

in & out & in-between

in



Beverly Hills Community Dog Park Breaks Ground

YIPPIE!!!! Beverly Hills gets a DOG PARK. Set to open later this summer the park will be open to Beverly Hills residents, people who work in Beverly Hills, Beverly Hills residents' guests and Beverly Hills hotel guests. But to "see and be seen" at the trendy VIP park dogs must have a valid dog license and current rabies shot (obtain a permit from the City of Beverly Hills prior to the opening.



All Aboard...

LA finally caught on to inner-city travel by METRO. After years of debating the topic, people can now jump on the Metro EXPO Line Extension and travel from downtown to the beach and around and around without spending a penny filling gas tanks or public/valet parking. The days of big gas-guzzling autos, bumper-to-bumper freeways, long waits at red lights, and stressed-out drivers fighting rush hour are hopefully fading away.

History Gets Made...

First Lady Michelle Obama announced the FIRST changes in more than 20 years to the FDA's nutrition labels. Tweaks are minor BUT the biggest in-your-face nutrition shake-ups were directed to support her healthy eating/anti-obesity campaign, a long-standing initiative that encompasses everything from better food for students in school lunch programs to gardening and exercise. Accomplishing this feat has NOT been easy. This nutritional label campaign started in 2014!!! New nutritional labels highlight "added" sugars, a sneaky UNHEALTHY bugger that gets left off most food labels. Previous to this initiative, no distinction was made between "natural sugar" (fruits) and synthetic, ZERO

nutritional crap made by food manufacturers. Now, a 20-ounce Coke for example has to list the 65 grams of sugar that's included — which BTW is 130% of the recommended daily allowance. WAY TO GO MICHELLE!



THANKS Paint Co. Sherwin-Williams And Interior Designer John Gidding

Hundreds of community painting projects across North America prepared for greatness as Sherwin-Williams kicked off a 5TH annual National Painting Week. Homeowners got paint, and thousands of Sherwin-Williams associates volunteered to REFRESH 275 homes, community centers, parks and historic landmarks. Renowned architect/interior designer John Gidding lent his expertise to make remodel dreams come true. Sherwin-Williams with the Boys and Girls Clubs of America and Canada, donated the supplies and man power AND to move things along painting contractors/builders participated FREE OF CHARGE in several communities along with Sherwin-Williams store teams. YOU PEOPLE ROCK!



out

Is ANYTHING in LA TOO much?

Well..... Makeup is great to enhance beauty and highlighting/contouring is just part of the package. But it seems contouring has hit the extreme with this latest TREND to plague the "wantnot" crowd — it's WHOLE BODY SKIN CONTOURING and it's out of control with

ridiculous HEAD-to-TOE bronzing that makes a body look... SEXY? Maybe from a mile away. Up close mostly STUPID! Instead, of using the 1-2-3 hours to workout in a gym to tone up — all ages spend the same hours in a salon getting body contouring. GROSS! Those wanting to save \$\$\$ do it themselves and look GROSSER.... OK OK OK maybe contouring on our faces and on our cleavages to enhance and offer some dimension BUT on fingers, toes, stomach, butts and legs? What if you get caught in the rain; fall into a pool after a few shots of tequila; take off your clothes and sweat (for whatever reason). Afterward what do you look like? Where's your 6-pac — NOW HOT SHOT?



in-between



News reports say that actor and now health activist??? Charlie Sheen has joined forces with one of the most openly associated brands of pleasure one can think of... LELO (manufacturers condoms) and together they unveiled LELO HEX™ — a NEW concept of an OLD condom NOW re-engineered. Proud company reps tout this "unveiling" as one of the most important innovations in sexual health in 70 years. HUH? In an exclusive interview for LELO, Sheen broke his creative condom designer input silence about why he thinks condom usage continues to decline, and why LELO HEX™ can revolutionize safe sex for good. Sheen said, "if you want to change how people see condoms a great place to start is by changing the condom itself!" HUH? Thanks Charlie.