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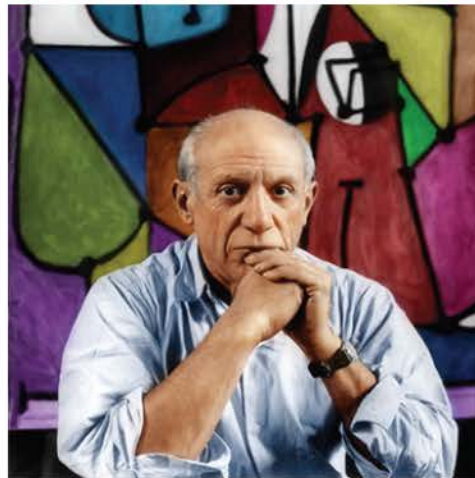
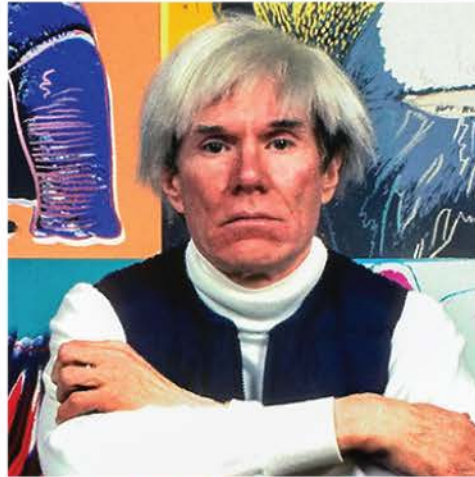
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Artists Who Were (Or Are) Famous In Their Lifetime

By Contributing Writer



The archetype of the struggling artist has long captured the public imagination. From Vincent van Gogh to Emily Dickinson, the idea of unrecognized genius has allure. However, there is another narrative—the story of artists who achieved widespread fame and recognition while they were alive. **Pablo Picasso (1881-1973)**

One of the most famous artists, Pablo Picasso achieved acclaim early and maintained it. By the age of 25, Picasso had already made a name for himself. His co-creation of Cubism alongside Georges Braque revolutionized modern art. **Michelangelo Buonarroti (1475-1564)**

The Renaissance era's most renowned artist, Michelangelo, was famous and sought-after. His work on the Sistine Chapel ceiling and the statue of David cemented his reputation. Michelangelo's talents earned him widespread admiration and lucrative commissions. **Frida Kahlo (1907-1954)**

Although her fame reached stratospheric levels after her death, Frida Kahlo was a celebrated artist during her lifetime. Kahlo's vivid, deeply personal works gained recognition in the 1930s and 1940s through exhibitions in Mexico and abroad. **Andy Warhol (1928-1987)**

Few artists have achieved the level of fame and influence Andy Warhol enjoyed during his lifetime. Warhol's Pop Art movement, with its iconic depictions of Campbell's soup cans, Marilyn Monroe, and Coca-Cola bottles, resonated with the public and the art world alike. Warhol's Factory studio became a cultural hub, attracting celebrities, musicians, and socialites. He was a pioneer in merging art with celebrity culture. Warhol cemented his status as one of the most influential artists of the 20th century. **Yayoi Kusama (1929-Present)**

Yayoi Kusama is a rare example of an artist who has not only gained widespread recognition during her lifetime but has also experienced a resurgence of fame in her later years. Her immer-

sive, polka-dot-filled installations and Infinity Mirror Rooms have attracted millions of visitors worldwide.

While tales of overlooked genius remain compelling, stories of artists who achieved fame in their lifetimes remind us that recognition and creativity can coexist. These individuals not only shaped the art world but also transcended it, becoming cultural icons in their own right.



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THE MOST SHOCKING EVENTS OF 2024

By Contributing Writer

The year 2024 proved to be a rollercoaster of emotions, delivering a series of events that left the world stunned. From groundbreaking achievements in sports and technology to heartfelt farewells to beloved figures, let's take a detailed look at the moments that defined this extraordinary year. **Ohtani and the Dodgers Win the World Series**

In a historic turn of events, Shohei Ohtani, the two-way sensation, led the Los Angeles Dodgers to their first World Series title since 2020. Ohtani's impact was nothing short of legendary,

dominating as a hitter throughout the playoffs. His number of clutch hits during the playoffs and the series against the NY Yankees sealed the Dodgers' victory in a decisive 4-1 series win. Fans worldwide celebrated Ohtani's remarkable performance, which cemented his legacy as one of the greatest players in baseball history.

Ohtani's dual prowess as a hitter and pitcher has sparked debates about the future of baseball and the evolution of player roles. His success has inspired younger athletes to embrace versatility, potentially revolutionizing how teams approach player development.



Interviews with coaches and analysts reveal the ripple effects of his performance on the global baseball community. He is expected to have his pitching debut in 2025.

The Dodgers' victory also sparked discussions about the team's strategy in acquiring Ohtani during the offseason, which proved to be a masterstroke. The win revitalized the franchise's image and brought Los Angeles together in celebration.

Mike Tyson's Return to the Ring

Mike Tyson, the boxing icon, shocked the sports world with his return to the ring at the age

of 58. In a highly anticipated exhibition match against Jake Paul, Tyson proved that age is just a number. The fight, dubbed "The Final Round," was held in Dallas and drew millions of viewers worldwide. Unfortunately Tyson came up short and Paul won by unanimous decision. Tyson's comeback reignited discussions about aging athletes and the role of mental health in sports. His candid interviews about his motivations and struggles struck a chord with fans, highlighting the importance of perseverance and self-reinvention.

Obituaries: Remembering Beloved Icons

2024 was marked by the loss of several beloved figures in entertainment, sports, and beyond. The world mourned the passing of Matthew Perry, best known for his role as Chandler Bing on Friends. Perry's sudden death at the age of 54 shocked fans, who celebrated his legacy with heartfelt tributes and re-watched episodes of the iconic sitcom. His death did not come without controversy as he publicly talked about his struggles with depressions and drug abuse.



We were all heartbroken when we heard of the death of Shannon Doherty, the star of Beverly Hills, 90210 and Charmed, after a long battle with breast cancer. Her courage and advocacy for cancer awareness left a lasting impact on her fans and the medical community.

Hollywood lost another legend with the death of Donald Sutherland, whose decades-long career included unforgettable performances in MASH*, The Hunger Games, and countless other films. His passing marked the end of an era, and tributes poured in from across the industry.

These losses were deeply felt, reminding us of the profound influence these figures had on our lives and culture.

The Sphere in Las Vegas: A Technological Marvel

The Sphere in Las Vegas continued to capture global attention. The state-of-the-art venue hosted groundbreaking performances and immersive experiences that redefined live entertainment. U2's residency, which ran through March of 2024, set new standards for concert production, with the Sphere's 360-degree LED screen and cutting-edge acoustics creating an unparalleled sensory experience. Beyond music, the Sphere also hosted interactive exhibitions, film screenings, and corporate events, making it a hub for innovation and creativity. The venue quickly became a must-visit destination, attracting millions of visitors and solidifying Las Vegas' status as an entertainment capital. The Sphere's innovations have implications beyond entertainment. Experts discuss how its technology could influence urban planning, virtual reality, and educational tools, making it a symbol of interdisciplinary progress.

YouTube World Records

YouTube saw an explosion of creativity and achievement in 2024, with content creators pushing the boundaries of what's possible. Among the standout moments was the record-breaking livestream by MrBeast, who orchestrated a real-life treasure hunt with a \$5 million prize. The event attracted over 130 million viewers, making it the most-watched livestream in YouTube's history. The rise of AI-enhanced content creation has sparked debates about authenticity and copyright issues. The platform's creators are at the forefront of these discussions, shaping policies that will define digital media's future.

Additionally, the platform celebrated a new milestone when a single video—a collaboration between music sensation Billie Eilish and AI-generated art—reached one billion views in under 48 hours. This feat highlighted the growing intersection of technology and art, sparking conversations about the future of creative expression.



Entertainment

With Taylor Swift's The Eras world tour wrapping up on Sunday in Vancouver, Canada, the final numbers are in: It was the world's biggest-grossing tour, and by a wide margin.

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Jelly Roll sings songs about the troubled life he used to lead. He recently won a Country Music Association Award for best new artist. In 2023, he had three No. 1 country hits, and this year, he's nominated for two Grammy Awards. And he just turned 40. Is there a precedent for the Jelly Roll story? Not really. "We're definitely on our own island," he said. If you're wondering where Jelly Roll came from, one answer is the Metro-Davidson County Detention Facility in Nashville.

Jelly Roll was in and out of facilities for ten years, starting at age 14 – drug possession, drug dealing, shoplifting, and aggravated robbery. "There was a time in my life where I truly thought this was it. And then coming here, you know, just after getting nominated for two Grammys, it just hits different. . . . I didn't think I'd get emotional, to be honest.

Music brings talent together, but there's one person in particular Snoop Dogg trusts enough to steer the ship without question: hit-making producer Dr. Dre. Their bond, built over 30 years of brotherhood, began when Dr. Dre shaped Snoop's game-changing debut, "Doggystyle," a cornerstone of hip-hop history. From young dreamers chasing stardom to legends cementing their legacies, the duo has always moved in sync.

Now, the dynamic pair reunites for Snoop's "Missionary," his milestone 20th studio album, which releases soon. In a music industry where lasting relationships are rare, their bond remains solid.

NASA and SpaceX: Reaching New Frontiers

NASA and SpaceX continue to push the boundaries of space exploration in 2024. NASA's Artemis III mission is planned to land astronauts on the Moon for the first time since Apollo 17 in 1972. The mission will include the first woman and the first person of color to set foot on the lunar surface, marking a historic step toward inclusivity in space exploration. NASA's Europa Clipper will conduct detailed reconnaissance of Jupiter's moon Europa and investigate whether the hypothesized subsurface ocean exists underneath its ice crust and has conditions to harbor life.

The mission will place a spacecraft in orbit around Jupiter in order to perform a detailed investigation. The mission will send a highly capable, radiation-tolerant spacecraft into a long, looping orbit around Jupiter to perform repeated close flybys of the icy moon.



Meanwhile, SpaceX achieved another milestone with the successful launch and recovery of Starship, the world's largest and most powerful spacecraft. Future missions will include a crewed flight to Mars' orbit, a significant step toward

establishing a permanent human presence on the Red Planet. NASA and SpaceX's current and future missions have reinvigorated public interest in science and technology. Educational programs and documentaries inspired by these missions have led to a surge in STEM enrollments, promising a bright future for innovation.

Both organizations' achievements inspired a new generation of scientists, engineers, and dreamers, proving that the final frontier is closer than ever.

Accusations Against Sean "Diddy" Combs

Since Sean "Diddy" Combs' indictment and arrest in September, more than 300 civil potential cases have been filed against the media mogul for sexual assault, rape, sex trafficking and more. Many of the complaints, as well as the federal charges, depict a pattern in which Combs allegedly exploited his stature across music, fashion and entertainment to victimize those who looked up to him — including minors. The federal charges against the mogul not only accuse him of misconduct, but also of using his employees, record label and many business outfits to organize and facilitate his crimes for years.

Video Game Blockbusters

The 2024 gaming year is nearing the finish line, and if there's a common thread linking all of this year's biggest releases, it's that several of these games have been surprise hits. While 2023 was loaded with modern masterpieces like Baldur's Gate 3, Street Fighter 6, and Alan Wake 2, 2024 has delivered hits like Elden Ring: Shadow of the Erdtree, Dragon's Dogma 2, and Final Fantasy 7 Rebirth.

While those games were almost predestined to launch with high review scores behind them, it's the unexpected games released this year that have overshadowed them. We've had some terrific hits that have seemingly come from out of nowhere, like the gung-ho action of Helldivers 2, the oddball British humor of Thank Goodness You're Here, and not one but two Prince of Persia games taking the series in bold new directions.

Throw in must-play indie games, solid outings from some of the biggest brands, and a few hidden gems, and 2024 has been a year where gaming's best and weirdest releases have risen to the top.

The events of 2024 reminded us of the unpredictability of life and the incredible potential of human achievement. Whether through sports, technology, or heartfelt farewells, these moments captured the world's attention and left an indelible mark on history. As we look ahead, we carry the lessons and memories of this remarkable year.

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MINUTIA

RECENT DRONE SIGHTINGS ACROSS THE U.S. IN LATE 2024

By Contributing Writer

Unexplained drone activity has been making headlines across the United States, capturing public attention and raising concerns about safety, privacy, and national security. From suburban neighborhoods to critical infrastructure and even military bases, these sightings highlight both the opportunities and challenges presented by drone technology.

Mysterious Drones in New Jersey

Morris and Somerset counties in New Jersey have become a focal point for unexplained drone activity. Residents have

reported drones hovering over private properties and public spaces at unusual times, prompting investigations by local authorities, the FBI, and state police. While officials have assured the public that there is no immediate safety threat, the incidents have caused disruptions. For instance, a medical helicopter attempting to land at Raritan Valley Community College had to abort its approach due to drones in the vicinity, delaying emergency medical care.

Officials are treating these sightings seriously and are asking the public to provide information or footage of the drones. Despite the lack of an identified threat, the incidents highlight the risks of unauthorized drone use in sensitive areas.



Surveillance and Security Concerns at U.S. Military Bases

Drones have also been reported near U.S. military bases, with some sightings occurring overseas. For example, drones larger than standard hobby models were seen flying over

bases in the United Kingdom, raising alarms about potential surveillance. These sightings underscore concerns about the vulnerability of secure installations to unauthorized aerial intrusions.

In response, the U.S. military and other agencies are increasing surveillance and deploying drone detection systems. Such measures aim to identify operators and mitigate potential risks, especially in areas critical to national security.

Growing Privacy Concerns

In residential neighborhoods across the U.S., drones hovering over private properties have sparked privacy debates. Reports from California and Texas indicate an uptick in drones flying at low altitudes near homes and infrastructure. While some may be recreational or commercial drones operating legally, others raise suspicions of illegal surveillance or data collection.

This growing issue has prompted calls for stricter regulations. Current Federal Aviation Administration (FAA) rules require drones to have remote identification capabilities, broadcasting their location and operator details in real-time. However, enforcement challenges persist, especially with unregistered or modified drones.

Unregulated Drone Use and Potential Threats

The prevalence of drones near critical infrastructure has also raised concerns. Reports in Texas describe drones flying close to power plants and water facilities. While some incidents may involve hobbyists unaware of the rules, others point to possible security breaches.

These events reveal the delicate balance between embracing drone innovation and

addressing the risks they pose. As drones become more accessible, their misuse—whether intentional or accidental—becomes a pressing issue.

FAA Measures and Enforcement Challenges

The FAA's remote identification rule, implemented earlier this year, aims to increase transparency in drone operations. This "digital license plate" system helps law enforcement track drones in real time, improving accountability. However, not all drones comply with these regulations, either due to operator negligence or intentional tampering.

The FAA continues to educate the public about safe and lawful drone use, while law enforcement agencies are investing in drone detection and mitigation technologies. This includes geofencing systems that prevent drones from entering restricted airspace and counter-drone measures to neutralize threats.

Commercial and Hobbyist Drone Trends

As drone sightings make news for negative reasons, it's important to note their legitimate and beneficial uses. Drones are increasingly used for package delivery, agriculture,

filmmaking, and disaster response. Companies like Amazon and UPS are expanding drone delivery programs, showcasing the technology's potential to transform industries.



However, the rapid proliferation of drones has outpaced the ability to regulate them effectively, creating gaps that bad actors can exploit. This dual reality—of drones as tools for innovation and sources of disruption—frames the current debate around their use.

Recent drone sightings in the U.S. highlight the complexities of integrating drones into modern society. While they offer immense potential for commercial, recreational, and emergency applications, their misuse can disrupt critical operations, compromise privacy, and even pose security threats. Addressing these challenges requires a combination of robust regulations, public education, and advanced detection technologies.

As drone technology continues to evolve, so too must the systems designed to manage it. The mysterious sightings of late 2024 serve as a reminder of both the promise and perils of our increasingly interconnected skies.

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Nightbitch

By Contributing Writer

The question sounds basic and friendly. But it's actually loaded, as many mothers attest. "Do you just love getting to be home with him all the time?" asks the younger, more put-together woman in the supermarket. "Must be so wonderful." Wonderful, of course — and sometimes brain-numbing and soul-draining. Especially if, like Amy Adams' character in Marielle Heller's "Nightbitch," they'd left their prized art gallery job to this other woman.

have generic names), formerly an admired installation artist, spends her weekdays with her adorable, blond 2-year old Son. Husband has a job that brings him home only on weekends.

The early scenes are tight and impactful, a contrast to the confused havoc that will come toward the end. Life revolves around the playground and the home, with trips to storytime at the library where she notes that she has no interest in the company of other moms.

In fact, Mother lives in solitude, and director Heller does a nice job illustrating how that feels. You can feel the weight of the afternoon coming, at this comfortable home, when it's too early for dinner and you've done all the activities already and you wonder if you can make it through the day.

Things start to get weird. In the bathroom mirror, Mother starts noticing things. Her teeth are getting sharper. There's something coming out of an apparent cyst at the bottom of her spine. She finds extra nipples. And that's before she starts eating rare meat.

Somehow Adams makes these things seem, if not natural, then logical.

Aspects of the film work. Mother's relationship with Son (twins Arleigh and Emmett Snowden) is lovely.

Less successful is the relationship between Mother and Husband (Scoot McNairy), which takes on importance as the film goes on.

More importantly, a story that posits itself on the idea — that by transforming into a dog, Mother discovers her true nature and power — resorts to a safer story about a marriage that never seemed appealing enough.

None of this takes away from Adams' performance. You believe her love for her child as much as you believe her resentment.

It's an irony that characters have generic names — because Adams is such a singular and particular talent. The journey she embarks upon is bizarre indeed, but you won't regret taking it with her.



It's a discombobulating experience, after a "Lord of the Rings" trilogy that was built down to every frame and hobbit hair, for the big screen, to see something so comparatively minor, small-scaled and TV-sized as "The Lord of the Rings: The War of the Rohirrim."

The film, set 183 years before the events of "The Hobbit," is a return to Middle-earth that, despite some very earnest storytelling, never supplies much of an answer as to why, exactly, it exists.

"Rohirrim," which sounds a little like the sound an orc might make sneezing, is perhaps best understood as a placeholder for further cinemat-



ic universe extrapolation from J.R.R. Tolkien's books. (A live-action movie about Gollum is due out in 2026.) Here, the thin basis in Tolkien comes from the "Lord of the Rings" appendix, which lists a history of Rohan, the plains kingdom south of the Elven forest of Lothlórien.

A small army of screenwriters — Jeffrey Addiss, Will Matthews, Phoebe Gittins and Arty Papageorgiou — have from those faint embers conjured a fiery war movie, made as an anime by director Kenji Kamiyama ("Ghost in the Shell: Stand Alone Complex," "Blade Runner: Black Lótus"). The obviously talented Kamiyama fashions some dazzling vintage anime visuals that — and perhaps this isn't all bad — feels a world apart from Peter Jackson's Middle-earth features.

But "The War of Rohirrim" also feels conspicuously closer to 1990s direct-to-video release than an heir to some of the grandest big-screen fantasy storytelling of the past 25 years. Though there are many — too many — examples of Hollywood over-mining once-rich

intellectual property, this dull, appendix-extracted anime adds to a not particularly Tolkienist tradition.

Tolkien diehards, though, may be grateful for whatever "The Lord of the Rings" morsels they can find. And there is some precedent. Before Jackson (an executive producer here) built Middle-earth in New Zealand, "The Lord of the Rings" prompted a pair of 1970s animated TV specials and a not-much-remembered animated 1978 movie.

"The War of Rohirrim" concerns the adventures of Hera (voiced by Gaia Wise), daughter of Helm Hammerhand (Brian Cox), the Rohan king. Cox, coming off of "Succession," again finds himself beset with trouble over the future of his throne.

Things get underway when Freka (Shaun Dolley), leader of the Dundelings, offers his son Wulf (Luke Pasqualino) to marry Hera and take the throne. After a swift refusal, a fight ensues, and with a mere punch, Helm accidentally kills Freka. Given how extreme Wulf's vengeance is following this punch, it's fair to wonder if "The War of Rohir-

rim" could have been started just as easily with a slap or, perhaps, an overly aggressive noogie.

But only self-seriousness reigns in this "Lord of the Rings" adventure. When the battle begins, Hera must save her people, which she strives to do by retreating to a fortress dug into a mountain-side. Hera's story is said to be one lost to history in the opening narration, but "The War of Rohirrim" is just as much an origin story for the stronghold that will later be known as Helm's Deep.

I don't begrudge any Tolkien addict a little anime fun — and maybe these references and callbacks will be enough to conjure some of the majesty of the books or Jackson's movies. You can tell "Rohirrim" was made with sincere belief in the world Tolkien created. But I found the connective tissue, like the few notes from Howard Shore's original score that float in, only reinforced how such grander movie ambitions once came to Rohan. "The War of the Rohirrim" does manage to recapture one trait of the earlier films: at 134 minutes, it's long.



And so Adams responds, showing why her brave, brutally frank performance lifts this movie.

First we get the honest answer: she feels "stuck inside of a prison of my own creation," where she torments herself and ends up binge-eating Fig Newtons to keep from crying. Then we rewind and director-writer Heller has Adams give her real answer: "I do, I love it! I love being a Mom."

There we are, two minutes and 13 seconds into "Nightbitch" and you may already find yourself wowed by Adams. If not, just wait until her Mother is sitting at a chic restaurant with a bunch of colleagues from the art world.

And we don't mean figuratively. We mean literally. Let's go back to the beginning: "Nightbitch" is based on the 2021 novel by Rachel Yoder, a feminist fable that the author said came from her own malaise when pausing work for child-rearing.

She sets her tale in a suburb of an unidentified city. Mother (characters all

YACHT ROCK IS MAKING A COMEBACK!

By Contributing Writer

Yacht rock, that breezy and smooth genre of soft rock popularized in the late 1970s and early '80s, is making waves again — this time in a new documentary that dives into the origins, cultural impact, and lasting appeal. With its blend of lush melodies, polished production, and often nautically themed lyrics, yacht rock has emerged from its initial run as a punchline to become a beloved musical genre.

The documentary, titled *Smooth Sailing: The Yacht Rock Story*, unpacks artists like Michael McDonald, Kenny Loggins, Christopher Cross, and Toto, who defined the era. Directed by acclaimed music historian Amanda Reeves, the film is a love

letter to a genre that evokes warm sunsets, ocean breezes, and a chilled cocktail.

The Birth of Yacht Rock

The documentary opens by tracing the roots of yacht rock, where studio musicians and songwriters



The Doobie Brothers

in the '70s created music that married jazz and R&B with pop. This was when radio were dominated by songs that felt like a leisurely sail — think “Sailing” by Christopher Cross or “What a Fool Believes” by The Doobie Brothers. These tracks didn’t just top charts; they also created a vibe.

“Yacht rock was born out of an ethos of musicianship,” Reeves explains. “These

artists weren’t just writing hits; they were pushing boundaries of pop. It’s why their work still resonates.”

The term “yacht rock” itself, coined by comedian J.D. Ryznar in a cult-favorite web series, is explored. What began as a tongue-in-cheek nod to the genre has evolved into a badge of honor.

Cultural Reappraisal

Smooth Sailing delves into the resurgence of yacht rock, driven by nostalgia and the rise of curated playlists on streaming. The documentary highlights how the genre’s charm provided an antidote to the stresses of modern life.



Steely Dan

A segment dedicated to the “Yacht Rock Revue,” a tribute band that has gained a cult following, illustrates how the music has transcended its era.

Music critics and scholars featured, including Rolling Stone’s Rob Sheffield and NPR’s Ann Powers, weigh in. “There’s a universali-

ty to yacht rock,” Powers notes. “It’s music that makes you feel good without being shallow.”

Behind the Smooth Sounds

Smooth Sailing offers a behind-the-scenes look at studio magic. Interviews with members of Toto, The Doobie Brothers, and Steely Dan shed light on the recording techniques and collaborative spirit. Toto’s Steve Lukather recounts the endless hours spent perfecting tracks like “Rosanna” and “Africa,” while Michael McDonald reflects on his journey.

The film also doesn’t shy from addressing the criticisms that have been leveled at yacht rock. Yet, as Reeves argues, the genre’s focus on craftsmanship and emotion has helped it weather such critiques.

A Modern Connection

Perhaps the most surprising aspect of the documentary is its exploration of yacht rock’s influence on contemporary music. Artists like Thundercat, Haim, and Mac DeMarco have cited the genre as an inspiration.

The film closes with a nod to the enduring community of yacht rock devotees. A montage of fans underscores how the genre has evolved.



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- 🌲 Never leave a source of fire or heat unattended
- 🌲 Never use charcoal or gasoline-fueled devices indoors
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- 🌲 Stay in the kitchen when cooking
- 🌲 Close your doors when sleeping
- 🌲 Drink responsibly and do not drink and drive



A public safety message from the International Association of Fire Fighters

TECH TALK

THE BUDDING PHARMACEUTICAL INDUSTRY OF MAKING MEDICINE IN SPACE

By Contributing Writer

The pharmaceutical industry is on the brink of a transformative revolution, thanks to the field of space-based manufacturing. This approach leverages unique microgravity environment of space to develop medicines and treatments that could be more effective. The concept is becoming a reality as private space companies and research organizations collaborate to unlock the potential of manufacturing medicine in orbit.

Science Behind Space-Based Medicine

Space offers conditions that cannot be replicated. Microgravity, vacuum, and temperature stability create an ideal environment for certain chemical and biological processes. Molecules assemble differently, crystals can grow uniformly, and biological reactions

occur with fewer impurities. These conditions are advantageous in advanced pharmaceuticals, including protein-based drugs, gene therapies, and monoclonal antibodies.

For instance, researchers can grow protein crystals larger and with greater purity, improving efficacy of drugs targeting conditions such as cancer and neurodegenerative. Similarly, the



environment allows for stable and effective drug formulations, which could lead to breakthroughs.

Key Players and Initiatives

Several organizations are pioneering the development. NASA, the European Space Agency (ESA), and private companies like SpaceX

and Axiom Space are enabling pharmaceutical experiments aboard the International Space Station.

A key milestone occurred when pharmaceutical giant Merck conducted experiments aboard the ISS to its cancer immunotherapy drug, Keytruda. By studying how proteins crystallize in microgravity, the company gained insights into how to improve the drug's formulation. Other companies are using space to manufacture retinal implants. Microgravity can facilitate production of delicate biomaterials.

SpaceX's reusable rocket technology have reduced the cost of sending payloads to space, making space-based research and production accessible. Start-ups like Varda Space

aim to bring the manufacturing process entirely into orbit.

Benefits of Space-Produced Medicines

The advantages extend beyond the scientific. For patients, space-produced drugs could offer improved efficacy, reduced side effects, and precise targeting of diseases. For pharmaceutical companies, space-based manufacturing could streamline production, reduce waste, and accelerate the drug development.

Furthermore, there is potential for economic growth. The pharmaceutical market, valued at over \$1.5 trillion globally, represents an opportunity for companies that can harness the power of microgravity.

Challenges and Obstacles

Space-based pharmaceutical manufacturing faces challenges. The cost remains high, though falling launch costs provide hope. Regulatory hurdles also loom; medicines developed in space must undergo rigorous testing and approval.

Logistical issues add another layer of complexity. Moreover, the technology needed for long-term manufacturing in space is still in its infancy.

The Future of Medicine in Space

As space becomes more accessible, the pharmaceutical industry is poised to benefit. The Artemis program and the Gateway lunar station promise to expand opportunities. In the long term, commercial space stations could provide dedicated platforms.

Moreover, the industry could play a critical role in human space exploration. Long-duration missions to Mars and beyond will require advanced medical technologies, including space-manufactured drugs.

Manufacturing medicine in space is a testament to human ingenuity. The advantages of space-based production are significant. The pharmaceutical industry is enhancing its capacity for innovation and paving the way for a healthier and more connected world. The dream of creating life-changing medicines in orbit is becoming an achievable reality.



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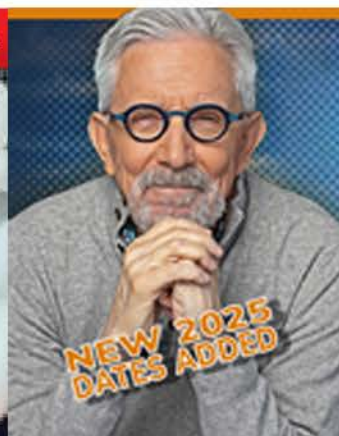
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SPIRITS/TASTES

The Four Keys To Making Great Espresso Based Cocktails

By Contributing Writer

Espresso-based cocktails have taken center stage in the craft beverage world, combining the rich, bold flavors of coffee with the artistry of mixology. From the classic Espresso Martini to innovative creations that challenge traditional boundaries, these drinks can elevate any occasion. To craft the perfect espresso cocktail, focus on four essential keys: quality ingredients, balance, technique, and presentation. Here's a guide to mastering each aspect. **Start With Quality Ingredients**

The foundation of any great cocktail begins with the ingredients, and espresso

cocktails are no exception. Each element plays a vital role in flavor and harmony:

Espresso: Use freshly brewed espresso made from high-quality beans. Look for beans with tasting notes that complement your cocktail, such as chocolate, caramel, or nutty undertones. A well-pulled shot with the right crema adds richness and texture.

Liquor: Premium spirits are essential. Vodka is a classic choice for an Espresso Martini, but other options like rum, tequila, or coffee liqueur (e.g., Kahlúa) can add depth and complexity.

Sweeteners: Opt for syrups or liqueurs that complement the coffee. Vanilla syrup, hazelnut liqueur, or even a touch of honey can enhance the espresso without overpowering it.

Additional Flavors:

Spices, citrus zests, or herbal infusions can add intriguing layers. For example, a hint of cardamom or a splash of orange liqueur can transform the drink into something extraordinary.



Find the Perfect Balance

A great espresso cocktail is all about harmony. Achieving the perfect balance of bitter, sweet, and alcohol ensures your drink is neither too strong nor too cloying.

Sweet vs. Bitter: Espresso brings a natural bitterness that needs to be offset with just the right amount of sweetness. Taste as you go, adjusting the sweetener to your preference.

Alcohol Content: Too much alcohol can overpower the coffee, while too little might leave the drink lacking. Aim for a balance where the coffee and spirit work together seamlessly.

Acidity and Texture: Consider the acidity of the espresso and the mouthfeel of your cocktail. Creamy additions like Baileys or oat milk can soften the drink, while a splash of lemon juice can brighten it. **Master the Technique**

The method you use to create your espresso cocktail can significantly impact the final product. Precision and attention to detail are critical.

Shaking: Most espresso cocktails, like the Espresso Martini, require vigorous shaking. This not only mixes the ingredients but also aerates the drink, creating a frothy layer on top. Use plenty of ice to ensure it chills quickly.

Layering: For visually stunning cocktails, consider layering the espresso or cream on top. Pour slowly over the back of a spoon to create distinct layers.

Straining: Double strain your cocktail to remove any ice shards or coffee grounds, ensuring a smooth texture.

Temperature: Brew your espresso just before making the cocktail to retain its heat and flavor, but chill the other ingredients and the glass to avoid diluting the drink.

Nail the Presentation

A beautifully presented cocktail elevates the drinking experience and sets your creation apart. Espresso cocktails lend themselves to a variety of creative garnishes and finishing touches:

Classic Garnishes: Three coffee beans arranged in a triangle are the traditional garnish for an Espresso Martini, symbolizing health, wealth, and happiness.

Artistic Touches: Dust your drink with cocoa powder, cinnamon, or grated nutmeg for added aroma and visual appeal.

Edible

Decorations: A twist of orange peel, a sprig of mint, or even a chocolate shard can add flair and hint at the flavors within.

Glassware:

Serve your cocktail in a coupe, martini glass, or rocks glass, depending on the style. Pre-chill the glass for an extra touch of sophistication.

A Few Recipes to Get Started

Here are some quick ideas to inspire your espresso cocktail journey:

Classic Espresso Martini: Combine 1 oz vodka, 1 oz coffee liqueur, and 1 oz freshly brewed espresso. Shake with ice and strain into a martini glass. Garnish with three coffee beans.

Coffee Negroni: Mix 1 oz espresso, 1 oz gin, 1 oz sweet vermouth, and 1 oz Campari. Stir over ice and serve in a rocks glass with an orange twist.

Espresso Old Fashioned: Combine 2 oz bourbon, 0.5 oz espresso, and a sugar cube with a few dashes of bitters. Stir with ice, strain, and garnish with a cherry.

Making great espresso-based cocktails is an art form that blends quality, balance, technique, and presentation. Whether you're hosting a dinner party or experimenting behind the bar, these four keys will guide you to create unforgettable drinks. Embrace the process, let your creativity flow, and don't forget to savor the fruits of your labor—one sip at a time.



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Five Ways To Prepare Fresh Lobster At Home

By Contributing Writer

Lobster is a luxurious delicacy that can elevate any meal into a memorable feast. While many may feel intimidated by cooking fresh lobster at home, it's easier than you think. Here are five versatile ways to prepare lobster.



Sauté shallots in butter until softened, then stir in cream, mustard, and Parmesan to create a thick sauce. Toss the lobster meat



in the sauce, then spoon the mixture back into the lobster shells. Sprinkle with additional Parmesan and paprika. Bake for 12-15 minutes until golden and bubbling. Garnish with parsley and serve with a salad or crusty bread.

Tip: Use the lobster shells for presentation to impress your guests.
Lobster Bisque

Lobster bisque is a creamy, velvety soup that showcases the deep, rich flavor of lobster. It's ideal as a starter or a comforting main dish.

Ingredients: Lobster shells and meat, Onion, carrot, and celery (for stock), Tomato paste, Heavy cream, White wine, Butter, Flour, Paprika, Cayenne pepper

Steps: Sauté lobster shells with onion, carrot, and celery in butter to create a flavorful base. Add tomato paste, white wine, and water to simmer the stock for 30 minutes. Strain the

stock and set aside. Make a roux with butter and flour, then gradually whisk in the stock and cream. Add paprika and cayenne for flavor, then blend the bisque until smooth. Stir in chopped lobster meat and serve with crusty bread.

Tip: Garnish with a drizzle of cream and a sprinkle of fresh herbs for a restaurant-quality presentation.

Cooking fresh lobster at home doesn't have to be intimidating. Whether you're boiling it for simplicity, grilling it for smoky flavor, or transforming it into a creamy bisque, these methods guarantee a delicious meal. Experiment with these techniques, and you'll soon find that fresh lobster is a dish you can confidently prepare for any occasion.

and cook shell-side down for another 3-4 minutes, basting with additional oil or garlic butter. Squeeze fresh lemon juice over the tails before serving.

Tip: For an extra indulgent twist, top the grilled tails with Parmesan cheese before serving.

Lobster Rolls

Lobster rolls are a comforting New England classic that highlights tender chunks of lobster in a buttery toasted bun.

Ingredients: Cooked lobster meat (steamed or boiled), Mayonnaise, Celery, finely chopped, Lemon juice, Salt and pepper, Hot dog buns or brioche rolls, Butter

Steps: Mix chopped lobster meat with mayonnaise, celery, lemon juice, salt, and pepper in a bowl. Butter the buns and toast them lightly in a skillet until golden brown. Fill the buns generously with the lobster mixture. Serve immediately, garnished with chives or paprika if desired.

Tip: For a Connecticut-style roll, skip the mayo and toss the lobster meat in warm melted butter instead.

Baked Lobster Thermidor

For a rich, decadent lobster dish, Lobster Thermidor is a showstopper. This baked preparation combines lobster meat with a creamy, cheesy sauce.

Ingredients: Cooked lobster meat (steamed or boiled), Heavy cream, Dijon mustard, Parmesan cheese, grated, Shallots, minced, Butter, Paprika, Parsley, for garnish

Steps: Preheat the oven to 375°F.



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WHAT IS THE VIRAL 'DEMURE MAKEUP' TREND? AND HOW TO GET THE LOOK!

By Contributing Writer

Beauty trends are ever-changing, but one of the latest is “demure makeup.” It’s a contrast to bold glam looks like “cold girl makeup” or the maximalist Y2K revival. Instead, demure makeup champions subtlety, elegance, and natural beauty. Let’s break down what demure makeup is, and how you can master this trend.

What is Demure Makeup?

Demure makeup is all about exuding effortless and soft beauty. The aesthetic emphasizes muted tones, sheer textures, and a healthy glow. The goal is to look refined and put together without appearing overly made-up. Think flushed cheeks, barely-there eyeshadow, and lips that enhance your natural color.

The trend draws inspiration from classic beauty icons, such as Audrey Hepburn or Grace Kelly. Its modern twist lies in using advanced makeup techniques and products.

This trend has gained traction for its versatility and the way it complements a range of styles.

Why is Demure Makeup Trending?

The rise of demure makeup reflects a shift toward authenticity and simplicity. After years of dramatic contouring, heavy highlighter, and ultra-matte lips, beauty enthusiasts are gravitating toward a more natural and approachable aesthetic. Several factors have contributed:

Skinimalism Movement: With focus on skincare, people are embracing less makeup to allow their natural complexion to shine.

Social Media Influence: Beauty influencers and celebrities like Hailey Bieber, Zendaya, and Sofia Richie Grainge have sported soft, glowy looks.

Timeless Appeal: Unlike fleeting trends, demure makeup has a classic quality.



Key Elements of the Demure Makeup Look

Here’s what makes up demure makeup:

Flawless Base: The foundation of demure makeup is a fresh, dewy complexion. Lightweight, sheer

foundations or tinted moisturizers are ideal. The aim is to even out the skin tone while maintaining a natural finish.

Pro Tip: Mix a drop of liquid highlighter into your foundation.

Soft Eyes: Demure makeup focuses on subtle enhancements. Neutral tones like taupe, beige, or soft peach are perfect for the eyelids.

Pro Tip: Curl your lashes and use a lengthening mascara.

Natural Brows: Well-groomed, natural-looking brows frame the face. Use a brow gel or pencil to fill in sparse areas lightly.

Pro Tip: Brush your brows upwards.

Flushed Cheeks: Cream blushes are a staple, giving the cheeks a fresh, dewy finish.

Pro Tip: Dab a bit of blush across the nose bridge for a sun-kissed effect.

Subtle Lips: Demure makeup calls for enhancing your lips’ natural tone with tinted balms, sheer lipsticks, or glossy finishes.

Pro Tip: A dab of clear gloss at the center of the lips creates a plumper appearance.

Glow from Within: Highlighter is used sparingly, applied to high points of the face like the cheekbones, brow bones, and the bridge of the nose. Choose products with fine shimmer.

How to Get the Demure

Makeup Look

Achieving demure makeup doesn’t require a ton of products. Follow these steps:

Prep Your Skin: Start with a well-hydrated base using a moisturizer or hydrating primer.

Create a Sheer Base: Apply a tinted moisturizer or a lightweight foundation, blending it well for a natural finish.

Enhance Your Cheeks: Apply cream or liquid blush to the apples

of your cheeks, blending upwards.

Define Your Eyes: Sweep a neutral shadow over the lids, add a thin liner, and finish with mascara.



Perfect Your Brows: Lightly fill in your brows for definition.

Add Lip Color: Swipe on a tinted balm or sheer lipstick.

The Demure Makeup Trend

Demure makeup is a celebration of subtlety and sophistication. It’s perfect to enhance natural beauty while maintaining a polished appearance. This look offers a versatile, timeless style. With demure makeup, less truly is more.

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L.A. COUNTY HOLIDAY CELEBRATION HONORS 65 YEARS AND THE ARTISTRY OF LOS ANGELES

By Contributing Writer

Los Angeles holiday tradition since 1959, the two-time Emmy® award-winning L.A. County Holiday Celebration returns on Tuesday, December 24 to celebrate 65 years with a fresh look and feel to welcome a new generation of audiences.



beloved Gay Men's Chorus of Los Angeles; traditional Korean dance and music ensemble Kim Eung Hwa & Korean Dance Academy; all-female mariachis Las Colibrí; the delightful MUSYCA Children's Choir; award-winning Palmdale High School Choral Union and Sunday Night Singers; the electric Reverb Tap Company; Ricardo Lemvo and his band Makina Loca, blending Afro-Cuban rhythms with pan-African styles; a cappella and handbell ensemble The Citrus Singers; and Urban Voices Project, a choir comprised of men and women surviving homelessness on Skid Row.

commitment to inclusivity and response to the interests of even more Angelenos," said Rachel S. Moore, president and CEO of The Music Center. "The show will be exciting, building on its 65-year history, while offering new experiences that will resonate with both long-term fans and those who will enjoy it for the first time."

A diverse line-up of 28 Los Angeles-based artists will take the stage to present their artistry and traditions. The show will include several pre-produced mini-documentaries to highlight some of the artists' unique stories.

Returning favorites include the vibrant, non-denominational Christian Fellowship Chorale; Grammy® award-winner Daniel Ho with Hawaiian hula dancers Hālau Hula Keali'i o Nālanī; acclaimed Latin music ensemble Gabrielito y La Verdad; L.A.'s

New to the show this year are Afro Peruvian Experience, promoting the cultural diversity of Peru; soul singer-songwriter Andre Cruz; award-winning jazz vocalist Anji Tan & Friends; the college-bound dancers from Esperanza College Prep that make up Ballet Folklórico de Esperanza; dynamic, all-Queens Afro Brazilian drum ensemble Bloco Obini; the legendary Bob Baker Marionette Theater; Indian classical and Bollywood dancers Joya Kazi Entertainment; Bavarian band Ladyhosen; young aerialists from Le PeTiT CiRqUe LA; all-female independent band Mariachi Lindas Mexicanas; dance from Martha L.Z. Pamintuan & Long Beach City College; Masanga Marimba playing popular music from Africa and Latin America; the Straight Up Abilities dance team, made up of talented individuals with disabilities; powerful guitar band The String Revolution; vibrant community-based dance ministry Victory Praise Dancers; and Yaya Dance Academy, bridging Eastern and Western dance.

The 65th Annual L.A. County Holiday Celebration will take place on Tuesday, December 24 from 3 p.m. to 6 p.m. Entrance to the in-person event is free;

however, advance tickets are required for entrance. Tickets are general admission and are available now online at holidaycelebration.org. Doors will open at 2:30 p.m.; there will also be a standby line for anyone



interested in attending, but who may not have a ticket. Entry without a reserved ticket is not guaranteed. Ticket holders arriving after 3:30 p.m. will relinquish their reserved seats and be directed to the standby line.

The Music Center's Dorothy Chandler Pavilion is located at 135 N. Grand Ave., Los Angeles, CA 90012. Parking is free in The Music Center parking garage.

For more information, visit holidaycelebration.org





Stay At These Haunted Airbnbs... Do You Dare To Book A Night?

By Contributing Writer

If you're a fan of spooky, take your love for the paranormal on the road? These haunted Airbnbs offer ghostly charm, eerie history, and maybe even a spectral roommate. From historic mansions to eerie cabins, these properties are perfect for anyone seeking an unforgettable (and potentially unnerving) stay.

museum and invites you to sleep in the rooms where the Borden murders took place. Paranormal activity is a regular occurrence here. <https://lizzie-borden.com>

The Whispers Estate – Mitchell, Indiana

Dubbed one of the most haunted locations in America, Whispers Estate has a tragic history involving deaths and fires. Apparitions, voices, and even ghostly children's laughter are commonly experienced here.

<https://whispersestate.godaddysites.com>

The Joshua Ward House – Salem, Massachusetts

Located in the heart of Witch City, this historic home has ties to the Salem Witch Trials. Guests often experience cold drafts and feel as though they're being watched. <https://salem-witchmuseum.com/locations/site-of-george-cornwin-house-joshua-ward-house/>

The Black Monarch – Victor, Colorado

Originally a brothel, this eccentric property boasts themed rooms that celebrate infamous historical figures. Guests have reported ghost sightings and eerie feelings of being watched, particularly in the hallways. <https://blackmonarchhotel.com>

The Magnolia Manor – Bolivar, Tennessee

This 1849 antebellum home has hosted many Civil War soldiers, and some may have never left. Guests report ghostly apparitions and the faint



The Manor Master Chamber – St. Paul, Minnesota

This Victorian mansion dates back to the 1800s and is said to be haunted by former residents. Guests have reported seeing shadowy figures and hearing unexplained footsteps. The gothic architecture and vintage decor only add to its chilling ambiance. <https://quickcountry.com/minnesota-haunted-airbnb>

The Haunted Castle House – Brumley, Missouri

Once a hospital, this Airbnb retains an unsettling vibe. Guests often hear whispers and feel cold spots in the middle of the night. If you're up for ghost hunting, this place provides paranormal investigation equipment. <https://hauntedcastlehouse.com>

The Enslin Mansion – Troy, New York

Built in 1890, this mansion is rumored to host a few resident ghosts. Guests have encountered disembodied voices and objects moving on their own. The ornate, antique-filled rooms make it feel like stepping into a ghost story. www.theenslinhouse.com

Lizzie Borden House – Fall River, Massachusetts

For the truly brave, spend a night in the infamous Lizzie Borden house. This Airbnb doubles as a

sound of music echoing through the halls.

www.magnoliamanorandchapel.com

Tips for Your Paranormal Stay

Do Your Research: Read reviews to see what past guests have encountered.

Pack Paranormal Gear: EMF detectors and spirit boxes are a must for ghost hunters.

Keep an Open Mind: Skeptics might become believers after spending a night in one of these haunted havens.

Whether you're a thrill-seeker or just looking for a unique vacation experience, these haunted Airbnbs promise more than just a place to rest your head. The only question is: Are you brave enough?

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MATTHEW AND CAMILA MCCONAUGHEY

THE STAR COUPLE'S

PANTALONES ORGANIC TEQUILA

By Contributing Writer

Matthew McConaughey and Camila Alves McConaughey are a Hollywood power couple known for charisma, philanthropy, and authenticity. Beyond the glitz and glamor of their life, the duo has ventured into the world of premium spirits with Pantalones Organic Tequila, a brand that reflects their love for craftsmanship, sustainability, and connection.



The Inspiration Behind Pantalones Organic Tequila

The story of Pantalones began during the couple's travels through Mexico.

Both Matthew and Camila fell in love with the culture, the craftsmanship, and the rich tradition behind tequila-making. Inspired by the simplicity and purity of authentic tequila, they decided to create a brand that pays homage to this heritage while adding their unique touch. The name "Pantalones," meaning "pants" in Spanish, symbolizes confidence, boldness, and the courage to follow one's passions. **Commitment to Sustainability and Organic Practices**

Pantalones Organic Tequila isn't just another celebrity-endorsed spirit. Matthew and Camila's dedication to sustainability is evident in every aspect of the brand. The tequila is made from 100% organically grown blue Weber agave, sourced from family-owned farms in Jalisco, Mexico. Every step of the process adheres to eco-friendly practices.

The brand also uses sustainable packaging. By minimizing their environmental footprint, the McConaugheys hope to set an example for the spirits industry.

The Art of Crafting Pantalones Tequila

Pantalones Organic Tequila is produced using traditional methods with modern innovations. Each

agave plant is carefully harvested, ensuring the best flavor profile. The piñas are slow-cooked in traditional brick ovens to extract the natural sweetness, and the juice is fermented using natural yeasts.

Pantalones currently offers three expressions: **Blanco:** Crisp, clean, and vibrant, with notes of citrus, vanilla, and a hint of pepper.

Reposado: Aged for six months in American oak barrels, it boasts flavors of caramel, toasted almonds, and warm spices.

Añejo: Aged for over a year, this expression delivers a rich and complex profile with hints of dark chocolate, dried fruit, and smoky oak.

Each bottle of Pantalones is a testament to the McConaugheys' commitment to excellence.

The McConaughey Touch

Matthew and Camila's personal involvement in Pantalones Organic Tequila sets it apart. The couple worked closely with master



distillers and local artisans in Jalisco to ensure the tequila's quality.

Perfect for Every Occasion

Pantalones Organic Tequila is designed to be enjoyed in a variety of ways. Favorite recipes include:

The "Alright, Alright, Alright Margarita": A classic margarita with a twist, featuring fresh lime juice, agave syrup, and orange liqueur.

The Camila Cooler: A refreshing mix of Pantalones Blanco, cucumber juice, mint, and a hint of elderflower liqueur.

Spicy Reposado Paloma: A vibrant combination of grapefruit juice, chili-infused simple syrup, and sparkling water, topped with Pantalones Reposado.

The Future of Pantalones Organic Tequila

Matthew and Camila remain committed to expanding responsibly and authentically. Plans include new expressions, collaborating with local artists, and hosting events that bring people together.

Raise a Glass to Pantalones

Pantalones Organic Tequila is a reflection of vibrant personalities, values, and passion for living life. Whether you're a tequila aficionado or a casual sipper, Pantalones offers a taste of authenticity.



CHALLENGING AND REDEFINING SPORTS FOR THE DISABLED

By Contributing Writer

Sports have long been unifying, breaking down barriers and fostering connections across cultures, ages, and abilities.

For individuals with disabilities, however, participation in sports has often come with challenges. Today, innovative programs, adaptive technologies, and evolving societal attitudes are redefining the boundaries of inclusion, challenging the very notion of what is possible in sports for the disabled.

Adaptive Sports

Adaptive sports, designed specifically to accommodate physical, sensory, or intellectual disabilities, have become

a powerful platform for empowerment. From wheelchair basketball and para-skiing to blind soccer and boccia, these activities are not only recreational but also competitive. International events like the Paralympic Games have become a beacon of inspiration.

The growth of adaptive sports is fueled by specialized equipment. For example, handcycles and recumbent



bicycles allow athletes with lower limb impairments to compete in cycling events, while sit-skis enable individuals with limited mobility to hit the slopes. Similarly, visually impaired athletes are paired with guides in tandem cycling or running, relying on verbal cues and trust to navigate courses.

Reframing Perceptions of Ability

One of the most significant outcomes of adaptive sports is the shift in societal perceptions. Athletes such as Tatyana McFadden, a wheelchair racer with multiple Paralympic medals, and Daniel Dias, a dominant force in Paralympic swimming, have shattered stereotypes and inspired millions.

This shift has also been reflected in mainstream sports. For example, Oscar Pistorius made history as a double amputee sprinter competing in the Olympics. Similarly, visually impaired marathoner Marko Cheseto's incredible achievements have further blurred the lines between adaptive and conventional athletics. These athletes challenge notions of human potential.



The Role of Technology

Advances in technology have played a crucial role. From prosthetic limbs engineered for peak performance to exoskeletons that assist movement, these innovations have transformed the way sports are played. Blade prosthetics, worn by sprinters, mimic the spring-like function of a human foot, allowing for competitive speeds. Meanwhile, advancements in sensory technology, such as beeping balls and

haptic feedback, enable blind athletes to excel in sports like soccer and goalball.

Virtual reality (VR) is also making strides. VR simulations allow athletes with disabilities to practice in controlled environments, offering training opportunities. For instance, VR skiing simulators can prepare sit-skiers for real slopes.

Expanding Accessibility and Inclusion

While adaptive sports have made progress, accessibility remains a challenge. Many disabled individuals face barriers such as a lack of facilities, equipment costs, or limited awareness. Organizations are stepping up. Groups like the Challenged Athletes Foundation (CAF) provide grants for adaptive sports equipment, while grassroots programs like Special Olympics Unified Sports bring athletes with and without disabilities together.

Community initiatives also play a vital role. Local adaptive sports clubs offer opportunities for individuals to participate in everything from swimming to rock climbing. These programs provide not only physical benefits but also a sense of belonging.

Beyond the Playing Field

The impact extends far beyond competition. Participation can improve physical health, mental well-being, and build life skills. Sports serve as a pathway to greater independence.

Adaptive sports contribute to advocacy efforts for broader accessibility. Visibility of athletes promotes awareness and drives discussions.

A Vision for the Future

The future of sports for the disabled is promising. With technological advancements, awareness, and expanding programs, the possibilities are limitless.

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Valley Scene 09/06/19

HOW TO CURE FUNGUS ON A DOG'S PAW

By Contributing Writer

Fungal infections on a dog's paw are common. They cause discomfort, redness, swelling, and a bad odor. These infections are caused by exposure to moist environments, weakened immune systems, or underlying skin conditions. If untreated, fungal infections can lead to serious issues.

Signs of a Fungal Infection

It's essential to identify the symptoms of a fungal infection:

Redness or swelling: Inflamed areas between the toes or on the paw pad.

Itchiness: Frequent licking, chewing, or scratching.

Odor: A sour or musty smell.

Discharge: Yellowish or clear fluid.

Scaly or cracked skin: Signs of irritation or dryness.

Limping: Reluctance to walk.

Consult Your Veterinarian

Before beginning treatment, consult your vet. They can confirm whether the issue is fungal. They may also perform a skin scraping or fungal culture.

At-Home Care and Remedies

Once your veterinarian has diagnosed the infection, you can use the following treatments:

Topical Antifungal Treatments: Over-the-counter antifungal creams formulated for pets can be effective. Look for products containing miconazole or clotrimazole. Gently apply the treatment to the affected area.

Foot Soaks: Regularly soaking your dog's paws can help cleanse and disinfect.

Epsom Salt Solution: Mix warm water with Epsom salts and soak your dog's paw for 10–15 minutes.

Apple Cider Vinegar (ACV): Combine equal parts water and ACV. ACV's natural antifungal properties can inhibit fungal growth.

Medicated Shampoos

Bathe your dog using antifungal shampoos. Ingredients like ketoconazole

or chlorhexidine can help combat infections. Focus on washing the paws thoroughly but gently.

Keep Paws Dry

Fungus thrives in moist environments. After walks, paw soaks, or baths, dry your dog's paws thoroughly. Use a clean towel to prevent moisture from lingering between the toes.



Diet and Immune Support

A healthy diet supports a strong immune system, which is crucial for fighting off infections.

High-quality dog food:

Ensure your dog is getting balanced nutrition.

Supplements: Omega-3 fatty acids, probiotics, and immune-boosting vitamins can help enhance overall health.

Avoid allergens: If food allergies contribute to skin issues, work with your vet to identify and eliminate triggers.



Protective Booties

While your dog is healing, protective booties can shield the paws from dirt, moisture, and further irritation during outdoor activities.

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When to Seek Veterinary Intervention

While many fungal infections can be managed at home, severe or persistent cases require veterinary care. You should return to the vet if:



Symptoms worsening despite treatment. The infection spreading to other parts of the body. Development of open sores or secondary bacterial infections.

Your veterinarian may prescribe oral antifungal medications like fluconazole or terbinafine for more severe infections.

Preventing Future Infections

To avoid recurrence, follow these preventive measures:

Regular grooming: Trim fur around the paws to reduce moisture buildup.

Routine inspections: Check your dog's paws for cuts, foreign objects, or signs of irritation.

Clean living environment: Keep your dog's bedding and play areas clean and dry.

Avoid damp areas: Limit exposure to wet grass, puddles, or muddy terrain.

The Path to Healthy Paws

Treating and curing fungal infections on your dog's paw requires patience and consistency. By combining proper medical care, diligent hygiene practices, and preventive measures, you can help your furry friend stay comfortable and fungus-free. Remember to monitor their condition closely and consult your vet if symptoms persist. Healthy paws mean a happy dog, and your effort will ensure they stay active and pain-free.

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THE ROLEX SUBMARINER 'STARBUCKS'

One of the Most Sought-After Luxury Timepieces in the World

By Contributing Writer

When it comes to iconic timepieces, Rolex stands as a perennial symbol of prestige, precision, and enduring style. Among its celebrated collections, the Submariner has achieved legendary status as the quintessential diver's watch. Within this lineage, the Rolex Submariner 'Starbucks' — so nicknamed for its striking green and black color scheme — has emerged as one of the most coveted luxury watches globally. **A Bold Evolution of the Submariner Legacy**

Rolex introduced the Submariner 'Starbucks,' officially known as the Submariner

Date Ref. 126610LV, in 2020. This watch is a successor to the famed Submariner 'Hulk' (Ref. 116610LV), which itself was a groundbreaking model for incorporating a vibrant green dial and



bezel. In contrast, the 'Starbucks' features a green Cerachrom bezel paired with a classic black dial, a design that blends boldness with subtle elegance.

This design shift marked a return to the roots of the Submariner line while still pushing the boundaries of modern watch aesthetics. The 'Starbucks' is the perfect marriage of tradition and innovation, which has fueled its appeal among collectors and enthusiasts alike. **What Sets the 'Starbucks' Apart**

Refined Dimensions and Proportions: One of the most significant updates in the

'Starbucks' is its case design. Rolex opted for a slightly larger 41mm case, up from the traditional 40mm, but refined the lugs and bracelet to create a more balanced and ergonomic profile. The result is a watch that feels contemporary while maintaining the unmistakable Submariner silhouette.

Green Cerachrom Bezel: The bezel is arguably the watch's most eye-catching feature. Crafted from Rolex's proprietary Cerachrom material, the green bezel offers a vivid yet deep hue that resists fading and is virtually scratch-proof. Its unidirectional rotating mechanism is designed for divers, providing precise timing for underwater adventures.

Rolex Caliber 3235 Movement: The Submariner 'Starbucks' is powered by the Rolex Caliber 3235, a self-winding movement known for its robustness, reliability, and superior accuracy. Certified as a Superlative Chronometer, the movement boasts an impressive power reserve of approximately 70 hours and is resistant to shocks and magnetic interference.

Versatility

While the Submariner was initially conceived as a tool watch for divers, the 'Starbucks' seamlessly transitions from casual to formal settings. Its striking yet versatile design makes it a standout piece, whether paired with a wetsuit, a leather jacket, or a tailored suit.

Why the Submariner 'Starbucks' is So Sought-After

Several factors contribute to the overwhelming demand for the Submariner 'Starbucks,' making it one of the most sought-after luxury watches in the world. **Exclusivity and Availability**

Rolex is known for its limited production numbers, and the Submariner 'Starbucks' is no exception. The brand's strategy of controlling supply ensures that demand often far exceeds availability. Securing a 'Starbucks' at retail is a challenge, with waitlists stretching for months, if not years. This scarcity has driven up secondary market prices, often surpassing the retail price by significant margins.

Collector Appeal

The 'Starbucks' has become a darling of collectors due to its design and status as a milestone model. As a bridge between the bold green 'Hulk' and the more understated black-dial Submariners, it represents an evolution of Rolex's aesthetic philosophy. Its unique place in the Submariner lineage enhances its desirability.

Timeless Design

The Submariner's timeless design ensures that it never goes out of style. The 'Starbucks,' with its harmonious blend of green and black, offers a fresh take on this classic while preserving the essential DNA that has made the Submariner a legend.

Investment Potential

Luxury watches like the Submariner 'Starbucks' are increasingly seen as investment pieces. Their value tends to appreciate over time, especially for models that are difficult to obtain or are discontinued. For many buyers, the 'Starbucks' represents not only a statement of personal style but also a sound financial asset.

A Symbol of Excellence

The Rolex Submariner 'Starbucks' is more than just a watch; it is a symbol of craftsmanship, exclusivity, and enduring appeal. Whether you're a seasoned collector, a budding enthusiast, or someone who appreciates the finer things in life, the 'Starbucks' embodies the pinnacle of luxury timepieces.

Its bold yet elegant design, impeccable engineering, and limited availability make it a true grail watch. In a world where trends come and go, the Submariner 'Starbucks' holds its ground as a timeless icon, ensuring its place among the most sought-after luxury watches for years to come.

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How To Create The Ultimate Man Cave

By Contributing Writer

Creating the perfect man cave is about more than just decorating a spare room; it's about crafting a personal retreat that embodies your passions, interests, and relaxation needs. Whether you're designing a sanctuary for gaming, sports, movies, or just hanging out, here's a step-by-step guide to help you create the greatest man cave imaginable.

Define Your Theme and Purpose

Every great man cave starts with a vision. Think about how you plan to use the space:

Sports Hub: Deck it out with team memorabilia, a large-screen TV for game days, and a mini-fridge for drinks.

Gaming Paradise: Focus on a high-end gaming setup with ergonomic furniture and mood lighting.

Home Theater: Create a cinematic experience with recliners, a projector screen, and surround sound.

Relaxation Retreat: Incorporate cozy furniture, a bar, and a pool table or dartboard.

Once you've chosen a theme, stick to it for a cohesive look and feel.

Pick the Perfect Location

The ideal man cave offers privacy and minimal disruptions. Basements, garages, or spare rooms are popular choices. If noise might be an issue, select a space where you can install soundproofing. A garage or basement also allows for more creative freedom, like installing bold wall art or unique flooring.

Invest in Comfortable Seating

Your man cave needs seating that suits your activities and encourages long hours of enjoyment. Options include:

Recliners: Perfect for movie marathons or gaming sessions.

Sectional Sofas: Great for hosting friends and watching the big game.

Bar Stools: If you're adding a bar or high-top table.

Look for durable, easy-to-clean materials like leather or performance fabric.

Upgrade Your Entertainment Setup

A top-notch entertainment system is the heart of any man cave. Here's what to consider:

TV or Projector: A large, high-resolution screen is a must. Opt for OLED TVs or 4K projectors for stunning visuals.



Sound System: Invest in a surround sound system or high-quality soundbar for immersive audio.

Streaming and Gaming: Equip your space with a gaming console, streaming device, or both. Mounting your TV or projector can save space and add a polished touch.

Create a Beverage and Snack Station

No man cave is complete without food and drinks at arm's reach. Depending on your budget and space, consider:

Mini-Fridge or Beverage Cooler: Keep drinks cold and accessible.

Built-in Bar: Include shelves for liquor, a countertop for mixing drinks, and a beer tap or wine cooler for added flair.

Snack Storage: Install a small pantry or countertop for chips, popcorn, and candy.

Personalize the Decor

Your man cave should reflect your personality and interests. Decor ideas include:

Sports Memorabilia: Jerseys, signed photos, and team flags.

Movie Posters: Frame your favorite film posters for a home-theater vibe.

Shelving: Showcase collectibles, books, or action figures.

Custom Wall Art: Commission a mural or use decals to make a bold statement.

Lighting also plays a crucial role. Use dimmable LEDs, neon signs, or smart bulbs to set the mood.

Add Games and Activities

Interactive elements elevate your man cave from ordinary to extraordinary. Depending on your interests, you might include:

- Pool Table or Foosball Table
- Arcade Machines or Pinball
- Dartboard or Poker Table
- VR Gaming Area

These features make your man cave a fun spot for friends and family.

Think About Storage and Organization

Clutter can ruin the vibe. Incorporate stylish storage solutions to keep things tidy:

Built-in Cabinets or Shelves: Store games, DVDs, or sports equipment.

Ottomans with Storage: Perfect for hiding away blankets or remotes.

Wall-Mounted Racks: Display your gear while keeping it organized.

Make It Tech-Savvy

Smart technology can take you to the next level:



Smart Lighting: Change the colors and brightness with an app or voice command.

Universal Remote: Control your TV, sound system, and streaming devices easily.

Wi-Fi Boosters: Ensure strong internet for gaming and streaming.

Don't Forget Comfort Features

To truly relax, consider elements that enhance comfort:

Temperature Control: A fan, space heater, or AC unit keeps the room comfortable year-round.

Rug or Carpeting: Adds warmth and soundproofing.

Blackout Curtains: Block outside light for an immersive experience.

Once everything is in place, invite friends over for a game night, movie marathon, or just to show off your masterpiece. Keep updating your man cave as your interests evolve, and don't be afraid to splurge on high-quality items that will last for years.



With thoughtful planning and a little creativity, your man cave can become the ultimate personal haven.

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Top Stories

By Andrews McMeel Syndication

A Laysan albatross named Wisdom, who lives at the Midway Atoll National Wildlife Refuge, laid what experts believe to be her 60th egg recently, her first in four years. Wisdom is 74 years old, the Associated Press reported on Dec. 6. Laysan albatrosses mate for life; Wisdom's mate, Akeakamai, has not been seen for several years, and Wisdom started stepping out with another male. "We are optimistic that the egg will hatch," said Jonathan Plissner, supervisory wildlife biologist at the refuge. Eggs typically incubate for about two months.

Fake Santa

Visitors at the Great Hall in Winchester, Hampshire, England, are demanding refunds after the quality of the Santa stand-in was not up to their expectations, the Guardian reported on Dec. 10. Comments included that he had a "blatantly fake beard" and "cheap red suit" and called the whole experience a "shambles." "He wasn't very talkative at all -- he didn't seem very jovial. It ruined the experience," said dad Matthew Fernandez, 38, who brought his three children. His children were "in tears regarding the situation and said they knew he was a fake." The Hampshire Cultural Trust said this year's experience is different from last year's and they would offer refunds to customers who had not visited yet.

Sign of the Times

An unnamed woman in Chongqing, China, landed the grand prize of \$1,380 after she managed to avoid using her mobile phone for ... one hour, MSN reported on Dec. 3. A local business organized the "public welfare challenge" aimed to spotlight the issue of smartphone addiction. The winning participant showed up in her jammies and had to lie perfectly still, without benefit of distractions like books or movies. Out of 10 contestants, she was the only one who prevailed.

Ever feel like you're being watched? Someone in Bend, Oregon, has been putting googly eyes on public artwork in local roundabouts, reported the Sacramento Bee on Dec. 8. At least eight statues and sculptures have been "enhanced" so far, and city officials are none too pleased. "While the googly eyes placed on the various art pieces

around town might give you a chuckle, it costs money to remove them with care to not damage the art," read a Dec. 4 post on the city's Instagram page. It seems the adhesive used by the googly bandit can damage the artwork; the city claims to have spent \$1,500 on repairs so far. However, the comments on the city's post were decidedly pro-whimsy: "These googly eyes give me the hope to move forward each day," read one. Others included: "Let us have some fun," "Googly eyes keep my mental health in a good place," and the hard-to-argue-with "LONG LIVE GOOGLY EYES!"

And you thought your commute was tough. International student Guangli Xu, 28, currently in his final semester at the Royal Melbourne Institute of Technology in Australia, went viral in early December after posting a video on Douyin (the Chinese version of TikTok) documenting his weekly commute. That is, his weekly 5,468-mile commute. Xu told SBS Mandarin that the trip from his hometown of Dezhou in China's Shandong province to Melbourne and back -- a journey he made 11 times between August and October -- costs about \$1,500, which ends up being comparable to what his cost of living would be if he stayed in Melbourne full-time. "But I think the money is better spent [in China]," Xu said, "because the overall cost here is lower."

The debate about a War on Christmas may be something of an annual tradition in American news media, but a recent letter from Vitaly Borodin, head of Russia's Federal Project on Security and Combating Corruption, names Santa Claus himself as the key figure in an international Christmas conflict. According to Newsweek, Borodin's letter to Russia's Prosecutor General, first reported by the Russian news outlet Meduza, calls St. Nick a "foreign agent" and expresses concern that the jolly old elf is replacing Father Frost (also known as Ded Moroz), the country's traditional Christmas figure. Borodin has at least one notable supporter in Mikhail Ivanov, deputy of the Bryansk regional parliament, who told the Russian outlet Life, "Santa Claus has become not so much a symbol of Christmas as a symbol of commerce and mass production." Ivanov has called for Santa merchandise to be replaced with that of Ded Moroz all over Russia. Someone's getting coal for Christmas.

Crossword by Myles Mellor

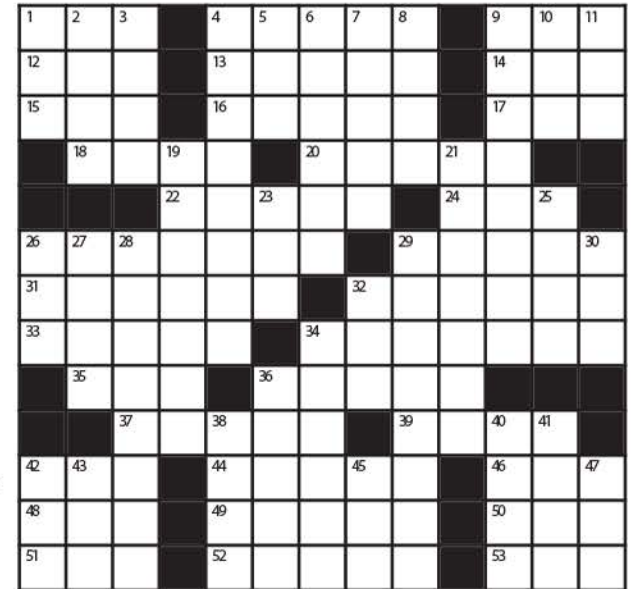
Across

- ___ Bon Jovi
- Approximate date
- Bedridden
- Super N__ star
- Parts
- Senate vote
- Stomach
- Mother-of-pearl
- Part of a foot
- Stand for
- Give the slip
- Caring profession
- Get to
- Groups of geese
- Scottish court officer
- Gr. public squares
- Second-smallest continent
- Massenet opera
- Set the boundaries of
- Completely
- Lets out
- Marking post
- Hankering
- All for it
- Take over
- Testing ground
- Greetings
- Like some currents
- U.N. arm
- Sprinkle
- Combatant
- Frequently, in poetry

Down

- Scribble
- Roman egg
- Designation
- Medical tubes
- Shak__ singer
- Break
- Cut up
- Confused
- Linking communication system
- Asian language
- Potassium hydroxide
- In an annoyed fashion
- One who keeps a journal
- Legal thing
- Visored cap
- Old pistol

Print this Page! Ctrl + P



- Ruler
- Football structure
- Reproduce
- Moisten flax
- Night of poetry
- Bare
- Bow application
- Pear-shaped string instrument
- History Muse
- Better ___
- Doctorate
- Home of the girl from Ipanema
- Computer capacity
- Human simulator

Bad Dad Jokes

Got my wife a wooden leg for Christmas. - Not her main present, it's just a stocking filler.



Previous Puzzle





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LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

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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- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, Golden PAC has offered Musical Theater workshops for children and teens for over 35 years. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. All enrollees are guaranteed a part regardless of prior training or experience. Workshops are presented in the spring, summer, and fall. Each workshop culminates with a professional-quality production of a licensed Broadway musical in which young people play all the roles. <https://www.goldenpac.org/> Now in a brand new location!



Tourism Tips For Traveling With Kids

By Contributing Writer

Traveling with kids can be one of the most rewarding experiences a family can share, but it also requires thoughtful planning and a dash of patience. Whether you're embarking on a road trip, flying to a distant country, or exploring a nearby city, keeping kids happy and engaged is key to a successful trip. Here are some practical tips to make your family vacation enjoyable for everyone.

Choose Kid-Friendly Destinations

When selecting a destination, consider places that cater to families. Look for attractions like theme parks, zoos, aquariums, or museums with interactive exhibits. Beaches, national parks, and resorts with kids' programs are also great choices. Many cities offer family passes for public transportation or discounted entry to multiple attractions, making it easier to plan your itinerary and save money.

Involve Kids in Planning

Engage your kids in the trip planning process to build excitement and anticipation. Show them pictures of potential destinations and activities, and ask for their input. Older children may enjoy researching places to visit or helping create a travel checklist. When kids feel involved, they're more likely to enjoy the trip.

Pack Strategically

Packing for kids requires balancing their needs without overloading your luggage. Essentials include:

Snacks: Healthy, portable options like granola bars, fruit, or crackers.

Entertainment: Tablets, books, coloring supplies, or small toys for downtime.

Comfort items: A favorite blanket or stuffed animal to ease transitions.

Clothing: Layers to adapt to changing weather and a couple of extra outfits for spills or accidents.

First-aid kit: Include basics like band-aids, antiseptic wipes, and any medications your child might need.

For long flights or road trips, consider giving each child their own small backpack filled with their favorite items.

Keep Travel Times Kid-Friendly

Plan your travel around your children's schedules. If possible, choose flights or long drives during nap times or overnight. Arriving at your destination when your kids are well-rested can make the transition much smoother.

When booking accommodations, look for family-friendly hotels or vacation rentals with amenities like cribs, high chairs, or play areas. Proximity to attractions can also save time and energy.

Embrace the Art of Slow Travel

Children thrive when they're not rushed. Instead of cramming too many activities into one day, prioritize a few key experiences and allow for flexibility. Leave room for spontaneous playtime, naps, or unplanned discoveries. Parks, playgrounds, and open spaces can be

lifesavers for letting kids burn off energy.

Plan for Snacks and Breaks

Hunger and fatigue are the quickest ways to derail a family outing. Keep snacks and water readily available and schedule breaks into your day. Many attractions have kid-friendly cafes or picnic areas where you can relax and recharge.

Consider having a picnic in a park or along a scenic trail—it's an affordable way to enjoy a meal while keeping kids entertained.

Make Travel Educational

Vacations are an excellent opportunity for kids to learn. Talk about the culture, history, or wildlife of the destination. Some museums and landmarks offer kid-focused tours or scavenger hunts that make learning fun. For older kids, journaling their experiences or taking photos can be a creative way to engage with their surroundings.



Prepare for Meltdowns

Even the best-planned trips come with hiccups. Kids may get tired, overstimulated, or frustrated. When meltdowns happen, stay calm and take a moment to address their needs. A quick snack, a hug, or a change of pace can make all the difference. Flexibility and patience are your greatest tools.

Safety First

Safety is paramount when traveling with kids. Consider these precautions:

ID bracelets: For younger children, include your contact information.

Travel insurance: Ensure your family is covered in case of illness or emergencies.

Discuss safety rules: Teach kids what to do if they get separated and establish a meeting point.

Capture the Memories

Family trips create memories. Take photos and encourage your kids to keep mementos like postcards or souvenirs. These tangible reminders of your adventures will be cherished for years to come.

Post-Trip Decompression

After returning home, spend time reflecting on the trip. Look through photos, encourage kids to share favorite moments, and save those funny stories to reminisce over. This reflection keeps the memories alive and strengthens the bond created.

Traveling with kids is about embracing the journey as much as the destination. While it may take extra effort, the rewards are immense: new experiences, strengthened family bonds, and the joy of seeing the world through a child's eyes. With a bit of planning and a flexible mindset, you can turn any trip into a memorable adventure for the whole family.



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KID-CENTERED RESORTS FUN-FILLED VACATIONS FOR THE WHOLE FAMILY

By Contributing Writer

Planning a family vacation can feel overwhelming, especially when trying to accommodate both adult relaxation and childlike wonder. Thankfully, kid-centered resorts offer the perfect blend of entertainment for children and rejuvenation for parents. These resorts go above and beyond to ensure every member of the family has a memorable stay, with curated activities, specialized dining options, and accommodations that cater to families of all sizes.

Why Choose a Kid-Centered Resort? Kid-centered resorts are designed with families in mind. From toddler-friendly play areas to teen-focused activities, these destinations focus on keeping children engaged while giving parents a chance to relax. Many offer all-inclusive packages, so families can enjoy meals, activities, and entertainment without the stress of budgeting during their stay.

The best part? Parents can indulge in spa treatments or lounge by the pool while the kids are busy with supervised activities. These resorts often employ well-trained staff to oversee kids' clubs and activity centers, ensuring your children are safe and entertained.

Top Features of Kid-Centered Resorts

Interactive Kids' Clubs: Most kid-friendly resorts include dedicated kids' clubs tailored to various age groups. These clubs host a variety of activities like arts and crafts, scavenger hunts, and outdoor games. For instance, the Nickelodeon Hotels & Resorts in Punta Cana and Riviera Maya bring beloved cartoon characters to life, offering children the chance to meet their favorite Nickelodeon stars while parents relax.

Themed Accommodations: Families can stay in uniquely rooms that captivate young imaginations. Resorts like Disney's Art of Animation in Florida feature suites inspired by beloved Disney films like *The Little Mermaid* and *Cars*. Kids will feel like they're stepping into their favorite movies, while parents enjoy spacious accommodations.

On-Site Water Parks: Many kid-centered resorts boast on-site water parks, complete with slides, lazy rivers, and splash zones. The Great Wolf Lodge chain, with locations across the U.S., is famous for its indoor water parks, ensuring year-round fun regardless of weather.

Family Dining Options: Dining at a kid-centered resort is a culinary adventure for the whole

family. From pizza and ice cream stations to more sophisticated dining for adults, these resorts balance kid-friendly and gourmet cuisine. Some even offer allergy-conscious menus to accommodate dietary restrictions.



Evening Entertainment: From movie nights under the stars to live performances, evening entertainment is a hallmark of kid-centered resorts. Resorts like Club Med Cancun Yucatan organize nightly family shows, giving everyone something to look forward to after a day of fun.

Top Kid-Centered Resorts to Explore

Beaches Turks & Caicos: This all-inclusive Caribbean gem is a family favorite, offering a 45,000-square-foot water park, Sesame Street-themed activities, and a variety of land and water sports. Parents can indulge in a luxury spa experience while kids have fun with professionally trained childcare staff. www.beaches.com/resorts/turks-caicos

LEGOLAND Resort, California: Perfect for LEGO fans, this resort features themed rooms, interactive play zones, and a full amusement park just steps from your room. Families can enjoy LEGO-building competitions, meet-and-greets with life-sized LEGO characters, and exclusive early park access. www.legoland.com/california

Atlantis Paradise Island, Bahamas: Atlantis is an iconic family resort featuring a massive marine habitat, a thrilling water park, and programs like the Sea Squirts adventure, where kids can interact with marine life. The resort also offers a casino and fine dining options for adults. www.familyfunatatlantis.com

Club Med Punta Cana, Dominican Republic: This resort takes family fun to the next level with its unique CREATICE program, developed in collaboration with Cirque du Soleil. Kids and adults can try circus activities like trapeze and acrobatics,



KIDS FORUM

while the Baby Club Med caters to younger children. www.clubmed.us/t/punta-cana

Tips for Choosing the Right Resort

Consider Your Child's Interests: Does your child love animals, water slides, or superheroes? Choosing a resort that aligns with their interests will make the trip even more magical.

Look for Supervised Activities: To ensure some downtime for parents, opt for resorts with supervised kids' clubs or babysitting services.

Check for All-Inclusive Packages: All-inclusive options simplify budgeting and ensure there are no surprise expenses during your stay.

Evaluate Room Options: Family suites with separate sleeping areas for kids and adults can make a significant difference in comfort and privacy.

Benefits Beyond Fun: Kid-centered resorts don't just entertain—they provide opportunities for children to learn and grow. Many resorts incorporate educational elements like nature walks, cooking classes, or cultural experiences. These activities help children build confidence and create lasting memories.

For parents, the ability to relax while knowing their kids are having a blast is

priceless. Resorts that cater to families can transform what might be a stressful vacation into a seamless and enjoyable experience for everyone.

Kid-centered resorts redefine family vacations, offering a perfect mix of adventure, relaxation, and bonding. With amenities tailored to kids and thoughtful touches for parents, these destinations ensure everyone leaves with cherished memories. Whether you're seeking thrills at a water park, magical moments with favorite characters, or serene beach days, there's a kid-centered resort waiting to make your family vacation unforgettable.



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FASHION

The Best Winter Wardrobe Picks Inspired By Carrie Bradshaw

By Contributing Writer



Knee-High Boots

Carrie often strutted the streets of in knee-high boots, a winter essential that adds sophistication.

Classic Leather Boots: Timeless and versatile, a black or tan leather boots can be paired with anything.

Carrie Bradshaw, the iconic fashionista from *Sex and the City*, is synonymous with fearless style and creativity. Her wardrobe seamlessly blended couture with quirky thrift finds, setting trends that remain influential today.

Statement Coats

Carrie's love for bold outerwear was unmatched.

Faux Fur Coats: Opt for a luxurious faux fur in vibrant hues. Pair it with neutral-toned accessories.

Patterned Trenches: Choose a trench coat in plaid or houndstooth to add dimension to your outfit.

Metallic Puffer Jackets: Embrace shimmer—a silver or gold puffer jacket will keep you warm.

Animal Prints: Leopard or snakeskin boots are a nod to Carrie's playful side.

Chunky Heels: Opt for chunky heeled boots in unique textures like suede or croc-embossed leather.

Tulle Skirts and Layering

Carrie's iconic tulle skirt is a staple for embracing her whimsical side. Tulle can be made weather-appropriate with clever layering:

Chunky Knit Sweaters

Carrie had a knack for combining luxury with coziness. Chunky knit sweaters are a must-have:

Cropped Sweaters: Perfect for layering over high-waisted skirts or trousers.

Oversized Styles: Wear them with skinny jeans or leggings.

Bold Patterns: Think argyle, geometric prints, or even sequined details.

Playful Accessories

Carrie's accessories told a story:

Hats: Experiment with berets, wide-brim hats, or even a sequined beanie.

Scarves: Opt for oversized, patterned scarves in silk or wool.

Gloves: Leather gloves in bold colors like red or cobalt blue are functional and fashion-forward.

The Power of Layers

Layering is a necessity. Mix textures and silhouettes: Combine a satin slip dress with a turtleneck and a long cardigan. Pair leather pants with

a tailored coat and a chunky scarf. Don't shy away from metallic or sequined tops under blazers or capes.

Heels? Yes, Please

Practicality doesn't always have to come first. For a safer yet stylish take: Opt for block heels or wedges. Look for boots or shoes with treaded soles. Metallic or jewel-toned heels can add a festive touch.

Bold Prints and Unexpected Combos

Carrie's style often involved combining clashing prints and textures. Don't be afraid to: Mix animal prints with plaid or stripes.

Pair sequins with cable knits for a high-low mix.

Experiment with vibrant colors like fuchsia, mustard yellow, and teal.

Signature Bags

No Carrie-inspired outfit is complete without a standout bag.

Mini Bags: Tiny bags make a big statement.

Vintage Finds: Hit thrift stores for unique clutches or totes reminiscent of Carrie's eclectic style.

Embellished Bags: Bags adorned with beads, sequins, or feathers are perfect for adding a touch of glamour.

Embrace Your Inner Carrie

Carrie Bradshaw's winter wardrobe is a reminder that fashion should be fun, fearless, and personal. By embracing bold statements and timeless classics, you can create a wardrobe that turns every sidewalk into your personal runway.

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