

THIS!!!

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In God We Trust



# THE LOCAL NEWS

SERVING HUNTINGTON BEACH & NORTH WEST ORANGE COUNTY, CA • 630 MAIN STREET • HUNTINGTON BEACH, CA 92648

Local News / Area Happenings / Opinion / Entertainment / Common Sense & Humor

## One Word Describes Gov. Gavin Newsom

## MAY MOTORCYCLE MONTH



Reuters

NY Post / PIERCE SHARPE

California's messy race for governor snapped into focus Tuesday night when a crowded, combative field of candidates was asked to sum up Gov. Gavin Newsom's tenure in just one word.

The debate, broadcast live on CNN, featured seven contenders still jockeying for position in a race with no clear frontrunner, as clashes over taxes, gas prices and immigration dominated the stage.

But one of the night's most revealing moments came when moderators posed a simple question:

"What is one word you would use to describe Gov. Newsom's performance as governor?"

**Villaraigosa: "Performative"**

**Porter: "Bold"**

**Steier: "Progressive"**

**Hilton: "Failed"**

**Bianco: "Failure"**

**Becerra: "Game-changing"**

**Mahan: "Incomplete"**

The blunt exercise exposed deep divisions — not just between parties, but with the candidates.

Former Los Angeles Mayor Antonio Villaraigosa's "performative" swipe suggested frustration with what critics see as headline-grabbing leadership, while former Rep. Katie Porter and billionaire Tom Steier offered more favorable takes, pointing to Newsom's aggressive liberal agenda.

Republicans, meanwhile, didn't mince words. Riverside County Sheriff Chad Bianco and media figure Steve Hilton hammered the governor with near-identical condemnations.

Even some Democrats appeared lukewarm. Former federal official Xavier Becerra praised Newsom as "game-changing," but San Jose Mayor Matt Mahan's "incomplete" hinted at unfinished business in a state still struggling with affordability and homelessness.

In a state facing mounting challenges, Newsom's legacy — like the race to replace him — remains very much up for debate.

The Huntington Beach Police Department is reminding drivers to always look twice for motorcycles. With the arrival of warmer weather, more motorcycles are taking to the roads, making it essential for everyone to stay alert to help reduce crashes and save lives.

"Motorcyclists are out in greater numbers as the weather warms, and we're reminding everyone to share the road, Sgt. Gerrit DeJong said. "Most crashes involving motorcycles happen when drivers simply don't see them. Taking a few extra seconds to look twice can prevent a tragedy."

According to the National Highway Traffic Safety Administration, there were 6,335 motorcyclists killed in traffic crashes in the U.S. in 2023, representing 15 percent of total highway fatalities for that year. In California, 583 motorcyclists were killed in 2023.

To help protect you and your family, keep the following tips in mind while driving or riding:

### Drivers

- Always check mirrors and blind spots before changing lanes.
- Do not follow a motorcycle too closely. Always keep a safe distance.
- If you see a motorcycle with a signal on, be careful. Be sure that the rider is turning before moving ahead.

### Motorcyclists

- Always wear a U.S. DOT-compliant helmet with eye protection.
- Wear leather or other sturdy clothing such as a jacket, pants, boots with nonskid soles, and gloves. Add reflective strips or decals to your clothing and motorcycle to make it easier for other drivers to see you.
- Ride defensively. Don't assume a driver can see you. Avoid riding in a driver's blind spot.
- Always keep your lights on, even during the day.

Lastly, both drivers and riders should never drive/ride distracted or under the influence of alcohol and/or drugs.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.



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Getty Images / iStockphoto

# Surfing Walk of Fame HB, Inc.

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**EVENT DETAILS**

- \* Thursday, July 30th
- \* Pier Plaza - North of the Pier
- \* 12pm - Catered by Dukes

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- \* City of Huntington Beach
- \* Nixon Watches
- \* Surfing Walk of Fame

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- 1999-2000 President SIMA
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- 2013 SIMA Waterman's Ball "Lifetime Achievement Award"



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**Challenge Coin**

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## Jane Fonda breaks silence on ex-husband Ted Turner's death: 'I loved Ted with all my heart'

Entertainment Weekly / EMLYN TRAVIS

**Key Points**

- Jane Fonda is honoring to her late ex-husband, Ted Turner, after he died May 6 at age 87.
- The actress was married to the CNN founder from 1991 until 2001.
- Turner announced that he'd been diagnosed with Lewy body dementia in 2018.

Jane Fonda is paying tribute to her late ex-husband Ted Turner with a lengthy statement. "MY IMMEDIATE THOUGHTS ABOUT TED," Fonda began on Wednesday via Instagram, "He swept into my life, a gloriously

Credit: Ron Galella, Ltd./Ron Galella Collection via Getty



handsome, deeply romantic, swashbuckling pirate and I've never been the same. He needed me. No one had ever let me know they needed me, and this wasn't your average human being that needed me, this was the creator of CNN, and Turner Classic Movies, who had won the America's Cup as the world's greatest sailor. He had a big life, a brilliant mind and a soaring sense of humor."

The Oscar-winning actress was married to the CNN founder from 1991 until 2001.

"He could also take care of me. That was new as well. To be needed and cared for simultaneously is transformative. Ted Turner helped me believe in myself. He gave me confidence. I think I did the same for him, but that's what women are

There are four boxes to be used in defense of liberty: soap, ballot, jury, and ammo. Please use in that order.

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



Dave Garofalo  
Publisher

## INSPIRATION

*Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.*  
~ Robert Frost

**sad truth**  
“The tragedy of life is in what dies inside a man while he lives”  
— Norman Cousins

## IN BASEBALL, YOU CAN REACH FIRST BASE IN 9 DIFFERENT WAYS

You can get to first base a lot of different ways in Baseball. In fact, you can get to first base a total of 9 different ways. Those 9 ways are: single, base on balls, fielder’s choice, hit by pitch, fielding error, dropped 3rd strike (from a wild pass), catcher’s interference, and fielder interference/obstruction. All of these different ways to get to first base make it the easiest base to get to in Baseball, with the home plate being the hardest.

## DID YOU KNOW

an ostrich's eye is bigger than its brain

## Surprising Sports Facts That You Never Would've Guessed



## SPORTS

The "set" and "spike" you see in volleyball was created by the Philippines in 1916.

In 1935, Jesse Owens set five world record in 45 minutes.

James Crawford holds the record for most games played without fouling out in the NBA, with a whopping 1327 games played.



iStock

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



DID YOU KNOW?

CROCODILES HAVE NO LIPS AND CAN HOLD THEIR BREATH FOR AN HOUR.

## If Animals 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

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People and Their Issues - Our Business...

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We encourage your support and participation.

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to continue to help build a safe and  
prosperous and healthy Region to live, work  
and play in and among our neighborhood,  
commercial and industrial centers.

God Bless America!

Newspaper Publication Policy: The Local News is a bi-monthly digital publication. Generally, we try to publish on the 1st & 15th of each month. We publish approximately 24 times per year not including Special Editions. The only exceptions are those months with 5 weeks. We distribute a 12-month production schedule each January showing exact dates for news, ads, digital and distribution dates.

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# PLEASE READ CAREFULLY

This space is created for all area non-profit organizations to be listed as a LIVE link to the following organizations...

## ORGANIZATION NAME For Live Web Site Click below

**CITY OF HUNTINGTON BEACH, CA**

City of Huntington Beach, California - Home ([huntingtonbeachca.gov](http://huntingtonbeachca.gov))

**KIWANIS OF HUNTINGTON BEACH**

Kiwanis Club of Huntington Beach ([kiwanishb.org](http://kiwanishb.org))

**ASSISTANCE LEAGUE OF HUNTINGTON BEACH**

Assistance League - Huntington Beach

**GREATER HB INTERFAITH COUNCIL**

Interfaith | The Greater Huntington Beach Interfaith Council | Huntington Beach ([ghbic1.org](http://ghbic1.org))

**HB COMMUNITY POLICE FOUNDATION**

Huntington Beach Police Community Foundation | Our Programs ([hbpcf.org](http://hbpcf.org))

**HB FIRE OUTREACH FOUNDATION**

(20+) Huntington Beach Fire Outreach Foundation | Huntington Beach CA | Facebook

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Huntington Beach Police and Community Foundation | Our Programs ([hbpcf.org](http://hbpcf.org))

**HB FIRE DEPARTMENT**

City of Huntington Beach, CA - Huntington Beach Fire Department ([huntingtonbeachca.gov](http://huntingtonbeachca.gov))

**CITY OF FOUNTAIN VALLEY**

The City of Fountain Valley | Official Website

**KIWANIS OF FOUNTAIN VALLEY**

Fountain Valley - Kiwanis International ([kiwanisfv.org](http://kiwanisfv.org))

**FOUNTAIN VALLEY CHAMBER OF COMMERCE**

Home - Fountain Valley Chamber of Commerce, CA ([fvchamber.com](http://fvchamber.com))

**HUNTINGTON BEACH HOST LIONS CLUB**

[www.e-clubhouse.org/sites/huntingtonbeachca/](http://www.e-clubhouse.org/sites/huntingtonbeachca/)

**ROBYNE'S NEST**

[www.robynesnest.org](http://www.robynesnest.org)

**BOLSA CHICA CONSERVANCY**

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**BOYS & GIRLS CLUBS OF HUNTINGTON VALLEY**

<https://bgchv.com>

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	Surf City Nissan	Check with Merchant	17331 Beach Blvd	HB	800.615.9640
	Toyota of HB	15% off Parts & Service, • \$300 off New Car	18881 Beach Blvd	HB	888.433.1447
	Hyundai	Check out our Local Deals	16751 Beach Blvd	HB	714.594.1000
		DeLillo Chevrolet	\$300 off New Car • 15% off Parts & Service, up to a max of \$50 for any single service	18211 Beach Blvd	HB
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	Don Jose	10% off your entire food Bill	9093 Adams	HB	714.962.7911
	Gallaghers Pub & Grill	\$3 Domestic pints & Well Drinks, \$4 Import Pints	300 PCH	HB	714.536.4222
	Hurricanes Bar & Grill	50% Off Up To \$20 with card- food only	200 Main St	HB	714.374.0500
	Nonna Lucci's	10% off entire bill	19913 Beach Blvd	HB	714.536.1368
	Olive Pit Grill	\$5 off any bill over \$30 10% off anything else	16365 Bolsa Chica St	HB	714.316.5000
	Thai Wave	20% Off All Appetizers (Dine In) from 3pm to 6 pm M-F. Singha Beer 11 oz; \$2.00	522 Main St.	HB	714.960.0219
Sushi on Fire	20% off Food Bill M-F 2-5pm	301 Main St	HB	714.374.8885	
Paolo's Ristoronte	4-course dinner \$16.95	17561 Center Ave #37	HB	714.373.5399	
<b>Services</b>	SeaShore Pest Control	\$100 Off any Local Treatment. \$200 off any tenting	16562 Gothard St #G	HB	714.842.8003
	AIM Mail Center #64	15% off on All Services/Products	19051 Goldenwest St	HB	714.698.9900
	Beauty Supply Zone	10% off products and 25% off hair services Brian, Jillian or Kristen	16277 Bolsa Chica St	HB	714.840.0159
	Surf City Debt Relief	15% off total fees with enrollment into one of our Debt Relief programs	5267 Warner Ave #183	HB	657.464.9683
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# 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.



EARL kamuki/Yelp

## The Greatest Breakfast Sandwich in Every State



Peter M./Yelp

### North Carolina: Laurel Market Charlotte

Laurel Market is a neighborhood favorite. While it offers a long list of options, it's not afraid to let guests build their dream sandwich with what might be the largest variety of bread choices we have seen. It even has a sandwich called "Green Eggs and Ham" — a wrap involving eggs, ham, scallions, and lettuce.

# E.A.R.L. Honolulu

## What to order: French dip

E.A.R.L. stands for "Eat A Real Lunch," and this hip, tiny sandwich shop has been serving real good sandwiches since 2014. Its version of the French dip includes freshly roasted and sliced beef, roasted garlic mayo, herb-filled green chimichurri for freshness, fennel onion marmalade for sweetness, and pepper jack for a little heat. If that doesn't make you salivate, try the beer-braised brisket sandwich with roasted poblano peppers and horseradish mayo.

## 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 and Ina Garten's potato salad

*Paige Bennett for 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.

## Side Dishes

*There was more than one winner for the best potato salad. It was a tie between Guy Fieri's and Ina Garten's recipe. Paige Bennett for Insider*

*Fieri and Garten were tied for the best potato salad. Fieri's recipe called for red potatoes, vinegar, mayonnaise, sour cream, green onions, bacon, and chopped green onions.*

*Garten, on the other hand, used whole-grain mustard, buttermilk, salt, pepper, celery, red onion, and white potatoes. Both were crunchy and tangy thanks to the vegetables and condiments.*

*Read more about the winning recipe and full battle here: I tried 4 celebrity chefs' recipes for potato salad, and I'd make them all again.*

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

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# The Most Iconic Scenic Views in Every State



From national parks to city skylines, you can find views that'll take your breath away in every corner of the U.S.

If you're planning a cross-country road trip or simply want to get the most out of a visit to a new state, we compiled a list of some of the more stunning views in each state.

So grab your best travel credit cards and enjoy these scenic spots with beautiful views, which are popular among locals and tourists alike and accessible to most visitors.

## Maroon Bells Aspen

The Maroon Bells are located about 10 miles west of Aspen — and they're some of the most photographed natural landmarks in the country.

People come from all over to see the beautiful Rocky Mountain peaks and surrounding lake, and you can access the area by car or bus.

### Rare Historical Photos Reveal More Than Immediately Meets The Eye

#### The Imposing Bran Castle Watches Over Romania, 1920.

Known as Dracula's home, Bran castle is supposedly the fortress that inspired Bram Stoker to write Dracula, the Rosetta Stone for gothic writing and horror in general. By the time Bram Stoker's Dracula was released in 1897 the castle had fallen into disrepair and was in serious need of a renovation. After Transylvania officially became a part of greater Romania, the citizens of Brasov voted to rebuild the dilapidated castle and restore it to its former glory. Once the castle was back up and running it became a favorite residence of Queen Maria of Romania much to the pleasure of the townspeople.



Source: Reddit

# Vintage Photograph



A Rare Shot Of A Young Winston Churchill, 1895

Report

## Biggest Boomtowns in Every State



Stone s Throwe Photo / 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.

#### Kansas: Lenexa

Change in population:

1 year: 3.56%

5 years: 10.84%

8 years: 16.02%

Change in occupied housing units:

1 year: 3.61%

5 years: 10.90%

8 years: 16.31%

Change in owner-occupied housing units:

1 year: 5.34%

5 years: 9.19%

8 years: 17.34%



Charles Hewlett of Seapointe Properties helped us sell our home during the spring of 2025. We could not have been happier with the service and care we received from Charles. He was extremely knowledgeable about the neighborhood and local market and made the whole process stress free. He guided us through each step of the process, making sure we understood all the details each step of the way.

Charles was extremely effective in helping us prepare the home for listing; he put us into contact with several contractors that were responsive, efficient, and charged a fair price. Charles also devised a sensible strategy for listing the house that led to a rapid sale. Finally, Charles found an excellent buyer and negotiated a good price for the home.

On a personal note, Charles is a kind and thoughtful individual who responds quickly to calls and questions and is eager to help whenever needed. He is highly professional and experienced, and the most helpful broker we have worked with.

We cannot recommend Charles Hewlett and Seapointe Properties highly enough.

During this uncertain time in the real estate market, we are very grateful for Charles's hard work and dedication. His professionalism, knowledge, and kindness made the whole experience a joy. He went above and beyond and exceeded our expectations.

Thank you!  
Julianne and Erik Altenbernd

**Wishing that I could help more nice folks like these. It always makes us feel good when I know I have done a good job for someone that needed my help selling or buying a home.**

**At Seapointe Properties we make every effort to ensure that our clients are always happy with the results of their real estate transaction. Repeat and word of mouth business is the primary part of our success. We love living in Orange County and feel blessed to have so many great friends to share gatherings and meals together.**

**Thank you for your continuing support and confidence.**

**Charles Hewlett Broker BRE # 01250371  
714-488-8000 seapointe@mac.com**



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## CalKIDS and California Association of School Counselors Team Up to Help Students Claim Scholarships From \$2.3 Billion Statewide Investment

Sacramento, CA – May 7, 2026 — The ScholarShare Investment Board (SIB) today announced a new initiative under its existing statewide partnership with the California Association of School Counselors (CASC) to expand awareness of the CalKIDS Program and help more students, particularly those in historically underserved communities, claim their share of \$2.3 billion in scholarships already set aside for their futures.

Through this collaboration, CalKIDS will be more deeply integrated into

State Treasurer’s Office, CalKIDS has invested more than \$2.3 billion to support more than 5.6 million California children with scholarships for college or career training. Eligible public school students can receive CalKIDS Scholarships worth up to \$1,500, which can be used for tuition and fees, books and supplies, and other qualified educational expenses at accredited colleges, universities and career training programs.

“School counselors are among the most trusted and influential guides in

a student’s journey to college and career,” said State Treasurer Fiona Ma, CPA, Chair of the ScholarShare Investment Board. “This partnership strengthens our ability to support students directly through the people they already rely on every day. By equipping counselors with the right tools and information, we can help more students take action and claim the scholarships available to them.”

The announcement comes as CalKIDS advances a new campaign to engage County Offices of Education,



### California Kids Investment and Development Savings Program

the work of school counselors across California, positioning the program as a key resource within college, career and financial readiness efforts. With approximately 60% of California public school students eligible for CalKIDS Scholarships, school counselors, as trusted leaders on campus, play a critical role in ensuring students and families understand the opportunity and are empowered with the information needed to take action and claim their scholarships.

This new initiative will include communications, webinars and ongoing engagement to support counselors in integrating CalKIDS into their day-to-day work with students and families. Counselors already provide critical classroom guidance, individual planning, and family outreach. In addition, it will leverage CalKIDS both with existing financial aid, like FAFSA and the California Dream Act Application, as well as aligning CalKIDS with upcoming high school financial literacy requirements. School counselors are meeting the moment in maximizing these resources to ensure students are best prepared after high school.

Administered by the ScholarShare Investment Board under the California

districts and schools across California in activating local outreach efforts, sharing information and helping more students and families move from eligibility to claiming their future.

The partnership also builds on CalKIDS’ integration with WebGrants 4 Students, which gives high school counselors access to CalKIDS eligibility information so they can identify eligible 9-12 grade students and conduct targeted outreach as part of college, career and financial aid readiness efforts.

“We are proud to partner with CalKIDS to help school counselors connect more students and families to scholarship funds,” said Dr. Loretta Whitson, Executive Director of the California Association of School Counselors. “At every grade level, school counselors help students build confidence, explore future pathways and access resources that support long-term success. CalKIDS gives counselors another practical tool to help students turn those possibilities into action.”

Families are encouraged to check eligibility and claim their scholarship accounts by visiting CalKIDS.org.



# Advocating for Orange County's Water Supply



Most people don't think about their water supply on a daily basis. But making sure that water is safe, reliable, and affordable takes steady work behind the scenes.

At the Orange County Water District (OCWD), we manage the Orange County Groundwater Basin. It provides about 85% of the drinking water for communities across north and central Orange County, including Huntington Beach and Fountain Valley. That responsibility means paying attention to both immediate needs and long-term planning.

A lot of this work is not visible. It includes water quality monitoring, scientific research, and maintaining the infrastructure that keeps water moving where it needs to go. It also means showing up at the federal level. In Washington, D.C., we work with policymakers to support funding and policies that help protect our local water supply.

During a recent visit to Washington, our team met with congressional offices and national water leaders. We focused on water reliability, water quality, and infrastructure investment. One of the key topics was PFAS, a group of chemicals found in many everyday products that have been detected at very low levels in the Orange County Groundwater Basin.

Those levels are measured in parts per trillion, which is a standard way of measuring extremely small concentrations in water. Even at those trace levels, we

take this issue seriously. OCWD has led testing efforts, launched one of the nation's largest PFAS pilot programs, and supported the construction of treatment systems across the region. Our drinking water continues to meet all state and federal standards.

OCWD was also invited to speak at a congressional briefing in recognition of this work. One of the main

At the same time, we continue to move forward here at home. We are investing in treatment facilities to remove PFAS from groundwater. We are also pursuing state and federal funding and taking legal action against PFAS manufacturers. Recent settlements are expected to help offset some of these costs.

The trip to Washington also included discussions about expanding stormwater capture behind Prado Dam in Riverside County. For many years, we have partnered with the U.S. Army Corps of Engineers to capture stormwater from the Santa Ana River and store it so it can be used to replenish the groundwater basin. Expanding that program strengthens our local supply and reduces reliance on imported water. We also discussed improvements along Santiago Creek that can increase stormwater capture and groundwater recharge. These are practical steps that help us maintain a dependable, locally controlled water supply.

Our focus is simple. We are working at all levels to ensure that residents and businesses across north and central Orange County continue to have access to safe, reliable water for years to come.

*This Orange County Water District article was provided by Cathy Green, who represents Division 6 of the District. Division 6 includes Huntington Beach and parts of Fountain Valley. Contact Director Green at cgreen@ocwd.com.*



The Orange County Water District (OCWD) maintains a diverse water supply portfolio, ensures water quality and invests in infrastructure that strengthens water reliability in an environmentally responsible way.

issues we raised was the need for federal liability protections for water agencies, often called passive receivers. These are agencies that do not create PFAS but are responsible for addressing it when it enters the water system. This has real financial consequences locally. Without federal protections, additional costs could fall on ratepayers. We are working to make sure that responsibility is placed where it belongs, while protecting local communities.

## Most Iconic Moments in History



### Sweet Photograph Of Princess Diana Holding Prince Harry In 1986

Prince Harry was born in 1984, the second child of Charles and Princess Diana, who were at the time Prince and Princess of Wales. At the time of his birth, Harry was third in the line of succession to the British throne, behind his father Charles and his older brother William. Though Harry was a baby of privilege, he could not possibly understand his situation when this picture was taken in August 1986, a month shy of his second birthday.

As we saw so many times during her life, Diana was a loving mother, and her displays of affection were not necessarily in keeping with British stiff-upper-lip tradition. The last time children in line for the throne were photographed in their Royal mother's arms, they were Elizabeth II's offspring: Charles himself (born 1948) and his siblings Anne (born 1950), Andrew (born 1960), and Edward (born 1964). The Royal family wasn't anywhere near as accessible in those times, and the photographs that exist are generally staged -- nothing so candid and intimate as this moment from 1986. Sadly, Diana would die just 11 years later, leaving her 15- and 12-year-old sons without a mother.

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 Karen 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.



Liquor.com / Sabrina Tan

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 sea-food-forward dishes that executive chef and Pacific Northwest native Lee Gorman 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.

### 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

# SPECIAL SECTION

# AUTO

New • Used  
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## The Finest Vintage Cars of the 1960's Golden Age



Pontiac GTO

When John Z. DeLorean broke an internal GM rule about putting high-power big-block engines in "intermediate" cars, he turned the industry on its ear. While the reputation of the Pontiac GTO was arguably greater than its actual performance in street racing during the Sixties, it was perhaps the first car that was capable of scrapping with the hot rods just as it came from the showroom. By the time GM restyled its intermediate cars for 1968, the GTO was "The Great One", made famous for all time by the film *Two Lane Blacktop*.

# AUTO LOAN DELINQUENCY RATES INCREASED MORE SLOWLY IN Q1

New York Fed researchers are closely watching the percentage of loans that transition into delinquency in a given quarter in order to measure the health of the auto finance market.

By Jim Henry / Wards Auto

Auto loan delinquencies have been high for some time, but the rate at which they were increasing has started to slow down, according to the Federal Reserve Bank of New York's Household Debt and Credit Report for the first quarter of 2026 — and researchers take that as relatively good news.

In a May 12 conference call with reporters, New York Fed analysts said they are closely watching the so-called "flow," the percentage of auto accounts that transition into delinquency in a given quarter, as the best indication of the current state of the auto finance market.

By that measure, auto loan flow into early delinquency, defined as at least 30 days delinquent, was 7.72% in the first quarter, down from 7.99% a year earlier. The auto loan flow into serious delinquency, defined as 90-plus days delinquent, was 2.97% in the first quarter of 2026, roughly even with 2.94% a year ago.

"We are seeing stabilization across credit cards and auto," in terms of flow into delinquency, a New York Fed researcher said in the conference call.

Protocol for the New York Fed is not to quote individual analysts by name. The authors of the report are researchers Andrew Haughwout, Donghoon Lee, Daniel Mangrum, Joelle Scally, and Wilbert van der Klaauw.



Getty

rious delinquency (90 days or more).

The quarterly Household Debt and Credit Report is one of the market's earliest, widely published, detailed looks at auto loans and leases originated in the quarter just ended. As such, it's an indicator for both consumer demand, and lender willingness to lend.

"In aggregate, spending is holding up," in the first quarter of 2026, a New York Fed researcher said in the call. Besides auto loans and leases, the report also examines originations, delinquencies, and other metrics around mortgages, home equity lines of credit, credit card debt, and student loans.

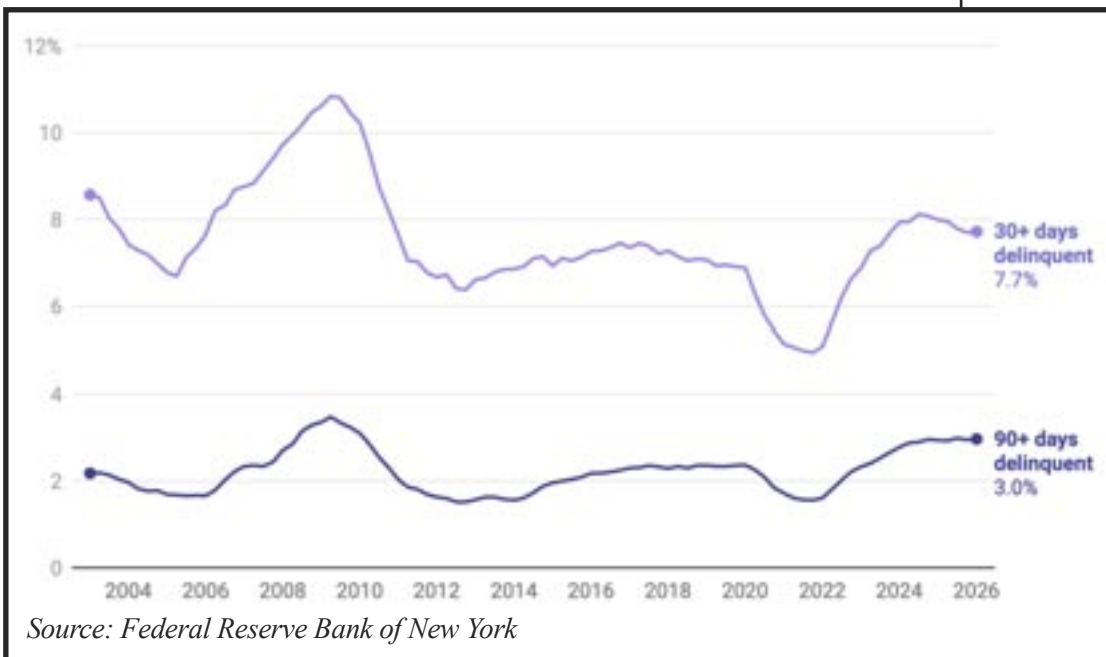
Total auto loans and leases originated in the first quarter were \$182.1 billion, an increase of 10.4% versus the first quarter of 2025. That includes loans and leases for new and used vehicles.

In the K-shaped economy of haves and have-nots, the highest-rated category of auto loans and leases, defined as credit scores of 760 and above, also had the biggest share. Those high-end loans and leases accounted for 42.8% of all originations in the first quarter of 2026, up from 41.1% a year ago, the report said.

Meanwhile, loans to borrowers with subprime credit, defined as credit scores below 620, accounted for 15.6% of Q1 auto originations, roughly even with 15.5% a year earlier.

While the household credit environment is in decent shape overall, younger borrowers, and borrowers with lower credit scores, are struggling more — including some with credit scores above the cutoff for subprime, a New York Fed researcher said in the call.

"Payment struggles go beyond subprime," the researcher said.



Auto loan delinquency begins to slow in 2026  
Percent of balances newly entering delinquency (30 days or more) or se-

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# FOODS YOU'LL NEVER EAT AGAIN AFTER YOU KNOW THE INGREDIENTS. OR MAYBE SHOULD NOT EAT AGAIN SCARY...

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.

**Red Colored Candy**  
**Company: Various**  
**Market Share: \$240 billion total candy market\***

**Ingredient: Carmine**  
 Red is a beautiful color for candy. It's vibrant, inviting, and it looks juicy. That's why it's such a popular choice for many companies, from Twizzlers to Skittles. It's no secret that coloring is used to achieve this, but did you know that one particular source of red is carmine?

Carmine comes from the bellies of female African beetles. They're essentially squished and milked for their color which is sometimes noted as Natural Red #4. Some might say it's better than using an artificial source, but still – beetle bellies. Gross.

©Africa Studio / Shutterstock.com

**Enhanced Beef**  
**Company: Various**  
**Market Share: \$468 billion total beef market\***  
**Ingredient: Sodium**

The heavier the meat, the more money farmers get. The juicier it looks, the better it sells in stores. With that being said, pumping cuts of beef full of saltwater isn't a new practice by any means. You may have noticed that beef often shrinks when it's being cooked.

That's thanks in part to the water seeping out. Water is one thing, but saltwater actually ends up giving the beef a much higher sodium

content that isn't healthy. Too much salt in the diet can cause all sorts of problems for humans, so be extra picky when shopping for dinner in the future!

©Andrei Iakhniuk / Shutterstock.com

**Shredded Cheese**  
**Company: Various**  
**Market Share: \$40 billion\***  
**Ingredient: Cellulose**

We all love our cheese, but if we knew what was really in it, would we eat it so much? Shredded cheese is the worst of all thanks to an added ingredient. Have you ever wondered why cheese you grate yourself ends up clumping, while store-bought stuff doesn't?

The answer is simple: cellulose! Cellulose is essentially wood pulp, aka sawdust. It's added to the cheese to stop it from sticking together and becoming hard. It's safe to consume, but it's still a little weird to know we're downing wood shavings, isn't it?

©jultud / Shutterstock.com

**Cake**  
**Company: Various**  
**Market Share: \$44.05 billion\***  
**Ingredient: Human hair**

Cake should be made up of flour, flavoring, and tons of icing if you ask us, but mass production means that a few other ingredients end up thrown in the mix. Sadly for all the cake lovers out there, a lot of cakes have a compound called L-cysteine in them. This is something derived from human hair or duck feathers.

It sounds disgusting and really, it is, but it's supposed to add flavor to the bake. We don't fully understand why either, but we can all agree that when we go for a slice, we certainly don't want human hair on our plates. Little did we know it's already in a whole bunch of common foods as well.

©Kolpakova Svetlana / Shutterstock.com

# Quinn Minute - Here's Something to Think About...

By Rix Quinn.  
 These little columns are mostly silly. But today I'm asking a serious question.

This is something an editor told me many years ago. Do you agree with it?

"A major minute is one that can change the course of a life almost immediately."

For instance, one minute you're standing outside a kindergarten class. The child standing next to you smiles, you greet him, and 40 years later you're still best

Or, you sign up for a random history class in high school. The teacher's first lecture makes you decide you want to teach history too.

Seconds. Moments. Minutes. Charles Lindbergh takes his plane down the runway, and across the ocean in a world-changing adventure.

In the third game of the 1932 World Series, it takes Babe Ruth only seconds to point to the grandstands in center

field where he will hit the next pitch. And he does it.

My job is interviewing people. One of the first questions I ask nearly everybody is this: "What major minutes – or decisions -- completely changed the course of your life?"



Vecteezy

## 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.



**Jacqueline Mars**  
 Net worth: \$42.6 billion | Age: 85 |  
 Source of wealth: Candy, pet food | Citizenship: U.S.

Mars' grandfather started selling butter cream candy from his kitchen in 1911. Now Mars Incorporated owns an array of beloved brands including M&Ms, Snickers, Wrigley's and Pedigree dog food. Mars served on the board for 20 years and is estimated to share ownership with her brother John and her four nieces.



# 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.

## University of Texas MD Anderson Cancer Center

**Original Headquarters:** Houston, TX

**Purchased By:** Concord Medical Services

**Country:** China

Back in 2012, many eyebrows were raised when 20% of the University of Texas M.D. Anderson Cancer Center Proton Therapy Center was acquired by Beijing-based company Concord Medical services. Although the purchase didn't directly affect the University's ownership stakes, it did boost Concord's profile.

"Proton treatment has become a widely accepted method of radiation therapy," said Dr. Jianyu Yang, Concord Medical chairman and CEO. "Concord Medical plans to build and operate two proton centers in China. This transaction will enable us to gain valuable experience and knowledge of the operations of a proton therapy center from the world leader in proton therapy cancer care."

©Andriy Blokhin / Shutterstock.com

## Starplex Cinemas

**Original Headquarters:** Dallas, TX

**Purchased By:** Dalian Wanda Group Corp Ltd

**Country:** China

Starplex never had the same power in the industry as AMC did, with only 34 locations across America. As a result, many Americans never set foot in a Starplex the-

## California Grapes International Inc

**Original Headquarters:** San Jose, CA

**Country:** China

California Grapes International Inc was once a home-grown business, but that all changed when it was bought by China Food Services Corp. Once a company focused on distributing wine, California Grapes faded into obscurity after the purchase was made some years ago for an undisclosed amount.

China Food Services Corp describes itself as being "is engaged in marketing, distribution, and selling of food and beverages though-out Asia and the Middle East. It owns and operates Golden Dragon Food & Beverage Import & Export Company of Hong Kong, Ltd." The company was founded in 1992.

©Sundry Photography / Shutterstock.com

## Fisher Price

**Original Headquarters:** East Aurora, NY

**Purchased By:** Mattel

**Country:** China

Fisher-Price is a toy-making company that has been around since 1930. Though it has its headquarters in America, the company has a series of contracts with outside vendors. It has eleven factories in China. In 2007,

Fisher-Price (via its parent company, Mattel, which bought Fisher-Price back in 1993) made headlines when it recalled one million of its toys, which were made in China.

The reason for the massive recall was that these factories had made the toys with excessive amounts of lead in them, something that can be dangerous to children, especially the young age groups that play with the company's toys.

©TY Lim / Shutterstock.com



ater because there just weren't any around. The chain was bought by AMC Theaters in 2015 for \$175 million, with many locations turned into AMC Classics.

As we discussed earlier, AMC is largely controlled by the Dalian Wanda Group Corp Ltd. As Starplex faded into obscurity when the last of the theaters were changed over to AMC in 2017, the company was swallowed by AMC and Dalian to become another cog in the machine.

@Royal\_Window / Twitter.com



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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.

## The Gatton Murders



Wikimedia Commons

In 1898, adult siblings Michael, Norah, and Ellen Murphy were heading home on Boxing Day evening after a fun day out. Whatever happened to them on their way from a canceled dance to their Queensland home has become one of Australia's most baffling unsolved murders.

According to the Queensland Police Museum, the three were found by their brother-in-law, who went to look for them when they didn't come home. He found a grisly murder scene: clothing was torn, the bodies were battered and bruised, and Michael and Ellen's skulls had been crushed. Rage was obvious — the killer (or killers) had even fatally shot the Murphys' horse. It's also worth noting whoever attacked them was no slouch — Michael was home on leave from the Mounted Rifles, where he had a reputation as being pretty bad\*\*\*.

Police talked to more than 1,000 people, but there were outrageously large gaps in the investigation, even for the time. There wasn't just crime scene contamination: some members of the public took souvenirs. Police and the media went head to head, trying to decide who was more incompetent, and in the meantime, one of the two suspects (the one without an alibi), disobeyed police orders and scrubbed the blood from his shirt before it could be tested. He was a butcher, in all fairness, but still. All that bungling kept the Murphy family (pictured) from ever seeing justice.

## Grandpa's Favorite Ground Beef Recipes

*Southern Living* / MARY ALICE RUSSELL

Comforting and dependable. These are two words that can be used to describe your grandfather or other treasured family member in your life, but these words can also be used to describe a mealtime staple: ground beef. These recipes, nostalgic as well as filling, are like a walk down memory lane with every bite. We've pulled together ground beef recipes that are bound to be family favorites.

**Tennessee Onion Burgers**  
Greg DuPree; Food Stylist: Chel-

sea Zimmer; Prop Stylist: Prissy Lee Montiel

Nothing says comfort like a juicy burger, and this version is extra delicious thanks to buttery baked onions. Prepare the Tennessee Onions casserole the night before, and bake them while you make and grill the burgers.

Read the original article on Southern Living.



# Don't Let "Mis-information" Ruin the Best Years of Your Life!

## MYTH ONE

"I've heard I won't qualify for a reverse mortgage because of my limited income."

## MYTH TWO:

"If I take out a reverse mortgage the lender will own my home."

## MYTH THREE:

"There are restrictions on how reverse mortgage proceeds may be used."

## MYTH FOUR:

"Only low-income seniors get reverse mortgages."

## MYTH FIVE:

"If I outlive my life expectancy, the lender will evict me."

## MYTH SIX

"A reverse mortgage will affect my government benefits."

## MYTH SEVEN:

"There are no objective advisors available to seniors trying to decide if a reverse mortgage suits their needs."

## MYTH EIGHT:

"My children will be responsible for the repayment of the loan."

## MYTH NINE

"Reverse mortgage lenders take advantage of seniors."

## MYTH TEN:

"I cannot get a reverse mortgage if I have an existing mortgage."

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## Jane Fonda breaks silence on ex-husband Ted Turner's death: 'I loved Ted with all my heart'

raised to do. Men like Ted aren't supposed to express need and vulnerability. That was Ted's greatest strength, I believe," she continued.

Fonda said that Turner "taught me more than any other person or school classes" about nature, wildlife, hunting, fishing, business and strategy.

"Ted was supremely strategic. It was likely innate, but he studied the Classics in college, knew about the Peloponnesian War inside and out and the strategies used by Alexander the Great and even Genghis Khan. And sailing big boats as he did further honed those strategic talents which he then brought into his businesses to much success. He could see around corners for sure," she wrote. "Next to Katharine Hepburn, Ted was the most competitive person I have ever met and that was fascinating to witness. Whether it was who'd made the most ski runs at the end of the day, to acres of land owned (stewardship is the more fitting word for his relationship to land), who had the most billions, how many countries he'd made love to his prior lover in and could I match that, it was challenging. Ted was challenging, but I've always been up for a challenge, and with Ted it was almost always worth it."

Fonda noted that she loved "Ted with all my heart."

"I see him in heaven now with all the wildlife he helped bring back from extinction – the black footed ferrets, the prairie dogs, Big Horned sheep, Mexican Gray Wolf, the Yellowstone wolf pack, bison, the red cockaded woodpecker and so many more, they're all gathered at the pearly gates applauding and thanking him for saving their species," she wrote.

She acknowledged Turner's five children. "Five talented, complex kids who I had the privilege of becoming stepmother to," she wrote. "I had four stepmothers growing up and I know how important stepmothers can be, so we all did our best to build an extended, rag tag family, and I love them to this day. If it was complicated to be married to him, think how complicated it was being his child. And they are all doing fine."

Fonda concluded: "Rest in Peace, dearest Ted. You are loved and you will be remembered."

Fonda has spoken fondly of her relationship with Turner in the decades since their split, revealing on an 2023 episode of the Conan O'Brien Needs a Friend podcast that the environmentalist was instrumental in helping her to find and embrace her own sense of humor.

"Spending 10 years with Ted, who is hysterical, oh my God he is funny," she remarked at the time. "And outrageous. And I saw it's okay to be outrageous. And that really helped me."

She went on to compare Turner to a "sieve," adding, "It just all comes out. But his take on life is just — like Lily [Tomlin's] — it's inherently funny."

The pair also used their voices for good during their marriage, working together to co-found the Georgia Campaign for Adolescent Power and Potential (GCAPP) in 1995. The charity organization works to "improve the overall health and well-being of young people" in the Peach state, per its website.

Get your daily dose of entertainment news, celebrity updates, and what to watch with our EW Dispatch newsletter.

Speaking at GCAPP's 30th annual EmPower Party and gala event last November, Fonda became emotional as she credited Turner with its continued success.

"It was a very challenging time in Georgia. Had I not been with Ted, this was something, had he not stood by me with his love and support, we never would have survived," she told the crowd, per PEOPLE.

She continued, "Ted's not here, but he is here in my heart and I know he is here in a lot of our hearts."

Turner Enterprises announced the billionaire entrepreneur's death in a May 6 statement.

"Ted was an intensely involved and committed leader, intrepid, fearless and always willing to back a hunch and trust his own judgement," CNN CEO Mark Thompson said. "He was and always will be the presiding spirit of CNN. Ted is the giant on whose shoulders we stand, and we will all take a moment today to recognize him and his impact on our lives and the world."

News of Turner's death comes eight years after he revealed in a 2018 interview with Good Morning America that he'd been diagnosed with Lewy body dementia.

# ENTERTAIN IN STYLE

## An At-Home Solution with the Taste of Takeout

Feature Impact

If you're cozying up at home but takeout cravings are calling, it may just be time for a pantry refresh that brings bold flavors straight to your kitchen. No matter what kind of cook you are – Bumble Bee Snackers are your new secret snack-section solution.

For unbeatable convenience and flavor, consider Bumble Bee Snackers for an at-home recipe enhancement. They're shaking up the tuna aisle in single-serve cans with a variety of bold flavors that are perfect for snacking or light lunches, including zesty Lemon Pepper, rich and savory Hickory Smoke, tastebud-tingling Sweet Heat, spicy-sweet Thai Chili and nostalgic Tuna Salad. If you're more of a traditionalist, classic Chunk Light Tuna is an ideal complement for crackers or veggies.

The premixed 3-ounce cans can be enjoyed on their own or paired with other favorites like celery

sticks, carrots, cucumber, crackers or tortilla chips.

Snack menu shakeups are sweeping the country; in fact, 50% of Americans agree it's hard to find snacks that meets all their needs, according to a survey conducted by Bumble Bee Seafoods and FleishmanHillard's TRUE Global Intelligence. The survey also found hungry families are looking for more "bang for their buck," affordability, protein and ease for eating on the go.

While value and convenience are important, great taste still tops the list – flavor remains the single biggest driver of snacking decisions. To ensure convenience and flavor is on your menu, consider these Spicy Tuna Sushi Rice Cups as an easy way to enjoy the taste of takeout from the comfort of your own kitchen.

Visit [BumbleBee.com](https://www.bumblebee.com) to discover more ways to shake up snacking at home.



**PLEASE CLICK HERE TO VIEW RECIPE**

### Spicy Tuna Sushi Rice Cups

Recipe courtesy of @amateur\_husband on behalf of Bumble Bee Seafoods

**Sushi Rice:**

2 cups sushi rice, cooked  
2 tablespoons rice vinegar  
1 tablespoon sugar

**Tuna Mixture:**

1 can (5 ounces) Bumble Bee Snackers Lemon Pepper  
3-4 tablespoons mayonnaise  
1-2 teaspoons Sriracha, or to taste  
1/2 teaspoon soy sauce  
1/4 teaspoon wasabi (optional)

**Assembly:**

nori (seaweed sheets)

furikake seasoning  
spicy mayo or Sriracha, for topping  
wonton crisps, for topping  
Heat oven to 375 F.

**To make sushi rice:** Mix cooked rice with rice vinegar, sugar and salt. Let cool slightly.

**To make tuna mixture:** In bowl, combine tuna (no draining needed), mayonnaise, Sriracha, soy sauce and wasabi, if desired. Mix well.

**To assemble:** Cut nori sheets into squares and press into cups of muffin tin to line them. Fill each nori-lined cup with sushi rice, pressing gently to form small nest shape. Sprinkle furikake over rice then top with spoonful of tuna mixture. Bake 8-10 minutes until heated through and edges are slightly crispy. Remove cups from muffin tin, drizzle with spicy mayo or Sriracha and top with wonton crisps.

# LAST CALL: These Chain Stores Are Closed 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?

## L'Occitane

**Year Established: 1976**

**Store Closures: 23\***

Like many other retailers, L'Occitane has been in the industry for a long time, weathering many storms over the decades. That doesn't mean they aren't always looking to switch up their strategy and save money, though.

CEO Mr. Reinold Geiger explained according to Retail in Asia, "After a solid FY2021, we are pleased to see our growth trajectory continue into FY2022. Importantly, even as stores reopen globally, the shift in our channel mix towards online has remained intact, demonstrating the success of our omni-channel distribution."

©Toni Genes / Shutterstock.com

## Marks & Spencer

**Year Established: 1884**

**Store Closures: 30\***

While Marks and Spencer don't have an enormous American presence, it's one of the oldest retailers in the UK. In mid-2021, it was announced that the giant would be closing around 30 of its stores after announcing a huge loss of over \$200 million.

While some of the stores have shuttered already, others still have yet to close their doors and will be cleared out at the tail end of 2021 and early 2022. Brits are sad to see these locations go and hope more stores will reopen in the future.

©Terence Toh Chin Eng / Shutterstock.com

## Fossil

**Year Established: 1984**

**Store Closures: 65 to 75\***

Fossil has had a strong retail presence since opening its doors in 1984, but the last period has been particularly tough on the watch and handbag retailer. The company lost \$96 million throughout 2020, meaning it had no choice but to look at cutting costs.

The result was the announcement of store closures of around 75 stores across 2021 and 2022. Fossil simply chose not to renew the lease on several stores, but more could be shuttering as the years tick by if the company can't get back on steady ground.

©JHVEPhoto / Shutterstock.com

## Alamo Drafthouse

**Year Established: 1997**

**Store Closures: 3\***

Alamo Drafthouse may not be the biggest cinema brand out there, but it's loved by locals who happen to have one in their area. In 2021, the company filed for chapter 11 bankruptcy and announced plans to close three locations for good.

Alamo Drafthouse Ritz in Austin, Missouri, and Texas will be closing for good, but at the time of writing in fall 2021, not all of them have closed. These spots could likely be closed for good in 2022 unless a small miracle happens in the meantime.

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

*Bored Panda / GRETA JARUŠEVIČIŪTĒ*

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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# BOOKWORMS ONLY

## Vampires, villains, and heroes: 10 characters you need to know



Literature has given us characters that transcend the page, capturing imaginations and defining genres. From heroic adventurers to beloved childhood icons and cunning antiheroes, these 10 figures have left an indelible mark on readers worldwide. Each has a unique story and a lasting legacy that continues to shape culture and fiction.

Image: Héctor J. Rivas

### 1) Sherlock Holmes



Image: Giu Vicente

Created by Sir Arthur Conan Doyle in 1887, Sherlock Holmes is a consulting detective known for his astute logical reasoning, use of forensic science, and keen observation skills.

Holmes first appeared in *A Study in Scarlet*, setting the gold standard for detective fiction. His iconic deerstalker hat, pipe, and razor-sharp mind have made him a lasting symbol of intellectual prowess in literature and media.

### 2) Elizabeth Bennet



Image: daria

From Jane Austen's *Pride and Prejudice* (1813), the beloved Elizabeth Bennet navigates the complex social expectations and romantic entanglements of Regency-era England in her pursuit of love and self-discovery.

Austen's sharp observations challenged the societal norms of early 19th-century England, and her brilliantly crafted heroines remain enduring models of wit, independence, and strength.

### 3) Atticus Finch



Image: Museums Victoria

From Harper Lee's *To Kill a Mockingbird* (1960), Atticus Finch stands as one of literature's most enduring symbols of integrity and justice. As a small-town lawyer in 1930s Ala-

bama, he defends a Black man wrongly accused of assaulting a white woman, facing social backlash for upholding equality before the law.

Finch was inspired in part by Lee's own father, Amasa Coleman Lee, a lawyer who once defended two Black men in a similar case.

### 4) Jay Gatsby



Image: Kier in Sight Archives

From F. Scott Fitzgerald's *The Great Gatsby* (1925), Jay Gatsby embodies the allure and tragedy of the American Dream. A self-made millionaire who rises from poverty, Gatsby devotes his life to winning back his lost love, Daisy Buchanan, through wealth, charm, and lavish parties on Long Island.

Fitzgerald based Gatsby's world on the excesses of the Jazz Age, drawing inspiration from real figures of the Roaring Twenties.

### 5) Huckleberry Finn

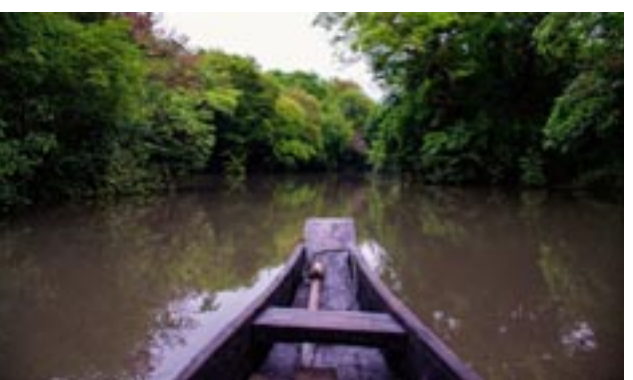


Image: Ashique Anan Abir

First appearing in Mark Twain's *The Adventures of Tom Sawyer* (1876) and later starring in *The Adventures of Huckleberry Finn* (1884), Huck became an icon of youthful independence and moral awakening.

Rejecting the constraints of "civilized" society, he embarks on a journey down the Mississippi River with the runaway slave Jim. Often called the first true American novel, *Huckleberry Finn* broke literary conventions and helped shape modern realism in fiction.

### 6) Holden Caulfield



Image: Joonas Sild

From J.D. Salinger's *The Catcher in the Rye* (1951), Holden Caulfield became the voice of postwar teenage alienation. Disillusioned by the "phoniness" of the adult world, he wanders New York City after being expelled from prep school, searching for meaning and authenticity in a world that to him feels hollow.

Salinger's use of colloquial language and raw introspection was groundbreaking, influencing generations of writers and readers to this day.

### 7) Jane Eyre

Image: Europeana

Charlotte Brontë's *Jane Eyre* (1847) introduced one of literature's first truly modern heroines. Orphaned and mistreated, Jane rises through hardship to become a governess and falls in love with the mysterious Mr. Rochester, but refuses to sacrifice her integrity or independence even for love.

Brontë's portrayal of a woman asserting both moral and emotional autonomy was groundbreaking for its time and



helped redefine the role of the heroine in English literature.

### 8) Dracula

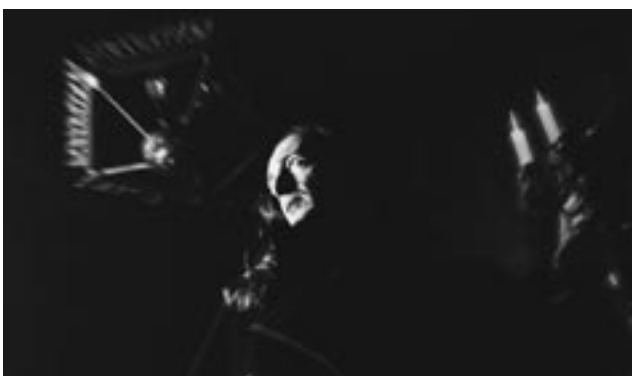


Image: Vitaliy Shevchenko

Bram Stoker's *Dracula* (1897) introduced the world's most famous vampire—a sophisticated aristocrat who conceals a monstrous thirst for blood.

Inspired by Eastern European folklore and possibly the real-life Vlad the Impaler, Stoker's creation redefined the vampire myth. Count Dracula became a lasting symbol of fear, desire, and immortality, influencing countless adaptations and shaping an entire genre of horror.

### 9) Frodo Baggins



Image: Thandy Yung

From J.R.R. Tolkien's *The Lord of the Rings* trilogy (1954–1955), Frodo Baggins embodies the quiet courage of the ordinary person thrust into extraordinary circumstances. Tasked with destroying the One Ring, he journeys from the peaceful Shire into the heart of darkness to save Middle-earth.

Unlike traditional epic heroes, Frodo's power lies in humility and persistence, making him a timeless symbol of inner strength and the cost of doing what's right.

### 10) Odysseus



Image: Wietse Jongma

Homer's *Odyssey*, composed around the 8th century BCE, presents Odysseus as the archetype of the clever hero. After the fall of Troy, his ten-year journey home to Ithaca becomes a test of endurance, intellect, and will as he faces gods, monsters, and temptation.

Renowned for his wit and adaptability, Odysseus embodies the Greek ideal of metis—strategic intelligence. His story also helped define the hero's journey narrative that shaped Western literature, influencing countless tales of adventure and human struggle against fate.



# EarthTalk®

From the Editors of  
E/The Environmental  
Magazine

**Dear EarthTalk:**  
How does "soundscape ecology" help the environment? -- L.M.,  
via email

A vast web of species, including humans, connect ecosystems across the globe. Understanding the interactions animals have with their environments reveals that sound is key to that connection. Soundscapes are the combination of all natural and man-made sounds within an environment. Three major sound types contribute to a soundscape: sounds generated by organisms, non-living natural sounds (like from sunlight, water, soil, air and temperature), and sounds from humans or human-made technology. They are referred to as biophony, geophony, and anthropophony respectively.

The study of bioacoustics has shown how vital soundscapes are for inter- and intra-species interactions. Maia Persche, a field biologist and bioacoustics researcher at Baraboo Hills Re-

search Collective, explains the complexity of a soundscape: "...species that evolve together in an ecosystem all call at a different time or pitch, so their calls don't overlap, and they can be heard above the background... Like, if two frog species call at the same time, maybe one will have a high pitch, and one will have a low pitch. Or if they have the same pitch, they might call at different times of the day."

The study of soundscapes — the combination of natural & man-made sounds within an environment — yields research that ultimately can help conservation efforts.  
Credit: Pexels.com



The primary disruptor of natural soundscapes is anthropophony, or noise pollution. Noise pollution impacts species behaviors and can cause habitat fragmentation. Due to different levels of tolerance for acoustic disturbance, a habitat may be inaccessible to animals even if it appears intact, due to noise infiltration. Noise pollution also affects humans. According to UCLA Health, chronic exposure to high decibels is linked to an increase in stress hormones, risk of heart disease, and cognitive impairment.

Silence is not the solution, but instead we must

embrace and recapture natural soundscapes. Landscape architects, like Ohio State University's Dorothee Imbert and her students, are incorporating soundscape ecology into new designs. Their novel proposals at Floyd Bennett Field in Brooklyn, New York, include raised bluffs and an "acoustic planting matrix." This strategy uses native plants to dampen noise in some areas and attract noise-tolerant animals to others. The pursuit of natural soundscapes is not limited to land. Coral reefs, teeming with life, are also being researched. A study by Timothy Gordon with the University of Exeter found that introducing healthy reef soundscapes to dead reefs improved fish presence.

Whether improving the environment for sensitive species or human wellbeing, natural soundscapes achieve meaningful goals. You can start by actively engaging with local planning processes, like attending annual master plan meetings. This is a great way to advocate for a step toward soundscape harmony and away from noise pollution.

**CONTACTS:**

*Designing for Natural Rhythms*  
[asla.org/awards-events-main-landing/honors-awards/pro-student-awards/2025-student-awards/13056](https://asla.org/awards-events-main-landing/honors-awards/pro-student-awards/2025-student-awards/13056).

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*The information contained in this column does not necessarily reflect the opinion of The Local News.*

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# Cocktails & WOMEN

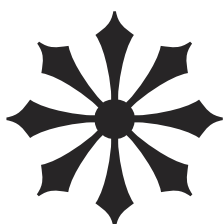
## Naked & Famous Cocktail

By Kathryn Maier  
Liquor.com / Tim Nusog

The Last Word, an equal-parts cocktail comprising gin, green Chartreuse, maraschino liqueur, and lime juice, has inspired many spin-offs. Among the most noteworthy of those is the Naked & Famous, created by Joaquín Simó, most recently a partner in New York City's now-closed Pouring Ribbons, during his time at Death & Co.

### Ingredients

- 3/4 ounce mezcal (preferably Del Maguey Chichicapa)
- 3/4 ounce Aperol
- 3/4 ounce yellow Chartreuse
- 3/4 ounce lime juice, freshly squeezed



Cocktail Corner



## MARGARET THATCHER

Margaret Thatcher (1925-2013) was Britain's first female prime minister (1979-90). She was known for her tough uncompromising, conservative political views, and became dubbed as 'The Iron Lady'. On the UK domestic front she instituted many free market reforms, implemented the controversial poll tax and reduced the power of trades unions. In international affairs, she cultivated a close relationship with American President Ronald Reagan and also developed a working relationship with Russian leader Mikhail Gorbachev as the Cold War drew to a close.



### WRONG SPORT

We truly have no idea what this fan was thinking, pulling out a huge sign that says "golf is fun too" at a hockey game.

We're not arguing, golf can certainly be a fun sport, but he is nowhere near a putting green, and he seems to have gotten his sports mixed up. The sign is bound to cause some confusion on the ice, since it's been placed in a prime position for the hockey players to see.

## Same City, \$38 Difference: L.A.'s Wildly Unequal Lawn Care Prices

California has one of the most affordable lawn care markets in the country — and Los Angeles has one of the most unequal within a single city. The state's average mowing cost sits well below the national average, yet within L.A. itself, where you live determines what you pay more than any other major U.S. city.

We dove into LawnStarter's historical data for our State of Lawn Care in America Industry Report — analyzing 2+ million mowing jobs across 2,000+ cities — to identify some lawn care industry trends across pricing, tipping, weather disruptions, and seasonal patterns.

### California Mowing Insights:

Professional lawn mowing services are nearly \$8 cheaper than the national average in California at \$45.73 per mow.

Lawn care prices are up across the board, with a national increase of 4.8% per 1,000 square feet for lawn mowing jobs between 2024 and 2025. California saw a smaller increase of 2.5% for mowing costs per 1,000 square feet.

Los Angeles has a pricey lawn care market with average mows costing \$10.50 per 1,000 square feet. The national average is \$6.30 per 1,000 square feet.

Los Angeles has the largest price gap by ZIP code, with a \$38 spread between the most affordable and most expensive average mowing costs within a ZIP code. Priciest neighborhood: Los Feliz.

California's tipping rate for lawn mowing is just above the national average at 27.5%.



# HISTORICAL PHOTOS



Russian Prime Minister Dmitri Medvedev as a young gentleman



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# Moe News Than You Can Handle



Moe Kanoudi

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# THE BEST HOLE-IN-THE-WALL FRIED CHICKEN IN THE WHOLE WORLD

### 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.

### North Carolina: Becky's & Mary's Restaurant

High PointTwo sisters run Becky's & Mary's along with other family members. There's no sign for the restaurant, so don't blink or you might miss the office-looking building with those molded plastic seats attached to the floor. The menu is hand written on a whiteboard, and the crunchy skillet-fried chicken is served on styrofoam plates along with sides like potato salad and greens. Don't skip the banana pudding for dessert.



Victor C. Yelp

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

## DIAL "M" FOR... MEGHAN AND NO PRINCE!

ZAHRAH PATEL

The marriage of Meghan Markle and Prince Harry is once again the subject of intense speculation following a wave of new insider claims. Since relocating to California, the couple has built a brand centered around family life, philanthropy, and entertainment projects. Yet recent reports suggest there could be a growing distance between them privately. According to insiders, Meghan and Harry are allegedly living more "separate lives" these days.

Meghan Markle and Prince Harry allegedly don't have any common interests except 'Sussex brand'

New claims about the Duke and Duchess of Sussex emerged during an appearance by journalist Rob Shuter on "The Nerve with Maureen Callahan." During the discussion, Shuter alleged that insiders told him Meghan Markle and Prince Harry are now "living separate lives" despite remaining together as a couple.

According to Shuter, sources claimed the pair have very few overlapping interests today. "They don't really have any common interests apart from the Sussex brand," he alleged. Reportedly, much of their shared focus revolves around their public image and business identity. He further claimed Meghan and Harry now maintain separate friendships and spend their time in different social circles.



Photo Credit: Asanka Ratnayake/Getty Images

The royal commentator also alleged that their personalities and interests were "never aligned" from the start. That said, he claimed they once made an effort to find activities and projects they could enjoy together. According to the allegations, that dynamic may have changed as several of their joint business ventures evolved over recent years.

Additionally, Shuter claimed Harry has become increasingly focused on family life and parenting responsibilities. Referring to the Duke as "Mr. Mom," he alleged Harry spends a significant amount of time with the couple's children. Meghan, he added, is also very involved, though insiders allegedly believe the pair now operate more independently than they once did.

The latest comments come as speculation around the Sussexes' marriage continues to circulate online and in tabloids. Previous reports have alleged there is "undeniable tension" behind the scenes, despite the polished image often presented publicly. Other insiders have even claimed discussions about a possible vow renewal may have taken place.

*The post Meghan Markle & Prince Harry Are 'Living Separate Lives' — Insiders appeared first on Reality Tea.*

## Tomato Fraud? "OMG What's Next, Meatball Chronicles?"

The Independent US  
GRAIG GRAZIOSI

Two shoppers in California are looking to sue Cento Fine Foods, alleging it is committing "tomato fraud."

The proposed class-action lawsuit accuses the company of falsely branding its tomato products with claims that it uses San Marzano Certified tomatoes, ABC News reports. That specific type of tomato is grown in Italy's Campania region, and is prized for its flavor.

In the same way that sparkling wines marketed as champagne should originate from France's Champagne region, under European Union law and international treaties, a true San Marzano tomato should always originate from Campania in southern Italy under E.U. rules.

"Defendant's marketing and labeling of Cento San Marzanos as 'Certified San Marzano' tomatoes is false, misleading, and unfair," the lawsuit states. "They lack the taste, consistency, and other physical characteristics associated by consumers with certified San Marzano Tomatoes."

Tomatoes certified as DOP, or Denominazione d'Origine Protetta, are reviewed by Il Consorzio di Tutela del Pomodoro San Marzano DOP, an independent consortium regulating the tomatoes' origins.

The lawsuit accuses Cento, which is based in New Jersey, of using marketing that is meant to trick consumers into thinking that the company is using certified San Marzano tomatoes in its products.

It specifically alleges that Cento has created "an erroneous impression that they contain DOP certified San Marzano Tomatoes of equivalent quality." The suit is claiming \$25 million in compensation to shoppers.

The company claims otherwise on its website.

"Cento Certified San Marzano Tomatoes have always been and continue to be grown and produced in an area known as the Sarnese Nocerino area of Italy. Our production plant in the San Marzano region of Campania, Italy sits in the shadow of Mount Vesuvius," it says.



The company website offers ways for its consumers to track the products they buy back to their origin, including a "Find My Field" option for its tomatoes.

An attorney representing Cento Fine Foods told ABC News that the lawsuit is "entirely without merit" and said the company would "defend this claim vigorously."

The statement added: "We believe this claim is entirely without merit. We have previously successfully defended a comparable lawsuit in New York federal court and will defend this claim vigorously as well, including seeking prompt dismissal."

It said that it voluntarily stopped seeking certification in the 2010s because of labeling requirements.

*The Independent has requested comment from Cento.*

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## Nonsense-Sounding Statements That Turned Out To Be True

*Bored Panda / ROBYN SMITH*

Don't believe everything you read on the internet. By now, we can all agree that it's full of fake stuff and AI isn't helping the situation. Misinformation spreads like wildfire and often, it's disguised so well that you might be none the wiser. But sometimes, fact is indeed stranger than fiction and the things that sound like complete and utter rubbish turn out to be true.

Humans glow. The universe is beige. Per capita, the Vatican has the highest crime rate in the world. Those were just some of the statements that popped up when someone recently asked, "What sounds like complete nonsense, but has been proven to be true?"

Bored Panda has put together a captivating and surprising list of the best answers. From biology to geography, psychology to history, and everything under the sun, there's enough here for anyone looking to sound a little more clued up at that next social gathering. Don't forget to upvote your favorites and feel free to share your own "nonsense-sounding" gems in the comments section below.



Placebos show positive effect even when you know you're being given a placebo. © Photo: xenomorphbeaver



There are more castles in Germany than McDonald's in USA. © Photo: NerobyrneAnderson

Tall people are more likely to get cancer than short people because having more cells increases the chance that any one of them will mutate.

They're basically just bigger targets.

Another mind-blowing and potentially unbelievable fact on the list was the one about shuffling a deck of cards. Specifically that there are more ways to shuffle a deck of cards than there are atoms in the solar system.

It sounds wild but this has been backed up by experts at McGill University who report that "there are somewhere in the range of  $8 \times 10^{67}$  ways to sort a deck of cards. That's an 8 followed by 67 zeros."

According to the university's site, "even if someone could rearrange a deck of cards every second of the universe's total existence, the universe would end before they would get even one billionth of the way to finding a repeat."

It adds that no matter how many card games you've played, even if you're a professional blackjack dealer, there are too many ways to arrange 52 cards for any randomly organized set of cards to repeat itself in your lifetime.



# 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.



**RCA Victor Record Player**  
**Maker: RCA**  
**Original Price: \$50\***  
**Worth Today: \$500-\$2,000\***

Before RCA bought the Victor Talking Machine Company in the late 1920s, the latter was the largest manufacturer of record players and phonographs in the world. RCA, a record label, bought Victor and continued its line of record players, including the Victrola.

Now, a Victrola can be worth between \$500 and \$2,000, depending on the condition.

Other antique record players from Victor and RCA can also be worth quite a bit at auction. Working antique record players often go for \$180 to \$250, unless they are a rarer, harder-to-find piece like the Victrola. The Victrola was originally made in 1906 as a phonograph.

@thriftyfun / Pinterest.com

## Jadeite Ball Jug

**Maker: Anchor Hocking**  
**Original Price: \$15-\$20\***  
**Worth Today: \$200-\$500\***

Jadeite is a hard, tough, dense material that is the mineral that takes up most of jade. Jade is a valuable stone that is especially prized in Asian countries like China, though most gem-quality jadeite comes from the northern part of Myanmar.

A Jadeite Ball Jug is a tilted, globular pitcher that is made from the green mineral.

Jadeite ball jugs aren't easy to find. They are often worth anywhere from \$200 to \$500 at auction, and the ball jugs date between the 1920s and 1960s. Jadeite was more common in the 1940s and '50s, so pieces from the '20s, '30s, and '60s will likely sell for higher.

@WorthPoint / Pinterest.com



## Advertising Signs

**Maker: Coca-Cola and others**  
**Original Price: Unknown**  
**Worth Today: \$780-\$5,300\***

The soda fountain had its glory days in the early 1900s, and this heyday lasted until the 1950s. Fountains featured ice cream, meals, and soft drinks (specifically, Coca-Cola), and they were often the "it" place to gather with your friends. As people moved out of cities and into the suburbs in the late 1950s, soda fountains lost a lot of their popularity.



Now, it's rare to find a vintage soda fountain establishment. However, that doesn't mean that paraphernalia from these old-timey fountains is worthless. Vintage Coca-Cola signs, such as this one, can sell for hundreds, if not thousands, at auction.

@ebaycouk / Pinterest.com

# Interesting Old Photos for People who Love History

www.HBLocalNews.com

Bored Panda / ROKAS LAURINAVIČIUS

The world is constantly changing, and eventually, our memory alone isn't enough to portray how things really were. It can distort important details, leaving gaps in our understanding of the past. That's why archives are so valuable.

The Facebook group Old Historical Photos is home to hundreds of images from days gone by. Thanks to the community's dedication to record keeping, we get to see the events, places, and people that might otherwise be lost to time. Previous eras feel much more tangible.



**#1** Shirley Slade was a pilot in the Women Airforce Service Pilots program during World War II. During her time in service, Shirley was stationed at three different bases, and primarily flew Bell P-39 Airacobras and Martin B-26 Marauders, two notoriously difficult aircraft to fly. In July 1943 she was featured on the cover of LIFE magazine. Shirley passed away on April 26, 2000. © Photo: Ancient Pathways

**#2** Betty White in her Los Angeles home with her dog, 1952. © Photo: Antique Piece



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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.

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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.



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## INTUITION - COAL TO DIAMONDS

By Bryan Golden

Who wouldn't rather have a diamond than a piece of coal? But diamonds don't materialize out of thin air. Every diamond starts out as a piece of coal. Given enough time, heat, and pressure, the coal is transformed into a precious gem.

The process can't be rushed. There are no shortcuts. That's why diamonds are much scarcer than coal and substantially more valuable. Even though coal has a lot of unrealized potential, diamonds are a known quantity.

Are you a diamond or a piece of coal? You are a diamond if you are constantly striving to maximize and realize your potential. You're a piece of coal if you tend to follow the easiest, most expedient path.

A person who is a diamond, earns more money, has more opportunity, is more in demand, and stands out from the crowd more than their coal counterparts. The benefits of being a diamond far exceed the effort required to become one.

Anyone can transform themselves into a diamond. So why doesn't everyone become diamonds? Because it takes effort, persistence, and time. Without effort, nothing will happen. Without persistence, a person will give up. Without allowing enough time, there will be no results.

Too many people have a lotto mentality where they want results without putting in the requisite work. These people would be happy to become diamonds if there was a quick shortcut that provided instant results. Others are willing to do what it takes to get what they want.

William worked as a framer for a residential construction firm. William had a decent income along with steady work. He definitely lived comfortably. But William wanted more opportunity and growth. After ten years of doing the same job, he was becoming frustrated.

William didn't have time or energy to go back to school. Yet he had a desire to better himself. So, William did the one thing he had been taught to do when he

needed information. He went to the library. Spending just 30 minutes a day, William read book after book on all facets of the construction trade.

In less than a year, William learned about plumbing, electrical, masonry, roofing, project management, building codes, and accounting. Along the way, he began to offer suggestions to his boss, Todd, on ways to cut costs by being more efficient and reducing waste.

William's ideas saved Todd a lot of money. Although William didn't get paid for his suggestions, he kept making them. The real estate market started to heat up and Todd's business began expanding. Todd offered William a position as a project manager which William was happy to accept.

Carol worked as a night stocker for a large national discount retail chain. Every shelf she stocked was always perfectly arranged when she was done. Carol even straightened up all of the adjoining displays as well. Wherever she walked in the store, she picked up merchandise from the floor, putting it back in the proper location.

On Thursdays, Ed, the district merchandiser, arrived at the store just as Carol finished her shift. Even though Carol had clocked out, she would stay and help Ed set up product displays. After a few months, Carol had learned a lot about store merchandising.

When Ed received a promotion, he recommended Carol as his replacement. It was unusual for a night stocker to be promoted directly to a merchandiser. Carol's supervisor gave her such a glowing recommendation that she got the position.

How can you become a diamond? Unlock your potential. Free yourself from limitations. Don't write off your dreams as unattainable. There is always a way. Put in the effort, never give up, and allow enough time for the results you want.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at [Bryan@columlist.com](mailto:Bryan@columlist.com) or visit [www.DareToLiveWithoutLimits.com](http://www.DareToLiveWithoutLimits.com) Copyright 2026 Bryan Golden



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# CHEERS TO THE UNEXPECTED

## Why drinks affect men and women differently: The truth!

How quickly does the human body react to alcohol? What's the most popular drink in the world? And can animals get drunk? You might think you know everything about your favorite cocktail, but alcohol is actually full of fun facts that may surprise you; join us to discover them!

Image: kofookoo.de

### 6 minutes

Alcohol begins affecting your brain even before you've finished your first glass. Although you might not notice it right away, alcohol is absorbed into the bloodstream through the stomach and small intestine. It then goes to the brain, and within 5 to 6 minutes of drinking, it starts affecting your neurotransmitters, promoting relaxation, slowing brain activity, and contributing to that typical feeling of de-inhibition.

### Drunk bees

It seems that bees not only communicate with each other to form colonies with amazing structures and hierarchies, but they also get drunk! Though not like humans, and not for the same reasons.

Bees carry nectar from flowers to the hive to produce honey. If that nectar has fermented, the bees can get drunk as a result. Believe it or not, bees have been seen flying or walking slower than usual, and sometimes they even bump into things!

### Strongest beer in the world

Beer is really popular. In fact, it's one of the most popular beverages of choice for summer weekends. But one beer stands out from the rest, not just for its taste but also for its effects.

Brewmeister Snake Venom is a beer from Scotland that is famous for its extremely high alcohol content. For comparison, a regular beer has around 4.5% alcohol content. What about Brewmeister Snake Venom? It has 67.5%! Quite intimidating, isn't it?

### Error: memory not found

It can happen to anyone after a night of partying: waking up on Sunday with a headache, thirst, and a blank spot in your memory. Well, it turns out you didn't "forget" last night's crazy dances; it's something else.

Actually, it's not that your brain "erased" what you did while you were tipsy; it's that it never recorded it in the first place. Why? Alcohol affects the hippocampus, a part of the brain responsible for creating new memories.

### Vodka vs. odors

If, for some reason, you can't put that smelly shirt in the washing machine yet, this tip will be very helpful. Since vodka contains alcohol, it's ideal for removing strong odors from fabrics, as it kills the bacteria causing the smells.

Spraying a small amount of vodka on the affected areas of your clothes or your sneakers can temporarily solve the problem. But be careful to use just a little!

### 800 grapes

As we know, grapes are not only delicious fruits but also the key ingredient in one of the oldest alcoholic beverages: wine. But how many grapes are needed to produce a standard 750-milliliter bottle of red wine?

According to experts, between 600 and 800 individual grapes are used for each bottle of red wine. Of course, the amount of grapes needed will depend on the variety of wine, the region, and the techniques used in production.

### In the popular team

Okay, we've already mentioned that beer is popular, but do we know how popular? According to several sources, it's the most consumed alcoholic beverage in the world! And we understand why: Not only does it have a great, refreshing taste, but it's also produced and sold in most countries at relatively affordable prices. Additionally, the variety available makes it easy for everyone to find their favorite!

### High pressure

When you're about to pop that champagne bottle at Christmas dinner, make sure to point it upwards and away from the table. You know why: That cork can turn into a projectile!

That happens because of the high pressure inside a champagne bottle, which is generally about 5 to 6 atmospheres (atm), or 75 to 90 pounds per square inch (psi). This is about 3 times the pressure found in your car tires!

### Different effects

Although we all enjoy a glass of wine equally, research shows that alcohol has slightly different effects on men and women.

If two people of different genders drink the same amount of alcohol, it will generally have a stronger and longer-lasting effect on the woman. That is due to women having a higher percentage of body fat and a slower metabolism compared to men.

### It's better to put on a sweater

If you're really cold, it's best to skip that drink. Although that glass of wine may give the feeling of warmth, it doesn't raise your body temperature. What actually happens is that alcohol causes your blood vessels to dilate, creating a superficial sensation of warmth. However, in reality, this leads to your body losing heat.

In short, alcohol doesn't warm you up; in fact, it lowers your body temperature!



Image: Nacho Dominguez Argentina



Image: Timothy Hales Bennett



Image: Jarritos Mexican Soda



Image: engin akurt

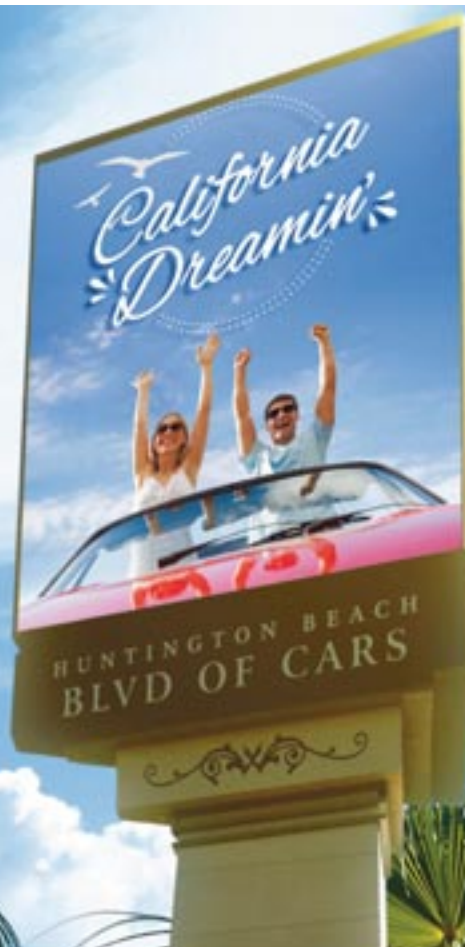
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