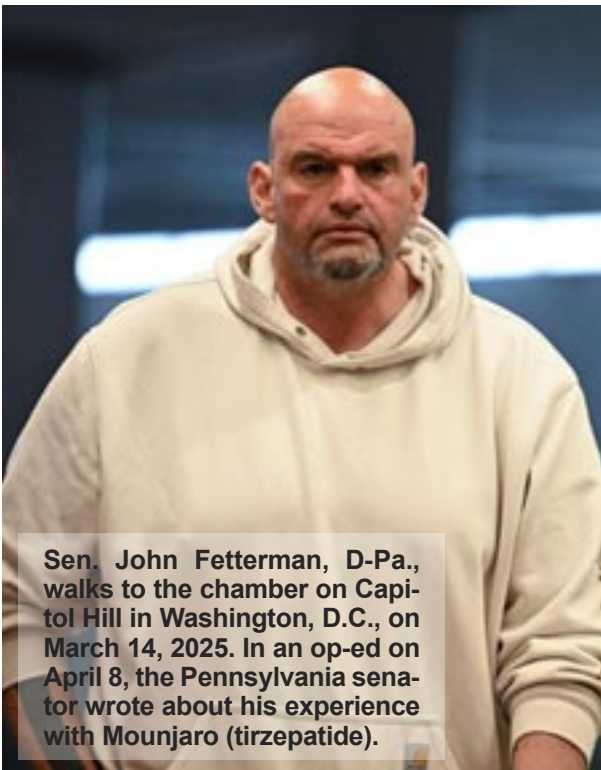


DIABETES AND WEIGHT-LOSS DRUG ‘CHANGED MY LIFE,’ SAYS SENATOR: ‘I FEEL A DECADE YOUNGER’



Sen. John Fetterman, D-Pa., walks to the chamber on Capitol Hill in Washington, D.C., on March 14, 2025. In an op-ed on April 8, the Pennsylvania senator wrote about his experience with Mounjaro (tirzepatide).

Fox News / MELISSA RUDY

A U.S. senator said a GLP-1 drug changed his life — and now he's calling for widespread access to anti-obesity medications.

In a New York Times op-ed on April 8, Sen. John Fetterman, D-Pa., wrote about his experience with Mounjaro (tirzepatide).

The injectable prescription medicine is primarily used to treat type 2 diabetes.

Fetterman was prescribed the medication in July 2024.

"As a stroke survivor, I was interested in studies showing [Mounjaro] could significantly reduce the risk of major cardiac events," the senator wrote. John Fetterman

"Even though I started taking it for my heart health, I've been struck by how much better it has made me feel across the board. It's made a significant impact on my overall health," he continued.

"Aches, pains and stiffness have vanished. Physically, I feel a decade younger,

as well as clearer-headed and more optimistic than I'd been in years. As far as side effects, I've also lost around 20 pounds."

Beyond lowering blood sugar, GLP-1 medications have also been linked to a range of other benefits, including improved heart health, neurological function and metabolic health, as Fox News Digital has reported.

Eli Lilly, maker of Mounjaro, also offers another version of the drug called Zepbound, which is the same medication approved for weight loss, chronic weight management and sleep apnea.

Other GLP-1 medications include Ozempic, Wegovy, Victoza, Saxenda, all made by Novo Nordisk.

Fetterman noted that GLP-1 drugs have been found to have beneficial effects on cholesterol, heart rate and heart inflammation.

"Some recent studies suggest they might even help curb alcohol addiction and support cognitive function, potentially slowing or preventing conditions like Parkinson's and Alzheimer's," he wrote in the Times op-ed.

In the op-ed, Fetterman called for expanded access to these medications, which can cost up to \$1,000 out of pocket if not covered by insurance.

"Currently, Medicare covers these drugs only under specific circumstances, such as for diabetes or heightened heart risk," he wrote. "And Medicaid coverage is even more limited."



Fetterman was prescribed Mounjaro for potential heart health benefits.

Fetterman added that he was not compensated for sharing his experience.

"I'm just a guy who has benefited from these medications and wants to make sure that anyone else who could benefit from them can have access to them, too," he wrote.

While Fetterman shares HHS Sec. Robert F. Kennedy Jr.'s



Insane Aircraft Carrier Takeoff

Click Here

FBI Analyst Targeted in Kash Patel's Book Placed on Leave

NBC Universal / KEN DILANIAN

The FBI has placed an analyst on leave whose name was on a list of alleged "deep state" actors in a book written by FBI Director Kash Patel, two people familiar with the matter told NBC News.



Kash Patel
Kayla Bartkowski / Getty Images

This was first reported by the New York Times. It's unclear what reason the FBI gave for the move, and the agency declined to comment.

Brian Auten, a Russia expert, was the employee who was placed on leave. He was also among the FBI employees recommended for internal discipline by former FBI Director Christopher Wray over mistakes made in connection with the 2017 investigation into links between then-candidate Donald Trump and the Russian government.

A later review by the Justice Department inspector general found no evidence that any FBI employee acted out of political bias in the Russia investigation.

Patel included Auten on a list of roughly 60 alleged "deep state" actors in his 2023 book, "Government Gangsters." Patel denounced the FBI analyst by name, writing: "The fact that Auten was not fired from the FBI and prosecuted for his part in the Russia Gate conspiracy is a national embarrassment."

Patel also accused Auten of downplaying information found on the laptop of former President Joe Biden's son, Hunter Biden.

The FBI director has disputed that the list in his book is an enemies list.

Patel has his own links to the 2017 investigation into ties between President Donald Trump's 2016 presidential campaign and the Russian government.

At the start of Trump's first term, Patel worked for then-Rep. Devin Nunes, R-Calif., as a staffer on the GOP-led House Intelligence Committee.

In that role, Patel authored a memo accusing the FBI of making mistakes when it obtained a warrant to conduct sur-



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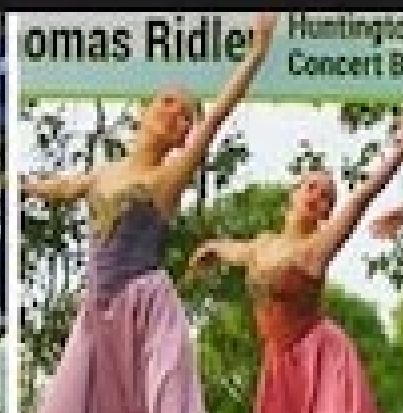
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MOST EXPENSIVE Cars Owned by Richest Celebrities Will Numb Your Head

Designed to reflect the nautical grace of J-class yachts and classic racing cars , this supercar is all about customization. The highly bespoke and luxury car can be extensively modified to meet the owner’s specific requirements. At a whopping 5.8 metres long, it uses a modified version of the Phantom’s aluminum space frame architecture. Under the bonnet, it boasts the same twin-turbocharged 6.75-litre V12 engine and a 0-62mph time of around 5.3 seconds. Their second time on our list of the most expensive cars owned by celebrities, Jay-Z and Beyoncé reportedly commissioned a model. It came complete with a “rear deck” featuring a cocktail table and parasol.

Rolls-Royce Boat Tail



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The Weak That Was America: Home of the Free because of the Brave



Dave Garofalo
Publisher

INSPIRATION

Keep moving forward: "It does not matter how slowly you go, as long as you do not stop"
~ Confucius.

sad truth
Suppose you were an idiot. And suppose you were a member of Government. But then I repeat myself.
Mark Twain (1835- 1910)

THE \$40 HOT DOG AT DODGER STADIUM IS 16 INCHES AND COMES IN A CARRYING CASE

Is the hot dog a home run or did it strike out? The Los Angeles Times recently weighed in with its 2025 stadium food ranking.

By Anna Schier, Patch Staff

LOS ANGELES — The biggest showstopper on the menu at Dodger Stadium this year may be a \$40 hot dog.

The Los Angeles Times included the 16-inch sausage — named The Slugger and served in a comparatively normal-sized bun — in its recent roundup of the best new foods at the ballpark for 2025.

In addition to an enormous jalapeño-cheddar sausage, The Slugger includes cheese sauce, corn relish, tortilla strips and cilantro cream, the Times reported, plus two piles of fries. It is sold by Think Blue BBQ for a whopping \$39.99 and comes in a cardboard carrying case, according to the newspaper.



A fan dressed as a hot dog cheers for the Los Angeles Dodgers in the first inning of a baseball game against the Colorado Rockies, Friday, June 28, 2019, in Denver.

David Zalubowski/Associated Press

DID YOU KNOW

Australia is wider than the moon

Surprising Sports Facts That You Never Would've Guessed



SPORTS

- When Usain Bolt won the 100m sprint in the Olympic final, he only ate chicken nuggets from McDonalds as he didn't want to risk getting an upset stomach from the local cuisine.
- James Fixx, a man who popularized jogging in America died from a heart attack while jogging.
- Babe Ruth wore a cabbage leaf under his cap for good luck and to keep cool. He reportedly changed it every two innings.

These crazy, ridiculous, and almost unbelievable statistics will make you question everything



DID YOU KNOW?

Barcelona, is the only city in the world that has been awarded a Royal Gold Medal for architecture from the Royal Institute of British Architects.

If Animals

HOME ALONE



Could Talk

We believe and practice being fully involved with the communities we serve. This is essential in building good will, encouraging growth and above all staying connected in our backyard

America's Best Roast Beef Sandwiches

Cheapism/Lacey Muszynski

When you're in need of comfort food, classic roast beef sandwiches are a satisfying solution. While they appear all over the United States, there are plenty of regional variations and famous renditions worth exploring. In the

Midwest, pot-roast-style beef is served open-face on bread covered in gravy, and roast beef po'boys are popular on the Gulf Coast. From Baltimore pit beef to California tri-tip, here are some drool-worthy roast beef sandwiches lauded by critics and reviewers.



Lisa D./Yelp

The Greatest Breakfast Sandwich in Every State



Andrew W./Yelp

Maryland: Miss Shirley's Cafe Annapolis and Baltimore

There's no denying Miss Shirley's Cafe has cornered the breakfast and brunch market across Maryland. It has two signature breakfast sandwiches — one Southern themed, with fried green tomato, bacon, and avocado, the other Cuban influenced, stuffed with ham, pulled pork, eggs, and cheese. If you're trying to keep it Chesapeake-themed, there's a tantalizing crab cake eggs Benedict.

Jerry's Roast Beef Garnet Valley, Pennsylvania

What to order: Roast beef sandwich

Located in the Booths Corner Farmers Market, Jerry's Roast Beef is a small, bare-bones operation, but the roast beef is exceptional. It's carved by hand off a huge choice top round roast right on the counter, then piled on Kaiser rolls baked daily. Since it's hand-sliced, the beef is relatively thick, leading to a hearty meal. The beef is topped with cheese and a splash of au jus, plus there's horseradish at the table.

Celebrity Chef Recipes

We've made 165 recipes from celebrity chefs to find the best ones. Here are the winners in each category.



Guy Fieri breakfast burrito on plate with salsa

Business Insider

- Business Insider put over 160 recipes from celebrity chefs to the test to find the tastiest winners.
- We've tried everything from breakfasts and dinners to desserts and specialty bread.
- Some winning recipes came from Guy Fieri, Ree Drummond, Carla Hall, Ina Garten, and more.

Business Insider put the best recipes from celebrity chefs head-to-head to find the most delicious salads, desserts, bread, beverages, and more. Here are some of the winners, from hearty breakfasts to refreshing cocktails.

Breakfasts

The most important meal of the day deserves a great recipe. Food writers Paige Bennett and Tiffany Leigh tested scrambled eggs, omelets, blueberry pancakes, and breakfast burritos to see if they were worth the hype.

The winning chef's scrambled eggs had parsley as a secret ingredient! Read more about the winning recipe and full battle here: I made scrambled eggs using 8 recipes from famous chefs to find the best one. *Editor's note: This story was originally published in September 2021 and most recently updated on December 26, 2024.*

Out of all the breakfast burritos, the best one had steak
Guy Fieri's burrito required a lot out of the cook, but it was satisfying and filling. Tiffany Leigh
Fieri's breakfast burrito recipe calls for ingredients like skirt steak, scrambled eggs, onions, and pico de gallo. This recipe made the best-looking burrito and had an umami flavor thanks to the juicy steak.
Leigh arranged the filling, made up of steak, eggs, diced potatoes and onions, cheese, salsa roja, and lettuce, on the tortilla and then griddled the burrito for a couple of minutes. This gave the burrito a nice golden-brown color and grill marks.
The result was an incredibly satisfying breakfast dish loaded with flavors and textures.

CLICK HERE Watch video to see how to make this recipe!

Crivello Ristorante Italiano



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smallest TOWNS in AMERICA



Mike / Flickr

In a country that boasts metropolises like New York, Miami, San Francisco, and Dallas, it’s easy to forget about the other end of the spectrum — small towns with populations in the hundreds, tens, or even single digits. Tiny towns across America offer a striking contrast to modern hubs; these places, where everyone knows your name and life moves at a much slower pace, hold onto a sense of community and history that often gets lost.

Despite their size, these small towns have rich local traditions, fascinating histories, and unique quirks that continue to attract the curious. Whether it’s the allure of natural hot springs, a quirky one-resident town, or a town where everyone lives in the same building, these spots are some of the smallest (and most interesting) towns in the U.S.

lost Springs. Wyoming Population: 6

Lost Springs may have only six residents today – the sign says 1 – but it was once home to a bustling mining community of over 200 people. Today, the town maintains a post office, general store, and a grassy park.

fun fact: In 1983, Lost Springs successfully fought the Chicago and North Western Transportation Company to prevent them from seizing land to build a railway embankment.

Rare Historical Photos Reveal More Than Immediately Meets The Eye

This 2,000 year-old green serpentine stone mask was discovered at the base of the Pyramid of the Sun in Teotihuacán, Mexico.

Now here’s something you don’t see every day - or even every thousand years. In 2011 this mask was discovered by archaeologists in Mexico beneath the Teotihuacan Pyramid of the Sun. This mask, which was found with a series of other collectibles is believed to have been placed at the bottom of the pyramid as an offering to the gods at the onset of the construction. While this mask was found at the pyramid of the sun, bones and other human remains were found buried at the base of the Pyramid of the Moon. It makes you wonder if there's something fascinating like this item at the base of every pyramid.

Source: Reddit

Vintage Photograph



Mafia Boss Joe Masseria Lays Dead On A Brooklyn Restaurant Floor Holding The Ace Of Spades, 1931

Biggest Boomtowns in Every State



Mikhail Varentsov / Shutterstock.com

GoBankingRates / JORDAN ROSENFELD

Boomtown. The word sounds like it's describing an explosion — and in a way, it is. Boomtowns are considered the fastest-growing cities in America due to rapid business and population growth. An example of such a place is Woodbridge, Virginia, which saw massive five- and eight-year percentage changes in population at 863.35% and 840.66%, respectively.

But Woodbridge isn't the only boomtown out there. GOBankingRates found one in every state by looking at the one-, five- and eight-year changes in population, occupied housing units and owner-occupied housing units of cities with a population of more than 25,000 but less than 500,000. Find out if you're living in one of America's most thriving cities, and see if your city makes the list.

- Arizona: Buckeye**
- Change in population:
- 1 year: 20.47%
 - 5 years: 51.26%
 - 8 years: 70.48%
- Change in occupied housing units:
- 1 year: 22.99%
 - 5 years: 55.65%
 - 8 years: 74.96%
- Change in owner-occupied housing units:
- 1 year: 27.89%
 - 5 years: 102.15%
 - 8 years: 126.85%

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all aspects of our lives resulting in our efforts
to continue to help build a safe and
prosperous and healthy Region to live, work
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God Bless America!

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NATURAL Wonders OF THE WORLD

THE SAHARA DESERT

*The Sahara is the world's hottest
desert, having been known to reach
temperatures of 120 degrees Fahren-
heit during the summer, and it's the*

largest desert outside the polar regions. It spans most of northern Africa, stretching across 10 countries and the disputed territory of Western Sahara. One of the easiest ways to walk through the Sahara is to book a multi-day trip from Fes or Marrakech in Morocco, which usually includes other stops along the way as it's roughly a nine-hour drive to Merzouga, the gateway town for the Sahara.



Anton Petrus/Shutterstock

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	Yates X-Ray Company	FREE Digital Consultation Values at over\$250	9051 Mediterranean Dr	HB	714.599.0399
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	Capone's Cucina	10% off entire Bill, weekend excluded	19688 Beach Blvd #10	HB	714.593.2888
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February Housing Market Improves In Los Angeles Bucking State Trend Statewide, Median Home Price Dropped from January to February

City News Service, News Partner

LOS ANGELES, CA — Home prices in the city of Los Angeles rose slightly in February compared to the previous month, and higher than housing prices one year ago, the California Association of Realtors announced Tuesday.

The \$824,000 median price of an existing single-family home last month reflected a 0.6% increase from January's \$820,000 sales price in the L.A. metro area. The February figure was a 4.4% increase from \$790,000 one year ago, according to the report.

In Los Angeles County, \$852,190 was required to purchase a single-family

mortgage rates at the beginning of February, but the public's growing concern of a recession may also have played a role in the slowdown in housing demand in recent weeks, the report said.

The February statewide median price increased on a year-over-year basis for the 20th straight month, but the gain recorded was the smallest since July 2023, according to CAR.

On a month-to-month basis, the February median price dipped from the prior month, and the monthly drop was larger than the 10-year historical average dip of 0.7% recorded between the two months. The downward trend in the statewide



home last month, a 3.9% decrease from January. A year ago, \$817,100 was the cost of a single-family home, CAR said.

Home prices in Orange County also increased last month, from \$1.43 million in January to \$1.46 million in February. In February 2024, the same home cost \$1.35 million, according to the survey.

Riverside County saw a 0.3% increase to \$646,840 for a single-family home in February, from \$645,000 in January. The price one year ago was \$624,900, CAR stated.

February's statewide median home price was \$829,060, down 1.2% from January but up 2.8% from \$806,480 in February 2024. Year-to-date statewide home sales edged up 2.6%, the survey said.

Also statewide, CAR noted, California's pending sales in February dipped from last year's level for the third consecutive month, but the drop was much smaller than the decline observed in January. The sales dip of homes in escrow could be due in part to a jump in

median price will likely reverse in the coming months, however, as home prices typically begin rising in March and continue climbing until the end of the homebuying season in August, according to the report.

"California home sales rebounded strongly in February after a sluggish start to the year, supported by increased buyer activity and more available homes on the market," CAR President Heather Ozur said in a statement.

"Lower borrowing costs made homeownership more accessible to buyers who were previously sidelined by affordability challenges, while the rise in available inventory will help ease some of the competitive pressures that have defined the market in recent years and set a positive tone for the market for the rest of the year."

The median number of days it took to sell a California single-family home was 26 days in February, up from 22 days in February 2024.

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If You Invested \$1 in Coca-Cola in 1925, Here's What It'd Be Worth 100 Years Later



Alexander Tolstykh / Shutterstock.com

GOBankingRates / G. BRIAN DAVIS
Sat, April 12, 2025 at 12:01 PM PDT
Besides being one of the most iconic brands in the world, Coca-Cola (KO) stock has boasted consistent returns for many decades. The company went public in 1919 for \$40 a share. Suffice it to say that a lot has changed since then. So if you had invested \$1 in Coca Cola (KO) a century ago, how much would you have had today? Coca-Cola in 1925 In 1925, shares of Coca-Cola sold for \$153.625, according to Coca-Cola's historical reporting. Even then, it paid a dividend of \$7 per share. As of this writing, Coca-Cola trades at around \$70 per share. But the company's stock has split

since 1925, and more than a few times. **Stock Splits** Coca-Cola has split its stock no fewer than 11 times since 1925. An analysis by Nasdaq found that a single share of Coca-Cola bought in 1925 would have multiplied into a massive 9,216 shares today. At \$70 a share, 9,216 shares would be worth \$645,120 today. If you had bought only \$1 worth of Coca Cola stock, that would be worth around \$4,200 today. Put another way, you'd own around 60 shares today. Ultimately, an investment that started at \$1 and grew to \$4,200 over 100 years delivered an annualized return of around 8.7%.

Dividends Coca-Cola enjoys status as a "Dividend King" — a company that has consistently raised its dividend every year for at least 50 years. Not many companies can claim that title. In Coca-Cola's case, it can boast 63 years of consecutive dividend increases. And it's been paying dividends since 1920. How many companies can say that? Unfortunately, there aren't accurate records of exactly how much those reinvested dividends would have added to your total return over the past 100 years. But if you owned 60 shares at \$70 per share, at its current dividend yield of about 2.91%, you'd be collecting over \$122 each year in dividends on your \$1 initial investment.

PURSUIT SUSPECT JUMPS INTO ORANGE COUNTY HARBOR TO GET AWAY FROM POLICE

By Michele Gile
A captivating police pursuit involving two separate cars in Huntington Beach came to a wild end after a suspect jumped into the water while trying to get away. The Huntington Beach Police Department started chasing one of the suspects in a stolen Toyota Prius Friday morning. However, officers noticed that the female driver was communicating with another suspect in a separate Prius. Police said neither one would pull over. The woman eventually lost control of downtown Huntington Beach and crashed, allowing police to focus on the other driver. He drove north on Pacific Coast Highway into Sunset Beach before crashing into a wall. Witness Mike Paisley said the Prius's airbags deployed, but the suspect quickly got out and started running away.



He jumped out and ran down the street, you know, like a professional athlete or something," Paisley said. A woman who lives on Park Avenue said the suspect broke her fence while trying to escape police before he jumped into the Huntington Harbour. Another resident said a plain-clothes officer stripped down on the dock before jumping into the water and chasing after the suspect. "They're chasing him with the gun down the street, and he jumps in the water," Paisley said. "They were all looking for him with the paddleboards and stuff sand eventually they got him out of the water and put him in handcuffs." Officers arrested 31-year-old Marco Burgos and later found a gun along the water. Police said the other driver was arrested for auto theft, firearm violations and other crimes.

Bill Gates Reveals How Much of His Over \$100 Billion Net Worth His 3 Kids Will Inherit When He Dies — Here's the Shocking Number

People / NICHOLAS RICE

- Bill Gates revealed the amount of money his kids will inherit after his death on a recent podcast episode
- The Microsoft co-founder is currently the thirteenth richest person on the planet
- Bill shares three kids — daughters Jennifer and Phoebe, plus son Rory — with ex-wife Melinda French Gates

Bill Gates has revealed the amount of money his kids will inherit after his death.

While appearing on an episode of the Figuring Out with Raj Shamani podcast, the Microsoft co-founder, 69, explained that he will leave a very small percent of his fortune to his three children, but it will still amount to a huge financial sum.

"In my case, my kids got a great upbringing and education, but [they will get] less than 1 percent of the total wealth, because I decided it wouldn't be a favor to them," Bill — who shares daughters Jennifer, 28, and Phoebe, 22, plus son Rory, 25, with ex-wife Melinda French Gates — said.

Bill is currently worth \$102.2 billion, according to Forbes' 2025 World's Billionaire List, which means his kids' inheritance would equate to over \$1 billion each.

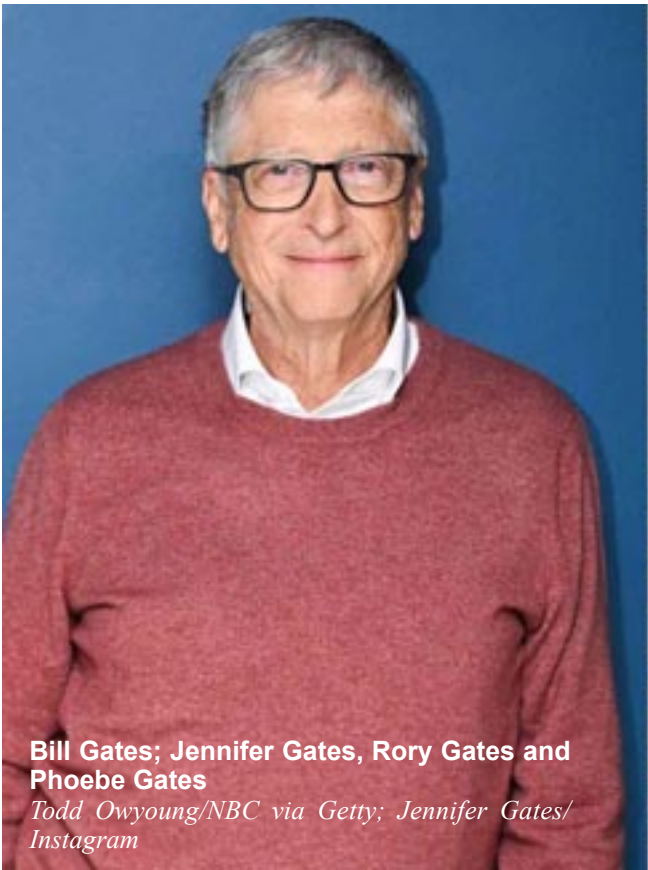
The father of three is the thirteenth richest person on the planet, behind Elon Musk, who leads the list, and others, including Mark Zuckerberg in the No. 2 spot and Jeff Bezos following in third.

According to Bill, he isn't interested in any of his kids following in the family business. "It's not a dynasty. I'm not asking them to run Microsoft," he explained on the podcast.

"I wanna give them a chance to have their own earnings and success, be significant and not overshadowed by the incredible luck and good fortune I had," continued the businessman.

When asked specifically if Jennifer, Rory or Phoebe had ever shared their disappointment that the majority of their father's massive fortune would not be theirs, Bill said, "You don't want your kids to ever be confused about your support for them and your love for them."

"So I do think, explaining early on your philosophy that you're gonna treat them all equally, and that you're gonna give them incredible opportunities, but that the highest calling for these resources is to go back to the



Bill Gates; Jennifer Gates, Rory Gates and Phoebe Gates
Todd Owyong/NBC via Getty; Jennifer Gates/Instagram



neediest through the foundation, [was important]."

Bill, who has long pledged to give the majority of his wealth to address social problems, told CNN in 2024 that he's currently giving away money at a rate of \$9 billion a year.

He also told the outlet that he believes he will meet his goal of no longer being one of the wealthiest men in the world in about 20 years.

"I have more than enough money for my own consumption," Bill said at the time. "I'm getting myself to go down the list, and I'll be proud when I fall off altogether."

Years earlier, the philanthropist said he planned to give "virtually all" of his wealth to The Gates Foundation, which he and his ex founded in 2000.

"I have an obligation to return my resources to society in ways that have the greatest impact for reducing suffering and improving lives," Bill wrote on X.

Read the original article on People

Most Iconic Moments in History

The Aqua-Trail Terra Marina Camper/Houseboat, Circa 1959



In the post-war era, American ingenuity seemed to know no bounds/ We'd split the atom, we were launching things into space, we could change channels on the TV without even having to get out of our La-Z-Boy recliners thanks to the "Zenith Space Command" remote. Of course we can make a road-worthy camping trailer that is also a seaworthy houseboat!

The Aqua-Trail Terra Marina was an attempt to make a go-anywhere camper/boat, and it was not a big seller. Well that's perhaps unfair -- there were only 35 made during the one year (1959-60) the thing was in production. As a trailer, it was pretty simple -- hitch it to your car and pull it down the highway thanks to the two wheels tucked underneath. In the water, it could attain a speed of 7 knots. There are still a few of them around, as anything rare is bound to become a collector's item.

Source: Reddit

On the Vine or Nearby

3 Indigenous Wine Recommendations from Owamni by The Sioux Chef

The Minneapolis restaurant has made headlines for its decolonized food menu, but its drinks program also honors Indigenous ingredients and producers.

By Audrey Morgan

Founded in 2021 by Chef Sean Sherman in Minneapolis, Owamni by the Sioux Chef has become known for its decolonized food menu, which doesn't use any ingredients that were introduced by European settlers, such as dairy, wheat flour, and cane sugar. But what does a decolonized drinks program look like?

"Sean is Lakota Sioux and the original bar manager was Kareen Teague, who's an Anishinaabe or Ojibwe man, and those are the two prominent Indigenous groups from this region," says front-of-house manager Chrissy Sierra. "So [the drinks menu] was born of having the food represented by Lakota folks and the Anishinaabe folks represented in the beverage menu with names and ingredients."

For its non-alcoholic cocktail program, the restaurant sources ingredients that are indigenous to the region, like manoomin (wild rice) and sarsaparilla, and omits any that were introduced to the Americas by European settlers (with the exception of certain herbs like chamomile and lavender that are sustainably grown and "beneficial to our health and well-being," says Sierra). Since bartenders don't use any cane sugar or citrus in cocktails, sweetness may come in the form of agave or maple sugar. For acidity, they might use dried-up sumac berries as a souring agent or play around with the pectins of fresh berries to add texture to a cocktail. "It's been a fun challenge," says Sierra.

On the other side of the menu, Owamni's wine list is entirely BIPOC-sourced, and includes producers from winemaking regions like Mexico's Bruma and South Africa's Kumusha Wines. The beverage program particularly focuses on maintaining a selection of bottles from Indigenous producers around the world. "I like having a wine list that makes people think twice," says Sierra.

Here are three brands from Indigenous producers Owamni recommends to seek out.

Twisted Cedar

This wine brand is fully owned by the Cedar Band of Paiute Indians, one of five bands of the Paiute tribe of Utah. With vineyards in Lodi, California, the winery is Lodi-certified, meaning it maintains more than 150 sustainability practices. "They're a leading sustainability producer, and they've actually influenced other wineries in that region to become Lodi-certified," says Sierra.

"[These rules mean they're] not just organic, they're also treating workers a certain way, treating the land a certain way and not harmfully extracting grapes and resources from the lands," she says. "That's why I really appreciate Twisted Cedar's products. My favorite of theirs is probably the pinot grigio but

we also carry their petite syrah and we occasionally serve their moscato for special events."

Twisted Cedar also produces a chardonnay, cabernet sauvignon, zinfandel, and malbec.

te Pā Wines

Sierra says she likes to put an emphasis on Indigenous wines that aren't only sourced from the Americas. "It's a testament to me that Indigenous people are all over the world," she says. Founded by Haysley MacDonald, a New Zealander who traces his Māori ancestry back to early settlers who landed on the country's Wairau Bar 800 years ago, te Pā Wines produces wines in New Zealand's famed Marlborough region.

MacDonald and his family began converting their existing dairy and crop farm into vineyards in 2003, and officially launched the brand in 2011 with vineyards in the Wairau Bar and Awatere Valley. Sierra particularly enjoys pairing the label's wines with the seafood-forward dishes that executive chef and Pacific Northwest native Lee Garman created for the summer menu. "I thought it was really romantic to have both sides of the Pacific Ocean represented in the restaurant as well," she says.

In addition to the pinot noir and sauvignon blanc that Owamni carries, te Pā produces chardonnay, pinot gris, and pinot noir rosé bottlings, among others. MacDonald also sells wines from the te Pā Reserve, Pā Road, Koha, and Montford Estate labels.

Camins 2 Dreams

This minimal-intervention, LGBTQ-owned label was founded in 2017 by wives Mireiba Taribó and Tara Gomez with grapes grown from vineyards in Sta. Rita Hills, an appellation in California's Santa Barbara County known for its relatively cool climate. It is bottled by their own Kalawashaq' Wine Cellars. A descendant of the Chumash tribe with a degree in enology, Gomez previously produced wines under the Kitá label for the Santa Ynez Band of Chumash Indians, making it the first brand owned by a Native American tribe, before parting ways in 2022.

Owamni has carried Camins 2 Dream's grüner veltliner, which has aromas of pear, green apple, and white flowers. Camins 2 Dreams mainly focuses on cool climate grüner veltliner and syrah, and also produces an albariño and gamay, among other bottlings.



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The Finest Vintage Cars of the 1960's Golden Age



Morven / Wikimedia Commons

Although the Continental had been around since 1939, the fourth-generation model introduced in 1961 broke the mold and ushered in a new era for Lincoln's beloved luxury car.

The trademark fins and fat chrome trim of previous models were replaced by clean, well-proportioned lines devoid of any unnecessary flash.

The fourth-gen model was also the first version to offer rear "suicide doors" that opened from the front, which would become one of the Continental's most distinguishing features for the rest of the 1960s.

1961 Lincoln Continental

Self-Driving Cars in 2025: Where We Are Right Now According to Ride AI

Key considerations for autonomous vehicle development in 2025.

Alex LeanseWriterManufacturerPhotographer

The inaugural Ride AI conference has just concluded in Hollywood, California. This meeting of minds included innovators and influencers on topics related to self-driving cars, entailing hardware, artificial intelligence, and human experience, all in the context of the global future of mobility. At Ride AI, luminaries from across the autonomous driving space met to discuss current focuses and future opportunities for getting people around without people being in control.

Many companies are focused on creating equivalents to or improvements on consumer-ready systems like Tesla's Full Self-Driving or General Motors' Super Cruise. But a recurring notion through the day was that expanding autonomous capabilities of privately owned vehicles is only one small part of the overall pursuit.

The Toyota Research Institute (TRI) thinks autonomous driving development shouldn't just be for its own sake—there needs to be purpose. TRI's representatives see relatively near-term technologies as less of a replacement and more of an assistant or teacher for human drivers. Using the self-driving Supra we previously rode in as an example, TRI hypothesized how such capabilities could teach a driver how to better control their car and intervene in scenarios like a hazard-induced skid that pushes the limits of a driver's skill. TRI encouraged others in the space to not be constrained by narratives of what autonomy is or isn't.

In that sense, work continues to create foundations on which autonomous applications can be built. Nuro is one example. Its early focus was on creating driverless delivery vehicles only intended to carry cargo, not human passengers. However, as Nuro developed, it realized it was matching or outpacing major mainstream automakers. Now it aims to license its autonomous vehicle tech stack to other producers, be they producers of passenger vehicles, roadgoing delivery drones, or something else.

Likewise, Wayve is taking a hardware-agnostic approach, developing an AI-based driving brain that can apply to vehicles of different types and with different sensing systems. Wayve wants to meet its clients' needs by developing an adaptable logic for autonomy from Level 2 up to Level 4. It can function with sensing done by a relatively simple camera-only system or one combining cameras, radar, and lidar. Wayve can train its driving AI in accordance with its clients' hardware parameters and user experience preferences.

User experience is vital for any brand looking to leverage autonomy; using self-driving technology must assuage fears and provide tangible benefits for users whether they are individuals or institutions. User experience is a key consideration at Waymo as it earns and retains new riders. That shows up in small ways, like allowing a rider to choose the onboard music, or correctly rendering details in surrounding traffic, or using interior sensors to alert a rider if they leave something behind.

But driving performance is paramount to Waymo's user experience considerations, and that remains a challenge. Waymo's goal is to deliver consistently safe, predictable, uneventful rides, but how a Waymo car knows to do that in somewhere like San Francisco is vastly different than doing so in Los Angeles, and those locations are subject to the same California traffic regulations. Factors like terrain, driving pace, and road conditions are quite different between those cities, and a Waymo vehicle must know how to navigate each with equal skill. As Waymo seeks to expand into global markets like Tokyo, it needs to learn entirely different driving styles in remarkably different places yet deliver that same user experience.

How autonomous vehicles might learn better driving behaviors is another complex part of the equation. Although sensor-strewn autonomous vehicles collect vast real-world road data every day, that's insufficient to generate logic for all the potential scenarios a self-driving system may encounter. Leaders from Mobileye and Bot Auto stressed the importance of AI simulations—specifically, accuracy of those simulations—to continually, iteratively generate training knowledge for autonomous driving systems. Rather than use distance driven in simulations as a metric, measuring accuracy of simulations is at least as important. That accuracy can be based on typical road data, as well as by re-creating accidents and hazards. But no matter how precise AI simulations might become, real-world data must remain part of the pursuit so that hardware problems or road scenarios outside of AI's grasp can be part of the considerations.

The United States regulatory environment poses its own impediments to autonomous vehicle deployments. Fragmented and remote oversight by different local and federal agencies leads to a confusing, inefficient path to getting technology on the road. China could serve as a model for structuring a regulatory framework for autonomous vehicles. That country's government is relatively receptive to self-driving cars, establishing clear regulations and procedures that creators can reference to self-certify their developments. With these rules laid out clearly and transparently, technologists and consumers alike have less ambiguity about an autonomous vehicle's qualifications or capabilities. As such, robotaxi services in China such as Baidu's Apollo Go or Pony.AI find increasing popularity and integration on urban roads.

Big ideas and insights were in no short supply at the Ride AI conference. Yet this diversity of thought also indicated a need for closer alignment between all related parties. With this, technology developers, automakers, and government regulators can reduce inefficiencies and increase understanding for what it takes to succeed in tomorrow's autonomous vehicle industry. The first Ride AI provided an environment for these synergies to take hold—so discussions at future editions of the conference can more quickly accelerate autonomous mobility.



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The food market continues to expand at an accelerated rate, with manufacturers and brands adding new products every day. Business is booming, with grocery store sales having more than doubled in the last 30 years in the US alone.

Consumers love to consume products that are tasty and cost-effective, but have we ever stopped to look behind the veil and investigate exactly what's in our foods? From beaver butt secretion to sheep sebum in our chewing gum, there's a lot out there that you won't find advertised at Walmart.

Fat-Free Salad Dressing
Company: Newman's Own and others
Market Share: \$25.34 billion total salad dressing market*
Ingredient: No fat (which is the problem)

There are a lot of reasons to ditch fat-free dressing, and it's not just because it doesn't taste as good. When you think about it, the reason most people eat a salad is because it's low in calories and the vegetables have a lot of nutrients in them. You feel good after eating a salad. There's no bloating that you get after you have a Big Mac and fries.

However, fat-free salad dressing might undo all the progress you made eating the salad. A small, reasonable amount of fat helps your bloodstream absorb the nutrients in the salad. If you have fat-free dressing, you won't absorb your lunch or dinner's vitamins and minerals as well.

@healthygrocery / Pinterest.com

Whipped Cream
Company: Reddi-Whip and others
Market Share: \$820 million*
Ingredient: High fructose corn syrup, hydrogenated oils

Whipped cream is a nice treat atop a hot cocoa or a latte, but you shouldn't eat it every day. Sadly, spraying an entire bottle of Reddi-Whip into your mouth just isn't the best option. The reason why has to do with the high fructose corn syrup, which everyone knows is food's bad guy.

The hydrogenated oils in whipped cream are another source of concern. According to Healthline, the trans fats in these oils have been shown to

cause heart problems, as they increase LDL levels while decreasing HDL. The moral of the story? Keep the whipped cream to a minimum.

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Kombucha
Company: KeVita, Yogi, and more
Market Share: \$2.59 billion*
Ingredient: Sugar

Dentists had a lot of negative things to say about kombucha, the health craze that a lot of people swear by. Kombucha is sweet, fermented tea. It's made of sugar, tea, and yeast. Though the ingredients list is simple, the sugar is something to watch.

In addition to the negative effects of sugar on your weight and entire body (sadly, the most delicious additive is the deadliest), kombucha can be as harmful for your teeth as a sugary soda. It can cause gum disease, tooth decay, and discoloration to the surface of your teeth. The CDC recommends not consuming more than four ounces of kombucha, one to three times a day.

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Granola Bar
Company: Quaker, Nature Valley, Kind, etc.
Market Share: \$5.75 billion by 2029
Ingredient: Sugar

Reaching for a granola bar is often considered a healthy snack. After all, it's not like you're reaching for a donut, right? Well, you'd be surprised at how much sugar is in a granola bar—in some cases, you'd be better off chowing down into an éclair.

Though granola bars are thought of as a safe snack, they often are high in sugar. Dieticians listed the worst granola bars to eat, according to Eat This Not That. Their no-no list includes fan-favorites like Nutri-Grain Strawberry Bars, Chocolate Brownie Cliff Bars, Quaker Chewy Dips Peanut Butter, Kashi Honey Almond Flax, and Atkins Chocolate Crisp Bars. Though the packaging might look okay, skip these bars—they're not doing you any favors. And, as always, check the back of the box before buying.

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The American Companies That Aren't Actually American Anymore

By Kate Prince/Business

Many brilliant companies – from Apple to Starbucks – have been founded in the United States, starting out as small ventures to become international leaders in their fields. However, the world of business isn't always as straightforward as it looks. Regardless of how well-rooted a company's American history is, it doesn't mean that it will always belong to Uncle Sam.

In fact, many quintessentially American brands are no longer American-owned at all. From Ben and Jerry's to IBM and Holiday Inn, overseas investors have played a big part in keeping these companies moving forward. Without them stepping in, some of them may have ceased to exist altogether.

Budweiser

Original Headquarters: St. Louis, Missouri

Purchased By: Anheuser-Busch InBev

Country: Belgium

When it comes to beers, many people assume you can't get more American than Budweiser. There was a time when that was true, but sadly, the beverage company founded in 1850s Missouri is no longer an American company, even though it says "America" on the can.

In 2008, the company cashed in when they sold to Belgium beer powerhouse InBev for a whopping \$52 billion. Many people don't realize that Budweiser has an American history now, but not an American future. Luckily, the owners may have changed, but the taste has stayed the same.

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Ben & Jerry's

Original Headquarters: South Burlington, Vermont

Purchased By: Unilever

Country: England

Ice cream company Ben & Jerry's has made a name for itself as a pop-culture staple. The brand is mentioned in countless movies and TV shows as one of America's most-beloved foods. The origin story is



Burger King

Original Headquarters: Miami, Florida

Purchased By: Restaurant Brands International

Country: Canada

Fast food has long since been an institution in the United States, with many names, including Burger King, making a huge amount of profit. James McLamore and David Egerton first opened their store called "Insta Burger King" in Miami back in 1954.

Little did they know they were creating an international brand.

Just over 10 years later, Burger King was sold for the first time. Since then, it's been owned by several companies. As of 2020, Canadian company Restaurant Brands International is the proud owner of the Big Whopper, which merged with Tim Horton's. BK still receives financial backing from NYC's 3G Capital.

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Sunglass Hut

Original Headquarters: Miami, Florida

Purchased By: Luxottica Group

Country: Italy

For eyewear lovers, Sunglass Hut is the one-stop shop to cater to every single need. From clear glasses to tinted, the company has stores in India, the United Kingdom, South Africa, and more. Of course, it originated in Miami, Florida as the brainchild of optometrist Sanford Ziff.

Five years after opening its 100th store in 1986, Sunglass Hut was sold. These days, it's part of the Luxottica Group who made the purchase in 2001 for an eye-watering \$653 million. At the time, over 1,300 stores existed. Now, close to 2,000 exist across the globe, with 81 of these existing in the United States.

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sweet too, with best friends Ben Cohen and Jerry Greenfield opening their own parlor in 1978.

In 2000, Ben & Jerry's announced it had been bought by London-based conglomerate Unilever. The deal was struck for \$326 million, with Unilever being the highest bidder out of three different companies looking to make the takeover. The purchase helped to boost Unilever's portfolio.

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FAMOUS MURDERS THAT REMAIN UNSOLVED

By Thomm Quackenbush

Despite what television would have you believe, not every murder is solved in under an hour. No matter how much effort police put into the cases at the time and amateur sleuths do afterward, some murders will never be solved.

That's not to say that all unsolved murders are created equal. For some, almost everything about the case is unknown: the culprit, the victim's identity, the method, the motive. On occasion, the best the police can tell the public is that someone was definitely killed, but anything after that is nebulous. With other cases, everyone knows who did it, but they managed to get acquitted or gave the police an alibi. In still others, the only reason that witnesses aren't pointing fingers at the culprit is that these fingers will be immediately cut off — along with their heads.

However, for what little good it did for the victims, sometimes being unable to solve a murder drives those left behind to improve the world so that no one else has to suffer the same fate.

Alexander Litvinenko: radioactive tea



Natasja Weitsz/Getty Images

Alexander Litvinenko was a former lieutenant colonel in the Russian FSB before receiving political asylum in Great Britain after being charged with abuse of office. He was bold about making enemies of powerful people, such as telling Indymedia London that Vladimir Putin is "the originator of the acts of terrorism in London" and that the Russian special services engage in terrorism worldwide. When accusations against the Russian government come out of one's mouth, one must be careful what goes into it.

No amount of polonium is safe to have in one's body, but the dose Litvinenko received was unambiguous. He lived for three weeks after the poisoning. Whoever did this not only wanted to silence him but demonstrate what could happen to their enemies.

Dmitry Kovtun, an ex-KGB agent, told the BBC's Russian service that the accusation of his involvement was "completely absurd," though he was with Andrei Lugovoi, the chief suspect. The two met Litvinenko at the Millennium Hotel on November 1, 2006, when it is suspected that they spiked his tea with polonium, according to The Telegraph. After the murder, Lugovoi became a celebrity in Russia and was elected the MP of the Liberal Democratic Party.

Given the reach of the likeliest sources of his murderers, it is no surprise that the case has yet to be solved. Those who might have information are less likely to want to go public with it for fear that they could meet a similar fate.

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THE #1 FOOD YOU SHOULD LIMIT TO REDUCE YOUR RISK OF HIGH BLOOD PRESSURE, ACCORDING TO DIETITIANS

Eating Well
ELIZABETH SHAW, M.S., RDN, CPT
Reviewed by Dietitian Karen Ansel, M.S., RDN

"Key Takeaways"
Deli meats are the top food to limit to reduce the risk of high blood pressure. Their sodium and nitrates have been shown to raise blood pressure.

These meats are also low in fiber, a nutrient that protects against hypertension.

More than half of American adults have high blood pressure (aka hypertension), a silent condition that raises the risk of heart attack and stroke. Yet, as prevalent as high blood pressure is, there are steps you can take to prevent it. One of the most powerful is diet. While there are lots of foods to protect against high blood pressure, there are others that can cause it. And research has found that one of the biggest offenders is processed deli meat. It's so potentially troublesome that one study found that consuming as little as 17 grams of processed meat per day (slightly more than a half-ounce) may increase a person's odds of hypertension.

If you're eating a deli sandwich while you're reading this, don't panic. One meal won't cause hypertension. But there are important reasons to limit this blood pressure-raising food. Read on to learn why deli meat spells bad news for blood pressure, plus dietitian-approved alternatives to keep your numbers in check.

HOW PROCESSED DELI MEAT MAY INCREASE THE RISK OF HIGH BLOOD PRESSURE

It's High in Sodium

Food manufacturers add sodium to deli meat to improve taste and help maintain texture and shelf life. "Deli meat is one of those foods where the sodium content can be surprisingly high," says Drew Hemler, M.Sc., RD, FAND, a registered dietitian and lecturer and advisor in multidisciplinary studies at Buffalo State University. "A standard 3-ounce portion—just a few slices—can deliver a serious sodium hit." Take deli ham, for instance. One 3-ounce serving packs roughly 750 milligrams of sodium. That's roughly two-thirds of the maximum 2,300 mg of sodium most of us should eat in an entire day (and half the 1,500-mg limit the American Heart Association recommends for people with high blood pressure).

Why is sodium such a problem? "High sodium content may cause your body to retain water, increasing blood volume and putting extra pressure on your blood vessel walls, which directly impacts blood pressure," says registered dietitian Patricia Bannan, M.S., RDN, author of *From Burnout to Balance*. Considering the typical American consumes an average of 3,400 mg of sodium daily, every bite counts. Since even reduced-sodium deli meats can contain surprisingly high sodium, label reading is a must.

It Contains Blood Pressure-Raising Preservatives

Sodium isn't the only additive in processed deli meat that's bad for blood pressure. Many deli meats also contain added nitrates and nitrites. These ingredients are added during processing to improve color and flavor and protect against bacterial contamination.

It doesn't help that these substances are confusing! While nitrates and nitrites naturally found in fruits and vegetables have been found to be beneficial for blood pressure and heart health, nitrates that are added to processed foods, like deli meat, have the opposite effect. According to emerging research, added nitrites may raise blood pressure by narrowing the arteries. In addition, these compounds have also been linked to insulin resistance, coronary heart disease and cancer. So, it's a good idea to limit them as much as possible.

It Lacks Fiber

When you think of fiber, digestive health might be the first thing to come to mind. However, fiber also plays an important role in heart health, including blood pressure. In fact, research published in the American Heart Association's journal *Hypertension* recommends dietary fiber as a treatment for blood pressure control. That's because fiber is believed to feed your good gut bacteria, helping them produce blood pressure-lowering compounds called short-chain fatty acids.

Trouble is, deli meats are completely devoid of fiber. Better bets are naturally fiber-rich whole foods, like fruits, vegetables, beans, lentils, chickpeas and whole grains. These foods are staples of the DASH diet, an eating plan with a long, proven track record for lowering blood pressure. But if a turkey sandwich is your only option, order it on whole-wheat bread and pile on the lettuce, tomato, avocado and onion for fiber.

Foods to Focus On for Healthy Blood Pressure

While deli meat may be trouble for blood pressure, there are lots of foods you can eat to improve your numbers, like these.

- Fruit. Fruit is rich in potassium, a key nutrient for healthy blood pressure. This mineral works by balancing the blood pressure-raising effects of sodium in our diets. , Both fresh and dried fruits are great ways to get more potassium, especially apricots, prunes, bananas and watermelon (our favorite food for lower blood pressure!). Plus, they're also rich in fiber.

ENTERTAIN IN STYLE WITH A SAVORY DESSERT

Serve a Warming, Roasted Soup

Family Features
On those unpredictably chilly spring days, you may long for a warming meal. Try this Roasted Tomato Soup for an easy, savory option that pairs well with a grilled cheese sandwich then find more delicious soup recipes at Culinary.net.



CLICK HERE Watch video to see how to make this recipe!

Roasted Tomato Soup

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

- 3 pounds tomatoes
- 1/2 onion (optional)
- 1 garlic bulb (optional)
- 1 tablespoon garlic powder
- 2 teaspoons onion powder
- 1 tablespoon sugar
- 1 tablespoon mesquite seasoning
- avocado oil
- 1 1/2 cups broth of choice
- 1 cup heavy whipping cream
- salt, to taste
- pepper, to taste

grilled cheese sandwiches, for serving (optional)

Heat oven to 375 F.
Slice tomatoes. Slice onions and garlic, if desired. Place in baking dish.
Sprinkle garlic powder, onion powder, sugar and mesquite seasoning over tomatoes. Drizzle avocado oil over top and mix well.
Bake about 1 hour. Blend until smooth.
Pour into pot and mix in broth and whipping cream. Bring to simmer and add salt and pepper, to taste.
Serve with grilled cheese sandwiches, if desired.

• Vegetables. Like fruits, vegetables are loaded with potassium. And they're among the best sources of fiber. Top choices include potatoes, beets, leafy greens, avocados, beans and legumes. Thanks to quick, convenient options like bagged salad and spinach, canned beans and lentils and frozen veggies, getting your fill is easier than you might think.

• Low-Fat Dairy and Dairy Alternatives. Low-fat dairy is another DASH diet staple that's rich in blood pressure-regulating potassium and calcium. "Calcium supports contraction and relaxation of blood vessels," says Hemler. "You don't need to stick to dairy. Yes, milk and yogurt are great, but leafy greens like kale and bok choy, tofu, almonds and calcium-fortified plant milks also count."

• Whole Grains. In addition to dietary fiber, whole grains provide magnesium, which also supports healthy blood pressure. "Magnesium keeps blood vessels relaxed and helps regulate other key minerals like calcium and potassium," says Hemler. To make sure you're getting the most bang, opt for 100% whole grains when choosing bread, pasta and cereal.

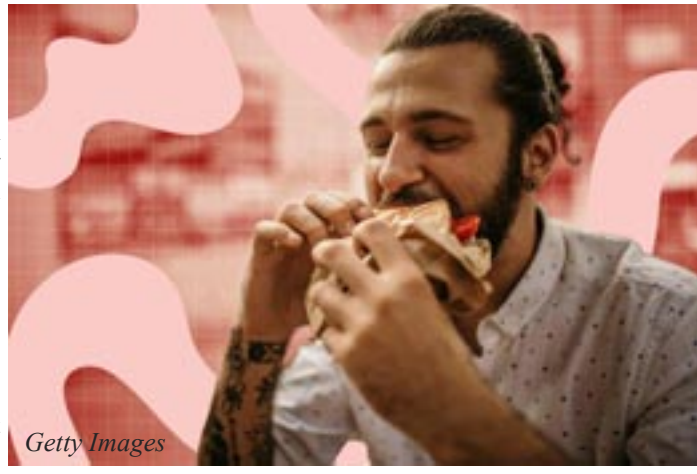
• Fatty Fish. Fatty fish are rich in DHA and EPA, long-chain omega-3 fats that have been shown to reduce blood pressure. While all fish are good for you, salmon, mackerel, anchovies, herring and sardines are the best sources of these heart-healthy fats.

• Water. "Consistent fluid intake like water keeps your blood volume stable and helps your kidneys flush out excess sodium," says Hemler. "When you're even mildly dehydrated, your blood vessels can constrict, and your blood pressure may increase." In addition to water, hydrating foods like cucumbers, melons, oranges and lettuce can also help you get the fluids you need, he says.

The Bottom Line

Deli meats deliver a double-edged sword when it comes to high blood pressure. On one end, they're filled with blood pressure-raising sodium and nitrates. On the other, they're low in fiber, which helps protect against hypertension. That's why deli meats are the No. 1 food to limit to reduce your risk of high blood pressure. We're not saying you can never eat a ham or turkey sandwich again, but the fewer deli meats on your plate, the better. So, next time you need a quick lunch from the deli, order a tuna sandwich on whole-wheat bread instead. Your heart will thank you.

Read the original article on EATINGWELL



Getty Images

LAST CALL: These Chain Stores Are Closing Locations in 2023

The retail sector can often be fickle, even when the company is loved and established. Some of the titans in the industry have faced tough times in recent years, with even the seemingly infallible ones shuttering locations for good.
From Aldi to Costco, Walmart, and even designer stores, it looks like no one is safe. Business status can change on a dime, but let's see which household names are closing the doors for good in 2023. Will your local store be next – or has it managed to escape the retail apocalypse?

Pet Valu
Year Established: 1975
Store Closures: 358 Branches*

For decades, Pet Valu was a discount way to get supplies and services for your pets. Fans of the chain were disappointed to learn that Pet Valu was going to close down all 358 of its stores. The announcement was made in November of 2020, and the closures are still ongoing.

Pet Valu said it was winding down all of its operations, including corporate offices and warehouses. The beneficiary of this closure ended up being Pet Valu's former rival, Pet Supplies Plus. Pet Supplies Plus acquired forty of Pet Value's stores, and it announced in December of 2020 that it would rebrand Pet Valu in P.S.P.'s image.

©Raymond C. Eichelberger / Shutterstock.com

The Gap
Year Established: 1969
Store Closures: 350 branches – all UK and Ireland Locations*

In addition to as many as 350 store closures worldwide leading up to 2024, The Gap has had a massive restructuring and rebranding happening in an effort to stay ahead of the competition and reduce overhead.

With more than 2,300 domestic locations, former CEO Art Peck predicts that more than 50% of all The Gap's locations could be closing in the coming years as part of this shift. Overseas customers have already seen many Gap stores shuttering in recent years, with especially large cutbacks in Israel and Australia.

©Alex Millauer / Shutterstock.com

Victoria's Secret
Year Established: 1977
Store Closures: 30-50 Branches*

Victoria's Secret was founded by Roy and Gaye Raymond in 1977. The lingerie store is credited with bringing hip, fashionable lingerie into the mainstream. The company later opened its subsidiary Victoria's Secret Pink, which includes apparel and sleepwear. It was Pink that ended up closing first, as Victoria's Secret decided to focus solely on lingerie.

In 2019, Victoria's Secret became the largest retailer of lingerie in the US but has seen sales gradually decrease. To keep revenues up, the company closed more than fifty locations in 2019 and 250 in 2020 in order to compete with the demands of e-commerce. CEP Stuart Burgdoerfer told ABC News, "We would expect to have a meaningful number of additional store closures beyond the 250 that we're pursuing this year, meaning there will be more in 2021 and probably a bit more in 2022."

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Urban Outfitters
Year Established: 1970
Store Closures: TBD*

In the first quarter of 2020, Urban Outfitters' stock dropped a whopping 32%. The store's fate has only worsened in the months since, and one Barrons.com stock analyst said to sell the stock in July of 2020. In-store sales have dropped significantly.

Urban Outfitters has done better on digital sales however, seeing a 76% rise in new digital customers in the second quarter of 2020. However, though digital sales are still sales, retail locations continued to under-perform well into 2021. Urban Outfitters has been around since 1970 infiltrating "trendy" niche in the retail sector. However, it takes more than just a niche to keep a business surviving and thriving. There could be tougher times ahead.

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DIABETES AND WEIGHT-LOSS DRUG ‘CHANGED MY LIFE,’ SAYS SENATOR: ‘I FEEL A DECADE YOUNGER’

views of prioritizing nutrition and healthy living, he said he believes the medications are necessary for some.

"I fully agree that diet and lifestyle matter — a lot. But diet alone isn't enough," he wrote. "For the millions of Americans struggling with serious health issues, medication can be a crucial first step to regaining enough control of their health to begin making meaningful lifestyle changes."

Dr. Marc Siegel, clinical professor of medicine at NYU Langone Health and Fox News' senior medical analyst, noted that semaglutides, including Ozempic and Wegovy, are "very important drugs" for type 2 diabetes, with increasing use for obesity.

"Though these drugs appear to have beneficial uses for the heart and lipid profile — and also the brain and decreasing dementia risk — studies are ongoing and more data is still needed," he told Fox News Digital.

The first approach to obesity is lifestyle changes, including exercise, improved diet and optimal sleep, Siegel said.

"Having said that, these weight-loss drugs (including Zepbound) are also good tools when lifestyle is not enough," he noted.

"They help prevent down-the-line diseases such as heart disease, stroke, high blood pressure and sleep apnea, which tend to come from obesity."

He added, "Overall, we are saving the healthcare system money, so I would like to see Medicare and Medicaid approve them for diabetes and weight loss."

Dr. Brett Osborn, a Florida neurologist and longevity expert, said he's been prescribing GLP-1s to his patients since 2019.

"Mounjaro and its cousins aren't just weight-loss tools — they're metabolic reset buttons," he told Fox News Digital.

"People with metabolic syndrome don't need lectures on kale and the importance of exercise. They need help."

Osborn agreed that lifestyle is essential, but is "rarely sufficient."

"GLP-1s give patients momentum by getting the ball rolling," he said. "And when that happens, health habits are formed. Diet improves. Movement improves. People start to feel the benefits of healthy living."

Osborn noted that these medications aren't cosmetic, but therapeutic.

"I've seen what they can do firsthand: reductions in body fat, inflammation, glucose, triglycerides and insulin resistance — and with those, significant reductions in the incidence of stroke and heart attack."

President Donald Trump's administration recently announced that Medicare and Medicaid would not cover the medications, as the Centers for Medicare and Medicaid Services said late Friday.

Osborn said the move to block coverage likely doesn't have to do with efficacy.

"Trump knows these medications work," Osborn said. "I believe this is a signal aimed squarely at Big Pharma: 'Lower the price, or Medicare, the biggest buyer on the block, is out.'"

"This isn't a dismissal — it's leverage," Osborn said, stating his opinion on the matter. "President Trump will likely negotiate until the 'price is right,' disempowering Big Pharma while concomitantly bettering the health of Americans."

Fox News Digital reached out to Fetterman's office for comment.

FBI Analyst Targeted in Kash Patel's Book Placed on Leave

veillance of Carter Page, one of Trump's campaign advisors at the time.

Later in the first Trump administration, Patel served on the White House National Security Council.

The move to place Auten on leave comes after the Trump administration has for months targeted FBI officials who worked on prosecutions of Trump or those who rioted at the U.S. Capitol on Jan. 6, 2021.

In January, the Trump administration forced out six of the agency's senior executives and several heads of FBI field offices across the country.

A letter sent to those who were fired at the time said that their removal was based on the their role in the Jan. 6 prosecutions.

Later, in March, the Trump administration forced out the head of the FBI's New York field office after he urged employees to "dig in" in the wake of the January firings.

5 Social Security Changes Trump Has Already Made

GOBankingRates / CHRIS ADAM

President Donald Trump has made it no secret he wants changes made to the Social Security Administration (SSA). In addition to cutting what he called fraud and waste, the president has called for no tax on Social Security and no cuts to benefits.

Although he's only been in office a short while for this term, here's a look at five Social Security changes Trump has already made.



©Chris Kleponis / CNP / SplashNews.com

Leadership Changes

President Trump named Leland "Lee" Dudek the acting commissioner of the SSA. Dudek previously served in the SSA Office of Program Integrity. Trump's choice to permanently lead the agency, with Senate confirmation, is Fiserv leader Frank Bisignano.

Retroactive Benefits

As noted by Kiplinger, President Trump wants to put in place the Social Security Fairness Act as soon as possible. The SSA announced it'll start paying retroactive benefits and increase monthly benefit payments to people whose benefits had been impacted by the Windfall Elimination Provision and Government Pension Offset.

DOGE Involvement

The Department of Government Efficiency (DOGE) has received a great deal of attention since President Trump took office again. According to USA Today, the DOGE team has been eyeing fraud and inefficiencies at the SSA. In fact, the SSA has closed offices as part of cut-backs.

Benefit Cuts and Taxes

President Trump has said numerous times since taking office for this new term that he will not cut Social Security benefits. Additionally, the president has made it clear in his short time back in office that seniors shouldn't pay taxes on Social Security.

Inflation Impacts

Let's look at two big economic factors that could impact Social Security — cost-of-living adjustments (COLA) and proposed tariffs from Trump. COLAs are impacted by inflation. Since Trump has talked about tariffs, which could temporarily raise inflation, there are concerns about the success of efforts to see lower COLAs.

This article originally appeared on GOBankingRates.com: 5 Social Security Changes Trump Has Already Made

Over 1200 Corgis and Dog Parents Gather in Huntington Beach for World's Largest Corgi Festival



Shutterstock/Jus_Ol

PetHelpful/Gabrielle LaFrank

On April 5, over 1200 Corgis and dog lovers gathered at Huntington Beach, California, for the highly anticipated Corgi Beach Day. This annual event is the perfect excuse to spoil a dog, especially a Corgi, while enjoying a sunny, Southern California beach day, so it's no surprise that this event is always a hit!

For the thirteenth annual event, dogs and parents enjoyed contests, entertainment, and the iconic 'Corgi Kissing Booth.'

There was something for everyone at this tail-wagging event, whether you're a human or a pup! If you don't believe me, take it from Finn the Corgi, who made the most of the canine beach day with his mom, dad, and other Corgi friends.

This looks like so much fun! With Corgis everywhere you look and dog treats around every corner, it's impossible for dogs not to have a great time. When the dogs aren't making new friends or splashing in the waves, they can visit photo stations, watch and participate in all kinds of competitions, and shop for any pet products they may need (or want).

On the SoCal Corgi Beach Day Instagram account, viewers can relive some of the highlights of the beach day's shows and contests. Pups participated in Corgi limbo, a watermelon eating contest, and, of course, a costume contest.

There's so much to do at Corgi Beach Day! With thousands of people and pets gathering to celebrate one of the cutest, short-legged dog breeds, it's impossible to see it all.

About Corgi Beach Day

This famous Corgi festival began in 2012 with only 15 dogs, but the event has come so far in the last 13 years. In fact, the 2024 event was so successful and busy that they had to relocate to a larger beach this year!

Corgi Beach Day is like a holiday for SoCal Corgi parents, and those who want to stay up to date on future events can do so by following SoCal Corgi Nation. Their next event is a series of Corgi races scheduled for Memorial Day weekend, and there's no question that it's going to be a hit.



Wild In The City: Some Animals Thrive In Urban Environments

Chuhan Wang

April 4, 2025

Dear EarthTalk: Why do some wild animals live in cities more than in rural areas?

— L.K. via email

When people think of wildlife, they often picture animals wandering in nature. However, in the past 15 years, scientists have found more animals moving into and thriving in cities—sometimes even more successfully than in their natural habitats.

Before learning about why animals are moving to cities, it's important to understand what urban and rural mean. Urban areas are densely populated regions dominated by human activity. Rural areas are sparsely populated with more natural ecosystems. Wildlife that successfully adapt to city life are often called urban wildlife. Unlike rural areas, where animals rely on seasonal food cycles, the urban environment provides them with more predictable food sources like waste bins, pet foods and restaurant waste, ensuring a steady food supply.

Thus, animals endure harsher habits in rural areas, leading to greater migration into the city.

"Anecdotally, we see high densities of coyotes in nature preserves and urban parks," said Emily Zepeda, of the School of Environment and Natural Resources from Ohio State University. "Also, in low-income areas, coyotes are 1 1/2 times more likely to survive to age two than in high-income



We are all used to seeing wild animals in the city nowadays across the United States. Credit: Pexels.com.

areas," due to the amount of human food waste. The presence of humans discourages natural predators, unlike rural areas where predation is a major threat to wildlife. Thus, animals prefer cities, as they can thrive with less competition. Moreover, urban settings provide animals with shelter, like parks and suburban green spaces. Also, warmer microclimates in cities make survival easier for animals that struggle in colder rural areas.

Urban wildlife is adapting to cities in many ways. Lauren Stanton, a PhD candidate at the University

of Wyoming, says that raccoons in Toronto "are making rapid associations, and they can alter their behavior." To find more food sources, animals have learned to synchronize their behavior with human activity; for example, raccoons have learned to get inside rubbish bins with securely locked lids. And pigeons typically nest on cliffs, and a multi-story building is indeed a type of cliff, albeit manmade. Therefore, adapting to cities isn't hard for the pigeons due to preadaptation.

Living in cities as urban wildlife isn't easy. There is a risk of vehicle collisions, habitat fragmentation and human-wildlife conflict. Thousands of animals die each year on roads. Humans are also at risk. Animals cause serious road hazards. Bears break into homes and garages to search for food. Ultimately, humans need to balance urbanization with wildlife needs, like expanding natural habitats, thoughtful city planning and wildlife corridors to ensure a future where both species can live together safely and peacefully.

CONTACTS

Deer, Bear and Everywhere: Animals Move Into the City

Does city life make animals smarter?

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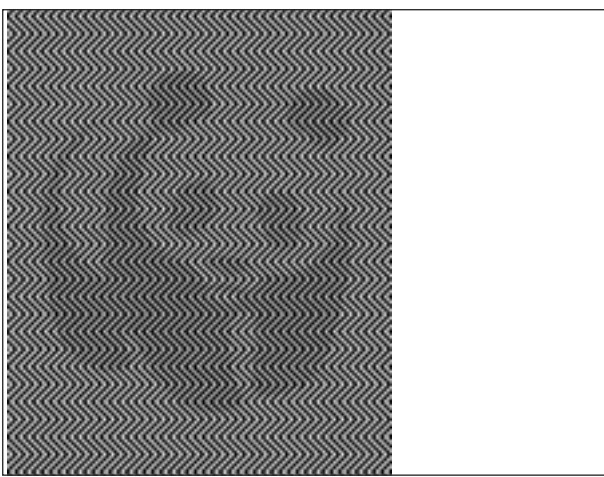
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Quick Minute - Baseball

By Rix Quinn

Hey, it's the 2025 baseball season!

For those who don't know this sport, it requires a glove and a moving bat, but it's got nothing to do with vampires.

It takes place on a "diamond," or four bases arranged in a square. There aren't real diamonds involved, so players won't get distracted by bright stones.

The pitcher stands in the middle of the square, and aims his throw at one of the bases, called home plate. The catcher stands behind the plate to catch the ball.

But next to the plate stands an offensive team member – the batter – who holds a giant wood stick. His job is to hit the ball in places defensive players are not. Confused yet?

The pitcher's job is to throw the ball in such a way that the batter misses it. So, he throws pitches called a fastball, curve, screwball, slider, or knuckleball. If he makes the ball too easy to hit, the offensive team will love him. However, his own team will not, and they will remove him from the game, and put in another pitcher.

Some defensive team members stand next to the bases, while others stand elsewhere. Some might say they are "outstanding in their field." These players try to catch the ball hit by the batter.

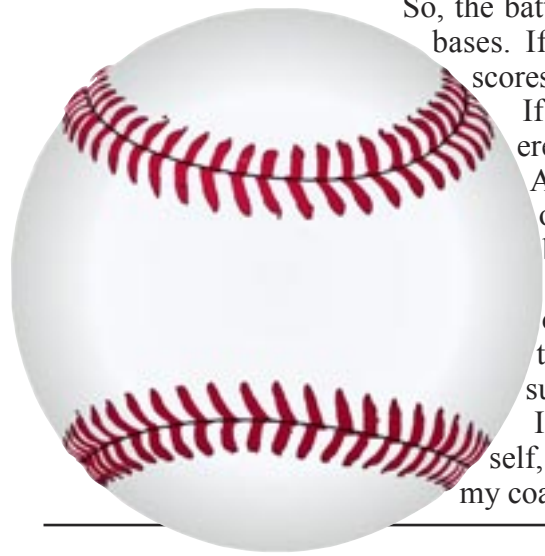
So, the batter hits the ball, and runs around the bases. If he touches all bases correctly, he scores a run.

If he runs them randomly, he is considered "confused," and is also called out.

After three offensive players are called out, the other team gets a chance to bat.

One other thing...each team has a different uniform. That way the home team fans know which players to insult.

I would still like to play baseball myself, but I was terrible at it. I asked one of my coaches what position I should play, and



Most Beautiful Female Billionaires

It takes one several years of hard work in business to become a billionaire. Some of the young women presented in this list were lucky to have inherited billions of dollars while others have accumulated their multi-billion wealth from businesses. Interestingly, some of these women are still young in their early twenties and yet they have a personal net worth higher than budgets of some developing countries. The cash that they possess is enough for them to do whatever they want and more despite being born into very rich families.



Gina Rinehart
Net Worth: \$30.8 Billion | Age: 70 |
Source of Wealth: Mining | Citizenship: Australia

The Australian magnate chairs mining and agriculture company Hancock Prospecting Group. She inherited the business from her father Lang Hancock (d. 1992). Her fortune is up 14% since March 2023, and she remains the wealthiest person in Australia.

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EST. 2008

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Restaurants Worth Crowing About

When it comes to restaurants, looks can be deceiving. Great food can come from almost any kitchen, whether the restaurant is fancy or not. It's the unassuming spots that often prepare some of the best fried chicken, maybe because fried chicken is an unassuming dish itself. We examined customer reviews and expert recommendations to find fried chicken joints in every state that offer fantastic chicken in an unpretentious atmosphere. Next time you're in the mood for Southern-style fried chicken, check out these hole-in-the-wall joints, walk-up windows, drive-thrus, truck stops, and gas stations for a bucket of fried goodness — and maybe a side of potatoes while you're at it.

Maryland: Thurmont Kountry Kitchen Thurmont

Thurmont Kountry Kitchen serves a little bit of everything in a homey dining room, from pancakes to quesadillas. The broasted chicken is a standout, though. It's got a thin, smoother coating than most fried chicken, letting the meat be the star. It comes with chunky, skin-on broasted potato wedges that are light and fluffy in the middle.



Christina D. / Yep



A slice of Rome in Surf City

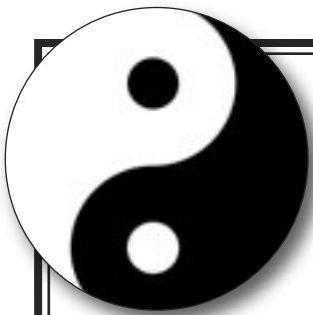
Zero Zero 39 Pizzeria was founded in the heart of Surf City - Huntington Beach, CA, by Carlotta and Francesco. We offer a taste of their hometown, using only the freshest ingredients, in all of our pizzas, sandwiches, pastas, salads, pastries and desserts.



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ON THE DARK SIDE OR MAYBE THE LIGHTER SIDE...

HERE ARE THE TOP 5 REASONS YOU SHOULD GET RID OF TIMESHARE (AND GET YOUR FREE TIMESHARE EXIT KIT)

Feeling trapped by a timeshare that's become a financial burden? Our conversations and surveys with thousands of timeshare owners reveal the harsh truths behind timeshare ownership... and why tens of thousands have chosen freedom through our services for over a decade. Here's what you need to know:



Reason One: Maintenance Fees Keep Going Up

Maintenance fees can be a real trap. At first, that monthly fee might not seem like a big deal, but before you know it, you are facing a bill that is much higher than you expected. Every year the fee creeps up because of inflation, rising operating costs, or even unexpected resort upgrades. It is as if your wallet is on a diet it never agreed to, and you are the one paying the price.

Imagine looking forward to a vacation, only to be hit with another fee increase. You end up spending more money without getting any real improvement in your experience. Instead of enjoying your time off, you are constantly reminded that your timeshare is slowly draining your bank account.

This is exactly why so many owners decide they have had enough. It is not just about the extra cost but also the stress and frustration of watching timeshare expenses climb with no end in sight...

If you want to learn how to end the maintenance fees for good, receive our free timeshare exit info kit. We have shipped hundreds of thousands of these to timeshare owners over the years. This is your chance to get yours delivered to your door free as well.

Reason Two: Timeshare Salesmen Lies

When you first meet a timeshare salesman, everything sounds so perfect. They paint a picture of a dream vacation filled with luxury, flexibility, and endless opportunities. But reality often falls short of those glossy promises... We survey timeshare owners to understand the big WHY behind their timeshare woes. Here are some answers from the surveys we have gotten back.

"I continually wonder why salesmen are not held accountable for what they say. There have been so many lies told to us."

"If I had to do it all over again I never would've purchased... I have lost thousands and thousands of dollars that I could've used for my retirement. Very upset that I was lied to."

"I want to get rid of my time share because I see in the long run I will never make any money. I will always be putting out money. Also, because they lied to me, I thought it was an investment."

"The fact that we were lied to over and over again in our presentation and that we were forced into another presentation while on vacation that took up half the day (4 hours)."

You may relate to some of those experiences. Many owners later find themselves locked into timeshares that don't live up to the excitement they were sold on. They discover that the benefits were exaggerated, leaving them feeling deceived and trapped. Instead of the freedom they expected, they're often stuck with rigid terms and hidden fees that weren't mentioned during that very persuasive pitch.

If you were lied to or misled into buying timeshare, get our free timeshare exit info kit now. We even cover the shipping so having this resource delivered to your door is completely free of charge.

Reason Three: Lack of Booking Flexibility

Booking flexibility with a timeshare often falls short of what

owners expect. In many cases, the available vacation dates are limited to specific windows, leaving little room to accommodate personal schedules or seasonal preferences. Instead of the freedom to choose when and where to travel, owners are typically confined to predetermined time slots that rarely match their ideal vacation plans.

When it comes to location, the options can be equally restrictive. Rather than having access to a wide range of resorts or destinations, many timeshare agreements lock you into a narrow selection. Changing your assigned unit or swapping locations usually involves navigating a complex process that might include additional fees or waiting periods.

The rigidity of the booking system means that even small adjustments to your vacation plans can be challenging. If you need to reschedule or seek an upgrade, the process can be time-consuming and often comes with extra costs. This lack of flexibility can turn what should be an enjoyable planning process into a source of ongoing frustration, as your vacation choices are dictated more by limitations than by what you truly want...

If you are tired of the lies, restrictions, and hassle of booking your timeshare, get our timeshare exit info kit now to learn more about your timeshare cancellation options.

Reason Four: Pressure to Upgrade the Timeshare

The endless pressure to upgrade is a constant headache for many timeshare owners. Even if you're content with your current setup, you're regularly hit with messages that your timeshare is outdated and that you need to upgrade to enjoy a better experience...

Not to mention if you express displeasure with your timeshare the only answers may seem to be "you need more points" or "you missed what we sent you, buy more points and upgrade to fix it." You end up feeling like it was your mistake as to why your timeshare can't be used like was promised.

The upgrade offers usually portray luxurious amenities, prime vacation spots, or a more modern facility. However, these offers usually come with extra fees, higher maintenance costs, and new obligations that add to your financial burden. Rather than enjoying the benefits of what you already own, you're pressured into spending more money and locking yourself into an even more expensive commitment.

Sick of the relentless timeshare upgrades and lies? Click below to get one of our free timeshare exit kits.

Reason 5: Money Down the Drain

Rising maintenance fees can feel like you're just throwing your money away. Instead of saving up for a real vacation, you're watching your hard-earned cash vanish into fees that keep climbing year after year.

It's not just the extra cost, it's the frustration of knowing that every dollar spent is a dollar you can't use for a getaway, family time, or anything that truly adds value to your life. The timeshare mortgages can be exorbitant and an extreme financial burden...

Over time, that drain on your finances can leave you wondering if your timeshare is really worth the endless expense.

Quit lining the pockets of timeshare companies. If you want to make the decision to save money on maintenance fees every year, receive our timeshare exit info kit now.



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Iconic American
Brands That Aren't
Made in the U.S.

Cheapism
Born in the USA, Reproduced Elsewhere

The declining state of manufacturing in America is a reliably hot-button political issue. Though industries such as finance and real estate have gradually grown to employ more workers than manufacturing, it's still difficult to grasp just how many products are no longer made in the U.S. They include the Apple iPhone, which is now being made in India in addition to China.



Apple of course isn't alone; some of the best-known U.S. companies — from apparel to automakers — have moved the bulk (or all) of their manufacturing overseas.

Arrow Shirts

Arrow shirts have a heritage dating back to the mid-1800s with origins in Chicago and Troy, New York. Today the company highlights those roots with a line of stylish and popular shirts called Arrow USA 1851. But as with much of the apparel industry, the production isn't in the U.S. One tag on the shirts may say Arrow USA 1851, but another tag may say the shirt was made in Cambodia, China, Bangladesh, Ethiopia, or Kenya.

Woolrich

A legendary company that dates back to 1830 and supplied uniforms to Union troops in the Civil War, Woolrich can no longer boast "Made in USA." The company known for its cozy woolen products and the distinctive red-black Buffalo Check pattern produced goods for other companies like L.L. Bean and Eddie Bauer in addition to its own line of goods. Eventually production started moving overseas to China, Vietnam, and other countries. In late 2018, the company announced the closure of its Pennsylvania plant.



Gillette

Gillette is an iconic U.S. company known for its razors and shaving cream. Aside from its products, the Gillette name is also displayed on a stadium in Massachusetts where the New England Patriots play. But according to advertising watchdog group TINA.org, the company overhyped its connection to



Beantown when its advertising spotlighted the company's Boston headquarters. The company makes its products in several other countries, such as China, Mexico, and Brazil, the group says, and Gillette shouldn't be implying broad "Made in USA" cred.

The Most Valuable Collectors' Items in History

By Audrey Kyanova

We've all heard the stories about someone stumbling upon a valuable comic or knick-knack in a Salvation Army, or the family who moves into a new house only to find a wine cellar below the floorboards worth a fortune.

Anything from baseball cards or vintage Coca Cola cans to stuffed toys or even ticket stubs from legendary concerts, could be the items worth millions. You never know what items are lurking in your basement or your local thrift store that could be worth big bucks to a collector.

Read on to discover a list of some of the most valuable collectible items of all time. You never know, it might be time to bring out the stepladder and venture into the attic. You could have been sitting on a dusty goldmine for decades, blissfully unaware.

Equestrian Paintings

Maker: Degas and others
Original Price: Varies
Worth Today: \$1,000 or more*

Equestrian paintings, such as this one, can be worth \$1,000 or more, if they are vintage and antique. Scenes of horses and their riders have long been oil painters' favorite topic, and the value of the painting depends on the fame of the artist and, of course, the quality of the art itself.

Degas is one of the most famous racehorse painters of all time. He was also one of the earliest impressionist painters, though he would never call himself that, as he felt his work was too disciplined. Moral of the story: if you have an old painting with horses in it lying around, go get it appraised.

©etsy.com



Holographic Batman Cereal Box

Maker: Ralston Cereal (now General Mills)
Original Price: \$1.50*
Worth Today: \$40*

Ralston Cereal has been in business for more than a century, though the company is currently owned by General Mills. Ralston's cereal is considered a healthy alternative to oatmeal that has a ton of fiber. Ralston has had many themed cereal boxes over the years, including a holographic Batman one.

The holographic cereal box was developed in 1989, and boxes, at the time, sold for only a few bucks. The run was limited, so the Batman boxes weren't too common. For that reason, they've shot up in value as the decades have passed. On eBay, Ralston holographic Batman cereal boxes sell for around \$40.

@u/Sword-of-Azrael / Reddit.com



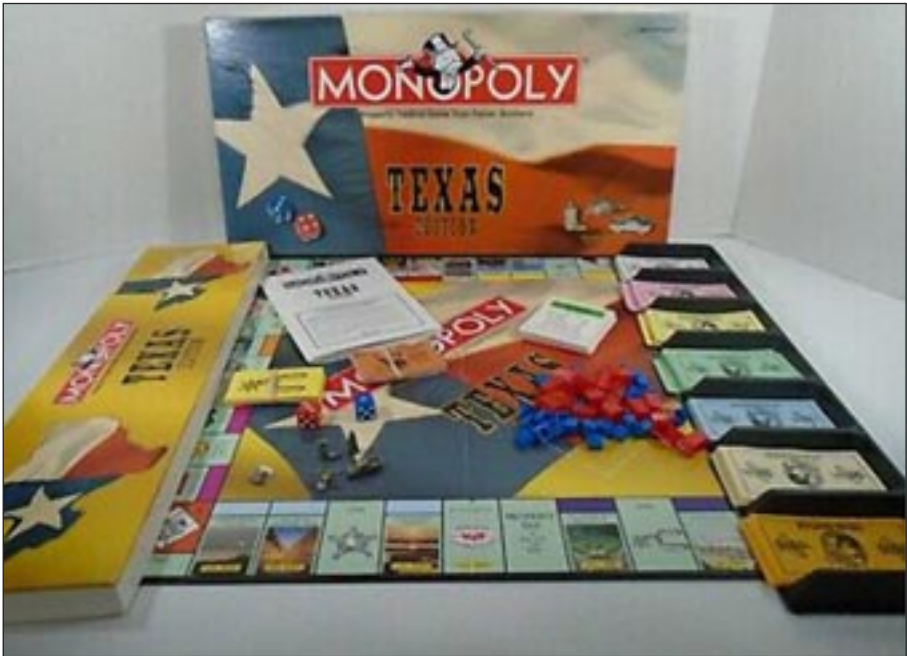
Milton Bradley Board Games

Maker: Milton Bradley
Original Price: \$10-\$20*
Worth Today: \$70-\$100*

Texas is basically its own country at this point. America's most opinionated state got its own Monopoly board game from Milton Bradley. Called Texas-Opoly, the board game is just like regular Monopoly, except everything is Western-themed.

The game first came out in 1999, and it was immediately popular, not just with Texans, but with everybody. Texas-Opoly wasn't as mass-produced as the regular Monopoly board games, so it has gone up quite a few bucks on resale. Judging from sale prices on sites like eBay, you could sell your Texas-Opoly game (assuming it is in good condition and not missing any pieces) for \$40.

©ebay.com



MOST Beautiful ACTRESSES OF ALL TIME

BY HEALTH DISCOVER TEAM

From the golden era of Hollywood to the modern spotlight, American women have left an indelible mark on the world with their timeless beauty. Explore the most beautiful American women, from the Golden Era of Hollywood to the latest pop culture icons and traverse through time to pay tribute to these iconic figures and their beautiful selves!

Ali MacGraw

Ali was educated at Wellesley College, where she studied art history. After graduating, she worked on fashion magazines. Her interest in fashion photography led her to become a top model, a profession she carried on until 1968, when she made a late start in what was to be a sporadic film career, mainly due to her marriage to Steve McQueen. Even so, what films she did make were in the main either hugely successful (Goodbye, Columbus (1969), Love Story (1970), The Getaway (1972), Convoy (1978)) or fairly so (Players (1979), Just Tell Me What You Want (1980), The Winds of War (1983)). Today, the former star leads a surprisingly modest life-style in New Mexico.



Jane Fonda



Born in New York City to legendary screen star Henry Fonda and Ontario-born New York socialite Frances Seymour Brokaw, Jane Seymour Fonda was destined early to an uncommon and influential life in the limelight. Although she initially showed little inclination to follow her father's trade, she was prompted by Joshua Logan to appear with her father in the 1954 Omaha Community Theatre production of "The Country Girl". In the

1980s she started the aerobic exercise craze with the publication of the "Jane Fonda's Workout Book".

Brigitte Bardot

Brigitte Bardot was born on September 28, 1934 in Paris, France. Her father had an engineering degree and worked with his father in the family business. Brigitte's mother encouraged her daughter to take up music and dance, and she proved to be very adept at it. By the time she was 15, Brigitte was trying a modeling career, and found herself in the French magazine "Elle".



ONE MAN’S TRASH, ANOTHER’S JACKPOT: WILD STOOPING DISCOVERIES IN NEW YORK

Bored Panda / GRETA JARUŠEVIČIŪTĖ
New York City is known for many things. It is a haven of diversity, a global hub of finance and arts, and, as a famous popstar once encapsulated it, a “concrete jungle where dreams are made of.” It is also where you can take home free stuff from the streets.
For New Yorkers, this practice is known

as “stooping,” and fascinatingly enough, people do encounter excellent finds. This trend has taken a life of its own, and there is a dedicated Instagram account for it.
We’ve collected photos from the page showing discarded furniture, pop culture mementos, and artwork worthy of the centerpiece spot in the living room. Indeed, NYC is a captivating place.



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10 OF THE MOST VALUABLE PENNIES

GOBankingRates / DAWN ALLCOT

You don’t need to be a coin collector to have piggy banks stashed around your house filled with quarters, dimes, nickels or pennies. However, you may not be aware of the potential fortune you have hoarded away that could be worth more than just some extra spending cash. Some of the pennies lying around your house could far exceed their face value of one cent. Let’s take a deeper dive into the world of pretty pennies.

Pennies Worth Money: Quick Take

Rare pennies are worth real money, especially if they are uncirculated or in good condition. Here are a few key takeaways:

The United States Mint only releases a certain amount of pennies annually. If the mintage is lower in a particular year, this will only help increase the value.

Examples of low mintage years include, but are not limited to, 1931, 1933, 1939 and 1955.

If your penny has a mistake this could increase the value exponentially as error coins are worth more to collectors due to their rarity. It can’t hurt

3. 1793 Strawberry Leaf Cent — \$862,500
In 2009, the Strawberry Leaf penny broke records for the most money paid for a penny at an auction, going for \$862,000. The Strawberry Leaf cent is extremely rare, bearing a four-leaf strawberry plant on the tail of the coin instead of the normal three-leaf trefoil. Only four of these coins exist, so if you find one, you’d be very lucky indeed. It would be luckier than finding a four-leaf clover.

4. 1943-S Lincoln Cent Struck on Bronze — \$282,000
The U.S. transitioned away from bronze pennies in 1943. But a few bronze planchets, a blank coin with no design, may have been left behind, resulting in extremely rare and valuable 1943-S bronze pennies. In 2016, one of these pennies sold at auction for \$282,000.

5. 1909 VDB Matte Proof Lincoln Penny — \$258,000
Older coins tend to be worth more the longer they are around. Matte-proof coins tend to be highly

bottom of Lincoln pennies, the designer of the Indian Head — James Longacre —started slipping an L for his last name on the ribbon toward the end of 1964. These pennies are loved and coveted by collectors, with one going for \$161,000 at auction. If you happen to have one of these rare coins lying around in less-than-mint condition, you can still get around \$40 for it.

9. 1914-D Lincoln Penny — \$159,000
Lincoln Cents minted between 1909 and 1958 are popular amongst collectors. The 1914-D coin is very rare, with just 1.2 million minted. You can find these pennies ranging from hundreds to thousands on eBay, but one of the pricier coins in mint condition sold for \$159,000.

10. 1926-S Lincoln Penny — \$149,500
It might be wise to take a look through your pockets for any Lincoln wheat pennies, as these coins tend to sell for more than face value even if they aren’t in mint condition. But if you spot a red Lincoln penny from this era, it might be time to



photohoo / Getty Images/iStockphoto

to examine any pennies in your pocket, as any small mistakes or errors could mean big money. If you think you may have pennies worth money, make sure you get to a reputable coin dealer or professional coin grading service.

1. 1943-D Lincoln Bronze Wheat Penny — \$2.3 million
Designed by Victor D. Brenner, this is one of the highest-value pennies in circulation today. During World War II, pennies were made of steel to save copper for the war effort. However, a few were mistakenly made of bronze, and these are extremely rare and valuable. Made of 95% copper and 5% tin and zinc alloy, it sold for \$1.7 million in 2010 but is valued at \$2.3 million in mint uncirculated condition. More recently, it went for \$840,000 at an auction. There is only one copy known to be in existence, as it was mistakenly struck at the Denver Mint on a bronze planchet, but other versions of the coin may sell for \$100,000 and up. If you have any 1943 wheat pennies, it’s worth taking them to a coin dealer to see how much you might get for them.

2. 1944-S Steel Wheat Penny — \$1.1 million
This penny somehow missed the 1944 transition from steel-coated zinc to copper, and it’s worth a fortune as a result. Just two copies of the San Francisco-minted version remain. Circulating coins are worth \$408,000 to \$409,000 in average condition and upwards of \$1.1 million for uncirculated condition.

coveted amongst collectors, and this 1909 VDB version is the most desired. You can tell it is authentic from the square, sharp-edged rims and the details. This rare coin from 1909 sold at auction for \$258,000. It is unique because it bears the designer’s initials — VDB —on the bottom.

6. 1958 Doubled Die Obverse Cent — \$224,831
This Doubled Die Lincoln cent commands some of the highest prices at auction because there were only a few minted. This error coin was struck at the Philadelphia Mint and you’ll recognize one by the “doubled” lettering of the words “In God We Trust” and “Liberty.” On the 1958 version, you’ll also see that the date is slightly doubled, too. An uncirculated version of this coin is worth \$224,831.

7. 1856 Flying Eagle Cent — \$172,500
The Flying Eagle cent may not be as rare as the 1943 Lincoln cents, but they are still worth more than six figures. More than 600 of these coins were given to politicians and others during the original minting, but additional coins were re-struck from the original dies in 1858 and 1859. These coins can range in price from \$4,500 up to \$172,500.

8. 1864 Indian Head Penny “L” on Ribbon — \$161,000
After Flying Eagle Cent was minted, the federal government transitioned to the Indian Head Penny in 1864. Like VDB, who struck his initials on the

book that luxury vacation you’ve wanted. A 1926-S Lincoln cent in mint condition with its red surface intact sold for \$149,500 at auction in 2006.

How Do You Know if a Penny Is Valuable?
The pennies on this list above are worth hundreds of thousands or even millions of dollars. But keep in mind that a lot of factors determine a penny’s value. First of all, coins that are rare and were minted in smaller quantities may be worth more money decades — or centuries — later. If a rare coin is in excellent condition, it could be worth even more.

Collectors and numismatics professionals use something called the Sheldon Scale to grade coins on a scale of 1 to 70, with coins rated at 70 holding the highest value. Color, the coin’s wear and its rarity all contribute to its grade and value. Finally, a penny is only valuable if you can get someone to pay you what it’s worth. Make sure to work with a reputable coin dealer and do your research to ensure you are getting top dollar for your coins.

Final Take To GO
It’s easy to dismiss a penny when you pass by it on the sidewalk or accidentally leave it in your pants pocket when you do a load of laundry. It can’t hurt to do a little treasure hunt in your forgotten coin collection to see if you may be sitting on a fortune. *Daria Uhlig and Caitlyn Moorhead contributed to the reporting for this article.*



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