

# Cultural Daily

Independent Voices, New Perspectives

## Summer Send Off

Ann Haskins · Wednesday, September 4th, 2024

Percussive tap *al fresco* in the Hollywood Hills; seasonal instruments dance in Venice; ballet preview in Mar Vista; percussion versus dancer rematch in the Arts District; Canadian cirque comes to downtown; Mexican culture celebrated in Orange; Trojan War moves in Malibu; more SoCal dance this week, plus a peek at next week.

### *Live This Week*

#### Lucky 7

The Canadian force of nature known in English (and French) as **The 7 Fingers (Les 7 doigts de la main)** blends dance with acrobatics, along with lots of humor. Visits in recent years solidly established the troupe's appeal and distinctive identity, far more impressive than its usual comparison to the bigger tent Cirque du Soleil. Yes, there is cirque, but so much more, especially more dance. The troupe brings all their powers to *Duel Reality* opening for a two week run on a Music Center main stage. Ahmanson Theatre, Music Center, 135 N. Grand Ave., downtown; Wed. Sept. 11, 8 pm, then Thurs.-Fri., Sept. 12-13 & 19-20, 8 pm, Sat., Sept. 14 & 21, 2 & 8, pm, Sun., Sept. 15, 1 & 6:30 pm, Sun., Sept. 22, 1 pm, \$25-\$125, [Center Theatre Group](#).



7 Fingers (Les 7 Doigts de la Main). Photo courtesy of the artists

## Tip top tap

Arguably the reigning tap dance queen, Michelle Dorrance brings an entourage of equally stellar tap mistresses to this *al fresco* venue in the Hollywood Hills. Dorrance's MacArthur 'genius' Award drew wider attention to her abilities, influence, and collaborative tap ventures such as this. For **Michelle Dorrance & Friends**, announced friends include Jillian Meyers, Josette Wiggan, and special guests Chloe Arnold's Syncopated Ladies. Several are familiar feet on local stages, yet never before gathered like this to show their individual and collective powers. The Ford Theater, 2850 Cahuenga Blvd. East, Hollywood; Fri., Sept. 6, 8 pm, \$25-\$40. [The Ford](#).



Michelle Dorrance. Photo courtesy of the artist

## Consider the possibilities

Explore the possibilities of two dancers with different blends of live music in *Hatsu-kaze (First Autumn Breeze)*, this season's installment from **Bodyweather Laboratory**. The first of two weekends titled *Sparrows on the Road Join the Flock* opens Friday with dancer/hosts Oguri and Roxanne Steinberg, with Alicia Byer on clarinet and Paul Chavez on digital and original instruments. On Saturday, Oguri and Steinberg are joined by saxophonist Patrick Shiroshi and percussionist Breeze Smith. On Sunday, the two dancers return with Vinny Golia on woodwinds, and Kozue Matsumoto on koto. Next week's line up with different musicians is at the website. Electric Lodge, 1416 Electric Ave., Venice; Fri.-Sat., Sept. 6-7 & 13-14, 8 pm, Sun., Sept. 8 & 15, 3 pm, free w/reservation at [Eventbrite](#).



Oguri. Photo courtesy of the artist

## Together again

Dancer/choreographer **Jobel Medina** engages with multi-media artist Elliott “L” Sellers in **IMMDED IMMGEWD**. This 50-minute work expands an earlier ‘conversation’ between Medina’s intense movement and Sellers’ percussion and cello. That initial encounter was so promising, this venue provided a platform for more of this inventive partnership. LA Dance Project, 2245 E Washington Blvd., Arts District; Thurs.-Sat., Sept. 5-7, 8 pm, \$26-\$35. [Tickets](#).



Jobel Medina. Photo by Sal Ceja Garcia

## Dancing with Greeks

This summer's Getty Villa theater offering is a world premiere considering possibly the least known hero of the Trojan War. **Tiffany Rea-Fisher** provides the choreography for Classical Theater of Harlem's *Memnon*, written by Will Power and directed by Carl Cofield. And no, Memnon is not a nickname for Agamemnon, a much better known and completely different fellow. These excellent late summer theatrical excursions provide a special experience, live and in an outdoor amphitheater, just as the Greeks intended. 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 (Thurs. only). [Getty](#).

## Pointy preview

Later this month, **The Realm Company** performs as part of a showcase of SoCal ballet, but this week the company offers a *Preview Rehearsal* of choreographer/director Chasen Greenwood's latest. The evening also includes a live performance by the Inner City Youth Orchestra of Los Angeles. Grace Ballet, 12952 W. Washington Blvd., Mar Vista; Thurs., Sept. 5, 7 pm, [The Realm Company](#).



The Realm Company. Photo courtesy of the artists

### In residence

Performances by artists **m** and **Ryan O’Byrne** culminate their WeHo residencies in *Dust to Dust: Pieter/WeHo AiR Showcase*. Plummer Park, Great Hall, 7377 Santa Monica Blvd., West Hollywood; Sat., Sept. 7, 7 pm, free w/reservation at [Pieter](#).

### Aztec to folkloric

Celebrating the history and culture of our southern neighbor, *Heartbeat of Mexico* features dance and music groups including Aztec dance from **Kalpulli Hueyatl Wanawna** and Mexican folkloric dance from **Relámpago Del Cielo**. Aitken Art Plaza, Musco Center for the Arts, Chapman College, 415 N. Glassell, Orange; Sun., Sept. 8, noon to 7 pm, free w/registration at [Musco Center for the Arts](#).



Relámpago del Cielo Grupo Folklórico. Photo courtesy of the artists

## All electric

For the September edition of **High Voltage**, this mostly monthly event offers an eclectic blend of live performance including some hip hop this month. Timed to coincide with the First Friday on nearby Abbot Kinney Blvd., guests can check out the food truck and open galleries before heading to the show. Electric Lodge, 1416 Electric Ave., Venice; Fri., Sept. 6, 8:30 pm, \$15 in advance, \$20 at the door. [Electric Lodge](#).

### *A Peek at Next Week (September 13 to 19)*

**Brockus Presents** — *Women in Concrete* at Plummer Park, Fiesta Hall, 7377 Santa Monica Blvd., West Hollywood; Fri., Sept. 13, 7:30 pm, Sat., Sept. 14, 2:30 & 7:30 pm, \$15 cash at door or Venmo @brockusprojectstudios (note day and time you are attending).

**Entity Contemporary Dance** — *in honor of all the times I wasn't myself* at Stomping Ground LA, 5453 Alhambra Ave., El Sereno; Fri-Sat., Sept. 13-14, 8 pm. \$30. [Entity Contemporary Dance](#).



Entity Contemporary Dance. Photo by Mike Esperanza.

**Benise** — *Fiesta!* at Fox Performing Arts Center, 3801 Mission Inn Avenue, Riverside; Fri., Sept. 14, 7:30 pm, \$35-\$96. [Info & Tickets](#). Also at Fred Kvli Theatre, Thousand Oaks Civic Arts Plaza, 2100 Thousand Oaks Blvd., Thousand Oaks; Fri., Sept. 20, 7:30 pm, \$36-\$115. [Info & Tickets](#). Also at Lobero Theatre, 33 E. Canon Perdido St., Santa Barbara; Sat., Sept. 21, 7:30 pm, \$48.50-\$101.50. [Info & Tickets](#).

**SoCal Ballet Scene** — *2024 Ballet Festival* at Carpenter Center, Cal State Long Beach, 6200 E. Atherton St., Long Beach; Sat., Sept. 14, 2 & 7 pm, \$46.50-\$66.50. [SoCal Ballet Scene](#).

**Los Angeles Indian Dance Fest 2024** at TAXCO Theater, 7242 Owensmouth Ave., Canoga Park; Sat.-Sun., Sept. 14-15, 3:30 pm, free w/reservation at [Eventbrite](#).

**San Pedro ? Festival of the Arts 2024** at Peck Park, upper lawn next to the Community Center, 560 N Western Ave, San Pedro; Sat., Sept 21, 1-4:15 pm, free. [San Pedro ? Festival of the Arts 2024](#).



San Pedro ? Festival of the Arts. Photo courtesy of the artists

**Vanessa Sanchez & La Mezcla** — *Ghostly Labor* at Bovard Auditorium, USC, 3551 Trousdale Pkwy., University Park; Thurs., Sept. 19, 7 pm, free w/reservation at [Eventbrite](#).

**Diablada Espectacular Zulemar de Bolivia** at Segerstrom Center for the Arts, Julianne and George Argyros Plaz, 600 Town Center Dr., Costa Mesa; Sat., Sept., 14, 3 pm, free. [SCFTA](#).

**Complexions Contemporary Ballet** at Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa; Sat., Sept. 14, 7:30 pm, \$44.07-\$134.47. [SCFTA](#).



Complexions Contemporary Ballet. Photo by Bill Herbert

**World Ballet Company** — *Swan Lake* at Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Irvine; Thurs.-Fri., Sept. 19-20, 7 pm, \$64-\$110. [The Barclay](#); Also at the Alex Theatre, 216 N. Brand Ave., Glendale; Sat., Sept. 21, 7 pm, \$58-\$123. [Ticketmaster](#). Also at Granada Theatre, 1214 State St., Santa Barbara; Sun., Sept. 22, 7 pm, \$57-\$132. [Tickets](#). Also at Fred Kavli Theatre, Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd., Thousand Oaks; Sun., Sept. 25, 7 pm, \$58-\$143. [Ticketmaster](#).

**Dancing Through Parkinson's (DTP)** — *Cartography of Hope: A Journey of Change* at Highways Performance Space, 1651 18th St., Santa Monica; Sat., Sept. 14, 7:30 pm, Sun., Sept. 15, 2 pm, \$28.52, [Highways Performance Space](#).

**Azuma Kotobuki Kai** — *Memorial Tribute to Sensei Azura Sumako II* at James Armstrong Theater, 3330 Civic Center Dr., Torrance; Sun., Sept. 15, 1 pm, limited ticket availability through [email](#).

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## The Best Spots to Add Rugs for Maximum Impact

Our Friends · Wednesday, September 4th, 2024

Rugs are a versatile and essential design element that can transform the look and feel of any room. They add color, texture, and warmth, and help define spaces—especially in open-plan living areas.



While rugs can enhance a room's aesthetic, knowing where to place them can make a significant difference in the overall impact they create. Strategically placed rugs can tie together a room's design, create a sense of cohesion, and highlight specific areas.

Here are the best spots to add rugs for maximum impact, along with tips on how to use them effectively.

### 1. Living Room: Anchoring the Seating Area

The living room is often the heart of the home, making it one of the most crucial places to add a rug. **A well-placed rug** can anchor the seating area, define the space, and create a cozy atmosphere. Here's how to do it:

- **Placement:** Position the rug under the front legs of the sofa and chairs. This creates a unified seating area and helps to ground the furniture. For larger living rooms, a bigger rug that fits all the furniture legs can make the space feel more cohesive.
- **Size:** The size of the rug should be proportional to the seating area. It should be large enough to accommodate at least the front legs of the seating pieces while leaving a border of floor space around the edges. For example, look into **6×11 area rugs**.
- **Style:** Choose a rug that complements the color scheme and style of the room. For example, a bold, patterned rug can be a statement piece in a neutral room, whereas a solid-colored rug can provide a calm, grounding effect in a busy space.

### 2. Dining Room: Defining the Dining Area

In the dining room, a rug serves both aesthetic and functional purposes. It can define the dining area, add warmth, and protect the flooring from the wear and tear of chairs being moved. Here's how to use rugs effectively in the dining room:

- **Placement:** The rug should be centered under the dining table, with enough space to accommodate the chairs even when they are pulled out. This ensures that the chairs remain on the rug when in use, providing a consistent look and protecting the floor.
- **Size:** Choose a rug that extends at least 24 inches outside the edges of the table on all sides. This allows enough room for chairs to move in and out without catching on the edge of the rug.
- **Style:** Consider a rug with a **low pile** or flat weave, as these are easier to clean and maintain. Patterns can help hide stains and spills, making them practical for dining areas. Select colors and designs that complement your dining room decor and table setting.



### 3. Bedroom: Adding Comfort and Coziness

Rugs can transform a bedroom into a cozy, inviting retreat. They add warmth underfoot, especially on cold mornings, and can tie together the room's design elements. Here's where to place rugs in the bedroom for maximum impact:

- **Placement:** Place a large rug under the bed, extending out on either side. This ensures that you step onto a soft surface when getting in and out of bed. Alternatively, you can use smaller rugs or runners on either side of the bed.
- **Size:** The rug should extend at least 18-24 inches beyond the sides and foot of the bed. For larger bedrooms, a rug that extends further can create a more luxurious look. If using smaller rugs, make sure they are wide enough to reach beyond the bedside tables.
- **Style:** Choose a rug that complements the bedding and other textiles in the room. Soft textures like wool or shag add warmth and comfort, while a patterned rug can introduce color and visual interest. For a serene, restful feel, opt for neutral or pastel colors.

### 4. Hallways and Entryways: Making a Statement

Hallways and entryways are high-traffic areas that can benefit from the addition of rugs. A well-chosen rug can make a strong first impression and add warmth to these often overlooked spaces. Here's how to use rugs in hallways and entryways:

- **Placement:** In entryways, position the rug to greet guests as they enter, ideally just inside the door. In hallways, use a runner that stretches the length of the hall, providing a clear path and adding visual interest.
- **Size:** Entryway rugs should be large enough to cover the space where people step as they enter, typically 4×6 feet or larger, depending on the size of the foyer. Hallway runners should leave a few inches of floor space on either side for balance and proportion.

- **Style:** Choose durable, easy-to-clean materials like wool or synthetic fibers for high-traffic areas. Entryway rugs can be bold and colorful to make a statement, while hallway runners can feature patterns or textures that lead the eye through the space.

### **Kitchen: Adding Comfort and Color**

Rugs in the kitchen may seem unconventional, but they can add comfort underfoot, especially in areas where you stand for extended periods, such as in front of the sink or stove. Here's how to incorporate rugs in the kitchen:

- **Placement:** Place a rug in front of the sink or stove to provide comfort while cooking or doing dishes. In larger kitchens, consider adding a runner along the length of the counter or island.
- **Size:** Choose a rug size that fits the space without overwhelming it. A small rug (2×3 feet) works well in front of the sink, while a longer runner (2×8 feet) can be used along a counter.
- **Style:** Look for rugs made from durable, [easy-to-clean materials](#) like cotton, jute, or synthetic blends. Patterns and colors can add personality to the kitchen, while darker colors and designs can help hide spills and stains.

### **Final Thoughts**

Rugs are a powerful tool in interior design, capable of altering the look and feel of any room. By strategically placing rugs in key areas, you can define spaces, add comfort, introduce color and texture, and create a cohesive design. Whether you're anchoring a living room, defining a dining area, or adding warmth to a bedroom, the right rug can make a substantial impact. Consider the function, size, placement, and style of rugs to improve the overall aesthetic of your home, making it more comfortable, stylish, and inviting.

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## **Navigating a Car Accident Lawsuit: What Lies Ahead**

Our Friends · Wednesday, September 4th, 2024

When you're involved in a car accident, the aftermath can be overwhelming. From dealing with injuries to managing the financial implications, understanding the legal process is crucial. Working with a [car accident lawyer in Los Angeles](#) can make navigating the legal landscape more manageable. This guide outlines the critical steps in a car accident lawsuit, helping you know what lies ahead and how to prepare.

### **Immediate Steps After a Car Accident**

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## Seek Medical Attention

Your health and safety should be your top priority after an accident. Even if your injuries seem minor, seeking medical care is essential. Some injuries may not be apparent immediately, and having a medical record is vital for your case. Remember, your well-being comes first, and this step is critical in establishing the foundation of your lawsuit.

## Gather Evidence

Collecting evidence at the scene of the accident is crucial. Take photographs of the vehicles, road conditions, and any visible injuries. If there are witnesses, gather their contact information. This evidence will play a significant role in proving liability and the extent of damages. A knowledgeable attorney can help you understand what evidence is most beneficial to your case.

## Filing the Lawsuit

### Choosing the Right Car Accident Lawyer

Selecting a competent **car accident lawyer** is one of your most important decisions. They will guide you through the complexities of the legal process, from filing your claim to negotiating settlements. It's essential to choose a lawyer with experience in handling car accident cases, particularly in Los Angeles, where local laws and regulations can impact the outcome of your case.

### Filing the Complaint

Once you have chosen your legal representative, the next step is filing a complaint with the court. This document outlines your claims, including the damages you seek. Your lawyer will ensure that all necessary paperwork is completed accurately and submitted on time. Filing promptly can also impact your ability to recover compensation, making this an essential step.

### Exchanging Information (Discovery Process)

The discovery process involves exchanging information with the other party. Both sides will gather and present evidence, including witness statements, medical records, and accident reports. This phase is critical in building a solid case and can significantly impact the likelihood of a favorable settlement. A thorough discovery process can sometimes lead to early settlement discussions.

## Negotiating Settlements



## Settlement Discussions

Most car accident lawsuits are resolved through settlements rather than going to trial. Your attorney will negotiate with the opposing party to reach a fair settlement that covers your medical expenses, lost wages, and other damages. These discussions can be lengthy, but a skilled lawyer will work to ensure that you receive the compensation you deserve. Settlement offers vary widely, so having an experienced negotiator on your side is crucial.

## Mediation and Arbitration

If negotiations stall, mediation or arbitration might be the next step. Mediation involves a neutral third party helping both sides reach an agreement, while arbitration is a more formal process where an arbitrator decides the outcome. Both options are alternatives to a trial and can save time and money. Understanding these alternatives can provide you with options that may expedite the resolution of your case.

## Going to Trial

### Preparing for Trial

Your case may go to trial if a settlement cannot be reached. This stage involves presenting your case before a judge or jury. Your attorney will prepare you for what to expect, including presenting evidence and witness testimonies. While going to trial can be daunting, your legal team will support you every step of the way. Trial preparation often involves mock trials and detailed briefings to ensure you are fully prepared.

### Trial Proceedings

Both sides will present their arguments, evidence, and witnesses during the trial. The judge or jury

will then deliberate and decide the outcome. Trials can be unpredictable, but with a strong legal team, you can feel confident that your case is in capable hands. The verdict could significantly impact your future, so having a dedicated advocate representing your interests is important.

## Post-Trial and Appeals

### Verdict and Compensation

You will be compensated for your damages if the court rules in your favor. This compensation may cover medical bills, lost wages, and pain and suffering. However, if the verdict is not in your favor, your lawyer may discuss the possibility of an appeal. It's important to understand that compensation is not guaranteed and can vary based on the specifics of your case.

### Understanding Appeals

An appeal is a request to a higher court to review the trial's decision. It's not a retrial but rather a review of the legal aspects of the case. Your legal counsel can advise whether an appeal is the right action. Appeals can extend the legal process, but they also offer a second chance at justice if there are errors in the trial.

Navigating a car accident lawsuit can be complex and challenging, but you can protect your rights with the right legal support. Working with a qualified attorney in Los Angeles can make all the difference in achieving a favorable outcome. For more information on what to expect in a car accident lawsuit, visit [Adamson Ahdoot's blog](#).

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## Embracing Health in Your Golden Years: A Guide to Aging Well

Our Friends · Wednesday, September 4th, 2024

As we journey through life, the importance of maintaining good health becomes increasingly apparent, especially as we approach our elder years. The choices we make and the habits we cultivate can significantly impact our quality of life, independence, and overall well-being in our later years. This article explores why it's crucial to take health seriously as you enter your golden years and provides insights into various aspects of healthy aging, including the importance of [Dementia Care](#).

### Preserving Physical Function and Independence

One of the primary reasons to prioritize health in your elder years is to maintain physical function and independence. As we age, our bodies naturally undergo changes that can affect mobility, strength, and balance. By focusing on regular exercise, proper nutrition, and preventive care, you

can slow down the aging process and preserve your ability to perform daily activities independently.

Engaging in activities such as walking, swimming, or gentle strength training can help maintain muscle mass, improve cardiovascular health, and enhance flexibility. These physical benefits translate into a higher quality of life, allowing you to continue enjoying your favorite hobbies and spending time with loved ones without being hindered by physical limitations.

## **2. Cognitive Health and Mental Well-being**

Taking care of your health isn't just about the body; it's equally important to nurture your mind. Cognitive decline is a common concern as we age, but proactive measures can help maintain mental sharpness and reduce the risk of conditions like dementia.

Engaging in **mentally stimulating activities** such as reading, puzzles, learning new skills, or playing musical instruments can help keep your brain active and potentially delay cognitive decline. Additionally, maintaining social connections and participating in community activities can contribute to emotional well-being and reduce the risk of depression and anxiety, which are more prevalent in older adults.

## **3. Managing Chronic Conditions**

As we age, the likelihood of developing chronic health conditions increases. Conditions such as diabetes, hypertension, arthritis, and heart disease become more common. Taking health seriously in your elder years involves being proactive in managing these conditions through regular check-ups, medication adherence, and lifestyle modifications.

By working closely with healthcare providers and following recommended treatment plans, you can better control chronic conditions and prevent complications. This proactive approach can lead to fewer hospitalizations, reduced healthcare costs, and an overall improved quality of life.

## **4. Nutrition and Healthy Eating**

Proper nutrition **plays a vital role in healthy aging**. As metabolism slows down and nutritional needs change, it becomes even more critical to focus on a balanced diet rich in nutrients. Adequate intake of vitamins, minerals, and proteins can help maintain bone density, muscle mass, and immune function.

Adopting a diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats can contribute to better overall health, reduce the risk of chronic diseases, and support cognitive function. Staying hydrated is also crucial, as older adults are more susceptible to dehydration.

## **5. Preventive Care and Early Detection**

Regular health screenings and preventive care become increasingly important as we age. Many health conditions, if caught early, can be more effectively managed or even reversed. Routine check-ups, vaccinations, and screenings for conditions such as cancer, osteoporosis, and cardiovascular disease can help detect potential issues before they become more serious.

Taking advantage of preventive services not only contributes to better health outcomes but can also reduce healthcare costs in the long run by addressing problems before they escalate.

## **6. Medication Management**

As we age, it's common to be prescribed multiple medications to manage various health conditions. Proper medication management is crucial to ensure effectiveness and avoid potential complications. This includes understanding the purpose of each medication, following dosage instructions, and being aware of potential side effects or interactions.

Regularly reviewing medications with healthcare providers and pharmacists can help optimize treatment plans and minimize the risk of adverse effects.

## **7. Stress Management and Mental Health**

Stress can have a significant impact on both physical and mental health, particularly in older adults. Learning effective stress management techniques such as meditation, deep breathing exercises, or engaging in relaxing hobbies can help reduce the negative effects of stress on the body and mind.

Prioritizing mental health by seeking support when needed, whether through counseling, support groups, or social connections, is essential for overall well-being in the elder years.

## **8. Sleep Quality**

Good sleep is vital for physical and mental restoration, yet many older adults struggle with sleep issues. Prioritizing sleep hygiene by maintaining a consistent sleep schedule, creating a comfortable sleep environment, and addressing any underlying sleep disorders can significantly improve overall health and quality of life.

## **9. Adapting to Changes and Embracing Technology**

Staying open to new technologies and adaptive tools can greatly enhance independence and quality of life for older adults. From smartphone apps that help manage medications to wearable devices that monitor health metrics, embracing these technologies can provide valuable support in maintaining health and independence.

## **Conclusion**

Taking health seriously as you enter your elder years is not just about adding years to your life; it's about adding life to your years. By prioritizing physical activity, cognitive health, proper nutrition, preventive care, and overall well-being, you can enhance your quality of life, maintain independence, and enjoy your golden years to the fullest. Remember, it's never too late to start making positive changes for your health. Embrace this stage of life with a proactive approach to health, and you'll be better equipped to face the challenges and joys that come with aging.

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## Why Portugal's Golden Visa is a Smart Choice for Investors?

Our Friends · Wednesday, September 4th, 2024

Investing in Portugal's Golden Visa is a game-changer for global investors. By putting in a minimum investment amount, we secure Portuguese residency for ourselves and our families. This opens doors not just to Portugal but across the European Union, allowing us to live, work, and study freely.

The program doesn't just offer residency; it's a pathway to Portuguese citizenship. Over 12,000 investors have already taken advantage of this, driving substantial economic growth in the country. More than €7.3 billion has been invested, reflecting the program's impact and popularity.

**Investing in the Portugal Golden Visa isn't just a smart financial move; it's a strategic choice for a quality life.** The investment options vary, making it flexible for different financial capacities. From funding innovative projects to enjoying visa-free travel within Europe, this program sets the bar high for residency-by-investment schemes.

### Understanding the Portugal Golden Visa Program

We dive into the essential components of Portugal's Golden Visa, covering eligibility criteria, investment requirements, and the processes involved in applying, renewing, and achieving citizenship. This program offers a streamlined path for non-EU investors to secure residency and, eventually, Portuguese citizenship.

#### Eligibility and Investment Requirements

To qualify for the Golden Visa, applicants must meet specific **eligibility** criteria. The program requires a substantial **economic contribution**, typically through investments in **real estate, capital transfer**, or job creation.

- **Real Estate:** Minimum investment of €500,000, or €350,000 for properties in low-density areas.
- **Capital Transfer:** Minimum of €1 million in Portuguese bank accounts or investments.
- **Job Creation:** Establishing a business that creates at least 10 local jobs.

Dependents, including spouses and children under 18, can be included.

#### Application Process and Timelines

The **application process** for the Golden Visa is straightforward but detailed. Applicants must submit documentation proving their investment and background checks.

- **Step 1:** Pre-registration through an authorized service.
- **Step 2:** Initial application submission and scheduling a meeting in Portugal.
- **Step 3:** Biometric data collection during a Portugal visit.

- **Timeline:** The overall process can take 6-8 months from start to approval.

## Renewal Process and Pathway to Citizenship

The Golden Visa **renewal process** is designed to ensure compliance with **minimum stay requirements** and continued eligibility.

- **Renewal Requirements:** Must spend at least 7 days in Portugal in the first year and 14 days in each subsequent two-year period.
- **Timeline:** Renew every 2 years, with the possibility of applying for permanent residency after 5 years.

To achieve Portuguese citizenship, one must live in Portugal for at least 5 years, pass a basic Portuguese language test, and demonstrate integration into Portuguese society. This grants access to the Schengen Area and the rights of an EU citizen.

## Investment Avenues for Golden Visa Applicants

Portugal's Golden Visa program offers a range of investment options suitable for different investor preferences and financial goals. The most popular choices include real estate investments, investment funds, and contributions to entrepreneurship or research activities.

### Real Estate Investments and Potential for Capital Appreciation

Real estate investment remains the most popular route for Golden Visa applicants. Portugal's property market offers robust opportunities. Prime locations like Lisbon, Porto, and the Algarve have shown strong potential for capital appreciation.

We've noticed a minimum investment requirement generally set at €500,000, though this can be reduced to €350,000 in certain conditions, such as purchasing properties in low-density areas or buildings that need renovation.

Real estate offers more than just obtaining residency; it creates the potential for rental income and long-term value appreciation. The combination of stable returns and the possibility of selling the property at a profit makes this an attractive option.

### Investment Funds and Private Equity Options

The investment fund route, including private equity and venture capital, is gaining traction among Golden Visa applicants. This option usually requires a minimum investment amount of around €500,000, though it can vary based on the specific fund.

Investment funds provide a more hands-off approach. Funds are typically managed by professionals who diversify the investments across various sectors, reducing risk. This aids in gaining residency without the pressures of managing a physical property.

We see this route appeals to those looking for diversified portfolios, which may include sectors like technology, healthcare, and renewable energy. The structured nature of these investments often attracts those who prefer a regulated, transparent environment.

## Supporting Entrepreneurship and Research Activities

For those interested in innovation, supporting entrepreneurship and research activities is another viable investment option. Investors can either start a company in Portugal or make a substantial investment in existing startups or research projects.

A minimum investment of around €350,000 is typical for this category. This path supports the local economy and fosters advancement in various fields, from technology to pharmaceuticals.

We recognize that contributing to research activities not only meets the Visa's investment requirements but also positions investors as key players in Portugal's growth story. This route is ideal for those who want to see their investments actively contribute to societal progress.

In summary, the Golden Visa program offers diverse and lucrative options for investors, each tailored to different goals and financial strategies.

## The Advantages of Residency in Portugal

Residency in Portugal offers numerous benefits, including a high quality of life, an excellent healthcare system, and access to the European Union's vast perks. It is an attractive option for investors who are looking for more than just economic returns.

### Quality of Life and Healthcare System

Portugal is renowned for its **high quality of life**. We enjoy a mild climate, beautiful landscapes, and rich culture. The **cost of living** here is relatively affordable, making it a financially comfortable place to reside.

Our **healthcare system** is one of the best in Europe. Both public and private healthcare services are available and accessible. Hospitals and clinics are staffed with well-trained medical professionals. Many doctors and specialists speak English, which is a significant advantage for expatriates.

### Education and Family Considerations

For families, Portugal offers excellent educational opportunities. Our **schools and universities** are well-regarded, with many international and bilingual schools available. This ensures that children receive high-quality education tailored to their needs.

Family members can also enjoy a safe and welcoming environment. The Portuguese are known for their hospitality and strong family values. Integrating into local communities is often a smooth process, making it easier for families to adjust.

### Access to European Union Benefits

One of the most significant advantages of residency in Portugal is the **access to European Union benefits**. As residents, we can **travel visa-free** across the Schengen Area, which includes 26 European countries. This ease of movement is beneficial for both personal and business travel.

Residing in Portugal could eventually lead to **EU citizenship**, further amplifying these benefits. With EU citizenship, we would have the right to live, work, and study in any member country.

This provides a vast array of opportunities for career advancement, education, and lifestyle options.

Residency in Portugal grants us a balanced lifestyle with outstanding healthcare, top-quality education, and comprehensive EU benefits. These advantages make it a smart choice for investors considering relocation.

## **Maintaining Legal Compliance and Understanding the Taxation Framework**

To fully benefit from Portugal's Golden Visa, we must ensure both legal compliance and an optimized approach to taxation. Let's dive into the key aspects of maintaining a clean criminal record and leveraging the tax advantages under the Non-Habitual Resident (NHR) status.

### **Requirements for a Clean Criminal Record and Legal Residency**

A clean criminal record is essential for applying for the Golden Visa in Portugal. The government mandates this to ensure the safety and security of all residents. To meet this requirement, we must submit a police clearance certificate from our home country and any country where we've resided for over a year.

In addition, there are residency requirements to fulfill. We need to spend at least seven days in Portugal during the first year, and 14 days in each subsequent two-year period. This ensures that we maintain legal residency status and can renew our Golden Visa without issues.

### **Non-Habitual Resident Status and Tax Advantages**

Obtaining Non-Habitual Resident (NHR) status provides significant tax benefits. Once registered, we can enjoy a flat 20% income tax rate on certain professions and a tax exemption on almost all foreign income for ten years. This can lead to substantial savings.

To qualify for NHR status, we must not have been a tax resident in Portugal for any of the previous five years. We must also become a tax resident in Portugal, which means spending over 183 days in the country during the year or having a permanent residence here.

Leveraging NHR status aligns with our financial goals and ensures we make the most out of our investment in Portugal's Golden Visa program.

## **Investing in Portugal's Economic Stability**

Investing in Portugal's economy not only offers potential gains but also supports the nation's long-term economic health through job creation and strategic diversification. Recognizing the economic stability of Portugal helps investors mitigate risks and achieve sustainable growth.

### **Contributing to Job Creation and Economic Sectors**

When we invest in Portugal through the Golden Visa program, our capital funnels into critical sectors. This infusion of foreign capital promotes job creation, aiding the development of both rural and urban areas.

Key sectors include real estate, technology, and tourism, each playing a substantial role in economic growth. As more jobs are created, public spending increases, boosting the overall

economy and fostering social stability.

By contributing to these sectors, we are not just seeking residency; we are partnering in Portugal's progress. Our investments help reduce unemployment rates and improve the quality of life for locals.

## Risk Mitigation and Diversification Strategy

Diversifying our investment portfolio through Portugal's Golden Visa program minimizes financial risks. The Portuguese economy is known for its resilience and moderate growth, even in times of global uncertainty.

This program allows us to diversify beyond conventional markets. Investment options like real estate and private equity funds offer a stable return, unlike volatile stock markets. With options starting at €500,000, these investments provide an effective hedge against economic downturns.

If you're considering different residency programs, it's worth taking the time **to compare Portugal to alternative options**. The country's combination of financial benefits, a stable economy, and a high quality of life makes it a standout choice for investors looking for long-term security and growth.

If you are interested in exploring citizenship in the southwestern Pacific Ocean, the **Off The Mrkt** team can help you in acquiring Vanuatu citizenship.

## Conclusion—

Investing in Portugal's Golden Visa offers a strategic path to residency and citizenship, providing access to the EU, a high quality of life, and diverse investment opportunities. Whether through real estate, funds, or entrepreneurship, the program is designed to meet different financial goals while contributing to Portugal's economic growth. It's more than just a visa—it's a smart investment in a stable and promising future.

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## ProvaDent Reviews: Can It Really Improve Oral Health?

Our Friends · Wednesday, September 4th, 2024

Worrying about bad breath before a meeting?

Feeling unsure about your oral health despite regular brushing?

Trust me, we've all been there, at least once.

And, understandably so. We all want a healthier mouth. But life happens, and many times we just settle for quick fixes that don't address the root of the problem.

What you need is a natural way to support your oral health. Thankfully, the world of dietary supplements has something for you, and finding the right one can (and, will) make all the difference.

ProvaDent is one such supplement, a thoughtful blend of nature's offerings, created to support optimal dental health.

The brainchild of Dr. Knudson, its formula combines organic xylitol, cranberry extract, and the nutritional boost of purple carrot powder.

Plus, with four strains of probiotics, it's designed to foster a healthy oral environment.

Could this be the key to a confident, radiant smile? Here's everything you need to know.

## Key Highlights

- Developed by Dr. Knudson
- Supports Balanced Oral Microbiome
- Promotes Fresh Breath
- Nutrient-Rich Formula
- 60-Day Money-Back Guarantee
- Eco-Friendly Initiative (Tree Planting)

## How Does ProvaDent Work?

When you introduce ProvaDent into your daily routine, it first starts by maintaining a harmonious balance within your mouth.

The supplement is designed to target and manage the complex ecosystem of bacteria that naturally exist in your oral cavity.

ProvaDent helps reduce harmful bacteria while encouraging the growth of beneficial strains, crucial for maintaining a healthy mouth by promoting a favorable environment.

Additionally, ProvaDent works to stabilize the pH levels in your mouth, so those stubborn bad bacteria find it difficult to thrive. This way, you'll be keeping your breath fresh and your gums happy.

[\*\*Click to Buy ProvaDent Now on the Official Site!\*\*](#)

## What's Inside ProvaDent?

### Organic Xylitol

This natural sweetener does more than just add flavor. Xylitol plays a crucial role in oral health by inhibiting the growth of harmful bacteria. Right in its opening statement, a 2017 study notes;

*"Xylitol is a sugar alcohol having the properties that reduce levels of mutans streptococci (MS) in the plaque and saliva."*

By reducing the levels of these bacteria, it helps to prevent cavities and supports a healthier mouth environment. Its ability to retain moisture also keeps your mouth feeling fresh and hydrated.

## Cranberry Extract

Known for its antioxidant properties, cranberry extract offers a natural way to protect your teeth and gums. It works by preventing bacteria from adhering to the teeth; reducing the risk of plaque formation and gum disease.

## Purple Carrot Powder

Purple carrot powder is not just a vibrant addition to ProvaDent but a protective one. It comes packed with antioxidants to help combat oxidative stress within the mouth, which can lead to tissue damage and inflammation.

## BioFresh™ Clean Complex

This proprietary blend focuses on creating a balanced oral ecosystem. It helps maintain a healthy microbiome, which is vital for preventing bad breath and ensuring overall oral freshness. By supporting the growth of beneficial bacteria, the BioFresh™ Clean Complex keeps your mouth in optimal condition.

[Click To Enjoy The Benefits Of These Ingredients Today!](#)

## Are There Any Side Effects of ProvaDent?

While ProvaDent is generally well-tolerated, here are some possible side effects you'll want to keep in mind:

- **Mild Digestive Issues:** Some users might experience mild digestive discomfort, such as bloating or gas, especially when they first start using the product. Relax, this is often a temporary adjustment as the body gets used to the new ingredients.
- **Allergic Reactions:** Though rare, those with known allergies to any of the components, such as xylitol or cranberry, should be cautious. Allergic reactions could manifest as itching, swelling, or rashes.
- **Dry Mouth:** In some cases, users might notice a sensation of dry mouth. Please stay hydrated and monitor if this effect persists.

## Conclusion

ProvaDent, the dental supplement from Dental Sugar Hack, truly shines in fulfilling its promises.

Thanks to its blend of natural ingredients, ProvaDent effectively supports overall oral health and addresses specific concerns like tooth decay and gum disease.

ProvaDent isn't a replacement for regular dental visits; that's for sure. However, it serves as a valuable complement to professional care.

If you're on the lookout for a natural, efficient way to boost your dental health, ProvaDent is definitely worth trying.

[Click to Order ProvaDent Now on the Official Site!](#)

**Disclaimer:** The product specification and the claims made about this product have not been evaluated by the United States FDA and are not intended to diagnose, treat, cure or prevent disease.

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## Leah Terry: Three Poems

Leah Terry · Tuesday, September 3rd, 2024

### middle daughter core

I think I often forget I'm not parents oldest cause I act like it so much.  
For most of my life my mother was a stay at home mom but she was never  
super attentive.

My siblings don't help out much around the house, they don't clean, they  
don't help cook, they don't even help with the younger kids.

I think it was easier when my mother was a stay at home mom, when she  
could be with us more. but even back then it never felt like she was actually  
involved.

My mom doesn't eat dinner with us like she did when I was little. I don't  
even eat with my dad anymore.

My siblings eat on the couch so they can watch TV while my father most  
nights eats alone. I have more memories of my father than most people in  
my life.

surprisingly he was the involved parent, the I care about you parents.  
My parents didn't come to my eighth grade promotion, nobody did in fact.

My mom called me a bitch because I told my sister to share with my  
brother and I called her what she is.

An uninvolved mother.

She sometimes say I remind her of herself.

I think it scares her to think im more involved than her.

Just in everything.

I keep myself busy with activities so I don't have to be home.

I joined the theater so I had a escape from her and my dad.

I plan on going to college far away, but i don't wanna leave them  
which is strange considering I used to pray for their divorce

I didn't understand for a long time why they were still married

I think i understand now why mother hates me so much at times

I think she thinks I'm a monster and it reminds her of what she's been my



entire life.

\*

## september

As the summer fades away, into distant waves  
 crashing down into fall for me  
 I can't help but to remember where I was this last crisp  
 september  
 sitting in classes, not a friend in sight  
 as fall leaves sit on the concrete outside  
 walking into class, headphones in  
 sit in the back where you cannot see  
 where people cannot make you bleed  
 where you sit in a hopeful despair  
 and the other kids stare  
 at this browned haired girl  
 like the september before  
 blasting music in ears  
 caring but not enough to actually care  
 in the hopeful despair  
 that someone will talk to you  
 something that you didn't have to worry about the september  
 before  
 or the one before that  
 glance at the clock, anxiously awaiting  
 to go and play with your friends  
 as your dad did the same thing in september of "79

\*

## Generation down

I know it's my mothers first time on earth, it's mine too  
 I know she had it alot worse when she was my age and below  
 I did too  
 I know she has a long list of books she dies to read  
 she has never had the will to read about me  
 i know it's my father's first time here on earth  
 its mine too  
 I know when he was my age he had no idea what to do  
 I do too  
 i know my father has this thing for things that are broken so he  
 can fix them  
 that he has a need to fix them  
 I have that too but with people  
 I know its my first time on earth  
 I know that 3 years ago I didn't think id be here

I know I have a thing for broken people  
for broken things  
for things that I can make tick and tock  
I have a long list of books I die to read  
but I'll die along time before I read any one of them  
I know I am my parents child  
I just dont want to be that.

\*\*\*

*(Featured image by Leah Newhouse; used under Pexels license)*

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## Stressed About Visas? Discover the Easiest Way to Handle Your Travel Docs

Our Friends · Tuesday, September 3rd, 2024

Dreaming of that perfect getaway? Whether it's sipping espresso in a Parisian café, trekking through the lush jungles of Costa Rica, or basking in the sun on a remote island, there's always one crucial step that can't be ignored: getting your visa sorted. If the thought of visa applications feels overwhelming, you're not alone. But here's the good news: the process doesn't have to be a headache. With the right approach and some handy online tools, you can make the journey to securing your travel documents as smooth as your future flight.

### Understanding the Visa Landscape

First things first, let's break down what a visa is and why you might need one. Essentially, a visa is an official document that grants you permission to enter, stay, or leave a particular country. Different countries have different requirements, and these can vary based on factors like the purpose of your visit (tourism, work, study) and how long you plan to stay.

For example, some countries allow visa-free travel for certain nationalities, while others require an electronic visa (e-visa) or a traditional paper visa. It's crucial to understand these distinctions because they'll guide you through what you need to do next. Ignoring or misunderstanding visa requirements can lead to unnecessary stress, and in the worst-case scenario, it could even derail your travel plans entirely.

### Getting Started with Your Application Process

Once you've identified that you need a visa, the next step is to begin your application. This is where things can start to feel a bit daunting, but with the right tools and preparation, it's all manageable. The first thing to do is gather all the necessary documents. Typically, you'll need a valid passport, passport-sized photos, and details of your travel plans, like flight and

accommodation bookings.

One tip for preparing to go on vacation is to start the visa process as early as possible. Processing times can vary widely depending on the country and the type of visa you're applying for. Some visas can be approved in a matter of days, while others might take weeks or even months. Don't wait until the last minute to get this sorted; the earlier you start, the more peace of mind you'll have as your departure date approaches.

## The Game-Changing Role of Online Platforms

Gone are the days when applying for a visa meant endless visits to embassies, mountains of paperwork, and long, anxious waits. Today, the digital age has made things infinitely easier. Many online platforms have emerged, simplifying the entire process from start to finish.

These platforms often provide step-by-step guidance, helping you navigate through the required documentation and ensuring you meet all the necessary criteria. Some even offer expedited services if you're in a hurry. For example, a **US Visa for UK citizens** or a visa for Brits traveling to America can be easily handled online with clear instructions on what's needed. The standout feature of these platforms is how they cut through the red tape, making the process more straightforward and less stressful.

So, if you're worried about handling visa applications on your own, remember there are options available that make it simple and efficient, with platforms like **iVisa** that make it easy.

## Country-Specific Travel Requirements and Tips

One of the most critical things to remember is that visa requirements are not universal. Each country has its own rules and regulations, which means what works for one destination might not work for another. This is where doing your homework comes into play.

For instance, some countries might require **proof of onward travel**, meaning you need to show that you have a ticket out of the country before your visa will be approved. Others might need evidence of sufficient funds to cover your stay or a letter of invitation from someone in the country you're visiting. These specifics can usually be found on the official government websites of the country you're planning to visit, but online visa platforms often compile this information for you, saving you the hassle.

Pro tip: Always double-check the visa policies for all the countries you plan to visit, especially if you're planning a multi-country trip. Even if you're just transiting through a country, you might still need a visa.

## How to Avoid Common Visa Pitfalls

Even with all the information at your fingertips, it's still possible to run into some hiccups during the visa process. Here are a few common pitfalls and how to avoid them:

- Not checking your passport's validity: Many countries require that your passport be valid for at least six months beyond your planned departure date. Make sure to renew your passport if it's close to expiring.
- Ignoring entry and exit requirements: Some visas have specific entry and exit requirements, such

as needing to enter the country within a certain time frame after the visa is issued or staying within a maximum number of days. Be sure you understand these conditions to avoid overstaying your welcome.

- Forgetting to carry a printed copy of your e-visa: While many countries now accept digital visas on your smartphone, it's always a good idea to have a printed copy just in case. Technology can fail, and you don't want to be stranded at the border without proof of your visa.
- Not keeping track of application deadlines: Some visas need to be applied for well in advance, and missing the deadline could mean missing your trip altogether. Set reminders to ensure all your paperwork is submitted on time.
- Assuming visa-free travel covers all scenarios: Even if you're eligible for visa-free travel, certain activities like working or studying might still require a visa. Double-check the specific rules for your destination.

Navigating the visa process doesn't have to be a daunting task. With a bit of research, early preparation, and the right online tools, you can breeze through it and focus on the exciting parts of your trip. As travel becomes more accessible and the world more connected, knowing how to handle your travel documents is an essential skill for any globetrotter. So go ahead, start planning, and let the anticipation of your adventure be your guide. Safe travels!

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## Trademark Blunders Everyone in Creative Spheres Must Avoid

Our Friends · Tuesday, September 3rd, 2024

Ever thought a name was just a name? Think again. Securing your brand's identity means more than slapping on a catchy title. From indie artists to budding entrepreneurs, everyone can trip over trademark pitfalls.

Nike and Apple learned the hard way; remember their legal tangles? Trust me, avoiding common blunders saves headaches later. Stay savvy with these tips and safeguard your creative hustle.

### Choosing a Strong and Distinctive Trademark

Your trademark should stand out like a unicorn in a field of horses. Aim for uniqueness and avoid common terms. Apple, Google, Nike – these are examples of distinctive trademarks that **capture attention**.

1. **Apple** – A fruit name that has nothing to do with computers, making it memorable and unique in the tech industry.
2. **Google** – A play on “googol,” signifying an enormous number, highlighting the company's vast search capabilities.

3. **Nike** – Named after the Greek goddess of victory, reflecting strength and performance in athletics.
4. **Starbucks** – Inspired by a character from Moby Dick and an old mining town called Starbo; it's distinctive in its field.
5. **Amazon** – Evokes images of vastness and variety, perfect for an e-commerce giant.
6. **Lululemon** – Invented word that's fun to say; stands out in activewear markets.
7. **Kodak** – Chosen for being short and impactful, easy to remember without meaning elsewhere.
8. **Xerox** – An invented term that became synonymous with photocopying due to strong branding efforts.
9. **PepsiCo** – Originating from pepsin (digestive enzyme) combined with 'cola', creating a fresh trademark within beverages.
10. **Red Bull** – Combining vibrant imagery (color red) with power (bull), epitomizing energy drinks effectively

## Conquering the Global Trademark Maze

Expanding globally? You need to know the trademark rules in each country. Registering internationally can be complex, but it's vital for protecting your brand.

Here are key strategies:

1. **Using the Madrid Protocol** – This system acts as a one-stop shop for registering trademarks in multiple countries with a single application.
2. **Securing an EU Trademark** – An EU trademark covers all European Union member states, streamlining protection across Europe with just one registration.
3. **Navigating the Canadian Market** – **Canadian trademark application** is essential if you're targeting Canada, as their process includes unique requirements.
4. **Understanding China's System** – Registering in China requires a local agent and precise translations to navigate effectively through their strict regulations.
5. **Filing with USPTO** – If you're doing business in or with the United States, filing through the US **Patent and Trademark** Office (USPTO) is crucial.
6. **Utilizing Japan's JPO** – The Japan Patent Office has specific domestic guidelines; adhering to them ensures smooth registration within Japan.
7. **Engaging with Brazilian INPI** – Navigating Brazil's National Institute of Industrial Property requires understanding regional intricacies and legal frameworks

## Common Myths About Trademarks Busted

Trademarks can be confusing, and misconceptions abound. Let's clear up some common myths:

### 1. Myth: Registering a Business Name Equals Trademark Protection

**Fact:** Just because you've registered your business name doesn't mean you're protected. It's like thinking owning a mailbox gives you the house too. Trademark registration is a separate process that secures exclusive rights to your brand name.

### 2. Myth: Trademarks Last Forever

**Fact:** Think of trademarks as having an expiration date like milk in the fridge; they require regular renewal to stay valid. Forgetting to renew can result in losing protection altogether.

### 3. Myth: You Only Need One Trademark Worldwide

**Fact:** Imagine if one passport let you travel everywhere – sounds great but it doesn't exist! Similarly, trademarks need registering in each country where you do business since trademark laws vary globally.

### 4. Myth: Similar Logos Can Coexist Peacefully

**Fact:** Even slight similarities between logos can spark major legal fireworks over confusion claims. It's not about how different you think they are, but how consumers might get mixed up.

### 5. Myth: Generic Terms Can Be Trademarked

**Fact:** Trademark law doesn't cover generic terms; they're public domain territory. \*Imagine trying to own "apple" for fruits,\* when Apple Inc.'s computer mark works due to its distinctive non-generic nature

## From Myths to Must-Knows: Wrapping Up Trademark Wisdom

Now you're armed with the know-how to dodge common trademark blunders. Protecting your brand isn't just for big companies; it's crucial for everyone. Keep these tips handy, stay vigilant, and ensure your brand stands out and stays protected in a crowded marketplace. Happy branding!

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## Navya Chitlur: "dark circles"

Navya Chitlur · Sunday, September 1st, 2024

**i.**

dark circles around my eyelids / like violets / makeup to cover it up / can't let them see anything / being numb is better than being a tragedy / being pitied / being scorned / so sephora leeches off the money of me / hundreds of girls like me / who just need a way / to hide their hurt / to hide their pain / their sleeplessness / their anxiety.

**ii.**

i go through classes like a grandma knitting her mauve colored jumpsuits / mindless / mind wandering / everywhere and nowhere. i try my best to act as though i am even of some importance (i am not the only one who does this) / but every difference is ever so small / inconsequential / nothing matters / everything we make out to be big / is just us trying to make ourselves feel bigger / in a world that makes us feel small.

**iii.**

the velvet curtains close at the end of the day / looking almost like grape vines in the lighting.  
 school bells ring / jarring / to some its a symphony / to me it's a reminder / that i'm being dictated  
 by a simple sound / at least now i'm free / the stupid bell says so.

**iv.**

home. what makes a house a home / my mom is cooking (baking? mulberry pie?) / she doesn't  
 answer the bell (i wish i could be like that / not answer to the bell / whenever i hear it). i see my  
 brother / preoccupied with his video games / mind already taken over by the government drones /  
 (please let me not be like that / please let me keep my mind / my sanity) / who do i tell about the  
 purple butterfly / i saw outside my classroom window / while the rest of my classroom was asleep?  
 / no one cares about the purple butterfly/ who do i tell about the butterfly that lost its wing after  
 being caught in a plastic wrapper / in an invisible trap?

**v.**

i like to think everything about me / down to my purple colored shoelaces / is unique / different /  
 but we're all just clones, aren't we? we're all different shades / of the same purple / i thought the  
 purple butterfly was unique / i've never seen a purple butterfly before / but i'm not sure if it  
 thought it was unique / was it told it was unique? / if it was, would it have believed it to be true? / i  
 would / i would cling to every notion / that said i was unique / tear myself to shreds / to achieve it /  
 but still stay the same / as everyone else / unable to swerve away / unable to be like the purple  
 butterfly / (like a coward / always wanting to be / but never becoming).

**vi.**

“work” (says the authorities) i work. free will no longer means anything to me / what is free? / if i  
 was free, what would i want? / what more could i want? / the butterfly was free (i think it was) / it  
 was free until its wings got caught and it couldn't fly anymore. do i want to be the purple butterfly?  
 free / for a fleeting moment / and then gone?

**vii.**

do i even have a choice / i never realized i had wings / are they black / are they white / are they  
 broken / are they purple? / purple like the butterfly's? / i don't know / i will never know / did the  
 butterfly know what color its wings were / did it notice how its wings blended in with beautiful  
 orchids? / did it know how big its wings were? / did it know the power those purple wings held? / i  
 don't know / maybe it didn't know either.

**viii.**

my room / my safe zone / free from watchful eyes / watchful drones. i lie down on my bed / stare at  
 the ceiling / the one i painted lavender long ago / fingerprints all over them (i tried / truly / to paint  
 my room in different forms of art / in different hues of periwinkle / of purple) / i never liked it  
 before, but now it reminds me of the butterfly / the patterns of its wings. here i am free / for a  
 fleeting moment / like the butterfly and its purple wings. i'd like to stay in this lavender haze  
 forever — just the butterfly and me / just us / far away / in our cotton candy heaven.

\*\*\*

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## 6 Unique Ways to Personalize Cultural Events

Our Friends · Saturday, August 31st, 2024

Personalizing cultural events can create meaningful connections. You want guests to feel engaged and appreciated.

Consider unique ways to add a personal touch. Simple gestures can elevate the experience for everyone involved.

Explore options that resonate with your attendees, and watch how these ideas bring life to your event. From custom greetings to special digital invitations, this list highlights creative strategies for making your gathering unforgettable.

Get ready to enhance those cultural moments in style!

### 1. Crafting Personalized Invitations That Reflect Your Culture

Creating personalized invitations can set the tone for your cultural event. Think about using vibrant designs that reflect your heritage. Incorporate thoughtful messages tailored to each guest, ensuring they feel valued and welcomed.

You could consider utilizing digital platforms like Punchbowl, which offers customizable eCards for this purpose. These tools make it easy to craft beautiful invites that resonate with your culture while allowing you to **schedule free eCards** for effortless delivery.

This personal touch not only enhances guest experiences but also fosters a sense of connection before the event even begins.

### 2. Interactive Elements to Engage Guests at Cultural Events

Adding interactive elements to your cultural event can elevate the guest experience significantly. Think about incorporating activities that reflect your traditions, such as dance lessons or craft stations.

Think about **innovative ideas** to captivate your guests in entertaining manners, such as real-time surveys or selfie stations decked with props that highlight your culture.

Such amusements do more than delight; they spur attendees to forge connections and dive deep into the experience. By sculpting a space of universal involvement, you cultivate a community ambiance and celebratory spirit that endures well beyond the event's finale.

### 3. Unique Gift Ideas that Celebrate Heritage and Traditions

Offering unique gifts at your cultural event can leave a lasting impression on guests. Think about items that highlight your heritage, such as handmade crafts, traditional foods, or locally sourced products.



Personalized favors create memorable connections. You might include custom labels or messages that reflect the significance of the gift. Consider using Punchbowl to send thank-you notes after the event, reinforcing those special memories while allowing for easy follow-up.

When you choose gifts with thoughtfulness in mind, you celebrate both your culture and the relationships you've built with attendees throughout the occasion.

## 4. The Role of Music in Personalizing Cultural Gatherings

Music plays a vital role in setting the atmosphere at your cultural event. Selecting songs that resonate with your heritage can create an inviting ambiance and evoke emotions among guests.

Consider **curating playlists** that feature traditional tunes alongside modern interpretations to appeal to diverse tastes. You could even hire local musicians or performers who specialize in cultural music, adding authenticity to the experience.

Engaging guests through live performances encourages participation and brings everyone together in celebration. When music reflects your culture, it enhances connections and makes your gathering unforgettable for all involved.

## 5. Creating Customizable Experiences with Digital Tools

Digital tools can transform your cultural event into a highly personalized experience. You could explore platforms that allow guests to customize their participation, such as choosing menu options or selecting activities in advance.

Using Punchbowl for event invitations not only streamlines communication but also allows you to incorporate RSVP features where attendees express their preferences. This engagement fosters excitement and ensures everyone feels included from the start.

By leveraging technology, you create an atmosphere where personalization thrives, making your gathering more enjoyable and memorable for all involved while celebrating your culture uniquely.

## 6. Storytelling Techniques to Enrich Event Narratives

Weaving storytelling into the fabric of **your cultural event** can infuse it with richness and significance. Narrating personal vignettes or historical narratives tied to your lineage grips your guests, engendering a bond with the culture you're exalting.

Consider inviting speakers who can share stories or even hosting workshops where attendees create their own narratives around traditions. You could also use digital media, such as video montages or social media snippets, to weave these stories into the event's fabric.

By highlighting experiences through storytelling, you enhance engagement and make your gathering memorable, leaving a lasting impact on everyone involved.

## Celebrating Culture: The Lasting Impact of Personalization

Personalizing cultural events enriches experiences and fosters connections. When you thoughtfully tailor invitations, activities, and gifts, guests feel valued and engaged. This approach creates lasting memories that resonate well beyond the event itself.

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As you embrace these unique strategies, remember that celebrating your culture also celebrates the relationships formed with those who share in your journey.

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## From the Court to the Red Carpet: The Evolution of the Tennis Bracelet

Our Friends · Saturday, August 31st, 2024

The tennis bracelet, a timeless piece of jewelry, didn't start its journey as a fashion staple. Surprisingly, this elegant line of diamonds, now seen glistening on the wrists of celebrities and royalty, was first spotted on the tennis court. Yes, the story begins in 1987 with professional tennis player Chris Evert, whose diamond bracelet snapped mid-match at the U.S. Open, prompting a pause in the game while she searched for her lost jewels. Thus, the “tennis bracelet” was born.

### A Sparkle in Time: The Unexpected Origin

Originally known as a “line diamond bracelet,” this piece of jewelry wasn't tied to sports at all. It was a simple, understated row of diamonds or gemstones, often worn as a quiet statement of elegance. However, the incident with Chris Evert transformed its identity almost overnight. Suddenly, this bracelet became synonymous with style on and off the court, and the jewelry world seized the opportunity to rebrand it. The name “tennis bracelet” stuck, adding a layer of sportiness to an otherwise classic piece.

### A Symbol of Elegance and Resilience

While its origin story is steeped in athleticism, the **tennis bracelet** soon became a symbol of elegance, resilience, and freedom. Unlike other diamond jewelry that might feel too formal or constrained, the tennis bracelet was versatile. Its flexible design allowed it to be worn comfortably during rigorous activities, yet it was glamorous enough for a night out. It represented a new era of jewelry where functionality met beauty, appealing to modern women who wanted to express sophistication without sacrificing practicality.

Beyond this, the tennis bracelet also became a metaphor for the modern woman—dynamic, adaptable, and timeless. It symbolized strength and grace, much like Chris Evert herself, who continued her match with the same intensity after recovering her bracelet. In many ways, the bracelet represents an unbreakable spirit, a characteristic that resonates with women worldwide.

## Reimagining the Classic: Modern Takes on the Tennis Bracelet

Fast forward to today, and the tennis bracelet has evolved significantly. Designers have reimagined it in countless ways, infusing it with unique elements that reflect current trends. Some are experimenting with mixed metals—pairing white, yellow, and rose gold in a single piece. Others are incorporating colored gemstones, such as sapphires, emeralds, and rubies, to create a vibrant twist on the classic diamond line.

Contemporary tennis bracelets often play with stone sizes and shapes, breaking away from the uniform round diamond cut. You'll now find bracelets adorned with oval, marquise, or even baguette-shaped stones, adding an unexpected flair to the traditional design. This evolution speaks to a broader trend in the jewelry market, where individuality and personal expression are valued more than ever.

Furthermore, the modern tennis bracelet isn't limited to diamonds alone. Many jewelers are creating designs that feature a combination of stones—diamonds paired with black onyx, aquamarine with white topaz, or emeralds with pearls. This approach has opened up the market to a wider range of tastes and budgets, allowing more people to experience the elegance of a tennis bracelet.

### A Staple in Celebrity Fashion

Tennis bracelets have firmly established themselves in celebrity fashion. A-listers like Meghan Markle, Serena Williams, and Rihanna have been seen sporting these stunning pieces, from casual daytime looks to high-profile events. Each celebrity puts their spin on it—layering multiple bracelets for a modern, stacked look or choosing oversized stones for maximum impact.

The red carpet, in particular, has become a runway for tennis bracelets, where they're styled with everything from classic gowns to contemporary suits. This adaptability has further cemented their status as a must-have accessory in any jewelry collection.

What's interesting is how celebrities have personalized this accessory. Meghan Markle, for instance, often opts for ethically sourced diamonds, aligning her jewelry choices with her advocacy for sustainability. Serena Williams, known for her strength both on and off the court, chooses bolder designs, often stacking multiple tennis bracelets to add layers of sophistication and shine to her ensemble.

### Styling the Tennis Bracelet: From Casual to Couture

A tennis bracelet's appeal lies in its versatility. It effortlessly transitions from a day at the office to an evening gala, from jeans and a tee to a little black dress. Here are some styling tips to make the most of this iconic piece:

1. **Layering with Other Jewelry:** Layer your tennis bracelet with other pieces, like a chunky gold bangle or a minimalist silver chain, to create a modern, eclectic look. The combination of different textures and styles can add depth and interest to your outfit.
2. **Office Chic:** Pair a simple tennis bracelet with a classic watch to elevate your everyday office attire. It adds a subtle touch of luxury without overpowering your professional look.
3. **Casual Outings:** For casual outings, consider wearing your tennis bracelet with other delicate bracelets. Think of it as stacking, but with a twist. You can mix metals, add beaded bracelets, or

even leather bands to bring out a unique, personal style.

4. Evening Glamour: When dressing up for an evening event, let the tennis bracelet shine on its own. Choose a piece with larger stones or unique cuts to draw attention to your wrist. Match it with a pair of diamond earrings or a solitaire necklace for a cohesive look.
5. Modern Minimalism: Wear a thin, minimalist tennis bracelet as a standalone piece for a chic, understated look. Perfect for those who prefer a more subtle approach to jewelry.

## Sustainable and Ethical Choices

As the demand for tennis bracelets grows, so does the conversation around ethical sourcing and sustainability. Many jewelers are now focusing on creating tennis bracelets with ethically sourced diamonds or lab-grown alternatives. This shift reflects the modern consumer's values, who are more conscious about the impact of their purchases.

Brands like Brilliant Earth and Vrai are leading the way, offering stunning tennis bracelets that are both ethically produced and environmentally friendly. For many, wearing a tennis bracelet now carries the added satisfaction of knowing their jewelry aligns with their values.

Moreover, sustainable practices are influencing not only the materials but also the methods of production. Jewelers are adopting energy-efficient techniques, reducing waste, and focusing on eco-friendly packaging. This holistic approach to sustainability is gradually becoming the standard in the luxury jewelry industry, making the tennis bracelet not just a piece of adornment, but a statement of conscience.

## Investment Value: Beyond the Shine

A well-crafted tennis bracelet is more than just an accessory; it is also an investment. High-quality pieces retain their value over time, and certain designs are even appreciated, particularly those featuring rare stones or unique cuts. For collectors, vintage tennis bracelets from iconic brands like Cartier or Tiffany & Co. have become prized possessions, fetching impressive prices at auctions.

However, for those looking to invest, it's important to consider factors such as the quality of the stones (cut, clarity, color, and carat), the metal used, and the craftsmanship. A certified appraisal can provide insights into the bracelet's value, ensuring that it is both a smart investment and a cherished heirloom.

## The Future of the Tennis Bracelet

The tennis bracelet has transcended its origin story to become a powerful statement of elegance, versatility, and sustainability. As it continues to evolve, this piece of jewelry proves that it is not just a fleeting trend but a timeless accessory that adapts to the times. Whether you wear it solo for a touch of understated elegance or stack it with other bracelets for a bold look, the tennis bracelet remains a symbol of both personal style and history.

As we look to the future, one thing is clear: the tennis bracelet will continue to charm and inspire, finding new ways to adapt to modern tastes while honoring its unique heritage.

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## Kitchen Glow-Ups: What's Hot Right Now in Healthy Upgrades

Our Friends · Friday, August 30th, 2024

The kitchen isn't just the heart of the home anymore—it's becoming a health hub. As more people are leaning into wellness-focused lifestyles, designers are going all-in on upgrades that make your kitchen not just stylish but a sanctuary for better living. From state-of-the-art appliances to eco-friendly materials, these trends are reshaping the way we think about food, sustainability, and even our daily routines.

### Smart Hydration Stations

Water is life, and in today's kitchens, it's getting the VIP treatment. Smart hydration stations are popping up in homes across the country and for a good reason. These stations go beyond the standard faucet, offering options like instant hot or cold water, built-in filters, and even sparkling water on demand. But the real game-changer? Water ionizers. These devices are making waves for their ability to alter the pH levels of your water, offering potential health benefits that range from better hydration to detoxification.

But here's the kicker—not all ionizers are created equal, so make sure you're going with the **best water ionizers**. Designers and health enthusiasts alike are swearing by them, integrating these devices seamlessly into kitchen islands and countertops. The result is a sleek, modern look that doesn't just upgrade your kitchen's aesthetics but also your wellness game. This trend is more than just a fad; it's a lifestyle shift that's here to stay.

### Sustainable Surfaces

The movement toward sustainability isn't slowing down, and kitchens are leading the charge. Sustainable surfaces—think countertops made from recycled materials, bamboo, or even reclaimed wood—are becoming a must-have in modern homes. These materials aren't just eco-friendly; they're also incredibly durable and often more resistant to stains and scratches than their traditional counterparts.

Why are designers so obsessed? Because sustainable surfaces offer a perfect blend of form and function. They provide a stylish, earthy vibe while also reducing your carbon footprint. Plus, with so many options available, it's easy to find something that fits your style, whether you're into the sleek look of recycled glass or the rustic charm of reclaimed wood.

But the real reason **why a sustainable kitchen matters**? It's about more than just aesthetics. It's a statement—an investment in your health and the planet's future. This trend is a win-win, offering you a kitchen that's both beautiful and better for the environment.

### High-Tech Cooking Tools

Welcome to the future of cooking. As tech continues to infiltrate every aspect of our lives, it's no

surprise that it's making a significant impact in the kitchen. High-tech cooking tools are no longer just for professional chefs; they're becoming a staple in modern homes. From induction cooktops to smart ovens that can be controlled via your smartphone, these gadgets are changing the way we cook.

But it's not just about convenience. These tools are designed with health in mind. Take, for example, air fryers that let you enjoy all of your favorite fried foods with just a fraction of the oil, or steam ovens that preserve more nutrients than traditional cooking methods. And with the rise of precision cooking tools like **sous-vide** machines, you can prepare perfectly cooked meals that retain all their natural flavors and nutrients.

The kitchen is evolving, and these tools are at the forefront of that change. They make it easier to prepare healthy meals at home, ensuring that you can enjoy gourmet-quality food without compromising on your wellness goals.

## Eco-Friendly Appliances

If you're serious about a healthy kitchen, eco-friendly appliances are a must. Gone are the days when energy efficiency meant boring or less effective. Today's eco-friendly appliances are as powerful as they are stylish, offering everything from energy-saving refrigerators to dishwashers that use less water without sacrificing performance.

These appliances are not just good for the planet—they're also better for your wallet. Lower energy consumption means smaller bills, and who doesn't love that? But beyond the financial perks, these appliances are also packed with features that make healthy living easier. Think refrigerators with humidity-controlled drawers to keep your produce fresh longer or ovens with self-cleaning functions that use steam instead of harsh chemicals.

Choosing eco-friendly appliances is a simple but tangible way to make your kitchen healthier and more sustainable. It's all about making small changes that add up to a big difference, both for you and the environment.

## The Plant-Powered Pantry

As plant-based diets continue to rise in popularity, so does the need for a pantry that supports this lifestyle. Designers are responding by creating spaces that make it easier to store and access plant-based staples, from grains and legumes to nuts and seeds.

Open shelving is a big trend here, allowing you to showcase your colorful array of ingredients while also making them easily accessible. But it's not just about storage—it's about creating a space that encourages healthy eating habits. When your pantry is organized and filled with nutritious options, you're more likely to reach for them.

And it's not just vegans or vegetarians who are jumping on this trend. Even those who still enjoy meat are finding value in a plant-powered pantry, using it to incorporate more whole foods into their diet. It's a simple yet effective way to make your kitchen—and your life—just a little bit healthier.

From smart hydration stations to plant-powered pantries, these healthy kitchen upgrades are more than just trends—they're a new way of living. By integrating these elements into your home,

you're not just keeping up with the latest in kitchen design; you're investing in a lifestyle that prioritizes wellness and sustainability. So, whether you're building a new kitchen from scratch or just looking to make a few upgrades, these trends are the ones to watch. They're not just changing kitchens—they're changing lives.

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## **Kerafen Reviews – Does It Work for Toenail Fungus?**

Our Friends · Friday, August 30th, 2024

Toenail fungus is a chronic and frequently relapsing infection that occurs in millions of people.

This infection causes discoloration, thickening, and sometimes painful nails, this infection can significantly impact one's confidence and comfort.

Say hi to Kerafen – a natural, topical solution for addressing the root cause of the toenail fungus. Kerafen is formulated with a strong combination of 15 potent ingredients that aims to reach the nail bed, eliminate tough biofilm, and improve the nails' condition and appearance.

This review will therefore focus on understanding how this product functions, what ingredients it is made of, and the benefits of extended use of this product.

### **Kerafen: Topical Solution for Toenail Fungus**

Kerafen is a topical solution particularly formulated to treat toenail fungus. Developed with natural protective agents, it goes through the nail and even reaches the nail bed, much where this fungus biofilm forms.

This process assists in clearing the infection, and more importantly, aids in avoiding recurrence of the same.

Kerafen not only eradicates the fungal infection but also takes care of nails, making them more robust and healthier to grow by facilitating better nail growth and their appearance.

**[Order Kerafen Now From Official Website](#)**

### **How Does Kerafen Work?**

Kerafen works by penetrating the nail bed and targeting the biofilm that shields toenail fungus.

Its natural compounds such as tea tree oil, undecylenic acid, and aloe vera work to break the

biofilm and eradicate the infection.

Both the antifungal and anti-inflammatory components of these ingredients effectively eliminate the fungus and simultaneously relieve the skin's irritation.

This action not only clears the current issue but also prevents further infections and builds the nails in a way that would reduce brittleness and encourage growth of healthier and clearer toenails.

## The 15 Kerafen Ingredients That Make It Effective

- Undecylenic Acid USP: An effective antifungal agent that shields nails and prevents fungal DNA synthesis.
- Tea Tree Essential Oil: This natural antifungal can clean the area around the nails and disrupt fungal cell membranes.
- Aloe Vera Leaf: Soothes the skin, promotes healing, and modulates the immune response.
- Vitamin E Oil: Acts as an antioxidant, boosts the nail growth process, and helps improve immune response.
- Sweet Almond Oil: Enhances ingredient absorption into the nail bed and skin, while adding hydration.
- Organic Flaxseed Oil: Reduces inflammation of skin and nails, provides nutrition for nails, enhances the nail's ability to absorb solutions.
- Walnut Oil: Prevents fungal infections, enhances nail health, and raises the effectiveness of the product.
- Menthol: Cools and soothes, prevents spore germination, and alters the fungal microclimate.
- Camphor Oil: Relieves discomfort, aids in fungal eradication, and helps degrade biofilm.
- Clove Bud Essential Oil: Strong antifungal that eases pain and accelerates fungal cell death.
- Jojoba Oil: Deeply moisturizes, improves skin health, and degrades fungal biofilm.
- Chia Oil: Rich in Omega-3, effectively moisturizes and breaks down biofilm structure.
- Manuka Oil: Potent antifungal that promotes skin repair and prevents fungal resilience.
- Lemongrass Oil: Purifies the nail area, refreshes skin, and supports membrane disruption.
- Lavender Oil: Calms irritation, speeds up healing, and enhances fungal removal.

## Benefits of Kerafen

- Promotes clearer, healthier nails
- Enhances overall nail strength
- Reduces brittleness and prevents breakage
- Supports faster nail growth
- Moisturizes and nourishes the nail bed
- Provides natural antifungal protection
- Soothes irritated skin around the nails
- Helps heal and restore damaged skin

[Click Here To Order Kerafen Today](#)

## How to Apply Kerafen for Best Results

First wash the area well and make it dry before applying the solution. Using the provided applicator, apply a few drops of Kerafen to the toenails and the surrounding skin.

Massage the solution softly on the affected area to let it get deeper into the skin. To achieve the



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best result, apply twice every day, preferably in the morning and evening.

## Wrapping Up

Kerafen appears as a natural remedy for people suffering from toenail fungus.

Its formulation has ingredients that fight the fungi effectively and at the same time making nails healthy again.

Regular use is likely to yield increased strength and a healthy appearance of nails among the users.

Kerafen thus becomes a one-stop approach for those looking for a solution to both the infection and the health of the nails, for people with discomfort and disfigurement caused by toenail fungus.

Disclaimer:

This product is not FDA-evaluated and isn't meant to diagnose, treat, cure, or prevent any disease. The site's information is not medical advice; consult your doctor before starting any diet or exercise program. Results may vary.

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