TORONTO PAGES

ISSUE: 5 - AUGUST 2022



KIRTI

I wish to inspire young South Asian women and break cultural norms.

mishoo
OUTFITTERS



mishooutfitters


mishoo
OUTFITTERS
shoo
UTTERS

On the cover



ON THE COVER: **KIRTI SAXENA** (@lifeofkirti)
PHOTOGRAPHER: **LUIS QUIROZ** (@ luisquirozz_)
INTERVIEWED BY: **JAMEEL ARIF** (@jameelarif)

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A Letter From the Editor

Can't believe it's our 5th issue already. While we've covered many different topics, including fashion, wellness and travel, what gets us really excited is talking about people who inspire us.

In this issue we have featured some very inspiring people from different fields.

Our cover story with Kirti is an inspiration in itself.

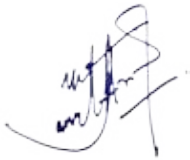
We also interviewed the young TSUWMI who is a digital artist whose work mainly focuses on vibrant colors, Japanese culture, kawaii subjects and anime fanart!

I also enjoyed the interview with Casey Beck who is a fitness trainer and has a very interesting story. I am also proud to announce that Casey has joined our team as a regular contributor. So, stay tuned for her uself articles monthly in TorontoPages.

Ksenia Druzhinina is also featured in this issue and finally, we also bring you an exclusive interview with Sykamore - a country singer-songwriter from Carseland, Alberta, Canada.

Besides this, our team has curated some of the best as usual. Our travel experts have something very interesting options for you all this month.

I hope you enjoy this issue and till next month. Stay safe and sound.



JAMEEL ARIF
Chief Editor

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THE LIONESSES' LEGACY



GILL SHERRY

gillsherryauthor





Something amazing happened on 31st July. Not only did England win their first major football trophy since 1966, but it was the women (not the men) who secured this magnificent victory. And that's not all. As well as playing in front of a record European Championship crowd of 87,192 at Wembley Stadium, the TV audience of 17.5 million was also a UK record.

As England progressed in the tournament, the momentum grew. More and more viewers tuned in to watch the Lionesses roar. Many were surprised by the talent on display, their skill and stamina both seemingly improved under head coach, Sarina Wiegman.

Having defeated Northern Ireland 5-0 in their opening fixture, England's women went on to beat Norway (8-0) and Austria (1-0) in their other group matches. Buoyed by the nation's support, they then beat Spain in the quarter-final (2-1 after extra time) before overpowering Sweden, one of the tournament favourites, 4-0 in the semi-final.

In the space of a few days, Beth Mead, Ellen White and Lauren Hemp became household names, up there with the likes of Harry Kane and Raheem Stirling. New supporters of the women's game were impressed with the grit and determination on display as well as the discipline and respect shown by the players, things that are often lacking in the men's game.

There's no doubt this was the start of something very special for women's football, not just in the UK but the world over. 17.9 million viewers also watched the final in Germany, where they saw their team defeated 2-1.

England took the lead after 62 minutes, courtesy of substitute Ella Toone. Germany then equalised 15 minutes later forcing the match into extra time. It was Chloe Kelly, also a second-half substitute, who scored the winning goal in the 110th minute and whose iconic celebration has empowered women all over the world.

The Manchester City striker had suffered an anterior cruciate ligament injury (one of the most serious injuries an athlete can sustain) in May 2021. Such an injury takes at least 12 months to recover from and Kelly was in a race against the clock to be fit in time for the European Championships.

Her journey back from injury and subsequent tournament-winning goal have proved inspirational and ensured she will always be known as an England footballing legend.

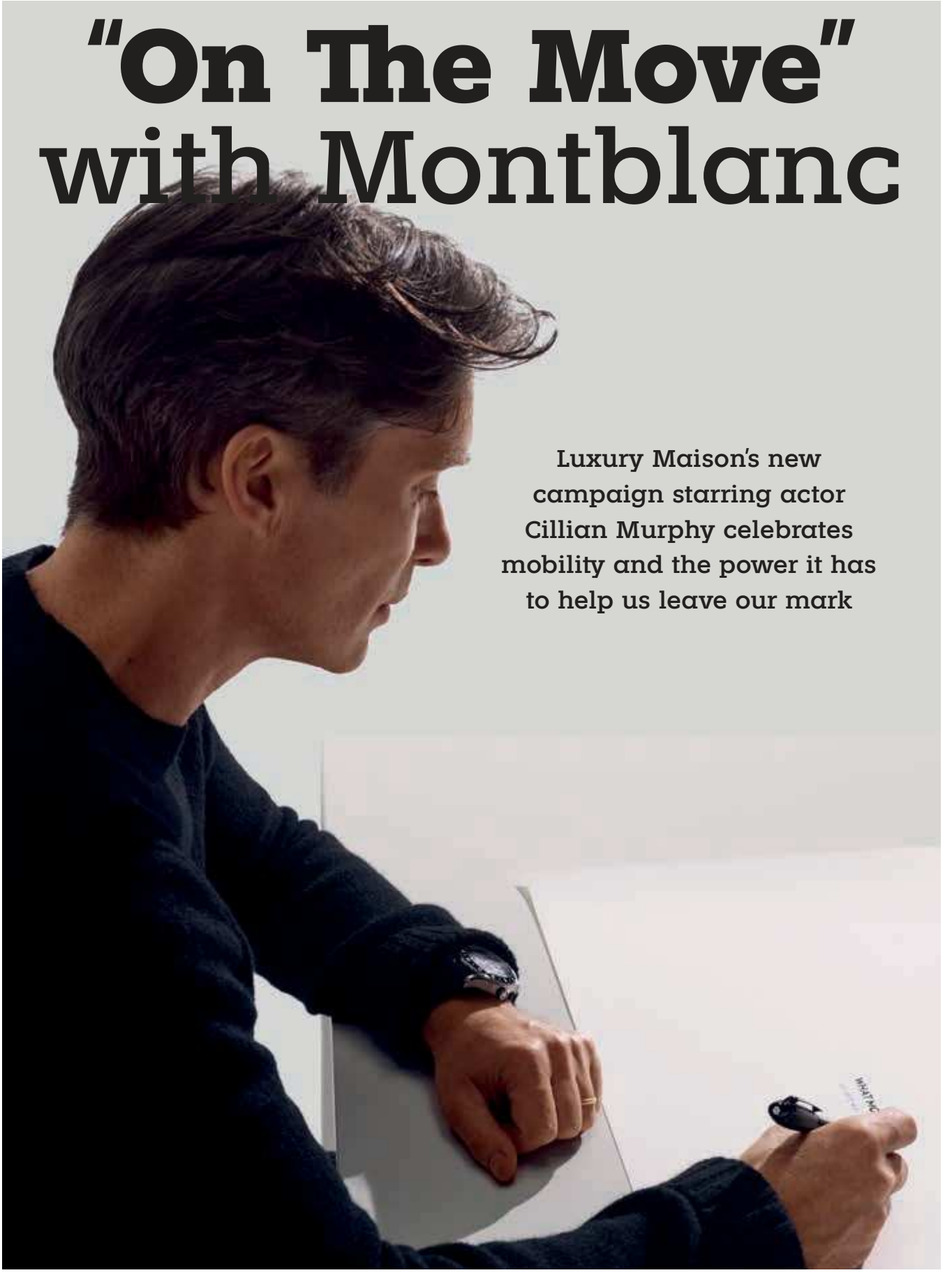
Thanks to their historical win, the Lionesses have put women's football well and truly on the map. Tickets for their next match, an international friendly against the United States on 7th October, sold out within 24 hours. There has also been a huge surge in ticket sales for the Women's Super League. Season tickets for Chelsea have already sold out and Manchester City have reported a record number of season ticket sales.

Of course, this will attract more broadcasting deals, bigger sponsorships and, ultimately, an even larger audience. It is also hoped (and expected) that more schools will allow girls to play football. In fact, the Lionesses have appealed to the Department for Education to change the rules after their inspirational Euros win. Currently, just 44% of secondary schools in the UK provide equal football lessons for both boys and girls.

But it's not just women's football that will benefit from England's splendid victory. Women's sport as a whole is set to grow significantly with an increasing number of girls taking up their chosen sport and believing they can progress to international level, thanks largely to the Lionesses legacy.

Something amazing happened on 31st July and it will change women's sport forever.

"On The Move" with Montblanc



Luxury Maison's new campaign starring actor Cillian Murphy celebrates mobility and the power it has to help us leave our mark













Over 100 years ago, Montblanc recognized a major shift in the way people moved and travelled, and therefore set out to make pens and bags to accompany those who embraced the inspirational power of their new-found mobility. Today, under the banner of its What Moves You Makes You global brand platform, Montblanc exists to inspire people to live a life of purpose and passion, leaving a mark on the world by following what truly moves them. Montblanc's new campaign, "On The Move", articulates a new vision of mobility that is at the heart of Montblanc's DNA: the way we move inspires the mark we make.

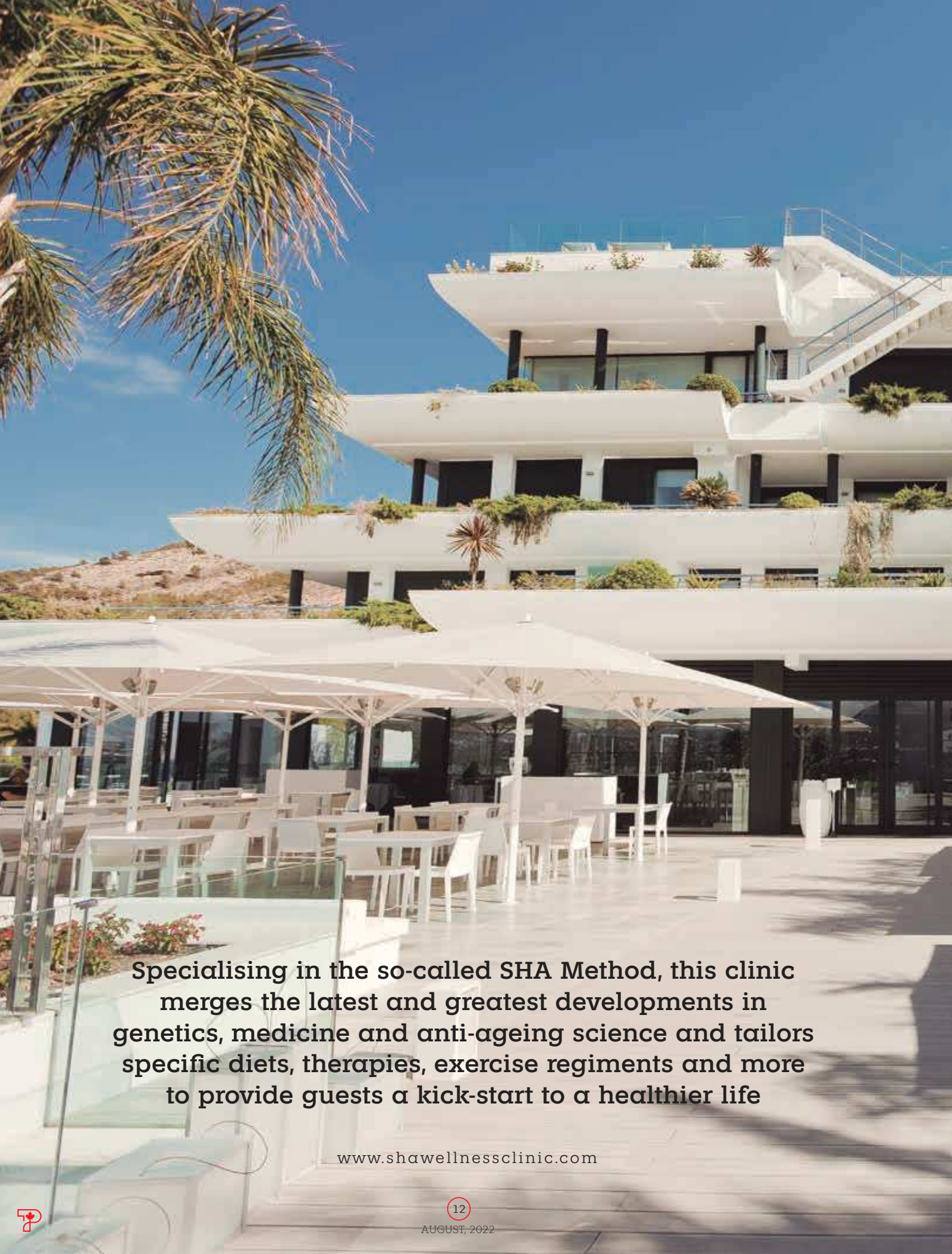
"Montblanc has also always understood the power of mobility, to move freely not just physically, but moving ahead to grow and ultimately thrive. With this new campaign, we are encouraging a new generation of Montblanc customers to get out and move with passion, curiosity and style, as they pursue what truly matters to them in life", explains Vincent Montalescot, Montblanc CMO.

The campaign features Montblanc Mark Maker and actor Cillian Murphy who has moved through life making his own bold decisions, choosing his own direction on his path to success. In the hero film, Cillian Murphy can be seen moving through a world that moves in a different direction to everyone else's. By doing so, he reveals that following one's passions is likely the right direction to move in. Created by award-winning agency Wieden + Kennedy Amsterdam and executed by director Ian Pons Jewell, the captivating technique shines new light on a seemingly every day journey and marks an evolution for the brand as it articulates its vision for mobility.

"It's easy to question whether you have taken the right direction in life and wonder what might have been if you had taken another path. While the way we move certainly defines us, this campaign ultimately reveals that if you do what moves you and really means something to you, then you are likely travelling in the right direction", says actor and Montblanc Mark Maker Cillian Murphy.

Finely crafted companions to inspire people to follow their own path and accompany them on their journey, the campaign features products from Montblanc's brand-new collections. Cillian Murphy is seen sporting the Montblanc Extreme 3.0 backpack with climbing-inspired lock. Further products featured include a StarWalker BlackCosmos writing instrument, the new Summit 3 smartwatch and the 1858 GMT watch.

Montblanc "On The Move" campaign goes live globally on August 24th, 2022.



Specialising in the so-called SHA Method, this clinic merges the latest and greatest developments in genetics, medicine and anti-ageing science and tailors specific diets, therapies, exercise regiments and more to provide guests a kick-start to a healthier life

www.shawellnessclinic.com

SHA:

A LIFE-CHANGING EXPERIENCE



JOSÉ BERROCOSO
TRAVEL EXPERT
joseberrocoso

SHA Wellness Clinic is redefining the concept of wellbeing. The center is not just a luxury spa hotel, but a wellness clinic, utilising a medically based approach. If you are searching for a fully immersive experience that prioritizes results, SHA is the real deal. Providing a multitude of treatments and the expertise of a highly trained medical team, this center is all about helping their guests reach their desired goals.

Located near the Bay of Altea, in Alicante, Spain, SHA sits on a beautiful mountainside overlooking the Mediterranean Sea and the Sierra Helada Natural Park. The center has achieved international renown and come to be synonymous with a philosophy of holistic health and wellbeing. A serene escape allowing guests to devote time and attention to their own state of being. This life-changing temple offers individualised programmes to cater to every lifestyle and set of needs.

The SHA method integrates the most effective natural therapies with highly therapeutic nutrition, without neglecting the latest advances in Western medicine, especially in preventive medicine, genetics and anti-ageing. The coordinated and supervised fusion of these therapies significantly enhances the positive impact that these therapies would have on an individual basis.

Guests can visit the clinic and recover their general wellbeing through an experience of learning and disconnection in an ideal environment. SHA team of professionals impart an approach to new healthy habits through a food plan and personalised health plan, natural therapies and technological treatments, and lifestyle recommendations, with activities that enable learning new lifestyle habits.









Guests can opt for a 7-day Rebalance programme that will include medical services with a general health examination and laboratory testing; consultation with healthy nutrition experts and personalized health plan; natural therapies such as acupuncture, traditional massages, cryotherapy session, aquatic therapy session; mind & body session based on client needs such as yoga or meditation and fitness and an introductory fitness evaluation with a personal trainer.

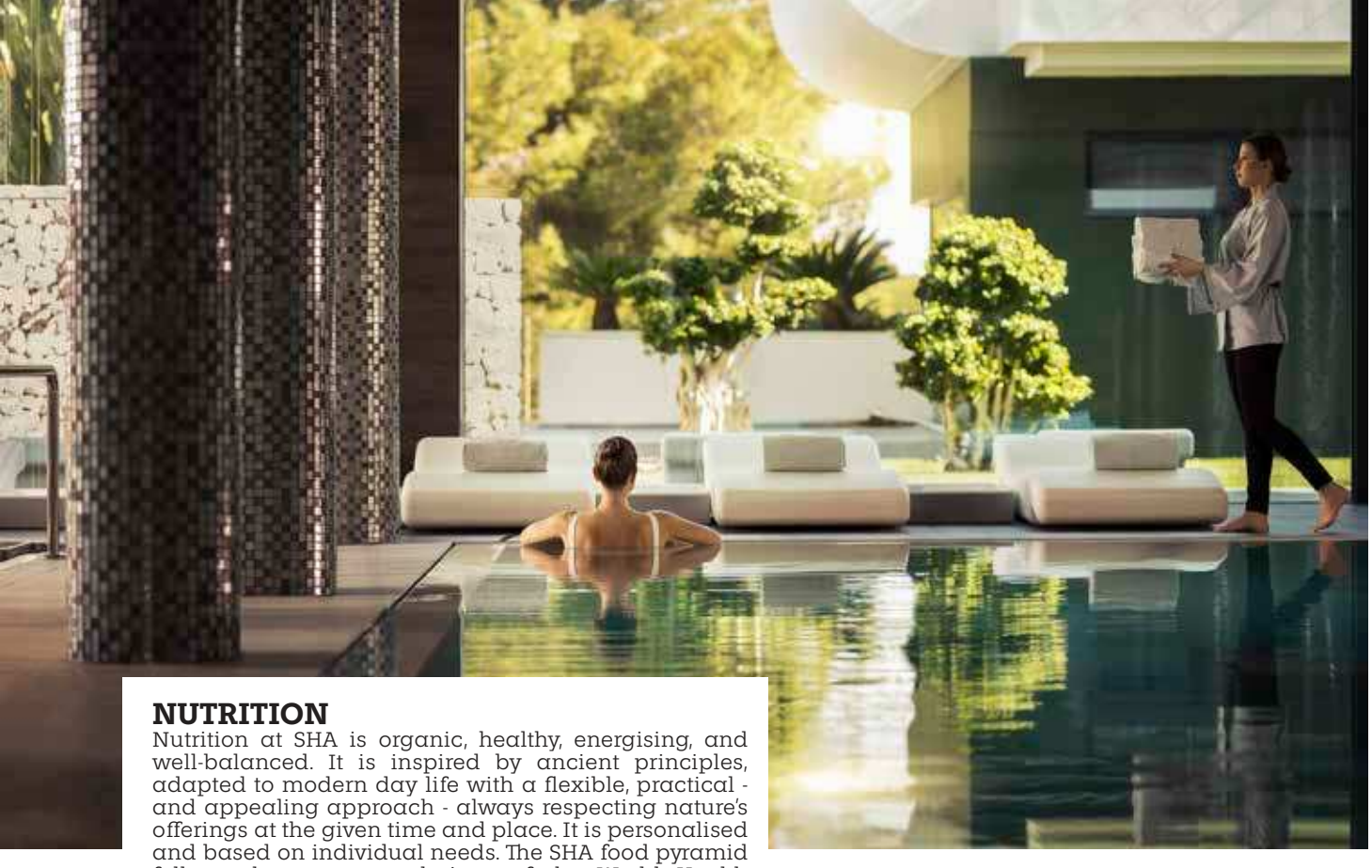
GENOMIC & PREVENTIVE MEDICINE

The purpose of the Healthy-Ageing Unit is to slow down the process of cell degeneration and reactivate the health potential of each and every single guest. The goal is not only to prevent or reverse premature ageing after diagnosis, but also to activate stimulation and a natural reconstruction of the different processes and metabolic systems. The SHA anti-ageing therapies aim improve your quality of life using leading scientific advances to prevent premature illnesses, and the discomforts that ageing can sometimes entail. Our integrative consultation evaluates guests´ state of health from a genetic, hormonal, nutritional and biochemical point of view.

Thanks to a series of genetic tests, the talented team can identify possible predispositions to a disease, such as high blood pressure, cardiovascular disease, osteoporosis, cognitive impairment, conditions and gum disease, amongst others. Predictive medicine allows to anticipate the potential disease through various medical tests - and by studying an individual's genetic profile and genes. Once they are aware of the risks involved in the development of any disease, they can take suitable and necessary measures to minimise or reverse this probability, affecting a patient's health. Correctly following preventive medicine measures will help us live longer - and ensure a better quality of life.







NUTRITION

Nutrition at SHA is organic, healthy, energising, and well-balanced. It is inspired by ancient principles, adapted to modern day life with a flexible, practical - and appealing approach - always respecting nature's offerings at the given time and place. It is personalised and based on individual needs. The SHA food pyramid follows the recommendations of the World Health Organisation, and for the most part guidance from Harvard Medical School and the Nutritional Science Unit of Cornell University. The SHA restaurant, SHAmadi, offers a cuisine which combines Mediterranean and Japanese traditions using fresh, organic ingredients. Meat, refined sugar, eggs and dairy are absent from SHA menus. Dishes are presented in the most aesthetic manners, and are full of rich flavours and textures so as to fulfil the most demanding palates.

SLEEP MEDICINE

Sleep is a time to recover, repair and restore. It is the basic pillar for a healthy life. Lack of sleep is one of the most frequent causes for premature ageing. Sleep disorders such as frequent awakening, snoring, insomnia, and sleep apnea are some of the most commom causes of chornic fatigue and exhaustion. The aim with the Sleep Medicine Unit at SHA is to diagnose the prevalent sleep disorders and propose a focused treatment solution. Adequate rest for the body allows for natural prevention of premature ageing.





PRIVACY

Six buildings, all accessible by lifts and bridges, make up the SHA compound, featuring a total of 93 suites with surface areas ranging from 80 to 320m2 , as well as 11 SHA Residences, recently launched in 2018. SHA includes more than 27.000m2 of land and over 15.000m2 of gardens, including infinity pools and waterfalls, fitness room, pilates and yoga studios, an interactive kitchen for cooking classes - as well as many chill-out areas.

They have recently launched SHA Residenes, a luxurious residential project featuring 11 spacious residences ranging from 300 to 500m2, that allow guests to live the transformational experience of an ideal state of health with family or friends, with the privacy of a home.

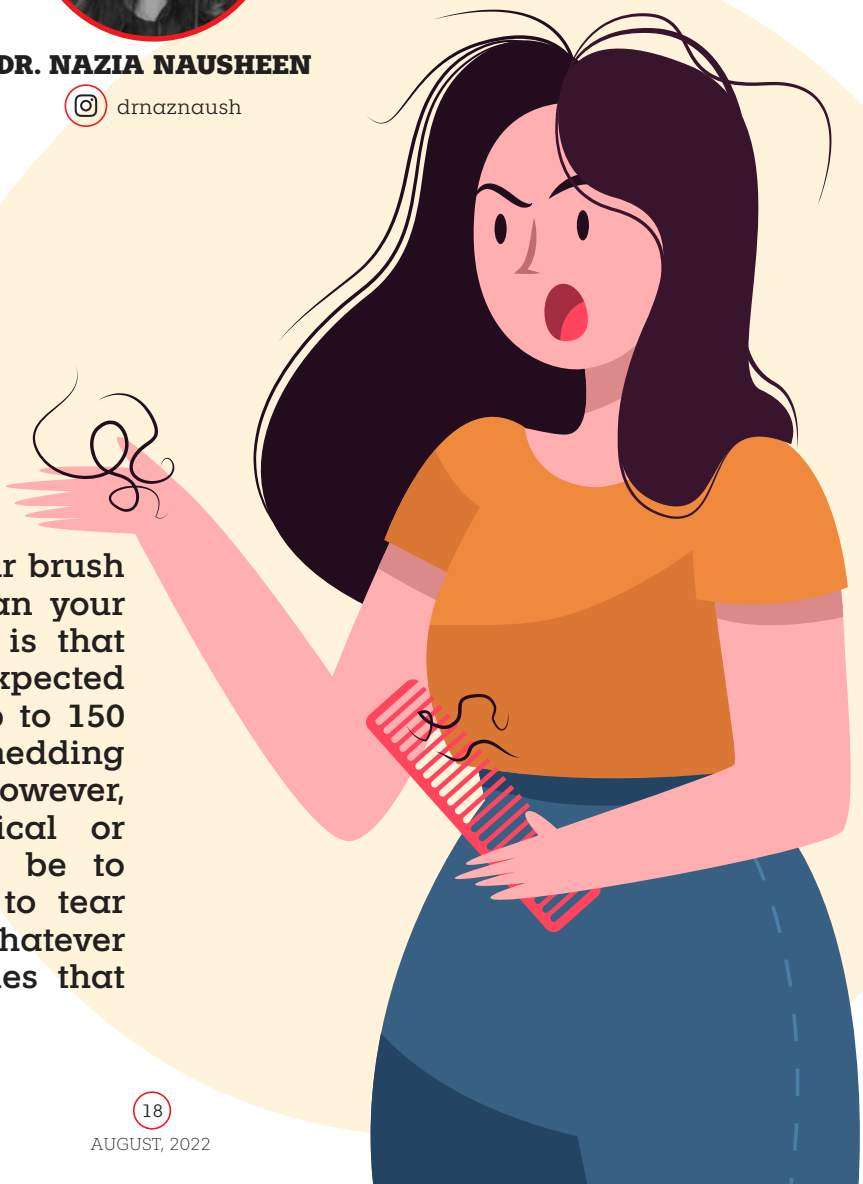
While Spain is the current hub, stay tuned for other international openings: Mexico is set to open its doors soon, followed by SHA Emirates in 2023.

7 Common Causes Of Hair Loss In Women



DR. NAZIA NAUSHEEN

drnaznaush



It can be alarming when your brush seems to hold more hair than your scalp does. The good news is that some hair loss is to be expected (the average person loses up to 150 strands a day). If you're shedding significantly more than that, however, any number of physiological or psychological factors could be to blame. But you don't have to tear your (remaining) hair out. Whatever the cause, there are strategies that can help.

What's normal?

First a bit about your hair's natural growth cycle: Each strand grows for several years, and then enters a resting phase for three to four months before it is finally shed. Next, the follicle begins to grow a new hair and the cycle begins again. Different strands of hair are in different phases of the growth cycle at any given time, which is why you don't go bald every few years.

What's not normal?

If you notice your part widening, your scalp showing through at your crown, or the hair at your temples receding, you may have an issue. Here are a few possible culprits. Consult your doctor who can help you get to the root of the problem.

Genetics

Female-pattern hair loss – androgenetic alopecia – is the most common form and causes the hair on top of the head to thin. The gene can be inherited from either your mother's or father's side of the family, though you're more likely to have it if both of your parents had hair loss.

Hair loss can be slowed down by applying minoxidil (Rogaine) to the scalp twice a day. The drug works on both women and men, although women should use a lower-strength formula to prevent unnecessary side effects. Women should not use minoxidil if they are pregnant or nursing.

Stress

Hair loss can occur after a significant physiological strain, such as a prolonged illness or crash dieting, which may leave you deficient in iron, B12, or protein – all vital to healthy hair growth. An emotionally trying event, like a divorce, can also lead to all-over thinning three to four months later, when the hairs that were forming under the scalp at the time finally make (or don't make) their appearance. Usually the hair will grow back in a few months. If a nutrient deficiency is the cause, your doctor can help you supplement your diet.

Brushing or Pulling

Brushing hair too vigorously or wearing tight braids or ponytails can pull hair out in patches, a condition called traction alopecia. However, the hair will grow back when the repeated tugging stops.

The Immune System

With alopecia areata, a woman's immune system attacks her follicles, resulting in round patches or clumpy hair loss. Alopecia areata is usually treated with corticosteroid injections by the doctor. In some cases, minoxidil (Rogaine) may also help. It's also important to reduce stress.





Polycystic Ovarian Syndrome

The condition, which can begin as early as age 11, is caused by a hormonal imbalance in which the ovaries produce too many male hormones. PCOS often causes infertility.

Most cases of PCOS are treated with birth control pills such as Yasmin, which contains a potent anti-androgen that blocks testosterone. If you can't use birth control pills, your doctor may prescribe spironolactone (Aldactone), which also blocks male hormones. Losing weight can also help by decreasing the effect of the male hormones.

Iron Deficiency Anemia

Women who have heavy periods or don't eat enough iron-rich foods may be prone to iron deficiency, in which the blood doesn't have enough red blood cells. Red blood cells transport oxygen to cells throughout your body, giving you the energy you need.

Eat iron-rich foods such as beef, fish, leafy greens, fortified cereals, and beans – preferably, along with foods rich in vitamin C, which enhances iron absorption. Women need 18 mg of iron a day, 8 mg after menopause; ask your doctor if you should take an iron supplement. You can also find supplements specifically for hair loss; key ingredients may include biotin, silica, and L-cysteine, in addition to iron.

Hypothyroidism

Millions of people, most of them women, suffer from thyroid disease. When your body produces too little thyroid hormone, the hormone responsible for metabolism, heart rate and mood, you are said to have hypothyroidism, or an underactive thyroid. If your body makes too much of the hormone, you're said to have hyperthyroidism, or an overactive thyroid. Thyroid hormone is responsible for everything from your basal metabolic rate – the rate at which your body uses oxygen and energy to function – to the growth of your hair, skin and nails. But when you don't have the right amount, you may notice changes in bodily functions.

Your doctor may prescribe a thyroid hormone medication to restore levels to normal. Regular TSH tests might be done to ensure an adequate dosage.

BACK TO WORK EDIT

Get ready to go back to work while keeping your natural summer glow with this LA BOUCHE ROUGE edit.

Bring your tan to the office thanks to La Terre Bronzer, enhance your gaze with Le Serum Noir Mascara and le Khôl Noir Eyeliner, and don't forget your favorite Lipstick shade and Lip Pencil to touch up after long meetings.

All products come in their refillable leather and vegan leather compact cases available in different colorways to match your work outfits.



La Terre Bronzer

La Terre Blonde is the first natural bronzing powder enriched in hyaluronic acid that enhances and hydrates the skin for a radiant complexion all day long. Developed for all skin tones, La Terre's formula contains 96% natural origin ingredients.

Mascara Le Sérum Noir

The World's first glass mascara with a 99% natural origin ingredients formula and no petrochemical derivatives that ensures volume and care. 100% recyclable. The mascara formula contains water to facilitate the removal of your makeup, without rubbing and damaging the lashes.

Le Khôl Noir Eyeliner

Le Khôl Noir is the first black eyeliner developed without microplastics which allows you to intensify your gaze. A 98% natural origin ingredients formula that glides on with ease and elegance, leaving a powdered effect on the eyelid.



Lipstick

A 97% natural origin ingredients serum formula enriched with a powerful anti-aging seaweed harvested by hand in St Suliac, France. The lipstick formula is vegan, cruelty-free and without beeswax. It does not include petroleum derivatives nor silicone.



Lip Pencil

Define and contour with La Bouche Rouge's eco-designed lip pencils, whose pure pigments adapt to all our lipstick shades. With a 98% natural formula, they glide on the lips with ease, providing volume and long-lasting hold.



tsuwmi

tsuwmi.carrd.co

Aubrey a.k.a. TSUWMI

Keep Dreaming, keep feeling inspired, and love what you love!

Meet Aubrey - popularly known by her alias TSUWMI - a digital illustrator based in Calgary, Alberta whose work mainly focuses on vibrant colors, Japanese culture, kawaii subjects and anime fanart!

She has been into drawing since a very early age. TSUWMI believe that her creativity has always been a huge factor in how people see her and so she always thought that her future held a career in illustrating.

This month we sit with TSUWMI to learn more about her and her art. We hope you will enjoy reading the interview.





Please introduce yourself to our readers.
Hey everyone! My name is Aubrey, but online I go by my alias name tsuwmi! I know the name does look difficult to pronounce, so to help you out, its similar to how you would say tsunami, just without pronouncing the 'na' in the middle. I am a digital illustrator based in Calgary, Alberta whose work mainly focuses on vibrant colors, Japanese culture, kawaii subjects and anime fanart!

Tell us about your education.
I'm currently going to school at Alberta University of the Arts majoring in Character Design and Illustration. I'm hoping that one day I can become a successful character designer specializing in the video games industry!

Why did you choose illustration and character design?
My reason actually isn't that different from my other colleagues in my same major, so apologies for my non-unique answer haha. Ever since I was young, I have always been into drawing, especially drawing my own character designs. Whenever I would watch anime on the tv, or watch my brother play video games, it would always fascinate me how so much artistic design can create such wonderful entertainment. My creativity has always been a huge factor in how people see me, so I always thought that my future held a career in illustrating.

Have you always been a digital illustrator or do you also do illustrations with a pencil?
I would say that majority of my life has been drawing with pencil and paper. It wasn't until around 2015 when I got introduced to digital drawing, and I have fallen in love with the medium ever since. I also experiment with watercolor, gauche, acrylic, and clay.

How would you describe your illustrations in three







words?
Whimsical little doodles.

How do you get inspired?
Since most of my illustrations focus on anime characters and redraws, I think its safe to say that anime has always been a huge inspiration to me. My own drawing style has elements mixed into it that I have picked up from watching anime like Pokemon, or reading manga like Tokyo Mew Mew. I am also inspired by video game design, and character design in film and tv.

What is your process for creating an illustration? Do you start with an idea in mind? Or do you draw something and let it evolve naturally?
I honestly don't really have a set process that I go through every time I sit down to draw. Sometimes when I am hugely feeling inspired, I will brainstorm and jot down notes of an idea that I have and go straight into drawing it after. But other times I like to just let my mind wonder and doodle out something to bring myself comfort.

What kind of projects have you worked on recently? What was the most challenging? The most rewarding?
I have recently worked on a redraw challenge with a friend of mine. We both took a screenshot from either a tv show or movie and redrew it in our own style. I chose to go with a shot from Howl's Moving Castle which is one of my favorite Studio Ghibli films. It was quite challenging to find a way to interpret the scene in my own style while keeping the same emotions in the scene. But overall, I am so happy with how the colors, facial expressions, and rendering turned out!

When someone commissions a project from you, what's the first thing you do? Where do you start?
The first thing that I do when getting a commission is to always ask the client to describe what they want. And not



just what they want, but what details they want me to include, what pose of the character or if they want to add specific elements into the background. I think it's always important to let the client know that their commission is made unique for them, and that I will do everything in my power to make them happy and satisfied with the outcome!

What's your favorite thing about being an illustrator?
I think my all-time favorite thing is bringing joy to other people that view or even buy my illustrations! It fills me with so much happiness when I see that my work is out there making other people smile and love the things that they love!

What are your plans for the future?
My plans aren't really set in stone, but I am working towards joining in on more opportunities in the community to really put myself and my art out there! I recently participated in an art show/night market via Raw Artist Canada and I really enjoyed my time chatting to people and selling my work. So I would love to do more stuff like this, such as joining in the Artist Alley for conventions or having my own booth in other art markets!

What is compelling to you about art?
I would say it's split between my bright color palettes that I use, or how I draw the eyes for my characters. I always found the eyes to be very compelling in my illustrations!

Tell us about your workspace...
I am a huge night owl haha, so I love drawing mostly in the evening. My room is filled with fairy lights, and I have a little acrylic light stand on my desk that cycles through different colors. And when I whip out my ipad to draw on either my desk or bed, it feels calming and somewhat magical to draw in a dark workspace surrounded with tiny lights.

Do you have any traditions or rituals that help you when you get to work?
I think always having a snack and drink beside me when I draw has become a tradition. You know what they: artists never eat or sleep, so I'm here breaking the stereotype (although, I could work on the sleeping part).

Are there any messages you are trying to convey with your art?
No, I wouldn't say there is any main message for my art, but I just hope that my illustrations can bring people joy and remind them of their favorite characters and why they loved them in the first place!

Your favorite quote?
"Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it's called the present."

Your message for our readers and your fans.
I don't think I have any avid fans yet, but to my family, friends, my loving partner, and I guess any fans of mine that are reading, thank you from the bottom



of my heart for all your support and kind words! I hope you can continue to follow me on my art journey and potentially see me in any future anime cons or art markets! You can find me on Instagram @tsuwmi. Keep Dreaming, keep feeling inspired, and love what you love!

Your message for us at TorontoPages (TOPS)?
My biggest gratitude to TorontoPages for giving me the opportunity to be in my first ever magazine interview! I will forever be thankful for the chance to spread the art of tsuwmi !!! Thank you so much!

Safe in my garden

THE TEAM:
Photographer: **Alina** (@alinapho_)
Model: **Rose** (@whyroza)
Makeup Artist: **Ria** (@sundaze_fairy)
Studio: **Eidolon Creative Studio** (@eidoloncs)



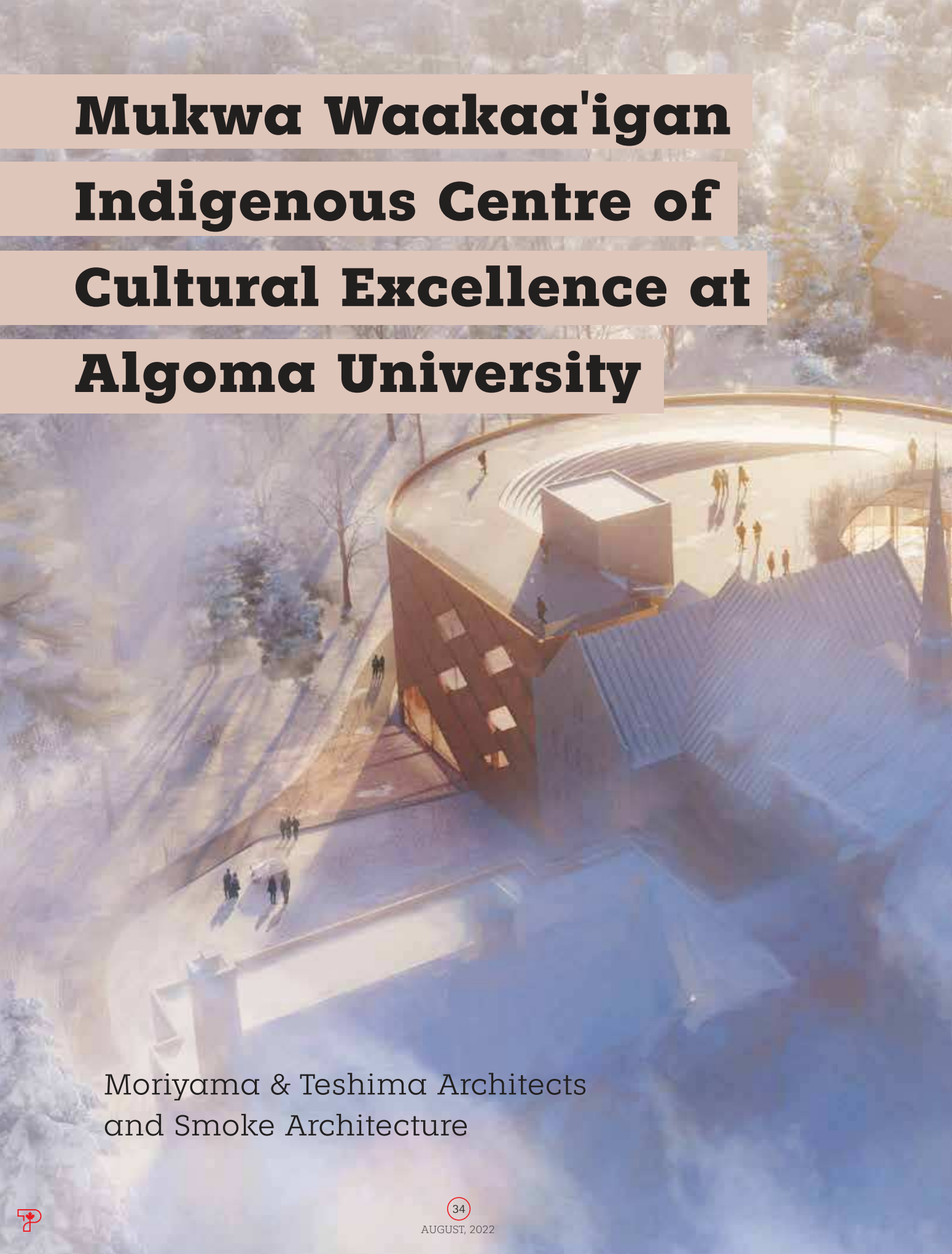








Mukwa Waakaa'igan Indigenous Centre of Cultural Excellence at Algoma University



Moriyama & Teshima Architects
and Smoke Architecture



Photo credit: Moriyama & Teshima Architects

A new heart for Algoma University in Sault Ste. Marie, Ontario, the design of the Mukwa Waakaa'igan Indigenous Centre of Cultural Excellence intends to provide a safe space, welcoming visitors from across the globe to engage with and learn from Indigenous heritage. The architectural design has been articulated through consideration of Indigenous teachings, from building form to material selection. At the gateway to campus is Shingwauk Hall, a former residential school that operated between 1875 and 1970. Since the school's official closure, the Children of Shingwauk Alumni Association (CSAA) have been working with Algoma University to teach the truth about the residential school system's history in Canada and work toward healing. The new Cultural Centre's architectural expression comes from the land, rising up through three paths that represent the past, present, and future, and standing above the residential school. This lifted position provides visitors a stronger, more dominant, and dignified vantage point from which to look upon the site's history.

About Moriyama & Teshima Architects

Moriyama & Teshima Architects (MTA) is a team of architects, planners and designers collaborating with visionary clients to build inspiring and enduring spaces that transform communities and reinforce civic identity.

The office offers services in architecture, master planning and urban design, interior design and program development. Our extensive portfolio of Canadian and international projects comprises museums and art galleries, university buildings, schools, faith based spaces, corporate and government headquarters, recreational facilities, libraries, restoration and renovation projects, and urban/campus planning.

Under the current leadership of Diarmuid Nash, Carol Phillips, Brian Rudy, Jason Moriyama, Urvish Patel, Emmanuelle Van Rutten and Ronen Bauer, Moriyama & Teshima Architects has cultivated a dynamic team of young, innovative designers around a long-standing core of design traditions that continue to define our practice. MTA believes that the success of design is rooted in collaborative processes that approach challenges and solutions holistically, and that work at all times to integrate site, building, context and a plurality of perspectives into a built reality of which we can all be proud.





Smoke Architecture

Smoke Architecture Inc. (SAI) is Indigenous owned and operated, providing complete architectural services since 2014, with a focus on First Nation and Indigenous projects. Led by Principal Architect, Eladia Smoke, their design is guided by Elders and community leaders, who hold millennia of expertise on how and what to build in our traditional territories. The path they take rediscovers Indigenous knowledge in contemporary contexts. This process of land-based learning applies to each project they undertake, using engagement tools, design techniques, and building systems crafted specifically for each community and each place.

The firm places significant emphasis on community engagement early in their design process, using a proven collaborative design approach, and involving participants identified by Project Stakeholders. SAI's listening strategies enhance the success and relevance of the design response, critical to reflect our rich Anishinabek Nation.





Casey Beck

Personal Trainer and Founderof Tealfitpro.

Meet Casey - a Personal Trainer and the Founder of Tealfitpro. Casey holds several qualifications like a diploma in Fitness and Health Promotion, honours degree in Recreational Therapy, zumba gold, canfit and CSEP certifications.

We really enjoyed sitting with Casey this month and discovered many interesting things about her. We are sure, you all will enjoy reading the interview too.





Tell us about your education.
I have my diploma in Fitness and Health Promotion and an honours degree in Recreational Therapy. I hold my zumba gold, canfit and CSEP certifications and plan to keep continuing courses.

Can you tell me when you first developed an interest in health and fitness?
I grew up as a dancer and a track sprinter and have always loved movement. I remember at 16 years old saying my dream would be to run my own gym.

How long have you been a personal trainer?
I've been a certified trainer for 9 years but I only returned to full time training a little over 2 years ago when I started Tealfitpro. After graduating from recreational therapy, I worked as an Instructor Therapist and Movement Therapist with autistic children and after a few years, switched paths to work on cruise ships. When covid hit I was actually on board on a contract and had to come back to Ontario, that's when I decided to seriously get back into training.

What is the difference between working with a personal trainer compared to exercising alone?
Working with a trainer helps ensure that you are doing things SAFELY and with proper form. Some people have great form working alone but often it's not the case. I have so many clients who had no idea they were doing things incorrectly and kept hurting themselves training until they started

working with me. Accountability and motivation is another HUGE difference. When you work with a trainer you commit to a schedule and create a routine where training is a part of your weekly life.

How would you describe your philosophy about being fit and healthy?
TEAL, is actually an acronym for Training, Eating, Affirmations & Lifestyle. To be truly healthy you need to address all 4 categories and have BALANCE!!!! You should want to be fit and healthy because you want to live a long healthy life, not for aesthetic reasons. Too often people go to extremes with fitness and make themselves miserable, when you should just do your best when you can to make good choices. Being healthy and fit looks different for everyone, stop comparing your journey to others.

How do you make sure each person's training plan is truly personalised?
A big part of this is getting to know the individual. I put clients through physical assessments where I can learn how their body moves, if they have injuries or limitations, etc. I also like to know how they live their daily lives, I need to make sure I can make it work for their everyday so that they have the highest chance for success.

What are some tips you have for people looking to get into shape?
I know it sounds so click but START. You can't grow staying in your comfort zone. It will be SO scary to put yourself out there and it's okay that right now you may not feel comfortable or confident, you may even feel embarrassed and all these feelings are normal. YOU right now reading this are good enough. In "shape" or not.
Fitness and joining training can be SO intimidating, find a trainer or class that makes you feel joy. Yes the workout itself may not feel like joy BUT if you like the people or the trainer, it will help you to come back. Make yourself commit to something, I always tell my clients to book a month of sessions so you HAVE to keep coming back. Do your best and remember to be compassionate with yourself, change is hard and process.

What are some mistakes people make when working out?
NOT BENDING WITH THEIR KNEES! My clients know this is my biggest pet peeve. When you pick something up or put something down, DON'T bend with your band. This causes so much strain on your back and can impact posture. Other big common mistakes would be not breathing properly, locking your joints or using weights that are too heavy.

What's your favourite quote or mantra?
You miss 100% of the shots you don't take. I live my life by this, if you don't try you don't get it anyways so you might as well just give everything your best shot.

Who or what gives you the most inspiration?
What keeps me inspired is my clients. I know this sounds super cheesy but their goals are my goals and I take my goals seriously. Watching my clients grow and thrive inspires me to keep growing so I can help more people and really just make a difference. Life is really short, I want to make a positive impact while I'm blessed to be here.

How do your workouts differ from other workouts out there?
My workouts are always changing, I pull a lot of inspiration from football coaches and pro trainers. This biggest thing that differs would be how I personalize my classes. When I do semi private training, you are in a group environment but FULLY working at your own pace. I usually don't have the entire class doing the same thing because everyone has different needs and capabilities. This allows the session to be the most beneficial it can be for every individual in the group.

Who are your fitness idols?
Dwayne Johnson first and foremost. That man is such an amazing example of hard work, dedication while still enjoying life. I love Whitney Simmons and Jennifer West as well.







Fuelling your body and living lean takes work. Please share your typical meal for...

First thing upon waking: I drink a bottle of water
Morning: Coffee & usually a granola bar or some kind of fruit
Lunch: UltraFitmeals meal prepped food, I'm literally obsessed. Tealfit10 for a discount! Usually for lunch I'll have the pad thai or the roast beef panini
Supper: If we have time to cook, it's usually beef or chicken with a salad and some sort of vegetable or carb. I LOVE sweet potatoes. If we don't have time it's definitely another ultrafit meal though
Snacks or sweets: I loveeeee ice cream but If I am healthy snacking then i enjoy dates with almond butter, It tastes like a snickers
Favourite beverage: I live off water, coffee and the occasional dirty martini. I am a huge water drinker though, I carry a bottle with me everywhere I go.

Tell us about some of your achievements you are proud of?

Tealfitpro won best Personal Training in Stouffville for the 2021 readers choice awards! Also we opened our first studio location earlier this year which is SO exciting!

If people have 10 minutes a day, what can they do?

Walk stairs, do push ups, find a youtube video! With the internet you can get so creative with 10 minutes and there are tons of videos specific for workouts under 10 minutes.

Your message for our readers.

Get out of your comfort zone! Whether it's with fitness or something else in life! Life is way too short to keep wishing you were living the life you want for yourself. Little steps each day turn into BIG CHANGES, start small, stay consistent and compassionate.

Your message for us at TorontoPages (TOPS) magazine?

Thank you so much for reaching out to me!



Introducing Samsung Galaxy Z Flip4 and Galaxy Z Fold4

The Most Versatile Devices, Changing the Way We Interact with Smartphones



Samsung Electronics Co., Ltd. released the next generation of groundbreaking foldable smartphones: Galaxy Z Flip4 and Galaxy Z Fold4. Both devices feature customizable form factors, tailored experiences, and upgraded performance. Now in its fourth generation, Galaxy Z series continues to break from convention to deliver new, impactful interactions that enhance everyday life.

"Samsung Galaxy foldables are built on the foundation of our openness philosophy, enabling new possibilities with complete customization both inside and out. Created in collaboration with our world-class partners, the next foldable devices offer unparalleled mobile experiences that meet the needs of our most dynamic users," said Dr. TM Roh, President and Head of Mobile eXperience Business at Samsung Electronics. "Through our unwavering focus and industry leadership, excitement for the foldables continues to grow. We've successfully transformed this category from a radical project to a mainstream device lineup enjoyed by millions worldwide."

As a testament to Samsung's dedication to superior craftsmanship, every component in both form factors has been thoroughly analyzed to deliver a truly optimized experience to ensure that every consumer has a device to fit their needs. The Galaxy Z Flip4 builds on the success of Samsung's iconic form factor, adding key features, including an upgraded camera experience, a larger battery and expanded customization, while maintaining its ultra-compact design. The Galaxy Z Fold4 opens up new possibilities for users by delivering Samsung's most comprehensive

smartphone experience to-date, offering shape-shifting design, immersive displays and PC-like multitasking features, in addition to advanced camera technology and powerful mobile processors.

Galaxy Z Flip4, the Ultimate Self-expression Tool Inside and Out

The Galaxy Z Flip4 enhances our users' favorite features, making it the ultimate tool for self-expression. Its compact clamshell design offers unique experiences not available on any other smartphone.

Shoot hands-free video or capture full group selfies at various angles by partially folding Z Flip4 to activate FlexCam. These can even be enjoyed on users' favorite apps. Thanks to Samsung's partnership with Meta, FlexCam is optimized for the most popular social platforms, including Instagram, WhatsApp and Facebook. Do more than ever with Z Flip4 by taking high-quality selfies right from the Cover Screen by leveraging the main camera with the upgraded Quick Shot. Start high-quality video recording in Quick Shot mode and then seamlessly switch to Flex mode to continue recording hands-free without stopping the video – ideal for content creators and vloggers. The users are now able to take selfies in Portrait Mode and see preview in actual photo ratio when using Quick Shot. With an upgraded camera equipped with a 65 percent brighter sensor powered by the Snapdragon® 8+ Gen 1 Mobile Platform, photos and videos are crisper and more stable – day or night.

Galaxy Z Flip4 is crafted to go truly hands-free – doing more without ever opening the phone. Make calls, reply to texts, unlock the car and even control the SmartThings Scene widget, all from the Cover Screen.

Galaxy Z Flip4 can capture, watch and connect longer between charges with the expanded 3,700mAh battery. With Super Fast Charging, now supported on Z Flip4, charge up to 50 percent in around 30 minutes, keeping users connected when they're running low.

With the slimmer hinge, straightened edges, contrasting hazed back glass and glossy metal frames, the design is our most refined yet. The users can fully customize the Z Flip4 inside and out, with Galaxy Themes on both Cover and Main Screen to complement their style with custom fonts, icons and designs. Plus, users can create their own Cover Screen with new clock designs and backgrounds in various formats such as images, GIFs and even video.

Galaxy Z Fold4, a Multi-tasking Powerhouse with Ultimate Performance

The Galaxy Z Fold4 is the result of Samsung Galaxy's enduring smartphone innovation and our most powerful smartphone yet. Z Fold4 combines Samsung's collective mobile technology expertise to create a device with increased functionality whether opened, closed, or in Flex mode. Furthermore, it is the first device to ship with Android 12L, a special version of Android created by Google for large-screen experiences, including foldables.

Multitasking on Galaxy Z Fold4 is easier than ever, so users can get more done on the move. The new Taskbar provides a layout similar to your PC, offering access to your favorite and recent apps. Multitasking is also more intuitive, thanks to new swipe gestures. Instantly switch full-screen apps to pop-up windows or split your screen in half for more ways to multitask.

Samsung's partnerships with Google and Microsoft take multitasking to the next level. Google apps, including Chrome and Gmail now support drag-and-drop, allowing users to quickly copy and paste links, photos and more from one app to another. With Google Meet, users can now connect with more people while enjoying virtual co-activities, including co-watching videos on YouTube or playing games together on a video call. Microsoft's full Office suite and Outlook take advantage of the foldable display, providing more information on the screen and faster ways to interact with the content. The multitasking experience is complete with S Pen functionality, enabling on-the-go drawing and notetaking with streamlined storage inside the Standing Cover with Pen case.

Galaxy Z Fold4 takes stunning photos and videos with an upgraded 50MP wide lens and 30x Space Zoom lens. A variety of camera modes, including the larger Zoom map activated on Capture View Mode, Dual Preview, and Rear Cam Selfie are custom-built to take advantage of the unique form factor for increased capturing flexibility. And with the larger pixel size, a 23 percent brighter sensor, and enhanced processing power, users can capture clear images even at night.

Content is even more immersive and distinctive on the 7.6-inch Main Screen with a brighter screen, a 120Hz adaptive refresh rate, and a less visible Under Display Camera (UDC) featuring a new scatter-type sub-pixel arrangement. Popular social media apps like Facebook are optimized for the large-screen experience to make content more enjoyable. Or open your favorite streaming entertainment service apps like Netflix and watch hands-free with Flex mode. For non-optimized apps, users can even control the device without disrupting the content with the new Flex Mode Touchpad, offering accuracy while pausing, rewinding, and playing videos, or zooming in and out of content while the device is in Flex mode.

Games are snappier too thanks to the powerful Snapdragon® 8+ Gen 1 Mobile Platform and hyper-fast 5G. With a slimmer hinge, lighter weight, and even narrower bezels, the wider screen enables easier one-handed interactions while using the Cover Screen.

Samsung continues its barrier-defying innovation journey to deliver the level of durability consumers expect, both in and out. With our Armor Aluminum frames and hinge cover along with exclusive Corning® Gorilla® Glass Victus®+ on the Cover Screen and rear glass, Z Flip4 and Z Fold4 are our toughest foldables ever. Durability of the Main Screen panel is also enhanced thanks to the optimized layer structure, helping to reduce damage from external shock. In addition, both Z Flip4 and Z Fold4 are equipped with IPX8 water resistance, so users can worry less if they get caught in the rain.



A ROOM WITH A VIEW



JOSÉ BERROCOSO
TRAVEL EXPERT
joseberrocoso

Six Senses Kocatas Mansions, Istanbul

LOOK OUT TO THE BEAUTIFUL BOSPHORUS FROM AN URBAN RESORT WHERE ASIA MEETS EUROPE

Six Senses Kocatas Mansions, Istanbul is located in the prestigious Sariyer district of the city's European side. The extensive and beautifully-landscaped surrounds enjoy significant elevation to enable far-reaching views over the Bosphorus as it begins its last curve toward the Black Sea. The most spacious and gracious of all, this one-bedroom suite with separate living room recreates the heritage ambience of Kocatas Mansion, with high ceilings and authentic Ottoman interior design with mesmerizing wall murals and a working fireplace. This the perfect spot to live the good life and entertain in style with an unequalled Bosphorus view. The marbled bathroom has a tub, walk-in shower and double vanities.


www.sixsenses.com

KIRTI SAXENA

I wish to inspire young South Asian women and break cultural norms.

Meet our cover star this month: Kirti Saxena – An Athlete, Model, Engineer, and Artist born and raised in Canada.

Kirti started wrestling when she was 9 years old. She was place first in Canada at the age of 14. She was then placed 5th in the world the following year.

Besides excelling in the field of wrestling, Kirti is also making a mark in the modelling and acting world.

We sat with Kirti this month to bring this exclusive interview for our readers.



PHOTOGRAPHER: **LUIS QUIROZ** (@luisquirozz_)



Cadet World Championships (Canada VS Bulgaria)



2019 Ontario Provincial Championship

Please introduce yourself to our readers.
My name is Kirti Saxena. I am born and raised in Canada, more specifically within the GTA. Coming from immigrant parents. I have the attitude of taking on every opportunity that comes my way and overcoming challenges comes naturally.

Tell us about your education.
I am completing my third year of undergraduate studies at the University of Toronto. My major is Mechanical Engineering with specializations in mechatronics, machine learning & AI and biomedical engineering.

Share some of your childhood memories.
I grew up with a strict regimen. Most of the my summers were spent training for world championships or international tournaments. The best memories were after tournaments, re-watching my matches with my parents and seeing my mother's reaction. She gets uneasy watching me fight.

What motivated you to get into Engineering?
My elder brother is a computer engineer and growing up I always looked up to him. In high school I found that I was creative and was good at math and science. And so I put my strengths together and went for an engineering program.

How and when did you discover the wrester in you?
I started wrestling as a child when I was 9 years old. I purely did it for fitness and was not a big fan of it but grew up competing. In grade 9 (age 14) I placed first in Canada in my division and made it to the Team Canada that year. I realized that if I worked harder and focused on wrestling that I could do well. The next year I placed 5th in the World in my division.

How easy was it to take wresting professionally? Did your family support you?
My dad went to the Olympics for wrestling and is my high performance coach. Akhara of Champions is the high performance wrestling club I train at and it is my family's business. Both of my parents and family are very supportive.

What are some of your achievements in wrestling?
-Multiple time national and provincial champion.
-Representing Team Canada since 2014.
-2020 Olympic trials participant.
-5th place at the Cadet World Championships in 2016.
-10th place at the Cadet World Championships in 2017.
-Intercollegiate wrestler representing the Varsity Blues at the University of Toronto.
-Placed 6th at U-Sports in 2020.
-Team Captain of the Women's varsity wrestling team at UofT.

What is your dream or goal as a wrestler?
I wish to inspire young South Asian women and break cultural norms. It is typical for south Asian women not be encouraged to pursue athletics or intense educational programs in order to raise a family and get married. It is especially rare to be a fighter as a South Asian woman.

How and when did you get into modelling? Who or what inspired you?
I was scouted coming back to Toronto from Greece for my second world championships. On the plane once we landed in Toronto, an agent gave me his card. Being around 16 years old, I didn't take the agent seriously and threw away the card. Ever since then I had gotten a bunch of signs to model throughout the years. It also made sense with my athletic lifestyle. I got signed to an agency in Toronto about 2 years ago and everything has skyrocketed since then. My next step would be to take on the international market once I finish my undergraduate degree.

What types of modelling do you do?
I am a fashion model and actor, meaning that I am able to do commercial work, act as a fitness model, editorial and much more. I am available for all types of fashion modelling.

What was your first modelling project?
My first project was a commercial for LinkedIn. Apparently I got the job due to my smile being "picture perfect". Not sure if it ever aired, but it



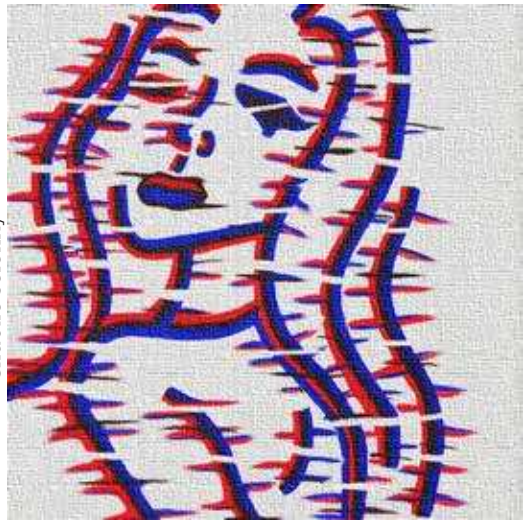
PHOTOGRAPHER: **Seth Photography** (@sethclicks)



PHOTOGRAPHER: **LUIS QUIROZ** (@luisquirozz_)



Pastel Warmth



Chaotic Serenity

was cool to be a part of a big project like that.

What do you like about modelling and what are its drawbacks?
I like that I am able to creative and use my body to emote a certain type of feeling or aura. I am also into fashion and love to be able to wear different designers creations. Drawbacks include people not really caring about where you are from or what you have achieved. If you go to a casting and have the look, you get the job. If you don't match the requirements, you don't get the job. Who you are isn't taken into consideration. Therefore in some cases, this can make you feel defeated. I like to look at it in a humbling way and remain confident in myself.

What was the most important moment in your life? And in your career?
Some important moments in my life include working through my injuries, being able to get back on the mat and make a comeback. It takes a lot of physical work and mental toughness, which I prove to have every time something like that happens.
In my academic career, finishing my undergraduate degree will be a great joy for myself and my family included.

What are your secrets to being fit and looking beautiful?
Beauty depends on your personal definition. Eating healthy, working out, enjoying yourself and remaining confident in your work ethic are all things that will make you the most beautiful version of yourself and be unique to you.

What are some of your other hobbies?
I like to play a lot of recreational. In high school, I was a part of every sports team possible. My favourites include Tennis, Volleyball, Basketball and Soccer.

How and when did you discover your artistic side?
I was always an artistic kid. My sister would take me to the library every weekend growing up and give me paints and paper to make artwork with.

What is your favorite medium for producing your art? Digital or physical?
I create physical artwork first. Mostly canvas paintings or pen sketches. I then transfer it to a digital platform and use Adobe to change certain parts of the artwork and make it look cleaner.

Can you describe your studio? What's the most indispensable item in your studio?
My sketch book. I have so many random idea's and sketches in that book. It was one of the best things my mother ever bought me.

Give us some of your favorite hangout spots in Toronto.
A place close to campus is Future's bistro. I really like the fact that you can study there, eat a variety of food and just chill. It's also nice to see the type of people that come and go. I love their carrot cake. Another place a block down or so is the slanted door. It's a beautiful café with artwork all around the café representing a variety of artists. I go there to study and for inspiration.

Your message for our readers.
I like to call my grind an elegant hustle. Don't be afraid to break social norms, and go against what people say is impossible to do. If you create your own odd's, there is no need to break the odds that are already set in place. You will automatically set the new standard.

Your message for us at TorontoPages (TOPS)?
Thank you for the feature! I appreciate the spotlight on local personalities and hope to read about more interesting people from my city!

WRITING MOVIE WRONGS
moviewrongs.com

THOR
Love and Thunder

Directed by **Taika Waititi**
Written by **Taika Waititi** and **Jennifer Kaytin Robinson**



JIM WEST
jimwestauthor

Marvel has indeed crafted a phenomenal franchise with their superheroes and many would argue their casting choices are perfect. Perhaps none more perfect than Chris Hemsworth as Thor. In 2017 Marvel Studios released Thor: Ragnarok (2017) and had this quirky director from New Zealand named Taika Waititi write and direct it. His sense of odd and quirky humor hit a chord with audiences worldwide. Instead of dark and brooding and somewhat an oaf of a character in Thor; he instilled some levity and youthful joy into the character and story. Yet he kept an emotional edge in the themes of loss. This would be shown across the next few films with Thor losing his mother, father, Asgard, brother, and half of all life (Thanos snap). Thor has always been portrayed as a character that continuously has to cope with loss while he is accustomed to being the hero who saves. This film gets a "Writing a Movie RIGHT" review from me.



Here comes the spoilers.

The film opens with the plight of a man and his daughter walking across a desolate desert landscape searching for food and water. Eventually the young girl dies while cradled in her loving father's arms. He succumbs as well and accepts his fate to die as well. Then he hears a voice beckon him to come. He finds an oasis in the desert where his god, Rapu is just casually living life without a care. The man pleads with his god to help the people to which he is dismissed. The god then tries to strangle the man and a sword, which was calling out to him before, comes to his hands and he kills the god. Then vows to kill all gods as vengeance for the death of his daughter. The casting of Christian Bale is perfect for Gorr the God Butcher. A brilliant actor and writing brings an emotional depth to the story of a man whose love for his child has now turned to searing hate. Much like with Thanos flawed vision of a perfect world, Gorr has a strong drive propelling him to be the villain. Yet a villain we can empathize with and be divided on whether he is fully right or completely wrong given the carelessness and selfishness we see other gods live their lives.

Thor is with the Guardians of the Galaxy helping an alien race fight off aggressors in their religious temple. Thor finally joins the fight. Mayhem is had and victory achieved, then afterwards they check messages across the galaxy and one is a distress call from Sif, an old friend of Thor's. They decide it best to part ways as there are so many distress calls. Thor goes with Korg to find Sif nearly dead on the battlefield. She tells him of Gorr, his plan to kill all gods, and his next target is New Asgard. He takes her to New Asgard and Gorr is already attacking the city with his shadow realm monsters. Thor joins the fight and crosses paths with Mjolnir but it goes to the hand of another "Thor". Soon it is revealed that it is Jane Foster, Thor's ex-girlfriend. They band together to finish the fight, but Gorr escapes while kidnapping all the children from the city and taking them to the shadow realm.

Thor decides that they will need an army to fight Gorr and he feels that they should go to Omnipotence City where Zeus is the leader of gods. Thor idolized Zeus growing up and now is disappointed to see a selfish Zeus who is scared of Gorr and now fears that Thor and his friends know the location of their city and says they cannot leave. A fight breaks out and Korg is nearly killed, and Thor overpowers Zeus with his own Thunderbolt weapon. With the Thunderbolt, Thor believes they can fight Gorr and the small group travels to the shadow realm to meet him there and rescue the kids. While searching for the kids Jane finds Gorr's plans to use Strombreaker to open a way to Eternity the celestial being who can grant him his wish to kill all gods. Gorr captures them and as they break free and barley escape,



Gorr steals Stormbreaker. Jane reveal her stage four cancer diagnosis to Thor and it is revealed that Mjolnir is draining her of life each time she uses the hammer. Thor implores her to stay in the hospital while he goes to fight Gorr.

This is where I will stop short of the spoiler because the ending is worth everything. The full circle of the theme of loss is beautifully done. Thor losing Jane to add to the list of loved ones he has lost, but gaining a child to care for and love is a bittersweet ending for the film on an emotional note. Seeing him try to parent a young child who has powers is humorous and leaves us knowing Thor may have the chance to heal from his emotional beatings he has taken across the various films in the franchise. The writers have nailed the drive of the villain and brought home all the losses of our hero to show that love is the answer. Where there is hate, love. Thor: Love and Thunder is a delight for all ages that deserves another film by these writers and director to continue to delight audiences. To the director I say 'Chur Bro!'

Thanks for reading Writing Movie 'WRONGS'.



ksushik__

KSENIA DRUZHININA

For an artist of any kind, the social media has become their portfolio.

Ksenia was born in St. Petersburg, Russia, and was born on the World Dance Day which she believes set her up for the path her life has taken.

She started her training with ballet which gave her the greatest foundation for everything she learnt after that.

In recent years she has also developed an interest for modelling.

We sat with Ksenia for this exclusive interview and learnt many interesting things about her.



PHOTOGRAPHER: **Anca Putin** (@anca_teodora)



Photography: **Kathleen Glenn** (@kathleen.nef)

Hi Ksenia. Can you tell us a little bit about your background? How did you become a dancer, and where did you receive your training?

I was born in St. Petersburg, Russia, and I was born on World Dance Day which I believe set me up for the path my life has taken. I'm lucky enough to have been dancing since childhood, starting when I was about three years old. Even before I started formal dance classes, I was always the toddler who couldn't stop dancing, so I definitely found my passion early.

I started my training with ballet, which is an esteemed art form in Russia where I grew up, and although I am not a ballet dancer anymore, it gave me the greatest foundation for everything I learned after, especially in terms of discipline and determination. Soon after, I picked up bellydance when I used to travel to Turkey and Egypt every summer with my mom and my grandma. Once I moved to Canada during elementary school, I continued dance classes at a Russian studio in Toronto, also learning some other styles, including salsa and waltz.

I started taking acting classes at the same time and took them all throughout school, which gave me a really strong base for becoming the performer I am today and graduating cum laude with my BA with Honours in Theatre from York University.

I would say that for me, dance and acting training went hand in hand and I think the reason I have been successful as a dancer so far is due to my experience as an actor as well. In recent years I've been interested in modelling, so my training in the arts has allowed me to flourish as a model, in addition to as an actor and dancer.

What type of dance do you perform? How would you describe the overall style of your work?

One of my favourite things about my dance training and experience is how many different styles I've been fortunate enough to learn and showcase. Apart from ballet and bellydance, I was very interested in Latin dance styles as a child. I was constantly surrounded by Latin music at home, which led to my first CD being a Ricky Martin album that I played on repeat for years. I then explored styles such as bachata, salsa, and one of my favourite styles ever, reggaeton. I've also performed and had training in shadow dance, heels, go-go, hip hop, samba, jazz funk, bollywood, and commercial dance, among others.

Bellydance is one of my favourites and the style I've been dancing the most recently, and I try to dance, choreograph and perform reggaeton as often as I can.

I would describe the overall style of my work as dynamic – I have a lot of energy and I love to leave a powerful impression no matter what I do.

What are the most important traits a professional dancer should have?

Words that come to mind immediately are professionalism, kindness, gratitude, discipline, and drive.

Since networking is an integral part of the performance and entertainment industry (not just in dance, but in acting and modelling as well), it is crucial as a performer to always show the best version of yourself, and in a genuine manner. Being kind and courteous goes a long way and leads to good friendships, strong client relationships, and a positive reputation.

Gratitude is something every professional dancer should focus on because so many opportunities we receive come from other people and showing your appreciation to those people is vital to your success (and theirs!). Being grateful also fuels you with positivity and motivates you further by acknowledging the great experiences you've had.

Drive is a big one because it is what gets you through all the obstacles – physical and emotional – that a professional dancer goes through. Emotional strength and determination to do what you love is essential because it is easy to fall into feeling discouraged or rejected (which is something we deal with in the industry on a daily basis).

What do you like most about performing, and which is your favorite place to dance?

I love literally everything about it – the chance to share what I am most passionate about with others, the feeling of putting on a show that people are excited to see, performing to favourite music, the rush of being in the spotlight, the high stakes of live entertainment, the lively crowds and people I'm on stage with, the costumes, the events, the culmination of years of hard work resulting in the current moment – I could go on and on.

I've taken a liking to performing in restaurants in recent months. I love the feeling of performing for an audience and then dancing and socializing with all of them after. I also love performing on a big stage, and that comes from my years of theatre. But really, any time I get to perform anywhere at all is something I am eternally grateful for and I dance at every performance space as if it is the most important stage I'll ever be on.

Describe the best performance you've ever put on.

I don't think I could ever choose just one performance as my best. I believe I get better with every show, every class I take, and every training I go through, so maybe each most recent show is the best one I've put on!

One of my most memorable performances, though, is one I put on when I was about 6 years old on a vacation in Turkey. Because I could never stop dancing, one of the employees at the hotel bar invited me to dance there one evening. I was adamant in going even though my mom and grandma told me that they were probably joking, and I ended up dancing on the bar stand non-stop for a solid two hours. A passerby even gave me a small tip and my mom and grandma and I went to buy ice cream with it right after. This remains one of my favourite dance stories and I feel like life has really come full circle.

What are some of the highlights of your career?

Some of my highlights include being a backup dancer for Sasy's sold out Meridian Hall show of his Tehran Tokyo Tour; modelling for a cruelty-free, sustainable clothing company; filming a major commercial; winning a Best Choreography award at a theatre festival in Washington D.C., and another at a festival in Russia; directing and choreographing a play; and being part of a proposal flash mob in downtown Toronto.

I cannot thank enough the individuals, companies, and artists that have trusted me to take part in these projects and many others.

Tell us about the artist you admire the most.
One of my favourite artists has to be Maluma. Out of all the music I love, his songs are the ones that captivate me the most and the ones I love dancing to. It would be a dream to dance for one of his concerts one day!

When did you begin choreographing? Tell us about your first experience.
I have no recollection of a first time I began choreographing, probably because I started in childhood. I used to dance at home all the time, often with a gymnastics ribbon my mom had, or this long flowy skirt from my grandma's closet, and I would try different movements with them to music. I would repeat them to get them better each time, and I think stringing the movements together got me choreographing before I really knew what it was.

What qualities do you look for in someone wanting to be a dancer? Any suggestion you would like to give to upcoming dancers?
People who are pleasant to work with are the ones you want to work with again and again – the way you treat people on the job and behind closed doors has a substantial effect on your consideration for jobs going forward. When I get the chance to either directly cast or refer a dancer for a job, I always go with the ones that I know will be appreciative, committed, and team-players (and, of course, skilled dancers).
I would recommend aspiring dancers to be mindful of how they present themselves to others and think about what sorts of connections they'd like to make in the industry. I think it also important for more dancers to start thinking of themselves as performers – there is a visible difference between someone who simply *dances* and someone who *performs*.

When choreographing a piece how do you approach the creation process? What do you draw inspiration from?
Music is what guides me in choreography. I often picture moves in my head before I've even started choreographing, and the whole creation process feels like a puzzle; it's like coming up with movements is collecting little pieces and putting them together. Sometimes they fit right away, and other times I have to rearrange them or find different pieces altogether.
I get inspiration from various dance and music styles that I've been exposed to. For example, I included kizomba moves in a heels number for an engagement party and I've infused a reggaeton choreography with bellydance. If I hear influences from other music styles in a song, my reaction is to bring those dance styles in as well.

What difference do you feel in today's dancers compared to the old-school style?
I think the main and very obvious difference is the presence of social media. So much of my work is done through Instagram and I would not have had many of the jobs I've worked if it weren't for those online connections. For an artist of any kind, our social media has become our portfolio and, apart from the downsides of social networking, this provides us with countless opportunities.

What advice would you give to an aspiring choreographer?
Find your niche, your own style. Having something that sets you apart from other choreographers will do wonders for your projects and having your work noticed.

Give us some of your favorite hangout spots in Toronto.
I love going for walks and being outside, so I love spending time in parks or green spaces whenever I can. I also enjoy anything with beautiful views or architecture around, so a walk downtown by Queen's Park or the waterfront in sunny weather is ideal.

What are your current projects? What are some of the projects you'd like to pursue in the future?
Currently, I am rehearsing for an upcoming play, and dancing weekly at various venues in the GTA. Many gigs come together last minute, so there's always a good chance I'll be doing something tomorrow without expecting to.
For the future, I am very open to anything, and I hope to be able to try my hand at new skills that will make me a stronger performer and open more doors for me. I want to participate in more filmed projects, as well as larger scale live shows, and anything innovative that I can contribute to with my expertise.

What are your secrets to being fit and looking beautiful?
Physical and mental health is something I've started taking a lot more seriously in the past few years, and I feel it has paid off. Every day, I'm building a healthier relationship with self-care, food, exercise (including recovery, since my job is extremely physical), and most importantly, myself. Consistency is key, and I feel the best and strongest – physically and mentally – than I've ever felt.
The real secret ingredient, though, is confidence. Even if you have to fake it till you make it, if you start carrying yourself in a self-assured way, it will make a striking difference in your life.

What are some of your other hobbies?
I really enjoy reading, especially murder mysteries, thrillers, and humour (some of my favourites are *The Hitchhiker's Guide to the Galaxy*, *The Silent Patient,* and anything Agatha Christie).
I like making time for anything creative like painting, drawing, or handmaking gifts, although because I am a huge perfectionist this usually stresses me out, which I'm not sure hobbies are supposed to do!
I also love languages and travelling and hope to go on some new adventures again soon.

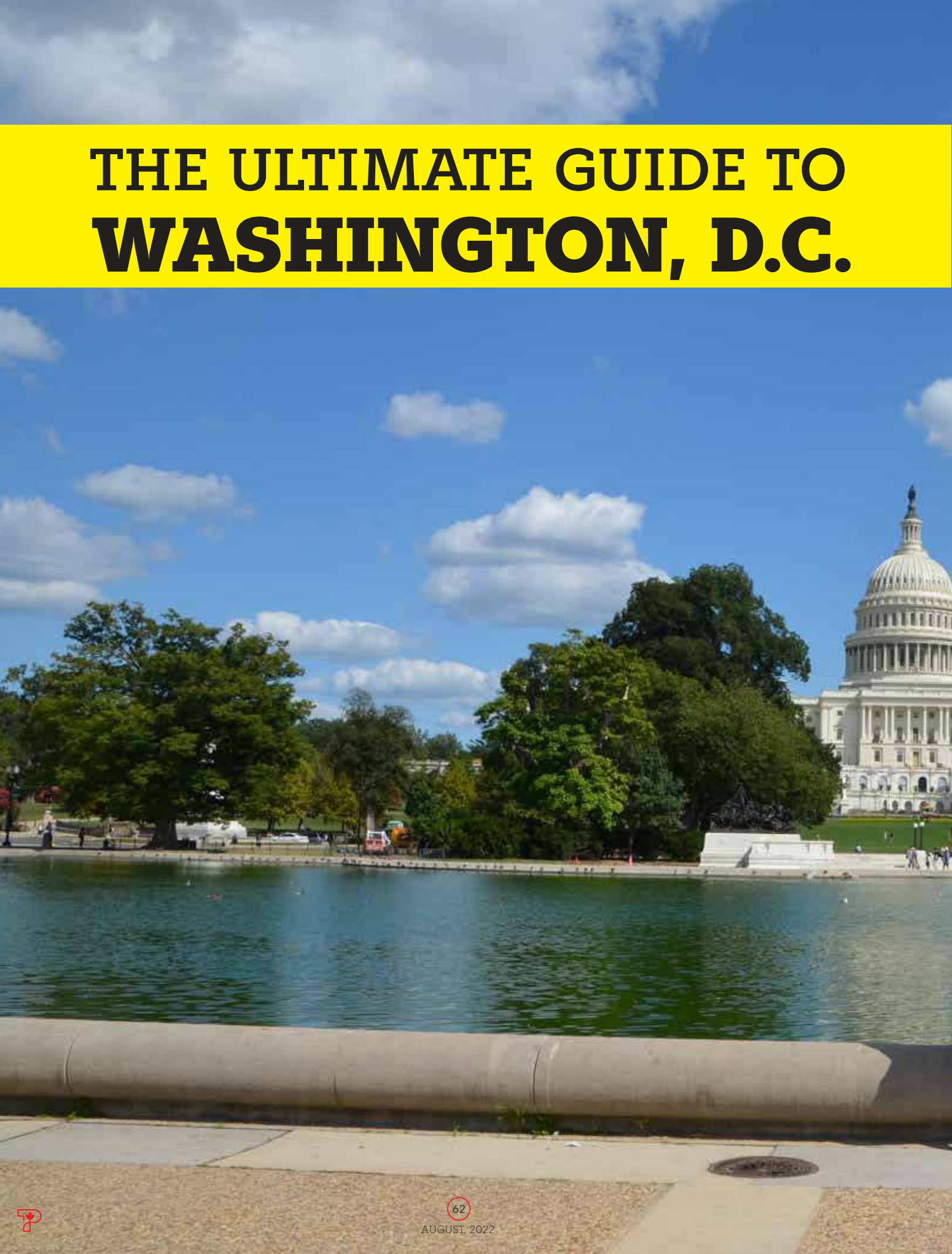
Your message for our readers.
Support the artists in your lives! The arts and media, be it dance, music, film, games, visual arts, etc., touch everyone. We all rely on comforting TV shows to rewatch, new songs by our favourite artists, and exciting nightlife entertainment, and it's sometimes hard to imagine how many people work extremely hard to bring those things to life. Good performers make their jobs look easy and appreciate when others understand how difficult they can be.



Your message for us at TorontoPages (TOPS)?
I'd like to thank you for providing me with an opportunity to share some of my thoughts here – I am honoured and beyond excited to have taken part. I hope the magazine continues to grow and feature all the most interesting people and things Toronto has to offer.

Photography: **Dennis** (@motiondphotography)

THE ULTIMATE GUIDE TO WASHINGTON, D.C.



We all know Washington, D.C. as the nation's capital city and the epicenter of American politics, but there is so much more life to this city that demands to be noticed. The side most travelers see is a city overflowing with memorials and museums; the side we want to share with you is a city that is also lively, hip, enticing, entertaining, and memorable. There is an abundance of options on and off the beaten path for every type of traveler to The District. With this being said, we're here to help. Here is our list of insider's top choices of places to eat, drink, play, visit and stay while in Washington, D.C.



LATIFAH AL-HAZZA

tifahtravels

Visit the Smithsonian (and other) Museums

Whether it's your first-time visiting Washington, D.C., or your tenth, you will find a wide array of the nation's best museums to explore on each visit. In fact, there are so many outstanding museums to select from, we have narrowed the list to our absolute favorites. Spoiler alert, you won't be able to see them all in one visit, which means you'll have to return to this beautiful city for more! You can never go wrong with any of the Smithsonian Museums. Our favorites include: the National Museum of Natural History, the National Museum of African American History and Culture, the National Air and Space Museum and the National Museum of the Native American.

Although not a part of the Smithsonian, the National Gallery of Art is a must see. If the quality of these museums isn't enough incentive, consider that they are also free! Other highly recommended and genuinely memorable museums are the International Spy Museum (with an entrance fee) and the United States Holocaust Memorial Museum.



Celebrate Black Culture

The District's U Street Corridor, once known as Black Broadway, was one of the most established and exciting areas in the country to celebrate black culture in the first half of the 1900s. U Street was influential in the music and performing arts scene as theaters like Lincoln opened and iconic artists such as musician Duke Ellington and poet Langston Hughes launched their careers here. Over the past two decades, U Street has become a vibrant center for art, culture and African American heritage. A new generation of artists has revitalized the area, making it the favored neighborhood for art, music and especially jazz.



Get Lost in the World's Largest Library

Books worms, look no further! The Library of Congress is the largest library in the world, with over 170 million books, recordings, photographs, newspapers, maps and manuscripts. Each day they receive around 15,000 items and add more than 10,000 items to its collections! The Library even houses materials in approximately 470 languages. The catch? All books can only be used on the premises and cannot be checked out. Don't let that deter you from a visit; the impressive architecture of the building and the expansive collection of artwork is enough to make it worth a visit.



Reenergize with Panamanian Coffee

Café Unido is a high-end Panamanian coffee shop committed to roasting and serving exclusively Panamanian coffee beans. The team at Café Unido has developed strong relationships with farmers in over 15 different farms in Panama to source beans for their pour-overs, espresso blends, nitro coffee, and cascara (coffee cherry tea). Beans are sourced from diverse climates (volcanic, oceanic, and highland) to produce an array of flavors. Unido also offers the exclusive and sought-after geisha bean, a Panamanian-grown variety of an Ethiopian strain that is the most expensive coffee in the world. This bean thrives in Panama's soil and climate and is glorified for its rare flavor with notes ranging from floral and fruity to jasmine tea and lemongrass. Café Unido has also implemented an initiative to support migrant coffee-harvest families by developing schools near the farms for children who must travel to the farms with their parents.



Brush up on Your American History

To relearn your American history, or to learn more, a visit to some of the nation's most famous historical monuments will do the trick. Most monuments and plaques can be spotted on the National Mall. Favorites include the Washington Monument and Lincoln Memorial. Tidal Basin is another not to be missed area for seeing Thomas











Jefferson, Franklin Delano Roosevelt, and Martin Luther King Jr. memorials. To see them in a different light (literally), return at night and visit the tributes under the moonlight; and to see them from a different perspective, rent a paddleboat and circle around the Tidal Basin to see some of the monuments.

Stroll through District Wharf

District Wharf is your all-in-one entertainment stop. Along the marina's edge, lie exquisite restaurants (see NaRa-Ya below) and shops and entertainment venues. We suggest enjoying live free concerts that are typically held during warmer months, renting a kayak or paddleboard from The Wharf Boathouse, taking a free jitney ride to East Potomac Park (a man-made island) and visiting The Municipal Fish Market – having opened in 1805, it is the oldest continuously operating open-air fish market in the United States.

Experience a Traditional Moroccan Body Scrub

An unassuming storefront on a busy crowded street in DuPont's Circle belies the unique services offered at Spa Logic. Owned by Kathy Luu from Vietnam and her Lebanese husband Fadi Gharbieh, Spa Logic provides a wide array of exclusive beauty services including Western, Eastern, and Middle Eastern spa selections. Spa specialties include Moroccan staples such as the hammam body scrub and the body scrub with argan oil that are basically facials for your entire body. Spa-goers will enter into a private room with a jacuzzi-like bed where the entire body will be scrubbed of dead skin. With pauses for showers in between and time in the private sauna, guests will leave with incredibly soft (and clean) skin. Eastern treatments include oriental cupping and kinesiology taping. There is an old-fashioned claw-footed tub for specialty baths, a full-service hair salon, and so much more.

Step Back in Time at Ford's Theater

On April 14, 1865, President Abraham Lincoln was shot while attending Ford's Theater. Today, the theater still performs live shows. Visitors can tour the balcony where Lincoln sat, visit the Petersen House across the street where Lincoln inevitably died, and peruse the theater's excellent basement museum. The tour ends at the Center for Education and Leadership where history buffs can wander through several floors of exhibits that examine the aftermath of Lincoln's death and his legacy.

Stay in Iconic Accommodations

Stepping into what was once a bus terminal and printing house, guests will immediately notice Eaton's understated, natural, and vintage decor feels authentic rather than overly curated. The hotel's aesthetics are inspired by people and places such as the Beatniks and Hong Kong culture. Eaton supports over a hundred community organizations working toward social justice and advocates for the health and safety of the community by working closely with environmental justice groups. In the heart of Dupont Circle sits a reimagined apartment building that now serves as an unassuming art deco hotel, Lyle. Casual elegance best describes the interior, which is beautifully appointed with abstract artwork, tapestries, burl wood furnishings, rattan seating, berber carpets, white or natural-toned couches and bedspreads, and delicious smelling bath products. Did we mention the oh so comfy bed and pillows? Located at the gateway of high-end boutiques and upscale restaurants, lies Conrad, an architecturally striking, minimalist expression of purity. Light, neutral colors throughout the hotel evoke relaxation and calmness during visitors' stay. The hotel's all-glass conspicuous exterior gives guests a sneak preview of the incredible floor-to-ceiling windows offered in each guestroom. Conrad has partnered with DC Central Kitchen to provide culinary internships for youth and Clean the World to recycle soap from guestrooms.

Discover La Cosecha

La Cosecha is a Latin lifestyle market in the Union Market neighborhood. Aside from being home to a number of delicious Latin American food stalls, two boutiques inside are worth the trip. Nova Bossa features more than thirty small artisanal brands – approximately 90% women-owned – that celebrate Latin American heritage. The boutique has also developed its own line of eco-friendly handbags, scarfs, notebooks and home décor. Zona E is a mother and daughter-owned boho-chic boutique with home, interior, lifestyle products and jewelry from Colombia and around the world.



Play with your food at El Cielo

Chef Juan Manuel Barrientos, of El Cielo, is the first Colombian chef to win a Michelin star for a Colombian concept. The restaurant offers two menus; The Journey Menu is 15 courses and The Experience Menu is 22 courses. The sequence of dishes not only follows a unique journey through Barrientos's love for his home country but is meant to thrill all five senses: sight, sound, smell, touch, and taste. For instance, both menus involve immersive moments like choco-therapy – a ritual where guests wash their hands with liquid chocolate and then get to taste it straight from their fingers, and lick me! – a playful dish that requires guests to lick a sorbet-like dessert straight from the plate. The main dining room offers an a la carte menu with unique dishes like Yucca Gnocchi, served with sweet plantain honey and pecorino cheese foam, and Guava BBQ Ribs, served with atollado rice and apple. Supporting a good cause, El Cielo foundation provides aid to wounded warriors, former guerrilla soldiers, and indigenous peoples who have experienced violence in Colombia.





Stop and Smell the Flowers at the U.S. National Arboretum

The United States National Arboretum is a 446-acre haven of beauty that was established in 1927. The green space is home to the National Bonsai Collection, a mesmeric collection of renowned miniature Japanese and Chinese trees; the Gotelli Conifer Collection, a collection of conifers from Arctic and subtropical climates; a herbarium and variety of other flora. The National Capital Columns are also not to be missed as the installation features 22 Corinthian columns that once supported the U.S. Capital but were later removed due to poor construction. They are now one of the most photographed spots in the arboretum. The arboretum is open daily, free to the public, and literally changes with the seasons, so it's worth repeated visits. Insider's Tip: Visit in the spring to see the outstanding Azaleas in bloom.

Wander through Georgetown

Georgetown's cobblestone streets are recognized as one of the best shopping areas in the country. M Street is a good starting point for shoppers with the intersection of M and Wisconsin Avenue being the heart of Georgetown, with mainstream stores and boutique-lined streets extending in all four directions. Exhausted from shopping? Meander through Georgetown Waterfront Park and stroll along the Potamic River for beautiful and relaxing views. If you are feeling energized, visit Thompson Boat Center where you can rent a kayak, canoe or paddleboard and explore the Potomac. Insider's Tip: This is also a great way to see the Cherry Blossoms without the crowds!



Treat Yourself to the Flavors of Michelin-Starred Cuisine

Undeniable creativity can be found dining at Masseria. Owner and Chef, Nicholas Stefanelli's southeastern Italian ancestral roots are evident in his traditionally inspired creations; however, his food is by no means limited to this region as he takes inspiration from the rich culinary heritage woven in the dishes throughout Italy. To indulge your palate in a wide range of sensations and unusual combinations, try the six-course tasting menu and you will finish your evening satiated and anticipating your next booking. Bresca takes inspiration from Paris but characterizes itself as taking a more dynamic, experimental and informal approach to cooking than traditional French













cuisine. Ordinary ingredients like beets and tomatoes hold the same value as truffles and caviar in their three or four-course menu. Look around and guests will spot whimsical touches throughout the restaurant – like animal paintings, fish heads and a moss wall. Maydan, meaning gathering place in Arabic, brings attention to wonderous cuisines from parts of the world that remain mainly misunderstood in the US. Diners walk on antique Arabian carpets to reach their dining table where herb-drenched cheeses, a variety of flavorful dipping spreads, honey-soaked dates and mains like spiced fish and chicken thigh can be shared. The faint sounds of traditional Arabian beats will transport guests to the Middle East during this dining experience.

Peruse Union Market

Dating back to 1871, Union Market, once the largest market in Washington, D.C., has been transformed into an urban village that proves to be a gathering place by way of restaurants, shops, workspace and artwork. One noteworthy boutique is In Seven Words which focuses on giving new life to gently used clothing, footwear, and accessories. Proceeds from sales support N Street Village, a community for empowerment and recovery for women, Women Giving Back, provides first steps to stability for women and children, and Central Union Mission, offers shelter, hot meals, medical care and job training to those in need. Our second recommendation is theTwelve, which offers holistic retail, housewares, live plants, fragrance, and sustainable apparel and accessories. The back room of theTwelve is also a gallery.

Take Photos of the Cherry Blossoms

Every Spring, the city turns pinks during the two to four weeks of cherry blossom season. This is such a highly sought-after occurrence that The District calls it the National Cherry Blossom Festival. The festival commemorates Tokyo's gift of 3,000 cherry trees to Washington, D.C. in 1912 and it celebrates the lasting friendship between the United States and Japan. In addition to aweing over the magnificent flowers, a number of arts and culture events that are free to the public occur around this time as well. Insider's Tip: Head to the Tidal Basin at sunrise for the best views and less crowds of the striking pink flora.

Express Yourself at Culture House

A bold building located in an unassuming inner-city neighborhood; Culture House is a vehicle for artists to expressive themselves. Culture House's mission is to provide a space for all to enjoy and learn more about art through exhibitions, events, performances, and workshops. The building was built as a church in 1886 and was purchased by a real estate developer with the intention of building condos in 2004, until the Historic Preservation Board stopped the project from happening. The developer then re-envisioned the space as a community art center. A huge mural now wraps around the building, while the interior is covered in graffiti. The space is used for rotating art exhibitions as well as a community garden.

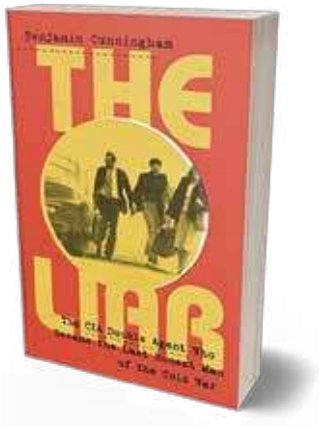
Revel in Nature at Rock Creek Park

Rock Creek Park is an urban oasis that was founded in 1890 by the U.S. Congress. Visitors can explore 1,754 acres of the park by foot, bike or horse. With lush greenery, 32 miles of trails, picnic areas, a nature center, an amphitheater and even a planetarium, the park is open year-round during daylight hours. Other activities available in the park include fishing, tennis, golfing and boating. For history buffs, the park is also home to a number of Civil War sights that are labeled with plaques or statues.

AGUST RELEASES

The Liar: How a Double Agent in the CIA Became the Cold War's Last Honest Man

Benjamin Cunningham



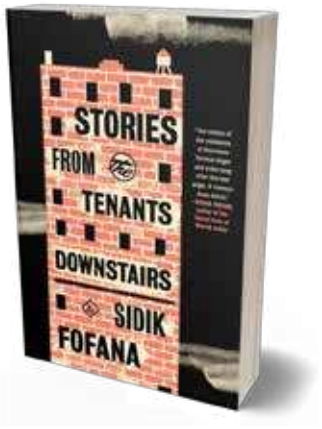
In the mid-1970s, the CIA and KGB were both watching Karel Koecher closely—and they were both convinced he was working for the enemy. They were both right. Traveling with his wife, Hana, Koecher posed as a Czechoslovak asylum seeker and arrived in the US as a Communist sleeper agent. After parlaying a doctorate from Columbia into a job at the CIA, Koecher proceeded to operate as a double agent at the height of the Cold War.

Shunning a low profile, the Koechers embraced Manhattan's high life — with cocaine, swinging and parties emblematic of the times and their penchant for risk. Hana, who was no more than a shy teenager when she arrived, grew into a sophisticated international diamond dealer that relayed messages to Karel's handlers. Riding a wave of euphoria, the Koechers felt unstoppable. But it was too good to last.

Using newly declassified documents, interrogation tapes and extraordinary first-hand accounts from the Koechers themselves, Cunningham reconstructs their double lives and the fading Cold War, where a strange moral fog made it hard to know what truth was being fought for, and to what end.

Stories from the Tenants Downstairs

Sidik Fofana



Like Gloria Naylor's The Women of Brewster Place and Lin Manuel Miranda's In the Heights, Sidik Fofana's electrifying collection of eight interconnected stories showcases the strengths, struggles, and hopes of one residential community in a powerful storytelling experience.

Each short story follows a tenant in the Banneker Homes, a low-income high rise in Harlem where gentrification weighs on everyone's mind. There is Swan in apartment 6B, whose excitement about his friend's release from prison jeopardizes the life he's been trying to lead. Mimi, in apartment 14D, who hustles to raise the child she had with Swan, waitressing at Roscoe's and doing hair on the side. And Quanneisha B. Miles, a former gymnast with a good education who wishes she could leave Banneker for good, but can't seem to escape the building's gravitational pull. We root for these characters and more as they weave in and out of each other's lives, endeavoring to escape from their pasts and blaze new paths forward for themselves and the people they love.

Stories from the Tenants Downstairs brilliantly captures the joy and pain of the human experience and heralds the arrival of a uniquely talented writer.

Babel, or The Necessity of Violence: An Arcane History of the Oxford Translators' Revolution

R.F. Kuang



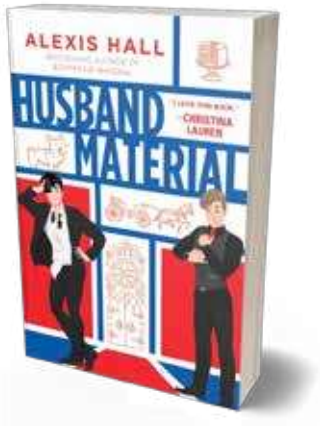
1828. Robin Swift, orphaned by cholera in Canton, is brought to London by the mysterious Professor Lovell. There, he trains for years in Latin, Ancient Greek, and Chinese, all in preparation for the day he'll enroll in Oxford University's prestigious Royal Institute of Translation — also known as Babel.

Babel is the world's center of translation and, more importantly, of silver-working: the art of manifesting the meaning lost in translation through enchanted silver bars, to magical effect. Silver-working has made the British Empire unparalleled in power, and Babel's research in foreign languages serves the Empire's quest to colonize everything it encounters.

Oxford, the city of dreaming spires, is a fairytale for Robin; a utopia dedicated to the pursuit of knowledge. But knowledge serves power, and for Robin, a Chinese boy raised in Britain, serving Babel inevitably means betraying his motherland. As his studies progress Robin finds himself caught between Babel and the shadowy Hermes Society, an organization dedicated to sabotaging the silver-working that supports imperial expansion. When Britain pursues an unjust war with China over silver and opium, Robin must decide: Can powerful institutions be changed from within, or does revolution always require violence? What is he willing to sacrifice to bring Babel down?

Husband Material

Alexis Hall



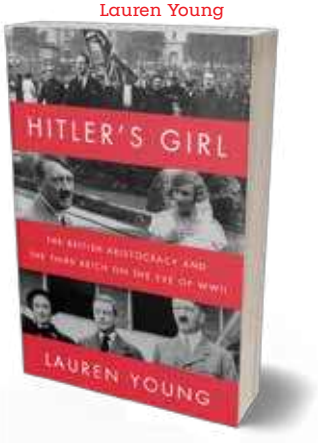
In BOYFRIEND MATERIAL, Luc and Oliver met, pretended to fall in love, fell in love for real, dealt with heartbreak and disappointment and family and friends...and somehow figured out a way to make it work. Now it seems like everyone around them is getting married, and Luc's feeling the social pressure to propose. But it'll take more than four weddings, a funeral, and a bowl full of special curry to get these two from I don't know what I'm doing to I do.

Good thing Oliver is such perfect HUSBAND MATERIAL.

This Summer 2022, you're invited to the event(s) of the season.

Hitler's Girl: The British Aristocracy and the Third Reich on the Eve of WWII

Lauren Young



Hitler's Girl is a groundbreaking history that reveals how, in the 1930s, authoritarianism nearly took hold in Great Britain as it did in Italy and Germany. Drawing on recently declassified intelligence files, Lauren Young details the pervasiveness of Nazi sympathies among the British aristocracy, as significant factions of the upper class methodically pursued an actively pro-German agenda. She reveals how these aristocrats formed a murky Fifth Column to Nazi Germany, which depended on the complacence and complicity of the English to topple its proud and long-standing democratic tradition--and very nearly succeeded.

As she highlights the parallels to our similarly treacherous time, Young exposes the involvement of secret organizations like the Right Club, which counted the Duke of Wellington among its influential members; the Cliveden Set, which ran a shadow foreign policy in support of Hitler; and the shocking four-year affair between socialite Unity Mitford and Adolf Hitler.

Eye-opening and instructive, Hitler's Girl re-evaluates 1930s England to help us understand our own vulnerabilities and poses urgent questions we must face to protect our freedom.

A Taste of Gold and Iron

Alexandra Rowland



The Goblin Emperor meets "Magnificent Century" in Alexandra Rowland's A Taste of Gold and Iron, where a queer central romance unfolds in a fantasy world reminiscent of the Ottoman Empire.

Kadou, the shy prince of Arasht, finds himself at odds with one of the most powerful ambassadors at court—the body-father of the queen's new child—in an altercation which results in his humiliation.

To prove his loyalty to the queen, his sister, Kadou takes responsibility for the investigation of a break-in at one of their guilds, with the help of his newly appointed bodyguard, the coldly handsome Evemer, who seems to tolerate him at best. In Arasht, where princes can touch-taste precious metals with their fingers and myth runs side by side with history, counterfeiting is heresy, and the conspiracy they discover could cripple the kingdom's financial standing and bring about its ruin.

This Story Will Change: After the Happily Ever After

Elizabeth Crane



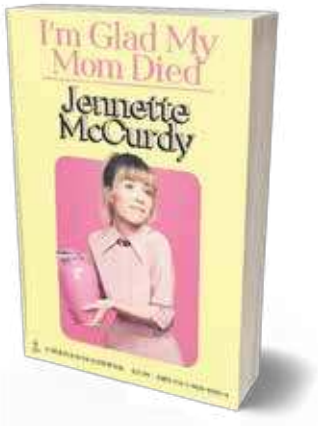
Rachel Cusk meets Nora Ephron in this intimate and evolving portrait about the end of a marriage and how life can fall apart and be rebuilt in wonderful and surprising ways

One minute Elizabeth Crane and her husband of fifteen years are fixing up their old house in Upstate New York, finally setting down roots after stints in Chicago, Texas, and Brooklyn, when his unexpected admission—I'm not happy—changes everything. Suddenly she finds herself separated and in couples therapy, living in an apartment in the city with an old friend and his kid. It's understood that the apartment and bonus family are temporary, but the situation brings unexpected comfort and much-needed healing for wounds even older than her marriage.

Crafting the story as the very events chronicled are unfolding, Crane writes from a place of guarded possibility, capturing through vignettes and collected moments a semblance of the real-time practice of healing. At turns funny and dark, with moments of poignancy, This Story Will Change is an unexpected and moving portrait of a woman in transformation, a chronicle of how even the stories we tell ourselves about ourselves are bound to change.

I'm Glad My Mom Died

Jennette McCurdy

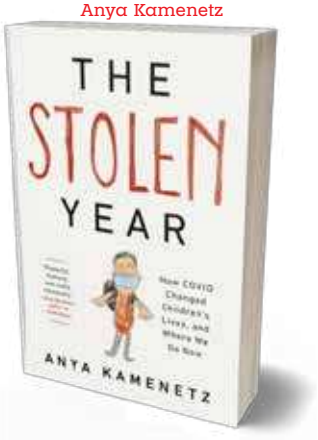


Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income.

In I'm Glad My Mom Died, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships.

The Stolen Year: How COVID Changed Children's Lives, and Where We Go Now

Anya Kamenetz



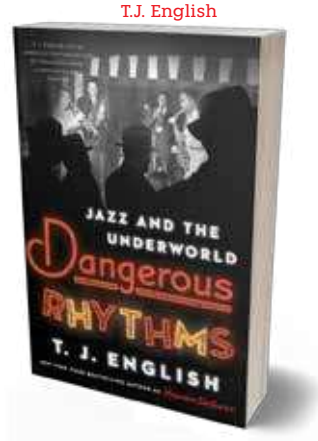
The onset of COVID broke a 150-year social contract between America and its children. Tens of millions of students lost what little support they had from the government—not just school but food, heat, and physical and emotional safety. The cost was enormous.

But this crisis began much earlier than 2020. In The Stolen Year, Anya Kamenetz exposes a long-running indifference to the plight of children and families in American life and calls for a reckoning.

She follows families across the country as they live through the pandemic, facing loss and resilience: a boy with autism in San Francisco who gains a foster brother and a Hispanic family in Texas that loses a member to COVID, and finds solace when they need it most. Kamenetz also recounts the history that brought us to this point: how we thrust children and caregivers into poverty, how we over-police families of color, how we rely on mothers instead of infrastructure. And how our government, in failing to support our children through this tumultuous time, has stolen years of their lives.

Dangerous Rhythms: Jazz and the Underworld

T.J. English



Dangerous Rhythms tells the symbiotic story of jazz and the underworld: a relationship fostered in some of 20th century America's most notorious vice districts. For the first half of the century mobsters and musicians enjoyed a mutually beneficial partnership. By offering artists like Louis Armstrong, Earl "Fatha" Hines, Fats Waller, Duke Ellington, Billie Holiday, Lena Horne, and Ella Fitzgerald a stage, the mob, including major players Al Capone, Meyer Lansky, and Charlie "Lucky" Luciano, provided opportunities that would not otherwise have existed.

Even so, at the heart of this relationship was a festering racial inequity. The musicians were mostly African American, and the clubs and means of production were owned by white men. It was a glorified plantation system that, over time, would find itself out of tune with an emerging Civil Rights movement. Some artists, including Louis Armstrong, believed they were safer and more likely to be paid fairly if they worked in "protected" joints. Others believed that playing in venues outside mob rule would make it easier to have control over their careers.

Through English's voluminous research and keen narrative skills, Dangerous Rhythms reveals this deeply fascinating slice of American history in all its sordid glory.

The Last White Man

Mohsin Hamid



From the New York Times bestselling author of Exit West, a story of love, loss, and rediscovery in a time of unsettling change

One morning, Anders wakes to find that his skin has turned dark, his reflection a stranger to him. At first he tells only Oona, an old friend, newly a lover. Soon, reports of similar occurrences surface across the land. Some see in the transformations the long-dreaded overturning of an established order, to be resisted to a bitter end. In many, like Anders's father and Oona's mother, a sense of profound loss wars with profound love. As the bond between Anders and Oona deepens, change takes on a different shading: a chance to see one another, face to face, anew.

Hamid's The Last White Man invites us to envision a future - our future - that dares to reimagine who we think we are, and how we might yet be together.



Mohsin Hamid

Mohsin Hamid is the author of four novels, Moth Smoke, The Reluctant Fundamentalist, How to Get Filthy Rich in Rising Asia, and Exit West, and a book of essays, Discontent and Its Civilizations .

His writing has been featured on bestseller lists, adapted for the cinema, shortlisted for the Man Booker Prize, selected as winner or finalist of twenty awards, and translated into thirty-five languages.

Born in Lahore, he has spent about half his life there and much of the rest in London, New York, and California.

sykamore

sykamoremusic.com

Sykamore

My music is country storytelling with a very pop forward sound.



Sykamore is a country singer-songwriter from Carseland, Alberta, Canada. She released her first EP, Self + Medicine, in January 2018. In 2015 she was nominated for the Canadian Country Music Association Discovery Award.

What started out in 2018 as a passion project for Canadian country-pop singer-songwriter Sykamore has finally come to fruition with the release of her album Pinto via all streaming platforms on August 12.

It represents both a beginning and an end, the culmination of a remarkable journey and the start of an even more promising one.

This month we sit with Sykamore for this exclusive interview for our readers.



SYKAMORE Pinto



Please introduce yourself to our readers.
My name is Sykamore, I'm a singer/songwriter from Alberta, Canada. I've lived in Nashville for the last five years writing and recording songs, but the thing that got me into music was growing up on the rodeo circuit and hearing a lot of country music.

Tell us about your education.
I don't really have much formal music education. I took a few piano lessons when I was younger, but a lot of what I do now is just through messing around and self teaching. As far as other education, I actually have a Bachelor's Degree from Ambrose University in Canada.

Share some of your childhood memories.
I grew up in the country with my two older siblings. So, a lot of my memories are of being outside climbing trees, swimming in the creek, riding horses and going to rodeos with my family.

How and when did you get interested in singing? What or who influenced you?
I got into singing pretty young. I think I was just four years, the first time I sang in public. I was always very interested in music and so I was given a lot of opportunities to sing growing up, whether it was at school, in church or in choir. I was mostly just influenced by the music I heard, which was a lot of country radio as well as Elton John, Celine Dion and Phil Collins.

How would you best describe the type of your music?
My music is country storytelling with a very pop forward sound. I try my best to mix those two aspects together because I feel they are the things I am inspired by the most.

What inspires your music?
I've always been a big fan of story. Whether it's in music or literature. My favourite kinds of songs are the ones with vivid imagery and definitive characters. I like to think I add that sentiment to the songs I write as well.

What's the inspiration behind your latest song?
My latest song, "Just 4 July" is about two people who are trying to deny the fact that they are not just a summer fling – when it's very obvious they have chemistry that will keep them together forever. It's something I think a lot of people go through as they grow into the love of their life. It starts as something casual but the stakes get higher and you realize you can't live without them.

Who writes your music?
I write all my music, sometimes by myself and sometimes with a co-writer or two. Just depends on the day.

Tell us about your new album.
This album was inspired by the song "Pinto" (which became the album title) and the illustration of the flammable, combustible love we all experience at some time or another in our lives. The Ford Pinto was a car from the 70's that gained a reputation for being very prone to catching on fire or exploding, which I thought was very symbolic of a lot of peoples' first loves – very exhilarating and exciting but also sometimes hazardous and explosive with emotion. All of the songs are modelled after that kind of relationship.

What's a typical creative and writing process like for you?
It usually starts with a song title or a word that I am inspired by, and then I find a vibe sonically that I want to chase – either a chord progression or a tempo that I think fits the title. Then it's just filling in those spots that need lyrics and making sure they are all in sync contextually.

What's next on the horizon for you?
I have a few shows in Canada I am looking forward to this summer, then I'm basically going right back into the studio to start the next album!

What are some of your other hobbies?
I really enjoy photography and playing sports. I've been on a beach volleyball team in Nashville all spring and summer and I've been having a blast with that. But for the most part I like any kind of visual art such as photo, video, graphic design, etc.

What is your dream?
My dream I guess would be to be an international artist and be able to play all over the world. The more widespread I can make my music, the better!

Where have you all performed so far? Which was your favourite?
I've played all over Canada and the US so far, it's hard to pick a favourite, but one of my very fond memories is getting to sing in the arena in Calgary, which is where I am from and where I saw my first concert as a young kid.

Where would be you dream to perform?
Red Rocks would be amazing to play. Although, I hear the altitude can be hard on your singing voice so I'd have to remember to be in really good shape before I do that! I also think The Hollywood Bowl would be amazing to play a show at.

What message do you want to convey through your music?
I really just want people to be able to see their lives in my songs. I always try to write a song as much for other people as I do for myself. That is the bridge between my life experience and theirs, it's in the music. We can each apply something to a song that is uniquely our own but still share in the experience.

What are your favourite hangout spots in Toronto?
I haven't spent a ton of time in Toronto, but when I have been it's mostly been in the Leslieville area, which is lovely. La Cubana was a really awesome spot to eat!

How do you unwind?
I try to walk about an hour every day. I find it does a lot of great things for me mentally and physically. I also like to re-watch my favourite shows, I am a big fan of M*A*S*H.

What advice do you have for someone wanting to follow in your footsteps?
Don't be afraid of what makes you different – lean into that. Trying to copy what someone has already done is a waste of time! Work on discovering what makes you unique, and cultivate that.

Your message for our readers and your fans.
I love and appreciate every one of you! Pinto will be out August 12 so be sure and save it to your library and tell me your favourite track!

Your message for us at TorontoPages (TOPS)
Thank you for the interview and for reaching out! I really appreciate it!

I've always been a big fan of story.

Chloé Spring-Summer 2022 Junior Eyewear Collection



Chloé's joyful personality emerges in the new junior Eyewear Collection, that includes in the line-up both sunglasses and optical frames.

Joni's butterfly shape charms with its double scalloped detailing on the front metal frame, while the Zelie sunglasses are fashioned with the emblematic wave temples echoing Chloé accessories.

Both styles are perfect for young girls and are also crafted in women's version for matching mothers and daughters.

LUXURIOUS SHADES IN BLACK

Looking for a pair of shades that is indispensable? Go for the classic black sunglasses that can last a lifetime and match everything in your wardrobe! Whether you're aiming for an effortless look or an all dolled-up style, a black sunglasses will grace up your outfit and stand out from the rest.

SAINT LAURENT

Vintage allure and modern edge fuse in a new range of sunglasses and optical frames crafted with refined materials and iconic details. The signature corner angles add a graphic note to the acetate constructions, shifting from minimal rectangular shapes to unisex design with flat temples.



GUCCI

Gucci's new eyewear styles interpret the House's timeless aesthetic with a fresh, unconventional combination of vintage allure and edgy design. Archival codes and signature details appear throughout the collection as classic inspiration and contemporary appeal come together in luminous finishes, colorful accents, and refined embellishments.



MONTBLANC



Distinctive yet always sophisticated, the new Fall-Winter 2022 Montblanc Eyewear collection continues a tradition of balancing heritage and innovation, creating bold designs that have timeless flair. Every new piece in the latest eyewear collection balances aesthetic excellence with optimal functionality, with eyeglasses and sunglasses that are both stylish and comfortable for everyday wear.

TOMMY HILFIGER INTRODUCES FALL 2022 "TH MONOGRAM" COLLECTION

A new monogram for 'Tommy Hilfiger,' created in collaboration with Fergus Purcell, is the centerpiece of the Fall 2022 collection. The classic codes of prep are reimagined in elevated essentials and signature styles for all genders and ages.



Tommy Hilfiger has created a new monogram with celebrated British illustrator and graphic designer Fergus Purcell. Building on the Company's history of collaborating with the most significant contemporary creatives, the monogram reimagines the TOMMY HILFIGER brand's core DNA, and will appear for the first time in the Fall 2022 collection.

The new design is the result of extensive research into the TOMMY HILFIGER archive. Purcell has created a bold reinterpretation of the motifs he discovered on iconic pieces from the brand's design history. Created from an interlocking T and H, the monogram collides the classic with the new, bringing a new perspective to prep sensibility: as such, it is quintessentially TOMMY HILFIGER.

"Since 1985, the 'TH' monogram has stood for authentic prep style, playfully reinvented for all," says Tommy Hilfiger. "Fergus Purcell has been a truly inspiring collaborator. His elevated approach and connection to street culture is unique. It has been a joy to reinvent our monogram with him - for 2022 and beyond."

"What I love about the brand is that it's high impact; very colourful, very confident and very immediate." adds Fergus. "These were the inspirations that drove my design, and the desire to make something that was new and iconic but also felt as though it could have existed already. I'm very pleased with the results!"

Purcell's new motif has inspired Tommy Hilfiger's Fall 2022 "TH Monogram" collection, which brings a forward-thinking spirit to East Coast heritage style across men's, women's and kidswear.

Premium monogrammed pieces are offered in the brand's signature Burgundy, Navy and Snow White. On puffers, accessories and unisex styles, the monogram is abstracted into an all-over pattern, whilst on the iconic Rocky Parker and across tailoring, it is depicted as a tonal lattice. Shifts in scale reflect the dynamic versatility of this new brand mark.

Refined fabrication and detailing elevate the offering. Casualwear is crafted in premium wool and recycled yarns. Prep classics are filled with recycled down and feature intricate jacquard. Statement-placed embroidered monograms, leather paneling and metal-trim buttons embellish throughout.
Just as the monogram, with its differently-sized letters, is perfectly imperfect, the collection is infused with unexpected aesthetic twists that disrupt the status quo. Each piece can be adjusted and layered to reflect an individual's personal style. Silhouettes can be reworked and reimagined.

This announcement follows recent news that TOMMY HILFIGER will return to New York Fashion Week in September 2022 with a phygital show. The monogram will be rolled out worldwide across physical and digital experiences, as well as dedicated partnerships. Friends and followers of the brand are invited to join the conversation on social media using #TommyHilfiger and @TommyHilfiger.

Jennifer Lopez and Ben Affleck wore custom Ralph Lauren for their nuptials on August 20th





Ralph Lauren is pleased to share that Jennifer Lopez and Ben Affleck wore custom Ralph Lauren for their nuptials on August 20th, 2022. Design details on the looks are provided below:

Dress 1: The handkerchief wedding gown reimagines a turtleneck column dress with the addition of a dramatic ruffle hem. Over 1000 hand-cut handkerchiefs and 500 meters of fabric were cut into ruffles and attached by hand, creating a voluminous, romantic skirt. The intricately constructed sleeve is inset with a cascading ruffle, draped from the back of the turtleneck to the shoulder to create a romantic, heritage-inspired sensibility.

Dress 2: The chandelier pearl gown is adorned with thousands of cascading strings of pearls. 30 artisans worked across 700 hours to hand embroider the gown with micro-pleats of silk tulle, tiny pearl embellishments, and Swarovski crystal.

Dress 3: The custom gown features a sleek mermaid silhouette with a keyhole neckline embellished with Swarovski crystals of varying shapes and shades of white and is completed with a full skirt and topped with an organza overlay.

The classic tuxedo includes a formal one button peak cream dinner jacket with a black double pleated trouser and narrow piqué bib shirt. The look is completed with a black bow tie and black patent shoes.

MOOSE KNUCKLES
LAUNCHES NEW HOODIE AND SHERPA CAMPAIGN

FEATURING TRANSITIONAL EARLY ARRIVALS FROM ITS FW22 COLLECTION







Get ready to feel cozy this fall. Canadian outerwear and ready-to-wear brand Moose Knuckles is redefining "tough exterior" to be cozier than ever imaginable, thanks to its new expanded range of its bestselling 'Bunny' hoodie and new sherpa jackets for its FW22 collection.

The highly anticipated new arrivals from the collection consist of 14 Bunny hoodies for adults and kids as well as nine sherpa jackets in an array of fresh silhouettes and colors. One of the best hoodies in the world, the 'Bunny' combines the ease of a classic hoodie with the label's signature silky-soft and insulating faux fur. And although the campaign features a cameo by a real bunny, the brand cheekily reminds customers that the collection is completely free of fur in its campaign video.





The campaign, shot by the acclaimed photographer Luis Alberto Rodriguez and styled by guest Artistic Director Carlos Nazario of i-D Magazine, depicts an early '90s-inspired fantasy of what cozy means for creatives on the streets. As part of the label's 'Heatmakers' initiative to spotlight rising talent in its own community, it features R&B singer Kaash Paige, skateboarder Lil Dre and Carine Roitfeld-discovered model Jaychelle as the faces of the campaign. The collection's plush and oversized pieces allow for movement, and the result is a celebration of rule-breaking rebellion depicting its 'Bunny' hoodie as fall's must-have protective layer for youth culture.



The hero piece is arguably the cozy-as-a-blanket 'State XL Bunny' in a generously oversized silhouette meant to be worn across genders. As stately as the name suggests, it can be worn over anything for an effortlessly bold look and is notably the first style to be crafted entirely of the label's sumptuous faux fur on the exterior of the garment rather than the inside. It is available in both jet black and a caramel café color featured in the campaign.

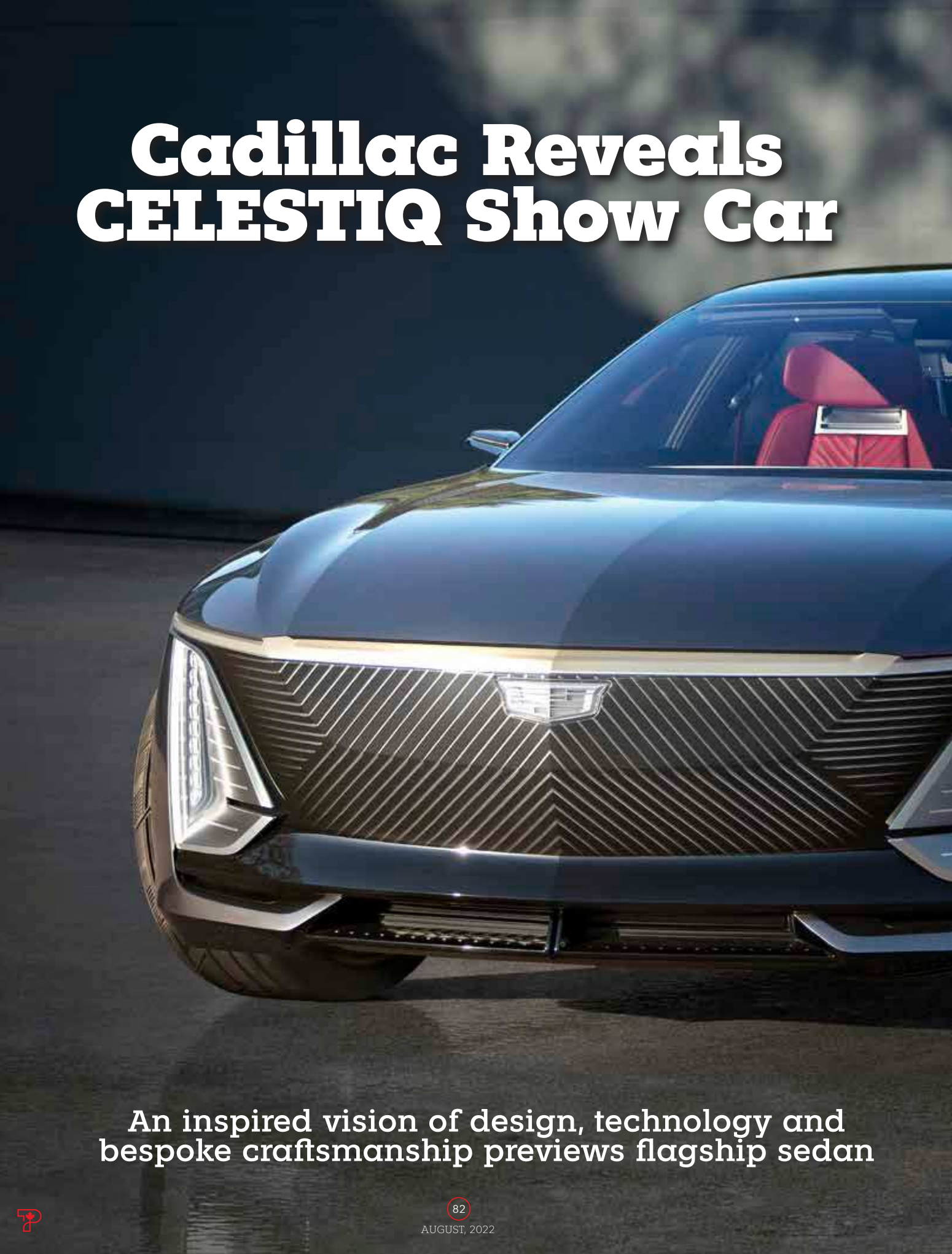
For women, the standout debut style is the luxurious 'Bergen Bunny Bomber', which is the hoodie version of the label's bestselling outerwear piece, the 'Debbie Bomber.' A transitional layer for the city woman, it features the same genuine shearling hood ruff, pom poms and J-seam detailing. For men, the 'Classic Bunny 3' is revamped with a monochrome look in dark sapphire with faux fur of the same color as well as a new wasabi hue with contrasting black faux fur. The faux fur liner on this style is fully removable as well, so it serves as an ideal layering piece for especially unpredictable forecasts in autumn months.

The campaign's playful images illustrate the concept that when one feels warm and comfortable nothing can hold one back—in true Moose Knuckles form.

These styles range from $325 to $1025 CAD and will be available on August 15th at Moose Knuckles boutiques and mooseknucklescanada.com.



Cadillac Reveals CELESTIQ Show Car



An inspired vision of design, technology and bespoke craftsmanship previews flagship sedan



Cadillac unveiled the CELESTIQ show car, a vision of innovation and purpose that previews the brand's future handcrafted and all-electric flagship sedan.

Conceived to lead Cadillac's electric future and inspired by the brand's 120-year heritage, it serves as a touchstone for the Cadillac design and engineering teams, who continue to develop CELESTIQ as it moves closer to production.

"The CELESTIQ show car is the purest expression of Cadillac," said Magalie Debellis, manager, Cadillac Advanced Design. "It brings to life the most integrated expressions of design and innovation in the brand's history, coalescing in a defining statement of a true Cadillac flagship."

In developing the show car, the design and engineering teams immersed themselves in the artisanship and customization that defined early Cadillac sedans such as the bespoke V-16 powered coaches of the prewar era, and the hand-built 1957 Eldorado Brougham. The CELESTIQ is the culmination of that heritage, brought to life with innovative production methods and new technologies.

"Those vehicles represented the pinnacle of luxury in their respective eras, and helped make Cadillac the standard of the world," said Tony Roma, chief engineer. "The CELESTIQ show car — also a sedan, because the configuration offers the very best luxury experience — builds on that pedigree and captures the spirt of arrival they expressed."

Designers drew further inspiration from classic architecture such as the mid-century masterpieces of architect Eero Saarinen, along with other iconic American designs, which made era-defining statements when introduced and endured with distinctive timelessness.

Realizing and infusing those influences within an Ultium-based EV architecture resulted in a clean-sheet expression for the CELESTIQ show car that considers the entirety of travel as a curated experience — one intended to evoke an emotional response. The result is a vehicle that makes a magnetic first impression and cultivates a permanent personal connection.

"We've combined the beauty of function with the beauty of form," said Laetitia Lopez, Color & Trim creative designer. "We had to reconsider all aspects to immerse the customer, all of their senses, and create a connection with the vehicle through the finest genuine materials, exceptional detailing and advanced technology."

The show car previews some of the materials, innovative technologies and hand-crafted attention to detail harnessed to express Cadillac's vision for the future. Highlights include five high-definition, advanced LED interactive displays, including a 55-inch-diagonal advanced LED display, along with expected many industry firsts such as a variable-transmission Smart Glass Roof and Ultra Cruise1, General Motors' next evolution of available hands-free driver assistance technology which Cadillac plans to offer on CELESTIQ.

The Smart Glass Roof features Suspended Particle Device (SPD) technology that allows for four zones of variable lighting, allowing passengers to fine-tune their cabin experience for completely personalized comfort and visibility. Additionally, the 55-inch-diagonal advanced LED display introduces a passenger display with electronic digital blinds, an active privacy technology, which is designed to allow passengers to enjoy video content while blocking it from the view of the driver.

While they're previewed on the show car, these technologies and more will make the CELESTIQ the most advanced vehicle ever from Cadillac. Availability for the production version of CELESTIQ will be announced at a later date.

GM is investing $81 million to support its assembly at GM's Global Technical Center, the landmark campus originally designed by Eero Saarinen and the heart of the company's engineering and design efforts. The CELESTIQ will be the first production vehicle built12 there since the center's inauguration in May 1956.






CELESTIQ





HOROSCOPES



ARIES

(March 21 - April 19)

You'll be deep in the midst of summer fun this month, dear Aries, as the Leo sun invites you to embrace leisure, fashion and friendship. This cosmic climate is all about putting your best foot forward, linking arms with your besties as you take the world by storm. Bold aesthetic choices can help set you apart from those around you, so don't hold back if you're feeling creative with your wardrobe. Things are going your way right now, and it's totally understandable if you want to let your hair down to celebrate. Just be mindful that you aren't blowing off your responsibilities, at least not too often anyway.

Though much of your energy will be directed toward personal interests and socializing, your logic and sense make a comeback once fiery Mars enters sensible Gemini on August 20. This planetary placement is great for multitasking, helping you pick up the pace in case you need to catch up on any work or responsibilities that fell to the wayside earlier in the month. The Universe will be looking to see if you're willing to back up your words with action, especially if you've petitioned the other side for guidance or aid recently.

You'll notice a shift when the sun enters Virgo on the twenty-second, encouraging you to take a break from late nights out in favor or prioritizing your health. This is a great time to hit the reset button on your day-to-day life, embracing earlier bedtimes, healthier meals and plenty of exercise. Bringing structure and organization to your work and home lives will bring relief to your psyche while filling your soul with the satisfaction that comes with being a responsible adult.



TAURUS

(April 20 - May 20)

The month kicks off with extreme shifts to your path, dear Taurus, as Mars, Uranus and the North Node align in your sign and share a sweet connection to Venus. You'll have a unique opportunity to speak your desires into existence, so be sure to tell the Universe what you'd like to manifest and where you'd like to see change. You might also want to document any strange happenings that take place on this day because it could be the beginning of a strange journey moving forward. Don't be afraid of change right now. It will likely unfold into something more beautiful and rewarding than you could ever have imagined.

Good vibes continue to flow as Venus enters Leo and your solar fourth house on August 11. Use this energy as an excuse to reinvest in your emotional well-being, scheduling plenty of time for evenings at home indulging in self-care. Romance is also likely to fill your space during this time, so be sure to invite your sweetheart over for plenty of cuddle sessions, though more serious talks about cohabitation could take place.

The twenty-second marks the beginning of Virgo season, inviting your ego to come out and play. This solar placement is ideal for stepping into the light, especially when it comes to showcasing hidden talents or knowledge.

Meanwhile, Mercury enters harmonious Libra on August 25, helping you find a balance between fun and maintaining your responsible demeanor. This cosmic climate is perfect for getting organized with your goals, bringing a perfect storm of pride, confidence and pragmatism.



GEMINI

(May 21 - June 20)

This month is all about developing your knowledge, connections and self-interest, dear Gemini, as the Leo sun continues its journey through your solar third house. Investing in your mind will elevate your confidence and sense of self, making it a great time to enroll in a class at your local community college. Finding new friends will also happen more organically in this cosmic climate, though you'll need to be willing to put yourself out there while also asking your new companions plenty of questions about who they are. Finding common ground with others will make you more relatable, which can help your popularity grow while opening the door to new possibilities and life experiences.

You'll notice a shift when your planetary ruler Mercury enters Virgo on August 3, activating the sector of your chart that governs domestic bliss. These vibes are great for going through cabinets and closets and implementing new routines at home, though you'll need to take an organized approach toward anything related to your space. A nurturing energy will also find you during this time, but you'll have to be careful that your compassion doesn't begin to overshadow good sense and logic.



CANCER

(June 21 - July 22)

You're a hard worker, dear Cancer, though you're not always great at rewarding yourself after completing a job or meeting an important goal. Luckily, Leo season asks you to break free from this mold as the stars encourage you to pamper yourself and have fun in the process. These vibes are perfect for updating your wardrobe or investing in a creative outlet, so don't hold back if you're suddenly called to pick up painting or you spot a fabulous pair of shoes that you wouldn't want to live without. These sentiments will become more accentuated once Venus enters Leo on August 11, a planetary placement that will help you both spend and earn plenty of cash.

Also on the eleventh, the Aquarius full moon is poised to shake things up as Luna forms a grand cross in the sky, triggering unexpected and profound shifts to your path. Drama and bruised egos could cause friendships to fall apart, and you'll need to resist the urge to repair any dynamics that aren't serving your highest self. This lunar event could get a little out of control or destructive, so just be mindful that you're not pushing away people who genuinely care about you.

Virgo season kicks off on August 22, pushing you to bring more organization into your life. This solar placement also asks you to prioritize your mental health, making it important that you show plenty of compassion to yourself, especially since this cosmic climate could trigger the perfectionist that lives within you. Reading and learning can help you feel more at peace during troubling times as the Universe asks you to expand your knowledge base.



LEO

(July 23 - August 22)

Don't be afraid to celebrate your successes this month, dear Leo, as the sun continues its journey through your sign. This luminary placement encourages you to connect with your sense of pride, though you'll need to be mindful that you're not abandoning grace in the process. Refining your image will also feel like a priority as another candle on your birthday cake reminds you of the importance of personal evolution. Just remember to give yourself credit for how far you've come, especially when the sun connects with Chiron on August 8.

You'll feel the love beginning when sweet Venus moves into your sign on the eleventh, bringing glamor and magnetism to your aura. These sentiments will feel particularly intense as the Aquarius full moon manifests later in the evening, activating the sector of your chart that governs romantic relationships. This is the perfect time to listen to what your heart truly wants, letting go of any people or habits that have been holding you back from the life you deserve.

Virgo season manifests on August 22, bringing your focus to financial security and the material realm. Use this cosmic climate to review your monthly spending habits with the specific intention of paying off debts and saving for the future. Just don't feel like you have to give up on all your favorite things in order to pad your savings account. A taste for the finer things in life will come into play, inspiring you to embrace a bit of luxury. Be mindful not to go overboard with your spending and you should be able to get away with a few extravagances.



VIRGO

(August 23 - September)

The month could get off to a slow start, dear Virgo, as the sun and Mercury travel through Leo and the sector of your chart that governs the subconscious. This cosmic climate will inspire you to go within, causing you to favor quiet evenings at home over hanging out with your friends.

Luckily, you'll begin to feel more social when Mercury enters your sign on August 3. This planetary placement activates your chatty side, making it a great time to catch up with your favorite people, though you might want to avoid large crowds.

Keep your eyes peeled for messages from beyond the veil when Mercury blows a kiss to revolutionary Uranus on the sixteenth. Your hopes and dreams could manifest in strange and unusual ways right now, making it a great time for positive mantras, candle magic and meditation. Try to lean into your optimistic side on this day because the Universe will be listening to your thoughts.

You'll notice a shift when the sun enters your sign on August 22, and the stars gear up to celebrate Virgos far and wide. The law of attraction will be working in your favor, so expect good things in the coming weeks and they will manifest.

LIBRA



(September 23 - October)

Exploring your local arts and cultural scene should be a priority for you this month, dear Libra, because Leo season activates your solar eleventh house. These vibes are all about having fun while supporting your neighborhood, so be sure to shop and dine at locally owned businesses whenever possible.

Though you'll feel inspired to spend plenty of time with your friends, make sure you're taking time for solitude as well once Mercury enters Virgo on August 3, pushing you to explore the depths of your psyche.

You'll notice a shift when your planetary ruler Venus enters warmhearted Leo on the eleventh. This planetary placement gives you an opportunity to open up to new friends, though love could be on the horizon as well.

When it comes to matters of the heart, August 18 will be particularly auspicious for you thanks to a sweet connection between Venus and Jupiter. This cosmic climate is great for evolving a platonic relationship into something more, so don't be afraid to tell your buddy that you've been crushing on them. If you're already in a partnership, use these joyous vibes as an opportunity to reconnect with the friendship that bonds you and your sweetheart.

The twenty-second marks the start of Virgo season, putting you in a quieter and more analytical mood. Your solar return lingers on the horizon, so this luminary placement is great for meditating on your plans for the path ahead. Take the time to seriously consider what you hope to achieve in the coming year, especially during the Virgo new moon on August 27.

SCORPIO



(October 23 - November)

Scorpios have a reputation for being fierce in business, so it should come as no surprise that your career ambitions play a significant role in your life. With the Leo sun traveling through your solar tenth house, you'll feel these sentiments more acutely, though it'll be important that you nurture an identity outside of your professional image. Finding a healthy balance between work and fun will be the key to unlocking happiness right now, dear Scorpio, and you should be mindful of keeping tabs on how your job influences your ego.

The Aquarius full moon on August 11 could be particularly disruptive to your self-care, domestic duties and occupational path, so be sure to stay on guard. And don't be afraid to cut ties with anyone or anything that's weighing down your vibe.

You'll notice a shift when your planetary ruler Mars enters Gemini and your solar eighth house on the twentieth. This cosmic climate brings a healthy amount of discernment on your part as the Universe pushes you to make changes for the better in your life. If there are any behavioral patterns you've been meaning to break, now would be the time to do so, since the stars are aligning to help you transform and meet the goals you've set for yourself. This energy is helpful at work, supporting your efforts and negotiation tactics.

August 22 marks the beginning of Virgo season, inspiring you to get more involved with your community. To make the most of this solar placement, consider throwing a barbecue for some of your favorite neighbors.

SAGITTARIUS



(November 22 - December)

Life will feel like a celebration this month, dear Sagittarius, as the Leo sun soars through your solar ninth house. This luminary placement will elevate your optimism as you benefit from a strong sense that the Universe is rooting for you.

Unfortunately, this lust for life could create issues if you don't keep a steady mind and one foot on the ground. Though you'll feel as though your possibilities are limitless, there's a very real possibility that you could burn out if you're not maintaining a healthy routine. The Mars placement in Taurus reminds you of the importance of taking things slowly, so be sure to pace yourself in all facets of life.

August 18 marks one of the luckiest days of the month for you as sweet Venus blows a kiss to your planetary ruler Jupiter. The Universe will be listening and in the mood to grant a few wishes, so be sure to let the other side know how it can help. The energy at play encourages you to develop your intuition and sense of self, so you'll find tapping into your spiritual side to be especially rewarding. Take a few moments to meditate on your personal philosophies, understanding how your beliefs have molded you as a person.

CAPRICORN



(December 22 - January 19)

Your bonds will intensify this month, dear Capricorn, as the Leo sun travels through your solar eighth house. This cosmic climate allows the true you to shine through, inspiring you to open up and share more of yourself.

A desire for romantic commitment will find you when Venus enters Leo on August 11, though problems could manifest if your cravings for devotion are one-sided. More issues might arise later in the evening when the Aquarius full moon manifests. It could bring out erratic behavior if you're not feeling secure within yourself or your partnership.

Keep your eyes and ears open for messages from beyond the veil when communicative Mercury connects with the Nodes of Fate on the fifteenth. This planetary placement activates the sector of your chart that governs spirituality, opening you up to guidance from the Universe. If you've been feeling lost on your path, now might be a good time to do some divination work. Don't hold back if you feel inspired to meditate or draw a few Tarot cards.

The vibe shifts when the sun enters Virgo on August 22, bringing you to a more philosophical headspace. Use this energy to reconnect with your personal magick, especially during the new moon five days later. This lunar event will act as one of the luckiest days of the year for you, especially when it comes to manifesting what your heart desires most. Luck is on your side right now, so remember to think positive, shoot for the stars and communicate your dreams to the other side.

AQUARIUS



(January 20 - February 18)

The month kicks off with love and luck in the stars for you, dear Aquarius, as the Leo sun blows a kiss to auspicious Jupiter on August 1. Use these playful vibes to get in some flirting with that special someone to help build upon any relationship you're hoping will bloom into something more meaningful.

The romantic vibes continue to flow in the days ahead, though you'll want to be mindful that you're not giving all of your energy to someone else. Balance and self-love are just as important as devoting yourself to a partner and can help strengthen your existing relationships.

You'll notice a shift when passionate Mars enters Gemini on the twentieth, helping you multitask your priorities. This cosmic climate asks you to recommit to an artistic outlet or creative hobby, which will ultimately allow you to reconnect with your true self. Themes around fun and friendship will also come to the forefront of your life, making it a good time to invest more time and energy in your closest confidants. A steamy energy might also come into play, though new relationships that pop up now could be short-lived.

August 22 marks the beginning of Virgo season, shifting your focus toward personal transformation. You'll find that you have less patience with any people or situations that haven't been growing with you. The Universe is pushing you to evolve and cut ties with anything that's been weighing you down. Use the new moon on the twenty-seventh to set intentions around emotional and mental growth, because the other side will be eager to support such endeavors.

PISCES



(February 19 - March 20)

Pride will come in the form of organization, efficiency and hard work for you this month, dear Pisces, as the Leo sun travels through your solar sixth house. This luminary placement will galvanize you to realign with your goals, though you'll also feel inspired to help others reach theirs. This flurry of activity could leave you busier than ever, making it important that you schedule time to recharge as the days continue to pass. One night of quiet and self-care each week can help you stay sane and balanced, a goal the stars will fully support.

whether or not a mismanagement of time is causing undue stress. You'll also want to be mindful that you're not placing unreasonable expectations on yourself, especially if you've been more self-critical than usual.

Virgo season begins on the twenty-second, shifting your focus to love and harmony. An alluring glow encapsulates your aura, creating an ideal atmosphere for putting yourself out there to meet someone special. If you're already in a relationship, this is a great time to set goals as a couple, especially if they involve eating better and getting more exercise.

HOMEWORK FOR GROWNUPS

JUMBLED WORDS

1. Who directed the 1995 film Casino?

2. The Thinker is the work of which sculptor?

3. On which river are the Victoria Falls?

4. In the UK military what does SAS stand for?

5. From which type of wood are cricket bats traditionally made?

6. On which part of the body would you wear a sabot?

7. What date of the year is St Swithin's Day?

8. What is an archer's arrow case called?

9. What is the largest planet in our solar system?

10. What type of creature is an avadavat?

11. What is the name of the prison in the British TV comedy series Porridge?

12. Who became the First Minister of Northern Ireland in 1998?

13. What is the largest city in Australia?

14. The Cenotaph is situated in which London street?

15. Which team won the 2006 Superbowl?

16. What is the title of the lowest order of the British nobility?

17. What is the plant hamamelis commonly known as?

18. What was the title of the first talking film?

19. If a dish is 'en papillote' it is cooked or served in what?

20. Who shot and killed John Lennon in New York, 1980?

ANSWERS: 1.Martin Scorsese, 2.Rodin, 3.Zambezi, 4.Special Air Service, 5.Willow, 6.Foot, 7.15th July, 8.Quiver, 9.Jupiter, 10.Bird, 11.Slade, 12.David Trimble, 13.Sydney, 14.Whitehall, 15.Pittsburgh Steelers, 16.Baron/Baroness, 17.Witch hazel, 18.The Jazz Singer, 19.Paper, 20.Mark Chapman

TEST YOUR VOCABULARY

Anger _____ blocked out my nervousness about meeting the other tributes, but now I can feel my anxiety rising again.

a. temporarily
b. ultimately
c. luxuriously
d. informally

ANSWER: C. *Temporarily* describes something that happens for a limited amount of time. If you agree to watch your friend's dog *temporarily*, you'll be surprised if it turns out that your friend will be in France for at least two years.

Temporarily is the adverbial form of 'temporary' which comes from the Latin word tempus, meaning time. Something done *temporarily* is supposed to be concluded in a finite amount of time. If your car is *temporarily* out of commission, you expect that you will be able to fix it and get it back on the road. If you drop the word *temporarily* from that sentence, your car may be a goner.

JUMBLED WORDS

1 E K T N O _____

2 L O Y I D _____

3 N O G O A L _____

4 G A M I E _____

5 T A E E U Q _____

6 C A P T U E _____

ANSWERS: 1.TOKEN, 2.DOILY, 3.LAGOON, 4.IMAGE, 5.EQUATE, 6.TEACUP

MATH CORNER

Find the sum: **–1.54 + 5.093**

A. 3.553
B. 6.63
C. -3.553
D. –6.63

ANSWERS: A



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