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BY BARBARA BECKLEY

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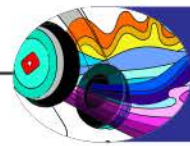


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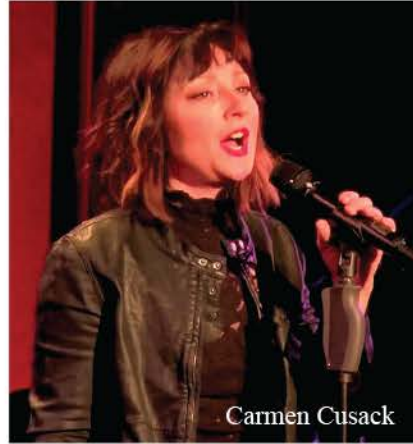
By Staff Writer

LA is a sprawling mecca of entertainment with a wide variety of clubs, theatres and even restaurants. The best finds are usually in surprising and unexpected places.

All American BBQ in West Hills, does not sound like a music venue, but hosts some of the best local talents in the area on their patio every Fri & Sat night. Great live music from Jazz to Blues and even Classic Rock fills the air on weekend nights, making for a great hang out for locals and beyond.

4 time Tony Award nominated Carmen Cusack is one of the resident talents that will wow your ears with her amazing voice and sentimental songs that will leave you wondering, why have I not been here before? She really is amazing and worth the visit.

The Sonic Boomers, a stylistically unique rock & roll band will transport you to the radio days of the 60's, 70's and



Carmen Cusack

beyond. They have the "it" sound with 4 part harmonies, and a blend of instrumental perfection that will make you want to get up and wave your arms in the air. It is a perfect night out for some good ol' rock n' roll fun!

Want to get down and dirty? Come in and get your blues on with Kevin West,



Kevin West

blues guitarist and vocalist extraordinaire. Originally from Charleston, South Carolina, Kevin delivers a rockin' blend of Southern blues, rock and fusion from his national tour. At All American BBQ, he plays a solo acoustic performance. With influences like Jimi Hendrix to Tupac Shakur to Stevie Wonder, he puts on a compelling blend of originality and memorable tunes. It's a great time for all ages and tastes.

Many artists are lining up to come out and jam at the AABQ patio. Other acts



include the Bob Thomas Trio neighborhood resident, Nightlife – a local band playing the 2 decades in the Valley Circuit that puts on a great show, and don't miss Pollock another Valley boy 2 decades, singer, songwriter maestro.

The patio has such a great backdrop for the bands you might forget where you are. How can you top this much fun you ask? BBQ! Yes BBQ, the best Smoked Ribs (Beef & Baby Back Pork), and their mesquite fire pit Tri-Tip, Chicken, and Burgers. Enjoy an outdoor/indoor table and soak in the live music while having dinner. The patio is a comfortable setting with tables and chairs as well as heaters for cooler nights.

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# GIFT GUIDE

*holiday*

By Barbara Beckley

*Christmas and Hanukkah are coming up fast! As the saying goes... 'Tis better to give than receive. So, here's our list, checked twice from Oprah, Vogue, Good Housekeeping, BestProducts, Shark Tank and more to help you find the ultimate gift for all your loved ones.*

## HER

The season's must-have! The Lululemon Everywhere Belt Bag. In multiple colors. Water-repellant fabric. Exterior zippered pocket and interior pockets for phone, keys, wallet. Worn cross-body for extra coolness. \$48 at Lululemon.com. OF COURSE – the 2023 Holiday Barbie!!!! In a shimmering gold gown with starry details, and a Certificate of Authenticity. \$45 at Amazon.com.

Is she more classic? You can't go wrong with Chanel No5. The eau de parfum body oil set is \$220 at Chanel.com. And jewelry! She'll look like a million bucks in the Dorsey Kate Riviere Diamond Tennis Necklace. Designed with 27 karats of round-cut, lab-grown white sapphires in 18K gold-coated sterling to wear night and day. \$650 at Shopdorsey.com.

For premium primping – the Dyson Supersonic (hair) Dryer. Its "smart temperature control" won't dry out her locks. And seven attachments provide perfect styling for every look. \$429.99 at Dyson.com. Give her a flawless complexion with the four-in-one Solawave Radiant Renewal Skin Care Wand home facial treatment LED light tool. Features red light therapy, microcurrent, facial massage, and therapeutic warmth. \$169 at Solawave.com.

\$165 at Amazon.com. And flawless makeup with the Laruce Tami Professional Makeup Brush Set featuring the brushes make-up artists use most: a large powder brush, brush for blush or bronzer, tapered eyeshadow brush, angled blending brush, and concealer brush. Cruelty-free synthetic bristles, and stand-up case. \$65 at Nordstrom.

Add style to her workout with Bala Bangles, the season's "it" workout accessory. In 10 colors, these wrist, arm, and ankle weights provide constant yet comfortable



hands-free resistance for better results. Made with recycled alloy steel wrapped in baby-soft silicone. Ultra strong Velcro allows a perfect fit for every size. Set of two (1 lb., 2 lbs. or ½ lb.) with color-matched carrying case. \$55 - \$65 at Shopbala.com.

Think she has everything? Bet you she doesn't have personalized lip balm from Paris! Emboss her initials in gilt calligraphy on the elegant leather-like Officine Universelle Buly 1803 Lip Balm box beautifully gift-wrapped in Paris. Inside, the Baume des Muses lip balm soothes with moisturizing, repairing and protective organic natural ingredients. \$29 at Buly1803.com.

## HIM

Is he a football fan? He'll cheer The New York Times Custom Football Book, with his name embossed on the library binding. The play-by-play 60+ page tome traces the history of his favorite NFL team through reprinted coverage from The New York Times archives. The cover is team colors. \$80 - \$130 at Uncommongoods.com.

Environmentally hip? Gift the Shinola Sea Creature Detrola sport watch inspired by deep sea critters with a case and strap crafted from 100 percent recycled ocean bound plastic waste. Water resistant with a stainless-steel core; and translucent ocean material dial to see the movement. \$450 at Shinola.com. And super cool Ray-ban's Wayfarer Square Smart Sunglasses. They connect to his phone so he can use his shades to listen to music/podcasts, answer calls, and take pictures and videos! A simple tap or voice command is all it takes. \$395 at Amazon.com.

For the DIYers. He won't need salt for the margaritas, thanks to Shot Glasses handcrafted from 250-million-year-old fossilized Himalayan sea salt from The Salt Cave in Santa Barbara ([www.saltcavesb.com](http://www.saltcavesb.com)). Each glass adds the perfect amount of pure, natural sea salt to Tequila, and other drinks. \$9.95 each, at [Salt-cave-sb.myshopify.com](http://Salt-cave-sb.myshopify.com). Or waste time looking for screws on his guy-thing projects. Drill bits, screws, washers, nails, bolts all stick to the RAK Magnetic Wristband leaving his hands free. He can strap it on his wrist, belt or hang it above the workbench. Made from premium ballistic nylon, with 10 extra-strong light-weight magnets. \$23 at Amazon.com. Or miss a streaming opportunity for his favorite shows, games, personal trainer workouts. The Samsung Freestyle Smart Portable Projector turns anywhere from floor to wall to ceiling – indoors and outdoors – into a home "big screen experience." Place it, tilt it, and watch wherever. The cradle stand rotates nearly 180 degrees; with high resolution, premium 360 sound, built-in Alexa, Auto Leveling, Auto Focus, and Auto Keystone. \$498 at Amazon.com.



## KIDS &amp; TEENS

Drag race on the ceiling! (Without damaging anything). The Air Hogs Zero Gravity Laser Racer car goes anywhere. The boys just point and direct its path with the remote-controlled LED light beam – on the ground, sharp turns, spins, up the walls, across the ceiling. Ages 8 and up. \$49.99 at Walmart.com.

If the kiddoes love nature, gift them the GeoSafari Jr. Talking Microscope by Educational Insights, voiced by wildlife warrior Bindi Irwin. It's the only talking microscope for preschoolers. They'll thrill to 60 beautiful close-up wildlife images as Bindi explains the animals and plants they're watching. Two play modes: Fact, and Quiz (to see the info they've learned). Ages 3 and up. \$33.99 at the Educational Insights Store on Amazon.com

The ultimate selfie gift. A Light-Up Drawing T-shirt! Just put it on and create cool glow-in-the-dark designs and words on the luminescent ink panel. Use the mini light wand, or any concentrated light source including a phone, flashlight, or blue laser pen. The design fades after about five minutes, so take a selfie, then create anew. Ages 3 and up. Machine washable. \$25 at Uncommongoods.com.

Let the girls enjoy a Coachella-like vibe with Hype Hair Floral Frenzy by Style Squad. More than 250 flowers, sequins, and glitter to layer into their hair using the easy click-and-stick stamper. (Good Housekeeping's parent testers appreciated how easy they were to remove, too). Includes a carrying case. Ages 3 and up. \$12 at Amazon.com.

Have techie tots? Advance their knowledge with the fun Artie 3000 Coding Robot by Educational Insights. This design-drawing toy features pre-programmed options for beginners, and advanced apps as they expand their knowledge and skills. Creating Python and JavaScript in no time! Includes the Artie 3000 robot, four washable markers, and activity cards. \$46 at Amazon.com. \$60 at Walmart.

Fun and – shhh – educational for interacting with others. Sunny The Bright

Light Chameleon from Little Live Pets. Like a real chameleon, Sunny changes color. And lights up and makes funny sounds according to his mood. He gives a happy reply when you speak to him in a friendly voice. Too loud, and he gets scared! He's soft and squishy, activated by music, touch, feeding and your voice, with 30-plus sounds and emotions. Ages 5 and up. \$14 at Amazon.com.

Put your teen's name in lights! With the handcrafted YSMNDE Personalized Name Neon Light. Choose the color, font, shape, and text. First names are super popular. 20" to 55," flexible silicon LED, lightweight. Plugs in. \$59.98 at Amazon.com.

Are they into art? Take their work off the page with the MYNT3D Professional Printing 3D Pen! Two speeds and flow: fast to fill in larger areas; slow for more intricate and abstract works to create 3D animals, flowers, vehicles and more. The large

OLED display lets them monitor the material's temperature for a wide variety of effects. \$60 at Amazon.com.

They're baaaack. Scrunchies! Go one better with the Hidden Pocket Scrunchie, with a zipper pocket to hold keys, cash, lip gloss. In raspberry and navy jewel tones. Strong inner elastic. Soft velvet fabric that's gentle against the skin when worn on the wrist. \$20 at Uncommongoods.com.

## FAMILY

Take family fun to the next level with Crazy Forts and build any indoor and outdoor structure your kids can imagine. Simply connect the glow-in-the-dark rods and connector balls and cover with bed sheets. Includes 69 pieces. Voted #1 engineering STEM fort building toy by Purdue University, Smart Toys magazine, and Huffington Post. Ages 5 and up. From \$33 at Amazon.com.

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Dog Relaxation System. High frequency vibrations (barely perceptible to us) help alleviate stress, reprogram fear responses, and replace them with positivity. A noise and motion sensor turns it on when you're away. Ideal for vet visits, fireworks, thunderstorms, new situations. \$89.99 at Chewy.com. Turn every walk into a runway strut with matching baseball caps! The Pawaboo Owner and Dog Hat Set includes a cap for you, and matching Dog Visor Cap with ear holes, adjustable strap. For all size dogs. \$20.99 at Amazon.com

Purr-fect. The Laptop Cat Scratching Pad for the kitty that loves to help you work. It looks like a mini laptop with a pretend screen, a mouse that looks like a real toy mousy, and cardboard scratching keyboard. \$35 at Uncommongoods.com. A gift your furry purry can sink its teeth into. The special edition Holiday Cat Toys & Treats Goody Box by Chewy. Includes a penguin plush kicker toy, 10 bouncy, holiday-colored spring toys, a foldable play tunnel – all with catnip – and treats from Temptations and Hartz Delectables. \$25.99 at Chewy.com.

**EVERYONE**

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for every time someone walked into my kitchen and said, "WOAH, what is this!? I need one...." enthused Bestproducts.com's deputy editor. It not only cues you in on weather, sports scores, social media updates, and news headlines in real-time. It has tons of display apps including customizable message boards, photos, cat meme reels, and more. \$179 at Tidbyt.com.

Heartwarming – and a little weird. The Filimin Long Distance Friendship Lamp is there when you can't be. Whenever you

think of your lamp's recipient, reach out and touch your lamp. Their lamp will instantly light up, too, emitting a soul-warming glow. Set of two lamps \$178; three, \$315; four, \$400; and six, \$615 at Amazon.com.

Know a LEGO enthusiast? Turn them into LEGO-like brick figures, with Custom Brick Figures. Send in a photo and get a customized stand-alone brick figure of up to three people that matches the photo. \$50 at MyCustomBrickHeadz.com.

**SPLURGE!**

Give her the newest in "stealth" luxury. The Yves Saint Laurent logoless Manhattan leather bag. \$2,100 at YSL.com, Neiman Marcus, Bloomingdales.

For him. The Louis Vuitton Thomas Wine Kit, with monogramed bottle opener, pour spout and cap in a monogramed case. \$2,500 at US.LouisVuitton.com.

Fly the family to paradise! Luxuriate on the beach in Fiji with the Family Getaway Package for five nights at the InterContinental Fiji Golf Resort & Spa (www.Fiji.InterContinental.com). Includes accommodations in a Club Suite with a plunge pool for two adults, two children under 12, and daily breakfast. \$4,585.

Happy Holiday Shopping!

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# MINUTIA

## Maybe In Your Lifetime, People Will Live On The Moon - And Even Mars!

By Contributing Writer

NASA is plotting to build houses on the moon by 2040. With 3-D printing and soil made out of moon dust, it can create a subdivision in space.

Half a century ago, the astronauts of Apollo 17 spent three days on that pockmarked orb, whose

gravitational pull tugs not just on our oceans but our imaginations. The astronauts moonwalked in their spacesuits and rode in a lunar rover, with humanity watching on television sets 240,000 miles away.



NASA is now plotting a return. This time, the stay will be long-term. NASA is going to build houses on the moon — ones that can be used not just by astronauts but ordinary civilians. By 2040, Ameri-

cans will have their first subdivision in space. Living on Mars isn't far behind. Some say NASA's timeline is overly ambitious. But NASA scientists all said that a 2040 goal for lunar structures is attainable.

The U.S. space agency will blast a 3-D printer up to the moon and then build structures, layer by

layer, out of a specialized lunar concrete created from the rock chips, mineral fragments and dust that sits on the moon's cratered surface and billows in poisonous clouds whenever disturbed.

ICON is calling its plan Project Olympus. It's an in situ resource utilization construction system, meaning it would make use of materials found on other planets.

NASA is more open to partnering with academics and industry leaders, which has made the playing field much wider.

### Turning A Problem Into A Solution

Among the many obstacles of taking up residence on the moon is the dust — fine powder so abrasive it can cut like glass. It swirls in noxious plumes and is toxic when inhaled.

But four years ago, Raymond Clinton Jr., senior technical adviser of the science and technology office at NASA's Marshall Space Flight Center in Huntsville, Ala., sketched the idea of houses, roads and landing pads. Dr. Clinton realized 3-D printing could be a solution.

If homes on Earth could be successfully 3-D printed from soil made from the minerals found here, homes on the moon could be printed from the soil up there, where temperatures can swing up to 600 degrees and radiation and micrometeorites pose a risk to buildings and bodies.

NASA is calling its return to the moon Artemis. Artemis I, the first of five planned moon missions, blasted off from Kennedy Space Center with only robots on board, circled the moon and returned safely to Earth. Artemis II, which will carry four human crew members on a 10-day flight around the same path is scheduled for November 2024. That mission

will be followed up one year later by Artemis III, when humans will land on the lunar surface.

So far, the plans for houses on the moon are little more than renderings, but architects at firms like SEArch+ (Space Exploration Architecture) have drawn up concepts.

### 'No Home Depot Up There'

NASA has partnered with ICON, a construction technology company, to reach its 2040 goal. ICON first received funding from NASA in 2020, and in 2022, it announced an additional \$60 million for a space-based construction system that can be used beyond earth to print everything from rocket landing pads to habitats, all with concrete mixed on site. So far, the plans are little more than renderings, but they've enlisted the input of architects at both the Bjarke Ingels Group and SEArch+ (Space Exploration Architecture) to draw up concepts and designs.

Nearly any object can be printed in 3-D, and the process has been touted as a quick, cost-efficient solution. 3-D printing builds objects layer by layer from a digital file; in its construction projects on Earth, ICON uses a proprietary building material called Lavacrete.

The company is the creator of the Vulcan robotic large-scale construction system, which has been used to build some of the first 3-D printed homes. But printing in deep space is another dimension.

Traveling light is critical, he said, because every additional kilogram of weight carried on a rocket to the moon costs about \$1,000,000. Carrying materials from earth to build in space is unsustainable.

### 'First Thing' and Furniture

Any equipment that goes to the moon needs to be tested on earth to ensure it can withstand the environment. And before NASA can build homes, NASA needs to build landing pads, so that when the rockets carrying the 3-D printers land on the moon, the dust spread that kicks up can be mitigated.

NASA scientists are currently working to perfect a simulated lunar concrete. Scientists are running tests on spheres of simulated moon dust that has been poured and cast into a small cylinder. When held up to a plasma torch, they can withstand temperatures of 3,400 degrees Fahrenheit. Of course, a house is made of more than walls — even in space, humans need a door to enter and exit, and once inside, they need objects on which to sit and sleep, and all the other accoutrements of life. NASA is working to create prototypes for space furniture and interior design.

### Prime Real Estate Is Really on Mars

NASA's vision is for a space-based lunar construction system called Olympus, controlled on earth by technicians skilled in the field of space construction. Scientists at NASA say it is too early to consider the value of homes on the moon, or even how an ownership structure could look. But the moon presents a cache of untapped resources.

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## ON SCREEN



## Priscilla

By Contributing Writer

Dreamily gazing at the album covers of Elvis Presley was not, statistically speaking, a rare habit among American teen girls in the late 1950s and early '60s.

But for Priscilla Beaulieu, teenage fantasy became a strange and surreal reality. Sofia Coppola's "Priscilla," starring Cailee Spaeny, captures all the dreaminess, the absurdity and, finally, the nightmare of falling in love with Elvis.

Priscilla was just 14 years-old — a 9th grader — when she first met him. It was 1959. She was living in West Germany, where her Air Force officer stepfather was stationed. The swoony early scenes of Coppola's film find a solitary Priscilla sipping soda in a Navy base diner while a cover of Frankie Avalon's "Venus" ("Venus, make her fair / A lovely girl with sunlight in her hair") plays around her.

A man approaches and asks if she likes Elvis. Of course she does. Would she like to meet

him? Um, what? After some negotiations with her parents, Priscilla is sitting there on the sofa at a small party when the King of Rock 'n' Roll, himself (Jacob Elordi), strolls down the stairs. Big, big sigh.

Coppola, the writer-director of "The Virgin Suicides," "Lost in Translation" and "Somewhere," has always been intimately attuned to the forming identities, swelling desires and intimate revelations of young women. In the story of Priscilla Presley (the film is based on her 1985 memoir, "Elvis and Me"), Coppola has found a tale tailor-made for her delicately perceptive style of filmmaking.

As a movie, "Priscilla" is the diametric opposite of Baz Luhrmann's "Elvis." Where Luhrmann's film was lurid and careening, Coppola's is muted and textured. Her film is a kind of fairy tale that turns claustrophobic and cautionary.

"Priscilla" is, at least at first, quite funny. After Priscilla initially catches Elvis' eye at



Yet their courtship continues in somewhat traditional fashion. Elvis, played with relaxed magnetism by Elordi ("The Kissing Booth," "Saltburn"), is drawn to Priscilla because she reminds him of home; it's clear her purity is part of her appeal to him. It's a long time before they

have sex, though her youth remains tacitly problematic. "Wow, she's young," says one woman watching Elvis lead Priscilla upstairs. "Like a little girl."

Their life together is initially sweet if deranged. Priscilla drifts through a dream world even if Elvis' extremes are glaring to us. His bedroom in Graceland

place, feels like a forgotten Cat Stevens melody — not something from the past decade. It's all part of the transportive magic of the experience.

Paul Giamatti stars as Paul Hunham, a curmudgeonly ancient history instructor whose only pleasure seems to be derived from holding his privileged students to account and failing



them without regard for political considerations. He's the kind of guy who looks suspiciously at a smiling colleague giving him homemade Christmas cookies and wants to start a new lesson in the last hours before the break.

Japanese director Yoji Yamada, who has 90 films to his credit, says all his works deal

with the question of what it truly means to be human.

Paul draws the short straw for holdover duty — i.e. babysitting the students staying on campus during the break for various reasons. After a few days of chaos and humor, the group is whittled down to just one: Angus

Tully (newcomer Dominic Sessa), whose mom abandoned their plans for a beach vacation at the last minute to spend time with her new husband. And no one is happy, least of all Mary Lamb (Da'Vine Joy Randolph), the head cook mourning her son's death in Vietnam.

The actors get to explore depths beyond the tropes of the cranky teacher, the depressed cook and the privileged jerk as they clumsily try to navigate an unpleasant situation. To

make matters even bleaker, food deliveries stop over the break and the heat is turned off everywhere but the infirmary, where they must bunk in sad hospital beds for the duration.

It's strange to think that this is the first time that Giamatti has reunited with Payne since screaming about not wanting Merlot

is comically gaudy. "I got this for you," we hear Elvis say kindly, before a handgun is handed over.

No Presley songs play in "Priscilla." (While Priscilla Presley is an executive producer, the Elvis estate didn't participate in the film.) But it does share a telling track (Carl Orff's "Gassenhauer") with Terence Malick's "Badlands," another movie about an underage teen girl (Sissy Spacek) who throws her life in with a charismatic drifter with matinee-idol looks (Martin Sheen).

And like they do for Holly in "Badlands," things turn increasingly dark for Priscilla. Elvis treats her like a doll he keeps at home while he goes in and out. "It's either me or a career, baby," he tells her. Coppola, who dedicates the movie to her mother, Eleanor Coppola, has long specialized in gilded cages ("Marie Antoinette," "The Bling Ring"). Graceland turns out to be a prison to Priscilla.

There aren't many false notes in Coppola's layered film, shot by Philippe Le Sourd, with sumptuous production design from Tamara Deverell and fine, toned-down costumes by Stacey Battat.

But "Priscilla" fades where "Elvis" found its footing. When Presley's downturn accelerates in Las Vegas, Luhrmann's movie swelled with tragedy. In the same time period here, Priscilla awakens. Yet it feels underdeveloped, coming too quickly, in a sudden rush — albeit a terrific rush, with Dolly Parton playing.

in "Sideways," which came out 20 years ago. These two together make for a special match. Giamatti doesn't let the characters' quirks (a glass eye) overwhelm his choices — this man's pathos runs deep, as does his militant view of what a Barton man does and does not do.

Randolph also adds turbulent emotion to what could have been a tertiary, one-note character consumed in grief. She is in grief, which comes on in both expected and unexpected ways, but she's also witty and wise and a perfect foil to Paul's didactics.

But the true discovery is Sessa, making his film debut. They found him in the drama department at one of their shooting locations, Deerfield Academy. Casting modern teens in period pieces can be a tricky, but Sessa looks straight out of 1969. And he goes head-to-head with his seasoned co-stars, exhibiting a real capacity for both drama and physical comedy.

The idea of found family is a little too neat and cliché for "The Holdovers," but perhaps more resonant and believable are the hard, and sometimes comically, learned lessons about how to be a decent person in the world — how to look outside of your own problems to empathize with and even help others. No one comes out of this fixed or healed; It's just a bit of life mixed up in the surreal pressure cooker of the holidays.

## The Holdovers

By Contributing Writer

Alexander Payne brings audiences to a New England boarding school in 1970 in "The Holdovers," a textured, nostalgic and often funny piece about three lonely and mismatched souls stuck together over Christmas break. It's a keeper and possibly even destined to become a classic.

The holiday movie genre is suspect — even the most well-intentioned entries can be too saccharine, too wistful, too "Lifetime." But Payne, working with a sharp script written by David Hemingston, keeps "The Holdovers" grounded and real. Even absent your own memories of smoking indoors or handsewn outerwear, this is the kind of thoughtful, precisely constructed movie where you can almost taste the cigarette smoke and feel your fingers numbing through drafty wool mittens.

With its knowingly retro production titles starting the film, "The Holdovers" lets you settle in and submit to something that could very well have been made in the time it was set, which was one of Payne's goals. Similarly, the recurring Damien Jurado song "Silver Joy," a soothing and melancholy tune that perfectly sets the tone and



# 'Energy Follows Thought'

## Willie Nelson Looks Back On Seven Decades Of Songwriting In New Book

By Contributing Writer

**W**illie starts with the words. It's one of the surprising revelations in Willie Nelson's new book, "Energy Follows Thought: The Stories Behind My Songs" an examination of the 90-year-old country legend and soon-to-be Rock & Roll Hall of Famer's seven decades of songwriting.

He has always started the writing process by thinking up words rather than strumming chords. He does not, however, write those words down, not even on a napkin.

"I have a theory," he said, "that if you can't remember 'em, it probably wasn't that good."

Nelson actually started out as a poet of sorts. At age 6 in Depression-era Texas, he composed a verse in response to the looks he got when he picked his nose and got a nosebleed while standing in front of his church.

"My poem was, 'What are you looking at



me for? I ain't got nothin to say, if you don't like the looks of me, look some other way,'" he recalled 84 years later. "That was the beginning."

He started writing songs soon after.

When he became a superstar in the mid-1970s, Nelson would be best known for his dynamic live performances and his guitar and vocal stylings. But as a young man in the 1950s and early '60s, he was known as one of the

struggling songsmiths who spent their days and nights at Tootsie's Orchid Lounge in Nashville.

In 1961, three of his songs became hits for other artists: Billy Walker's "Funny How Time Slips Away," Faron Young's "Hello Walls" and, most importantly, Patsy Cline's "Crazy".

He would go on to make other writers'



songs his own in the same way. He didn't write most of the biggest hits associated with him.

He almost seemed to retire from songwriting when fame finally came, enjoying the

chance to record his favorite old standards or compositions of hot young writers.

But he never stopped composing. Director Sydney Pollack prodded him to write a new song for the 1980 Nelson-starring film "Honeysuckle Rose". Nelson responded by writing "On The Road Again".

Pollack was less than thrilled with the lyrics. But was pleased when he heard the chugging music. And Nelson would appreciate the nudge.

"Without knowing or trying, in a few little lines, I'd written the story of my life," he says. But the songs did get fewer and farther between. Songwriting can be a young man's game. "I don't write as much as I used to," he said.

He did write the song that gives the name to his book, "Energy Follows Thought" for his 2022 album, "A Beautiful Time."

In it, Nelson and co-authors David Ritz and Mickey Raphael give brief backstories to 160 different songs he's written.

The year of his 90th birthday has been overloaded. He was feted by a fellow stars, including Neil Young and Snoop Dogg at the Hollywood Bowl. And now he'll be inducted into the Rock & Roll Hall of Fame.

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## A BIONIC LIMB?

### This Brain Controlled Robotic Arm Can Twist, Grasp and Feel

By Contributing Writer

**N**athan Copeland was 18 years old when he was paralyzed by a car accident.

A team at the University of Pittsburgh needed to test whether a person could learn to control a robotic arm by thinking about it. The idea is that small electrodes implanted in the brain can read electrical activity and write data.

Copeland underwent surgery in which doctors tacked lentil-sized electrode arrays onto his motor cortex and somatosensory cortex. These would read the electrical patterns of his brain activity, showing his intentions to move his wrist and fingers. Through something called a brain-computer interface (BCI), these impulses would be translated to control a robotic limb that sat atop a vertical stand beside him in the lab.

The team reported that Copeland could feel whatever the robotic hand touched—experiencing the sensation in his own fingers. Over the past few years, he had learned to control the hand with his

thoughts while watching what it was doing. But once the researchers gave him touch feedback, he doubled his speed at performing tasks.

Touch is important for restoring mobility, because to take maximum advantage of future BCI prosthetics or BCI-stimulated limbs a user would need

real-time tactile feedback from whatever their hand (or the robotic hand) is manipulating. The way prosthetics work now, people can shortcut around a lack of touch by seeing whether stuff is being gripped by the robotic fingers, but eyeballing is less helpful when the object is slippery, moving, or just out of sight.

The brain is bidirectional: It takes information in while also sending signals out to the rest of the body, telling it to act.

Because Copeland's brain hadn't been injured in his accident, it could still—in theory—manage this dialog of inputs and outputs.

But most of the electrical messages from the nerves in his body weren't reaching the brain. The Pittsburgh team wanted to engineer a workaround. They believed that a paralyzed person's brain could both stimulate a robotic arm and be stimulated by electrical signals from it, ultimately interpreting that stimulation as the feeling of being touched on their own hand. The challenge was making it feel natural. The robotic wrist



should twist when Copeland intended it to twist; the hand should close when he intended to grab; and when the robotic pinkie touched a hard object, Copeland should feel it in his own pinkie. Of the four micro-electrode arrays implanted in

Copeland's brain, two grids read movement intentions from his motor cortex to command the robotic arm, and two grids stimulate his sensory system. From the start, the research team knew that they could use the BCI to create tactile sensation for Copeland simply by delivering electrical current to those electrodes—no actual touching or robotics required.

Researchers took advantage that Copeland retains some sensation in his right thumb, index, and middle fingers. The researchers rubbed a Q-tip there while he sat in a magnetic brain scanner, and they found which contours of the brain correspond to those fingers. The researchers then decoded his intentions to move by recording brain activity.

Once they had established that Copeland could experience sensations, and that the researchers knew which brain areas to stimulate, the next step was to get Copeland used to controlling the robot arm.

Human fingers sense pressure, and the electrical signals zip from the hand to the brain. The team mirrored that sequence by putting sensors on the robotic fingertips.

Think of a robotic finger as a lever with a hinge on just one end where it connects to the robot's palm. Electrical signals from that torque sensor flash to the BCI, which then stimulates the implanted brain electrode linked to Copeland's corresponding finger.

So when the robot's index finger grazed a block, Copeland felt a gentle tap on his own index finger. When he gripped a hard block, the resistance gave him a stronger sensation. Routing this sense of touch directly to Copeland's hand meant for the first time, he could feel his way through.

Producing sensory signals like this is a major win. It suggests that we can begin to at least approach full mimicry of natural and intact movements.

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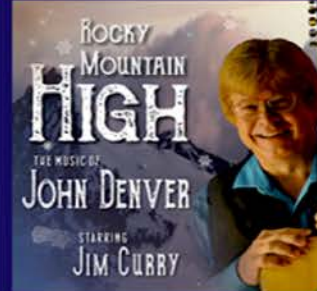
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# Holiday Drinks

## A Quick Look At Some of Our Favs

By Eli Turner

It's that time of year where those seasonal ingredients come into play in traditional holiday drinks, cocktails and wines.

The holidays not only mean buying and wrapping gifts, meeting up with long lost relatives, and spreading holiday cheer, but it means enjoying holiday-themed food and drink! Have you ever wondered where your grandma's infamous eggnog began? The story behind it?

Well, you probably have. If grandma or grandpa hasn't told you the story behind some of your favorite festive holiday drinks this might answer some of your questions.

### Mulled Wine:

There are many variations and recipes for mulled wine and depending on where you

are in the world, different names for this drink! Here are some of the biggies:

Mulled wine uses red wine and sometimes port wine and spices such as cinnamon and clove. In addition, you may find a few orange peels for added flavor and decoration. The Swedish version adds sugar, rum, and brandy.

It's rooted back to Scandinavia and can be found not only there, but across Europe and in America today as well. You'll often find Americans drinking the Holiday Glogg at Christmas markets or at Kindlmarkt's around the country, celebrating German roots and heritage.

To prepare Holiday Glogg, it's heated and simmered over a medium-low heat for about 15 minutes, until sugar is dissolved but before the mixture begins to boil.



### Glühwein:

Glühwein is traditionally red wine seasoned with spices, sometimes raisins, and served warm. According to Culture Trip, it began in Germany when the wine was heated using red-hot irons. One of the oldest appearances of glühwein in German history dates back to 1420 when a nobleman sipped the sweet and spicy beverage.

### Eggnog:

This drink is made from eggs, sugar, milk or cream, and sometimes liquor. There is much debate on eggnog's origins. According to the Oxford English Dictionary, it was "a kind of strong beer brewed in East Anglia" in 1693. However, many people claim that the term "eggnog" is an Americanism from the 1700s. Miriam Webster says it was first used in 1775.

There's also speculation that the term eggnog was created from the practice of rapidly pouring the mixture between two pitchers to mix it thus creating eggnog or the British term, "egg flip."

Just like mulled wine, eggnog recipes vary greatly regionally (we could do a whole article JUST on eggnog).

The Dutch version of eggnog, Advocaat is actually served with whipped cream, cocoa, and a spoon. Advocaat combines brandy or cognac with sugar, vanilla, and egg yolks.

And of course, Hot Buttered Rum or a Hot Toddy

A hot toddy is a mix of liquor, water, honey, herbs, and spices served hot. While the drink began in Europe, warming the troops with a kick, hot buttered rum also has roots in America. The colonists in America began importing rum from the Caribbean and started setting up distilleries in the Northeast. This liquor favorite slowly made its way from tropical drinks to holiday drinks!

Usually a simple combination of brown liquor such as brandy, whiskey or rum honey, lemon juice, hot water a Lemon wedge, cinnamon stick *Enjoy!*



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# Fresh Food Trends

## Eat Up In 2024!

seeing everything from cacao pulp jelly to cacao fruit powder (which is a sweet sugar alternative, BTW) on shelves next year.

### Buckle Up for Buckwheat

Buckwheat is not only naturally gluten-free, but it's also a prime crop to support soil health. Now, you'll see it in forms far beyond soba noodles, like crackers, milk alternatives and granola.

### Fancy Faux Fish

Tinned fish stormed the food scene in 2022, so it's no surprise that plant-based fish followed suit. Think carrots in place of lox, trumpet mushrooms instead of scallops and even konjac, a root vegetable, taking over for raw fish in sushi and poke.

### Clean & Conserve: Water Stewardship

Brands across the aisles are conserving H2O left and right with the help of regenerative agriculture. That includes restoring coastal ecosystems, coming up with water-saving products (like dry shampoo and laundry detergent sheets) and improving soil health.

By Contributing Writer

Any idea what you'll be eating for breakfast next January? Or how you'll be quenching your thirst next June? Didn't think so. (TBH, we're not even sure what we're having for dinner tonight.) Well, the experts of Whole Foods Market's Trends Council have a pretty good idea what you—and the rest of the world—will



be munching on come 2024. Read on for the grocery chain's ninth annual Top 10 Food Trends forecast. **Put the "Plant" Back in "Plant-Based"**

The days of ordering a veggie burger made of, um...not veggies are over. Mushrooms, walnuts, tempeh and legumes are leading the charge for vegetarian products packed with plant-based protein. **Use the Whole Cacao**

Cacao pulp is typically discarded and wasted. But thanks to a few revolutionary brands, we'll be

### Complex Heat

It's no secret that spicy (and swicy) foods have been steadily climbing the ranks since 2020. Nowadays, you can find plenty of snacks, condiments and even candies made with peppers you've never heard of, from scorpion to Hungarian Goathorn.

### Noodle News

No hate to the 99-cent ramen that kept you afloat in college, but you can do so much better now. Brands are bringing instant noodles to a gourmet level with savory sauces and



quality ingredients—without sacrificing convenience.

### Little Luxuries

We're eternally indebted to TikTok for bringing "little treat" culture to the forefront. Whether your luxury of choice is boba tea, colorful macarons or fruity kombucha, you can find plenty that'll hit the spot for less than \$10.

### Women's Health: from Taboo to Top of Mind

More and more products designed to support pregnancy, postpartum, periods, menopause

and other life stages are hitting shelves, allowing customers to shed the taboos that perhaps once kept them from seeking help. Some brands even donate to women-focused charities with every purchase.

### A Better Boost

Next year, better-for-you energy drinks, teas and coffees are coming for the sugar-soaked bevs you love. (Sorry.) Thanks to adaptogens and probiotics, you can get your caffeine fix without the crash in an endless array of forms.



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## FLATTERING PHOTO FILTERS ARE DRIVING YOUNG PEOPLE TOWARDS ESTHETIC TREATMENTS

By Cynthia Elliott, MD

Science and esthetics joined forces with phone cameras and have caused a beauty revolution like that not seen since makeup became popular with the start of motion pictures. Especially with the young people who use them the most, photo and video-editing filters have made them want to attain the filtered versions of themselves in real life.

Instagram was the first social media site to add face enhancing filters in 2017 and as The New Yorker described “the age of Instagram face,” it was a look defined by “poreless skin and high cheekbones,” “catlike eyes and long lashes,” and “a small nose and full lips.”

Initially, filtered photos appeared fake and obviously retouched but the filters rapidly improved.

Selfies could be made more flattering and yet realistic and people started comparing themselves to the seeming perfection of those retouched pictures.

With Tiktok’s Bold Glamour “filter,” introduced earlier this year, face editing in videos looks so realistic that it’s almost undetectable. Many users have commented that after seeing how they look when the filter is on, they’re more dissatisfied with their unfiltered face than they were before. 90% of women admit they edit photos of themselves before posting them online. Many of them admit that they retouch every photo of themselves that they post.

Facebook released research findings from a survey of 22,000 users showing that 32% of teen girls felt unattractive when comparing themselves to people they saw on Instagram. A survey found that 45% of young females say that

social media makes them want to get cosmetic surgery.

75% of plastic surgeons saw a spike in clients under 30, according to data released last week (2023) by the American Academy of Facial Plastic and Reconstructive Surgery, The American Society of Plastic Surgeons reports that in 2020, some 12,000 cosmetic Botox injections were carried out on teenagers.

Why are young people so interested in having cosmetic procedures? Millennials’ social lives take place on social media. Gen Z has essentially been exposed to social media all their lives, take the most selfies and interact on the most sites. A report from December 2022 claimed that over half of Gen Z typically spends four or more hours scrolling on social media, with TikTok named one of the most-used social media apps.

The most notable change in cosmetic dermatology over the

past 2 decades lies in the shift from correction and reversal treatments for millennials to preventive measures for Gen Z.



Millennials, in general, are interested in minimally invasive “tweakments”, such as injectables, chemical peels and light laser treatments. Gen Z tends to be most interested in preventing the signs

of aging with “prejuvenative” noninvasive skincare routines, microdermabrasion, gadgets, etc.

What really sets the members of this generation apart, surgeons agree, is not just that they are coming in

earlier for treatments but also that they are coming in knowing exactly what treatments they want.

As plastic surgeon Dr. Theda Kontis notes, “My older patients will come in and say: ‘I want to look better.

I’m not sure what I need. The younger patients come in and say: ‘I want fillers in my cheeks, and I want Botox here.’ They know exactly what they want, and they know what it does.”

### About Dr. Cynthia Elliott

Cynthia Elliott, M.D., is the owner of Skinspirations, an esthetic and regenerative medical practice that also provides hands-on training to new esthetic clinicians. Dr. Elliott is valued for her medical expertise and her training on the national level for the makers of Botox® Cosmetic and Juvéderm and internationally for Cutera Lasers. Her patients seek her expertise, knowing that she and her long-tenured staff have trained many professionals. Skinspirations has performed over 88,000 cosmetic medical treatments since 2005 and is known for the most effective aesthetic and regenerative medical treatments available, providing the quality results that other practitioners are still trying to learn. For more information, visit [www.skinspirations.com](http://www.skinspirations.com)



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# It Must Be Him

## A Genderful Musical Memoir

By Contributing Writer

Skylight Theatre Company presents Michael Kearns' sixteenth solo show, *It Must Be Him: A Genderful Musical Memoir*, extending the show's run with a matinee performance at Skylight Theatre. Delicately placed within the expansive LGBTQI+ experience, the show follows a tradition of expression that provokes, reveals, and questions, while capturing the zeitgeist of Kearns' generation.

*It Must Be Him* extends Kearns' unerring commitment to self-discovery with a unique voice defined by hope, reality, desire, tragedy, and promise. It is the first time that he has melded music into his solo performance. Kearns' latest memoir is directed by Shelton with piano accompaniment by Leigh Anne Gillespie.

The show will make stops in other Southern California locales and beyond. The next scheduled performance is at Pasadena's Lineage Performing Arts Center on Sunday, December 10. Additional performance dates will be announced soon.

*It Must Be Him* explores the role of gender from the consciousness of a community elder whose story began in 1968. Kearns and many of his peers could admit out loud—in song—that which was forbidden by expressing themselves through the lyrics and performances of emotionally-charged female singers/songwriters.

"We didn't have a Sam Smith," Kearns reflected, "so we changed the pronouns, substituted male names for female ones or—if you dared—sang the song straight. The songs of longing and brokenheartedness provided a soundtrack for the hidden feelings that were waiting to come out; the exterior theatricality of Judy, Dusty or Barbra mirrored the interior emotional life of our secretive awakenings. But what *It Must Be Him* posits is that the stance many young gay men of my generation adopted has followed us into adulthood."

*It Must Be Him: A Genderful Musical Memoir* resonates with Kearns' sensibility. Reacting to the tragic AIDS crisis, Kearns wrote and performed



Angeles (and beyond). It would be impossible to chronicle the theatre scene in Los Angeles, the AIDS crisis that shocked Hollywood, homophobia, the artistic response to homelessness in L.A., and the teaching of underserved populations without mentioning his name. Michael Kearns: trailblazer, role model, visionary, innovator, and mentor who has generated controversy, spoken openly, defied homophobia, celebrated sexuality, listened to those in peril, raised hundred of thousands of dollars to combat HIV/AIDS, explored issues surrounding the intersection of racism and homophobia, taught the homeless, represented the LGBTQI+/HIV communities in the media, and founded organizations with a mission—all with a profound love for the city he calls "home."

For more information:

*It Must Be Him*  
[michaelkearnswriter.com/it-must-be-him](http://michaelkearnswriter.com/it-must-be-him)  
 Skylight Theatre  
[skylighttheatre.org](http://skylighttheatre.org)  
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 MK Instagram  
[instagram.com/michaelkearns1234](https://www.instagram.com/michaelkearns1234)

intimacies, presented by Highways on its opening weekend, in which he played a panoply of characters rarely depicted in the media in 1989.

Michael Kearns has woven his work as an artist and social activist into the fabric of Los

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## Best Places To Celebrate The Holidays

By Contributing Writer

For some people, the perfect Christmas vacation involves a snowy mountain somewhere, curled up next to a fire. Others prefer to lounge on a beach.

### Jackson Hole, Wyoming

Jackson Hole Mountain Resort is an idyllic ski destination. December is packed with holiday fun that includes ice skating, skiing with Santa, and caroling. The festivities kick off with a Christmas tree lighting and end with fireworks on New Year's Eve.

### New York City

There's truly nothing like Christmas in New York City. You'll hardly have to look for activities or entertainment with all the famous displays: the tree at Rockefeller Center and the smaller tree at Washington Square Park, the LED-lit Saks Fifth Avenue facade, and the animated window displays at Macy's Herald Square. Sip hot chocolate while you shop for last-minute gifts at German-style Christmas markets and partake in the tradition of watching the Radio City Rockettes perform.

### Bruges, Belgium

The Bruges Christmas Market is one of the best. This event takes over the Markt, the square at the heart of the city, with stands and wooden chalets selling handmade Christmas ornaments to waffles and woolly socks. The colorful storefronts are adorably festooned with holiday decorations, and Belgian hot chocolate is a delicious treat.

### Beaver Creek, Colorado

Another place to experience the holidays is Beaver Creek, Colorado. This picturesque ski village sees

festive activities for the whole family, from an annual Christmas tree lighting to holiday movie nights and cookie-baking competitions. The Osprey offers luxurious accommodations and a heated outdoor pool mere feet from the chairlift.



### Saint Lucia

If your idea of a white Christmas involves soft, powdery sand, consider Saint Lucia. The luxurious Sugar Beach offers a lineup of holiday activities such as visits from Santa, a family Christmas meal, and a New Year's Eve beach bash. Of course, you can also spend your days lounging on the stunning beach, or enjoying the resort's amenities including a pool, spa, dive facility, and kayak rentals.

### Highlands, North Carolina

If you're looking for a charming, small-town Christmas, head to Highlands, North Carolina. This picturesque town is in the southern Appalachian Mountains. You'll find storefronts along Main Street decorated with wintry displays. The city runs a competition, so cast your vote. Visit with Santa in Kelsey-Hutchinson Founders Park leading up to the big day.

### Salzburg, Austria

Christmas markets, warm

glühwein (mulled wine), medieval castles, and a museum wholly dedicated to Christmas will surely get you into the holiday spirit. The city is the birthplace of Mozart and the setting of "The Sound of Music," a movie that plays on repeat over the holidays. Ice skate around a statue of the iconic composer and soak in stunning views of the snowy Alps.



### Solvang, California

If you won't have a chance to wander through Denmark, you can get a similar feel in Solvang. The small city in Santa Ynez Valley was founded by a group of Danes in the early 1900s. They created this

adorable community, known for its Danish businesses and architecture. Solvang hosts Julefest, a celebration complete with gatherings and holiday decorations.

### Stowe, Vermont

A popular ski destination and one of the most picture-perfect places to go for Christmas, Stowe is within driving distance of major north-eastern cities. The ski season starts in November, so this is an ideal place to hit the slopes.

### Edinburgh

Edinburgh Castle, the city's most recognizable landmark, glows over the holiday season. The Castle of Light event draws crowds with spectacular displays projected onto the exterior walls of the 12th-century stronghold. The projections get a refresh every year, and have included everything from fire-breathing dragons to flowers. Other holiday must-dos include the festive afternoon tea at Dome, where the stately Georgian Tea Room is enhanced with seasonal decorations. Sip

mulled wine at one of the Christmas markets and ice skate on George Street.

### Washington, D.C.

See the National Christmas Tree, ice skate at Washington Harbour, and sing along with a choral concert at the National Cathedral this December. Washington, D.C., hosts an array of holiday happenings throughout the season, many of them free, so go ahead and spend some extra money on Christmas shopping.

### Florida Keys

With warm December weather, the Florida Keys are an ideal escape for those looking to spend the holidays in a beach destination. Kick off your vacation with a scenic road trip, stopping at

islands en route to Key West. This is a popular time to visit, so stay away from the crowds at the secluded Sunset Key Cottages, a private island resort accessible by ferry.

### Santa Fe, New Mexico

Santa Fe is a great place to visit. Annual highlights include the Santa Fe Botanical Garden's Glow light display and Christmas concerts inside the Loretto Chapel. You can even find winter sports at Ski Santa Fe.

### Buenos Aires

Christmas is a summer holiday in the Southern Hemisphere, and Buenos Aires celebrates it with feasts and fireworks. Papá Noel wears a tank top. The weather is perfect for cocktails and picnicking. Sample the pan dulce ("sweet bread"), admire the decorations or escape the city to a nearby beach.

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# SPOT THE STARS IN LOS ANGELES!

By Contributing Writer

You go to Los Angeles for blue skies and palm trees, for California cuisine and iconic attractions. But come on, you know you want to see a celeb. Hit up hot spots for a chance to boast big time.



## Sleep with Adam Driver

For high-wattage celeb-spotting, Hotel Bel-Air, The Beverly Hills Hotel, Chateau Marmont, and the Beverly Wilshire are almost as famous as their legendary guests. Spot rising stars of Hollywood like Adam Driver, Awkwafina, and Saoirse Ronan, at Ace Hotel Downtown Los Angeles, The NoMad Hotel, and Soho Warehouse, an ultra-exclusive private club with a rooftop bar and pool.

## Grab A Latte With Jennifer Lopez

When Jenny Slate and Elle Fanning need to caffeinate, they head to Intelligentsia Silver Lake, a go-to spot for perfect pour-overs and iced matcha oat milk lattes. Order a cortado at Alfred Coffee on Melrose. You might spot Jennifer Lopez, Nick Jonas, or Justin Bieber.

If an almond macadamia latte and bar-style service are your speed, Go Get Em Tiger on Larchmont is your place. Dakota Johnson, Jared Leto, Kiernan Shipka, Molly Shannon have all been spotted at this minimalist nook.

## Brunch Beside Busy Philipps

Brunch is where celebs go, and no other patio is as rife with A-listers as The Restaurant at Chateau Marmont. You'll spot an Olsen twin, Rami Malek, or Lady Gaga while you sip mimosas. You can also get ricotta-topped brioche toast with a side of celeb at Sqirl, a cafe in Virgil Village that beckons Padma Lakshmi, Dave Franco, and Busy Philipps.

Or there's Famshop, a brunch beacon and gourmet market inside the Brentwood Country Mart.

## Do Power Lunch With Kerry Washington

Some celebs want to stay hidden; others want to be seen. The Ivy on Robertson Blvd. is for the latter. Paparazzi camp out for a shot of a Kardashian, NeNe Leakes, or one of the other Housewives. Just know the food is as D-list as the



stars. Health-conscious cafes like Gracias Madre West Hollywood offer a chance to see veg-loving celebs like Ellen DeGeneres and Natalie Portman.

## Sweat With Jennifer Aniston

Runyon Canyon is the Holy Grail hiking trail. Not only does it offer views of the city — the Hollywood sign — you might pass Jake Gyllenhaal or Charlize Theron. If indoor sweating is your thing, Barry's Bootcamp West Hollywood is a draw for celebs like Jessica Biel and Katie Holmes.

For a dance cardio workout, celebs like Jennifer Garner and Khloe Kardashian swear by Body by Simone Brentwood. The newest, coolest Tinseltown workout is Rise Nation West Hollywood that could have you climbing next to Jennifer Aniston, Mandy Moore, or Emma Stone.

## Break Bread With Matt Damon

When it comes to dinner, celebs are old-school. Casa Vega in Sherman Oaks serves Mexican food and made-to-order margaritas. Order The Tarantino, and don't be surprised if you see the man himself (or Brad Pitt, Matt Damon, or Mila Kunis). For Italian, John Hamm and Ryan Gosling frequent Little Dom's in Los Feliz. Or, grab a red leather booth at Dan Tana's in West Hollywood in the front room near the bar, for pasta alongside Cameron Diaz or George Clooney.



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## The Ultimate In Unusual Sports

By Contributing Writer

Soccer, basketball, and baseball are popular all around the world. Yawn. Looking for something different? This list explains unusual sports.

### Quidditch

Quidditch is a magical game that takes place in the air. Players fly on brooms and accumulate the points by throwing a ball, called the Quaffle, into a hoop or catching a flying ball, called the Golden Snitch. All the while, additional balls, called Bludgers, are flying through the air and threatening to knock players off. Quidditch in all its glory is really cool. Now imagine playing that sport without magic. The game is no longer in the skies but on the ground. Players hold a broom between



their legs and do many of the same things as players do in the books and films.

### Regball

Regball is a brutal Russian sport that combines basketball, wrestling, and rugby. The game is seven versus seven unless a foul occurs, creating a hockey-like power play. The players have

a ball that they try to shoot through a hoop. There is no need to dribble. Wrestling and takedowns are part of the game.

### Soapbox Racing

Handcrafted vehicles are pushed down a hill, and contestants have to navigate their vehicles through a course containing obstacles. Not all contestants are engineers, so vehicles are prone to crashes, toppling, or breaking apart. Contestants are judged for their soapbox's creativity, a pre-race performance, and their race time. Speed is not



everything, and creativity plays a massive role. Contestants often design their vehicles based on pop culture or history. Contestants dress up to look the part too.

### Cheese Rolling

Another kind of racing you don't see every day is the Cooper's Hill cheese rolling race. This is a game that is hilarious for spectators and painful for participants. Participants race down a steep and uneven hill, chasing after a round Double Gloucester cheese that can weigh up to nine pounds and travel some 70 miles per hour. Whoever gets to the bottom first wins the cheese. Partici-



pants are not on their feet for a great part of the race. Instead, they are leaping and tumbling down the hill at high speeds. Rugby players wait at the bottom of the hill to stop participants' momentum.

### Underwater Hockey

You've heard of ice hockey and field hockey, but what about underwa-

ter hockey? This sport is a six versus six, without goaltenders, and takes place in a pool. The sport utilizes a weighted puck at the bottom of the pool. Players use a small one-handed stick to push the puck toward the goal. Players wear fins for mobility, masks to see underwater, and thick latex gloves to protect the hands from the pool bottom. You may assume that they wear oxygen tanks to breathe underwater—but you would be wrong. Instead, players have to hold their breath underwater and periodically return to the surface to breathe. This gives the sport an interesting team aspect, as players have to anticipate when a teammate or opposing puck-carrier is going to return to the surface.

### Canal Jumping

Canal jumping is popular in the Netherlands and takes place at a location with a muddy canal. Players jump as far as possible from one side of the canal to the other without getting wet and muddy. In the canal there is a pole with a flat round bottom that swing when weight is applied. The pole is typically 12.5 meters long. Contestants get a running start before jumping onto the pole. As the pole is swinging toward the other side of the canal, contestants try to climb as high as they can before dismounting safely to the other side.

### Ear Pull

Ear pull is an Inuit game entirely about endurance. Competitors face each other with their legs connected. A string about two feet long is looped around the ears of both contestants. The contestants pull until one contestant gives in to the pain and the string becomes separated from their ear.

### Death Diving

Death diving is a Norwegian diving sport that sees belly flops and people landing on their backs. In death diving, contestants jump from a board about 10 meters high and attempt to hold a pose for as long as possible before entering the water in a tucked position. People get creative and perform flips and other tricks.

### Bossaball

Bossaball combines volleyball with soccer, gymnastics, and capoeira. The sport is played on an inflatable court with a net. There is a trampoline on either side. Teams get five touches to get the ball over the net. There are scoring zones, with points awarded when the ball is scored in the opponent's trampoline.

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## HAPPY PAWLIDAYS! GIFTS FOR YOUR PETS

By Contributing Writer

At bow ties, smart feeders, memory foam beds, oh my! Pet toys and accessories can be an indulgence — sometimes more for us — but some are also crucial to your pet’s well-being.

Especially for dogs, toys are necessary for mental and physical stimulation, provide comfort when you’re away from the house, and prevent behavior problems from developing. And playing with our four-legged friends can even help us de-stress.

As anyone with a cat who loves cardboard boxes and crumpled paper can attest, you don’t need to splurge on expensive toys, but it’s good to have options.

It’s also important to know where toys come from, and make sure products are free of toxins and potentially hazardous chemicals.

To make choosing a little easier, we dug up some of the top gadgets, toys, and accessories that will keep your dog or cat safe, healthy, and happy. **Voyagers K9 Apparel**

Whether you’re looking for a winter coat, rain jacket, or a fashion-forward fleece, Voyagers K9 Apparel offers coats and apparel specific to your breed of dog. Made with materials designed to protect your dog’s skin and coat from the elements, Voyagers gear is stylish, durable, and designed to fit your dog’s unique size and shape. **Whistle GO Explore Health and GPS Tracker**

A lost dog is every owner’s greatest fear. With Whistle’s high-tech GPS, you’ll always know your pet’s location with real-time tracking. The accompanying app allows you to monitor your pup’s health, set fitness goals based on breed, weight, and age, and get reminders for upcoming appointments or medications. It can also withstand water for 30 minutes

### PetFusion Ultimate Cat Scratcher Lounge

A cat’s life isn’t complete without a box to fill or a piece of corrugated cardboard to sink their claws into. This heavy-duty cardboard lounge serves



as both a scratching surface and a place to nap (or plot their next attack). Made from recycled products, this eco-friendly gift is a great alternative to a traditional scratching post.

### PetFusion Ultimate Cat Scratcher Lounge

Dogs are natural foragers. Made sustainably from reusable material, snuffle mats keep dogs occupied and mentally stimulated as they sniff through a tangle of fabric full of hidden treats.

### WOpet Smart Pet Camera and Dog Treat Dispenser

Leaving pets alone at home can be stressful. The WOpet camera offers HD live streaming, an app that enables you to check up on and talk to your pet, and probably the best part (for the pet, at least) a treat dispenser.

### Veken Pet Fountain

Does your cat or dog like to drink out of the



toilet? If so, this automatic water fountain is for you. Besides providing pets with an endless flow of fresh water, this fountain is BPA-free, and filters bacteria and impurities that can accumulate in standing water.

### Tuff Mutt Hands Free Dog Leash

If you’ve never tried a hands-free leash, it is truly life changing. Perfect for running, hiking, and walking with your pooch, this leash is durable and has an adjustable waist and a bungee leash that stretches to five feet — you can also get leash extensions if

you or your pup need more room.

### Easyology Amazing Roller Cat Toy

This toy is virtually indestructible, keeps your cat engaged, and may possibly save

future furniture from being shredded. Three balls mimic prey as they whirl around the tracks, satisfying your feline’s stalking instincts. This roller toy is also safe for cats home alone, unlike strings and feathers, which can be a choking hazard.

### Lesotc Foldable Pet Water Bottle

Whether you’re on an adventure or just out and about, this water bottle is leak-proof and has a foldable cap that acts as a water bowl to keep your dog hydrated anywhere you go.

### Outward Hound Interactive Puzzle Toy

Squirrel!!! This “hide-and-squeak” interactive game is one of the most popular dog toys out there. Available in small, large, and extra-large, this plush-toy puzzle keeps dogs stimulated as they dig through a tree trunk in search of squeaky squirrels stuffed inside.

### Outward Hound Interactive Puzzle Toy

Portion-sizes and eating habits can be tricky to monitor for cats, especially if you free feed them. This feeder connects to an app that allows you to track how much and how often your pet eats, and is microchip-operated to prevent other pets from stealing food. If you have multiple animals or ones with specific dietary needs, this feeder keeps owners organized and pets on a consistent eating schedule.



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# PAMPER YOUR LOVED ONES WITH THESE AMAZING LUXURY GIFTS!

By Contributing Writer

If you're looking to treat that special person on your list this year let these luxury gifts lead you in the right direction.

## ChappyWrap Old Port Herringbone Blanket

ChappyWrap makes the absolute best throw blankets. They're incredibly soft and warm and offer a comforting amount of weight that's perfect for chilly nights.

## Assouline Louis Vuitton: Virgil Abloh Coffee Table Book

This is such a cool book for anyone to have in their home. It's



a work of art in itself, and is fun to look through, get inspired by and gift to others as a piece of fashion history.

## Dyson Airwrap Multi-Styler

The Dyson Airwrap is a go-to gift every holiday season. It's a dryer, curling iron and blow-out brush all in one. Plus, it only uses air to style hair, and not extreme heat, making it suitable for a variety of textures and treatments. It also comes with various attachments that yield a number of styles, including two different-sized barrels for creating waves and curls.

## Cuyana Leather Travel Case Set

Cuyana's leather bags and accessories are well made. This

toiletry travel set comes in gorgeous colors and can be monogrammed.

## Brilliant Earth Diamond Tennis Bracelet

Who wouldn't want a diamond tennis bracelet? This classic option from Brilliant Earth is simple enough to wear with



jeans and a white tee, or dress up with cocktail attire. It's made from lab-created diamonds and recycled precious metals so you can feel good about your purchase. It comes in eight-carat weights, from one to 12 carats, and three metal finishes.



# FINER THINGS

## Awe Inspired Athena Pendant

Awe Inspired makes beautiful gold and silver medallion necklaces that emulate mythical goddesses (as well as real-life inspirations like Joan of Arc and Ruth Bader Ginsburg). There are dozens of designs to choose from; you're bound to find a piece that captures the essence of your loved one.

## OGEE Crystal Contour Collection

The Ogee Crystal Contour Collection is a great gift for makeup fanatics and novices alike. It comes with three shades—a contour, a highlight, and a blush—that apply and blend beautifully. Even better? The cream-based sticks are made with mostly organic ingredients that nourish the skin, too.

## Marshall Action II Bluetooth Speaker

You can't go wrong with a gift that's stylish, functional and speaks to the giftee's personal interests. So if you have musician or music aficionado on your list, this Bluetooth speaker designed to look like a miniature Marshall guitar amp will be a welcome addition.

## Calpak Ambeur Carry-On Luggage

Calpak Ambeur Luggage is all about function. It has an expandable shell, three interior pockets and a separate zippered compartment so you can keep your belongings organized. Plus, it's super lightweight and has a TSA-approved lock built right in.

## Apple iPad Air

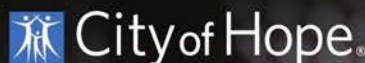
Apple iPad Air that balances a thin, lightweight design with a speedy M1 processing chip and all-day battery life.

## Parker Clay Abby Drawstring Backpack

Beyond offering gorgeous leather goods, Parker Clay's mission offers Ethiopian women fair and safe employment to handcraft its bags.

## Doona Liki Trike

If you're looking to indulge the kids in your life, you can't go wrong with the Doona Liki Trike. Aside from the fact that it grows with your child, it's an absolute joyride.



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# Hip And Happening Holiday Decorating Ideas



cinnamon sticks—are all you need to decorate your home. Here are our favorite under-5-minute ways to set the scene for Christmas.

### Deck the Doorways

Adorn a doorway in your home with light-up stars, snowflakes, or bulb string lights. This sophisticated idea adds a charming glow to your home.

### Beautify a Bar Cart

Decorate your bar cart with seasonal touches, like metallic accents and a vase of winter flowers. Even a grocery store bouquet works! Leave out glasses and all the essentials for basic cocktails so guests can help themselves.

### Create a Makeshift Mantel

No fireplace? No problem. Let open shelving stand in for a mantel. Arrange decorative accents—miniature trees, string lights, snow globes, or flameless candles—and then hang stockings.

### Darling Clementines

Take lengths of heavy-gauge wire, knot one end of each, and string through a clementine and a jingle bell. Twist all the wires into a cluster and secure with a large bow. Hang on a stair post or your front door.



### Step It Up

Even if you're not decorating a full tree, you can still display prized ornaments. Hang your most eye-catching ornaments from beautiful ribbons throughout your home.

### Lend a Hand

Pin mittens—either stray ones or pairs your kids have outgrown—to lengths of yarn and display them along a mantel or a bookshelf. You can also hang wool socks or knit hats.

### Bundles of Joy

Try hanging something unexpected on the tree, like cinnamon sticks. You can also leave fresh cinnamon sticks out in a bowl.

### Just Log On

Search "Fireplace for Your Home" on Netflix to watch a fireplace that also plays classic holiday tunes.

### Feast for the Eyes

Gather doilies in white and silver, and then tape them together (or secure with glue) to form a one-of-a-kind table runner. Fill glass vases and large compotes of different heights with pinecones.

### Sunken Treasure

Poinsettias can make a sophisticated statement. Take them out of their foil-lined pots and sink them into pretty vases.

### Letter Perfect

Put your stamp on a wreath by hanging your surname's initial in the center.

### Setting Pretty

Turn holiday cards into place cards. Cut them into star shapes and add tissue paper cutouts to match; punch a hole, tie with a ribbon, and label accordingly.

By Contributing Writer

Between buying presents and cooking the big meal, who has days to devote to decorating for the holidays? Deck the halls with these easy holiday decorating ideas that take less than 5 minutes.

Tiny touches—like hanging ornaments from stair railings and a festive scent with

## No one has time for the flu.



GetMyFluShot.org





By Andrews McMeel Syndication

A store in Swansea, Wales, that supports the Barnardo children's charity has circulated a request to its donors, United Press International reported on Oct. 27: Please don't send us your sex toys. "Please be mindful that we are a children's charity and as such we have a range of ages on our wonderful volunteer team," the statement read. "We therefore ask that you refrain from donating your used and unused marital aids! ... The branch has CCTV so that these items can be traced back to their owners." In other words, we know who you are.

Desirae Kelly of Farmington, Missouri, woke up at 5 a.m. on Oct. 24 to a strange feeling. "I actually felt something move in my ear," Kelly said in a TikTok video. Fox News reported that Kelly was in such discomfort, she started to cry in the waiting room at urgent care. As a nurse started to flush her ear with water, Kelly "felt whatever that was crawl out of my ear ... and I watched out of the corner of my eye something fall and land on my sweater," Kelly said. "I watch this black spider with all eight legs crawl across the floor." She said she screeched and threw up as the nurses trapped the spider in a container. "The nurses were so sweet and passed no judgment like I thought they would," Kelly said. "I don't think I could ever sleep without earplugs again."

A 75-year-old woman in Pavia, Italy, had to get the courts involved to get her two sons, ages 42 and 40, out of her house, CNN reported on Oct. 27. Mom described her sons as "parasites" who had been living with her without contributing financially, even though both had jobs. Judge Simona Caterbi called the brothers "bamboccioni," or big babies, and declared they have until Dec. 18 to vacate the woman's home. "Once a certain age has been exceeded, the child can no longer expect the parents to continue the maintenance obligation within limits that are no longer reasonable," Caterbi said. The brothers hadn't decided whether they would appeal the decision.

Too many words, according to officials in Spain. Fernando Fitz-James Stuart, the 17th duke of Huescar, recently baptized his second child with a name 25 words long, Sky News reported. The name pays tribute to the baby's mother and father, other

members of the family and religious devotions. But register rules limit a child's name to one compound name and two simple ones, and the duke and his wife will need to shorten the name for legal purposes.

-- An unnamed teacher at Mesa High School in Arizona is on paid administrative leave and under investigation after he dressed up in devil horns and waved a pitchfork over students' heads on Oct. 25, KPNX-TV reported. Student Nathaniel Hamlet, who reported the incident to his dad, said the teacher said, "Hail, Satan" as he waved the pitchfork. "Some people thought it was funny, some people didn't like it," said Hamlet, who was insulted by the costume. For his part, the teacher said he was dressing up for Spirit Week at the school and was part of a "dynamic duo" with the teacher next door, who dressed as an angel. "Participating in spirit weeks like this is a way for me to engage with my students and bring fun to my classroom," he said. "It's truly not any more complicated than that." Mesa Public Schools said in a statement that the investigation is ongoing.

-- The Toccoa Riverside Restaurant in Blue Ridge, Georgia, has updated its menu with an addendum: Patrons will get a surcharge if they are "unable to parent" -- \$50 per bill for misbehaving kids -- NBC10 Philadelphia reported. A Google review from diner Lyndsey Landmann described a "huge scene" made by the owner in front of the whole restaurant: "He got in our faces and told us that we belonged at Burger King and not at his restaurant," Landmann said. "He was yelling." The owners, however, said they weren't going to "comment on a policy we've had for years. We just want to live in the woods and cook."

### Questionable Judgment

As college antics go, it stands up: On Oct. 25, someone wearing a giant penis costume was escorted out of the stands at a football game between Sam Houston State University and the University of Texas at El Paso, Huff Post reported. A school spokesperson said the prankster was given "the option to take the costume off or leave the stadium." Sam Houston was winning the game until the phallic fan was removed; they lost 37-34.

## Crossword by Myles Mellor

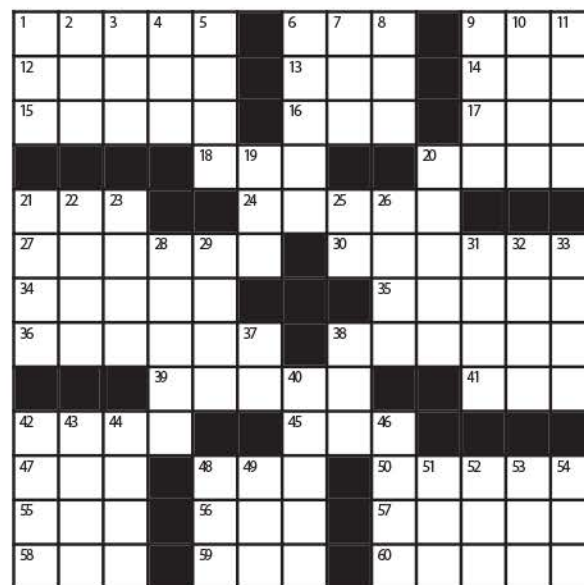
Print this Page! Ctrl + P

### Across

1. Pitcher, Martinez
6. Barrel
9. \_\_\_ mode
12. Indy 500 sound
13. Eggcells
14. Gloss or stick?
15. Desert bloomers
16. Nicole Kidman's hair color
17. Ball holder
18. Drive a nail aslant
20. Whiskey cocktail
21. Common spoon (abbr.)
24. Intimidate
27. Unprecedented
30. Types of leathers
34. Extra money
35. Little House author, Wilder
36. Certain discrimination
38. Approximately
39. Monkey business
41. Sight\_\_\_
42. Informally, off the \_\_\_
45. Wisecrack
47. Word with super or alter
48. Globe
50. Moonshine
55. Not well
56. In favor of
57. Accustom
58. Top of a cooking pot
59. Govt. regulator
60. Meshlike

### Down

1. Pipe type
2. Christian \_\_\_
3. Medic
4. Flapdoodle
5. Strike out
6. "Mash" setting
7. Just before
8. Roam (about)
9. Female singing voice
10. Instead of
11. Imitator
19. Flowery verse
20. Boat type
21. Instrument
22. Smooch in London
23. Long
25. You and I
26. Partner of void
28. Hairstyle



29. Cold war inits.
31. Couples
32. UK language
33. Be enough for
37. Masters degree
38. Hoo-ha
40. Planetary shadow
42. Provide a top to
43. Tangelo type
44. Go out of business
46. Watered down
48. Postponed
49. Towel holder
51. "\_\_\_ night love affair," Bryan Adams
52. Elsewhere
53. Computer monitor, for short
54. "Listen up!"

## Bad Dad Jokes

"What's the best thing about Switzerland?" "I don't know, but the flag is a big plus."



### Previous Puzzle







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# KIDS FORUM



## TEENAGE THOUGHTS

### How Teens Learn Differently Than Adults

By Contributing Writer

Scientists have uncovered a unique feature of the adolescent brain that enriches teens' ability to learn and form memories: the coordinated activity of two distinct brain regions. This observation, which stands in contrast to the adult brain, may be related to teens' oft-derided affinity for reward-seeking behavior. These findings suggest that such behavior is not necessarily detrimental, but instead may be a critical feature of adolescence.

"Studies of the adolescent brain often focus on the negative effects of teens' reward-seeking behavior. However, this tendency may be tied to better learning," said Daphna Shohamy, PhD. "Using a combination of learning tasks and brain imaging in teens and adults, we identified patterns of brain activity."



What we can take from these results isn't that teens have better memory, but the way they remember is different. This study involved 41 teens and 31 adults, focused on a brain region called the striatum. Previous research showed that the striatum coordinates many aspects of higher brain function.

"Reinforcement learning is making a guess, being told whether you're right or wrong, and using that information to make a better guess next time," said Juliet Davidow, PhD.

Imagine you are given a series of cards with numbers on them and are asked to guess the next number.

"If you guess right, the striatum shows activity that

corresponds to that positive feedback, thus reinforcing your choice," Dr. Davidow explained.

"Because of teens' inclination toward reward-seeking behavior, the researchers proposed that this age group would outpace adults in terms of reinforcement learning.

When comparing the brains of teens to those of adults, there is no difference in reward-related striatal activity between the two groups. The difference between adults and teens lay not in the striatum but in a nearby region: the hippocampus.

The hippocampus is the brain's memory headquarters. It is not typically related to reinforce-

ment learning. But in this study, the authors' fMRI analysis revealed an uptick in hippocampal activity for teens — but not adults — during reinforcement learning. Moreover, that activity seemed to be tightly coordinated with activity in the striatum.

Researchers slipped in random and irrelevant pictures of objects into the learning tasks, such as a globe or a pencil. The images — which had no bearing on whether the participants guessed right or wrong — served as a kind of background noise. When asked later on, both adults and teens remembered seeing some of the objects, but not others. However, only in the teens was the memory of the objects associated with reinforcement learning.

What we can take from these results isn't that teens necessarily have better memory, in general, but rather the way in which they remember is different.

Indeed, studies have shown that adolescence is a pivotal time when powerful memories are formed, which the authors argue could be due to this enhanced connectivity between the hippocampus and striatum.

Broadly speaking, adolescence is a time when teens begin to develop their independence. What more could a brain need to do during this period than jump into learning overdrive? It may be that the uniqueness of the teen brain may drive not only how they learn, but how they use information to prime themselves for adulthood.

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## CONCEPTS IN LEARNING: The Challenges and Development of Teaching Young Students to Read

By Contributing Writer

**L**earning to read is a complex process involving skills and knowledge.

In an English alphabetic system, the individual letters on the page are abstract and meaningless, in and of themselves. They must eventually be linked to equally abstract sounds called phonemes, blended together and pronounced as words.

To learn to read English, the child must figure out the relationship between sounds and letters. Thus, the beginning reader must learn the connections between the approximately 44 sounds of spoken English (the phonemes), and the 26 letters of the alphabet.

What research has taught is that in order for a beginning reader to learn how to connect or translate printed symbols into sound, the reader must understand that speech can be segmented or broken into small sounds (phoneme awareness) and that the segmented units of speech can be represented by printed forms (phonics). This understanding that written spellings represent phonemes of spoken words is necessary for development of reading skills.

If children cannot perceive the sounds in spoken words – for example, if they cannot “hear” the at sound in fat and cat and perceive that the difference lies in the first sound, they will have difficulty decoding or “sounding out” words.

This awareness of the sound structure of our language seems so easy that we take it for granted. But many children do not develop phoneme awareness.

We have strong evidence that it is not the ear that understands that a spoken word like cat is divided into three sounds and that these discrete sounds can be linked to the letters C-A-T.

Rather, we know it is the language systems in the brain that



performs this function. In many children that skill is only learned with difficulty, and thus must be taught directly, explicitly, and by a well-prepared and informed teacher.

It also has become clear that the development of these critical early reading-related skills are fostered when children are read to at home during the preschool years, when they learn their letter and number names, and when they are introduced at very early ages to concepts of print and literacy activities.

Does this mean that children who have a difficulty understanding that spoken words are composed of discrete individual sounds that can be linked to letters suffer from brain dysfunction or damage? Not at all. It simply means that the neural systems that perceive the phonemes in our language are less efficient in these children.

The development of phoneme awareness, the development of an understanding of the alphabetic principle, and the translation of these skills to the application of phonics in reading and spelling words are non-negotiable beginning reading skills that all children must master.

But the development of phoneme awareness and phonics are not sufficient for learning to read the English language so that meaning can be derived from print. In addition to learning how to “sound out” new and/or unfamiliar words, the beginning reader must eventually become proficient in reading at a fast pace larger units of print such as syllable patterns, meaningful roots, suffixes, and whole words.

### The Development Of Reading Fluency

While the ability to read accurately is a necessary skill, the speed at which this is done becomes a critical factor in ensuring children understand what they read.

Children vary in the amount of practice that is required for fluency in reading to occur. Some youngsters can read a word only once to recognize it again; others need 20 or more exposures. The average child needs between four and 14 exposures to automatize the recognition of a new word.

Therefore, it is vital that children read a large amount of text at their independent reading level and that the text provide specific practice in skills being learned.

It is also important that spelling instruction fosters the development of reading fluency. Through spelling, youngsters receive many examples of how letters represent the sounds of speech and also alert the young reader to the fact that written words are made up of larger units of print. This insight lets the developing reader know that word recognition can be accomplished by reading words in larger “chunks” rather than letter-by-letter.

### Constructing From Print

The ultimate goal of reading instruction is to enable children to understand what they read.

The ability to understand what is read is based on several factors. Children who comprehend well, seem to be able to activate their relevant background knowledge when reading – that is, they can relate what is on the page to what they already know.

Good comprehenders also must have good vocabularies, since it is difficult to understand something you can not define. They also have a knack for summarizing, predicting, and clarifying what they have

read. Good comprehenders are also facile in employing the sentence structure within the text.

If they can read the words on a page accurately and fluently, they will be able to construct meaning at two levels. At the first level, literal understanding is achieved. The children must guide themselves through text by asking questions like, “Why am I reading this and how does this information relate to my reasons for doing so?,” “What is the author’s point of view?,” “Is the text consistent?,” and so on. It is this second level of comprehension that leads to reflective, purposeful understanding.



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# FASHION

## Looking Sharp! How to Buy Vintage Clothing

By Contributing Writer

Shopping for vintage clothing is a great way to find unique pieces.

### What Is Vintage Clothing?

The word “vintage” means “from the past.” When it comes to clothing, items that are over 20 years



old are considered vintage. (Antique clothing is over 100 years old.) Vintage clothing is usually secondhand. Items that mimic past trends, whether they're vintage or vintage-inspired, are called “retro.” Unworn clothing is known as “deadstock” but is typically not vintage.

### Where to Buy Vintage Clothing

From vintage boutiques to consignment stores to discount thrift chains, there are many types of vintage clothing stores.

**Thrift stores:** A thrift store is a discount store that sells secondhand clothing. You can find quality vintage when thrifting, but you may have to dig through many items.

**Consignment stores:** Consignment stores are where individuals resell items. When a piece sells, the store takes a cut. Consignment stores specialize in high-end and designer pieces and accessories.

**Vintage boutiques:** Boutiques have a curated selection of unique vintage clothing that hews to a certain aesthetic. They are usually small, which means you can develop a relationship with the people who work there.

**Flea markets:** A large flea market or swap meet can be a great place to find vintage clothing. Flea markets are typically outdoors, and vendors sell a wide variety of items. You'll have to seek out the vintage clothes sellers, who often have giant racks of unsorted clothing. Come prepared to haggle.

**Online:** There are many online stores that specialize in vintage clothing, often direct from multiple sellers. The advantage of buying online is that you can search for specific key terms. The disadvantage is that you won't get to try the item on, and buying vintage online is more expensive.

### How to Shop for Vintage Clothing

Vintage shopping is an adventure, and you can develop your own unique vintage style.

**Keep an open mind.** Vintage stores are stocked with one-of-a-kind pieces. Don't go vintage shopping if you're looking for a specific item. Instead, use a moodboard for inspiration.

**Set a time limit.** Vintage shopping can be overwhelming. Since sellers rarely organize by style, the best way to find hidden treasures is to flip through every single piece. Set a time limit on your excursion. Pop into the thrift store for 30 minutes, search as thoroughly as you can, and head to the dressing room when your time is up.



**Try on anything you like.** Sizing between brands varies —especially when it comes to vintage clothing. In the past, sizes skewed smaller, and in addition, washing can shrink pieces. When it comes to vintage shopping, the size is virtually useless. To know if a garment fits, you'll need to try it on. In cases where a fitting room isn't available, your best bet is to know your own measurements.

**Search for flaws.** Vintage clothing often has flaws: stains, rips, missing buttons, stuck zippers. Before making a purchase, thoroughly inspect your item. (If you're shopping online, look for items with plenty of high-quality images, and ask the seller if the item has any flaws.) If you fall in love with a flawed item, ask yourself if you can live with the damage or if it will always bother you. Some flaws are fixable, like too-long pants that need to be hemmed. Other flaws, like fraying silk, aren't. Don't expect to be able to remove any stains yourself, and don't buy items that need mending unless you'll actually mend them.

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