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→ JULY 7 - 20, 2023 VOLUME 24 NO. 14

## MOVIES



### INDIANA JONES MUSIC



### DR DRE TO RECEIVE HIP-HOP ICON AWARD

## SPIRITS



### FRUIT INFUSED SUMMER LIBATIONS

# SUMMER HIGHLIGHTS

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BY BARBARA BECKLEY

## AMAZING AND UNIQUE SUMMER ACTIVITIES FOR FAMILY AND FRIENDS



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## Mb2 Entertainment and Borderline Country Nights

### Unite for Unforgettable College Country Nights

By Contributing Writer

In a partnership that aims to bring the heart and soul of country music to the community, Mb2 Entertainment has joined forces with Borderline Country Nights to present the all-new College Country Nights. Taking place every Thursday, this captivating event offers an immersive country music experience, complete with line dancing instruction, all for the affordable admission price of just \$10. This collaborative effort between Mb2 Entertainment and Borderline Country Nights underscores their shared commitment to bringing new and exciting programs to the community.

Mb2 Entertainment has long been synonymous with innovative and engaging entertainment experiences, constantly seeking fresh ways to captivate their audience. With College Country Nights, they have once again raised the bar, delivering an evening of country music that transcends boundaries and

unites people from all walks of life. By partnering with Borderline Country Nights, a renowned name in Santa Clarita's country music events, they have solidified their dedication to curating unforgettable experiences that celebrate the vibrant spirit of the genre.

Mb2 Entertainment's commitment to introducing new and exciting programs to the community shines through in College Country Nights. By offering an affordable admission price of \$10, they make quality entertainment accessible to all, regardless of financial constraints. This dedication to affordability and inclusivity ensures that the joy of country music and line dancing can be experienced by students and music enthusiasts alike, fostering a sense of belonging and creating lasting memories.

Moreover, the collaboration with Borderline Country Nights brings a wealth of expertise and a deep understanding of the country music community. Borderline



Country Nights' reputation as a premier country music event organizer adds an extra layer of authenticity and credibility to College Country Nights, attracting both established country music fans and those curious to explore the genre. The shared passion of both organizations for promoting country music as a cultural touchstone further solidifies their commitment to providing the community with a remarkable experience.

To compliment the country experience, indulge in Mb2 Entertainment's seasonal Backyard BBQ menu, featuring mouthwatering delights that will satisfy all

taste buds. Start with the Elote or the bacon-wrapped "Turbo Dog" with chipotle aioli, roasted poblano, grilled onions, pico de gallo, and sour cream. For a hearty option, savor the Asada Plate, consisting of grilled skirt steak, Spanish rice, guacamole, fire-roasted salsa, and green onion. Pair your meal with adult libations like the Sunday Shandy, Summer Sangria, Twisted Tea Lemonade, or Beer-Mosa or the delectable Strawberry Shortcake Shake.

Whether you are a seasoned dancer or a beginner looking to learn some moves, this immersive experience promises an evening of foot-stomping fun and camaraderie. Mb2 Entertainment and Borderline Country Nights' College Country Nights is an invitation to experience the magic of country music and line dancing, all while creating memories that will last a lifetime. Make

Thursday nights a time to gather, celebrate, and let the music guide your steps!

More information <https://mb2entertainmentsev.com/>

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# SUMMER HIGHLIGHTS

## AMAZING AND UNIQUE SUMMER ACTIVITIES FOR FAMILY AND FRIENDS

By Barbara Beckley

**THIS SUMMER, TAKE IT TO THE MAX. PLUNGE INTO A SEA OF BUBBLES. INTERACT WITH DINOSAURS. INVESTIGATE LA'S TRUE CRIME UNDERBELLY. GO MOUNTAIN TUBING WITHOUT THE SNOW. RELIVE CHERISHED SUMMER MEMORIES, LIKE BIKING THROUGH THE PARK, OR ENJOYING A HARBOR CRUISE FOR BRUNCH. READY, SET, GO!**

Experience Something New!

Bubbles! Like you've never experienced. Immerse yourselves in Bubble World Los Angeles ([www.bubbleworldexperience.com/losangeles](http://www.bubbleworldexperience.com/losangeles)) in Montebello and challenge your imagination! Dive into massive ball pits, with oversized soap bubbles, balloons, lights and more. Explore 11 unique themed rooms of illusionary land and seascapes – whoops, did we just see a shark just cruise by?! Let high tech VR take you to dreamlike locations. Step into a hot air balloon flight simulator. Enjoy robot-led bubble shows, hands-on games, and activities for all ages. Monday to Thursday, 10 a.m. – 8:30 p.m.; Friday, 9 a.m. – 8:30 p.m.; and Saturday and Sunday, 9 a.m. – 9:30 p.m. Adults, from \$29.90; children ages 4 – 14, from \$20.90. Ages 3 and under, free.

Feel the joy of “FLUTTER!” Billed as “America’s #1 Rated Art Experience,” the FLUTTER Experience ([www.flutterexperience.com](http://www.flutterexperience.com)) is Lady Gaga approved. A 90-minute, guided experience to let your creativity run wild. Dance like no one is watching – through 14 immersive rooms amid projection mapping, an action-packed alien escape room, time travel, a revealing AI aura reading, and relaxing sound healing. Yes, FLUTTER partnered with Lady Gaga’s Born this Way Foundation to bring you maximum joy through health and healing engagement. Located in DTLA five minutes from LACMA. Open Tuesday to Friday, noon – 9 p.m.;

Saturday and Sunday, 9 a.m. – 9 p.m., through December 2023. \$34 per person, ages 2 to 102 and older!

Walk with the dinosaurs – for real! Enter the dense jungles of the Triassic, Jurassic, and Cretaceous periods at DINOS ALIVE Los Angeles ([www.dinosaliveexperience.com](http://www.dinosaliveexperience.com)) in Montebello, and personally interact with more than 80 life-size, animatronic dinos in their natural habitat. There’s even a virtual aquarium to bring Jurassic



sea giants to life. Get face-to-face with turkey-sized Velociraptors, mighty T-rex, Stegosaurus, and lesser known Suchomimus. Kids can try their hand at “taming” a few of the iconic dinos; and becoming a paleontologist in the “Budding Experts” interactive space. Also, dino rides. Open Thursday to Sunday, 10 a.m. – 4 p.m. through September. Tickets start at \$20; ages 3 and under, free. Add a Kid Dino Costume – so cool – for \$35 extra per person.

Immerse yourselves in nonstop thrills and entertainment at the MB2 Entertainment Center ([www.mb2entertainmentscv.com](http://www.mb2entertainmentscv.com)) in Santa Clarita. Seven acres of indoor/outdoor fun and skills from Axe Throwing to Bumper Boats. Challenge yourself with heart-pounding Go Kart Racing in power-packed handcrafted karts that drift on purpose. More than 65 interactive and prize games including favorite skee ball. Full immersion VR games for up to four players. Laser Tag. A 36-hole mini golf course. Duck Pin Bowling. Meet family and friends at the summer Backyard BBQ featuring live music Friday and Saturday, great food and drink, and free lawn games including Connect 4, Jenga, and Corn Hole. Open Sunday to Thursday, 11 a.m. – 10 p.m.; Friday and Saturday, 11 a.m. – 12 a.m., through September 3. Admission is free. No age limit. Buy play cards in increments of \$50, \$100, and less.

Take a “True Crime Tour.” How fun is this? Explore the “secret heart of Los Angeles,” with Esotouric Tours ([www.esotouric.com](http://www.esotouric.com)). Summer escapades include the “In a Lonely Place – Raymond Chandler’s Los Angeles Bus Tour,” July 22, 11 a.m. to 3 p.m. Experience the destinations that shaped his fiction including The Los Angeles Athletic Club, the Larry Edmunds Bookshop, the Hotel Van Nuys, Paramount Studio’s gates. And learn through his published work, private correspondence, screenplays, and film adaptations, how Chandler’s search for meaning and his anti-hero Philip Marlowe’s struggle to not be pigeonholed, led them both to depression, and drink. Exclusive on this tour: the story of Raymond Chandler’s lost comic operetta, The Princess and the Peddler, discovered by Esotouric Tours’ Kim Cooper in 2014. \$85 per person. And the “Angelino Heights and Carrol Avenue Walking Tour,” August 5, 10:30 a.m. to 1:30 p.m., where you’ll see fascinating bits of Victorian infrastructure, get to know colorful locals like the artist Leo Politi, and learn where little Marion Parker was held in the kidnapping case that captivated the nation. A truly unique and exciting activity for mystery lovers! \$50 per person.

*Continue to next page...*

## On the Water

Savor sparkling harbor views, delicious food, and live entertainment, with friends and family on a City Experiences' Premier Brunch Cruise ([www.city-experiences.com](http://www.city-experiences.com)) in Marina del Rey. Snap selfies with coastal views, yachts, and sea life. Sip endless champagne, mimosas, and sparkling cider. Enjoy delicious chef-prepared entrees, salads, and desserts. Brunch cruises depart Saturday and Sunday, 11 a.m. – 1 p.m., from Fisherman's Village Marina. Adults, from \$100; ages 4 – 12, from \$80; ages 3 and under, free. Upgrade to an adult ticket with a guaranteed window seat for \$115.



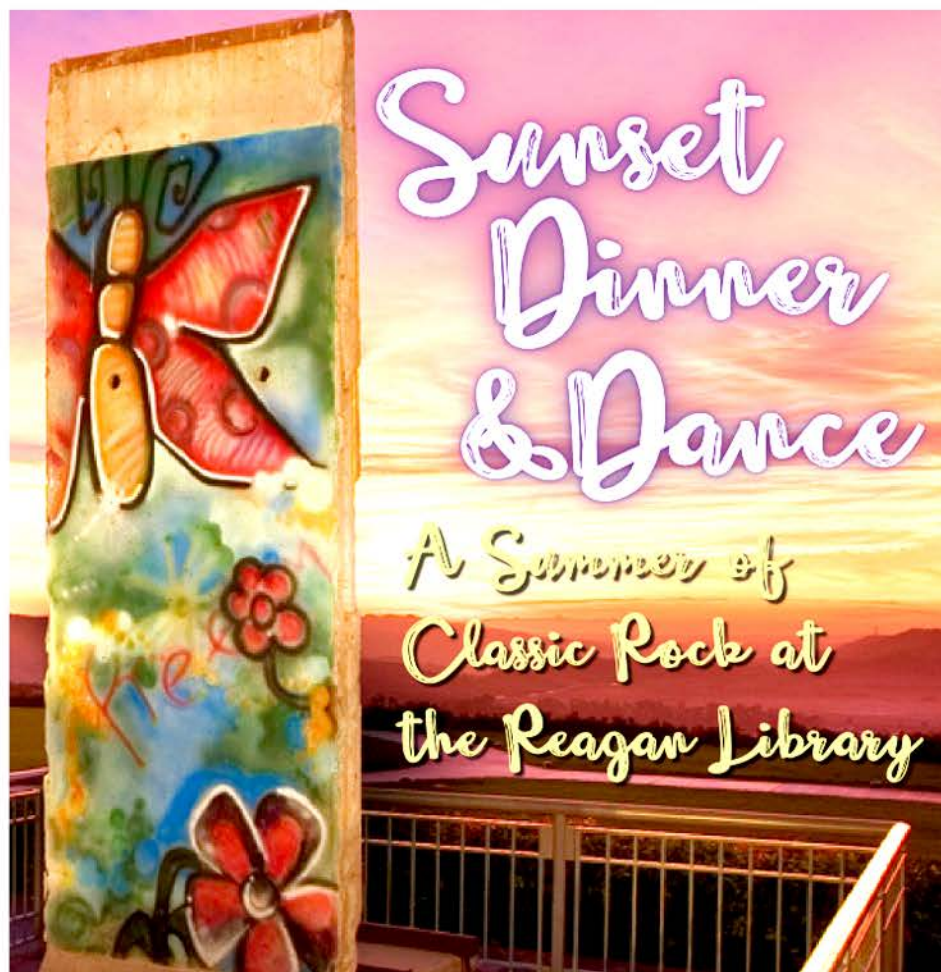
If you're brunch cruise is Saturday, consider sticking around for "Marina Movie Nights" at Marina del Rey's Burton Chase Park ([www.visitmdr.com](http://www.visitmdr.com)). Have a light picnic dinner surrounded by water on three sides, and family-friendly movies beginning at 8 p.m. on Saturdays now through September. The line-up is great! "The Wedding Singer," July 8; "Jaws," July 29; "Grease," August 12; "Beverly Hills Cop," August 26; "Thor: Love and Thunder," September 2; "Love and Basketball," September 9; "Indiana Jones: Raiders of the Lost Ark," September 16; "Top Gun: Maverick," September 23; and "Creature from the Black Lagoon," September 30. Admission is free, free, free!! Add adventure to your Marina stay and take the family parasailing! Fly single, tandem or threesome with Marina del Rey Parasailing ([www.marinadelreyparasailing.com](http://www.marinadelreyparasailing.com)). The Standard Flight takes you 500 feet above the water, \$105 per person. The Magnum Flight soars to 800 feet above the marina, \$115 per person. Remember it with the Photo & Video Combo Deal, \$80. Add the Digital Photo Package for \$35.

What's summer without a day at the beach? Make this one extra memorable at the amenity-loaded Annenberg Community Beach House ([www.annenbergbeachhouse.com](http://www.annenbergbeachhouse.com)) at the site of Marion Davies' 1929 beachfront mansion on Santa Monica State Beach. First, reserve a

cabana on the beach. Play beach volleyball or soccer. Relax by the historic pool, or in the courtyard. Enjoy the viewing deck, splash pad, playground, and free wi-fi. Learn how to Stand-Up Paddleboard, with Saturday lessons July 8 through August 16. Or join an event. The "Sunset Picnic" is July 20 and August 17. For the kiddos, "Seaside Storytime" with the Santa Monica Library is July 21, 10 a.m. – 3 p.m.; Youth Volleyball is Tuesday and Thursday; and the Bounce Childrens' Gym is Tuesday, Wednesday, and Friday. Best of all – admission is free! Except for the pool. It costs \$4, ages 1- 17; \$10, ages 18-59, and \$5, 60-plus. Open daily 9 a.m. to 6 p.m. through September 4.

And whale watching. Spot the big ones on an Island Packers ([www.islandpackers.com](http://www.islandpackers.com)) sightseeing cruise from Ventura Harbor Village in Ventura, and Channel Islands Harbor in Oxnard. Their Summer Whale Watching daytrip offers an excellent chance to see blue whales (the largest creature on earth), fin whales and humpbacks, along with dolphins, seals and sea lions in the waters of Channel Islands National Park. It departs Ventura Harbor Village at 10 a.m.; returning at approximately 4 p.m. Adults \$75; seniors \$70; children ages 3-12, \$60. Or adventure to Anacapa Island on the Half-Day Wildlife Cruise. Sail to the island's north shore to see the historic lighthouse, highly photographed Arch Rock, and up-close looks at California sea lions, spotted harbor seals, and occasionally dolphins or whales. Two cruises depart Channel Island Harbor: 9:30 a.m. to 1:00 p.m.; and 1:30 to 5 p.m. Adults, \$44; seniors \$40; and children ages 3-12, \$31.

Think outside the coast! Take it to Lake Havasu ([www.golakehasu.com](http://www.golakehasu.com)) in nearby Arizona for watersports galore. Voted #2 in the world for best lake for watersports in USA Today's "10Best Readers' Choice Awards 2023;" and "Top 10 Mom-approved Places to Boat and Fish in the US," it's not called the "Personal Watercraft Capital of the World," for nothing. See for yourself.



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## On the Land

Make it simple! Enjoy a day in the park. Pedaling through beautiful 80-acre Balboa Park in Van Nuys. On a bicycle – or maybe something more offbeat – with Lake Balboa Bike Rentals by Wheel of Fun Rentals ([www.wheeloffunrentals.com/ca/van-nuys/lake-balboa/rentals](http://www.wheeloffunrentals.com/ca/van-nuys/lake-balboa/rentals)). They offer classic Cruiser bikes (hourly, \$12; half-day, \$26; full-day, \$32); always fun – and sometimes challenging – Tandem Bikes (hourly, \$20, half-day, \$35; full-day, \$47); Kids' bikes (hourly, \$8; half-day, \$18; full-day, \$25), and Kids' Trailers (hourly, \$10; half-day, \$24; full-day, \$32). And romantic Surreys for two (hourly, \$29), and friends-and-family Surreys for four (hourly, \$39). Want to get a bit racy? Hit the pavement in a one-person low-rider Chopper (hourly, \$14), or low-rider Deuce Coupe for two (hourly, \$29). All rentals include helmets, lock, basket/bag, and riding map. Open daily, generally 9 a.m. – sunset.

New this summer in Big Bear ([www.bigbear.com](http://www.bigbear.com)). Thrill to “The Mountain Tubing Experience” – without the snow – at Big Bear Snow Play ([www.bigbearsnowplay.com](http://www.bigbearsnowplay.com)). We're not talking waterslides. This is real tubing; on the same tubing hills you love in the winter. A whole new way to experience gravity-defying family fun using durable 300-foot in length (similar to a football field) tube slides, with a synthetic surface and mSnow's Tube Wax, and bumper side rails to keep your tube on course as gravity pulls it to the base. While you're there, check out The Big



Bear Speedway, with SODI RT8 Karts that look and drive like miniature Formula 1 race cars; and Big Bear Ropes Course through more than 30 obstacles at up to 35 feet in the air. Summer Tubing is daily through Labor Day weekend, Sunday to Thursday, 10 a.m. to 5 p.m.; and Friday and Saturday, 10 a.m. to 6 p.m. One ride, \$10; three rides, \$20; five rides, \$25; and two hours, \$35.

Share the tradition of summertime berry picking and more at Underwood Family Farms in Moorpark ([www.underwoodfamilyfarms.com](http://www.underwoodfamilyfarms.com)). Luscious blueberries, strawberries, raspberries and exotic olallieberries are summer favorites. And flowers: cheery marigolds. Also, loads of activities, all included with admission. Tractor-drawn wagon rides, pull wagons, the Combine Slide, Harvester



Slide, Hay Pyramid, Misting Tunnel, swings, Fun Hill and wooden play equipment, Farmer Craig's Chicken Show, the Animal Center and Trike Trail, and weekend animal shows. Extras (but not, too much) include Gem/Fossil Mining, the Electric Train, the Bee Train, animal petting, duck feeding, and on weekends the Cow Train, Grain Train and horse-drawn wagon rides. Activity price options include \$10 for 11 tickets, \$20 for 23 tickets, \$40 for 48 tickets, and \$80 for 100 tickets. Open daily, 9 a.m. - 6 p.m. Weekday general admission is \$7; weekends, \$10. Ages 2 and under, free.

Enjoy!

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Dry Salt Therapy began in Eastern Europe over 250 years ago. A Polish doctor realized that miners working in the salt mines were not dying of the same lung diseases as the rest of the population. He did research and realized that it was due to the salt that they were breathing in.

Valley Salt Cave has a Large Community Salt Cave which is 45 Minutes long at \$35 per person. This session can accommodate up to 12 guests. The Private Salt Room is intimate, 45 Minutes long and \$45 per person. It seats up to 6 people. They also have another Private Salt Room that can seat up to 4 people or 2 massage tables.

Valley Salt Cave was started in October



2020 by co-owners Warren and Kari Shulman. The Shulmans had been working as partners with Warren's sister, who operated a salt cave in New York. "I have autoimmune diseases, asthma, and allergies. So I was looking for something like what she had here in Los Angeles," says Kari. "I wanted to go to a similar place. And I looked around and there wasn't anything. So I said, almost as a joke, 'Why don't we open a salt cave?'" And that's exactly what they did.

In the Salt caves, microscopic particles of pharmaceutical grade salt are pumped into the air. You breathe it in, and it acts like a toothbrush for your lungs. It also assists with inflammation, helps detox, and assists with stress and anxiety. Because salt is a natural mood elevator, it supports people with sleeping issues, because it lets you relax. "It helps with anything from allergies to asthma to sinus issues," says Kari. "It's also great for people who are recovering from mold in their lungs. We also have firefighters who come in after big fires."

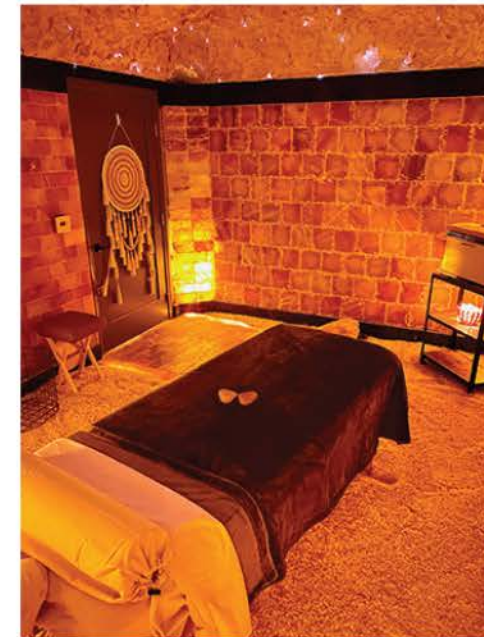
Getting treatment is a great way to holistically maintain and support your health. It is a noninvasive way to help your body support itself and it doesn't have any side effects. Valley Salt Cave treats everyone from newborn babies to people in their late nineties.

Treatments include Salt Sessions which take place on the hour every hour, Salty Yoga – which is stretching and deep

breathing while in the salt cave, and Massages – where clients have a consultation with the massage therapist, and decide if they need lymphatic drainage massage or a deeper sports related massage. The massage therapists do cupping and hot stone massages as well.

There is also Private Reiki Energy Healing. The practitioner places their hands either above the body or very gently on a point on the body. "The closest I can come to describing Reiki is that it's almost like acupuncture without the needles," says Kari. "The healer is moving the energy blockages in your body."

Valley Salt Caves also offer Sound Baths. Why Sound Baths? Our bodies are made up of water and sound waves help heal us from trauma, whether it's physical, because of injury or illness, or emotional. During the Sound Bath, the practitioner plays a variety of instruments at 05:28 megahertz which is known as the human healing sound wave. "People who come to us have a very profound experience," says Kari.



Valley Salt Cave also has a store onsite where they sell salt-related products like Himalayan and Dead Sea salts. They also offer a variety of crystals and jewelry and a line of beauty products.

Valley Salt Cave is located at 20929 Ventura Blvd., Suite 12, in Woodland Hills. You can email them at [info@valleysaltcave.com](mailto:info@valleysaltcave.com) or call them at (818) 963-7646. For more information, log onto [www.valleysaltcave.com](http://www.valleysaltcave.com)

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## INDIANA JONES AND THE DIAL OF DESTINY

By Contributing Writer

Goodbyes don't mean much in Hollywood. Death isn't reliable for characters or even actors. Technology, nostalgia and the value of brands and IP have created a nightmarish cycle of resurrection, curdling what we love.

And yet when Harrison Ford says he's hanging up Indiana Jones' fedora, you believe him. "Indiana Jones" producer Frank Marshall has also said that they won't recast the character, which seems dubious and, though well-intentioned, something he won't be able to guarantee.

Not that it would work. Any self-respecting movie fan knows the truth: The magic of Indiana Jones belongs to Harrison Ford. Apparently, he doesn't even need Steven Spielberg behind the camera, though, the foundation was well-laid for a veteran like James Mangold to step in. But there is no Indy without Ford.

It's hard not to go into "Indiana Jones and the Dial of Destiny," without a sense of melancholy — not exactly the ideal state of

mind for a fun summer blockbuster. But it certainly adds poignancy to the whole endeavor.

If only it didn't start with that pesky de-aging technology giving us a 45-year-old Indiana Jones



doing some of the wildest stunts we've ever seen — atop a speeding train to boot. This sequence is there to introduce the film's MacGuffin, Archimedes Antikythera, a real celestial calculation machine with extraordinary predictive capabilities.

But we know the real reason: It's there to let us gaze at that familiar face and to go on one last adventure with the Indy we grew up with, before

being thrust back with a nearly 80-year-old Ford (he's 81 in July) playing a 70-something Indy.

This isn't inherently sad, but Dr. Jones is certainly reintroduced in the most unglamorous way possible: Sleeping on a reclining chair in a New York apartment, a glass of

something alcoholic in his hand and threadbare boxer shorts on. He's depression personified, retiring from the university where the kids barely pay attention to him anyway.

We'll have to see him work back up to his adventuresome self. No training montages required, just a plane ticket, his classic uniform and his improvisational spirit. The cumber-

some plot (script is credited to Jez Butterworth, John-Henry Butterworth, David Koepp and Mangold) strains to justify and give meaning to the search for the Antikythera: The FBI is on the hunt, as is Nazi scientist Jürgen Voller (Mads Mikkelsen) for whom the war hasn't ended, and the daughter (Phoebe Waller-Bridge) of Indy's late partner Basil (Toby Jones) who was driven mad by the gadget. It's a bit much, as are many of the elaborate and murky-looking action sequences from the train in 1944 to a deep-sea diving sequence with killer eels. The movie hits its action high notes when it sticks to the tactile classics.

Waller-Bridge's Helena is an enormously enjoyable character, too — a brilliant archeologist who chose a more glamorous, dangerous and decidedly black market kind of existence, selling stolen antiquities to the world's wealthiest and working her way out of debt. She's introduced as a wild card and a lot of the tension is derived from whether Indy should trust her. It's a very good non-romantic pairing of sharp-witted old souls, a generation apart. But you'd think there might have been more time for one of our returning favorites, like John Rhys-Davies Sallah (he does get a few good moments).

"Indiana Jones and the Dial of Destiny" might not be "Raiders" or "The Last Crusade" but it's solid, swashbuckling summer fare and a dignified sendoff to one of cinema's most flawless castings.

## NO HARD FEELINGS

By Contributing Writer

In a saner world, we would have had a dozen Jennifer Lawrence comedies.

When aliens arrive they will go directly to IMDB to survey her filmography and wonder why one of Hollywood's funniest and charismatic stars spent the first decade of her career in dystopias, action movies and whatever it is you call "Mother!"

Lawrence has in "No Hard Feelings" made the kind of R-rated teen comedy that has usually launched young actors. She plays a 32-year-old Uber driver who, desperate for money after her car is towed, is hired by the wealthy parents (Matthew Broderick, Laura Benanti) of a timid 19-year-old (Andrew Barth Feldman) to take his virginity.

In 'No Hard Feelings,' Jennifer Lawrence relishes playing a 'messy and chaotic' character.

We've had plenty of movies about teenagers trying to get laid. But "No Hard Feelings," directed and co-written by Gene Stupnisky, may be the first in which the teen in question has no desire to do so.



But when Maddie Barker (Lawrence) turns up in a tight pink dress and heels at the animal shelter Percy (Feldman) works at, he responds with prickliness and fear.

The encounter ends with Percy spraying Maddie with mace.

Now, a 19-year-old rejecting Jennifer Lawrence like this is potentially a good way

to sever any possible connection the audience has with one of your main characters. It's like having him smack a child. Some things are unforgivable. Maddie and Percy go on

a series of increasingly intimate dates, and Percy vows to eventually "put out."

The basis all around, is fairly untenable. Even less believable than Percy's response to Maddie is her involvement in this scheme in the first place.

Maddie, forced to rollerblade to her bartending job, may be desperate. But, say what you will about the gig economy, it offers plenty of alternatives to earning money besides sleeping with teenagers.

And yet, "No Hard Feelings" works better than it ought to. The preposterousness is part of the joke. Feldman, who resembles the awkward Linguini of "Ratatouille" brought to life, brings sensitivity to the role, and good comic timing. So uncomfortable is he on their dates that at the sound of a nearby game of pool, he jumps Skinny dipping in the ocean, he doggy paddles.

And while the role forces Lawrence into raunchy situations, "No Hard Feelings" gives her room to showcase her talent. She delights in undercutting her own sexiness.

While "No Hard Feelings" finally gives Lawrence a platform for slapstick humor, it also feels like she's been inserted into the framework of a male coming-of-age rom-com/fantasy. Big-screen comedies are few and far between, so it's tempting to applaud that "No Hard Feelings," simply exists.

# Dr. Dre To Receive First Hip-Hop Icon Award

By Contributing Writer

**D**r. Dre will need to make room in his trophy case for another prestigious award. Pioneering rapper Dr. Dre received the inaugural Hip-Hop Icon Award from the American Society of Composers, Authors and Publishers in recognition of his impact on the genre, industry and culture of hip-hop.

"Dr. Dre's early work laid a foundation for hip-hop as we know it. As a champion for some of today's biggest artists and a success-

ful entrepreneur, he changed the culture around hip-hop," ASCAP board chairman and President Paul Williams said before ASCAP's Rhythm & Soul Music Awards Celebration.

"Dre continues to be a pivotal figure in the music industry and we are thrilled to recog-

nize him with the inaugural ASCAP Hip-Hop Icon Award as we mark 50 years of hip-hop." The Compton native - who donated \$10 million to the project - joined city and



school leaders for a groundbreaking ceremony to celebrate the first step in getting the center up and running.

A Compton native who rocketed to fame as co-founder of the N.W.A., Dre, whose real name is Andre Young, became a major solo success in 1992 with his album "The

Chronic." He also founded Aftermath Entertainment, which signed artists including Kendrick Lamar, 50 Cent and Eminem.

Dre and Jimmy Iovine created Beats Electronics, and the USC Jimmy Iovine and



Andre Young Academy for Arts, Technology and the Business of Innovation. The partnered with LA Unified School District to create Lovine and Young Center Integrated Design, Technology and Entrepreneurship Magnet.

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# TECH TALK

## GUIDE TO AI IMAGE GENERATORS



The main advantage is that they can create images without human intervention, which can save time and resources.



There are different types of AI image generators. Some of the most popular include style transfer, which allows users to transfer the style of one image onto another, and GANs (Generative Adversarial Networks), which use two neural networks to generate realistic images.

### What are the Benefits?

**Time-saving:** One of the most significant benefits is the ability to save time. Instead of spending hours creating an image from scratch, AI image generators can generate high-quality images within minutes.

**Cost-effective:** AI image generators save money by reducing the need for human artists. This can be particularly beneficial for small businesses or startups.

**Creativity:** AI image generators can inspire creativity by generating unique images that human designers may not have thought of. This can lead to design ideas that can set a brand or product apart.



**Customization:** AI image generators can be customized to generate images that meet specific requirements.

**Scalability:** AI image generators can generate a large number of images efficiently, making them ideal for creating large volumes of visual content for marketing, advertising, or other purposes.

**Consistency:** AI image generators can create images that are consistent in style and quality.

**Accessibility:** AI image generators can make visual content creation more accessible to people who may not have design or artistic skills.

**Versatility:** AI image generators can be used across a wide range of industries and applications, from fashion and gaming to healthcare and education.

### How Do AI Image Generators Work?

AI image generators work by using machine learning algorithms to generate new images based on a set of input parameters.

In order to train the AI image generator, a large dataset of images must be used, which can include anything from paintings and photographs to 3D models and game assets. Ideally, the dataset should be diverse and representative of the images that the AI image generator will generate.

To summarize, AI image generators work by using ML algorithms to learn from large datasets of images and generate new images based on input parameters. The technology behind these models is constantly evolving, and it has the potential to transform how we create and consume visual content.

By Contributing Writer

AI is making significant strides in image generation. AI-powered image generators are transforming the way we create images, and there are endless applications.

From generating realistic images of non-existent objects to enhancing existing images, AI image generators are changing the world. Whether you're an artist looking to enhance the creative process or a business owner wanting to streamline your marketing, this will provide a starting point.

### What is an AI Image Generator?

An AI image generator is designed to create images based on parameters. These use machine learning (ML) algorithms that can learn from datasets of images, allowing them to generate new images that are similar in style and content.



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## TAKE YOUR PARTY TO THE NEXT LEVEL ANOTHER WAY: WITH BOOZE-INFUSED FRUIT

By Paul Kushner

Though most people might be familiar with sticking a bottle of cheap vodka into a watermelon, there are plenty of other fruits and even vegetables that work just as well (and taste much better).

These boozy party favors are easy to make at home; simply soak your mixture of choice overnight in a mason jar or tightly closed container and store in a cool, dark place until it's time for the main event.

Here are seven homemade sweet and savory spirits to kick your summer up a notch.

### ① Strawberries and Champagne

Those leftover berries from your strawberry shortcake can also be used to make another sweet treat: boozy chocolate-covered strawberries. Put a lively spin on the



fruit, and then use the liquid in a summer cocktail. But you can also turn your experiment into a display by layering pineapple slices in a large glass jar, adding the rum and letting people mix the juice with other ingredients.

### ③ Peaches and Bourbon

Turn summer's juiciest fruit into a festive cocktail mixer by soaking sliced peaches in

bourbon. Remove the skin, slice the flesh and store in a mason jar with bourbon for about three days. Nothing says summer like



a refreshing peach cocktail.

### ④ Cucumbers and Gin

Another way to beat the summer heat is with a refreshing cucumber cocktail, so take

it to the next level by serving homemade cucumber gin. Simply slice cucumbers and add them to a jar with a few leaves of basil and the gin of your choice. Your work here is done.

### ⑤ Jalapeños and Tequila

If spicy cocktails are more your speed, you're going to be all over this jalapeño-infused tequila. Slice the peppers and let them soak in the liquor for a few hours up to a week depending on how hot you like it. Make sure to strain the peppers and seeds before adding to your margarita.

### ⑥ Blueberries and Vodka

These tiny berries pack quite a punch—once you soak them in alcohol, of course. Make homemade blueberry vodka by lightly muddling the fruit in a jar with vodka and letting it sit for a few days before straining and adding to your favorite cocktail. You can also make a boozy dessert garnish by soaking halved berries for a few hours in the alcohol, then topping off your favorite scoop of ice cream or tart.



### ⑦ Cherries and Bourbon

Infusing bourbon with cherries adds a slight sweetness to whiskey and is easy to do at home. Cut the cherries in half (pit removal optional) and leave them to soak in bourbon for at least a week, so all of the flavor is extracted. Enjoy on its own or combine with bitters and an orange peel for an elevated take on the old-fashioned.



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# Sweeten Up Family Favorites with Fresh Delicious Fruit

By Contributing Writer

**W**hen your family's favorite dishes inevitably grow tired, a touch of sweetness may be all you need to freshen up the flavor of classic recipes. Keep tried-and-true dinners on the table with a simple addition that complements the tastes you know and love: fresh fruit.

With its craveable texture and crunch, balanced sweetness and beautiful golden red color, an option like Envy Apples can be enjoyed as part of delicious meals. While they're often best served fresh or paired with cheese boards, sandwiches or mocktails, their sweetness also plays up when combined with pasta, shrimp, Parmesan, toasted



1/3 cup extra-virgin olive oil, plus additional for cooking pasta, to taste, divided; 1 bunch parsley leaves; 1 cup toasted almonds; 1 cup shredded Parmesan; 2 tablespoons lemon juice; 30 turns fresh cracked pepper; 2 cups cooked peas; 2 Envy Apples, diced; 1 bunch chives, thinly



almonds and more in this Apples and Pesto Farfalle.

To change up Taco Tuesday, bite into these Crisp Apple Tacos and believe in the uplifting aroma and flavor of apples as an invitation to savor those small moments around the family table. It can be your ultimate apple experience and introduce loved ones to new ways to rethink their favorite weekly meals.

Plus, because Envy Apple slices naturally stay white longer than other varieties, they maintain their beauty while you cook so finished dishes look as delicious as they taste.

To find more ways to sweeten up family meals, visit [EnvyApple.com](http://EnvyApple.com).

## Apples and Pesto Farfalle

1 pound farfalle pasta; 3 1/2 teaspoons kosher salt, plus additional for cooking pasta, divided;

sliced; 1 block Parmesan; 20 shrimp; 2 tablespoons canola oil; 1 1/2 teaspoons coarse pepper

Cook pasta in salted boiling water until just tender. Drain and toss gently with olive oil, to taste, then set aside. In food processor, pulse parsley leaves, almonds, shredded Parmesan, 2 teaspoons kosher salt, lemon juice and cracked pepper. Once pulsed, turn processor on high and drizzle in 1/3 cup olive oil until well incorporated.

Toss pasta with fresh pesto until well coated. Fold in peas, apples and chives. Using peeler, shave thin slices off Parmesan block over pasta for garnish.

Preheat grill or grill pan over high heat. Toss shrimp in canola oil, 1 1/2 teaspoons

salt and coarse pepper. Grill 2 minutes on each side, or until charred slightly. Spread evenly over pasta and serve.

## Crisp Apple Tacos

2 Envy Apples; 1/2 pound pork tenderloin; 3 tablespoons olive oil; 1 teaspoon salt; 1 teaspoon pepper; 3 rosemary sprigs; 1/2 cup shredded carrots; 1/2 cup shredded red cabbage; 1 cup shredded green cabbage; 4 tablespoons honey; 1 cup mayonnaise; 1 tablespoon mustard; 1 tablespoon white vinegar salt, to taste pepper, to taste; 12 tortillas; 2 tablespoons sour cream; 1 lime, cut into wedges

Slice half of one apple into thick wedges; Slice remaining half into thin sticks. Slice second apple

into thin wedges; reserve. Cut pork crosswise into 1-inch round medallions. Coat pork medallions with olive oil, salt and pepper then add to saucepan over medium heat. Add thick apple wedges to saucepan.

Add rosemary to saucepan and cook 2-3 minutes. Flip pork and cook 2-3 minutes until pork is slightly golden and cooked through. Let pork rest 3 minutes then slice into strips.

In serving bowl, toss thin apple sticks, carrots, red cabbage and green cabbage. Mix honey, mayonnaise, mustard and vinegar. Add salt and pepper, to taste. Mix dressing and cabbage; refrigerate at least 1 hour prior to serving. Top tortillas with pork, slaw, sour cream and squeezes of lime. Top with thin apple wedges.



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# HEALTH AND BEAUTY

## Healthy Habits to Protect Your Skin

By Contributing Writer



sunscreen – most experts recommend 30 SPF or higher – before heading outdoors and reapplying every 1-2 hours. Additionally, consider wearing protective clothing, such as a hat large enough to shade your face and neck. If you plan to spend extended time in the sun, opt for a lightweight, long-sleeve shirt and pants for maximum skin coverage.



### Fill Your Plate with Healthy, Hydrating Foods

Nutritious foods, including fruits and vegetables, can play an important role in achieving an overall balanced diet with adequate hydration. Enjoying the goodness of fresh or frozen Grapes from California can provide extra hydration and a boost of beneficial antioxidants and other polyphenols that help protect the health and

function of the body's cells, including those in the skin.

Drink water throughout the day, and for added flavor, infuse with fruits like frozen grapes. Simply rinse, pat dry, remove from the stems and freeze the grapes for 2 hours in a single layer on a sheet pan for flavorful ice cube replacements.

For an easy, refreshing way to add grapes to your menu and stay hydrated on warm days, try a Frosty Grape Hibiscus Slush for a subtly sweet, fruity tea in frozen form.

### Manage Stress

Whether it's caused by a lengthy to-do list or general anxieties, stress can negatively impact skin health while even exacerbating certain conditions. Managing stress can offer a reprieve in multiple ways, including encouraging healthier skin. Some simple ways to relieve stress include exercising, getting enough sleep, lightening or limiting your workload, scaling back on to-do lists and making time for things you enjoy.

As the first line of defense against the outside world, skin is the body's largest organ and takes on an important role in maintaining overall health. While products like sunscreen and moisturizer can help skin thrive, healthy skin starts from within where food and beverage choices can play a key role.

One example is grapes: Emerging research suggests consuming grapes may help protect healthy skin even when exposed to UV light, which is known to be damaging. A study published in the journal "Antioxidants," in which people consumed 2 1/4 cups of grapes every day for two weeks, showed increased resistance to sunburn and reduced markers of UV damage at the cellular level.

This study reinforced previous and similar findings published in the "Journal of the American Academy of Dermatology." Grapes are also a hydrating food with 82% water content; hydration is essential to healthy skin.

To take care of your skin, consider these skin-friendly health tips. **Protect Skin While Outdoors**

While perhaps an obvious step to some, one of the most direct ways you can protect skin is by applying




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# The 2023 Summer Schedule at the Hollywood Bowl

By Contributing Writer

No summer in Los Angeles is complete with a concert date at the Hollywood Bowl. You know this. You're a fan. So let's cut to it.

One of this year's headlines is a showcase that Disney fans are sure to love. On August 4-5, catch songs from some of the most iconic properties played live, accompanied by clips of the films. Think everything from Snow White to Frozen.

Two other concerts in August are Portugal. The Man + Chicano Batman + Say She She (August 6)

and My Morning Jacket + Fleet Foxes (August 20).

This year's schedule features the usual assortment of classical, jazz, and world music. See the lineup!

July 11: Dudamel conducts Verdi's Requiem (L.A. Phil + L.A. master Chorale)

July 12: Charlie Wilson with En Vogue

July 13: An Ellington Celebration (L.A. Phil)  
July 14-15: Kool & The Gang and the Village People

July 16: Sparks + They Might Be Giants

July 18: Estancia with Dudamel (L.A. Phil + Grupo Corpo)

July 19: Diana Krall

July 20: Prokofiev and Tchaikovsky with Dudamel (L.A. Phil)

July 21: Café Tacvba with the LA Phil

July 23: Reggae Night XXI (KCRW Festival)

July 25: Rhapsody in Blue (L.A. Phil)

July 27: Pictures at an Exhibition (L.A. Phil)

July 28-29: Quincy Jones's 90th-Birthday Tribute: A Musical Celebration

July 30: Everybody Rise! A Sondheim

Celebration (Hollywood Bowl Orchestra)



August 1: All-Rachmaninoff (L.A. Phil)

August 3: 2001: A Space Odyssey (L.A. Phil + Los Angeles Master Chorale)

August 4-5: Walt Disney Animation Studios: The Concert (L.A. Phil)

August 6: Portugal. The Man + Chicano Batman + Say She She

August 8: Elgar and Beethoven (L.A. Phil)

August 9: Joe Bonamassa with orchestra

August 10: Sibelius and Grieg (L.A. Phil)

August 11: Rubén Blades

August 12: Carla Morrison

August 13: Maggie Rogers + Alvays

August 15: Symphonie fantastique (L.A. Phil)

August 16: Gladys Knight

August 17: Shostakovich and Dvořák (L.A. Phil)

August 18-19: Tchaikovsky Spectacular

August 20: My Morning Jacket + Fleet Foxes

August 22: Chris Thile and Appalachian Spring

August 23: Herbie Hancock

August 24: Joe Hisaishi and La mer

August 25-26: Culture Club

August 27: Smooth Summer Jazz with Dave Koz and Friend

August 29: Beethoven at the Bowl (L.A. Phil)

August 31: The Four Seasons (L.A. Phil)

September 1: Star Wars: Return of the Jedi in Concert (L.A. Phil)

September 3: Air Supply and Michael Bolton

September 5: Mozart Under the Stars (L.A. Phil)

September 6: Buddy Guy and Christone "Kingfish" Ingram

September 7: Bach and Mendelssohn (L.A. Phil)

September 8-10: Maxwell (Fireworks Finale)

September 12: The Planets (L.A. Phil + Pacific Chorale)

September 13: Jacob Collier with the L.A. Phil

September 16: Sing-A-Long Sound of Music

September 17: KCRW Festival with artists TBA

September 20: Promises featuring Floating Points with Shabaka Hutchings

September 24: Los Auténticos Decadentes + More TBA as part of KCRW Festival

For more information and to purchase tickets, head to [hollywoodbowl.com](http://hollywoodbowl.com)

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# Temecula

Always Fun! Always New!

By Barbara Beckley

**W**ine tasting. Tasty cuisine. Stylish accommodations. Hot air ballooning. Now you can add “Wine-Bottle Art” and “Blend-Your-Own-Wine” to reasons to visit Southern California’s award-winning wine region.



Sitting under a grape vine-covered arbor at Wilson Creek Winery ([www.wilsoncreekwinery.com](http://www.wilsoncreekwinery.com)), I wielded a paintbrush, designing wisteria blossoms around the neck of an empty wine bottle. Seemed appropriate. This was spring in Temecula – and wisteria was everywhere. I was enjoying a “Paint & Sip with Pinot’s Palette Temecula” ([www.pintospalette.com/temecula](http://www.pintospalette.com/temecula)) session. Part of a fun-filled getaway arranged with custom luxury wine tour operator Tour del Vino ([www.tourdelvinotemecula.com](http://www.tourdelvinotemecula.com)). A great way to enjoy “insider” Temecula without driving.

Guided by the owner, artist Ann Blount, we alternated between brush strokes and wine sips. Once the paint was dry, Blount inserted twinkling lights into our bottles and a faux cork with a light switch. Voi la – a “useful” keepsake. Afterward, we tried Wilson Creek’s famous Wine Slushy, invented by second-generation owner Bill Wilson, and served in the Wilson Creek

Courtyard Bar & Grille. We also sampled their acclaimed “white” Cabernet, and Almond sparkling wine in the Tasting Room. Six tastings for \$25 and \$30.

Next, we blended our own wine. And learned something new! At The Cave, Southern California’s first and only mined subterranean wine cave, 104 feet underground, at Oak Mountain Winery ([www.oakmountainwinery.com](http://www.oakmountainwinery.com)). “Are you Right Bank or Left Bank?” our worksheet asked. Huh? Turns out this is French Bordeaux lingo, with “Left Bank” meaning wines that are mostly Cabernet Sauvignon with some Merlot; and “Right Bank” with more Merlot and less Cab. I went “Right Bank,” blending



6 oz. Merlot and 5 oz Cabernet Franc, for a spicy, tart, sweet taste. Afterward we enjoyed wine among the casks in The Cave Tasting Room, \$20 to \$25 for six pours.

We went luxury for dinner. A catered affair at the Vaquero Private Resort Vineyard ([www.vaqueroresort.lodgify.com/en/overview](http://www.vaqueroresort.lodgify.com/en/overview)). A great value at \$3,000 a night for this stylish eight-bedroom, eight-bathroom estate that sleeps up to 20 guests. The owners thought of everything. The infinity pool has a 53-foot water slide – but it’s out of sight behind a hedge and empties into the lower-level pool, also out of sight. And

what a Cabana! With an outdoor/indoor bar, stools in the water and in the dining area, a kitchen, two BBQs, and a roof-top water fall!! “Dinner is served.” Alex Prestifilippo, owner of Bottega Italia ([www.bottegaItalia-Temecula.com](http://www.bottegaItalia-Temecula.com)), Gourmet Italia Ristorante & Lounge ([www.gourmetItaliaTemecula.com](http://www.gourmetItaliaTemecula.com)), and Spuntino pizzeria, delicatessen & bar ([www.spuntinopizzeria.com](http://www.spuntinopizzeria.com)), was catering for us. We raised a glass – of vino from his Temecula Poggio Leano Winery & Vineyard – and dug in! A feast that demonstrated why his restaurants are Temecula favorites. From his amazing “Poached Pear” in port wine sauce to triangular-shaped Cannoli, with chocolate bits!

In true Temecula style, the next day we took a hot air balloon ride with A Grape Escape Hot Air Balloon Adventure ([www.hotairtours.com](http://www.hotairtours.com)). Acknowledged as SoCal’s best ballooning conditions 365 days a year, ours was no exception. A glorious birds-eye view floating slowly – silently – over wineries, citrus groves, estates, framed by the Santa Ana Mountains. After landing, I made another discovery. Journey’s End restaurant ([www.penchanga.com/eat/journeys-end](http://www.penchanga.com/eat/journeys-end)), overlooking the Journey at



Pechanga golf course. The “Bananas Foster Stuffed French Toast” was one of the best breakfasts ever! French toast, stuffed with vanilla custard, whipped cream, candied pecans, banana brulee, topped with a banana and caramel drizzle.

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# Angela Bassett And Mel Brooks To Receive Honorary Oscars

By Contributing Writer

Angela Bassett may have gone home empty handed at the Oscars, but the two-time nominee will be getting a golden statuette this year after all – and in very good company.



Bassett, Mel Brooks and film editor Carol Littleton will receive honorary Oscars at the Governors Awards, the Academy of Motion Picture Arts and Sciences said.

Michelle Satter, the founding senior director of the Sundance Institute's Artist Programs, will also be given the Jean Hersholt Humanitarian Award.

"The Academy's Board of Governors is thrilled to honor four trailblazers who have transformed the film industry and inspired generations of filmmakers and fans," Janet Yang, the academy's president, said.

Most recipients of the honorary awards have not won competitive Oscars. Brooks, is an exception, having won an original screenplay Oscar for "The Producers." At the ceremony, in 1969, he said he wanted to "thank the academy of arts sciences and money for this wonderful award." In his speech, which had the audience in stitches.

The 96-year-old, who began his career writing for Sid Caesar's "Your Show of Shows," and over the next 70 years would write, direct, act, produce for film, television and Broadway and write books, including a

July 7 - 20, 2023

memoir, is the rare breed of EGOT-winners. He also received two other Oscar nominations, for the lyrics to John Morris's "Blazing Saddles" song and another screenwriting nod for "Young Frankenstein," which he shared with Wilder.

"Mel Brooks lights up our hearts with his humor, and his legacy has made a lasting impact on every facet of entertainment," Yang said.

Bassett, whose credits include "Boyz N the Hood," "Malcolm X," "Waiting to Exhale" and "How Stella Got Her Groove Back," received her first Oscar nomination for her portrayal of Tina Turner in "What's Love Got to Do With It" and her second this year for playing the grieving queen in "Black Panther: Wakanda Forever."

Yang said in a statement that, "across her decades-long career, Angela Bassett has continued to deliver transcendent performances."

Littleton's name might not be as immediately recognizable as the celebrities being honored alongside but has been working behind the scenes with top filmmakers for five



decades. The 81-year-old worked frequently with both Lawrence Kasdan and Jonathan Demme, editing films like "Body Heat," "The Big Chill," "Swimming to Cambodia" and "The Manchurian Candidate." She received her first and only Oscar nomination for "E.T. The Extra-Terrestrial," the only film she's edited for Steven Spielberg.

The honorary awards are given, "to honor extraordinary distinction in lifetime achievement, exceptional contributions to the state of motion picture arts and sciences, or for outstanding service to the Academy."

Satter has led the Sundance Institute's famed artist programs for more than 40 years, helping filmmakers at the earliest stages of their careers, from Paul Thomas Anderson to Ryan Coogler.

The Governors Awards will be held on Nov. 18 at the Fairmont Century Plaza in Los Angeles.

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## Best Beginner Surf Spots In Los Angeles To Learn To Surf

By Contributing Writer

LA has several surf spots that are perfect for beginners. Most of these beaches have mellow and consistent waves that are great for learners.

Here are a few surf spots to guide you on deciding where to surf in LA as a beginner. They include:

- Manhattan Beach
- Venice Beach
- Zuma Beach
- Surfrider Beach
- Topanga Beach

The first thing you should consider is the size of the surf you

are going to be riding. While 2-3 feet is manageable and fun for a

overcrowded and/or lack surf etiquette. Where there are more surfers, especially newbies, there are more



start, a height of 5 feet or more could easily overwhelm you.

It's LA, so do your best, but try to avoid surf spots that are

accidents. You can try surfing at off-hours after the locals have gone home and the crowds have thinned out.



With that said, some of the beaches listed can be a gem for beginners.

### Surfing At Manhattan Beach

This beach is perfect for surfing novices, especially during the summer when most of the waves are rideable.

The low tides will afford you longer rides while the higher tides will allow you to catch softer waves.

The beach has several parking lots to accommodate the crowds that frequent.

All in all, Manhattan Beach can be a great beginner's surf spot.

### Surfing At Venice Beach

This is not the ideal beginner-friendly surf spot.

However, once you have the basics under your belt and you are ready for a challenged explore and the pier where you can find challenging surf.

Beginners can try the south end of the beach by the marina jetty where smaller waves can be caught.

### Surfing At Zuma Beach

This surf spot is located in the northern part of Malibu and is a popular beach among locals and visitors as well.

It features beginner-friendly waves and isn't too crowded for LA.

On occasion, you may encounter a share of rip currents that are difficult to navigate.

So, study the water before paddling out to avoid dangerous situations.

Zuma Beach is also popular for windsurfing, bodysurfing, diving, kiteboarding, beach volleyball, and other water sports.

### Surfing At Surfrider Beach

This Malibu beach break is an iconic sandy beach that is located between the Malibu Pier and the Malibu Lagoon.

It has one of the best surfing waves for new surfers and just about anyone who wants to have fun on a surfboard.

Lifeguards are on duty during peak hours to watch the kids and new surfers.

### Surfing At Topanga Beach

This beach is located on 18700 Pacific Coast Highway and is perfect for adventurous surfers who want to go out on a longboard.

The waves wrap around Topanga Creek to create a continuous right break. It is a quintessential California wave and hosts a local crowd.

It is a famous beach that attracts tons of visitors each year.

It plays host to several festivals including the Topanga Earth Day which is a yearly event.

### More LA Surf Spots

LA has quite a bit of coastline. The above surf spots just touch the surface of the waves you can find.

Other notable spots include: El Porto, Redondo Beach, Santa Monica and Sunset Point Beach. Discover Los Angeles can be a great resource for surfing and all things LA.

Los Angeles can be a dream destination for surfers of all levels.

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## Grapes, Nuts, And Your Dogs Health Foods That Fido Should Avoid

By Contributing Writer



“Magoo was a playful Labrador retriever who got himself into sticky situations...”

So begins a story in the latest report from the ASPCA on foods that may be toxic to dogs. Magoo got into the pantry and snagged himself raisins. The ASPCA never mentions Magoo's fate. But they do tell us that raisins can impair a dogs health. **Who Knew?**

Growing up, I regarded our family dogs as "the first cycle of the dishwasher". They were good about waiting their turn for whatever we left on our plates, and we weren't concerned about offering them "people food". It never crossed our minds that our dogs health could be affected by table scraps.

### Why Are Grapes Harmful?

As far as grapes and raisins, no one is sure why they're harmful. It's been confirmed that even grapes grown without fertilizers or pesticides can be toxic. But not to every dog, and not every time.

What we do know is that the end result in cases of grape or raisin toxicity is acute kidney failure. The dog ultimately can't produce urine, which means they can't filter toxins out of their systems.

So, your dog just scored himself a box of raisins. What to do?

The first line of defense is to induce vomiting and administer activated charcoal (it absorbs toxins). Vomiting is also the first sign that your dog is in trouble, so skip to the activated charcoal if vomiting has occurred. (you can make

hours and monitor blood chemistry. Normal blood work after 3 days means your dog is in the clear.

Keeping a watchful eye out, of course, is the best way to keep your pet out of trouble. Like children, dogs have a knack for getting into mischief. **It's Not Just The Grapes...**

There are other foods your dog should be kept away from:

### Chocolate

Who can resist chocolate? Like it your not, your dog. Chocolate is made with cocoa beans and cocoa beans contain a chemical called Theobromine, which is toxic to dogs. So you're actually being kind to your best buddy if you eat all the chocolates yourself!

### Cocoa Mulch

Cocoa bean shells are a by-product of chocolate production and are popular for landscaping. Homeowners like the color and scent, and the fact that the mulch breaks down into organic fertilizer.

### Fatty Foods

Fatty foods are hard for a dog to digest and can can overtax the pancreas, leading to pancreatitis.

your own charcoal by charring a piece of toast until it's blackened and crumbles.) Then call your vet.

Can't reach the vet? Call ASPCA Poison Control: 888-426-4435

The vet will keep your dog on intravenous fluids for at least 48



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### Nuts

Macadamia nuts should be avoided. In fact most nuts are not good for a dogs health since their high phosphorus content leads to bladder stones.

### Mulch

Mulch isn't food, but there's one type tempting enough for dogs to eat. Some dogs are attracted to cocoa mulch, and will eat it in varying quantities. The coca bean shells can contain from 0.2% to 3% theobromine (the toxin ) as compared to 1-4% in unprocessed beans.

### Onions

Onions, especially raw onions, have been shown to trigger hemolytic anemia in dogs.

### Potatoes

Potato poisonings are rare but have occurred. The toxin, solanine, is poorly absorbed and is only found in green sprouts and green potato skins.

### Artificial Sweeteners

Xylitol is used as a sweetener in many products. Ingesting large amounts may cause a drop in blood

sugar in dogs, resulting depression, loss of coordination, and seizures.

### Turkey

Turkey skin is currently thought to cause acute pancreatitis in dogs, partly due to it's high fat content.

Other foods listed by the ASPCA as harmful:

Alcoholic beverages; Avocado (the only "fatty" member of the vegetable family); Coffee (all forms of coffee); Moldy or spoiled foods; Salt; Yeast dough; Garlic

### The Bottom Line

Thanks to a more educated public, fewer fatalities from foods are being reported. But it's important to keep up with what's known about foods and their effects on dogs health. Grapes and cocoa mulch, for example, were only discovered very recently. Of course, being alert and getting your pet to the vet promptly will help assure a happy outcome if something unfortunate should happen. Here's to your dogs health and good nutrition!

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# SUPER COSTLY SPACE MISSIONS

By Contributing Writer

Life on Earth, as well as extraterrestrial life, has always been a matter of curiosity. Various space missions have been carried out to study and investigate the universe. With science and technology, the study of outer space has now reached a different level. Here are the most expensive space missions in history.

## Mars Curiosity Worth \$ 2.5 Billion

Curiosity Mars rover arrived on Mars on August 6, 2012. It is a very popular space mission that was

initially estimated to cost around \$ 650 million but turned out to be a lot more.

## Cassini-Huygens Worth \$ 3.26 Billion

This space mission was exclusively created to explore the mighty ringed planet Saturn and its rings by NASA,



the European space agency and the Italian space agency. It was launched on October 15, 1997. During 2005, it entered the atmosphere of Saturn.

## Mir Orbital Station worth \$ 4.2 Billion

“Mir” is a manned space mission by Russia that operated in

the near-Earth space from February 20, 1986. It spent 5511 days in the Earth’s orbit, of which 4594 days were inhabited, making 86,331 turns around the planet. The station was visited by 104 astronauts from 12 countries.

## GLONASS worth \$ 4.7 Billion

The Global Navigation Satellite System (GLONASS) is a Russian satellite system. It is one of the two global satellite navigation systems. The system is based on 24 satellites moving above the Earth’s surface.



# FINER THINGS

## Galileo Satellite Navigation System Worth \$ 6.3 Billion

Galileo solves geodetic and navigation problems. It is joint project of the satellite navigation system of the European Union and the European space agency.

## James Webb Space Telescope Worth \$ 8.8 Billion

This is an orbital observatory that is supposed to replace the Hubble Space Telescope. Current plans suggest that the telescope will be launched by the International cooperation of 17 countries led by NASA.

## GPS Worth \$ 12 Billion

GPS is a satellite navigation system that is responsible for determining location. It provides distance, time and position determination in the world wide WGS 84 coordinate system. The system is currently available for civilian use with the help of a navigator or a device such as a smart phone with a GPS receiver. It provides location almost everywhere in the world.

## The Apollo Program Worth \$ 25.4 Billion

The Apollo program was a NASA space agency manned space flight program. It was adopted in 1961 with the agenda of carrying out the first human landing on the Moon.

## ISS Worth \$ 160 Billion

The International Space Station is a manned orbital station which is used a multipurpose space research system. It is joint international project involving 14 countries.

## The Space Shuttle Program worth \$ 209 Billion

The Space Shuttle Program was developed since 1971 and it tops the list of the most expensive space missions. Its development is carried out by NASA and the Air Force. Five shuttles were built, two of them were killed in disaster and one prototype.

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## Tips & Tricks For Your Home Interior Design

By Contributing Writer

**C**reating a home interior design that you adore can be a delightful. All you need is an interior designer's insight, and that's easy. But before you start typing "interior designer near me" read on! We've put together the top insider tips and tricks!

**Set a Color Scheme For Your Home Interior Design**

Pick three to five colors that will be the most prominent in your home. If you're unsure, pick a tone based on the feeling you want for your home interior design. Alternatively, use your clothes



as a guide as we tend to buy clothes in shades that suit our personalities.

Once decided, work room-by-room as each will require different ratios of your chosen colors. Plus, the accent colors might differ too. Here are the basic color schemes:

A monochromatic scheme is limited to one color, including its lighter tones and darker shades.

An analogous scheme refers to colors that are next to each other on the color wheel. Green, cyan, and blue are analogous colors.

A complementary scheme refers to colors opposite each other. Blue and orange, and green and red are opposites and perfect for bold home interiors.

### Choose Quality over Quantity

Decorating doesn't have to cost a fortune. However, inexpensive impulse buys often lead to clutter. Save up for something that will last decades as opposed to something that will fray within a year. Set up a saving plan then you can spend on pieces like a sofa, dining table, chairs or console.

### Try Different Home Design Layouts

Try different layouts. Sometimes, all a home needs is a little furniture shuffle. Consider taking a Feng Shui approach, particularly in spaces like the study, bedroom, and bathroom. Plan your home interior's layout then adjust until you're happy.

### Perfect Picture Height

Show off artwork by hanging them at the correct height. Ideally, your primary piece of art should be eye-level, which is around 57" from the floor. Measure from the fitting or cord on the back of the art piece and not the top of the frame.

### Use the Correct Lightbulbs For Your Home Interiors

The right lightbulb can make color pop or create a relaxing atmosphere, while the wrong bulb can turn a design into a stark space. Interior designers favor Light-Emitting Diode (LED) lightbulbs because they are cost- and power efficient, but most importantly have an unrivaled color quality.

### Use Plants: The Instant Updater

Add fresh greenery into your home when you want a quick, effortless home refresh. Choose evergreen plants like peace lilies and fiddle leaf figs that are air-purifying and low maintenance.

### Higher Ceiling with Vertical Lines

Make a room feel bigger by using a vertical illusion. Vertical stripes from wallpaper, floor-to-ceiling bookshelves or curtains will make



the ceiling feel higher up. Floor-to-ceiling drapes can also make a room feel uber luxurious. Keep tall decor within a reasonable proportion to the space.

### Contrast Textures for the Perfect Home Interior Design

Juxtaposed surfaces add intrigue into an interior. Rough and exposed brick in a refined setting with velvet couches and silk tapestries will shock and amaze its audience. Engage your senses with the surprise of texture.

Luckily, you can try this decor tip on all the surfaces in your home: walls, floor, ceiling, furniture, and decor. Start experimenting with textiles like scatters, rugs and throws and move on to furniture pieces and then even your home's structure!

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By Andrews McMeel Syndication

## The Agony of the Heat

The hopes of Bangkok residents were slightly deflated on June 9, as a long-awaited art installation in Victoria Harbor lost steam. Dutch artist Forentijn Hofman's giant rubber ducky installation, which tours cities around the world and captured the affections of Bangkok residents when it visited there back in 2013, returned to the city earlier this month, this time with two giant rubber duckies, which the artist said would bring "double luck." Unfortunately, Yahoo News reported that rising temperatures put one ducky -- and residents -- at risk. The "rubber duck skin had become strained because the hot weather has caused air pressure to rise," organizers said in a statement. They deflated the duck as a precaution.

## Two Paws Up, Way Up

Theatergoers in Thailand have a new pet-friendly place to bring their furry friends. Yahoo News reported that the country's largest movie theater chain, Major Cineplex Group, started offering weekend showtimes for patrons who want to bring Fluffy or Fido with them. Of course, there's a catch: Pets must weigh under 11 pounds and either wear a diaper or be kept in a carrier. Visitors turned out in droves for a pets-welcome showing of "The Little Mermaid," cosplaying their creature companions as Sebastian the crab and Ariel the mermaid. Not everyone's a fan, however; as one former resident said, "It's so ridiculous dogs are not allowed in (most Bangkok) parks but they can go to a movie or cafe. What comes next, you bring your dog or cat to a massage parlor?"

Almost exactly 34 years after it was thrown into the sea in Newfoundland, a message in a bottle was recovered in Quebec. "I was so excited. I mean, what I'm looking for all the time is a note in a bottle," Trudy Shattler told Saltwire of her discovery. After some social media sleuthing, she learned that the bottle belonged to one Gilbert Hamlyn, who was known for writing messages on cigarette packs, stuffing them in bottles, and setting them to sea. Sadly, Mr. Hamlyn passed away two years ago, but his son, Rick, was all too happy to hear of the bottle's recovery, and intends to place it at his father's grave.

A Florida scientist who calls himself "Dr. Deep Sea" resurfaced on June 9 ... after spending 100 days underwater. CNN reported that Dr. Joseph Dituri, 55, a biomedical engineer who teaches at the University of South Florida, began his research mission on March 1, when he dove to the bottom of the Emerald Lagoon in Key Largo, Florida. Dituri stayed in Jules' Undersea Lodge, an underwater hotel, during his record-setting stint below the surface, and he hopes that the data gleaned from all that time underwater will help researchers understand the effects of compression on the human body. "My greatest hope is that I have inspired a new generation of explorers and researchers to push past all boundaries," Dituri said in a news release.

Police in Clintonville, Ohio, are on the hunt after brazen thieves used a U-Haul truck to rip a safe out of a drive-thru ATM in the early hours of June 15. WCMH-TV reported that the suspects used a chain secured to the truck to pull the safe free of the machine, then absconded in a getaway vehicle, leaving the U-Haul behind. Authorities had no description of the other vehicle or how much money the thieves stole, but they believe at least two suspects were involved.

Emerald Downs racetrack in Auburn, Washington, switched things up on June 25 with a Grandparents Race, WMTV reported. It was part of Grandparents Weekend, where nanas and pop-pops received free admittance and could participate in prize drawings. About 25 grandparents competed in the race, charging out of the horse gates toward a finish line about 40 yards away. Two of the racers stumbled and fell during the sprint, but no one was hurt. Steve Butler of Everett, Washington, was declared the winner.

The Cotehele medieval house in Cornwall, England, was all set to be the site of a five-day cherry-picking festival starting on June 28, the BBC reported, but blackbirds foiled the plan. Laura Jarman of the National Trust said that 80 trees were full of the fruits on June 19, but two days later "the gardener came to tell me they'd all gone ... feasted on by the very cheeky blackbirds. They're so cute, we don't mind too much," she added. The site plans to host an apple-picking event later in the year.

## Crossword by Myles Mellor

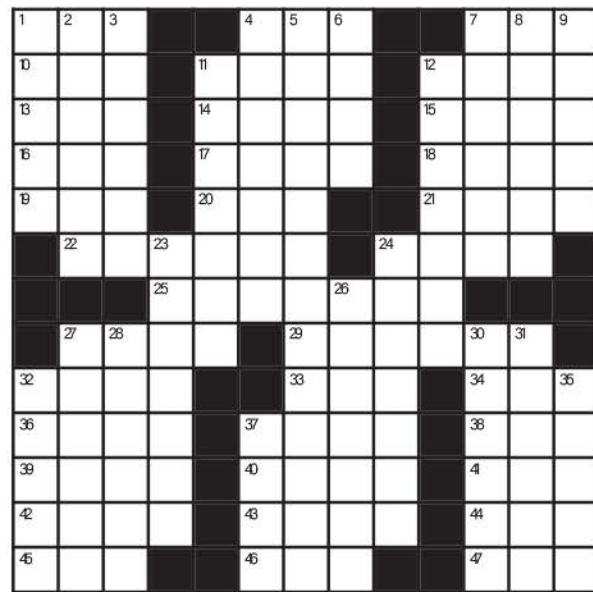
Across

1. Singer Winehouse
4. Go back
7. TV control: abbr.
10. Departure announcement
11. The dark side
12. Missile storage
13. Beast of burden
14. Blood vessels
15. Open
16. Barnyard male
17. Over
18. Skiff
19. Prior
20. Salon offering
21. Floor items
22. Trammel
24. Squander
25. Apollo's twin
27. Reasons
29. Fruity Republic?
32. Motel employee
33. Keats' subject
34. Time of arrival, for short
36. Free Willy animal
37. \_\_\_ gin fizz
38. Bank letters
39. Very dark
40. Many times
41. Cup part
42. Gets it
43. Watanabe and Masters
44. Bikini top
45. first you don't succeed, \_\_\_ again
46. Belonging to something
47. Hunger

Down

1. Slacken
2. Indian city
3. Do anything guys
4. Most level
5. Accept an unpleasant situation
6. Breathed out hard
7. Made of wine
8. Senescence
9. Pillages
11. Back-to-school purchases
12. Secretly
23. Distress signals
24. Finches
26. Leaves stranded
27. \_\_\_ Brothers

Print this Page! Ctrl + P



28. Lover's mark
30. Close
31. Clothing
32. Damp
35. Jordan city
37. Japanese rice wine



## Bad Dad Jokes

Why do seagulls fly over the ocean?"  
"Because if they flew over the bay,  
we'd call them bay-guls."

Previous Puzzle





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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](http://www.calicamp.com)

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**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 Calabasas, California 91302 Phone: (818) 222-6511 Members are free or \$8 for non-members.

**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. For more information or to register call (818) 348-6563



# MAKE A SAND ART PICTURE

By Contributing Writer

**W**e're going to make some art using sand from the beach! You can create all sorts of patterns and pictures without using paint.

Take a look at the art that interests you. What do you want to include in your picture? How about a boat, a fish or even your favourite ice-cream? Everything you want to paint is at your fingertips. So get started with your creative sand art!

### You Will Need

- PVA glue
- Sand
- Pencil
- x2 Pieces of coloured paper (one bigger than the other)
- Spoon

### It's Time To Begin

Draw your picture on the smaller piece of paper. Go over your drawing with glue. Cover the glue with sand and leave to dry for 10 minutes. Gently shake the extra sand off the paper. Use the glue to create a pattern on the border of the big piece of paper. This makes a frame for your picture! Cover the pattern with sand and leave to dry for 10 minutes. Shake the sand off to reveal your pattern. Stick the small piece of paper in the middle of the big piece of paper. Ta-da! You've made a sand art picture.

### For The Next Time

You could try using different coloured paper to create your picture. Don't they look good on the beach?!

It's time to take your sandcastle game to the next level this summer. For larger and

more detailed designs, ditch the traditional tools you're familiar with and try these tricks of the trade instead.

### Build a Better Sandcastle

Leave those flimsy plastic shovels at home and opt for the real deal instead. With these gardening tools, you can quickly set the perimeter of your castle and add a nice moat as well.

#### PVC Pipe

Use a PVC pipe if you want the base of your spires to look crisp and smooth. Fill a plastic cup with sand and dump it into the PVC pipe that you have placed strategically on the sandcastle. The trick is to add a little water just before you top off the PVC pipe and then finish with more sand on top. The water will help the sand hold its shape.

#### Funnel

Spires are an unusual shape, which makes them extremely difficult to replicate out of sand. There's a trick though. Fill a small funnel with sand and use the putty knife to help you drop the sand on top of the base you just created with the PVC pipe.

#### Kitchen Spatula

This is the perfect tool for blending your castle spire so that it looks like one natural structure made out of sand. Feel free to use it elsewhere on your castle that needs some finessing to look more realistic.

#### Spray Bottle

As you probably already know, wet sand is much easier to work with. It holds its shape better and you can do more with it. Use a spray bottle to keep the sand moist as you work. It can be the difference between a masterpiece and a lot of frustration.

#### Putty Knife

We mentioned earlier this can be used to help create the spires but it's also handy when it comes to building mini-stairs. Use it to carve out a grand stairway and don't forget to smooth out your lines to make it look as natural as possible.

#### Measuring Spoons

How to Build a Better Sandcastle  
Jalynn Baker

Want to add a unique design element to your castle? Top off your measuring spoons with sand and carefully place the half-circle embellishments at the top of your sandcastle.

#### Wooden Skewers

We're not done with the finishing touches quite yet. To really stand out, use



wooden skewers to add fun designs to the side of your castle. If you can draw it, you can carve it.

#### Straws

You'll likely have some excess sand from your wooden skewer designs, and maybe elsewhere too.

Reusable straws are a great way to blow the loose sand away from your designs so that they really stand out.

#### Paint Brush

It's time to put the finishing touch on your castle. Use a paint brush to make the base of the castle as

smooth as possible and free from any loose sand. Stick two mini-flags into the sand and you're all finished!

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## BEST OUTDOOR PLAYGROUNDS IN LOS ANGELES

By Contributing Writer

One of my favorite things to do is watch my children play, but it is best outdoors. Taking kids to outdoor playgrounds is a great way to sit back and relax and let the kids get all their wiggles out. We've rounded up the best children's outdoor playgrounds in Los Angeles.

### Shane's Inspiration – Griffith Park

Shane's Inspiration opened on September 21, 2000, in memory of Shane Williams who died of Spinal Muscular Atrophy. It is the first West Coast Universally Accessible Playground created by the Los Angeles Department of Recreation & Parks in conjunction with the Boundless Playground Resource Center West. This is a fully accessible disabled children's playground (Universally Accessible Playground) and it has plenty of super fun features for everyone.

### Polliwog Park

The focal point of Polliwog Park is a large pond bordered on one side by a natural wildlife refuge, home to migratory birds and other wildlife. The large covered kids play equipment includes a large lighthouse inspired play apparatus with several slides including a spiral tube slide, water misters, a small sand area and three separate areas for younger children filled with colorful and imaginative climbing and exploration equipment.

### Coldwater Canyon Park

Coldwater Canyon Park offers the best park experience in a gorgeous setting. The kids will love the wading stream to splash in during the warm summer months, and you'll love the chance of spotting a celeb tot or two under the shady trees.

### Anthony C. Beilenson Park – Lake Balboa

The accessible playground at Anthony C. Beilenson Park has two separate play areas, one section for two to five-year-olds and two sections for five to twelve-year-olds. All of the areas have a "Maritime" theme and feature swings, ladders, a variety of

balancing elements, climbers and slides. Special features to the 19,600-square-foot playground are an interactive drum play area and sensory wall and spring toys, crawl tunnels, landscaping and drinking fountains.



### Culver City Park

Culver City Park is a unique and extraordinary hilltop playground. State of the art play equipment using whimsical shapes were specifically developed to challenge kids both mentally and physically. There's also a sand and water area where kids can play with water pumps and water wheels, build dams and even construct sand castles.

### Reese's Retreat

Reese's Retreat is Pasadena's first universally accessible playground and has been designed with special equipment for children of all ages and abilities. It is located in the southeast corner of Brookside Park, just east of the Rose Bowl Aquatics Center. The park is complete with a giant pirate ship, ramps, a cannonball climber, an eight-bay swing set and sensory play structures that invite children to play with water and sand.

### Glen Alla Park

Kids will have a "whale" of a time at Glen Alla Park, thanks to the giant climbable solid whale structure half submerged in sand. Besides the awesome covered play structure, this sea-themed small park is fully enclosed and perfect for spending an afternoon in.

### Brandon's Village – Gates Canyon Park

Designed by Shane's Inspiration, a non-profit organization that designs and

builds universally accessible playgrounds, Brandon's Village features playground equipment is over 70% independently playable for children with disabilities and also provides meaningful and stimulating play opportunities for able-bodied children. This brightly colorful play structure also offers large yellow sun shades, perfect for the hot summer days.

### Malibu Bluffs Park

Why not take the kids to a park with jaw-droppingly stunning views? Malibu Bluffs Parks offers up the most picturesque Pacific Ocean backdrop with clean facilities, free Wi-Fi and green grass perfect for picnicking. The park consists of two baseball diamonds, a soccer / multipurpose field, playground suitable for ages 2-12, jogging path, picnic tables, whale watching station, and the Michael Landon Community Center.

### La Laguna de San Gabriel

This playground is a local gem and often referred to as "the dinosaur park". Created by Benjamin Dominguez in 1965 the unusual concrete sculptures mix a 60s pop art sensibility with an urban folk art tradition that is unique and colorful.

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# FASHION

## Super Summer Fashion Trends

By Contributing Writer

bare it all under a thin layer of mesh or organza, the summer 2023 runways proved that see-through materials can also be modest. Layer transparent pieces with opaque ones to give an ethereal look.

### Rosettes

What started as a micro-trend has become a full-on one in time for summer. Rosettes have popped up on everything from dresses and chokers to button-down shirts, bodysuits, and even one-piece swimsuits. Nearly every celebrity at the Met Gala bought in.

### Lavender

No season can be boiled down to a single color, but one shade is popping up more than almost any other: lavender. It's only natural, given that "digital lavender" was named by trend forecaster WGSN's color of the year thanks to its ability to project a sense of calm.

### Mermaidcore

Thanks to *The Little Mermaid*, we're all ready to dress like Ariel. Sequins, cascading ruffles, and fishnet dominated the runways—and now retailers' shelves.

### Bows, Bows, And More Bows

Don't know how to top off your summer outfit? Put a bow on it. The accessories have a timeless appeal, but they're especially hot right now.

### Trompe L'oeil

Designers are obsessed with clothes that trick the eye, creating the illusion of another garment, a digital rendering, or a different body.

Trompe l'oeil pieces blur the boundary between real life and virtual trickery—plus, they also happen to look cool.

### Utility Pockets

The cargo pocket has been a star for a few summers now, and while it's hard to miss with a pair of cargo pants, take a cue from the likes of Miu Miu and Louis Vuitton and add some to your skirt, shorts, or vest.

### Remixed Boho

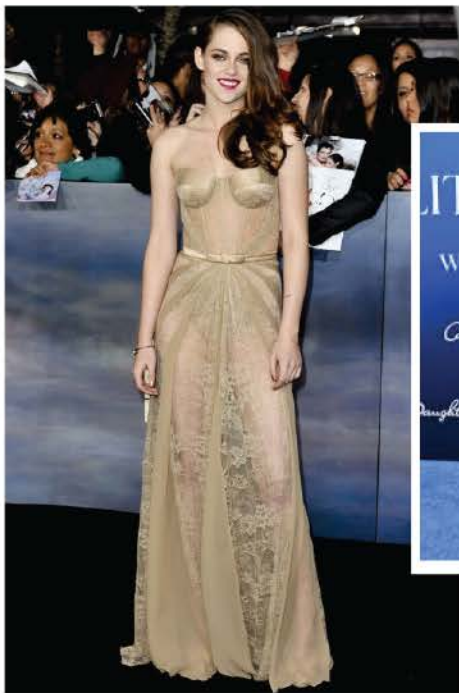
Boho style never really went away. But it's officially back in full force. Thanks to fresh styling and revamped silhouettes, staples like fringe, tie-dye, and crochet feel new again.

### Puffed-Up Accessories

Puffer-jacket weather is a memory, but summer's accessories are swelling up. From Polly Pocket shoes at Loewe to inflatable bows at Moschino, this season's details are simply more fun.

Warm weather has arrived. With so many opportunities to get dressed—vacations, weddings, you name it—knowing the summer fashion trends is essential. If you've been dreaming of a newer, fresher wardrobe, now's the perfect time.

This season's popular trends range from the practical (massive pockets, airy fabrics) to the fun



(mermaid-inspired sequins, rosettes of all shapes). And we think they're a touch more playful—perfect for breathing new life into your closet. These summer 2023 fashion trends are the ones to know.

### All Sheer

Kristen Stewart, Doja Cat, Jenna Ortega—and you. Although you can certainly choose to

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