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BY BARBARA BECKLEY



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 At: In the parking lot

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Tickets start at \$10.00



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Magic Box LA will welcome "Beyond King Tut: The Immersive Experience"

By Sarah Wiley

Beyond King Tut: The Immersive Experience, a new exhibition developed in partnership with the National Geographic Society, will open in downtown Los Angeles at Magic Box LA beginning September 16.

The exhibition will be in Los Angeles during the centennial of the discovery of King Tut's tomb (Nov. 4, 1922). With demand already high for tickets, extended fall dates are now available beginning September 16. Tickets for the newly announced fall dates through January 2023 are available at www.beyondkingtut.com.

Beyond King Tut guests will see the archives of the National Geographic Society come to life in a multi-gallery

journey through the boy king's story. With nine galleries to explore, wind through the story of a young boy whose name still looms large, and how he changed the ancient – and modern – world. Sightsee among the wonders of modern and ancient Egypt. Meet Ancient Egyptian gods like Ra and Anubis before descending into King Tut's burial chamber and joining his quest for immortality. Relive one of the greatest discoveries of all time – the king's tomb with all his treasures waiting inside, reclaimed from the desert sand after 3,000 years.

"Beyond King Tut will be a must-see for anyone interested in Egypt and the history of King Tut," said Kathryn Keane, vice



president of public experiences for the National Geographic Society. "New technologies are making it possible to fully immerse people like never before in important stories from our past, allowing us to develop connections and understand history's influence on our present and future generations."

Beyond King Tut is produced by Paquin Entertainment Group and Immersive Experiences, including the creative team behind the King Tut artifact exhibitions that

attracted millions of visitors around the world. The exhibition debuts in Boston and Washington D.C. this summer.

"It was such an honor to tour King Tut's treasures around the world, but those objects have returned to Egypt forever. Beyond King Tut brings together some of that same team along with the all-stars of immersive art to present one of the world's most fascinating stories in a whole new way, with no boundaries! Guests will get to experience the splendor of Egypt all around them and voyage with us to the Ancient Egyptian afterlife," said Beyond King Tut creative producer Mark Lach.

Paquin Entertainment Group's exhibition portfolio includes the acclaimed Beyond Van Gogh and Beyond Monet exhibitions that have attracted more than 3 million visitors around the world. Montreal's world-renowned Normal Studio will bring to life the wonders of ancient and modern Egypt from National Geographic Society's photo and video archives, presenting a journey through Egypt in a way no one else can tell it.

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Taste Of Summer

By Barbara Beckley

Play with your food this summer! Make a learning game of introducing the kids to new cuisines – Ethiopian, French, Greek, Korean and all the world in between. Take them on foodie adventures, exploring and experiencing ingredients from Underwood Family Farms to factory tours such as Letterpress Chocolates in LA. Shhhh...don't tell! Turning the cuisine scene into Next Gen fun not only expands your kids' palates and cultural knowledge – it shows them that, "yes!" It's fun to be open to new experiences.

The World is Your Oyster

Take the kids to Santorini, Mykonos, Rhodes, Crete or Kefalonia at The Greek Mediterranean Steak & Seafood restaurant (<https://www.thegreekventura.com/>) up the coast in Ventura Harbor Village. Really. From the owners' son performing the "Three Tables and Double Wine Dance," plus belly dancing, and authentic village fare like Horiatiki ("the real Greek village salad of olives, feta, cucumbers, red onions and tomatoes in a bowl," says owner Makis Mikelatos) and Saganaki (Kefalograviera cheese floured and flamed in olive oil tableside), this Greek outpost succeeds in its goal – "to make you feel like you actually are in Greece." Its four-course family specials are ideal, with all items served on platters for two or more people to share at \$39 per person. Examples include The "Corinthian," with a First Course choice of three out of 11 cold dip appetizers such as Tzatziki, Skordalia, Taramosalata Red Caviar, beef dolmades and two shrimp scampi per person. Second Course: traditional Greek salad. Third Course: chicken breast souvlakia

(kebob) over rice, two lamb chops per person over lemon potatoes, Gyros strips over fresh sautéed Mediterranean veggies, and warm pita wedges. Fourth Course: Baklava.

Then say "Bon Appetite" to France. Also in Ventura Harbor Village, Le Petit Café & Bakery (<https://lepetit-cafebakery.com/>) is oo la la authentic, serving Quiche



Lorraine, clams and/or mussels steamed in white wine, and a killer seafood crepe of shrimp and scallops in a fresh spinach-and-mushroom cream sauce, baked with gratinee cheese, along with other country French classics and French wines.

Exotica

Hands up for "hands on." Yes, use your fingers and bread (instead of silverware) to scoop up home-cooked Ethiopian goodies at The White Horse Cafe ([\[whitehorsecafe.com\]\(http://whitehorsecafe.com\)\) in Woodland Hills. This super casual nook bills itself as Italian/Persian. Don't let this fool you. As the chef-owner says, "we began developing our recipes and honing our cooking techniques ... to incorporate a piece of Persia's ancient history into each dish." And so he does. The "Ethiopian Vegetarian Combo" is perfect for first-timers, featuring three types of age-old lentil curries, plus a cabbage and carrot mixture, and collard greens and tomatoes atop a large piece of Injera – Ethiopia's bazaar-looking pancake-like, sponge-like sour flatbread, so thin it comes rolled up like paper. Also Kookoo Sabzi. As fun to say as it is to eat: veggies mixed with cooked egg, lettuce, tomato, salt pickle and house-made sauce. For meat eaters, Kabob Tabei features ground beef, mint, garlic, onion, turmeric and tomato. Ash Reshteh, the classic Ethiopian soup, has it all: herbs, chick peas, beans, lentils, noodles, spinach, Turmeric, mint, onions.](http://www.the-</p>
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Tikka is a hot (spicy or mild) ticket at Anarbagh Indian Cuisine (<https://anarbaghindiancuisine.com/>), a family-owned, white tablecloth eatery in Encino. Billed as one of SoCal's best, Next Gen diners can explore North and South India's traditional fare – famous for exquisite flavors and exotic fragrant spices like saffron. Martin Sheen is among the celebs who love its melt-in-your-mouth Tikka – chicken, beef, lamb, fish, shrimp or veggies marinated in exotic spices and yogurt, and slow-cooked in a clay Tandoor oven. Originally used to bake Roti flat bread – but now slow-cooking everything – the Tandoor is as old as the Pyramids, dating from 2,600 BC in Rajasthan, India. First-timers might order the Chicken 65 Hayderbadi, slow-cooked with Garam Masala spices and yogurt with fried onions over fragrant basmati rice. Or vegetarian Aloo Gobi made with potato and cauliflower in tomato and gravy sauce. For dessert, the Gulab Jamon, round balls made with milk and wheat flour soaked in a flavored syrup is a must-try.

Continued next page

COVER STORY

Asia/Pacific

Slicing, dicing, sizzling! Samurai? Teppan Yaki? Both in the classical setting of Musashi Japanese Cuisine (www.musashirestaurant.com) in Porter Ranch, where Japanese Teppan Yaki tableside showmanship reigns supreme. No wonder it's named after the world's greatest Samurai Warrior, Miyamoto Musashi from the EDO period. Its Teppan Yaki chefs are equally impressive – and historic. Cooking meals on the sizzling Hibachi grill in front of delighted



Or oval steamed dumplings, stuffed with veggies and crab.

K Pop. Of course. K BBQ? Make the Next Gen intro to Korean BBQ and watch the forks fly as they cook their own food on a built-in grill at the table. Genwa Korean BBQ (<https://www.genwakoreanbbq.com/>) in Hancock Park is ideal for newbies, a higher-end yet family-friendly establishment, famous for its unmatched array of Banchan (side dishes in small bowls), more than 20 with every meal; top quality meats, and state-of-the-art smokeless grills and ventilation system that won't make you smell like you've been to a campfire. Not so back in 668 A.D., when the nomadic Maek tribe began roasting their meals on skewers over an open fire, the origin of today's tradition, according to Korean history. Like the website says, "At Genwa Korean BBQ, you are the chef!" Prime meats: beef, pork, chicken and seafood arrive raw and beautifully plated. Then you cook it to your liking. Galbi is a favorite, made with grilled ribs of either beef short ribs or pork marinated in Korea's Ganjang-based soy sauce.

Field Trip!!!

Take the Farm Tour featuring a farmer's presentation, veggie picking, a coloring book and hay ride for \$8 per person. Educational Farm Tours can be arranged for \$10, \$14 and \$16 per person ranging from 2.5 to 4.5 hours, based on 20 participants. Tours include a combo produce-picking animal encounter; and the Animal Ed-Venture with animal presentations and feedings, and a farmer presentation at the Animal Center. Veggie picking is great right now and in August with plentiful blue lake, fava, yellow wax and Scarlett runner beans; basil, beets, celebrity and green tomatoes; turnips and verdolaga and much, much more Open daily 9 a.m. – 6 p.m. Weekdays, \$7; weekends, \$10 per person. www.underwoodfamilyfarms.com



diners is a tradition harkening back to 794 A.D., when Japanese warriors cooked on sizzling hot metal plates over burning charcoal. For a first-time taste treat, consider Teppan Yaki combos like chicken breast and grilled Canadian scallops or filet mignon and shrimp grilled in butter and lemon. It's also the first Japanese restaurant where you can enjoy Japan's two other culinary disciplines: traditional Wa-Shoku dining of noodle sukiyaki and tempura. And Sushi. Perhaps premium sea urchin and the signature Musashi Roll of blue crab. And eat from a Bento Box. The Musashi Bento is a first-timer's dream with selections of tuna sashimi, shrimp and vegetable tempura, chicken karaage, broiled salmon, egg roll, Edamame and more.

Round, square, conical, triangular. Nothing is the same. Everything's different. Create a guessing game – "What's in this shape?" exploring China's ancient Cantonese "small bites" tradition of Dim Sum, historically served with tea. Head to Lunasia Dim Sum House (<http://lunasiadimsum.com/>) in Alhambra and so popular it's expanded to Pasadena and Cerritos; for one of SoCal's largest selections of modern Dim Sum. White tablecloths set the tone for Hong Kong-style dim sum like tiny canoe-shaped black Siu-mai, with truffle topped scallop and squid ink. Or diamond-shaped translucent pink Har-Gow jumbo shrimp balls. Maybe bright orange steamed chicken feet – maybe not. Baked BBQ pork that looks like small shiny buttons. Pan-fried tri-cornered pot stickers.

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Visit the Fillmore Fish Hatchery (<https://wildlife.ca.gov/Fishing/Hatcheries/-Fillmore/>), 19 miles west of Six Flags Magic Mountain along the Santa Clara River amid citrus and avocado groves. Surprise, surprise – it's open daily 8 a.m. to 2 p.m., Admission is free! Parking is free! Welcoming visitors to view thousands of Rainbow and Brown trout from babies to a year old, swimming in 40 outdoor rearing ponds. Buy fish food (you'll need change for the machines). Then watch them splash, jump for joy, even follow you hoping for more. Talk to the staff and you'll learn how the fish are raised from fertile eggs and when mature are released into SoCal's lakes and streams for fishing enthusiasts. More than 700,000 annually. Some families having been coming for generations. A peaceful, educational day.

Plot a course for Disney California Adventure Park – and watch how San Francisco's original sourdough bread is made on The Bakery Tour – Hosted by Boudin Bakery at Disney California Adventure Park (<https://disneyland.disney.go.com/attractions/disney-california-adventure/bakery-tour/>) in Anaheim.



From kneading to baking, and free samples, you'll walk beside glass windows, watching the bread-making process at your own pace on this self-guided tour. Amazing – that they still use the original “mother dough” developed in 1849, when this San Francisco-based bakery added wild yeast to then French bread – for the tangy flavor. Admis-

sion is free. Open daily, 8 a.m. to 6 p.m. in the park's Pacific Wharf.

Think Willy Wonka – with plenty of samples – on the Letterpress Chocolate (<https://www.letterpresschocolate.com/>) factory tour, a delicious trip through chocolate land from “bean to bar” at DreamWorks Animation pro-turned chocolatier David Menkes' small-batch factory on Robertson Boulevard in L.A. As Menkes explains, “we begin with a walkthrough of how the beans are picked from the pods of the Cacao Tree and bean fermentation process that happens at the origin, to sampling cacao juice, and through our little factory to see the different machines, tasting cacao beans and chocolate from one of our melangers. We finish with a tasting of different dark chocolate bars. We love answering questions so feel free to get an in-depth conversation going with us.” This isn't just any chocolate. Menkes' passion is “single origin bars,” such as his “Costa Rica, Hacienda Azul,” made with only beans from this ranch, and “Kokoa Kamili,” with only beans from Tanzania. \$20 per person. Six people per tour. Reser-



vations required. Fridays, Saturdays and Sundays, 3 p.m. and 5 p.m. Ages 12 and older.

Pounding drum beats. Fiery torch dances. Flower leis. Roasted whole pigs. Transport the family to the South Pacific with “Sunset Luau on the Bay” at the Catamaran Resort Hotel and Spa (www.catamaranresort.com) on Mission Bay in San Diego. Featuring authentic Polynesian food from Kalua roast pig to Haupia coconut pudding and entertainment by the Pride of Polynesia performers. Through September 2, Tuesdays and Fridays, 6 p.m. Tickets: \$69-\$109, VIP; \$59-\$99, Premium, and \$49-\$89, General. Bon Appetit'.

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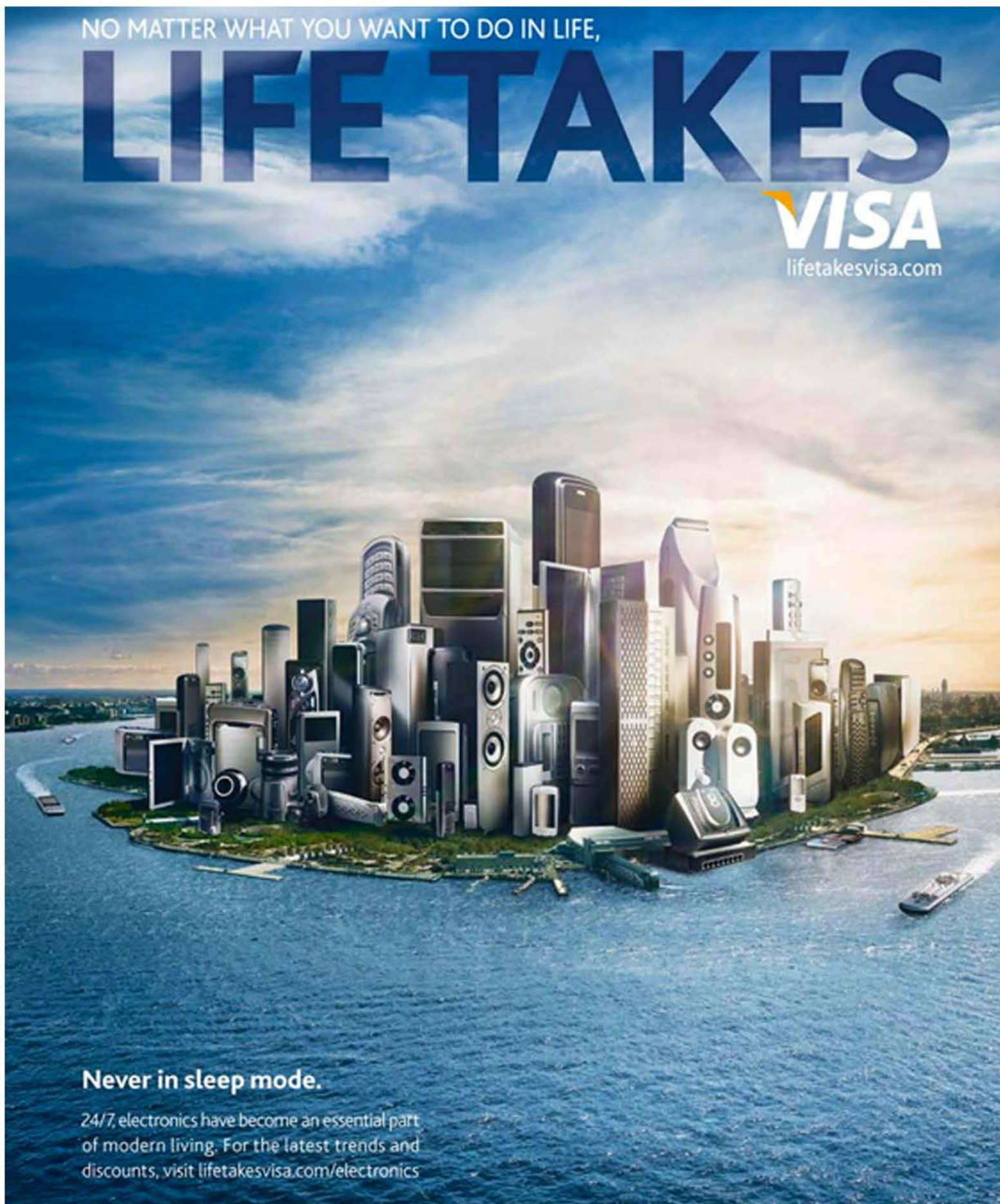
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THE MOUNT WILSON OBSERVATORY TRANSFORMS INTO MUSIC CENTER

By Staff Writer

The Artistic Director Cécilia Tsan curates thoughtful musical adventures under the magnificent vaulted dome of the 100-inch telescope at The Mount Wilson Observatory.

The 100-inch telescope is the instrument with which astronomer Edwin Hubble discovered our place in an expanding universe and so expanded our comprehension. The dome for the telescope—designed by Chicago architect D.H. Burnham—is a 20th century temple to science whose acoustics rival the great cathedrals of Europe and provides a unique setting for this ambitious music series. The Mount Wilson venue will feature various artists with a variety of sounds and backgrounds that appeals to all musical tastes, taking place under the massive marvel.

The next events on the horizon starting

August 4, will feature Brass Quintet

Laura Brenes, French horn, Jon Lewis and Dustin McKinney, trumpets and Bill Reichenbach & Ryan Dragon, on trombones. The concert's hour-long performances are at 3:00 PM and 5:00 PM (same program). There will be an artist reception at 4:00 PM. Attendees from both the 3:00 and 5:00 shows are invited to meet the musicians at this reception.

A free shuttle service will be provided to and from the parking lot for anyone who might need it. It will run approximately every 20 minutes.

The Observatory is at an elevation of 5,700 feet, with stairs and pathways that are not accessible to persons with physical disabilities.

On September 4, they will have, Sunday Jazz with Michael Valerio (bass) & friends.



Valerio, with his hard hitting traditional jazz style will wow guests and will make for a uplifting experience.

Then, on October 2, classical music will fill the air with Music by Bach (Concerto for two Violins, arr. for violin & cello by Cicely Parnas) and US Premiere of French composer Karol Beffa "Masques" for violin & cello. Performers will be Ambroise

Aubrun, violin Cécilia Tsan, cello.

PLEASE NOTE: Access to the dome performance level is via a 53-step staircase. Mount Wilson Observatory is a mile high in elevation so the air is noticeably thinner. There is no ADA-compliant access. Children under age 12 are not permitted.

For tickets, times and additional information log on to www.mtwilson.edu/concerts/.

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Persuasion

By Contributing Writer

The adaptation of “Persuasion,” coming to Netflix, does not seem to have been made for Jane Austen fans.

Her book about unmarried Anne Elliot, who at 27 is on the edge of spinsterhood and regretting having been persuaded to give up her true love years earlier, was the author’s last before her death. It is beloved for how it’s distinct from her more widely known and adapted books with its mature heroine, its more reserved wit and its melancholy undertones. “Persuasion” also boasts one of her most romantic monologues.

This version, directed by Carrie Cracknell and starring Dakota Johnson, inserts modern phrases and “Fleabag” tropes into a Regency-era setting. It is like an Austen amuse bouche — an entry-level cover version that tries to rev up the humor and speak directly to Gen Z. But something feels off.

Austen’s works are hardly impenetrable for modern audiences. Over 200 years later, they

remain relevant. Her stories have stood the test of time and have also bloomed in delightful ways. Just look at “Clueless” and “Bridget Jones’s Diary.”

“Persuasion” has a whiff of condescension to it, as though it doesn’t trust its audience to empathize with Anne without seeing her crying and chugging wine from the bottle. Maybe the crying has just been done too many times. You can’t help but feel that Johnson deserved something more.

And yet Johnson does manage to sell it. She is subtle and breaks the fourth wall like she’s letting us in on a secret.

Most of the cast is vibrant and full of newish discoveries — especially Cosmo Jarvis as Anne’s old love Frederick Wentworth. She rejected him at 19 at the advice of a mentor (Nikki Amuka-Bird) and he has come back into her life eight years later with wealth and good standing. He is now a man of consequence. Jarvis is a perfect Austen leading man. And he and Johnson have a spark.



Pint-sized Mia McKenna-Bruce is viciously funny as Anne’s sister Mary while Nia Towle is the picture of innocence as Louisa. Richard E. Grant, as Anne’s vain father Walter Elliot, adds life as well. Henry Golding also has fun playing a cad, Mr. Elliot.

The screenplay is credited to Ron Bass (“Rain Man,” “My Best Friend’s Wedding”) and Alice Victoria Winslow, who had the

good sense to preserve the famous monologue. But by the time we get there, it almost makes one wish that this were just a more straightforward adaptation. This cast and the director could have carried it and the audience would have been there. Or perhaps this will bring some fresh blood to Austen, after all. To quote “Persuasion,” “I’m half agony, half hope.”

Thor: Love and Thunder

By Contributing Writer

The last full Thor movie was the 2017 “Thor: Ragnarok,” with the God of Thunder dealing with dueling brother and sister issues, the destruction of his planet, a boozy sidekick, a huge dog, pal Hulk having a panic attack and the death of his father. If you thought that was bananas filmmaking, its sequel is the whole fruit basket.

“Thor: Love and Thunder” has giant goats, a horrible Zeus, children in cages, space dolphins, Jodie Foster jokes, teddy bears with laser eyes, an Old Spice commercial parody, Natalie Portman headbutting a villain, blue aliens and lots of Guns N’ Roses.

Waititi is back as co-writer, director and the voice for the stony Korg, with Chris Hemsworth as our space Viking, a man who really needs to get more credit for taking Thor from glum to hysterical. His ability to pronounce superhero things dramatically and then become a goofball is endlessly endearing.

One problematic character is Jane Foster, Thor’s ex whom he still pines for after they broke up and she skipped the third film. But now Foster — played by Portman — has his magical hammer, Mjolnir, and has become a superhero of her own, the Mighty Thor.

Thor, of course, has moved on — not with romantic feelings, but with his weaponry. He wields the enchanted axe Stormbreaker now. He has no eyes for Mjolnir — or does he? “We good? I know it’s a little weird having my ex-weapon around,” he asks his axe, basically reflecting a love triangle between a Norse god and two metal armaments.

Our villain is superb: Christian Bale plays Gorr the God Butcher. A once-pious man who prayed in vain to the deities, he has now decided to wipe them out. Bale is so creepy and so committed that you can feel his hatred melt your popcorn.

Another punch of bizarre comes from Russell Crowe, who plays Zeus and an atrocious Mediterranean accent. He is surrounded by lackeys — some called Zeusettes — and frustrates Thor, even stripping him of his clothes, to the delight of many in the audience.

The whipsaw from death and suffering to idiocy is staggering, with Jennifer Kaytin Robinson credited alongside Waititi for a script that seems like it was pasted together after gerbils ripped up a bag of words.



Peak lunacy is reached at the Omnipotence City, where the universe’s gods hang out. There is the Aztec God, various Maori Goddesses, the Mayan God and a round dough called Bao, God of Dumplings.

The film is stacked with cameos — but look for Hemsworth’s real-life wife and one

of his sons, fed-up Guardians of the Galaxy and a famous comedienne playing Cate Blanchett’s role from “Ragnarok.”

What to make of this glorious, intergalactic mess? There is no better answer than to swipe one of our hero’s catchphrases: “What a classic Thor adventure, Hurrah!”

'HARDEST-WORKING BLUESMAN' GUITARIST/VOCALIST JON GEIGER SOCAL SUMMER TOUR

By Contributing Writer

Hardest-Working Blues-Man' Southern California-based blues-rock guitarist-vocalist Jon Geiger is doing his best to bring you the Blues (wherever you may be), with upcoming dates including A debut performance at THE New Blues Festival IX in Long Beach (September 3) and HIS return to popular longtime South Bay live music venue, The Lighthouse Cafe in Hermosa Beach, on July 25 and September 25, where his band is also beginning a new Monthly Residency.

In the words of Music Connection Magazine, Jon Geiger cuts a vein for his audience. A veteran of the Austin music scene, Geiger grew up in New York and became a brown belt in Jiu Jitsu just to make it home from school safely on the tough streets of Harlem. The deep soul of

BB King's "Live at the Regal" and the ferocious intensity of Eric Clapton's guitar work were life-changing for Jon. Playing guitar became Jon's reason for living.

The talent and passion of teenaged Jon were quickly recognized by jazz greats such as Emily Remler and Hiram Bullock, both whom took him on as a student. Remler even referred to Jon as her 'protégé.' His talent and hard work paid off with a full scholarship to the Berklee College of Music. "John Scofield and Mike Stern (both whom played with Miles Davis) were both as big a part of my path as Emily and Hiram. They would hand me off in some cases from one to the other when they toured," recalls Geiger. "I studied at their knee in their homes and no one cheered louder when I got my scholarships," Geiger says.

After completing his studies in Boston, Jon promptly moved to Austin and began working alongside Austin's numerous great musicians while playing Antone's and the Texas' numerous blues haunts. Presently, Jon and



band continue their ascent on the Los Angeles music scene, with his unique blend of captivating guitar work, soaring vocals and artful

songwriting. Geiger has opened for Robben Ford, John Mayall, Charlie Sexton, Doyle Bramhall, and Joe Ely among other greats.

- Tour dates:
- July 22 (Fri) - Long Beach CA@Shenanigans
 - July 23 (Sat) - Long Beach CA@The Bird Dive Bar
 - July 24 (Sun) - Huntington Beach CA@Mothers Tavern
 - July 25 (Mon) - Hermosa Beach CA@Lighthouse Café
 - Aug 21 (Sun) - Long Beach CA@Shenanigans
 - Sept 3 (Sat) - Long Beach CA@New Blues Festival IX
 - Sept 4 (Sun) - Huntington Beach CA@Mothers Tavern
 - Sept 18 (Sun) - Highland CA@Yaamava Resort & Casino
 - Sept 25 (Sun) - Hermosa Beach CA@Lighthouse Cafe
- www.jongeiger.com
facebook.com/JonGeigerBand
instagram.com/geigerissimo

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Tchaikovsky: Symphony #1 in G minor (Winter Dreams)
Korngold: Violin Concerto in D major - Alena Hove, violinist

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

May 20, 2023 - El Portal Theatre
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By Contributing Writer

LMFAO ALUM REDFOO PARLAYS PROGRAMMING PASSION

Partners with Radix to Revolutionize the W3 Crypto, Blockchain & DeFi Coding Space



From popstar to programmer: Multi-award-winning artist Redfoo, best known for LMFAO's hit song "Party Rock Anthem," levels up his passion for coding by teaming up with Radix to evangelize the value, ease and accessibility of Web3 programming

Redfoo and Sky Blu, a dynamic uncle-nephew duo, make up LMFAO—one of the most iconic electronic bands—and hit songs—of the 21st century. Best known for "Sorry For Party Rocking," "Party Rock Anthem" and "Shots," they have won an array of awards. In addition to being nominated for two GRAMMY awards, LMFAO hit the number one spot on the Billboard Hot 100 twice. Having made his debut as a solo artist with "Party Rock Mansion" in 2016, Redfoo has been continuing on his solo career.

Redfoo's career took a turn when he discovered his passion for programming. He uses coding as a way to express his talent, believing it gives him a different language to express himself—like he does through music. Redfoo exemplifies that anyone can become empowered by learning to code.

"If I can do it, anyone can do it," Redfoo urges. His coding has evolved into an interest in blockchain, cryptocurrency and Web3 programming.

These new roads led Redfoo to meet Piers Ridyard, CEO of Radix—the first layer-one protocol built to serve Decentralized Finance (DeFi)—at a SXSW conference in 2022. Radix appealed to Redfoo since it's a platform that makes programming in Web3 easier. Further, Radix removes the threat of hacks and uncertainty that

crypto remains safe, making it worthwhile to learn. This as recent turbulence in the crypto market has caused many to be unsure about returns amid a general lack the patience to witness benefits.

With Redfoo's passion for Web3 and Radix's ability to simplify W3 programming, an unlikely partnership was born. They have joined forces, with one result being the creating of FooHack—a three day hackathon hosted by Redfoo at the "Party Rock Ranch".

Three lucky members of the Radix Developer community were selected to team up with Redfoo to create a chess dApp on the Radix ledger using Scrypto, which is the asset-oriented programming language developed by Radix. They implemented the logic of a chess game into a Scrypto smart contract, which allowed two participants to play each other according to the rules. The winner would then be automatically minted an NFT to be auctioned off to the highest bidder. FooHack was a resounding success, and was an inspiration to programmers everywhere. It demonstrated that, with Web3, programming can be much simpler and more accessible.

Upcoming plans for Radix are events in Sweden, India, the United Kingdom, Brazil, Vietnam, Germany, Singapore and Lisbon, with each geared toward educating on a variety of crypto topics and encouraging international networking. Radix continues to simplify the process and, because of that, Web3 will be significantly more accessible to numerous and varied communities going forward.

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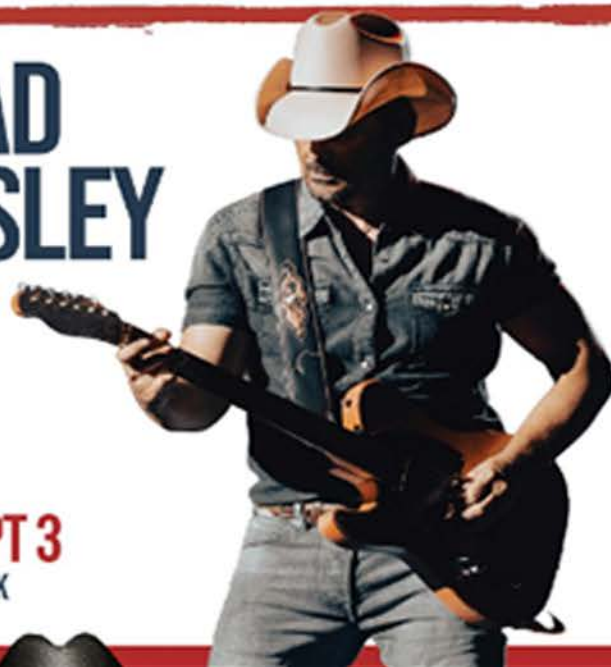


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NO. 7 NO MORE: JACK DANIEL'S FORMER MASTER DISTILLER HAS STARTED HIS OWN SPIRITS BRAND

By Jonah Flicer

Jeff Arnett's new Company Distilling releases its first whiskey on the heels quite possibly the world's most recognized brand.

In 2020, Jeff Arnett, master distiller for Jack Daniel's, announced that he was leaving the whiskey giant after 12 years. At the time it was unclear exactly why he was moving on, but a year later it was revealed that he and a few partners were starting a new venture called Company Distilling. In

early July, the new Townsend, Tenn. location opened its doors, so what exactly can we expect to see from Arnett's new project?

The flagship whiskey was obviously made somewhere else given that Company is just getting up and running. And while there may be a Tennessee whiskey from the



distillery in the future (it must be filtered through charcoal before barreling, aka the Lincoln County Process), this is a straight bourbon that's finished with maple wood, referring to staves submerged in the liquid rather than a barrel finish. It's a wheated bourbon, meaning wheat is the predominant flavoring grain instead of rye, and it's bottled at 90 proof. If maple wood sounds familiar to Jack Daniel's fans, Arnett used this type of barrel to finish No. 27 Gold, a higher-end whiskey from the distillery. But, as he told Bourbon and Banter, those barrels are very leaky which is why he switched to a stave finish for this new bourbon. The liquid was sourced from three states, and distilled in both column and pot stills at undisclosed locations.

While distilling will take place at the new Townsend location, most of the work will happen in the future at a larger facility in Alcoa, Tenn. In the meantime, there's also Ghost Rail Tennessee Dry Gin to sample, produced on a small alembic still at the third Company Distilling location located in Thompson's Station. This is actually a rebranding of gin made at H Clark Distillery, which was acquired by Company with owner Heath Clark joining the team.

And finally, the success of the Jack Daniel's flavored whiskey-liqueur lineup has shown just how popular these spirits are with the masses, so Company is also producing Ace Gap Flavored Spirits. These are combinations of grain neutral spirits and flavoring, with an initial rollout that includes Apple Pie, Coconut, Blackberry and Oatmeal Cookie.

The Company team envisions the Townsend and Thompson's Station locations as being tourist destinations for spirits tastings, activities and meals, with a new restaurant called Amico located at Townsend. "Our initial vision for Company Distilling was to be more than just a whiskey brand," said Arnett in a press release. "We envisioned being a full portfolio spirits company, and we had a collective group experience that I thought brought different areas of expertise to the table... I think one of the greatest things about where we are is the freedom that comes from being a small, nimble group of people controlling our own destiny." That seems a world away from the Jack Daniel's operation he left behind, but hey, a whiskey brand has to start somewhere.

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Summer Drinking and Dining in the Valley

By Contributing Writer

Shaking off the last two years' COVID malaise, a number of Valley bars and restaurants taking risks, peppering their calendars with events, specials and stunts to regale patrons. Summer starts with Studio City's Vintage Wine + Eats, known as the wine bar kicking the stuffy old wine scene to the curb. Sure, on Mondays they have dollar oyster night, but this wine bar just ran a Beyoncé themed Brunch July 23 with drink specials, trivia, and a DJ spinning the pop superstar's greatest hits. July 30, they'll host a tropical art show with artist ROB Z and friends with "tiny replica paintings."

Vintage's cozy, tiny sister venue Buvette in Sherman Oaks has only twelve seats and a toaster oven. While wine, charcuterie and cheese are usually the stars here, Buvette occasionally features the stronger stuff: for National Scotch Day July 27th, Buvette's offering a flight of scotch whiskies designed to pair with the flavors in your favorite ice creams.

Over in Valley Village, "hooch and games" palace Thirsty Merchant offers connect four, bocce ball, cornhole, foosball and all manner of games, alongside a rotating selection of a dozen or so beer taps and a menu heavy on flatbreads and burgers. Concoctions include the Hotsy Totsy; the spicy watermelon margarita; and the Hawai'i Five-O. For summer they are upping their (game) game with Wednesday trike night where riders careen through the bar and patio on kid-sized tricycles—what could go wrong?—and Sunday backyard barbecues with live music on the patio.

North Hollywood's Federal Bar got gastropub right ten years ago and has been reinterpreting it ever since. Valley Scene once called the Fed's Dirty Chips "a symphony of crispy bacon, bleu cheese, spicy pickled red onion, and green onion, cilantro crème intermingled with thick-cut potato chips." Beloved dishes come (like



Vintage Wine + Eats

the Oh My Habañero burger and salmon salad)—and go (vegan weena and short rib poutine), but the menu changes often. This summer, they'll roll out mac and cheese Mondays with regular, buffalo, chicken, vegan, BBQ and Flamin' Hot macs. Savor fourteen craft cocktails and two dozen draft beers from local brewers like Boomtown and Angel City to craft favorites from Allagash and Sierra Nevada. The Federal's sidebar club features a number of live shows like the Puerto Rican duo Cometta and their band who will have the audience dancing to their fusion of Latin R&B, hip hop, Salsa and Merengue por dos noches que explota July 30 and 31.

Finally, far afield but worth the trip, is The Cantiki in Glendale. Energetic and ingenious mixologist Amanda Sasser mashed up two concepts to create a cantina-style cocktail bar with tiki flair, lush tropical design, intimate lighting, cozy lounge-style seating, a long horse-shoe-shaped bar, and a (real) piano, tiny

stage, and DJ booth. CanTiki serves up a mix of highly stylized and plant-based, ingredient-rich cocktails, while still remaining a local watering hole for those just looking for a PBR with a shot of Jack or a vodka soda.

With dozens on the menu, Sasser serves up new cocktails all the time. The latest? The "Cobra's Fang:" Aged Rum, Falernum, Fassionola Syrup (blueberry, gooseberry, strawberry, guava, passion-fruit, guava), orange juice, lime juice, Angostura Bitters and Absinthe. Once a month she puts on popups with specialty drinks and entertainment. While we just missed her "Christmas in July," Sunday July 24 brings keyboardist Greg Clienna, MC Kevin Beaty, and "maybe a conga line and a limbo. For the August 23rd Tiki Pop-Up, she'll be serving up the ubiquitous frosé and hosting "Amanda Squared" with guest bartender and sommelier Amanda Greenbaum from Aja Vineyards.

The spots:
Vintage Wine + Eats (12023 Ventura Blvd, Studio City, CA 91604)
Buvette (15005 Ventura Blvd. Sherman Oaks, CA 91403)
The Thirsty Merchant (12430 Riverside Dr #3510, Valley Village, CA 91607)
The Federal Noho (5303 Lankershim Blvd, North Hollywood, CA 91601)
The CanTiki (1300 S Brand Blvd. Glendale, CA 91204)



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HEALTH AND BEAUTY

MUSCLE LOSS IN SENIORS DUE TO LIFESTYLES CHANGES, NOT AGE SAYS DR. JOHN JAQUISH

By Contributing Writer

With an aging mother he dearly loved ACL was the motivation that sent scientist, inventor, and author Dr. John Jaquish on his deep dive into exercise and fitness. His research revealed that muscle growth can take place for individuals of any age, including those over 60, using the correct strength training regimen and the right nutritional program. His research into optimal muscle-building further showed that the most productive strength training is accomplished by using variable resistance bands and not free weights. For seniors and

others seeking the ultimate solution for effectively maximizing muscle and minimizing body fat, Dr. Jaquish details his complete resistance band protocol along with supporting science in his controversial Wall Street Journal bestselling book *Weightlifting is a Waste of Time, So is Cardio*.

The "2020 Profile of Older Americans" by the ACL (The Administration for Community Living) reports the number of Americans aged 60 and over is 74.6 million. As this population gets older their



hormones change and protein is processed less efficiently. They also tend to move less, which leads to muscular atrophy. When strength is lost, gait and balance change -- which can increase the risk for falls and subsequent injury.

"Contrary to what is widely believed, seniors don't have to lose muscle as they age; they can still build muscle with strength training," says Dr. Jaquish. "Primarily, muscle declines with age because of changes to lifestyle, not biology. Remaining physically active, good nutrition, and the proper strength training program will protect against muscle loss."

"Strength training is the best preventative and corrective method for age-related muscle loss. No matter your age, you can build and maintain muscle, and to optimally do so requires resistance training," says Dr. Jaquish. "Unfortunately, resistance training methods typically recommended involve lifting free weights such as dumbbells and barbells, medicine balls, or using weight machines. These methods are not effective, nor are they safe for seniors or bodybuilders of any age."

In his book, Dr. Jaquish explains how lifting weights puts pressure on joints and increases the risk of injury. Even for professional powerlifters, this risk increases significantly after the age of 40. For anyone with reduced balance and mobility, past joint injuries, arthritis, and loss of bone density, strength training by lifting heavy free weights is not recommended.

Dr. Jaquish says as a solution to these issues, trainers typically program lighter weights, less frequent workouts, or the use of strength training machines. However,

these so-called solutions are counterproductive. Building muscle with resistance training requires heavy lifting, and perhaps even more so in a senior population.

"Training with variable resistance and resistance bands is the superior way. Variable resistance with the right bands and equipment has built-in protective qualities that make strength training for seniors less risky. By allowing seniors to safely lift heavy weight, variable resistance also addresses the hormonal environment that can prevent older adults from building muscle," says Dr. Jaquish.

Dr. Jaquish explains that after approximately 40 years of age, serum levels of the hormones responsible for muscle growth begin to decline. By using variable resistance training, one is able to maintain a constant tension and recruit more muscle fiber during lifts, cueing the body to open receptors for the hormones that stimulate muscle growth.

"Variable resistance bands offer a sufficiently challenging level of resistance necessary for triggering the perfect hormonal environment, so seniors get the most out of each training session. This not only makes each lift safer but more effective," says Dr. Jaquish.

It's not a given that seniors lose muscle with age. By continuing to strength train, eating a high protein diet, and ensuring a steady intake of all essential amino acids, even older adults can experience a "youthful" anabolic response and grow muscle.

For more information about Dr. Jaquish and his book *Weightlifting is a Waste of Time - So is Cardio*, visit www.doctorj.com

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FOODS TO KEEP YOU COOL

By Contributing Writer

Reaching for a bowl of ice cream might seem like a great way to cool off during summer. But the energy it takes for your body to process the fat and sugar could actually be raising your body temperature.

How about an ice-cold glass of water? Not so fast. Super cold liquids can force your body to bring itself back up to temperature. This creates more heat. While you're at it, you might want to put down that iced coffee. The caffeine kick-starts your metabolism.

If you really want to chill out, try one of these naturally cooling foods instead:

Water-Rich Foods

Staying hydrated flushes toxins from the body and helps to lower your body temperature, according to the National Institutes of Health. There's no shame in boosting your hydration with foods that are naturally loaded with H₂O:

Cucumbers, radishes, celery, zucchini: Add these to your salads, or pair them with hummus for a satisfying snack.

Strawberries, papaya, mangoes: These sweet, juicy fruits make great yogurt toppings, breakfast sides or post-dinner desserts.

Watermelon, honeydew, cantaloupe: Add chunks of these refreshing melons to sparkling water for a fruity "mocktail."

Pears, apples, bananas: Dip these into almond butter, or add them to your favorite smoothie.

Squash, broccoli, asparagus: Throw these savory veggies on the grill!

Mint

When the temperature drops, your neurons communicate to your brain that your body should feel cold. Luckily, the menthol content in mint activates the same nerve receptor in your body.

Try infusing your water with mint or adding chopped sprigs to a bright, summery salad of strawberries and nectarines. Even chewing mint leaves can help take the edge off of those hot afternoons.

Spicy Foods

While it sounds counterintuitive to shovel spicy dishes into your mouth, it could actually cool you down. Here's why: Spicy foods trigger a nerve receptor in your tongue called TRPV1, which registers heat. Once your mouth detects the heat, your body responds by turning on its natural cooling



mechanism – sweating. It's no wonder, then, that peppers and burn-your-tongue spices are among the most popular foods in some of the hottest countries on earth. Hot drinks can spark the same effect. So, sweating it out to stay cool is actually a smart idea.

Pineapple

It might not make you "feel" cool the way that mint can. But pineapple contains the powerful

anti-inflammatory property, bromelain. This helps your body combat the effects of heat. This water-rich fruit also helps you stay hydrated during the driest days of summer. Try pairing it with cottage cheese, which contains roughly 75% water on its own.

Ayurvedic 'Cold' Foods

Carly Pollack, a holistic certified clinical nutritionist, suggests turning to the Indian healing practice of Ayurveda. This practice categorizes food into "cold" and "hot," depending on how your body reacts to it.

"Ayurveda is the oldest medicinal system we have ever studied, dating back thousands of years," Pollack says. "This holistic modality classifies your body type into Doshas, and each Dosha recommends cooling foods unique to your body type."

Generally, "hot" foods – i.e. those high in fat, protein and carbohydrates – make your body work harder, which speeds up your metabolism and heats your body.

"Cold" foods help to regulate the body's core temperature when outside temperatures soar. These include sweet, juicy fruits such as melons, cherries, grapes, pears and mangoes; fresh coconut water; goat's milk, goat cheese and ghee; and cooling spices, such as fennel, cardamom, dill and coriander.

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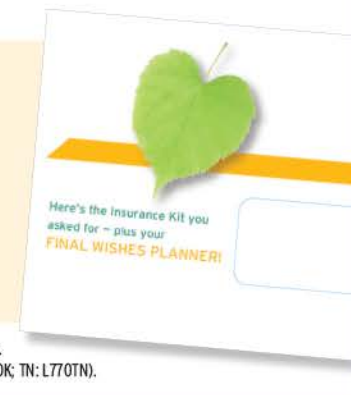
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WORLD TRAVEL

A LEARNING FAMILY EXPERIENCE

By Simone Kushner and Maxwell Valencia

The “ultimate” travel experience: In years past, it was the “Grand Tour of Europe,” where men and women of a certain class took a break between college and the start of their career. Funded by their families, young people would spend several months (at least) traveling in Europe after finishing school. The purpose and value of this trip was the exposure to art, music and the aristocracy and culture of Europe—things they would likely never experience otherwise.

World travel is often referred to as the “ultimate classroom,” and can be an incredibly valuable gift for children. It introduces them to new people and places and helps to instill an appreciation for different cultures.

Benefits include the rewards of experience and an expanded worldview!

7 Valuable Life Lessons and Skills Taught by Travel for your Tweens & Teens:

1. Travel Enhances Critical Traits Necessary in Life – When you travel, you may see character traits that don’t necessarily reveal themselves at home. You might see new traits of charity, compassion, and diplomacy. Or realize that your Tweens & Teens has an interest or passion that comes to light in this new situation. Interestingly, they may get more out an experience than adults due to their interaction with the locals. Tweens & Teens can cross cultural boundaries that are more difficult for adults, simply by being children.

2. Travel helps Tweens & Teens develop decision-making, and builds confidence – As you travel, a wide variety of choices present themselves. Gone are the routines of home; instead, children have the opportunity to make choices about which new experiences to experience, museums, wonders of the world, different destinations and foods they would like to try. Stand back, and let them make some choices. They may surprise you!

3. The Development of Problem-Solving Skills – Hope for the best, but be prepared for the worst. Travel is fluid, and teaches Tweens & Teens about the possibility that things may not go as planned. It’s essential to be flexible, and having things go awry



can actually be one of life’s best lessons. Unforeseen circumstances happen over and over in life, and adapting with grace is one of the hallmarks of strong character.

4. A Broadened Perspective for your Tweens & Teens – Travel helps to present your children with a valuable worldview. A foray into other cultures affords them the knowledge that other people, places and things can be very diverse. Exposure to different cultures, standards of living, languages and even sounds will serve Tweens & Teens well over time; it serves to develop tolerance and compassion. Traveling is an excellent way to show children that different points of view are a normal part of life, in an educational, non-threatening way.



them into the skills it takes to be successful and may help them with career choices later in life. It also provides valuable information about coordinating the logistics of travel, currency and navigating customs. Above all, they learn about the importance of time management and the consistency required to stick to an itinerary.

7. Travel: A Shared History and Sacred Memory – Your common travel experiences—good and bad—will become part of your family history.

During travel, there may be times when you feel closer than ever before and times when you wish you were back in the comfort of home and in your own personal space. These things will be a topic of discussion for years to come. Encourage children to keep a travel journal. It will help them remember the travel itself, and their reactions to the experiences of the trip.

Travel’s benefits to Tweens & Teens truly are incalculable, so now is the time to start planning your next family vacation!

5. Travel Helps Sow the Seeds of Altruism – Tweens & Teens can begin to understand the challenges faced by those in different life circumstances. Sometimes travel can allow them the opportunity to help those in need with specific programs.

6. An Inside View of the Business World – Take your Tweens & Teens on a business trip. There’s value in understanding the challenges and rewards of hard work. Seeing you perform your business activities is an eye opener for most children. It clues

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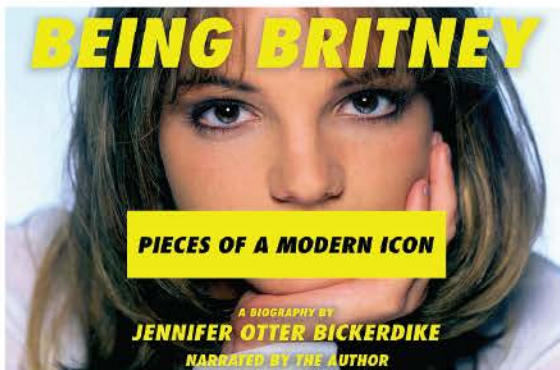
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Being Britney: Pieces of a Modern Icon

By Pamela Froman

Britney Spears' life is as multifaceted as the very contradictions, pressures and expectations that helped create her. Yet, beyond the eye-catching headlines and front-page fodder, an almost indecipherable question remains: Who is the real Britney?

In *Being Britney: Pieces of a Modern Icon*, author Jennifer Otter Bickerdike culls a collage of vignettes, stories, interviews, legends, fan experiences and amusing detours to construct a definitive portrait of the artist and her complex, far-reaching



orbit. This unique narrative is the first to provide a sympathetic yet objective re-examination of Britney's cultural impact in the wake of major collective shifts surrounding feminism, celebrity and mental health. The book is coming off its successful launch in the UK, where it became No. 1 in Amazon's Hot New Releases.

With her canon of bestselling singles, electrifying stage performances and iconic music videos, Britney Spears is undoubtedly a modern pop superstar. But her story has long been clouded by society's dark obsession with beauty, youth and fame

— a relentless glare that has threatened to eclipse her musical success. Now, in this timely portrait, Bickerdike takes readers beyond the headlines to discover the Britney behind the product and the society that both created and failed the pop superstar:

1. Being Britney explores the life of a mother and entrepreneur; a victim and fighter; an entertainer and enigma who, for over a decade, was publicly exploited,

used, consumed and tossed aside by many.

2. Despite her career spanning five presidents, multiple creative reinventions and over 100 million album sales, Britney's ability to come back from highly publicized personal adversity has rarely been acknowledged.

3. Against continued adversity, her relevance and successes grew with each passing year, culminating in a game-changing Las Vegas residency, a shocking conservatorship battle and the powerful #FreeBritney support campaign.

Being Britney is the compelling and often irreverent account of a talented, troubled and talked-about modern icon, "who has managed to grow a multimillion-dollar empire despite numerous outside forces trying to destroy her from every angle." Bickerdike recognizes, "after years of being framed as a victim, Britney deserves to be celebrated as the fighter, entrepreneur, inspiration and enigma that she truly is," whose life, work and

individual significance will be recognized for years to come.

About the Author

Dr. Jennifer Otter Bickerdike is a rock 'n' roll cultural historian and author, working across music heritage, fandom, broadcast and academia. She is the author of several books on pop, rock, fandom and celebrity, most recently the critically acclaimed *You Are Beautiful and You Are Alone: The Biography of Nico* (2021), and the No. 1 bestseller *Why Vinyl Matters: A Manifesto from Musicians and Fans* (2017). Bickerdike was literary consultant for Will Sergeant (Echo and the Bunnymen) with his bestselling debut memoir *Bunnymen* (2021); global music ambassador for the British and Irish Modern Music Institute; and co-founder of *Moving the Needle*, a nonprofit organization that supports women in the UK music industry through their careers. Originally from Santa Cruz California, she now lives in London.



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Take a Hike!

A Hiking Checklist to Help You Get on Track

By Contributing Writer

Exercise is one of the best things that you can do. Not only will it improve your fitness but it'll also reduce your risk of diseases.

You want to aim for at least 150 minutes of moderate aerobic activity per day. Hiking is a great way to build up your endurance.

Benefits of Hiking

Hiking is a great cardio workout. It doesn't matter what trail you go on; the benefits will be the same.

It can help lower blood pressure and cholesterol levels. You'll be at a lower risk of heart disease. In addition, hiking also contributes to healthy muscles, bones, and joints. You won't be as likely to develop arthritis.

Preparing For Your Hike

Research the trail. Find the length, elevation, and difficulty. The last thing that you want is to underestimate the area!

It's also a good idea to read local regulations. For example, some areas might require a park pass or a permit.

Make sure to check trail conditions. There's nothing worse than being stopped by snow when you're halfway up a mountain.

Finally, dress for the conditions. Opt for moisture-wicking clothes (made of polyester or nylon).

That way, even if you get wet, your clothes will dry quickly. And dress in layers. That will allow you to add or remove clothing if the temperature changes.



Don't forget about your feet. After all, you'll be relying on them for the hike! Make sure to wear trail runners or hiking boots.

Things That You Should Bring With You

There are a items that you should bring with you to every hike. Here's what you need to know.

Navigation Tools: It's easy to get lost in the wilderness. It's crucial that you bring proper navigation tools with you such as a map and compass.

You can even bring a GPS device. Not only will it tell you where you are, but it'll also keep track of things like average speed and elevation change.

Sun Protection: Sun protection is important when you're spending time outdoors. It doesn't matter if it's cloudy, you'll still need it.

Aside from sunscreen, you also want to bring SPF lip balm, sunglasses, and a large-brimmed hat. Protective clothing should also be considered.

Illumination: Bring a flashlight or headlamp with you. You never know what might happen; one wrong turn and you can be lost in the dark.

Tip: You can use your phone as a flashlight but keep in mind that it can drain your battery.

Hydration: It's important to stay hydrated when you're hiking. Make sure to bring enough water with you.

Bring one gallon per person (for 24 hours). Make sure that it's easily accessible via a water bottle.

Snacks: Pack dry foods and snacks. For example, dried fruits, jerky, and nuts. If you want something more filling, you can make sandwiches or even tortillas. That way, you'll be able to sustain your energy for a full day.

Emergency Shelter: It's highly recommended you bring a small, lightweight emergency shelter with you if you're going on a day hike. You might not need it but if you do, you'll have it.

Daypack: A comfortable daypack is essential for carrying your gear. Make sure that it's well-fitting and large enough so that you can pack everything in. If you can, try to get something with convenient storage compartments.

First Aid Kit: You always want to bring a first aid kit when traveling into the backcountry. After all, anything can happen and you want to be prepared. Depending on your needs, you can either put one together yourself or buy a pre-packaged kit.

Fire Starters: Being able to start a fire could be the difference between life and death in an emergency. Not only will the fire keep you warm, but the smoke can help searchers find you.

Remember, things don't burn well when they're wet. So make sure to bring proper fire starters with you.

Gathering Your Hiking Essentials
And there you have it—a hiking checklist for your weekend trip! If anything, it's always better to be overprepared than underprepared.

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Keep You Pets Safe From The Heat!

By Contributing Writer

The summer months can be uncomfortable—even dangerous—for pets and people. It's difficult enough simply to cope with rising temperatures, let alone thick humidity, but things really get tough in areas that are hit with the double blow of intense heat and storm-caused power outages, sometimes with tragic results.

Follow these tips for helping everyone in your family stay healthy while hot.

Never Leave Your Pets In A Parked Car!

Not even for a minute! Especially in this intense Valley heat. Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die. Learn how to help a pet left inside a hot car by taking action or calling your Local law enforcement for help.

Watch the humidity "It's important to remember that it's not just the ambient temperature, but also the humidity that can affect your pet," says Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves and their temperature will skyrocket to dangerous levels—very quickly."

careful with pets with white-colored ears, who are more susceptible to skin cancer, and short-nosed pets, who typically have difficulty breathing. Asphalt gets very hot and can burn your pet's paws, so



Limit exercise on hot days

Take care when exercising your pet. Adjust intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours, and be especially

walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

Don't rely on a fan

Pets respond differently to heat than humans do, and fans don't

cool off pets as effectively as they do people.

Provide ample shade and water

Any time your pet is outside, make sure they have protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat—in fact, it makes it worse.

Cool your pet inside and out

Whip up a batch of quick and easy DIY pupicles for dogs. And always provide water, whether your pets are inside or out with you.

Keep your pet from overheating indoors or out with a cooling body wrap, vest or mat. Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if they enjoy a cooling soak.

Watch for signs of heatstroke. Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure and unconsciousness.

Some breeds of dogs—like boxers, pugs, shih tzus and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

How to treat a pet suffering from heatstroke

Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to their head, neck and chest or run cool (not cold) water over them. Let them drink small amounts of cool water or lick ice cubes. Take them directly to a veterinarian.

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Tiny Homes

How Long Does It Take to Build an Accessory Dwelling Unit?

By Contributing Writer

Are you trying to help your family find affordable accommodations? Are you wanting to move your aging parents closer to home? Perhaps one of your children has recently returned from college and wants their own space.

As much as 10% of the US population's currently feeling the pinch when it comes to finding affordable housing.

One way to solve these problems is to build an ADU in your backyard.

What Is an Accessory Dwelling Unit?

This term refers to any small dwelling that's separate from the main house on a property. Other terms are granny flats, in-law suites, tiny houses, and garden cottages. There are two categories of ADU's: **Detached ADUs**

These small backyard buildings are stand-alone units separate from your house. They're ideal for people who want more privacy. These ADUs are a good option if you want to sing with AirBnB to offer accommodation or rent out your backyard house.

Attached ADUs

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

Why Do You Want to Build an ADU?

Some of the main uses for an ADU include: Extra office space, home gym, artist's studio, or a guest cottage for visiting family or friends. Your budget and intentions for your ADU will impact the size and design of your ADU.

Factors Affecting Your Timeline

These are the steps involved in building an accessory dwelling unit: Arranging finances, working out a design, arranging floor plans, submitting plans, getting approval from your city, hiring an architect and contractor.

Recording the City's Covenant Agreement

Any of these factors can hold up your project. Let's take a more detailed look.

Designing Your ADU

There's nothing to stop you from designing your ADU yourself. You can also get a contractor but be sure to write a proviso in your contract with them.

You will need a professional architect to finalize the

drawings needed to submit your design to your town planner though. You'll also need to sign an agreement with your architect before they go ahead.

A professional architect shouldn't take more than a week to

come up with an effective layout.

Compiling Necessary Construction Documents for City Approval

Municipal regulations govern any construction. In some areas, it might not be legally possible to build an ADU in your backyard. Some common regulations are: Number of dwellings allowed on a single lot, distance limitations regarding how close you can build to your boundary, height restrictions on new constructions, size limits, parking regulations, environmental by-laws on ADU construction.

Apply For Zoning Approval

You may need to achieve zoning approval before applying for a building permit. Or you may be able to apply for both simultaneously.

Apply for a Building Permit

If you're using a contractor or architect, you can get them to complete this process. It can take up to four weeks to finalize paperwork.

Final Steps in Building Your ADU

When your ADU's finally built, you'll still need to go through a few steps before moving in. Take time to inspect your new ADU and make a note of any snags in construction. Then go through this 'punch list' with your contractor and get them to carry out the necessary changes.

Once you're satisfied with the result, you should schedule an appointment with your city officials to conduct a final inspection. If they approve your ADU for occupation, you're good to go.



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By Andrews McMeel Syndication **Top Stories**

The trail to the top of Pike's Peak in Colorado is some 13 miles long, and the peak itself tops out at more than 14,000 feet -- making it a challenging hike for anyone. But for Bob Salem, 53, the journey is nuttily complicated: He's pushing a peanut up the mountain using his "nose": customized headgear made of a CPAP mask with a black plastic serving spoon attached to it, NPR reported. "Basically, I'm just going to ... low crawl my way up there," he said. "I mean, there's not really much to it but just to keep flicking." It's all part of the Manitou Springs 150-Year Celebration, and Salem is raising money for a local charity that works to house people experiencing homelessness. Oddly, he's not the first to achieve the feat, but he'll be the first in the 21st century. Salem is wearing kneepads and elbow pads, and a spotter carries his backpack with a snowsuit inside for the higher elevations. He's expected to reach the summit the weekend of July 16-17.

Well, it's happened again: An American tourist at Mount Vesuvius near Naples, Italy, dropped his cellphone into the volcano's crater on July 9, the Associated Press reported, and then slid into the crater trying to retrieve it. Four volcano guides lowered a rope 50 feet into the crater, where Philip Carroll, 23, of Baltimore, was in "serious difficulty," and pulled him out. After officials administered first aid, Carroll and two family members were cited by police for going off the authorized trail to snap a selfie. He suffered only abrasions -- and the humiliation of a trip to the police station. No word how the phone fared.

On July 10, as Rich Gilson used a mini-excavator to remove part of the foundation under the porch of his 1920s-era New Jersey home, he came across an unusual windfall: Among the weeds and dirt were two bundles of paper, secured with rubber bands, United Press International reported. "I got to look at the edge and it had a green tint to it, and I said, 'This is money,'" Gilson said. The cash, printed in 1934, amounted to \$1,000 in \$10 and \$20 bills. Gilson said the area where he found the money was previously accessible only through a crawlspace: "Somebody had to crawl under there and dig a hole. My sense is that something fishy happened," he added. He plans to keep the money.

Picky, Picky

Penguins at the Hakone-en Aquarium near Tokyo are turning their beaks up at a new variety of fish after officials switched because of an increase in price, United Press International reported. The cost of their standard fare, aji, increased more than 30% over last year, so the aquarium tried a cheaper variety of mackerel. But the penguins aren't biting: "Even if they'll take it in their beaks, they'll just spit it out," head zookeeper Hiroki Shimamoto said. If the keepers mix in a bit of aji, they'll eat it, but without enthusiasm. The zoo's otters have the same impression of the new menu item. Shimamoto said they could raise admission prices, but "we would like to do our best to keep our facility a comfortable place for our guests to visit."

More Like 'Stupider Things'

Thanks to the quick reaction of a semitruck operator, a teenage driver sustained only minor injuries after she allowed her car to drift into the oncoming lane of a suburban Minneapolis street and crash into the trailer, The Smoking Gun reported. During questioning after the mid-July incident, the girl denied being on her phone at the time of the crash, but Anoka County Sheriff's deputies noticed that her car's Bluetooth system was "still streaming the audio to 'Stranger Things' on Netflix." She then admitted to watching the popular series while driving.

Compelling Explanation

Laurie Rosser, 42, of Gorseinon, Wales, was stopped while driving on the M4 on June 26 because his van was missing two tires, the BBC reported. Police estimated he had driven more than 10 miles without the tires. Rosser was Breathalyzed at the scene, where he tested at more than twice the legal limit. But he had a different explanation for his oversight: His solicitor said he had tested positive for COVID and "his mind was cloudy. That influenced his decision to drive with two defective tires on the vehicle," Rhys Davies said. Rosser was banned from driving for 17 months and fined.

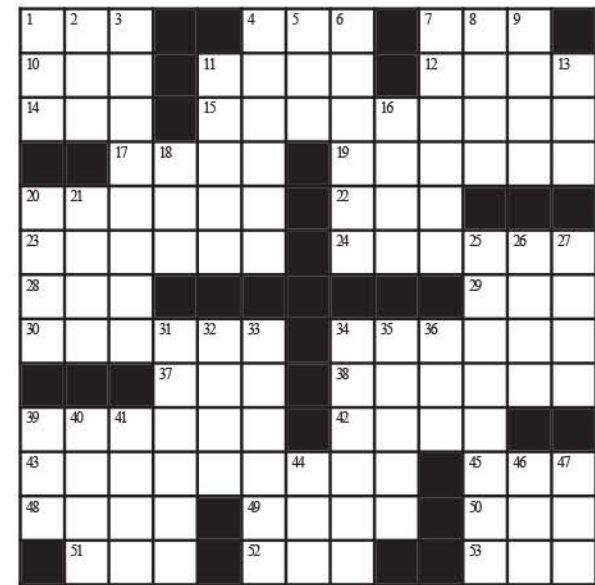
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Across

1. "Breaking ____" TV show
4. "___ In Black" Tommy Lee
7. British fliers
10. Regret
11. Artificial bait
12. Heaps
14. Life measurement
15. Engineer type
17. Massages
19. Variety of leaf bug
20. Mortarboard attachment
22. Small bill
23. Acid neutralizer
24. Trafalgar winner
28. Hawaiian necklace
29. A sentence starter
30. Population counter
34. Takes the gun
37. Pray
38. Frequenter of some beaches
39. Chewy candy
42. Hoof beat
43. Veronica family plant
45. Frigid
48. Marshy material
49. Falcon in training
50. Before, in verse
51. Ironic
52. Lobsterlike
53. Colorful rug

Down

1. Victoria's Secret item
2. Mid-summer
3. Hunter's trophy
4. Breakfast cereal
5. Blow it
6. Right-winger
7. Mountaineering term
8. Regrettably
9. Centers of attention
11. Pigeonhole
13. Rocker Nugent
16. Levelheaded
18. Newspaper, with today
20. Bottom duster



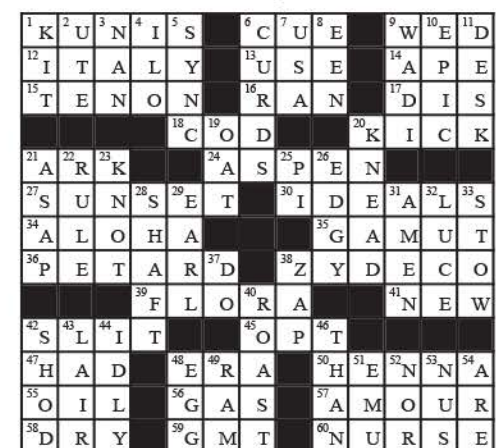
21. On the calm side
25. More zebra-like
26. Electrical resistance units
27. ___ egg
31. Protection
32. Took advantage of
33. Shishkabob holder
34. Like a painter's model
35. Cancels
36. Flurry
39. Coffee stirrer, for short
40. Newspaper page
41. Feeling of impending danger
44. Ball in a socket
46. ___ wolf
47. Pro vote

DAD JOKES

What do you call a bear with no teeth?
A gummy bear



From July 8





VINTAGE WATCHES ARE THE TIMELESS TIMEPIECES YOU NEED

By Contributing Writer



Long summer afternoons, spent in the dim cool of your grandfather's study. The scent of his cologne and his cigar competed with the smells of Grandma's roast or Sunday gravy, floating up from the kitchen above. You would be tucked into the corner of a cracked leather armchair, paging through an oversize book with rich watercolor illustrations, or maybe just watching the dust motes dance through a shaft of sunlight.

Sometimes Grandpa would let you look through the treasures in his desk drawer: old coins, antique keys, a fountain pen, black-and-white pictures of distant relatives. And, of course, his wristwatch, still ticking as reliably as when he purchased it in Paris during the war. Just glimpsing it again brings up memories, and he begins to tell you the stories...

There is no doubt vintage wristwatches hearken back to an era when people valued quality craftsman-

ship. Unfortunately, your older brother was the one who inherited Grandpa's watch, but there is a way for you, too, to recapture that nostalgia: browsing a selection of vintage watches.

Three Reasons Why Vintage Watches Are Timeless

In the days when no self-respecting fellow would be seen in public without a hat and a pocket square, a wristwatch was a necessary accessory as well as a stylish one.

Today, we don't need watches — even if you don't want to reach into your pocket for your smart-phone, it seems digital clocks are everywhere. So why choose vintage watches? Let's take a look.

They Are Out of the Ordinary

Wearing a wristwatch, particularly one of the many storied vintage watches available, will set you apart from the masses. When everyone else is bent over their devices, drawn into the swirling vortex of social media and constant communication, all you need to do is take one quick glance at your wrist.

They Are the Epitome of Class

James Bond. Cary Grant. Sinatra and Deano. Classic style isn't as easy to come by these days, now that fashion is disposable and people wear pajamas to the grocery store. Not you, however. You understand that projecting a sophisticated, masculine image depends on the details: well-polished wingtips, having your shirts starched just so and, of course, the beautiful

leather band of your vintage watch peeking out from beneath your cuff. **They Last a Lifetime — Or Two!**

If Omega vintage watches could talk, they would certainly tell some compelling tales.

What stories will you contribute to your timepiece's repertoire? Owning a well-made watch from the mid-20th century positions you within history. Unlike today's tech gizmos that practically become obsolete the moment you take them out of their packaging, the old-school technology of a finely crafted chronograph is truly timeless.

Imagine handing down a vintage watch to your son, and then one day seeing it grace the wrist of your grandson. No iPhone can compare to that sense of tradition.

Once you fasten the strap of that first watch, you'll be hooked. Vintage watches are beautiful, collectible, and practical items that you will be proud to own, and to pass on to future generations. Grandpa would approve!

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What to Know When Hiring a Newborn Care Specialist

By Brooke Barousse

One of the great equalizers in life is how epic welcoming a baby is for parents.

From the exhilarating moment they enter parenthood, life is under new management and the journey can sometimes be unsteady.

The good news is that skilled, loving guides await during this precious time in the form of Newborn Care Specialists.

Support from a Newborn Care Specialist can be catered to the family. This includes sleep training, feeding, assistance in breastfeeding, and more. These specialists often have a background as nurses, medical professionals, postpartum doulas or individuals with other concentrated childcare training. Unfortunately, these individuals don't

magically appear like Mary Poppins. It takes an experienced matchmaker.

As the founder of Lexington Nannies & Household Staffing, we are often the ones to facilitate the magic of finding the perfect fit for



families and their nanny or staff requirements.

Since 2006, my agency has been renowned throughout Southern California for a highly individualized, successful household staff placement process.

When creating a match, I get to know both parties and only accept about 10 percent of the candidates who apply for Newborn

Care Specialist positions. Our screening includes criminal background checks and reference checks.

I have an instinct for reading people, which has resulted in a high success rate for what is essentially personality matchmaking for my clients and their newly hired household staff. I can see where skills and energies mesh—and where they don't.

Important things to know when hiring a Newborn Care Specialist:

- It is best to find a specialist 3-6 months into a pregnancy as quality Newborn Care Specialists book 4-6 months in advance.

- They are highly trained to help with tips and tricks when it comes to swaddling, breastfeeding, pumping, lactation, sleeping habits and more.

- They can work the night shift so parents get the rest they need. They typically work 10-12 hours a night, whether it's a few nights a week or 7

nights a week.

- They have experience with twins and multiples, premature babies, special needs, or just those who needs a little extra tender loving care.

Pricing can vary, but an overview of the pricing structure for a Newborn Care Specialists charge between \$35-60/hr, plus the agency is paid a direct fee.

Here are a few additional tips for landing the right Newborn Care Specialist.

Figure out your available budget, so you know how many nights/hours you want to book someone for ahead of time. You want to have a good sense of how long you want to book someone, as Newborn Care Specialists have different availability and you'll want to have the same person the entire time.

Gifts to a Newborn Care Specialist is something that many grandparents do to help their daughters or daughters-in-law during an unforgettable time in their lives.

Lexington Nannies & Household Staffing has a positive success rate with return clients and staff retention.

You'll love the care, knowledge and experience that we bring to the table, and most families tell us they want to keep their nannies forever.

No new parent knows what their journey will look like, but with the support of a Newborn Care Specialist, the path can be much smoother and more enjoyable for the whole family.

Brooke Barousse is the founder of Lexington Nannies, one of LA's leading household staff placement agencies. lexingtonnannies.com



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SUMMERTIME SAFETY

By Contributing Writer

Beautiful weather is a treat, and summer is a great time to get outside! With longer days, schools closed, families are enjoying their favorite outdoor activities like beach days, cookouts, pool parties and camping. But summertime also brings potential for dangerous health challenges.

“According to the CDC, there is a noticeable spike in emergency room visits during the warm summer months with over 36,000 visits between June and September,” said Dr. Cory Sprulock, Chief Medical Officer, Exer Urgent Care. “It’s important to be aware of the top reasons for summer urgent care visits and how to prevent these injuries.”

Below are common injuries and tips to help keep your family safe this summer, but if you find yourself in one of these situations, Exer Urgent Care is here to help:

Prevent stingray stings.

While stingrays are common throughout the coast of California, there is a simple preventative measure to avoid a sting: the stingray shuffle. Shuffling your feet along the sand as you enter the water rather than lifting your feet and walking normally, will serve as a gentle warning to stingrays and they will likely swim away.

“It is important to know where stingrays are and to never provoke them,” shares Dr. Sprulock. “If you do get stung, symptoms include excruciating pain, bleeding, nausea, and fainting. Seeking medical care is crucial to help remove the stinger, disinfect the wound, and ease the pain.”

Keep watch to prevent drowning.

Drowning is the number one cause of death for children under five. When at the beach, pool or lake this summer never leave kids unattended. If on a boat, make sure to bring a U.S. Coast Guard-approved personal flotation device.

Drink enough water.

Heat causes your body to lose water, salt, and minerals called electrolytes through your sweat. Drink plenty of fluids, and don’t wait until you are thirsty. Electrolyte drinks can help you replenish the essential minerals you need. However, avoid drinks with a lot of sugar.

Look for signs of heat exhaustion. Heat stroke is a very common heat-related disease that can be life-threatening if left



untreated. Proper hydration, lightweight clothing and rest periods are key to avoiding heat illnesses such as heat exhaustion and heat stroke.

“A few common indicators of heat exhaustion among children are heat cramps, dizziness, disorientation, fatigue and loss of appetite,” added Dr. Sprulock.

Protect skin from the sun.

Apply sunscreen with SPF 30 or higher whenever you're going to be outdoors. Reapply every three hours or immediately after you get out of the water.

Avoid bug bites.

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions, and cover arms and legs as much as possible.

Don't monkey around.

Playground-related injuries account for more than 200,000 ER visits each year. Always supervise children on playgrounds, and choose the right play equipment for your child's age and skills. In the summer sun, it's also a good idea to carefully touch equipment to check for hot surfaces before playing on it.

Ride bikes the smart way. Apart from automobiles, bicycles are related to more



childhood injuries than any other consumer product. Wearing a helmet is the first rule to prevent serious bicycle injuries, reflective gear – if riding at dusk – and follow smart rider rules.

Following these safety guidelines will help everyone enjoy a summer filled with outdoor adventure. However, emergencies do happen, and if you are seeking medical attention, visit one of 27 Exer Urgent Care locations. For more information about Exer Urgent Care visit ExerUrgent-Care.com.

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FASHION

How to Tell the Difference Between High and Low Quality Clothes

By Contributing Writer



The fashion world is ever-changing. That's what makes it so exciting — there are new trends and new patterns being introduced to the fashion arena every day, propelling the industry forward at a fantastic rate.

However, one thing remains constant in the industry. There are low quality clothes and there are high quality clothes. The gap between the two is often significant. The problem, however, is that it isn't always the easiest thing in the world to know at first glance whether a piece of clothing is of good quality or not.

In this article, we'll teach you the telltale signs that distinguish between good and bad clothing.

Natural Materials

Synthetic materials are far more susceptible to wear and degradation over time than natural materials. This includes piling, ripping, stitches going out, and more.

What's more, natural fibers will also feel cooler and provide better ventilation as you wear them. This will ensure that your body temperature is regulated at a safe level for your optimal performance.

Metal Zippers

Nothing is quite as annoying as zipping up a jacket all the way only to have the zipper break halfway up the line. With plastic zippers, this is an everyday occurrence. The low strength of plastic makes it extremely easy for you to accidentally exert too much force and ruin the zipping mechanism.

The solution, therefore, is using metal zippers. The strength of metal allows it to remain far more durable in the long-term, no matter how poorly you treat your zippers.

Strong Stitching

Another way to tell the quality of a piece of clothing is to take a look at its stitching. If

the stitching is strong and binds the folds in the fabric together well and holds them, then you're likely handling a high quality piece of clothing.

If, on the other hand, the stitching in question looks weak and subpar for the folds and creases that it has to keep in line, then chances are that those stitches will rip before you know.

Better Fits

Good clothing designs know that fit is the most important thing when it comes to clothing. They'll offer a range of sizes for every body type, rather than just giving clothing in a single size that needs to be further tailored to fit your body well.

Trendy Patterns

Quality clothes have trendy patterns that are at the top of the fashion industry. If it looks like something out of your grandmother's closet, why would you wear it?

If you ever decide to make clothes on your own, then an essential step to learning the fundamentals is taking a pattern making course. You'll learn about how to create whatever pattern you like, allowing you to implement the many changing trends that you see in the industry.

Quality Clothes Are the Way to Go

High quality clothes are definitely the way to go. Armed with this info, you now know what sets that standard of clothing apart from that which you want to avoid.

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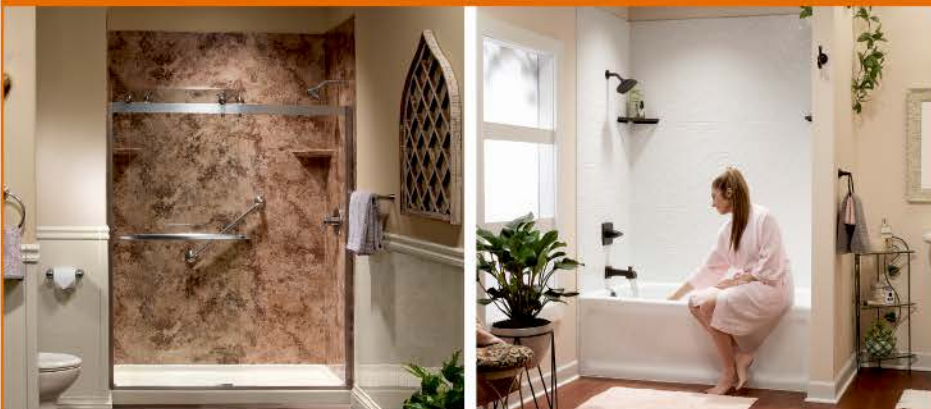
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