

Cultural Daily

Independent Voices, New Perspectives

The Impact of Online Casino Promotions on Gameplay: A Spinstralia Casino Deep Dive

Our Friends · Tuesday, September 10th, 2024

When it comes to online gaming, few elements are as game-changing as promotions. At Spinstralia Casino, the **best online pokies Australia 2024** has to offer come alive with thrilling bonuses and promotions that can completely reshape your gaming experience. But how exactly do these offers influence your gameplay? Let's dive into how online casino promotions, specifically at Spinstralia, enhance or alter the way players engage with pokies and other casino games.

What Are Casino Promotions, Anyway?

Let's start with the basics. Online casino promotions are essentially incentives used to attract and retain players. They come in various forms, such as welcome bonuses, deposit matches, free spins, or cashback offers. These deals serve as a hook for new players and keep regulars coming back for more.

At Spinstralia Casino, the promotional lineup is impressive, offering everything from generous welcome bonuses to a constant stream of reload offers and free spins. However, while promotions bring excitement and the potential for higher rewards, they also impact how players approach each game, influencing everything from how much they wager to the games they choose to play.

Spinstralia Casino: An Overview of Promotional Offers

Spinstralia Casino is no stranger to delivering substantial promotions. Their first deposit bonus, for example, offers 150% up to 500 AUD along with 50 free spins. But this is just the tip of the iceberg. As a player progresses, they'll find more bonuses with subsequent deposits, each with its unique multiplier and free spin offers.

1. First Deposit Bonus: 150% up to 500 AUD + 50 free spins
2. Second Deposit Bonus: 100% up to 500 AUD
3. Third Deposit Bonus: 150% up to 500 AUD
4. Fourth Deposit Bonus: 100% up to 500 AUD

But beyond just listing these numbers, it's important to consider how promotions like these affect the player's decision-making process. A generous bonus might encourage larger initial deposits, but what's more interesting is how the wagering requirements attached to these promotions can shape gameplay.

Wagering Requirements: The Fine Print That Matters

When a player receives a bonus, especially at Spinstralia, they are required to meet certain wagering requirements before they can withdraw any winnings. Let's say the bonus has a 40x wagering requirement. This means the player must bet the bonus amount forty times before they can cash out.

This impacts gameplay in several ways:

- **Higher Playtime:** To meet the wagering requirements, players spend more time spinning the reels or placing bets on table games. This can lead to extended play sessions, which increases the chances of hitting a big win but also risks depleting the initial bonus amount.
- **Game Choice:** Some games contribute differently towards fulfilling these wagering requirements. Pokies, for example, often contribute 100%, making them the most popular choice for players trying to clear their bonuses. Other games like blackjack or roulette may contribute far less, meaning players tend to gravitate towards pokies like Thunderstruck II or Gonzo's Quest when chasing that elusive bonus win.

These wagering requirements aren't just numbers; they alter the player's approach to the game. The thrill of spinning the reels takes on a strategic dimension as players start calculating how much more they need to bet to clear the requirements. This dynamic can shift the focus from purely enjoying the gameplay to grinding through spins in an attempt to meet the criteria.

How Promotions Influence Game Selection at Spinstralia Casino

Promotions at Spinstralia don't just impact how much players bet — they directly influence which games players choose. With a bonus in hand, many players will focus on high RTP (Return to Player) pokies to maximize their chances of fulfilling wagering requirements. Games like Mega Moolah and Starburst, with their engaging features and competitive RTP, are often fan favorites.

However, the allure of pokies with progressive jackpots, such as Wolf Gold or Book of Dead, is another factor. These games promise the potential for massive payouts, and Spinstralia's promotions often give players free spins or bonus money to use on these specific titles. The possibility of hitting a life-changing jackpot — even with a bonus — is enough to keep players spinning for hours.

The Psychology of Promotions: What Keeps Players Hooked?

Now, here's something that isn't talked about enough — the psychological impact of casino promotions. They create an atmosphere of excitement, amplifying the player's emotional investment. It's not just about winning or losing; it's about the thrill of playing with 'house money,' knowing that even a small deposit can lead to hours of entertainment or potentially massive rewards.

Players feel an immediate sense of satisfaction when they see their initial deposit doubled or tripled thanks to a casino bonus. Even free spins create a "just one more spin" mentality, encouraging players to continue playing in the hopes of hitting that elusive jackpot. Spinstralia Casino, with its wide array of bonuses, expertly taps into this psychology, offering just enough to keep players engaged without overwhelming them with convoluted terms and conditions.

The Role of Free Spins: A Game-Changer

Speaking of free spins, let's not underestimate their impact on gameplay. Free spins are like the casino's way of offering players a test drive. At Spinstralia Casino, free spins are often tied to specific pokie games, especially those that are popular or newly released. For example, Spinstralia's first deposit bonus includes 50 free spins on the ever-popular Wolf Gold, a game known for its volatility and massive win potential.

But what do free spins really mean for the player? Well, in essence, they allow players to extend their gaming session without tapping into their own funds. It's a low-risk way to explore new games, and with pokies that offer bonus features like wild symbols, scatter bonuses, or progressive jackpots, free spins can lead to surprisingly significant wins.

Spinstralia Casino: A Leader in Promos for Aussie Players

Spinstralia Casino clearly understands its audience. For Australian players, promotions are a massive draw. The country's love for pokies, combined with a well-structured bonus system, makes Spinstralia a standout choice for those looking to maximize their gaming experience. The casino's emphasis on providing lucrative bonuses for both new and existing players ensures that everyone has a reason to keep playing, whether they're after pokies or more traditional table games.

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Hunt Bike Is The Preferred Choice For Off-road Travel

Our Friends · Tuesday, September 10th, 2024

In the pursuit of freedom and exploration, off-road traveling attracts countless adventurers with its unique charm. Whether you're traveling through the fringes of the city or conquering rugged mountain trails, a proper means of transportation is crucial. Today, the Birch Hunt Bike, with its excellent performance, environmentally friendly concept and comfortable riding experience, has become the top choice for off-road traveling.

The New Style of Off-Road Riding

With data from the League of American Bicyclists revealing that 39% of bicycle trips are for social or recreational purposes, this trend is leading to the diversification of cycling culture. Off-road cycling, as a breath of fresh air in cycling culture, is winning more and more people's favor for its challenging, unknown and exploratory nature. The Birch Hunt Bike, with its models and configurations designed specifically for off-road, perfectly fits the needs of off-road cyclists.

The Perfect Combination of Effort and Efficiency

For medium and long distance off-road trips, physical exertion is often a problem that cannot be ignored. The **Hunt e-bike** solves this problem with its powerful electric assist system. Compared with traditional bicycles, e-bikes not only save energy, but also can significantly improve the riding efficiency, allowing you to enjoy the scenery and at the same time easily complete long-distance trekking. This time-saving and labor-saving feature is an indispensable advantage in off-road travel.

Green Choice for Environmental Travel

With the growing awareness of environmental protection, it is especially important to choose an environmentally friendly transportation. Hunt e-bike, with its battery as the main source of power, realizes an environmentally friendly way of traveling with zero emission and low noise. This not only helps to reduce air and noise pollution, but also contributes to the sustainable development of the earth. Choosing Hunt Bike is choosing a green and healthy lifestyle.

Excellent performance to conquer all kinds of road conditions

The biggest challenge in off-road riding is the complex and changing road conditions. With its excellent suspension system, powerful motor and high grip tires, Hunt e-bike can easily cope with all kinds of rugged terrain. Whether it's a steep hill, a muddy trail or a slippery rocky road, Hunt Bike lets you enjoy off-road fun.

Comfortable experience, make riding a pleasure

In addition to excellent performance and environmental protection, Hunt Bike also focuses on the comfort of the rider. The ergonomically designed seat, adjustable handlebars and precise braking system are all designed to provide the best riding experience for the rider. In addition, the e-bike is equipped with a smart display and a variety of riding mode selection functions, allowing you to personalize the settings and adjustments according to your needs.

Conclusion

On the road of off-road travel, it is crucial to choose a suitable transportation. Hunt Bike e-bike has become the first choice for off-road travel with its advantages of labor-saving and efficient, environmental friendly, excellent performance and comfortable experience. If you also love off-road and pursue freedom and exploration, then you might as well choose **Birch Hunt Bike**, which not only has bikes suitable for all kinds of terrains for you to choose from, but also brings infinite fun of off-road in the vast earth!

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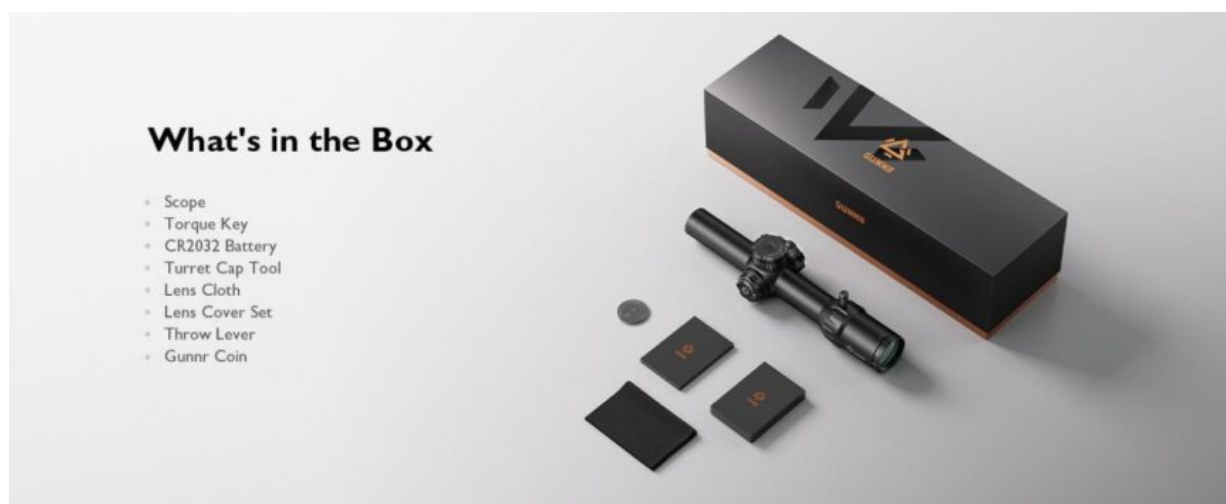
Gunnr Odin 1-6×28 LPVO: high precision at a low price

Our Friends · Tuesday, September 10th, 2024

In precision shooting, where every detail is crucial and every inch can make the difference between success and failure, the Gunnr Odin 1-6×28 LPVO is a testament to innovation and reliability without sacrificing affordability. Designed for shooters who want to improve their shooting skills, these binoculars offer a comprehensive solution that combines cutting-edge technology with durability for a superior shooting experience.

SCHOTT ED Glass: Unparalleled Clarity

At the heart of the Gunnr Odin is German SCHOTT ED (Extra Low Dispersion) glass, known for its unparalleled optical clarity and edge-to-edge image sharpness. This premium glass eliminates chromatic aberration, resulting in sharp, vivid images that make it easier to track targets and improve shooting accuracy, even at longer distances. Whether you're hunting in the field or competing in a shooting competition, Gunnr Odin provides unparalleled image sharpness.



Gunnr Odin Ad

First Focal Point (FFP) scopes: Perfect Combination of Accuracy and Versatility

One of the most important features of the Gunnr Odin is the First Focal Plane (FFP) sighting reticle. This design allows the reticle to change with magnification, ensuring that the aiming point and distance estimates remain accurate at all magnifications. This feature is particularly useful for hunters and shooters who need to quickly estimate distance and make precise adjustments on the fly. With six brightness settings, the scope smoothly adjusts to changing light conditions, providing optimal visibility in any environment.

Durability and Reliability

Made of 7075 aluminum alloy, the **Gunnr Odin** binoculars can withstand the toughest conditions. The IP67 rating guarantees protection from dust and water, making it an ideal companion for outdoor adventures. The binoculars are nitrogen-filled to prevent internal fogging, providing a clear image even in harsh weather conditions. In addition, the shock-resistant design absorbs heavy impacts without deflecting, ensuring accuracy and reliability even in harsh use.

Turret Caps and Zero Stops: Precise Adjustment Made Easy

Gunnr Odin is equipped with a high-quality turret cap that provides a crisp, clear click for precise adjustment. Tool-free zero setting further simplifies the process and ensures that the turret head returns to zero securely and reliably after adjustment. This feature simplifies operation and improves consistency and performance during long shooting sessions.

Deluxe Kit: Accessories for Success

The Gunnr Odin Deluxe Kit completes this package with everything you need to get started. The kit includes a Gunnr Odin 1-6×28 LPVO scope, a Gunnr Sleipnir mount for safe and stable mounting, a Runes Box for organized storage, and a complete set of disassembly and accessory instructions. The included low-temperature resistant grease ensures smooth turret adjustment in cold temperatures (down to -22°F).

Conclusion: Improve Your Shooting

The **Gunnr** Odin 1-6×28 LPVO is a versatile and reliable binocular that offers excellent value for money. With German Schott ED glass, FFP aperture, rugged construction and a comprehensive accessory package, this is a must-have item for shooters who want to improve their accuracy and precision. Whether you're an experienced hunter or a competitive shooter, the Gunnr Odin will make you wonder how you ever aimed without it.

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Enhancing Your Fitness System with Weighted Vests

Our Friends · Tuesday, September 10th, 2024

Many people in modern society enjoy exercise for their dopamine boost and happiness, and there are many popular reasons to incorporate exercise into it (from strength training to aerobics). Whether you're a beginner looking to increase the intensity of your workouts, or an experienced athlete looking to pick up a new workout, a weight vest can greatly improve your performance. This article looks at the key benefits, strategies, and best practices for incorporating weighted vests into your workout.

What is the weighted vest?

A weight vest is a piece of fitness equipment designed to add warmth to the body in cold weather, and improve movement. It evenly distributes the weight across the upper body, increasing flexibility while maintaining a stable balance. The vests often come with adjustable straps or

sandbags, which allow riders to keep their heat in the cold and in the cold test.

Fitness benefits of using a weighted vest

There are many benefits to using a weighted vest instead of:

Increased strength: Increased resistance makes muscles work harder, helping to increase strength and endurance.

Improved cardiovascular health: By wearing a weighted vest during aerobic exercise like running or walking, you can increase cardiovascular activity as your body adapts to your exercise routine.

Bone Density: Proper bone and cartilage formation promotes bone density and bone density, which is important in the prevention of dementia and other diseases.

Weight loss: Exercise burns more calories, making it difficult to lose or maintain weight.

More: Weighted vests are lightweight and can be used for a variety of purposes, including physical activities such as weight training, weightlifting, weightlifting, running and even air.

Differences of wet vests

There are many differences in the type of weighted vest that is available, and choosing the right one can affect your training:

Light weight vests: These vests are lighter in weight and are lighter in weight. They are ideal for progressive training where you can gradually increase the weight over time.

Static Weighted Vests: These vests are lightweight and bulky, but they are lightweight. They are perfect for beginners or those looking for a simple, hassle-free experience.

Weighted Hiking Vests: Designed specifically for hiking, these vests are lightweight and focus on durability.

High-performance vests: These vests are perfect for athletes, such as CrossFit enthusiasts, who want to add a high-performance workout to their workouts.

Add a weighted vest to your exerciser

Depending on your fitness goals, there are several ways to add a weighted vest to your fitness routine:

Strength training: Wear a weighted vest to increase your bodyweight when performing exercises such as jumping, squatting, or jumping. Vests can add protection while not carrying heavy objects, keeping your arms warm and ensuring good balance and posture.

Cardio: Use a weighted vest to increase your energy levels during activities like running or walking. Having a deep breath increases the amount of energy your body produces and makes your heart work harder.

Physical exercises: For heavy weightlifters, exercises such as pull-ups or dips add weight to the

weighted vest, thus increasing the risk of injury.

CrossFit: Enthusiasts of crossfit, MURP, and other activities frequently work out in weighted clothing. Look for a CrossFit weighted vest that can provide good balance, flexibility, and comfort during your workouts.

Choosing the Right Weighted Vest for Your Fitness Plan

Here are some factors to consider when choosing a weighted vest:

Comfort: Ensure the vest fits snugly without restricting movement. Adjustable straps can help you achieve a customized fit.

Durability: Look for high-quality materials like reinforced stitching, moisture-wicking fabrics, and rust-resistant weights.

Weight Capacity: Beginners might start with a lighter vest (5-10 pounds) while more advanced users may want options that go up to 40 pounds or more.

Purpose: Consider whether you'll primarily use the vest for cardio, strength training, or CrossFit. Specialized vests cater to specific activities.

Conclusion

A weighted workout vest can be a game-changer for anyone looking to maximize their workout results. By adding resistance, you'll boost muscle strength, endurance, and cardiovascular health, while burning more calories in the process. Start with a vest that suits your fitness level and gradually increase the intensity as your body adapts.

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Off the Page is On the Verge

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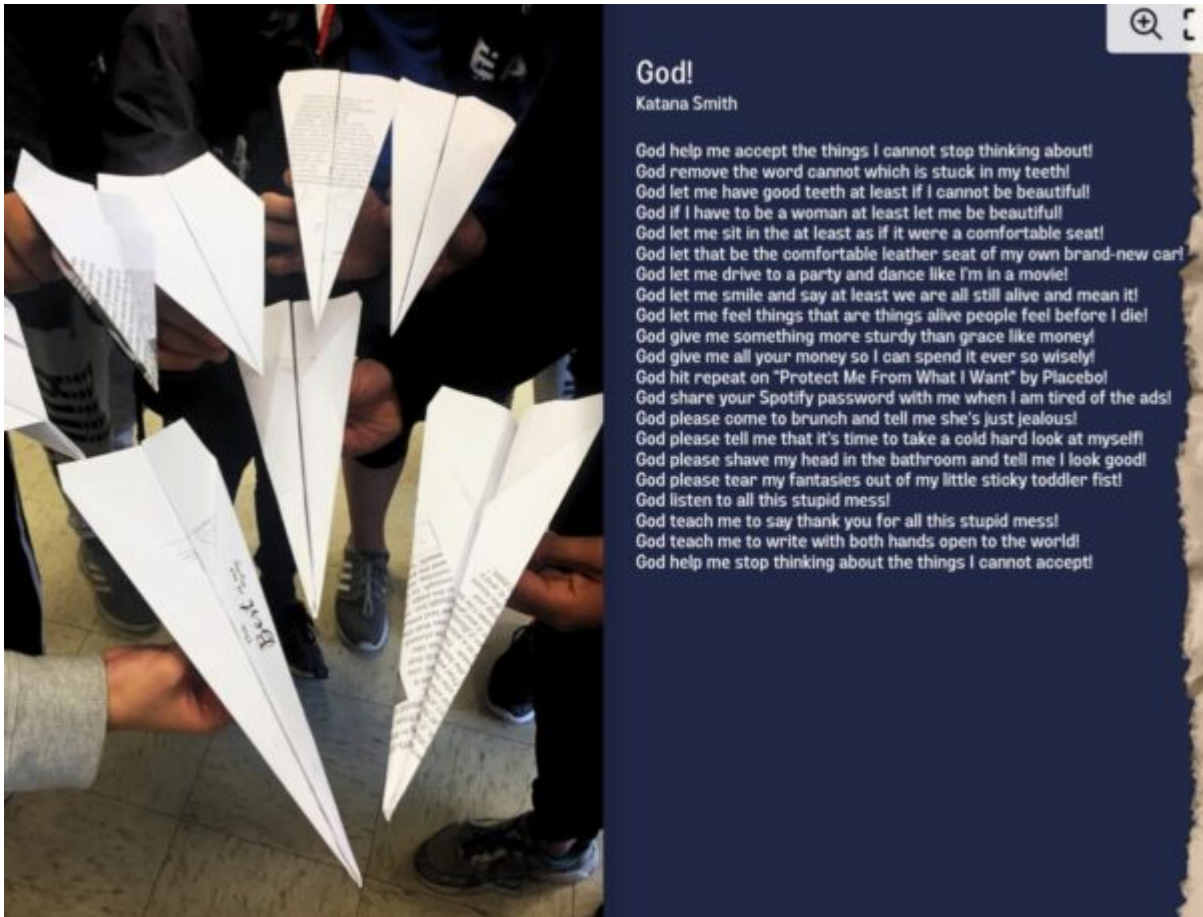
We love poetry at Cultural Daily, especially when it aims to engage the public in non-traditional ways.

Off the Page is a Chicago-based project curated and edited by Madeline McConico and Sarah Peecher. It's an ambitious project that begins with a literary magazine, continues with artist collaborations, and culminates with an exhibition.

From their mission statement:

Off the Page aims to foster community among artists and poets while broadening the public’s understanding of poetry. This collaborative project prioritizes those who have been previously marginalized and silenced in social, political, and artistic spaces. We believe that all art forms should be a microphone to amplify social change. Our curatorial vision celebrates, mourns alongside, and envisions the future with new and established poets and artists. We believe in the power of poetry and collaboration to foster healing and facilitate change.

Issue 1.5 is called “On the Verge.” Here is a sample spread from the zine:



Off the Page: On the Verge. Issue 1.5

Issue 2, called “Bodies Luminous,” will feature the award-winning [Diamond Forde](#) as the guiding poet who will prompt fellow writers to express their relationship to their bodies.

It’s exciting to see projects like Off the Page that aims to do exactly what its name says—to take poetry away from stagnating on a page, to inspire artists and writers to use poetry to bring communities to life.

It returns this October to St Luke’s Lutheran Church of Logan Square in Chicago, IL.

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(Featured image used by permission from Off the Page)

Why Need an Automatic Gate Opener? – Improve Safety and Convenience

Our Friends · Tuesday, September 10th, 2024

With the continuous advancement of smart home and automation technology, automatic gate openers have become an indispensable part of modern life. From family homes to commercial places, automatic gate openers provide people with great convenience and security. Not only that, with the development of the Internet of Things, the intelligent functions of automatic gate openers are also constantly improving, and products such as gate openers, gate opener apps, and swing gate openers are becoming popular. So, why do you need to install an automatic gate opener? This article will analyze it in detail for you.

1. Always keep the door closed to improve safety

A major advantage of **automatic gate openers** is that they can always ensure that the door is automatically closed at the right time. In particular, gate openers with intelligent control, such as gate opener apps, can be remotely monitored and controlled through mobile phone applications. Even if the user is not at home or at work, you can always check whether the door is closed and close it remotely when necessary.

This function greatly improves the safety of homes and commercial places, preventing the potential safety hazards caused by forgetting to close the door. In addition, modern automatic gate openers can also be equipped with a timed closing function to prevent the door from being kept open for a long time, further ensuring property safety.

2. Extend the life of the door and reduce noise

Since the automatic door opener can control the speed at which the door opens and closes, it helps reduce wear and tear on the door and extend the life of the door. Compared with manual doors, automatic doors open and close more smoothly, reducing damage caused by improper use or forced closing. In addition, automatic door openers are usually very quiet in operation, providing a low-noise environment for living or working.

Devices such as swing gate openers are particularly good in this regard because they use a smooth rotation to open and close without the violent banging sound of traditional doors.

3. Energy saving and environmental

The contribution of automatic door openers to energy saving and environmental protection cannot be ignored. In commercial places, especially in shopping malls or office buildings, automatic doors can automatically control the opening and closing of doors according to the entry and exit of people through sensing technology. This can prevent energy waste caused by forgetting to close the door, such as the loss of air conditioning or heating.

The energy-saving effect of automatic doors is particularly significant in cold or hot weather. By reducing the loss of air conditioning or heating, automatic doors can help places save electricity costs while reducing carbon emissions and responding to the call for environmental protection.

4. Improve convenience, especially for people with limited mobility

Automatic door openers are a great convenience in life for the elderly, disabled people or people who carry heavy objects. Instead of pushing and pulling the door with great effort, they only need to approach the sensor or gently press the button, and the door will open or close automatically. This convenience not only improves traffic efficiency, but also significantly improves the quality of life of these people.

Using the gate opener or the matching gate opener app, users can remotely control the opening and closing of the door through their mobile phones, further increasing convenience. This intelligent operation is especially suitable for people with limited mobility, reducing their dependence on physical labor.

5. Enhance sanitation and reduce the spread of germs

Automatic door openers are particularly useful in places such as hospitals and laboratories where the spread of germs needs to be strictly controlled. Automatic doors can reduce people's contact with door handles, thereby reducing the risk of cross-infection. In addition, some automatic doors also have antibacterial surface treatment, which further improves hygiene standards.

Even at home, automatic doors can effectively reduce the frequency of people touching door handles. Especially during the epidemic, automation equipment can effectively reduce the risk of germ transmission in the home.

6. Enhance the image of the place and show the modern style

Automatic doors are often regarded as a symbol of modernization and high technology. They can enhance the overall image of the place. In commercial places, such as hotels, shopping malls or office buildings, automatic doors not only provide convenience, but also leave a deep first impression on customers, and enhance the professionalism and high-end feeling of the place.

Installing a modern swing gate opener can bring a higher sense of grade to the home or shopping mall, while its smooth operation and noiseless characteristics also provide users with a comfortable experience.

7. Intelligent management, real-time monitoring and remote operation

Today's automatic door opener system has intelligent functions. Through the gate opener app, users can monitor the operation status of the door in real time. This intelligent management method not only allows users to understand the opening and closing of the door at any time, but also conducts data analysis, fault warning, etc., which helps to find problems in time and solve them quickly.

For example, the products of the Zumi brand are equipped with a remote operation function. Users

can easily control the opening and closing of the door through their mobile phones, which greatly facilitates management personnel and reduces maintenance costs.

Potential disadvantages of automatic door openers

Although automatic door openers have many advantages, they also have some potential disadvantages. First, the cost of installing and purchasing automatic gate openers is relatively high, especially for high-end brands. Second, automatic doors are complex to maintain and may require regular maintenance by professionals. In addition, automatic doors rely on electricity to operate, and if there is a power outage, it may cause the door to not function properly. Although most products are equipped with backup batteries, this is still a potential problem.

However, brands like **Zumi** provide cost-effective products at a relatively low price, and support remote operation through the gate opener app, which makes up for some of the shortcomings.

Conclusion

Automatic gate openers have brought many conveniences to modern life. Whether in home or commercial places, installing automatic gate openers can improve safety, convenience and venue image. Although there are certain costs and maintenance requirements, with the advancement of technology and the reduction of prices, brand products such as Zumi are becoming more and more popular with consumers. If you are considering improving the quality of life or improving the working environment, automatic gate openers are definitely a worthy investment.

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Large Tricycles: A Perfect Balance of Stability and Versatility for Adults

Our Friends · Tuesday, September 10th, 2024

Large tricycles, often referred to as adult trikes or three-wheeled bicycles, offer a fantastic alternative to traditional two-wheeled bikes. With a focus on balance, comfort, and versatility, large tricycles have become a favorite among adults of all ages. Whether for recreational use, commuting, or even exercise, these bikes cater to a wide range of needs. In this post, we'll explore the key benefits of large tricycles, who can benefit from them, and why they are growing in popularity.

What Are Large Tricycles?

A large tricycle is a three-wheeled bike designed specifically for adults. Unlike children's trikes, adult tricycles are built with a larger frame and wheels, offering increased stability, comfort, and

support. These bikes are often equipped with features like wide seats, large baskets, and low-step frames, making them easy to ride for people of all fitness levels. Some models even come with electric motors, turning them into **electric trike bikes** for an even smoother ride.

Key Benefits of Large Tricycles

1. **Enhanced Stability:** One of the most significant benefits of a three-wheeled bicycle is its inherent stability. Riders don't need to worry about balancing on two wheels, making it easier for adults with balance concerns or physical limitations. Whether navigating city streets or leisurely cycling through the park, the stability of a large tricycle ensures a safer and more enjoyable ride.
2. **Comfortable Riding Experience:** Large tricycles are designed for comfort. The seats are typically wider and more cushioned than those found on regular bikes, reducing pressure on the lower back and hips. Additionally, the upright seating position allows riders to maintain good posture, which is crucial for adults who may experience discomfort on traditional bicycles.
3. **Versatility for Different Uses:** From daily commuting to recreational rides, large tricycles serve multiple purposes. They come with spacious baskets, allowing riders to transport groceries, picnic supplies, or even pets. For adults who enjoy exploring new areas or running errands, the storage capacity is a significant advantage.
4. **Low Impact Exercise:** Riding a three-wheeled bicycle provides an excellent form of low-impact exercise. It helps strengthen the legs and core muscles while being gentle on the joints, making it suitable for individuals recovering from injury or those with arthritis. Regular cycling on a tricycle can improve cardiovascular health and enhance overall fitness.
5. **Perfect for All Ages:** Although often associated with seniors, large tricycles are ideal for adults of all ages. Younger riders appreciate the convenience and storage options, while older adults benefit from the enhanced safety features. The trike's adaptability ensures it can be enjoyed by people with varying fitness levels and riding experience.

Why Choose a Large Tricycle Over a Traditional Bike?

- **Safer for Beginners:** For adults who are new to cycling or haven't ridden in years, a large tricycle offers a safe way to get back into the habit. The three-wheeled design removes the learning curve associated with balancing, allowing beginners to focus on building confidence and enjoying their ride.
- **Mobility Support:** Many adults who face mobility challenges, whether due to injury, age, or physical limitations, find that a large tricycle allows them to stay active. Unlike a traditional bike, a tricycle is more forgiving and provides more support for individuals who may struggle with the demands of a two-wheeled bicycle.
- **Increased Cargo Capacity:** Traditional bikes often fall short when it comes to carrying cargo, but **large tricycles** come equipped with large baskets that can handle significant loads. Whether you're hauling groceries or transporting goods for work, the added storage capacity makes tricycles more practical for daily use.

Conclusion: The Appeal of Large Tricycles for Adults

For adults seeking a stable, comfortable, and versatile mode of transportation, large tricycles are an excellent choice. Their balance and convenience make them perfect for everyday commuting, running errands, or simply enjoying a relaxing ride in the park. Whether you're a young adult looking for a practical way to get around or a senior seeking a safe and comfortable cycling experience, large tricycles offer a host of benefits that traditional bicycles simply can't match.

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Maximizing Your Reach: Leveraging Spotify Editorial Playlists for More Streams

Our Friends · Tuesday, September 10th, 2024

When it comes to indie music artists breaking into the music scene, it can really be hard these days. So many new songs hit Spotify every day. Numbers show up to 100,000 tracks being uploaded daily. In that kind of environment, it's really tough for indie artists to get noticed. But here's a cool trick: being featured on popular Spotify playlists.

I remember when making a playlist meant burning a CD or making a mixtape. Now it's this whole different game. Playlists aren't just random song lists anymore; they're like carefully designed soundtracks for our lives.

It's kinda crazy to think about, but playlists pretty much control what most people hear now. They shape the trends, make or break new artists, and even influence how music gets made.

I've got playlists for everything—working out, chilling with friends, long drives. It's like having a personal DJ for every mood or situation. I am pretty sure you can actually find a playlist for literally anything. Studying for exams? There's a playlist. Breakup blues? Yep, got that covered, too. A playlist that Jacob Anderson used to get into the character of Louis de Pointe du Lac? Got two of them, actually!

Knowing this, it's easy to conclude that playlists could really be very useful for artists. Especially playlists like Spotify editorial playlists. Spotify's own music experts put them together. If you get on one, your song could really take off. It's a great way to get more streams and fans.

Spotify editorial playlists are super important for finding new music and helping artists grow. I'll show you how to get featured on Spotify playlists. We'll talk about what they are, how to pitch your music, and what to do if you make it.

What Are Editorial Playlists on Spotify?

So, what are Spotify editorial playlists? They're song collections made by Spotify's music team. They show off the best tunes in different styles and moods.

Getting on these playlists can change everything. You'll get way more streams and new listeners. Your song might even go viral! Especially for indie artists—it's a huge opportunity.

Popular editorial playlists like "New Music Friday" or "RapCaviar" have tons of followers. If

you're on one, you're in the big leagues. It's not easy, but it's worth trying. The benefits of Spotify editorial playlists for music promotion are undeniable.

Understanding the Playlist Ecosystem

Before we jump into strategy, let's talk about the different types of Spotify playlists you'll run into:

- **Spotify Editorial Playlists:** These are the holy grail, curated by Spotify's own team. If you land on one of these, you're looking at a serious boost in listeners.
- **User-Generated Playlists:** Don't sleep on these! Regular Spotify users create them, and if they blow up, they can be a goldmine for exposure.
- **Branded Playlists:** Think of these as playlists with a corporate twist. They might not pack the punch of editorial lists, but they can open some interesting doors for promo.

Preparing Your Music for Submission

Before you send your music to playlist makers, make sure it's really good. Your songs need to sound great. Get them professionally made if you can. They should be as good as other top songs.

Don't forget the small stuff. Get your song info right. This helps playlist people find your music. Also, make a cool cover picture. A great image can make people want to listen.

Think of it like this: Good song info is like a neat desk. It makes things easier for playlist makers. And a cool cover picture? That's what makes them want to press play.

Remember, every little bit helps. Make your music the best it can be before you share it. You never know who might hear it!

Strategies for Getting Featured

So, you want to land on a Spotify editorial playlist? It's not just about luck—you've gotta have a game plan.

Make the Most of Your Spotify Artist Profile

First things first, **jazz up that Spotify artist profile**. Think of it as your music resume—keep it fresh, throw in some amazing photos, and link up your socials. Trust me, a slick profile tells curators you mean business.

Submit Your Track to Spotify Playlist Editors

Now, here's where the magic happens—Spotify for Artists. This tool is your ticket to pitching directly to the editorial team. Let me walk you through it the way Spotify editors prefer:

1. Log in to **Spotify for Artists**. This is the home base for all things playlist pitching.
2. Got new tunes? Hit up the "PITCH FROM NEXT RELEASE" button on your Home tab. Or, if you're on the web, check out the Music tab under "Upcoming."

Pro tip: the more info you give them, the better your chances.

1. Time to submit! Get your track in at least a week before release. Remember, it's one song at a

time, and it's gotta be a new release—no compilations or features.

While Waiting, Know This

Wanna tweak your pitch? You can, right up until release day. But heads up, there's no guarantee they'll catch those last-minute changes.

If you can, pin that pitched song to your "This Is" playlist. It's a great way to highlight your new track, especially in those crucial first four weeks.

After your song drops, keep an eye on that Playlists tab in Spotify for Artists. They'll shoot you an email if you make the cut. But don't sweat it if you don't hear back right away—sometimes it takes a while to get noticed.

Oh, and don't forget the power of networking. Hit up those industry events, chat with influencers, and team up with other artists. The more connections you make, the better your chances of landing those sweet playlist spots.

Here's the thing about playlists—they're always changing. Some get updated weekly, others daily. So, if you snag a spot, it might not be forever. The key is to time it right and make sure your tunes fit the vibe of the playlist you're aiming for.

Promoting After Placement

Nice job getting on a playlist! But don't stop there. Check out your stats on Spotify for Artists. Look at your streams and who's listening. See how long people play your songs and how many save them. This stuff tells you what's working.

If one type of song does well, maybe make more like that. Use what you learn to get better. It's all about finding the right fans.

Making friends with playlist makers is smart. They get tons of messages, so make yours stand out. Be nice and show why your music is special. Don't send the same message to everyone. That's a quick way to get ignored.

Spotify's great, but don't forget other music apps. Try Apple Music, Amazon Music, and YouTube too. Put some songs only on one app to get people talking. Then use that to get more Spotify fans.

Playlists are always changing. Now there are super specific ones and ones that mix genres. It's a cool way to find fans who really like your style.

Remember, it's all about getting your music out there. Keep trying new things and see what works for you!

Conclusion

Spotify editorial playlists are super important for artists. They can really help you get more fans.

First, you gotta make sure your music is really good. Then you need to fix up your Spotify profile and properly follow all the steps that will make pitching your music to Spotify editors a successful journey. If you do get on a playlist, tell everyone! I mean everyone, because the work of promoting

your music has only begun!

Oh, and if you figure out any good tricks or success stories, share them! We're all in this together. Music's tough enough as it is. Might as well help each other out. Good luck!

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Yves Saint Laurent at OCMA

Elisa Leonelli · Monday, September 9th, 2024



I finally drove to Costa Mesa to visit [OCMA](#), the new Orange County Museum of Art that opened in October 2022. The building designed by Morphosis is “filled with light and a seamless connection between the indoors and the outdoors.” Admission to OCMA is free, but you have to make a reservation. Director Heidi Zuckerman stated: “Access to art is a basic human right, not a privilege.”

You may read article and watch video [The New OCMA](#) by Rick Meghiddo in this publication.



I explored the exhibit *Yves Saint Laurent: Line and Expression* on view from July 3 to October 27, with an extensive display of gowns and drawings by the renown French fashion designer. I don't know much about fashion so I quote OCMA's press release.



“Yves Saint Laurent’s creations are recognizable by their lively, dynamic lines, which he emphasized masterfully through his use of black. From collection to collection, the couturier showed how much he was also a colorist. Passionate about the arts, and in particular painting, his palette of natural and exotic hues would encompass Goya pink, Picasso red and Chagall blue. Certain color combinations, which others would consider incongruent, became a signature in the hands of Saint Laurent: green against blue, orange alongside pink.”



However I am interested in learning about [Yves Saint Laurent](#)'s life, so I did some research. I was helped by two television series that I watched this year.



The New Look, largely set in World War II Paris during the Nazi occupation, investigates the personal lives and careers of **Christian Dior** (Ben Mendelsohn) and **Coco Chanel** (Juliette Binoche). Many other prominent figures of the fashion world are featured, including a brief appearance by Yves Saint Laurent, when he is hired by Dior as his assistant in 1955 at the age of 18. He would become artistic director of the House of Dior in 1957 after the sudden death of Dior of a heart attack at age 52.



Yves Saint Laurent at OCMA. Costa Mesa, California. August 18, 2024

In *Becoming Karl Lagerfeld*, a French series starring Daniel Brühl as German fashion designer Lagerfeld, covering the years 1972 to 1983, Saint Laurent plays a prominent role, as the two rival designers share the love of one young gigolò, Jacques de Bascher. You may read about their love triangle in this [TIME magazine article](#).



Born in Oran, Algeria in 1936, Yves Saint Laurent would return to North Africa, to Marrakesh, Morocco, to create the designs for four collections a year, Spring-Summer and Fall-Winter for both [haute couture](#) and [ready-to-wear](#), after founding his own label in 1962 and opening his Prêt-à-Porter house YSL in 1967.



As an [article](#) in AramcoWorld magazine states, Saint Laurent “found design ideas on the streets. Rich embroidery, colored threads and other North African influences abounded in his collections.”



He was inspired by local capes and robes, cloaks and scarfs, tunics and caftans. “But it was Marrakesh’s saturated colors—sunset pinks and ochre reds, sunflower yellows, indigo blues—on mosaics, paintworks and walls, in gardens and on traditional garments that made the biggest impact.”



Also displayed in the OCMA exhibit is a series of poster size greeting cards that Saint Laurent drew starting in 1970 until 2007 and sent to his family, friends, collaborators and clients to celebrate the New Year. They all feature the word LOVE and are “tributes to Georges Braque, Jean Cocteau, Andy Warhol and Henri Matisse.”



Satisfied with my exploration, I capped my OCMA visit with a lunch at [Verdant](#), their spacious café on the top floor, where I enjoyed an Avocado Toast.

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5 Clever Tips to Manage Your Business Finances Like a Pro

Our Friends · Monday, September 9th, 2024

Properly managed business finances are the cornerstone of a business to ensure smooth operation and effective decision-making. However, managing business finances is always challenging for business owners, regardless of the scale they are operating. Minor neglect in the process can result in a major penalty or trouble.

That's why it becomes crucial for businesses to avoid overlooking their business finances and

embrace advanced methods to manage them more professionally. To help you get started with the process, here are 5 clever tips that you can consider in this blog:

1. Separate Business Finances and Personal Finances

Many new and old small business owners often combine their personal finance with business expenses. This can lead to several complications that can impact the tax regulations imposed on your business.

To manage all the business-related expenses and have a record of the deductions, the best you can do is create a business account for all the business-related transactions. This way, you can save yourself from headaches and have better access to tracking finances.

2. Plan and Pay Your Business Taxes

Every business is obliged to pay taxes, and missing out on this can impact your business's reputation and revenue. That is why you have to be more mindful of the taxes and tax codes that comply with your business and industry.

For example, if you're operating your business in Melbourne, you can consider taking help from an **experienced tax advisor in Melbourne** to manage the taxes like a pro. This way, you will have peace of mind as you will be all prepared to file your taxes on time.

3. Don't Be Afraid Of Loans

Many business owners think taking loans can lead to stressful financial failure most of the time. However, with an influx of capital from the loan, you can avoid challenges in managing your business, paying employees and suppliers, and growing your operations.

By **taking out a loan**, you can boost your cash flow and face fewer issues when paying your suppliers and employees. Other than this, you can find loans that come with specific terms and rates, which you can easily accommodate as a small business owner.

4. Keep Good Business Credit

As you want to grow your business, and better manage your business finances, the expansion will require some commercial real estate, equipment, and additional policy purposes. But you won't be able to **make purchases** if the credit isn't looking good.

That is why the expert recommends that business owners don't run their credit balance for more than a few weeks. Otherwise, don't buy loans with interest rates that you are unable to afford.

Only get the funding for your business that you can afford to save more money.

5. Focus On ROI and Expenditure

It is important for you to get a clear image of your expenditure and ROI so you can represent your business well for merger and acquisition opportunities. Other than this, you will better understand which investment will help you reach your goals and which isn't worth your efforts.

So, take your time and start calculating the expenditure of the ROI that you are receiving.

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Tusk Casino Celebrates Trace's R2.3 Million Jackpot Victory

Our Friends · Monday, September 9th, 2024

JOHANNESBURG, South Africa, 2024 — Tusk Casino proudly announces another thrilling win for one of its players, Trace, who secured an impressive R2.3 Million on the **Secrets of Cleopatra slot**, crafted by PG Soft. This notable win is proof of the exciting potential of Tusk Casino, supported by www.SouthAfricanCasinos.co.za, the leading online gambling guide for South African players.

Trace's Winning Moment at Tusk Casino

Trace's victory highlights the engaging and lucrative nature of Tusk Casino's extensive game selection. Secrets of Cleopatra, renowned for its captivating gameplay, proved to be a game-changer for Trace. His winning journey began with SouthAfricanCasinos.co.za, South Africa's top portal for [mobile casinos](#) and gambling insights, which has consistently guided players to secure and enjoyable online gambling experiences since 2003.

SouthAfricanCasinos.co.za: Gateway to Winning Opportunities

As a premier guide for **South African online casinos** enthusiasts, SouthAfricanCasinos.co.za has earned the trust of countless players. Trace, after his significant win, commented, "Coming across Tusk Casino thanks to SouthAfricanCasinos.co.za was a turning point." His experience mirrors that of many others who have benefited from the platform's professional advice and well-researched recommendations.

About Tusk Casino

With its sophisticated design and user-friendly interface, Tusk Casino features an extraordinary collection of over 3000 **online slot games** from renowned developers worldwide. This online casino is dedicated to offering an outstanding gaming experience, highlighted by its impressive **free no deposit casino bonus** offerings and extensive game variety. Licensed by the Government of Curacao, Tusk Casino promises a safe, engaging, and highly rewarding online gaming environment for all South African players.

A Bright Future for Online Gambling in South Africa

Thanks to the support from SouthAfricanCasinos.co.za, Tusk Casino reaffirms its position as a leading venue for safe and exciting online gaming. This partnership provides players with the most

up-to-date information and prime gambling opportunities, ensuring a secure and enjoyable experience for all participants.

About SouthAfricanCasinos.co.za

SouthAfricanCasinos.co.za, South Africa's largest and most reputable [online casinos south africa](#) and gambling guide has been offering top-notch casino recommendations and detailed gambling insights for ZAR casino players since 2003. It remains a vital resource for players looking for secure, high-quality, and rewarding online gambling experiences.

Trace's impressive win not only transforms his life but also underscores the exciting possibilities available through SouthAfricanCasinos.co.za and Tusk Casino, marking a significant moment in the South African online gambling landscape.

We also recommend you to [springbok casino](#) and [europa casino](#) as they also offer high level of jackpot winning. Many players have been winning at both these casinos. Southafricancasinos.co.za also offer exclusive bonuses, promotions, Games etc. Stay tuned and keep playing.

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How to Select a Perfect Online Casino to Play At

Our Friends · Monday, September 9th, 2024

The online casino industry is packed with options making it hard for players to choose where to gamble. Your experience can vary a lot depending on which online casino you pick. This article lists factors that show an online casino's quality and how much fun you're likely to have.

Game Selection

The number of games in an online casino is another important factor that one has to consider. Most of the online casinos, including [jackpot city](#), will offer you different varieties of games to play such as slots, blackjack, roulette, poker and live dealer games. Make sure that the Casino of your choice has your preference or the type of games you want to try. There are casinos that have a focus on certain games and these include live dealer casinos and slot casinos among others so make sure that the casino of your choice has your preferred type of game. The size of the game library is also a really good indicator of the casino's focus on attracting as many players as possible, which is evidence of a more professional and trusty platform and it is worth checking if the casino has often-rotated games in the library so that those who have played before won't get bored.

Licensing and Regulation of Online Casino Action

When it comes to selecting an online casino, the first thing that should come to your mind is to check whether the casino is licensed or not. Real money casino sites are regulated and approved by the Malta Gaming Authority, the UK Gambling Commission or the Gibraltar Regulatory Authority. It also means that when a casino is licensed, it is regulated and controlled to follow the right standards of fairness, security and responsible gaming. As a rule, every casino has licensing information at the bottom of the page or in the 'About Us' section. A licensed casino is also bound to be audited and examined from time to time so that it adheres to the best standards. Also, casinos that are licensed by reputable authorities are likely to offer much better solutions to players' complaints thus enhancing the safety of players.

Payments and Withdrawal Time

The types of payment methods that are available are among the most important factors that determine the suitability of an online casino. The top online casinos such as jackpot city have very many payment options, including credit and debit card payments, e-wallets, bank transfers and even cryptos. Also, look for the withdrawal speeds and make sure the casino has a really clear policy towards the payout's time. It is crucial to know that fast and secure transactions are crucial in the gambling process so that the casino accepts your preferred payment method with a fast processing time. Further, check out any charges linked with deposits and withdrawals as these can be quite different across different casinos. By learning these things you will be able to steer clear of hidden charges and be able to claim your winnings when you want them.

Casino Bonuses and Promotions

It is therefore important to note that when playing with bonuses and promotions, you get to enjoy more value. It is recommended to play in casinos that have high welcome bonuses, no deposit bonuses, free spins and other promotions for players. But it is important to take some time to go through the terms and conditions of these bonuses such as the wagering conditions that need to be met so as to get the bonus. As is known, casinos with the most favorable bonus conditions and with clear requirements are preferable. Look for special offers and deals which are usually available at certain times of the year to give you more for your money. It also has to be checked if the casino has a VIP or loyalty program for the regular customers that gives them some benefits.

Security

It is a really good idea to check if the casino is using a high level of encryption such as [SSL](#) to protect the transfer of data. Jackpot city casino, for example, does implement SSL technology and therefore sets a really good standard for other online casinos in the industry. Also, ensure that the games have been tested by independent agencies such as eCOGRA or iTech Labs, which prove that the games are very fair and the outcomes are not rigged, a very vital step as a favorable gaming experience will only be possible in a secure and fair platform. It is also really wise to look for other logos or certifications that may be present in the platform, which are evidence of the casino's true commitment to protecting its players.

Customer Service From An Online Casino

Great customer service plays a key role to meet customer needs and solve their problems. Before you choose an online casino, try to get in touch with their support team through live chat, email, or phone. Top casinos offer round-the-clock support, with staff who know their stuff and can help you out. This helps fix any issues making your time there more fun. Also, check if the casino has a

detailed FAQ section. This helps both you and the support team, as it answers most common questions other players have already asked. So solid customer support is another sign of a good online casino that cares about its players.

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White Tea Wonders: Benefits and How to Brew Loose Leaf White Tea

Our Friends · Saturday, September 7th, 2024

When it comes to tea, most people may immediately think of green or black tea. However, there's another type of tea that shouldn't be overlooked: white tea. Known for its delicate flavor and numerous health benefits, it is gaining popularity among tea enthusiasts worldwide. In this post, we will explore the wonders of this delightful tea, highlighting its benefits and providing a simple guide on how to brew [premium loose leaf white tea](#).

Understanding White Tea:

This tea comes from the same plant as green and black teas, *Camellia sinensis*. What sets it apart is its minimal processing. The leaves are harvested while still in their young buds and covered with fine silver-white hairs, which give these teas their distinctive appearance. Once plucked, the leaves are gently dried, preserving their natural antioxidants, polyphenols, and phytonutrients.

Health Benefits of White Tea:

1. **Rich in Antioxidants:** It is packed with antioxidants that help protect our bodies against free radicals—unstable molecules responsible for oxidative stress and various health issues like heart disease, cancer, and premature aging.
2. **Boosts Immunity:** The abundance of antioxidants found in it supports a healthy immune system. Regular consumption of [loose leaf white tea](#) can help enhance immunity and fight off common diseases like colds and flu.
3. **Promotes Healthy Skin:** The high antioxidant content in white tea promotes healthier skin by reducing inflammation and protecting against UV damage caused by harmful sun rays. It aids in maintaining youthful-looking skin by preventing premature wrinkles and sagging.
4. **Aids Weight Loss:** For those looking to shed a few pounds or maintain a healthy weight, incorporating it into their routine might be beneficial. The catechins found in [loose leaf white tea](#) help ramp up metabolism rates and promote fat burning naturally.
5. **Supports Cardiovascular Health:** Studies suggest that it might help reduce bad cholesterol levels and lower blood pressure, consequently reducing the risk of heart disease. Regular

consumption of **loose leaf white tea**, coupled with a healthy lifestyle, can contribute to better overall cardiovascular health.

Brewing Loose Leaf White Tea:

Now that we've highlighted the many benefits of it let's turn our attention to brewing techniques. Unlike bags, **loose leaf white tea** allows for a more flavorful and authentic cup of tea.

1. **Choose Quality:** To enjoy the true wonders of white tea, start by acquiring good-quality **loose leaf white tea** varieties. Look for reputable sellers who source their teas directly from trusted growers.
2. **Prepare Your Water:** Using fresh, filtered water is crucial for brewing any type of tea. The water quality greatly affects the taste of your final cup. Heat the water to about 175°F (80°C) – this is the optimal temperature to release the delicate flavors and nutrients in the leaves.
3. **Measure Properly:** For every 6-ounce (180ml) cup of water, measure about one teaspoon (2g) of **loose leaf white tea**. Adjust the quantity according to your taste preference or recommended measurement as instructed on the packaging.
4. **Steep Mindfully:** Place the measured **loose leaf white tea** in a teapot or infuser and pour hot water over it. Let it steep for 2-5 minutes. Remember that prolonged steeping can result in a bitter flavor, so adjust the steeping time according to your preference.
5. **Savor Your Brew:** Once ready, gently strain or remove the infuser from your teapot and pour yourself a cup of aromatic goodness! Feel free to drink it plain or add honey or lemon if desired.

Benefits of Loose Leaf White Tea

1. Reducing the Risk of Cancer:

Studies suggest that white tea may have cancer-fighting properties due to its high content of antioxidants. These antioxidants help neutralize free radicals and reduce oxidative stress, which can contribute to the development and progression of cancer cells. While more research is needed, incorporating it into your daily routine can be a beneficial step toward reducing the risk of certain types of cancers.

1. Improving Oral Health:

White tea has been found to possess antimicrobial properties that can help control the growth of bacteria in the mouth. This makes it a potential ally in promoting good oral health and preventing issues like tooth decay, gum disease, and bad breath. Incorporating it into your oral hygiene routine by enjoying it after meals or diluted as a gargle may provide additional protective benefits for your teeth and gums.

Wrap Up

White tea is undoubtedly an excellent choice for those seeking a gentle yet flavorful beverage with a myriad of health benefits. By understanding its advantages and mastering proper brewing techniques for various varieties, you can fully enjoy the wonderful world of this fine tea. So, why not add **some loose leaf** to your teacup and give yourself a tranquil and healthy treat? Cheers to a marvelous tea experience with white tea wonders.

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Dancing With Greeks and Others

Ann Haskins · Friday, September 6th, 2024

Each summer, the Getty Villa hosts a live theatrical production of a Greek tragedy or comedy. Sometimes it is a classical rendition, sometimes a contemporary reconsideration, and sometimes a comedic deconstruction. These late summer presentations are live in the Villa's acoustically amazing outdoor amphitheater, just as Greek plays originally were presented.

For September 2024, the Getty Villa takes a new tack. Instead of an existing Greek play, the selection is the Classical Theatre of Harlem's *Memnon*, a new play about a Trojan War hero few have heard of, but one overdue for recognition.

And no, *Memnon* is not a nickname for *Agamemnon*, a much better known and completely different fellow in the Trojan War. (Cliff notes version: "Agamemnon" is the head of the army his brother King Menelaus sends to retrieve his wife Helen after she is abducted to Troy. "Memnon" is an Ethiopian King who comes to the aid of Troy and does battle with Achilles).

Ralph Flores, the Getty's Senior Program Specialist/Theater, helped navigate CTH's long and winding road to the Getty. Written by Will Power and directed by Carl Cofield, the artistic team for *Memnon* includes choreographer Tiffany Rea-Fisher, artistic director of the modern dance company EMERGE125. She also brought three of her company dancers who appear in *Memnon*.



Dancers Katherine (Kat) Files, Jenna Kulacz, and Holly Hwang Belshaw. Seated: Jesse J, Perez and Daniel José Molina,
Photo by Craig Schwartz Photography

Recently LA Dance Chronicle's Ann Haskins spoke with Flores and Rea-Fisher about the play's Odyssean journey from New York to Malibu, the role choreography plays in this world premiere, and the unusual relationship between a CTH and a concert dance company.

LADC: I understand it took five years for *Memnon* to come to the Getty Villa's MainStage.

Ralph Flores: I was in New York for business in 2019 with one extra day. I was looking for something to see, when I read in the New York Times about a production of the *Bacchae* at the

classical Theater of Harlem. I called the theater to see if there were any tickets and learned it was an outdoor theater, general seating, no reservation; you just show up. I went and really enjoyed the production, very clever, very creative in the staging. Luckily, the director, Carl Cofield, was there and we started a conversation about maybe collaborating on something.

LADC: Originally, CTH was going to bring *Antigone*, what happened?

Flores: Yes, initially, Carl suggested *Antigone*. We had never done an *Antigone* at the Getty, so it sounded like a great idea. Then two months later, Carl called and says a playwright friend, Will Powers, had come across this Ethiopian character who is pretty significant in the Trojan War, and they would love to have the opportunity to explore creating something based on that character. It sounded amazing, the idea of doing something original, not just restaging or reimagining an existing Greek play. Within two months, a remarkably short time, they had the play.

LADC: Tiffany, how did you get involved with *Memnon*.

Tiffany Rea-Fisher: I have been the resident choreographer for Classical Theatre of Harlem for the last eight years. I was recommended to CTH's producing head, and it was just a match made in heaven. At first, it wasn't formalized. It was "Oh, if you're looking for this, I do have a dance company, so you don't even have to audition dancers. I come with 12 dancers that are highly trained and I have a shorthand with them." And then it really became a thing. *Memnon* is our ninth project together. As the director Carl Cofield puts it, when the opportunity to do a world premiere at the Getty came along, it was a no brainer.

LADC:-How many dancers are involved?

Rea-Fisher: Just three dancers this time. It's a very small cast, yet a juggernaut of talent. There are eight people in total, and three of them are dancers, Kat Files, Jenna Kulacz, and Holly Huang Belshaw. All three are from my company EMERGE125.



Eric Berryman (Memnon), Jesse Corbin (Achilles), Jesse J. Perez (Nestor), Andrea Patterson (Helen).
Photo by Craig Schwartz Photography

LADC: Where does movement and dancing come into play in telling the story of *Memnon*?

Rea-Fisher: I think one of the really brilliant things that CTH does is carve out this beautiful niche that's not a straight play and that's not a musical, but adds music and movement in a way to help push the narrative along. I think when you're doing Greek tragedies or Shakespeare, sometimes you can lose people that are not aficionados. We give an audience multiple access points which can be really helpful.

LADC: Ralph, what happened with the Covid shutdown in March 2020?

Flores: After the early discussions and the quick turnaround on the play's writing, we were planning for *Memnon* to be one of the three indoor theater lab shows we do each year. With Covid, since we could not do live performance, we decided to do a virtual reading of the new play. In October 2022, we screened *Memnon* for our virtual audience. After the strong and very positive reaction to that YouTube reading, we decided rather than the theater lab, *Memnon* belonged on our main stage.

LADC: *Memnon*'s selection as the main stage production has been described as audacious. What is audacious about it?

Flores: It's something that we have never done before—a brand new play, not an existing Greek play, and a world premiere about a character that is known to scholars, but not to the general public. *Memnon* is mentioned in *The Odyssey* and there are references to a trilogy written about

Memnon, but that trilogy has been lost.

This is a mythical, classical figure that very, very few people have any knowledge of. So it's like he was kind of whisked away, washed away, historically. This gives us the opportunity to bring him back, especially as a character from Ethiopia, a black character, who was a significant heroic figure in the Trojan War.



Holly Hwang Belshaw and Daniel José Molina. Photo courtesy of J. Paul Getty Trust

LADC: Tiffany, once *Memnon* was selected for the Getty main stage, were there discussions with the director and playwright on the points where your skills and choreography would come into play?

Rea-Fisher: Because this is a war play, the movement vocabulary that I needed to come up with already had these beautiful parameters of the Trojan War around it. I could create a world and a vocabulary that was specifically for *Memnon*. Both Will the playwright and Carl the director wanted to have a kind of informal Greek chorus. They felt that movement and dancers would be a good way to switch up the characters and the transitions. Sometimes the actors are warriors of Troy, other times Achaeans (Greeks), other times royal servants in a scene with Helen of Troy. So between movement and costumes, the dancers really helped the transitions to tell this story with many different cultures involved in this one story.

LADC: How many cultures?

Rea-Fisher: There are three major cultures. There is Ethiopia, Memnon was the Ethiopian king. There are the Trojans, the city of Troy, which was actually somewhere in what is modern day Turkey. And then we have the Achaeans, and that's the Greeks. So there is a lot of conversation about what it is to be "othered." What "home" really means? What does it feel like when you go somewhere that's actually foreign to you, but it feels more like home, and home feels a little bit more unwelcoming. That kind of push and pull is really beautiful, and it gets told very well

through the story of Memnon.



The cast of Classical Theatre of Harlem's "Memnon." Photo by Craig Schwartz Photography.

LADC: The Getty Theater is a very distinctive venue. What do you think now that you are rehearsing here?

Rea-Fisher: For our purposes, the amphitheater is Grecian in how it presents which really works for this story. When the discussion was about possibly bringing some other story, I don't know that the backdrop would be as perfectly suited as it really is for *Memnon*. It has lent itself in very lovely ways to a sense that you have been transported back a few centuries.

LADC: Have you made any adjustments to your original choreography now that you've been in the space.

Rea-Fisher: Oh my gosh, yes. Mostly little things. Parts of the set move, then have brakes that need to be locked for safety reasons. So we've done this beautiful movement and then it's like, Hold on! Down to the ground, hit this brake, hit that brake, and that one; okay, now back to beautiful movements. I'm trying to find a vocabulary that feels there's a reason to go down to the floor. So it doesn't take us out of the moment. The whole point is for the movement to bring the audience deeper into the piece, not break the momentum. I needed to find movement within the world that I've created that goes down to the floor. And another thing, because we knew about the marble floor, I intentionally avoided any jumps. Marble is just brutal. So now, finding ways to go down to the marble floor multiple times was something I had to grapple with, to make part of the world that we've all created, to get close enough to set the brake, then keep moving.

LADC: You talked about choreography and movement direction. What do you find is the difference between the two?

Rea-Fisher: I think that there is a clear distinction between choreography and movement direction, but I feel comfortable in both places. Choreography requires a certain skill level in dance, where you're doing broad sweeps of movement that is recognizable to the audience as dance. Whereas, each actor through each scene is kind of holding something different in their body. It really is the individual; what's happening in that individual's body to tell the story of happiness or aging or hurting or being royalty. So movement direction is much more pinpointed, specific.

In the world in this play, in particular. I probably worked most with Helen of Troy. She really has quite the range, and the movement challenge was how to bring in that regal element, wearing her woman-ness like her armor and then in this other, wonderful scene where she can actually be a little bit more human. It's just about accessing that element and making sure that within the team that Carl has created, everyone is able to bring their brilliance to the table and access this story through as many ways as possible. My way just happens to be through the body.



Andrea Patterson (Helen), Eric Berryman (Memnon).

Photo by Craig Schwartz Photography

LADC: Tell me about the interplay between your company EMERGE125 and Classical Theatre of Harlem?

Rea-Fisher: I'm very grateful because the collaboration between my dance company and CTH is not a model you see often, but it has really worked brilliantly for us. My dancers know how to give a stellar dance performance. With CTH, they also learn to theatricalize movement which requires understanding how to support, to stand in silence, and to be still. I think doing only my works, they wouldn't get those other elements that theater requires. So I think this is a wonderful learning opportunity for my company members as well.

LADC: EMERGE125 is based in New York?

Rea-Fisher: It was founded in 1981 and I have been the director of the company for eight years. So my time as director of the dance company overlaps my time with CTH. That relationship was what I was looking for, a vision of new audiences. I believe dance in general, needs to get out of our golden palaces and come down and see where are people going. So that's where we need to be.



Tiffany Rea-Fisher. Photo courtesy of the artist

LADC: When you first started doing movement or choreography for the theater company, did you have to adjust how you approached what you were doing to the demands of having a director and a playwright, as opposed to where it is all your choices?

Rea-Fisher: Yes, but I think it was a happy adjustment, because it's a bigger tribe. With my dance company, it's me, as the artistic head it's one idea. I'm coming up with the movement, the music, working with a costume designer. It's all coming from one place, me. To be able to work with a playwright and a director, it expanded my world, and I could just kind of stay in my lane. I didn't have to think about the production of it all. I could just think about the movement. I found it really freeing. I just needed to hit this movement for this scene right here. And I always tell Carl or other directors that I'm working with, let me build something and give you something to react to, and then they can say more of this, less of that. My job is to be in support of the director's vision. It

allows for a lot of play. Some people interpret the story through lights or through sound, I get to interpret it through movement. And that's really special.

With *Memnon*, both Will and Carl are aligned. They are passionate about bringing the classics, Greek tragedy and Shakespeare, into the modern age, into the now, so that people understand why these stories are important. Also, that these stories can be told in different ways, through a myriad of lenses that actually reflect today's values and our society much more than you might think. This particular piece, I think that idea of that itchy, scratchy, uncomfortable feeling, somehow feeling 'othered' in a place that should feel like home and searching for that resolution. Acceptance matters, even if we don't want it to matter, it does.

***Memnon* at the Getty Villa outdoor theater, 17985 Pacific Coast Hwy., Malibu; Thurs.-Sat., Sept. 5 -28, 8 pm, \$45 (Thurs.), \$50 (Fri.), \$55 (Sat.) \$40 students & seniors on Thurs. only. Getty.**

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5 Very Different Ways To Consume THC

Our Friends · Friday, September 6th, 2024

The purpose why people turn to THC is more or less the same in all cases — to relax, to ease the tension, to improve the mood a bit. The ways of using it may be very different though. While most users know (or, at least, guess) that THC can be smoked), not everyone has heard of THC drinks, for instance. We'll cover both plus some more.

Smoke

Smoking is perhaps the most traditional and popular method of consuming THC. Here, you inhale the smoke from hemp flowers and deliver THC directly into the bloodstream through the lungs. The effects are thus immediate.

If that's your method, it is important to know the optimal **formula for the in a joint**. Very often the effect is wrong because one either inhales too much or too little of THC.

It's likewise important to carefully select the strain. Some (e.g., Sativa) are more energizing. Others (e.g., Granddaddy Purple) are sedative. Be careful and thoughtful.

Vape

Vaping is a more fashionable alternative to smoking. Here, you heat hemp oil or flower, or liquid diamonds to a particular temperature. Specifically, it is the temperature that releases THC and other cannabinoids in the form of vapor. The effects are more or less the same as with smoking but vaping is a bit less harsh on the lungs.

Vaping is a method that requires equipment. That is, you must choose a high-quality vape pen or

vaporizer. Rechargeable dispos are a great and cost-effective option in this regard.

Drink

This is something new. Such drinks are non-alcoholic, refreshing, and fast-acting. They can also have nice flavors such as tropical fruit. Besides THC as such, they may be enriched with electrolytes and vitamins.

Although such drinks are fast-acting, the effects are not as immediate as with smoking or vaping. That's because drinking means a slower absorption process — the compound is metabolized through the digestive system and only after that, it enters the bloodstream. The effects are thus typically felt within 30 minutes. With some drinks, however, you can feel the effects within just 10 minutes.

Eat

Edibles are super popular among hemp enthusiasts. They are varied, discrete, and have long-lasting effects. Edibles can include

- gummies
- chocolates
- baked goods, and more.

The flavors are just endless. Edibles can be particularly potent. It may be good to stick with gummies that combine THC with CBD using the 1:1 proportion. Then, the effects will be still pronounced but mild.

Apply to Skin as a Roll-On

Finally, THC has become popular among runners and other athletes lately. The reason for this (at least, the most evident one) is that it can soothe post-workout pain and tension. Topical applications like THC roll-ons are often infused with menthol or other cooling agents. They are applied directly to the skin for localized relief.

Final Thoughts

As you see, the ways THC can be used are quite varied. Of course, the primary use case is still relaxation (vaping, smoking, eating, and drinking THC are all about that). Yet, you can even apply it topically for pain relief and that's a whole different story.

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