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BY BARBARA BECKLEY

High Barker's personal re-creation of the "Creature from the Black Lagoon" (1954)
[This statue was displayed annually at the Playboys Hollywood Park.]



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Liz Cheney, Goldie Hawn and Thomas Friedman Share the Distinguished Speaker Series Stage in Thousand Oaks

By Contributing Writer

Already well established as a Southern California cultural institution, the Distinguished Speakers Series has again lined up an all-star array of live presenters for the upcoming 2023-24 season. Now in its twenty-second season in Thousand Oaks this season's speakers include Goldie Hawn, Dr. Moogega Cooper, Liz Cheney, Dr. Lisa Genova, H. R. McMaster, and Thomas Friedman. The Series is sold in subscription packages ranging from \$210 to \$600 on www.speakersla.com.

With its season running from September 2023 to May 2024, on six different evenings, the Distinguished Speaker Series will bring community and business leaders, colleagues, friends, and multi-generations of families together for a shared experience. Patrons with different political persuasions come together for inspiring stories and presentations from some of the world's most influen-

tial, timely, and captivating speakers.

The series kicks off on September 19, 2023 with Academy Award-winner, humanitarian and household name, Goldie Hawn. Goldie will join the Series for a night of fun, laughter, stories, & sharing her passion: how to truly thrive.

Dr. Moogega Cooper, will take the stage on October 25, 2023. A real-life "Guardian of the Galaxy," Dr. Cooper helped make history when the Mars Perseverance Rover successfully landed on the Red Planet. Part of the famed Jet Propulsion Laboratory (JPL) team, she holds the awesome responsibility of keeping the Red Planet safe from Earth's contaminants. Her presentation will feature breathtaking images taken from space. She will share the leadership lessons learned from her inspirational journey to the top of her field.

Liz Cheney, former Congresswoman and Profile in Courage recipient, will join the Series on January 30, 2024, to discuss the



political divide in American politics. Hear Cheney tell the stories of how she arrived at her personal convictions, her remarkable career in Congress, and the road that lies ahead.

On February 20, 2024, neuroscientist and #1 international best-selling author, Dr. Lisa Genova, will wield her ability to tell a story and her knowledge of the human brain to discuss with passion and accuracy the journeys of those affected by brain diseases and conditions, and the science behind how we remember and why we forget.

Former National Security Advisor and

Lieutenant General H. R. McMaster (USA Ret.) will offer rare and timely insight on the most pressing issues facing the United States and the ever-evolving geopolitical climate, including the Ukraine War, technology and global security, U.S. foreign policy, misinformation and the global marketplace on March 26, 2024.

The Series will conclude with Pulitzer Prize-winning foreign affairs columnist, Thomas Friedman, on May 7, 2024. As one of America's most visionary thinkers, Friedman will analyze and report directly on the big trends shaping the world today: Economics, Technology, and Geopolitics.

Audience members have the opportunity to interact and exchange ideas with each speaker during a moderated question and answer session at the end of all events.

The Distinguished Speaker Series will be held at the Bank of America Performing Arts Center of Thousand Oaks, 1200 Thousand Oaks Blvd, in Thousand Oaks. Each program starts at 8:00pm

The Series is open to the public in subscription packages only. Series tickets range from \$210 in the balcony to premier seating at \$600 for all six evenings. Single tickets are not available. Subscriptions can be purchased online at www.speakersla.com or

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FUNKY FINDS

AND ODDITIES AROUND TOWN

By Barbara Beckley

YOU'VE HEARD IT BEFORE. LA'S THE LAND OF FRUITS AND NUTS. WE'RE NOT TALKING EDIBLES. BUT BEING ORDINARY ISN'T ANY FUN. EMBRACE THE CREATIVITY. ENJOY THE WILD, WACKY - AND WONDERFUL - ATTRACTIONS THAT ONLY LA CAN INSPIRE.

Crazy Art

Have an electrifying time at the Museum of Neon Art (www.neonmona.org) in Glendale! Remember The Brown Derby restaurant's neon derby? It's here! And those neon diving beauties in swim caps from the 1950s? They're here, too. In fact, so much neon art from the 1920s through the '70s, and modern neon art is here, MONA, as it's affectionately called, is acknowledged to be the only museum in the world devoted exclusively to art in electric media. Exhibiting electric and kinetic fine art, and historic neon signs for more than 30 years. Enjoy the permanent collection – Derby included – and new exhibits. Neon artist “Oliver Nowlin: Lightning's Lung” continues through August 27. Open Thursday through Sunday, noon – 7 p.m. Adults, \$10; ages 65 and up, \$8; ages 12 and under, free.

Tucked away in the Hollywood Hills – on the way to the Hollywood Sign – the Hollywood Sculpture Garden (www.hollywoodsculpturegarden.com) provides an intriguing experience among more than 100 one-of-a-kind avant-garde sculptures, statuettes and outdoor paintings, many for use with 3D glasses – paired with breathtaking views of all Los Angeles. Founded by Dr. Robby Gordon on his hillside estate, the photo ops are great among the modern and contemporary works in bronze, blown glass, carved marble and granite, rocks and minerals assemblage, metal assemblage, forged metal, bended metal, and

paintings. Each by well-established and up-and-coming artists from the US, Canada, Italy, Belgium, Argentina, Chile, Mexico, Sweden, and Zimbabwe. Admission is by appointment only. Or sign up for the reception on October 7, from 5 – 8 p.m. Donations accepted.

The Watts Towers (www.wattstowers.org)! We take them for granted, but they are among LA most funky



artworks. Created by Italian artist-immigrant Simon Rodia from 1921 to 1954, “Nuestro Pueblo,” as he named them, number 17 interconnected sculptural towers, architectural structures, and individual sculptural features and mosaics in his original backyard. Using steel covered with mortar, Rodia embellished each with decorative finishings of mosaic, tiles, glass, clay, shells, porcelain, and rock. No welding. Rodia wired rebar together, then wrapped each joint with wire mesh and hand packed it with mortar and his mosaic surface. The International Conference of Museum Curators named Rodia's Towers “a paramount work of folk art of the 20th century.” They're also on the National Register of Historic Places, a National Historic Landmark, a State of California Historic

Monument, and State of California Historic Park. Tours are free. Offered on Thursday and Friday, 11 a.m. – 3 p.m.

A current LA artistic couple is equally skilled at transforming their home into a work of art. The Mosaic Tile House (www.cheripann.com) in Venice explodes with tile designs covering nearly every square inch, inside and out. Recent additions include an Alice in Wonderland wall featuring a 3-D caterpillar, the Queen of Hearts, a rabbit hole, and the White Rabbit. Plus, they have a gift shop. Open Saturday, noon – 3 p.m. Reservations only at mosaictilehouse@mac.com. Adults, \$20; ages 65 and up, \$15; ages 12 and under, and 90 and above are free.

Weird Shopping

Be the life of the party at your next RAVE concert! Shop RAVE Wonderland (www.ravewonderland.com), SoCal's largest selection of Rave clothing and accessories for men, women, everyone. Where else will you find LED light-up eyelashes! It's all Rave all the time, from fishnet fingerless gloves and disco bell sleeves to YRU Dune holographic Silver X platform boots, full skull LED facemasks, guys' Reflective Hardstyle Biohazard 150 BPM or Die baseball shirts and pants, bright purple faux fur tops and chaps, body suits and thongs galore. Plus, Rave essentials like Space Buddy Alien back packs; even Fentanyl test strips. On Pico Boulevard in DTLA. Open daily 11 a.m. – 7 p.m.

Quirky cool – the Giant Robot Store and GR2 Gallery (www.giantrobotstore.com) in West Hollywood is over-the-top Asian pop culture and beyond. Think fine otherworldly art – currently displaying “A Dream Within a Stone,” with prints by Yusei Abe from \$35 to \$5,000, and cute little knit animal figures by top Asian artists. Toys like limited edition Tokidori Cactus bunny figures. Stickers, choose “Spam.” Housewares, bags, comic books, “Pancake Jake,” and not-so-comic books, “A Village Under My Pillow;” stationery, electronics, we love the ambient light Midori Daikon (looks like an egg with a smile); t-shirts, caps, and hoodies in the Giant Robo logo and others, even Hello Kitty, and other odds and ends. Open Tuesday – Sunday, noon to 6 p.m. The GR2 Gallery is open Friday – Sunday, noon – 4 p.m. And by appointment.



Funky Museums

And icon of LA funky finds, The Bunny Museum (<http://www.thebunnymuseum.com/>) in Altadena is truly the “Hoppiest Place on Earth.” The world’s largest collection, now at 45,741 bunny objects from antique metal, plush toy, and ceramic rabbits to Tournament of Roses Parade float bunnies, showcasing bunny love in advertising, art, entertainment, fashion, film, and every day. Open Monday to Saturday, noon – 6 p.m. Sunday, noon – 5 p.m. New by popular demand, a \$300 annual transferable membership with daily entry for up to four guests, access to The Peter Rabbit Bedroom, and 10 percent off in the gift shop. For daily visitors: adults, \$12; ages 65 and up, \$10; ages 5 to 12, \$8; ages 4 and under, free!

Take a turn in the Los Angeles Museum of Love (www.losangelesmuseumoflove.com) on Melrose in LA. Created as a fun bucket list project by a professor of psychology, who taught neuroscience and the psychology of sexuality. You’ll laugh, maybe cry – and have a wonderful time with the one you love. It’s immersive. All about the two of you getting to know one another better on a G-rated adventure. As the site says, “We create the opportunities. You create the experience.” Embark on a connection journey traveling through stages of a relationship, learning, and participating in interactive activities and games – through loneliness, romance, intimacy, even a storm, and end up playing games in the Fun Room. \$68 for



two. Ages 15 and older. Open daily, usually noon – 7 p.m.

Weird Overnight

The perfect segue perhaps, to a romantic night together in a train caboose! What? One of LA’s strangest lodgings for sure. You can book the genuine Train Caboose Cornell in Agoura Hills though Airbnb (www.airbnb.com). Snuggle together surrounded by beautiful country views on five acres of land (other residents are nearby, however), with amenities including a private deck, a California King bed, private bath, mini fridge, coffee maker, coffee, tea, toaster and microwave, bottled water, and snacks. Share the creative spirit of this classic train car and the beautiful Santa Monica Mountains. Look for the wild peacocks, hummingbirds, parrots, snowy egrets, Grey Herons, woodpeckers, and blue jays, which call this property home. At night you may even hear the owls calling to each other from the treetops. The rate is \$214 a night.



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Hooray for Horror

See it all – everything horrific and magical at the Icons of Darkness (www.iconsofdarkness.com) museum in Hollywood. Scaredy Cat alert! Many exhibits are automated! Dubbed “The Sci-fi, Horror, Fantasy, Superhero Hall of Fame,” Icons of Darkness boasts the world’s largest privately owned collection of screen-used props, costumes, and special effects! Thrill to the “Terminator” Arnold Schwarzenegger costumes, endoskeletons, and effects heads.



Aliens by the dozen – and alien costumes from 1979 to now. “Star Wars” original helmets and costumes, and the Prequel trilogies. “Batman” Batsuits from Michael Keaton to Christian Bale, along with original Penguin, Catwoman, Mr. Freeze, and Joker costumes. Dinos – yes! “Jurassic Park” original, screen-used T-Rex heads, raptor stunt suits, raptor puppet heads, and more. “Harry Potter,”

too. Costumes and props. Horror costumes and props from “The Shining,” “Nightmare on Elm Street,” “Friday the 13th,” “Child’s Play,” “It,” “Phantasm,” and “The Thing” to name a few. Also, Superheroes including the original Spider-Man, Blade, Wolverine, Superman, and Hellboy costumes along with screen-used pieces from “Lord of the Rings,” “Mortal Kombat,” “The Grinch,” “The Mask,” and “Edward Scissorhands.” Plus, eerie and fun Sci-fi artifacts from “Predators,” “Gremlins,” “Planet of the Apes” franchises, “Independence Day,” “Back to the Future,” “Men in Black” and “Mars Attacks.” Open Sunday through Thursday, 11 a.m. – 9 p.m. Friday and Saturday, 11 a.m. – 10 p.m. \$30, adults; \$15, ages 12 and under.

Enjoy three horror thrills in one at the Mystic Museum (www.themysticmuseum.com) in Burbank. Relive your favorite horror flicks at Camp Horror, an homage to ‘80s slasher and horror movies, now featuring the immersive “Y2Kills,” and “The Lost Toys” exhibits. Shop the Mystic Museum boutique for all things goth fashion, dark home décor and literature on the mystical side. And peruse the Mystic Museum of oddities, curiosities and antiques. Open daily, 11 a.m. – 6:30 p.m. Choose your fear: \$18 general admission, including a collectible trading card ticket; \$28, adding immersive CD and print art; and \$42 adding an official “Y2Kills” die cut poster. Bring the kids, it’s family friendly. And supportive. A portion of all proceeds go to causes including LGBTQ+ and animal rights.

A horror fantasy bookstore and more – Dark Delicacies (www.darkdel.com) in Burbank raises the bar. Featuring books



and clothing, jewelry, purses – the Twins Dr. Bag is almost sold out – DVDs, Blu Ray, pins, posters, prints, games, puzzles, and collectables! Many books are author signed like Dark Delicacies’ own “Haunted,” \$16; “Becoming Dracula: The Early Years of Bela Lugosi Volume 2,” \$36, and “1892 The Lizzie Borden Files,” \$40. Book signings by horror genre authors are regularly scheduled. Upcoming signings include Nat Segaloff – “The Exorcist Legacy: 50 Years of Fear” (\$28), August 5 at 3 p.m. “101 Horror Books to Read Before You’re Murdered” (\$23.99), August 26 at 3 p.m. And “Neon Nightmares: L.A. Thrillers of the 1980s” (\$35), September 23 at 3 p.m. Open Tuesday to Friday, 10 a.m. – 5 p.m. Saturday and Sunday, 11 a.m. – 5 p.m. - May the Force Be with You!

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MINUTIA

Fun Party Games For Adults

Parties have always been associated with children since adults seem to be too busy to take part. However, if you are hosting an adult party, you will definitely want to make it complete with some amazing games. The fact is that contrary to what many people think, there are lots of games suitable for adults making all the difference to the party. There are popular options you can settle for or try the more unique ones to add a beautiful twist to the party.



By Contributing Writer

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Hot Seat

It can be fun as the guests are put in the spotlight to evaluate how well they know the host. Questions are fired to the players on the hot seat in a set time and the player with most correct answers wins. The questions can be made as funny as possible to keep the game hot enough.

Laughing Game

It is a laughing game, but the player who maintains the straightest faces for the longest time takes the win. A laugh is naturally contagious and

demanding for a smile of love. The approached person must resist giving the smile no matter what gimmicks the player uses to encourage that smile. Smiling people are eliminated and the last person sitting wins the game.

Puzzle Games

They can be made up of different challenging puzzles that put the brain to work. In fact, the winning secrets are always so clear, but the harder the players try to think through the puzzles the harder they become. They are mind joggers and can be lots of fun as long as the interest is there. They are suitable for those who can't take part in vigorous games during the party.

Inflatable Games

They can be anything from sumo suit wrestling and sumo football, to giant jumping castles for adults. Other options in the category are giant slides, cash cube, dunk tank, giant twisters and bouncy boxing. They are among the more active games that your guests can take part in to have some unique fun. The best thing is that all the items can be hired at very fair prices and to accommodate the number of guests taking an interest. If you are the host, you can ensure that the fun goes on to the end by hiring as many adult games as possible for a more active outgoing crowd. You cannot miss out on the sumo suits since they are hilarious even before the game begins and everyone will enjoy wearing one and taking part in the games that you settle for in the suits.

Party games for adults are endless and you can be as creative as you can to make your celebration as memorable and fun as possible. There is just so much you can do to keep the adults entertained.

it will be fun trying hard not to laugh when everyone else is doing it. The elimination is done strategically as the laughs continue until a winner is determined.

I Love You Game

It is an amazing game to break the ice. People simply sit in a circle and one player stands and walks to a person of choice



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MISSION: IMPOSSIBLE

Dead Reckoning, Part One

By Contributing Writer

Wondering if you should choose to accept the latest “Mission: Impossible” entry?

On the first day cameras were rolling for “Mission: Impossible – Dead Reckoning, Part One,” Cruise drove a motorcycle off an actual 4,000-foot Norwegian cliff and then parachuted down. The least you can do to repay him is watch his movie.

If you do give in, you’re in for a treat. It’s got facemasks being ripped off, a car chase through Rome, a shoot-out in the desert, a sword fight on a bridge and an intense, runaway train sequence.

“This is getting exciting,” one character says early on.

Christopher McQuarrie returns for the third time as director — and he’s brought back love interest Rebecca Ferguson, comic relief Simon Pegg and Ving Rhames, Vanessa Kirby as The White Widow and Henry Czerny as Eugene Kittridge.

Newcomers include Esai Morales as a bad baddie and Pom Klementieff as his psychotic aide. Hayley Atwell also makes



her debut, playing a master thief and possible romantic partner for Cruise’s Ethan Hunt.

The bad guy isn’t a guy, it’s a haywire conscious artificial intelligence that has infiltrated every nation’s computer systems.

This AI can foul up every digital device. It’s “an enemy that is everywhere and nowhere.” The filmmakers aren’t too keen in specifics, leaving it an existential threat and giving it the nickname, The Entity.

“Dead Reckoning,” as the “Part One” is another action franchise going epic with several-part arcs. The key is sought by Cruise, our thief/love interest, a U.S. Special Operations team, Morales’ Gabriel and arms dealer The White Widow. It soon gets swiped, pickpocketed and seized, jumping from owner to owner.

What’s so special about this key? The AI needs it and one estimate of its worth is \$100 million, “The fate of the world rests on finding whatever the key unlocks,” we are told.

If other “Mission: Impossible” outings have felt that Hunt is robotic, this time filmmakers allow humanity to peek through. Cruise shows delightful annoyance at having to sit in the passenger seat as his car careens through Rome. He also shows a tender side in Venice as he cuddles Ferguson on a gondola.

Speaking of that car chase in Rome — we get the delightful image of Cruise and Atwell handcuffed together in a tiny, vintage yellow Fiat 500.

“Is anyone NOT chasing us?” she asks.

All the parties come together at one of those big, elegant Eurotrash dance parties that only Hollywood seems to love.

Then the movie culminates with Cruise’s motorcycle leap, a fight sequence on a steam train and a derailment that forces the good guys to climb through railcar after railcar.

Are you not going to accept this mission? Tom Cruise basically flew for you. It would be rude to leave him hanging.

INSIDIOUS

The Red Door By Contributing Writer

The “Insidious” franchise folds back on itself for the fifth installment, returning to its roots.

Patrick Wilson, Ty Simpkins, Rose Byrne and Andrew Astor reunite for “Insidious: The Red Door,” and whether or not you’ll want to push this door open may depend on how much of a completist you are. Laving it shut may be just fine.

The movie takes place nine years after 2013’s “Insidious: Chapter 2,” and the heroic Lambert family is not doing well. Dad (Wilson) and mom (Byrne) are divorced and their college-aged son, Dalton (Ty Simpkins), pretty much hates dad.

The push-pull of fathers and sons is a prominent theme here, but the roots of this unhappiness may have to do with the fact that they have suppressed memories of wrestling with demons.

The Further is described as “a world far beyond our own, yet it’s all around us, a place without time

as we know it, a dark realm filled with the tortured souls of the dead, a place not meant for the living.”

Dad and son share a special gift — the ability to astral project, or leave their bodies and drift into other worlds. But the cost is high — the son was in a coma for a year and a demon possessed dad. Memories of that were supposed to be wiped away.

Dad and son in the new installment gradually unlock The Further and navigate it, but the movie all apart into incoherence and the use of jumpscare of shocking images.

It’s a pity because Wilson not only acts, he also makes a strong directorial debut and even sings over the end credits.

The screenplay by franchise newcomer Scott Teems feels more like fan fiction, with its loving nods to items associated with the franchise.



In reality, Byrne and Astor have very little screen time and it is Wilson and Simpkins who are the stars.

There are some new touches, most notably a fright-fest in an MRI machine, an already intimate procedure in a tight place. Chunks of “Insidious: Chapter 2” — the final scene and a crucial fight — are reused liberally, and actor Sinclair Daniel adds comic relief and some sanity but her story is

abandoned unsatisfactorily at the end. Too many bows are attached to the movie’s final moments as well, reunions not earned or coherent.

If the “Insidious” franchise is your jam, by all means go and see the original Fab Four of the Lambert family battle hollow-eyed demons for perhaps the last time. But for everyone else, why not let the past stay in the past?

Taylor Swift Facts Even Swifties May Not Know



By Contributing Writer

Think you know everything about Tay? Not so fast. What's her favorite food, country song, and band? What was her biggest dream? Here are facts about Swift.

Her Favorite Country Song
Kenny Chesney's "She Thinks My Tractor's Sexy" has got to take the cake.

Dreams of Being a Director
Swift has always wanted to direct. "I was writing my videos for years, and I had a video that was a very specific concept I had written," she says. "And I wanted a female director to direct it. So I was like, "I could

do it, maybe." And when I did direct, I just thought, 'This is more fulfilling than I could have imagined.'"

Unfair Accusations Are Nothing New
Swift says she was accused of not writing her own songs from the very start.

She Loves Cracker Barrel
Swift is a big fan of Cracker Barrel restaurants. She keeps some of their products in her fridge.

Speak Now Is 100% Swift
Swift wrote the lyrics for every single song on Speak Now by herself.

Lyrics Instead of Text Message Burns
Some of Swift's most scathing lyrics are simply text messages she wishes she could send (pretty sure whoever they are meant for immediately got the point though!).

From Golden Retriever To Fox
Swift says her spirit animal has changed over the years. "I used to be like a golden retriever, just walking up to everybody, wagging my tail," she says. "Sure, yeah, of course! What do you want to know?" Now, I have to be more like a fox."

Olive Tree Love
Swift's relationship with Calvin Harris may not have lasted, but he did leave her with a very special gift. Swift revealed Harris planted an olive tree in her yard..

This Is Her Favorite Food
Swift has access to the best restaurants, but her favorite food is down-to-earth. What would she eat every day if she could? "Chicken tenders," she says.

Game of Thrones Superfan
Swift was obsessed with Game of Thrones, and heartbroken when it ended.

Now you know all about the star with the most number one albums of all time!

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HOW DO I BECOME AN ONLINE DETECTIVE?

for a practicing investigator. Requirements for becoming licensed vary depending on location, so you should always check into regulations in your area and in any area where you would like to offer your services. In some cases, you may only have to study and take a test or apply for a license with no schooling necessary. In other areas, full college training will be required.

Before you become an online detective, look into any additional licensing you may need. This may include gaining a business license if you intend to be self-employed. If you find work with an existing agency, no further licensing may be needed.

Most often, in order to become an online detective, you will acquire specialized software that makes accessing hard to find files and information easier. These programs may be linked to personnel files, criminal records, and additional information not available via regular search engines. In most cases, you will have to pay for this software, but it will prove invaluable as you go about doing your job.

You can go about finding clients for your own online detective business by advertising on online boards, and by creating a website and marketing it using various methods. In many cases, it is a good idea to network with



those who would be most likely to use your services. Calling local businesses is another good idea, since often they need to conduct background checks on potential employees.

If you would rather become an online detective for an established private investigator or online detective agency, call around and find out

who is hiring and what training they look for in an employee. Mention any past experience you have, and craft a resume highlighting any work you have done in researching or investigation. Use instances of having to do these things in your everyday life if you do not have professional experience, and include any schooling you have obtained.

The route taken to become an online detective will depend on what services you plan to offer. In most cases, you will need to become licensed in private investigation in the area in which you live, and perhaps in additional areas where you intend to do business. Services you offer online may include criminal background checks, online history reports, and person location services. You may also choose to combine Internet detective work with more traditional private investigation.

In order to become licensed in private investigation, you will likely be required to either attend a training school or academy, or apprentice



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KNOCK OUT THE HEAT WAVE WITH REFRESHING ADULT FREEZER POPS!

By Paul Kushner

Freezer Pops are made by freezing liquid in a specially designed bag. It makes a long skinny popsicle that can be pushed up the plastic tube to eat it.

INGREDIENTS IN A TEQUILA SUNRISE

Light and fresh tequila sunrise popsicles are a perfect choice to take the heat out of a summer's day.

They are an easy 3-ingredient cocktail that transforms into a pretty freezer pop.

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a stemless Maraschino Cherry

That's all that is needed to whip up these freezer pops.

Orange and pink frozen Tequila Sunrise Freezer Pops for adults in a silver galvanized bucket

HOW TO FREEZE ALCOHOL

Technically alcohol does not freeze. However, when a small amount of alcohol is mixed with other liquids, the mixture WILL freeze. The percentage of alcohol is key to success.

Cocktail popsicles don't freeze as hard as non-alcoholic popsicles, or freeze at all if too much liquor is included.

Even when freezing hard the popsicles melt more quickly due to the alcohol content.

PRO TIP TO FREEZE COCKTAILS

When made in freezer pop bags, if the pop melts more quickly no one cares, you



HOW TO GET THE BEST ORANGE FLAVOR

When certain ingredients are frozen their flavors can become dull. All orange juices are not equal in flavor depth. I add Pure Orange Extract to the Tequila Sunrise Freezer Pops to keep the orange flavor bright.

MAKE THEM BY THE BAG OR BY THE BATCH

The tequila sunrise freezer pops can be made 'per pop' or in a batch.

When making a batch, be sure to fully mix all ingredients and stir between pouring into each pop bag to ensure the alcohol is well mixed with the other ingredients for even freezing.

FOR BEST SUNRISE EFFECT

Drizzle the grenadine into each individual freezer pop bag to get the beautiful sunrise coloration.

In a hurry? Mix the grenadine into the other liquids and poured in as a whole.

NOTE: the color gradient will not be as dramatic mixing all together.

Frosty orange cocktail Tequila Sunrise Freezer Pops with maraschino cherries on a tray of ice

HOW TO MAKE TEQUILA SUNRISE FREEZER POPS – STEP BY STEP

This is the instruction overview for making the Tequila Sunrise Freezer Pops per pop.

Add a maraschino cherry to the freezer pop bag.

Shake the bag to migrate the cherry to the very bottom.

Place the freezer bag in a clean tall drinking glass.

Combine the orange juice, tequila and orange extract in a liquid measuring cup; stir.

Place a funnel into the top of the freezer pop bag.

Slowly pour the liquid into the bag.

NOTE: The liquid should reach the 'fill line' on the bag but no higher.

Pour the grenadine through the funnel into the liquid. It will create a color gradient with redder toward the bottom.

Seal and freeze the freezer pop upright in the freezer until fully frozen.

To eat: cut the top of the freezer pop bag just below the zipper seal and serve.





BBQ GRILLING TIPS

MAKE YOU SUMMER Q'S EVEN BETTER!

By Contributing Writer

Tis the season for BBQ. But if you're going to spend weekend after weekend standing at the grill, you might as well apply a couple of time-saving (and flavor-enhancing!) tricks to improve the experience, not to mention your food.

Clean Your Grill with a Cut Onion

Forget those fancy grilling tools—to clean the grit off the grate of your grill, all you need to do is halve an onion and run it up and down each rung. The acidity will cut right



Soak Your Skewers

There's almost nothing tastier than meat or veggie kebabs. The next time you're grilling up a bunch, keep the skewers from getting scorched by submerging them in water for an hour (or two) before you use them. This will prevent the skewers from drying out, burning, and starting to smoke before you're ready to remove 'em from the grill.



through any residual grease and grime, plus it will add a subtle onion flavor to whatever you cook next. (It's best to do this before the grill is hot.)

Check Propane Levels with Hot Water

It can be tough to determine how much gas is left in the tank attached to your grill. A simple trick? Heat up some water (FYI, it doesn't have to be boiling, but if it is, proceed



Light Coals with an Egg Carton

The one big drawback of grilling with briquettes is having to wait for them to heat up. Speed up the process by taking an empty cardboard (not Styrofoam!) egg carton and placing one Match Light briquette in every slot. Think of it as DIY kindling—you'll be grilling in no time.

Throw Herbs Over the Charcoal

If you want to punch up the flavor of the food you're grilling, you can certainly add herbs to the meat and veggies, but you can also add them to your charcoal. Dust woody herbs like rosemary as well as leafier herbs like basil or sage over charcoal to enhance the taste of your grilled fare and make the area around your grill smell amazing.

Build a BBQ Smoker

with caution), then pour it down the side of your propane tank while it's completely off and cool. Slide your hand down the outside of the tank. Where the tank is warm; where there's still propane, it will feel cool to the touch.



chips in water for a couple of hours before adding them to the bread pan. Then, cover it in foil and use a sharp knife (or a skewer) to puncture the surface so the smoke can escape. Put your smoker on the grill over one heating element, put the meat on a different rack, and close the lid. That's it! Yes - you can try these at home! Enjoy.

Tent Your Food with Tin Foil

After your food—whether burgers, steaks, or chops—has been cooked, take it off the grill, then mold a piece of tin foil into a loose tent shape and rest it over your meat for about five minutes. This simple trick helps to contain moisture and steam so the juices in the meat will meld together.

No, you don't have to have a professional setup to pull off that delicious smoky meat flavor. You can DIY a smoker quite easily with an aluminum bread pan, foil, and some hickory wood chips. Simply presoak the



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Natural Nutrients to Boost Your Health With Micronutrients Diets

By Contributing Writer

When people embark on a personal journey to achieve a healthy lifestyle, they typically start doing a few different things.

They regulate the number of calories that they intake.

They exercise more.

They start practicing better sleep habits.

But what's something that few people do? Track their micronutrient intake.

However, the truth of the matter is that micronutrients play a massive role in how your body performs. If you want your body to reach peak performance, then you need to start considering the benefit of micronutrients diets.

Knowing which micronutrients you need and how to get them, however, is hardly the most straightforward thing to learn. Fortunately for you, we're here to help. In this article, we'll list five essential micronutrients that you need to be consuming and how you can make that happen.

Vitamin B1

The first micronutrient that we'll discuss is perhaps one of the most core ones to your body's functionality. Vitamin B1's role is to assist in the breakdown of other nutrients into usable energy.

It doesn't matter if you're taking supplements for all the other nutrients on this list, if you aren't getting enough vitamin B1, your body won't know what to do with them! To get more vitamin B1 in your diet, start eating dried milk, oranges, and pork.

Omega3 Fatty Acids

A healthy mind is part of a healthy body. Omega3 fatty acids will help you get your mind on track with your physically fit body.

Calcium intake is particularly important for the elderly. Bones naturally deteriorate with age. One of the ways to combat that is with ample calcium intake, which can be accomplished with more dairy consumption.



These fatty acids help the brain to perform at peak output for longer periods of time. That translates into you getting more work done. They occur naturally in fish oil, so start including more seafood into your diet if you aren't already.

Calcium

When you were a kid, your parents probably told you that you had to drink your milk so that your bones could grow strong. Well, the nutrient that makes this happen is calcium!

Vitamin C

Vitamin C does several things for your body. One of its principal functions is developing collagen, one of the elements that contribute to healthy skin. If you've been fighting skin problems for years,



then try adding more citrus to your diet: oranges, lemons, and limes will all work.

Fulvic Acid

Fulvic acid is a soil-based organism that works to boost your immunity. In an age of worldwide pandemics, your immunity needs all the help it can get. To boost

fulvic acid intake, eat more vegetables and add a fulvic acid supplement to your daily regimen.

Incorporate Micronutrients Diets for a Healthier You

There you have it. Now you know more about micronutrients diets and how they can help you live a healthier, more all-rounded lifestyle.



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Queen Margaret's Version Of Shakespeare's War Of The Roses

for crown of England. Geer puts the focus on the women in court as they watch the bloody wars take the lives of their fathers, husbands and sons.



Those women include Margaret of Anjou, wife of King Henry VI (Melora Marshall); Dame Eleanor, wife of the Duke of Gloucester, and Lady Elizabeth Grey, Queen Elizabeth after her marriage to Edward IV (both portrayed by Willow Geer); the Duchess of York, mother of both Edward IV and Richard III (Cynthia Kania); and Lady Anne, daughter-in-law of Henry VI, widow of the young Prince Edward, and, finally, wife of Richard III (Claire Simba).

"It's so like today," says Geer. "The intrigue of the court is just like Congress and the fight for the White House. It's all about

who deserves what and who did what to whom. All done for political rise and wealth."

Playing the men are Roman Guastafarro as King Henry IV; Emoria Weidner as King Henry VI; Franc Ross as the Duke of Gloucester, protector of the realm; Max Lawrence as Richard, Duke of York (father of Edward IV and Richard



III); Jon Sprik as both the Duke of Suffolk and Richard III; Tim Halligan as the Duke of Somerset; Gerald C. Rivers as the Duke of Buckingham; and Christopher Wallinger as Cardinal Beaufort. The large cast also features Charlie

Burg; Sara Carpenter; Ben Church; Rhett Curry; Cole Dechant, Emelie Dechant, Julius Geer-Polin; Dylan Greer; Colin Guthrie; Emerson Haller; Christopher Wei Fu Hernandez; Michael Kendrick; Andrew Klein; Tariq Mieres; Nations; Daniel Ramirez, Quinlynn Scheppner; Anthony Soliz, Sky Wahl; Aralyn Wilson; and Elliott Gray Wilson.

Queen Margaret's Version of Shakespeare's War of the Roses will run every weekend with Shakespeare's Macbeth and A Midsummer Night's Dream and A Perfect Ganesh by Terrence McNally. Theatricum will perform all four plays in repertory.

Events taking place include comedy improv with Theatricum's troupe, Off the Grid (July 27, Aug. 31, Sept. 28); a 50th Anniversary Gala (Aug. 5); Under the Oaks salon series (Sept. 8 - Sept. 29); Americana Harvest Festival that includes a special performance of The Woody Guthrie Story (Oct. 8); and the company's annual Holiday Family Faire (Dec. 9).

Theatricum's beginnings can be traced to the early 1950s when Will Geer opened a theater for blacklisted actors and folk singers. Today, two outdoor amphitheaters are situated in the natural canyon ravine, where audiences are able to relax and enjoy.

For more information and to purchase tickets, call (310) 455-3723 or visit theatricum.com

By Contributing Writer

Will Geer Theatricum Botanicum continues its 50th Anniversary Summer Season with Queen Margaret's Version of Shakespeare's War of the Roses, an edit of Shakespeare's history plays — Henry VI Parts I, II and III and Richard III — compiled by artistic director Ellen Geer. Performances continue through October 1.

Dubbed the "British Game of Thrones" and Shakespeare's "First Boxed Set" by British director Trevor Nunn, War of the Roses follows 30 years of bitter infighting between the Lancaster and Plantagenet dynasties as they battle

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Enjoy The Ultimate Key West Weekend Getaway

By Contributing Writer

Are you dreaming of a vacation in Key West? You're not alone! In fact, 482,930 people flew into Key West International Airport last year – and that doesn't include those that arrived by car and boat!

Where To Stay

One of the things that makes Key West great is the wide range of accommodations. Whether you want to stay in a high-end resort or a quaint bungalow, you can find what you're looking for.

While there are cheap places to stay in Key West, we wouldn't recommend them! If saving money is important, then you'll end up a way off from the popular Duval Street. Accommodations near the Southernmost Point are often less expensive, and the area is much quieter.

However, if you want to be in the middle of all the action, then set aside some money for your accommodations. You will get the full Key West experience.

Getting Around

If you're driving the Overseas Highway, then you'll probably have a rental car. However, if you arrive by plane or boat, we recommend skipping the car altogether. In Key West, it's easy to travel by foot, on a bicycle, or in an Uber.

Parking in Key West is often a hassle, especially if you're staying in Old Town. This is another reason to reconsider driving.

What To Do During A Key West Weekend

When you visit Key West, you'll never be bored! Some "don't miss" attractions include: The Southernmost Point; Key West Butterfly Conservancy; Key West Custom House; Mel Fisher Museum; Key West Shipwreck Treasures Museum; Key West Cemetery

Book an open-air trolley ride with Old Town Trolley Tour or plan an amazing experience by booking a trip at Ultimate-helitours.com.



If you enjoy the water, plan a snorkeling trip or a sunset cruise. There's also plenty of shopping and beautiful beaches.

The Duval Crawl

The huge array of popular bars and restaurants is one of the best things about Key West! There are definitely many must-visit hotspots.

When it comes to watering holes, there are plenty of open-air, laid-back places. You take a step back in time by visiting some of Hemmingway's favorite hangouts – and create modern memories.

Most well-known bars are close to each other and you can visit them all while doing what's known as the "Duval Crawl" (a Key West-style bar crawl). If you do it right, you'll hit all of the following: Sloppy Joe's; Hog's Breath Saloon; Captain Tony's; Bourbon St. Pub; The Littlest Bar in the World; The Bull & Whistle

Wrap up your adventure by heading just off Duval St. and hitting the Conch Republic Seafood Company and Schooner Wharf. Make sure you leave enough time to relax and listen to their great live music while enjoying delicious conch fritters.

Dining In Key West

One of our favorite Key West tips is to eat as much as you can! Seriously! Key West is known for some of the best food. Whether you want cutting-edge cuisine in an upscale restaurant or you prefer a hole-in-the-wall, you'll find exactly what you're looking for.

Much of the food in Key West has both a Cuban and fresh-seafood influence. Here are a few amazing restaurants we recommend: Blue

Heaven – Jimmy Buffet fans love the atmosphere, live music, and tasty food; El Meson De Pepe – a fun, lively atmosphere with great Cuban food; Latitudes – a dining experience with unbeatable views; Caroline's

Pan-American Airlines, now it's home to great food, tasty beers, and homemade sangria; Turtle Kraals – fresh oysters, ceviche, peel-and-eat shrimp, and lots of cold beer; Pepe's – one of the best breakfast spots in Key West and (possibly) the best Key Lime pie; Cuban Coffee Queen – amazing artwork and the best coffee you'll find in the Keys.

Café – perfect for people-watching, the food and key lime pie are great too; First Flight Island Restaurant and Brewery – this cool restaurant was once the birthplace of

These are just a few of our favorites, but as you explore the Keys, you'll find there are many more great restaurants to please your palate.

Enjoy Your Key West Trip!

Now you know all the keys to planning an incredible Key West weekend!

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Dee Snider Rocker, Actor, DJ And Now Writer

By Contributing Writer

Dee Snider is taking a novel approach to life after rock stardom. The former singer for '80s glam rock band Twisted Sister just released his first novel, "Frats," about the madness, cruelty and alcohol and testosterone-fueled bravado of the 1970s high school fraternity scene on Long Island, New York.

His debut as a novelist follows his previous stints as a radio disc jockey, TV voiceover artist, Broadway actor, horror film writer and of course the drag-wearing face of the band known for the hits "We're Not Gonna Take It" and "I Wanna Rock."

"Always something new and interesting; that's key to me," Snider said. "I want to feel challenged."

He got the writing bug coming up with the script for the band's breakthrough 1984 video for

"We're Not Gonna Take It" in which a father berates his son, who then morphs into Snider and engages in cartoonish takedowns of dear old dad.

"I started to teach myself how to write," he said. "In 1984, everybody was out partying; I was in the dressing room or in the hotel working on writing. I'm not a singer who decided to write a book — or had someone write one for him. I've been laboring away, honing the craft."

"I'm not Vince Neil," Snider said. "I'm the guy you saw in Washington (where he testified before the U.S. Senate defending heavy metal, a guy who can put together a sentence, and express himself.)"

In his autobiography "Shut Up and Give Me The Mic," Snider learned about the bane of many writers: editors. His editor wanted 315 pages; Snider had 700 written.

"They chopped it in half," he said. "I call it 'killing babies.' You have a great section for a book, but you have to remove something."

"Frats," which Snider says he wrote without assistance, follows the lives of friends

who navigate the minefields posed by frat boys, the pressure to conform and the risks taken in the name of belonging. Main character, Bobby Kovacs, is loosely drawn from Snider's own high school experiences.

There's even a few Easter eggs that Twisted Sister fans may spot: The fictional reporter who wrote a story about a heinous crime integral to the plot is named Mark Segall, taking the first name of Twisted Sister's bassist, Mark "The Animal" Mendoza, and the second name of guitarist Jay Jay French, born John Segall.

The band playing the prom is named Dusk; Kovacs notes the singer went on to become famous. Dusk was Snider's real-life high school band.

Snider, 68, made headlines when his support of a tweet by Kiss singer Paul Stanley critical of juveniles undergoing sex reassignment surgery led Snider's planned appearance at the San Francisco Pride parade to be canceled.

"I saw what Paul said, and I agreed about saying kids aren't ready to make those decisions," Snider

said. He said he told SF Pride, "I think I should not attend. Look, we disagree, I'm in support of you, I don't want to cause you problems, let me bow out."

"You can't afford to be alienating supporters, people who

stand with you, sing with you, march with you, just because they don't agree with every single thing you say," he said. "I am a supporter of the trans community and the gay community. I dressed in drag and stood tall, and inspired millions of young men and women to be themselves."

He wrote on Twitter that "I am open to educating myself so I can be a better ally."

Suzanne Ford, executive director of SF Pride, welcomed that declaration.

"Like any ally, we're glad that Dee wants to continue learning about the issues that affect the transgender community," Ford said. "As a trans woman, I can tell you that no two stories are alike. This isn't a black-and-white conversation, which is why educating the public is so critical."

Twisted Sister retired in 2016, and there are no plans to revive the band, though Snider admits it would be tempting to go onstage again in makeup and costumes in one of the numerous states that have banned drag shows attended by children "as a poke in the eye."



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Disc Golf Destinations In Southern California

By Contributing Writer

If you love disc golf, these five courses are perfect. Send an entire day disc golfing in the mountains, overlooking a lake, or at a local park.

La Mirada Disc Golf Course

The legendary La Mirada is everything you imagine when you think about disc golf in paradise: mild temperatures, a cool breeze, and plenty of palm trees.

La Mirada's two 18-hole courses, the Lakeside and Backside, are situated on rolling hills of manicured green grass.

"LaMi" is fair and forgiving with a mix of open and lightly wooded



fairways. A good roller game will go a long way to get you through the sycamore and pine trees.

The 520 foot Hole 4 on the Backside is one of the highlights. It's the only par 4 and the best drives require throwing over the out of bounds area to a green on a small island.

Laying up to a safe space isn't always easy. When there's a headwind, errant drives could leave you too far away for your approach. Short approach shots and shanked putts could turn your

birdie or par into a snowman—a 10 during a tournament is not uncommon.

Waller Pines Disc Golf Course

Waller Pines Disc Golf Course has 27 holes, most with four or five pin positions allowing you to play thousands of unique layouts. The terrain alternates between lush grass



with wide sightlines and sandy, pine needle-covered fairways cluttered with trees. Bring a large bag or cart full of discs because this course will test all of your skills from backhands to forehands and skip shots to sky hyzers.

Sky High Disc Golf Course

Throwing the first hole at Sky High DGC is like taking that first steep downhill run of the day on a snowboard. If you don't go for it then you're likely to end up face-planted in the snow with your disc flying wide left, out of bounds to the right, or even beyond the basket and down the mountain. Though closed during winter when it serves its primary role as the Mountain High (North) recreational resort, Sky High is arguably the best place to play disc golf around the Greater Los Angeles area.

Sky High is over 7,000 ft above sea level and one of the only places



in Southern California where you can play an Ice Bowl in the snow.

Coyote Point at Lake Casitas

The par 54, 18-hole course is less than 6,000 feet long, but two rounds at Coyote Point will make you feel like you've played disc golf for the entire day. The downhill shot on Hole 1, 300-400 feet depending on pin position, can be dangerously windy. Poorly-thrown drives can fade hard left or turnover wide right requiring a very challenging second shot where twenty-foot putts become nail-biting testers.

Many of the fairways are open but there are plenty of technical lines with low-ceilings, canopies and natural obstacles to get in your way. You'll throw downhill on at least a third of the course including Hole 16, the top of the world signature hole, which is sometimes elevated on top of a boulder. The 18th and final hole plays back up a hill to the parking lot, but don't take this under 300 foot shot for granted—rolling down the right side of the hill could turn an easy par into a disappointing double bogie. **Hart Park, Sharktooth Mountain & Suicide Flats**

Two truly unique disc golf courses sit on 370 acres of land. Which one do you play first: the shorter course with lots of elevation change or the longer, flat course with water hazards and trees? Just make sure you bring lunch and cold drinks as you walk and hike up to 15,000 feet over 36 holes.

Shark Tooth Mountain is best played carrying backpack or bag as seven holes play uphill and the two downhill ones span a combined 1,200 feet from pads to pins. The hike up the mountain is well-rewarded with incredible views you'll see on no other disc golf course in SoCal.

Suicide Flats is the perfect cart-friendly course. The challenges lie in the water hazards and the clusters of trees demanding low-level tunnel shots. Bring your most understable plastic if you want a chance at a birdie. Don't get carried away with the playing a ground game—an unintentional cut roller on hole 4 could result in a 6 or an 8. Some baskets are close to the edge of canals so bring back up discs, a disc retriever or even a pair of waders.

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FISH TANK BASICS

A Simple Guide to Copepods and Amphipods

By Contributing Writer

Do you own a saltwater fish tank? Then you'll know that it is not uncommon to find tiny white bugs swimming around in your tank. There are quite a few things you should know about these critters.

Keep reading to learn more about copepods and amphipods that might be calling your aquarium home.

Copepods

These little sea bugs generally appear in your saltwater aquarium system when you have added live rock or sand. During their larvae and juvenile stages, they will most often be free-swimming



throughout the tank water. As they age into adults they will settle into the substrate of your tank.

Copepods can be found in all types of aquatic systems, from freshwater to saltwater, and are one of the many organisms that help make up animal plankton. These creatures help detritus, phytoplankton, and microzooplankton.

Amphipods

Amphipods are tiny little crustaceans that also enjoy eating the detritus found at the bottom of your fish tank, alongside the glass and even inside your filters. These tiny shrimp-like creatures rarely do any damage to your tank, fish, or coral but the population should be controlled. They can reproduce in large amounts if the conditions in your aquarium are favorable.

saltwater aquarium. They are especially a good source of food for seahorses, octopus, and if you are breeding gobies. There are also some fish that enjoy these sea bugs as part of their primary food source. Mainly mandarinfish,



There are very few species of amphipods that are considered to be parasitic and are rarely found in a saltwater fish tank system.

Benefits

Copepods and amphipods are an excellent food source for your

sleeper gobies, and sifting gobies.

Some fish species will sift through the substrate of your aquarium and pick at the live rock to get at these sea bugs. This is a great way to help control the



population of the copepods and amphipods in your aquarium.

Introduce Into Your System

If your aquarium doesn't currently have a good bug population to help sustain your fish then you can introduce them yourself. You can purchase them from your local saltwater fish

copepods and amphipods from their old environment into their new.

The best way to do this is by using a drip acclimation system where you slowly add the water from your fish tank into the water they were shipped or lived in from the store.

Once this has been finished, add them to your fish tank after the lights are out. This is when your fish are less active and they will have a harder time seeing them, allowing them to have enough time to hide and giving you a higher rate of success.

Learn More Today About Copepods and Amphipods!

Copepods and amphipods can be an important sea creature to add to your saltwater aquarium system, depending on what type of

store or through an online supplier.

When adding them into your system it is best to acclimate

marine life you have. They are great at cleaning the various types of detritus in your tank and make a great meal for your fish too.



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World's Most Expensive Kicks Will Order Your Pizza

By Contributing Writer

Basketball fans, sneaker fans, pizza fans, and anyone else might be feeling a little extra crazy.

How crazy? Enough to consider a 2.2-million-dollar basketball shoe supported by Pizza Hut that

not only looks stylish and feels great, but actually helps the wearer order pizza via cellphone.

The Pizza Hut Pie Tops hit the market in 2018 as part of a March Madness promotion from Pizza Hut. The company enlisted renowned "Shoe Surgeon" Dominic Chambrone to design approximately 50 pairs of a very limited-edition custom sneaker.

During the 2018 March Madness basketball tournament, the few individuals wearing the Pizza Hut Pie Tops could press one button inside the tongue of one shoe that would pause the game they were watching, press a button on the other shoe to order their favorite Pizza Hut pizza, and then resume the game.

Impossible? Apparently not. The shoes were made available in two color schemes, all red or wheat brown with red (or as Pizza Hut puts it, "marinara") highlights.

According to a description on the uber-shoe website, Godly Soles, "Atop a completely rubberized sole, the upper of the

wheat iteration consists of a tumbled nubuck, while in contrast, the red version consists of mostly full-grain leather with hints of suede on the toe cap and heel."

In addition, "A patent leather splash of 'marinara' accents the medial and lateral while white

translucent webbing, or 'cheese grater mesh', cages the emblazoned PIZZA HUT lettering."

The iconic Pizza Hut logo appears on an embossed hangtag, as well as on the lace lock, tongue, heel, and ankle collar. Even the insoles and laces reflect the pizza theme.

Guess what? Drake, the Toronto-based global rap star and sneakerhead, does not have a pair of



Pizza Hut Pie Tops II in his collection. But you can.

Godly Soles is offering a new, in-the-box, unworn pair of the wheat Pizza Hut Pie Top IIs in a men's size 11. They can be yours for \$2.2 million dollars, and you can claim ownership of the most expensive sneakers in the world.

With that, your purchase would top Drake's custom OVO x Air Jordan 10's, which are considered the most expensive sneakers in existence with a worth of \$2.1 million dollars.

Godly Soles is offering these for sale through StockX. Visit godlysoles.com for more about the world's most expensive sneakers, and how to get them.



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A Step By Step Guide To Building An ADU

By Contributing Writer

What Is an Accessory Dwelling Unit? This term refers to any small dwelling that's separate from the main house on a property. Some terms are granny flats, in-law suites, tiny houses, and garden cottages.

Detached ADUs

These backyard buildings are stand-alone units separate from your main house.

Attached ADUs

Attached ADUs join onto your home. You can turn a basement, garage, or attic into an attached ADU.



Why Do You Want to Build an ADU?

The purpose of your ADU also affects construction time. Some of the main uses include: Office space; Home Gym; Artist's Studio; As a Guest Cottage.

Your budget as well as intentions for your ADU will impact size and design.

Factors Affecting Your Timeline

These are the steps involved: Arranging the finance for your ADU; Working out a design; Arranging floor plans for the design; Submitting plans; Getting approval from your city; Hiring an architect and contractor; Recording the City's Covenant Agreement.

Designing Your ADU

There's nothing to stop you from designing your ADU yourself. You can also get a contractor. You will need a professional architect to finalize the formal drawings to submit your design to your town planner. You'll also need to sign a form agreement with your architect. A professional architect shouldn't take more than a week to come up with a layout.

Compiling the Necessary Documents

Municipal regulations govern any construction. In some areas, it might not be legally possible to build an ADU in your backyard. Some common regulations are:

Restrictions on the number of dwellings allowed; Distance limitations regarding how close you can build; Height restrictions on new constructions; Size limits on ADU's; Parking regulations; Environmental by-laws.

There are two stages involved in getting your ADU through the approval process:

Apply For Zoning

You may need to achieve zoning approval before applying for a building permit. Others will allow you to apply for both simultaneously. These are the most common requirements for zoning: A site plan detailing the outline and dimensions of your property; A list of all property owners within 300 ft. of your ADU.

Apply for a Building Permit

If you're using a contractor or architect, you can get them to complete this for you. Some cities require additional permits. These include electrical and inspections. You can check where you need to go for these permits with local building officials.

Constructing Your ADU

Average construction time for different ADU's are as follows: Junior suite – four to eight weeks;



Stand-alone ADU – 15 to 24 weeks; Garage conversion – eight to sixteen weeks.

Final Steps

Take time to inspect your ADU and make a note of snags. Then go through this with your contractor and get them to carry out necessary changes. Once you're satisfied, schedule an appointment with city officials to conduct a final inspection. If they approve for occupation, you're good to go!

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By Andrews McMeel Syndication

In 1973, Nissim Kahlon was living in a tent on a beach north of Tel Aviv, Israel, the Associated Press reported. He started scratching into a sandstone cliff wall along the beach, and eventually excavated a cave and moved in. Fifty years later, his created home is a sandcastle, with multiple floors, staircases, detailed mosaic floors and plumbing. But now Israel's Environmental Protection Ministry is moving to evict Kahlon, saying the structure is illegal and threatens the coastline. He said he first got a demolition order in 1974, but since then the government has left him alone, even connecting his home to the electrical grid. "I am not leaving here," Kahlon, 77, said. "I am ready for them to bury me here. I have no other home."

French President Emmanuel Macron now has the singular distinction of being the first French head of state to receive a body part in the mail, the Evening Standard reported. On July 10, a severed finger belonging to a "living human being" arrived at the Elysee Palace, where it was "initially put in a fridge where the police put their snacks," a source said. "This was to make sure it was preserved and could be analyzed as quickly as possible." The former owner of the digit was identified and given "full medical support," but it was unclear what the meaning behind the delivery was.

The Toronto Zoo has a favor to ask of visitors to Nassir the gorilla: Please don't show him photos or videos on your phone. Like any other 24-year-old primate, Nassir is "fascinated by videos, and screen time would dominate his life if he had it his way," according to the zoo's website. The Toronto Star reported that Maria Franke, director of wildlife conservation and welfare, is noticing the effect of visitors sharing their content. "It was causing him to be distracted and not interacting with the other gorillas ... He was just so enthralled with gadgets and phones and the videos." A sign now warns visitors: "Some content can be upsetting and affect their relationships and behavior within their family." Phones down, humans.

An 8-year-old boy faces multiple charges, including first-degree robbery, after he carjacked a vehicle at gunpoint on July 11 in Montgomery, Alabama, WSFA-TV reported. Officers tried to stop the car, but the little

driver wouldn't stop and later crashed into another car. A witness, "Snake" Knapp, said he saw the kid pick up two adults along the way. "I think parents just really need to know where their kids are, what their kids are doing," Knapp mused.

Doctors at the Wright-Patterson Medical Center near Dayton, Ohio, presented a case in the New England Journal of Medicine on July 6 that detailed a man whom they diagnosed with "hairy tongue." Gizmodo reported that the 64-year-old consulted with doctors when he developed a green, fuzzy layer on his tongue. He was prescribed antifungals, but they didn't help. Hairy tongue occurs when keratin causes a buildup of papillae, the tiny projections on the tongue. The man was directed to scrub his tongue with a toothbrush four times a day and stop smoking, and the green fuzz disappeared.

Lakewood, Colorado, police are searching for a serial panty thief, The Denver Gazette posted on July 6. The unknown suspect, described as having short black hair, a black goatee, dark eyes and a muscular build, allegedly lifts women's underwear from laundry rooms at the Lakewood Towers at Belmar apartments. Over the course of at least 26 incidents, he "has taken approximately \$4,881 worth of items," Lakewood police said. [Denver Gazette, 7/6/2023]

Animal Antics

— People living in the Travis Heights neighborhood of Austin, Texas, are thinking twice about venturing outdoors -- and it's not because of the heat. A red-shouldered hawk is terrorizing pedestrians -- to the point that U.S. mail delivery has been suspended in the area indefinitely, KTBC-TV reported. "Imagine walking out of your house and knowing that you're going to get punched in the back of the head by an animal with large talons," said Alfred Del Barrio. He said he avoided the hawk on a run because he saw its shadow. Nicole Netherton of the Travis Audubon Society said the hawk is protecting its young. "Trying to ignore them so that they can get their business and breeding done is probably the best advice," she said. State and federal laws protect migratory birds. Meanwhile, residents are asked to pick up their mail at a local post office until further notice.

Crossword by Myles Mellor

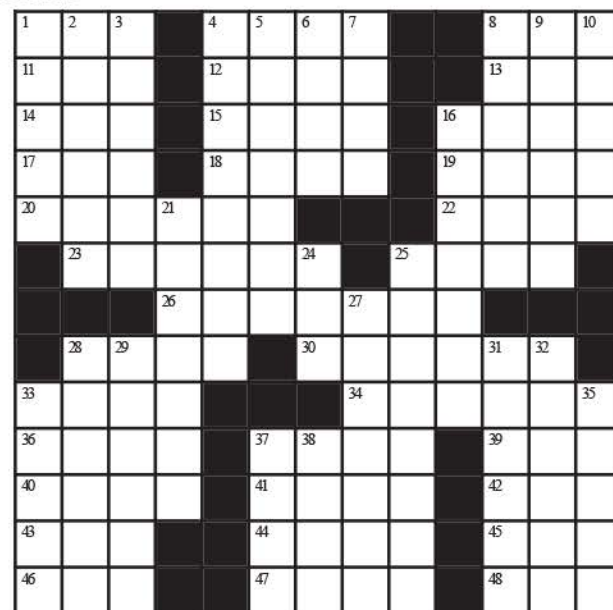
Across

1. Stock exchange index
4. F 150 makers
8. "I knew it!"
11. ___ Baba and the Forty Thieves
12. Muscle woe
13. Band booking
14. Free from, with "of"
15. Goulash
16. Centers of attention
17. Apple picker
18. Oolong and Black
19. Circle parts
20. End ___
22. Lacking slack
23. Layers
25. Toot
26. Give of ___
28. XY chromosome
30. Imitation
33. Round building
34. Ball game
36. Rugged rock
37. Furnished with footwear
39. Vehicle
40. Breezy
41. Pout
42. Degrees
43. One of TV's Ewings
44. Cold war antagonist
45. Losing come-out roll in craps
46. Ambulance workers
47. Duffer's driving points
48. One easily taken in

Down

1. Challenger
2. Peace branches
3. Most expansive
4. Leadfoot's likely locale
5. Eight singers
6. Flightless bird
7. Condensations
8. Ancient meeting places
9. Setback
10. Discriminator. in a way
16. Disastrous

Print this Page! Ctrl + P



21. Medical branch
24. Snake
25. Ground balls that pass through infielders
27. Marry
28. Sister of Moses
29. Warnings
31. Has suspicions
32. Canada's capital
33. Suffix with sea or moon
35. Noted fabulist
37. Blue material
38. Garden water conveyer

Bad Dad Jokes

Why do cows wear bells?
Because their horns don't work.



Previous Puzzle





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HOW CELEBRITIES INFLUENCE TEENS AND WHY IT MATTERS

By Contributing Writer



The Impact of Media on Teen Body Image

Research shows teen body image is shaped by factors. These include friends and family, where the teen lives, and their culture. However, celebrity images have a profound impact.

The “Ideal to Real” body image survey found 80 percent of teen girls compare themselves to images of celebrities. Moreover, almost half said that celebrity images make them feel dissatisfied.

Appearance is among teenagers’ top concerns, teen girls in particular. **Celebrities Influence Teen Eating Disorders**

Why does celebrity influence on body image matter? Body dissatisfaction is linked to mental health challenges, including eating disorders, depression, and low self-esteem. Young women who consume media with images of an unrealistic “thin ideal” are more likely to

exhibit symptoms. Nearly half of girls ages 13 to 17 wish they were as skinny as models.

Celebrity influencers play into this trend when they document extreme diets or use language that can be triggering — such as when Kim Kardashian expressed gratitude for being told she “looks anorexic.” When celebrities minimize severity of eating disorders or endorse taking unhealthy products to suppress appetite, they are emulating dysfunction.

Furthermore, for celebrities as exploited for their physical bodies as the Kardashian family is, they are shirking an opportunity to

reframe the narrative around healthy weight. Hence, teens are told that looking skinny defines your worth.

And it’s not just teen girls. Research shows young men also experience body dissatisfaction and depression as a result of viewing media images. This dissatisfaction can lead to unhealthy, excessive exercising. **Positive Celebrity Influence**

Some celebrities influence body-image for the better. For example, singer Lorde called out a Photoshopped image of herself. “Remember, flaws are ok,” she tweeted.

Other celebrities, including Rihanna, Beyoncé, Melissa McCarthy, and Jennifer Lawrence have spoken out against the ideals of beauty. **Substance Use and Celebrity Influences**

Celebrities influence teens in other ways. When stars post images of drinking or smoking on social media, they normalize substance use. Furthermore, they make it appear attractive and cool.

In addition, for every hour that American teens listen to music, they hear more than three references to different brand names of alcohol. This might contribute to teen drinking. Movie characters who smoke cigarettes influence teens to try smoking. **Celebrities Can Raise Awareness**

Many celebrities are open about their struggles. As a result, they help to reduce raise awareness. Celebrities are real people with real struggles. Teens can learn from their experiences, including when and how to seek help.

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IMPORTANCE AND BENEFITS OF CLAY PLAY ON KIDS

By Contributing Writer

It is one of the tools that kids need to use during their early childhood days. While playing clay games, children develop skills like language development, problem-solving, fine, and gross motor development, social skills, mathematical concepts, and praxis development. Use of clay on infants and toddlers enables the discovery of body awareness. Clay is also natural. Most of the companies use less than desirable ingredients where you need not worry about the toxins.



Motor Skills

The touch and feel of clay offer a natural relaxing sensation. This quality lets kids press, squeeze, and poke it. They can also reshape the clay as they want. Children can also explore their talent,

strengthening their motor skills, and enjoy the activity.

Problem-Solving Skills

Clay helps children understand three-dimensional aspects of this world. Working with clay helps the kid develop the ability to adapt to changes as they need to work around the clay amongst the craft materials. Their problem-solving aspects are explored when the child decides how far they can take the clay for creating a shape before they break and fall. The child should understand the visuals of the final product.

Therapy

Clay is a tactile medium that has a calming effect on the kid and adults. The reshaping of the clay is a healthy outlet of emotion.

Boost Self-Esteem

If you want to create something from scratch, it is something to be proud of. Reshaping is simple with clay as it is a material that is easy to mould. Playing with clay and moulding, it helps develop a sense of control amidst kids. Once they reshape it successfully, they get an accomplished feeling.

When it comes to clay set up, it is best to allow children to explore the entire block of clay. You could use the canvas mat as it will not stick and makes the cleanup process easy. Clay is exciting yet compelling. If you want quick motor development, encourage your kids to use their hands while playing with clay.

Once you become confident and interested in the regular clay, you can add wooden clay tools, a little bowl of water, and other natural elements like pinecones and leaves.

Benefits

There are several benefits to using clay for kids. Some of them are good memory skills along with emotional and mental development through self-expression. Clay moulding is fun for creating something, and playing makes beliefs. The other benefits include:

When you think about clay, you do not consider writing. Yet, the importance of clay is deeply rooted in strengthening finger muscles used for proper grip and pencil holding. Clay is also one of the craft materials meant for children to express their thoughts tangibly and thoughtfully without using verbal abilities they might possess. The best part about clay is you can use them in a two-or-three-dimensional manner.



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FASHION

THE BEST MEN'S ACCESSORIES EVERY MAN SHOULD HAVE

By Contributing Writer

Everyone has heard “Don’t judge a book by its cover” but let’s be honest, we can’t help but do it.

If you want people to have a better opinion of you, then you need to dress to impress. Here are the best men’s accessories you need to impress.

leather gloves come in many colors, the ones which are easiest to match are brown and black.

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Rings make people see you as important. This works with any kind of custom ring, class rings, and rings given by groups like masonic rings.

Pocket Squares

When an important event comes up, dress with class and style. Consider rounding off your look with a pocket square. Pocket squares enhance your look and make your outfit more stylish. All you need to keep in mind is that your colors should match.

Cufflinks

Only a handful of men utilize cufflinks. If you happen to spot one of them, you’ll see that he has more class than all the rest. These ornate accessories bring depth to your look. Choose a design that holds meaning for you. So, learn more about the different kinds of cufflinks and their prices before you buy one.

Leather Wallets

Imagine a well-dressed, well-groomed man waiting in line ahead of you. Now imagine him taking out a Velcro wallet. It ruins his façade, doesn’t it? Choosing the right wallet to finish up your look is important. Dark colored wallets are perfect for general use. Lighter colored ones are also good, but there is a sizeable difference in the impact they give.



Tie Bars

The tie bar is one of the most overlooked and essential accessories. Owning a tie bar can make you look anything but cheap.

Tie bars are easy-to-use. All it does is clip your necktie to your shirt. Nothing breaks your facade more than your necktie flying around. A tie bar can help you look clean.

Small Rucksacks

Rucksacks are practical for any man. Opting for one of the smaller alternatives give you a chance of making them stylish. Whether it’s on your back, like a small briefcase, or like a duffel bag, rucksacks are still one of the best travel accessories.

Dopp Kits

Dopp kits are the male version of a woman’s purse. You store personal effects like grooming products inside and carry it with you. You can also put other important things inside, like medications.

Leather Gloves

Leather gloves are perfect for every man. They give a man a distinguished look. Leather gloves make people think you have class. While



Watches

No reputable man would allow themselves to go out without a watch. There are two kinds — casual and dress. Casual watches tend to be more complicated. They have many hands that serve many purposes. Dress watches are a more simplistic, as they only serve to tell the time. Their simple design makes them a fine addition to any formal wear.

Toiletry Bag

Toiletry bags are one of the greatest traveling accessories. These are useful for storing your necessities every time you visit the toilet. You can store everything from toilet rolls to perfume.

These are the best men’s accessories you should have. Round off your look and impress everyone!

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