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→ JUNE 23 - JULY 6, 2023 VOLUME 24 NO. 13



THE FLASH IS BACK!

SPIRITS



4TH OF JULY COCKTAILS

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THE BEST 4TH OF JULY CELEBRATIONS

FIREWORKS ★ PICNICS ★ ACTIVITIES

BY BARBARA BECKLEY

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Pageant of the Masters

90th Anniversary of SoCal Summer Tradition

By Contributing Writer

What is the Pageant of The Masters? Celebrating their 90th anniversary, Pageant of the Masters is arguably one of the most unique productions in the entire world. This 90-minute performance brings famous works of art to life on the stage. Taking place at the Festival of Arts grounds in Laguna Beach, audiences are amazed by tableaux vivants ("living pictures"), incredibly faithful re-creations of classical and contemporary works of art, with real people posing to look exactly like their counterparts in the original pieces.

Fun Facts
Around 1,200 people (volunteers) try out to be in the show. Approximately 500 are either cast or work behind the scenes. They contribute more than 60,000 hours. The youngest cast member to date was 4 years old and the oldest cast member was in their late 80s.

The first Pageant of the Masters in 1933 ran only 8 days. Today, the Pageant has 56 performances. Leonardo da Vinci's The Last Supper was first presented as the traditional finale in 1936. Since then, there have only been 3 years that

da Vinci's The Last Supper was not re-created in the show. The Pageant has rained out only three times in its entire history!
2023 Theme "Art Colony: In The Company Of Artists"

Art Colony: In The Company Of Artists acknowledges the deep connections of the Festival and Pageant to the early artists who settled in Laguna Beach. It will also feature other memorable stories of artists assisting one another through cooperation and fellowship in vastly different eras and circumstances around the world.

When:
July 7 - September 1, 2023 (starts at 8:30 p.m. and lasts for 90 minutes)

Where:
650 Laguna Canyon Road Laguna Beach, CA 92651 (outdoor amphitheater)

Admission:
Tickets \$35-\$150. A Pageant ticket entitles one to free, unlimited admission to the



Festival of Arts grounds all summer long. The Festival of Arts is the longest-running outdoor fine art exhibition in California, which features artwork from 140 award-winning artists from Orange County. Live concerts, dessert pairings and tours are also part of the festival that runs from July 5 - September 1, 2023.

In addition, you may also gain free admission to Laguna Art-A-Fair on the day that your Pageant ticket is valid. The Laguna Art-A-Fair is a fine art festival that includes over a hundred local and national artists, fine cuisine and workshops.
www.foapom.com/pageant-of-the-masters/

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THE BEST 4TH OF JULY CELEBRATIONS

FIREWORKS ★ PICNICS ★ ACTIVITIES

By Barbara Beckley

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Ready to Go!

The Oaks Gourmet Market & Café (www.theoaksgourmet.com) in Franklin Village has four wonderful order-ahead Picnic Baskets, complete with napkins and utensils for \$40, \$60, \$90 and \$100. Named after Hollywood Bowl seats, they range from the \$40 "Super Seat" basket, with two sandwiches (maybe choose the yummy Garlic Pepper Chicken), a salad, chips, and two bottles of Oaks Gourmet water. To the \$110 "Pool Circle" basket, with three sandwiches, three salads (grilled steak salad with creamy Jalapeno dressing is a fav), an artisan cheese and meat charcuterie plate, two bottles of wine from its boutique collection, two Govino wine glasses, and an Oaks Gourmet corkscrew. And—the baskets are re-usable. Bring it back for a refill and you'll get a 10% discount.

In Sherman Oaks, multi-faceted BLVD Kitchen (www.theblvdtkitchen.com) offers pre-order "Picnic Boxes" and "Grazing Boxes," also with plates, cutlery and napkins. For twosomes, the signature Picnic Box features two sliders (perhaps Turkey & Havarti, or Caprese or the Famous Chicken Salad), side salads including Asian Crunch and Italian Grain, a dipping or spreading side like hummus, tapenade or cheese, and freshly baked cookies, brownies or biscotti, \$60 - \$75. For two to four people,

their Grazing Box features sharable appetizers including crudité, hummus, tapenade, assorted artisan cheeses, grapes, dried nuts, pickles, crackers and jams for \$55 and \$100. "The BLVD Pintxos Artisan Cheese & Charcuterie" is another great picnic choice, with cheeses and cured meats, almonds, dried fruit, fig jam, and assorted crackers, \$25 - \$165.

Gourmet pre-order Cheese Boards are available from the Cheesemongers of Sherman Oaks (www.cheesemongersofshermanoaks.com). As one of LA's best charcuteries, these Boards feature small-batch artisan handmade cheeses from around the world; a comprehensive selection of cured meats including prosciutto, jamon, speck, and

cheeses and/or meats, and sampling of cornichon, olives, dried fruit, and Marcona almonds. Perfect for one person or a light appetizer for four.

In West Hollywood, The FOODLAB in the Alley (www.foodlab.com), that trendy former caterer to the studios, has picnic-perfect appetizer plates-to-go and organic sandwiches. Order the "Mediterranean Platter" for grape leaves, falafel, olives, baba ghanoush, couscous, hummus, cucumber, pickled turnips and onions and pita chips, \$20. Sandwich favorites include the "Weinerschnitzel," with panko fried chicken, lingonberry chutney, market greens and aioli, \$15. Also, "The Green Lab," with black bean mash, avocado, heirloom tomatoes, pickled onions and carrots, radishes and Spanish queso with Sriracha mayo, \$14.50. And "Smoked Salmon," with Norwegian salmon, Persian cucumbers, pickled turnips, and French goat cheese on a baguette, \$16. Don't forget the "Dirty Chips" (ask for flavors), \$3; and "Very Crunchy Chocolate Chip Cookie," \$3.

Pack Your Own Basket

For DIYers, Mendocino Farms (www.mendocinofarms.com) gourmet markets have all the picnic fixings, from sandwiches to Dill Pickle chips, and custom canned sodas like Raspberry Lime, and Lemon, \$3.10. Chef-created sandwiches include "Hot Honey Peach & Italian Prosciutto," with crushed honey almonds, Calabrian chili aioli and hot peach honey on a sesame roll; and "Sweet Heat Crispy Tai Chicken," with air fried chicken, Thai basil slaw, pickled daikon, fried shallots and Sriracha mayo on a brioche bun. Both \$13.25. Add a seasonal salad, maybe the "Strawberry Fields Salad" of water melon radish, shaved fennel, fresh mint, red onions, goat gouda, toasted pistachios, greens and Greek yogurt poppy seed dressing—wow, \$13.95. And a new take on old favorites like the creamy "Oaxacan Potato Salad," with roasted corn and cotija, and "Southern Macaroni Salad," \$3.10, \$5.20 and \$9.95. Also, kids' sandwiches: chicken tenders, \$7.50, grilled cheddar, \$6.10.

Continue to next page...



salami; and accompaniments of handcrafted local honey, crackers, jams, olives, chocolates, oils and vinegars. Each Board includes five cheeses and/or meats – you pick the ratio. Garnished with dried fruit, olives, cornichon, Marcona almonds and one box of crackers. In three sizes: "Small," six to 10 people, \$90; "Medium," nine to 15 people, \$125; and "Large," 12 to 20, \$165. There's also a "Mini Cheese Board" with three (\$25) or four (\$31)

Just add a Vespa

You'll find everything else for a classic Italian picnic at Basil's Deli & Café (www.basilsdeli.com) in West Hills. Rated Yelp 5-star, favorites include its "Chicken Pesto Panini," with spinach, mushrooms and roasted peppers, \$13.99; "Tuscan Hot Pastrami," with pastrami navel, provolone and spicy chipotle sauce, \$13.99; and "Classic Italiano," heaped with Genoa salami, Mortadella prosciutto, spicy hot capocollo, and provolone, \$12.99. For salads, consider "Basil's Special Salad" of avocado, cucumbers, sliced almonds, and sliced deli chicken with ranch dressing, \$12.99. And "Italian Pesto Salad," loaded with genoa salami, pepperoni, pepperoncini, and provolone. For sides, add the "Stuffed Grape Leaves," \$8.99.

And at Sorrento Italian Market (www.sorrentoitalianmarket.com) in Culver City. Family-run for more than 50 years, you'll think you're in Italy. That's how special their Italian grocery items are. Order the "Party Platter" – a selection of meats, cheeses, three salads and rolls, \$5.50 per person. If your picnic is large, go for the half pan-full (5-10 people): of pasta, \$24; or meat lasagna, \$69; or cheese ravioli, \$34. Signature sandwiches include the "Caprese," \$6.95 & \$8.95; and "Soppressata Double Meat," \$9.95 & \$14.95. Add olives, maybe Calamata or green Cerignola, both \$10.95. And dessert – Panettone or Panforte direct from Tuscany.

And at third-generation Italian food and wine importers Guidi Marcello Imports (www.guidimarcella.com) in Santa Monica. Vino is the heart of every Italian picnic. Marcello boasts one of SoCal's most extensive selections of hard-to-find Italian wines, and cheeses (from \$15.71 wedges to 80-pound wheels for \$1,276), olives, breads, crackers and chocolates. Your picnic charcuterie will be perfect with cheeses like Zafferano from Sicily, with saffron and black pepper-corns; and Pecorino Nocino from Tuscany. Paired with a bubbly Veneto Prosecco perhaps or Tuscan Chianti or Italian beer! And chips – Italy's Amica black truffle potato chips, of course! For dessert, maybe a Caffarel dark chocolate or hazelnut or white chocolate pistachio bar, from \$7.95, and sips of Old-World Grappa.

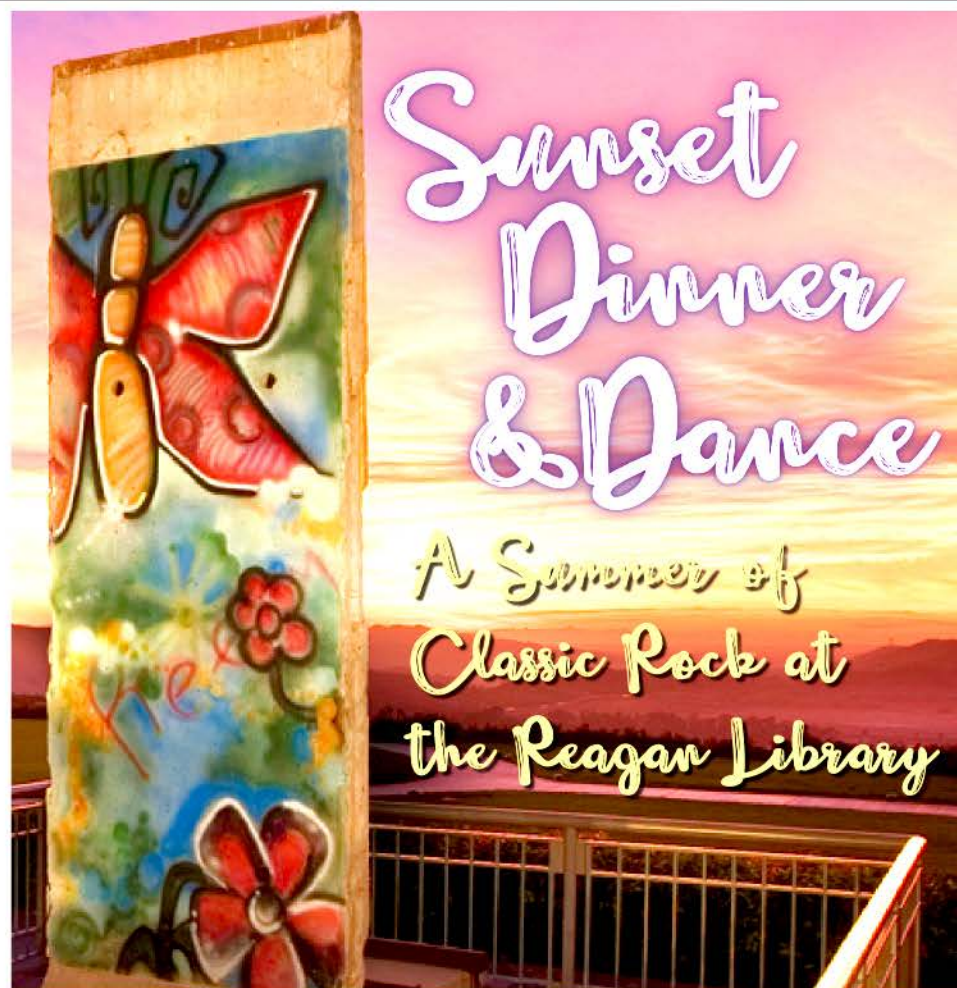
FIREWORKS!



Hooray for the Red, White & Blue!

Dudes! The Beachboys are rocking the Hollywood Bowl (www.hollywood-bowl.com) July 4th!! A true star-spangled combo – the Hollywood Bowl's legendary fireworks and the best surf sounds EVER – "Surfin' USA," "I Get Around," "Fun, Fun, Fun" and more. The not-to-miss "July Fourth Fireworks Spectacular with The Beach Boys" is July 4th at 7:30 p.m. And July 2 and 3 at 7:30 p.m. With Thomas Wilkins conducting The Hollywood Bowl Orchestra, and special guest John Stamos. July 4th tickets are \$39 - \$314. Half off for kids 12 and under. Bring your own picnic, or order a Hollywood Bowl Picnic Box, \$44-\$58, from Suzanne Goin's summer supper menu.

Hit the sand yourself at the largest 4th of July celebration west of the Mississippi – the "Huntington Beach 4th of July Carnival, Parade and Fireworks" (www.hb4thofjuly.org). The Surf City 5K Run kicks things off at 7 a.m. along PCH and Main Street. Followed by the Fourth of July Parade at 10 a.m. A two-hour flag-waving extravaganza of marching bands, floats and fun, led this year by Grand Marshall Steve Garvey of baseball fame. Plus, food trucks, craft vendors, carnival rides, games, a giant Ferris Wheel, starship and more at the Pier Plaza Festival & Carnival, noon – 10 p.m., and live music 1 - 9 p.m. Admission is free. But you need to purchase tickets for the rides. At 9 p.m., "Fireworks Over the Ocean," shot from the Huntington Beach Pier, fills the sky with more than 1,300 pyrotechnics. It's free to watch. Best viewing is from 8th to Main Street. But it's better with a reserved seat on the pier. General seat is \$28. \$30 for a seat and drinks and light refreshments. \$45 for a premium viewing seat and cocktails and wine.



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Party like it's 1965!!! At "Councilmember Bob Blumenfeld's July 4th Extravaganza" (www.valleycultural.org). This year headlining BEACH St. A Go Go – A Tribute To The Groovy Sounds of the '60s...Live! July 4, 6 – 9:30 p.m. at Warner Ranch Park in Woodland Hills. Rock out to Billboard's top hits of the '60s – from Petula Clark to Motown, The Beatles to the Rolling Stones. Then look up! At one of SoCal's most spectacular fireworks displays. Plus, more than 15 local restaurants have stands, also arts, crafts and local businesses promoting and selling their goods. All free, free, free! But if you want the VIP treatment: a seat is \$20; a seat with parking is \$35; and a backstage pass for unobstructed fireworks viewing from a seat behind the stage, and parking, is \$100. Parking fees in nearby structures and all proceeds benefit the Valley Cultural Foundation.

Always a flag waver – the "Marina del Rey 4th of July Fireworks" (www.visitmdr.com) begin at 9 p.m. shot from the Marina's south jetty. It's worth making a day of it for this free show. Arrive as early as 1 p.m. for picnic/partying and prime viewing spots from Burton Chace Park or Fisherman's Village and thrilling loudspeaker music synchronized to the fireworks. Or, view it from a City Cruises (www.cityexperiences.com) harbor dinner cruise, from \$185, with DJ music, dinner, and cocktails. Or even charter a yacht.

Gorgeous and stylish! Fireworks bursting above the darkened Pacific Ocean framed by the bluffs of Malibu at Paradise Cove Beach (www.paradisecovemalibu.com), July 4 at 9 p.m. Pack a picnic or make reservations at Paradise



Cove Beach Café. Public parking is \$45 and \$50. But only \$10 when you dine at the café. All worth it to celebrate our nation's birth in style. Insider tip: you can also view these

fireworks from Malibu Colony Road and Broad Beach Road.

Experience jaw-dropping explosive action at "Universal Studios Hollywood July 4th Fireworks Spectacular" (www.universalstudioshollywood.com), 8 a.m. – 10 p.m. Enjoy the park by day, decked out in red-white-and-blue and themed activities. As night falls, thrill to the incredible fireworks. It's included with admission. One-day general from \$109. Express Access from \$199. VIP Express from \$369.

Make a patriotic pilgrimage across the sea – to Catalina (www.lovecatalina.com)! And a fun-filled small-town 4th of July on the island. Enjoy the waterfront shops, café, and live entertainment on the waterfront Wrigley Stage. At 1 p.m., cheer the Golf Cart Parade along the boardwalk, with carts and fun folks decked out for this year's theme, "A Green Island in a Blue Ocean." The Dinghy Parade in Avalon Bay at 3:30 p.m. Fireworks over Avalon Bay at 9 p.m. Maybe reserve the 8:30 p.m. Avalon Fireworks Harbor Cruise onboard the Cyclone power boat for on-the-water viewing. \$54.95. And finally, at 9:30 p.m., the USC Marching Band, live on Wrigley Stage. All free.

Wondering why we didn't include Pasadena's July 4th AmericaFest at the Rose Bowl? Because after 96 years – it was canceled! Replaced by the LA Galaxy vs. LAFC soccer season opener. Shame on you, Rose Bowl. Hats Off to Summer!

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Mb2 Entertainment and Michael Hoefflin Foundation: A Partnership that Races for a Worthy Cause

By Staff Writer

In a commendable display of community, Mb2 Entertainment, the popular gaming and ride attraction in Santa

Clarita, has joined forces with the Michael Hoefflin Foundation. This remarkable collaboration has resulted in the dedication of the Go Karting track to the foundation, renamed as the Hoefflin Circuit. To mark this momentous occasion, Mb2 Entertainment hosted a three-day fundraiser from June 10th to 12th, wherein an impressive 50% of the track's sales were

generously donated to the foundation, totaling \$4,250. This partnership exemplifies the power of community support in making a difference. Mb2 Entertain-

ment's decision to partner with the Michael Hoefflin Foundation demonstrates the company's commitment to philanthropy and its understanding of the importance of giving

back to the community. The Hoefflin Foundation has long been recognized for its unwavering dedication to improving the lives of children with cancer and supporting their families.

By dedicating their Go Karting track and hosting a fundraising event, Mb2 Entertainment has not only raised vital funds for the foundation but also provided a platform to raise awareness about childhood cancer and the crucial work being done by the Michael Hoefflin Foundation.



The impact of this partnership goes beyond financial contributions. The renaming of the track as the Hoefflin Circuit serves as a lasting tribute to the Michael Hoefflin Foundation's invaluable work. It symbolizes the merging of Mb2 Entertainment's commitment to thrill-seeking entertainment with the foundation's mission of bringing joy and support to children fighting cancer. This collaboration creates an avenue for patrons of Mb2 Entertainment to directly contribute to a noble cause while enjoying an exhilarating experience.

The three-day fundraiser hosted by Mb2 Entertainment witnessed an overwhelming response from the community. Santa Clarita residents and visitors alike flocked to the Hoefflin Circuit, recognizing the unique opportunity to make a tangible difference in the lives of children battling cancer. The staggering amount of over \$4,250 raised is a testament to the generosity and compassion of both Mb2 Entertainment and the community members who participated in the event.

These funds will play a vital role in supporting the Michael Hoefflin Foundation's programs, which offer financial assistance, emotional support, and crucial resources to families navigating the challenges of childhood cancer.

The partnership between Mb2 Entertainment and the Michael Hoefflin Foundation represents a shining example of how



businesses can leverage their platforms to uplift and support charitable organizations. By dedicating their Go Karting track, renamed as the Hoefflin Circuit, and generously donating a significant portion of the sales, Mb2 Entertainment has demonstrated their commitment to making a positive impact on their community. This collaboration sets a commendable precedent for businesses and individuals to rally together in support of worthy causes, ultimately fostering a stronger, more compassionate society.

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The Flash

By Contributing Writer

“It’s not nice to fool Mother Nature,” went a famous ’70s catchphrase. But we learn in “The Flash” — the new DC Studios offering — that it’s Father Time one musn’t cross. Because trying to change the past can really mess you up when you get back to the future and realize you’ve changed that, too.

But of course, we knew that. We learned it from Marty McFly, immortalized by Eric Stoltz in “Back to the Future.”

Relax! Of course it was Michael J. Fox, though Stoltz was initially cast in the role. But in “The Flash,” Barry Allen (Ezra Miller) realizes just how badly he’s messed up the space-time continuum when he arrives back from changing the past — just one teensy little thing, really — and learns that in his current world, Fox never replaced Stoltz. “I’ve destroyed the universe,” he frets.

If only the whole film, directed by Andy Muschietti and written by Christina Hodson, felt this clever. Alas, the final act bogs down in what feels like an endless, generic CGI battle and a kitchen-sink resolution.

We first meet Barry — Miller, whose naturally jittery energy is an excellent fit — on the way to his



job at a forensics lab, stopping to order breakfast. But then he gets a call from Alfred — yes, you know the one — needing his help. Barry turns into his red-suited alter-ego but desperately needs calories, begging a bystander for her candy bar.

Soon, in a rescue scene that’s audacious but also absurd, Barry is saving newborn babies from a collapsing hospital while eating snacks. He also saves a maternity nurse — then suggests she seek the help of a mental health professional to cope, noting “the Justice League is not very good at that yet.”

And now we must consider the elephant in the room. If you’ve been reading about Miller lately, you know about the talented actor’s offscreen troubles. They’ve apologized for past behavior and said they’re undergoing mental health treatment.

So it hardly seems the line to the nurse is a coincidence. Could this be a subtle plea for empathy, so we can appreciate a compelling performance from Miller as not one, but two lead characters.

In any case, that line sets a tone for self-referential quips and sequences in a film that seems to thrive on referring to itself. In this, the first standalone “Flash” film, the lineage of Batmans, Supermans and associated characters is evoked early and often. At one moment it feels like we’re watching an Oscar memorial reel.

But back to the plot: Barry needs food, but what really powers him is the tragic murder of his mother (Maribel Verdu) when he was a boy. Even worse, his father (Ron Livingston) is imprisoned unjustly.

Barry, desperate to prove his father innocent, discovers a way to go back in time (it involves running REALLY fast) and comes up with a grander idea. What if he could go back and

prevent his mother’s death? His friend Batman (Ben Affleck) tells him what a bad idea this is.

But Barry goes back anyway, and what do you know — oops! — a younger Barry shows up. And now, Barry senior is potentially stuck in the wrong universe, with Barry junior.

What’s more, villainous General Zod (Michael Shannon) has returned. The Barrys need help. That’s how we find them with Michael Keaton’s Bruce Wayne.

It’s Keaton, having a fine time as a graying, reluctant superhero, who explains the whole multiverse thing, showing with a manipulation of pasta strands how the past can’t change without the future changing. It all ends with a gaggle of crazy spaghetti drowning under tomato sauce: a hot mess.

And we haven’t had time to mention Supergirl — newcomer Sasha Calle, who doesn’t get much to do before the battling starts, but at least provides some minimal female presence. Kiersey Clemons as a vague love interest has even less to do.

At one point in this 184-minute drama, I started wondering if I was seeing a bunch of disco balls trying to destroy each other. But maybe this was a moment of sensory overload.

Is a sequel in the offing, if the stars align offscreen as well? They’d have to come up with even more cameos, more surprises.

Speaking of surprise: it’s probably never a good idea to leave while the credits are still rolling.

But again, we already knew that.

Transformers: Rise of the Beasts

By Contributing Writer

With the “Transformers” franchise at a crossroads, its latest protectors have turned to their characters. But adding more robots won’t transform this tired series.

“Transformers: Rise of the Beasts” returns the franchise to galaxy-wide self-importance after a detour with 2018’s “Bumblebee.” We have a new cast of animal robots and a very evil enemy, but they’re not used right and the movie limps from fight to fight.

The key to the film is actually a key, an ancient glowing shaft that will open a portal in space and time. Everyone wants it.

Directed by Steven Caple Jr. “Transformers: Rise of the Beasts” is a big swing that portends a multi-film arc nestled in time after “Bumblebee” and before the first live-action “Transformers” movie.

The problem is balancing the humanity with the metal. “Bumblebee” got the ratios right by bringing the machine down to size.

But a wide gulf between the humans and the giant space robots immediately appears in the new movie, with Optimus Prime being his



classic, anal drill sergeant self — “If we are to die, then we will die as one,” he’ll intone. As the movie stutters on, the robots seem to soften only when the beasts show up for the last third — they mourn, get angry, feel protective, love even.

The filmmakers also tried to bridge the divide with Pete Davidson, who voices juvenile robot Mirage, a wisecracking, fist-bumping silver Porsche 911 with a less rigid way of expression: “Don’t mess with my boy!” and “Prime, you got to learn how to relax, my man.” It mostly works but Davidson seems trapped.

The special effects are astounding but sometimes numbing. The beasts — especially a nostril-flaring gorilla — are gorgeously realized and the baddies look cool as they control elements in space and time, like building sky walkways.

Setting the movie in 1994 gives the filmmakers some vintage fun, like adding beepers and references to O.J. Simpson, plus a soundtrack including A Tribe Called Quest and LL Cool J. But even here they get stuff wrong, like using Biggie’s “Hypnotize,” which came out in 1996, and having a character sing “Waterfalls” by TLC a year before it came out.

The Autobots are represented by Optimus Prime (Peter Cullen), Bumblebee and Arcee (Liza Koshy). Then there are the Terrorcons, led by Scourge (Peter Dinklage), who controls swarms of horrifying insect robots and says things like: “Rip the flesh from their bones.”

On the human side, Anthony Ramos plays an ex-military electronics expert from Brooklyn named Noah, who has a sick younger brother — Dean Scott Vazquez, the best actor of the bunch — and is tempted to criminality to get

him care. On his first heist, he accidentally gets into Mirage and, after an excellent high-speed chase, meets the rest of the Autobots.

Looking for the portal key, he meets Elena, played by Dominique Fishback, a museum intern with an astonishing ability to recognize everything from a fake Leonardo da Vinci painting to an Nubian sculpture.

Real-life friends Ramos and Fishback have talked about their chemistry, but none of it made it onto the screen. Their scenes are overly heightened and overacted. It’s not clear even what their relationship is — more siblings? Would-be-lovers?

Much too late come the titular stars of the show — the beasts. There’s Optimus Primal, a 13-foot-tall metallic silverback gorilla (Ron Perlman); Cheator, a cheetah the size of a small truck (Tongayi Chirisa); Airazor, a peregrine falcon who shoots fire, (Michelle Yeoh); and Rhinox, a battering ram on legs, (David Sobolov). The film comes to life with them.

They’ve been hiding out on Earth, too. They’ve even become sort of fans of us humans. We Earthlings turn out to have been housing secret sentient robots and this latest clutch arise from the shadows. Look, maybe we should be anxious. ChatGPT clearly could have written a better movie.

The Beatles Are Releasing Their 'Last' Record

AI Helped Make It Possible

By Contributing Writer

Artificial intelligence has been used to extract John Lennon's voice from an old demo to create "the last Beatles record," decades after the band broke up, Paul McCartney said Tuesday.

McCartney, 80, told the BBC that the technology was used to separate the Beatles' voices from background sounds during the making of director Peter Jackson's 2021 documentary series, "The Beatles: Get Back." The "new" song is set to be released later this year, he said.

Jackson was "able to extricate John's voice from a ropey little bit of cassette and a piano," McCartney told BBC radio. "He could separate them with AI, he'd tell the machine 'That's a voice, this is a guitar, lose the guitar'."

"So when we came to make what will be the last Beatles record, it was a demo that John had that we worked on," he added. "We were able to take John's voice and get it pure through this AI so then we could mix the record as you would do. It gives you some sort of leeway."

McCartney didn't identify the name of the demo, but the BBC and others said it was likely to be an unfinished 1978 love song by Lennon called "Now



and Then." The demo was included on a cassette labeled "For Paul" that McCartney had received from Lennon's widow, Yoko Ono, the BBC reported.

McCartney described AI technology as "kind of scary but exciting," adding: "We will just have to see where that leads."



The same technology enabled McCartney to "duet" virtually with Lennon, who was murdered in 1980, on "I've Got a Feeling" last year at Glastonbury Festival.

Holly Herndon, a multidisciplinary artist with a doctorate in composition from Stanford University, used AI machine technology on her album, 2019's "Proto," and developed Holly+, an online protocol that allows the public to upload tracks to be reinterpreted and performed by a deepfake version of

her voice. She theorizes that the Beatles' recording was likely created using "source separation."

"Source separation has become much easier to do with machine learning. This allows you to extract a voice from a recording, isolating it so that you might accompany it with new instrumentation," she explains.

That differs from a deepfake vocal. "A deepfake is an entirely new vocal line spawned from a machine learning model trained on old vocal lines," she said. "While it does not appear to be happening in this example, it is now possible to spawn infinite new media from analyzing older material, which is a similar process, in spirit, to this song."

McCartney is set to open an exhibition later this month at the National Portrait Gallery in London featuring previously unseen photographs that he took during the early days of the Beatles at the start of "Beatlemania," when the band rose to worldwide fame.

The exhibition, titled "Eyes of the Storm," showcases more than 250 photos McCartney took with his camera between 1963 and 1964—including portraits of Ringo Starr, George Harrison and Lennon, as well as Beatles manager Brian Epstein.

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TECH TALK



HOW FIREWORKS EXPLODE ON THE SCENE!

roast dry bamboo. As the wood heated, the air inside created so much pressure the bamboo exploded and made a loud cracking noise. From there, they formed small bombs using similar designs until, eventually, they manufactured fireworks.

They were simple explosions until the 1800s, when the Italians discovered how to use metal



salts to add color. Salts like copper for blue or strontium for red were added. When they exploded, they created bright, glowing colors. Through experimentation, they found other metal salts to use. The rest is history.

Down with the Boom

Traditionally, fireworks are so loud that some places have outlawed them. The bigger

they are, the louder the explosion sounds, which can be bad for infants, children, and those with conditions like PTSD. But what if it was possible to set off a “quiet” firework?

Calling them “silent” or “quiet” is a bit disingenuous because they still create noise, a better choice is “low-noise” fireworks. However, the takeaway is they’re a lot less noisy than traditional options.

In the future, you may see fireworks that have even more reduced sound, potentially earning that “quiet” moniker. Or, imagine a holographic showing the awe of fireworks in their glory without any noise.

Goodbye, Darkness, My Old Friend

Think back to every fireworks show you’ve ever watched. What time do they usually happen?



At night, when the sky is dark, and the bright colors are easy to see, right? Well, companies have created fireworks that can be used during the day.

Watching them go off in a slow-motion video is mesmerizing, but it’s so much better live. There’s a stark difference between the two types of fireworks. While traditional fireworks are explosive and created through chemical reactions, daytime fireworks are made of playful smoke.

Automation Rules the Roost

Choreographed firework shows — usually to music, and sometimes additional light shows — have long been handled manually. With intelligent automation, it’s now possible to automate a show for appropriately timed explosions and better events, with some unprecedented experiences.

Fireworks and Modern Tech

Speaking of drones and light shows in fireworks displays, there’s another focus. Adding technologies into these shows is something to expect. Think of 3D projections or models, lasers, and even other choreographed elements — like planes flying overhead or interactive cityscapes.

Perhaps the most innovative will be solutions for the average person. No, you won’t be having huge and elaborate fireworks shows from your backyard, but you will be able to utilize some of these technologies for yourself, which offers a brighter future all around. Imagine elevating a party or cookout with a custom fireworks display. It’s certainly a clever idea.

By Contributing Writer

Did you know fireworks is a competitive sport in Japan? The competition has helped push the boundaries of what’s possible in active fireworks. But innovators have a few things up their sleeves — so much so that this year’s fireworks could contain some explosive new technologies. **A Brief History of Fireworks**

The original designs come from ancient China and included gunpowder, metal shavings, and other ingredients to create exotic colors, like red. The Chinese discovered fireworks after they attempted to



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4TH OF JULY COCKTAILS FLAVOR EXPLOSION!

By Paul Kushner

FIRECRACKER MARGARITA

As Independence Day approaches, many people are gearing up to celebrate the birth of the United States with backyard barbecues, fireworks, and of course, refreshing cocktails.

Patriotic Cocktail fourth of July. Glass margarita cocktail with strawberry, mint and iced. Drinks for American Independence Day celebration.

Whether you prefer a classic cocktail or something with a modern twist, there are plenty of options to choose from when it comes to 4th of July drinks.

The combination of tequila, lime juice, blue curaçao, and a unique garnish of red Pop Rocks creates a flavor explosion that will leave your taste buds buzzing.

This vibrant and festive drink is perfect

for celebrating America's independence with a bang!

4TH OF JULY COCKTAIL

Those who like a sweet, fruity cocktail that isn't too hefty will love the Fourth of July Cocktail.

This drink has a unique tropical flavor from the blue curaçao and peach schnapps, and the clear rum gives it a wonderful kick.

It has a mild, reviving fizz from the club soda, which makes it ideal for a hot summer day.

BOMB POP COCKTAILS

The Bomb Pop Cocktail is a unique and enjoyable way to commemorate Indepen-

dence Day with loved ones.

Mike's Hard Lemonade, blue raspberry vodka, and grenadine come together to make a tasty and refreshing summer-time cocktail.

The little Bomb Pop popsicle used as a garnish is guaranteed to put a grin on anyone's face.

This Fourth of July, try the Bomb Pop Cocktail for a drink that is both patriotic and delicious. It's a certain way to impress your visitors and have them begging for the recipe.

4TH OF JULY RASPBERRY AMERICA

The 4th of July Raspberry America cocktail is perfect for those who enjoy a sweet and fruity drink with a little bit of a kick.

For a refreshing summer beverage, blend raspberry vodka, sweet and sour, grenadine, blue raspberry vodka, and lemon-lime soda.

This drink will dazzle your visitors with its magnificent red, white, and blue colors and fresh raspberry garnish.



STAR-SPANGLED SLUSHIE COCKTAIL

The Star-Spangled Slushie Cocktail is a tasty and cool beverage with a sweet and fruity flavor with a light vodka kick.

American Beauty Grenadine and blue Curaçao combine to produce a stunning deep red beverage with blue undertones that is ideal for July 4th festivities.

The addition of Fentimans Victorian Lemonade gives the cocktail a fizzy and refreshing taste, making it a great choice for hot summer days.

RED WHITE AND BLUE COLADA

A delightful and vibrant Red White and Blue Colada will bring some patriotic flair to your Fourth of July celebrations.

Mixes of Blue Curaçao, Grenadine Syrup, and a dash of rum are all used in this delicious tropical drink, which also blends the sweetness of the Piña Colada mixer.

A wonderful fusion of sweet and sour flavors that transports you to a tropical getaway may be found in the Red White and Blue Colada.

FLIRTY FIRECRACKER COCKTAIL

The Flirty Firecracker Cocktail is the perfect choice if you're searching for a sweet and sassy cocktail to celebrate the Fourth of July.

The smoothness of the pineapple vodka wonderfully complements the smooth and sweet tastes of the raspberry and blue raspberry syrups, producing a delectable and distinctive taste.

A lively and flirtatious cocktail that is guaranteed to please your guests is the Flirty Firecracker Cocktail.

Any Independence Day celebration would benefit from its distinctive flavor combination and refreshing flavor.

RED WHITE AND BLUE JELLO SHOTS

These Red, White, and Blue Jello Shots are ideal for anybody who enjoys a festive and entertaining beverage.

These vibrant shots are not only beautiful to look at, but they also taste fantastic.

They are made using berry blue jello mix, boiling water, cold water, and blue raspberry vodka. They are a practical choice for gatherings and parties since they can be prepared ahead of time and kept in the refrigerator.

Just be sure to have enough for everyone to enjoy!

Enjoy the holiday, and as always
DRINK RESPONSIBLY!





SUMMER BITES IN THE VALLEY GREAT PLACES TO CHILL AND SOCIALIZE

By Contributing Writer

A number of Valley spots rising above the run of the mill this summer starts with Studio City's Vintage Wine + Eats., known as the wine bar kicking the stuffy conventions of the old wine scene to the curb with fun twists on American Classics and great vino. Sure, on Mondays they have dollar oyster night, an enticement for fans of the bivalves who get there early enough to slurp the limited supply. Sure, they have Taco Tuesdays and Grilled Cheese Wednesdays, featuring Animal Style grilled cheese with ground beef, pickles, American and cheddar cheese, caramelized onions and secret sauce (or the classic for five bucks). But this is also a wine bar that just ran (or will run, depending on when you read this) a Beyoncé themed Brunch July 23 starting bright and early at 11AM with drink

specials, trivia, and DJ E-DUB spinning the pop superstar's greatest hits. Down the road on July 30, they'll be hosting a tropical art show with artist ROB Z and friends with "tiny replica paintings." So, no matter what day you visit, there's likely some shenanigans going on.

Further East in Sherman Oaks, Vintage's cozy, tiny sister venue Buvette has only twelve seats and a toaster oven. While wine (like biodynamic Fernweh ("farsickness" in German) from Martian Ranch in Alisos Canyon) is usually the star here (they offer charcuterie and cheese plates), Buvette occasionally features the stronger stuff; last year they hosted the US launch of exotic Spanish favorite Nordes Gin. It's National Scotch Day July 27 and Buvette's come up

with the perfect summer celebration: SCOTCH PAIRED WITH ICE CREAM! Buvette's mixologist Colin Longstaff has curated a flight of scotch whiskies designed to pair with the flavors in your favorite ice creams. Whether you're a dilettante, a connoisseur or a total whisky aficionado, this pairing is bound to send your taste buds on a magical mystery tour.

Buvette shares a wall (and partial ownership) with "eclectic urban eating house" Tippy Cow's. Tippy's deservedly well known for veggie nibbles ranging from deviled eggs, spinach and artichoke dip, and signature "haystack fries" smothered in bleu cheese bechamel sauce, to tenderloin tips on toast and three kinds of sliders. For



summer, Tippy has inaugurated late night happy hour from 9PM with two for one drinks; five dollar wing day on Wednesdays; and the ubiquitous frosé for five bucks on Fridays. Oh, and they've also added a ton on new TV's.

Over in Valley Village, Thirsty Merchant opened a sports, game, beverage and bar food palace in May of 2018 and they offer connect four, bocce ball, cornhole, foosball and all manner of games, served alongside a

menu heavy on flatbreads and burgers (but also featuring soft pretzels, smoked wings, fried cheddar cheese curds (the stuff you make poutine with) and pan-fried dumplings with ginger sesame sauce), and a rotating selection of a dozen or so beer taps. Specialty hooch concoctions include the Hotsy Totsy (jalapeno vodka, strawberry, ginger beer and agave syrup); the spicy watermelon margarita; and the Hawai'i Five-O, made with Absolut Mandarin, coconut rum, pineapple juice, lime and blue curaçao.

Most Valley Scene readers are no strangers to The Federal Bar In North Hollywood, which pretty much got the first gastropub memo ten years ago, but has been reinterpreting it ever since. In 2017, Valley Scene called the Fed's Dirty Chips "a symphony of crispy bacon, bleu cheese, spicy pickled red onion, and green onion, cilantro crème intermingled with thick-cut potato chips." Beloved dishes come—like the OMH (Oh My Habanero, a habanero infused patty, leaf lettuce, tomato, avocado, habanero jam, pepper jack, fried onion strings, chipotle aioli, on a brioche bun) and salmon salad (arugula, hearts of palm, quinoa, dried apricots, lemon vinaigrette)—and go (vegan weena, short rib poutine), but the menu changes often. This summer, they'll roll out mac and cheese Mondays with five different macs: regular, buffalo, chicken, vegan, BBQ and Flamin' Hot. Other stalwarts include classic grilled cheese and tomato soup, (cheddar, havarti, and swiss on garlic sourdough; a grilled artichoke with garlic, parmesan cheese, basil aioli; and a savory bread pudding with bacon, gorgonzola, and rosemary. The Federal has wine but skip it in favor of fourteen craft cocktails and two dozen draft beers from local brewers.

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Why Do You Need To Stretch Before a Workout?

By Contributing Writer

Stretching is an essential and an integral part of every workout program, especially mobility stretches because flexibility is considered to be part of the five most important components of everyone's fitness. It should be included in all regular training regimes and these are the main reason why:

Reduction of Injury Risk

When a person is flexible they reduce their risk of becoming injured from extensive movements and this allows you to safely increase your range of joint movement and motion.

Stretching helps to stop the degeneration of your joints and muscles.

The act of stretching your muscles loosens up and prepares the body for the impact of exercise; this reduces the chance of injury. A strong muscle that is pre-stretched is better able to resist stress than an un-stretched muscle.

Stretching helps to improve a person's posture, especially stretching the shoulders, chest and lower back. The flexibility gained from stretching in the hip flexors, hamstrings and muscles attached to the pelvis help to relieve stress on the spine and nerves of the back reducing the chances of lower back pain.

The body's stress levels can decrease with stretching because as they warm up they hold less tension, this allows your muscles to relax properly. Muscles that are

always tense tend to cut off much of their own blood circulation causing oxygen starvation and damage.

Stretching helps to increase the blood supply to all areas of the body especially the muscles and joints. This provides the necessary nutrient to reach the places it's needed quickly and efficiently.

Mobility stretches improve the mechanical efficiency and performance of joints because it makes them more energy efficient, they will also improve your "body awareness" and increase your body's ability to learn and perform different types of skilled movements.

Post Exercise, Stretching

Stretching after exercise or maintenance exercise is now considered to be just as important as pre-exercise stretches. By

stretching the muscles you used during your workout session gets the muscles back to their normal length, which can help to alleviate any potential pain or stiffness because it reduces the tightening and shortening effect that often happens while exercising.

Usually, a maintenance stretch is held for between 0 to 5 seconds and repeated five to ten times.

This is often important for females as it helps relieve or reduce the chances of dysmenorrhea (painful Menstruation).

You Should Avoid Stretching

If you have had any recent bone fractures, strains, sprains or



cramps except under the direction of your medical provider such as a physiotherapist.

If your joints or muscles are infected or inflamed.

If you have any signs of osteoporosis or are suffering

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Last Summer at Bluefish Cove

— By Contributing Writer



Set in 1974, a group of queer women spend their summers together in a remote oceanfront town on Long Island. Their lesbian enclave is disrupted when Eva, a naïve straight woman separated from her husband, stumbles unaware into their circle and falls for charming, tough-talking Lil. This heartfelt play, a landmark in lesbian history, is bursting with friendship, laughter, love and hope.

“The play ran for two years, from 1983-1985, at the Fountain Theatre 40 years ago starring Jean Smart, before Deborah Lawlor and I acquired the building and established our company,” says Fountain artistic director Stephen Sachs. “It was a benchmark achievement in L.A. theater, a turning point for L.A.’s queer community, and a milestone in the history of our building. Many women saw and remember it. Now its time for genera-

tions of young gay women born after the play was produced here to experience it for themselves.”

The all female-identifying and non-binary cast and creative team includes actors Sarah Scott Davis, Allison Husko, Tamika Katon-Donegal, Lindsay LaVanchy, Noelle Messier, Stephanie Pardi, Ann Sonnevile, Stasha Surdyke and Ellen D. Williams, as well as scenic designer Desma Murphy; lighting designer R. S. Buck, sound designer Andrea Allmond, costume designer Halei Parker, prop master Rebecca Carr and intimacy director Savannah Knechel. The production stage manager is Chloe Willey, and Gina DeLuca is assistant stage manager.

One of the first playwrights to depict love between women as happy, healthy, and well-adjusted, Jane Chambers (1937-1983) changed the course of American drama with works informed by second-wave feminism and the burgeoning gay rights movement, including *A Late Snow* (1974), *Last Summer at Bluefish Cove* (1980) and *My Blue Heaven* (1981). Chambers also authored novels, poetry, and essays in addition to penning scripts for film and television. She trained as an actress at Rollins College and the Pasadena Playhouse because female students were not admitted to writing classes, and enjoyed success as an off-Broadway performer.

In 1964, Chambers worked as a content producer and on-air personality. During President Johnson’s War on Poverty, Chambers took a position as arts coordinator with Jobs Corp, creating theater with inner-city youths. While earning a bachelor’s degree at Goddard College, Chambers co-founded Women’s Interart Theatre with Margot Lewitin, and met her life partner, talent agent Beth Allen. Chambers was diagnosed with a brain tumor and died in 1983. Her pioneering spirit is honored by an annual prize given in her name: The Jane Chambers Award for Playwriting.

The Fountain Theatre is dedicated to presenting outstanding theater that challenges while shining an artistic light on social justice issues.

Last Summer at Bluefish Cove runs June 17 - Aug. 27, with performances on Fridays, Saturdays, Sundays and Mondays at 7 p.m. Preview performances will take place on June 14, 15, and 16, at 7 p.m. Tickets are \$25-\$45; Pay-What-You-Want seating is available every Monday night in addition to regular seating; all previews are Pay-What-You-Want. The Fountain Theatre is located at 5060 Fountain Ave., Los Angeles. Relax before and after the show at the Fountain’s café.

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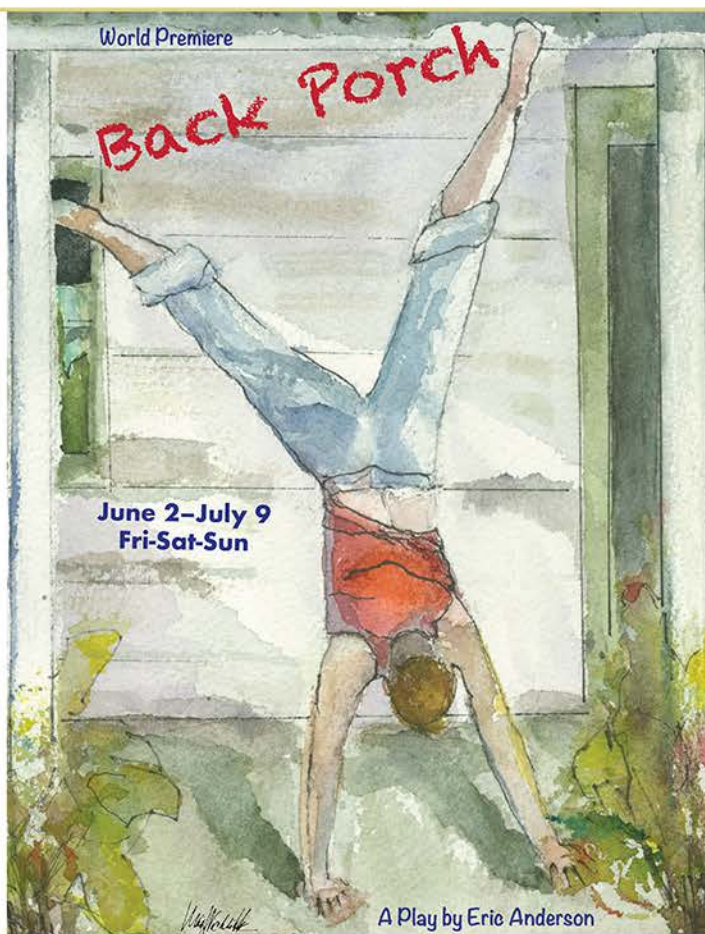
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Travelmation

By Pam Froman

Travelmation is a national, innovative travel agency that creates unforgettable and personalized experiences for clients around the world. Travelmation launched in

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Kathy Feather is an official home-based Travelmation agent, who joined the company in August of 2019. Each agent runs their own business and works directly with their client base.

What makes Travelmation unique? Travelmation empowers its agents to educate themselves on all available travel providers. They'll get you an answer to any travel-related questions you have. They also provide personalized services while also having access to a team should they need help.

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include travelers and their ages, desired budget range, and type of vacation desired. Then as needed, she may have a phone consultation to gather further information – for instance, if you'd like a beach vacation, explain what that looks like for you – sitting on the beach with a cocktail, sun and a great pool, swimmable waters, or access to water activities.

"This allows me to gather basic information surrounding the vacation needs/wants to compile a vacation proposal," Kathy says. "Following the email proposal, I'll check in with the clients to gather feedback and make adjustments to the proposal if needed."

From there the client makes a decision and deposits for the vacation. Following the deposit Kathy will assist with key dates – booking of dining, excursions, providing travel insurance options, final payment, pre-travel check-in with tips and tricks, and post-travel check-in/ feedback.

Kathy started as a family vacation specialist for Travelmation, assisting with theme park destinations. However, her business has grown into different aspects. "I've helped several senior travelers with accessibility needs," Kathy says. "And this summer I have a few multi-generational families gathering together on cruise lines. I have also booked rail vacations, national parks, all-inclusive, European vacations, and river cruises. You name it, I can book it."

Currently, Kathy's goals are to maintain her 85 percent referral and return client rate. Feedback from clients is positive and she wants to keep it that way. "This tells me I am serving my clients well. No trip is too big or too small," she says. "Expanding my business allows me greater opportunities to travel



myself. This lets me truly prioritize training and experiences to best serve my clients."

For more information on Travelmation log onto www.travelmation.net. To book a vacation with Kathy, call her at (253) 237-2772 or email her at kathyfeather@travelmation.net.



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PAT SAJAK

'WHEEL OF FORTUNE' HOST WILL RETIRE

By Contributing Writer



Pat Sajak, the host of "Wheel of Fortune," announced this week that he would retire after next season.

"The time has come," Mr. Sajak, 76, said. "I've decided that our 41st season, which begins in September, will be my last."

"Wheel of Fortune" has been one of the most watched syndicated shows on American TV for much of Mr. Sajak's run as host, and it was the most watched by the mid-1980s, when it drew more than 40 million viewers daily. The show became a pop culture phenomenon — known for its catchphrase "Can I buy a vowel?" — and spawned board games, toys, clothes and the spinoff show "Celebrity Wheel of Fortune." "Wheel of Fortune" still draws over nine million viewers daily, second only to "Jeopardy!"

Mr. Sajak plans to continue as a consultant for three years after his final season. It is unclear who will take over the hosting duties.

Vanna White, Mr. Sajak's longtime co-host, said "Who could have imagined we'd still be at it 41 seasons later? I couldn't be happier to have

shared the stage with you for all these years." She briefly stepped in for Mr. Sajak in 2019, when he needed emergency surgery. While Ms. White filled in for Mr. Sajak, his daughter, Maggie Sajak, took over puzzle-board duties. Ms. Sajak is a social correspondent for the show.

The show, created by Merv Griffin in 1975, features contestants who try to guess the letters in word puzzles. Mr. Griffin chose Mr. Sajak to host the program in 1981.

Before joining "Wheel of Fortune," Mr. Sajak had been working in Los Angeles as a weatherman. The Hollywood Walk of Fame, awarded Mr. Sajak a star in 1994. Mr. Sajak has also had a number of cameos.

Mr. Sajak's retirement will create a void in game show programming. During his tenure as host, more than 10,000 people have auditioned for "Wheel of Fortune."

Suzanne Prete, the studio's executive vice president of game shows, said that the studio was "incredibly grateful and proud to have had Pat as our host for all these years."

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The Five Essential Things to Consider Before Paragliding

By Contributing Writer

Have you ever desired to fly like a bird? Well, you could easily fulfill your longing by indulging in the exhilarating sport of paragliding. It is a competitive as well as recreational extreme sport, which has gained extensive recognition all across the globe. Unlike the other adventure sports, paragliding is comparatively safe and easy to master. In the follow-

ing discussion, we would describe certain things that beginners must keep in mind



before they take part in this invigorating sportive. Here are things to know before you paraglide:

Know About The Sport

Before relishing the excitement associated with this extreme sport, you must gather enough

knowledge about the activity itself. It is important to have an instructor, who would give you the necessary knowledge about paragliding.

Good Understanding About The Gear

You must realize that success of paragliding lies in its equipment. Thus, you must know every aspect of the gear that you are using. This is perhaps the most significant part

of your training. Check all the paraphernalia before taking a plunge.

However, it is important to understand the difference between normal paragliding and paramotoring. The latter is also known as powered paragliding and



its equipment is completely different from the former. It could be defined as a way of ultra-light aviation, where the

flyer wears a motor on his back. This engine offers the right thrust to the wing so that you could take off.

Learn about all the above-mentioned stuff so that you could be successful on your flights.

Have A Proper Training

You cannot expect to have a successful flight if you do not have adequate practice. One could only paraglide successfully if they undertake adequate training. Along with competency, you must also have a positive attitude. It is important to listen to your

instructor and keep his advice at the back of your mind. Once you learn the sport, you must get a certificate as well as a license to take your first independent flight.

Keep An Eye On The Weather

A satisfactory flight depends on the weather. You cannot imagine flying properly during environmental inconsistencies. A clear sky with no chances of rainfall is ideal for paragliding.

Understand The Age-Bar

Finally, yet importantly, it is important to know about the age limitation for the sport. You could only be allowed to go for an independent flight if you are 18 years or above. People, who are below that age must paraglide under professional guidance.

Keeping the above-mentioned things in mind would allow people to have a rewarding paragliding experience. Whether you are heading for powered paragliding or the normal ones, the before mentioned points would surely be of much help. It is one of the well-accepted sports, which have let the persons explore places that could never be reached on foot.

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Steps To Take During A Pet Emergency

By Contributing Writer

As a pet owner, you never want anything bad to happen to your furry family. Unfortunately, emergencies occur. A pet emergency can range from injury to sudden illness to acute allergic reactions and everything in between. Learning how to respond can make a huge difference in the life of your pet. **Stay Calm**

The most important thing to remember is to stay calm. If you panic, you'll cause your pet to become more afraid. Additionally, if you're panicking, you're less likely to pay attention to crucial details that may help save your pet's life.

It can be difficult to keep your cool. Just remember that you need to remain levelheaded in order to help your pet. **Assess The Problem**

Look closely at your pet to see if you can figure out what's wrong. If she has a badly broken bone or a severe injury, you will probably be able to see this. On the other hand, if your pet is sick but you can't tell why, you should pay close attention to her symptoms and behavior so you can tell the vet everything important. See what you can gather from her appearance and actions. **Respond As Much As Possible At Home**

There may be something you can do during a pet emergency at home before you ever go to the vet. If your pet is bleeding, you will need to apply pressure to her injury. Just be careful, as this may cause your pet to bite.

If you think your pet may be choking, try to stay calm and call your local veterinarian right away. Avoid performing the Heimlich maneuver right away, as this may actually

cause more harm than good if your pet isn't truly choking on an object.

Call The Vet

After assessing your pet and responding as well as you can at

an emergency vet. Ideally, you should already know of an emergency vet in your area. If you don't, you can perform a quick internet search.



home, call the vet right away. This should be done within a few minutes of realizing you're dealing with a pet emergency. If you are unsure if it's an emergency or not, call and speak with a doctor to determine how urgent the matter is. Do not wait until it's too late.

If it's after hours, a weekend, or a holiday, you will need to find

Calm Your Pet As Much As Possible

Your pet is likely to be extremely agitated if she is conscious during a pet emergency.

If your pet is a dog, approach slowly to prevent the risk of biting. If your dog is fearful and at risk of biting—without causing harm to yourself or

any more harm to your pet—muzzle her before trying to interact with her.

If your pet is a cat, drape a thin towel over her head to keep her from biting you. Do not pull the towel too tightly or you may risk causing breathing difficulties; the idea is simply to stop the cat from being able to bite while she's in pain. The draped towel might also cause her to feel safer.

respond appropriately to the situation and mature enough not to panic.

Load Your Pet

If your pet is small enough to lift, you can pick her up and place her in a crate or directly into your vehicle. Additionally, make sure you support her back and do not let her head twist or drop if she is injured or unconscious.

If your pet is too large to pick up on your own, you can lay out a blanket, tuck it under her and swaddle her into the car with another one's help.

Bring any relevant medications your pet is currently taking or if your pet ingested human food (ie chocolate) or human medications, bring in the packaging or medication bottle so the veterinarian can assess the ingredients. **Drive Safely**

With your pet in the car, the vet alerted, and someone along to help you, it is now time to drive to the vet. Take care while driving and focus on the road.

While you drive to the vet, have your helper call ahead and let them know where you are.

Ask A Capable Family Member To Help

You are probably going to need help with your pet. If you can, have a member of the family help you take care of your pet. The person you choose should be old enough to

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POPULAR TYPES OF ENGAGEMENT RINGS



By Contributing Writer

Engagement rings can range from the classic and simple style of a solitaire to the elaborate styles with different metals, shapes of stone, or gemstones. Most of the classic styles of rings are easily found in most jewelry shops, but if you are looking for something more unique it may be necessary to have a custom design created. Let's take a look at a few of the most popular styles:

Solitaire
The solitaire is the ultimate classic style of ring that never

seems to go out of fashion. It has a very versatile style that can accept different shapes and sizes of stones. The main focal feature is the

central stone, so it is essential to invest in a high-quality gemstone. Also, the type of setting can vary from a tension set to a prong set.

Halo
The single or double halo is a great way to add extra sparkle to a small stone. The halo effect is created by adding a circle of gemstones or diamonds around the central stone. The double halo is the most distinctive and a perfect choice for brides that really want a statement piece of jewelry that stands out.

Three stone
A ring with a three stone configuration is a very popular option. The style of the ring can vary to match the personal preference. Many of the rings have three stones in equal sizes; while others can have a large central stone with two smaller stones either side. Additionally, there is the option to choose a ring with a four or five stone setting.

Cluster
The cluster ring is designed in many different styles that can

range from very basic to very elaborate. Most of the rings include multiple stones at the same size, while others can feature a larger central stone with many smaller ones around the outside. This type of ring is typically made in gold or platinum.

Colored Stone
The colored stone rings are simply the style of rings that do not use traditional white diamonds. A few of the common alternatives include sapphires, emeralds and rubies. Also, there are a variety of stones that are becoming more popular when it comes to creating rings, such as morganite and tanzanite, as well as gray diamonds.

Whether you are looking for a simple or luxury design, there are many different choices that can easily match the preferred look and price range.

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Old World Gothic Interiors And Decor

By Contributing Writer

The gothic farmhouse design is an eclectic mix of vintage architecture and handcarved artistic pieces that celebrate the joy of its unique personality. The architecture details arches and high vaulted ceilings reminiscent of old world gothic design. The detailed triple arches with leaf and rose pattern give the decor a medieval period

Gothic eclectic interiors are a fan of the extravagant carved detail and love the look of old world elegance and grandeur. With its grand medieval architecture, rich textured fabrics, regal and opulent colors, exotic decor, this style gives your interiors a classic polished look. Gothic architecture is famous for its carved columns and arches, together with large windows framed with antique woods and elaborate detail. Heavy ornate headboards, decorative elements like mirrors, grand chandeliers, and rich silk fabrics are some examples of utterly charming design ideas. Intricately detailed carved fireplace mantel display a detailed gothic design. The ornate carved details in the consoles and stairway balustrades also add to this effect. The abundant woodwork in the carved bedroom doors gives the room warmth and character.

From the stunning wooden floors and ornate furniture to the detailed sculptures of the granite elephants standing against the stone walls, this room is certainly imposing and excessive. A cozy bedroom with a stylish ornate headboard and matching nightstands along with a massive armoire that houses the television, the doors of the armoire are made from antique reclaimed woods clad with brass carved peacocks. The dresser opposite the bed is an extra long sideboard with carved sunrays in dark teals and



look. A vintage gilded mirror and rustic reclaimed oxcart daybed further enhances this effect. Add color with patchwork sari pillows and throws. Gothic interiors are all about dramatic opulence and old world style! Luxurious and grand the regal decor adds an elegant and classic statement.

A gothic living room design or bedroom boasts of elaborate arches with decorative patterns, opulent detailed antique doors with brass, iron stars and medallions, embroidered furnishings, and an edgy look. The gothic style free-standing cabinets in this sprawling rustic living room design are certainly highlights that stand out against the plain walls while bringing a holistic warmth to the decor. You can add vintage pieces like a colorful large arch made into ornate mirror, or traditional furniture to create a period finish.



adds to the opulence of the room. Gothic style and glamor are the synonyms for classic elegance in interior design and eclectic architectural design.

Old world architecture elements, carved doors, ornate consoles, headboards, arches, mirrors, armoires, cabinets, ornate carved, opulent decor, coffee tables, columns, balusters, carved wall art, granite sculptures at <https://www.etsy.com/shop/mogulgallery>



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By Andrews McMeel Syndication

When the Brevard (Florida) Public Schools board met on May 9, the topic of dress codes came up, but it went way beyond hoodies and beachwear, ClickOrlando reported. Vice chair Megan Wright told board members that she has heard concerns about students dressing up as "furrries" -- people who anthropomorphize animals. District 5 Rep. Katy Campbell weighed in: "I'm not a big fan of the furry movement, but ... if 'ears' means a headband with pointed ears on them, it's a hair accessory. Tails are different, and students meowing and barking at other students -- that's not cool. But that's not dress code." Chairman Matt Susin said his daughter is "tired of furrries" at school and the subject comes up at least once a month at his dinner table. Leave it to District 3 Rep. Jennifer Jenkins to cut through the kitty litter: "This is not rocket science ... If you don't want tails on kids, just say you don't want tails." She said among middle school students, the new thing is barking and meowing at each other, unrelated to furry costumes: "It's weird, but they're doing it."

Up In Smoke

A dispensary in Baltimore faces fines for blowing smoke ... literally. WMAR-2 in Baltimore reported that the Cookies dispensary opened May 27, only to be shut down less than a week later after a surprise inspection revealed a laundry list of violations, including "large plumes of medical cannabis smoke being blown from a large gun apparatus into the mouths of persons outside the dispensary," according to the suspension notice. Cookies is part of a franchise, and Cookies San Francisco was the first to utilize a "Flame Thrower" smoke blower, created by Jeff Dick of Colorado. The blower has since become part of the Cookies brand.

Protesters at the Massachusetts Statehouse bared more than their souls as they demonstrated against climate change on June 15, according to an NBC-10 Boston report. Shouts began to rain down from the public gallery just after 1 p.m. from eight members of Extinction Rebellion, an international environmental movement, followed by a warning: "We are going to be mooning you ... You can look away if you wish." At that point, the octet turned their backs on the senators and dropped trou, revealing pink

thongs and bare buttocks emblazoned with the words "stop passing gas." The protesters continued with chants of "You're a senator, not an ass, why are you still passing gas," and "Butts out for climate" for about an hour before they were arrested and escorted out of the chamber.

A first edition of George Orwell's "1984" has been returned to the library ... 65 years late. UPI reported that the Multnomah County Public Library in Portland recently received the return from an 86-year-old patron. The patron attached a note to the book, explaining that they meant to return it in 1958 after checking it out as a Portland State University student, they just "never got around to it." But talk about excellent timing: The library just went fine-free.

Sheriff's detectives in Kanawha County, North Carolina, made an odd discovery while executing a search warrant on an impounded vehicle in February: a 1965 class ring from Needham Broughton High School in Raleigh, bearing the initials "M.P." Their investigation determined the owner was one Michael Pedneau, who told the Charleston Gazette-Mail that he only vaguely recalls losing the bling some 50 years ago, perhaps on a trip to Princeton, West Virginia. "There's probably 40 or 50 of us [classmates] who get together monthly for lunch," Pedneau said. "We're all old, so we enjoy swapping stories, and this is one I'll share with them. I'll show them the ring and we'll have some fun around it."

Relatives were mourning Bella Montoya, 76, at her wake in Ecuador on June 9 when they heard strange sounds coming from the coffin. "There were about 20 of us there," the woman's son, Gilberto Barbera, said. "After about five hours of the wake, the coffin started to make sounds." The supposedly deceased had been declared dead the Martin Icaza Hospital in Babahoyo earlier that day, but that evening, "my mom was wrapped in sheets and hitting the coffin, and when we approached we could see that she was breathing heavily," Barbera said. Montoya was rushed back to the hospital, but the Associated Press reported that she was intubated and is not expected to recover. Ecuador's Health Ministry has launched an investigation into the incident.

Crossword by Myles Mellor

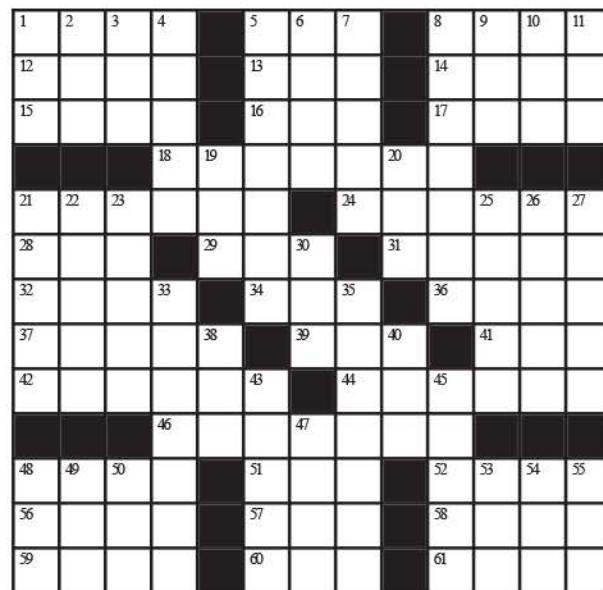
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Across

- 2012 US Open winner, Simpson
- Last word of "America, the Beautiful"
- Way off
- Seaweed gelatin
- Prone
- Drift
- Needled
- Bag thickness
- Urged a right turn
- Popular salad ingredient
- Distress call
- Safe places
- Sight reported
- Hot drink
- Experiences
- Offensive
- Pigment
- Looks at
- Lowest moldings
- Relative of an ostrich
- Prior prefix
- Thing referred to
- Burst in
- Absolute rule
- Not for
- Top race car driver
- Pull
- Tinted
- Lodging
- French currency
- Cutting the mustard
- Give leave
- Raise a stink

Down

- "___ and Peace", Tolstoy
- Vanity
- No longer edible
- Moolah
- Siberian breed
- Kind of proportions
- Book with legends
- Region of France
- Enemy
- Penn. is one
- Singers, Simply ___
- Wine barrel
- E. Indies transportation relay
- Muslim scholar
- Happening
- Complimentary close
- SA aquatic rodent
- Dweeb



- Positive attribute
- Affirmative vote
- It moves in the direction of the wind
- Famous
- "Rocky" actor
- Large vase
- Slight
- Golf's ___ Cup

47. Clearasil target

48. Exclamation of mockery

49. Center

50. Rolodex no.

53. Repent

54. "Chances ___"

55. Used by Chinese cooks

Bad Dad Jokes

What do you call a wizard who's good with ceramics? Harry Pottery.



Previous Puzzle





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TIPS FOR SUPPORTING AUTISTIC CHILDREN

By Contributing Writer

More than 3.5 million Americans currently live with autism and 1 in 68 children are born with it. Caring for children with autism is definitely challenging. It requires time, effort and patience. Here are tips for treating and supporting an autistic child.

Positive support can go a long way. Praise them when they attempt new skills. Surprise them with toys, stickers or wristbands to inspire them learn even more.

Develop Communication

Do not pressure your child to speak. Find other ways of expressing their needs,

thoughts and feelings such as signs and pictures. This can help them overcome frustration. Be alert for body language or other signs.

Help Them with Correct Treatment

Focus and build on what your child can do rather than what he can't do. Help your little one with social interactions. They do best in structured play activities. There are also many treatment options including behavioral therapy, speech therapy, play-based therapy, physical therapy, occupational and nutritional therapy. They can help your child grow into a healthy and well-adjusted member of society. Use the help of a therapist.

Do Regular Health Check-ups

Some autistic children cannot express pain and don't understand the sensations their



body is telling them. They may not realize they are sick.

Show Your Support

Raising a child with autism can be expensive. Medical expenses, therapy sessions... all these costs can get unbearable. Start a fundraising campaign or use your own resources.

Many children with autism have difficulty

maintaining friendships within a group of children. If you have a child who is the same age as your neighbor's autistic child, invite them over. You may need to help facilitate the friendship.

Raise Awareness

Understanding autism starts at a young age and there is no greater place than the classroom. Organize an awareness seminar in your local school. Display a bulletin board with examples of celebrities with this spectrum disorder.

There are hundreds of walks and marathons organized in support of autism. Participate to spread support and awareness. All participants should wear blue. The primary symbol for autism is the puzzle piece -- created by Gerald Gasson, a board member for the National Autistic Society in London.



Create a Supportive Environment

Creating a supportive and nourishing environment is important. Minimize your child's contact with tense or uncomfortable people. Do not let siblings and other family members disturb your child. Consider a noise-free environment. These kids are capable of amazing insights and creativity. Encourage their strengths and leave their vulnerabilities out of the picture. Communicate in ways they can understand.

Adapt the Situation

Practice acceptance. Enjoy your kid's special skills, celebrate successes, and stop comparing your child to others. Love and acceptance will help your little one.

Reward Good Behavior

Autistic children often experience intense and admirable interests in certain areas.

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Tips For Going To The Beach With Babies

By Contributing Writer

Summer is beach and pool time; of sun and umbrellas, of hammock but those that you have babies in house well you know that when initiating this time of the year it is necessary to take extreme care. If



The Complete Kit

When you are planning your first trip to the beach with your baby, the basic kit you must take includes the following elements:

- Ropita, towels and spare diapers.
- Cream for chafing and irritation.
- Sunscreen with physical filter.
- Baby bottle with milk, water and pieces of fruit in a thermal bag.
- Toys and teethers / pacifiers.
- A kid wagon.

Protection

Obviously, you must make sure that your baby's skin is fully protected. Thus, children over six months can use specific sunscreen for babies, with the highest level of protection, resistant to water and, preferably, physical filter. Unlike chemical filter sunscreens, they do not absorb the components and do not cause damage to sensitive skin.

Also, cover your legs and arms with shirts and pants clear cotton or breathable fabrics (never synthetic). Never forget your hat and that it is as long as possible



the increase in temperature, UV rays or water affects adults, what effect can they have on the little ones in the house?

Today we want to transfer you a series of basic tips to go to the beach with babies. Surely you find them useful.

Matter Of Age

The big question for many parents is, "at what age can I take my baby to the beach?" Although there is no exact answer, there are many approximate and approximate. In this sense, the skin of babies in their first months of age is very sensitive. The effect of the sun, the abrasion of hot sand, sweat or sea salt can cause irritations.

In this sense, we recommend that you wait at 10 months of age to take you to the beach for the first time.

Time Is The Key

The time in which more sunlight strikes and more damage are done by UV rays is the time between the hours of 11:00 noon and 5:00 p.m. We recommend that your visits to the beach with your baby are always at times outside of these periods and never extend these times of beach more than 80-90 minutes.

under the umbrella, both on the towel and in your car seat, when you take him for a walk.

Hydration At All Times

Infants tend to stay well hydrated with breast milk available, although it is advisable to carry a thermal bag with your water bottle, as well as (for slightly older



babies) segments and pieces of fruit (tangerines, orange, melon pieces), nectarine...) rich in water and fresh. Keep in mind that the smaller a baby is, the more risk he runs from dehydration.

You could carry all your essential items as a bag, toys and even crate in a wagon that is designed for the beach.

Find the best wagon for your kids:
<https://www.parentloves.com/best-kid-wagon>

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FASHION

DRESS LIKE A K-POP STAR

How Many Clothes are Too Many?

Layer your outfits. Be creative, don't hesitate to mix and match colors, and try different prints.

You Deserve More Accessories

Accessories are vital when one wants to dress like a K-pop star. Wear rings on as many fingers as you want. Try a multi-strand necklace, dangling earrings, ear cuffs, bracelets, and oversized embellished sunglasses.

Hats are also indispensable, so try beanies, floppy hats, baseball caps or bucket hats. And don't miss out on bobby pins, headbands, and bow clips.

Genderless Fashion in K-pop

Almost all K-pop idols wear unisex clothing. You can find popular K-pop idols wearing crop tops, skirts, lace shirts, nail paintings, and corsets.

K-pop Idols' Makeup

K-pop is known for its makeup. Try glittery eyeliner and shimmery eyeshadow. Gluing

By Contributing Writer



K-pop has made an impact around the world and created a revolution in pop culture. Millennials and Gen Z are expressing their interest in learning the Korean culture, fashion, and cuisine. K-pop is central to fashion and cosmetics.

Basic Korean Fashion Essentials

Pullovers, sweatshirts, wide-leg pants, T-shirts over strappy dresses, denim hot pants, and ripped jeans are the staple Korean fashion. Koreans also love pastel colors.

When it comes to accessories, masks have become significant. Koreans wear masks in everyday life, so you can find adorable mask collections.

Korean women are fond of hair accessories like hair clips, hairpins, headbands, and more. K-pop stars love ear-piercings. They usually have three or more, and it's essential to have earrings, studs, and ear cuffs.

rhinestones on your cheeks, around your eyes, will add glam. And go for a neon or vibrant color palette. Achieve flawless glass skin with primer and foundation. Contour your face in a 'V' shape.

Cut-out Fashion

Wear more "hollow" outfits. Grab old jeans, T-shirt, hoodies and cut them. You can crop them, chop them, trim them and make an incredible outfit out of your old clothes.

Oversized Outfits

K-pop idols love to wear oversized outfits for a cool and relaxed look. They like mom jeans, big hoodies, drop shoulder T-shirts, and extra-large shirts.

Inspiring Hair Color

K-pop stars are also famous for their hair color. You can go for electric blue, pink, yellow, coral, purple, cotton candy, or mint green.

ALWAYS AMAZING. NEVER ROUTINE.



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