



# Valley Scene

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**MOVIES**

*Entertainment ★ Leisure ★ Lifestyles*

WWW.VALLEYSCENEMAGAZINE.COM

→ JUNE 24 - JULY 7, 2022 VOLUME 23 NO. 13



**LIGHTYEAR**

**ARTS/CULTURE**



**iPalpiti  
25th Annual Festival**

**GREAT ESCAPES**



**SUMMERTIME AT  
BIG BEAR**

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TO OPEN EMAGAZINE

*celebrate*

# THE RED WHITE

# AND BLUE

*By Barbara Beckley*

**HAPPY  
INDEPENDENCE DAY**



# EMOTIONS AT PLAY

WITH PIXAR'S INSIDE OUT

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# Welcome Back!



to the Simi Valley Cultural Arts Center

ARTS presents

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SVCAC presents



July 23 - August 21, 2022

Oct 8 - Nov 26, 2022

Nov 19 - Dec 23, 2022

Musicals - Adults \$28 Seniors/Students \$24 Children 12 and Under \$20

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Holiday Concert

Sunday, December 11 at 7:30 pm



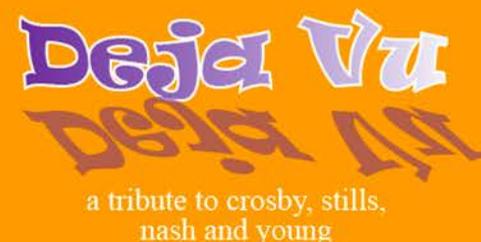
Tribute Wednesdays - Unplugged Acoustic Rock Series Concerts

Concerts - Adults \$35 Seniors/Students \$32 Children 12 and Under \$30



Taylor Made  
Tapestry

a tribute to  
james taylor  
and carole king



a tribute to crosby, stills,  
nash and young

Wednesday, July 13 at 7:30 pm

Wednesday, August 17 at 7:30 pm

Wednesday, Sept 21 at 7:30 pm

Tickets Available Online at [www.simi-arts.org](http://www.simi-arts.org)





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# GLOBAL PHENOMS COME TO L.A. ON WINGS OF PEACE:

## iPalpiti Festival 2022 returns to Southern California LIVE for its 25th Season.

By Laura Kelly

You don't have to be a classical music expert to appreciate the creation of beautiful music and the idea that music is a special thread that connects us all.

The iPalpiti Artists International organization believes this to be true. iPalpiti, (Italian for "heartbeat") is a Los Angeles-based non-profit dedicated to the artistic career advancement of exceptionally gifted young professional musicians and the promotion of peace and understanding

Beverly Hills, Westwood (UCLA), Topanga, culminating with a Grand Finale performance "ON WINGS OF PEACE" at the Walt Disney Concert Hall on Saturday, July 23 at 8:00 p.m.

iPalpiti Festival 2022 is dedicated to world peace, with programs and performances selected to inspire you "to explore the interconnections among the pieces as you discover the immeasurable potential of these beautiful works of art", as noted by Founder Eduard Schmieder. Among the



Eduard Schmieder. World-class Maestro, teacher, and violin virtuoso, Schmieder explains, "The inspired young musicians of iPalpiti, are united in their hope of bringing beauty into your life through celestial sound, vital rhythm, and eternal emotional energy."

The 25th annual iPalpiti Festival 2022 ends with an exciting Grand Finale at Walt Disney Concert Hall, "ON WINGS OF PEACE" on Saturday, July 23rd at 8:00 p.m. and features Orchestra / Eduard Schmieder, with Alumnus Soloist, Czech superstar violinist Pavel Šporcl. The "ON WINGS OF PEACE" program will reflect ongoing tragedies and the quest for life and

peace with Furia by Avison, Quiet Music by Ukrainian composer Silvestrov, Hindemith's military parody Minimax, Webern's Song of Love, and Enescu's Rhapsody N1 arranged for violin solo & string orchestra.

iPalpiti Festival performances always sell out, however, tickets for this very special performance are available for \$24-\$180 by visiting [www.iPalpiti.org](http://www.iPalpiti.org).

Full iPalpiti Concert Schedule here: [www.ipalpiti.org](http://www.ipalpiti.org). View past iPalpiti performances at: [www.youtube.com/ipalpitimusic](http://www.youtube.com/ipalpitimusic). If you would like to learn more, be part of, or support the programs of iPalpiti Artists International, please contact Laura Schmieder, Director, (310)205-0511.



Pavel Šporcl-Czech Superstar Virtuoso

through music.

iPalpiti and its cast of amazing musicians proves classical music is available for everyone from every race, ethnicity, culture, and age to enjoy. Music is a universal uniter. With so much chaos in the world today, we can all benefit from a dose of beauty and inspiration.

The day-to-day work of these superstar musicians from around the globe culminates with a multi-day annual Festival of International Laureates. This year iPalpiti's prize-winning musicians will gather to celebrate iPalpiti Festival 2022 returning to Southern California LIVE for its 25th Season. Performances, that you can attend take place in Los Angeles July 18-23:

programs of iPalpiti Artists International, its annual Festival of International Laureates in Los Angeles has become one of the nation's most significant music festivals and the subject of international accolades.

The Festival encourages artists to find their "own voice," performing as iPalpiti Soloists in solo and chamber ensemble concerts. Throughout the Festival, you'll find an abundance of gorgeous solos, ensemble, and string orchestra performances by 27 prize-winning musicians from 18 countries and 5 continents. The acclaimed ensemble of international musicians is often referred to as the "United Nations of Classical Music". These very special rising stars will play under the baton of Maestro

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The San Fernando Valley Symphony Orchestra is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Arts Commission.



celebrate

## THE RED WHITE AND BLUE

By Barbara Beckley

**C**heers to the Red, White and Blue! Our country celebrates its 246th birthday on July 4th. Time to CEL-E-BRATE. Come On! With family and friends at glorious festivities great and small. Here's our star-spangled favorites from the Hollywood Bowl and Huntington Beach to Catalina and Westlake Village.

## The Big Bangs!!

We're so lucky! SoCal boasts some of our country's biggest, best and brightest 4th of July celebrations!

Just when we thought the Hollywood Bowl 4th of July Spectacular couldn't get any more spectacular – wow, it does!!!! Starring Steve Martin & Martin Short – two of the most beloved entertainers on the planet! (<https://www.hollywood-bowl.com/events/performances/1662/2022-07-02/july-4th-fireworks-spectacular-with-steve-martin-martin-short>). With the LA Phil and Thomas Wilkins conducting; plus Jeff Babko, The Steep Canyon Rangers, and glorious fireworks crowning the Hollywood sky by Paul Souza of Pyro Spectaculars. Three nights: July 2, 3 and 4 at 7:30 p.m. Gates open at 5:30 p.m. Definitely worth a Box Seat. Maybe order a complete meal served in your box. Or picnic boxes. Both from Suzanne Goin's summer supper menu and Caroline Styne's extensive wine list. July 2 tickets: \$27 - \$177. July 3 and 4 tickets: \$21 - \$305. Kids 12 and under are half off.

Launched in 1904, the Huntington Beach 4th of July Carnival, Parade and Fireworks (<https://www.hb4thofjuly.org/>) is the largest 4th of July celebration west of the Mississippi!! Its multi-day hoopla, July 1 – July 4, attracts 500,000 enthusiasts. The whole town is decked out in red, white and blue. July 1-4, the "Pier Plaza

Festival" kicks off the sizzle with live music, festival food, arts & crafts vendors, carnival rides, games, a giant Ferris Wheel, starship, carousel, fun house, airplane ride, tornado and more. July 1, 3-10 p.m.; July 2, 3, 4, 10 a.m. – 10 p.m. Admission is free, but you need tickets for the rides. Purchase 10 in advance for \$25 at

fireworks are free to view. But consider Reserved Seating on the Pier: either general pier seating at \$25 or Preferred Seating – VIP Fireworks Viewing with comp wine, cocktails, soda and water from the bar at \$40. (<https://soundkilz.ticketspice.com/huntington-beach-4th-of-july-firework-pier-seats-2022>).

Another grand old tradition unfolds in Pasadena --AmericaFest at the Rose Bowl (<https://rosebowlstadium.com/events/details/204/the-95th-annual-americafest>), one of the nation's largest and longest-running 4th of July shows. This year is extra special, not only celebrating America's birthday – but the Rose Bowl's 100th anniversary! So the partying is all week long. Festivities begin July 4, with the 96th AmericaFest Celebration, 5 p.m. to midnight, with special highlights from the Rose Bowl's iconic past including the high-flying 30-minute TNT Freestyle Motocross show, country sensation Drake Milligan, a sing-along with American Idol winner Maddie Poppe and Michael Jackson tribute artist Michael Knight, the Family Fun Zone, with inflatables and games; classic American food – and – the legendary grand finale fireworks show. Tickets from \$20 to \$150. Kids under 5 are free with general admission; kids under 2

are free with reserved admission. Following the 4th of July, entertainment will continue culminating with the Palomino Festival on July 9, showcasing country's best including Willie Nelson, Kasey Musgraves, Jason Isbell, Old Crow Medicine Show and Turnpike Troubadours. As an added perk, the Rose Bowl has partnered with GoldenVoice to provide guests with a free AmericaFest ticket with the purchase of any Palomino Festival ([www.palomino-pasadena.com](http://www.palomino-pasadena.com)) pass: GA pass, \$179; VIP, \$399, and High Life, \$699.



([https://kastl-amusements.ticketleap.com/hb4thofjuly/dates/Jul-01-2022\\_at\\_0300PM](https://kastl-amusements.ticketleap.com/hb4thofjuly/dates/Jul-01-2022_at_0300PM)). July 4th begins with the "Surf City Run 5K" at 7 a.m. along Main Street and PCH. The massive Fourth of July Parade starts at 10 a.m., rolling along Main Street and PCH with two hours of floats, marching bands and often celebrities. Insiders say the best viewing spots are on PCH from 8th to Main Street. At 9 p.m., "Fireworks Over The Ocean," with 1,300 rounds of pyrotechnics launched over the Huntington Beach Pier tops off the patriotic revelry. The



Watching fireworks light up the sky over the water at the Marina del Rey 4th of July Fireworks (<https://visitmdr.com/events/july-4-fireworks-marina-del-rey>) is another time-honored family favorite. The free show begins at 9 p.m., with fireworks shot from a barge off the Marina's south jetty. The best viewing is at Burton Chace Park and Fisherman's Village, both with synchronized music over loudspeakers. For holiday fun, consider arriving early, maybe around 1 p.m. (for great parking at \$20). Bask on Mother's Beach, dine at the fun waterfront restaurants. You can get around on the water via the waterbus, free beach shuttle and 5-seat electric Circuit boat for \$3 per person. Of course you can be a high-roller and charter a yacht to watch from the water. Or treat the family to a City Cruises by Hornblower Marina del Rey 4th of July Premium Dinner Cruise (<https://www.cityexperiences.com>). The three-hour sail includes DJ music, chef-prepared cuisine, wine, beer, cocktails and incredible views. Tickets \$199 to \$309.

#### Hometown Hurrahs

Celebrating together. Maybe driving the decorated golf cart or truck or steering the bunting-festooned boat yourself. Waving from a beach chair on the sidewalk as the locals parade down the street, smiling back. Dancing with your kids. We're proud to have so many fantastic local celebrations.

In Westlake Village, organizers are inviting you to "Come dressed in your best red, white and blue attire to walk in the parade with us! The Westlake Village 4th of July Parade and Party in the Park (<http://wlv.org/254/4th-of-July-Parade>) is back!" Beginning at 9:30 a.m. at the corner

of Lakeview Canyon and Agoura Roads, marchers will wind their way four blocks to Berniece Bennett Park – where the fun already began at 8 a.m. – for hot dogs, popsicles, and family activities. Also back is the 4th of July Fireworks Spectacular (<http://wlv.org/366/4th-of-July-Fireworks-Show>), hosted by the City of Westlake Village from the Westlake Village Golf Course. It begins at 5 p.m. with family-friendly activities, music and food trucks. Fireworks light up the sky at 9 p.m. Admission is free. Viewing locations are available at the golf course, Calvary Community Church and surrounding areas.

Councilmember Bob Blumenfield's July 4th Extravaganza – Presented by Amazon (<https://valleycultural.org/event/2022-july-4th-extravaganza/>) is July 4, 6 – 9 p.m. at Warner Ranch Park in Woodland Hills. It's a crowd-pleaser with a free concert. This year it's The Convertibles 12-piece band and vocals – think Jimi Hendrix's "Purple Haze" with a screaming sax and guitar dual – and one of the most spectacular fireworks displays in SoCal. Some 15 local restaurants have stands, along with arts and crafts stalls. General admission is free. Or spring for the VIP treatment: \$100 behind-the-stage seat for the fireworks and a parking pass; \$35 VIP seat and a parking pass; \$20 VIP seat only. Parking fees are a donation to the Valley Cultural Foundation.

In Santa Clarita, thrill to the July 4th Fireworks 2022: Westfield Valencia Town Center [www.santa-clarita.com](http://www.santa-clarita.com) Watch the sky light up at 9:15 p.m. to a rousing soundtrack broadcast live on KHTS AM 1220. It's free!

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\*Artists and Programs are subject to change without notice

Rock out at the Kiwanis Club of Simi Valley's Star-Spangled Rock 'N Country Jam and Fireworks Celebration (<https://star-spangledsimi.com/>) on July 2nd at Rancho Santa Susana Community Park in Simi Valley. Gates open at noon. Non-stop rock 'n' country music, a large dance floor, food, a beer and wine garden, vendors, games, a free fun zone. And of course, fireworks! Admission is free. Or be a VIP for \$80; VIP ages 12 and under are \$40.

It's a Red, White and Blue extravaganza in Calabasas at the 4th of July Spectacular at Calabasas High School (<https://www.calabasaschamber.com/events/details/4th-of-july-fireworks-spectacular-07-04-2022-4570>). From 5 – 8:30 p.m., play in the Family Fun Zone, with DJs, stilt walkers, games, prizes, inflatables, arts and crafts. Then join the live music dance party, 7:15 – 8:45 p.m. headlining the Zippers. At 9 p.m. the Fireworks Spectacular dazzles with musically choreographed pyrotechnics. Tickets \$12. Kids under 2 free. (<https://city-of-calabasas.ticketleap.com/4th-of-july-fireworks-spectacular/>).

Hometown Harbors

As gloriously local, just add water. Cross the ocean and celebrate "Island Style" on Catalina Island (<https://www.lovecatalina.com/4th/>). Celebrate July 2, 3 and 4th in Avalon and in Two Harbors. In Avalon: on July 3 the USC Trojan Marching Band entertains from 3-4 p.m. on the Wrigley Stage. On July 4th enjoy local bands playing around town, cheer the Golf Cart Parade – this year's theme is "Explore Catalina by Land, Air or Sea" – at 1 p.m. along the waterfront; and the Dinghy Parade at 3:30 p.m. sailing around Avalon Bay; followed by BBQ Dinner & USC Trojan Marching Band from 6-9 p.m. at the Descanso Beach Club (tickets \$69) topped off with fireworks at 9 p.m. over Avalon Bay. Down island in Two Harbors, on July 2 the 36th annual Children's Festival, from 10 a.m. – noon, takes over Buffalo Park with crafts and activities, followed by the 18th annual Dinghy Parade at 2 p.m. sailing around the West End. On July 3 thrill to fireworks over Isthmus Cove at 9 p.m. (Insider tip: if you're



in Avalon you can hop aboard the Cyclone power boat at the Green Pleasure Pier and be in Two Harbors for the July 3 fireworks, too.)

Or drive an hour north to Oxnard's Channel Islands Harbor 4th of July Family Fun (<https://www.channelislandsharbor.org/event/2022>). Bring your toddlers, tweens and teens and join the "4th of July Family Parade" from 10:30 – 11:30 a.m. along Harbor Boulevard; followed by the "4th of July Electric Boat Parade," from 2-4 p.m. with more than 50 patriotically decked out boats cruising Channel Islands Harbor.

Ben Franklin Approved  
The 4th of July or any summer day

(we're sure Founding Father-inventor Benjamin Franklin would agree), is the perfect time to treat your family to a learning adventure at the Discovery Cube Los Angeles in Sylmar or Discovery Cube Orange County in Santa Ana (<https://www.discoverycube.org/>). After all, the interactive exhibits from science to environment delight, challenge and encourage us to be productive citizens. New in Sylmar, "Emotions at Play with Pixar's Inside Out," now through September 11, demonstrates the role emotions play in our lives, with cool digital and hands-on tools like Emotions Mirrors and Keep the Train of Thought on the Track. Open Thursday to Sunday, 10 a.m. – 5 p.m. Tickets \$15.95, ages 15 and up; \$13.95 ages 14 and under. In OC, "Summer of Space" features the "Solar System Encounter," now through September 5, immersing us in a large-scale model of our solar system. Opening in July, the "Mars Rover Test Course," will let us chart our own course across the Red Planet. Open daily, 10 a.m.-5 p.m. Tickets \$19.95, ages 15-61; \$14.95, ages 3-14; and \$16.95, ages 62 and up.

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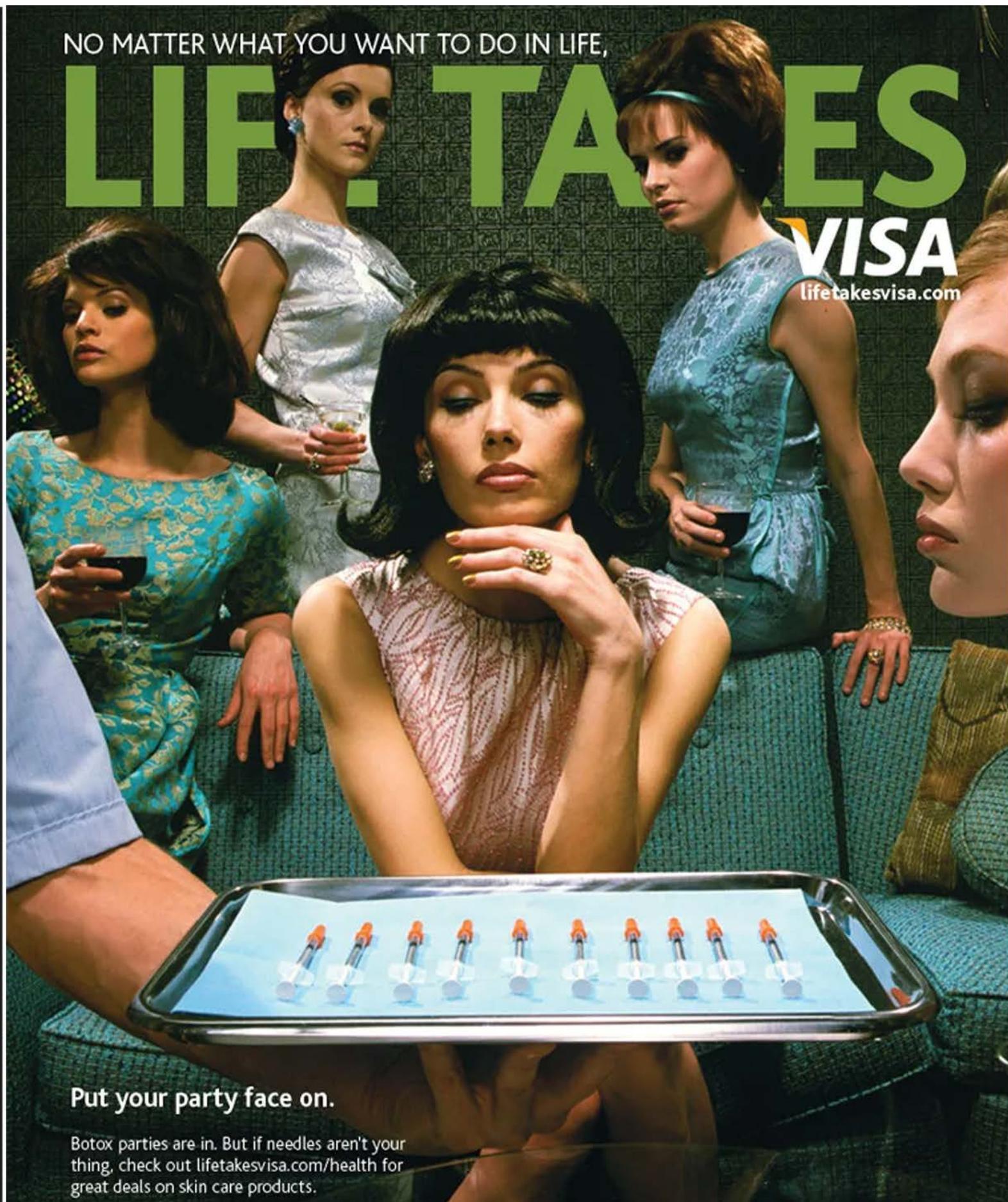
Torrential Publishing publishes  
Valley Scene Magazine every  
other Friday. 1 copy per person.  
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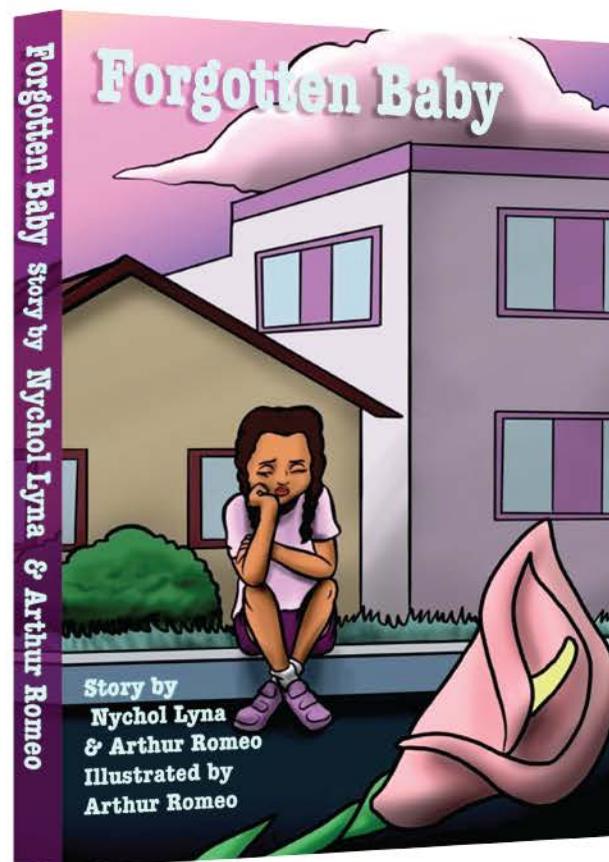
## Valley Sponsors Needed for Dream North Foundation's Literary Arts Tour

By Joyce Forchion

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Spotlighting Foster Care and  
Adoption  
—FORGOTTEN BABY

**D**ream North Foundation (DNF), a new Los Angeles-based nonprofit that produces local celebratory book reading events for underrepresented foster children locally and overseas, will host its signature Story Time with Dream North &

Friends to its largest audience since its inception on Thursday, August 11, 2022 at the Atlantis Paradise Island Resort in Nassau, Bahamas. The Foundation— which is centered on promoting the advancement of underprivileged women and children who are survivors of abuse, sex trafficking, judicial challenges, and foster care systems— seeks the support of neighboring Southern California corporations and business owners in bringing the event to life for nearly 150 Bahamian children inhabiting the nine children's homes



The highly anticipated book has become a beacon of hope for children who resonate with Mytae's story and a guide to children's inner worlds for foster and adoptive parents. "Both my co-author and stepdaughter have been a part of the foster care system, which inspired me to start this foundation. As a family, we want to show foster youth that they are not alone, and they are loved," she said. "The purpose of the Story Time events is to give the youth opportunities to look forward to, offer scholarship opportunities designed to help their future, and produce events that celebrate all that they are. The future is full of hope and we want them to hold on to it, because life is beautiful!" Lyna is confident in appealing to the hearts of local San

Fernando Valley residents in her mission to obtain additional sponsors. "Creating a nurturing network of mentors and donors for foster children globally remains first and foremost in every initiative Dream North Foundation undertakes. We're committed to enriching our pool of resources and thoroughly appreciate the outpouring of support we've received thus far, and helping us raise \$50,000 allows us to serve 800-900 at-risk youth in 2022 alone," she said. In addition to the Bahamas event in August, DNF will also host a tour stop for 30 young boys at Sycamores Altadena on July 15, 2022; a book reading for 300 children at Rose Haven in Portland, Oregon on August 26, 2022; and an educational workshop for 400 attendees at the Windmill Library in Las Vegas, Nevada on December 10, 2022. Over the next couple of years, DNF intends to host 10 in-person Story Time book reading events and over 20 virtual workshops to uplift the general self-esteem of approximately 1,000 foster youth per year worldwide. To learn more about DNF and how you can contribute to their upcoming children's literary tour and community events, please contact [info@dreamnorthfoundation.org](mailto:info@dreamnorthfoundation.org) or visit the following link: <https://dreamnorthfoundation.org/donate/>.

throughout various islands. A staunch advocate for enhancing the lives of at-risk, underrepresented communities throughout Southern California, DNF also prides itself in providing programs for at-risk populations including rehab assistance, group homes, and societal preparation and placement. In the spirit of building bridges with foster children and distressed citizens all over the world, all participants of the Bahamas book reading will leave the event with specialty gift bags containing more than \$250.00 worth of clothes, toys, gift cards, art and crafts, school supplies, and more. DNF will also announce an unforgettable contest for a lucky bride transitioning from "rough times to love times," which includes a dream wedding at the Atlantis Paradise Island Resort and donation of a couture wedding gown customized by luxury designer Galia Lahav of Beverly Hills, California.

Most notably, Nychol Lyna, published author, founder/CEO of DNF, and Foster Care Advocate, will be reading FORGOTTEN BABY. The publication outlines the story of Mytae, a 16-year-old who loses her mother and enters the foster care system.

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# Lightyear

By Contributing Writer

“In 1995, Andy got a toy from his favorite movie. This is that movie.”

So begins “Lightyear,” a new Pixar release that takes a meta approach to the animation studio’s flagship franchise. It isn’t a prequel to “Toy Story,” exactly, but instead presents the movie that inspired Buzz Lightyear toys. It’s a clever bit of reverse engineering by the Walt Disney Co., which, after decades of growing merchandizing out of its films, has reversed course.

It’s honestly a gambit — taking a fictional movie-within-a-movie and making it real — that I’ve wanted to see attempted before.

But the truth is, the appeal of all these faux-film cameos is predicated on their brevity. So should “Lightyear” have been a feature film or a Pixar short? The answer is very much the latter.

The “Toy Story” films, once an almost perfect trilogy, were already stretching toward infinity and beyond with “Toy Story 4,” a nine-years-later-sequel that was perhaps propelled less by a need for narrative closure

than it was box-office imperatives. But at the same time, Forky. Forky made it forgivable.

There is a bland, vaguely “Planes” feeling here that smacks of a straight-to-video spinoff. Yet unlike that “Cars” detour, “Lightyear” bears the Pixar imprimatur. And,



ironically, it’s the first Pixar film in more than two years to debut exclusively in theaters.

“Lightyear,” helmed by “Finding Dory” co-director Angus MacLane arrives in theaters just as summer movies are reaching the stratosphere again. So it may be a bit of a buzzkill to call “Lightyear” — the biggest kids movie to come along in a while — a failed mission.

It’s a surprisingly self-contained film — that opening title is one of the only tethers to “Toy Story” — in which the “real” Buzz (drawn more human-like and voiced by Chris Evans), not the toy version, is marooned on a planet with fellow Space Ranger Alisha Hawthorne (Uzo Aduba) and a spaceship full of people. Every time Buzz attempts to rocket into light speed to get help back on Earth, something

and others. It’s a little like Pixar made a straightforward sci-fi movie — one with obvious affection for the genre but little of the big-hearted splendor of “WALL-E.” It could be said that unorthodox approach to “Lightyear” allows Pixar to step outside the usual parameters of what the animation studio usually makes. “Lightyear” isn’t ambitious or existential or likely to make you cry. It’s just a flavorless movie, not much different from others.

“Lightyear” picks up when Buzz unites with a ragtag crew including Alisha’s granddaughter Izzy (Keke Palmer), accident-prone Mo Morrison (Taika Waititi, doing his best to add some comic life to the film) and Dale Soules’ aged criminal Darby Steel. Buzz’s most notable companion, though, is a highly intelligent robotic cat named Sox (voiced by “The Good Dinosaur” director Peter Sohn), an especially familiar kind of Disney sidekick surely designed to kickstart a new merchandizing opportunity.

That may be the only circle of life at work in “Lightyear,” a dead-end wrong turn in the usually boundless Pixar universe. Buzz, himself, is a bit of a bore, too. It’s a character that, since he isn’t the Buzz we know, must prove his mettle as a protagonist. But with little to distinguish him beyond a chin that makes Jay Leno’s look petite, Buzz — like the movie itself — tries to skate by on name recognition. It’s enough to make you wonder what Andy saw in him in the first place. Maybe someone should have shown him “Ratatouille.”

goes wrong. Each trial takes a day but, back on the faraway planet, everyone else has lived through years. In a blip, Alisha (the first Black LGBTQ character in a major studio animated film) gets engaged, has a baby, sees her son graduate and grows old.

With its classic science-fiction framework, “Lightyear” borrows from “The Twilight Zone,” “Star Trek,” Christopher Nolan’s “Interstellar”

- A company called Biosin is the big bad here and it’s run by a man named Lewis Dodgson (Campbell Scott) who, you might recall, was the guy looking to buy the embryos in the first film.

where Goldblum’s Ian Malcolm is an in-house public intellectual. And they’re also looking for the clone girl, Maisie (Isabella Sermon), from the last film. She’s been in hiding with Owen (Chris Pratt) and Claire (Bryce Dallas Howard).

There is a lot of wheel-spinning and globetrotting to get everyone to the Biosin headquarters, a Bond villain complex surrounded by a dino sanctuary.

It’s a lot of people too. At some points, there are eight running from dinosaurs. Oddly, this doesn’t up the stakes. It’s more like watching a tour group at an amusement park exhibit.

Colin Trevorrow is in the director’s chair and shares a writing credit with Emily Carmichael. It’s fun at times and silly at others. But it doesn’t course correct enough to redeem this franchise or bring it back to Earth.

It was a Hail Mary to bring back the “Jurassic Park” originals. But their meeting with the “Jurassic World” cast has the effect of reminding how little we care about the new cast. Pratt and Howard have good moments, but their characters got flattened along the way.

At one point, Goldblum’s Ian Malcolm quips “Jurassic World? Not a fan.” He’s talking about the failed amusement park, but is on-the-nose you have to applaud everyone behind it.

# Jurassic World: Dominion

By Contributing Writer

The love for “Jurassic Park” is hard to explain. Steven Spielberg’s 1993 film implanted itself into our cultural consciousness. And it wasn’t just the 10-year-olds having a formative experience at the movie theater. Most everyone, including those who were adults and those who wouldn’t be born for another decade, has a story about just how much that movie means to them. “Jurassic Park” never tarnishes, it just remains perfectly preserved.

It’s hard to fault anyone for trying to recapture that magic. Even Spielberg had trouble. But now, we’re six movies and three decades in and about as far as one could get from the spark that made that first one so special.

I can’t say I didn’t have some fun with “Dominion.” There is an exceedingly well-done motorcycle chase, immense pleasure in watching Sam Neill, Laura Dern and Jeff Goldblum together again and the addition of a hotshot pilot played by DeWanda Wise. And there is wall-to-wall action. But I also can’t say that I didn’t burst out laughing several times at parts not designed to be funny.

“Jurassic World: Dominion” is a mish-mash on an epic scale and, believe it or not,



the dinosaurs are almost beside the point. After the events of “Jurassic World: Fallen Kingdom,” dinosaurs are just...around. There’s even a black-market operation that is so elaborate, you’d think we were 30 years into a post-dino dystopia. But, again, “Dominion” isn’t really about the dinosaurs. It’s about locusts and tech giants.

Dodgson has morphed into a Steve Jobs-ian visionary who is still up to no good and after profits. Dern’s Ellie Sattler suspects that they’re behind a locust epidemic that’s destroying all the food that isn’t grown with Biosin seed and decides to use it as an excuse to team up with Neill’s Alan Grant again. Conveniently, Biosin is also

# Automatic's Video For "Skyscraper"

By Contributing Writer



The new video for "Skyscraper" directed by Alex Thurmond casts Automatic as dead-eyed office workers climbing the ladder, in a Severance-style comment on the banal evil of American corporate culture.

On "Skyscraper", Automatic imagines a Patrick Bateman type who can ignore "the miserable people outside" as he luxuriates in his office on the 100th floor "where the sun has a beautiful shine." The video takes direct inspiration from the lyrics. Thurmond explains: "The pitfalls of capitalism and corporate life can be easy to fall into. American Psycho and Office Space were both points of reference, the glorification of monotonous tasks and success measured by climbing the corporate ladder. Those movies have such an over the top, satirical quality that really matches the tone of the song, and it was fun to play that up."

"Skyscraper" is taken from Excess, Automatic's second album for Stones Throw. The album rides the imaginary edge where the '70s underground met the corporate culture of the '80s – "That fleeting moment when what was once cool quickly turned and became mainstream all for the sake of

consumerism." This becomes the starting point for an exploration into the consequences of such excess – namely, the fact that Gen Z will inherit the world at the eleventh hour before they're even old enough to drink. Combining its urgent message with catchy pop hooks and the L.A. trio's trademark motorik and icy atmospheres, Excess is tight and punchy: danceable music for the end of days.

Fresh from their shows with Tame Impala and performances at Primavera Sound and Cruel World, Automatic will return to LA to play a special Excess release show at The Regent on Saturday, August 6. The event will be supported by Los Angeles Community Action Network (LACAN), with Freedom Singers, a collective of musicians from the Skid Row community, opening and their resident visual artist Natosha Smith contributing to stage design. A portion of profits from the show will go directly to LACAN.

Pre-order: [www.stonesthrow.com/store/excess](http://www.stonesthrow.com/store/excess)

Automatic Tour Date: Aug 06: Los Angeles, CA - The Regent

## 2022 -2023 Season

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

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

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

May 20, 2023 - El Portal Theatre  
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## EXCEL HACKS THAT WILL BOOST YOUR PRODUCTIVITY

By Contributing Writer



**D**id you know that there are over 1.2 billion Microsoft Office users? MS Word, Powerpoint, and Excel, are available in almost every office.

If you use MS Office software regularly, you are likely aware that they are powerful tools and you can use them for a range of projects. How can you increase your skills?

### Use More Than One Window

If you are working with more than one spreadsheet on a single screen then it can be tricky to keep switching between the two.

You can arrange for both spreadsheets to display side by side. Go to the view menu on the ribbon. From there click "New Window". You will then have an individual Excel window for both spreadsheets.

### Scroll Without Scrolling

If you have many columns and rows, it can be cumbersome to move from the beginning to the end of your dataset.

Why not move between the start and the end with the click of a button. Push "Control" and the up arrow ("↑") once will take you to the top row of the current data set. That is the last row before a blank row. If you hit control and up twice, you will travel to the top of the spreadsheet.

### Change Values

The find and replace function is a powerful tool to help you update informa-

tion or correct errors.

Highlight the section of information that you want to search and hit control + F. You will see a menu where you can select "Find" or "Replace".

In the "Replace" section you can easily enter the text and replacement text you wish to enter.

### Manipulate From Outside Excel

Excel can communicate with outside software. For instance, you can read and write Excel-based data by using an external .net environment.

### Expedited Formatting

With only one keyboard shortcut you can change the number formatting of an entire column. You could go to format and do this manually. However, why not use the Control+Shift+\$ shortcut to do the same task instantly?

### Format Painting

If you need to create a new column with the same formatting properties as another column what shortcuts are available?

Simply select the column and select "Copy". After this highlight the column you want to create. Instead of hitting "paste", select "Paste Special". This will copy all the formatting attributes of the first column.

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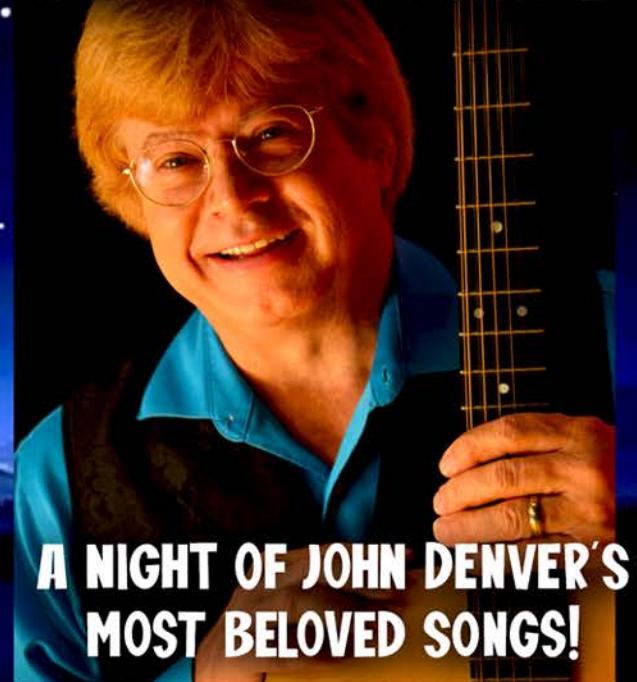
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# OLD POTRERO RELAUNCHES ALL-NEW BRAND DESIGN CELEBRATING THE RETURN OF POT DISTILLED WHISKEY

By Contributing Writer

Hotaling & Co. is proud to announce the relaunch of the legendary whiskey brand, Old Potrero Straight Rye Whiskey, credited as the first American Craft Whiskey to hit the market since prohibition. The Old Potrero relaunch will feature new packaging and bottle design geared towards today's contemporary whiskey drinker, who appreciates an excellent dram with an iconic heritage and a

modern-day appeal.

Originally created by Fritz Maytag, the beverage visionary and founder of Hotaling & Co., (formerly Anchor Distilling Co.), Old Potrero Rye Whiskey is a bold homage to the original artisanal whiskeys of America, a testament to the power of the pioneering spirit and the celebrated return of pot-distilled whiskey in the United States. Since 1994, the whiskey has been distilled in



small copper pot stills at the San Francisco-based distillery, and in 2010 was passed down to current Master Distiller, Bruce Joseph, who has worked alongside Fritz since the first barrels were laid in the early 90's.

"We are thrilled to usher Old Potrero into a new era," says Master Distiller, Bruce Joseph. "With the same bold liquid within, Old Potrero's new packaging and bottle embody the boldness of its home-base, San Francisco. A city that's resilient, creative and richly historic, just like Old Potrero."

The new packaging redesign, created by design agency Stranger & Stranger, features a dark wooden top with a natural cork stopper stamped with Old Potrero branding for a premium craft feel. The bottle's perforated edges and ticket-style copy holding devices connect back to the historic cable cars of San Francisco. And the new label features the same copper pot still used at the distillery since its inception as well as one of the world's most celebrated and iconic sights – The Golden Gate Bridge. The font, Fog City Gothic, is used throughout the label as a nod to the type used on signage seen throughout San Francisco.

"The bottle's design was inspired by the juxtaposition of San Francisco's architecture, between the past and the present," says Luis Rivas Ball, Senior Brand Lead American Whiskeys at Hotaling and Co. "From the perforated edges and ticket-style holding devices that connect back to the cable cars to the copper pot still and Golden Gate Bridge in the logo, Old Potrero is a true representation of San Francisco."

Although the brand is launching a bold and eye-catching new design, what's inside will remain unchanged – the same award winning 100% malted rye whiskey, now aged longer for added smoothness and complexity. Highlights on the Old Potrero Straight Rye Whiskey 6 years-old and the Old Potrero Old Single Barrel 100% Malted Rye Whiskey are as follows:

Old Potrero Straight Rye Whiskey 6-Year-Old (SRP \$64.99) marked the official return of pot distilled rye whiskey to the US.

Distilled from a 100% malted rye mash bill in the same copper pot still since the 1990's, the liquid is then matured in new, charred, 24-month air dried, extra-fine grain, American white oak barrels for a minimum of six years. Tasting notes include brown sugar, black cherry, spice, and maple with a nutty finish, satisfying the enthusiast's desire for bolder flavors and higher

strength whiskeys.

The Old Potrero Single Barrel Rye Whiskey (SRP \$89.99) is aged in extra fine grain American Oak. The wood is air dried for 24 months and the barrels are fully toasted and charred by hand over an oak fire. The mash of 100% malted rye is fermented for four days and then double distilled in traditional copper pot whiskey stills. This expression is slated to debut in later 2022.



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# REASONS TO ADD LOBSTER TO SUMMER MEALS

By Contributing Writer

The arrival of summer means favorites like fresh seafood are back on the menu for many families. This year, as you explore new and inventive ways to add variety to weeknight dinners and backyard barbecues, consider including lobster as a versatile, indulgent ingredient.

Throughout the summer months, lobstermen up and down the Maine coast set off before dawn in pursuit of one of the most



beloved crustaceans in the world. As one of the oldest fisheries in the country, the industry boasts a rich history with an unparalleled commitment to sustainability and environmental stewardship that has allowed it to thrive for generations.

In addition to its distinctly sweet flavor, consider these reasons to add Maine lobster to your menu this summer:

### Sustainability

To help protect the lobster population and the livelihood of those in the fishery, the lobstermen pioneered sustainability and traceability practices before it was fashionable. The sustainability measures developed

and adapted over generations, such as protecting egg-bearing females and releasing juvenile lobsters, have preserved the fishery and produced abundant lobster stocks.

### Small Business Support

Unlike many commercial fisheries, the Maine Lobster industry consists of more than



5,000 independent lobstermen who own and operate small day boats. Many lobstermen are from multi-generational lobstering families, which, along with a mandatory apprenticeship program, ensure its continued survival.

### Front Lines of Science

Mother Nature and science guide the fishery, meaning ongoing collaboration between scientists and fishermen to research the health of the lobster population and adapt to the effects of climate change to help protect the oceans.

### Protection of Endangered Species

Sustainability for the industry means taking care of the larger marine environment and the species that rely on it. Since the 1990s, Maine lobstermen have taken proactive steps to protect endangered North Atlantic right whales by eliminating surface float rope, incorporating weak links to allow whales to break free in the event they encounter gear and marking rope to ensure traceability.

### Community Engagement

The lobster industry goes well beyond the fishermen on the water; including the dealers, processors, restaurant owners, trap and boat builders and more. The fishery is part of the identity of Maine, which means enjoying lobster rolls, grilled tails or steamed lobsters this summer directly supports the community and the lobstermen who call it home.

To find more ways to support the industry and recipes to enjoy this summer, visit [lobsterfrommaine.com](http://lobsterfrommaine.com).



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# HEALTH AND BEAUTY

## Justin Bieber Cancels Concerts Due To Ramsay Hunt Syndrome

### What Is it?

By Contributing Writer

Justin Bieber canceled a series of concerts he was going to do in the next few weeks after being stricken with facial paralysis. The 28-year-old singer has the Ramsay Hunt syndrome whose main features are facial muscle paralysis and strong pain in the ear.

“As you can probably see by my face, I have this syndrome called Ramsay Hunt Syndrome, this virus that attacks my ear nerve and my facial nerves. As you can see, this eye is not blinking, I can’t smile on this side of my face, this nostril doesn’t move.”

“For those who are frustrated with my cancellations from upcoming shows, I’m just not physically able to do them,” says Justin Bieber, explaining that he was partially paralyzed and therefore could not perform the concerts.

But what exactly is Ramsay Hunt Syndrome?

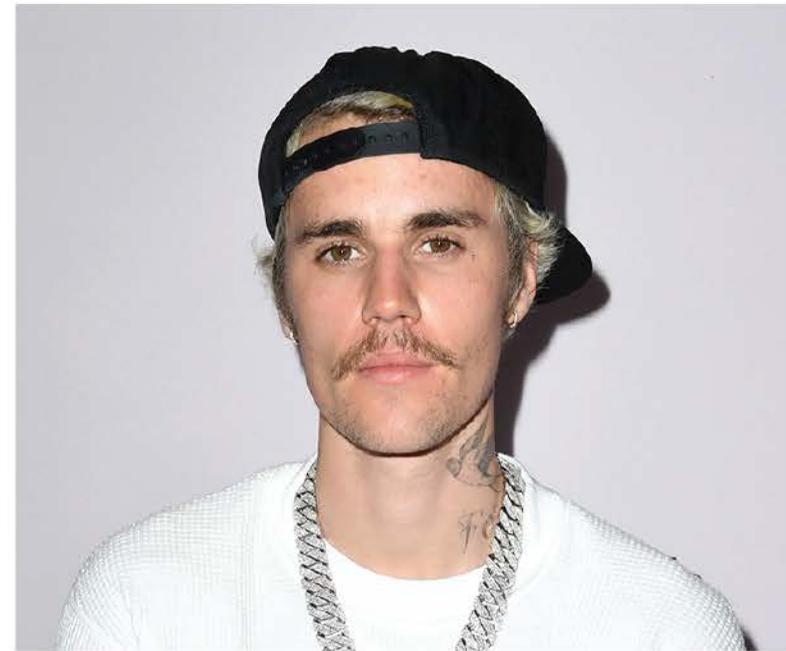
According to neuroscientist and biologist, Dr. Fabiano de Abreu Agrela, of the Society for Neuroscience, Ramsay Hunt syndrome is a painful rash around the ear, on the face, or in the mouth, and is also known as Herpes Zoster

Oticus or Herpes Zoster of the Geniculate Ganglion.

“It is a late complication of Varicella-Zoster virus (VZV) infection, resulting in inflammation of the geniculate ganglion of the Cranial Nerve CVII”, he explains.

Also according to Abreu, “the Varicella-Zoster virus that causes Ramsay Hunt syndrome is the same virus that causes Chickenpox and Herpes Zoster and affects the facial nerve near the inner ear. This leads to irritation and swelling of the nerve”, he explains.

This disease can manifest itself in different ways with different



symptoms that can appear separately or together. The syndrome is disabling because it is quite painful and ends up causing paralysis.

According to the neuroscientist, early stages of the infection cause fever and diffuse vesicular rash,

what we know as chickenpox. The virus then becomes inactive. When its reactivation happens, it causes a “Zoster” or “Herpes Zoster” phenomenon.

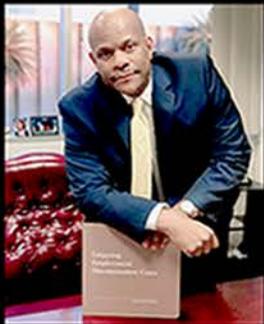
The most common symptoms are: Painful rash on the eardrum, ear canal, ear lobe, tongue and roof of the mouth on the side of the affected nerve, severe pain in the ear, hearing loss on one side, vertigo, ringing in the ear, difficulty closing the eye, change in taste, dry eyes and mouth and weakness on one side of the face which causes difficulty in closing one eye and when eating, food falling from the weak corner of the mouth.

With regard to treatments, the neuroscientist reveals that the treatment is done with corticosteroids and anti-virals. “Treatment should be started as soon as the first symptoms are revealed because it is the best way to have a full recovery, otherwise the sequelae can last forever”, he explains.

Ramsay Hunt Syndrome is not contagious. However, the Herpes Zoster virus, which can be found in the blisters around the ear, can be spread to other people and cause chickenpox in people who have not had the infection before. The risk of developing this disease is greater in immunosuppressed individuals, diabetics children or seniors, who have suffered from chickenpox.

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# Sunny Summertime Safety Tips For Enjoying The Great Outdoors

By Contributing Writer

A sunny day offers opportunities for fun. To make the most of summer, you'll need to take steps to enhance the experience.

## Protect Skin from UV Rays

Any time you'll be outdoors for more than 15 minutes, you should wear sunscreen with an SPF of at least 30. One mistake people make is applying sunscreen before they leave the house then not reapplying. To protect your skin, reapply at least every two hours. Also be sure to cover all exposed areas.

## Stay Hydrated

One of the most important ways to protect your health outdoors is staying hydrated, especially on warm days when you're losing water reserves to sweat. Drinking fluids throughout the day can help replenish what you lose so you don't get dehydrated, and you'll also have an easier time regulating your body's temperature.

## Be Prepared for Cuts and Scrapes

Summer cuts and scrapes are to be expected, but the faster you can take care of them, the faster you can get back to having fun.

## Repel Bugs

Aggressive insects can put a damper on outdoor fun. Bug spray or roll-on products should go on top of your sunscreen, but



never under clothes. Apply to all exposed skin and clothing, paying attention to your waistband, pant and sleeve cuffs, collar and socks. Rather than applying spray directly to



## Don't Forget Lips

While faces, necks, arms and legs are often top of mind to protect from the sun, lips can be easy to forget. Using a lip balm that is rich in oils, beeswax and petroleum can help seal in moisture. Lip balms featuring SPF should be reapplied every two hours when outdoors. Available in a variety of flavors, some even taste good enough to leave you wanting to apply them over and over again.

## Wear Light Clothing

When it's hot outside you're at a greater risk of overheating. Dressing for the climate should be a top priority. If the temperature will vary, consider layering so you can warm up or cool down as needed. Lighter clothes are a good idea, and it's important to be conscious of the fit. Clothes should be loose enough to allow for easy, comfortable movement, but not so baggy they get in the way. Don't forget accessories like a hat and sunglasses.

## Support Summertime Injuries

Twisted ankles are common summertime injuries, especially for hikers or runners, and even weekend warriors playing pick-up basketball or softball games. Keeping an ankle support on-hand can help stabilize a sprain.

your face, spray the palms of your hands then rub the repellent onto your face. Be sure to wash your hands afterward to avoid accidentally transferring spray to your mouth

or eyes.

If you have sensitive skin, products like repellent fans or wearable repellent bracelets may be good alternatives. Some essential oils are also repellents.

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## BEAT THE HEAT IN BIG BEAR

*Alpine Slide Big Bear is the Spot for Families to Escape Summer's Hot Temps*

By Contributing Writer

Summer is on its way, and so is the scorching heat! Southern Californians will soon seek refuge from summer's sizzle, especially when the mercury rises into the high 90s and triple digits. Big Bear Lake is a safe bet to escape the heat. At 7,000', it's naturally 20 degrees cooler than most inland valleys and on average 25 to 30 degrees cooler than the desert communities and Las Vegas, Nev.

Alpine Slide Big Bear is a great choice for families looking to beat the heat. Whether it's a daytrip,

weekend getaway or a weeklong vacation, this cool family-fun spot averages 77 degrees for daytime summer temps. Parents like Alpine Slide Big Bear because it offers a wide range of activities for everyone in the family to enjoy.

Alpine Slide Big Bear gives families an enjoyable relief from the scorching heat indeed. It has a family-friendly double water slide that gives kids a place to splash all day, while their parents relax on the shaded, wrap-around deck at the base of the water slide. Parents only pay if they actually play.



The water slide is just one of six summer activities at Alpine Slide Big Bear. The Mineshaft Coaster and Soaring Eagle ride are great options for those who seek family-style adventure. Both attractions are fairly new, and each provide a thrill factor! Mineshaft Coaster stretches 5,300 feet in length (over one mile) on a

stainless-steel-tube track that has all the bells and whistles of a roller coaster such as steep descents, hairpin turns, tunnels, bridges and 360-degree corkscrews. Here's the kicker...the rider actually controls the speed of the coaster cart, which can reach max speeds of 30 mph. The Soaring Eagle ride offers an opportunity to experience the

sensation of flying, while getting a bird's eye view of Big Bear Lake and surrounding mountain vistas. This exhilarating amusement-style ride is 70-feet high, 500-foot long, with a 100-foot vertical drop that blasts riders back to the base at 26 mph. It's family-friendly and offers dual seats, so an adult can ride side-by-side with a child. Both the Mineshaft Coaster and Soaring Eagle ride are unique to California, too. Both attractions are the first and only of its kind in California.

Another great option is the Alpine Slide experience. Riders of all ages navigate their own individually controlled sleds down a quarter-mile long cement track with high-banked turns and long straight-aways. Each sled is equipped with Teflon runners, ball bearing wheels, control handle and brakes.

Rounding off the fun at Alpine Slide at Magic Mountain is an 18-hole miniature golf course, a fun oval go-kart track and video arcade. Also, an ice cream bar is on site with 12 flavors to choose from to help folks cool down.

Alpine Slide Big Bear is located at 800 Wildrose Lane (just off Big Bear Blvd.). The family-fun recreation area is open daily. For the most current hours of operation, pricing, height requirements or general information visit [www.AlpineSlideBigBear.com](http://www.AlpineSlideBigBear.com) or call 909-866-4626.

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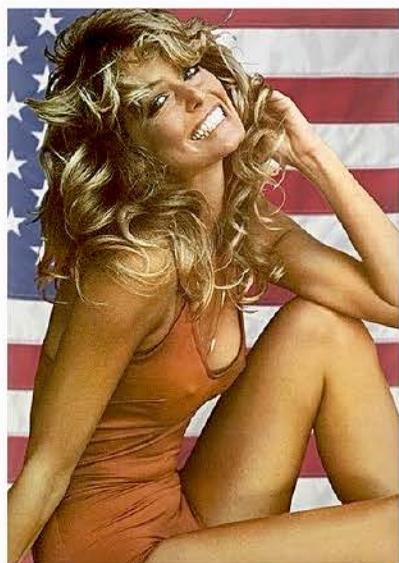
# FARRAH FAWCETT FOUNDATION'S BIENNIAL TEX-MEX FIESTA

By Contributing Writer

The Farrah Fawcett Foundation (FFF) has announced that this year's 4th biennial Tex-Mex Fiesta benefit will be held in Dallas at The Rustic on October 20. President and CEO of the FFF and Farrah's long-time friend, Alana Stewart, will be co-hosting along with Farrah's former Charlie's Angels co-star, Jaclyn Smith. Honorees include Linda Gray, (of TV's Dallas) and a special acknowledgement to Ryan O'Neal.

"For the first time, we are celebrating the legacy of Farrah in her home state by bringing our Tex-Mex event to Dallas, instead of the traditional location in Beverly Hills. Farrah was a Texas girl so this would have meant so much to her," said Alana Stewart.

In 2016, the FFF supported efforts in Dallas for the American Cancer Society's Gene and Jerry Jones Family Hope Lodge, naming a suite in Farrah's honor. These fundraising



Emanuelson, Morgan Fairchild, Lea Fisher, George Hamilton, Marjon Henderson, Lindsay Jacamon, Hilary Kennedy, Courtney Kerr, Kara and John Kratzer, Muffin and John Lemak, Michael McCray, Donna Mills, Niven Morgan, Juliette and Mark Moussa, Jonika Nix, Kyle Noonan, Michael Nouri, Lisa and Bill Ogle, Brittanie Buchanan Oleniczak, Ryan O'Neal, Lisa Pinero, Dr. Lawrence Piro, Melissa

and Brian Ramos, Nancy Rogers, Devin Savage, Stephanie Seay, Melissa Spencer, Chuck Steelman, John Terlingo, Amy Vanderroef, Shelby Wagner, Natalie Westbrooke, Kameron and Court Westcott, Samantha Whortley, Tia Wynne and Mark Zunino.

## About the Farrah Fawcett Foundation

Farrah Fawcett established the Farrah Fawcett Foundation in 2007 shortly after her cancer diagnosis, but she

unfortunately passed away in 2009. The foundation's President and CEO, Alana Stewart, has led the organization in its mission to fund innovative HPV-related cancer research, patient assistance, and prevention and awareness programs. In 2013, the Farrah Fawcett Foundation partnered with Stand Up to Cancer to create the SU2C-FFF Translational Research Team on HPV-related cancers at Dana Farber in Boston. These cancers are now in a second phase of research at SU2C with an HPV-related head and neck cancer research team selected in 2021.

www.thefarahfawcettfoundation.org  
Facebook.com/FarahFawcettFoundation  
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## About Stand Up To Cancer

Stand Up To Cancer® (SU2C) raises funds to accelerate the pace of research to get new therapies to patients quickly and save lives. As of January 2022, more than 2,000 scientists representing more than 210 institutions are involved in SU2C-funded research projects. www.StandUpToCancer.org

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## Health Benefits of Golf (Some May Surprise You!)

By Contributing Writer

**A**re you trying to lose 10 pounds? You might think you have to start training for a marathon or take up extreme mountain climbing, but you'd be wrong.

A round of golf is just as beneficial for you as many other strenuous activities.

### Stress Relief

Who doesn't feel stressed?

Everyone has a different way of dealing with stress, too. Calling up a friend is all well and good, but a round of golf is better.

Hitting the links with a pal when you're stressed out helps you to stay social, exercise, and take your mind off of whatever's bothering you.

### Heart Health

The secret to great cardiovascular health is a diet of whole foods and regular, heart-pounding exercise.

One of the benefits of golf is a healthy heart! While it's not as strenuous as heavy weight lifting, golf can still help you reach your heart health goals.

Walking the greens and swinging a club are both great ways to help lower your cholesterol and get your recommended daily activity.

### Weight Loss

Everyone should walk 10,000 steps a day. Luckily, a round of golf satisfies that requirement!

From walking to carrying your bag to swinging your clubs, you'll burn



calories out on the links. Even if you use the cart, you'll still get plenty of steps in.

### Stronger Bones

Most of us know what it takes to keep our heart healthy. But how many of us know how to build up our bones?

High impact activities or weight-bearing exercises improve bone density. After a certain age, though, your joints can't handle hard jumping or heavy lifting.

The solution? Go golfing! Carrying your golf bag counts as a weight-bearing exercise and will help both your muscles and your bones.

### Mental Health

We've talked about the benefits of golf for your body, but what about your mind? Golf requires planning and concentration – two things that help keep your brain in tip-top shape.

Navigating the hazards, visualizing your goal, and adjusting your swing all take mental strength. That's what makes golf interesting and rewarding.

### Vitamin D

Feeling sluggish or tired? Have you noticed your cuts don't heal as fast as they used to? These are all signs of a vitamin D deficiency. You can turn that around with a game of golf.

Exposure to the sun helps your body create vitamin D. That's why you feel perkier and your mood lifts anytime you play a round of golf.

### Lower Blood Sugar

Humans use glucose as their primary form of fuel. We get glucose from carbohydrates, fruits, and sugar.

When there's an excess of glucose, this leads to obesity. A step to curbing these effects is to cut down your refined sugar intake and to exercise.

Playing a round of golf is a great way to keep active and lower your blood sugar through exercise.

### Better Sleep

Exercise can amp you up, but it also wears you out. Once the feel-good rush courses through your blood, your body begins to relax.

That relaxation leads to better sleep. A nice walk down the fairways will expend your energy and help you capture the best rest of your life.

### Boost Your Confidence

You know that feeling when you tally up your final score and you did better than you thought? How about the thrill of finally sinking a hole-in-one?

That feeling can follow you long after you've left the links. One of the best benefits of golf is improved confidence.

Doing well on the fairway can be the shot in the arm you need. With improved confidence, you'll feel motivated to go after that promotion at work or try something new with your partner.

### Prolong Your Life

We've already listed benefits of playing golf. Getting vitamin D, sleeping better, lowering blood sugar, and improving your health are a few ways this game can help you. But can it prolong your life?

Regular exercise, socializing with friends, using your brain, and enjoying yourself can make you shine.

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# How Many Words Can a Dog Learn?

By Contributing Writer

Veteran canine researcher and dog trainer Dr. Stanley Coren analyzed a dog's ability to learn human language in his book *The Intelligence of Dogs*, concluding that the average canine can learn around 165 human words. However, Coren found that the most intelligent dogs (including breeds like Border Collies, Poodles, and German Shepherds) can learn closer to 250 words with excellent training. In terms of language comprehension, most dogs can understand the same number of words as a two-year-old child.

Which Dog Breeds Are the Smartest?

Dr. Coren conducted a detailed survey on dog intelligence, sampling the responses of over 200 obedience judges to name the top ten most intelligent breeds. The Border Collie was named number one in intelligence, followed by the Standard Poodle, German Shepherd, Golden Retriever, and Doberman Pinscher. As such, these dog breeds are likely to have the easiest time learning words.

However, a smart dog with poor training will still struggle to learn any task. A dog's ability to learn human language ultimately depends on their owner's ability to teach them efficiently.

How to Teach Your Dog Words

Follow this step-by-step guide to help your dog understand new words.

1. Teach your dog some basic commands. Learning words will be easier for your furry best friend if they already know some basic commands. Before attempting to



teach a pooch non-traditional words, dog owners should first train them in general commands (like "sit," "down," "stay," "come," "heel," "no," and "find it") by using positive reinforcement and rewarding them with treats for the desired response.

Once your dog responds to each command regularly, gradually stop using treats as motivation and begin teaching your dog new words. Check out these basic dog training tips.

2. Start with nouns. Nouns are the easiest words in the human language to teach dogs because you can associate them with physical objects.

3. Obtain an object that represents your word. If you want to teach your dog the word "hat," find an actual hat that you can use during the word-learning process.

4. Play hide-and-seek while repeating the word.

Show your dog the object (a hat, in this case) while saying the word you want them to learn. Next, hide the object somewhere nearby in plain sight, like peeking out from under a rug. Tell your dog "find hat" and continue repeating the phrase. When they find the object,

praise your pooch with positive body language and an excited tone of voice by saying, "Good dog! Good dog!"

5. Make it harder to find the object. Continue playing hide-and-seek with the object for five to ten minutes at a time, at least twice daily, gradually increasing the difficulty of the hiding place as you go. Repeat the name of the object as your dog hunts for it. During these training sessions, remove all other toys and objects from the floor to avoid any confusion.

6. Test your dog's comprehension. Once you believe your dog knows the object's name, test their cognition. Place the object in a lineup on the floor with at least five other things. Tell your dog to "find [object name]" to see if they can successfully differentiate it from the other items. If your pooch is successful, repeat this step several times but swap

incorrect alternate items into the lineup. If your dog fails during any phase of this process, go back to the hide-and-seek step to better implant the word into their mind.

7. Move on to different words. Once you've taught your dog one word, set that object aside and choose new items to add to your dog's vocabulary. Repeat all the above steps for every new word.

8. Test your dog's memory. After you've taught your dog multiple words, it's important to regularly test their retention of all the words they've learned. To test your dog's memory, create an object lineup consisting only of words you've already taught them. (For example, if you've taught them ten words, place all of those objects in the lineup.) One by one, ask your pup to find each object. If your dog does not retrieve an object successfully, re-teach that word using the hide-and-seek game to refresh their memory.

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# Ways Color Can Make Your House A Haven



By Contributing Writer

If ever there was a need to create a tranquil escape, the time is now. Converting your living space into a soul-soothing refuge may be easier than you think as a serene color palette is often all you need.



## Balanced Bedroom

There's no space quite like the bedroom to command a peaceful presence. A curated palette offers multiple options that exude peacefulness and facilitate tranquility.

## Laid-Back Living Room

Color that mimics the hues found naturally outdoors tend to soothe the soul. Introduce natural calm to a place your

family enjoys congregating by updating walls to a sophisticated organic green that is rooted in nature. Carry the relaxed mood throughout the room with complementing nature-inspired neutrals for your furniture, window treatments and accent pieces.

## Subtle Kitchen Spice

A stark white kitchen may feel crisp and clean, but it lacks the character that color brings. You can keep that airy feeling while infusing some gentle, welcoming warmth. Painted cabinets are on trend, so this is a perfect place to play with color. Use a light neutral taupe for the cabinets then balance with a warm, creamy white on the walls. If you're worried the space may be dull, infuse a bit of color with a neutral blue on the backsplash. The soft hues work harmoniously for a simple but stylish space.

For many people, home is a personal sanctuary, and through thoughtful color design, you can discover a renewed sense of balance and ease each time you walk through your front door. Incorporating colors inspired by simplicity and serenity can create spaces that transform the home into a soothing and comfortable space.

A restorative style starts with soft and natural colors; simplicity, approachability and comfort are also essential. Softened tones keep things easy and uncomplicated.

To start creating a peaceful refuge within your home, consider these tips.

## Peace on the Porch

Fuss-free styling on the front porch sets a tone for ambiance inside. All who enter know this is a place of calm and comfort by using soft, subtle colors. A fresh coat of exterior paint – or a new shade on the front door – can help freshen and brighten the space.

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By Andrews McMeel Syndication **Top Stories**

Down at the Amarillo (Texas) Zoo, it isn't the animal exhibits inside that are sparking excitement among the city's residents. "In the dark and early morning hours" of May 21, the city reported in a June 8 news release, security cameras captured a mysterious creature outside the fence -- part "person with a strange hat," part "large coyote on its hind legs," part "Chupacabra," the Fort Worth Star-Telegram reported. "We just want to let the Amarillo community have some fun with this," director of Parks and Recreation Michael Kashuba said, asking locals to weigh in with their ideas about what the Unidentified Amarillo Object -- UAO -- might be. "It is important to note that this entity was outside the Amarillo Zoo," he added. "There were no signs of criminal activity or vandalism."

### Special Delivery

When Fort Lauderdale Fire Rescue responded to a crash on June 2, they found an SUV that had slammed into a FedEx truck, and it was quickly apparent what had caused the collision, WPLG-TV reported. Inside the SUV were a man and woman, both naked, and at the time of the crash, the woman was performing a sex act on the male driver, first responders reported. Two people in the FedEx truck sustained minor injuries; the male SUV driver had injuries to his "private area."

During court proceedings on June 7 at the Albany City Court in New York, a defendant who started filming an arraignment was asked to stop, NBC New York reported. During the altercation that followed, a 34-year-old woman in the audience allegedly released hundreds of cockroaches from plastic containers into the courtroom, resulting in the courthouse being closed for the rest of the day for fumigation. "What transpired is not advocacy or activism, it is criminal behavior with the intent to disrupt a proceeding and cause damage," noted a statement from the Office of Court Administration.

Reynold Gladu took over his gas station in Amherst, Massachusetts, in 1973. But at least for now, he no longer sells fuel, the Daily Hampshire Gazette reported on June 7. When his pumps ran dry this month, he didn't refill them because he can't abide the prices. "I don't want to be a part of it anymore," he said.

"This is the biggest rip-off that ever has happened to people in my lifetime." His station will continue to do oil changes and other service, but, he said, "Enough is enough." A spokesperson for ExxonMobil said prices are out of her company's control, being "influenced by the price of crude and wholesale price of products which fluctuate according to demand and supply factors." But Gladu isn't buying it -- "It seems like the oil industry is in this together" -- or selling it.

### The Litigious Society

GEICO General Insurance Co. must pay a woman identified only as M.O. a \$5.2 million settlement, the Missouri Court of Appeals ruled on June 7, after she contracted the sexually transmitted disease HPV from an insured member during intimate relations in his automobile. The Kansas City Star reported that the Jackson County woman contacted GEICO in February 2021, and the company sent the case to arbitration. Four months later, the arbitrator found that the man was liable for not disclosing his infection status, and M.O. was awarded the large sum, to be paid by GEICO. The company appealed, but the three-judge panel upheld the decision. [

### Adventures in Real Estate

Danielle Cruz and her husband purchased and renovated a home in Chicago, but after listing it for sale, they found out someone was already living there. ABC7-TV reported that a contractor showed up to make a repair to the presumably vacant house and reported to Cruz that someone was inside the home. He also told her all the locks had been changed. "We honestly thought he was joking because we knew the house was vacant," Cruz said. "So we show up with the cops, and there's a young woman in there with all of her belongings." The woman said she had signed a month-to-month lease with a "landlord," and because she produced a lease, the police couldn't ask her to vacate. Real estate attorney Mo Dadkhah said the case would probably be referred to the Cook County eviction courts -- but they're very backed up. "The process could take six, 12, 18 months," he said. Cruz's other option is "cash for key" -- offering the renter money to leave. But so far, Cruz can't get her to respond.

Print this Page! Ctrl + P

### Across

1. 007
5. Bug killer
8. Threw
12. Animal house
13. Falter
14. Continuous pain
15. Lab burner
16. Take to court
17. Track
18. "That was close!"
19. Magnificent
21. Oval shaped item
23. Back when
24. Lemon-like fruit
27. Fanciful idea
31. Bearded beast
32. Billiard ball stroker
33. Aim
37. Maintain one's position
40. "Gosh!"
41. Promise
42. Breathing hole in a plant
46. Object of devotion
50. American coot
51. Weight of vehicle without cargo
52. Darwin's interest
53. Overworked horse
54. United by kinship
55. Thanksgiving veggies
56. Four quarters
57. Believed

### Down

1. Made, a bubble
2. Hippocratic \_\_\_
3. Love potion number
4. Draftsman
5. Scheme
6. Beat setter
7. Surgical tool
8. Enticement veggie
9. Healthful berry
10. Islamic religious group
11. Tattle
20. Freudian topic
22. Approval
24. Special effects: (abbr.)
25. Lodge
26. Egyptian King, for short

1	2	3	4		5	6	7		8	9	10	11	
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42	43	44					45			46	47	48	49
50										51			
52							53			54			
55							56			57			

28. Hotel sign
29. Possessive
30. Fish catcher
34. Exit
35. Close
36. Synthesized music
37. Repay
38. For that reason...
39. Reversal
42. Influence
43. Baby's first word maybe
44. Account entry
45. Like Jack Sprat's diet
47. Hill's opposite
48. Toothbrush, with B
49. Give temporarily

## DAD JOKES

What did one wall say to the other?  
"I'll meet you at the corner"



From June 9

1	B	R	A	G		5	G	6	A	7	M		8	D	9	A	10	B
12	L	I	M	A		13	R	N	A		14	O	G	R	E			
15	O	M	I	T		16	I	T	S		17	I	R	A	N			
18	C	E	R	E		19	A	L		20	A	21	N	A	L	S		
				22	A	I	L		23	L	E	G						
24	A	25	D	J	U	R	E		27	A	D	S		28	O	R	30	B
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33	E	N	G		34	A	G	36		37	N	38	U	39	T	M	E	G
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42	K	43	I	44	M	O	N	O		45	G	A	E	46	L	47	48	C
49	I	C	E	D		50	C	51	O	G		52	T	O	D	O		
53	L	A	M	A		54	E	W	E		55	E	V	E	S			
56	N	O	E	L		57	T	N	T		58	R	E	S	T			



# EXPENSIVE SAILING YACHTS

By Contributing Writer



With stunning sleek lines, billowing white sails and bespoke interiors, these are some of the most beautiful and expensive sailing yachts in the world  
**Valquest – \$10.7 million**

A sailing superyacht with a white hull and white sails, Valquest has a sleek look,

helped by its low profile deckhouse. This all-aluminium sailing yacht has a modern interior, with stunning white leather and mahogany throughout the 133.7ft ship.

An exclusive guest list of up to nine people can be luxuriously accommodated in a large owner's

suite, two double and one twin cabin – all with en suite shower facilities and state-of-the-art entertainment centres. There is also a leather white sofa and saloon with accents of red and black on board. The split-level main saloon really impresses: skylights allow natural light, while the stunning separate dining room and bar is ideal for formal dining and entertaining. A covered social area is perfect for alfresco parties.

## Bliss – \$13.2 million

Bliss is a yacht designed to serve two masters – those who have a passion to cruise the world and those who love the thrill of racing.

Bliss has a sleek exterior. Inside she doesn't disappoint, with a contemporary and luxurious décor featuring a palette of white, grey, red and black. The 120.7ft Bliss can take up to 10 guests in three cabins.

## Shenandoah of Sark – \$16.6 million

A must for the true sailing connoisseur, Shenandoah of Sark is one of the most unique and desirable yachts in the world. This classic 1902 three-masted gaff rigged schooner has a rich history and was built to be the ultimate

retirement luxury. She is a true tribute to the age of sail and epitomises beauty, grace, elegance and speed. The 180ft ship was refitted in 2009, with traditional and contemporary interior styling. Wood lined rooms, glass skylights and port holes and a wood and brass onboard library add to the ambience.

Shenandoah can accommodate an intimate gathering of up to 10 people, with a luxurious master cabin, along with three double cabins and two additional pullmans.

## Endeavour – \$19.3 million

When she challenged for the Auld Mug in 1934, Endeavour was one of the most advanced ships of the day. The yacht's owner, Thomas Sopwith utilised his aviation design expertise on her rig and winches, as well as giving her a steel hull and mast. The 130 ft Endeavour made her mark in the racing circuit and won the hearts of many.

Endeavour was completed rebuilt by the Royal Huisman Shipyard in 1989 before undergoing an exten-

sive refit, which included a new deck structure and deck layout and a new rig and sails. This stunning yacht can sleep up to eight guests in a master suite, two doubles with en suite facilities and a twin cabin with bunk beds.

## Marie – \$31.1 million

With her distinct red and black hull, Marie stands out from the crowd. Reminiscent of a pirate ship (she even has miniature canons on board), there is nothing brusque about her stunning open-plan golden interior. Large skylights provide plenty of natural light and the high gloss anigre finish gives a warm feel throughout. This 180ft ketch even has a Steinway baby grand piano – for anyone wanting to relive the luxurious and decadent Great Gatsby lifestyle. Marie has many elegant design features like the private aft owner's cockpit and the Art Deco inspired skylight above the oval dining table. This superyacht thoroughbred can sleep up to 10 guests in four luxurious cabins fit for a king.

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## Travel Tips for Trips With Kids

By Contributing Writer

**D**id you know 100 million Americans will go on a family vacation this year? Are you about to travel with your kids but need some tips? Not to worry!

### Research Your Destination

If you're traveling to a new city research the location. Check out online review sites where travelers shared about hotels and tourist spots. Find out if there are decent children facilities, places to warm food at the hotel, and cots. Research close restaurants and shops near where you're staying.

### Organize Important Documents

Go over your passports. If you need to apply for a new one, try and get it done early. You don't want to leave this to the last minute. Check to make sure your travel insurance includes your kids.

### Call Your Airline

Before flying, call your airline to go over what you're allowed to take on your flight. Find out if they charge extra for car seats or pushchairs.



Ask the customer service representative how many bags you can take. If you think you'll exceed the limit, pick up a luggage scale to weigh your bags beforehand. This will prevent an expensive bill.

### Expect Potential Accidents

Nobody wants to think of their kids getting sick while traveling. Pack a first aid kit. Make sure you have medicines to remedy diarrhea or nausea.

Pack antiseptic creams and wipes for cuts. If you have a teething baby, consider packing teething powders and gels. Don't forget mosquito creams and sunscreen.

### Pack Favorite Toys

Ask your kids to select a few toys for the trip. Out of those toys, pick some of the smaller ones as they are easier to pack. Make a travel kit of stickers, coloring books, and books.

### Pack an iPad

If you don't have an iPad, pack another portable media device. On a plane, an episode from a favorite show will keep your child entertained. Don't forget your charger.

### Pack a Snack Bag

For a long flight or drive, consider packing a bag of treats. This saves money and is more nutritious than airport or convenience store food. Pack enough formula for the flight if you have a baby.

### Preparing for Nap Time

If you're out during the day, consider picking up a snooze shade that fits over a pram. This can work if you're exploring a city and can also work in the evening if you're out for dinner.

### Start Your Vacation Simple

On arrival day, try and keep the itinerary slower paced. You may feel exhausted from the air or road travel. Consider taking your kids to a park near where you're staying.

### Keep Your Schedule Light

Try and limit to one attraction each day. By keeping your days lighter, your kids won't feel overstimulated.

### Go Early to Attractions

Try and avoid crowds by heading out in the morning. This gives you more options for your kids. Have a picnic at a park in the afternoon or check out a beach.

### Take Breaks

Some tourist spots become crowded and are tiring. Try and plan a break, so your kids don't get too tired.

### Convenient Food Options

You'll want to think about where you'll eat. You could pack a lunch or go to a local market. You could also make a reservation at a restaurant ahead of time.

### Tour the City

To experience a new city, consider walking around with your kids. Another way to tour the city is by taking a river cruise or tour bus.

### Make a Scrapbook

When you get home, work with your kids to save the memories from the trip. This is a fun activity!

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# 3 FUN, EASY WAYS TO KEEP KIDS LEARNING DURING SUMMER

the skills your child learned during the school year and how you could incorporate those skills into activities your child enjoys doing.”

Consider these three tips to help your family incorporate learning classroom

children, that could mean getting two carrots and one apple for a recipe. For children who are learning fractions and multiplication, that might mean figuring

doubling the recipe, how much flour do we need?”

Board games are another opportunity to build academic skills, like math and literacy; executive function skills, like waiting for their turn; and social skills, such as being a gracious winner.

Additionally, read with your children daily and help them find opportunities to practice reading skills, such as reading signs aloud at the park or reading books out loud to other family members.

For more ideas to help children learn through play, visit [kindercare.com](http://kindercare.com).



concepts in summer fun and nurture your children's love of learning through real-life applications.

### Build on classroom skills

Practicing writing may not be at the top of your children's summer activities lists. However, writing might be more appealing if it led to something fun, like a card or letter from a relative or friend. By encouraging your children to write to pen pals, like friends or family members, they will not only practice their literacy skills by writing letters and reading replies, but also work on important executive function skills by learning to manage anticipation while waiting for a response. Even children who are too young to write can participate by drawing pictures and dictating the captions to family members.

### Go outside

A walk around the neighborhood can turn into an opportunity to build STEM skills by observing changes over time. As you and your children walk, ask questions, make predictions and discuss what you see. This way, you'll be forming hypotheses and analyzing your results, just like scientists.

### Find learning opportunities in regular activities

Cooking provides a variety of opportunities to work on math skills. For younger

out how much of an ingredient to add, such as “If the recipe calls for 1/2 cup of flour and we're

By Contributing Writer

With school out, summertime brings long, carefree days of play and fun. It can be easy to forget how much children learn through play, but they have a natural sense of curiosity. With a little thought and a few supplies, summer is a perfect opportunity to revitalize their innate love of learning that may be a bit squashed after a year of academic pressures, tests and schedules.

“At this time of year, we often hear families express concern about children losing academic skills during summer break,” said Sue-Ann Lively from KinderCare's education team. “The pressure to add academic learning to summer can lead to increased anxiety, which isn't helpful for parents or children. Children retain what they learned best when they're engaged and interested in what they're doing. As we head into summer, think about

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By Contributing Writer

## SUMMER FASHION TIPS

### To Beat the Heat

**G**reat summer fashion should not only be pleasing but should also serve a purpose and most importantly, provide comfort! Check out tips on how to beat the heat and look your best while doing it!

#### Wear Loose, Flowy Clothing

These Days

Price: \$10 - \$143

These Days has your getaway collection for a summer of on-trend fashions and warm-weather fun. You'll look gorgeous. Summer is a great time to curate your wardrobe to be on trend. The stylish brand is here to ensure that every selection is perfect for your outing.

#### Consider Clothing With UPF Fabrics

Constant Sol

Price: Starting at \$60

The sun is the ultimate source of Vitamin D and happier moods, but also UV rays. Add Constant Sol to your closet and enjoy all-over protection from the sun's damaging effects. Founder Allison Dvorak loves the sun, but she also knows firsthand how painful it can be. She designed a luxury clothing brand that provides comprehensive sun protection with chic style.

#### Opt For Versatile-Wear Clothing

Taylor Jay Collection - Madison Jumper

Price: \$198

Stepping into this versatile style one piece is sure to make getting dressed a fun adventure! A super long attached sash gives endless options on styles and wrapping a bold yet ultra comfy jumper, it can even be worn as pants! The fabric easily creates a soft and luxurious feel. Taylor Jay designs with every woman in mind, knowing a woman's journey is by nature a multifaceted one. A single Taylor Jay piece can be combined into multiple outfits and customers keep finding new ways to wear their clothing. They study and design unique features that are easy to convert for any use and style: business formal, casual, fitness, elegant, sexy, bohemian...



possibilities are endless. Their fabrics are made of luxurious, heavy duty, smart materials that adjust to a woman's body as if... tailor'd to her figure.

#### Large Totes Are The Way To Go

Urban Originals - Beach Bags

Price: Varies

The perfect bag to hold all your beach essentials! Urban Originals creates drop-dead gorgeous bags that are Uber practical, without using any animal leather. The brand is 100% cruelty-free and vegan. Urban Originals uses the finest quality vegan leathers and recycled materials where possible and works to very low chemical requirements. Feel as good as you look. **Accessorize Your Bikini With A Cute Cover-Up**

Ivy Swimwear

Price: Varies

For the post-brunch beach trip! Look and feel sexy as you lounge poolside in the stunning bikinis from Ivy Swimwear. Finding the right fitting bikini is difficult.

Ivy Swimwear is here to end all your bikini woes with their fashionable options. Each bikini gives you the perfect amount of delicate touches to create a fun and flirty look, with ultra modern prints to stand out at the pool and beaches.

#### Opt For Jewelry With Natural Elements

Ciao Bella

Price: \$35

Ciao Bella specializes in custom, artisan-crafted jewelry. Michelle handcrafts the one-of-a-kind pieces with an eye for color and texture, and takes pride in adding her own artisan touch to each handmade piece.

Cedar and Cypress

Price: \$16

Jewelry is a fun and simple way to elevate your wardrobe. Why not add to your collection with the elegant and chic pieces from Cedar & Cypress Designs. Cedar & Cypress employs artisans working in a variety of culturally relevant mediums.

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