rift.

When Miles and Gwen, stuck apart, meet again and swing in tandem through New York, they're less romantically linked than they are a couple of teenagers whose parents

don't understand. When they sit together, on a ledge on the Williamsburgh Savings Bank Tower, gazing at Manhattan, hazy and blue, the lingering image encapsulates a downside-up movie franchise.

In its chaotic way, "Across the Spider-Verse" keeps playing with these notions. Miles and Gwen, rightly, feel exceptional — that their problems are

unique. But the movie reinforced that, yes, they're supremely talented, but, no, they're far from alone. "I'm Spider-Woman," Gwen says when a pregnant superhero (Issa Rae) peels in. "Me, too," she replies.

This being a "Spider-Verse" movie, though, there more than just a few Spider-Men lurking. There are actually gobs of them, each from some parallel world. The portals start opening thanks to The Spot (Jason Schwartzman), a supervillain-in-training. But Spot's powers grow, bringing the attention of the Spider-Society. Some of them are cool — Daniel Kaluuya's Spider-Punk. Others, like Miguel O'Hara (Oscar Isaac), are more serious.

When worlds start colliding, storylines get upset. Anything goes in these multiverse, but, there is Canon that needs to be obeyed. Certain foundational narrative beats must occur, in some form, for every Spider-Man.

When Miles tests these tenets, he brings about a battle across the Spider-Verse. The danger in all these crisscrossing dimensions is that no reality seems to mean that much. By multiplying worlds and Spider-Men, "Across the Spider-Verse" risks making itself dizzy. Yet it surprisingly, stays true to the teenage emotions at its core. It's the first Marvel movie that I felt in the theater a palpable disappointment that it was over.

# Aerosmith Announces Farewell Tour Starting In September

By Contributing Writer

Aerosmith will be touring near you for the last time to celebrate the rock band's 50-plus years together. The Rock & Roll Hall of Fame band announced the dates for their farewell tour called "Peace Out" starting Sept. 2 in Philadelphia. The 40-date run of shows, which includes a stop in the band's hometown of Boston on New Year's Eve, will end Jan. 26 in Montreal. "I think it's about time," guitarist Joe Perry said. Perry said the group, with frontman Steven Tyler, bassist Tom Hamilton, drummer Joey Kramer and guitarist Brad Whitford, learned from the staging and production from their recent Las Vegas residency shows.

Perry believes the time to say goodbye is now, especially with every founding band member over the age of 70. Tyler, 75, is the oldest in the group.

"It's kind of a chance to celebrate the 50 years we've been out here," Perry said. "You never know how much longer everybody's going to be healthy to do this. ... It's been a while since we've actually done a real tour. We did that run in Vegas, which was great. It was fun, but (we're) kind of anxious to get back on the road."

Tyler and Perry said the band is looking forward to digging into their lengthy catalog of the group's rock classics including "Crazy," "Janie's Got a Gun" and "Livin' on the Edge."

Over the years, Aerosmith, which formed in 1970, has collected

four Grammys. The band broke boundaries intersecting rock and hip-hop with their epic collaboration with Run-DMC for "Walk This Way."

Aerosmith performed the Super Bowl halftime show in 2001 and even had their own theme park attraction in 1999 at Disney World in Florida and later in Paris with the launch of the "Rock 'n' Roller Coaster Starring Aerosmith" ride.

"We're opening up Pandora's Box one last time to present our fans with the Peace Out tour," Tyler said.



His "Pandora's Box" reference calls out Aerosmith's 1991 three-disc compilation album that covered the band's output from the 1970s to the early 1980s.

"Be there or beware as we bring all the toys out of the attic. Get ready," Tyler added.

The band said Kramer decided to not take part in the upcoming tour. He's still a part of the group, but the drummer has been on leave to "focus his attention on his family and health" since their Vegas residency last year. Drummer John Douglas will continue to play in his place.

Perry called Kramer their brother. The band said his "legendary presence behind the drum kit will be sorely missed."

Before the 40-date tour wraps, Perry said other cities could be added.

"It's the final farewell tour, but I have a feeling it will go on for a while," he said. "But I don't know how many times we'll be coming back to the same cities. It could very possibly be the last time."

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# TECH TALK

# BEST ROBOT COFFEE BARISTAS

particular order for future puposes; reduction of lines; reduction of labor etc. The top robot coffee baristas. **Briggo**

Briggo's coffee haus is a self-contained robot café and it resembles a log cabin. This robot



barista produces 100 cups of coffee in an hour. They have a menu offering plain coffee to special ones. It is known for its gourmet quality and is achieved with the use of top-quality ingredients. You can personalize your drink. Cups of coffee are ordered using an application and you get a message when the order is ready.

**Cafe X**

Cafe X produced a robot barista to deliver awesome cups of coffee while still retaining

the warmth of ordering from a human. It focuses on giving every customer a wonderful experience. Café X built a robot inside a kiosk which looks like an aquarium. Orders can be made by interacting with the machine through a tablet that operates with the system. The robot barista makes use of its six-axis robotic arm to make a cup. It makes about 120 cups of coffee in an hour. The robot barista has a wide menu ranging from latte, matcha latte to single-origin espresso etc. with frothy milk of different kinds.



**Rozum Café**

Rozum Café is a state of the art robot barista designed to deliver smart service. It's a cup of professionally brewed coffee by robots and

comes in varieties such as espresso latte, Americano, flat white etc. Coupled with this is services such as efficiency, speed and the correct order. The robot barista follows the right recipe for each order using the world's best beans and customers are served with a perfect cup of brewed coffee. Orders are made on a multi-language touch screen device and payment can be made by card, phone or cash.

**Monty Cafe**

Monty Cafe is a Moscow based robot barista with similarities to Cafe X. The robot barista is housed in an enclosed kiosk. It's made up of two swinging arms meant to serve cups of coffee or other beverages. It wasn't built with functions to only serve coffee but the company hopes to expand to things like beverages and ice cream.

**Aabak**

Aabak is a Melbourne based company which produced the two armed barista named Rocky. The robot functions in the coffee making by observing every single step needed. From grinding the beans to tamping the coffee and putting the lid on the cup. It was designed to function as a human barista and it offers bespoke services too. It makes a cup of coffee within sixty to ninety seconds.

Coffee robot baristas is a trend here to stay. Its main aim is to reduce labor but with more output and better quality.

By Contributing Writer

Drinking coffee is a part of society, with people consuming multiple cups. Coffee robot baristas are one of the latest forms of machines in the world of coffee automation. They deliver delicious cups of coffee in the most efficient manner.

These robot baristas by different companies, are built differently but are geared towards one goal; to serve great cups of coffee with precision and efficiency. The robot baristas cut back on human deficiencies. Robot baristas have qualities that make them unique; getting the orders right and storing a



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# COOL SUMMER COCKTAILS TO WOW YOUR PARTY GUESTS

By Jonah Flicer

## THE DIRTY SHIRLY

If you find yourself craving a cocktail with a nostalgic twist, the Dirty Shirley may be the way to go. It is an alcoholic version of the iconic Shirley Temple mocktail, and a perfect sweet treat during the summertime.

The Shirley Temple is a childhood staple, with its pink color and ultra-sweet flavor. It has been appealing to anyone with a sweet tooth for nearly a century, reports USA Today. Better Homes and Gardens states that the rising popularity of the Dirty Shirley cocktail may be thanks to Millennial and Gen Z drinkers wanting to put a grown-up spin on a childhood classic now that they are adults.

Though the original drink is heavily sweetened, Better Homes and Gardens states that the addition of alcohol in the cocktail may help cut down on the overall sweetness,

making it a more enjoyable drink for those who would prefer to cut back on the sugar.

The Shirley Temple — named for the child actress of the early 1900s — was created when the star desired an upscale nonalcoholic drink on par with cocktails that the adults around her were drinking on her birthday party that took place in 1932, reports Make Me a Cocktail. She was presented with a mix of ginger ale and grenadine, topped with a cherry. Though she reportedly did not enjoy it much and later filed lawsuits against a company wanting to bottle it using her name, the moniker stuck and so did the iconic drink (via TIME).

Though the origins of the Dirty Shirley are a bit unclear, reports InsideHook, it is undoubtedly linked to the mocktail. The publication states that Chasen's, formerly of West Hollywood, laid claim to the original



dimension of flavor, try adding a splash of a different fruit juice for a fresh burst.

Any way you choose to customize it, the Dirty Shirley is a throwback to a childhood classic.

## TO NAME A FEW MORE...

There is more to a cocktail than just a twist of an orange peel or a tiny paper umbrella. Many of the most popular cocktails in the world have a story behind them. These beloved cocktails have a social scene and they have become a part of today's culture. Here are the origin stories of some of the most favorite summer cocktails:

### PIÑA COLADA

The origins of Piña Colada are hotly debated. It's origins date back to the 1800s. The oldest claim is linked to pirate Roberto Cofresi in Puerto Rican. Supposedly, he served his crew a cocktail of rum, pineapple, and coconut to boost morale. However, the most popular and widely accepted origin story of this cocktail comes from the Caribe Hilton's Beachcomber Bar located in San Juan. It is said that in 1954, the head bartender of the hotel was asked to create a drink to satisfy the appetites of visiting Hollywood

celebrities and hence, Piña Colada was made.

### MOJITO

Unlike other summer cocktails, the origins of mojito are not in dispute. It was first crafted in Havana, Cuba. The recipe mixes soda water, lime juice, mint, sugar cane juice, and white rum. The recipe may have evolved from the practice of local South American Indians that involves using ingredients as healing frequencies and healing drink. The restaurant La Bodeguita del Medio claims to have made the new popular recipe.

### MAI TAI

The legendary cocktail Mai Tai was created in 1944 by Trader Vic and its original recipe is still used even today. The origin of the drink's name is also well-known. According to Vic, he created the cocktail to highlight an aged Jamaican rum and served it to his couple of friends visiting from Tahiti. Upon drinking it, one of them described it as "mai tai". It is a Tahitian slang that simply refers to the expression "awesome".

mocktail, though Shirley Temple herself cited it as the Brown Derby restaurant in Hollywood. As the drink grew in popularity, bartenders experimented by adding an alcoholic twist for the adult crowd, but it has not been definitively pinpointed as to which specific bar invented the actual Dirty Shirley.

How to make a Dirty Shirley

A traditional Shirley Temple is typically made using lemon-lime soda, lime juice, and grenadine to give it that iconic red color (via Delish). Some recipes swap the lemon-lime soda for ginger ale, while others even include orange juice, reports Savor the Flavour. To finish it off, maraschino cherries are used as a garnish and for some added sweetness.

A Dirty Shirley is the alcoholic version of this, adding into the recipe vodka (via New York Times Cooking). Mix the vodka with a splash of grenadine over ice, and then mix it all in with the soda. Of course, you should still top it with that iconic maraschino cherry, which pairs well with liquor. To add an extra

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# Cheese Wisdom and The Legendary California Cheese Trail.

By Contributing Writer

When cheese is aged by the professionals, the process looks quite different. The aging of Parmigiano Reggiano, for instance, “takes place under the strict supervision of the producer who regulates humidity and temperature,” explains Robuschi. After 12 months, the Consortium’s experts test each wheel, tapping it with a hammer and listening for defects that could compromise the quality if it were aged further.

The oldest Parmigiano you’ll find in the U.S. market is five years, and that’s rare. Two- or three-year wheels are more

common, but still hard to find.

In Wisconsin, cheesemakers sometimes go even further in aging their products. “We like a very slow cure to bring out the flavors,” says Tony Hook, cheesemaker and co-owner with wife Julie of Hook’s Cheese Company in Mineral Point. Hook’s just released a 20-year cheddar, retailing at \$209 per pound. Though the company’s 20-year batch is rare — less than 1 percent of production — Hook’s regularly sells 10-, 12-, and 15-year cheddars.

To age its cheese, Hook’s vacuum seals it and then puts it in a cardboard box with a

wooden liner. It stays at about 38 degrees throughout the aging process. “I test one block along the way to make sure it’s developing the flavor like I want,” says Hook. The company’s older cheddars have less acidity, and fruitier, nuttier flavors. Texturally, they are both smooth and crunchy, flecked with calcium lactate crystals from the aging process.

“Most people, especially restaurants, prefer the price of a younger cheddar,” says Hook, who has been making cheese for 50 years. “Once or twice in a lifetime, they’re willing to spend the kind of money for a very aged cheese.”

Is very aged cheese worth the price? Perhaps. There is something special about tasting something that old. The flavors of Hook’s 20-Year Cheddar are exaggerated, and the texture is both cartoonishly crunchy and surprisingly smooth. Age is never the ultimate indicator of quality, but special cheese is special cheese.



## BUYING LOCAL CHEESE

California Cheese Trail promotes artisan cheesemakers and family farmers by connecting cheese lovers to cheesemakers classes, events, and tours throughout California.

Since 2010, the printed map (500,000+ distributed) has increased the visibility, sales, and appreciation of local cheesemakers throughout the country. A labor of love, Vivien (below) created the Cheese Trail because she simply wanted to help ... and today, many of California’s 79 cheesemakers attribute 20%-80% of their sales to customers discovering them via the Cheese Trail! During the 2020 Covid shutdown, Vivien and her brother Michael saw local cheesemakers and farmers being decimated (some losing 50% or more of their overall sales) and launched ‘home delivery’ as another way to promote cheesemakers and generate new sales.

The Cheese Trail has been featured widely in the media, including in National Geographic, the New York Times. The California Cheese Trail is a fun and exciting way to get your cheese on and taste the variety available here in California! cheesetrail.org.

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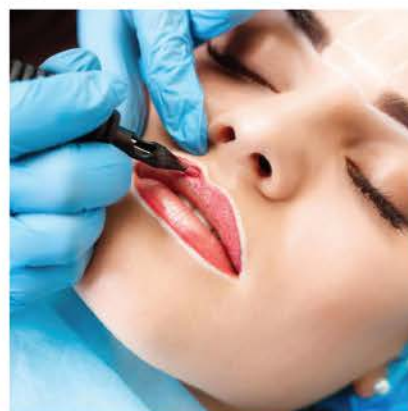
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should occur is your technician knowledgeable of treatment remedies; Understand care and maintenance schedule.

Will the style chosen be in season for many years or will it date you?

The body changes with passage of time; so does the tattoo.

### How To Remove

Today lasers are used to remove permanent cosmetic tattoos.

Traditional tattoos are removed with many other methods depend-

ing on the size, depth, and types of inks used. Laser treatments may take 1-5 treatments to remove, and several weeks for fading and healing. It is about a 3-4 month treatment program.

### Federal Drug Administration

State and local health departments are responsible for permanent makeup and tattoo businesses. Before considering any procedure, visit your state and local health departments for questions and concerns which you may have.

in permanent makeup application, safety, and other health regulations.

### Tattooing and Permanent Makeup Application Complications

Infection; Allergic reactions; Removal problems; Granulomas and keloids; MRI complications

This list of infections is provided by the Federal Drug Administration.

Gather references on the considered practitioner; Be aware of negative side effects; If they

By Contributing Writer

Is permanent cosmetic tattooing permanent? If you are asking does it last a lifetime? No. Most tattoos for the eyebrows, eye liner, lip lining, and coloring of lips and facial cheeks last one to five years. Maintenance is scheduled monthly or yearly.

The reasons people want permanent makeup includes:

Time saving; Lack of hair; Desire to cover scars; Not physically able to apply makeup for various medical reasons; Who performs permanent makeup applications.

Before you consider a cosmetic procedure check your state and local laws. Some states have regulations for this industry and some do not.

Someone is going to inject tinted dyes into the upper skin layers of your face you need to do your research. Be sure to check your technicians qualifications, certifications, and training. These technicians may work in salons, doctor's offices, and hospitals. You do not want an untrained amateur doing any of these procedures. After selecting the individual that is to create cosmetic details on your face, check for cleanliness in their surroundings. Ask about the inks, procedure, and the tools they will be using. Say "yes" only after understanding and agreeing to all that has been explained.

The Federal Drug Administration regulates the ingredients in the ink. Your state and local governments control education, certification, and licensing requirements.

Permanent makeup artists have often been tattoo artists before entering this field. Legitimate operators do pursue an education





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# Casa 0101 Theater Presents

## Arthur Miller's Death Of A Salesman

By Contributing Writer

**C**ASA 0101 Theater, Emmanuel Deleage, Producer and Brown Fist Productions, Maria Elena Yepes and David Reyes, Producers, present Arthur Miller's 1949 Pulitzer

Diaz, Adam Hollick, Jack Bernaz and Daniel E. Mora, and featuring Jared Trevino, Leah Verrill, Jeff Blumberg, Chloe Diaz, Gor Leo Babkhanyan, Kriss Dozal and Mariana Campos.

Death Of A Salesman will be presented for a six-week run in the Gloria Molina Auditorium at CASA 0101 Theater, 2102 East First Street (at St. Louis Street), Boyle Heights on Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m., from June 9 – July 16.

Set in late 1940s Brooklyn, New York, the two-act tragedy follows the central character of Willy Loman, who is experiencing a battle against time, exhaustion and mental and psychological debility. He desperately must find a way to reconcile his life and the deep pain it has caused his family.

In 1949 Arthur Miller won the Pulitzer Prize for Drama, as well as the Tony Award and the New York Drama Critics' Award for Best Play. Today the play is considered as one of the greatest plays of the 20th century.



Leah Verrill

Prize-winning play, Death Of A Salesman, under the direction of Corky Dominguez, starring Vance Valencia, Christine Avila, Eddie



Adam Hollick

Emmanuel Deleage, producer of the show and Executive Director of CASA 0101 Theater, said: "We are pleased to present Arthur Miller's American classic in Boyle Heights with a primarily Latino cast. This masterpiece of American literature explores the quintessential battle taking place in one way or another inside the heads of each one of us: the pursuit of success, the difficulty of accepting reality, the love of family, the struggle to force the hand of destiny."

The late Arthur Miller once said, "Success and prosperity are better attained by facing the challenging situations of the reality of American life rather than romanticizing on fanciful dreams." Miller defined a tragic hero as "a character who is ready to lay down his life, if need be, to secure one thing – his sense of personal dignity." For Miller, tragedy was driven by "Man's total compunction to evaluate himself justly."

Tickets are \$30 for General Admission; \$25 for Boyle Heights residents and Groups of 20 or more; \$27 per person for Students and Seniors 60+; \$75 per person for VIP tickets which include Preferred Seating, one free concession item, a ticket to the Opening Night or Closing Night Party and one cast-signed production photo.

For tickets, call (323) 263-7684, email tickets@casa0101.org, or buy at www.casa0101.org. Join the conversation on Facebook @CASA0101Theater; on Twitter @CASA0101 and on YouTube at www.youtube.com/user/casa0101theater. Free street parking.

There will also be an art exhibit in the Jean Deleage Art Gallery, by Suzanne Linares. These paintings are spontaneous, energetic strokes, drips and splashes. Admission is free. Tues. - Fri., 9:30 a.m. – 5 p.m. and prior to performances of Death Of A Salesman.

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## ISLAND PACKERS VENTURA ANNOUNCES SUMMER SCHEDULE NON-LANDING EXCURSIONS & SUMMER WHALE WATCHING

By Contributing Writer

Coinciding with the busy summer season, Island Packers is expanding its non-landing schedule to include Summer Whale Watching excursions through mid September to view some truly extraordinary magnificent mammals.

the ocean in the company of these creatures can be an awe-inspiring and truly a memorable experience. The boat departs at 10:00 a.m. from Island Packers deck and returns at approximately 4:00 p.m. at which time guests can enjoy more time by



Passengers on Summer Whale Watching trips, departing Ventura Harbor Village, have an excellent chance to view several whale species in the Santa Barbara Channel, who migrate here to feed on the abundant shoals of baitfish and krill. Summer species that can be seen include blue whales, fin whales, and humpbacks, as well as marine life such as common dolphin, seals, and sea lions.

Historically, more than 28 species of whales and dolphins have been identified within the waters of the Channel Islands National Marine Sanctuary. A day spent on

the shore at Ventura Harbor Village. Fare: Adults \$75.00; Seniors \$70; and Children age 3-12 \$60.00.

Anacapa Island Half-Day Wildlife Cruises to the north shore of the island offer views of the historic lighthouse, the highly-photographed arch rock, and allows a closer look at California sea lions, spotted harbor seals and occasionally dolphins or whales. Trip options are from 9:30 a.m. to 1:00 p.m. or 1:30 p.m. to 5:00 p.m., and departs from Channel Islands Harbor in Oxnard. Fare: Adults \$44; Seniors \$40; and Children \$31.

### About Island Packers:

As the official concessioner to Channel Islands National Park, Island Packers has been providing island transportation and wildlife viewing in the Santa Barbara Channel for more than 55 years. Captains and crews on all trips have many years of experience finding and viewing wildlife. Their thoughtful narration informs guests about the history, human impact, and unique characteristics of the channel and wildlife encountered.

Visit Island Packers official website [www.islandpackers.com](http://www.islandpackers.com) or call 805-642-1393 for more information and details on regularly scheduled transportation to the Channel Islands, specialty trips and to view the marine sightings.

### About Ventura Harbor Village:

Situated along the picturesque California Central Coast, endowed with breathtaking views, Ventura Harbor Village is the waterfront seaside attraction in the Ventura Harbor, bordered by the City of Ventura on three sides and the Pacific Ocean on the



West. Ventura Harbor is 20 miles from Santa Barbara and is 60 miles from Los Angeles and just minutes off scenic US Highway 1 and 101. The Ventura Harbor offers several sandy beaches for beach-goers, and wide open spaces for boating & recreation. The Channel Islands National Park Visitor Center makes it home in Ventura Harbor.

For information regarding Ventura Harbor Village, visit Ventura Harbor Village or call 805-477-0470. Harbor Village is located at 1583 Spinnaker Drive in Ventura. Post, share, and like #Ventura-Harbor

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# How Celebrities Look Stunning 24/7

By Contributing Writer

You must have wondered how celebs maintain their perfect looks when in the public eye. There is a big secret behind their beauty.

The money is not the main reason (but it does help!) Many people believe that their luxurious lifestyle and their purchasing power have



a lot to do with their beauty. However, you can be rest assured that it plays a minute part with their appearance. It certainly affects their appearance in parties and other events, where they look beautiful, as they can afford makeup artists. Their money does not help them in maintaining a perfect look all day. You can take a look at the pictures of celebrities and you will notice that they look great in every one of them.

One cannot overlook their gym routines, exercise and nutrition while considering reasons behind their looks. They play a role in their appearance too but you can perform these tasks with ease as well. Actually, there is a big secret, which they keep to themselves. **Their Fool-Proof Secret**

The secret behind their beauty is (semi) permanent makeup. You can find service providers of permanent makeup with ease online. Permanent makeup ensures they do not have to sit in front of their mirror for hours. Permanent makeup remains

on you irrespective of the conditions you go through. This means, washing your face will have no effect on your makeup. You will always look great.

There are many providers of semi permanent makeup or microblading. Therefore, you will have no problem in finding a good service provider. This simple treatment ensures that you always look amazing without much effort. Gloss and Go as they say!

You will not have to interrupt your busy schedule or go through any additional pain just for the sake of applying makeup. Permanent makeup removes the hassle of applying makeup every morning and removing it every evening. This certainly applies to eyeliner, lips and eyebrows. Of course you may still want to apply powder, foundation of highlighter, but you will cut the time down dramatically and not fuff around trying to get your makeup perfect. This is a great advantage which will help you save a lot of time. You will not have to worry about ruining your appearance by exercising or washing your face - or crying!

## You Can Have It Too

It does not take much to get permanent makeup. As stated earlier, you can find good service



providers of microblading easily online, or by word of mouth -you will be surprised how many people have already had it done and you wouldn't even know unless they told you! You can search online by Googling "Microblading near me". It is one of the best ways to find experts because currently, nearly every one of them is available online and you should be able to find reviews and make a sensible choice on who you use.

## Conclusion

By having a treatment of permanent makeup, you can certainly match the beauty of the celebs. Plus, by following a healthy lifestyle, you will be able to ensure that you always look stunning.

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# BUSY BODY

## Pool HIIT Workout

By Contributing Writer

additional element of intensity. Just like any other pool workout, the key is to make sure you're moving and moving hard in order to get your heart rate up. In



Pools are a great way to get a high-intensity workout without all of the impact. The best part is, you don't have to be someone who knows how to swim all of the strokes proficiently (you do need to be able to swim enough so that you aren't creating a dangerous situation for yourself in the water) in order to workout in the pool. There are plenty of moves like high knees, butt kicks, squats, lunges and so much more that you can do to get a great workout in the pool especially in shallow water. And when it's warm, then a pool or the ocean (on a flat surface barring any marine life) will work just perfectly.

Water workouts are great for those that don't want a high impact workout. That being said, you can still get a high intensity, heart pumping workout in the pool. The benefit is that you have the resistance of the water surrounding your entire body adding in an

the end it's a fantastic way to mix up workouts, cross train and keep things interesting.

**What You Need:** For this workout there is no equipment required. However, if you feel uncomfortable or don't know how to swim, a life vest or flotation device is

always recommended. Flotation devices like kickboards, noodles and small inner tubes can be used to hold onto with hands or support the body.

You'll need a towel to dry off with, swim cap if you don't want to get your hair wet and proper swim wear. Also have a bottle of water on hand to quench your thirst.

Additional items like goggles and swim masks are optional based on your swim preferences.

The Workout: Jump in (please don't jump in the shallow water!) and get acclimated the temperature for a few minutes if needed.

**Warm Up** - Water walk - 1 minute, Water jog - 2 minutes

\*15 - 30 seconds of rest in between movements depending on your recovery time. If the length of time is too much for any of the movements, do the best you can do for as long as you see fit.

**HIIT** - This high intensity interval workout means that you should be working as hard as you can during each movement in order to get your heart rate up.

### Circuit 1

- High Knees - 1 Minute
- Butt Kicks - 1 Minute
- Tuck Jumps - 1 Minute
- Jumping Jacks - 1 Minute
- Water Walk - 1 minute (break time - grab water if you need it)

\*Repeat circuit 2 times.

### Circuit 2

- Side Shuffle Right - 30 Seconds
- Side Shuffle Left - 30 Seconds
- Tread Water Legs Only - 1 Minute (if you don't know how to tread water, substitute squat jumps instead)

Chest Flys - 1 Minute (arms under water - perform the chest fly exercise using just the resistance of the water)

Water Walk - 1 minute (break time - grab water if you need it)

\*Repeat circuit 2 times.

### Circuit 3

Squats (as quick as you can) - 1 Minute

Water Run - 1 Minute

Water Walking Lunges - 1 Minute

Water High Knee Skip - 1 Minute

Water Walk - 1 Minute (break time - grab water if you need it)

\*Repeat circuit 2 times.

Warm Down - Water jog - 2 minutes, Water walk - 2 to 5 minutes depending on how long it takes to bring your heart rate down.

Please make sure to consult a physician before beginning any new physical fitness program.

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# Pros and Cons of Wild Animals As Pets

By Contributing Writer

Many people find the idea of having wildlife as pet as exotic and exciting. However, if you want a wild animal as a pet, you should have thorough understanding of the animal and its behavior and needs. The people who have these animals as pets are invariably trained to handle them, but even they will tell how unpredictable these animals can be. You may have read stories in the newspaper of zoo keepers being mauled by their wards.

So, having wild animals as pets has become quite a sensitive and controversial issue. Some people like to highlight the pros, while others just point out the cons. However, both should be weighed equally and only then a decision should be taken to keep a wild animal as a pet.

Here are some pros and cons of wildlife as pets.

Sometimes, conventional pets like dogs and cats cannot be kept due to lack of space. In such circumstances, one can keep a wildlife like a hedgehog or gecko as a pet as they do not require that much space. Some wild animals have their own benefits. Like a hedgehog can be used to keep insects and others pests at bay in a house.

Often it has been seen purchasing a wild animal can be cheaper than purchasing a pet that is popular and has a pedigree.

Also, many proponents of wild animals feel that some species have a better chance of survival if they are adopted. It has been seen that the dart frog is facing a problem in the wild

as its natural habitat is diminishing. Hence, if this animal is adopted, it will have a better chance of survival.

However, there are sufficient cons and disadvantages of owning wild animals as pets. First of all, one has to



provide proper care to the animals as they may not be well-versed in these things. Many wild animals look cute and cuddly when they are small. However, as they reach adulthood or sexual maturity, their wild side takes over

take into consideration the welfare of the animal. Having a wildlife means giving due consideration to its diet, exercise and social interactions. Often, the animal will not have any interaction with other animals of its own species and will be left to leading a lonely and solitary life. Also, the owners will not be equipped to

and the animal becomes aggressive. This is the time many owners abandon their pets or give them away to zoos.

Wild animals are carriers of many diseases that are lethal to humans. For instance, reptiles and amphibians are carriers of salmonella infection and each year thousand of people in

the US contract this disease due to their pets. Also, rats imported from Africa are known to carriers of monkey pox. An outbreak of this disease occurred in the US in 2003 when Gambian rats brought in the monkey pox into the country.

inhuman manner to reach their owners. In addition, majority of the owners do not know to take care of the animals and this causes them to fall sick or even die.

So, weigh the pros and cons of having wild animals as pets before



Above all, the demand for wildlife as pet is increasing. So, many illegal traders are taking advantage of this demand. Most of the wild animals are captured and then transported in cruel and

jumping to adopt one. Make sure that you are properly equipped to handle the care of the animal. Do not adopt one if you have any doubts.



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# MOST LUXURIOUS STADIUM SUITES AROUND THE WORLD

By Contributing Writer

How do you like to enjoy your sports game? Do you like to watch from the comfort of your own home with a cold beer in hand? Or would you prefer to take a trip to a bar and watch with a group of friends while downing appetizers? Or would you rather get up close and personal and watch it live in the stadium? There certainly is a right way, and that would be shelling out for a luxury suite.

## Arrowhead Stadium, Kansas City

This is a suite only reserved for the owner of the Kansas City Chiefs and family. The suite features two floors, multiple living rooms and even three bedrooms.

## Hartwall Arena, Finland

The Hartwall Arena allows you to watch hockey or ice skating in a relaxing

style. Since the arena is located next to an ice-rink, odds are that hockey fans may be looking for a bit of heat, which can be provided in the private saunas. This private heated cabana comes at a hefty price of \$3,000 for one game.



## Hard Rock Stadium, Miami

Hard Rock Stadium has created the most comfortable place inside a stadium. Their "living room suites" are meant to replicate home entertainment by including Barco-lounger chairs complete with iPads and small televisions to see the game from a different angle, with home-style food like pretzels and pizza



## Motor Speedway, Texas

Luxury-type boxes are not just available for football or baseball games, but also cater to fans of all sports. NASCAR offers a luxury box at the Motor Speedway in Fort Worth, Texas. These box seats feature catered service and a full-service bar as well as closed-circuit televisions which show exclusive content of the raceway.

## Fed Ex Field, Washington

Who says you can't watch a football game like you're Don Draper

from Mad Men? Washington fans can watch a game in a 1950s-style, classy, dressed-to-the-nines style in a throw-back bar that looks like a private club. The Owners Club West suite overlooks the field and has a giant centerpiece bar.



# FINER THINGS

## NRG Solar Rooftop Deck, Levi's Stadium

This suite is situated on a roof-top. The rooftop of Levi's Stadium is home to the green space of the NRG Solar Rooftop Deck. Guests not only get amenities, but they also get to experience it in a fully environmentally-sustainable area.

## EverBank Field, Jacksonville

Instead of providing a space to watch the game, EverBank Field has created a space chalk full of water to play in. Whether you're looking for a pool complete with a DJ laying down beats or a private cabana, this slice of paradise is perfect to enjoy a game.

## Wembley Stadium, England

Wembley Stadium is home to some of the biggest UK events in soccer, rugby and music. Available for private meetings or boxes for watching a game, the amenities, food and service range from simple and casual to elegant and refined.

## Prudential Center, Newark

Luxury does not mean the same thing to everyone – some people consider

extravagance to be caviar and a smooth pinot noir, while others want to party baller style. Their suites are primarily used as an after-party space. With the leather décor providing a VIP-esque setting, this looks more like a club than a suite.

## Orlando City Stadium

Sometimes you don't need all the bells and whistles – sometimes you're just looking for a better view and a casual atmosphere. Orlando City SC understands this perfectly, as they have placed their suites around comfort and making their guests feel relaxed.

## Arthur Ashe Stadium, Emirates Airline Suite, New York City

When booking a luxury suite, you're not always booking a private room. There are also suites that remain exclusive. The Emirates Airline Suite is as exclusive as they come, with very few with access. With a top-shelf bar and private chefs crafting cook-to-order food, they have built this place for the most elite tennis fans.



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## Turn Your Home Into A High-Tech Hotel Room

By Contributing Writer

Every once in a while, families, and friends check in at a fancy resort or hotel.

Ideally, these luxury hotel rooms would fascinate you with all their high-tech gadgets, widescreen televisions, automated doors and more. Any hotel that provides this would often be costly. Why spend to fancy hotel rooms when you can bring that experience to your home? There are many ways to turn homes into high-tech hotel-like rooms.

### Smart TV's (Of Course)

Smart TV's are not uncommon. In fact, any electronics store will display their latest smart TV's. But a large smart TV is the ideal option



to make your home look like a luxury hotel. Choose which one suit your home technologically and aesthetically. Some will allow you to browse through voice activations. Others detect specific hand gestures. As well, smart TV's are only going to get more technologically advanced as time goes on.

### Digital Keys

Most hotels have card keys you can swipe. Fancier hotels, on the other hand, use digital keys that can be accessed through phones. Instead of having the card, an app of the phone can imitate that concept so you would not need the actual card. The second way is through Bluetooth. There are high-tech locks that will automatically open once they detect your phone's Bluetooth ID nearby.

### Voice-Activated Rooms

The next thing you might want to do is to turn on the lights without touching anything. How?

Voice activation. It is popular in fancy hotels. With just a short speech command, anything with that is voice-enabled will do its job. It is the step towards making Jarvis, artificial intelligence (AI) assistant of Tony Stark in Iron Man. Wynn Las Vegas recently integrated about 5,000 of their rooms with Echo, a voice-controlled speaker, allowing guests to easily communicate with the front desk or turn appliances on.

### Automation

In line with voice-activated rooms, automation enabled by robots or AI, will further provide efficiency. Automation is defined as something that turns on and off by itself. However, it goes beyond. Automation is about technology allowing itself to be engaged when needed to. Getting your room automated can save money on electricity.

### Wireless Charging

Having wires tangled up is tedious to untangle. It can even break and cause you to buy new ones. With wireless charging, you save space and you don't have to be near sockets anymore. Some tables and desks in hotels have built-in chargers.

### Projector TV's inside the Bathroom

This is perfect for anyone who likes taking their time when doing their business or enjoys taking a bath. Make that an even better experience by having TV's projected in your bathroom. A cheap trick would be through the use of mirrors on the ceilings. Match this with your Smart TV and you virtually do anything with it, play music, watch videos, browse the internet, and more.



### Versatile Bathroom Walls

More on to the bathrooms, it can even be further upgraded, even down to the walls. Usually, bathrooms would be divided by glass walls that are translucent or can be covered by blinds. With chrome-enabled bathroom walls, you would not need any of those. With a push of a button, the bathroom wall can either be made translucent, transparent or just plain matte. This way the bathroom looks even more spacious when the walls are made transparent.



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By Andrews McMeel Syndication

London is all abuzz with coronation pomp, and chocolatier Jennifer Lindsey-Clarke isn't about to be left out, Sky News reported on April 26. She has created a life-size bust of King Charles III using about 2,900 melted Celebrations chocolates. "The team studied hours of footage of the king to capture his true likeness, and the resemblance is uncanny," said Emily Owen, senior brand manager for Celebrations. The bust weighs about 50 pounds and took four weeks to create. The chocolate king wears the uniform that the actual king is expected to wear for his coronation, including epaulettes on the shoulders made of Twix, Milky Way, Galaxy and Bounty confections. The sculpture is on display at Mars Wrigley UK's headquarters in Slough.

A visitor at Wonderland amusement park in Toronto, Ontario, was filled with more than wonder as he rode the Leviathan roller coaster on May 16, the Toronto Sun reported. Hubert Hsu of Toronto said as his coaster car neared the top of one of the ride's loops, it collided with a bird -- possibly a pigeon. "I looked down and saw blood on my hands and my face," Hsu said. "There was a feather on my hand, and feathers on the girl next to me's shirt. It seemed like the coaster car hit the bird and then it sort of exploded on us." Hsu said attendants gave them a roll of industrial brown paper towels, and he ended up washing up in a restroom. "The kids who work in the park seemed like they had no idea what to do, and that might be an issue," he added.

-- In Georgia, residents can now use a digital driver's license, which can be uploaded to Apple Wallet and allows users to leave their IDs in their bag or pocket at TSA checkpoints. But, as United Press International reported, snapping a selfie for the ID comes with a few rules. "Attention, lovely people of the digital era," the Georgia Department of Driver Services posted on its Facebook page on May 23. "Please take pictures with your clothes on when submitting them for your Digital Driver's License and ID. Cheers to technology and keeping things classy!" Put your shirt on.

Two Louisville, Kentucky, roommates got into a heated dispute at their home on May 20, The Charlotte Observer reported, over an unlikely subject: Hot Pockets. Clifton Williams, 64, was charged with second-degree assault after he allegedly shot the victim. Williams "got mad he ate the last Hot Pocket and began throwing tiles at him," police said. When the victim moved to leave the home, Williams retrieved a firearm and shot the man in the

posterior. He remains in the custody of Louisville Metro Corrections.

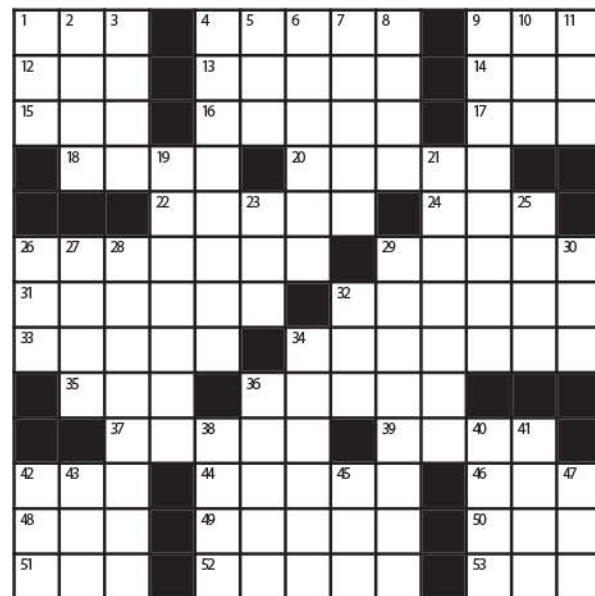
-- After crashing his truck into a Volusia, Florida, utility pole around 2 a.m. on May 21, completely severing it, 39-year-old Kevin Gardner did the obvious thing: He took off all his clothes and started banging on the front door of a home nearby. ClickOrlando reported that when officers arrived at the home, Gardner had injuries on his face and legs. The truck was registered to him, but he said it had been stolen ... and that he'd had seizures and didn't remember anything. A breath test revealed an illegal blood-alcohol content, and Gardner was held on multiple charges.

Residents in Halethorpe, Maryland, are frustrated with the progress of a new bridge on U.S. Route 1, WBAL-TV reported. They've been waiting for months for the bridge to fully open, but a tiny error stands in the way. The bridge crosses over CSX railroad tracks, which require a minimum of 23 feet of vertical clearance, and it was built 1 1/2 inches too short. CSX has halted the remaining construction to complete the bridge, according to a Maryland Department of Transportation engineer. "I understand you get hiccups, but ... this is not a hiccup. This is a mistake. Somebody needs to be held accountable and it needs to be taken care of," said resident Desiree Collins. "You have engineers. This should not have happened." The State Highway Administration now estimates completion in late 2023 or early 2024.

High school seniors in Marlin, Texas, are getting a few extra days of school tacked on, KWTX-TV reported on May 23. The reason: Twenty-eight of the 33 seniors -- about 85% -- were not eligible to graduate, according to an audit performed by the Marlin Independent School District, because they had failed or neglected to complete a course or they had too many absences. The ceremony, originally scheduled for May 25, will take place sometime in June. "They told us that because of the students that didn't meet the requirements, it wouldn't be fair for only five students to walk the stage," said Alondra Alvarado, who is eligible to graduate. Victoria Banda, whose son did not meet the requirements, said they were given very little notice about the change in plans. They had family "traveling in from Mexico" for the original ceremony -- "and if anyone knows, it's not cheap," she said. Administrators hope the extra time will allow the majority of students to meet the state's requirements.

## Crossword by Myles Mellor

Print this Page! Ctrl + P



### Across

1. \_\_\_ Bon Jovi
4. Approximate date
9. Bedridden
12. Super N\_\_ star
13. Parts
14. Senate vote
15. Stomach
16. Mother-of-pearl
17. Part of a foot
18. Stand for
20. Give the slip
22. Caring profession
24. Get to
26. Groups of geese
29. Scottish court officer
31. Gr. public squares
32. Second-smallest continent
33. Massenet opera
34. Set the boundaries of
35. Completely
36. Lets out
37. Marking post
39. Hankering
42. All for it
44. Take over
46. Testing ground
48. Greetings
49. Like some currents
50. U.N. arm
51. Sprinkle
52. Combatant
53. Frequently, in poetry

26. Old pistol
27. Ruler
28. Football structure
29. Reproduce
30. Moisten flax
32. Night of poetry
34. Bare
36. Bow application
38. Pear-shaped string instrument
40. History Muse
41. Better \_\_\_
42. Doctorate
43. Home of the girl from Ipanema
45. Computer capacity
47. Human simulator

### Down

1. Scribble
2. Roman egg
3. Designation
4. Medical tubes
5. Shak\_\_, singer
6. Break
7. Cut up
8. Confused
9. Linking communication system
10. Asian language
11. Potassium hydroxide
19. In an annoyed fashion
21. One who keeps a journal
23. Legal thing
25. Visored cap

**Bad Dad Jokes**  
Why are elevator jokes so classic and good?  
They work on many levels



### Previous Puzzle





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**SVCAC's Young Artists Playground (YAP) Youth Arts Education Program** features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts

skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

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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](http://www.calicamp.com)

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**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.

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**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, 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 and swimming as well (818) 348-6563



## The Importance Of Baby Sign Language



By Contributing Writer

**B**aby sign language, a gesture-based communication designed to interact with newborns, has grown in popularity. It assists babies in expressing their wants and desires. Specialists think that by removing the barrier between a child's way of communicating, outbursts may be prevented.

Toddlers as young as five to six months may acquire the fundamental signals that includes items

or ideas like "hunger," "milk," "drinking," "tired," "warm," "cool," "play," "bathroom," and "soft toy."

The skill to express simple things creates a link to spoken words. It can aid in the development of spoken and textual modes of interaction.

### Advantages of Sign Language for Infants

The following are advantages of teaching your children signing: The higher capability of grasping verbal language, particularly between the ages of one and two; Faster usage of verbal communication; Early usage of sentence form; Reduction in toddlers screaming; Improved parent-child relationship; IQ boost; Signing enhances learning experience.

Most sign language using families claimed young children could express more throughout key periods, even feelings. Every parent understands. It can be tough to know why the kid is acting like they do. Gestures allow the kid to convey themselves.

### The Best Way to Teach Toddler Sign Language

Create the sign every time you utter a phrase. The secret is dedication and perseverance: Utter the phrase "milk" and make the "milk" gesture each time you offer milk.

Specialists advise whichever gestures parents choose to introduce must be utilized in

combination with talking loudly. It is essential to display the gesture and utter the word.

Never get disheartened if the infant does not replicate a gesture immediately. You'll have to show it several times over several days.

### Tips To Help You Teach Faster

Start by displaying a few symbols: It will be simple for parents to recall when to show gestures and execute those regularly. Begin with words you believe are beneficial, such as "eating," "drinking," or "sleeping."

Consistently speak the words that the gesture represents: Gestures should serve as a link to spoken communication. Use the gesture whenever you say that term it represents.

Don't be too fast: Toddlers acquire by repeating. When you're questioning the kid whether he's thirsty, use the "drink" gesture as well as the phrase the query in a unique manner: "Do you want anything to eat?" "Would you like to have food?" etc. When creating a gesture for a thing, indicate it, state the location, and do the procedure thrice more.

After several weeks of focusing the initial signals, broaden the toddler's vocabulary using gestures of items that excite him. Kids take quickly and like making gestures for items or people they adore, like books, toys, dolls, caps, even pets.



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# Modern Child Prodigies

By Contributing Writer

Most of us aspire to reach excellence. Some reach the peak during adulthood, but some are so talented during childhood that they are comparable or even superior to adults.

## Mikaela Fudolig

Mikaela Irene Fudolig entered the University of the Philippines at 11 years old. She graduated summa cum laude in Bachelor of Science in Physics at age 16, and she was the valedictorian of her graduating class. She is currently a PhD student and professor at the same university—with interest in econophysics, mathematical modeling of behavior in systems, and biological systems.

## Akrit Pran Jaswal

India's Akrit Pran Jaswal became known when he performed his first surgery—at seven years old. Though he wasn't a doctor, he was considered a medical genius. The surgery was on the hands of an eight-year-old burn victim, and Akrit separated the fingers. He entered medical university at age 12, and by age 17 he was working on an Master's Degree in Applied Chemistry. Today, he is working on finding a cure for cancer.

## Taylor Wilson

Taylor Ramon Wilson is the youngest person to build a working fusor: a device designed to create nuclear fusion. He built a bomb at age 10 and the fusor at age 14. In 2011, he won the Intel International Science and Engineering Fair for his radiation detector. In 2013, he spoke at the TED 2013 conference about his ideas on self-contained underground nuclear fission reactors. He designed a compact nuclear reactor that would generate 50 megawatts of power and would need to be refueled only once every 30 years.

## Cameron Thompson

Cameron Thompson is a math prodigy from Wales. When he was four, he corrected his teacher about her claim that zero is the lowest number, saying she forgot negative numbers. He began studying his degree in mathematics at the Open University at age 11. And at the same age, he passed two GCSEs in math and GCE Advanced Level math, and was featured in BBC's "The Growing Pains of a Teenage Genius." Cameron is a mathematical genius.



Ethan Bortnick

## Jacob Barnett

Jacob Barnett is an American mathematician. When he was two, he was diagnosed with autism. Doctors said that he might not talk, read, or become independent. Jacob proved doctors wrong when he was able to recite the alphabet forwards and backwards—at three. At the same age, while visiting a planetarium, Jacob answered the presenter's question of why the moons of Mars are oddly shaped. He enrolled at Indiana University-Purdue University Indianapolis at 10. He has asserted that he might one day disprove Einstein's Theory of Relativity. He is working on his PhD in Quantum Physics.

## March Tian Boedihardjo

March Tian Boedihardjo was born in Hong Kong and is the youngest person to enroll at Hong Kong university at nine years. He finished his A-levels, maintaining A's in advanced mathematics courses and a B in Statistics. He also gained eight GCSE's, which he took at the same time as his A-levels. He participated in a specially-designed double-degree program, Bachelor of Science in Mathematical Science and Master of Philosophy in Mathematics, which he completed in 2011—one year earlier than the designed curriculum. He is currently studying for a PhD in Mathematics.

## Priyanshi Somani

Priyanshi Somani is a mental calculator from India. She started mental calculation at the age of six, and by age 11 she was the youngest participant at the Mental Calculation World Cup of 2010—which she won. She bested 36 other competitors from 16 countries. She won first place by solving the square root of 10 six-digit numbers in a record-breaking 6 minutes 51 seconds. To top it off, she was the only partici-

pant to have 100 percent accuracy in addition, multiplication, and square roots in the history of the competition. She became the new world-record holder in mental square roots on January 2012 when she calculated the square root of 10 six-digit numbers in 2 minutes 43 seconds.



Mikaela Fudolig

## Akim Camara

Akim Camara is a violinist prodigy in Berlin. He began playing at the age of two and displayed a remarkable memory in the music he heard while still in diapers. His instructor noted his natural "ear for music" and began teaching the two-year-old twice a

week. He learned to play exceptionally quickly after only six months, and made his debut performance in 2003—at the age of three—at a Christmas concert.

## Ethan Bortnick

Ethan Bortnick is a musician, songwriter, and actor. When he was three, he began playing the keyboard and at age five, he began composing music. His debut was on The Tonight Show with Jay Leno in 2007, and he has had numerous performances. He is a Guinness World Record holder as the world's youngest solo musician to headline his own tour. He is also the youngest headliner to ever play Las Vegas.

## Matthew Abraham

Matthew Abraham is among the youngest members of Mensa, which he joined when he was four. He showed genius at four months, when he began browsing childrens books and answering questions about them. Upon entering Mensa, he scored a high 99.9 percentile on the standardized IQ test. At five years old, he finished math courses offered by Stanford University's Education Program for Gifted Youth in six months. He is already taking high school and college courses and has maintained a grade point average of 4.0 in all of his college courses and was inducted in the Phi Theta Kappa Honor Society. He also publishes essays on NASA's Lunar Science website.



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# FASHION

## CHOOSING THE BEST BATHING SUIT FOR YOU!

By Contributing Writer

your purchase now, you might want to consider one-piece swimsuit. Some one-piece swimsuits are also specifically created as body shapers. One-piece bathing suits will provide a little more cover-up for some of those imperfections you see, do some body shaping for you and still look very classy and sexy.

Hint #4: Colors. Because of the time of year, the venues and reasons we wear them, swimsuits tend to be brightly colored. They come in solids, prints, polka dots, etc, etc. Beware of over reaching with colors and looking garish. When in doubt, opt for an understated solid.



Yes, the summer is here and you can hear the sun, the pool, vacation, the beach calling. And the bathing suit, that swimsuit, the bikini maybe. But are you ready? You are online, you have teed up the famous site with all hot swimsuits but can you pull the trigger? The choices are amazing. All of them tempting! You might be looking at that strapless white bikini and you are smitten yet there is something really alluring about the black booty halter bikini right next to it. And yet still you see the chocolate dip one piece and think that it is so sensible yet so incredibly sexy. Choices, choices. What to do?

Hint #1: Take a really good, long honest look at yourself in the mirror. Be clinical about it. The more honestly you look at yourself the better you will understand what you need in a bikini or other swimsuit to look your very best and to be comfortable with the choices you make. This is your canvass upon which you will create your work of swimsuit fashion. Ready?

Hint #2: If you have a little more in the bust department than the average person, you will want to consider an underwire bikini top. This will provide the necessary support and comfort that you need. Remember to select the right size - you don't want to be spilling out your top inappropriately now do you?

Hint #3: If when you look in the mirror you are not altogether happy with the figure that you see, and you have to pull the trigger and make

Hint #5: To skirt or not to skirt? There are those who advise that a skirted swimsuit will help hide a few extra pounds. No argument here for the most part except to advise caution when opting for skirted bathing suits. The risk is that skirted suits will sometimes accentuate rather than hide the extra weight. Exercise caution when picking one. Be sure that it truly serves the purpose for which you are selecting it.

Hint #6: Sizing is important. Be honest with yourself. You want to fit IN the swimsuit and not force the swimsuit to fight to contain you. Remember, as tempting as each of those swimsuits look, you not only want a bathing suit that look flattering, you also want one that is comfortable to wear and shows off the quality design, and fabric you have paid for.

Whether you want a bikini or one-piece swimsuit, you will want to make sure that you are selecting the best bathing suit for you.

Final Word: If this was a painful process this time, let it be the last time you have to struggle to fit or select a swimsuit because you are carrying a little more weight than you should. Start working on the next season. Exercise regularly, eat sensibly, set and work to attain reasonable weight loss goals. Winning teams don't wait for the season to start to get ready. Neither should you.

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