



MIMIMY

*In Los Angeles*

**SUMMER'S**

**HERE!**

And we've got your  
summer road trip  
shopping list ready

*FUN & FABULOUS*

**KATHY**

**COPCUTT**

*REMINDS SINGLE  
MOMS IT'S BETTER  
TO "LOVE YOUR  
CHILD MORE THAN  
YOU HATE YOUR EX!"*

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More Expensive Than  
Rent These Days

**Plus,  
We Found The  
perfect Summer  
Afternoon Tea  
Experience**



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**STATEMENT PIECES  
FOR A DAZZLING  
SUMMER**

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# THE SUMMER ISSUE

MANY YEARS AGO, I INTERVIEWED A LOCAL MOM AT HER SAN FERNANDO VALLEY HOME, IN THE MIDDLE OF SUMMER. HER KIDS WERE RUNNING AROUND THE HOUSE, HER LIVING ROOM WAS MESSY AND HER KITCHEN DESPERATELY NEEDED THE HELP OF A CLEANING SERVICE. THE SCENE WAS ACTUALLY VERY FAMILIAR (GOD KNOWS MY HOUSE IS OFTEN VERY MESSY) BUT THIS INTERVIEW TURNED OUT TO BE A BIGGER LESSON FOR ME THAN I HAD EVER ANTICIPATED. IN THE MIDDLE OF HER KITCHEN, SURROUNDED BY PANTRY FOOD ITEMS AND DIRTY DISHES, SHE HAD CLEARED A SIZABLE SPACE ON A COUNTERTOP TO WORK ON A JIGSAW PUZZLE. THAT WAS HER WAY OF CREATING BALANCE BETWEEN THE CHAOS OF HAVING KIDS HOME ON SUMMER VACATION AND CENTERING HERSELF WITH PRACTICING A TYPE OF MINDFUL MEDITATION.

IT WAS A SIMPLE BUT GENIUS IDEA THAT HAS STAYED WITH ME AS A REMINDER THAT WE CAN ALWAYS TURN CHAOS INTO CLARITY, ESPECIALLY DURING THE LONG DAYS OF SUMMER, WITH KIDS AT HOME.

IN THIS ISSUE, WE'RE GETTING TIPS FROM OUR COVER MOM— THE LOVELY LIFESTYLE INFLUENCER AND TV PERSONALITY KATHY COPCUTT—ON FUN WAYS TO ENJOY SUMMER IN THE CITY WITH (AND WITHOUT) THE KIDS. YOU'LL MEET REMARKABLE MOMPREENEURS WHO ARE UPLIFTING THEIR FAMILIES AND COMMUNITIES AS WELL AS A REMARKABLE PROMOTER OF POSITIVITY WHOSE CONTAGIOUS OPTIMISM LED HER TO LAUNCH A LIFESTYLE BRAND, WITH MERCH CURRENTLY SOLD AT LAX.

WE ARE ALSO SHARING AWESOME SUMMER ROAD TRIP MUST-HAVES (BECAUSE FUN IN THE SUN GETS EVEN BETTER WHEN WE DRIVE LONGER-THAN-USUAL DISTANCES WITH KIDS AND PACK THE RIGHT ITEMS TO MAKE THING SMOOTHER!).

WHATEVER YOUR PLANS ARE THIS SUMMER, I WISH YOU PLENTY OF LAUGHS, CHEERFUL FAMILY TIME AND THE PRESENCE OF MIND TO FIND A UNIQUE ACTIVITY TO KEEP YOU CENTERED AND BALANCED IF YOU FIND YOURSELF OVERWHELMED WITH THE MANY DYNAMICS SUMMER BRINGS ABOUT. REMEMBER, THE DAYS ARE LONG BUT THE YEARS ARE SHORT. HAVE A GREAT SUMMER!

Xoxo,  
ANABEL MARQUEZ  
EDITOR





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# **BOLD AND DARING** *meets* **KIND AND CARING**

**Meet two moms that just introduced a  
Revolutionary Blend of Doll Stroller and Hero Mobile**

---

Hart & Hero, a dynamic startup brand reimagining children's play and bridging the gender play gap, recently unveiled its latest innovation: the Herotron, which seamlessly merges a doll stroller with the excitement of a hero mobile. The Montessori-inspired Herotron promises to revolutionize playtime for kids, just in time for summer fun.

The vision for Hart & Hero started when co-founders and boy-moms Musya and Chanie noticed a glaring gap in the market.

"Almost every doll stroller on the market is pink," observes Musya. "In fact, most toys that cultivate social-emotional development and celebrate nurture are pink. Starting from the gender-reveal party, society associates pink with girls. But boys have a place in family life. Boys are big brothers and future fathers. So why are all the toys celebrating family values with pink?"

According to the co-founders, The Herotron isn't just a toy; it's a gateway to boundless adventures and creative exploration for children.

It's loaded with features to fuel creativity, including a detachable license plate, padded steering wheel, and a side bungee and back pocket. Accessories available separately include the Power Cape and Power PJs, as well as Hartie the PowerPal doll.



# HART & HERO



By merging nurturing care with open-ended play, the Herotron cultivates a sense of empowerment and fosters positive values in young minds.

"The Herotron is gender-neutral, but it was consciously created to carve a space for boys to experience the benefits of family-oriented pretend play," explains Chanie, Hart & Hero co-founder. "We added the superhero aesthetic because we want to combat the narrative that pushing a doll stroller is soft and weak. As parents, we know the incredible strength that nurture takes."

The moms explain Herotron was developed with the adventurous and action-loving child in mind. Crafted with durability, and quality, the Herotron boasts a robust design and elevated aesthetic alongside features that spark the imagination, ensuring hours of uninterrupted play. Whether indoors or outdoors, its sturdy construction and effortless maneuverability make it the ideal companion for all kinds of adventures. With a doll stroller perfectly sized for standard dolls and an added hero mobile element, the bold black Herotron promises endless excitement and imaginative play.





# SPINERGY CARDIO VISUAL EXPERIENCE™

## A FIRST-OF-ITS-KIND IMMERSIVE MULTI-SENSORY FITNESS STUDIO, NOW OPEN IN SHERMAN OAKS

A first-of-its-kind fitness experience combining cinematic visuals, theater-quality sound and high-energy instructors, is officially open in Sherman Oaks. Completely reimagining the standard group fitness class, Spinergy CVE worked with the same engineers who commissioned THE SPHERE in Las Vegas to develop the studio's signature 300-square-foot projection screen, which showcases jaw-dropping visuals that elevate yoga and indoor cycling classes into extraordinary, multi-sensory experiences.

"We are beyond excited to open our doors as we welcome the community into the state-of-the-art Spinergy CVE studio to experience our amazing immersive fitness classes," said Lesley Wright, Founder and Owner of Spinergy CVE. "Our team has been hard at work transforming the studio into a space designed to energize, motivate and take our members on a new journey with every class. We are ready to blow some minds!"

**Designed to energize, motivate and take members on a new journey with every class:**

Spinergy CVE's one-of-a-kind projection system integrates dazzling HD projection mapping with JBL theater-quality sound to create a fully immersive fitness experience. While dynamic instructors guide each class and generate energy through shared movement and thoughtfully curated playlists, the projector syncs with all elements and showcases stunning visuals ranging from nature and urban landscapes to abstract.





# MOMCOZY

Successfully Concluded  
"Momcozy Village"  
Supporting Motherhood

## MOMCOZY HOSTED SIGNIFICANT EVENTS AT BABYLIST BEVERLY HILLS

REFLECTING ON ITS 2024 MOTHER'S DAY CAMPAIGN, MOMCOZY, THE GLOBAL ONE-STOP MOTHER AND BABY BRAND, REAFFIRMED ITS COMMITMENT TO SUPPORTING MOTHERS THROUGH ITS "MOMCOZY VILLAGE" INITIATIVE.

INSPIRED BY THE SAYING, "IT TAKES A VILLAGE TO RAISE A CHILD," MOMCOZY EXTENDED THIS CONCEPT TO MOTHERHOOD CREATING A WARM COMMUNITY ENSURING NO MOTHER NAVIGATES HER PARENTING JOURNEY ALONE. THE CAMPAIGN FOCUSED ON 'REAL SUPPORT,' 'REAL CONNECTION,' AND 'REAL COZY,' EACH DESIGNED TO NURTURE AND EMPOWER MOTHERS.

THE CAMPAIGN'S MULTIFACETED APPROACH INCLUDED 'REAL SUPPORT' THROUGH A VIRTUAL WEBINAR WHERE MOMS FOUND VALUABLE TOOLS AND RESOURCES FOCUSED ON MENTAL HEALTH SUPPORT AND A COMPREHENSIVE WHITE PAPER THAT EXPLORED THE NEEDS AND CHALLENGES OF MODERN MOTHERHOOD. FORTHCOMING PRODUCTS LIKE THE MOBILE FLOW™ HANDS-FREE BREAST PUMP, BABY DIAPER RASH CREAM, AND A PORTABLE MILK WARMER ARE SET TO LAUNCH IN Q2 AND Q3, EMBODYING PRACTICAL SOLUTIONS THAT ACCOMPANY MOTHERS FROM PREGNANCY TO EARLY MOTHERHOOD.

HIGHLIGHTING 'REAL CONNECTION,' MOMCOZY HOSTED SIGNIFICANT EVENTS AT BABYLIST BEVERLY HILLS AND ENGAGING COMMUNITY GET-TOGETHERS IN LA JOLLA AND CULVER CITY.

THESE GATHERINGS EXEMPLIFIED THE CAMPAIGN'S VILLAGE CONCEPT, ALLOWING MOTHERS TO PHYSICALLY CONNECT, EXPERIENCE INNOVATIVE MOMCOZY PRODUCTS FIRSTHAND, AND SHARE THEIR MOTHERHOOD JOURNEYS.

ADDITIONALLY, PLANS TO EXTEND THESE IMPACTFUL EVENTS TO MORE US CITIES FURTHER UNDERSCORE MOMCOZY'S DEDICATION TO ENHANCING MATERNAL SUPPORT NATIONWIDE, STRONGLY ALIGNED WITH THE "VILLAGE" IDEA OF CREATING WIDESPREAD, SUPPORTIVE COMMUNITY NETWORKS.

YET, IT DIDN'T STOP THERE. ONLINE, THE MOMCOZY FACEBOOK GROUP AND OTHER DIGITAL PLATFORMS HELPED FOSTER A VIBRANT COMMUNITY WHERE MOMS COULD SHARE, CONNECT, AND SUPPORT EACH OTHER. ACTIVITIES SUCH AS VIRTUAL CLASSES LED BY A PHYSICAL THERAPIST AND A 7-DAY GIVEAWAY, WHERE MOMS SHARED PERSONAL ADVICE AND EXPERIENCES TO WIN PRIZES, FURTHER ENRICHED THE ONLINE COMMUNITY EXPERIENCE.

IN ALL, IT WAS CLEAR THAT MOMCOZY DID A GREAT JOB WEAVING THE ETHOS OF 'REAL COZY' THROUGHOUT EACH INITIATIVE, FOCUSING ON COMFORT, EASE, AND EMOTIONAL SUPPORT. THE CAMPAIGN NOT ONLY PROVIDED RESOURCES BUT ALSO CULTIVATED AN ENVIRONMENT WHERE EVERY MOTHER COULD FIND SOLACE AND STRENGTH IN THE

COMPANY OF OTHERS.

THIS COMMITMENT TO NURTURING A COZY, SUPPORTIVE ATMOSPHERE ALIGNED SEAMLESSLY WITH MOMCOZY'S VISION TO ALWAYS PUT MOMS FIRST.

AS THE "MOMCOZY VILLAGE" CAMPAIGN CONCLUDES, IT LEAVES BEHIND A STRENGTHENED COMMUNITY WHERE THE MANTRA "MOMS HELP MOMS" RESONATES DEEPLY. THIS INITIATIVE HAS NOT ONLY HIGHLIGHTED THE IMPORTANCE OF COMMUNITY IN MOTHERHOOD BUT HAS ALSO EMPOWERED MOTHERS TO SUPPORT EACH OTHER THROUGH THE SHARED EXPERIENCES AND CHALLENGES OF RAISING CHILDREN.

#### ABOUT MOMCOZY

SINCE 2018, MOMCOZY HAS BEEN BRINGING THE BEST IN COMFORT TO MOTHERS WITH WEARABLE BREAST PUMPS, NURSING BRAS, AND OTHER MOM-CARE PRODUCTS. ENDORSED BY 3 MILLION MOTHERS IN OVER 60 COUNTRIES, MOMCOZY IS A COMPANION TO WOMEN FROM PREGNANCY TO EARLY MOTHERHOOD. WITH CONTINUOUS INNOVATION AND A COMMITMENT TO CREATING COZY DESIGNS BORN FROM LOVE, MOMCOZY IS GROWING IN REACH AND IMPACT TO MAKE MOMS' LIVES EASIER AROUND THE WORLD.



## Report: 2024 State of Maternal Support

When asked whether they felt they had a "village" of support in their lives, a slight majority of moms, 44.5%, answered "Yes," 37.4% answered "Somewhat," and 18.1% answered "No."

When asked whether they felt they had a "village" of support in their lives, a slight majority of moms, 44.5%, answered "Yes," 37.4% answered "Somewhat," and 18.1% answered "No."



# berry 805



**PINK STRAWBERRY-SCENTED  
LIP GLOSS TO HELP YOU  
SHINE ALL SUMMER!**

## **FRUITY, JUICY HYDRATION FOR YOUR LIPS**

Glides on to perfectly match the tone of your lips with a hydrating, sweet strawberry oil formula.

Berry 805 Gloss is Cruelty-free & Vegan.

Sales proceeds help farm worker families in Ventura County.



LEARN MORE AT [BERRY805.COM](http://BERRY805.COM)

# L.A. Artist Spotlight

## KELLY MALKA PACSUN'S Inaugural Capsule

Pacsun, the leading destination for Gen Z fashion, is proud to announce the launch of the Pac Artist Network Series, an extension of the Pacsun Collective and a testament to Pacsun's commitment to the arts.

The inaugural collaboration features Los Angeles-based artist Kelly Malka, known for her vibrant and playful style that captures the essence of her hometown.

Malka's exclusive collection showcases iconic LA landmarks through her distinctive illustrations, bringing a fresh and lively touch to Pacsun's fashion offerings. As a first-generation American, Malka's artistic style is deeply influenced by her Jewish Moroccan heritage, adding a rich cultural dimension to her work.

"I'm thrilled to be partnering with Pacsun and ATRIBUTE on this project," says Malka. "It's an incredible opportunity to share my art with a wider audience and celebrate the beauty of Los Angeles through fashion."



# VISIONARY STYLES

## FOR YOU & YOUR MOM TRIBE



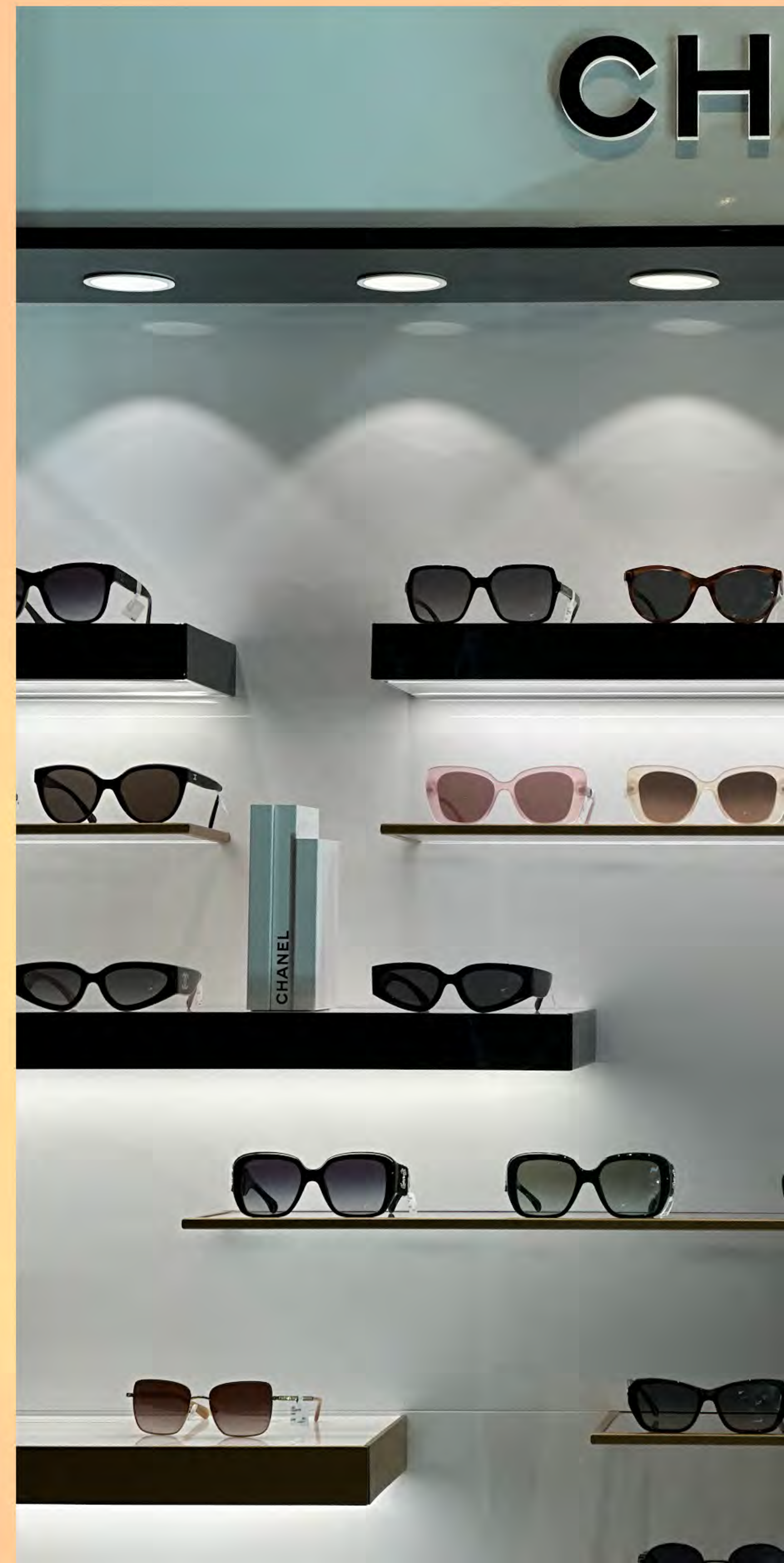
During a special mom event hosted by L.A. influencer Romy Schorr of *Romy Raves* at the Sunglass Hut in Beverly Hills, one of the first things guests noticed when they walked into the store was the variety of products. From high-fashion labels like Chanel, Gucci, and Versace to performance-oriented brands such as Oakley and Ray-Ban, guests were reminded that Sunglass Hut has something for everyone.

Founded in 1971 as a kiosk in a Miami mall, Sunglass Hut has grown into a global leader in the eyewear industry. With more than 3,000 retail locations worldwide, it's clear this isn't just another sunglasses shop—it's *the* ultimate destination for anyone looking to elevate their eye protection game.

"I was delighted to host some of my favorite ladies at the Sunglass Hut location in Beverly Hills to sip bubbly, nibble on gourmet eats, and shop for a new pair of designer sunnies with the assistance of a fabulous in-store stylist, trend, and face shape expert," shared Romy Schorr through social media.

During the mom event, Sunglass Hut provided superb customer service helping each of the invited ladies find the perfect pair.

Although Sunglass Hut has a global presence, one thing that hasn't changed is the attention to customer service. Plus, each store reflects local culture and fashion trends, making the shopping experience unique, based on the location. The Beverly Hills store has inventory to match all tastes--from Hollywood glam, oversized, elegantly embellished Chanel frames to minimalist styles for weekends at the beach.



***"I PLAYED HOSTESS WITH THE MOSTEST AND HAD THE PLEASURE OF INVITING SOME OF MY FAVORITE MOM INFLUENCERS TO BE SPOILED AND KICK OFF MOTHER'S DAY AT A FUN AND INTIMATE EVENT THAT I HOSTED IN COLLABORATION WITH SUNGLASS HUT. PERSONALLY, I AM SUNGLASSES-OBSESSED AND THERE IS NO GIFT THAT I ENJOY MORE THAN A FABULOUS PAIR OF DESIGNER SUNNIES."***

***-Romy Schorr, @RomyRaves***

**ANEL**



 **sunglass hut**

A smiling woman with long dark hair, wearing a wide-brimmed straw hat and a light-colored checkered shirt, is holding a large grey stuffed bear and a woven basket with black and yellow stripes. She is standing next to a young girl with long dark hair, wearing a pink shirt and denim shorts, who is also smiling. They are outdoors in a bright, sunny setting with a white fence and greenery in the background.

# Summer Family Road Trip Must-Haves!

Planning a summer road trip? Whether you're heading to the mountains or the beach, ensuring you're well-prepared can make the difference between a seamless adventure and a stressful ordeal.

Here's a fun guide of our editor's favorite essentials you need to pack to keep your trip safe, enjoyable, and memorable.

By ensuring safety, convenience, and fun, you're setting the stage for unforgettable memories with your family or fellow adventure seekers.

Safe Travels!



# Safety First!

Safety should always be your top priority when embarking on a road trip. Being prepared for unexpected situations can give you peace of mind and keep your loved ones safe.



THE TRAVEL KIT BY PINCH PROVISIONS COMES WITH 18 TRAVEL-FRIENDLY THINGS INCLUDING A MENDING KIT, A SAFETY PIN, AN EYE MASK, NAIL CLIPPERS, A PHONE/TABLET STAND, FACIAL TISSUES, AND MORE.



YOUR DAYS OF FUMBLING AROUND IN THE DARK ARE OVER. THIS GLOW-IN-THE-DARK, HIGH PERFORMANCE 3310PL LED FLASH LIGHT OFFERS UP TO 378 LUMENS OF UNCOMPROMISING FLASHLIGHT PERFORMANCE



THE PLASTIC-FREE BETTER BANDAGE IS MADE FROM BAMBOO TO BE BIODEGRADABLE, COMPOSTABLE, AND SOOTHING ON SCRAPES.



THE ICEMULE CLASSIC™ MEDIUM SOFT COOLER HAS A 15-LITER CAPACITY. GREAT FOR A FULL DAY AT THE BEACH OR AN AFTERNOON HIKING THE TRAILS.

KEEP GOING FIRST AID OFFERS THE CUTEST ICE PACKS MADE JUST FOR KIDS! THESE OFFER PAIN RELIEF FOR KID'S INJURIES; REDUCE ITCHING OF BUG BITES MINIMIZE SWELLING OF BUMPS AND BRUISES AND THEY'RE GREAT IN LUNCH BOXES TO KEEP FOOD COOL



INDIVIDUALLY WRAPPED, CLEANSING TOWELETTES WITH HANDZIES PROPRIETARY FORMULA OF PURE CASTILE (OLIVE OIL-BASED) SOAP AND WATER. HANDZIES ARE PERFECT FOR LUNCH BOXES, TRAVEL, CAR OR CAMPING.



# Summer Roadtrip

# Entertainment Matters!

Keeping everyone entertained is key to maintaining harmony and enjoyment on a long road trip. Boredom can lead to unrest especially among our younger travelers.



THIS PUZZLE SET INCLUDES A PUZZLE BOOK WITH 60 HEAD-SCRATCHING PUZZLES TO KEEP KIDS ENTERTAINED FOR HOURS! PUZZLE BOARD DOUBLES AS A CONVENIENT CARRYING CASE WITH HANDLE.



IF YOUR CO-PILOT IS CONSTANTLY TURNING AROUND TO PICK UP TOYS OR PASS OUT SNACKS. THE LUSSO GEAR KIDS TRAVEL TRAY COMES WITH A SAFETY STRAP THAT CAN BE SECURED TO ANY CAR SEAT, AND INCLUDES A DRY-ERASE BOARD TABLE, A CUP HOLDER, A STORAGE COMPARTMENT FOR TOYS AND A NO-DROP TABLET VIEWING STAND.



PLAYMONSTER MAGNATAB MINIS ALLOWS KIDS TO DRAW USING BEADS INSIDE THE TRENDY SHAPES, THEN PUSH THE BEADS BACK DOWN WITH A FINGER OR THE STYLUS.

**WARNING:** CHOKING HAZARD—Small parts and small magnets. Not for children under 3 years.  
**AVERTISSEMENT:** RISQUE D'ÉTOUFFEMENT—Petites pièces et petits aimants. N'est pas adapté au enfants de moins de 3 ans.



YOTO MINI INDEPENDENT, AD-FREE LISTENING FOR KIDS NO MORE SHOUTING AT SPEAKERS OR HANDING OVER YOUR PHONE. NOW KIDS CAN EXPLORE WHAT INSPIRES THEM USING PHYSICAL (DURABLE!) CARDS.

TURN FAMILY ROAD TRIPS AND MOMENTS OF IN-BETWEEN TIME INTO GREAT FAMILY FUN. GAMES ON THE GO IS A COLLECTION OF 50 GAMES AND ACTIVITIES THAT CAN BE PLAYED ANYWHERE AT ANY TIME.



# Accessories

Accessories can enhance your comfort and convenience on the road, making the trip more pleasant and stylish for moms, of course!



THE CADENCE BODY SET INCLUDES 3 FLEX MEDIUM CAPSULES THAT FEATURE LABELS TO KEEP YOUR BODY CARE ORGANIZED WHILE AWAY FROM HOME. ITS SLEEK DESIGN IS PERFECT AND THE SET IS SMALL ENOUGH TO FIT ANYWHERE.



FRUITY, JUICY HYDRATION FOR YOUR LIPS. THIS GLOSS IS A "BERRY SWEET" TRAVEL COMPANION!



SONY WH-1000XM5 HEADPHONES ARE DESCRIBED AS THE BEST WIRELESS NOISE CANCELING HEADPHONES WITH AUTO NOISE CANCELING OPTIMIZER, CRYSTAL CLEAR HANDS-FREE CALLING, AND ALEXA VOICE CONTROL



TOPICALS FADED BRIGHTENING UNDER EYE MASKS ARE LIKE PATCHES TO DEPUFF, HYDRATE, BRIGHTEN, COOL AND REDUCE DARK CIRCLES AND FINE LINES



NOW YOU CAN STOP WATCHING YOUR BAG AND LOOK UP TO SEE THE WORLD IN FRONT OF YOU. TRAVELON'S BUILT-IN 5-POINT ANTI-THEFT SECURITY SYSTEM WILL PROTECT YOUR VALUABLES AS YOU VENTURE INTO NEW PLACES. INCLUDES SLASH-RESISTANT MESH BARRIER IN ALL SIDES AND BOTTOM BODY PANELS;

RAVALO MILANO PERFUME ATOMIZER TRAVEL BOTTLE IS LIGHTWEIGHT, PORTABLE AND WILL KEEP YOU SMELLING GOOD ANYWHERE YOU GO!



THE CHARLESTON SHOE CO. INTRODUCED "FINN" AN ESPADRILLE WEDGE SLIDE STYLED AND DESIGNED WITH MAXIMUM COMFORT AND SUPPORT IN MIND. PERFECT FOR EXPLORING SMALL TOWN SHOPS AND CAFES.

# Snacks

What's a Road Trip without snacks!? Hunger can quickly turn a fun trip into a cranky one. Packing a variety of snacks will keep everyone satisfied and energized.



THE HEALTHIER DESSERT EVERYONE'S BEEN WAITING FOR! STEAMED CHICKPEAS ARE MIXED WITH COCOA POWDER FOR A SWEET COMBO EVERYONE WILL DEVOUR (EVEN KIDS) THE BEST PRODUCT FOR MOMS ATHENOS HAS INTRODUCED IN A LONG TIME!



MELA NATURAL WATERMELON JUICE DRINK. IT CONTAINS ELECTROLYTES & ANTIOXIDANTS FOR NATURAL HYDRATION,



THESE BAKED SNACKS FEATURE FARM-PICKED RED LENTILS AS THE FIRST INGREDIENT (HELLO PLANT PROTEIN AND FIBER!) TO SATISFY HIGHWAY HUNGER AND AVOID UNHEALTHY GAS STATION STOPS WHEN "HANGRY" MOMENTS STRIKE.



GREAT-TASTING SNACKS MADE WITH WHOLE GRAIN OATS. THERE'S NO ARTIFICIAL COLORS AND NO HIGH-FRUCTOSE CORN SYRUP. GOOD 2 GROW'S OAT AND WHEAT SNACKS ARE THE PERFECT TREAT FOR KIDS ON THE GO.



*\*editor's fave*

TAYLOR FARMS MINI CHOPPED SINGLE-SERVING SALAD KITS ARE GENIUS! THESE ARE PREPPED, CLEANED, AND READY TO ENJOY—LESS FOOD WASTE, ALL THE GREAT TASTE. EVEN THE PICKIEST OF EATERS WILL ENJOY THE PIZZA RANCH, CITRUS CRUNCH AND NASHVILLE HOT MINI CHOPPED KITS.

Plain Water – We Want Gen Z to Buy It – 1995-????  
– For People Who Never Owned a Flip Phone –  
Made by Real Boomers – Flavorless Transparent Liquid



Plain Water — We Want Gen Z to Buy It — 1995-????  
— For People Who Never Owned a Flip Phone —  
Made by Real Boomers — Flavorless Transparent Liquid

**GEN GEN ZEN Z**  
PURIFIED WATER

WELCOME

16 FL OZ (473 ML)

Metro Art Presents



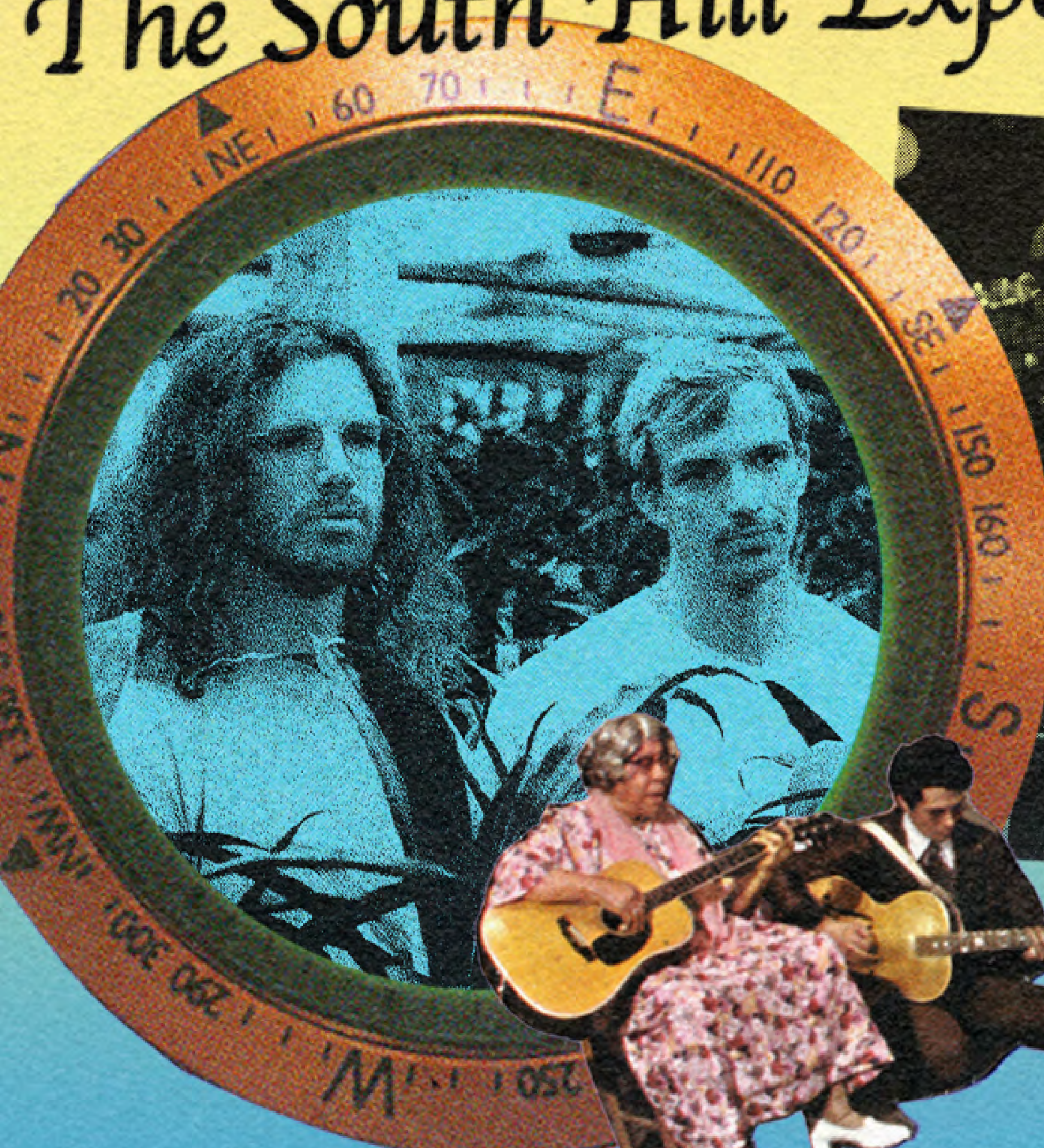
# Summer NIGHTS

Sat. 7/27

# UNION STATION

## The South Hill Experiment

with DJs Raul Campos  
& SILVA



# MICHELLE OBAMA'S

## Soft Drink Solution

**THE PUBLIC BENEFIT COMPANY  
CO-FOUNDED BY FORMER FIRST LADY  
MICHELLE OBAMA IS ON A MISSION TO  
RAISE A HEALTHIER GENERATION OF KIDS**

**F**irst Lady Michelle Obama is on a mission to create higher standards for how the U.S. makes and markets food and beverages for kids. In March, she announced the launch of PLEZi FiZZ during Expo West in Anaheim.

PLEZi FiZZ is a carbonated fruit drink that's available in three new flavors and builds upon the company's inaugural product, PLEZi, which aims to reach an older demographic of tweens and teens.

"I've dedicated so much of my life to helping kids and families lead healthier lives. As First Lady, I worked to rally every sector of society toward this goal," said former First Lady Michelle Obama. "While I'm proud of all we accomplished during those years at the White House, I've also learned that to truly push the food and beverage industry to do better by our kids, you have to work from the inside. I'm thrilled to build on those efforts through PLEZi Nutrition as we work to drive change throughout the entire food and beverage industry."

PLEZi Nutrition is intended to give parents a helping hand by offering healthier, great-tasting products that parents can feel

good about giving their kids and – most importantly – that kids actually want.

Kids are consuming far too much added sugar—on average, 53 pounds of added sugar per year, according to research cited by PLEZi. Sugar-sweetened beverages, also referred to as sugary drinks, are the leading source of added sugars for kids, which is why PLEZi Nutrition chose to start with a focus on beverages. The company offers products that ace the taste test but with lower sugar content and sweetness to help adjust kids' palates to crave less sweetness overall. In addition to reducing sugar and sweetness, they are adding in nutrients kids need, all with the aim to replace sugary drinks and snacks.

On average, PLEZi FiZZ has 70% less sugar (8g per 8.4oz) than average leading soft drinks (28g per 8.4oz), no added sugar, plus 2g fiber and nutrients like potassium and vitamin C. PLEZi FiZZ launched in three flavors: Cherry Limeade, Lemon Lime Squeeze, and Strawberry Lemonade, and is now available for purchase across Amazon and select convenience and club stores.

PHOTO:  
MAYA IMAN





**"WHILE I'M PROUD  
OF ALL WE  
ACCOMPLISHED  
DURING THOSE  
YEARS AT THE  
WHITE HOUSE, I'VE  
ALSO LEARNED  
THAT TO TRULY  
PUSH THE FOOD  
AND BEVERAGE  
INDUSTRY TO DO  
BETTER BY OUR  
KIDS, YOU HAVE  
TO WORK FROM  
THE INSIDE."**

**-MICHELLE OBAMA  
CO-FOUNDER, PLEZI**

In May, First Lady Michelle Obama, announced its official partnership with renowned actress and global advocate Kristen Bell as an investor and brand partner. Bell, a mother of two, has always been relatable, often speaking openly about the surprises and challenges of parenting. The partnership with PLEZi Nutrition gives Bell a platform to support and empower families with healthy habits.

"As a mom, I get fatigued with how challenging it is to get my kids to make healthy food and drink choices. And I know from experience that taste is my kids' first priority," said Kristen Bell. "I couldn't be more excited to partner with PLEZi Nutrition. Their mission and practical approach to providing healthier options for parents and kids is exactly what I have been searching for. In our home, I cannot keep my kids away from the PLEZi products. They get the taste they want, and I know it's a healthier choice. It's a win-win!"

This alliance comes at a pivotal moment as the United States is in a nutrition-related health crisis. Kids are consuming far too much added sugar with sugar-sweetened beverages, also referred to as sugary drinks, are the leading source of added sugar, and nearly two-thirds of youth consume sugary drinks on a given day.

#### **PLEZi ABSURDLY GOOD GAMES**

Furthermore, PLEZi Nutrition launched the first-ever PLEZi Absurdly Good Games – an online competition running now through July 8 that invites young people to share the absurdly good ways they stay active for a chance to win prizes, from custom PLEZi merch to \$5,000 in cash. Just as PLEZi Nutrition is shaking up the historically high-sugar beverage options with their better-for-you, great-tasting drinks PLEZi FiZZ and PLEZi, they are encouraging the next generation to shake up traditional physical activity by sharing all the absurdly good ways they stay active.





“I’m challenging you to show us all the fun and unexpected ways you stay active — from hobby horsing to extreme pogo sticking — by participating in the PLEZi Absurdly Good Games,” says Michelle Obama

Kristen Bell will co-host the PLEZi Absurdly Good Games along with beloved social media magician, Sean Sotaridona, who is known to his 36+ million fans as “Sean Does Magic.”

“I’m excited to be kicking off my role with PLEZi Nutrition with a little healthy competition!” said Kristen Bell. “My family has some pretty absurdly good ways we like to stay active, and I can’t wait to see how young people across the country respond to the challenge and share their skills!”

To participate, videos showcasing absurdly good skills should be posted on Instagram using #PLEZiGames and #Contest and tagging @plezinutrition any time from June 20 through July 8, 2024.

Entries will be reviewed to find the most unique, surprising, and reimagined skills out there. During the competition, weekly winners will be chosen to receive custom PLEZi merch. On July 12, 2024, three grand prize winners will be announced who will each receive a \$5,000 cash prize to fuel their absurdly good passions and a limited edition mini fridge stocked with PLEZi FiZZ.

As part of PLEZi Nutrition’s partnership with FoodCorps to support their Nourishing Futures initiative, which is working to ensure all 50 million students across the country have access to nutrition education and free school meals by 2030, the company will match each PLEZi Absurdly Good Games grand prize with a \$5,000 donation to FoodCorps in honor of the winners.



## ABOUT PLEZI NUTRITION

PLEZi Nutrition is a kids' nutrition company, created to bring higher standards to how we make and market food and beverages for kids in the U.S.

They are motivated voices of parents everywhere looking for more practical, healthier options. The U.S. is in a nutrition-related health crisis and sugary drinks are the leading source of added sugar: nearly two-thirds of youth consume sugary drinks on a given day.

PLEZi's products have no added sugar and also contain fiber and nutrients to support kids' growing bodies. PLEZi the product, the platform, and the philanthropic efforts are here to help raise a healthier generation and have some fun along the way.

The Public Benefit Company is co-founded by former First Lady Michelle Obama.

The company aims to give parents a helping hand by offering healthier, great-tasting products, including PLEZi FiZZ and PLEZi, that parents can feel good about giving their kids and that kids actually want.

More than an effort to create better products, PLEZi Nutrition serves as an educational platform to engage with families on nutrition topics and what's best for kids' health.

PLEZi Nutrition is part of Juggernaut Capital's portfolio of companies.

For more information, visit [www.plezi.com](http://www.plezi.com).



Summer Fruit Spotlight

# FIVE *benefits*

# of PEACHES

Peaches are more than just a delicious summer fruit. Whether you're a health enthusiast, a foodie, or someone keen on nutrition, you'll be delighted to know that peaches offer a plethora of health benefits. Let's explore why peaches should be a staple in your diet. Peaches are packed with essential vitamins and minerals. A medium-sized peach contains:

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**1** VITAMIN C - BOOSTS YOUR IMMUNE SYSTEM AND AIDS IN SKIN HEALTH.

**2** VITAMIN A - FOR VISION AND SKIN HEALTH.

**3** FIBER - HELPS IN DIGESTION

**4** POTASSIUM - SUPPORTS HEART HEALTH

**5** LOW IN CALORIES AND HIGH IN WATER CONTENT





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# MOLLY BAZ

## Makes History As First Pregnant Woman On A Cereal Box

Special K® is giving best-selling cookbook author, Molly Baz, a new platform to empower expectant mothers nationwide—the front of its cereal boxes—where she'll become the first pregnant woman to be featured on its cover. This partnership is the first 'Special Edition' for its campaign, "Special for a Reason," spotlighting various inspiring individuals and sharing their stories to help make them feel seen – and special. "Special K has always designed food around people. This is why we want these Special K boxes - front and back - to be a celebration of everything that makes people unique," said Sadie Garcia Senior Director of Brand Marketing at WK Kellogg Co. "We are thrilled to be teaming up with Molly for this initiative as someone who embraces being true to yourself. Together, our goal is to deepen that pride and highlight that everyone's journey to motherhood looks different, but each path is special in its own way." "If you know me, you know I am a freak for cereal. Cereal got me through pregnancy in a very real way," said Molly Baz. "And as a diehard Special K girlie, and longtime customer, it is an honor to be given the opportunity to design my own Special K box alongside my husband. I'm thrilled to use this moment as a billboard and platform where we can celebrate the mind-blowing miracle of pregnancy and motherhood that is happening around us all and is nothing short of a dream come true."





"Where are we going?" | Artwork by Elisa Torres

# INNOVISION

## Ventura County Artists to Watch

**Participating artists in the exhibition: Jasmine Delgado, María Adela Díaz, Daniela García Hamilton, Luke Matjas, Marianne McGrath, Gladys Rodríguez, Clark Song, Olguin Tapia Heredia, and Elisa Torres.**

**ON VIEW:** JUNE 8, 2024 – MAY 11, 2025

**Location:** MUSEUM OF VENTURA COUNTY

100 E. Main St., Ventura, CA 93001

**Open:** Thursday—Sunday

11am to 5pm | First Sundays are FREE

InnoVision is an interactive exhibition that highlights the work of nine Ventura County artists. Through their innovative use of common materials, they create installations that reflect their personal visions and views of current issues such as the environment, immigration, identity, the housing shortage, and changing land usage in Ventura County.

In addition to the art, there are videos by each artist talking about their own artistic vision and innovation and the influence that living in Ventura County has on their work. Every installation poses a question for the visitor. Visitors are encouraged to leave their answers on the provided sticky notes.



"Ni de Aqui, Ni de Alla" | Installation by Olguin Tapia Heredia



"Blossom" by Maria Adela Diaz

Elisa Torres is an artist whose work challenges traditional boundaries of painting by integrating unconventional materials such as acrylic, oil, stucco, spray paint, wire, pressed strawberry tops, ceramic and foam. Her artwork focuses on themes like technology, communication, and the impacts of digital media on modern society, especially the younger generations.

During the opening reception for the InnoVision Exhibit, Torres was on hand to discuss her artwork:

"Growing up in Oxnard, I took in all the textures of the streets and the people and I'm very amazed with how technology is constantly changing. So I kind of combined both of those things, community and also the innovation of technology and how it's affecting the newer generations," Torres explained. "These are Oxnard kids, running around at a park that I took a picture of and I kind of placed them in some sort of mindscape, like where they're kind of enveloped in color and technology and they're amazed and they're looking into the future."



"Chameleon" by Daniela Garcia Hamilton



# JHOE VIRAGO

She's a captivating and confident boss lady that emits bright cheerfulness when she steps into a room but Jhoe Virago is no stranger to the dark depths of sadness and despair.

Years before becoming the Founder and Chief Positivity Officer at Keep It Vertical, a platform that advocates good vibes and optimism—Virago lived through traumatic childhood experiences and ended up in L.A. County's foster care system.

The combination of ill-fated events would eventually lead her to engage in self-destructive behavior and even attempt suicide.

**By Anabel Marquez**  
**Photos by Rachel Carrillo**

Be

Your

Own

Light!"







*"I'm very transparent about my story because I don't feel people can really see that transformation can be made until they know the depths of what I've been through."*

## **RADIATING POSITIVITY LIKE IT'S A SUPERPOWER!**

**A**t her core, Virago always held a spark of hope deep within but the hardship and emotional suffering surrounding her childhood made it difficult to see a clear path toward a better future. At nine-years-old she started writing poetry to express her feelings.

"I'm very transparent about my story because I don't feel people can really see that transformation can be made until they know the depths of what I've been through" explains Virago.

Her turning point?  
"Just persistence. Resilience. My lifestyle was a lot of struggle and trauma, and I had to never give up," she says.

The L.A. native has certainly demonstrated resilience. She's made her mark as a successful and persuasive entrepreneur— she's a positivity workshop instructor, sound healer, poet, workplace violence de-escalation coach, motivational speaker, and the powerhouse behind Keep It Vertical.

"Keep it vertical. Keep it up. Stay prayed up and never give up..." "I decided I would start a company based off of those three pillars," she says.

And so far, the concept behind Keep it Vertical has paid off. Her story has resonated with celebrities, like Jennifer Hudson, it has attracted partnerships with corporations like Mastercard and brought opportunities for Virago to work with the L. A. Mayor's office to help the female homeless population.

In September 2023, Virago entered a partnership with Hudson LAX and Keep It Vertical branded merchandise, including clothing, accessories and coffee mugs are currently selling at the Tom Bradley International Terminal at LAX.

"I like to make my lifestyle and my content relatable so that people can see themselves or a part of their thoughts or a part of their emotions in me." she says. "And outside of just allowing people to wear it, I want people to experience it."

## A MESSAGE FROM JHOE VIRAGO:

"It is my destiny and pleasure to be your C.P.O, welcome you into the Lifted Family and let you know that you can make it through anything."

Virago is working on creating in-person events to encourage positivity. Most recently, she hosted an event titled "The Lifted Floating Experience" on June 29, where guests had the opportunity to embrace the transformative power of healing, community, and self-appreciation.

As for the poems she wrote as a little girl when she felt down and discouraged, those poems were discovered by a family member and returned to Virago a few years ago. She took them and created a self-published book titled "Delicately Caring for Savages" or D.C.F.S.

"I've had at least two people tell me they couldn't read it all the way through because [the book] is so emotional and dark but in reading it they felt more comfortable in their own sad feelings. I love that," she says.

*Connect With  
Jhoe Virago!*

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

IG @Keepitvertical\_



# Keep It Vertical's Core Values



## Optimism

We believe with a positive outlook and perspective, we can get through anything. Everything is "figureoutable".



## Empowerment

We believe in empowering others. It is our goal to empower others to believe in and know themselves.



## Quality

While spreading a message that makes our customers feel good, we want them to look good too with quality products.



## Transparency

By being honest and open with our Lifted Family, we can encourage them to be honest with themselves



## Joy

Our motto at Keep it Vertical is "Keep your Spirit Lifted." We strive to teach principles to experience joy and happiness.



# LA Taco Biz Spotlight



## PINK & BOUJEE

"NOT YOUR BASIC TAQUERIA"

1908 EAST 1ST STREET  
LOS ANGELES, CA 90033  
Open Tuesdays-Sundays, 9 am – 5 pm  
[www.PinkBoujeeLA.com](http://www.PinkBoujeeLA.com)



### From Food Truck to Not Your Basic Taquería

Yesenia Castro, the visionary behind Pink & Boujee started out with a pop-up food truck on Crocker Street in Downtown L.A.'s Fashion District.

Her distinct pink tacos quickly gained a loyal following on social media thanks to their Instagram-worthy presentation. The food truck's popularity soared and eventually led to the establishment of a permanent location in Boyle Heights that continues to attract foodies, locals, and tourists alike.

"Pink and Boujee is all about sharing Mexican-American and Latinx culture through delicious food. It's famous for its signature prime asada, al pastor, chicken, and veggie Pink Tacos, loaded Hot Cheetos, and freshly-made Aguas Frescas," explains Castro via her website.

Stepping into Pink & Boujee feels like walking into a fun and pink art gallery. The vibrant pink decor, signs, and chic seating make it the perfect spot for snapping photos that are sure to light up any social media feed.

Whether you're there for a casual lunch or a fun night out, the ambiance is designed to hype up your dining experience.

Weekend brunch has also become very popular thanks to the restaurant's pink pancakes prepared with fresh strawberries as well as the pink chilaquiles which are served with pink tortilla chips, eggs, onion, cilantro, cotija cheese and drizzled with pink sour cream.

If you're in the mood for dessert, the restaurant partners with local bakeries, like Celly's Sweets to provide pink celebration cakes, cookies and other pastries.

While alcoholic beverages are not served at the restaurant, guests can enjoy a non-alcoholic Boujee Rosé and non-alcoholic mimosas to wash down the pink taco goodness.

Reservations are highly recommended.



# Lola & The Boys

## Kicks Off Summer with a Fun & Festive Lolapalooza Event

PHOTOS BY MICHAEL SIMON



Colorfully cool kids clothing brand Lola & The Boys celebrated the start of summer with an action packed Lolapalooza event on Thursday, June 20th. VIPs and brand friendlies such as Vanderpump Rules' Scheana Shay and Actresses Marla Sokoloff and Amber Stevens West joined Founder Irina Ovrutsky, and daughter Lola, at Hollywood's historic Lombardi House for a day of fun.

Children and adults alike, enjoyed on site denim jacket personalization, bounce house, live unicorn, face painting and more. Drinks and light bites were provided by sponsors Mendocino Farms, while guests kept sun safe with the help of VitaSea. Boosting a collection of spirited, colorful, and unique outfits Lola & The Boys has quickly become a go-to for A list moms such as Irina Shayk, Priyanka Chopra, Beyonce, Hilary Duff, Madonna and more.

### ABOUT THE FOUNDER IRINA OVRUTSKY

Frustrated by the lack of playful children's clothing options, Irina took matters into her own hands, sparking a creative journey to design the fun and colorful attire she envisioned for her kids and others. Each doodle, patch, stitch and sequin is Inspired by her own little ones, Lola, Shia, and Julian. Lola & The Boys is not only a love story to her children but a testament to the belief that kids' apparel can and should be as dynamic as their imaginations. It's a world where unicorns prance, rainbows embellish every closet, and glitter is the currency of cool. Irina's European heritage, combined with her Chicagoan spirit, has woven a tapestry of designs that not only captivate the senses but also echo the innate joy and freedom within every child.



**LOLA & THE BOYS  
LOLAPALOOZA EVENT**  
CELEBRITY GUESTS INCLUDED  
Scheana Shay and daughter  
Summer Moon; Stylist Natalie  
Saidi with her daughter and  
Jagger Ross Simpson (Ashlee'  
Simpson's daughter); Actress  
Amber Stevens west with her  
youngest daughter; and Actress  
Marla Sokoloff with her mini me  
daughter, among others.





SAVANNAH LEE  
MAY

MARIA  
CANALS-BARRERA

LAURA  
KRYSTINE AND

GUNNER  
BURKHARDT



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happen.



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## Midi Health & Keck Medicine of USC Collaborate to Offer Midlife Care for L.A. Women

Midi Health, a leading virtual care clinic focused exclusively on women navigating midlife hormonal transition, announced today a collaboration with Keck Medicine of USC to provide expert, specialized care and personalized care plans based on protocols developed by experts in perimenopause and menopause.

Hormonal changes through the menopause transition can cause life-altering symptoms for millions of American women, yet 75% of those who seek care do not get the advice and treatment they need. In a bid to close that gap and as a signal of their commitment to supporting women in the Los Angeles community, Keck Medicine of USC is collaborating with Midi to extend its world-class care to women experiencing perimenopause and menopause symptoms.

New patients can easily access care by going directly to <https://www.joinmidi.com/km> or by getting a referral from their Keck Medicine physician.



LEUKEMIA &  
LYMPHOMA  
SOCIETY®

### L.A. High School Students Earn The Leukemia & Lymphoma Society's 2024 National Student Visionaries of the Year Title

Lia Bhatia and Hailey Miller of Los Angeles, CA have been named 2024 National Student Visionaries of the Year by The Leukemia & Lymphoma Society (LLS). Raising just over an impressive \$650,000 in just seven weeks, their fundraising total surpassed those of 1,100 teams competing across the U.S. for the coveted national title in the Student Visionaries of the Year campaign, LLS's groundbreaking philanthropic leadership development program for high school students, which raised \$42 million overall this year.

Bhatia and Miller raised the most funds of the 23 teams competing in their community. Driven by a passion to make a difference and Miller's recent loss of a relative to leukemia, they formed Team Hope for a Cure and worked tirelessly – including through spring break – to reach their goals ultimately earning them the national title. Bhatia and Miller held 23 sponsorship meetings in just five weeks and coached a team of 14 of their peers' fundraising efforts which included a letter-writing campaign and networking within their communities.



Learn More at [www.LLS.org](http://www.LLS.org)

COVER STORY

live with  
KATHY

COPCUTT

*The Lifestyle Influencer and TV Personality talks about being a single mom, things she loves about L.A. and finding her calling in front of the cameras!*

By Anabel Marquez  
Photos by Rachel Carrillo



*"Love Your Child More  
Than You Hate Your ex!"*





**K**athy Copcutt has spent much of this past year traveling in and around California and across state lines to appear on TV shows and discuss brands and products she loves, and it has given her a chance to dig into one of her newly discovered life passions: being a TV host.

“When I discovered being a host, that's when I realized, this is my life calling, 'Why didn't I do this sooner!?',” she says.

Copcutt's larger than life personality and charming appeal has been a perfect match for TV stations like KTLA who often invite her to their live broadcasts. It all started when she stepped in for a friend who needed a well-spoken, high energy and fun presenter to fill-in during a show.

Copcutt, a Harlem-born, second generation Persian-American single mom of a tween, quickly became a TV camera darling. And she's just getting started.

On any given day, she may be on travel status heading to TV studios in cities like Sacramento, Seattle or Portland to make an appearance for a lifestyle segment. Her witty nature makes her a natural choice when it comes to entertaining audiences.

“I realize that this is where my true happiness lies. This experience defines who I am and brings out the best in me,” says Copcutt. “You have to always be prepared for someone knocking at the door because you might want to open the door and see what's on the other side. I love it. I love TV.”



## From NYC to Los Angeles

A quick visit to Copcutt's social media channels shows how well she engages with, and informs her nearly 90,000 followers on all things fun around SoCal.

She gets invited to L.A.'s top influencer events, including Disney Movie Premieres in Hollywood, exclusive activations at Universal Studios Hollywood, menu tastings at fine dining establishments as well as beauty, wellness and cosmetic brand launch events all over Southern California. Some companies have even invited her to visit their headquarters abroad in order to use her influence for their marketing purposes.

Renowned brands like Nissan, Garcia de la Cruz, Kurt Geiger and Julie Vos have welcomed Copcutt as a brand ambassador.

"Never once did I dream about this!," she says.

Born in New York City, Kathy left the Big Apple when her parents moved to Indiana to pursue Masters degrees. Once her parents graduated, the family moved again. This time to Los Angeles.

Kathy studied psychology and worked as an Account Coordinator for Estée Lauder. Later, she transitioned out of the cosmetic industry and explored opportunities in Real Estate and Insurance Brokerage.

## The Beginning: BelAir Mommie

When she gave birth to her son, she realized she had taken on the responsibility of raising the child as a single mom. She moved to BelAir where she was part of the neighborhood city council for BelAir/Beverly Crest. That's also where she launched her blog titled BelAir Mommie and integrated a catchy tagline: "Love your child more than you hate your ex!"

"When I embarked on the journey of starting my blog 11 years ago, I aimed to create a safe haven where questions could be asked, knowledge could be shared, and the understanding that every individual's journey is unique would prevail," she says.

Her blog was initially a space for single parents to come together and share their struggles, triumphs and messy moments. It quickly gained traction with emails pouring in from estranged spouses and bitter single parents. But other opportunities also arrived. They included requests for product reviews, invitations to press junkets and partnerships with beloved brands. Copcutt got to work as a mommy influencer, all while homeschooling her son and taking him along for the ride.

As her son enters his teenage years, he's showing promise in the world of comic animation and is currently engrossed in creating a delightful comic strip, says Copcutt.



*Kathy's Outfit:  
Jewelry: Julie Vos  
Dress: SHEIN  
Shoes: Kurt Geiger*



*Kathy's Outfit:  
Jewelry: Julie Vos  
Dress: SHEIN  
Shoes & Purse:  
Kurt Geiger*





## *Connect with Kathy!*

[www.LiveWithKathy.com](http://www.LiveWithKathy.com)  
[@LiveWithKathy](https://www.instagram.com/LiveWithKathy)

*"Life might not bring happily  
ever after but you can learn to  
love the messily ever after"*


-KATHY COPCUTT

Meanwhile, her role as an influencer has evolved, reaching new heights, and allowing her to find her passion in front of the cameras.

Still, with the intricacies and challenges of single motherhood, she came up with another fun catchphrase:

"Life might not bring happily ever after but you can learn to love the messily ever after," she says.

Then she laughs, gives hugs and heads out to her next event.



# *Kathy's Favorite Things to do!*

## **01.** FAVORITE PLACE IN L.A.

WHENEVER I FIND MYSELF NEAR THE BEACH, THE SENSATION OF THE SAND BENEATH MY FEET BRINGS ME PURE BLISS. THE BEACH BREEZE INVIGORATES MY SENSES, MAKING ME FEEL TRULY ALIVE.

## **02.** FAVORITE PLACES TO VISIT WITH HER SON

WHEN IT COMES TO EXPLORING THE CITY OF LA, OUR TOP CHOICES ARE MALIBU COUNTRY MART AND LIDO ISLAND, NEWPORT BEACH. THESE TWO DESTINATIONS NEVER CEASE TO AMAZE US WITH THEIR ABUNDANT ACTIVITIES AND SIGHTS, BUT WHAT TRULY CAPTIVATES US IS THEIR CLOSE PROXIMITY TO THE STUNNING BEACH.

## **03.** FAVORITE THING TO DO WITH HER MOM TRIBE

I THOROUGHLY ENJOY DINING AT VARIOUS RESTAURANTS IN LA ALONGSIDE. WE SHARE A PASSION FOR EXPLORING NEW CULINARY EXPERIENCES AND ENGAGING IN LIVELY DISCUSSIONS ABOUT OUR MEALS WHILE SAVORING EACH BITE. AS ASPIRING FOOD CRITICS, OUR SHARED ENTHUSIASM FOR GASTRONOMY ENHANCES OUR DINING ADVENTURES AND ADDS AN EXTRA LAYER OF ENJOYMENT TO OUR TIME TOGETHER.

## **04.** FAVORITE PLACE TO GET PAMPERED WHEN SHE'S ALONE

THE NAIL SALON! WHILE I DON'T FREQUENTLY VISIT NAIL SALONS, I TRULY RELISH THE EXPERIENCE WHEN I DO. THE COMBINATION OF INDULGING IN A SOOTHING MASSAGE, METICULOUS MANICURE, AND PAMPERING PEDICURE BRINGS ME IMMENSE JOY AND SATISFACTION.

## **05.** FAVORITE EXPERIENCES AS A LIFESTYLE INFLUENCER

I AM THRILLED TO BECOME BRAND AMBASSADORS FOR THE PRODUCTS AND COMPANIES THAT I TRULY ADORE AND PERSONALLY USE. THESE INCLUDE GARCIA DE LA CRUZ OLIVE OIL FROM SPAIN, NISSAN, JULIE VOS JEWELRY, AND KURT GEIGER.



Embark on a journey through the world of olives and olive oil, where Spain's rich traditions, health benefits, family culture, and quality come together. Managed by women for 3 generations.

#GarciaDeLaCruzOliveYou



# EVERYONE LOVES CAREER DAY BUT ZIA

A BOOK BY JENNY LIAO

ILLUSTRATED BY DREAM CHEN

EVERYONE LOVES CAREER DAY BUT ZIA (Alfred A. Knopf Books for Young Readers | Ages 3-7), by Jenny Liao and illustrated by Dream Chen, is an empowering story about a Chinese American girl who proudly translates for her mom, helping her to demonstrate her skill as a seamstress on Career Day at school.

On Career Day at Zia's school, the young girl cannot wait for Mama to tell her classmates all about her job as a seamstress and about the beautiful dresses she sews. There are just two problems: Mama cannot take time off from work and she also cannot speak English fluently.

Zia is determined, however, and hatches a plan.

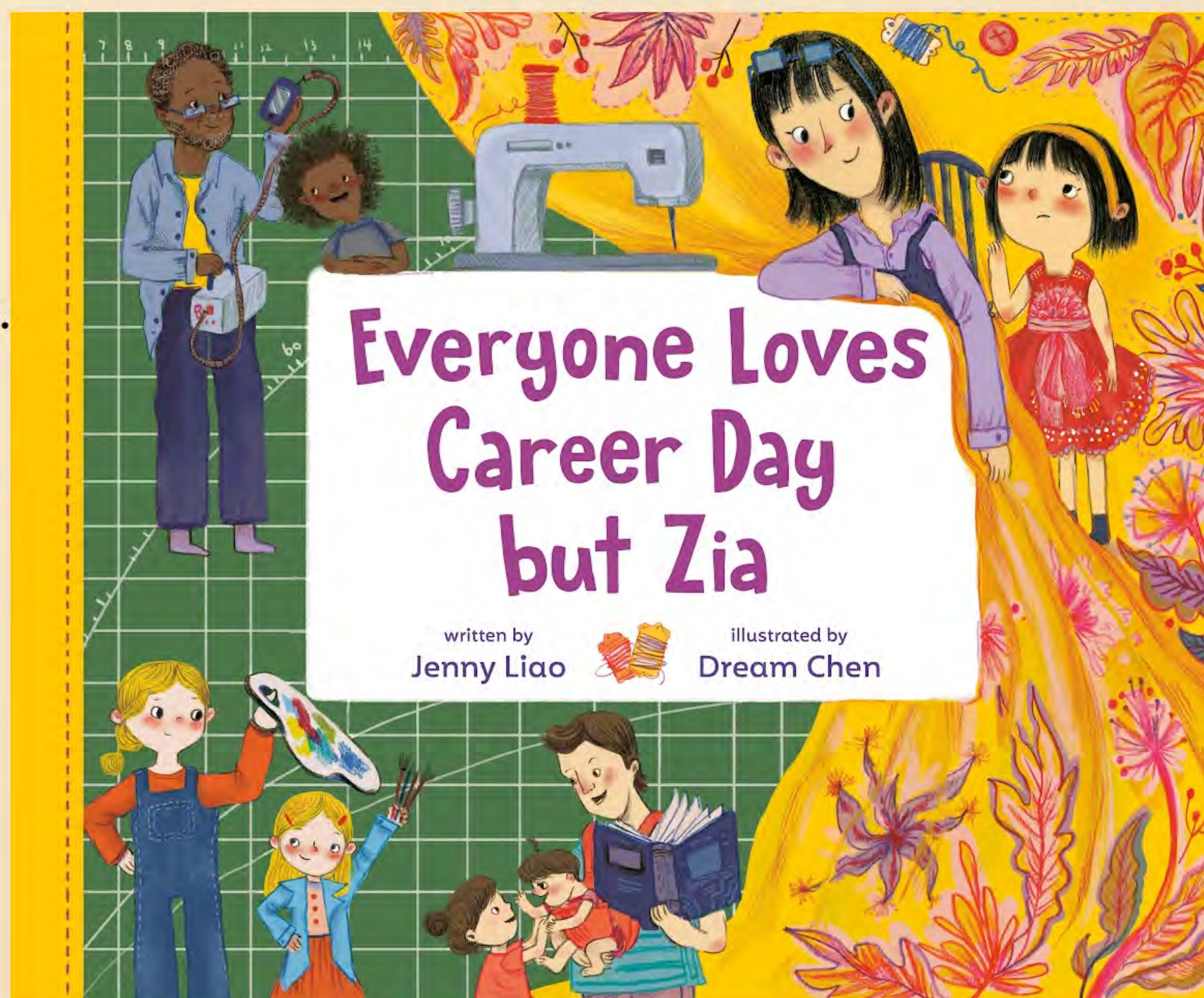
When Career Day arrives, we meet a vet, a stay-at-home dad, and more. And when Mama finally makes her debut, Zia is the proudest kid in class. Everyone loves career day, but most of all, Zia.

EVERYONE LOVES CAREER DAY BUT ZIA is inspired by Jenny's own experience growing up

in an immigrant household with her mother working as a seamstress in New York City's Chinatown. It also highlights a quintessential experience for many multi-lingual children, translating for their parents, in an empowering way. Perfect for fans of Asian American stories such as *Eyes that Kiss in the Corners*, *The Name Jar* and *The Paper Kingdom*!

Jenny Liao is an author who aims to inspire children to find pride in every part of their identity. Her work has been featured in the *New Yorker* and *Bon Appétit*. She is also the author of "Everyone Loves Lunchtime But Zia".

Dream Chen is an artist with a background in both illustration and animation. She received her BFA in animation at Communication University of China and completed her MFA in visual art at the Minneapolis College of Art and Design. Her illustration and animation work has won awards from competitions and festivals worldwide.



BUY THE BOOK, \$18.99  
Available at:  
Amazon, Barnes & Noble,  
Target & Walmart





# **Marias Gamesa® Encourages Connection Among Latina Moms**

***GAMESA SURVEY REVEALS 70% OF LATINA MOMS FEEL TOO OVERWHELMED OR DON'T HAVE ENOUGH TIME TO ASK FOR SUPPORT***



# Helping Moms Engage in Real Conversations About Motherhood and Cultivate a Community

The iconic Mexican cookie brand Marias Gamesa® is bringing back "Cafecito con Marias Gamesa," a platform offering a virtual community of support for Latinas navigating motherhood in the U.S.

This year, Marias Gamesa is partnering with parenting podcast Super Mamás to explore the topics of relationships and prioritizing personal interests after the brand's recent survey revealed Latina moms aren't leaning on their village of support, including their own moms or mother figures.

According to a survey by Marias Gamesa, of 503 Gen Z and Millennial Latina moms, most reported having a support system and/or seeking more regular connections to navigate motherhood; however, they are not tapping into their village of support enough.

- 90% of Latina moms feel at ease reaching out to their mom or mother figure for support, yet a surprising 70% describe feeling too overwhelmed and time-strapped to even call them.

- 62% of Latina moms report feeling relieved after connecting with their own mothers after challenging parenting moments.

The need for connection between Latina moms and their own mother figures was highlighted in Marias Gamesa's digital campaign "Márcale a Mamá" ("Call Mom"), which served as a reminder that no matter how busy or challenging life becomes, a call to mom can be as powerful as a hug.

Facing judgment about their parenting style and feeling guilty about prioritizing personal interests outside of family may be hindering their outreach for support. Despite the obstacles Latina moms are facing, 80% are still finding creative ways to prioritize themselves.

- 3% of Latina moms reported feeling judged for their parenting decisions, with meal choices being the common source of scrutiny.

- \*Latina moms recognize the importance of pursuing personal interests to balance motherhood, even though 45% occasionally feel guilty about it.

- When possible, 80% of Latina moms use the following shortcuts for finding "me" time: asking their children to join in on their personal interests or utilizing their children's nap times.

These findings were explored during the Super Mamás podcast with hosts Paulina and Bricia Lopez in episodes that aired in May.

"As a Latina mom myself, I know firsthand the importance of being part of a community like Cafecito con Marias Gamesa that empowers us to be honest about our motherhood experiences. The reality is, we don't always have it together, and it can be difficult to ask for help," said Paulina Lopez, co-founder and co-host of Super Mamás. "It's great to see a brand I grew up with celebrate and encourage Latina moms this way, and we're excited to be part of the Marias Gamesa village of support."



SuperMamas Podcast Co-Host Paulina Lopez

"As a brand that prides itself in being as authentic as mom's love, Marias Gamesa celebrates all the effort, energy and love that moms and mother figures continue to pour into their families and everything they do. We want to help reconnect them to their personal passions and the important relationships in their lives," said Gustavo Cecilio, senior marketing director, PepsiCo Foods North America's Hispanic Business Unit. "With the return of Cafecito con Marias Gamesa and the launch of our new "Márcale a Mamá" campaign, we hope moms feel seen, heard, and appreciated."

# Realities of Modern-day Motherhood Redefined

Latina moms aren't leaning on their village of support enough, including their own moms or mother figures.



## Latina Moms Lack Time and Connection

90%

of **Latina moms** feel comfortable **seeking support** from their **mothers** or mother figures, yet

75%

admit they're too **overwhelmed** or **busy** to even call them.



While **64%** of Latina moms report having support systems, **20%** don't use them and end up navigating tough parenting moments alone.



## Latina Moms Seek Creative Ways to Prioritize Themselves

**Latina moms** recognize the importance of pursuing personal interests to balance motherhood, though **45%** admit they sometimes feel guilty about it.



To maximize "me time," **80%** of Latina moms use shortcuts like involving their children in their activities or utilizing their children's nap time.



Total of N=503  
online respondents



U.S.-based



Females  
aged 24-40



Identify as  
Hispanic/Latina/e



Have at least  
one child

# MEGA MINION BANANA PUDDING

Try it topped with  
bananas, blueberries and  
Mini Nilla Wafers



# Marcela Arrieta

Harnessing the Power of Ancestral Remedies to Bring Wellness to All

By Anabel Marquez  
Photos By Rachel Carrillo





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FROM WATCHING HER GRANDMOTHER USE GARDEN HERBS AS REMEDIES, TO BECOMING THE FIRST *Latina* WITH HER OWN LINE OF HEALING SOAPS AT WHOLE FOODS MARKETS, *Marcela Arrieta* SHOWS US THAT SUCCESS LIES WITHIN EMBRACING CULTURE.

**M**arcela Arrieta was born with a gift.

The mom of two boys with a warm personality and calming presence is the founder of Majestic Bliss Soaps and Vida by Marcela Arrieta. She comes from a lineage of women on her mother's side who had the ability to bring people to better health through wound, energy and emotional healing, she says.

From a young age, Marcela sensed she shared the same healing power as her elders.

"Ever since I've have uso de razón (use of reason), I've always had that ability to just tap into a person," says Marcela. "It's just something that naturally comes to me."

It's no wonder that Marcela, being in tune with her gift of healing, would choose the field of holistic therapy. She took training and, among other things, started practicing meditation.

During her meditation sessions, something started happening to Marcela. Deep within a meditative state, she started getting memories of her mom and grandmother in Los Altos de Jalisco, Mexico, picking herbs and plants from their garden to make remedies for people who were ill.

"I would see them taking natural herbs and plants and crafting them into teas or into pomaditas (salves)...and they heal, they work!"

Those memories and visions of her mom and grandmother inspired her. It was time for Marcela to go inward and launch a business that would reconnect her with ancestral knowledge.

"I realized that we all need a little bit of sunshine in our life, a little bit of bliss, a little bit of relaxation, a little bit of vida in our lives."

## THE LAUNCH OF A WELLNESS BRAND

Using a corner space in her garage, she began making soaps by hand and launched Majestic Bliss Soaps. She wanted to create a product that would not only offer a visual appeal but also help the skin and most importantly, include a healing aromatherapy component.

Soon, customers were reaching out to Marcela to let her know they could feel the good energy in her products.

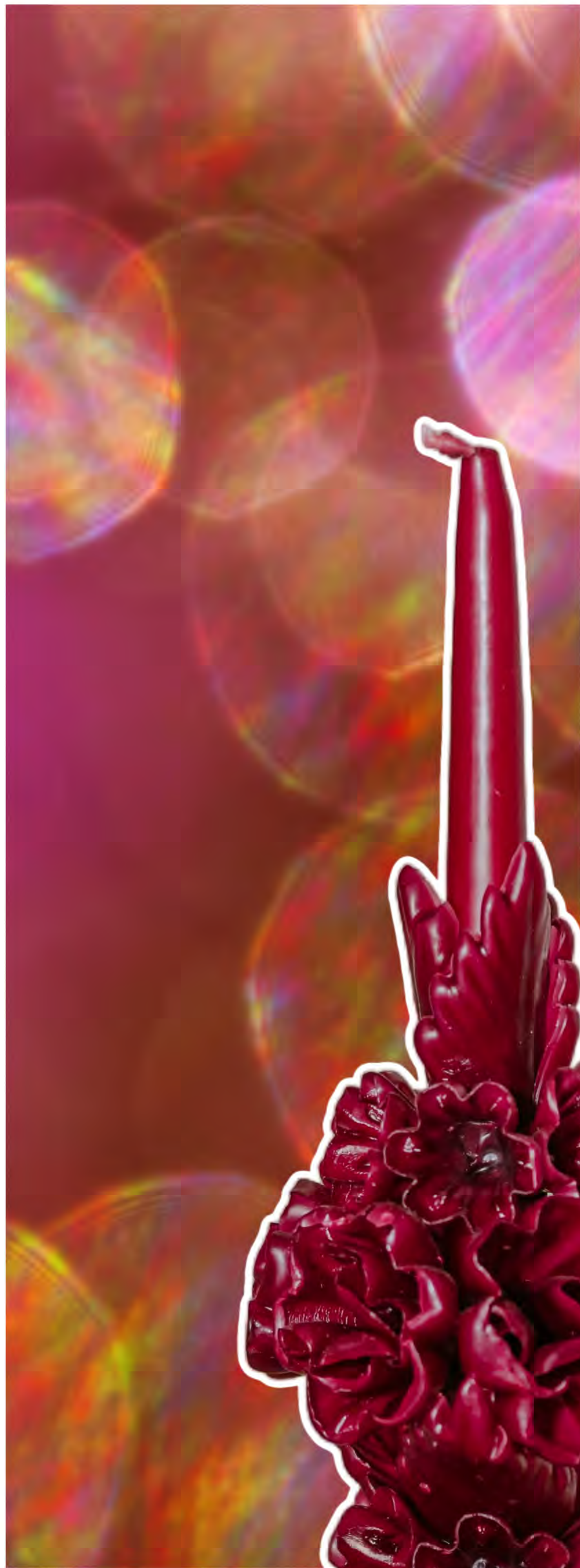
Her family was involved in the process and her sons would even make suggestions for Marcela to experiment with unique herbal and fragrance combinations.

Her youngest son Daniel, for example, suggested that she make a soap inspired by his favorite snack: chocolate.

"I said, 'you know what?' It reminds me of my chocolate caliente de mi abuelita (my grandmother's hot chocolate)," she told her son.

Then she created a Mexican Hot Chocolate scented soap to add to the collection of carefully crafted products. Other soap fragrances include Nopal & Poppy Seed, Papaya & Turmeric and Harina de Arroz (Rice Flour).





As the word spread about Marcela's business through her participation in community markets and women's events, media coverage and word of mouth recommendations, she figured it would soon be time to scale up.

Then grocery retail chain Whole Foods decided to give her products a chance, making her soaps the first Latina-owned brand products available in the wellness section. The partnership demanded a bigger space for Marcela to meet the demands of Whole Foods customers across Southern California, Arizona and Nevada.

"We immediately moved to a warehouse, a manufacturing site. We have automated a lot of things," she explains. But one of the things we will never sacrifice is making the soap! We still make it by hand because the energy of our crafters is infused into the product and for me, that is very important."

Most recently, she launched Vida by Marcela, a brand that goes beyond soaps and personal care.

According to her website, Vida by Marcela is a "transformative experience that brings the ancient wisdom of Mexican culture into the Modern World."

Aside from the products she also offers workshops, healing sessions, women's retreats and meditation classes.

When asked about what she's learned through the success of her business and the teachings of her mom and grandmother, Marcela smiles and says:

I know I have many purposes in life... but the main purpose is to really empower our Latino community, especially las mamás, las tías, las abuelitas, los tíos, los abuelitos, los papás that holistic therapy, that counseling, that energy healing is perfectly fine."

“ Let's envision a butterfly. What do we have to go through in order to become a butterfly?... We start building our shell, our cocoon but what happens in that shell could be very scary for us. It's dark. It's lonely and we're faced with our thoughts and our emotions. And then as we overcome that, as we heal, as we shed-- the cocoon opens. And we're this beautiful being, and we soar. We fly to wherever we want. ”

-Marcela Arrieta





"I realized that we all need a little bit of sunshine in our lives, a little bit of bliss, a little bit of relaxation, a little bit of vida in our lives."

*Connect  
With Marcela!*

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[MajesticBlissSoaps.com](http://MajesticBlissSoaps.com)

IG @VIDABYMARCELAARRIETA  
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# Plastic-Free July

## A Step Toward a Sustainable Future

**P**lastic-Free July is more than just a month-long challenge; it's a global movement that encourages millions of people to be part of the solution to plastic pollution. By making small, manageable changes in our daily lives, we can collectively create a significant impact on our environment.

### What is Plastic-Free July?

Plastic-Free July began in 2011 as an initiative of the Plastic Free Foundation, aiming to raise awareness about the growing problem of plastic waste. Participants are encouraged to refuse single-use plastics for the entire month of July, challenging themselves to find sustainable alternatives. The movement has grown exponentially, now reaching over 250 million people across 177 countries.

### Why Participate?

•**Environmental Impact:** Single-use plastics are one of the most significant contributors to environmental degradation. Participating in Plastic-Free July helps reduce pollution, conserve resources, and protect wildlife.

•**Community Effort:** Joining this global movement fosters a sense of community and shared purpose. It's an opportunity to inspire and educate others about the importance of reducing plastic waste.

•**Personal Growth:** Taking on the challenge of going plastic-free can lead to more mindful consumption habits and a greater appreciation for sustainable living.

### Small Steps to Reduce Plastic Pollution

Transitioning to a plastic-free lifestyle can seem daunting, but it doesn't have to be. Here are some practical steps you can take to make a difference:

#### 1. Bring Your Own Reusables

•**Reusable Bags:** Always carry a reusable shopping bag with you to avoid using plastic bags. Keep one in your car, handbag, or backpack so you're always prepared.

•**Water Bottles and Coffee Cups:** Invest in a high-quality reusable water bottle and coffee cup. Many cafes even offer discounts for bringing your own cup!



# 6

## FACTS ABOUT PLASTIC POLLUTION YOU NEED TO KNOW

1. Only 9% of all plastic produced is recycled
2. 73% of beach litter worldwide is plastic
3. The average time that a plastic bag is used is just 12 minutes
4. There could be more plastic than fish in the ocean by 2050
5. Up to 95% of plastic polluting oceans is carried by 10 rivers
6. A whopping 2 million plastic bags are used every minute worldwide

SOURCE: GIVINGCOMPASS.ORG

•**Cutlery and Straws:** Keep a set of reusable cutlery and a metal or bamboo straw in your bag. This way, you can easily refuse single-use utensils when eating out.

### 2. Shop Smart

•**Bulk Buying:** Purchase items in bulk to reduce packaging waste. Bring your own containers to stores that offer bulk buying options.

•**Fresh Produce:** Opt for fresh fruits and vegetables that aren't wrapped in plastic. Local farmers' markets are a great place to find plastic-free produce.

•**Eco-Friendly Brands:** Support brands such as Cleancult, that prioritize sustainable packaging.



Plastic-Free  
July

# Small Steps to Reduce Plastic Pollution

**T**ransitioning to a plastic-free lifestyle can seem daunting, but it doesn't have to be, especially with eco-friendly brands like Cleancult. Mommy In Los Angeles Magazine was invited to join the launch of Cleancult's Plastic Intervention Ambassador Program. We also caught up with Cleancult's CEO & Co-Founder, Ryan Lupberger for an informative Q&A sesh.

He explains his company was the first in the world to successfully release a line of soap cleaners and detergents packaged in paper cartons!

**MILA:** Cleancult is such a catchy name! Can you tell us more about the brand's overall mission and how you came up with its name?

**RL:** Ultimately, we aim to bring efficacious and sustainable cleaning to every home. We're here to challenge the status quo and redefine the way we clean, helping families ditch bad plastic habits for cleaner refill rituals. After all, can we really call it "cleaning" if we're flooding our homes—and the planet—with plastic?

Our brand name, Cleancult, playfully embodies our belief that clean should mean clean in every sense. We aim to inspire more people to embrace the cult of clean mindset, establishing a new way of thinking about cleaning and its environmental impact. I often say that most people already understand the importance of choosing better options for what's "in us" and "on us," but the "around us" part hasn't quite caught up. Cleancult is leading the charge in this next wave of conscious living. We don't require ceremonial robes or secret handshakes, but we do want to inspire our No Plastic Fanatics to embrace a cleaner lifestyle. That's what our cult stands for. With Plastic Free July upon us, there's no better time to start making small changes that lead to significant impact.

**MILA:** Can you tell us about your formative years? Did any experiences growing up influence how you feel about the environment?

**RL:** Cleancult was always a cosmic destiny, shaped by the way I was raised. I grew up in Boulder, Colorado where a "better for you lifestyle," was ingrained in me from the very beginning. As a society, there was always an affinity for nature and all things outdoors, fostering an appreciation for organic and responsible practices that weren't a fad or trend, but a way of life. After graduating high school, I got my first job working at the Unreasonable Institute, a social venture accelerator dedicated to tackling global challenges. I became completely obsessed with the transformative impact that entrepreneurship offered as a solution to the profound issues we face every day. Here my passion for entrepreneurship was born. This passion brought me to Babson College of Entrepreneurship, where I received my Bachelor of Science. During one of my college laundry days, I looked at the ingredient list of my laundry detergent and found none. My discovery sparked my curiosity and after doing some research, I was alarmed to find how few regulations there were for the products we put on our skin, clothes, and bedding. On the hunt for better options, I went to my local retailers only to be greeted with a sea of plastic in the cleaning aisle. Even the products that had better ingredients were covered in single-use plastic. Then and there, Cleancult was born.



**"Can we really call it 'cleaning' if we're flooding our homes—and the planet—with plastic?"**

**-Ryan Lupberger, CEO & Co-Founder, Cleancult**

**MILA:** What is your favorite product and are your future plans for the company?

**RL:** Of our products, I am most proud of our collection of paper-based refill cartons. Putting liquid soaps and detergents in 100% recyclable paper cartons was something that hadn't been done before, at least not successfully, so that was a major standout moment that set us apart from others. Watching Cleancult seamlessly integrate into so many cleaning rituals nationwide fills me with pride, knowing we're fulfilling the mission I was destined to pursue as a native of Colorado—cleaning the world.

Aside from our packaging, I am particularly excited about our newest innovation: our laundry detergent sheets. These sheets are not only the market's first to feature three potent stain-fighting enzymes for a remarkably effective clean but are also packaged in 100% recyclable paper drawer boxes. They've quickly garnered a cult following, earning a reputation that might even be worthy of ceremonial robes! In addition to our beloved signature Wild Lavender scent, the Fresh Linen and Free & Clear options have been a huge hit with shoppers. Stay tuned – we'll be offering free laundry detergent sheet samples on our website ([www.Cleancult.com](http://www.Cleancult.com)) soon.



**Clean  
Cult**



# Dads Get Postpartum Depression Too:

## Thousands of Men Experience Perinatal Mental Health Disorders; Support Is Free, Accessible and Effective

Fatherhood isn't joyful for the thousands of dads experiencing perinatal mental health disorders (PMHDs), and many of them suffer alone. Societal norms and expectations contribute to the prevalence of these disorders. Nonprofit Postpartum Support International (PSI) is working to shatter the stigma surrounding PMHDs among fathers. Research shows:

- Postpartum depression and other PMHDs, including anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder, and psychosis, affect 800,000 people a year.
- At least one in 10 men suffer from postpartum depression during the perinatal period, which includes pregnancy and the year following birth.
- As many as 50% of fathers suffer from PMHDs when their partner is suffering.
- As many as 18% of fathers develop a clinically significant anxiety disorder such as generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder at some point during their partner's pregnancy or the first year postpartum.

- Only 25% of those who suffer get help, and many parents are unaware that what they are experiencing is normal and treatable.

"Societal norms dictate that men should be supportive and strong, which makes fathers even less likely to seek support or treatment for PMHDs, Singley said. "Dads usually don't want to admit they're struggling; they feel like they are failing their partners and their children and losing themselves in the process," Singley said.

A barrier to understanding and treatment of PMHDs in fathers is that men often exhibit different symptoms of depression. It can manifest itself as anger, irritation, frustration, and being short with people, or withdrawing from relationships. Dads may start drinking more alcohol or using other substances. Their loved ones and friends may not recognize the symptoms, and worse, may push struggling dads away at a time when they most need support.

"We are finding that many mental health professionals are not connecting the behaviors commonly displayed

# "Societal norms dictate that men should be supportive and strong, which makes fathers even less likely to seek support or treatment"

by men experiencing perinatal mental health disorders with the fact that the father may be depressed or have anxiety. We are working to change that," Singley said. "Nobody should have to suffer, and these conditions are common and treatable."

David Levine, M.D., a New Jersey pediatrician and vice chair of PSI's Board of Directors, suffered from postpartum depression after the birth of his first son, Zachary, in 2013.

"I thought he hated me. Every time I was around him, he would cry. And then I started to obsessively worry he was crying constantly because there was something seriously wrong with him," Levine said. As a pediatrician, I was keenly aware of all the potential issues. What I didn't know was the issue in play was my own: I was suffering from postpartum depression."

Levine kept his feelings inside, as many fathers do. When Zachary was about six weeks old, Levine had a breakdown, which led him — with the encouragement of his wife — to start therapy. "After a few months, I could finally breathe again; I was able to be the father I wanted to be, the dad Zachary and my wife needed me to be. And now I am part of a vibrant community helping other parents who are going through what I did."

Dads and their partners should know free support is available, and no diagnosis is needed to get help. PSI offers coordination, comfort, and peer support, and helps people find resources online and in their own communities. Parents can call the PSI Helpline at 1-800-944-4773 (English and Spanish), text "help" to 1-800-944-4773 (English) or 971-203-7773 (Spanish) or visit [postpartum.net](http://postpartum.net). New this year is Connect by PSI, an app that provides free, easy access to resources.

"Adding a child to the family is stressful for all parents. We don't talk enough about the mental health challenges that



arise for mothers, but perinatal mental health disorders among fathers are discussed even less, and it's time to change that," said Wendy Davis PhD, PMH-C, president and CEO of Postpartum Support International. "As part of PSI's commitment to a whole-family approach to perinatal mental health, we are proud to sponsor the annual International Fathers' Mental Health Day on June 17 to raise awareness and decrease the stigma dads often face."

PSI has an online Perinatal Mental Health Provider Directory that lists trained providers and support groups and operates a Perinatal Psychiatric Consultation line, through which any medical provider can consult with an expert perinatal psychiatrist at no charge. PSI facilitates more than 50 free virtual support groups including those for dads, military families, LGBTQIA+ families, Spanish speakers, and more. PSI has a specialized coordinator for dads, a volunteer who provides understanding and support for fathers who are struggling.

Singley hosts PSI's Chats for Dads meetings, held the first Monday of each month, providing a space where dads, partners, extended family members or other support people, and professionals can find some answers and support from an expert and from each other. The sessions feature honest and compassionate talk about the adjustment to parenthood; information about how fatherhood can affect men; and helpful advice.

# CHILDCARE IS NOW MORE EXPENSIVE THAN RENT

The average cost of two kids in child care is higher than the average cost of rent in every U.S. state.

Dow Jones, the financial education platform for women has a few suggestions for L.A. Moms



The average price for one child in care in the US was \$11,582 last year, a 3.7% increase from the year prior, according to a new report from Child Care Aware of America.

Not only is this a mounting concern for families, but it disproportionately affects women more than men.

Mothers are 40% more likely than fathers to report that child care issues harmed their careers.

Women reported making job decisions based on child care considerations rather than in the interest of their financial situation or career goals.

Slightly more than half of respondents who identified as homemakers said that they would “look for a job” if they had access to more affordable child care. And a third of parents in part-time jobs said they would work more hours if they had more affordable and reliable child care.

So...what can you do when paying for your needs cuts too deeply into your income? Here are some ideas:

**"Mothers are 40% more likely than fathers to report that child care issues harmed their careers."**



## 1 Look into employee or government assistance programs

Check with your employer to see if they offer a Dependent Care Account. This is a government-backed subsidy program designed to make tax savings on your childcare expenses.

If you're a single parent, you may have additional options!



## 2 Negotiate your bills

Contact your service providers to negotiate lower rates for utilities, insurance, and other recurring bills. For example, in Los Angeles, the EZ-SAVE Program helps income-qualified customers save on their LADWP bills.



## 3 Explore ways to cut costs

Assuming you've already cut down on non-essential expenses (like unused subscriptions), then try to be creative with your expenses. This could mean meal-prepping in bulk, downsizing your house, or finding a lower car insurance rate.





# **WHY IS THE GAZA WAR TEARING US APART?**

By Hugh Breakey  
Deputy Director, Institute for Ethics,  
Governance & Law, Griffith University

**“ There are no easy answers here. In a multicultural and pluralistic country, we can’t prevent others having different views, and we can’t shy away from the sharp disagreements those differences will create. ”**

The recent Gaza war protests and counterprotests that roiled universities around the world attracted vocal supporters and critics alike. Protesters occupied buildings on campuses from Los Angeles to Paris to Melbourne, and police intervened to break up encampments, at times with violent altercations.

Clashes between pro-Israel and pro-Palestinian protesters have also become commonplace outside universities, while people on both sides of the debate have been subjected to doxing, harassment and abuse.

US President Joe Biden warned of a “ferocious surge” of antisemitism in the United States, while the Australian government has established an inquiry to report on racism at universities. Hate crimes are on the rise across Europe, as well.

What’s going on? Why has this issue over the war in Gaza – compared to all the other controversies and crises we face – become so fraught, and the debate so toxic?

## Major ethical concerns

There are some straightforward reasons why the Gaza war attracts attention and activism.

Both sides ( Hamas and the Israel Defense Forces) have committed acts that prompt allegations of the most serious moral charges imaginable: genocide, slaughter, war crimes. These are atrocity crimes: among the worst things humans can do to one another.

Israel and Palestine also have a long and complex history. Any given act can – and perhaps must – be viewed in the context of prior provocations, offers and grievances. There are also starkly different readings of that history.

The immediate future raises enormous moral stakes, as well. For its part, Israel aims to safeguard itself from subsequent atrocities and to free its hostages.

For Palestinians, the stakes are almost unimaginably high. There is the civilian cost of the current military incursion into Rafah. There is the unthinkable humanitarian cost if famine or disease becomes worse. And there is the massive damage to Gaza itself as a place that can sustain a human population after the war is over.

Lastly, multicultural and immigrant nations, like the US, Australia and others, have many people with personal ties to one side or the other. People who see the conflict through very different lenses might live, work and play alongside each other in our communities. This makes conflicts even more likely.

## Our current moment

But must all this add up to charges of intimidation, provocation and racism? Three features of our current cultural moment are likely causing these disagreements to become even more vitriolic:

1. We are all politically active, and publicly so. Ordinary people and organizations routinely take public moral stands on charged issues. Even the absence of a public statement can be notable.

2. There is a pronounced social concern for vulnerable groups and their safety, especially when minorities face identity-based discrimination and oppressive speech.

3. There is an increased willingness, super-charged through social media, to use “social punishment” against opposing views. This can include efforts at cancelling, disrupting, shouting down, blackballing, doxing, lawfare, public shaming through vitriolic abuse and other efforts to inflict harms on perceived wrongdoers. Some partisans even feel justified in threatening violence.

**“The immediate future raises enormous moral stakes. For its part, Israel aims to safeguard itself from subsequent atrocities and to free its hostages. For Palestinians, the stakes are almost unimaginably high.”**

These three features have become interconnected in our current climate. Seeing society as an us-and-them struggle between good and evil can drive people to take public stances, and to socially punish the perceived oppressors.

These features were apparent in movements against systemic racism (such as the Black Lives Matter protests in the wake of George Floyd’s death in police custody) and sexism (the #MeToo movement). And we are seeing it now with the Gaza war, as well.



## WHAT'S DIFFERENT THIS TIME?

A CRUCIALLY DIFFERENT FEATURE OF THE CURRENT CONTROVERSY IS THAT BOTH SIDES CAN AND DO FREELY EMPLOY THESE FEATURES AGAINST EACH OTHER.

THIS IS A CHANGE. PREVIOUSLY, THE MAIN OPPOSITION TO THE ABOVE THREE CULTURAL FEATURES CAME FROM CENTER-LEFT CRITICS WHO LARGELY AGREED WITH THE GOALS OF PROGRESSIVE MOVEMENTS BUT DISAGREED WITH THEIR METHODS.

FOR EXAMPLE, YASHA MOUNK, AUTHOR OF THE IDENTITY TRAP, ACKNOWLEDGED THE NEED FOR A RECKONING ON RACIAL JUSTICE, BUT CRITICIZED THE USE OF PUBLIC SHAMING AND CANCEL CULTURE. AS HE HIMSELF OBSERVED, THIS AMBIVALENCE ABOUT THE ENDS AND MEANS OF PROGRESSIVE MOVEMENTS OFTEN PREVENTED CRITICS LIKE HIM FROM MOUNTING ASSERTIVE, FULL-FRONTAL ATTACKS ON THEIR OPPONENTS.

IN CONTRAST, THE ISRAEL-GAZA CONFLICT SEES BOTH SIDES WIELDING UNCOMPROMISING LANGUAGE, CONCEPTS, AND METHODS AGAINST EACH OTHER. BOTH JEWS AND PALESTINIANS HAVE FACED UNDENIABLE BIGOTRIES (ANTISEMITISM, ISLAMOPHOBIA), AND HAVE RESPONDED BY PUBLICLY CALLING OUT THIS RACISM.

A SOCIAL SYSTEM IN WHICH PEOPLE TAKE SUCH PUBLIC MORAL STANCES, TARGET IDENTITY-BASED OPPRESSION AND EMPLOY SOCIAL PUNISHMENT AGAINST PERCEIVED WRONGDOERS CAN BE RELATIVELY STABLE, PROVIDED THERE IS WIDESPREAD AGREEMENT ABOUT WHO COUNTS AS OPPRESSORS AND THE OPPRESSED.

BUT IN THE CURRENT CONTROVERSY, BOTH SIDES CAN PLAUSIBLY CLAIM THEY ARE THE PERSECUTED MINORITY. AFTER ALL, THE JEWISH PEOPLE HAD A LONG HISTORY OF PERSECUTION EVEN BEFORE THE HORRORS OF THE HOLOCAUST, AND ISRAEL HAS BEEN SURROUNDED BY COUNTRIES VIOLENTLY OPPOSED TO ITS EXISTENCE SINCE ITS INCEPTION.

AND COMPARED TO ISRAEL'S MILITARY MIGHT, THE PALESTINIANS PLAINLY SUFFER FROM SYSTEMIC OPPRESSION AND DEADLY VIOLENCE. THIS WILL SEEM ESPECIALLY TRUE TO THOSE WHO SEE ISRAEL AS AN OPPRESSIVE "SETTLER COLONY" – INVADERS AIMING TO PERMANENTLY REPLACE THE EXISTING LOCALS.

ONCE THERE IS DIRECT DISAGREEMENT ABOUT WHICH PARTY COUNTS AS THE OPPRESSED GROUP, CONFLICTS CAN QUICKLY ESCALATE.

EACH SIDE IS RIGHTEOUSLY SENSITIVE TO ANY PERCEIVED HATE SPEECH FROM THE OTHER BUT UNWILLING TO LIMIT THEIR OWN PUNITIVE STRATEGIES OR INFLAMMATORY LANGUAGE. AFTER ALL, WHY SHOULD THE VICTIMS HAVE TO CURB THEIR LANGUAGE AND METHODS TO SUIT THE OPPRESSORS?

## TIT-FOR-TAT ESCALATIONS

USING SOCIAL PUNISHMENT TO ACHIEVE POLICY GOALS CAN ALSO SOMETIMES SHADE INTO COERCIVE FORCE.

AT LOW LEVELS, DISRUPTIVE AND RULE-BREAKING PROTESTS CAN HELP PUBLICIZE A POLITICAL MESSAGE AND COMMUNICATE ITS IMPORTANCE. BUT THE MORE DISRUPTIVE A PROTEST BECOMES, IT TAKES ON THE UNVARNISHED THREAT OF A PROTECTION RACKETEER: WE WILL MAKE RUNNING YOUR OPERATIONS IMPOSSIBLE UNLESS YOU SUBMIT TO OUR DEMANDS.

WORSE STILL, ONCE ONE SIDE STEPS OUTSIDE THE BOUNDS OF NORMAL RULES AND EXPECTATIONS – SUCH AS THROUGH DISRUPTIVE OR INTIMIDATING PROTESTS OR ATTEMPTS TO GET OTHERS FIRED – THE OTHER SIDE RIGHTEOUSLY RETALIATES, TRADING ACCUSATIONS OF RACISM AND BIGOTRY.

THERE IS NO LONGER JUST A CONFLICT, BUT A CONFLICT ABOUT THE CONFLICT.

LANGUAGE, POWER, HUMANITY

AND THIS PERHAPS LEAVES US WITH THE FINAL ETHICAL CONCERN. EVEN IF IT IS RIGHT, SOMETIMES, TO JUDGE PEOPLE BASED ON THEIR GROUP MEMBERSHIP, AND TO BE SENSITIVE TO THE ROLE OF SYSTEMIC POWER, PEOPLE ARE INDIVIDUALS, TOO. IT STILL MATTERS HOW EVERYONE IS TREATED, NOT AS A PLACEHOLDER FOR A GROUP, AND NOT AS RESPONSIBLE FOR THE GROUP'S SINS.

JUST BECAUSE A PERSON MIGHT BE IN THE RIGHT POLITICALLY DOESN'T MEAN THAT WHAT THEY ARE DOING FOR THEIR CAUSE IS PERMISSIBLE MORALLY.

THERE ARE NO EASY ANSWERS HERE. IN A MULTICULTURAL AND PLURALISTIC COUNTRY, WE CAN'T PREVENT OTHERS HAVING DIFFERENT VIEWS, AND WE CAN'T SHY AWAY FROM THE SHARP DISAGREEMENTS THOSE DIFFERENCES WILL CREATE.

BUT WE CAN AT LEAST REMEMBER WE ARE ALL HUMAN, AND PUT LIMITS ON INTIMIDATING, HARANGUING, OSTRACIZING AND THREATENING OTHERS, EVEN AS WE TOLERATE THEIR RIGHTS TO PROTEST AND CRITICIZE THE THINGS WE HOLD MOST SACRED. ■



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# Tender Greens Family Meals Perfect for Summer Fun: Dine In or Take Out!

**Don't stress about meal time during the lazy days of summer!**

The story of Tender Greens goes like this: Back in 2006, two chefs and a foodie set out to change the way people eat, for the better. Their inspiration? The meals they had when their friends visited. The food. The pairings. The exploration. The energy. And the promise that on any given day they would eat or drink something they wouldn't be able to find anywhere else. So they opened Tender Greens and started what they describe as a "food revolution." So far, the business partners have opened numerous kitchens, including 15 locations in the Los Angeles area as well as restaurants in Orange County, San Diego and San Francisco.

Most recently, Tender Greens introduced a new way to dine on our favorite menu items. Available now, Tender Greens Family Meals are a great option for dining in or taking out all summer long. Here is how it works:

- Guests can choose up to 1 protein and two sides, which serve up to 4 people.
- Protein options include: Salt & Pepper Chicken, Chipotle Chicken, Salmon, Steak or Short Rib.
- For pasta lovers, there is a family-sized bolognese with bread and a choice of side salad.
- Side options include romaine hearts, baby spinach, baby arugula, brown rice, mashed potatoes, or seasonal vegetables.
- Add-ons serving up to 4 people are available, with options like warm mashed potatoes, gravy, farro salad, pasta pearls, mac & cheese, or a 6-count cookie pack.

**Locations.** As a reminder, Tender Greens announced they are a cashless establishment.

To place an order online visit:

[order.tendergreens.com](http://order.tendergreens.com)





## From the Tender Greens Blog Archive:

*“Our secret has nothing to do with cleanses, superfoods, or diet fads. Not that anything is wrong with those. We just wanted to focus on sustainable everyday practices that yield long-term benefits, not just in terms of physical appearance, but also in length and quality of life. After all, what’s the point of living a long life if you’re not having a good time?!”*





**FROM NAPA  
WITH LOVE**



# LA CHEVE

At Napa's La Cheve Restaurant, the aroma of freshly baked bread may greet you as soon as pull into the parking lot. But this isn't just any bakery. Cinthya Cisneros has infused her Mexican heritage into every pastry and dish, creating a distinctive culinary experience.



# A WINE COUNTRY BAKERY & BREWERY WITH A MEXICAN TWIST

## Cinthya Cisneros celebrates the success of her establishment in Napa, CA

Imagine biting into a warm concha—a traditional Mexican sweet bread—paired with an ice-cold beer. Or how about enjoying a plate of Concha French Toast with a “Beermosa.”

Cinthya Cisneros took a risk with her concept eatery during the Pandemic—and won.

Nestled inside Napa's oldest home (The Cayetano Juárez Adobe built in 1845), La Cheve Bakery & Brews is a hidden gem that food enthusiasts can't stop visiting. Customer lines often stretch around the building and it's not uncommon to arrive for a fresh baked Cinnamon Roll Concha only to find out they've sold out for the day.

“I think it blows my mind when people come from places that are really far. I always envisioned it to just be a successful mom and pop shop, here locally but people outside of Napa want to come and support us too,” says Cisneros.

Established in 2020, La Cheve brings a unique blend of traditional Mexican flavors to Napa's food scene. Inspired by the cultural traditions and food from her native Michoacan, Mexico, Cisneros grew up in Napa, where her father worked in the grape harvest industry. Her mom helped support the family with jobs in the food industry, including as a dishwasher.

*“Every time we open  
the doors, we're  
throwing a party!”*

When Cisneros decided to open her own restaurant, she wanted to create a unique twist to Classic American breakfast and brunch dishes and found a major source of creativity and support from her mom.

“She's like the mastermind behind all the recipes,” shares Cisneros.





And if a customer is interested in an ice-cold drink, the menu has a vast selection of thirst quenchers, from local brews to artisan cocktails to aguas frescas. The refreshing “El Berto Palmero,” for example, consists of house lemonade and jamaica (hibiscus tea). If you’re ready for Happy Hour, the Mexican Paleta Shooter is prepared with a shot of Tequila and made to taste like a spicy Mexican popsicle garnished with Mexican candy.

“We’re here and every time we open our doors, we’re throwing a party!,” says Cisneros.

Visit La Cheve  
376 Soscol Avenue  
Napa, CA 94559

Web: [ILoveLaCheve.com](http://ILoveLaCheve.com)

# THE TEA HOUSE

*an Las Rias*

IN SAN JUAN  
CAPISTRANO



# Enjoy a tea-licious experience

"BUILDING RELATIONSHIPS ONE CUP AT A TIME"

Located within the charm and history of Los Rios Street, California's oldest residential street in the City of San Juan Capistrano, the Tea House on Los Rios is a family owned and operated tea house that has been offering an enchanting escape for locals and tea enthusiasts alike since 1996. This summer, the tea house is giving guests an opportunity to indulge in a seasonal tea experience that showcases flavorful tea sandwiches, fresh fruit and a generous selection of teas, among other delectable menu options.

According to restaurant co-owner, Damian Orozco, whose grandparents opened the tea house 26 years ago, the restaurant's motto has always remained the same: "Building Relationships one cup at a time."

Orozco remembers spending time and helping at The Tea House on Los Rios throughout his childhood years and later working there as an adolescent and college student.

**"NO MATTER HOW BUSY OR STRESSFUL YOUR LIFE IS, YOU COME TO ENJOY TEA AND RECONNECT WITH PEOPLE YOU CARE ABOUT"**

"That's our whole premise for this," explains Orozco. "My grandparents noticed that tea de-stresses you...No matter how busy or stressful your life is, you come to enjoy tea and reconnect with people you care about."

Afternoon tea is a tradition that originated in Britain during the early 1840s. It was introduced by Anna, the Duchess of Bedford, who enjoyed a light meal of tea, sandwiches, and cakes to stave off hunger between lunch and dinner.

This delightful custom quickly became a popular social event, and today, it continues to bring people together over delicious treats and soothing cups of tea. The Tea House on Los Rios represents this tradition remarkably well.

Guests who visit the Tea House on Los Rios can also shop a fun collection of tea cups, fascinators and other tea-themed gifts at the restaurant's shop, Tea-que. Plus, teas featured on the menu are also available for purchase.

The Summer Time Tea Experience Menu is \$75 per person. It consists of a Glass of Chandon Rose, Mimosa, or Sparkling Cider, Loose Leaf Organic Tea Service, Freshly Baked Currant Scone with Raspberry Preserves, Early California Cream and Lemon Curd. Guests can select their choice of Mango Gazpacho topped with Roasted Pepitas and Cilantro or Watermelon, Feta, Mint Salad with Pickled Red Onion and a Fingerlime Reduction.

As for the tea sandwiches, guests enjoy the following: Roast Beef, Provolone, Arugula and Horseradish Cream on Marbled Rye; Smoked Trout Rilette on Sourdough Crisp; House Cured Salmon with Herbed Cream Cheese on Pumppernickel; Whipped Strawberry Basil Cream Cheese with Lemon Zest Honied Bleu Cheese with Summer Grapes on Baguette; Piquilio Pepper Pimento Cheese on Sourdough and Fresh Fruit served with Brown Sugar and Cream.

The desserts are Peanut Butter Mousse Tartlet and Pineapple Upside Down Cheesecake with Champagne Pineapple Coulis.



# The Tea House on Los Rios

LOCATED IN SAN JUAN CAPISTRANO  
31731 LOS RIOS STREET  
SAN JUAN CAPISTRANO, CA 92675  
(949) 443-3914

- \*THE TEA HOUSE ON LOS RIOS IS FAMILY OWNED AND OPERATED SINCE 1996.
- \*THE TEA HOUSE WAS BUILT IN 1911 AND IS LOCATED IN THE OLDEST RESIDENTIAL STREET IN THE STATE OF CALIFORNIA.
- \*THEY SERVE OVER 58 TYPES OF LOOSE-LEAF ORGANIC TEAS.
- \*ALL GARNISHES AND HERBS ARE FROM THE FAMILY'S HOME GARDEN.





# summer time tea experience

ENJOY CHANDON ROSÉ, LOOSE LEAF TEA, SCONES, SAVORY TEA SANDWICHES, FRESH FRUIT, AND DESSERTS. PERFECT FOR A SUMMER TREAT! BOOK NOW FOR A UNIQUE AND DELICIOUS TEA EXPERIENCE. AVAILABLE EVERY DAY, JUNE 17 - AUGUST 15.

"Shine Sunshine,  
Shine!"

# *Karen Clay-Fenderson is Raising Greatness*

SHE'S A MULTI-TASKING EDUCATOR AND MOMPREENEUR WHO ATTRIBUTES PART OF HER SUCCESS TO THE LESSONS HER CHILDREN HAVE TAUGHT HER.

BY ANABEL MARQUEZ  
PHOTOS BY RACHEL CARRILLO

**I**t was a sunny May afternoon in Beverly Hills and Karen Clay-Fenderson arrived inside a swanky sunglass shop to meet a group of fellow lifestyle influencers and promote luxury lenses for a Mother's Day Campaign.

"You can't get these types of opportunities anywhere else!" she said. "We are blessed to be in California. There's no other place like this."

Before leaving, she shared some words of wisdom with other influencers and offered some ideas on ways to increase partnerships and paid collaborations.

Her top recommendation?

"Include your children and have them be a part of the stories you share with the world!" she suggested.





*Karen*  
"Allow your kids to do big  
*Clay-Fenderson*  
things even if they are little"

The energetic, multi-hyphenate influencer moved to Los Angeles from New Mexico years ago in search of opportunities in the media industry.

An ambitious mother of three, Karen has found success in L.A. because she engages in life with genuine enthusiasm and that makes people and companies want to work with her.

Plus, she loves to stay busy and help others succeed as well.

"Shine Sunshine, Shine!" she exclaims.

For one, she's an educator with three master's degrees in various education-related fields.

She uses her background in education to teach but also to serve as a consultant helping fellow teachers effectively implement their curriculum in the classroom.

Next, she is a marketing expert who has helped business owners and C-Suite firms with strategic digital marketing and has partnered with global corporations to help align and market their brands with high quality media content.

Then, she's a lifestyle blogger and executive producer of two TV shows.

Her platform "Raising Greatness" stands for a goal she set forth with her husband Wes, to raise God's Divine Greatness, she explains.

"Wes encourages me to dream bigger and he is always right by my side. I could not be the woman, mom and business woman that I am without having him there...He is my biggest cheerleader," she says.

Finally and perhaps most rewarding to Karen is her role as mom, where she leads, prays, manages, supports, represents, and encourages her three children— Brookelynn, Brayden and Bailey Rae— with their entrepreneurial, creative and academic ventures.

A woman with long black braids is smiling and looking out a window. She is wearing a bright pink long-sleeved button-down shirt. Her hands are clasped in front of her, and she is wearing a silver watch and several bracelets on her left wrist. The background is a plain wall with a window frame visible on the left.

*"Children  
need our  
wisdom & we  
need their  
youthful  
perspective  
about life and  
business."*

-Karen Clay-Fenderson

"Our children are our best teachers, and we are striving toward our greatness too. As a teacher, I have always believed that I am blessed to teach children to thrive and be at their greatness. It's a movement for us," she says.

Karen says she is using all the greatness that God has given her & expects her three children to do the same.

"What I have learned and I'm still learning is to listen and observe my children. They will show and tell you what they love," explains Karen. "Wes and I view our parenting as back-up singers, here to help our kids sing their songs of life in all aspects: from acting on major tv shows, commercials, to sports and now our family food brand, Bailey Rae."

### The Birth of a Family Brand

During the COVID-19 global pandemic, as families were quarantined inside their homes, Karen took notice that the youngest of her children, Bailey Rae, was onto something. Since the young age of four, the little girl had taken an interest in mixing ingredients from the pantry to create seasoning blends.

In 2020, in the midst of the Pandemic, Bailey Rae had perfected her recipes.

"I started paying attention!" shares Karen.

It's not that Karen hadn't observed Bailey Rae's talent for creating in the kitchen, or that she didn't think her daughter's blends were a delicious way of enhancing food flavors, it was simply that she hadn't taken the time to explore the feasibility of bringing Bailey Rae's blends to market.

With her experience in marketing, branding and media, Karen took her daughter's product to new heights.

"Now, we're on Amazon and [the product] has sold out several times!," Karen says.

Bailey Rae who's now a teenager has seen her seasoning blends, available in Cajun, Mesquite BBQ and Taco Seasoning flavors, soar to success. Celebrities have given Bailey Rae's seasoning blends a major nod of approval and the family is now planning to expand the line and bring additional products.

What's even more impressive is watching Bailey Rae's siblings get involved with their younger sister's business enterprise. Big sister Brookelynn, a Howard University student, is the company's Chief Operating Officer while their brother Brayden is the Chief Financial Officer maintaining all the financial aspects of the family food brand.

"My advice is to listen and allow your kids to do big things even if they are little," explains Karen. "Make room for them to explore at every stage of life. Our kids are growing up fast, but they have time to become and explore their gifts...that's Raising Greatness." ■







*"Our kids are growing up fast, but they have time to become and explore their gifts...that's Raising Greatness."*

*Connect With Karen!*

WEB: RAISINGGREATNESS.COM  
BAILEYRAEFOODS.COM

IG: @RAISINGGREATNESSOFFICIAL  
@BAILEYRAEFOODS



**YES, KAWAII IS ART**  
*-EXPRESS YOURSELF-*  
**Sebastian Masuda**

**Dates**

**05.02.2024 - 11.03.2024**

**Hours**

**Mon. - Fri. | 11:00 AM - 7:00 PM**

**Sat. - Sun. | 11:00 AM - 8:00 PM**

**Location**

**JAPAN HOUSE Gallery, Level 2**

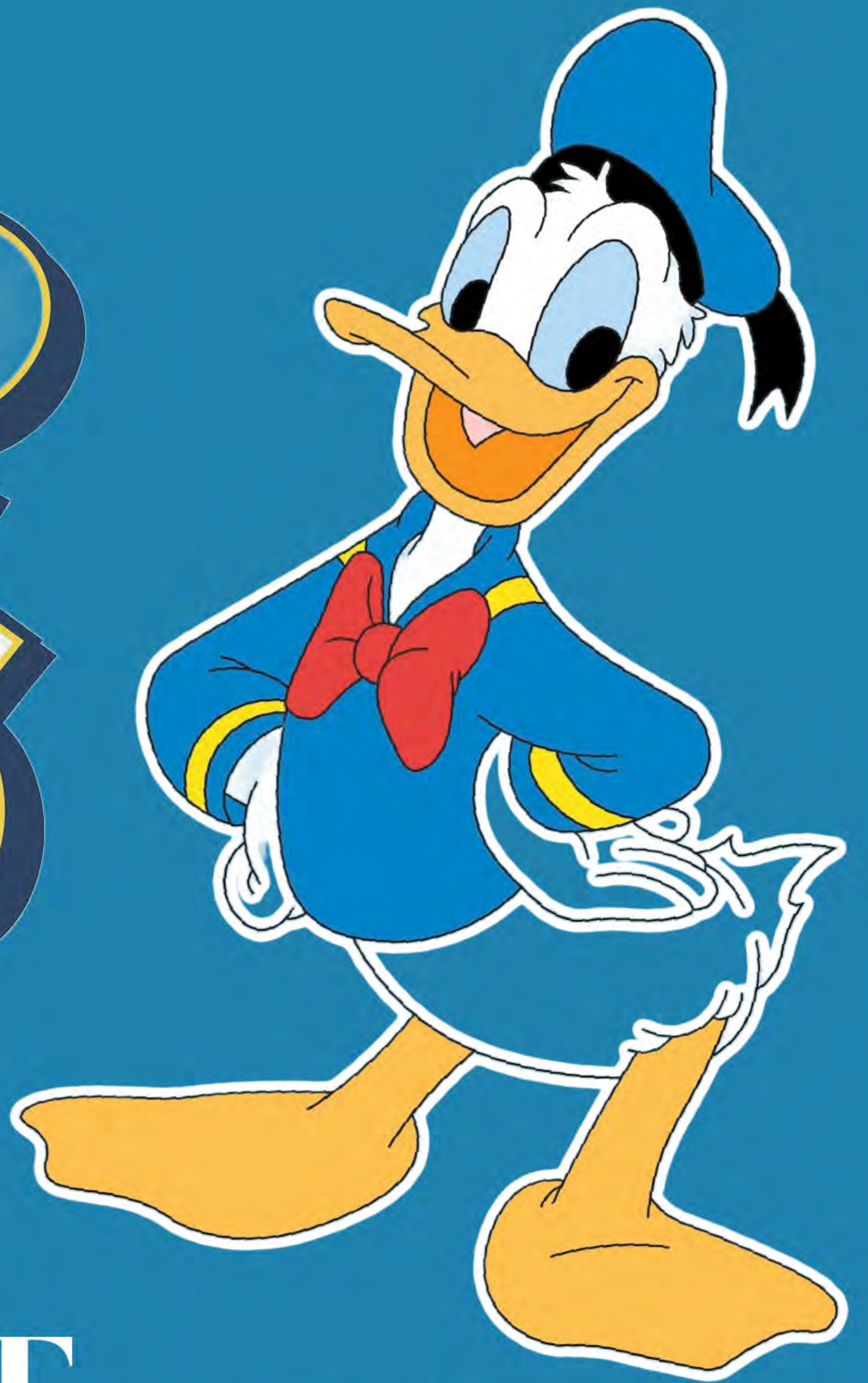
**Free**



# OH BOY! OH BOY!

Disney

# DONALD DUCK TURNS 90



To kick off the celebration of 90 years of Donald Duck, Disney has collaborated with industry-leading brands to launch dozens of stylish new products and collections. From global brands such as Adidas, ASOS, Citizen, Disney Store, Funko, and Pandora as well as North American brands like Baublebar, BoxLunch, Hot Topic, Loungefly and RSVLTS, fans can now shop the array of products featuring Donald Duck's 90-year milestone!

# A Timeless Icon of Laughter & Adventure

**W**hen you think of animated characters that have left an indelible mark on popular culture, one name undoubtedly springs to mind—Donald Duck.

This year, we celebrate the 90th birthday of this beloved Disney character, who has entertained generations with his unique voice, comedic mishaps, and irascible charm.

## The Birth of a Legend

Donald Duck first appeared on June 9, 1934, in the Silly Symphonies cartoon "The Wise Little Hen." Created by Walt Disney and voiced by Clarence "Ducky" Nash, Donald quickly became a fan favorite. Unlike Mickey Mouse, who embodied optimism and cheer, Donald was the everyman character filled with flaws. His short temper, combined with his good heart, made him relatable to audiences young and old.

Nash, who voiced Donald for over 50 years, developed a voice so unique that it became instantly recognizable. Today, Tony Anselmo carries on the tradition, ensuring that Donald's voice continues to bring joy to fans worldwide.

## Comedic Genius

Donald's comedic timing sets him apart from other animated characters. Whether he's battling annoying chipmunks Chip and Dale or trying to assemble a piece of furniture, his antics never fail to make us laugh. His expressive body language and exaggerated facial expressions have created moments that are both hilarious and heartwarming.



## Donald's Cultural Impact

Donald Duck has become a global phenomenon, loved by fans in every corner of the world. From comic books in Scandinavia to TV shows in Japan, Donald's reach is truly international. He even has a star on the Hollywood Walk of Fame, proving his lasting impact on popular culture.

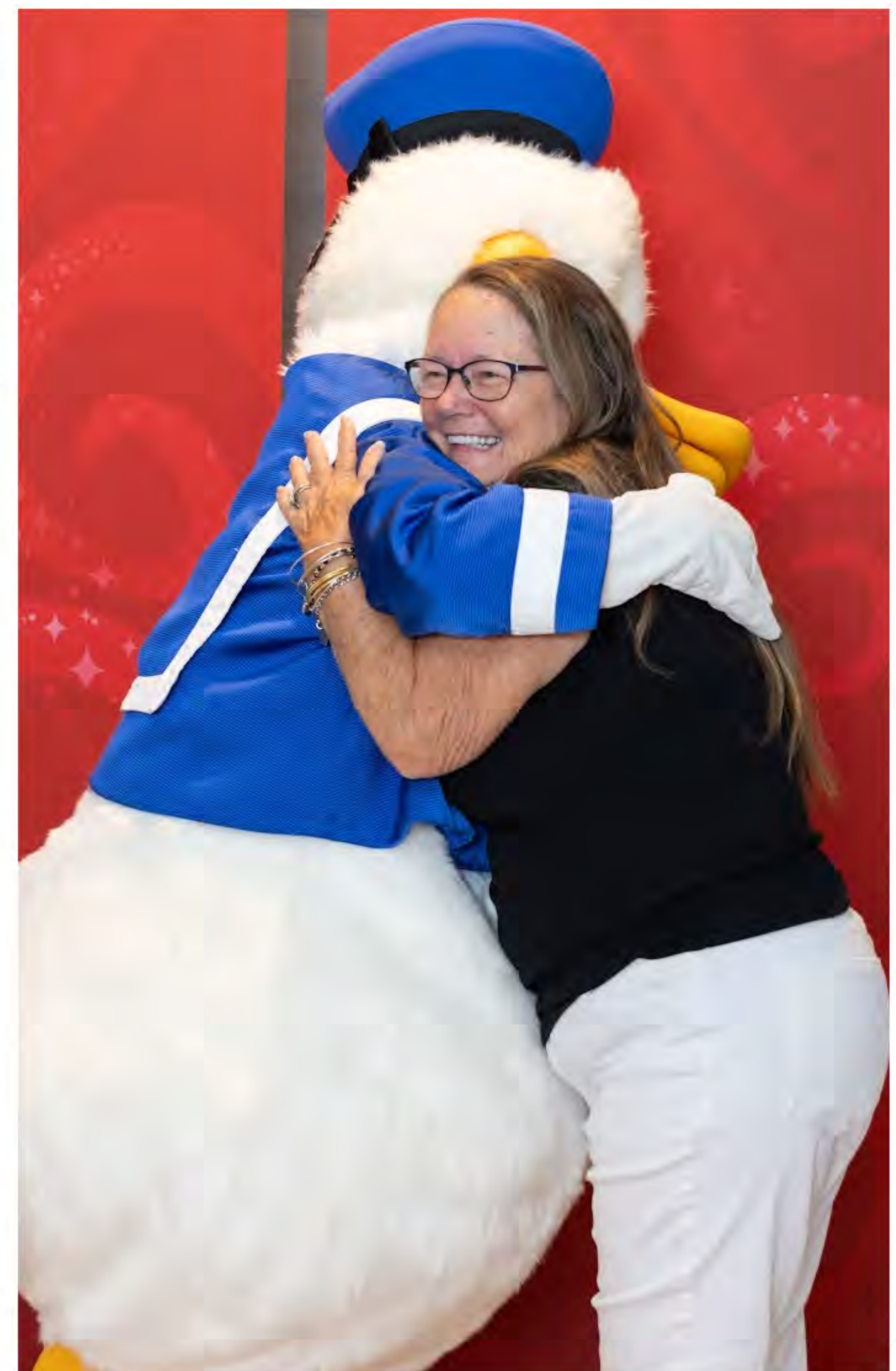
## Academic Studies

Believe it or not, Donald Duck has been the subject of academic studies. Scholars have explored his role in shaping American culture, his representation of the "everyman," and his influence on animation techniques. His character has been analyzed for its social and psychological implications, proving that Donald is more than just a cartoon duck—he's a cultural icon.

Celebrating 90 Years of Donald Disney has pulled out all the stops to celebrate Donald Duck's 90th anniversary. Special merchandise, limited-edition collectibles, and even a dedicated TV special are just some of the ways fans can join in the festivities.

## Fan Tributes

Fans worldwide have also taken to social media to share their love for Donald. Hashtags like #DonaldDuck90 and #HappyBirthdayDonald have flooded platforms like Twitter and Instagram, filled with fan art, favorite clips, and heartwarming tributes.



# DISNEY LAUNCHES GLOBAL PRODUCTS CELEBRATING 90 YEARS OF DONALD DUCK

To kick off the months long celebration of 90 years of Donald Duck, Disney is collaborating with industry-leading brands to launch dozens of stylish new products and collections. From global brands such as Adidas, ASOS, Citizen, Disney Store, Funko, and Pandora as well as North American brands like Baublebar, BoxLunch, Hot Topic, Loungefly and RSVLTS, fans can now shop the array of products featuring Donald Duck in time for Mickey & Friends to celebrate Donald Duck's 90-year milestone in June with more to be revealed.

Donald Duck, the lovable and hilariously temperamental character created by Walt Disney, has become one of the world's most recognizable characters since his debut in 1934. Storytelling for Donald Duck has continued to expand over the past 90 years, from screens big and small to Main Street, U.S.A., where he greets millions of guests visiting Disney Parks around the world. Donald's popularity and accomplishments both on and off screen have also earned him numerous accolades, including a star on the legendary Hollywood Walk of Fame and his webbed footprints immortalized in cement outside the famed Chinese Theatre in Hollywood. There is so much to celebrate, and more information about Donald Duck's 90th celebration will be shared soon.

"Donald Duck's relatable and endearing frustrations with everyday life have made him one of the world's most famous personalities, so we knew we had to make sure to celebrate him in a big way," said Liz Shortreed, Senior Vice President of Disney Global Softlines and Global Brand Strategy. "We are thrilled to collaborate with some of retail's biggest brands to bring fans an array of Donald Duck products like never before."

New Donald Duck-inspired products from some of retail's most recognizable brands will continue to drop throughout the summer. Below is a "quacktastic" selection of products that fans can shop now including some of our favorites, featured in the next page:

- \* Adidas Originals x Disney Super Star Shoes
- \* ASOS DESIGN Disney unisex oversized sweatshirt with Donald Duck print in heather gray
- \* Disney Donald Duck Tropical All-over Print Women's Smock Romper by BoxLunch
- \* Donald Duck Musical Glitter Globe by Bradford Exchange
- \* Disney Donald Duck 90th Anniversary Lenticular 3" Collector Box by Loungefly
- \* Disney Donald Duck Carry-On By American Tourister

# HAPPY BDAY DONALD DUCK!



1-800 FLOWERS.COM  
Disney Donald Duck 90th Anniversary  
Mug With Yellow Roses, 12 Stems \$54.99



Disney Store  
Donald Duck Back to Front  
Football Jersey for Adults \$64.99



Dinsey Store  
Donald Duck 90th  
Anniversary Mug  
\$24.99



The Donald Duck Disney  
Celebration Earrings by  
Bauble Bar feature the  
classic character dressed  
up in a multicolored  
birthday hat. \$46



Have a great trip with this American Tourister x Donald  
Duck Hardside Carry-On!  
This bag will show off your personality while giving you all  
the bells and whistles you need while traveling! \$149.99



Oh Boy! These Donald Duck  
Sun-Staches will have you going  
quackers. These aren't just  
sunglasses, they're Sun-Staches!  
\$12.99



ADIDAS Originals X Disney Superstar  
Shoes \$85

HOLLYWO

# FOREVER SUMMER 2024

## Hollywood Bowl Concerts You Can't Miss

**The Hollywood Bowl is back with a spectacular summer lineup for 2024! Whether you're a fan of classical music, jazz, pop, or movie soundtracks, there's something for everyone. Here's a rundown of the must-see concerts:**

### July Highlights

**July Fourth Fireworks Spectacular with Harry Connick, Jr.**

Dates: TUE, JULY 2; WED, JULY 3; THU, JULY 4  
Time: 7:30PM

**Beck with the LA Phil**

Date: SAT, JULY 6  
Time: 8:00PM

**Patti LaBelle & Straight No Chaser**

Date: SUN, JULY 7  
Time: 7:30PM

**Scheherazade**

Date: TUE, JULY 9  
Time: 8:00PM

**All-Gershwin**

Date: THU, JULY 11  
Time: 8:00PM

**Maestro of the Movies:**

The Music of John Williams and More  
Dates: FRI, JULY 12; SAT, JULY 13; SUN, JULY 14  
Time: 8:00PM

**Ray Chen Plays Tchaikovsky**

Date: TUE, JULY 16  
Time: 8:00PM

**Big Band Night**

Date: WED, JULY 17  
Time: 8:00PM

**Ballet Folklórico de México with the LA Phil**

Date: THU, JULY 18  
Time: 8:00PM

**Disney '80s-'90s Celebration in Concert**

Dates: FRI, JULY 19; SAT, JULY 20  
Time: 8:00PM

**Mozart Under the Stars**

Date: TUE, JULY 23  
Time: 8:00PM

**All-Beethoven**

Date: THU, JULY 25  
Time: 8:00PM

# OD BOWL

**Chaka Khan with the Hollywood Bowl Orchestra & Masego**

Date: FRI, JULY 26  
Time: 8:00PM

**Barbie The Movie: In Concert**

Date: SAT, JULY 27  
Time: 8:00PM

**The Music of Les Misérables, Miss Saigon, and More**

Date: SUN, JULY 28  
Time: 7:30PM

**Stravinsky & Khachaturian**

Date: TUE, JULY 30  
Time: 8:00PM

## **August Highlights**

**Schumann & Bruch**

Date: THU, AUG 1  
Time: 8:00PM

**Tchaikovsky Spectacular with Fireworks**

Dates: FRI, AUG 2; SAT, AUG 3  
Time: 8:00PM

**Prokofiev & Shostakovich**

Date: TUE, AUG 6  
Time: 8:00PM

**Laufey with the LA Phil**

Date: WED, AUG 7  
Time: 8:00PM

**Symphonic Tango & Flamenco**

Date: THU, AUG 8  
Time: 8:00PM

**The Elements with Joshua Bell**

Date: THU, AUG 15  
Time: 8:00PM

**The Gipsy Kings Featuring Nicolas Reyes & MARO**

Date: FRI, AUG 16  
Time: 8:00PM

**Smooth Summer Jazz**

Date: SUN, AUG 18  
Time: 6:30PM

**All-Dvořák with Midori**

Date: TUE, AUG 20  
Time: 8:00PM

**The Rite of Spring**

Date: THU, AUG 22  
Time: 8:00PM

**Pink Martini featuring China Forbes & Andrew Bird Trio**

Dates: FRI, AUG 23; SAT, AUG 24  
Time: 8:00PM

**Singin' in the Rain in Concert**

Date: TUE, AUG 27  
Time: 8:00PM

**Gustavo Dudamel & Yunchan Lim**

Date: THU, AUG 29  
Time: 8:00PM

**Marvel Studios' Infinity Saga Concert Experience**

Dates: FRI, AUG 30; SAT, AUG 31  
Time: 8:00PM

**Don't miss out on these incredible performances! Get your tickets now and experience the magic of the Hollywood Bowl in 2024. See you there!**  
**#HollywoodBowl2024**  
**#ForeverSummer**

**HollywoodBowl.Com**

MOMMY  
In Los Angeles  
MAGAZINE

# Hello Summer

[MommyInLosAngeles.com](http://MommyInLosAngeles.com)

#ELEVATINGWOMENSVOICES