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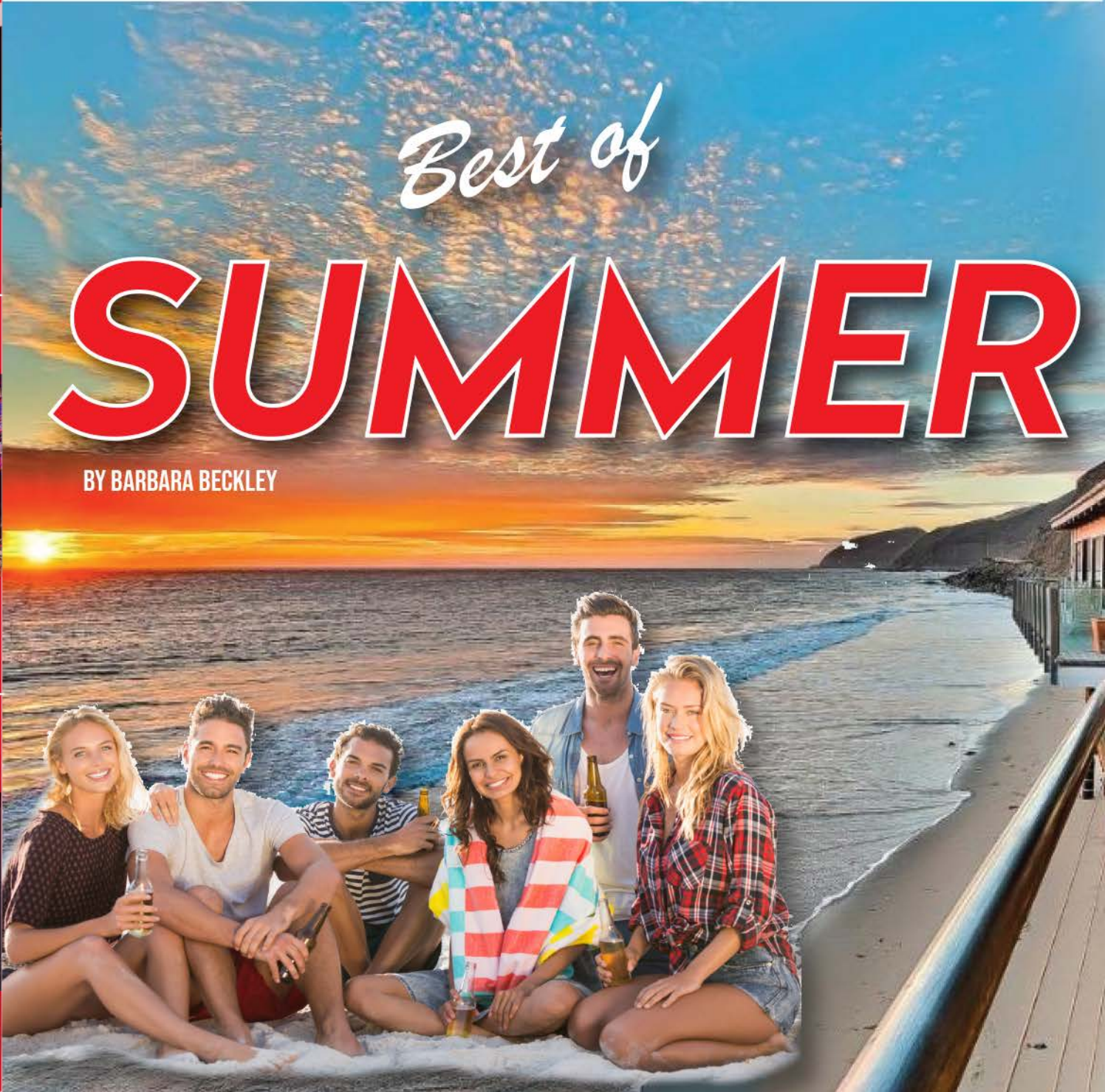
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Best of

SUMMER

BY BARBARA BECKLEY





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THE MYSTIC MUSEUM BURBANK

UNLEASHING SUMMER'S DARK DELIGHTS!

By Contributing Writer

The Mystic Museum is a unique and exciting destination for anyone fascinated by the occult, the paranormal, the mystical, and all things horror. Since 2013, The Mystic Museum has been a hub for horror enthusiasts in the greater Los Angeles area. They're primarily a store, featuring a selection of goth fashion, dark home decor, and a wide range of reading material on the mystical. Additionally, they offer a rotating interactive exhibit space, where visitors can explore a collection of authentic horror movie props, memorabilia, photo opportunities, and intricately designed sets that often reimagine scenes from popular movies such as Evil Dead, Candyman, Scream, American Psycho, Silence of the Lambs, and Alien.

Their main store is divided into three distinct sections, each with its own unique personality. MYSTIC MUSEUM ODDITIES—located in the central portion—is a treasure trove of oddities and curiosities that will delight and inspire anyone with a love for taxidermy, Victorian-era mourning jewelry, the human anatomy, and antiques. CAMP HORROR™ is their homage to 80s Slasher and Horror movies, and a nostalgic nod to the golden era of horror cinema. Finally, THE MYSTIC MUSEUM is the go-to store for all things goth fashion and home decor.

This summer, Mystic Museum brings us "Y2Kills", an immersive experience that showcases the best of horror through the lens of the first decade of the 2000s. Y2Kills features props, commissioned art pieces, photo opportunities, and everything



from collectible art pieces to retro disposable cameras. Guests can expect a horrific slice of millennium nostalgia that they will never forget!

The Mystic Museum is passionate about supporting their community and aligning themselves with the causes that promote inclusivity, equality, and diversity. They are committed to supporting LGBTQ+, BIPOC, and special needs communities,

with a portion of their charity line proceeds going to local organizations consistently working towards achieving equal rights for all. If you're looking for something cool and unique to do this summer, we highly recommend visiting The Mystic Museum and immersing yourself in a world of genre, wonder, and mystery. Their rotating themed art shows, unique interactive exhibits, custom photo ops, and meticulously designed retail spaces offer something for everyone, whether you are a fan of the occult, horror, or film in general. The Mystic Museum aims to bring happiness to those who visit their shop and hopes to inspire others in their communities to share their passions.

For more information, visit them online at www.themysticmuseum.com and sign up for their monthly newsletter. Follow them on social media to stay up to date with their latest news and events.

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Best of SUMMER

So much to do in So-Cal in the summertime. traveling, festivals, concerts, shows and more. One thing is for sure, we all seek out the best of summer!

By Barbara Beckley

Best Beach Parties

Beer and beaches – we're in! The LA Independent Beer Fest (www.labrewers-guild.org/) kicks off LA Beer Week, June 10th, 1 – 5 p.m., at Shoreline Aquatic Park in Long Beach. Sip the best from the largest number of LA County-based independent craft breweries – more than any other festival in town! Plus, live music by Feed the Kitty, great local food, and fun games. Admission includes a keepsake glass and UNLIMITED tastes of more than 150 beers from 75 breweries. VIP tickets include early entry to the VIP Rare Beer Hour @ 12 p.m., featuring special and rare beers only available during the first hour of the fest. General Admission, \$60. VIP, \$75. Designated driver, \$20.

Rock your boat at the Silent Disco Beach Dance (www.ladancecollective.com), June 3, 10:30 a.m. – 12:30 p.m., at Life Guard Station 27 on Santa Monica Beach. Headset headliner DJ Trotsky spins eclectic music chosen “to get your groove going” promises event sponsor Los Angeles Dance Collective. Playful, fun, deep and inspiring. Facilitated by DJ Trotsky, Georgianne Cowan, Danielle Jenna & Zanzibar. \$25.

Celebrate your personal best! At the 2023 Venice Beach Games (www.teamvenicebeach.com/), July 29, 9 a.m. – 4 p.m., at the Venice Beach Recreational Center. This is Venice Beach's premier summer sports festival. Join in 25-plus free sports activities, clinics, contests, games, and tournaments. Enjoy interaction with the best in local

gyms, group workouts, personal training, athletic brands, recovery, and nutrition at the Fitness Village and Main Stage. Free!

Party on the pier! The Long Beach Pier Party – Secret Sessions Volume 6 (www.facebook.com/secretservice1bc/) returns June 3, 2 – 10 p.m. (afterparty 10 p.m. – late) on Belmont Veterans Memorial Pier inviting music lovers and art enthusiasts to dance, create and connect! Experience

code: Beach Party vibes. Food and drinks: BYO. \$80.

Bring the whole family to the 6th Annual “Thick Girl Yoga LA Beach Day” (www.thickgirlyoga.us/blog), July 22, 10 a.m. – 1 p.m. on Will Rogers State Beach for massages, asana, sound bath frequencies, journaling, waist bead wellness, and more. With talk of beach bodies and getting summer ready, don't let fatphobia get in the way, says the founder of this plus- and all-size beach party.

Free. Donations welcome.

Of course – don't forget the largest surfing competition on Earth! The 63rd US Open of Surfing (www.usopenofsurfing.com/) in our own Huntington Beach, July 29 – August 6. Join the fun with stadium seats, or on the beach or the pier; live music, fashion shows, skateboarding contests, BMX events, brand booths with free swag, and so much more!!

Food Trucks – A Go Go!

Outdoor dining at its summertime best. Follow these rolling restaurants for fresh flavors in the fresh air. A food truckie since 2008, Roy Choi's “Kogi BBQ” (<https://kogibbq.com/>) rules the roost for delectable Korean/Mexican flavors. A perfect example: the signature short rib taco with double-carameled Korean BBQ, a spike of salsa roja; chili-soy slaw, cilantro and onions on two

grilled-and-charred house tortillas. Also, the classic kimchi quesadilla. Not into meat? Swap in tofu. Often in Palms. But check the website for locations of his four trucks, named Roja, Verde, Rosita and Naranja.

Pair a family visit to the Natural History Museum with soul food from Dulanville (www.dulans-sfk.com/), a joint food truck between South L.A. staple, Dulan's Soul Food truck, founded by self-proclaimed “king of soul food” Adolf Dulan; and Kim Prince's now-closed Hotville Chicken. With a “residency” at the museum, enjoy southern comfort favorites like Nashville's famous hot fried chicken; smothered pork chops and to-die-for cornbread, Dulan's much-loved macaroni and cheese, and corn and okra.



electrifying techno beats, breathtaking views, and live art installations and performances, while grooving to SoCal's top DJs like Clyde P - Yayo Records; Adam Auburn – Daytrip; Freaky Deaky, Colin James, and Novacane. \$10 to \$40.

Yes! The California Dreamin' Beach Festival – Day 1 (<https://www.soundclub.com/festivals/california-dreamin-2023/22512/about>) hits June 18! Followed by California Dreamin' Beach Festival – Day 2 on July 16! Both 5 p.m. – midnight at Dockweiler Beach in Playa del Rey. Groove to top notch electronic, techno and house music; dazzling light displays, remarkable visuals, and all new media art. Line-up includes Quetzal Music, DJ Lifestyle, Matt Gonzo, Funaddix, Geezus, Dabo, Rynzler. Dress

Best Retail Pop-ups

Get a first-hand look at influencer and celebrity fav athleisure fashion label Set Active's (setactive.co/) first ever retail pop-up on Melrose in WeHo. Designed in partnership with retail platform Leap, the flagship pop-up features Set's core collection, limited drops, in-store exclusive merch, and a look at launches BEFORE they drop online. You'll also love the museum gallery-vibe: a digital art wall, polaroid wall, and merch-free entrance that serves as a gathering space – reinforcing the brand's commitment to community building. Open through 2023 only.



It pops up every 4th Sunday of the month. Small but mighty Topanga Vintage Market (topangavintagegarmarket.com/about/), showcasing 36 super cool local creatives and 200 high quality vintage vendors, plus food trucks and live entertainment. Think horror movie props, jewelry, fashion, furniture, automobilia, ephemera, rock'n'roll T-shirts, and on trend mid-century masterworks. Insider tip – vendors HAVE TO BE INVITED to join. The founders also run contests, like the "instavintage" photo contest. House Beautiful magazine named it "the absolute coolest flea market in California!" Free.

Best Art Street Fairs

Not to miss! In beautiful downtown Burbank – The Jackalope Indie Craft Fair (www.jackalopeartfair.com/visitburbank) features some 180 handmade artisan booths, June 3 – 4, 11 a.m.- 6 p.m. Vendors offer trendsetting indie goods including original fashion and jewelry design, paper

goods, innovative home decor and housewares, art, photography, and food. Family fun includes the "Bubble Experience," with Media City Church; watercolor sessions for ages 3 and up; a Paper Quilling Workshop (folding strips of paper into shapes and designs, then gluing them on paper to create 3-D art); make-your-own nail polish (glittery of course!); and the Kids Chalk Experience, creating sidewalk chalk artworks. Watch as professional chalk artisans design works inspired by movie scenes in the

juried Chalk Block competition. Chill in environmentally friendly bean bag chairs at the pop-up Lounge by

Waste Studio. Free. And dog friendly.

The 39th Montrose Arts & Crafts Festivals (shopmontrose.com/montrose-arts-crafts-festival/) promises 250 fine artists and crafters – many from art-centric New Mexico and Arizona – June 3-4, 10 a.m. – 6 p.m. along Honolulu Avenue in the Montrose Shopping Park. Musicians and entertainers add to the fun. And the companion Montrose Harvest Market (June 4 only) on Oceanview Boulevard, with food vendors, and California Certified farmers. Free.

A few miles east, more than 500 artists will showcase their works at the 30th annual Pasadena Chalk Festival (pasadenachalkfestival.org/), June 17-18, 10 a.m. – 7 p.m. It's billed as the world's largest street painting festival – probably true – with more than 200 chalk murals adorning the sidewalk outside the Pasadena Convention Center. Also, an Art Gallery & Silent Auction, DJ tunes, and beer & wine garden. Let the kids imitate the pros in Kids' Chalkland. Free.

And north. Stroll the palm tree-lined streets of downtown Ventura at the Patchwork Indie Arts & Crafts Festival (dearhandmadelife.com/patchwork-show/ventura/), pairing the charm of a beach town – you can see the ocean from the show – with some 50 vendors, and great Ventura boutiques and restaurants.



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9am - 1:30pm

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Best Cultural Celebrations

Spoiler alert. Adults only! The 2023 Golden Futures 50+ Senior Expo (goldenfutureseniorexpo.com/) – San Fernando Valley Edition is June 10, 9 a.m. – 1:30 p.m. at the Hilton Woodland Hills Hotel. “Come with questions and leave with answers,” say the organizers of SoCal’s premier lifestyle, health and active aging expo for seniors, care givers and family/friends. What are the answers? More than 60 vendors on health, wellness, medical breakthroughs, finances, home improvement, volunteering, finding a new job, home life, improved lifestyle, and retirement. Expert speakers and workshops. Health and wellness screenings. The latest in innovative products and services for positive aging. Plus, bingo with cash prizes, hourly door prize drawings, entertainment, DIY arts & crafts, free swag including a Golden Future tote bag with goodies; samples from local and national businesses. Even – unbelievable – free Manicures and Haircuts! And new this edition – make new friends via Speed Meet & Greet Roundtables. Free. But you must be 50 or above.

Experience one of LA’s largest Buddhist gatherings – the San Fernando Valley Buddhist Temple OBON Festival (www.sfvhbt.org/obon-festival/), June 24, 4:30 – 9 p.m. See beautiful Japanese Obon Odori dancers in colorful kimonos, taiko drummers, Japanese calligraphy, and doll exhibits. Dance yourself with instructors. Enjoy tasty Japanese American dishes like chicken teriyaki, spam musubi, and

shave ice. Play carnival games for prizes, bingo, a raffle for prizes. Shop the Buddhist bookstore and Japanese flea market. Free.

Family Fun! Entertainment! Join the Juneteenth Community Celebration (www.eventbrite.com/e/juneteenth-community-celebration-tickets-639390884347), June 17, 1 – 6



p.m. at Pierce College Rocky Young Park in Woodland Hills. Cheer the first Mr. & Mrs. Juneteenth pageant and crowning. Enjoy music, games, activities, live entertainment and more than 60 vendors with merch, services, and food. Free.

Celebrate Pride – we’re all proud. And all invited to San Fernando Valley Pride 2023 (www.sfvpride.org), June 24,

beginning at noon with a lively march from Van Nuys Boulevard and Sherman Way to the Block Party at Van Nuys Civic Center, 1 – 8 p.m., with live entertainment, music, poetry, art, drag, food, Resource Fair, and fun. Free. And the 40th Annual Long Beach Pride Festival (<https://www.facebook.com/longbeachpride/>), August 5 – 6, at 11 a.m. – 10 p.m., at Marina Green. Live music from top artists. EDM from pop, rock and hip hop to country, jazz, and Tejano. Best-selling local artists. Food from local favorite eateries and food trucks. \$20 - \$115.

Colorful, hot, spicy and family friendly! The Caribbean Jerk and Soul Food Festival (allevents.in/los%20angeles/caribbean-jerk-and-soul-food-festival/), June 17, 2 – 8 p.m. in Woodland Hills. Goodies from Jerk Chicken grilled by NYC Jerk Chef to Vegan Rasta Pasta, Rice & Beans. Reggae and Soca n’ Afrobeats! Volley ball, table tennis, basketball, arcade games and mini golf. Adults, \$5. Under 18, free.

Wine is a culture, right? Sip and savor the Conejo Valley’s best food, wine, and brew at the 2023 Conejo Food & Wine Fest (www.conejofoodandwine.com), June 25, 1:30 – 5:20 p.m. at St. Paschal Baylon School in Thousand Oaks. Live entertainment, prizes, gourmet food from local restaurants and fine wines, while raising funds for Ventura Food Share and Many Mansions. Purchase VIP tickets for an extra special time! \$55 - \$950, ages 21 and up.

End



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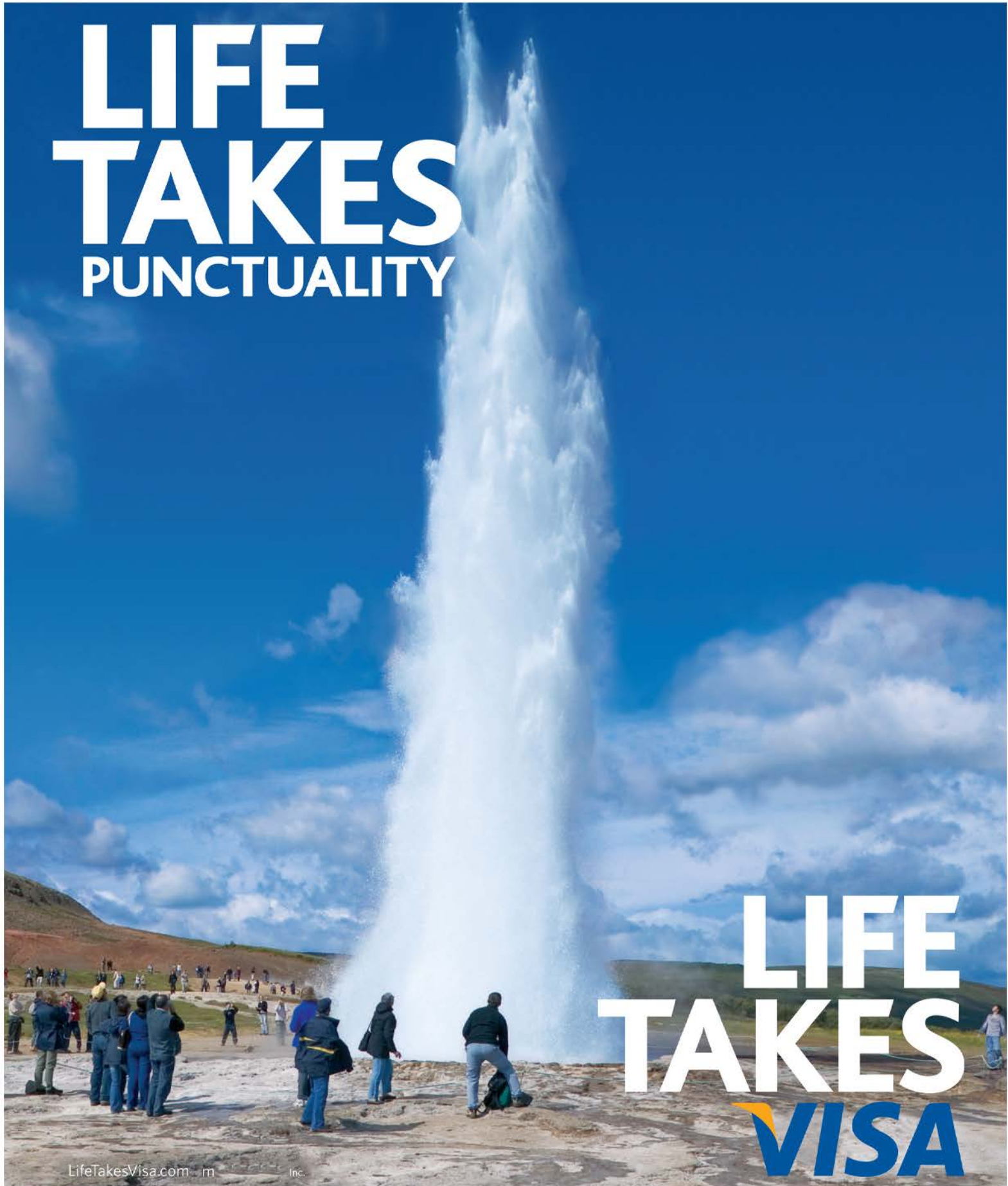
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MINUTIA

Irish Fairies And Anti Fairy Measures

your very heart. One can easily imagine something moving over the moors or hearing the forlorn screech of a dammed fairy.



As a child in Ireland you are warned to not play inside a fairy fort because the fairies don't like it and might curse you or worse,

they might fancy you. Fairy forts are mounds or hills found all over Ireland. They are the ruins of circular mound dwellings in which people lived during the Iron Age such as Newgrange.



to refer to Faeries. You will often hear folks reference the phrase 'daoine sidhe' (pronounced deenee shee) meaning faerie folk mentioned in these parts.

The fairies are believed to be the Tuatha de Danann, one of the first ancient tribes to arrive in Ireland. It is said they were a magical and secretive people. They loved beautiful Ireland so much they decided to use their magic to shrink themselves and live underground. It is why various folklore traditions refer to fairies as wee folk.

Irish folklore speak about the so called lone bushes. These lone bushes or trees are the supposed gathering places of the Irish Fairies. In Ireland, its believed fairy trees are the sacred grounds for the sidhe, the people of the mounds.

Sidhe is the Gaelic term for a burial mound and in Ireland; it is commonly used

'Away with the fairies' is an old Irish expression referring to someone whose mind is elsewhere. It originated with the belief in the folklore that mischievous fairies steal souls and carry children off to the underworld, leaving changelings in their place.

A Changeling is a creature thought to be the offspring of a fairy that has been secretly left in the place of a human child. It is thought that fairies often fancy mortals and steal their pretty children. They carry the babies away leaving behind a Changeling, an ailing fairy child, or a log of wood so bewitched that they seems to be a mortal pining away in bewilderment.

They say if you wear your clothing inside out or wear bells you can ward off the malevolent fairies.

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Fast X

By Contributing Writer

Fans and critics may disagree over when “Fast & Furious” jumped the shark, but there is one answer: When the Pontiac Fiero went into space.

The floating car — tasked with bumping a satellite— was the very symbol of how bloated and crazed the series had become.

And yet we have come to 10, part of a planned series of films saying goodbye. “Fast X” is shackled to Earth’s gravity but it has become almost camp, as if it breathed in too much of its own fumes.

“Fast X” reaches into the fifth movie — 2011’s “Fast Five” — for the seeds to tell a new story. In a memorable moment, Vin Diesel’s Dom Toretto wrecked a bad guy and his team on a bridge in Rio de Janeiro. Little did we know, but that bad guy had a son who survived and now, years later, vows vengeance. That’s the plot.

That said, “Fast X” is monstrously silly and entertaining — just Wile E. Coyote stuff, ridiculous stunts employing G-forces and

everything on fire. There are elements of “Mission: Impossible,” “007” and “John Wick,” as if all the action franchises were somehow merging. But here’s a warning: It careens to an end without a payoff.

The film would not be near enough as fun without Jason Momoa, who plays the bad guy’s son as a full-on psycho, licking a knife clean after killing someone and painting the toenails of a dead victim as he displays the corpse in a demented garden party.

He is half Joaquin Phoenix from “The Joker” and half Jack Sparrow from “Pirates of the Caribbean.” Momoa has a penchant for planning explosions and then standing on a high spot and throwing his arms wide as the blast wave hits. The film sags as soon as he’s not in it.

Momoa is part of the franchise’s familiar tactic of stacking stars with not enough to do — this time we also welcome Brie Larson, Alan Ritchson, Daniela Melchior and Rita Moreno. There’s even a Pete Davidson cameo.

That’s on top of regulars Michelle Rodriguez, Tyrese Gibson, Chris “Ludacris” Bridges, Jordana Brewster, John Cena, Jason Statham, Charlize Theron, Sung Kang, Scott Eastwood and Helen Mirren, whose attempt once again at a working-class accent is comical. This is a clown car of talent.

At the center is Diesel, who keeps getting exposed as a truly terrible actor. The filmmakers just prop him up in front of a wall of family photos



and he stares at them intently. Family is always central, or rather, a gothic zero-sum notion of blood’s bond explained with soap opera dialogue.

Director Louis Leterrier takes us from Los Angeles to Antarctica, threatening Rome with a bomb along the way and ending at the side of a dam in Portugal. Stick for the credits. More mega-stars are promised for the next installment.

You get two brutal hand-to-hand fights, a car smashing two helicopters, car bombs, remote-con-

trolled cars, vehicles that leap into the sky and a plane that drops a souped-up racer onto the highway.

Taking material from “Fast Five” means the task of returning to Paul Walker. Old footage appears in “Fast X” as the movie recreates events. It is handled respectfully. In a nice touch, Walker’s daughter, Meadow, has a cameo.

With a foot in the past, one in the future and one on the gas, “Fast X” is pure popcorn lunacy. Oh, excuse us, you wanted logic?

The Mother

By Contributing Writer

The most interesting part of “The Mother,” an action pic starring Jennifer Lopez, is the one that is unexplored. The movie is a high-concept thriller that boils down to: She’s a mother and an assassin. OK, fine.

History has taught us to be suspect of a Mother’s Day rollout. The holiday is where studios dump mediocre material that have women at the center. If the movies were better, they wouldn’t need the lame hook. Happy Mother’s Day! Here’s a woman doing... something!

This is a bit unfair to “The Mother,” which is what you expect it to be — a generic action trifle that’s self-serious and wants to be different kinds of films. Lopez’s character is Jason Bourne, James Bond, John Wick and Nikita rolled into one, at least when it comes to her skills which are vast and seemingly just the product of her tours in Afghanistan.

After her service, she’s left with few job prospects so she becomes a guard in Guantanamo and gets entangled, professionally and personally, with a few handsome arms dealers, Adrian (Joseph Fiennes) and Hector (Gael Garcia Bernal). A bit of this is revealed in a prologue, in which she gives birth and has to give up the baby. It’s for everyone’s safety and her only wish is that the kid gets placed with the most boring, stable family out there — that and that FBI Agent Cruise (Omari Hardwick) sends updates on her birthdays.

There is a mystery about who the father is and about if this pregnancy was planned or wanted. But the movie itself is set 12 years later when she learns that her daughter (Zoe played by Lucy Paez) is in danger. This brings her back in action.

At first, she denies Mother-hood to Zoe. This is supposed to be a big emotional journey,



but this movie never convinces you to care. “The Mother” just expects that you’re on board.

Lopez is an athletic and capable action hero. Caro and her team capture her in all her glory, whether walking through Alaskan snow, jumping out of multi-story parking garages, sliding over cars, or dancing with Fiennes in a body hugging dress.

Lopez’s output has been prolific as she and her closest collaborators continue to look for interesting projects for her. Romantic comedies, action movies — they’re all fair game, which is great. You just wish the movies could match the ambition.

THE FOURTH ANNUAL BRUGES STREET MUSIC FESTIVAL

By Pam Froman

The Fourth Annual Bruges Street Music Festival offered a creative space for a local Woodland Hills community, contributing to the growth of people and neighbors. The Festival began at the height of the Covid 19 pandemic but has continued to expand, with an opportunity to gather with friends and family in a safe and creative performance.

The Festival was created by celebrity vocal coach Dave Stroud, who has worked with 50 to 60 artists that include Michael Jackson, Kelly Clarkson, Journey, and Adam Lambert.

"Because I am a voice coach, I head up coordinating the event," says Dave. "I set up stages, dance and sound systems, and all that stuff, but even though I'm spearheading the event, it is a community effort and so much more."

How did The Festival begin?
"The first Festival was in April 2020, when the pandemic hit and we were all locked down. I, the voice coach, had been working with all these singers that were all kind of losing their minds," says Dave. "I set a PA system at the end of our driveway

and said 'Just say come by and play'. Then I put out flyers to the neighbors, to help break up the monotony." Dave's client The Nationals was featured at the impromptu



performers each time now and it's grown organically, naturally, into what it is now."

Artist Salem Darling headlined the Festival this year, produced by rock and roll legend Trev Lucather of Toto and Madison Cain of Journey. Morrison Drive (a nineties cover band), Leah Capelle, Winter Andrews, Slaves to Humanity (What Matters Most), Salem Darling (https://www.instagram.com/salem_darling/), and Dave Boss And The Good Neighbors (<https://heartbreakoverpetty.com/>) rounded out the show.

"The Festival was never planned to be something other than what it was during lockdown, but it turned into what it is now," says Dave. "This festival is free and it's all about community. If you want to spend money you can tip the bands, but there's no obligation."

Families come, gather, and hang out at the performance, and neighbors grill and cook hot dogs and hamburgers. This year gluten-free desserts and specialties were featured as well as arts & crafts like rock designs for sale. Everybody working the Festival is donating their time, money, and talents, and that's the takeaway. The Festival is a neighborhood helping each other and having a good time.

Why does Dave feel music is so important? "Music transcends politics, transcends languages. Music is the only art form that you can go back and revisit again and again and again," he says. "You're not gonna go to an art exhibit more than once, or twice. You're not gonna see a movie in the theater more than once, or twice. But with music, you go back and listen to it again, and again, and again."

People always listen to whoever was an influence on them when they were growing up, and how important each artist or song was to them. And every time you hear that music, it takes you right back to that time and place.

"I think that's why music is so different than everything else in the art world or otherwise. You just really have this ability and this magic," says Dave. "You get so much out of songs every, single, time."

So what is the main message of the Bruges Street Music Festival? Music is for everybody and can mean different things to different people, regardless of where they come from. But the Festival creates a community for all of us to share – and that binds and brings us together.

performance and played a nine-nine minute set of songs. Everyone in the neighborhood who came out was thrilled.

The Festival was located on Bruges Street at the end of the cul-de-sac where they built a stage. Because the area is a cul-de-sac, there is no traffic. Dave just put up the lights, and people gathered. "People hear music, and they come," he says.

After the success of the first performance, the neighbors asked Dave to do it again. So he brought The Nationals back along with a group called the Mash Girls. The two artists did a duet and the success of the Festival kept rolling on, with six shows in 2020.

"2021 rolled in, and we were still all stuck," says Dave. "So we just continued. Nobody was working, everybody was home, and they were saying, 'Please, can we get them to come back? We would just love something, anything to break the monotony.' So we did The Festival five times in 2021."

With the major brunt of the pandemic over in 2022, the Festival was held twice, and from now on will be an annual event. "It's grown from just a little show here in my driveway to lights on a stage, a bigger sound system, and multiple acts," says Dave. "We have five to six different

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Best Electric Bikes of 2023

speeds up to 20 mph using the throttle or pedal assist. The 614Wh battery provides enough juice for most purposes, and this bike's unique dual battery capability can double your range.

KBO Ranger
The KBO Ranger is reasonably priced. With a robust 750W motor, this Class 3 bike is quick, topping out at 24 mph with quick acceleration and a nice range of support. It is slightly shorter making it a bit more maneuverable and possibly able to fit on some hitch racks.

Aventon Adventure Step-Through
Aventon Adventure Step-Through is for riders that don't want to limit themselves to paved surfaces. The 4" wide tires and great front suspension expand this bike's capabilities to perform well on a wide variety of surfaces. The frame-integrated battery, quality components, and clean design make this a sleek-looking bike, and it comes in two frame sizes and step-through.

Specialized Turbo Levo Comp
Specialized found the perfect balance of power vs. natural handling in the Turbo Levo Comp e-mountain bike. Full-power e-bikes are heavier no matter, but the Levo has smooth power delivery, is well balanced, and handles the most like a "regular trail bike". The latest Turbo Full Power 2.2

motor system is well refined and boasts a whopping 90Nm of torque, more than enough power to propel you up hills that would be unconquerable on a standard bike.

The Canyon Spectral ON CF 8
One of the top-performing electric mountain bikes manages to be affordable while offering quality carbon frame and excellent component specification. The geometry of the bike is trail oriented, and it is clear that Canyon intended this bike to be geared more towards all-around riding.

Blix Vika+ Flex
The Blix Vika+ Flex took top honors in our folding electric bike test. This powerful little bike has a robust 500W motor that provides quick acceleration, a top throttle speed of 20 mph, and pushes up to 24 mph using pedal assist. Its 614 Wh battery holds enough juice for long rides, traveling an impressive 27.5 miles in our throttle-only range test. It handles well for a folding model, with predictable manners in the turns and good stability at speed.

Almost every bike out there has its e-bike equivalent. With so many options, it can be difficult to make a wise decision, but it is possible!



By Contributing Writer

An electric bike can put a little more oomph in your pedal and help you get around town or the trails faster.

Specialized Globe Haul ST

The Specialized Haul ST manages to be useful without being imposing. Its small footprint makes for easy storage and nimble handling, while its burly frame and solid spec ready it for heavy-duty service. The ride quality is excellent, even fun. This bike's versatility is a defining feature, it's not too much bike for commuting, and it's enough bike to haul groceries or a single child.

Ride1Up 700-Series

The Ride1Up 700-Series is a quality bike with sleek looks and performance. This bike rides smoothly on high-volume tires and 100mm of front suspension.

The massive 720Wh battery means it has the juice to power through longer rides, while the powerful 750W motor easily supports 20 mph.

Lectric XP 2.0

The Lectric XP 2.0 is a folding electric bike that will fit in the trunk of your car, next to your office desk, or in the hall closet. The bike has adjustability to suit a wide range of heights. It's equipped with features, such as a cargo rack, fenders, lights, a comfortable seat, and ergonomic grips. Lectric sells additional accessories so you can outfit your bike to fit your usage.

Blix Packa Genie

The Blix Packa Genie looks identical to the original Packa but comes with upgrades like a more powerful motor and a larger battery. The 750W motor brings it up to speed and has no problem pushing Class 2

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SHOCHU 酒

ITS NOT JUST SAKE!

By Jonah Flicer

What is Shochu?

Shochu is a Japanese traditional hard liquor, distilled spirits made from grains and vegetables. The most common base ingredients are sweet potato, barley, rice, buckwheat and sugar cane.

How is Shochu different from Nihonshu (Sake)? "Sake" is a general term for alcohol beverages in Japan. However Nihonshu (Seishu) is commonly referred as "Sake" in America.

Nihonshu and Shochu are both traditional Japanese alcoholic beverages, but there are some important differences between them as follows.

1) Manufacturing Process

Shochu is distilled liquor, similar to brandy and vodka. However Nihonshu is categorized as fermented liquor putting it in

the same category as wine.

Grapes are both fermented to make wine and distilled to make brandy. In Japan, rice can be fermented to make Nihonshu, or distilled to make rice Shochu. Before Nihonshu became famous in west, it sometimes used to be referred to as "rice wine" in acknowledgement of the resemblances between wine making and Nihonshu making.

2) Alcohol content

Wine, as a fermented beverage, has a lower alcohol content than distilled liquors. Similarly, Nihonshu, as a fermented beverage, has a lower average alcohol content (13% to 16%) than does Shochu. As a distilled beverage, Shochu has an average alcohol content of 25% to 37%. Because of its higher alcohol content, Shochu can be



enjoyed in variety of ways.

3) The main ingredients

Nihonshu's main ingredient is only rice. Shochu, however, can be made from a number of base ingredients, examples of which include Imo (Japanese sweet potato), barley, rice, buckwheat, and sugar cane. Because each of these base ingredients brings its own unique flavor to the final product, Honkaku Shochu comes in a wide variety of flavors and overtones. This variety in flavor is behind much of the popularity of Honkaku Shochu in Japan.

4) Serving Style

Nihonshu is usually enjoyed warmed or chilled but Shochu is enjoyed in more variety of ways. Because of Shochu's higher alcohol content, it can be served straight, on the rocks, mixed with soda or water of different temperatures and also used as a cocktail base.

Additionally, Shochu's alcohol level can be changed by adding different amount of water. So you can enjoy Shochu with different ways depending on your body condition, atmosphere and the circumstances around you. Connoisseurs take advantage of the different serving temperatures and styles to accentuate the particular Shochu's taste.

For example, in Kagoshima, the home of Imo (sweet potato) Shochu, it is common to enjoy Imo Shochu with hot water at a 60:40 ratio. This serving style enhances the natural

sweetness and aroma of the sweet potato (Satsuma Imo). Because Shochu matches with wide varieties of foods, it is enjoyed with meals, before meals, and after meals in Japan.

5) Storage Requirements

Many of premium Nihonshu need to be kept under refrigeration to maintain its good quality. After the bottle is opened, it is recommended to finish the Nihonshu within about three weeks. Shochu doesn't require this level of care because of its distillation process. As long as Shochu is kept in cool area, away from direct sunlight, the quality will not degrade over time.

Because of these Shochu's advantages and characteristics are so valued by people of today, Shochu has become increasingly popular and it has been outselling Nihonshu since 2003 in Japan.

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Non Stop Fun, Adventure and FOOD at MB2 Entertainment

By Contributing Writer

Just after celebrating their one-year anniversary, MB2 Entertainment is unveiling their new menu on May 30th.

Get ready for a mouthwatering delight as your go-to destination for fun and entertainment launches its sensational new menu! With over 25 new items, your taste buds are in for a treat like never before.

To start off the feast, MB2 Entertainment introduces two new tantalizing wing sauces and four new appetizers that will leave you craving for more. From zesty Jamaican Jerk to Garlic Parmesan, these

saucers are guaranteed to add a flavorful kick to your wings. Among the four new appetizers, guests can enjoy pulled pork sliders, a must-try, combining succulent pork with a mouthwatering blend of spices.

For those seeking handheld delights, the all-new MB2 Smash Burger steals the show. Juicy, flavorful, and topped with their very own Rev Sauce, this burger is a culinary masterpiece that will leave you wanting seconds. And that's not all! MB2 Entertainment is also rolling out a new craft pizza, The Hawaiian, crafted with a perfect



balance of flavors and topped with premium ingredients including Marinara, Mozzarella, Smoked Ham, Pineapple Salsa, Fresh Jalapeños. It's a slice of tropical paradise that pizza lovers won't be able to resist.

Now, let's talk desserts because MB2

Entertainment knows how to satisfy your sweet tooth. Indulge in a heavenly combination of cookies and ice cream that will transport you to a state of pure bliss. With a variety of flavors and textures, these desserts are the ultimate treat to conclude your culinary adventure.

Of course, no meal is complete without the perfect beverage pairing. MB2 Entertainment's

new menu proudly features an expanded selection of draft beers, micheladas, and wines. From hoppy craft beers to refreshing micheladas, and elegant wines to complement your meal, there's something for everyone to enjoy.

And that's not it! Experience the flavors of Summer with MB2 Entertainment's seasonal menu, debuting on June 5th, in perfect harmony with their exciting backyard BBQ promotion. Although the menu is limited, it packs a punch with a tantalizing array of dishes designed to delight your taste buds.

Indulge in the smoky and savory Elote, featuring grilled corn smothered in mayo and sprinkled with Cotija cheese. For a heartier option, savor the Turbo Dog or Asada Plate with grilled skirt steak served with Spanish rice, guacamole, fire-roasted salsa, and a sprinkle of fresh green onions. Each bite is a celebration of grilled perfection.

To wash it all down, MB2 Entertainment will offer an enticing selection of seasonal alcoholic refreshers. Sip on the Summer Shandy, a tantalizing concoction of Liquid Candy IPA and fresh juices, grapefruit juices. Alternatively, opt for the refreshing Beermosa, blending Blue Moon, orange juice and Prosecco. Or for a twist on the classic, choose from the Twisted Palmer, BG Peach Bellini, or Summer Sangria.

Visit MB2 Entertainment today and discover the art of great food and entertainment coming together in perfect harmony. Don't miss out on this exceptional dining experience—your taste buds will thank you! MB2E is located at 21516 Golden Triangle Rd, Santa Clarita, CA 91350

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Healthcare Concierge

A New Trend

By Contributing Writer

A new trend is emerging in the healthcare industry which has many patients and visitors smiling. Faced with improving their lagging patient satisfaction levels, many hospitals are adapting a hotel style model of hospitality, with related amenities such as valet parking, greeters, courtesy shuttles, and concierge services. While one would normally only expect to find such luxuries at the finer hotels in the world, they are now being delivered every day at more and more hospitals throughout the country. The demand is so great that several companies have chosen to fill the fast growing niche by specializing in hospitality type services specifically for the health care industry.

Not only do the services provide added convenience for patients and visitors, but they can also solve a variety of challenges related to new construction and state mandated seismic upgrade projects which many hospitals are dealing with. If you're still not convinced, here's are some other reasons why it might pay to incorporate a few health care hospitality solutions... **Scoring Higher on Patient Surveys**

Surveys have shown that hospital facilities which deliver extra amenities such as valet parking, patient concierge service and other hospitality related services score higher on patient satisfaction surveys such as HCAHPS (Hospital Consumer Assessment of Health Care Providers and Systems), a national, standardized survey of hospital patients. Patients who receive stress-relieving services such as valet parking and concierge are more likely to give favorable overall ratings to the hospital, and would be more likely to recommend the hospital to friends and family.

A Patient Safety Culture

In 2004, the Health Care Leadership Alliance, which includes the American Association of Nurse Executives and other health care

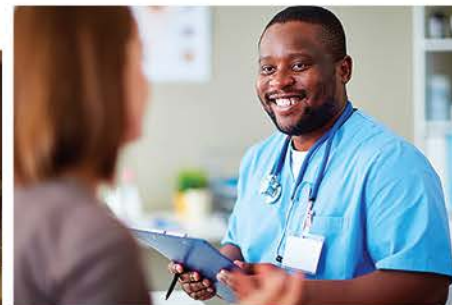
of the core competencies, seven imperatives were identified to develop a patient safety culture and a model of proactive safety was developed which infers



executives, identified a core set of competencies for executive leaders in health care. Within the context

that everyone's job is patient safety, in all health care system transactions; this safety mission involves the entire health

care team and should include everyone from the physician to the valet parking attendant. The valet and concierge services can play a vital role in the patient safety process and hospitals without these



services may be missing an important element to their culture of safety initiative.

Drawing Privately Insured Patients

The AP/San Francisco Chronicle recently examined the new trend of hospitals providing extra incentives to "lure in" patients covered by private insurance, which pays higher reimbursement than government programs such as

Medicare or Medicaid. According to the AP/Chronicle, hospitals "are finding it pays to pump up perks" for visitors, such as cooking classes, patient concierges, internet access and valet parking. Hospital leaders say "these extra touches all have a purpose, including stress relief."

According to the AP/Chronicle, competition also plays a role in the hospitals adding extra benefits. "If a patient has a free choice to go to this hospital or that hospital, they're going to choose the one that has the better amenities". Rick Gundling, a vice president for the Health Care Financial Management Association, said that extra amenities help attract physicians, who in turn bring in more patients.

At the end of the day, every Hospital has different needs, but they can usually all agree on one thing - patient care is the priority. If that's true, then it's easy to see why nearly every Hospital in the country has "Health Care Hospitality" programs at the top of their To-Do Lists.

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ON STAGE

ENTERTAINMENT

William Shakespeare's A Midsummer Night's Dream At Theatricum Botanicum

By Contributing Writer

Will Geer Theatricum Botanicum celebrates its 50th Anniversary Summer Season with its signature production of William Shakespeare's most magical of romantic comedies, *A Midsummer Night's Dream*. There's no better place to commune with the spirits than Theatricum's spectacular outdoor amphitheater, carved into the rustic hillside and surrounded by the Topanga woods. Performances kick off with a 3:30 p.m. matinee on Sunday, June 11.

Shakespeare's most entertaining and beguiling comedy, *Dream* has been an annual staple at Theatricum going back decades. Each summer, Theatricum's wooded stage morphs into the enchanted woods of Athens, where mortal lovers chase and are chased, players prepare, and fairies make magical mischief. Melora Marshall returns to direct the company's unique production, which infuses the Bard's beautiful language with song to heighten the pleasure; select sections of Shakespeare's text are sung to original music by Ellen Geer, with instrumentation and additional music by Marshall McDaniel.

"*Dream* has been with us since the beginning," notes Geer. "The surrounding woods bring this play to life in a special way. Whenever we try to replace it, we are asked to bring it back again as families bring their kids and then their kids grow up and bring theirs. Many adults who now come to our theater once sat in our audience as children."

Heading the cast of lovers, fairies, clowns, and sprites in *Dream* are Caroline Quigley as Helena; Steven Taub Gordon as Demetrius; Ashley Maimes as Hermia; Ben Church as Lysander; Jonathan Blandino as Oberon; Taylor Jackson Ross as Titania; Danezion Mills as Theseus; Alan Blumenfeld and Jon Sprik alternating as Bottom; Emoria Weidner as Peter Quince; and Christopher Glenn Gilstrap as Puck.

The 50th Anniversary Season opens the

night before, on June 10, with Shakespeare's supernatural thriller, *Macbeth*. Following the opening of *A Midsummer Night's Dream* on June 11, the season will continue with Queen Margaret's Version of Shakespeare's *War of the Roses*, compiled by Ellen Geer from the Bard's best-known history plays (*Henry VI Parts I, II and III* and *Richard III*), which opens June 24; and *A Perfect Ganesh* by Terrence McNally, opening July 15. Unlike most theaters in the L.A. area that stage continuous runs of a single play, Theatricum will perform all four plays in repertory, making it possible to see them all in one single summer weekend.

Other events taking place at Theatricum during this 50th anniversary season include comedy improv with Theatricum's resident troupe, *Off the Grid*, at the end of each month (June 30, July 27, Aug. 31, Sept. 28); a 50th Anniversary Gala (Aug. 5); the annual *Under the Oaks* salon series on Fridays in September (Sept. 8 through Sept. 29); an Americana Harvest Festival that includes a special performance of *The Woody Guthrie Story* (Oct. 8); and the company's annual *Holiday Family Faire* (Dec. 9).

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



bottle and head for the hills." In 2017, Theatricum was named "one of the best outdoor theaters around the world" by the *Daily Beast*.

A Midsummer Night's Dream opens on Sunday, June 11 at 3:30 p.m., with perfor-

mances continuing through September 21; a prologue discussion is set for Sunday, July 2 from 2:30 p.m. to 3 p.m. Tickets to performances range from \$15 to \$48. Premium seating is available for \$60. Children 4 and under are free. Pay What You Will ticket pricing (cash only at the door) is available on Sunday, July 9 at 3:30 p.m.

Will Geer Theatricum Botanicum is located at 1419 North Topanga Canyon Blvd. in Topanga, midway between Malibu and the San Fernando Valley. The amphitheater is terraced into the hillside, so audience members are advised to dress casually (warmly for evenings) and bring cushions

for bench seating. Patrons are welcome to arrive early to picnic in the gardens before a performance.

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

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NORTH AMERICA'S INFAMOUS LUXURY GOLF VACATION TOURS TOP RESORTS AND PGA RATED COURSE

By Contributing Writer

When you think of some of the most luxurious and prestigious luxury golf resorts and courses in the world, North America has some of the most renowned luxury golf destinations. In the realm of best

in Vancouver and Whistler. Home to the 2010 Winter Olympics, Whistler also boasts Nicklaus North, one of the legend's favorites. From Vancouver's harbor take a float plane to an exclusive private golf and spa

signatures names like Pebble Beach, La Costa and Torrey Pines. Fly into Bandon Dunes for an amazing afternoon of golf indulgence. Off the mainland, Hawaii's top end golf vacations combine seaside premium accommodation, unparalleled golf, and first class transportation with limo and helicopter transfers.

For an even more tempting luxury golf experience, nothing comes close to Las Vegas. Las Vegas includes playing the best desert golf courses Sin City has to offer. Golf courses around Vegas include several PGA rated golf clubs. Off the course, Vegas has something for all tastes and speeds.



From great theatre acts, star studded shows and entertainment only you can imagine, it also offers some of the most exclusive clubs, private suites and hottest parties. Celebrities of all type meet here.

Noted for their privileged status, these North American luxury golf destinations hold a well deserved golf reputation. From the celebrity frequented beaches and resorts of Mexico to California's famous Torrey Pines and Pebble Beach, to the majestic mountain golf in Whistler and Banff Canada, these preeminent golf vacation destinations cover the full spectrum of the best golf and breathtaking beauty of North America. It is not uncommon for private jet transfers to be arranged to complete the exclusive luxury experience.



golf vacations, no other area offers the distinguished golfer so many unmatched luxury golf courses and distinguished golf getaways. North American has some of most recognized luxury golf vacation venues from the spectacular Rockies Mountains of Canada, to luxury golf and spa resorts in Mexico, and of course top PGA rated golf courses and luxury golf resorts in the USA. From the famous Pebble Beach on California's coast, to the spectacular Banff and Whistler luxury golf resorts, North American has some of the best luxury golf holiday destinations in the world.

resort on a secluded island off the coast of British Columbia. You'll stay where top stars and business tycoons enjoy deep sea fishing and grizzly bear watching, while golfing on a course made only the more challenging because of the landscape and surroundings.

To the south, Mexico is home to some of the most secluded and exclusive golf resorts. Imagine a Mexico golf vacation for both the seasoned golf traveler and sailor. Picture a golf tour that puts your needs first as you experience superior golf, beach front luxury accommodation suites, and of course the thrill of commanding a crew on your own luxury yacht off Cabo in Mexico. Mexico's luxury holidays have you playing and staying along the stunning coastline and beaches of Mexico, at private beach resorts where the stars stay. Mexico's most exclusive golf resorts, spas and clubs offer some of the most exotic and luxurious golf holidays in North America.

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Kelly Clarkson Responds To Report Accusing Her Show Of Being Toxic

By Contributing Writer



Kelly Clarkson has responded to a Rolling Stone report accusing her daytime talk show of being a toxic workplace.

Clarkson issued a statement on her Instagram page Saturday. She addressed the allegations after 11 current and former employees complained about being overworked and underpaid on “The Kelly Clarkson Show” and also called their work “traumatizing to their mental health” in the magazine’s Friday report.

In the report, the anonymous employees called Clarkson “fantastic” but said show producers were “monsters” who made their lives “hell.”

Clarkson said she loves her team.

“To find out that anyone is feeling unheard and or disrespected on this show is unacceptable,” she said in the post. The talk show host said she wants to maintain a healthy and safe work environment.

“As we prepare for a move to the East Coast, I am more committed than ever to ensuring that not only our team is moving, but also our new team in NY is comprised

of the best and kindest in the business,” she said. “Part of that build will include leadership training for all of the senior staff, including myself.”

Clarkson said that there’s “always room to grow” and that she wants the show to be the “best version of ourselves in any business.”

“Especially when it comes to leadership, to ensure that any notion of toxicity is eradicated,” she said.

An NBCUniversal spokesperson said in a statement that the

entertainment corporation is “committed to a safe and respectful work environment.” The statement read that workplace complaints are taken “very seriously and to insinuate otherwise is untrue.”

“When issues are reported they are promptly reviewed, investigated and acted upon as appropriate,” the statement said. “‘The Kelly Clarkson Show’ strives to build a safe, respectful and equitable workplace that nurtures a culture of inclusivity and creativity.”



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The Best Workout Apps Can Help You Get Fit

By Contributing Writer

Whether your goal is to build strength, lose weight, or gain muscle, one of these exercise apps could help. Here are the best.

Apple Fitness Plus

Apple Fitness Plus is one of the best workout apps. With HIIT, strength, core, yoga, Pilates, and meditation classes, there's a huge variety to choose from, taught by different trainers. The app can feel overwhelming at first glance, but classes can be filtered by trainer, time, and music you prefer to work out to. You can also add classes to your library.

Nike Training Club

In March 2020, Nike made its Nike Training Club app content completely free for 90 days, to help people



keep fit while they stayed at home during the COVID-19 pandemic. Since then, the app has been completely free and there's no paid version.

However, Nike removed some training programs. Instead, you have the option to filter workouts

by muscle group — abs and core, arms and shoulders, or glutes and legs, workout focus — endurance, mobility, strength, and yoga, and by equipment. There is also the option to filter by duration, level, and intensity.

Peloton

From strength to yoga, to HIIT cardio, we found it difficult to get bored. The option to stack classes is great, and lets you add multiple classes together so you can seamlessly add a cool-down or stretch to your workout. The classes

are easy to follow on a phone or tablet, but we'd recommend streaming the workouts on the TV. Peloton programs give you a longer schedule of classes to help you reach your goal, whether that be to get stronger, or to "crush your core". There are also a range of workouts. **Sweat**

There's a structured program for every woman — from the new mom taking her first steps into post-baby fitness, to the girl looking to gain more confidence. You can switch your program easily and take on-demand classes if you feel like adding the odd barre session to your planner. The workouts are also compatible with Apple Watch.

EvolveYou

If you're someone who likes to mix up your workouts, alternating between cardio or weights, Pilates or HIIT, the gym, or workouts in your living room, EvolveYou is a workout app worth considering. Designed for women by personal trainer Krissy Cela, the app has six different trainers on board, all of whom have a number of different workout plans to choose from.

Centr

When looking for a fitness regimen, you could do a lot worse than opt for the one favored by Thor. Actor Chris Hemsworth has thrown his weight behind Centr, an app that looks to combine exercise with meal planning and mindfulness to help both your physical and mental shape.

Centr offers daily workout videos that you can practice either in the gym or at home, covering a variety of disciplines (HIIT, strength training, boxing and even yoga and pilates). Meal plans let you find healthy, tasty recipes, while guided meditations and sleep tips work on putting you in the right mental space.

Strava

Strava is one of the best running apps on the market, with a free and a paid subscription to allow runners, cyclists, and walkers to keep track of their progress. That said, despite its reputation as an app for runners and cyclists, you can track a total of 31 different sports. The list includes hiking, canoeing, an E-Bike ride, rowing, alpine skiing, swimming, stand-up paddleboarding, and yoga.

Of course, it's important to point out that there are no actual workouts on Strava, so unlike other apps on this list, don't log on and expect to follow a strength training session — this is an app for tracking your progress.

HWPO Training

Whether you're a CrossFit fanatic, or you're taking your first tentative steps into the world of weight lifting, you'll find something for you on the HWPO training app. Designed by Mat Fraser, the only CrossFit Athlete in history to win five consecutive CrossFit Games, the workouts are clearly written out and easy to follow, with instructional videos to help you master the perfect form.

Who Is The Best Workout App?

The best workout app covers the exercises you're interested in at a level accessible to you. A good app will support multiple levels of expertise so that as you get fitter, you can push to the next level.

Many workout apps require a subscription. Take advantage of any trial period and then try a subscription. If you like to mix up your workout, it might be a good idea to look for a well-rounded workout app.

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HAVING A PIGEON AS A PET IS EASIER THAN YOU MAY THINK



By Contributing Writer

The little cute pigeon that has a stout body that you can spot flying happens to be a sign of affection and love. Pigeons can be found in the entire world except the remote and cold islands. Pigeons have 310 species as part of their family. In North Africa, Asia and Europe, you can find a large assortment of pigeons and that includes dozens drawn from different species.

Wild pigeons may be spotted in the coastal areas and feral pigeons (also called street pigeons) can be found in the areas of human habitats. It is also known as dove, pigeon, rock dove, blue rock, wild rock, rock and feral pigeon.

Pigeons Are Very Calm Birds

Pigeons are very calm and mind their own business kind of birds. They will not be annoying you with unwelcome noises as the others do. They just need sufficient space where they can move freely, feed on grains and drink water. Also, if you wish to increase their population, you just need to put them with their opposing gender, they shall mate, lay some eggs and eventually increase in numbers. The term "pigeon fanciers" is often used for people who love keeping pigeons. Alongside keeping the pigeons for pets, they also are kept for the commercial aspects as well. The houses for pigeons are called lofts.

Some Tips For Beginners

Although there are no limitations on the architecture of the houses for pigeons, it is absolutely mandatory that you keep an opening which will allow it to move around with ease inside the small space so that the birds can reproduce to increase their numbers. It is however very

important to make sure that the birds should be given the liberty so that they can fly quickly and have a sense of freedom.

Precautions And Tips

The pigeon fanciers have to keep the bird safe from extreme conditions of weather and from predators.

It is extremely important that the individual fanciers save themselves from asthma that may develop because of constant contact with the feathers of pigeons.

conditions that are hygienic or it will have an impact on your health. **What Do Pigeons Eat?**

Pigeons may be fed different kinds of food. Here is the list containing nutritional foods as far as the pigeons are concerned.

Corn: It happens to be the best food for the pigeons. They can digest corn easily and they simply love it.

Seeds: Pigeons can be fed sesame seeds, sunflower seeds and crushed forms of various seeds from different fruits and vegetables.

Millet: It has the same value in

nutrition as corn and it should not be more than one fourth of the diet. **Wheat:** Pigeons just love wheat.

For more information on pigeons, go to <http://sg.birdsbarter.com/all-about-pigeons>

Always pay keen attention to the cleanliness as it may result in germs for the pigeons themselves and for the pigeon fancier

Along with all this, be sure to maintain the feathers under



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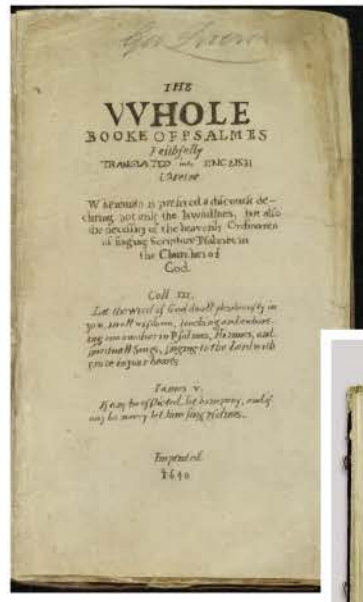
FINER THINGS

The Rarest Most Expensive Books and Manuscripts in the World

By Contributing Writer

All books are priceless. However, in monetary terms, some books are worth millions. In a time when audio and eBooks have supplanted traditional books, it's hard to imagine a book selling for millions, but read through and you'll be surprised.

Codex Leicester (\$30.8 Million)
The Codex of Leicester, written in 1510, is the scientific journal of Leonardo Da Vinci. With interests in disciplines including drawing, painting, sculpture, architecture, science, music, mathematics, engineering, literature, anatomy,



geology, and others, Da Vinci is renowned as the most talented and gifted mind to have ever lived. The 72-page manuscript comprises his musings, mental notes, theories, ideas, and observations, and with no other copies, this journal is the most sought after and rarest manuscripts in the world.

It has been owned by Giuseppe Ghezzi, Earl of Leicester, Armand Hammer and was purchased by Bill Gates in 1994 for \$30 million, who digitally scanned several pages and turned them into screen savers for Microsoft's Windows 95.

Magna Carta Libertatum (\$21.32 Million)

Drafted by the Archbishop of Canterbury, the Magna Carta



Libertatum is an official charter of rights agreed upon by King John of England to make peace with dissenting barons in 1215. The document promised rights such as protection from illegal incarceration, access to justice, and limits on feudal

payments. Although it was later annulled, leading to a civil war, the Magna Carta remains a document of historical value. With only a handful of copies surviving, this great charter (Magna Carta translates to 'The Great Charter') is currently worth around \$21 Million.

Bay Psalm Book (\$14 Million)

Holding the distinction of being the first book to be printed and published in British colonies, the Bay Psalm Book was printed in 1640 in Massachusetts. With only 11 copies of the first edition in existence, most are held at universities and notable public libraries. One of the eleven copies of the first edition was sold at an auction for 14.2 million to billionaire financier David Rubenstein.

Rothschild Prayer Book (\$13.60 Million)

Currently at the National Library of Australia, the Rothschild Prayer Book is a 16th Century Flemish collection of Christian texts, psalms, and illustrations originally owned by Austrian banker Anselm Salomon von Rothschild and

his descendants. Compiled by numerous acclaimed and distinguished artists, this is a Renaissance-era prayer book of exquisite quality. The book has had an intriguing past; confiscated by the Nazis in 1938, Hitler gave it to the National Library in Vienna, and decades later, in 1999, the Austrian government returned the manuscript to its rightful owners. The book was most recently purchased in 2014 for \$13.6 million.

Birds of America (\$11.57 Million)

Comprising 435 hand-colored, life-sized engravings of birds of the United States, this is a book by the naturalist and painter John James Audubon. Originally published as a series between 1827 and 1838, it is a product of a naturalist's determination to paint, in detail, every species of bird living in North America. It also contains images of now-extinct species such as the Carolina Parakeet and Eskimo Curlew. With only 119 existing copies surviving, this is a highly prized and sought after book, with one four-volume set taking in \$11.5 Million in 2010.

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Super Chic Steam Showers!

By Contributing Writer



construction of your steam shower. The main difference is the moisture, so materials, design, and construction are of the utmost importance. Steam room walls consist of a backerboard, a vapor barrier or membrane, cement, grout, and tile, but you have some choices. The following are some basic steps:

Seat. A seat is a must have. You may choose a built-in bench if you have a large steam shower, or a folding seat if space is limited.

Steam outlet. To keep the bather safe and comfortable, the steam outlet should be placed away from both the entrance and the seating area. However, the control for the steam room should be near the seat.

Ceiling sloping. Sloping the ceiling to prevent dripping is an option. If you have a tiled ceiling with recessed grout lines, the water may drip at the tile's edge. If you do decide to slope the ceiling, a minimum of 1 inch of slope per foot of ceiling is recommended. In a large steam shower you may choose to peak the slope in the center.

Temperature limits. The steam entering the shower will be very hot. Most tile and natural stone will be able to withstand the heat, but other materials may not. Always discuss temperature limits.



There's a lot that goes into building the perfect steam shower.

Educating yourself on the dos and don'ts as well as best practices can help ensure that you'll enjoy the final product for years to come.

Size and location: A steam shower should be large enough so you can sit down and relax but not so large that the power needed to heat the area exceeds the planned electrical capacity. Aim for 7 feet. A steam shower should be located away from outside walls.

Windows and skylights: Avoid having windows inside the steam room. Skylights should never be used inside a steam room.

Steam shower doors: Since the door seals off the shower, your steam shower is an unheated space. Therefore, a steam shower with an outside wall will be very cold if the door is left closed. You can leave the door open, which means allowing enough space. If you do not plan to leave the door open, you'll need to add a transom to the top of the door.

Steam generator location: The steam shower generator can be up to 25 feet away from the shower, but the closer, the better. A nearby closet is the best location. Once you have taken these details into account, you're ready to get started on the design and

Waterproofing. Protect all surfaces from moisture, all the material you choose is waterproof.

Insulation and radiant heat. The duration of a home steam bath is short, so the energy saved by insulating interior walls is limited. Insulation of exterior walls is a must, and you cannot over-insulate.

Shower door. Order a door designed for a steam room. Typically, the door will be completely sealed on both sides and the top. Leaving the bottom unsealed helps with ventilation.

Install the door: After the walls are done you are ready for the door. The installer can measure the exact opening for the door installation. Order a transom if you do not plan to leave the door open.

Finishing touches: The final trim will be installed per the steam manufacturer's instructions. Before testing the steam shower, make sure all electrical connections are complete and that the water is turned on.

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By Andrews McMeel Syndication

Not a moment too soon, Oscar Mayer announced on May 17 that it is changing the name of its iconic Wienermobile to the Frankmobile, CNN reported. The company says the name change "pays homage" to its new recipe for hot dogs, which will roll out this summer. Uh-huh. A company spokesperson said the change is a test; they'll have "to see if it cuts the mustard" with fans. The Wienermobile first appeared in 1936; 23 of the eye-catching vehicles now travel around the country.

Extreme Measures

In vino, vie ... or something like that. Lillian Ip of Cheltenham, Australia, was stranded in the country's remote bushland for five days in late April after she took a wrong turn and became stuck in mud, United Press International reported. Sgt. Martin Torpey of the Wodonga police said Ip had planned just a day trip, "so she had taken a couple of snacks and lollies with her, but no water. The only liquid Lillian, who doesn't drink, had with her was a bottle of wine she had bought as a gift for her mother." Without cell service, Ip couldn't call for help. Her family notified police about her absence, and a four-day search over the region included helicopters. Finally, Ip was spotted waving her arms, and police were directed to her location. "I thought I was going to die there," she said.

Unclear on the Concept

When cake-baker Brianna Romero of El Paso, Texas, got an order for a birthday cake this spring, she was on board, NBC New York reported on May 10. The customer wanted an emo cake, so Romero put her newly perfected black icing to the test and constructed the confection. Before she delivered it, she said, she asked the client if they wanted a number on the cake. "Yes," the client answered, "it's for my granddaughter and she's turning 4." Romero "thought it was a little bit weird ... but maybe she just likes 'Wednesday' or something like that." Still, wanting to cover her bases, she asked the client for the theme of the party. When she got the answer -- "Sesame Street" -- it all became clear. "I misread emo and it says 'Elmo cake.'" Romero rushed to a local grocery, where the bakery topped the cake with an Elmo image; Romero

gave the cake to the client for free. Social media ate the story up, with more than 10 million views on Twitter.

Students will go to just about any lengths to get out of a test -- even outer space. So it was in Hemlock, Michigan, on May 16, when an enterprising student reported an alien invasion to avoid a math test, according to KTVZ-TV. The student reported that ETs came from the skies in flying saucers and landed on the playground, and the rumors quickly began circulating amongst the student body on social media. But Superintendent Don Killingbeck wasn't having it: "We have thoroughly investigated the situation, and there is no evidence of any alien activity on our school grounds," he said. The prankster has been disciplined, he added.

British IBM IT professional Ian Clifford, 50, has not worked since September 2008 as he battled mental-health issues and stage 4 leukemia, Business Insider reported. Clifford has been on sick leave for 15 years, collecting a salary of almost \$68,000 per year after reaching an agreement with IBM in 2013. But in February 2022, Clifford testified in an employment tribunal that he had been treated unfairly because he hadn't had a salary increase since the 2013 agreement went into place. He argued that inflation was causing his income to "wither" and sought a pay raise of 2.5%. "Your mortgage doesn't go down because you are sick," he noted. This spring, Paul Housego, an employment judge, rejected Clifford's argument, saying Clifford was treated more favorably than others because he was being paid without having to work. Clifford plans to appeal.

On May 9, officers from Boone County and Watauga County, North Carolina, tried to chase down Joshua Minton, 34, after he was pulled over for reckless driving, CBS News reported. Minton ran into an "undeveloped area," where law enforcement got an unlikely helping ... hoof. Cows in the field "quickly assisted our officers by leading them directly to where the suspect was hiding," police announced in a Facebook post. "The cows communicated with the officers as best they could and finally just had the officers follow them to the suspect's location." Minton was arrested on multiple charges.

Crossword by Myles Mellor

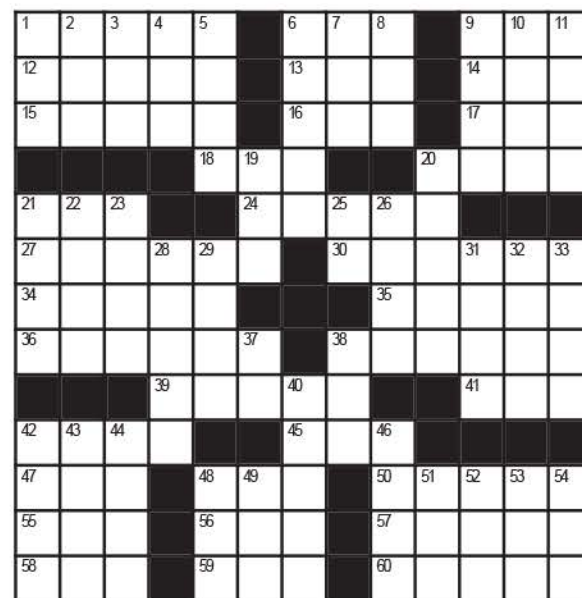
Print this Page! Ctrl + P

Across

1. Pitcher, Martinez
6. Barrel
9. ___ mode
12. Indy 500 sound
13. Egg cells
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

I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.



Previous Puzzle





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SVCAC's Young Artists Playground (YAP) Youth Arts Education Program features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts

skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

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Connected Camps Run by online experts, Connected Camps offers dozens of interactive, small group programs for kids ages 8 through 17. Prices range from \$48 to \$90 per month for classes on everything from Minecraft to game design to Esports. Kids can even hang out with friends in a free Minecraft server where moderators help to keep them engaged. connected-camps.com

Teenage Drama Workshop (TADW) is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

Kol Tikvah Youth Groups and Teen Programs Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

Cali Camp Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature.*All activities are pre-assigned and rotate on a daily basis.

Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

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

Tutor Time Woodland Hills Tech + Tinker™ 21st Century Learning Experiences School-Age classroom is a perfect setting for productive, engaging mornings and afternoons, where children become thinkers, makers, and doers. Some enhancements include: iPads with keyboards and educational apps, Robots for coding challenges, Grow Fit-friendly video games that encourage collaboration and movement. 5855 Desoto Avenue - Woodland Hills, CA 91367 Phone: 866.866.7231

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

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



A HELPFUL GUIDE TO INTRODUCING YOUR KIDS TO THE ARTS



move. We show them pictures and make animal noises. From birth to age five kids are sponges.

By Contributing Writer

Much of our education is taken up with logic and rational thought. Children memorize vocabulary, mathematical equations, even the capitals of each state. And yet, right-brained activities are what enthrall children: the contrast of black and white a newborn sees, the music to which a baby wiggles his fingers, and the grandmother's lullaby that soothes a crying infant.

Your kids can't be too young to introduce them to the arts. From the moment babies are born, we sing songs and dance and

Introducing Your Child To Music And Dance

The best time to introduce music to your child is as early as possible. When a mother reads or sings to her baby in utero, the baby hears the sounds. After the sixth month, the fetus moves in rhythm to the mother's speech.

Getting kids to imitate animals and move their bodies to music and follow directions improves gross motor skills. This is why dance schools enroll toddlers and preschoolers. It isn't to teach them formal ballet but to build a motor skill progression.

If music is what you want to introduce your child to sing with your children. A parent's voice is the most treasured by a child... Interacting through music with your child in a positive, engaging way builds confidence, self-expression, and encourages experimentation.

Introducing Your Child To Theater

Other musical opportunities include going to performances at opera houses, attending musicals, or seeing live theatre. Prepare your children for attendance at a theater event.

Familiarize children with storylines and characters beforehand. Explain what good audience member behavior is and how it helps the actors on stage. Emphasize how fun the whole experience will be. Make sure young children eat before going to the theater, but bringing

quiet snacks and toys for intermissions. After the show is over discuss what the child liked and didn't like and why. This teaches critical thinking.

Introducing Your Child To Visual Arts

Many cities possess a wealth of visual arts, from public art displays on corporate campuses to those on city buses to a proliferation of art galleries and museums. California has a mandate that corporate campuses must include public art. Art is everywhere and provides us opportunities. Many museums, art galleries, and schools have classes for kids.

If you take a child to see art, ask questions about what they are seeing. Do hands-on activities and continue creativity at home. Stock your house with paints and paper, brushes, crayons, markers, pens, pencils and erasers, modeling clay and Play-Doh, scraps of cloth and colored paper, and all other means and modes of creating.

Continue your visit by viewing the art at online galleries of The National Gallery of Art, The Museum of Modern Art and The Museum of Fine Arts Boston, all of which have phenomenal online interactive art collections.

Encourage your child to pursue any kind of art he or she wants. Arts education starts at home. And that is the best reason for parents to introduce their children to the arts in all of its many forms.

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Keeping Kids Safe At Petting Zoos

By Contributing Writer

Most petting zoos are small, family-run operations. Testing is expensive and not always available. Besides, an animal that tests clean one week may become infected the next.

Protecting your kids from E. coli or any other organism found in a farm environment -- such as Salmonella, Cryptosporidia, and Listeria -- is a matter of following simple safety rules.

Wash hands. Be sure kids wash their hands with hot, soapy water after touching animals or animal enclosures. Wet hands, apply soap,

clothes after petting the animals, not to be worn again until they have been washed in hot, soapy water.

Don't be a poo-bearer. Make sure children understand the importance of



avoiding animal manure. Because E. coli and other dangerous organisms can be shed in feces it is especially important to avoid contact with these substances.

Ask about hygiene. Make sure the animals and the petting areas are clean and well kept. If there are a lot of animal droppings in the petting area, or if the animals appear excessively dirty, it's best not to visit.

Watch for symptoms. If your child does become ill soon after visiting a petting zoo or farm, call a doctor. This can save valuable time in making a diagnosis. Pay close attention to any possible signs of infection for a week or so after your trip.

Playing With Animals Still OK

None of this is to say that children should be kept from animals. There are a lot of benefits to be gained by kids interacting with animals such as decreased anxiety, increased confidence, and the chance to connect with another living being in a nonthreatening way.

And thanks to our increasingly urban society, a petting zoo may be the only place where kids are exposed to animals besides cats and dogs.

It would be a shame to see small petting zoos disappear. Instead, the hope is that health departments will work with local petting zoos to help them develop safer practices.

Parents should also become informed about the risks and take some precautions to safeguard their kids. After all, a petting zoo is a great thing for kids.



Parents need to take special precautions when their child visits a petting zoo. But parents don't need to avoid such zoos altogether. They just need to know how to keep E. coli and other animal-borne organisms from infecting their kids.

E. coli is one of the most common bacteria around. E. coli bacteria cannot penetrate the skin, so simply touching an animal or area contaminated with it doesn't pose a threat. However, touching the eyes, nose, mouth, or other mucus membranes after touching a contaminated surface is a major route of infection. So is ingesting E. coli-contaminated food. For young children -- whose immune systems can be hit hard by this bacteria, and who tend to put everything in their mouths -- the potential for illness is clear.

Animals carrying E. coli 0157:H7 -- typically cattle -- generally don't show any signs of illness. Nor is wide-scale testing for the bacteria always effective or feasible.

lather for at least 20 seconds, paying extra attention to crevices and under fingernails, then rinse. If hand-washing facilities are not available, antibacterial gel hand sanitizers can do the trick.

Keep hands out of mouths. If a child is too young to understand this -- younger than six years old -- parents should accompany the child at all times while at the zoo. Very young children should probably be carried as an extra precaution. Older children can be instructed not to kiss the animals or touch their own eyes, noses, or mouths after petting the animals. And don't forget to warn against nail-biting and thumb-sucking.

Keep food and animals separate. Stop to eat and drink before going to the petting zoo rather than doing so during or after.

Bring a change of clothes. A jacket can become contaminated when a child leans on a railing, or shoelaces dragging in the mud can transport bacteria back home. The safest bet is to have the children change their



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FASHION

REV UP YOUR WARDROBE WITH THIS BOLD BIKER TREND

The most Y2K-y of showings was Diesel. Cropped moto jackets, tattered denim, and ultra-low-slung belt skirts — Envision Paris Hilton while cruising down the highway on a hot pink Harley. “There is, of course, that nostalgia factor,” describes fashion writer and editor Jamila Stewart on the bedazzled biker collection. “There’s so much to be referenced from the archives and through the lens of pop culture; Because of that, Diesel’s collection felt authentic.

And lest you think this might be a fleeting moment in fashion, the Summer 2023 collections point to the look’s longevity. This month was full of models swaggering down the runway in all manner of badass attire.

“Fashion remains in a constant pendulum, and I see ‘bikercore’ as a kind of antithesis to the super-polished approach to dressing we’ve become familiar with,” describes Stewart. “And,” she adds, “when you think about the biker, aesthetically, there’s room for fun and carelessness — it’s



cool, but effortless.” So, if you’ve always longed to join a motorcycle crew, now’s your time to shine.

Tell Me About It, Stud

Studs are an integral aspect of this year’s moto-obsessed aesthetic. Start with a metal-adorned matching denim set or a Valentino item adorned with the brand’s signature Rockstud. And there’s also Khaite’s studded Mini Lotus Drawstring Bag, a tote made from unlined calfskin suede and criss-crossed with dazzling lozenge crystals, to add an extra bit of edge to any outfit.

Better In Leather

“It’s never a crime to rock leather on leather,” says Reese. “For those who prefer a bold approach, head-to-toe black leather ensembles will be a go-to. Others might opt for a more subtle take by incorporating edgy staple items, like chunky leather moto boots, into their wardrobe.”

By Contributing Writer

There’s a new aesthetic these days: Acquaint yourself with biker fashion trend. Composed of beat-up leather goods and a dangerous, tough-girl attitude, the style merges force with femininity. It’s Rihanna in Vogue, (then) pregnant and nude save for moto-motif gloves and a bumblebee-yellow racing jacket. It’s Rosalia naming her third studio album Motomami, a term the singer describes as the unapologetic spirit of a female biker chick.

Amberly Reese, a stylist at Stitch Fix, offers insight. “When most people think about [biker-inspired style], the first things that come to mind are the essentials: moto jackets, exposed chunky zippers, distressed graphic tees, and leather!” All of these are poised to be everywhere — look to the collections from Chloé, Prada, and Alexander McQueen.

Here’s where the contemporary redux comes in: “While we’re still seeing these traditional elements, the ‘bikercore’ trend also introduces a feminine twist on the style with denim-on-denim looks, leather jackets paired with flowy skirts, and biker accessories,” says Reese. Consider the “grunge-inspired opera gloves” and hard-soft stylings of racing-striped jackets teamed with billowing gowns.

The nuances of fashion’s latest take don’t stop there, though. “Today’s iteration of biker fashion incorporates a Y2K element,” says Reese, confirming that, yes, the Hot Aughts maintains its grip on the trend. Look to Louis Vuitton’s Cruise 2023, where Nicolas Ghesquière sowed the seeds for the return of grommet belts — think Gwen Stefani circa 2000, less a suburb-bound teen haunting Hot Topic — and early-aughts shield sunglasses. Acne Studios collection also tapped into an early 2000s feel, with a slight dystopian edge; once-shiny silver jewelry, muddy leather fabrications, and distressed patchwork denim.

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