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**AVATAR
THE WAY OF WATER**

MOST SHOCKING

2022 YEAR IN REVIEW

BY BARBARA BECKLEY

GREAT ESCAPES



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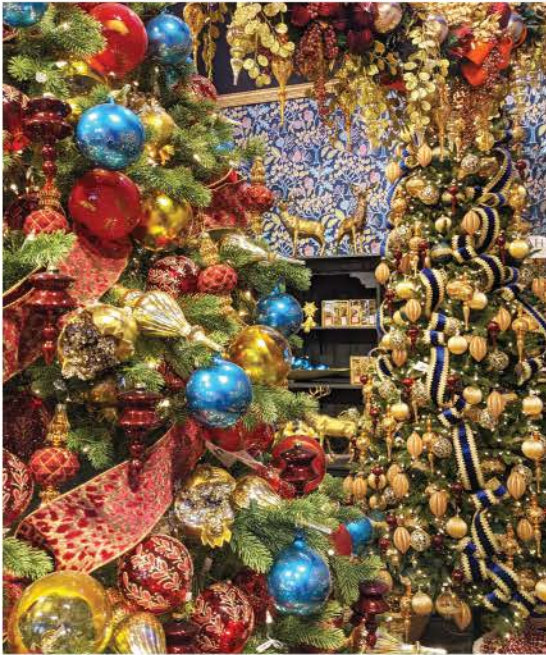


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BOOKS AT THE GETTY MUSEUM... CULTURAL HERITAGE AND MASS ATROCITIES

By Contributing Writer

Intentional destruction of cultural heritage has a long history. Contemporary examples include the Bamiyan Buddhas in Afghanistan, mosques in Xinjiang, China, mausoleums in Timbuktu, Mali, and Greco-Roman remains in Syria. Cultural heritage destruction invariably accompanies assaults on civilians, making heritage attacks impossible to disentangle from the mass atrocities of genocide, war crimes, crimes against humanity, and ethnic cleansing. Both seek to eliminate people and the heritage with which they identify.

Cultural Heritage and Mass Atrocities assembles thirty-eight experts from the heritage, social science, humanitarian, legal, and military communities. Focusing on immovable cultural heritage vulnerable to attack, the volume's guiding framework is the Responsibility to Protect (R2P), a United Nations resolution adopted unani-

mously in 2005 to permit international intervention against crimes of war or genocide. Based on the three pillars of prevent, react, and rebuild, R2P offers today's policymakers a set of existing laws and international norms that can and—as this book argues—must be extended to the protection of cultural heritage. Essays consider the global value of cultural heritage and document recent attacks on people and sites in China, Guatemala, Iraq, Mali, Sri Lanka and Afghanistan, Syria, and Yemen. Comprehensive sections on vulnerable populations as well as the role of international law and the military offer readers critical insights and point toward research, policy, and action agendas to protect both people and cultural heritage. The table of contents along with a concise abstract of each chapter is offered online in Arabic, Chinese, French, Russian, and



Spanish to facilitate robust, global dissemination of the strategies and tactics offered in this path breaking call to action.

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Reflecting Getty's commitment to open content, Cultural Heritage and Mass Atrocities is available online at www.getty.edu/publications/cultural-heritage-mass-atrocities/ and may be downloaded free of charge in multiple formats. For readers who wish to have a bound reference copy, an English-language paperback edition is available for purchase.

This book is among the many featured at The Getty Museum.

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MOST SHOCKING

2022 A Year In Review

By Barbara Beckley

Talk about a milestone year. Yikes! We lost legendary personalities the likes of whom the world will never see again. Witnessed the largest Lottery prize in history. Gaped at celebrities' (and airline passengers') (and Royals') bad behavior and choices – The Slap, Marilyn Monroe's "barely there" gown, kiss 'n' tell docuseries. Even toyed with WWII.

And that's for starters. As we ring in the New Year, it's fun to reflect on all that happened in 2022. And wonder – OMG – what lays ahead for 2023!!

Beyond Belief

We knew it would – but we were never ready.

First, the monarch who reigned for all our lives – Queen Elizabeth II – passed quietly at her favorite Balmoral Castle on September 8 at age 96. The most respected and longest-reigning monarch in history, she was so impressive that the Associated Press is calling her time on the throne “The Modern Elizabethan Era.”

Then here in LA – our own beloved Vin Scully!!!! Say it ain't so. But it was. The voice of the Dodgers for 67 years went radio silent September 22, at age 94 in his Hidden Hills home. And just last week P-22 – our most famous and beloved cougar – was overcome by age (11 years roaming Griffith Park) and injuries and compassionately euthanized December 16. “He was a good cat,” say park regulars, “and remains an inspiration for wildlife compassion and protection.” Always ahead of the curve, TV legend Betty White clocked out peacefully December 31, 2021 just weeks shy of her 100th birthday. We knew her best as Rose Nylund on the hit TV series “The Golden Girls” and an avid animal rights advocate. Rest in Peace to you all. You'll live in our hearts forever.

The Worst!

What were they thinking!?! The Oscar Slap heard 'round the world. “I just lost it, you know...,” Will Smith admitted on “The Daily Show with Trevor Noah,” when he slapped



Oscar emcee Chris Rock in front of EVERYONE on stage at the 94th Academy Awards March 27. Smith had just accepted his first Oscar for Best Actor in a Leading Role, as the Williams sisters' father in the 2021 Warner Bros. film “King Richard.” He's banned from the Oscars for 10 years. But not from being nominated. You decide if he's worthy in Apple Original Films' “Emancipation” now in theaters and streaming on Apple TV. And Kim Kardashian! She swears she didn't damage Marilyn Monroe's “barely there” birthday frock (borrowed from Ripley's Believe It or Not! Museum in Orlando) as she sashayed across the Met Gala Red Carpet, May 2. She even lost 20 pounds to squeeze into it. We love you Kim! But you should have left the gown untouched since MM wore it in 1962 to sing “Happy Birthday” to then-president John F. Kennedy.

And what about those Dodgers? The most winningest team right up to the playoffs. Then they broke our hearts. Well...according to the LA Times, “bad luck, mistimed mistakes, absent offense, questionable pitching plans and bad execution,” sent the Boys in Blue packing. Losing to the San Diego Padres 5-3 in Game 4 of the National League Division Series at Petco Park, October 15. They

were on their way to becoming the seventh team in MLB history to eclipse 110 wins and the first since the 2001 Seattle Mariners to score the most and yield the fewest runs in the same season. Maybe next year?

The Most Shocking!

A bombshell – literally. Russia invaded Ukraine – for no good reason. Marching in and seizing the independent country's Black Sea port city of Kherson February 24. Shame on you, Vladimir Putin. And more power to you, Ukrainian President Volodymyr Zelensky and the brave Ukrainians who are turning the tables on Russia's power-hungry mogul.



Speaking of power-hungry moguls... Elon Musk! Twitter's gone down the Rabbit Hole since Musk bought the social media platform for \$44 billion on October 27. Let's hope he follows the votes of many of Twitter's 329 million users – and resigns as CEO. No wonder Musk was booed during a surprise appearance on Dave Chappelle's December 11 stand-up show in San Francisco, according to US Magazine. And cheers to Chappelle for continuing live stand-up at all. Remember? Chappelle was attacked on stage by an ARMED man during his May 3 Netflix stand-up show at the Hollywood Bowl.



Orlando February 9, who began ranting that the woman in the seat behind him was jabbing him with needles and stealing his DNA. Then he began threatening fellow passengers including a baby, per a video posted on Twitter. In a sort of citizens' arrest, six fellow flyers grabbed and restrained him, ultimately tying him down to his seat with zip ties and Saran wrap. What ever happened to the loving "mile high club?"

Just when we thought CWTV's "Riverdale" couldn't get any weirder. It did! Remember when Cheryl used her powers to destroy the comet and prevent it from obliterating town? Well it somehow reset the clock. Now, not only are Archie, Jughead and everyone back in high school. They're suddenly living in the year 1955. Definitely a not-to-miss 2023 final season.

Just now - Stephen "tWitch" Boss, 40, our loveable dancing DJ on the "Ellen" show since 2014 and "So You Think You

And Kanye "Ye" West - get help! Anti-Semitic slurs. A "White Lives Matter" fashion line modeled by the granddaughter of Rasta superstar Bob Marley. Running for president in 2024. Friends say he's suffering a mental breakdown. He admits he has bipolar disorder. Turn the



tables and use your talents to become a spokesperson for mental health, pleeze!

Airline passengers gone nuts! In 2022, there were 2,359 reports of unruly passengers, according to the FAA. Among the worst, September 22 on American Airlines, a male passenger punched a male flight attendant in the back of the head flying back from Los Cabos. And November 13, a United Airlines flight attendant had to be hospitalized after an altercation with a screaming woman holding a small child on a flight to Chicago from San Francisco.

Our winner for the most bazaar freak-out goes to a male passenger on Frontier Airlines from New York to

Can Dance" judge/contestant, was found dead in an Encino motel room, December 13. Ruled a suicide by the LA Coroner, everyone (including his wife Allison Holker Boss and their three kids) are asking why? TMZ says Boss left a note. Sadly, stay tuned.

The Best!

The largest prize in lotto history - the \$2.04 billion Powerball jackpot. One lucky ticket-holder won it November 8, right here in SoCal. Bought at Joe's Service Center convenience store in Altadena. The lump sum is \$997.6 million after taxes. Store owner Joe Chahayed, father-in-law of a former Cincinnati Bengals defensive tackle, gets a cool million in commission.



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Hooray! Hooray! Brittney's home! US WNBA basketball star Brittney Griner, 32, arrived back on US soil, December 8, after being held in Russia on drug charges since February 17. She'd been playing for a pro basketball team in Russia. Now she's safe and sound, most likely playing for the WNBA's Phoenix Mercury. Lucky for us. The Mercury's first game is May 19, 2023 against the Los Angeles Sparks right here at Crypto.com Arena in DTLA. So we can welcome her in person. It's "so good to be home. I will do whatever I can



to help secure the release of Paul Whelan," the two-time Olympic gold medalist and LGBTQ trailblazer wrote on her first Instagram post after being freed. Gossip at its best! The British Royals are better than any made-up soap opera - especially since Meghan and Harry released the first of their kiss 'n' tell

Netflix docuseries "Meghan & Harry" on December 8. As Prince Harry explained to People magazine, "What people need to understand is, as far as a lot of the family were concerned, everything that she was being put through, they had been put through as well." Even juicier - William and Kate are NOT watching it personally, but having their palace aides watch the show and report back, People magazine revealed. Perhaps a reason there are so many "he said, she said" controversies. Says Queen Elizabeth's former spokesperson, Dickie Arbiter, "There are more holes in their (Harry & Meghan's) story than a calendar," according to The Sun tabloid. The latest fallout - Meghan and Harry have been told NOT to attend the coronation of his father King Charles III next year, according to www.sheknows.com.

Celebs in love. Congratulations to Jennifer Lopez and Ben Affleck, who tied the knot in a surprise ceremony July 16 in Las Vegas. He proposed April 2, while she was in her "favorite place on earth (the bubble bath)," she revealed in her November 29 "On the JLO" newsletter. And to Kourtney Kardashian and punk rock drummer Travis Barker. Being a Kardashian, one ceremony wasn't enough. They sealed the deal in a "practice" Las Vegas ceremony with Elvis presiding April 4. A legal civil ceremony at the Santa Barbara Courthouse May 15. And a blowout fairytale extravaganza at a Castle in Portofino, Italy May 22.

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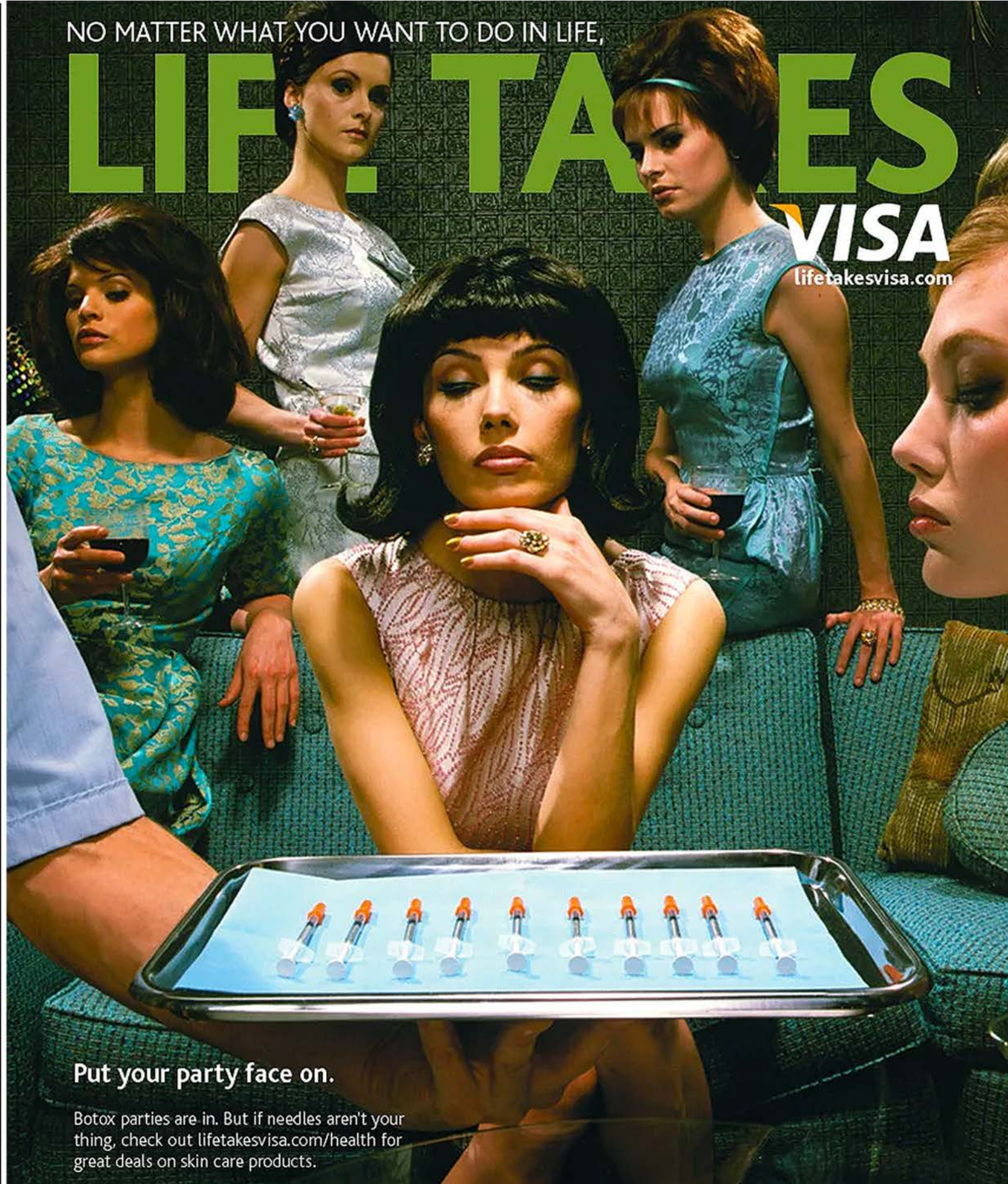
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WHY VINYL RECORDS ARE STILL A THING

by Ann Ferguson

Have you ever driven past a record store and wondered if anyone still listens to vinyl? It turns out lots of people do, and we're talking more than just your average record collector. Vinyl sales have outdone CDs by leaps and bounds in the past few years!

While the need for CDs has declined in recent years with the various music platforms out there, it still doesn't account for why so many people prefer listening to vinyl records.

So, what are the advantages you can gain from listening to vintage sound?

1. Superior Sound

Woman enjoying listening to vinyl

In 1887, Emile Berliner invented the gramophone and the first incarnation of vinyl. While the technology to reproduce sound has improved, the records themselves haven't changed very much, and for a good reason: superior sound.

With vinyl, you get an analog sound that reverberates and creates a warm sound you can't find in any other medium. The music and vocals are closer to the way artists sound live, with a lossless format that isn't overly compressed. And most songs are mastered



with better dynamics than CD or digital, so you hear more of the dynamic range.

2. Record Culture

Woman combing through vinyl records in a store

You might not think it, but there is a culture you experience once you enter the world of vinyl. Audiophiles have been listening and collecting vinyl for years, forming a connection they wouldn't have otherwise. But this connection isn't just for hardcore collectors or boomers — over 70 percent of the current market are millennials 35 and below!

3. Physical Connection

No doubt you've heard it before, the digital life often cuts us off from tangible connections. But with vinyl, you're physically holding an album with an artful cover design. You're tangibly connected to the music you love so much in a way that digital or CDs simply can't recreate.

4. Vinyl Experience

Two woman listening to record player, vinyls all around

One thing that definitely sets vinyl apart in the best way is the experience. With digital music, it's a matter of a tap of a screen or a click on a computer. But with vinyl, you get to have the experience of sliding the record out from the sleeve, placing it on the turntable, setting the needle on the groove, and then hearing that distinctive crackle.

This process means that listening to music is your main activity, not something you put in the background as you do other tasks. So, you can sit back and soak in every note of your favorite tunes and transport yourself to another world.

5. Owning Your Music

Hand reaching for vinyl albums

Sure, you can download albums to your

computer or phone and have a library of mp3's whenever you want, but it's not the same as owning a vinyl record. With vinyl, you don't have to worry about accidentally deleted (or corrupted) files or a streaming platform no longer carrying the artist or album you love.

When you own a record, you'll always have access to your favorite music. And best of all, you only need to pay for it once instead of with a monthly service payment.

6. Longevity

Unlike other media, records can last an incredibly long time. You can even listen to records from the 1930s, and it'll still be good as when it was made. And since a good chunk of vintage music hasn't been converted to digital, records are the only way to fall in love with some of the old sounds.

In a world of fleeting trends and connections, records are one of the few ways you can legitimately connect to the past.

7. Resell Value

Rack of old records

Whether you're organizing your space or your taste in music changes, the resell value of your record doesn't fade. This makes records a worthwhile investment, especially since the technology to listen to them has been available for many decades.

So, if you've inherited your grandparent's vinyl records from the '40s and '50s, don't throw them out!

Turn Those Tables

Sure, vinyl records have been around since the 1930s, but they're by no means down for the count. And it looks like they'll be sticking around for even longer. So, if you're ready to change how you've always listened to music, you've come to the right place!

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AVATAR

The Way of Water

By Contributing Writer

It is impossible to talk about “Avatar: The Way of Water” without sounding hyperbolic. But James Cameron’s sequel is a truly dazzling cinematic experience.

No matter if you’ve spent a second of your life thinking about what’s happening on Pandora or how Jake Sully (Sam Worthington) and Neytiri (Zoe Saldana) are getting on. “The Way of Water” will make awe-struck believers out of even “Avatar” agnostics. The film isn’t just visually compelling, it’s spiritually rich as well — a simple but penetrating story about family and the natural world.

Three hours and 12 minutes sounds excessive, but there is something decidedly decadent about committing that time to a movie. When the filmmaker is purposeful, it’s a unique rewarding experience. In other words, it’s not a big ask. And you’ll forget all about checking the time from the first shot of Pandora and Jake’s earnest exposition.



He and Neytiri have three kids now, Neteyam (Jamie Flatters), Lo’ak (Britain Dalton), Tuk (Trinity Jo-Li Bliss) and an adopted teenage daughter,

Kiri (Sigourney Weaver), and they’re happy living in the forest. “Happiness is simple,” he says. “Who ever thought that a jughead like me could crack the code?” So, of course, it can’t last. The humans are on the hunt for Jake, with a familiar antagonist leading the charge. And soon his family is on the run, taking up home in another part of Pandora, on the water with a new tribe led by Ronal (Kate Winslet) and Tonowari (Cliff Curtis) who reluctantly grant them refuge and try to teach them how to live on the water:

exploring the environment with the characters, delighting in the intricacies of a reef or basking in the beauty of giant sea creatures. Sometimes we’re just sitting in the water. It is not advancing the action in any obvious way. It is not even really developing characters. It just is, and it’s serene.

The action is there, too, of course, and it’s exciting because you’ve become invested in the family. And though we know there are more sequels coming, and one already wrapped, this is not the kind of franchise where anyone is guaranteed to get a fake superhero death. Sure there is some silliness, including the fact that the word “bro” is uttered about 8,000 times, but there is something admirable about the straightforward dialogue and emotions at play, too.

“Never doubt James Cameron” has become a bit of a rallying cry. It’s all the more extraordinary as the once-mythical sequels had become a kind of joke since the first movie. The “who cares?” chorus intensified. Had anyone really thought twice about “Avatar”? But Cameron knows his way around a thrilling sequel.

It’s worth noting that Cameron has not stuffed the film with mind-numbing, wall-to-wall action. There are long stretches of movie where we’re simply

But then people saw it and the tune changed. There is something comforting about the fact that we are capable of intense, collective cultural whiplash. Is that the magic of the movies? Of continuing to push the bounds of the big screen experience? Of betting big on weird-sounding stories about giant blue environmentalists? Maybe it’s just the magic of James Cameron.

THE WHALE

By Contributing Writer

The center of gravity of “The Whale” is obviously the 600-pound man at its center. Look closely, and he’s the one with a soul as light as a feather.

Charlie is a reclusive, morbidly obese English literature teacher unable and unwilling to stop eating. As his health woes mount and his life expectancy is put at a week, Charlie struggles to reacquire himself with his estranged daughter. We meet him on Monday and the film goes day by day to Friday.

Charlie is a gentle giant. He’s an optimist and a fierce believer in truth. “The Whale” is not always pleasant to watch but the payoff and performances make it astounding.

Stationary and wheezing on his couch, Charlie is repeatedly visited — a friendly nurse, his teenage daughter and a young missionary. They all need something from this man — spiritual, medical or familial. They are all broken, too.

The movie, based and adapted from the off-Broadway play by Samuel D. Hunter, is directed by Darren Aronofsky. Hunter’s depiction of the mortification of the flesh perfectly meets a director enamored by the grotesque.

Brendan Fraser has Oscar buzz for playing Charlie, allowing his signature puppy dog face to remain despite a massive body suit and prosthetics. And why not? It is one of the most moving performances in years.

The whole cast is perfect, from Sadie Sink as Charlie’s daughter, Hong Chau as his foul-mouthed nursing angel, Ty Simpkins as the missionary with a hidden past and Samantha Morton as his ex-wife with simmering anger and yet still love. There are references to Herman Melville’s “Moby Dick,” which gives the film the title.

Charlie has ballooned since the death of his same-sex partner, who apparently willed himself



shower, straining to stand up or touch the floor, covered in sweat and shoving pizza or fried chicken into his mouth. Maybe some of that could have been touched on instead of lingered on.

But body weight is not what the writer and director want to focus on here. It’s more the weight of guilt and love and faith. “I just want to know I did one good thing in my life!” Charlie shouts. One feels that the underlying issue in “The Whale” could have been obesity as easily as cancer or alcoholism or a blood disorder. Hunter is exploring

salvation, redemption, determinism and family.

The play has been sharpened for the screen but there’s no escaping the fact that it is rooted inside Charlie’s Idaho apartment, which he shuffles about in on a walker or later a wheelchair. This doesn’t make for sweeping cinema. Sometimes the apartment feels confining like a ship, adding to the Melville theme.

Some of the filmic attempts are forced, like the symbolically heavy bird that Charlie feeds, the three times actors rush to leave the apartment only to stop and turn back, and the heavy rain that builds as the film’s climax nears. But this is a film that stays with you and changes you. It is heavy, indeed.

to death by wasting away in starvation after their relationship was condemned by his church-leading father. Charlie has decided to die the opposite way.

He is sadly apologetic to his nurse — and shuts the video camera on his laptop during his online classes. Even the pizza delivery man doesn’t know what he looks like. “Who would want me to be part of their life?” he asks.

There has been fear that the film might be fatphobic and it’s true that cinematographer Matthew Libatique often leans into unflattering ways to show Charlie, soaping in a

SOCAL BASED BLUES VOCALIST SANDY HALEY

SoCal-based blues vocalist and band leader Sandy Haley tends to write songs about conditions that affect her. Her newest, 'Run for Shelter,' is a true story "about when I found a woman lying on a sidewalk in the Winter outside of a Target store. She had no clothes or shoes on, and was wrapped only in a blanket," recalls Haley. "I went inside (Target) and bought her an outfit, some flip-flops and some food. When she got dressed, she looked like any other shopper. Sadly, dozens of shoppers had walked past her without helping. My gospel ending in the song says "love will find a way' if everyone does just a little bit." The horns on this song are worth listening to alone, augmented by Haley's hot vocals: <https://open.spotify.com/track/05gpqcHpjUK6LJK-wDWqzn2?si=b5c3005069db4cbe>.

Haley's previous 'Love Me Right or Cut Me Loose' was an ode "to give strength and courage to women that are in toxic relationships with cheaters or abusers. If you can't love me right, if you don't want to just be mine, cut me loose. The track was featured on her most recent EP "Feels Like Freedom."

Haley, just voted a 'Top 100 Artist for 2022' by influential magazine Music Connection, kicks off 2023 with a



bang, opening for premier West coast blues guitarist, Tommy Castro and the Painkillers, at the Canyon Club and Special Events Center, 20912 Roadside Drive, Thursday, January 19. Showtime is 7pm. Tickets: \$20.-\$26. Info: (818) 879-5016 or visit <http://wheremusicmeetsthe-soul.com/canyon-agoura-hills/>.

Haley's captivating blues/R&B sound was also heard when she was one of the headliners at the Woodstock

Blues and Brews Festival in Laughlin, NV.

Sandy is also featured on the cover of Big City Rhythm and Blues Magazine's December/January issue, check it out, here: <https://www.bigcitybluesmag.com/>.

"Feels Like Freedom is a soul-drenched, high-energy excursion into the blues, Chicago meets Motown. An uplifting experience with boatloads of soul that just makes you smile and feel glad to be alive." – John The Rock Doctor.

"Dirty Dog is an instant honky-tonk classic! This is a great raucous story of a man who has been out sniffing around where he ought not be sniffing around and coming home to a woman who is fed up with his philandering ways. Great harp work and loads of barking gives this song more than enough energy to drive this high energy song to great heights." – Professor Johnny P's Juke Joint

"An ex-Gospel singer now turned blue-eyed soul and Blues singer; Sandy Haley really is very fine indeed. Feels Like Freedom is a lovely five-track album, chock full of some really tight playing and Ms. Haley's expressive and soulful vocals." – Musicnews.com

"Overall, Feels Like Freedom is a brief but potent sampling of Haley's original, energetic blues and her three-and-a-half octave range vocals. While some may argue it is all too brief, it is also filler-free and undoubtedly leaves listeners wanting more." – Heavy Journalists

Sandy Haley/info.: <https://sandyhaleymusic.com/>



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Program subject to change

How To Remove Fake Negative Yelp Reviews And Complaints

providers. This type of comment includes private information, promotional material, fake reviews, irrelevant content, conflict of interest, wireless threats, and harassment.

If you want to report these reviews, you can follow a simple process. First of all, click the three dots and look for "report review". As soon as the moderators receive the report, the comment will be reviewed and deleted. Keep in mind the moderators remove the comment only if the comment is against their terms of condition.

In this case, you must bear patience, as the review process can take several days.

By Contributing Writer



If you have been frustrated due to fake or negative Yelp reviews, you are on the right page. We are going to talk about how you can get rid of fake and negative Yelp reviews against your business. Keep in mind that only original authors can remove legitimate reviews and complaints. Therefore, if you want to remove these complaints, you will have to reach out to these others and solve their problems. However, there are ways to get rid of false and fake reviews. **Claim your Business Profile on Yelp**

First of all, claim your Yelp page, which will help you respond to complaints. Make sure that your business page contains updated information, such as hours, contact information, addresses, business pictures, and a list of products. **Report Reviews**

If you find reviews that may violate the terms and conditions of Yelp, you may want to report these comments to the service

However, you may want to check the status of the comment. You will be notified as soon as the decision has been made.


Keep in mind that even if they don't take down the review, the automated app behind the platform will rearrange the reviews.

Take Legal Action

Finally, if you have tried all of the methods mentioned above but you have not found a solution, you can try the last resort. You have the liberty to go to the court of law for justice. But before you do so, make sure that you are sure the comment is false.

Going to court may have a negative impact on your business. You may have to deal with a worse situation if the court decision does not go in your favor. But if the decision goes in your favor, the comment will be removed.

Follow these methods if you think that the comment on Yelp is fake or illegitimate. If you are right, the comment will be removed.





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How the Budweiser Clydesdales Became a Commercial Success

By Mary Beth Skyllis

April of 1933 was a great month for beer enthusiasts. President Franklin D. Roosevelt had repealed the Volstead Act, putting an end to the Prohibition of the beverage. Two brothers, August A. Busch Jr and Adolphus Busch III, came up with an unusual way to celebrate the occasion: They gave their father, August A. Busch Sr.—the CEO of the brewing company Anheuser-Busch—a beer wagon, complete with half a dozen Clydesdales to pull it.

The company quickly realized the horses would be a powerful marketing tool. They sent a different six-horse hitch to haul a case of beer to the governor of New York, who had fought to end Prohibition. The Clydesdales became the stars of a promotional tour across New England and the Mid-Atlantic,

during which they delivered a batch of Budweiser to President Franklin D. Roosevelt. Crowds began to gather to watch the horses at their stops throughout the journey. Soon, the breed—previously known for being hard-working farm animals in the Clydesdale area of Scotland—became associated with the American beer brand.

August A. Busch, Sr.

August A. Busch, Sr., recognized the Clydesdales' potential.

Anheuser Busch began breeding their own Clydesdales in 1953. Their program—which continues today—allowed the breed to prosper in North America; the company currently owns more than 200 Clydesdales boarded in stables throughout the country, and their main breeding facility



houses around 70 horses.

Not every Clydesdale is cut out for the job; in fact, being a Budweiser Clydesdale horse comes with a strict set of requirements. To be considered, the horse must be a gelding (a neutered male), be at least 4 years old, stand at least 18 hands (6 feet) tall, and have a bay coat with a white blaze. Each Budweiser Clydesdale wears a hand-crafted harness that weighs 130 pounds. When paired with their iconic 3.5-ton red, white, and gold beer wagon, they truly make an unforgettable spectacle.

Continuing the tradition established in 1933, teams of Budweiser Clydesdales still travel throughout the United States and abroad, making hundreds of media appearances a year. They're sent out in groups of 10 (eight to pull the eight-horse hitches the company currently uses, two to serve as alternates), with a trusty Dalmatian in tow. The animals received the dogs as a mascot of their own in 1950, when a Dalmatian was introduced into the Budweiser Clydesdale clan to mark the opening of the Newark Brewery. (Historically, Dalmatians have played a protective role for horses, keeping fire wagons safe from other animals during transit and helping to keep the equines calm during potentially chaotic events.)

Though many members of the Budweiser herd are on the road a lot, some of the horses have different marketing jobs: They're the ones trained to appear on television. For decades, the Clydesdales appeared in wholesome, feel-good holiday commercials, often trotting through the

snow. The company's decision to drop the horses from their 2014 holiday advertisements in an effort to appeal to younger audiences caused a bit of a stir; they've since made appearances in more recent years.

But the horses are best known for another event: In 1986, the Budweiser Clydesdales began starring in the company's Super Bowl advertisements. The brand's popular 1996 Super Bowl commercial, which featured the horses playing their own game of football, cemented their legacy as beloved members of the game's roster of anticipated commercials.

The advertisements' tones have changed throughout the years—some were lighthearted and playful, while others, like the one that aired during the 2002 Super Bowl and featured the Clydesdales bowing before the New York City skyline, have a more somber air. A few commercials have even focused more on their Dalmatian mascots than the horses themselves.

The Budweiser Clydesdale horses may be associated with the Super Bowl, but they haven't appeared during every game. In 2021, for instance, the company pulled their advertisements for the first time in 37 years, opting to use the money instead to help spread COVID-19 vaccine awareness. The horses did, however, return for the 2022 Super Bowl. Anheuser-Busch plans to advertise in this year's game, though it's currently unknown if the iconic Clydesdales will be featured.

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How Celebrities Look Stunning 24/7



By Contributing Writer

You must have wondered how celebs maintain their perfect looks when in the public eye. Well, this article will help you find out how... There is a big secret behind their consistent beauty but before we get to that let's remove a doubt.

The money is not the main reason (but it does help!)

Many people believe that their luxurious lifestyle and their purchasing power have a lot to do with their beauty. However, you can be rest assured that it plays a minute part with their appearance. It certainly affects their appearance in parties and other events, as they can afford makeup artists. Their money still does not help them in maintaining a

perfect look all day. You can take a look at pictures of celebrities and you will notice that they look great in every one of them.

One cannot overlook their gym routines, exercise and nutrition while considering the reasons behind their looks. They play a role in their appearance too but you can perform these tasks with ease as well. Actually, there

is a big secret among the well-known people, which they keep to themselves. **Their fool-proof secret**

The secret behind their beauty is (semi) permanent makeup. You can find service providers of permanent makeup with ease online. Permanent makeup ensures they do not have to sit in front of their mirror every day. As the name suggests, permanent makeup remains on you irrespective of the conditions you go through. This means, washing your face will have no effect on your makeup. You will always look great.

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

You will not have to interrupt your busy schedule or go through any additional pain just for the sake of applying makeup. Permanent makeup removes the hassle of applying makeup and removing it. This certainly applies to eyeliner, lips and eyebrows. Of course you may still want to apply powder, foundation of

highlighter, but you will cut the time down dramatically and not fuff around trying to get your makeup perfect. This is a great advantage which will help you save a lot of time. You will not have to worry about ruining your appearance by exercising or washing your face - or crying!

You can have it too

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

Conclusion

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

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FAT FREEZING AND OTHER NON SURGICAL BODY SCULPTING

By Contributing Writer

If you are obese and trying to get rid of extra layers of fat, you are on the right page. There are many non-surgical treatments that can help you get rid of additional fat. These treatments target specific areas of fat and destroy it. In this article, we are going to find out if fat freezing and non-surgical body sculpting can help you lose weight.

These procedures freeze fat cells or use heat for ultrasound energy. These

techniques target specific areas of your body, such as the upper arms, thighs, love handles and abdomen for reshaping.

Now the question is, if the treatments are safe, make permanent changes, or provide quick results.

Is Body Sculpting Safe?

The good news is that these treatments are minimally invasive and have no side effects. As a matter of fact, there is no downtime. However, you may want to consider your health history and consult your medical practitioner.

If your body mass index is between 18.5 and 24.9, you can enjoy the best results. This approach can help you destroy fat cells on a permanent basis.

Non-Surgical Body Sculpting vs Liposuction

Partly, it is dependent on the area of your body that you treat. If you want to treat a large area, you may want to go for liposuction. Non-surgical treatments have a less dramatic change.

Unlike a surgical procedure, you may enjoy different results. With liposuction, you can destroy 10 times more fat compared to body sculpting.

What can you Expect once the Treatment is Done?

Given below are the facts:

You don't need to use anesthesia, and there is no downtime; The procedure may take up



60 minutes; You may need up to four sessions; Your body may need up to 16 weeks to process and get rid of the fat; After the treatment, you may experience tenderness, swelling, and redness in the treated area; Symptoms will go away after a few days.

The Takeaway

If you want a non-invasive procedure, go with a trained practitioner. Make sure you consider the track record of the physician and book an appointment to ask questions. The treatments are safe as long as a physician performs them.

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RIDE THE AMTRAK PACIFIC SURFLINER TO SOUTHERN CALIFORNIA'S TOP HOLIDAY EVENTS AND ATTRACTIONS

By Contributing Writer

The Amtrak® Pacific Surfliner® is the perfect holiday adventure, with iconic views of the Southern California coast, a comfortable ride, and convenient access to some of the most popular events and attractions of the season. Here we go...

The Holiday Plaza in Downtown SLO
Open through January 2, 2023

Mission Plaza is the centerpiece of downtown San Luis Obispo, and it's all decked out for the holidays. This year, guests can visit Santa's House, ride a Classic

Carousel, take selfies in dazzling photo spots, and watch an animated musical light show! Events at the Plaza include the Hanukkah Menorah Lighting Ceremony, performances from the SLO County Band and the SLO Youth Symphony, and more.

Getting There: The downtown area is a short walk from the San Luis Obispo train station.

Juliefest

Through January 6, 2023

Considered one of the "10 most Christ-



massy towns in America," the Danish village of Solvang brings Old World traditions to the holiday season with beautiful lights, pop-up shops, Santa's Village, a parade, candlelight tours, and more.

Getting There: Book a Pacific Surfliner trip to Solvang (SLV). Riders connect to an Amtrak Thruway bus at the Santa Barbara Station for a 50-minute ride to downtown Solvang.

Warner Bros. Studio Tour Hollywood Presents "Holidays Made Here"

December 22, 2022 - January 1, 2023
(Closed December 25)

Experience a special holiday transformation at the Warner Bros.' "Midwest Street Backlot". Transport yourself to the quintessential winter town of Gilmore Girls' Stars Hollow, decked out festively for the holiday season. Take part in holiday-themed trivia, and hear behind-the-scenes stories from holiday fan favorites like Elf and National Lampoon's Christmas Vacation.

Getting There: Ride to Burbank Downtown and catch the "Pink Route" from Burbank Bus. Ride for 15 minutes to the Olive/Hollywood Station.

Rose Parade - Monday, January 2, 2023

Visit Pasadena to experience the historic Rose Parade, an internationally recognized New Year's Day celebration. This tradition has been part of the community for more than 100 years, with floats that are meticulously decorated with flowers and plants by hundreds of volunteers. Details

Getting There: Ride to Union Station in

Downtown Los Angeles and connect to the Metro Gold Line which stops near the parade route.

Holidays at The Disneyland® Resort -
Through January 8, 2023

Both Disneyland® and Disney California Adventure feature festive sights and events all season long, including special holiday foods, parades, entertainment, and decorations. Use a recent or upcoming reservation number to unlock a 5 percent savings on admission.

Getting There: Ride the train to Anaheim. From there, request a shuttle ride from Anaheim Resort Transit through the A-Way WeGo app (free when you show your train ticket). The bus drops off and picks up passengers at the Disneyland® Main Transportation Center.

Capistrano Lights - Select Nights
Through December 30, 2022

Visit Mission San Juan Capistrano on select nights for extra holiday fun. Take photos under a giant wreath, watch the tree lighting, enjoy performances by Dickens era Carolers, and take a photo with Santa. The grounds are beautifully decorated in lights. Details

Getting There: Ride to the San Juan Capistrano Station and walk to the Mission.

Visit the Pacific Surfliner newsroom to get insider tips for holiday travel, including guidance on trip planning, booking, and saving money on a train trip. To explore options and prices, visit PacificSurfliner.com

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Photo by Doug Maynes

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Photo by Don Blumley

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MASTER CRAFTSMAN WHO TEAMED WITH MARVEL COMICS

By Staff Writer

Marking the 60th Anniversary of Spider-Man, we would love to arrange an interview with renowned craftsman, famed skateboard maker, artist, comic book and superhero movie fanatic Bear Walker who just launched the limited edition Marvel Comics Spider-Man Collaboration. The perfect gift for the comic book fan, collector, or skateboarder in your life.



Actor Jason Momoa, "Shazam!" star Zachary Levi, and singer Billie Eilish all own custom boards that Bear Walker made. These premium collector items are unique in their complete lack of grip tape (the only boards in the world to offer this.) Instead of grip tape, the wood and character design itself are carved for ultimate traction and a statement design. As a result, each board is truly one of a kind.

Marvel tapped Bear Walker for a limited-edition set of skateboards featuring the comic book company's most beloved superheroes. All hand-crafted and carved by Walker and his team in the U.S., the Marvel Series 1 collection features four skateboards depicting Iron Man, Black Panther, Hulk, and Wolverine. His latest Marvel skateboard Spider-Man drop,



which is set to sell out when it goes live on his website at the end of this month.

The company has grown from producing just a couple thousand boards each year to averaging about 35,000 annually, with a price range of \$200 to \$300.

This Comic/Sci-Fi/Horror fanatic & famed designer is changing the face of skateboarding and pushing it into the future with his one-of-a-kind wood-carved

Marvel tapped Bear Walker for a limited-edition set of skateboards featuring the comic book company's most beloved superheroes.

grip featuring Star Wars, Pokemon, The Joker, Stranger Things, IT, Black Panther, Avengers, The Flash & more, making his skateboards into rideable works of art.

Bear Walker boards are made with only the highest quality maple ply. This maple allows the board to flex slightly but remains strong for the smoothest ride possible. Oil-based stain and five layers of clear coat ensure its durability in any weather. In addition to only using the highest quality materials, the company plants one tree for every board sold.

Ushering in a new golden age of skateboarding/cruisers, the All-American-made boards are for both the skaters who want to ride and those who want an art piece to hang in their homes.

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BUSY BODY

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Top Best Exercises for Snowboarding To Do At Home



balanced and stiff for snowboarding then it is better to perform some important and best exercises at home.

Right here we are discussing some of the

major and healthy exercises which you can perform at home for snowboarding activities:

Lunges

You might have performed lunges at some point in your life. For some of the people, it is quite painful because it is requiring putting some great

pressure on the knees area. But once you will get used to it, you would not be finding any sort of pain or pressure on the knees at any hour of the day. You should try this exercise right now! This is so helpful for your body!

It is quite easy to perform. You just need to make yourself



stand in a straight position and step ahead forward. Now as you have stepped ahead, you have lower down the back knee by making it touch the ground and stretch yourself. You will definitely be feeling some kind of strain in your body thighs a lot.

Squats

This has been another most important and best exercise which is required for the body stretching and flexibility. It will not just be shaping the thigh areas but at the same time, it will be strengthening the areas of your hips and quads too.

You have to make yourself sit all against the wall side and feel as if you are sitting on some chair. Give your body a 90-degree angle and keep yourself in this position for at least one minute. This will be helpful for you to give your legs the necessary strength.

Push ups and Sit ups

This has been one of the most common exercises which you can perform at home. This exercise is a lot helpful for you to build a strong abdominal system for your body. Here we would like to mention that while performing the push ups and setups you should not be bending your body, in case if you are a beginner. It can be painful for you in the beginning, but once you get used to it, you will definitely be finding it easy to perform on a daily basis.

So this was the end of the discussion about some of the common and best exercises which you can perform at home for snowboarding. All the exercises are best to add up your body with suitable strength and power for performing this sports activity successfully.

Without wasting any time, set a daily schedule and start performing these exercises right now!

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Do Pets Make Good Holiday Gifts?

By Contributing Writer

Just because animals look cute under the Christmas tree doesn't mean they make good holiday gifts. Caring for animals is an enormous responsibility, and they should never be carelessly given as gifts to anyone. Many people who receive animals as gifts find that they're unable to make the lifelong commitment to caring for their new animal companion, no matter how much they'd like to make it work. Animals deserve the best lives possible, but being given as a gift will make that outcome less likely.

1. A CHILD'S ATTENTION SPAN MAY BE BETTER SUITED TO A STUFFED ANIMAL.

Animal shelters are filled beyond capacity with homeless animals, many of whom were former "pets"—all because a child lost interest and no one else stepped in and took the time to provide training and care. Dogs need outdoor exercise every single day, and a huge time investment is required to train (and housetrain) a puppy—children are not mature enough to handle this responsibility.

2. MANY PEOPLE DON'T WANT AN ANIMAL FOR CHRISTMAS.

Has the person expressed an interest in adopting an animal? What type and species of animal would be a good fit? (For example, a well-mannered adult dog or a middle-aged lap cat is often a better fit than a high-energy puppy or kitten.) If a family decides to adopt an animal, every member of the family should go to the local animal shelter together to choose the animal after having discussed

the obligations and long-term commitments involved. If you give an animal as a gift, there's a good chance that the recipient never wanted an animal in the first place, which could result in neglectful treatment.

3. YOU MAY ALSO BE GIVING THE "GIFT" OF DEBT.

Does the person have the space, time, and money to care for an animal? (Caring for an animal companion requires a lifelong commitment, which could go on for over 20 years.) Costs can add up quickly, not only for food but also for vet visits and emergency care when the dog swallows a



sock or the cat takes a few bites from a toxic houseplant. Is the recipient a busy person? If so, a regular pet sitter and/or dog-walker may be needed. Forbes estimates that the cost of caring for a cat will be "at least \$780 a year and \$16,800 over [the cat's] possible 15-year existence." For a larger dog, it estimates a price tag of "\$1,570 a year and, over a 12-year lifetime, [total costs] ranging from \$22,025 to upwards

of \$82,929 for folks using dog walkers." Forbes' high estimate for a small dog is even pricier!

4. YOU DON'T HAVE A CRYSTAL BALL.

No one knows what the future holds. Are there any foreseeable life changes that could make caring for an animal difficult? (And what about the unforeseeable ones?) For example, some people don't realize that they are allergic to animals until the animal is already in their care. Many people will leave their animal companion at a crowded shelter, or they'll pass the animal on to a series of homes, which can lead to behavioral problems and cause trauma and psychological scarring.

A lot can change over the years that could affect a person's ability to provide proper care for an animal.

5. WHAT TO GIFT SOMEONE WHO IS TRULY READY TO CARE FOR AN ANIMAL COMPANION.

If you know someone who really wants an animal companion and is ready for the responsibility, how about giving a gift certificate for the adoption fee at the local animal shelter? Wrap up a food dish and some toys to give along with the gift certificate and put them under the tree. Or you could buy a dog bed or cat carrier and wrap it up with a stuffed animal and the gift certificate. After the holidays, you can all go down to the shelter together and pick out an animal companion who's just right for the recipient.

What You Can Do

Please adopt only from animal shelters and never buy an animal from a pet store or breeder. And don't forget to have all your animal companions spayed or neutered.

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Bathroom Design Trends For 2023

Flowers and Plants

Bathrooms can often look uninviting, so add some warmth to your space with indoor plants. One particularly popular plant is orchids.

Colored Basins

While older bathrooms typically have the sink built into the bench of the vanity, modern bathroom design adds the basin as a separate feature and will often have it colored.

Statement Walls

Add a statement wall behind your mirrors and vanity to break up the space, provide a dramatic eye-catching feature and add a touch of personality. Your statement wall can be a single color like a dramatic matte black or blush pastel, or you can even showcase a unique pattern or art!

By Contributing Writer



Thinking about updating your bathroom but help! Below we have compiled a list of our top 10 favourite bathroom trends of 2023!

Rain Showers

A wide-head shower is a stylish way to add a bit of luxury to your bathroom. Install a rain shower with dual attachments, allowing you to swap between a larger overhead spray and a more focused spray.

Colored Tapware

A trend recently is monochromatic bathrooms with coloured feature pieces like tapware and basins. The possibilities are endless, whether you prefer light pastel tones or dark hues like brass, gunmetal grey and matte black.

Bathroom Skylights

Bathroom skylights are a stylish and unique way to introduce natural light to your space and can even give the illusion of a larger space.

Backlit Mirrors

Backlit mirrors are a bathroom staple. Whether your mirror is oval or rectangular, backlighting adds an almost luxurious, expensive feel to your space.

Bath Caddies

A bath caddy is essentially a handy storage shelf for bath essentials. Unfinished wood is our favourite texture for bath caddies as it looks fantastic with any bathroom aesthetic.

Traditional White

Traditional white doesn't have to mean cold and sterile, when done right, a white on white bathroom oozes style, elegance and timeless glamour.

Shower Benches

Need somewhere to store your essentials or a place to sit while you shave your legs? Install a shower bench!

So there you have it, our top 10 favourite bathroom trends for 2023!

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By Andrews McMeel Syndication **Top Stories**

In June 2023, people in South Korea will suddenly become younger, the BBC reported. On Dec. 8, the South Korean parliament voted to switch from two traditional methods of counting age to the more widely recognized international method for official documents. Currently, Koreans are 1 year old at birth and then gain another year on the first day of each following year. An alternate method has them at 0 upon birth, then adding a year each Jan. 1. So, for example, someone born on Dec. 31, 2002, is 19 years old using the international method. But under Korea's traditional methods, they might be 20 or 21 years old. One member of parliament said the change would reduce "unnecessary socio-economic costs, because legal and social disputes as well as confusion persist due to the different ways of calculating age."

Phoenix police officer Christian Goggans, who had been assigned to home duty, took advantage of the situation by dedicating more hours to his porn career, KOLD-TV reported. Goggans is facing an internal investigation after he allegedly traveled back and forth to Las Vegas while on the clock to produce and star in pornographic videos. He posted the films to a public Twitter page using his "stage" name, Rico Blaze (which has since been made private). A Phoenix PD public information officer said Goggans' work-from-home assignment required only that he call in once daily.

Someone aboard the USNS Yuma, a Navy transport ship moored on the Greek island of Crete, is having a superior bathroom experience, thanks to the installation of the Bio Bidet BB-1000, The Washington Free Beacon reported on Dec. 12. At a cool \$553, the BB-1000 offers a heated seat, blow dryer, remote control, deodorizer and an "effective enema function," which a retailer called "the absolute strongest spray pressure of any electronic bidet seat on the market." The Military Sealift Command confirmed the purchase but declined to offer more details.

In Japan, a phenomenon known as rojo-ne -- literally, sleeping on the road -- is once again becoming a hazard as COVID-19 restrictions are lifted and people are out partying more, reported The Guardian. The number of deaths of snooz-

ing partiers has nearly doubled in Tokyo compared to last year, police say, and they're worried that the impending end-of-year celebrations will only add to the problem. Officials have also asked taxi drivers and others to drive with their high beams on and slow down.

A live nativity scene in Carolina Beach, an island community about 140 miles southeast of Raleigh, North Carolina, was missing its cows on Dec. 4, the News & Observer reported. The two cows escaped their pen at Seaside Chapel around 10:30 p.m. on Dec. 3, police explained, and were apparently so determined to get away that they ended up in the Cape Fear River. Carolina Beach police were joined by state park rangers and a K-9 with special herding skills as they hauled the soggy bovines back to shore.

A homeowner in East Grand Forks, Minnesota, was puzzled when he discovered five bullet holes in the siding of his house, along with another in his son's bedroom window, the Grand Forks Herald reported. Police were summoned, and they questioned a next-door neighbor, Michael James Powers, 76, who readily admitted that he'd been shooting at a squirrel that was on his bird feeder; as he put it, "Well, that's war." Powers was aiming from his own bedroom window, and said it wasn't the first time he'd shot at squirrels. He offered to go talk to "the other guy" and make it right, but officers had something different in mind: They arrested him for reckless discharge of a firearm. When Powers told his wife he was being arrested, she responded, "Well, I told you."

Police Report

Anthony Thomas Tarduno, 48, saved the Hernando County (Florida) Sheriff's Office the trouble of investigating after one of their patrol cars was set on fire on Dec. 7 in Spring Hill, Florida, WTSP-TV reported. As officers looked over the scene, Tarduno walked up and confessed to being the arsonist, saying he "had been drinking at a bar ... and decided he'd like to set it on fire." Tarduno placed a bag of garbage under the patrol vehicle and used a lighter to set it ablaze, police said. Tarduno admitted to detectives that when he gets drunk, he does "stupid things."

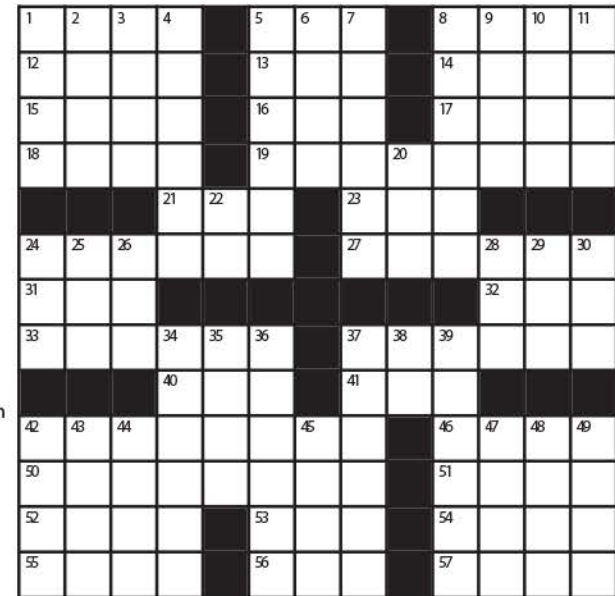
Across

1. Muscular strength
5. NY village, with Harbor
8. Showy trinket
12. Capital on a fjord
13. ET carrier
14. 60's hairdo
15. Train
16. Block
17. Salsa quality
18. Accord
19. Road up to a house
21. Symbol on an Australian coin
23. Get
24. Tenant
27. Mystical knowledge
31. Be a pain
32. "___ to Autumn"
33. Ancient Greek weight
37. Bow (to)
40. Roman 3
41. Exasperation
42. Disdain
46. Birthplaces of fungi
50. Exaggerates
51. Southwest Asian
52. Alternative word
53. Biological pocket
54. Large lake
55. Contributes
56. ___ Wednesday
57. Bird noses

Down

1. Head honcho
2. See at a distance
3. Zest
4. Makes
5. Conquer
6. Way off
7. Wounding
8. Small building with a roof in a park
9. Not many
10. Big Dipper
11. Decayed
20. Type of camper
22. Augusta locale
24. Ceiling
25. Go off
26. Relative of reggae

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28. Drunkard
29. Repeats 5 times for an Abba song
30. Repair
34. Kumquat, for example
35. Hightailed it
36. Oj and champagne
37. Garish art
38. Quebecois gold
39. Enfeeble
42. Pepsi ___
43. "Ars Amatoria" poet
44. Distress
45. Black eyed ___
47. "No problem"
48. Cheat
49. 15th day of March



Previous Puzzle





Elizabetta Boutique Launches New Line Of Luxury Italian Ties



Founder of Elizabetta, Elizabeth fell in love with silk scarves and famous Italian fabrics on a trip to Lake Como in 2003. Just one year later, she launched Elizabetta and things couldn't be better for the fashion designer.

"We're all so proud of the products we've created over the



years," Elizabeth said. "Design is my passion and I'm thrilled I get to share that passion with others."

By Contributing Writer

When you're looking for luxury Italian silk scarves and ties, there's no better place to turn than Elizabetta. The family-run boutique just launched a brand new line of handmade silk Italian ties and they're a fashion-lovers dream.

Crafted in a small workshop in Como, Italy, the ties are made from the finest fabrics and come in a variety of colors and patterns to fit everyone's style.

At Elizabetta, they're committed to creating products in small quantities so that you can take home an original and affordable accessory every time.

Not only will you look good wearing Italian fashion accessories by Elizabetta, but you can feel good about wearing them too. Every accessory in the boutique is made in sweatshop-free, eco-conscious, family-run businesses throughout Italy.

In addition to a wide variety of silk scarves, shawls, and ties, you can also find expertly crafted handbags, briefcases, and wallets at Elizabetta. The boutique has partnered with family-owned small leather workshops to bring these timeless designs to life.

Whether you have a special event on the horizon, or simply want to treat yourself with a new accessory, the items at Elizabetta won't disappoint. Don't believe it? Well, the reviews speak for themselves.

One happy customer recently wrote, "Classic, timeless, craftsmanship, Italian, what more can I say? Arrived on time and in good order with great quality. I will be purchasing more in the future."

Another had this to say, "I am super happy with all of the neckerchiefs I have purchased. And your fulfillment process is

flawless! Thanks for providing such excellent customer service and products!"

So if it's unique, fresh designs that are always reasonably priced that you're after, then Elizabetta has you covered. For more information visit the boutique's website, or visit them on Facebook and Instagram to see the latest designs.

About Elizabetta

Elizabetta is a small, mother-daughter business located in Italy. Operating since 2004, the company prides itself on supporting family-owned workshops and creating products in small quantities. This means every piece you get from Elizabetta is uniquely yours. Each item in the Elizabetta boutique is made in sweatshop-free, eco-conscious, family-run businesses in Italy.

<https://elizabetta.net>

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Best Way To Deal With Peer Pressure In Teens



become more assertive, try new activities, or to get more involved with school. But it can be negative too. Some teenagers might choose to try things they normally wouldn't be interested in, such as smoking or taking part in antisocial activities.

Peer influence might result in children:

- choosing the same clothes, hairstyle, jewelry as their friends
- listening to the same music or watching the same TV shows as their friends
- changing the way they talk, or the words they use
- breaking rules



- working harder at school, or not working as hard
 - dating or taking part in sexual activities
 - smoking or using of drugs
- Another best strategy in Coping well with peer influence is about getting the balance right between being yourself and fitting in with your group. Some children are more likely to be negatively influenced by peers - for example, children

Children who have strong self-esteem are better at resisting negative peer influence. If your child is happy with whom he is and the choices he makes, he's less likely to be influenced by other people. Self-esteem helps in establishing good relationships, and positive friendships also help self-esteem. Helping your child manage peer pressure and peer influence is practically possible.

You might be worried that your child is being influenced too much by her peers, or that she's selling out on her values (or yours) to fit in with her friends. You might also be concerned that your child won't be able to say no if she gets pressure to try risky things, such as smoking. But listening to the same music and dressing in the same way as friends doesn't necessary add up to doing the same antisocial or risky things.

Your child might do some things that his friends do, but not other things. You have an influence over your child too, especially over the longer term. If your child has a strong sense of himself and his values, it's more likely he'll know where to draw the line when it comes to assessing risks. Its to our own best interest to know that every teen deserves love and patience and also educating the mind of the child to help him or her build a wealth of self confidence in themselves. Peer pressure can be a great motivation when given proper guide on it.

who have poor self-esteem, who feel they have few friends, and who have special needs. These children might feel that the only way they'll be included and accepted in social groups is by taking on the behavior, attitudes and look of a group.



Stay cozy and safe at home for the holidays. Have furnaces, wood stoves, fireplaces, and chimneys inspected. Test your smoke and carbon monoxide (CO) alarms monthly.





NANNY VS DAYCARE WHICH IS BEST?

By Contributing Writer



example, you can hire a nanny just for those months.

Having your children stay at home is a great idea for many parents today, and if it can't be with you, why not with a nanny?

Sil Vous Plait has been connecting great families with outstanding nannies for over 25 years. We specialize in placing European nannies with families in the Los Angeles CA area. To learn more please visit <http://www.silvousplaitagency.com>

The debate about child care is one that is heard in houses all over the country. Is it best to put your little ones in a daycare or allow them to stay at home with a nanny? While daycares will say one thing, nanny agencies will of course say another, but who is right?

Ultimately it is the choice of the parents but getting a nanny may be a better way to go and here are just a few of the reasons why. If you have a nanny, especially one who stays in your house, your children can sleep in. This of course means an end to crazy mornings, sleepy kids who refuse to budge and it gets you out the door faster and less frazzled. You can just make yourself breakfast because the nanny will take care of the meal for the little ones when they are ready to have it. You also don't have to worry about dressing your little ones and dragging them out to a car to get them to daycare. The nanny is there to dress them and take them where they need to go, if indeed they need

to go anywhere. All of this calm morning will set you up better for the day and let you do things on your time, take yourself to work and not have to worry about the kids.

Hiring a nanny is actually cheaper than you may think and will save you money, especially if you have more than one child who needs to be cared for. Also, having an adult in the house leads to better security, you always know where your children are, you have someone in the house to accept packages or workmen and there is an adult there to take care of the pets of the house as well.

Having a nanny in the house means that if your children are ill you don't have to take a sick day to take care of them. Nanny's reinforce the family values and rules and not many people know this, but you can hire a nanny part time as well as full time. If you are covering a few months until your child can get into a day care, for



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FASHION

MEN'S WINTER COATS

HOW TO IMPROVE YOUR WINTER FASHION

By Contributing Writer

Winter have you wearing the same pair of sweatpants or boring jackets over and over again? Unsure how to look good while staying warm?

The good news is you can look great in even the chilliest of seasons, and bundling up in sub-freezing temperatures doesn't have to be complicated.

We've created this guide of men's winter coats to keep you looking stylish and hot, even when the weather is not.

Whether you're shopping for you or looking for a gift for the man in your life, we've got you covered.

Let's get into it!

Know Your Budget

Men spend, on average, \$85 dollars each month on clothing. That's about \$1,020 annually.

Before investing in your coat, it's important to have a general ballpark regarding how much you are willing to spend.

This will help you narrow down stores, types of materials, and brands. After all, if you're only looking to spend about \$150, it wouldn't make sense to visit stores with prices hovering over \$800, would it?

We commend that before making any clothing decisions, make your budget!

Find Your Fit

This isn't your father's wardrobe. Men's winter coats have come a long way in terms of style and sizing.

Determine what kind of coat you're looking for. Something slim-fitting? Something for the office? For formal events? For travels and adventure? (and yes, a coat for the Dominican Republic has different purpose than a coat for the Rockies)

Narrowing down your intended use will help you narrow down the appropriate styles and fits for the occasion.

Consider Fur

If you think fur is only for rich people, think again. This article shows that a proper fur coat is one of the most stylish ways to stay warm and look good doing it.

With different lengths, patterns, and options (yes, faux fur is trendy!), this is one of our favorite kinds of men's winter coats

Don't Forget the Accessories

Men's winter coats are just part of the attire. If it's really cold out, you will likely



need proper shoes, scarf, and head protection (such as a beanie) for additional protection.

Maybe you already have some of these pieces. Maybe it is important for you to coordinate matching styles or colors.

Either way, these should be taken into consideration when planning out your budget and style.

Rock the Boots

Want a surefire way to look stylish?

Ditch the sneakers and pair your men's winter coats with well-fitted boots. Not only do they define your style and create a sense of professionalism, they are also comfortable and warm!

If you're looking for outdoor protection (and style), consider checking out the endless designs and styles guaranteed to keep you happily active.

Final Thoughts

No matter what the season (or how hot or cold it is), you should never have to compromise looking and feeling good.

If your wardrobe is in need of an update, men's winter coats are a great way to show off your style and personality while keeping you warm. Win-win, right?



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