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MOVIES



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BY BARBARA BECKLEY

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Visit The Getty Villa Museum

By Contributing Writer

The Getty Villa Museum lies along the coast, north of Santa Monica. It features a one-of-a-kind destination with ancient Greek and Roman art, tranquil gardens, and ocean breezes. **A Sense Of Ancient Roman Life**

Dark-gray marble tiles lead up to a portico with a white marble floor, maroon and cream painted walls, and double doors. The main entrance provides a line of sight to the garden spaces.

Greek And Roman Antiquities

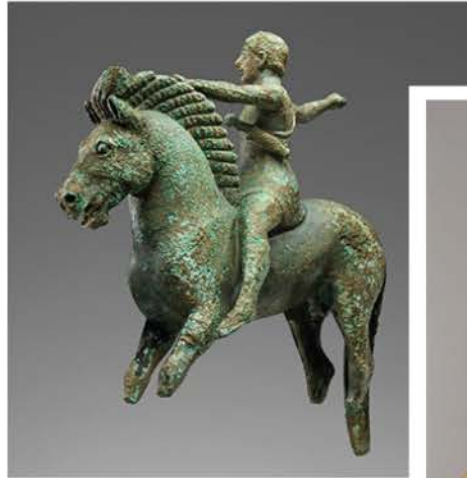
Explore 4,000 years of ancient art, from the Stone Age to the final days of the Roman Empire. Don't miss the Roman-era mummy or the engraved gems!

Outer Peristyle

Enjoy the Villa's garden, featuring a reflecting pool, colonnaded walkways, and views of the ocean. The reflecting pool contains a bronze statue.

Indulge in Afternoon Tea

"Garden Tea" features sweet and savory flavors inspired by the Villa's Herb Garden. Offered Thursdays and Saturdays. Reservations are required.



Tea by the Sea includes savory sandwiches, sweet scones and tea breads, and gourmet desserts, as well as fruit, cheese, and a varied selection of teas. (Wine and prosecco available for an additional charge.)

Getty Museum Store

Cap off your visit at the Getty Store, where you'll find unique

art-inspired accessories and jewelry, postcards, and a wide selection of books for classics buffs. **GettyGuide®**

Museum visitors share earphones to listen to an audio tour while looking at artwork.



Current Exhibitions and Installations

The Horse and Rider from Albania Runs through January 29, 2024.

While excavating an ancient Greek settlement in Babunjë, a region of Albania once populated by Greeks, archaeologists discovered this extraordinary bronze statuette of an equestrian. Found in remarkable condition, the craftsmanship of this armed rider on a well-groomed horse was immediately apparent. Getty conservators collaborated with the Albanian Institute of Archaeology to analyze, clean, and preserve this statuette. This exhibition reveals the results of the conservation process.

The Gold Emperor from Aventicum Runs through January 29, 2024.

A spectacular discovery is a gold bust of Roman emperor Marcus Aurelius found at Aventicum, an ancient city. Made by hammering a single sheet of gold, it blends Roman traditions with local Celtic tribe the Helvetii. This exhibition presents the bust with other objects from the site, providing a view of a provincial capital and the importance of imperial imagery beyond Rome.

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By Barbara Beckley

IT'S NOT TOO LATE! SUMMER IS STILL GOING STRONG. HIT THE BEACH, THE LAKE, THE MOUNTAINS, OR CLOSE-TO-HOME ADVENTURES FOR ONE LAST FUN-IN-THE-SUN FLING BEFORE FALL CLOSES IN. YOU WON'T WANT TO MISS THESE OPPORTUNITIES WITH FAMILY AND FRIENDS.

Think PINK!!!!

It's a Barbie world! Share Mommy-and-me or Barbie-and-me-and-friends-forever memories in Santa Monica, (where much of the movie was filmed). First, immerse yourself in all things Barbie at the interactive World of Barbie (www.losangeles.theworldofbarbie.com) at Santa Monica Place. Step inside Barbie's iconic Dream Home, Camper Van, Space Shuttle, the beach, and Museum of Barbie Dolls, and houses. Build Your Own Barbie (\$55 extra) in the official Barbie Store. Enjoy "Sips after Sunset" at World of Barbie (sorry, adults only), with pink drinks, and snacks, 7:30 – 9 p.m. on August 10, 17 and 24. \$45 per person, by reservation. The World of Barbie runs through September 4. Adults, \$40.50; ages 1 to 12, \$31.50. Afterward shop for pink apparel at participating Santa Monica Place shops. See the movie – again – at the AMC Santa Monica 7, AMC Broadway 4, and Laemmle Monica Film Center. Order a pink cocktail overlooking the city and ocean at The Penthouse rooftop restaurant and lounge, atop the 18th floor of The Huntley Hotel Santa Monica. (www.thehuntleyhotel.com). Maybe overnight at local favorite – It Is Pink! – Days Inn by Wyndham Santa Monica (www.wyndhamhotels.com). From \$214 a night. Or make like Malibu Barbie at the new Hotel June Malibu (www.thehoteljune.com/malibu). A clutch of mid-century modern bungalows (with usable surfboards). From \$405.

Beaches

Head to the tropics! AKA Mission Bay in San Diego and the waterfront Catamaran Resort Hotel & Spa (www.catamaranresort.com). The kids will love the parrots, the tropical gardens, streams with golden fish, beachy activities from morning 'til night, and hula lessons at the summer-only spectacular "Sunset Luau on the Bay," 5:30 p.m. Tuesday and Friday through September 1. Like being in Hawaii, the oceanfront luaus include leis, mai tais, fruity kids' drinks in coconuts, roast pig, and authentic dances and fire throwers from all the Polynesian



islands by San Diego's Pride of Polynesia dance troupe. Phone for luau prices. Book a ground floor room opening right onto the lawn, beach, and Mission Bay's boardwalk. Parents and friends will love the spa, happy hour at Moray's on the Bay. Also boating, kayaking, paddleboarding, bikes, surreys, surf and body boards, and bay cruises on the resort's Bahia Belle, paddlewheel steamer. From \$270 a night.

Experience the one-of-a-kind Himalayan hideaway – The Salt Cave (www.saltcavesb.com) – in beautiful Santa Barbara. The largest salt caves in North America! Right downtown on State Street. Two dynamic Himalayan Salt caves create a surreal environment to relax, recharge, and rejuvenate both body and mind. The cave walls and ceilings are made of 45 tons of backlit Jurassic-Age salt blocks and crystals, while the floor is covered with

crushed salt. This ancient sea salt – brought from the Himalayas – is laden with minerals, including magnesium, calcium, sodium, and potassium, all of which play a key role in our body's health, function, and cellular communication. Relax surrounded by the glowing salt in comfortable zero-gravity lounge chairs. Or lie directly in the salt! All the while, breathing in and breathing out – it's called "Halotherapy" – the air saturated with micro-salt particles, a natural and effective way to improve respiratory health, and enhance overall physical and mental health. Soothing music accompanies your 45-minute "Walk-in Session" offered Tuesday to Friday, 11 a.m. – 6 p.m.; Saturday, 10 a.m. – 4 p.m., and Sunday, 1- 6 p.m. Adults, \$25; ages 14 and up, \$25. Cave massages are offered in separate treatment rooms. Consider the signature Himalayan Salt Scrub, \$180 for the 75-minute Saltsational Swedish; and \$190 for the 75-minute Deep Tissue.

You're already on State Street, so treat yourself to McConnell's Fine Ice Creams (www.mconnells.com), founded in Santa Barbara in 1949 and still made from scratch. Take in the "Free Summer Cinema" (www.santa-barbaraca.com) – on Friday nights in August at the tropical sunken garden at the Santa Barbara County Court House. "Star Trek" shows August 11; "Guardians of the Galaxy," August 18, and "Nope," August 25. Revisit Chad's Café (www.chadscafe.com) for breakfast or lunch (open 7 a.m. – 2:30 p.m.). It's owned and managed by the founder's grandson, Chad Stevens, with the same good food and vibe as when it had that not-so-politically-correct other name. Rent a kayak or paddle board from Paddle Sports Center (www.paddlesportsca.com) on the harbor. Its 90-minute Harbor Paddle is the best! Paddle past sea lions, around Stearns Wharf, out to the ½-mile green buoy, passing the sandspit where marine birds rest and feed, along West Beach, and surprise, surprise – under the iconic "Channel Cat" catamaran (with the owner's approval) – around the harbor and back to the shop. Kayak rentals from \$25 an hour, \$55 all day. Paddle boards from \$35 an hour, \$80 all day.

Maybe stay at the Hilton Santa Barbara Beachfront Resort (www.hilton.com). It's doggie friendly, with a tree-lined pool and tennis courts. Perfectly positioned within walking distance of Stearns Wharf, State Street, and everything. Rates from \$371, plus a \$35 daily resort charge – good for perks including a 2-hour bike rental, 2-hour beach chair rental for two, a glass of house wine for two, and 20 percent off spa services and tennis clinics. And – it's slightly Pink! After all "Barbie" is the nickname for Barbara.

Mountains

Camping – the joy of being one with nature. Making your own fun, around the campfire. The alpine air of Idyllwild and the Idyllwild Campground (www.californiasbestcamping.com/san_jacinto/idyllwild) at 5,000 feet in 14,000-acre Mount San Jacinto State Park beckons a quick two hours east.

Hike, bike, horseback ride and look for Steller's Jays and Mountain Chickadees in the park's wilderness areas, while enjoying campground amenities including hot showers, and electricity, along with campfire programs at the Idyllwild Nature Center, a children's Junior Ranger Program, Panorama Point Trail Interpretive Audio Tour, a

Mount San Jacinto State Park guided tour, and the Palm Springs Aerial Tramway. The 31 campsites accommodate tents, RVs, and trailers. Campground fees, \$25 to \$45.

Love the mountains, but not tents? Two hours into the San Bernardino Mountains, the Lake Arrowhead Resort & Spa (www.lakearrowheadresort.com) has it all. At 5,174 feet elevation, this posh perch overlooks the lake, with a private beach, pool, and dock. Take the resort's private boat ride, and/or kaja around the lake. Fish from the dock. Indulge in the resort's Spa of the Pines. Hike in the forest. Family fun Sky Park is just steps away featuring a bicycle park, ice cave, rock climbing wall, axe throwing, archery, and more! Also

steps away, Lake Arrowhead Village is loaded with restaurants, pubs, candy stores, boutiques, outlets, galleries, even a fossil museum/shop. Enjoy an hour cruise onboard the paddle wheeler "Arrowhead Queen." Best of all – the resort is offering SoCal residents up to 15 per cent off room rates! And up to 35 per cent off if you prepay. From \$155 a night.

So Close to Home, Yet on Vacay

Escape to the family friendly Four Seasons Hotel Westlake Village (www.fourseasons.com/westlakevillage). Enjoy family time at the pool. And Me-time in the Center for Health & Wellbeing. Maybe take a cooking class, while the kids are

busy with the Teens Club. Dine at the elegant Onyx restaurant. Take advantage of the "Third Night Free" special valid now for select dates. Stay two consecutive nights

and the third night is free! From \$635 a night.

Go boating on Lake Balboa (www.laparks.org/aquatic/balboa) in Van Nuys. A day on the water is so, so refreshing! Rent Swan paddle boats, canoes, and kayaks from Wheel Fun Rentals/Lake Balboa Boat Rentals (www.wheelfunrentals.com). And bikes, surreys,

choppers, tandem bikes – how fun is that! – and more from Lake Balboa Bike Rentals (www.wheelfunrentals.com). Look for fish. Or angle for bass, tilapia, carp, and other species. Paddle out to the waterfall. Pack a picnic. Swan boats come in two sizes: up to five people, and smaller for two adults and two children under 10. Both are \$12 an hour, adults; \$7 an hour, ages 17 and under. Wheeled rentals include surreys, \$29 an hour; double surreys, \$39 an hour; single person choppers, \$14 an hour; Cruiser bikes, \$12 an hour, and \$25 full day; tandem bikes, \$20 an hour; \$47 full day; and kids' bikes, \$8 an hour, \$25 full day. Lake Balboa is open sunrise to sunset.



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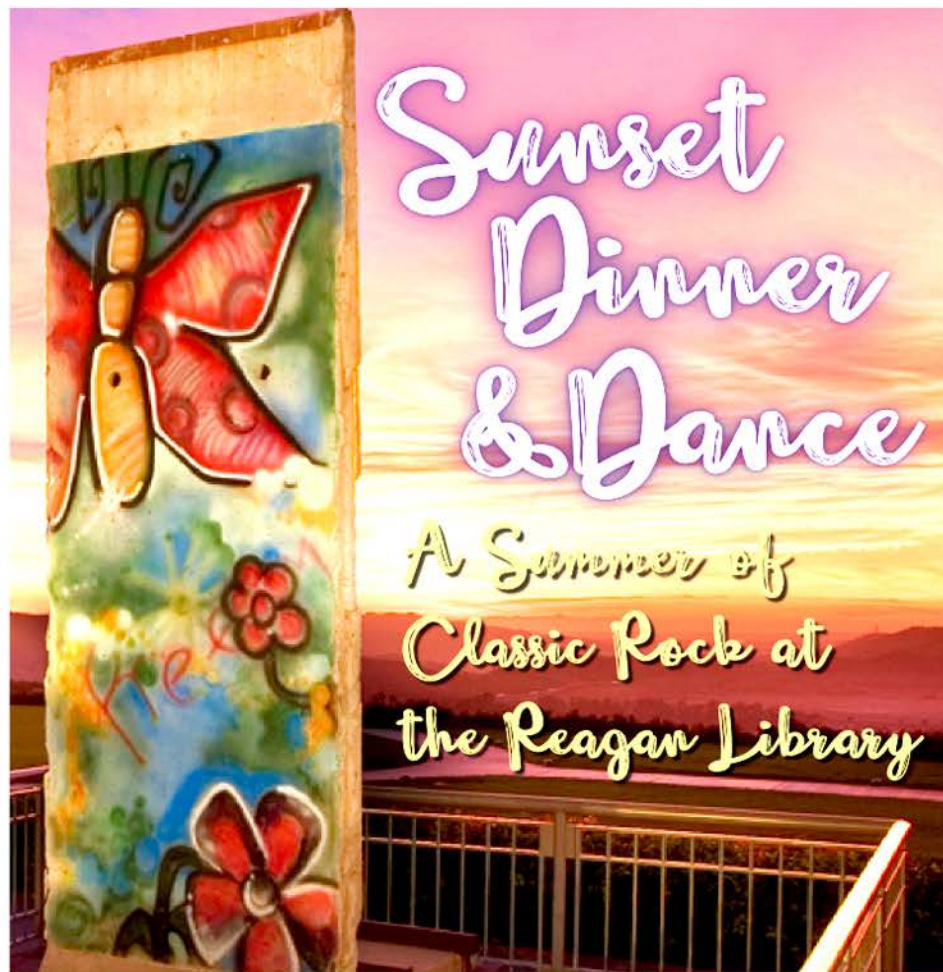
Make a bigger splash! On action-packed Castaic Lake (www.parks.lacounty.gov/-castaic-lake-state-recreation-area), one of LA's largest reservoirs, so big it's divided into Upper Lake and Lower Lake, just north of Santa Clarita. Enjoy boating, jet boating, wake boarding, kayaking, tubing, world class fishing, swimming, sunning, hiking, horseback riding, and BMX thrills. Kids love the summer Junior Lake Lifeguard Program. Even camping! Tents, and RVs, \$30 a day. Bring all your gear and make the biggest, splashiest end-of-summer memories ever. At night watch the "Boat Cinema" (www.boatcinema.com) summertime movies Friday, Saturday, and Sunday on the Lower Lake beach through September 9. Think water-themed flicks like Jaws, Titanic. Rent an electric mini boat for up to five people for on-the-water-viewing, \$199 to \$249. Or a spot on the sand, \$15. Pick up a picnic, charcuterie plate, even order pizza from the canoe concessions. Castaic Lake is open 5 a.m. to 8 p.m., daily. Vehicle entry, \$12. Boat launch: \$9 non-motorized; \$13 motorized.

For a bit more relaxed water getaway including camping, head up Interstate 5 a few miles to Pyramid Lake (www.water.ca.gov/What-We-Do/Recreation/Pyramid-Lake-Recreation). Swim, kayak, picnic and rent (if you didn't bring your own) kayaks, paddle boards and pedal boats by the hour (from canoes, \$13 hourly, to deluxe motorized pontoons, \$70 hourly, and \$450 for the day), on popular Vaquero Beach. Visit the nearby Vista Del Lago Visitor Center (open daily 9 a.m. to 5 p.m., free

admission) for sweeping lake views. Emigrant Landing is where the action is! With additional boat rentals, an eight-lane boat launching ramp, beach, and picnic areas. Insider tip: the best picnic areas, beaches and views are reachable only by boat! Sail over to Spanish Point, Bear Trap, Yellowbar and Serrano, which have courtesy docks, along with fabulous lake views. Fish throughout the lake for rainbow trout, bass, catfish, and bluegill. Nearby Los Alamos Campground has 90 tent and RV sites, water, toilets, volleyball courts and a camp store. Lucky Los Alamos campers have priority to enter Pyramid Lake. The lake is open daily, 6 a.m. to 7 p.m. Vehicle entry: single vehicle, \$15; trailer & watercraft, \$16; RVs and Trailers, \$23.

Think outside the box! Stay in the heart of DTLA! Soak up the hip vibe at Hotel Per La (www.hotelperla.com), a new lifestyle property in the 1922 Giannini Building, the original headquarters of the Bank of Italy (that became Bank of America!) Sip cocktails in the rooftop Bar Clara, with live DJs and sweeping views. Enjoy great Italian at its ground floor Per L'Ora restaurant. Shop Row DTLA (www.rowdta.com) at the edge of the Arts District. Don't miss its vintage co-op Arcade; ARJ Los Angeles for enviable statement jewelry. Check out The Last Bookstore (California's largest for new and used books), and super cool glasses at Korean eyewear company Gentle Monster's new flagship store.

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By Contributing Writer

IT'S ON THE CARDS

What Cards Are in a Tarot Deck?

The rich history of tarot cards stretches back into medieval Europe and the ancient Muslim world. Today, tarot cards are one of the principal tools of spiritual readings and future divinations.

What cards are in a tarot deck is determined by which deck you use. There are a few different types of decks, but the most recognized is the Rider-Waite. This type of tarot card deck has 78 cards separated into two distinct groups.

In the following article, we'll look at the origin of the cards and examine the cards in the deck.

A Brief History of Tarot Cards

What we think of today as tarot cards were first introduced into Europe by Muslim soldiers in the 1500s. Spaniards and Italians soon adapted the hand-painted cards for their own use. People used the cards to play a game similar to today's bridge.

Another game had players make fanciful stories from the cards' depictions.

It wasn't until the late 1700s that French occultists adapted the cards for spiritual and fortune-telling uses. Many different occultists used the decks, including famously the mystic Aleister Crowley in the early part of the 20th century.

But it was in 1909 when occultist A.E. Waite and publisher William Rider first started printing their now-famous tarot cards. Amazingly, the Rider-Waite cards haven't gone out of print since that first issuing.

What Cards Are in a Tarot Deck: Major Arcana

The 78 cards come in two sets—the major and minor arcana. Also sometimes referred to as trump cards, the 22 cards of the major arcana generally concern themselves with bigger themes. The artwork on



The Star, XVII: Inspiration and the Divine

The Moon, XVIII: Illusion, deception, and contention

The Sun, XIX: Good fortune, confidence, and realism

Judgment, XX: Decisions yet to come, resurrection

The World, XXI: Change in a big way,

full knowledge of one's self

What Cards Are in a Tarot Deck: Minor Arcana

The remaining 56 cards of the Minor Arcana are made up of four numbered suits: wands, cups, swords, and pentacles.

Each suit, in turn, has a page, knight, queen, and king. These suits and named cards in the minor arcana all have different interpretations depending on their combinations with other cards.

These combinations' meanings can vary wildly, and it's best to consult a trained card reader for a detailed description. Click here for one such service.

Reading the Future

There is no one way to read a tarot card deck, but it is a fact that there a great number of people who find satisfaction in receiving a glimpse of the future through a good reading. Or by pondering what cards are in a tarot deck? And thousands of people turn to tarot card readers each year for entertainment and let the cards interpret their lives.

the cards is also some of the more iconic.

Here are the major arcana and their meanings:

The Fool, 0: Ignorance and happy carelessness

The Magician, I: Healing or spirituality; an unexpected solution

The High Priestess, II: Femininity, wisdom, mystery

The Empress, III: Nature, fertility, and the Earth goddess

The Emperor, IV: Leadership, stability, and skills

The Hierophant, V: The natural laws, study, and mastery

The Lovers, VI: Challenging decisions, compromise, and growth

The Chariot, VII: Triumph and empowerment

Strength, VIII: Ego and a search for a more refined inner self

The Hermit, IX: Reflection, isolation

Wheel of Fortune, X: The possibility of positive change, the cycle of life

Justice, XI: Fairness and fair play

The Hanged Man, XII: A long wait, surrender, and consequences

Death, XIII: Endings, the harvest, freedom

Temperance, XIV: Moderation and self-betterment

The Devil, XV: Pleasure, addiction, imprisonment, and unhealthy relationships

The Tower, XVI: Danger, turmoil, and sudden change

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By Contributing Writer

Haunted Mansion

Keith Stanfield is good as a grief-stricken astrophysicist scraping by in New Orleans, and jaded about the spirit-crazed tourists and mythologies of the city.

Unfortunately, though, this character and performance is housed in “Haunted Mansion,” Disney’s second attempt to make a fun movie out of one of its theme park rides. This version, directed by Justin Simien and written by Katie Dippold is worlds better than the Eddie Murphy disaster, but it’s not really fun, spooky or engaging enough.

It’s too bad because the movie has some great writing, ideas and production design, as well as a cast including Rosario Dawson, Owen Wilson, Danny DeVito, Tiffany Haddish and Jamie Lee Curtis, who seem game to go big in that way that actors are only allowed to in movies aimed at a younger audience. Wilson, as a priest who recruits Stanfield to come to the haunted house to investigate, spins every line into gold. It’s perfect comedic relief, which Haddish, oddly, does not get enough of. Playing a psychic, she’s a bit more subdued, maybe playing against her character’s elaborate turbans.



The main problem is that “Haunted Mansion” strains to make coherent sense out of the disparate parts of the ride — the paintings, the seance table, the dance hall, Madame Leota — while also trying to tell a sincere story about grief. Wasn’t the song about grim grinning ghosts coming

out to socialize? This has more in common with the sadistic “Bird Box Barcelona” than I thought possible for a Disney movie, but at least someone had the good sense to cast a menacing presence like Jared Leto as the bad ghost.

Still, this house has too many rooms and options for one movie — not to mention for a single mom (Dawson) looking to make a

fresh start with her snappily dressed son by starting a bed and breakfast.

“Haunted Mansion” gets off to a confusing start, jumping around timelines and introducing its ensemble without much context, including Stanfield’s Ben as a ghost skeptic and Dawson’s Gabbie

and her son Travis (Chase Dillon), as they move into the house in the middle of the night. This sequence is eerie and funny as Travis starts to explore the strange house, immediately noticing creepy oddities. Gabbie tries to reassure him until she catches her own glimpse of a wandering knight and they book it for the exit.

The haunted mansion catch is that once you enter the house, a ghost attaches itself to you — just like in the ride — and haunts you until you come back. There is a lot of explanation but also somehow not enough as it’s still a little unclear how they get from A to B.

“Haunted Mansion” attempts to employ modern horror that one might see in an R-rated Blumhouse movie but for the under-13 set. It’s a strange trend in kids movies to try to do the same thing you’d do in an adult movie but tamed down. Perhaps this is welcome in a horror context for kids itching to watch more grown-up fare. But did we need to up the scare factor for kids in this way? Regular ghost stories and a childlike imagination have been doing that heavy lifting for as long as there have been kids.

And then there’s this whole death thing, which makes sense, but “Haunted Mansion” perhaps takes it a little too far.

The gold standard for ride-based movies is still the “Pirates of the Caribbean,” which they have not been able to replicate. “Haunted Mansion” is by no means a terrible movie, or even unpleasant, but it’s just missing the magic that makes the trip to the theaters (or Disney World) worth it.

Oppenheimer

By Contributing Writer

Christopher Nolan’s “Oppenheimer” is dark, imposing beauty that quakes with the disquieting tremors in the course of human history. “Oppenheimer,” a feverish three-hour immersion in the life of Manhattan Project mastermind J. Robert Oppenheimer (Cillian Murphy), is poised between the shock and aftershock of the terrible revelation, as one character calls it, of a divine power.

There are times in Nolan’s opus that flames fill the frame and visions of subatomic particles flitter across the screen — montages of Oppenheimer’s own churning visions. But for all the immensity of “Oppenheimer,” this is Nolan’s most human-scaled film — and one of his greatest achievements.

It’s told in close-ups, which, even in the detail of IMAX 70mm, can’t resolve the vast paradoxes of Oppenheimer. He was said to be a magnetic man with piercing blue eyes who became the father of the atomic bomb but, in speaking against nuclear proliferation and the hydrogen bomb, emerged as America’s postwar conscience.

Nolan, writing his own adaptation of Martin J. Sherwin and Kai Bird’s Pulitzer Prize-winning 2005 book “American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer,” layers the build-up to the Manhattan Project with two moments from years later.

In 1954, a probing inquiry into Oppenheimer’s politics by a McCarthy-era Atomic Energy Commission stripped him of his security clearance. This provides the frame of “Oppenheimer,” along with a Senate confirmation hearing for Lewis Strauss (Robert Downey Jr.), who chaired the Atomic Energy Commission and was a stealthy nemesis to Oppenheimer.

The political machinations of these hearings — the Strauss section is captured in black and white — act like a stark X-ray of Oppenheimer’s life. It’s an often brutal, unfair interrogation that weighs Oppenheimer’s decisions and accomplishment, inevitably, in moral terms. “Who’d want to justify their whole life?” someone



wonders. For the maker of the world’s most lethal weapon, it’s an especially complicated.

These timelines give “Oppenheimer” — dimly lit and shadowy — a noirish quality (Nolan has said his films are noirs) in reckoning with a physicist who spent the first half of his life in headlong pursuit of a new science and the second half wrestling with the consequences.

“Oppenheimer” moves too fast to come to any neat conclusion. Nolan dives into the story at a blistering pace. “Oppenheimer” buzzes with a heady frequency, tracking Oppenheimer as a promising student in quantum mechanics. “Can you hear the music, Robert?” asks the elder Danish physicist Niels Bohr (Kenneth Branagh). He can, absolutely, but that doesn’t mean finding harmony.

Nolan may be the only filmmaker for whom delving into quantum mechanics could be considered a step down in complexity. But “Oppenheimer” is less interested in equations than the chemistry of an expanding mind. Oppenheimer reads “The Waste Land” and looks at modernist painting. He dabbles in communist thinking of the day. But he aligns with no single cause.

For a filmmaker synonymous with grand architectures “Oppenheimer” resides more simply in its subject’s fertile imagination and anguished psyche. Nolan and cinematographer Hoyte van Hoytema render Oppenheimer’s interiority with flashes of images that stretch across the heavens. His brilliance comes from his limitlessness of thought.

Just how much “wiggle room” Oppenheimer is permitted, though, becomes a more acute point when war breaks out and he’s tasked by Lt. Gen. Leslie Groves Jr. (Matt Damon) to lead the race to beat the Nazis to an atomic bomb. The rapid building of Los Alamos on the mesas of New Mexico — a site chosen with meaning to Oppenheimer.

There is something queasy about dramatizing the creation of a weapon of mass destruction. Surely a less imperial filmmaker than Nolan might have approached the subject differently.

“Barbie The Album”

By Various Artists

By Contributing Writer

The Barbie industrial complex has detonated, coating the planet in pink. For the blockbuster’s soundtrack, “Barbie The Album,” film director Greta Gerwig and music producer Mark Ronson corralled a set of huge artists and have come away with a raucous, joyous and touching compilation.

The soundtrack works because the contributors understood the assignment. They deliver a dreamhouse of songs that are better than they have to be. The tracks succeed both as cinematic elements and as standalone songs.

Director Greta Gerwig has delivered small, medium, large and stratospheric films with excellent soundtracks. Her commitment to quirky rock songs and contemporary classical spans, with this latest endeavor, a whole slew of disco, hip-hop, K-pop, and a half-dozen other genres meld together.

Lizzo gets the party started with the soundtrack’s opener, “Pink,” a bouncy confection that might be the most convention-



al movie song on the album. The artist sells it with her characteristic smiling effervescence.

Dua Lipa’s “Dance the Night” throws her megahit “Levitate” in the blender with strings reminiscent of

golden-era Bee Gees and comes out with a modern disco classic. Ronson’s production is razor-sharp and Lipa marches straight in with a casual self-as-

urance that deftly set the tone for the film. The brand architects at Mattel must have suffered a few sleepless nights after tapping Nicki Minaj and Ice Spice for the next track, a reimagination of Aqua’s “Barbie Girl.”

The song is a little profane and a little raunchy, but the collaborators take the edge off with humor and fun.

Ken actor Ryan Gosling goes all in on “I’m Just Ken” with a hilariously performance that spans the arena rock of Journey and Broadway decadence of Andrew Lloyd Webber.

On “What Was I Made For?,” Billie Eilish delivers a soft and surprisingly touching Barb-ballad. Eilish and brother/producer Finneas get the existential-crisis moment just right.

The album closes with a surprise cover of Indigo Girls’ fan-favorite “Closer to Fine.” Brandi Carlile and her wife, Catherine, stay respectful of the source material, delivering a lighter and more open interpretation.

There is plenty more good music within the 18 tracks. Sam Smith goes techno-glam on “Man I Am.” Charli XCX delivers a road-trip staple with “Speed Drive.” Tame Impala provide a trippy dreampop interlude with “Journey to the Real World.” Dominic Fike warms it up on “Hey Blondie.”

It would be a reach to frame a project with this scope and budget as an underdog, but Ronson and Gerwig have executed a small miracle creating an eclectic sprawl of a soundtrack.

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TECH TALK



THE GREATEST CLASSIC VIDEO GAMES OF ALL TIME

By Contributing Writer

There are many video games from years gone by that hold nostalgia, and while most retro titles don't hold up, there are classics that have stood the test of time.

Castlevania: Symphony Of The Night

Developed for the Sega Saturn and PS1, Castlevania: Symphony of the Night launched in 1997. This title helped define the genre known as Metroidvania, even lending its name to it. Though not the first in its series, Castlevania: Symphony of the Night has long been considered the pinnacle of the series. This classic title was inspired by Zelda games and its ongoing legacy has gone on to inspire many other video games throughout the decades.

Sonic The Hedgehog

One of the most iconic video game characters, and the rival to the mustachioed Mario, is Sonic The Hedgehog. This 1991 platformer was the first in the blue protagonists series and helped bring SEGA



into the console wars. Its vibrant colors, catchy music, and fast-paced gameplay were a hit, and still are fun to experience. Though Sonic did not make as large a splash as Mario, he has appeared in games as well as movies, cartoons, and comic books.

Galaga

For a truly retro moment, Galaga from 1981 is one of the best. With its minimal graphics, simple but engaging gameplay, and a concept that sparks imagination, Galaga has remained one of the classics which holds up across generations.

Mario Kart 64

Mario Kart 64 continues to be one of the most iconic entries in the series and is the first that comes to mind. The series introduced its mechanics which are now staples for the game, such as four-player local multiplayer, holding onto items, and the blue shell.

Tetris

Probably one of the most classic, Tetris, is known worldwide, even by people who aren't into gaming. A movie has even been made regarding its chaotic history. The simple puzzle gameplay combined with definitive music has a quality that makes it last throughout the ages.

The Legend Of Zelda: A Link To The Past

Many Zelda games could be included on this list. These games generally all hold up well and have even sparked the revival of pixel-based artwork. Out of the classics in Zelda's history, The Legend of Zelda: A Link To The Past remains among the top for replayability and has an almost cult following.

Chrono Trigger

Chrono Trigger is one of the definitive JRPGs of its age, and its gameplay continues to not only

hold up, but still continues to inspire new games. Chrono Trigger has been re-released many times to be replayed by its hardcore fans and introduced to newcomers. The time travel adventure was innovative and included a mind-blowing number of alternate endings for its incredible storyline. The game is still a favorite for many.

Final Fantasy 6

Final Fantasy 6 was included in the Final Fantasy Pixel Remaster compendium but even without being remastered, the 1994 game held its own. Its graphics, story, characters, and soundtrack all blend together to create a work of art in video game form which won numerous awards. Many have considered it to be not only one of the best JRPGs but one of the best video games of all time.

Super Mario Bros. 3

Beloved by many, Super Mario Bros. 3 is a classic title that tops many lists and has won awards. This platformer included all the now-fundamental Mario mechanics and tropes and redefined the franchise. Its design, enemy sprites, music, and power-ups all were brilliantly created with a fun protagonist who would go on to be the biggest in the world.

Video games have a long history. These classic titles not only have held onto players' nostalgic interests, but their overall quality makes them fun even for people being first introduced to them today.



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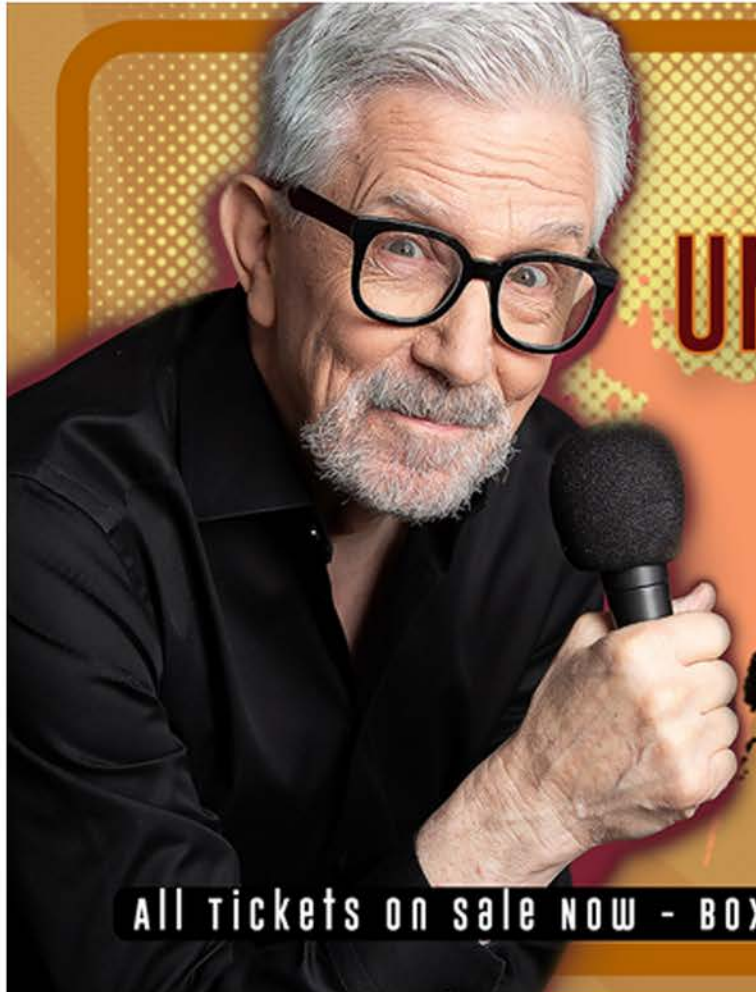

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EXPLORING THE WINES OF SUMMER

By Contributing Writer

When summer arrives, almost everyone these days thinks of one style of wine: Rose. The pink stuff has effectively conquered the lazy days of sunshine, backyard barbecues, outdoor concerts, picnics, beach visits — pretty much all outdoor activities and all warm-weather cuisines.

For starters, even the very best Rose isn't very good, as wine. It isn't supposed to be. The idea, especially in France, is to offer a simple quaff, quick to produce and get to market, that goes with lighter foods and doesn't require much thought. Accordingly, Rose should be both undemanding intellectually and inexpensive financially.

Sadly, as Rose has become the default beverage of summertime, prices have risen



while quality, predictably, hasn't. For the latter, higher quality is basically impossible. Rose is what it is. But runaway demand has transformed bottles that should cost \$7 into bottles that cost \$15.

What are you going to do? Convert your personal house wine of summer, a simple yet quite tasty Pinot Grigio that I pick up by the

case for \$11 a bottle. Pinot Grigio has unfortunately become ubiquitous and overpriced; so if you are lucky enough to find a good one, the ideal companion to

summer pasta dishes, buy in bulk.

Another wildly underrated and typically underpriced summer white is Chenin Blanc. The best examples come from France's Loire Valley, a region that's a veritable gold mine of lighter whites and reds that are all wonderful food partners when the weather gets warm. The flavor profile is crisp and acidic, yet also quite fruity, with a

decent amount of underlying complexity.

Another white from the Loire Valley that's a classic partner for seafood (especially oysters) is Sancerre, made from the Sauvignon Blanc grape (more on this in a moment). Sancerre is my go-to summer dinner party wine because when you bring it to a friend's house, properly chilled, you

have an instant aperitif, a delicious preface to the meal, providing layers of citrus, apple and pear supported by bracing acidity and enchanting mineral aspects.

From our friends down under, you can also look for so-called "un-oaked" Chardonnays from Australia. (If you want to sample the OG, the French version is called Chablis, with the amazing wines from Burgundy bearing no resemblance to the mass-market California wines labeled "Chablis" that were popular in the 1970s.) These Chards tend to be exceptionally fruity but also quite crisp, so they match up nicely with grilled chicken.

Champagne can be a bit heavy, but the Spanish sparkler called Cava is an excellent alternative, as is Prosecco (although I think Prosecco, like Rose, has gotten overpriced). A lightly effervescent wine from Portugal, Vinho Verde, is also worth tracking down — not least because the price is almost always well under \$10 and sometime close to \$5 for a bottle.

Summer reds can be a challenge.

Lambrusco, an Italian sparkler, is common in Rome; but the book on it for decades was that it traveled poorly. Not so anymore, and it's now possible to find excellent bottles for about \$20 at wine shops and online.

In the Napa Valley, there's a tradition of continuing to drink big, bold Cabernet Sauvignons with grilled beef all through summer — but this is obviously not the way to go in more humid climates. My vote here goes to Oregon Pinot Noir, a lighter style than what one usually finds in California. Cabernet Franc is also worth a look but can be difficult to locate. Finally, if you can find a Chinon from France, you might decide to make it your go-to summer red.

As for Rose, just to wrap things up, I recommend sticking to France. Skip the overpriced bottles and splurge on Domaines Ott, a \$50-60.

Rose that is to Provence what Chateau Lafite Rothschild is to Bordeaux. OK, not really, but my point is that cheapo Rose always disappoints, whereas Domaines Ott stands alone as a real wine made with an attention to detail that makes it worth the extra dollars.

In the end, if you must drink pink, well maybe. But you owe it to yourself to branch out and at least experiment with the numerous summer whites and even summer reds that are available these days. Your next cookout crowd will thank you.





The Dining Out Dilemma

Tips for Eating Healthy When Dining Out

By Contributing Writer

Restaurants know the key to your heart is your stomach.

While food and drinks can be delicious, eating at a restaurant can cause you to consume way more than your recommended calorie intake.

“breaded,” “buttery,” “smothered,” or “stuffed” is most likely full of calories. Words such as “grilled,” “broiled,” and “baked” indicate that food is being cooked in a healthier way.

If going into a normal restaurant is too



An average meal when dining out is a whopping 134 calories more than the same meal at home.

But there are ways to eat out without throwing your diet plan out of the window. **Start with a Game Plan**

When choosing a restaurant, plan ahead. Choose a restaurant that has a low-calorie menu items. Check the menu online beforehand.

Make a reservation at a specific time. This will cut down on the amount of time waiting for a table and becoming hungrier!

Order a Guilt-Free Meal

Before you order your meal you might be tempted with a bread basket or tortilla chips. Don't give into temptation. Many restaurants fluff up menus with fancy sounding words, so you need to learn to crack the code.

Anything described as “creamy,”

tempting, there are restaurants that only sell salads.

Skip the Empty Calories

Drink water throughout your meal. This forces you to slow down while you eat and will allow you to judge your hunger pangs which can stop you from overeating.

If you're celebrating something and you need to have a drink, some options are better. Avoid sugary cocktails and get a glass of red wine. Or try vodka with club soda and a squeeze of lime.

The Proof Is in the Tasting

Before you even begin eating, ask for a “to go” box. You can even ask the server to put half of the meal into the box instead of onto your plate.

The “fork dip” method is a sneaky way to get a taste of creamy dressings, without



Another way to use your fork is to put it down between bites. This “rest time” will stop you from overeating, as you'll be able to gauge your hunger level.

Finish Strong

Whatever you do, don't order dessert! Even a tiny piece of cake could add 400 or more calories.

When you're done, pop a mint in your mouth. This will help you to clear your palette and stop you from taking another bite.

Dining out Healthily

Dining out healthily can be done. All you need is a game plan and a sprinkle of determination.

dolopping a huge amount onto your meal. Just ask for the dressing as a side, dip in your fork and away you go!



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Permanent Eyebrows?

Here Is Microblading, Explained

By Contributing Writer

Are you frustrated by thin eyebrows? You're not alone! The good news is that there's an effective treatment that will give you permanent eyebrows. The treatment is known as microblading, and if you haven't tried it yet, you're missing out! **What is Microblading?**

It's a technique that uses tattooing to create fuller eyebrows. During the process, a technician uses a handheld device that has tiny and fine-point needles to make scratches that look like hairs along with your eyebrows. As the tool makes the scratches, it deposits pigment. The result is natural and flawless-looking eyebrows. **How Does Microblading Work?**

It's important to go to a microblading technician that knows what they're doing. Make sure the person you're considering has had training so they know how to do it safely and give you great results. **Does it Give You Permanent Eyebrows?**

Pretty close! This is a semi-permanent treatment. The dye particles are less concentrated than the ink used for tattoos and your body will eventually metabolize it.

You'll need a touchup after about four to six weeks. This will give the technician the chance to fill in any areas that need it. After that, you can expect your treatment to last from one to three years.

The amount of time it takes will depend on your skin type, your lifestyle, and the products you use. If you have oily skin, the pigment won't last as long.

Typically, the cost for follow-up appointments is less than your initial session, so make sure to ask your technician.

Is Microblading for Everyone?

Just about! It can work for someone who has completely lost eyebrows, those who have super-blonde brows,



and even people who only need their arches filled in. A great technician will be able to match your eyebrow color and use different shades to get a natural look.

What Should I Expect During My Treatment?

Your technician should talk to you about what you're trying to achieve and to examine your brows. Then, you'll lay down on a sterile bed or reclining chair.

The technician will clean your brow area and numb it. After the treatment is done, he or she will apply an ointment to help with healing.

You might worry that it will be painful, but it's not that bad. It feels similar to the sensation you experience when you have your brows threaded.

The entire procedure will take about an hour. If you don't need a lot of work, it can sometimes be done in as little as 30 to 45 minutes. When you finally stand up and see the final results, you'll be impressed! **Do I Need Any After-Care?**

You can expect to recover from your microblading treatment quickly. You will

if you work out; Using an antibacterial ointment on your brows for the first 24-hours; Applying Vaseline ointment for one week; Not using any glycolic acids.

It's also important that you avoid picking at any scabs.

Are There Any Side Effects?

The most common issue is the possibility you could get an infection. But, if you follow the instructions your technician gives you, then you're not likely to have problems.

There's also the chance that you could hate the way your brows look. The best way to avoid this is to make sure you only trust a skilled technician.

How Much Does Microblading Cost?

This can vary. In general, you can expect to spend between \$500 and \$2,000. That being said, if you spend a ton of time dealing with your brow, then this treatment will pay for itself. **Are You Ready?**

Are you ready for flawless and low-maintenance brows? We hope that we answered all your questions.



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Disney BEAUTY AND THE BEAST

By Contributing Writer

Tale As Old As Time . . .

Step into the enchanted world of Broadway's classic, Disney's Beauty and the Beast, an international sensation that has been produced in 37 countries worldwide. Based on the Academy

former self.

But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity. This "tale as old as time" is filled with spectacular costume and set opportunities or, even more simply staged, Disney's Beauty and the Beast offers a great opportunity to bring your entire community together for family theatre at its best.

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SAND SWEEP BEACHES

RIVIERA NAYARIT

By Barbara Beckly

Shh...relaxing at under a palapa, cerveza in hand, watching the surf wash onto the golden beach. Paradise? I think so. It's Sayulita (www.sayulita.com) – a fishing village-turned bohemian art colony and world recognized surf break – on a jungle-clad bay along the Riviera Nayarit (www.rivieranayarit.com) on Mexico's Pacific Coast,

beachfront restaurant (founded by two California surfers in 1992) made me want to return, too. I lingered at the table, while one friend swam in the ocean – “warm like a



bathtub,” he said – and another took a two-hour surf lesson.

Sayulita was only the first discovery in Nayarit; Pacific Mexico's newest vacation hot spot (just north of Puerto Vallarta) offering exciting contrasts from laid-back fishing villages to luxe resorts, and old-world 16th century towns.

Over the Top Luxe

Hopping in the van, we followed a two-lane jungle road an hour south to our resort. OMG! Not just any resort. Vidanta Nayarit (www.vidanta.com) – a 300-acre oceanfront playground with beaches, jungles, streams, lagoons, 40-plus restaurants, and lounges; a Greg Norman-designed golf course, watersports, nightly entertainment, even an aerial gondola (to access its soon-to-open theme park), and more than 2,000 suites, and penthouses – some so lavish that Mexico's super rich pro boxer, Canelo Alvarez, stays in one. Vidanta is not all-inclusive. But it includes everything for a Riviera Nayarit getaway. I met a New Jersey couple who consider it their second home, spending three months a year here. We arrived in time for Tuesday Wine Tasting – overlooking the ocean. Then enjoyed a gourmet Mexican dinner at Tres Aromas, and a nightcap at Quinta Charcoal Grill – one of the most impressive rooftop restau-

rant/bars I've experienced. Atop the 10th floor of Tower 5, the 360-degree views were breathtaking – sweeping across all Banderas Bay and the Pacific Ocean, the Ameca River, and dazzling lights of the Riviera Nayarit. The concierge told me it's a favorite for marriage proposals.

Expect the Unexpected

After breakfast – I ordered chilaquiles verde – at Vidanta's La Cantina, with a waterfall flowing through it, we were off into the Sierra Madre Mountains (foothills by California standards) and two “Pueblos Magicos.” First, Compostela, founded in 1530, where we admired 16th century Santiago Apostol parish church, enjoyed lunch – delicious posole – at festive Camahuier restaurant; and – surprise – a coffee tasting. Turns out Compostela is a coffee “capital,” surrounded by coffee plantations. We saw beans on the vine and sampled coffee liqueurs with Cafetero, an 80-year-old family plantation. More surprises awaited in Jala, founded around 1582. It's the Corn Capital of the Western Hemisphere! Growing single ears of corn up

to four feet in length! The August Corn Festival draws crowds from around the world. Travelers also come to visit nearby Ceboruco Volcano. (Its last spurt was in 1858.) And enjoy the Saturday night “Callejomeada,” with strolling musicians, tequila and arts and crafts.

Before returning to the Riviera Nayarit, we overnighted in Jala at the five-star Nukari Quinta Boutique hotel (www.hotel-nukari.com), a former 1778 mansion; enjoying a magnificent rooftop dinner at its restaurant, La Cantera. What were the odds? During dinner, Miss Mexico 2023 arrived for a photo shoot!

Further proof that Nayarit is the “in” spot to be!

Getting There: I flew JetBlue's (www.jetblue.com) new daily service, departing LAX at 7:30 a.m. and arriving at Puerto Vallarta International Airport about 2.5 hours later. It was great. JetBlue's Airbus A320 coach seating is among the industry's roomiest with a 32-inch seat pitch. Plus, free wi-fi, movies, non-alcoholic beverage and crackers or cookies. The fares are low!



an hour north of Puerto Vallarta International Airport.

Tree-shaded cobble stone streets, bright-colored adobe buildings filled with boutiques, galleries, cafes, and small hotels provide a charming vibe. Friendly street vendors display Nayarit's traditional beadwork art and embroidery – I bought a darling beaded jaguar-patterned hairband. Equally friendly roving bartenders happily pour drinks from their rolling bars – parked curbside. I ordered a Michelada!

Discovered by surfers in the 1990s, Sayulita remains unspoiled. An insider favorite with SoCal expats and visitors in the know. The beachfront jewel of Nayarit's nine “Pueblo Magicos” (small towns recognized for maintaining their original architecture, culture, folklore, and history). As a fellow lunch-goer from Santa Barbara said, “my daughter got married here two years ago. Now I visit every year.” I agree. Just having a Pacifico beer and fresh grilled red snapper at must-dine Don Pedro's

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KHLOE KARDASHIAN REVEALS TRISTAN THOMPSON AND HIS BROTHER HAVE MOVED IN WITH HER

By Contributing Writer

Khloe Kardashian will always be on Tristan Thompson's team.

The Kardashians star revealed that her ex and his 16-year-old brother Amari moved in with her following the death of their mom in January.

"I'm grateful that I'm strong enough and brave enough to be a support system for someone else that has no other support system right now," Khloe said in a confessional. "You don't have to treat me right for me to treat you right—it's not the way I was raised."

After Andrea died of a heart attack at age 53, Tristan called Khloe to express his grief.

"I didn't really understand what he was saying," Khloe recalled. "He was just like screaming on the phone, trying to tell me that she's gone, but I had no idea who he was talking about."

Tristan and Khloe—who spoke to Andrea daily—traveled with Kris Jenner and Kim Kardashian to Toronto to be with his family. Tristan also became Amari's legal guardian.

"Amari is 16, and he is severely disabled," Khloe shared in a confessional. "It's just really sad, because we don't know what he knows or doesn't know, cognitively."

However, after bringing his brother home, Tristan experienced another emergency: The house he had been renovating became unlivable.

"He was able to live there during renovations," the Good American founder said, "but we had crazy weather, like extreme rains, and Tristan's roof caved in."

That's why, "Tristan and Amari are staying at my house right now." One silver lining? Tatum got to bond with his uncle Amari.

Later, Kim pointed out how despite

Khloe trying to set boundaries with Tristan, she just couldn't shake him.

"Isn't God just, like, funny?" Kim said. "You were so ready to have your year of being free, and now, Tristan had to move in with you, his little brother had to move in with you, his roof caved in. What are the chances?" But Khloe had a unique perspective.

"My No. 1 slogan I always use: You want to make God laugh, tell him your plans," she said. "God does have a plan. And God doesn't want him to be alone right now."

And while the 39-year-old has forgiven Tristan, she once again clarified that they are not back together.

"I know it's hard for everyone to believe, but I



love, love, love Andrea and I love Tristan. I love his mom are, and I just, it's just heartbreaking." Amari. This is what family does. Tristan is the Khloe added, "Tristan and I are family, and father of my kids... I know how close Tristan and we're gonna be family for the rest of our lives."



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Best Exercises For A Beach Workout

By Contributing Writer

Beaches are thought of as a place to relax, but you'd be missing out if you skip the benefits of a beach workout. Science agrees: working out on the sand can recruit the activity of more muscle groups, reduce injury, decrease post-workout muscle soreness, and increase intensity.

Here are some tips for a successful and safe beach workout, plus the best exercises to try.



Benefits of Beach Workouts

Besides the views and fresh air you can take advantage of on the beach, there are some real science-backed physical benefits.

Research shows that training on a surface like sand improves gait endurance

since it recruits a wider variety of muscle groups and increases joint mobility. Using sand for sports training, even chasing Frisbees, can encourage greater physical adaptations and minimize the

risk of injury due to lower impact. This can reduce muscle damage and soreness post-workout.

One of the best exercise modalities to try on the sand is plyometric training. Since plyometric training is explosive and high impact, the sand may offer some

protective benefits. Additionally, training on the unstable surface can improve strength, endurance, balance, and agility.

What's more, exercising and outdoor natural environments can provide several additional health benefits, including:

Increased activity levels; Lower levels of effort; Stress reduction; Replenishing mental fatigue; Better mood; Increased self-esteem; Improved view of personal health

Exercises for a Beach Workout
Sprints: Sprints work your lower body muscles, including the calves, glutes and



hip flexors, hamstrings, and quadriceps. Sprints engage your abdominals, chest, back, and triceps, making them a perfect whole-body cardiovascular activity.

Skaters: Skaters, also known as lateral shuffles, primarily work your hamstrings and quadriceps, but your abs and calves will benefit as well. You may want to choose wet, more packed sand for this exercise.

Squat Jumps: Squat jumps are a classic plyometric exercise that works your glutes, hip flexors, and quadriceps. Your abs, calves, and hamstrings will also be working hard here.

Tuck Jump: Tuck jumps are an explosive plyometric movement that can be too high impact for some people. Performing a tuck jump on the sand might reduce the impact and should be more safe and comfortable for your joints. Tuck jumps will work your hamstrings, quadriceps, abs, glutes, and hip flexors.

Shoulder Tap Planks: Shoulder tap planks will engage your core and challenge your shoulder muscles.

Bear Crawls: Bear crawls are a full-body exercise that engages your abs and shoulders but will also hit your calves, forearms, hamstrings, and quadriceps. This move will build functional strength, agility, and mobility.

Walking Lunge: Walking lunges are a lower body movement that works your quadriceps, calves, glutes, and hip flexors. You will experience a core challenge as your body works harder to maintain balance.

Crab Toe Touches: This exercise will engage your entire body, primarily your hamstrings, lower back, quadriceps, shoulders, and upper back, abs, and obliques. This can be an advanced exercise, so only try it if you have the necessary mobility in your shoulders and hips.

Safety Considerations

Stay hydrated: Bring plenty of water with you as sweating can require even more fluid replenishment than usual.

Be mindful of heat: Overheating during your workout can cause serious health issues.

UV exposure: Over exposure to the sun can result in a troublesome skin rash. Wear a rash guard.

Proper footwear: It is advisable to wear sturdy footwear that can protect you from sharp stones or glass.

Warm-up: Be sure to warm up before you begin.

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Throwing The Paw-Fect Puppy Party This Summer!

By Contributing Writer

The months of July and August are often known as the ‘dog days of summer’, bringing in longer, warmer and sunnier days for you to throw the paw-fect puppy party.

Global searches for ‘dog birthday parties ideas’ have jumped up 350% in the last 3 months, and a recent study found that 57% of pet owners said they spoil their pets “24/7,” with many cherishing the priceless moments like celebrating their pet’s birthday with a birthday bash (44%).

And so, the party product experts over at Aura Print have given us their bone-afied step by step guide to celebrating your canine companions. **Step One: Choosing The Right Venue**

If you’re lucky enough to have a garden big enough for all your furry friends to run around, there are a few things to consider. You’ll want to make sure the perimeter is escape-proof, remove any tools and equipment, and make sure there’s access to plenty of water and shade.

If not, then dog friendly parks, beaches and cafes can also make for great alternatives, and there’s plenty of them dotted around the UK. Consider how many guests you’ll be inviting, both human and animal, and make sure the space is big and secure enough to accommodate. Find a secure dog park near you, here.

Step Two: Picking The Menu

Arguably the most exciting aspect of any puppy party, is the treats!

Some bakeries and pet stores will provide treats perfect for the occasion, however when in doubt, homemade is always better. Take a look online and you’ll find a ton of recipes, and take a look at the ingredients to make sure they’re good for the dogs. Plenty of



human-themed doggy treats have made their way onto our TikTok feeds this year, and we just can’t get enough:

Puppuccinos: 154.5 million TikTok views; Pupcakes: 12.1 million TikTok views; Pupcorn: 718.7k TikTok views; Paw Pops: 14.4k TikTok views

Find further information on the foods that dogs can and can’t have here. Bone appetit!

Step Three: Setting Up Activities

Dogs love to socialise and play together, so why not bring a few activities into the mix. From frozen lick mats, tug of war or even a mini swimming pool, there’s plenty of options to keep the guests of honour entertained.

A trick contest is also a great way for the humans to get involved and



show off their dogs best skills, letting the winning pup win a special prize.

If the puppy party is being thrown to celebrate a special occasion such as their birthdays, you can even take it up a notch by paying a professional groomer to

back on forever, and who doesn’t love showing their pup off on Instagram? Add some props and a special backdrop to make your pics even more double-tap worthy. In fact, over 282k people have used the hashtag #puppyparty to show off their special days on the platform. **Step Five: Don’t Forget The Humans**

Whilst the puppies are undoubtedly the real stars of the party, you can’t forget about your fellow human guests. Consider dog-themed treats, such as mini hot dogs, ‘furrrito bowls’ and ‘paw-tato chips’. For drinks, there are several beers with dog-themed names, and plenty of dog-related songs for the playlist, too.

And finally, you don’t want to send your guests home empty-pawed, so a little goodie bag with a thank you note, assorted pic n mix treats, and an extra toy goes a long way.

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provide some puppy pampering or massages.

Step Four: Set Up A Photo Spot

Photo opps of your puppy party will give you memories to look



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Most Expensive Cello And Bow In The World

By Contributing Writer

Cellos beauty, high-quality sound and instruments are worth millions and are among the most expensive of instruments. **Quality Of The Material Used**

The quality of the material was the main factor that boosts the price of the most lavish cello and bow. For example, the cello wood material was chemically modified and enhanced to produce the antique instrument. Similarly, the most expensive bow material is extraordinary kind and made it stand out. The most expensive bow was also made using modernized materials and hence its worth.

The Age Of The Cello & Bow

Age was also a huge factor. In fact, the majority of professional cellos and



bows we have today are priced according to how old they are. Who would have thought that a string instrument on public auction would be the most lavish cello in the world? The instrument was worth a couple of dollars then.

With time the instrument's quality of sound also grew. The only emphasis is maintenance and care. Their quality can be retained for a hundred and more years.

The Duport Stradivarius Cello

The Duport Stradivarius Cello was a crafted instrument whose value and quality was considered to be the highest. The few who had the chance of playing

the instrument described its tone to be the purest, firm and penetrating sound.

The tone from Duport Stradivarius cello was distinguished and had an element of uniformity. The cellist found it to be prodigious.

Origin

The Duport Stradivarius cello was crafted by Antonio Stradivari. He had dedicated his life to perfecting his craft. Although Stradivarian renowned, his instruments were not as popular until the 19th century.

History

The Duport Stradivari was built in 1711. The instrument came as a request from King Louis XIV'S personal physician, Francois Chicoyneau. The Stradivarius brothers eventually bought the instrument.

Material Used

The instrument was made from forests of the Southern Italian Alps. Luthiers suspect that the wood has special qualities.

Price

The Duport Stradivarius string element was worth twenty-million dollars. From the high quality and rare material to the powerful and still clear



FINER THINGS

sound produced by the cello, the instrument was termed as to be worth even more.

Most Lavish Cello Bow

The rare cello bow by Francois Xavier Tourte, is worth 175,000 dollars.

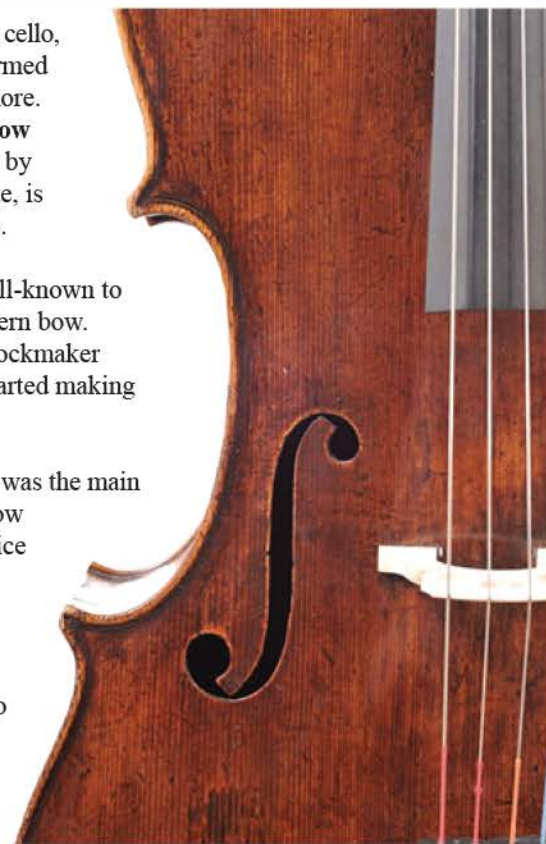
Origin

The maker was well-known to the design of the modern bow. Tourte worked as a clockmaker until 1744 when he started making bows.

Type Of Material

Pernambuco wood was the main wood material. This bow was rubbed with pumice powder and oil. The bow had screws and metal ferrules to allow adjustments.

The most lavish cello and bow were extraordinary instruments whose worth has only grown with age.



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Backyard DIY Projects You Could Start Today

By Contributing Writer

We have put together a fantastic list of the best DIY projects for your backyard.

Edible Gardens

Turn your backyard into your grocery store with the addition of an edible garden. Start by adding a raised garden bed in an area that receives ample sunlight. You will want to have a variety of herbs and vegetables. Start with easy to grow crops such as cucumbers, tomatoes, peppers, etc. Be sure to invest in good soil and don't forget good gardening gloves!

Zen Garden

Creating a zen garden creates a meditative and relaxing space. A zen garden is meant to inspire tranquility and appreciation for nature. You will need: White Gravel, Metal Rake, Wooden Zen Rake, Variety of Rocks, Landscaping Plants, Gloves, Shovel, String and String Level. Once your garden is built you can use it to find relaxation and meditate.

Backyard Fountain

A backyard fountain is a great way to upgrade your space. The sound of the flowing water is relaxing and will attract birds to your yard.

Privacy Fence

A privacy fence can make your backyard feel like a secluded oasis. Consider things like material, color, and size. There are a variety of options to choose from.

Update Lighting

The right lighting in your backyard can turn it into a paradise retreat. Consider using a variety of light sources in your backyard to layer the lighting.

Landscaping

Updating the landscaping in your backyard is an essential DIY project for anyone looking to



give their yard a facelift. Start by clearing out any built-up brush or leaves that have accumulated. Then diligently weed all flower and garden beds.

Patio

If your yard doesn't have a patio then consider installing one. A patio can be used as a relaxing outdoor area, outdoor dining room, area for potted plants, etc. the options are endless! Once your patio is finished you can begin to decorate with outdoor furniture and ornate plants.

Sheds

If your shed is looking worse for wear it is time to give it a makeover. Sand the shed to remove rough edges or flaking paint. Then access any areas that need repair. Next, choose a color of paint or stain for your shed and get painting!

Simple Backyard DIY Projects

These simple DIY projects are affordable and easy to do! You can change the whole vibe of your yard with any one of these unique projects today.

Outdoor Bar

An outdoor bar is a fun way to create entertainment. You can either buy a bar stand that is put together or give building a custom bar a try. Consider seating and ice and beverage storage. Adding appropriate outdoor lighting will help.

Gazebo

A Gazebo adds beauty as well as functionality. Host outdoor dinners or turn it in to an outdoor studio. A Gazebo is the perfect structure to get relief from the heat. Another option is an open-air Gazebo. This style of shade structure allows for some sun and rain to come through.

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By Andrews McMeel Syndication

Zookeepers at the Columbus Zoo in Ohio were taken aback on July 20 when Sully, an 8-year-old western lowland gorilla whom they had assumed to be male, gave birth. Sully has lived at the zoo since 2019, United Press International reported. "It's hard to tell the sex of younger gorillas," the zoo said in a statement. "They don't have prominent sex organs." They said Sully had been healthy and did not need any procedures or medical care that would have clued them in to her gender. "Sully is taking good care of (the baby)," zookeepers said, adding that eventually they'll do a DNA test to find out which of three males is the father. [UPI, 7/22/2023]

Saw That Coming

... or not. At 11:55 p.m. on July 22, a speeding boat with eight people aboard left the water at the Lake of the Ozarks in Missouri and crashed into a home along the bank. KMIZ-TV reported that Adam Ramirez, 47, was driving the boat when the accident happened. After the boat hit the home, it overturned and ejected all eight passengers, who were taken to a hospital, six of them in serious condition. Two people in the home at the time were uninjured. Ramirez was charged with boating while intoxicated. Travis Coleman with Tow Boat US Lake of the Ozarks said crashes on the lake are common, and alcohol and darkness can play a large role.

Nature Gone Wild

A bird rarely seen in the Northern Hemisphere dropped into Pebble Beach, California, on July 21, KSBW-TV reported. The Nazca Booby, which at this time of year is usually living and breeding in the Galapagos Islands, was delivered to the SPCA of Monterey County; officials there said it was emaciated, cold and injured. Beth Brookhouser said the bird had to be kept in an incubator and fed through a tube while it recovered. It had wounds on its back that appeared to be from fishing hooks. Once the bird has healed, the SPCA hopes to reintroduce it to the wild.

Hong Kong's health minister, professor Lo Chung-mau, is urging public shaming as a remedy to unlawful tobacco use, Sky News reported. "Cigarettes can harm the health of all of us," Lo told a meeting of the Legislative Council's health service panel on July 14. "When members of the public see people

smoking in nonsmoking areas ... we can stare at the smokers. Everyone on the premises can stare at that person." He believes this behavior would help create a nonsmoking culture in the city. He also said authorities would use surveillance footage to crack down on smokers flouting the rules.

Barbie mania has taken the world by storm — including in Brazil, where Burger King is selling a sandwich with a bright pink sauce that looks like "chewed bubblegum" and has a "smoky" flavor, according to Burger King. CNBC reported on July 13 that the BK Barbie Combo comes with a cheeseburger, a pink vanilla-flavored milkshake, a doughnut sprinkled with pink frosting and an order of Ken's potatoes (also known as fries). The combo is not expected to be offered in the United States.

Trader Joe's announced on July 21 that it is recalling two types of cookies that may have rocks in them, National Public Radio reported. The Almond Windmill Cookies and Dark Chocolate Chunk and Almond cookies have been removed from the grocery chain's stores and destroyed, the company said, but those who had previously bought them can return them for a refund. "Please do not eat them," they urged customers. The company didn't specify how the rocks came to be in the cookies.

In late July, a woman on a Spirit Airlines plane hit her limit, the New York Post reported. "The plane is stopped ... I cannot hold the pee!" she shouted in a video as she pulled down her pants and squatted in a corner to relieve herself. "I need to (urinate), two hours ... you close the (bathroom) doors," she said, telling a crew member she should "blame yourself." The video was posted on July 20, but it is unclear where the incident took place.

You might not have it on your calendar, but Aug. 5 is National Mustard Day! Rather than celebrating with a hot dog or a burger smothered in the yellow condiment, the French's company wants you to try Mustard Skittles, NBC New York reported on July 25. "Skittles is always looking to inspire moments of everyday happiness and deliver unexpected ways for fans to experience the brand," said Ro Cheng, marketing director at Mars.

Crossword by Myles Mellor

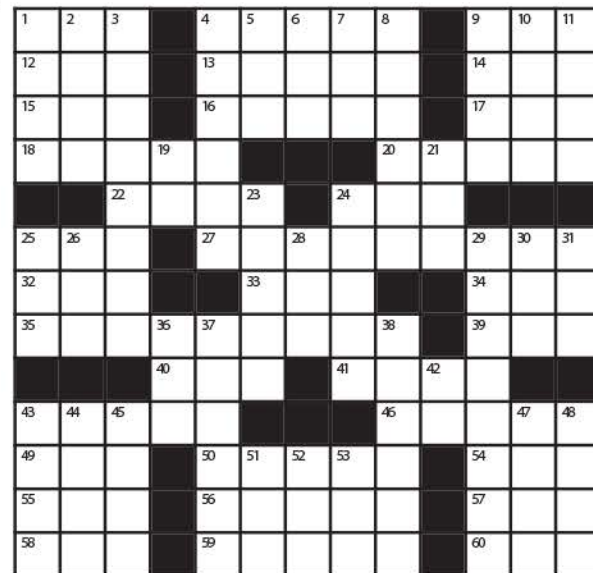
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Across

- "Planet of the Apes" director, Burton
- Basketball superstar, Lebron
- Arrest
- One or more
- In the sky
- Kind of trip
- Ozone depleter: Abbr.
- Tropical bird
- Rotter
- Flutter
- Representative
- Drier stuff
- ___ cage
- Hassle
- Wise
- Asian pooch
- London's Big ___
- In favor of
- Color
- Days ___
- "No ___!"
- Chess piece
- Young seal
- Have the throne
- Subject of Philadelphia
- Tennessee player
- "So that's it!"
- Musical literary piece
- Green shade
- After deductions
- Game pieces
- Conundrum
- Learn

Down

- Velocity meter
- Facts
- Branch of botany that studies fungi
- Belonging to an Asian country
- "Love Story" star
- Pithy remark
- Mini-newt
- Interference
- Smooch
- Tropical fever
- Brought into existence
- How-do-you-do
- ___-Wan Kenobi
- Cat
- Incurred a bar tab
- Abbr. in car ads



- Pair
- Toothpaste type
- Bellefs
- Samovar
- Boy child
- Carpentry tool
- Portable computer
- Income producer
- ___, the people
- Pronoun in a Hemingway title
- Tanning need
- 50-50
- Indian butter
- Post-it
- S___, storage area
- "___ the season to be jolly"
- Map abbr.

Bad Dad Jokes

I'm afraid of speed bumps, but I am slowly getting over it.



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How To Adjust When Your Kids Have Moved Out

By Contributing Writer

To be an empty nester, after the children have gone is the hardest place to be. Taking a journey with a loved one or a close friend might help. Children, they grow up so fast! Once in your arms, your children are now making their way to the future. And here you are, feeling alone. When your child has grown and left the house, the phrase "empty nest syndrome" is used to describe the grief and loneliness.

For many parents, this is a very genuine experience. If you are having trouble adjusting, try these suggestions.



Set Up a Communication Plan

It may be tough to cut off daily communication with their children via calls or text messages.

Instead of worrying about whether you should call, develop healthy rules by creating a timetable and avoiding stress.

Pursue Things That Make You Happy

The loss of a child leaves many parents with a void. They are no longer required to accompany their children to athletic events, assist with school-work, or prepare supper. This void must be filled.

You can't simply do nothing. It's time for parents to discover new passions or rediscover old ones. The more significant the activity

is to the person, the more the hole the children have grown and gone may be filled.

For example, you may own an art history degree that you have not utilized since starting a family. You have always aspired to be an art instructor. An art studio that provides lessons may be a wonderful place to start.



Refrain From Checking In Too Often

Constantly checking on your kid can prevent you from moving on. Refrain from excessively monitoring their social media profiles, call each morning, or spend every minute worried about their well-being.

Let go and let your kid become an independent adult. Provide your youngster with personal space.

Revitalize The Passion in Your Relationship

As difficult as it may be to deal with empty nest sickness, despair and loneliness, you may take advantage of the situation and enable your love life to flourish. It's the first time many empty nesters can concentrate only on themselves and their spouses.

Having a date night once a week might help parents cope, including wine tasting, dancing, and cooking for each other. Take advantage of this time to appreciate your marriage.

Go On Vacation

To be an empty nester, living in one's house after the children have gone is the hardest place to be. Taking a journey with a loved one or close friend might help you escape the confines of your house if you find it difficult to be alone. Have a great time setting your schedule, doing new things, and resting in a beautiful setting. Get your mind off stresses at home.

Conclusion

Many parents feel a mixture of feelings at this time. You are excited about more time to pursue the things you love. Even though your children will be gone, you will miss them. It's time to move, may be to a better place or your dream house. Having a range of feelings is natural. Be aware that your melancholy and anxiety will pass, but do not put your faith in it to go away on its own. Your children may no longer need you, but there is a huge world out there, which does.

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Rhinoplasty And Teenagers

By Contributing Writer

Rhinoplasty is one of the most in demand cosmetic surgery procedures for teenagers. Find out the basics about rhinoplasty for teenagers.

The nose is at the center of our face so naturally, it attracts a lot of attention. Adults and teenagers alike struggle a lot from insecurities because of their noses. But it is much worse in case of the teens. Bullying, isolation and depression are the effects if a teenager has a different-looking feature on their face—like the nose.

The size and shape of the nose has a lot of negative effects on self-image than any other parts of the face. This is one of the reasons why a nose job is one of the most requested cosmetic surgery procedures for teens.

When Can a Teenager have a Rhinoplasty?

Plastic surgeons agree that teenagers should wait until their nose's size has reached its adult size. For girl, this usually happens between 15-16 years old and a year older for boys.

What are the Most Popular Types of Nose Jobs for Teenagers?

There are actually a lot of different types of rhinoplasty procedure. But for teens, the most in demand procedures are straightening the bridge, removing of a hump, tip reshap-



ing, correcting the nose after an injury, opening of breathing passages, increasing or decreasing the size of the nose and changing the size of the nostrils. Remember though that not all types of rhinoplasty are for cosmetic purposes—sometimes, teenagers want to have a rhinoplasty for health reasons.

Benefits of Rhinoplasty for Teenagers

Teenage rhinoplasty has its benefits too. Having a nose job at an early age can actually be a better choice rather than receiving it later in your adult life. This is because the skin very flexible so it easily accepts the reshaping and restructuring of the nose more effectively. It is also faster to recover if you had your rhinoplasty at a younger age.

But the most prominent benefit of rhinoplasty for teenagers is the mental and social satisfaction that they enjoy once they had their nose corrected. Teenage years are the most significant years in our lives in terms of building our confidence and self-esteem. This is also the time that we socialize and meet friends so having a nose problem can

be crucial in forming relationships.

All over the world, rhinoplasty is one of the most in-demand cosmetic surgery procedures. In the Philippines alone, it accounts for almost 35% of all the cosmetic surgery procedures by many surgeons. According Dr. Paul

Edwin V. Magallona, a board-certified plastic surgeon, "rhinoplasty in the Philippines not only caters the adult market but in the last two years, we've seen a 10% increase in men and teenagers who wants to have the procedure."

It is undeniable that rhinoplasty is already an established procedure but one cannot be too sure, especially now that there is an increasing percent of teens who wants to have this procedure. Researchers and doctors will develop new techniques to cater this growing demand. For observers, the best that we can do is accept this reality and just go with the flow.

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FASHION

The Cool Kids Clothes Celebrities Dress Their Kids In

By Contributing Writer

As if celebrities were not praised enough, as soon as they have a child, they are worshipped even more. People go crazy over what designer baby clothes their little one is wearing, and moms try to duplicate the look.

While you may not have the millions that celebrities have, you can dress your child

Spelling to Sean John, parents love to dress their children in the cool kid's clothes designs.

Celebrities love to dress their kids in unique and cool pieces, like the Rhinestone Rock Star Skull Guitar Kids T- Shirt or the Rock N' Roll Kids T-Shirt – which is perfect for any child of a rocker. Celebrities also love the cool kid's clothes design seen on the Hollywood Kids T- Shirt.

When it comes to dressing your kids like a celebrity kid, there are a few rules. Think of what will be the next cool kids clothes design and trend. Kid's clothes trends follow adult trends. You have to build your child a wardrobe that allows you to mix classic pieces with funky pieces. What makes so many celebrity kids fashionable is that their celebrity moms and dads provide the clothes, and then the child star assembles what he or she wants to wear.



When it comes to cool kid's clothes – let your child have free reign. This is harder to do with newborn baby clothes though, since newborns do not dress themselves. A common theme among celebrities for newborns and young infants is to dress them in designer baby clothes. Most celebrity moms stay away from the generic brands and instead find unique fashions that no one else will have. A celebrity mom also looks for cute clothes that are organic and are quality.

When you are a mom, you want the best for your kids. Whether you are a celebrity or not, you can dress your child like a star in the wide variety of cool kid's clothes.

Try Mudpie.com or LollipopMoon.com for the latest fashions and designs.



in cool kid's clothes. The first step is to find which celebrity baby style you want to imitate. This will give you a starting off point. Stylish kids include Suri Cruise and Harper Beckham.

One baby clothes designer that is well loved by the celebrities is Mud Pie. Mud Pie has adorable designs that celebrity moms cannot resist. One look worthy of Hollywood is the Mud Pie Damask Party Dress. Such a classic and gorgeous dress! Celebrity moms also love to give baby gift baskets full of Mud Pie's baby essentials.

Put together your own baby gift basket of designer baby clothes and fashionable baby essentials like the Mud Pie Chiffon Rosette Bib or the Mud Pie Pretty in Pink Faux Fur Booties.

Another favorite baby designer of the celebrity moms is Lollipop Moon. Lollipop Moon has designed adorable and unique newborn baby clothes and cool kids' clothes and the stars have noticed. From Tori

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