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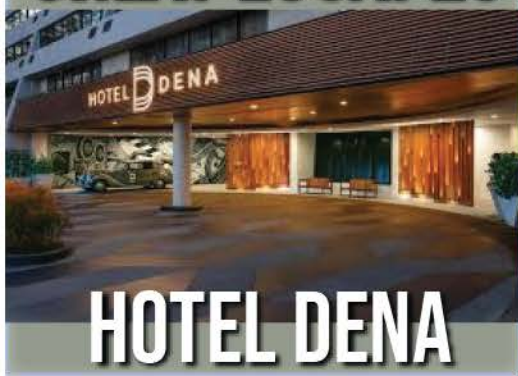


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Trevor Noah Malcolm Gladwell Dr. Sanjay Gupta Share The Distinguished Speaker Series Stage

By Contributing Writer

The Distinguished Speakers Series has lined up an all-star array of live presenters for the upcoming 2024-25 season. This season's speakers include Trevor Noah, Malcolm Gladwell, Dr. Sanjay Gupta, Zanny Minton Beddoes, Emily Chang and the duo of Pete McBride & Kevin Fedarko.

"Our mission is to offer audiences inspiration and connection. Our events spark engaging conversations, new ways to look at things and discussion," said co-owner Kathy Winterhalder.

The series kicks off October 15 in T.O., and October 16 in Pasadena with Trevor Noah, the Emmy Award-winning Host of The Daily Show, comedian & best-selling author. Noah's accomplishments include two sold-out stand-up comedy tours, a bestselling autobiography and Microsoft's Chief Question Officer. Noah will join the Series for a rare, intimate evening of conversation that will span his upbringing in South Africa, his career and his new book, Into the Uncut Grass.

Malcolm Gladwell, world-renowned observer and thinker, will take the stage on November 19, 2024 in T.O. and November 20, 2024 in Pasadena. Gladwell has spent his career searching for the counterintuitive in what we take to be the mundane. Thanks to his best-selling books, ordinary subjects help readers grasp complex ideas. Gladwell will take the stage to discuss his new book and his findings that topple popular understanding of bias, crime, food, marketing, race, consumers and intelligence.

Dr. Sanjay Gupta, the multi-Emmy Award-winning CNN Chief Medical Correspondent will join the Series on January 14, 2025 in T.O. and January 15, 2025 in Pasadena. Shaped by his experience as a practicing neurosurgeon and dedicated global journalist, Dr. Gupta will bring a unique perspective on the future of Global Health.

On February 11, 2025 in T.O. and February 12, 2025 in Pasadena, National Geographic's Adventurers of the Year, photographer and filmmaker Pete McBride and writer Kevin Fedarko, will take



audiences on an epic quest, on foot, through the entire length of the Grand Canyon—not "rim to rim" as has been tackled by many—but 750 miles "end to end."

Zanny Minton Beddoes, the first female Editor-in-Chief of The Economist, will offer unmatched insights and global perspective on the new developments that impact business and industry from emerging markets and a precarious European Union to corporate America and the latest twists in U.S. politics on April 21, 2025 in Pasadena and April 22, 2025 in T.O.

The Series will conclude with Emmy Award-winning journalist, Emily Chang, whose reporting on global technology and media companies, startups, and the future of business had Business Insider calling her "the star Bloomberg anchor that everyone in tech needs to know." When she joins the Series on May 6, 2025 in T.O. and May 7, 2025 in Pasadena, she will deliver an eye-opening talk.

Audience members have the opportunity to interact and exchange ideas with each speaker during a question and answer session.

The Distinguished Speaker Series of Thousand Oaks will be held at the Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd, Thousand Oaks and the Pasadena Series takes place at the Civic Auditorium, 300 E. Green St. Each program takes place at 7:30pm. The Series is open in subscription packages. Tickets range from \$210 to premier seating at \$600 for all six evenings. Single tickets are not available. www.speakersla.com.

The season runs October 2024 to May 2025. Subscriptions can be purchased by calling (310) 546-6222 or visiting www.speakersla.com

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Quick Trips & Staycations

Los Angeles, a city teeming with cultural landmarks, natural beauty, and vibrant neighborhoods, offers an abundance of opportunities for quick trips and staycations. Whether you're a local looking to escape the routine or a visitor seeking a brief yet immersive experience, LA and its surroundings cater to every taste and preference. This guide delves into some of the most elaborate quick trips and staycations, showcasing the best this dynamic region has to offer.

The Tranquil Charm of Santa Barbara

Just a two-hour drive from Los Angeles, Santa Barbara is an ideal destination for those seeking a blend of relaxation and sophistication. Known as the "American Riviera," Santa Barbara offers pristine beaches, world-class wineries, and a charming downtown area.

Where to Stay: The Ritz-Carlton Bacara: This luxurious resort offers breathtaking views of the Pacific Ocean, a world-class spa, and exquisite dining options. The Spanish colonial architecture and lush gardens create a serene atmosphere perfect for a rejuvenating staycation.

What to Do: Wine Tasting in the Santa Ynez Valley: Santa Barbara is surrounded by some of California's finest vineyards. Spend a day exploring the picturesque Santa Ynez Valley, sampling wines from renowned wineries like Sunstone, Bridlewood, and Firestone.

Explore Downtown Santa Barbara: Stroll down State Street, where you'll find a mix of high-end boutiques, art galleries, and local eateries. Don't miss the historic Santa Barbara County Courthouse, known for its stunning architecture and panoramic views from the clock tower.

The Allure of Catalina Island

Located just 22 miles off the coast of Southern California, Catalina Island offers a unique and adventurous escape from the mainland. Accessible by a one-hour ferry ride from Long Beach, Catalina is perfect for those who crave outdoor

activities and breathtaking scenery.

Where to Stay: Pavilion Hotel: Situated just steps from the beach in Avalon, the Pavilion Hotel provides a cozy yet upscale lodging experience. Guests can enjoy complimentary wine and cheese receptions each evening, adding a touch of elegance to their stay.

What to Do: Zip Line Eco Tour: Experience the thrill of



soaring over Descanso Canyon on Catalina's zip line. This eco-friendly tour not only offers adrenaline-pumping excitement but also educates visitors about the island's unique ecosystem.

Catalina Casino: Despite its name, the Catalina Casino is not a gambling establishment. Instead, it's a historic cultural landmark housing a movie theater, ballroom, and museum. Take a guided tour to learn about the building's rich history and architectural marvels.

The Vibrancy of Downtown Los Angeles

For those who prefer to stay within the city limits, Downtown Los Angeles (DTLA) offers a dynamic and enriching staycation experience. With its eclectic mix of cultural attractions, dining options, and entertainment venues, DTLA caters to a wide range of interests.

Where to Stay: The NoMad Hotel: Housed in a historic building, The NoMad Hotel blends classic elegance with modern luxury. The rooftop pool and bar offer stunning views of the city skyline, making it a perfect spot to unwind after a day of exploration.

What to Do: The Broad Museum: Art enthusiasts will appreciate The Broad's extensive collection of contemporary art, featuring works by artists like Jeff Koons, Yayoi Kusama, and Jean-Michel Basquiat. Admission is free, though reservations are recommended.

Grand Central Market: This bustling food hall has been a DTLA staple since 1917. With a diverse array of vendors offering everything from gourmet burgers to authentic tacos, it's a culinary paradise for food lovers.

Walt Disney Concert Hall: Designed by the legendary architect Frank Gehry, this iconic concert hall is home to the Los Angeles Philharmonic. Attend a performance or take a guided tour to admire the building's striking design and acoustics.

The Natural Beauty of Malibu

Malibu, known for its stunning beaches and celebrity homes, is an ideal quick getaway for those seeking a coastal retreat. Just a short drive from Los Angeles, Malibu offers a serene escape with plenty of opportunities for outdoor recreation and relaxation.

Where to Stay: Malibu Beach Inn: Located on the sands of Carbon Beach, this boutique hotel offers luxurious accommodations with private balconies overlooking the ocean. The on-site Carbon Beach Club Restaurant serves delicious, locally-sourced cuisine.

What to Do: El Matador State Beach: This picturesque beach is famous for its dramatic rock formations and tide pools. It's a great spot for photography, picnicking, or simply soaking up the sun.

Malibu Wine Safaris: Explore the scenic Saddle Rock Ranch on a guided safari tour. You'll get to taste local wines and meet exotic animals, including zebras and giraffes, making for a unique and memorable experience.

Hiking in the Santa Monica Mountains: Malibu is home to numerous hiking trails that offer stunning views of the Pacific Ocean and the surrounding landscape. Popular trails include the Escondido Falls Trail and the Solstice Canyon Trail.



The Historic Charm of Pasadena

Pasadena, located just northeast of Downtown Los Angeles, is known for its historic architecture, cultural institutions, and beautiful gardens. It's a perfect destination for a quick trip that combines history, culture, and relaxation.

Where to Stay: The Langham Huntington: This iconic hotel has been a Pasadena landmark since 1914. Set on 23 acres of lush gardens, The Langham offers luxurious accommodations, a world-class spa, and several dining options, including the elegant Royce Wood-Fired Steakhouse.

What to Do: The Huntington Library, Art Museum, and Botanical Gardens: This sprawling estate features an extensive library, impressive art collections, and 120 acres of stunning gardens. Highlights include the Japanese Garden, the Desert Garden, and the Chinese Garden.

Old Pasadena: Explore the charming streets of Old Pasadena, where you'll find a mix of upscale shops, trendy restaurants, and historic buildings. Don't miss the Pasadena Antique Mall, a treasure trove of unique finds.

Norton Simon Museum: Art lovers will appreciate the Norton Simon Museum's diverse collection, which includes European master-

pieces, Asian art, and modern sculptures. The museum's beautiful garden, featuring works by Rodin, is a perfect spot for a leisurely stroll.

The Cultural Riches of San Gabriel Valley

The San Gabriel Valley, located to the east of Los Angeles, is a region rich in cultural diversity and culinary delights. It's an ideal destination for a quick trip that offers a mix of history, culture, and gastronomy.

Where to Stay: Hilton Los Angeles/San Gabriel: This modern hotel offers comfortable accommodations and convenient access to the many attractions of the San Gabriel Valley. The rooftop pool and bar provide a relaxing spot to unwind after a day of exploration.

What to Do: Mission San Gabriel Arcángel: Founded in 1771, this historic mission offers a glimpse into California's early history. Explore the beautiful church, museum, and gardens, and learn about the mission's role in the region's development.

The Huntington Library, Art Museum, and Botanical Gardens: Although technically located in Pasadena, The Huntington is a must-visit when exploring the San Gabriel Valley. Its extensive collections and beautiful gardens provide a full day of cultural enrichment.

Dim Sum in Monterey Park: Known as the "Dim Sum Capital of the United States," Monterey Park offers some of the best dim sum in Southern California. Popular spots include Elite Restaurant, Sea Harbour, and Lunasia Dim Sum House.

The Desert Oasis of Palm Springs

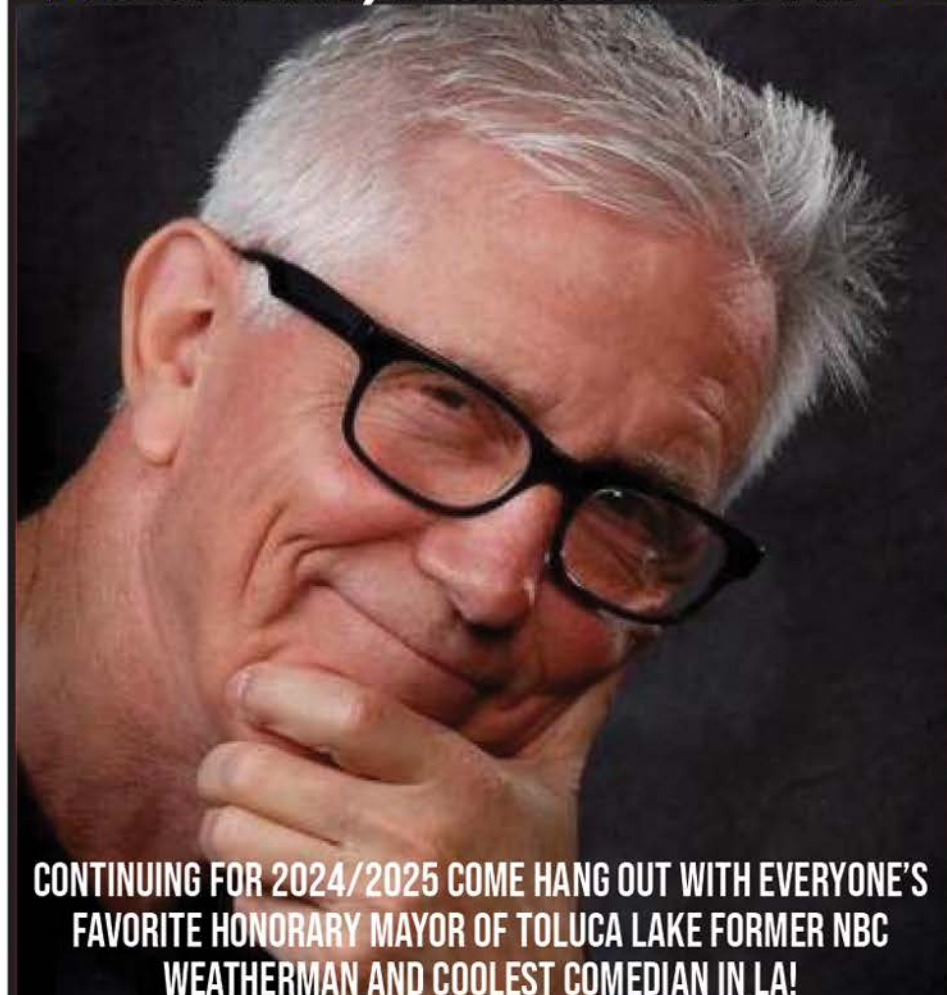
For those willing to venture a bit further, Palm Springs offers a unique desert escape just a two-hour drive from Los Angeles. Known for its mid-century modern architecture, hot springs, and vibrant arts scene, Palm Springs is a perfect destination for a luxurious staycation.

Where to Stay: Parker Palm Springs: This chic resort offers a blend of retro style and modern amenities. The beautifully landscaped grounds, multiple pools, and luxurious spa make it an ideal spot for relaxation and indulgence.

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What to Do: Palm Springs Aerial Tramway: Take a ride on the world's largest rotating tramcar to the top of Mount San Jacinto. At the summit, you'll enjoy breathtaking views of the desert below and have access to numerous hiking trails.

Joshua Tree National Park: Just a short drive from Palm Springs, Joshua Tree National Park is a haven for nature lovers. Explore the park's unique rock formations, diverse flora, and iconic Joshua trees.



Modernism Tour: Palm Springs is famous for its mid-century modern architecture. Take a guided tour to learn about the city's architectural heritage and see iconic homes and buildings designed by renowned architects.

The Coastal Elegance of Newport Beach

Newport Beach, located just an hour's drive south of Los Angeles, offers a sophisticated coastal retreat with pristine beaches, upscale shopping, and a bustling harbor. It's an ideal destination for those seeking a blend of relaxation and luxury.

Where to Stay: The Resort at Pelican Hill: This luxurious resort offers elegant bungalows and villas with stunning ocean views. The resort's world-class amenities include a 36-hole golf course, a spa, and several dining options.

What to Do: Balboa Island: Take a ferry to Balboa Island, a charming enclave known for its quaint shops, waterfront dining, and beautiful homes. Stroll along Marine Avenue, where you'll find unique boutiques and the famous Balboa Bar, a chocolate-dipped ice cream treat.

The Mountain Retreat of Big Bear Lake

For a quick escape to the mountains, Big Bear Lake offers a refreshing change of scenery just a two-hour drive from Los Angeles. Whether you're visiting in the winter for skiing or in the summer for hiking and boating, Big Bear Lake provides a picturesque retreat.

Where to Stay: Big Bear Lakefront Lodge: This cozy lodge offers rustic accommodations with stunning lake views. The lodge's central location makes it easy to

access Big Bear Village and the surrounding outdoor activities.

What to Do: Snow Summit Ski Resort: In the winter, Snow Summit offers some of the best skiing and snowboarding in Southern California. The resort also features a scenic chairlift that operates year-round, providing stunning views of the lake and mountains.

Big Bear Alpine Zoo: This unique zoo focuses on the rehabilitation and release of injured and orphaned animals. It's home to a variety of native species, including black bears, mountain lions, and bald eagles.

Boating on Big Bear Lake: In the warmer months, Big Bear Lake is a paradise for water enthusiasts. Rent a boat, kayak, or paddleboard to explore the lake's crystal-clear waters and enjoy the beautiful mountain scenery.

The Historic Enchantment of Ojai

Nestled in a scenic valley, Ojai offers a tranquil and charming escape just a 90-minute drive from Los Angeles. Known for its artsy vibe, boutique shops, and natural beauty, Ojai is perfect for those seeking a peaceful and rejuvenating staycation.

Where to Stay: Ojai Valley Inn: This luxurious resort is set on 220 acres of lush grounds and offers a range of amenities, including a championship golf course, a world-class spa, and several dining options. The inn's elegant rooms and suites provide a serene and comfortable retreat.

What to Do: Meditation Mount: This peaceful retreat center offers stunning views of the Ojai Valley and is an ideal spot for meditation and reflection. The beautifully landscaped gardens and serene atmosphere make it a perfect place to unwind.

Ojai Farmers' Market: Held every Sunday, the Ojai Farmers' Market features a variety of local produce, artisanal goods, and handmade crafts. It's a great place to sample fresh, organic foods and support local vendors.

Bart's Books: This charming outdoor bookstore is a must-visit for book lovers. Browse through the extensive collection of new and used books while enjoying the relaxed and inviting atmosphere.

Los Angeles and its surrounding areas offer a wealth of opportunities for elaborate quick trips and staycations. Each destination provides a unique blend of relaxation, adventure, and luxury, making it easy to find the perfect escape without venturing too far from home. So pack your bags, hit the road, and discover the many wonders that await you in and around Los Angeles.



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How Do You Know Someone Is Very Smart?

'Subtle Signs' People Notice

By Contributing Writer

Intelligence is a multifaceted trait that goes beyond IQ scores and academic achievements. Often, it's the subtle signs and behaviors that reveal a person's true intellect. Here are 15 indicators that someone is very smart, which might surprise you.

Curiosity

Intelligent people exhibit an insatiable curiosity. They ask thoughtful questions and seek to understand the world around them. Their desire to learn and explore new ideas often sets them apart.

Open-Mindedness

Being open to new ideas and willing to consider different perspectives is a

hallmark of intelligence. Smart individuals are not afraid to change their opinions when presented with compelling evidence.



Adaptability

Highly intelligent people are adaptable. They can adjust their thinking and behavior to suit new situations, which

allows them to thrive in dynamic environments.

Humor

A good sense of humor is often linked to high intelligence. It requires quick thinking and a deep understanding of



endless opportunities for learning and expanding one's horizons, which smart people eagerly embrace.

Self-Discipline

Smart people often demonstrate strong self-discipline. They can focus on their goals, resist distractions, and maintain motivation over long periods.

Attention to Detail

An eye for detail can indicate high intelligence. Smart individuals notice nuances and subtleties that others might overlook, allowing them to understand complex situations more thoroughly.

Critical Thinking

The ability to analyze information critically is a key indicator of intelligence. Smart people question assumptions, evaluate evidence, and draw reasoned conclusions.

Creativity

Creativity and intelligence often go hand in hand. The ability to generate original ideas and think outside the box is a sign of a highly active and versatile mind.

Persistence

Intelligent people tend to be persistent. They don't give up easily in the face of challenges and view setbacks as opportunities to learn and improve.

Intelligence manifests in many ways, often through subtle signs that reflect a person's curiosity, open-mindedness, problem-solving skills, and emotional insight. Recognizing these traits can help you identify truly smart individuals who might not always fit the stereotypical image of intelligence. Whether it's their passion for reading, their ability to think independently, or their empathetic nature, these behaviors are key indicators of a sharp and capable mind.

language and context. Smart individuals can make others laugh and appreciate subtle, witty humor.

Self-Awareness

Knowing one's strengths and weaknesses is a sign of intelligence. Self-aware individuals can assess their abilities realistically and strive for personal growth.

Problem-Solving Skills

Intelligent people are effective problem solvers. They approach challenges logically and creatively, often finding innovative solutions where others might see obstacles.

Empathy

Being able to understand and share the feelings of others is a subtle sign of intelligence. Empathy requires both emotional insight and the ability to think from another person's perspective.

Inquisitive Conversations

Smart individuals engage in deep, meaningful conversations. They listen actively and contribute thoughtfully, making discussions enriching and enlightening.

Independent Thinking

Rather than following the crowd, intelligent people think for themselves. They form opinions based on careful consideration and are not easily swayed by popular sentiment.

Passion for Reading

A love for reading is a common trait among intelligent individuals. Books offer



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THE FABULOUS FOUR

By Contributing Writer

Scheduling a movie's release date is an imperfect science. While most are open to experimentation in what audiences want and when, there's also an unwritten rule that it's best to leave big superhero movie weekends clear of competition. But whoever thought to open "The Fabulous Four" alongside "Deadpool & Wolverine" deserves a raise. Because if any audience is being underserved on the opening weekend of an oxygen-sucking, violent and self-referential superhero mashup, it's women over 60.

So, what better way to escape with a mouth than a trip to Key West with Bette

Alice (a rock star, seriously) and Kitty (a cannabis entrepreneur grandma) are still entangled in.

Marilyn, recently widowed, is newly engaged and desperately wants Lou to be at her wedding. Alice and Kitty lure Lou to Key West under false pretenses, telling her that she's won a polydactyl (six-toed) cat and can visit the Hemingway House. They don't have anything more elaborate in store in this lie. Their plan, it seems, is just to roll up to Marilyn's house and surprise their unwitting hostage. This seems misguided at best but becomes retroactively cruel when the cause of the fallout is finally revealed. Why meddle now?

The movie was directed by Jocelyn Moorhouse, the Australian filmmaker behind great and varied female-focused films like "How to Make an American Quilt," "The Dressmaker" and "Muriel's Wedding," and written by Jenna Milly and Ann Marie Allison. And it never quite harmonizes. These characters, fabulous as they may be individually or on paper, aren't greater together somehow.

As Marilyn and Lou dance around this ancient feud, you start to feel bad for Alice (mostly there to be a quip machine) and Kitty, who would have much more fun ditching them and going off on their own adventure. Midler plays Marilyn so big and broad that she's more parody than person, although there is a grain of intrigue in the 70-something who gets engaged two months after her beloved husband dies and becomes obsessed with creating TikToks. Sarandon's Lou is the most thoughtfully developed character, as a rule-abiding woman whose life is in desperate need of a shakeup. She has some cringey moments too (the aforementioned edibles), but also several charming flirtations with the bachelors of Key West (Bruce Greenwood and Timothy V. Murphy).

This is a movie that should have probably leaned far less on wild hijinks with diminishing returns and more into the smaller moments of what it means to be friends for 40 years. But it's not without its charms, either. I'm not going to argue with them breaking into song out of nowhere. That kind of break from reality, especially with this cast, is always welcome.



Midler, Susan Sarandon, Sheryl Lee Ralph and Megan Mullally?

"The Fabulous Four" may not be a great movie, but it's better than it looks. Although it strains for raucousness with edibles and a parasailing expedition gone wrong, there is something admirably sane about it even if you don't believe a single moment. It begins with a somewhat tortured explanation of why these women became friends. Though it nods at a slight age difference between college peers Lou (Sarandon) and Marilyn (Midler) and the two gals they met in New York, Alice (Mullally) and Kitty (Ralph), it's better to not do the math.

The interesting question is not why four single girls in the same building became friends, but rather how they maintained that closeness. This big life mystery goes largely unexplored, instead focusing on the 40-year estrangement between Lou (now a heart surgeon) and Marilyn. It's a drama that for utterly incomprehensible reasons

DEADPOOL & WOLVERINE

By Contributing Writer

If one thing is certain about "Deadpool," it's that its titular hero understands his place in the world — well, in our world.

The irreverent and raunchy mutant is sure to belabor his awareness of the context in which he lives — namely an over-saturated, increasingly labyrinthine multibillion-dollar Marvel multiverse.



The "Deadpool" franchise has prided itself a subversive, self-aware anti-superhero superhero movie, making fun of everything from comic books to Hollywood.

It's no surprise then that the long-anticipated "Deadpool & Wolverine" further embraces its self-awareness — even as it looks increasingly and more earnestly like the superhero movie it loves to exploit. That tension — the fact that "Deadpool" has called out comic book movie tropes despite being, in fact, a comic book movie — is somehow remedied in "Deadpool & Wolverine," which leans into its genre more than the franchise's first two movies.

Perhaps this gives viewers more clarity. After all, someone who hates superhero films isn't going to be won over because of self-deprecating jokes about lazy writing, budgets for A-list cameos and the overused "superhero landing".

But this time around, director Shawn Levy seems to have found a sweet spot. Levy is helped by the fact that the film has a bigger budget, more hype and, of course, a brooding, eventually shirtless, Hugh Jackman as Wolverine — who has been teased as someone Deadpool has, er, complicated feelings toward.

That anticipation makes their relationship, packed with hatred, fandom and homoeroticism, all the more enticing. Their fight scenes are just as compelling as their moments of self-sacrificial partnership.

Speaking of worlds, there is one important development in our own to be aware of ahead of time. The first two "Deadpool" films were

distributed by 20th Century Fox, whose \$71.3 billion acquisition by the Walt Disney Co. in 2019 opened the door for the franchise to join the Marvel Cinematic Universe.

Perhaps unsurprisingly, "Deadpool & Wolverine" takes full advantage of that vast playground, which now includes more than 30 films and a host of television shows. The acquisition is also a recurring target of Deadpool's sarcasm.

Although steeped in references and cameos, "Deadpool & Wolverine" is easy to follow for



the casual Marvel viewer, though it wouldn't hurt to have seen the first "Deadpool" and Jackman's 2017 "Logan," a harbinger of the increasing appetite for R-rated superhero violence. The Disney+ series "Loki" also gives helpful context.

A defining feature has been its R rating and violent action scenes. These scenes are much more visually appealing.

But "Deadpool & Wolverine" does succumb to some of the deus ex machina writing that often plagues superhero movies. Wade Wilson's relationship with his ex (?) Vanessa is particularly underdeveloped.

The plot feels aimless at points. One cameo-saturated battle scene in particular is resolved in a way that leaves its audience wanting. While there are a few impressive stars who make an appearance, audiences may be disappointed by the amount of MCU characters referenced who don't make it in.

The bloody but comedic final fight scene, however, is enough to perk viewers back up, solidifying the film's identity as a fun, generally well-made summer movie.

The sole MCU release of 2024, "Deadpool & Wolverine" proves it's not the source material that's causing so-called superhero fatigue. It also suggests, that increased attention given to making a movie will ultimately help the final product.

The Blues Remind Me

By Contributing Writer

Kelly's Lot celebrates thirty years with a new album, *The Blues Remind Me*.

While this is only the band's third Blues collection, they have included Blues tracks on all previous sixteen albums and have played that genre since the first night they hit the stage at The Roxy in Hollywood.

Paced by the strong rhythm section of Mike Sauer on drums and Matt McFadden on bass, *The Blues Remind Me* has a solid foundation to present this all-original selection of songs. Past Grammy nominee, keyboard player



Mo Beeks adds his magical touch, playing on the majority of the tracks and singing a duet with Kelly's Lot front-person, vocalist Kelly Z. Longtime band member and sax player Bill Johnston arranged the horns, as he did for 2014's *Don't Give My Blues Away*.

Paulie Cerra on saxophone and Tomislav Goluban on harp, bring their "Special Guest" best while Didier Reyes, Chip Tingle and Aviva Maloney, who also plays flute, round out the recording's horn section with Bill and Paulie. Band-mates Rob Zucca, Gary Bivona, and Frank Hinojosa added guitar, flugel horn and harp to complete the recording of songs written by both Zirbes and Perry Robertson, the latter who joined Kelly's Lot in 1996 as guitarist and soundman, started writing songs with Kelly, and has recorded and produced all the band's music since. Adding mixer to his credits for the first time with their 2021 live album *Where And When*, Robertson stayed at the mixing board for *The Blues Remind Me*.

Kelly's Lot was formed in 1994 by Kelly Zirbes, a folk singer/songwriter with a heart for the blues. With sixteen CDs and lots of touring in the USA and Europe, the band celebrates thirty years since the first night the band hit the stage at the Roxy in Hollywood. Kelly Z met Texas guitar player and sound-man, Perry Robertson in 1996, who

soon after produced Kelly's Lot - Live at the Troubadour. Within a year he joined the band, started writing songs with Kelly Z and added the Southern rock and Texas Blues influences that have helped shape the Kelly's Lot sound.

In the last ten years Kelly's Lot have played festivals like BeachLife Ranch, Waterfront Blues Festival, Happy Face Music Festival, Simi Valley Cajun and Blues Festival, Nuits de Sologne and Lavaudieu Music Festival. Their songs have been heard in both movies and television and covered by other artists. Perry has recorded and produced most of the band's music including 2019 release *Can't Take My Soul* which brought the duo back to it's Americana roots. They recorded two more albums during the Covid pandemic: *Another Sky*, which features a variety of genres including the folk song 'Foolish Try,' which was placed in the new *Ghostbusters* movie *Afterlife*; plus *Where And When*, which took the duo back to the blues in a live and acoustic fashion. They'll return to Europe in July and August this Summer.

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Highways That Charge EVs While You Drive

The Future of Sustainable Transportation

By Contributing Writer

The electric vehicle (EV) revolution is underway. However, a significant challenge remains: creating a convenient and efficient charging infrastructure that supports long-distance travel. **The Concept of Dynamic Wireless Charging**

Dynamic wireless charging involves integrating wireless charging infrastructure directly into the roadways. This technology uses electromagnetic fields to transfer energy from the road to an

EV's battery. The system relies on coils embedded in the road surface that create a magnetic field, which is picked up by a receiver coil in the EV.

How It Works

Inductive Charging Coils: The technology is based on electromagnetic induction. Coils embedded in the road generate an electromagnetic field as the vehicle passes over them.

Receiver in the Vehicle: EVs equipped with a receiver coil can capture the electromagnetic energy.

Power Transfer: As the vehicle drives over the coils, energy is transferred wirelessly to the vehicle's battery. This process is continuous, allowing the EV to charge while in motion.

Energy Management:

Software systems manage the energy transfer, ensuring efficient charging while monitoring the battery's state of charge, vehicle speed, and energy demand.

Benefits of In-Road Charging

Extended Driving Range: One of the advantages of in-road charging is the potential to extend the driving range of EVs.



Reduced Battery Size: Since EVs can charge while driving, there is less need for large batteries.

Convenience and Efficiency: In-road charging eliminates the need for drivers to plan charging stops, making long-distance travel more efficient.

Environmental Impact: By promoting the use of EVs, in-road charging can help reduce greenhouse gas emissions and reliance on fossil fuels.

Current Developments and Pilot Projects

Several countries and companies are investing in the development and testing of in-road charging.

Sweden's Electrified Roads: Sweden has been a pioneer in testing dynamic wireless charging.

The eRoadArlanda project involves a 2-kilometer stretch of road near Stockholm that charges electric

trucks via a conductive rail

embedded in the road.

Israel's ElectReon Project: In Tel Aviv, the ElectReon company has developed a wireless charging system for buses. This project involves embedding coils in the road surface and equipping buses with compatible receivers. The system is designed to reduce the need for large batteries.

Italy's Arena del Futuro: Italy is testing dynamic wireless charging on a test track called the Arena del Futuro. This project involves integrating wireless charging technology into a loop, enabling continuous charging for EVs as they drive around the track.

United States' Collaborative Efforts: In the U.S., universities, government agencies, and companies are collaborating on research and pilot projects.

Challenges and Future Prospects

While the concept of highways that charge EVs while you drive is promising, challenges must be addressed:

Infrastructure Costs: Initial cost is significant. Governments and private investors must collaborate.

Technical Challenges: Ensuring efficient energy transfer, durability of the embedded coils, and safety are technical challenges.

Standardization: Developing standardized technology that is compatible with various EV models is essential for widespread adoption.

Despite these challenges, the potential benefits of dynamic wireless charging are immense. This technology could make EVs more practical for long-distance travel, reduce the need for large batteries, and accelerate sustainable transportation.

Highways that charge EVs represent an advancement. By continuing to develop this approach, we can pave the way for a future where EVs are more accessible, efficient, and environmentally friendly.

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THE BEST HOTEL BARS IN LOS ANGELES

By Contributing Writer

Los Angeles, the city of stars, is known for its vibrant nightlife, luxury accommodations, and an ever-evolving cocktail scene.

Among the many places to enjoy a drink in LA, hotel bars stand out as prime locations where guests and locals alike can unwind in style. These bars offer a unique blend of sophisticated ambiance, innovative drinks, and exceptional service. Here's a guide to some of the best hotel bars in Los Angeles that are worth visiting.

The Rooftop at The Standard, Downtown LA

Perched high above the bustling streets of downtown, The Rooftop at The Standard offers stunning panoramic views of the city skyline. This chic and trendy bar is renowned for its vibrant atmosphere, complete with a rooftop pool, DJ sets, and a relaxed yet stylish vibe.

Guests can sip on expertly crafted cocktails while enjoying the breathtaking sunset or lounging on the cozy seating areas. Signature drinks



like the "Sunset Smash" and the "City Lights" perfectly complement the urban landscape.

The Spare Room at The Hollywood Roosevelt

Located within the historic Hollywood Roosevelt Hotel, The Spare Room is a throwback to the golden age of Hollywood. This bar combines classic elegance with a

playful twist, featuring vintage bowling lanes and an assortment of board games. The intimate setting, coupled with expertly crafted cocktails, makes it a favorite among both locals and visitors. The menu offers a variety of inventive drinks, with the "Dealer's Choice" being a standout option where the bartender creates a custom cocktail based on your preferences.

The Bazaar by José Andrés at SLS Hotel Beverly Hills

The Bazaar by José Andrés is not just a bar but a culinary experience. Located in the SLS Hotel Beverly Hills, this avant-garde bar and



restaurant offer a whimsical atmosphere where traditional Spanish tapas meet modern molecular gastronomy. The cocktail menu is equally innovative, featuring unique concoctions such as the "Smoke on the Water" and the "Magic Mojito." The Bazaar's stylish and eclectic decor, combined with its creative cocktails, make it a must-visit destination for anyone looking to experience something truly extraordinary.

Tower Bar at Sunset Tower Hotel

A quintessential LA hotspot, Tower Bar at Sunset Tower Hotel exudes old Hollywood glamour. The bar is housed in a 1929 art deco building, offering a refined and intimate setting perfect for a sophisticated night out. Known for its impeccable service and elegant atmosphere, Tower Bar is a favorite among celebrities and industry insiders. Guests can enjoy classic cocktails like the "Old Fashioned" or the "Manhattan" while soaking in the luxurious ambiance and breathtaking views of the Sunset Strip.

Bar Nineteen12 at The Beverly Hills Hotel

Bar Nineteen12, named after the year The Beverly Hills Hotel opened, offers a timeless and chic experience. Located in one of the most iconic hotels in LA, this bar boasts an outdoor terrace with stunning views of the hotel's lush gardens. The sophisticated yet relaxed atmosphere makes it an ideal spot for both casual drinks and special occasions. The cocktail menu features classic favorites with a modern twist, such as the "Pink Palace Martini" and the "Beverly Hills Breeze."

The Lobby Lounge at The Peninsula Beverly Hills

For those seeking an upscale and elegant setting, The Lobby Lounge at The Peninsula Beverly Hills is the perfect choice. This bar exudes sophistication with its plush seating, live piano music, and refined decor. The Lobby Lounge offers a selection of high-end cocktails including the signature "Peninsula Martini" and the "French 75." Afternoon tea is also a popular offering, providing a delightful experience with an array of teas, finger sandwiches, and pastries.

Broken Shaker at Freehand Los Angeles

Situated on the rooftop of the Freehand Los Angeles, Broken Shaker is a vibrant and eclectic bar known for its creative cocktails and bohemian ambiance. The rooftop setting



offers stunning views of downtown LA, making it a popular spot for both day and night gatherings. The cocktail menu features a mix of tropical and innovative drinks, with options like the "Caribbean Old Fashioned" and the "Aloe-Groni." The laid-back atmosphere, coupled with the unique and flavorful drinks, make Broken Shaker a standout destination.

The Varnish at The Hotel Figueroa

Tucked away in a hidden speakeasy-style setting, The Varnish at The Hotel Figueroa offers a nostalgic and intimate experience. This bar pays homage to the Prohibition era with its classic cocktails and dimly lit, cozy atmosphere. The bartenders are known for their craftsmanship, creating timeless drinks like the "Sazerac" and the "Whiskey Sour." The Varnish's dedication to quality and authenticity makes it a favorite among cocktail enthusiasts.

Los Angeles' hotel bars offer a diverse array of experiences, from glamorous Hollywood settings to innovative culinary adventures. Whether you're looking for a chic rooftop bar with stunning views or an intimate lounge with classic cocktails, the hotel bars in LA have something for everyone. These venues not only provide excellent drinks and ambiance but also capture the unique spirit and style of the City of Angels.

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THE BEST ITALIAN RESTAURANTS IN LOS ANGELES

By Contributing Writer

Los Angeles, a city renowned for its culinary scene, offers a plethora of dining experiences. Among the most beloved is Italian, celebrated for its rich flavors, fresh ingredients, and comforting dishes. Whether you're in the mood for pasta, wood-fired pizza, or contemporary Italian fare, LA has an array of outstanding Italian restaurants.



Bestia

Bestia is a trendy hotspot that has garnered acclaim. Helmed by husband-and-wife team Ori Menashe and Genevieve Gergis, Bestia offers a menu that blends traditional Italian with modern culinary techniques. Signature dishes include house-made charcuterie, ricotta cavatelli with lamb ragu, and a delectable bone marrow pie.

Osteria Mozza

Osteria Mozza is the brainchild of celebrity chefs Nancy Silverton, Mario Batali, and Joe Bastianich. Situated on Melrose, this eatery is renowned for its mozzarella bar, where guests can indulge in an array of fresh

cheeses paired with seasonal ingredients. The menu features orecchiette with sausage and Swiss chard, and the ricotta and egg raviolo. The extensive wine list complements the dishes.

Pizzana
Pizzana, co-owned by actor Chris O'Donnell and pizza maestro Daniele Uditi, brings a slice of Naples. Known for its Neapolitan-style pizzas, Pizzana combines traditional techniques with California's fresh produce. The dough is fermented for 48 hours, resulting in a perfectly chewy and flavorful crust. Standout pizzas include the Margherita, the cacio e pepe, and the Amatriciana.

Angelini Osteria

Angelini Osteria offers authentic Italian dishes in a warm atmosphere. Chef Gino Angelini's menu is a tribute to his heritage, featuring

classic recipes passed down through generations. Highlights include the lasagna verde, veal ossobuco, and spaghetti alla bottarga.

Rossoblu

Rossoblu is inspired by the flavors and traditions of Bologna. Chef Steve Samson, drawing from Italian roots, presents a menu that celebrates the culinary heritage of Emilia-Romagna. Guests can enjoy handmade pasta, such as tortellini in brodo and tagliatelle al ragu, as well as wood-grilled meats and seafood.

Maccheroni Republic

For more casual yet equally delightful Italian dining, Maccheroni

Republic is a top choice. This cozy trattoria specializes in organic, handmade pasta dishes that are both delicious and affordable. Popular options include the truffle-infused burrata ravioli, the spicy arrabbiata, and the comforting lasagna.

Scopa Italian Roots

Scopa Italian Roots offers a modern take on Italian-American cuisine. Chef Antonia Lofaso's menu features flavorful dishes. Highlights include the spaghetti carbonara, the eggplant parmesan, and the wood-fired pizzas.

Il Pastaio

Il Pastaio is a culinary gem that has been serving Italian fare for over two

decades. Chef Giacomino Drago's menu showcases a wide variety of pasta dishes, all made in-house daily. Standouts include the black squid ink risotto, the pumpkin ravioli, and the pappardelle with wild boar ragu.

Los Angeles is home to a vibrant array of Italian restaurants, each offering its own unique take. Whether you're in the mood for a sophisticated dining experience, a casual meal, or a taste of Naples, LA's Italian dining scene has something for everyone.



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VITAMINS THAT PROMOTE BETTER SLEEP

By Contributing Writer

In today's world, a good night's sleep can feel like a luxury. While various factors influence sleep quality, including stress, sleep environment, and lifestyle, nutrition also plays a crucial role. Certain vitamins are known to promote better sleep by regulating sleep cycles, reducing stress, and improving relaxation.

Vitamin D

Vitamin D, often referred to as the "sunshine vitamin," plays a significant role in regulating sleep-wake cycles. It helps the production of serotonin, a neurotransmitter that regulates mood and sleep. Low levels of vitamin D have been linked to sleep disturbances and drowsiness.

Sunlight: The natural source of vitamin D. Spending 10-30 minutes in direct sunlight several times a week can maintain adequate levels.

Dietary Sources: Fatty fish, egg yolks, and fortified foods like milk and orange juice.

Supplements: Vitamin D supplements can be effective.

Vitamin B6

Vitamin B6 is essential for production of melatonin. It also helps in the synthesis of serotonin, which influences mood and sleep patterns.

Dietary Sources: Foods high in vitamin B6 include poultry, fish, potatoes, chickpeas, bananas, and fortified cereals.

Supplements: Vitamin B6 supplements are available and can be helpful.

Vitamin B12

Vitamin B12 is crucial for maintaining a healthy nervous system and producing red blood cells. It helps regulate sleep by influencing the production of melatonin. A deficiency can lead to sleep disturbances, fatigue, and mood changes.

Dietary Sources: Animal products are excellent sources of vitamin B12.

Supplements: Vitamin B12 supplements are available for those who follow a vegetarian or vegan diet.

Magnesium
Magnesium is essential for a good night's sleep. It activates the parasympathetic nervous system, which helps relax the body and mind.

Dietary Sources: Leafy green vegetables, nuts, seeds, whole grains, and legumes are rich in magnesium.

Supplements: Magnesium supplements are available in various forms.

Calcium

Calcium helps the brain use the amino acid tryptophan to produce melatonin, aiding in the regulation of the sleep-wake cycle.

Dietary Sources: Dairy products, leafy green vegetables, fortified plant milks, and tofu are good sources of calcium.

Supplements: Calcium supplements are available for those who have dietary restrictions or increased needs.



Vitamin E

Vitamin E is a powerful antioxidant that helps reduce oxidative stress and inflammation in the body, promoting better sleep. It also supports immune function, which can indirectly impact sleep quality.

Dietary Sources: Nuts, seeds, spinach, and broccoli are rich in vitamin E.

Supplements: Vitamin E supplements can be taken if dietary intake is insufficient.

Getting These Vitamins Through Diet and Lifestyle

Incorporating these sleep-promoting vitamins into your diet is essential for improving sleep quality. Here are some tips to help you get started:



Balanced Diet: Ensure your diet includes a variety of fruits, vegetables, lean proteins, and whole grains to naturally obtain essential vitamins.

Sun Exposure: Spend time outdoors to boost vitamin D levels. Even a short walk during lunchtime can make a difference.

Mindful Eating: Pay attention to nutrient intake. Consider consulting with a nutritionist.

Supplementation: When necessary, use supplements to fill nutritional gaps. Always consult with a healthcare professional before starting any new supplement regimen.

Stress Management: Incorporate stress-reducing activities such as yoga, meditation, or deep-breathing exercises to enhance the effects of sleep-promoting vitamins.

A combination of a balanced diet, adequate sunlight exposure, and possibly supplementation can ensure you receive the necessary vitamins to promote better sleep. By prioritizing these nutrients, you can improve your sleep quality, mood, and overall well-being.

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'WENDY'S PETER PAN' BRINGS NEVERLAND TO LIFE AT THEATRICUM BOTANICUM

By Contributing Writer

Calling all young-at-heart: Will Geer Theatricum Botanicum has transformed its uniquely beautiful outdoor amphitheater into the imaginary isle of Neverland for a magical production of Wendy's Peter Pan. Theatricum artistic director Ellen Geer directs her "retelling" of the 1904 play by J.M. Barrie, with performances running June 22 through October 4.

"This beloved, classic fairytale of a boy who refuses to grow up was written 120 years ago," notes Geer. "Like Shakespeare, the adventures in Neverland will remain in our vocabulary and hearts forever. May our next generation never lose the innocence of belief in other worlds and other ways."

All the familiar characters are present as now grown-up Wendy (Willow Geer) recounts her marvelous childhood adventure to her own children. The tale comes to life on Theatricum's wooded stage as Wendy recalls how she and her brothers (Quinnlyn Scheppler as young Wendy, Jaz Bennassar as John, Julius Geer-Polin as Michael) flew off to Neverland with Peter Pan (Gabbi Beauvais), cared for the Lost Boys (Cole Dechant, Emelie Dechant, Asher Edwards, Logan Filippi, Luther Geer-Polin, Schroeder Shelby-Szyszk, Aster Laine Smith, Georgiana Swanson, Aralyn Clare Wilson, Elliott Grey Wilson), and crossed paths with Tiger Lily (Ianthé Marini), a mermaid (Robyn Cohen), Captain Hook (Lynn Robert Berg), the pirates (Hunter James, Craig "Linc" Lincoln, John Ellsworth Phillips, Kevin Rauch, Adam Roberts, Sky Wahl) and, of course... Tinkerbell.

The creative team includes composer and musical arranger Marshall McDaniel, choreographer Lexi Pearl, and fight choreographer Cavin (CR) Mohrhardt. Costume design is by Tracy Wahl, lighting design is by Zach Moore, and sound design is by Grant Escandón. Ian Geatz is the prop

master and Beth Eslick is the wardrobe supervisor. The assistant director is Hannah Froman. The production stage manager is Kim Cameron, assisted by Alex Penner.

Wendy's Peter Pan will run in rotation every weekend with Shakespeare's The Winter's Tale and A Midsummer Night's Dream, each of which open earlier in the season. Upcoming, productions of Tartuffe: Born Again, translated and adapted from Molière by Freyda Thomas, and The Hispanic/Latino/Latina/Latinx-/Latiné Vote, a new play by Los Angeles Drama Critics Circle award-winning playwright Bernardo Cubría, will join the repertory season on July 13 and August 24 respectively. Unlike most theaters in the L.A. area that stage continuous runs of a single play, Theatricum will perform all five plays in repertory, making it possible them all in a single weekend once the, ... all up and running.

Other events taking place at Theatricum this season include comedy improv with Theatricum's resident troupe Off the Grid at the end of each month (June 28, July 25, Aug. 30, Sept. 26); the Under the Oaks salon series on Fridays in September, and Theatricum's fourth annual Holiday Family Faire on Saturday, Dec. 14.

Theatricum Botanicum has been named "One of the 50 Coolest Places in Los Angeles" by Buzz magazine, "One of Southern California's most beguiling theater experiences" by Sunset magazine, and "Best Theater in the Woods" by the LA Weekly. "The enchantment of a midsummer night at Theatricum Botanicum [makes it] crystal clear why audiences have been driving up into the hills since Theatricum's maiden season way back in 1973. Summer Shakespeare doesn't get any better than this," writes StageSceneLA. Says Los Angeles magazine, "The amphitheater feels like a Lilliputian Hollywood Bowl, with pre-show picnics and puffy seat cushions, yet we were close enough to see the stitching on the performers costumes. Grab a blanket and a bottle and head for the hills." In 2017, Theatricum was named "one of the best outdoor theaters around the world" by the Daily Beast.

Theatricum's beginnings can be traced to the early 1950s when Will Geer, a victim of



and enjoy the wilderness during an afternoon or evening's performance. Theatricum's main stage amphitheater sports a new and improved sun shade for increased audience comfort, installed with support from the Los Angeles County Board of Supervisors and the Ahmanson Foundation. Theatricum is the recipient of multiple awards, including the Margaret Harford Award for "sustained excellence," which is the Los Angeles Drama Critics Circle's highest honor.

the McCarthy era Hollywood blacklist (before he became known as the beloved Grandpa on The Waltons), opened a theater for blacklisted actors and folk singers on his property in Topanga. Friends such as Ford Rainey, Della Reese, Pete Seeger and Woody Guthrie joined him on the dirt stage for vigorous performances and inspired grassroots activism, while the audiences sat on railroad ties. Today, two outdoor amphitheaters are situated in the natural canyon ravine, where audiences are able to relax

Wendy's Peter Pan opens on Saturday, June 22 at 7:30 p.m. and continues to run in repertory through October 4. For a complete schedule of performances, scroll all the way down or visit the website. Tickets range from \$15 to \$48; premium seating is available for \$60. Pay What You Will ticket pricing is available for the performance on Friday, July 26, which will also feature a prologue (pre-show discussion) from 6:30 p.m. to 7 p.m.

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DISCOVERING HOTEL DENA

Pasadena's Hidden Gem

By Contributing Writer

pamper and rejuvenate. The rooftop pool and lounge area provide a serene oasis where guests can soak up the sun while enjoying views of Pasadena. The hotel's spa, a sanctuary of tranquility, offers a range of treatments that promise to relax the mind and invigorate the body. From massages to facials, each treatment is designed to provide a holistic experience.

Business travelers will find Hotel Dena to be the perfect blend of productivity and relaxation. The hotel features state-of-the-art meeting and conference facilities, equipped with the latest technology. The dedicated events team works tirelessly to cater to every need, whether you're hosting a small business meeting or a large corporate event. The elegant ballroom, with its sophisticated decor and modern amenities, provides the perfect backdrop.

One of the unique aspects of Hotel Dena is its commitment to sustainability. The hotel has implemented a range of green initiatives,



from energy-efficient lighting to water conservation programs, ensuring that guests can enjoy a luxurious stay while minimizing their environmental footprint.

Location is another key feature that sets Hotel Dena apart. Situated in the heart of Pasadena, the hotel offers easy access to some of the city's most iconic attractions. Guests can explore the nearby Huntington Library, Art Museum, and Botanical Gardens, or take a stroll through Old Pasadena, known for its charming boutiques, cafes, and historic architecture. The hotel is also conveniently located near the Rose Bowl Stadium, making it an ideal choice for sports enthusiasts and concert-goers.

In summary, Hotel Dena in Pasadena, California, is more than just a place to stay; it's an experience that captures the essence of luxury, comfort, and exceptional service. Whether you're visiting for business or leisure, Hotel Dena promises a stay that is as memorable as it is enjoyable. With its exquisite accommodations, outstanding culinary offerings, and commitment to sustainability, Hotel Dena is truly a hidden gem in the heart of Pasadena. So, the next time you find yourself in Southern California, treat yourself to the unparalleled hospitality and elegance of Hotel Dena – where every stay is a masterpiece waiting to be discovered.

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TAYLOR SWIFT'S FAVORITE RED LIPSTICK AND OTHER CELEBRITY MAKEUP FAVORITES

By Contributing Writer

Taylor Swift's red lip is one of the most iconic beauty looks. Known for her glamorous, classic style, Swift has turned the red lip into her personal trademark. But what is her favorite red lipstick, and what other makeup products do celebrities swear by? **Taylor Swift's Signature Red Lip**

Taylor Swift has made the bold red lip her beauty signature, often pairing it with winged



eyeliner. Her go-to red lipstick is MAC's Ruby Woo. This particular shade is a vivid, blue-toned red that flatters a wide range of skin tones.

Rihanna's Radiant Glow

Rihanna, known for her flawless complexion, often turns to her own beauty line, Fenty Beauty. One of her favorite products is the Fenty Beauty Pro Filt'r Soft Matte Longwear Foundation. This foundation is praised for its extensive shade range and ability to provide a smooth, matte finish. Rihanna has also popularized the Fenty Beauty Killawatt Freestyle Highlighter in Trophy Wife.

Kim Kardashian's Contour

Kim Kardashian has revolutionized the beauty industry with her contouring. To achieve her look, she uses products from her KKW Beauty line. Her go-to contour product is the KKW Beauty Crème Contour and Highlight Kit. This kit includes creamy, blendable sticks that help define her cheekbones, jawline, and nose.

Meghan Markle's Natural Look

Meghan Markle is known for her natural beauty. One of her favorite products is the Yves Saint Laurent Touche Éclat Radiant Touch. This highlighter pen is perfect for a subtle glow to the skin and brightening the under-eye area. Markle has also been known to use the Dior Backstage Face & Body Foundation, which provides a natural, luminous finish.

Beyoncé's Bold Eyes

Beyoncé is renowned for her bold eye makeup. One of her favorites is the L'Oréal Paris Voluminous Original Mascara. This mascara is known for its ability to add volume and length to lashes without clumping. Beyoncé often pairs her dramatic lashes with bold eyeshadow looks.

Jennifer Aniston's Effortless Glow

Jennifer Aniston's beauty is all about an effortless, natural glow. One of her favorite products is the Aveeno Positively Radiant Daily Moisturizer, which she loves for its lightweight feel and ability to give her skin a healthy,



radiant look. Aniston also swears by the Chanel Les Beiges Healthy Glow Sheer Colour Stick, a creamy blush that adds a natural flush of color.

Zendaya's Versatile Beauty

Zendaya is known for her versatility in fashion and beauty. She often collaborates with makeup artist Sheika Daley to create her stunning looks. One of her favorite products is the Lancôme Teint Idole Ultra Wear Foundation, which provides full coverage and a flawless finish.

Celebrities not only influence fashion but also set standards in the beauty industry. From Taylor Swift's classic red lip to Rihanna's radiant glow, these products have become iconic. By incorporating these celebrity-approved items into your own beauty routine, you can capture a bit of their star power and glamour.

CELEBRITY NEWS



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Things You Didn't Know About The Ancient Olympic Games

By Contributing Writer

The Ancient Olympic Games, held every four years in Olympia, Greece, from 776 BCE to 393 CE, were a cornerstone of ancient Greek culture and society. They have a fascinating history that extends beyond mere athletic competition.

A Religious Festival

The Ancient Olympic Games were not just an athletic competition but a religious festival held in honor of Zeus, the king of the Greek gods. The games included various religious rituals, including sacrifices and prayers, to please the gods and ensure

the favor of Zeus. The centerpiece of these rituals was the sacrifice of 100 oxen, known as the hecatomb.



Only Free Men Could Compete

Participation in the games was highly exclusive. Only freeborn Greek men were

allowed to compete, which excluded women, slaves, and foreigners. Athletes came from all over the Greek world, including colonies from as far away as Asia Minor, Southern Italy, and North

Africa. Women were not only barred from competing but also from attending the games. However, there was a separate

festival called the Heraean Games, where women could compete in foot races.

The Olympic Truce

To ensure safe passage for athletes and spectators traveling to Olympia, an Olympic truce, or "ekecheiria," was declared. This truce lasted for a month before and after the games, during which all conflicts and wars were temporarily suspended. The truce allowed participants to travel safely across hostile territories.

Events and Competitions

The Ancient Olympic Games featured a variety of events that differed significantly from the modern Olympics. The original and only event for the first 13 games was the stadion race, a short sprint of about 192 meters. Over time, more events were added, including the diaulos (a double-stadion race), the dolichos (a long-distance race), wrestling, boxing, pankration (a no-holds-barred combat sport), and the pentathlon, which included running, long jump, discus throw, javelin throw, and wrestling.

No Second Place

In the Ancient Olympic Games, there were no silver or bronze medals.

Only the first-place winner was honored and celebrated, receiving a wreath made from olive leaves, known as a "kotinos." Victors gained immense prestige and often substantial material rewards from their home city-states, including cash prizes, free meals, and front-row seats at public events.

Nude Competition

Ancient Greek athletes competed in the nude, a practice known as "gymnos" (from which the word gymnasium is derived). This was intended to celebrate the human body and its capabilities, and it also served as a tribute to the gods. Competing naked was believed to display an athlete's physical perfection and allowed for greater freedom of movement.

Political Significance

The Olympic Games had significant political importance in ancient Greece. City-states used the occasion to demonstrate their power and prestige. Diplomatic negotiations and alliances were often conducted during the games, and it was an opportunity for city-states to showcase their wealth and influence through sponsorship and the construction of monumental buildings and statues in Olympia.

The Olympic Flame

Contrary to the modern tradition, the Ancient Olympic Games did not include an Olympic flame. The lighting of the Olympic flame was introduced in the modern era in 1928. However, there were numerous other fires and torches used in religious ceremonies dedicated to Zeus and other gods, symbolizing purity, the divine, and the continuity of the games.

The End of the Ancient Olympics

The Ancient Olympic Games came to an end in 393 CE when the Roman Emperor Theodosius I, a Christian, decreed the closure of all pagan festivals. He viewed the games as a vestige of pagan worship and sought to suppress them in favor of Christianity. The decline of the Roman Empire and the rise of Christianity marked the end.

The Ancient Olympic Games were a complex and multifaceted event that transcended athletic competition, embedding into the religious, cultural, and political fabric of ancient Greece. Understanding these aspects provides an appreciation of history's most celebrated sporting traditions.

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HISTORICAL FIGURES WITH HIGHLY UNUSUAL PETS

By Contributing Writer

Throughout history, many notable figures have been known for their eccentricities, including their choice of pets. While dogs, cats, and birds are common companions, some historical personalities preferred more unconventional animals. Here are six historical figures who had highly unusual pets, reflecting their unique personalities and interests.

Alexander the Great and Bucephalus

Alexander the Great, the famous Macedonian king and military commander, had an extraordinary bond with his horse, Bucephalus. Unlike a typical pet, Bucephalus was more of a partner in Alexander's conquests. According to legend, Bucephalus was a wild and untamable horse until Alexander, at the age of 12, managed to calm and ride him. The bond between Alexander and Bucephalus was so strong that the horse accompanied him on many of his military campaigns and battles. Bucephalus' loyalty and bravery made him a legendary figure in his own right, and after his death, Alexander named a city, Bucephala, in his honor.

Frida Kahlo and Her Menagerie

Mexican artist Frida Kahlo is well-known for her striking self-portraits and her tumultuous life. Kahlo also had a deep love for animals, many of which appeared in her artwork. She kept a variety of exotic pets at her home, the Blue House (La Casa Azul) in Coyoacán, Mexico. Among her unusual pets were a pair of spider monkeys named Fulang-Chang and Caimito de Guayabal, a fawn called Granizo, and an Amazon parrot named Bonito. These animals were not only compan-

ions but also sources of inspiration for Kahlo, symbolizing various aspects of her identity and emotional experiences.

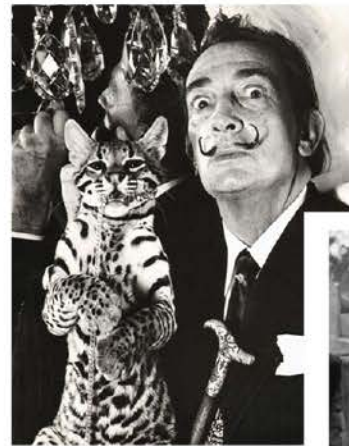
Lord Byron and His Bear

The British poet Lord Byron was famous for his flamboyant lifestyle and rebellious nature. When he enrolled at Trinity College, Cambridge, he discovered that the university had rules against keeping dogs. In typical Byron fashion, he decided to defy the rules by bringing a tame bear instead. Byron claimed there were no regulations against bears, and he kept the animal in his rooms and even took it for walks on a leash around the college grounds. The bear became a symbol of Byron's disdain for authority and his love for the unconventional.

Salvador Dali and His Ocelot, Babou

Surrealist artist Salvador Dali was known for his eccentric behavior and flamboyant personality. One of the most unusual aspects of his life was his pet ocelot, Babou. Dali often took Babou with him to various public places, including restaurants and hotels. On one occasion, he brought Babou to a New York restaurant, causing a stir among the

patrons. When people expressed concern about the wild animal, Dali assured them that Babou was simply a domesticated cat painted in an exotic pattern. Babou was a perfect companion for



Dali, reflecting his love for the extraordinary and the bizarre.

Josephine Bonaparte and Her Orangutan

Josephine Bonaparte, the wife of Napoleon Bonaparte and Empress of France, had a penchant for exotic animals. Among her many pets was an orangutan, which she dressed

in human clothing and treated almost like a member of the family. The orangutan would dine with Josephine and her guests, adding an unusual element to the opulent dinners at the Château de Malmaison. Josephine's affection for her unusual pet demonstrated her fascination with the exotic and her desire to create a unique and extravagant environment around her.



Theodore Roosevelt and His Zoo

The 26th President of the United States, Theodore Roosevelt, was an ardent naturalist and

conservationist with a deep love for animals. Roosevelt's White House was practically a zoo, housing an array of pets, including more unusual ones like a small bear named Jonathan Edwards, a lizard, a pig, a badger named Josiah, and even a one-legged rooster. His children also contributed to the menagerie with their own pets, such as snakes and guinea pigs. Roosevelt's unconventional pets highlighted his adventurous spirit and his passion for the natural world, which also influenced his policies on conservation and wildlife preservation.

These historical figures, each known for their remarkable contributions and unique personalities, shared a common trait: an affinity for unusual pets. Whether for companionship, inspiration, defiance of norms, or sheer fascination, their choice of animals reflected their distinct identities and often left an indelible mark on history. From Alexander the Great's Bucephalus to Theodore Roosevelt's White House zoo, these extraordinary pets have become part of the legends surrounding their famous owners.

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one of the most iconic and fearsome predators that roamed the Earth during the late Cretaceous period. Discovered in the



rich fossil beds of Montana, the specimen is remarkable for its preservation and completeness, making it a coveted prize for collectors and museums alike.

Nicknamed "Maximus," this T. rex stands at an impressive 12 feet tall and 40 feet long, with over 200 bones meticulously preserved. Its ferocious teeth, powerful jaws, and massive skull provide a window into the life of one of history's most formidable carnivores. The fossil was uncovered during a major excavation project and has since undergone extensive restoration to prepare it for display.

The Buyer: A Hedge Fund Titan

The buyer, whose identity has been partially revealed, is a prominent figure in the hedge fund industry. Known for his aggressive investment strategies and significant wealth, this financier has now entered the exclusive circle of private collectors who own dinosaur fossils. His acquisition of Maximus has sparked considerable interest and debate.

The Auction and the Price Tag

The auction, held by a renowned auction house, attracted attention from around the world. Bidding started at a high price, quickly escalating as collectors and institutions vied for this unique piece of natural history. In the end, the hedge fund boss outbid all competitors, securing the T. rex for a record-breaking \$45 million.

This purchase price not only set a new record for dinosaur fossils but also highlighted the increasing trend of high-net-worth individuals investing in rare and historical artifacts. The significant financial commitment reflects both the rarity of such specimens and the growing market for natural history collectibles.

The Appeal of Owning a Dinosaur

For the hedge fund boss, owning Maximus goes beyond mere financial investment. It represents a unique intersection of passion, prestige, and the allure of the ancient past. Dinosaur fossils are more than just bones; they are symbols of Earth's distant history.

For private collectors, possessing such a specimen is akin to owning a piece of the natural world's grand narrative. It offers a tangible connection to a time long before human existence, a testament to the evolutionary forces that shaped our planet.

The Controversy

However, the sale has not been without controversy. Many in the scientific community argue that such important fossils should reside in public institutions where they can be studied and appreciated by all. The privatization of significant fossils like Maximus raises ethical questions about accessibility, conservation, and the role of private ownership in natural history.

Paleontologists emphasize the importance of fossils for scientific research, providing invaluable insights into prehistoric life, climate change, and evolution. When such specimens enter private collections, the opportunities for study and public education can be limited.

Additionally, there are concerns about the legality and ethics of fossil trading. While the sale of legally obtained fossils is permissible, the high prices can drive illegal fossil hunting and black-market sales, potentially leading to the loss of invaluable scientific information.

The Future of Maximus

The hedge fund boss has indicated plans to publicly display Maximus, potentially in collaboration with museums or educational institutions. This move could mitigate some of the concerns about accessibility and scientific study, allowing the public and researchers to benefit from the fossil's remarkable preservation.

Furthermore, such high-profile acquisitions can raise awareness about paleontology and the importance of preserving our natural history. If managed responsibly, the private ownership of fossils like Maximus can contribute to both public interest and scientific discovery.

The \$45 million purchase of a T. rex fossil by a hedge fund boss highlights the growing intersection of wealth and natural history. While the acquisition of Maximus has sparked debate about private ownership and scientific accessibility, it also underscores the enduring fascination with dinosaurs and their place in Earth's history. As the story of Maximus continues to unfold, it serves as a reminder of the delicate balance between preserving our past and navigating the complexities of the present.

HEDGE FUND BOSS PAYS \$45M FOR A DINOSAUR

By Contributing Writer

In an unprecedented move that has stunned both the financial and paleontological worlds, a hedge fund boss has paid a staggering \$45 million for a dinosaur fossil. This acquisition, shrouded in a mix of awe and controversy, raises questions about the intersection of wealth, science, and the ownership of natural history artifacts. Let's delve into the details of this remarkable purchase and its broader implications.

The Dinosaur in Question

The fossil in question is a nearly complete skeleton of a Tyrannosaurus rex,

WHAT IS MINIMAL MAXIMALISM?

By Contributing Writer

In the world of interior design, a new trend is gaining traction that bridges the gap between two opposite styles: minimalism and maximalism. This hybrid approach, known as minimal maximalism, combines the best elements of both styles.

Understanding Minimal Maximalism

Minimal maximalism is a design philosophy that marries the simplicity and functionality of minimalism with the boldness and personality of maximalism. It emphasizes a balance between clean lines and organized spaces with vibrant colors, unique textures, and carefully selected statement pieces. Minimal maximalism allows for expression and creativity.

Key Characteristics

Balanced Aesthetics: Minimal maximalism strives for harmony between simplicity and boldness. Spaces are kept uncluttered, but they are punctuated with eye-catching elements that add

Color and Contrast: While minimalism often relies on neutral tones, minimal maximalism embraces a broader palette. Bold, vibrant colors are used strategically to create focal points and add energy to the space. Contrast is a key element, with bright hues standing out.

Mix of Textures and Materials: A hallmark of minimal maximalism is the use of diverse textures and materials. Smooth surfaces may be juxtaposed with rough, natural elements. Luxurious fabrics like velvet can coexist with sleek metals and raw wood.

Statement Pieces: Central to minimal maximalism are statement pieces that draw the eye and define the space. These could be a striking piece of art, a bold piece of furniture, or a unique light fixture. The idea is to have a few impactful items that stand out.

Incorporating Minimal Maximalism

Start with a Neutral Base: Begin with a neutral color palette for walls, floors, and large furniture. This creates a calm, cohesive backdrop that allows statement pieces and bold colors to shine.

Choose Quality Over Quantity: Focus on acquiring a few high-quality, meaningful items rather than filling the space with unnecessary decor.

Add Bold Accents: Introduce bold colors and patterns through accent pieces like throw pillows, rugs, and artwork. These elements should add vibrancy and interest.



Keep It Personal: Infuse your space with personal touches that reflect your personality and style. This could be through cherished items, travel souvenirs, or pieces that have a story.

The Appeal of Minimal Maximalism

The rise of minimal maximalism can be attributed to a growing desire for spaces that are both functional and expressive. In an era where many people seek to declutter and simplify their lives, there is still a yearning for individuality and character.

Minimal maximalism is highly adaptable, making it suitable for various tastes and lifestyles.

Minimal maximalism represents a sophisticated approach to design that celebrates the beauty of simplicity while embracing the richness of bold, thoughtful elements. By finding a harmonious balance, this trend creates spaces that are both serene and dynamic, reflecting the complexity and uniqueness of modern living. Embrace minimal maximalism to transform your home.



character and intrigue. This balance prevents the space from feeling either too bare or overly chaotic.

Thoughtful Curation: Minimal maximalism is not about filling a room with as many items as possible. Instead, it's about thoughtful curation. Each piece of furniture, artwork, or decor item is chosen for its unique contribution to the overall aesthetic. Quality and meaning take precedence over quantity.

Experiment with Textures: Mix and match different textures to add depth and dimension to your space. Combine smooth and rough surfaces, soft and hard materials, to create a tactile richness.

Focus on Focal Points: Identify focal points within each room and highlight them with statement pieces. This could be an oversized painting, a unique piece of furniture, or an architectural feature.

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By Andrews McMeel Syndication

In China, the highly competitive practice of mukbang -- eating large quantities of food for viewers' enjoyment -- is a wildly popular streaming subject, Oddity Central reported. Successful mukbang streamers make good money and are showered with gifts from their followers. The trend took a sad turn on July 14, however, when 24-year-old Pan Xiaoting, a former waitress, lost her life during her mukbang livestream. As Pan's following grew, she took her overeating to greater extremes, pushing her weight to around 650 pounds. An autopsy reportedly showed that her stomach was full of undigested food and her abdomen was severely deformed.

The Welsh town of Ruthin, Denbighshire, is struggling to embrace a 43-foot-tall inflatable figure of a laughing man in an odd squatting position, resting on a ball. Wales Online reported that the installation is related to the Ruthin International Arts Festival and was created by Chinese artist Yue Minjun, known for his self-portraits. Locals aren't impressed; some say the "sickly pink color of the piece" is frightening children, and one woman said, "Oh please. He looks constipated. Monstrosity!"

Eyewitness News

Remarkably, two brothers out fishing off the coast of Rye, New Hampshire, on July 23 caught a once-in-a-lifetime experience on video: A 30-foot-long humpback whale breached nearby, throwing itself onto the back of a boat where Ryland Kenney, 44, and Greg Paquette, 54, were fishing. As the front of the boat rose into the air, Kenney and Paquette were thrown into the water. "As it collapsed onto the boat, the mouth closed and smashed the top of the motor and I heard a big crunch," Kenney told The New York Times. "I had three seconds to act. I wasn't scared, I didn't have time to be scared." Colin Yager, 16, who took the video, and his brother, Wyatt, rushed over to pull the men, who were unhurt, out of the water. Kenney said he'll take some time away from the water to work on his boat, which will include a radar system that can detect nearby whales.

Gizmodo reported on July 19 that a few days before in Portoviejo, Ecuador, doctors removed an obstruction from a 24-year-old woman's stomach that had caused her pain, vomiting and difficulty eating. The object was a 16-inch-long hairball that weighed 2 pounds, Verdi Cevallos Balda General Hospital announced. The mass was so large it could be detected "by touch from the outside," said lead surgeon Pedro Lovato. It had started to move into her intestines, but doctors said it had not caused serious injury to her stomach and she would recover. The hairball was likely caused by trichophagia, a form of disordered eating where people swallow their hair. The patient is receiving comprehensive treatment.

On July 16, Talanye Carter, 41, returned to a St. Louis Jack in the Box restaurant she had visited three days earlier to complain that she'd been shorted one chicken strip, Yahoo! News reported. The store manager replaced the chicken strip, but that didn't satisfy Carter; she spit in the manager's face over the lack of adequate ranch dressing. When Carter went to her vehicle, the manager took photos of her license plate, and Carter noticed. She put the car in reverse and ran into the woman, knocking her to the ground and injuring her foot and ankle, then left the scene. She was charged the next day with second-degree and fourth-degree assault. [Yahoo! News, 7/22/2024]

Florida

The Walton County Sheriff's Office had to remind Floridians on July 18 not to "approach black bears at any time," United Press International reported. The bear in question was hanging out near Highway 98 in Santa Rosa Beach, looking "depressed," and onlookers were getting too close for comfort trying to take a selfie with it. Deputies borrowed a song title, "If Not Friend, Why Friend Shaped?" to discourage residents from cozying up to the sad-looking guy. A Florida Fish and Wildlife Conservation Commission biologist visited the scene, but the bear wandered back into the woods.

Crossword by Myles Mellor

- Across
- 1. Instrument, favored by George Harrison
 - 6. Antlered animal
 - 9. "Murder __ wrote"
 - 12. Adult insect
 - 13. Original name before marriage
 - 14. Relatives
 - 15. Hard sell
 - 16. By way of
 - 17. Strange flyer
 - 18. August baby
 - 20. Junk ____
 - 21. Photo ____ (camera sessions)
 - 24. Dolphins' home
 - 27. Chocolate is one variety...
 - 30. Speak badly about
 - 34. Qatar coin
 - 35. Food from heaven
 - 36. Vital force
 - 38. Type of fowl
 - 39. Supermodel Campbell
 - 41. Need to pay
 - 42. Sour ____
 - 45. Israeli weapon
 - 47. Programming language
 - 48. ER role
 - 50. 2-door
 - 55. Podded plant
 - 56. "Omigod!"
 - 57. Dawning
 - 58. Billboard displays
 - 59. Sarcastic
 - 60. Poet's "below"

- Down
- 1. Sibling
 - 2. Mischief-maker
 - 3. Goes with chi
 - 4. Space ____
 - 5. "Let's ____"
 - 6. Concluding stanza
 - 7. "Fantasy Island" prop
 - 8. New Zealand parrot
 - 9. Gull like bird
 - 10. Refined sound, in its day
 - 11. Chemical compound
 - 19. Australian runner
 - 20. Top European soccer team, AC ____
 - 21. Humanoid monster
 - 22. Tylenol target
 - 23. Eye disease
 - 25. Morning time
 - 26. Big ____
 - 28. Realizes

1	2	3	4	5		6	7	8		9	10	11
12						13				14		
15						16				17		
				18	19				20			
21	22	23			24		25	26				
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42	43	44				45		46				
47				48	49			50	51	52	53	54
55					56			57				
58					59			60				

- 32. Chew (on)
- 33. Label
- 37. Hello!
- 38. Show ____
- 40. Dirty
- 42. One of the three bears
- 43. Took advantage of
- 44. Places for sweaters
- 46. Screen symbol
- 48. Morning moisture
- 49. Anthem contraction
- 51. Pick __ or the other!
- 52. Land of opportunity
- 53. Dearest
- 54. Old verb ending



Dad Jokes...

I'm reading a horror story in braille.
Something bad is going to happen,
I can just feel it.

Previous Puzzle

1	B	E	E	F		5	S	A	7	G		8	G	9	A	10	U	11	D
12	O	S	L	O		13	U	F	O		14	A	F	R	O				
15	S	P	A	R		16	B	A	R		17	Z	E	S	T				
18	S	Y	N	C		19	D	R	I		20	V	E	W	A	Y			
				21	E	22	M	U		23	N	A	B						
24	L	25	E	26	S	S	E	E		27	G	N	O	28	S	29	I	30	S
31	I	R	K											32	O	D	E		
33	D	R	A	34	C	35	H	36	M		37	K	O	38	W	T	O	W	
				40	I	I	I			41	I	R	E						
42	C	43	O	44	N	T	E	M	P	T		46	A	47	S	48	C	49	I
50	O	V	E	R	D	O	E	S				51	K	U	R	D			
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55	A	D	D	S		56	A	S	H			57	N	E	B	S			



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We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy, El Camino high school and many more. After School Conservatory has a spacious facility (over 3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital pianos for a group piano teaching environment. (818) 436-2675

Star Galaxy- Academic, Homework lab, Sports

STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activities. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

The Leonis Adobe Museum is hosting its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum 23537 Calabasas Road

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Phone: (818) 222-6511

Members are free or \$8 for non-members.

Camp Woodland Hills

2023 Program includes NATURE CENTER With Live Animals GAME ROOMS - The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, and more. OUTDOOR PLAYGROUNDS - For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground pools and swimming as well. For more information or to register call (818) 348-6563

Golden Performing Arts Center After School Programs

- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, Golden PAC has offered Musical Theater workshops for children and teens for over 35 years. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. All enrollees are guaranteed a part regardless of prior training or experience. Workshops are presented in the spring, summer, and fall. Each workshop culminates with a professional-quality production of a licensed Broadway musical in which young people play all the roles. <https://www.goldenpac.org/> Now in a brand new location!



HOW TO PREVENT YOUR TEEN FROM DRINKING

A Comprehensive Guide

By Contributing Writer

Underage drinking is a concern for parents, given its potential to lead to risky behaviors, health issues, and long-term addiction. While it's a challenging topic, proactive steps can help steer children away from alcohol.

Open Communication

The foundation is open and honest communication. Start conversations about alcohol



early and keep the lines of dialogue open. Discuss the dangers of drinking, the impact it can have on health, and the legal consequences of underage drinking.

Set Clear Expectations and Rules

Clearly communicate your expectations regarding alcohol. Establish firm, consistent rules about not drinking and explain the consequences of breaking these rules. Make sure your child understands that these rules are in place to protect their health.

Model Responsible Behavior

Children often mimic the behavior of their parents. Demonstrate responsible drinking habits. Avoid excessive drinking, never drink and drive, and do not normalize the idea of alcohol as a solution to stress.

Educate About Peer Pressure

Peer pressure is a powerful force, especially during the teenage years. Teach your child how to handle situations where they may be offered alcohol. Role-playing can be helpful. Equip them with refusal skills and confidence to say no. Encourage



them to surround themselves with friends who share similar values and support their decision to abstain.

Encourage Extracurricular Activities

Engaging in sports, arts, clubs, or other extracurricular activities can provide your child with

a sense of purpose and belonging. These activities can keep them busy, reduce idle time, and help them develop a strong network of supportive friends.

Monitor Their Activities

Know where your child is, who they are with, and what they are doing. While it's important to give them independence, monitoring their activities helps ensure they are in safe environments. Encourage your child to check in with you regularly.

Build Their Self-Esteem

Children with high self-esteem are less likely to succumb to peer pressure. Encourage your child's interests, praise their achievements, and support them through challenges.

Educate About the Risks

Provide your child with factual information about the risks. Discuss potential for addiction, the impact on brain development, and the dangers of impaired judgment. Share real-life stories.

Know the Signs of Alcohol Use

Being aware of the signs of alcohol use can help you intervene. Changes in behavior, academic performance, friend groups, and physical appearance can all be indicators.

Create a Safe Home Environment

Ensure that alcohol is not easily accessible at home. If you keep alcohol in the house, monitor it and make it clear that it is off-limits.



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How To Get Your Kid Into Modeling And Acting

By Contributing Writer

Entering the world of modeling and acting can be an exciting journey for children and their parents. It can open doors to incredible opportunities, personal growth, and memorable experiences. However, breaking into the industry requires careful planning, persistence, and dedication. Here's a comprehensive guide on how to get your child started in modeling and acting.

Evaluate Your Child's Interest and Talent

Before diving into the world of modeling and acting, ensure that your child is genuinely interested and enthusiastic about pursuing this path. Watch how they react to being in front of the camera or performing in front of others. It's crucial that this journey is driven by your child's passion rather than parental ambition.

Build a Portfolio

A professional portfolio is essential for aspiring models and actors. Start with high-quality photographs that showcase your child's versatility. These should include headshots, full-body shots, and candid images that capture their personality. While it's tempting to hire an expensive photographer, initially, clear and well-lit photos taken at home can suffice. As your child progresses, investing in professional photography will become necessary.

Enroll in Acting and Modeling Classes

Classes can help your child develop the skills necessary for modeling and acting. Acting classes can teach them how to perform in front of a camera, deliver lines, and portray different emotions. Modeling classes can instruct them on posture, runway walking, and posing techniques.

These classes not only improve their abilities but also boost their confidence.

Create a Resume

An acting and modeling resume should highlight your child's experience, skills, and training. Include their height, weight, hair and eye color, and any special talents they may have. List any past work, such as



school plays, local theater, or amateur photo shoots. Keep it concise and focused on relevant experience.

Find a Reputable Agent

A talent agent can open doors to auditions and job opportunities that are otherwise inaccessible. Research and approach reputable agencies that specialize in child talent. Be cautious of agencies that demand high upfront fees; legitimate agents usually earn a commission from the work they secure for your child. A good agent will guide you through the process, from securing auditions to negotiating contracts.

Attend Auditions and Open Calls

Auditions and open calls are essential for gaining experience and landing roles. Encourage your child to attend as many as possible to get accustomed to the process. Be prepared for rejection, as it's a common part of the industry. Use each audition as a learning experience to improve and grow.

Build a Social Media Presence

In today's digital age, a strong social media presence can significantly boost your child's visibility. Create profiles on platforms like Instagram and TikTok to showcase their talent. Regularly post photos, videos of performances, and behind-the-scenes content. Engaging with followers and connecting with industry professionals online can lead to opportunities.

Network with Industry Professionals

Networking is crucial in the modeling and acting world. Attend industry events, workshops, and expos to meet casting directors, photographers, and other professionals. Join online forums and groups dedicated to child modeling and acting. Building a network can provide valuable

contacts and insider knowledge about upcoming opportunities.

Understand the Legal Aspects

The entertainment industry has specific regulations regarding child labor. Familiarize yourself with laws in your region regarding work permits, hours of work, and schooling requirements for child performers. Ensure that any contracts are reviewed by a legal professional to protect your child's interests.

Support and Encourage Your Child

The journey to becoming a successful model or actor can be challenging and competitive. Offer continuous support and encouragement to your child. Ensure they have a healthy balance between their career pursuits and regular childhood activities. Prioritize their well-being and happiness above all else.

Manage Expectations

Success in modeling and acting often takes time and

involves many setbacks. Help your child set realistic expectations and celebrate small achievements along the way. Understand that not every opportunity will lead to stardom, but each experience contributes to their growth and development.

Stay Informed and Adaptable

The entertainment industry is constantly evolving. Stay informed about current trends, popular casting agencies, and changes in the industry. Be adaptable and open to different types of opportunities, whether they are in print modeling, commercial acting, or theatrical performances.

Getting your child into modeling and acting requires a blend of preparation, dedication, and perseverance. By fostering their talent, supporting their ambitions, and navigating the industry wisely, you can help your child embark on a rewarding journey in the world of entertainment. Remember, the most important aspect is ensuring that your child enjoys the process and finds fulfillment in their creative endeavors.



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How It Works

The process is simple. After signing up,



users fill out a style quiz to help Armoire's stylists understand their preferences, body type, and fashion needs. Based on this information, Armoire curates a selection of clothing tailored to each member's taste.

Members can choose from several plans, which determine the number of items they can rent at a time. Once selections are made, the clothes are delivered. After wearing the items, members can return them and choose new pieces. The service also includes free shipping and returns.

Versatility and Variety

One of the biggest advantages is access to a wide variety of styles and brands without a large investment. Members can experiment with different looks, from casual to office to evening dresses, without the commitment of purchasing. This is beneficial for special occasions or changing seasons, where one might need different outfits but doesn't want to buy items that will be worn infrequently.

Sustainability

The fashion industry is notorious for its environmental impact. Armoire addresses this issue by promoting a circular fashion economy. By renting instead of buying, members contribute to reducing clothing waste and the demand for fast fashion.

Cost-Effectiveness

Maintaining a trendy wardrobe can be expensive. Armoire offers a cost-effective solution by providing access to designer and

high-end clothing at a fraction of the retail price.

Convenience

Armoire's service is designed for convenience. The hassle of shopping is eliminated. Everything is done online, and the clothes are delivered. The added benefit of not having to worry about laundry or dry cleaning further simplifies the process.

Impact on the Fashion Industry

Armoire is part of a broader trend towards sustainability and innovation. The concept of clothing rental is gaining popularity. By offering a flexible and sustainable alternative to traditional shopping, Armoire is helping to reshape consumer habits.

Personal Touch

Beyond practical benefits, Armoire also emphasizes a personalized experience. The style quiz and ongoing feedback allow the service to continually refine its selections, ensuring members receive items that they will love and feel confident in.

Armoire is more than just a clothing rental service; it's a forward-thinking approach to fashion that combines style, sustainability, and convenience. By providing women with a diverse and constantly updated wardrobe, Armoire helps them keep their look fresh and exciting. Whether for a special occasion, a change in season, or everyday wear, Armoire offers a smart and stylish solution.

<https://armoire.style>



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By Contributing Writer

Keeping your look fresh can be a challenge. Enter Armoire, a female-founded clothing rental service for women that is revolutionizing the way we approach fashion. By offering a sustainable and flexible alternative to traditional shopping, Armoire allows women to keep their look fresh without the commitment or clutter.



The Concept

Armoire was founded on the principle of providing women with a smarter way to dress. Instead of buying new clothes for every occasion, Armoire offers a curated rental service that allows members to borrow high-quality, stylish pieces for a fraction of the cost. This



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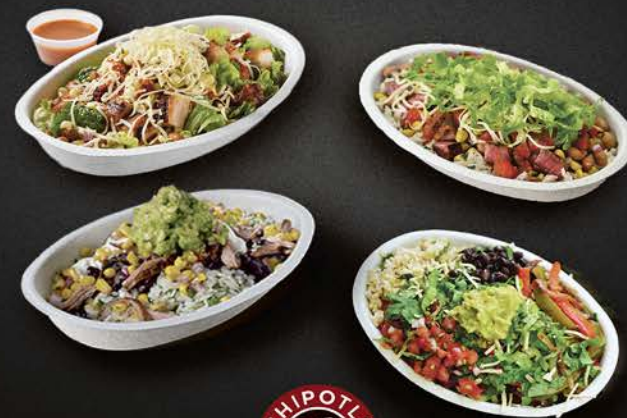
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