IN THIS ISSUE BREAKING THE ICE / NATURAL BEAUTY / STARTING A BOOK CLUB / PROJECT NURSERY

tattle

MAGAZINE

TIFFANI THIESSEN
LEVELS UP LEFTOVERS WITH HER NEW BOOK

MAKE THE MOST OF YOUR GATHERINGS
+
PODS, GROUPS & TROOPS
+
STAY CONNECTED IN THE NEW YEAR

better together

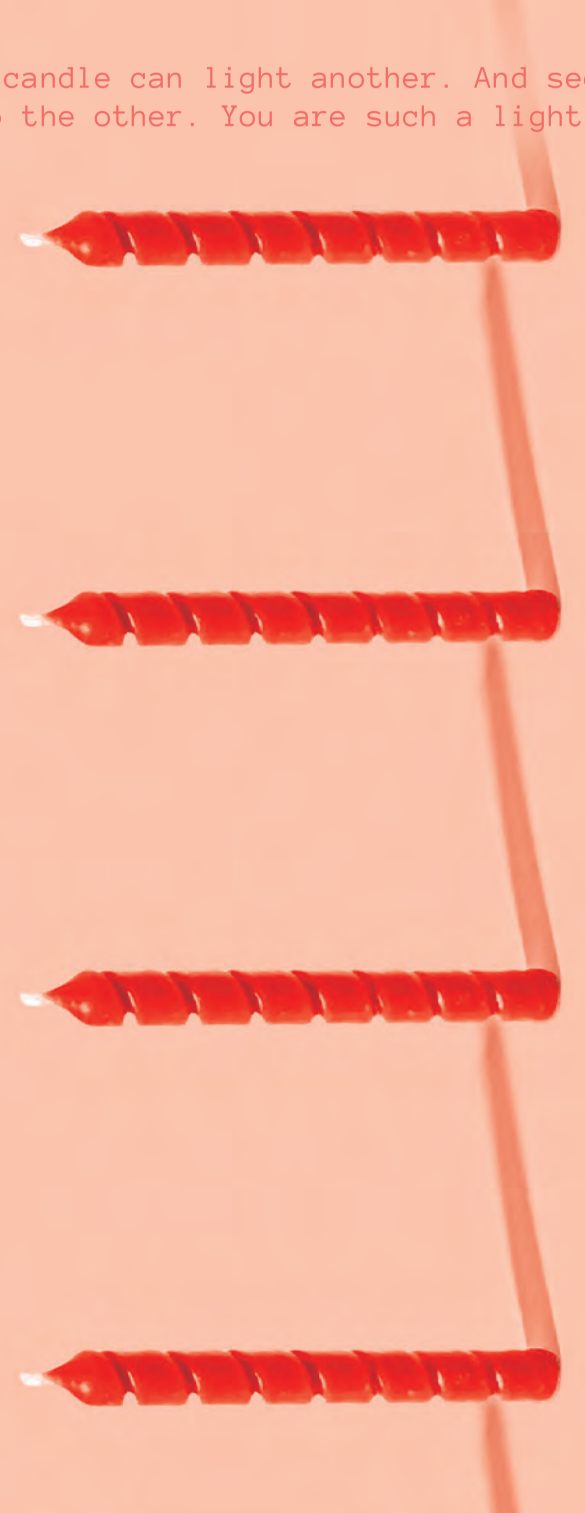
PLUS
TATTLE TALKS WITH

JESSICA LYNN
ON TAKING THE THE STAGE & BEING YOURSELF

DIANA FLORES
ON LEADING A MOVEMENT FOR WOMEN IN FLAG FOOTBALL

VOLUME 3 ISSUE 12

“A candle is a small thing. But one candle can light another. And see how its own light increases, as a candle gives its flame to the other. You are such a light.” — Rabbi Moshe Davis



contents

THE BETTER TOGETHER ISSUE

features

20
JESSICA LYNN
On Taking the Stage

44
TIFFANI THIESSEN
Leveling Up Leftovers

62
BETTER TOGETHER
Some Things Are Just Better Together

79
DIANA FLORES
Dreaming Big Because Dreams Come True

CHECK IN ON YOUR FRIENDS

EVEN THE "STRONG" ONES

It's okay to not be okay.
Learn how to reach out to a friend about their mental health at SeizeTheAwkward.org.

SEIZE THE AWKWARD

ad COUNCIL

American Foundation for Suicide Prevention

JED The Jed Foundation

P&T PETE & THOMAS FOUNDATION

contents

73 BEYOND THE BOTTLE WITH ROBIN KEENAN, OWNER OF LITTLE BIRDIE WINE NEST

RECIPES

56 Orange Walnut Crescent Cookies

57 Almond Thumbprint Cake Cookies

59 Peanut Butter Orange Zest Cookies

ALSO IN THIS ISSUE

8 Mezcal Negroni

8 Cheers to a New Year

8 Pantry Must-Go Inspo

10 Turning Pages Together

11 Beyond the Book Club

12 Glowing Skin

14 Skincare Simplified with Mona Bahraini

16 Feeding Ourselves with Love Instead of Fear

43 Cooking as a Family

48 Make the Most of Your Gathering

50 Mix Mingle and Make Memories

52 Throw the Tastiest Trade-off

53 Breaking the Ice

72 Loved to Pieces

90 Create a New Perspective

91 Bedtime Bliss

92 Oh Baby, Registry Favorites

97 Craft & Decor Inspiration

98 Traditions to Start this Year

99 Planning a Family Game Night

100 Navigating Challenges and Cultivating Connection

101 Tea for Two

103 Cheers to You

18 CITY SPOTLIGHT

IN EVERY ISSUE

9 Books & Beyond

54 In Season

60 In the Kitchen

86 Tattle Titles

106 Movies & TV

108 Publisher's Picks

KIDS' ZONE

85 Tips to Teach Children Teamwork

87 DIY Dinosaur

88 Snow Much Fun

PLAYLISTS

43 Dancing in the Kitchen

62 Togetherness Tracks

69 I'll Stand By You

↑ The American Museum of Natural History is one of the largest museums in the world. With 45 permanent exhibition halls and displays about human origins, climate change, dinosaurs, meteorites, ocean life, and mammals, there is definitely a lot to explore and discover.

Small acts of kindness can have a big impact in making people feel welcome. When we reach out and connect with others, we can build a stronger community where everyone – regardless of their background – feels like they belong.

LEARN HOW AT

BELONGINGBEGINSWITHUS.ORG

BELONGING BEGINS WITH US .ORG

ad COUNCIL

ARTWORK BY STEVIE SHAO + AMPLIFIER.ORG

tattle

PUBLISHER & CREATIVE DIRECTOR
Jennifer Dufek

CONTRIBUTORS
Lisa Douglas
Betsy Chasse
Gina Keyes
Michael Knight
Karen Moore
Samantha Reed
Emma Edwards

PHOTOGRAPHY
Richard Fitzer Photography
Mike Doherty
Rebecca Sanabria
Scott Vincent
Mickey Deneher
Ray Karaman
Dave Hutchison Photography
Jennifer Dufek

PRODUCTION
Mazel VanSickle

SOCIAL MEDIA
JMD Creative Media

WEB DEVELOPMENT
JMD Creative Media

CONTACT US

EDITORIAL
editor@tattlemag.com

ADVERTISING
advertise@tattlemag.com

GENERAL INQUIRIES
hello@tattlemag.com

INTERESTED IN CONTRIBUTING?
Send your submissions to:
submissions@tattlemag.com

Tattle Magazine is published four times per year and distributed throughout the U.S. *Tattle Magazine* is not responsible for any errors, inaccuracies, omissions or incorrect information (or the consequences related thereto) contained within the magazine or online. Readers should not rely on any information contained in the magazine and they should always consult with an appropriate professional for guidance. *Tattle Magazine* accepts no responsibility for the consequences of error or for any loss or damage suffered by users of any of the information or materials provided by *Tattle Magazine*. Some content published by *Tattle Magazine* is sponsored or paid advertising and some individuals, quoted or cited in articles, have paid for advertising or sponsorships. This content and these opinions do not necessarily reflect the views or opinions of *Tattle Magazine*.

Printed in the U.S.A.

Please recycle this magazine.

a note for you

BETTER TOGETHER
When I started the concept of this issue and explored what's "better together" it brought me back to the people who are most important to me. I can honestly say, I am better with them.

A LOOK INSIDE
As you flip through this issue, take a moment to appreciate the magic of connection – from lifelong friendships, family (including the friends we consider family), and the love of our lives, to the memories made around the table and the friends you meet at a book club or trivia night.

But here's the thing: it's not just us humans who thrive on togetherness. From inseparable animal buddies to the intricate dance of ecosystems, it's a beautiful reminder that we're all in this together.

REMEMBER...
Stay close to those who make you feel like the most authentic version of yourself, the ones who've got your back no matter what, and who just sprinkle a little extra love into your day.

Cheers to being better together!

Jennifer Dufek

SPEND MORE TIME WITH PEOPLE WHO:

Make you feel loved.

Support you.

Inspire you.

Encourage you.

Make time for you.

Listen.

Remember the small things.

Check in with you.

Show up for you.

Bring out the best in you.

inspiration for this issue

FIND
YOUR TRIBE
LOVE
THEM HARD

SUBSCRIBE TODAY!
www.tattlemag.com

COVER PHOTO: RICHARD FITZER PHOTOGRAPHY;
TOP RIGHT: REBECCA SANABRIA; MIDDLE RIGHT: SCOTT VINCENT
BOTTOM RIGHT: COURTESTY OF DIANA FLORES

connect with us @tattlemag // tattlemag.com

PLAYER 1

011279

LEVEL: 4

ROUND: 5

MEZCAL NEGRONI

Treat yourself to this a smoky twist on a classic cocktail.

INGREDIENTS

1¼ oz mezcal
1¼ Campari
1 oz sweet vermouth
thin orange slice, for garnish
ice

DIRECTIONS

1 Place a few ice cubes into a cocktail mixing glass.

2 Add mezcal, Campari, and sweet vermouth and stir for 30 seconds. Avoid using excessive ice or stirring excessively, as it can result in the dilution of the cocktail.

3 Put a large ice cube into a rocks glass.

4 Strain and pour into prepared glass.

5 Garnish with an orange slice.

Make sure to always adorn your negroni with a slice of orange. While garnishes are often considered merely decorative, the aromatic bitterness of the orange enhances the experience with every sip. Don't overlook this essential touch!

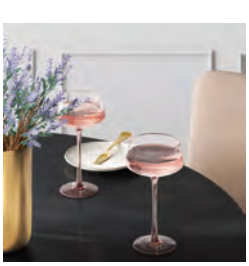
WHAT IS MEZCAL
Mezcal is an agave-based liquor produced in Mexico with a distinct smoky flavor.

CHEERS TO A NEW YEAR

Add a touch of sophistication to every sip with drinkware that we'll drink to.

Stemless Wine Glasses, Set of 2
Estelle Colored Glass, **$65**

Double Old-Fashioned Glasses, Set of 4
Modern Optic, **$70**



Cocktail Coupe Glass
Threshold, **$7**

PANTRY MUST-GO INSPO

Do you have items in your cupboard with looming expiration dates? Check out our featured pantry item and how we get creative with it!

IN THIS ISSUE: COCONUT MILK

CHOCOLATE TRUFFLES

INGREDIENTS

½ c coconut milk, full-fat canned
10 oz dark chocolate chips
½ t vanilla extract
⅛ t sea salt
cocoa, for rolling truffles in

DIRECTIONS

1 In a medium sauce pan, heat milk until it barely starts to boil.

2 Add in chocolate, vanilla and sea salt and stir until smooth.

3 Cool to room temperature, then refrigerate at least 2 hours or until firm, but still pliable, like fudge.

4 Shape into 1" balls.

5 Roll truffles in cocoa and store in an airtight container at room temperature.

FOLLOW US FOR MORE IDEAS!

@tattlemag

BEST NEW BOOKS

An untimely death, a fake engagement and a shocking disappearance during a glamping excursion — these are a few captivating reads you didn't know you needed!

THE NEW COUPLE IN 5B
by Lisa Unger

Struggling to make ends meet in the bustling metropolis of New York City, Rosie and Chad Lowan find themselves overjoyed when Chad's deceased uncle bequeaths them his opulent apartment in a historic building nestled in a glamorous neighborhood. Initially, the Windermere appears idyllic, with its ever-present doorman and ubiquitous surveillance cameras. However, Rosie's suspicions intensify when a neighbor's untimely death hints at a more sinister reality lurking beneath the meticulously crafted exterior.

THE CATCH
by Amy Lea

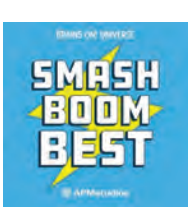
This rom-com follows Boston influencer Melanie Karlsen, whose perfect life is tossed overboard by a disgruntled lobster fisherman in a quaint Canadian village. Mistaken for a local's fiancée, Mel agrees to a fake engagement to heal family rifts. As emotions bloom amid nature's beauty, Mel must decide between her city glamour and an authentic, wild love.

THE SEARCH PARTY
by Hannah Richell

Max and Annie Kingsley, seeking a dry run for their Cornwall glamping site, host a reunion with university friends. Tensions escalate among the kids, revealing explosive secrets. As a storm isolates them, a member vanishes. Shifting between a police investigation, a hospital, and the chaotic weekend, this locked-room mystery explores fragile friendships and parental sacrifices.

PODCASTS FOR THE ENTIRE FAMILY TO ENJOY

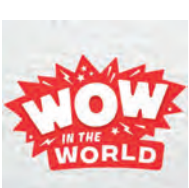
These family podcasts explore the unknown, dive into debates and answer your questions fueled by creativity and imagination.



SMASH BOOM BEST

30 minutes per episode with over 100 episodes to enjoy

This debate show for kids and families from the makers of the award-winning podcast *Brains On,* takes two cool things, smashes them together and lets you decide which is best.



WOW IN THE WORLD

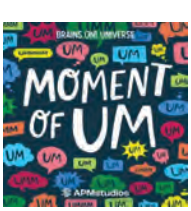
30 minutes per episode with over 700 episodes to enjoy

A science podcast for kids and grown-ups! Join hosts Mindy Thomas and Guy Raz as they share stories about the latest news in science, technology, and innovation.

WHAT IF WORLD

20 minutes per episode with over 300 episodes to enjoy

Host Mr. Eric tells stories inspired by kids' questions that will keep kids laughing while inspiring curiosity, creativity and imagination.

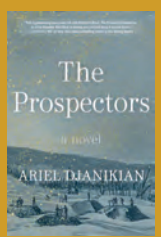


MOMENT OF UM

5 minutes per episode with over 100 episodes to enjoy

A family fun podcast that answers your daily questions that pop up out of nowhere and make you go... ummmm.

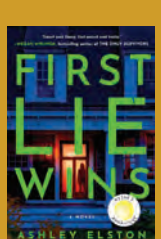
BOOK CLUB FAVORITES TO GET YOU STARTED



HISTORICAL FICTION
The Prospectors
by Ariel Djanikian

ROMANCE
Maybe Next Time
by Cesca Major

THRILLER & SUSPENSE
The Frozen River
by Ariel Lawhon



THRILLER & SUSPENSE
First Lie Wins
by Ashley Elston

TURNING PAGES TOGETHER

Looking for a fun way to enjoy books and meet new people? Start a book club! There can be more to starting a book club than you might think. We've put together a short guide with some tips to get you started in creating a successful club to call your own.

CLARIFY YOUR PURPOSE

Before diving in, define your club's goals. Are you seeking quality time with friends, making new connections, or fostering stronger bonds with colleagues? Determine your preferred genre (fiction or non-fiction) to guide invitations and planning.

SELECT YOUR GUESTS

Choose who to invite based on your goals. Whether it's a Girls Night Out club or a diverse gathering, consider neighbors, friends, or colleagues. Explore options like couple's book clubs, Bible study groups, or work reading circles. Keep the venue in mind when deciding on the guest list.

DECIDE ON A LOCATION

Opt for locations that suit your club's atmosphere. Whether rotating homes, meeting at a restaurant, or renting a space, consider the tone you want to set—casual or formal. Create a hosting sign-up to share responsibilities.

PUT IT ON THE CALENDAR

Depending on members' availability, decide on a meeting frequency (monthly, bi-monthly, or quarterly). Ensure there's enough time for everyone to read the selected book before each meeting.

CHOOSE A BOOK

The choice of books is crucial. Consider having the host select the book for each meeting or gather suggestions from members. Embrace diverse topics and authors, and decide on a preferred price point for books.

ENCOURAGE SUGGESTIONS

Have members bring two book suggestions to the first meeting. Assign someone to keep a running list for future reference. Seek inspiration from popular book clubs like Oprah's or Reese Witherspoon's, and explore Goodreads for recommendations.

GET (AND STAY) ORGANIZED

Establish effective communication methods for your group. Use online calendar invites to schedule meetings and decide whether to follow a set day or plan dates at the end of each session. Streamline RSVPs with an online sign-up form to keep everyone connected. ▪

Beyond the Book Club

Four fun activities to gather around that won't force you to pretend you've read the book.

WINE TASTING CLUB

There are two types of people in this world: people who attend book clubs for the book and those who are really there for the wine.

CRAFTING CLUB

Create a group around an existing hobby or one you're looking to start. It's a great way to gain inspiration for your next project and make new friends in the process.

SMALL-BATCH PRESERVING CLUB

Select a seasonal ingredient every month and highlight it with a featured recipe, such as pickled cucumbers or orange marmalade.

GARDENING CLUB

If you are now finding yourself living in what is basically a jungle of leafy friends, this is definitely the club for you!

ELEVATING YOUR BOOK CLUB EXPERIENCE

ORGANIZE A THEMED GATHERING

Let the chosen book guide your meeting's theme. Coordinate food and drinks based on the book's subject matter; for instance, serve Italian cuisine if the book is set in Italy.

ARRANGE ICEBREAKERS

Kick off your book club with a few icebreakers. The easiest one is having participants share their favorite book and explain why it holds a special place for them. Other excellent options include discussing their preferred literary character or recalling a book that kept them awake at night.

HOST A MOVIE NIGHT

Select a book recently adapted into a movie, ensuring all members read the book beforehand. Watch the movie together and host a club discussion afterward, including a comparison of the two mediums.

COORDINATE A BOOK EXCHANGE

Foster a sense of camaraderie among group members by arranging a book swap. Have everyone bring a selection of books they've already read and enjoyed to trade, providing everyone with additional reading options between meetings or for upcoming vacations.

glowing skin

The peel that you throw away after eating a juicy orange is all that you want to achieve glowing skin. Check out how!

Although it's a popular ingredient, the reality is that Vitamin C isn't for everybody. Make sure to test products on your skin first and find ones that work for you.

Orange peels harbor a higher concentration of vitamin C compared to the fruit's flesh, rendering them exceptionally potent for addressing skin issues. Using orange peel powder as a facial scrub involves blending it with milk cream to create a paste. It can also serve as a face mask by incorporating yogurt and honey. Its scrubbing action delicately exfoliates the skin, while delivering essential vitamins, helping to reverse damage.

Create Orange Peel Powder

You can make orange peel powder with the leftover skins of the fruit and then use it in skincare DIYs. Place the peels on a baking tray with parchment paper and bake for 20 minutes until they are thoroughly dried. Crush the dried peels into a powder using a blender or hand grinder, and store the powder in a clean, airtight container. Mix the powder with honey, aloe vera gel, or milk cream to create a mild face scrub for a radiant glow.

VITAMIN C ENRICHED CLEAN BEAUTY

Bright Side Vitamin C and Hyaluronic Acid Serum
Flora & Noor, **$34**

Super Glow Vitamin C and Niacinamide Gel Moisturizer
Flora & Noor, **$34**

Vitamin C Resurfacing Toner
Flora & Noor, **$28**

Boost & Brighten Vitamin C Cleanser
Flora & Noor, **$24**

ORANGE IS THE HAPPIEST COLOR. - FRANK SINATRA

skincare simplified with mona bahraini

FOUNDER OF THE PRICKLY PEAR

INTERVIEW BY **JENNIFER DUFEK**

Tattle Magazine: How important was it to you to have your line made from natural ingredients?

Mona Bahraini: About in my mid-20s, I went through this deep dive of what am I putting on my skin and in my body. I got this perpetual rash on my eyelid every so often from my mascara. I went through this huge process of elimination with my makeup. It fueled and planted the seed of me going through this whole discovery of using natural ingredients. Then I went through my hair and skin care and I was like... what is on the back of these ingredients? You can't understand it. How is this normal? I started understanding what I am putting on my body. And I just tested things out and it came down to oils. I noticed that coconut oil and jojoba oil were in everything. And I thought... why don't I just try using that oil? And that's how I discovered using oils and I had been using those for a long time. And then since I use prickly pear for everything... I looked into prickly pear seed oil.

TM: What is your favorite product that you carry of your own line and why?

MB: I am such a small fish in the biggest pond that ever has existed. First of all, I'm all about minimal ingredients and minimal products. You do not need a five-step routine every day to take care of your skin. My facial oils are just that. They replace all products. You don't have to use toners or creams after this product. You just wash your face with water you apply the night oil. You wash your face with water in the morning and you apply the morning oil. So it's really a toss between the morning and the night oil because that's all you need. You can get rid of all other products. It makes it very simple.

TM: Do you have any plans for future products?

MB: Honestly, no, I'm at this point where my goal is to completely disrupt the skin industry with the concept of doing less. You don't need multiple products.

I feel like everything's a gimmick now and my oils... they're so simple. It's a one-product kind of thing and it lasts for months. You get to save money. You're using a hundred percent pure ingredients and I just think it's unnecessary to think about extra products in the future. I just want to help people out and eliminate chemicals from their lives... making their lives easier and affordable using natural ingredients.

TM: I saw on your website that it mentions you have a nursery with a purpose... a community garden. I love that! Can you tell us about that?

MB: Yeah, it's really hard to say where I grew such a special place in my heart for adults with developmental disabilities.

From a young age, I had a cousin who had some mental disabilities and I was very close to him. Whenever we went to family reunions nobody talked to him much, but I would and I just enjoyed the pure aspect of his soul and his personality.

Ever since then, I've always been very involved with community gardens, specifically with adults with disabilities, because once you turn about 21 or 22, there's like zero programs... and the families are always trying to find things to do. I've always just been involved with that and I just think that gardening is therapeutic...well, it's not that I think it is... it 100% is.

It just takes us back full circle to the Earth... and the Earth provides all the air we breathe... all the beauty we see. That is why when I started this, it was more about educating people, not selling a product. My goal was to connect people, everyday people, to children in underserved neighborhoods and adults with disability groups.

So at The Prickly Pear, we'd have kid programs and adults with disability programs come here, and they would grow seasonal vegetables and things like that three to four times a month. Then once or twice a year, I would have a tiny farmer's market during our public hours and our customers would buy from the people who grew the garden and things in the garden. It was really fun!

The risk of adding in transportation is the biggest problem. So I talked to those programs, but the transportation is still picking up the pieces and figuring things out. We hope to start that back up soon. We did it for about three and a half years.

TM: Do you have a favorite quote or saying?

MB: I do! It's by Angela David... "You have to act as if it were possible to radically transform the world. And you have to do it all the time."... That's my favorite quote because I just genuinely think... you know... people think like... this plant lady just started a skincare line in 2021 but it was because I wanted... I believe in changing the skin industry and I want to help people so badly.

My skincare products aren't for everyone. I think there's plenty of room for natural skincare lines. And I just hope to help shape the skincare industry specifically or help reshape it... you know... to change the way people look at their skin. ▪

QUEEN OF THE NIGHT
Prickly Pear Seed Oil
+
Broccoli Seed Oil

MORNING MAJESTY
Prickly Pear Seed Oil
+
Watermelon Seed Oil

MY ROYAL MANE
Prickly Pear Seed Oil
+
Jojoba Oil

BE GONE, CARRY ON
Prickly Pear Seed Oil
+
Black Cumin Seed Oil

Check out the full line of simplified skincare from founder of The Prickly Pear, Mona Bahraini, at ppbody.com

FEEDING OURSELVES WITH LOVE INSTEAD OF FEAR

BY **KAREN MOORE**

By cultivating a positive mindset and nourishing ourselves with love, we can combat fear's influence and lead a more fulfilling and empowered life.

Fear often sneaks into our lives when we least expect it, and if left unchecked, it can consume us with negative thoughts and wild "what-if" scenarios. Worrying rarely leads to positive outcomes. It only disconnects us from the present moment, especially when we fret about things beyond our control. The impact on our well-being can be severe, causing elevated cortisol levels, sleep disturbances, stress eating, and digestive issues. Fear has a way of trapping us in a state of helplessness rather than fostering a sense of dynamism and engagement.

The profound influence of fear on us originates from our evolutionary history. Our brains are wired to respond more strongly to negative stimuli as a protective mechanism. Just because fear knocks on our door doesn't mean we have to invite it in, and certainly, we don't have to let it linger. Instead, let's focus on nourishing ourselves with positivity.

Remember that change starts with awareness and intention. Feeding fear is easy, but we have the power to break free from its grip. Be mindful of redirecting your attention and consciously choose to embrace positive and loving thoughts. ▪

AVOID AMPLIFYING FEAR IN OUR MINDS

Resist the temptation to indulge in worst-case scenarios and avoid spiraling down the rabbit hole of negative news. Staying informed is important, but there's a difference between being informed and being overwhelmed.

FIND JOY IN EVERYDAY ACTIVITIES

Keeping a Joy List can be helpful, reminding us of the things that bring happiness and contentment to our lives.

CHANGE THE MENTAL CHANNEL

Sometimes, all it takes is putting down the phone and stepping away from the constant barrage of information. A simple walk, even within the confines of another room, can create a mental shift and bring clarity.

MAKE SELF-CARE A PRIORITY

Engaging in yoga, breathwork, or watching TV shows that uplift rather than scare us can make a significant difference.

COPE NOTES®

DAILY MENTAL HEALTH SUPPORT

Most mental wellness resources are only designed to help people living with severe symptoms.

What about the rest of us?

Cope Notes uses simple text messages to reduce stress and anxiety in brains of all shapes and sizes. Now, anyone can enjoy a full year of improved mental and emotional health for less than the price of a single therapy session.

- ☑ Youth
- ☑ Families
- ☑ Teens
- ☑ Schools
- ☑ Parents
- ☑ Nonprofits

SCAN the QR code to learn more or visit us online at copenotes.com

SCAN ME

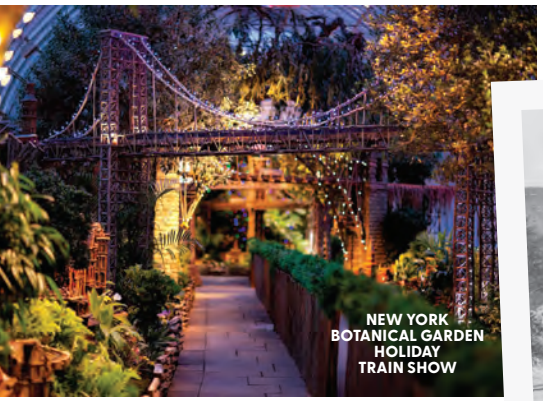
During Broadway Week (January 12 – February 8, 2024), you're able to purchase 2-for-1 tickets.

A WEEKEND IN New York City, NY

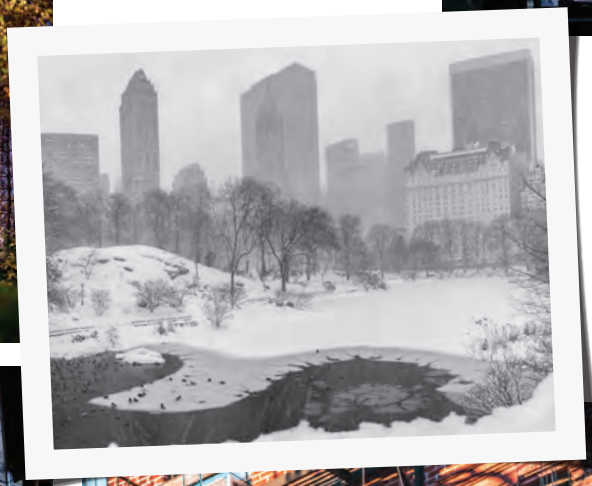
The undeniable excitement of joyful tourists and the inviting magnetic allure of each corner cafe and bar make this season in New York City absolutely irresistible. Check out some of the ways to make the most of your visit in this big city.

CHECK OUT A BROADWAY SHOW

Step inside and warm up while enjoying a Broadway show. New York City boasts 41 recognized Broadway theaters, with over half of them staging performances at any given moment. This means there are plenty of plays and showtimes to choose from. The amount of effort that goes into a single show is impressive and will leave you with an experience that is truly unforgettable.



NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW



PARTICIPATE IN A TV SHOW RECORDING

If you're seeking a unique winter activity, participate in a TV show taping. Many available live recordings to attend are late-night talk shows, providing a relaxed and entertaining experience. They are often free as well, just make sure you apply in advance.

STROLL THE CHELSEA MARKET

The renowned Chelsea Market seamlessly blends distinctive shops, restaurants, spice markets, and cafes, making it a widely acclaimed food hall. The market is a super popular spot for both locals and tourists alike, welcoming and cozy vibe, it really comes alive in the winter season.

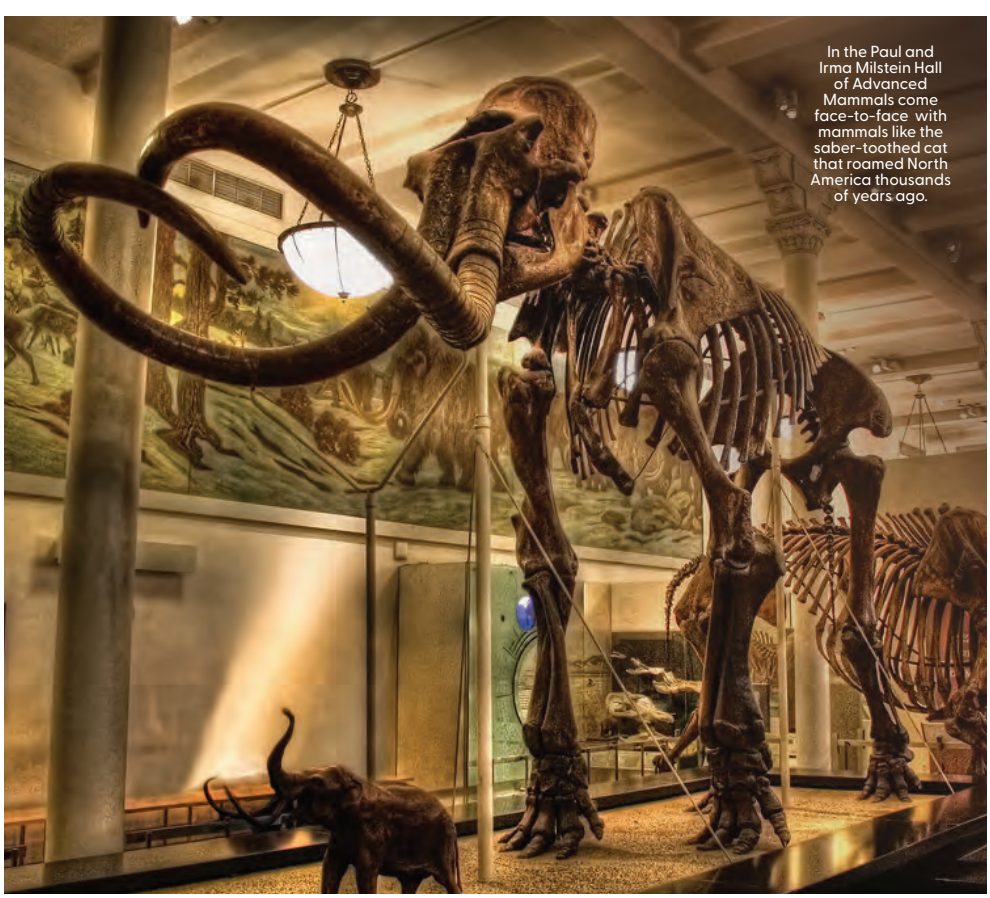
CELEBRATE CHINESE NEW YEARS IN CHINATOWN

Chinatown stands out as one of the most captivating neighborhoods in Manhattan to discover, and when Chinese New Year arrives, it elevates the experience to an extraordinary level. This celebration ranks among the top winter events in New York City, offering a memorable way to enjoy a bit of a new culture.

As the festive season unfolds, the streets buzz with locals adorned in traditional attire and music fills the air for days. The climax of the festivities occurs during the Lunar New Year parade, marking the transition into a brand new year.

GO ICE SKATING IN CENTRAL PARK

Ice skating at Wollman Rink stands out as one of the quintessential winter experiences in New York City. Situated in the southern region of Central Park, it offers breathtaking vistas of the Manhattan skyline. This activity is a must-add to everyone's winter bucket list. With the rink welcoming visitors from late October to early April, there's there's plenty of time to bundle up and join in the fun.



In the Paul and Irma Milstein Hall of Advanced Mammals come face-to-face with mammals like the saber-toothed cat that roamed North America thousands of years ago.

VISIT THE AMERICAN MUSEUM OF NATURAL HISTORY

The American Museum of Natural History is one of the largest museums in the world. With 45 permanent exhibition halls and displays about human origins, climate change, dinosaurs, meteorites, ocean life, and mammals, there is definitely a lot to explore and discover.

GRAB A DRINK OR BITE

RALPH'S

With it's charming, retro vibe it's not hard to see why both locals and visitors enjoy this cafe so much. Enjoy some coffee and spend a few slow moments watching the world go by at one of the cutest cafes in NYC.

BALTHAZAR

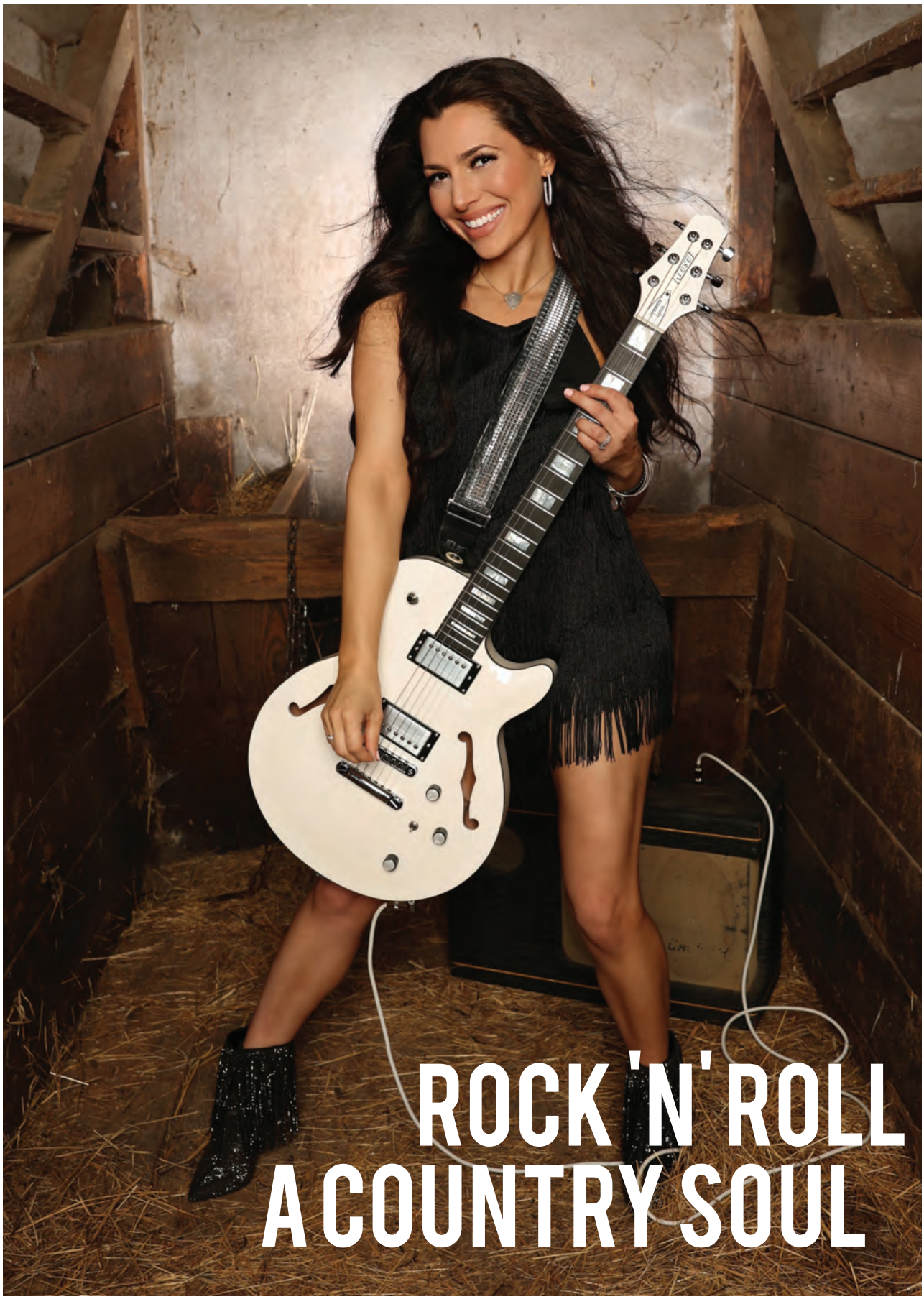
Balthazar opened in SoHo in the spring of 1997. The bustling, romantic brasserie serves traditional French fare from breakfast through supper every day, with brunch served on weekends. If you can't get in for brunch, visit the bakery next door!

JACQUES TORRES CHOCOLATE

Browse through their shelves of hand-made, hand-packaged chocolate treats; it's the convenient stop for a scoop of ice cream, cookies, macarons and of course the perfect cup of hot chocolate!

MR. TAKA

Enjoying a bowl of ramen is definitely one of the best things to do during a cold New York City winter. Mr. Taka's was founded in Tokyo, where it received a Michelin star. Keeping their menu simple, you'll enjoy delicious variations of ramen from Japan.



ROCK 'N' ROLL & A COUNTRY SOUL

SCOTT VINCENT

New York-based country crossover Jessica Lynn goes behind the scenes of her music special, 'Very Merry Country Christmas', on the road with family and shares the secret to a wonderful life... Always be yourself.

SCOTT VINCENT

Tattle Magazine: Let's start with your music career... tell us a little bit about that... is music something you have always been interested in?

Jessica Lynn: Yeah, so ever since I was a little kid music was always just what I wanted to do. I started writing songs when I was about three years old... my parents have been used to me putting on my shows in the living room for them and my family. Then I started my first band when I was 13 and started professionally gigging... and so it's been many, many years of this dream and it's cool that so many things that I had envisioned when I was younger have come true.

TM: Have you always been drawn to country music?

JL: No... so I grew up as a New Yorker... an Italian New Yorker, born in Brooklyn. So, it's not that common, however in my high school band... it was rock and roll.

It was very much like a No Doubt type of style... and I love everything... I mean if you go through my Spotify right now it goes from punk rock to Neil Diamond... to Barry Manilow... to the Beach Boys... it's really all over the map. My musical taste was always that way, but my dad, despite being an Italian New York street cop loved country music. I always had country music on in the house, and every car ride was George Strait. My earliest memory of country music ever was Glen Campbell's Rhinestone Cowboy which would play over and over again in the house. I really learned to love it and have an appreciation for it as I grew a little bit older and started seriously writing music because the stories in country music... especially the older country music are unlike anything else. Then I started playing country when I was about 19 or 20 years old.

TM: You're also very talented instrumentally.

JL: Yeah... so when I was a kid and I started that high school band, I was writing all the music, and I was classically trained on the piano. That's my first instrument. However, kids are kids and I would lose the guitarist in the band and then I would have to be showing the drummer this or that or replacing the drummer because they didn't have the same adult mentality that I had when it came to music. I was very frustrated. I wanted to be able to show them... 'play this'... like this is what I'm hearing in my head. So that's what ultimately led me to learn all these different instruments... to be able to communicate and structure my music the way that I wanted it to be.

TM: How many different instruments can you play?

JL: I play piano. I started on bass before I went to guitar, but it's been many years. I played the violin when I was younger. I play a little bit of harmonica, drums, guitar... a little bit of everything.

JESSICA LYNN

INTERVIEW BY **JENNIFER DUFEK**

TM: Wow... So, in addition to being a performer, you're also involved in a lot of different humanitarian causes. Can you tell us about your involvement in some of the different causes that you have a passion for?

JL: Giving back has always been important to me, even in my high school bands. Before we were doing all this cool stuff, I was playing all the time at nursing homes, and children's hospitals. I also volunteered at an animal shelter once a week, and at a farm once a week, taking care of the animals.

I've been a big supporter of the military and our troops. For my second PBS television special, we gave ticket sales to an organization that sends care packages overseas.

Recently I've gotten even more involved in the animal community because, during the pandemic, I adopted a disabled rescue dog. She had both of her back legs severed and was left to die in an abandoned house. So she has two prosthetic legs and a wheelchair. It took us three years to heal her with many surgeries. Now, she's running, playing, and healthy like a regular dog. I got heavily involved in the rescue community because of her, even more so than I was. One of my favorite charities that I work with, probably the most out of any of these days, is Joey's Paw. They are an organization that helps put dogs in prosthetic legs and wheelchairs.

TM: That's wonderful! There are so many rescue dogs that have so much love to give. What is your dog's name?

JL: They do. Her name is Audrey. She really does know that she was saved. I mean, she is the most grateful... she's my best friend. I mean, she comes everywhere with us. She comes on tour. She's the tour manager, we say. She changed my life in so many ways... showing me that horrible things can happen and you can come back and be resilient. She's just amazing.

TM: I think we underestimate the impact that animals... pets have on our... in our lives and on our hearts... their ability to heal us.

JL: It's so true... I know it's kind of a cheesy rescue saying, but like who saved who? When I got her, it was a very hard year... the pandemic was hard for everybody. For musicians though... in 2020 I had a hundred cities... 14 country tour booked. We were at the top of our game. I was playing... I had gotten off the road with ZZ Top, Richard Marx and Loretta Lynn... all these amazing things are happening for the band. I got the rug pulled out from under me, you know, in an artistic career you can't just call your boss and be like, what's next? When do we come back to work? You know... it doesn't work that way and it was devastating for me. I lost everything. We had no income. My whole family is in the band. My dad's the bass guitarist. My husband's the lead guitarist. My mom sings background vocals. Not only did I lose everything, but my entire family lost everything. It was a very dark time and scary time... then along came little Audrey and brought the light back into everything.

TM: That's amazing...

JL: It was meant to be. I always say that with her injuries, nobody other than my husband and I, or a musician, could have saved her because she required so much care. She had been in multiple foster homes before us that couldn't keep her because of the injuries. We didn't leave our house... sometimes for weeks at a time, because with foot injuries like she had, she couldn't stand at all... she couldn't be unattended even for a single moment. Anyone who had any other type of job and went back to work sooner than we did wouldn't have been able to give her the time she needed. It was so meant to be that we found each other.

TM: A blessing for both of you... You mentioned your mother, father, and husband are in the band together with you... How does that feel to be able to travel with family?

JL: It's amazing and I think it brings camaraderie and connection on stage that is very special and unique from other bands. Not only do I have my family, but the rest of the band has been with me for a very long time. We spend holidays together... we live together for months at a time... we just have this special thing between all of us and I think people feel that when they come to our shows.

ALWAYS BE YOURSELF ALWAYS BE YOURSELF ALWAYS BE YOURSELF

MICKEY DENEHER

TM: I'm sure it does bring a different energy to the stage...

JL: It does. The best way that I can describe it... is that when you're driving in your car and you see the most beautiful sunset and you try to take a picture of it, it just never looks good in the picture. That is the perfect metaphor because you have to just be there.

TM: You recently celebrated another year of your Very Merry Country Christmas music special. Can you tell us about that? How long have you been doing that for?

JL: Yeah, so 2023 was year seven of a Very Merry Country Christmas.

It started with funny stories. At the beginning of my career... so this was like 2014 or 2015... I got asked to open a John Denver tribute Christmas concert acoustic. So I was like, oh, we've never played Christmas before... let's try it. I love Christmas music! And that's always been my gift and my curse that I think very, very big.

About two years later I decided to try my own... I always had these big dreams for the show. In the beginning, it was like 80% my music and 20% the Christmas classics. We had like a few dancers join us on stage and a few decorations. Then the next year I had more decorations... I got snow machines and I had more dancers... and this and that... fast forward to today... It truly is a Broadway-caliber show that many attend... it's been incredible to see the show's growth. It sells out every year. It's become Toys for Tots largest fundraiser of the entire season. It's just transformed and now we're taking it on national tours.

TM: When you say national tour, is this the first year? I saw you had other locations, outside of New York... have been doing that, or are you just adding locations to the show every year?

JL: This show is a huge undertaking and planning... the other thing that makes it so special is that I use different dancers, choirs, singers and musicians in each city for a layer of that particular location.

TM: That's a lot of planning...

JL: Yes. This past year in the tour, there were over 1,400 kids and over 50 organizations. We partner with the Toys for Tots in that state in each place. So this past holiday season was my first year trying it, and I had no idea how it would be possible to bring a show of this scale on the road.

I mean, there's so many special effects and props and sets and things like that that go into it. So we started with only adding two dates as a test, and they went amazing. So we then went from three shows to nine this winter. And next year, we'll expand further.

SCOTT VINCENT

RAY KARAMAN

A FEW FAVORITE THINGS

HOLIDAY
That's easy... Christmas.

CHRISTMAS SONG
I love them all in different ways. I would say that the one that gives me the most 'feels' is Rockin' Around the Christmas Tree.

TRADITION
My tradition, I would say, I mean, aside from the show, which has become our holiday tradition, something I look forward to every year is just decorating, to be honest. I mean, I love blaring Christmas music in the house and just looking at all the ornaments that I've collected over the years. I have an ornament from every year at the show... so it's cool to kind of put them all on the tree in order and decorate. I love decorating.

QUOTE
I would say "Always be yourself." As cliche as that sounds... it is what has gotten me to the point that I met in my life. So many wonderful things have happened in my life and career because I always stayed true to who I was.

SCOTT VINCENT

TM: Are there any upcoming tours?

JL: Yes! We're planning a lot of new music right now, so we've also been in the studio recording on top of everything, and we have a lot of offers coming in for around the world this upcoming year, so we're right now just kind of in the planning stages of everything.

TM: Have you toured internationally?

JL: Yes! I've toured 14 countries so far.

TM: That has to be exciting to be able to tour different countries.

JL: It is, especially eating all the food... that's the best part... and just meeting people. I mean, it's amazing to get to experience culture in all these places and just how people do things and get to see the sights and the atmosphere of each place. It's really incredible. I'm incredibly blessed.

TM: You mentioned your favorite quote is 'Always be yourself.' – I love that... I think you can't go wrong with that... it's so easy to get caught up in the competition and trying to be somebody else...

JL: Yeah, it's so true... I work with the U.S. government actually and I teach music mentorship classes to students around the globe and through the Department of State. I teach them basically how to create their own profitable and successful careers in the arts. I've had students from age 16 to age 50 in countries like Kazakhstan and Botswana... really all over... and it's been an amazing journey and that's what I always tell them – Always be yourself.

There are so many other people... there's only one of you. That's what will make people gravitate towards you and it's what makes you special.

TM: Absolutely... What drew you to teaching? And how did you transition from that to a music career?

JL: I have a master's degree in special education... So when I was in my high school band I saw how difficult having a music career was. We were very close to a big record deal... I was about 16 along with the other kids in the band and unfortunately, again we were just kids... it didn't wind up working out and it devastated me. My parents urged me to go to college for something that could be a backup plan. I had no intention of using it unless I wanted to not live this life anymore. I knew I was going to study, graduate and then continue doing what I was doing. Throughout school, I was gigging several nights a week. I filmed my first television special while I was student teaching. I was out all night in studios and filming and then waking up at 5 am to go to school. I would always substitute teach... I haven't gone in for several years because we've been so busy since everything since it's taken off.

TM: Sounds like you love working with children...

JL: I do! I love working with kids... I think they're just amazing. They inspire you just as much as you can inspire them... especially working with children with disabilities. It touched my life and made me so patient and understanding of other people and never judge a book by its cover.

I'm grateful for all those experiences because they molded me into a very compassionate person... I was then working with the government as an artist being an official cultural ambassador for the U.S... they were like, "Hey, you have this master's degree... would you maybe be interested in sharing this knowledge?" I thought sure, why not? I even taught courses from the road while I was on tour. ▪

Visit **jessicalynnmusic.org** for show and tour info and find her **Top Tracks** playlist on Spotify

PODS, TROOPS & OTHER GROUPS

Dive into the fascinating world of wildlife and get a glimpse into the intricate web of relationships within animal societies.

Biggs Killer Whale
T065A2 / Ooxjaa
Cowichan Bay,
Vancouver Island,
BC Canada

GET THE TEA OF THE SEA WITH SAM WALLACE

Sam Wallace with @Paleopedia on TikTok dishes out the tea of the sea when it comes to orca family dynamics, their killer reputation and getting stuck in tight spots.

TikTok @paleopedia YouTube @paleopedia218
Instagram @wallace_woods_photography Patreon @paleopedia218

Tattle Magazine: Can you tell us about orca family dynamics?

Sam Wallace: Yeah, so it's not, it's super complicated, because you got to understand that when it comes to the species of killer whales... orcas, every region has its own, different group. They are often genetically distinct from each other. They eat different things. They speak a different dialect of their language, they don't understand each other, they don't breed with each other, and that also affects their family dynamics.

Here in the Pacific Northwest, where I am, there are two main ecotypes, is what they're called... what the genetic groups are called. We have the West Coast Transients, which are also known as Bigg's killer whales, and we have the Southern Resident killer whale.

The Bigg's killer whales are exclusively mammal hunters, so they're hunting seals, sea lions, dolphins, and other larger whales. And because they are hunting larger prey, they tend to live in really immediate family groups. It is always led by mom... or grandma in some cases... and then it's all of her kids. Let's say we have a family of four killer whales, there are two males and two females. One of those females is mom, and the other three are kids... they're siblings, all born from that lead female. So, she's in charge and decides where to go, what to eat, when to eat, when to sleep... when the youngest ones are allowed to play... when playtime's over... she makes all the decisions for the pod.

That's kind of the general family dynamic of the Transients. When it comes to Southern residents, it's the same, but it is so vastly different. The Southern Residents are made up of three main pods – there's the J Pod, K Pod, and L Pod.

Each pod has several different matrilines, which is one mom and her calves, and they all tend to travel together. J Pod is currently about four, maybe five different matrilines right now. They do have a lead female. I don't know who is currently leading the J Pod right now. J Pod as a group has been having a really big family dynamic thing going on since their matriarch passed away six years ago.

They're doing their own thing, but when it comes to the Southern Residents, they're almost always together in one group. You almost always see all 25 members of J Pod together. It's a lead matriarch amongst all the matriarchs. Then that lead matriarch decides where to go, what to do, when to play,

Pod of Transients off San Juan Islands

and when to eat for the whole pod... but one of the matrilines can leave and go off and do their own thing for however long they want to do it.

TM: You mentioned that there were different dialects and groups don't necessarily understand each other...

SW: It's a language barrier.... but then within each population, there are accents. So, like America has the English language and like 50 different accents of it. I have a Midwestern accent, you know, you go down to Florida, it's a Southern accent... J Pod has a different accent from K Pod, which has a different accent from L Pod. They can all understand each other, but they cannot understand the Transients. That's a whole different language.

TM: So, they don't leave their actual groups... or do any of them leave to create a new group?

SW: When it comes to the Southern Residents, they will breed with each other's pods. The Southern Residents are actually a bit of a unique example because they are an endangered group. There are officially 75 remaining, unofficially there are 74. There is one male from K Pod who is currently MIA. We don't know where he is. We haven't seen him since August. He's likely dead. So members from K Pod, if they were to meet up with members from J Pod and they had, in each pod a receptive male or female... mating very well can happen. Mating can also happen within the same pod because they're not all directly related to each other. They're all genetically close to each other but they're not always directly the same.

We could have J27, his name is Blackberry... he could mate with a female from J Pod if she's receptive and willing to mate with him.

Then there are also cases with the Southern Residents where we do have direct inbreeding going on. There is a younger 26-year-old male named Mike... his first calf that he fathered is also his sister. He mated with his mother, which is one of the only times we've ever actually seen that happening. That is due to the Southern Residents having a very small group of receptive individuals that are capable of mating right now. When it comes to the Transients, as far as we know, there isn't any inbreeding going on because it's one family... with one family... with one family.

You don't often see three or four different families traveling together for a consistent amount of time. You'll see them come together for maybe a couple of days... maybe a week and then they separate again and do their own thing.

TM: What is the underlying reason behind the strong bond observed among orcas? Is it an innate trait they've always possessed? Or does it stem from specific factors such as survival instincts or environmental conditions?

SW: My best guess with my knowledge of evolutionary history and just their overall behaviors, is they travel together because cetaceans as a group are incredibly social animals.

Once they went to a fully obligate aquatic lifestyle around 30 million years ago, they started relying on communication over distance. And then as we started to get to the more modern forms of cetaceans... dolphins, sperm whales, baleen whale... their whole lifestyle evolved around communication, the ability to find food, and what type of food they were hunting.

Modern killer whales started off as fish eaters... And as the baleen whales started to get bigger in size and became more migratory, they started to branch out to also hunting those larger whales. And if you're a 30-foot killer whale and you want to hunt a 50-foot humpback whale that is not only bigger than you, but is about eight times heavier than you... you're going to need help. And dolphins, as a group, are by nature incredibly social animals. There are a couple of species that tend to be a little bit more solitary, but since orcas are dolphins, and they are part of the oceanic dolphin family, which are almost all incredibly family-oriented and socially oriented... it's just kind of a behavior that they were able to mold into their lifestyle of hunting and surviving. Now it's kind of required for them to interact with other members of their species to survive.

TM: You mentioned a few specific orcas and their names or the letter and number combo that they are given, how do they get tracked to know who's who?

SW: Yeah, it's all visual. So, my job outside of social media and content is I'm a whale watcher. I get paid to watch whales and to teach people about them. I'm the tour guide on the boat. And the researchers, like the Center for Whale Research... Orca Conservancy... all of those guys, they used to do actual like tagging and tracking. They've since stopped tracking them by the tagging method... because we found out back in the 70's that you can identify killer whales through visual purposes by their dorsal fin and the saddle... that white spot behind the dorsal fin.

Every single killer whale will have a different shape to the dorsal fin. It might be really subtle from one individual to another... it might be incredibly drastic from one individual to another. They will always be a little bit different. When it comes to the Bigg's killer whales or the Transients... they often have visible nicks and bits of their dorsal fin that are missing which makes it uber easy to identify an individual. One individual I've talked about T63 Chainsaw... he has two massive chunks missing from his dorsal fin... So the tracking doesn't happen anymore through tags and radios and things like that. it's all visual now.

When I go out and we come across the pod of orcas. I get a picture if I don't recognize the whale as soon as I see it, because there's some that I can do that with, let's just say it's an orca I've never seen before. I'll grab a picture of the dorsal fin and there is a catalog that I personally use... it's called the Canadian Technical Report of Aquatic and Fisheries from 2019... this particular report was Biggs killer whale identification, so it was all pictures of both sides of the dorsal fin, the eye patches, because the eye patches are also different from individuals to individuals... We use that to identify and quote-unquote track... but it's not like how they track sharks where they actually put a tag on the animal and it transmissions radio signal until it pops off... it's all visual.

TM: That is such an interesting job... whale watching...

SW: My job... it's phenomenal. I've never had a job where I wake up every single morning and I'm excited to see what happens that day.

TM: So is the orca activity pretty active when you're out?

SW: The nice thing about where I am, the Puget Sound is known for its whale watching specifically of the Southern Resident killer whales, even though the Washington Southern Residents don't really exist anymore due to all the regulations surrounding

them because they are an endangered group.

But because of the relative isolation of the region, you know, it's a smaller area... whales do go here. The odds of finding one are pretty good. Almost all the whale-watching companies out here, mine included, all guarantee a whale every time we go out. And if you don't see one, your next trip is free. That is a very confident statement to make when it comes to something like a whale, because you're only seeing them for a few seconds at a time since their world is underwater, not at the surface. I have only had, in the two years now that I've done this, three trips that I did not see a whale.

TM: Are there any aspects of orcas that you believe are commonly misunderstood, whether they be facts about their behavior or misconceptions stemming from public perception?

SW: Absolutely because you know, you and I have been calling them orcas a lot... and doing my content every time one of my videos where I'm talking about orcas, I happen to be calling them killer whales more. Someone will inevitably say, don't call them killer whales, it's a bad name for them. People associate the name 'killer whale' with these animals just kind of indiscriminately hunting anything and everything in the oceans. The only thing that killer whale means is that the first people... the first Westerners or whomever you want to say observed these animals in the wild... they observed them killing other whales. That's the only thing that killer whale means... they are whales that kill other whales. So, there was a huge stigma back in the 1930's to 1960's where killer whale was used to demonize these animals... and that's just not the case.

These are hyper-intelligent animals; I think I read a study that they are as intelligent as the average teenage person. They are incredibly intelligent animals, with highly complex social lives and communication styles. They have such strong emotions... A whole section of their brain is dedicated to emotions that we can't even comprehend because we don't have that section of the brain.

There is no good or evil with killer whales. Even in nature, there isn't a good or evil. That is a human construct that we have created as a society of really intelligent creatures.

Another misconception is recent, I am sure you know of the killer whales in the Strait of Gibraltar that have been screwing around with rudders of sailboats and have now caused their fourth boat to sink after said counter. Those particular orcas are just doing it as a form of play. They found something that is fun for them to do and now they are just doing it. They are not doing it because they are trying to get revenge on humans or anything like that. They are just wild animals doing wild animal things.

TM: I think that is something people forget is when you come close to any type of wildlife, we're usually stepping into their environment.

SW: Yeah... Especially when it comes to ocean life... marine life... they have evolved in a world, the polar opposite of us... of the world that we evolved in and the world that we grew up in. What they grew up in is so drastically different that our mere presence in their world will affect their behavior in ways that maybe they don't normally behave in. And it's a lot of trying to teach people that anthropomorphizing them, giving them human traits, is not the correct way to go about trying to understand them, because that's not how it works in their life.

TM: In one of your videos on TikTok, you mentioned two orcas that had gotten stuck in a lake, can you tell us more about that?

SW: Yes. That was T51 Roswell and T49A2 Jude. They got stuck up in a lake by in Canada.

TM: Is that normal for them to go off on adventures and go exploring solo away from their pod?

SW: It's not common amongst the population, but it's consistent when you're looking at certain individuals. I have never seen one of those orcas. T51 Roswell, he is 45 years old, if I remember correctly... he travels by himself because his mother passed away, however long ago that she did. I don't know much about him. He's kind of more of a loner male... he'll bounce between other families that he knows, but he's often kind of by himself from what I know about him.

So Roswell's companion in that month was a teenager whose mother is still alive... so it's the T49A family. It's mom and her six kids. Her two oldest happen to be boys and both of them will often travel away from mom.

We're not entirely sure why that happens. In this particular case, Jude has been doing this a lot for the last year and a half two years. I don't think I've seen him with his mom since I started this job. When I came out here last year, T49A had just had a birth of a new calf. Their youngest calf... we don't know the gender of it... but as soon as that calf was born within like two weeks Noah and Jude, the two oldest, left the family.

Noah was one of the first whales I ever saw... he was traveling with two other pods that were traveling together as well. Jude I have not yet seen with the rest of his family. I've seen Noah with the rest of his family as he periodically comes back, but

Four orcas from the CA51 pod in Monterey Bay

for whatever reason Jude as a teenager at the very least is not traveling with mom. He is often seen with his uncle which is kind of interesting...

These two individuals, Roswell and Jude, went into Barnes Lake... we think they went in there to hunt seals... and that particular saltwater lake has two very narrow channels that lead you out to the ocean and it is only accessible by those channels at high tide... like once a month at high tide. So, they went in and then they couldn't get out... and none of us outside of Orca Network... NOAA... Orca Conservancy... none of us knew that was going on because they don't want people to flock to that lake to see the two stupid boys that got stuck in the lake. They did well... apparently were feeding on the seals. They finally got them out a month later and Roswell has not been seen since as far as I know. Jude was just in my area a couple of weeks ago with another male. So, he's since left Roswell and is doing his own thing again.

Young Southern Resident, J45, off the small town of Sooke, British Columbia

TM: They have such strong personalities... showing fascinating individuality amidst their species' norms...

SW: Oh yeah, you can see that watching these guys...

I know I have talked about Jack T137A... he... his baby sister and another brother and sister from another family for a month traveled together throughout the San Juan Islands, throughout Puget Sound... while the rest of both their families were not seen for a solid couple of weeks. And like I said at the beginning of this, the females are the ones that are in charge, but when it came to this particular grouping, the oldest female was 12... And Jack is 10 years older. So what is going on here? Is Jack in charge of this little band of teenagers right now? What is happening? And I got to watch this... we called it "Jack's Summer Camp."

Amongst that little ragtag group of young whales, we could see their personality. Jack, of course, is known to be eccentric. Every time a successful hunt happens, he often goes nuts and starts jumping and breaching and having a celebratory time.

I was watching that group hunt a seal... in that particular case, Jack didn't do anything celebratory... but the youngest individual, Crinkle, she's a little 8-year-old... you could see that she was having at the time of her life... just under the surface. You could see the splashing going on after she would surface and she would go into bursts of speed... and loop around all the other whales, just kind of letting off some steam after they killed the seal.

Their personalities are so unique. And you see every aspect of them. If you see the same whales long enough, you see every little bit of their personality and how some of them are troublemakers like the two that got stuck up in the lake.

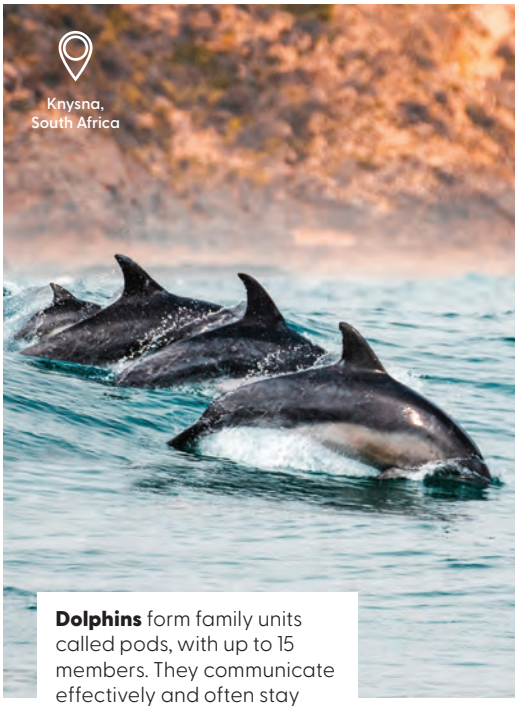
We're all concerned that Jude is going to team up with another young male, a bit younger than him, who is also known to get himself stuck. He also travels by himself away from his family. They're so fascinating. ▪

Patagonia, Argentina

Sea lions face the challenge of parenting while consuming up to 40 pounds of fish daily. They gather in colonies with around 20 mothers each, where males stand guard while females feed their young on the beach. Many sea lions remain in the area where they were born for life.

3 Marine Animals with Strong Family Ties

Beyond the shimmering surface, a myriad of marine creatures awaits, each bound by an unbreakable bond of kinship. Welcome to a realm where the heartbeat of the ocean pulses with the rhythm of family unity... and the adventure of survival with these three extraordinary ocean dwellers.



Knysna, South Africa

Dolphins form family units called pods, with up to 15 members. They communicate effectively and often stay in the same pod for life, providing support to injured members and cooperating to impress potential mates.

Clownfish exhibit cooperative parenting, with both parents working together to ensure the survival of their offspring. They prepare a sea anemone as a nursery, where the mother lays her eggs. After hatching, both parents fan the babies with their fins to provide oxygen-rich water.

Tunku Abdul Rahman Park, Kota Kinabalu, Sabah, Malaysia, Borneo

These marine animals demonstrate strong family bonds, caring for injured members, protecting the young, and allowing mothers time to care for others. In the animal kingdom, such familial ties and community bonds strengthen populations as a whole. ▪

BET YOU DIDN'T KNOW

Monkeys are super social creatures and hang out in gangs known as troops or tribes. The troop size fluctuates depending on the species, spanning from a just a few individuals to several hundred. Within these groups, there's a whole intricate system of who's who, with lots of ways they strengthen their bonds. One major way they do this is by grooming each other, which they call allogrooming. It's basically where they take turns picking bugs and dirt out of each other's fur, sometimes forming a whole grooming line. This grooming isn't just about hygiene—it's a way for them to build and maintain their relationships, chill out when they're stressed, and even smooth things over after a tiff.

Similar to humans, monkeys forge deep friendships and harbor intense rivalries within their social groups. They fiercely defend each other and provide care when needed. If a leader of a monkey troop is overthrown, they may display signs of depression, mirroring human emotions.

Female monkeys usually give birth to one or two offspring at a time. These newborns are born fully covered in fur and are capable of opening their eyes immediately. They also possess the ability to cling to their mother's fur, allowing them to stay close by during the initial weeks of life. Typically, mothers will carry their babies on their backs during this early stage of development.

Monkeys grieve the loss of a troop member, and mothers sometimes mourn by carrying their deceased infants for weeks.

Long-Tailed Macaques on Kembang Island, Barito Kuala, South Kalimantan, Indonesia

Flamingos exhibit highly social behavior, congregating in clusters referred to as colonies or flamboyances. These gatherings vary in scale from a few pairs to groups comprising tens of thousands of these elegant birds.

Lake Bogoria National Reserve in Kenya

Meerkats stand out among Earth's creatures for their exceptional teamwork. Belonging to the mongoose family, these pint-sized mammals form communities of varying sizes, ranging in groups of up to 50 members, called a gang or mob. Each individual in the group actively contributes to tasks such as foraging for food, vigilantly scanning for predators, and nurturing the young ones.

Kalahari Desert in Botswana

As male elephants depart from their herd typically between the ages of 12 and 15, female elephants remain within their family units overseen by a matriarch. Within these herds, a hierarchical structure emerges, dictated by age and accumulated generational wisdom regarding reliable food and water sources. These familial groups forge close social connections, evoking profound emotions such as grief and distress among members whentheir kin face injury or danger. Remarkably, elephants have been witnessed expressing mourning behavior even towards unfamiliar deceased individuals, gently stroking passed carcasses encountered in the wilderness.

Elephants, by classification, are hoofed mammals, thus a gathering is formally termed a herd. However, the apt collective term for these majestic creatures is a "memory". While less prevalent, they can also be referred to as a parade.

South Africa

Origins of Zebra Collective Nouns

HERD
This term is commonly used for land animals that stick together, living and moving as one. It's especially used for prey and livestock animals that gather in large groups.

DAZZLE
The term "dazzle" emerged in the early 1900s when it was proposed that the stripes of zebras in a group might confuse or 'dazzle' predators. Since some predators, like big cats, lack good depth perception, the stripes of zebras in a herd can befuddle them, making it hard to single out any one zebra in the crowd. This effect is particularly striking when the zebras are on the move.

ZEAL
The origins of this collective noun's connection with zebras are unclear. However, "zeal" is often associated with enthusiasm, vitality, and spirit—all qualities one might envision when observing a group of zebras in action. It has become a widely accepted term.

HAREM
This term describes the social structure of a zebra community. A harem typically includes a dominant male, a few breeding females, and all their offspring. Competition between rival males for dominance can be quite fierce.

Ngorongoro Crater, Tanzania, Africa

The appropriate collective term for a gathering of penguins varies based on their location and current activities. Common collective nouns for a group of penguins include colonies, rookeries, or huddles. However, when penguins are swimming, they are referred to as a raft, and when they are walking, the term used is a waddle.

Adelie Penguins at Brown Bluff, Antarctica

BET YOU DIDN'T KNOW

The Adélie penguins derive their name from Adélie Land, which was itself named in honor of the wife of French explorer Jules Dumont d'Urville. It was during Dumont d'Urville's 1840 expedition that these penguins were first discovered.

Zavodovski Island, located in the South Sandwich Islands (Antarctica), holds the record for the largest penguin colony on Earth, with around two million chinstrap penguins breeding, as documented by the Guinness Book of World Records.

With the exception of two penguin species, the majority of penguins engage in breeding within expansive colonies that can comprise several thousand birds.

A LIST FROM A TO Z

Collective Nouns for Animals

From social butterflies to solitary scavengers, animals of all kinds are known to gather into groups during various stages of their lives. Whatever the reason behind their gathering, there's something peculiar that happens when these creatures come together: they acquire strange, whimsical names. So, without delay, here are 50 of the quirkiest collective names for animals:

ANTELOPE
a herd

APES
a shrewdness

BABOONS
a troop

BATS
a colony, cloud or cauldron

BEARS
a sloth or sleuth; Cubs: a litter

BEAVERS
a colony

BOAR
a sounder

BUFFALO
a gang or obstinacy

BUTTERFLIES
a kaleidoscope

CAMELS
a caravan

CATERPILLARS
an army

CHEETAHS
a coalition

CLAMS
a bed

CRANES
a sedge

CROCODILES
a float or bask

CROWS
a murder

EAGLES
a convocation

ELK
a gang or herd

FERRETS
a business or fesnyng

FOXES
a skulk or leash

GEESE
a gaggle or flock, a skein when in flight

GIRAFFES
a tower

GORILLAS
a band or troop

GRASSHOPPERS
a cloud

HIPPOPOTAMI
a bloat or thunder

HYENAS
a cackle

JAGUARS
a shadow

JELLYFISH
a smack or brood

KANGAROOS
a troop or mob

LEMURS
a conspiracy

LEOPARDS
a leap

LIONS
a pride

LOCUST
a plague or cloud

MALLARDS
a sord

MANATEES
an aggregation

OTTERS
a family, romp or raft

OWLS
a parliament

PEACOCKS
a muster or ostentation

PORCUPINES
a prickle

RATTLESNAKES
a rhumba

RAVENS
an unkindness

RHINOCEROSES
a crash

SEA LIONS
herd or rafts

SHARKS
a shiver

SQUIRRELS
a dray or scurry

STINGRAYS
a fever

TIGERS
an ambush or a streak

TURTLES
a bale or nest

WOMBATS
a wisdom

WOODPECKERS
a descent

Smokey Bear is within us all.

For wildfire prevention tips, visit
SmokeyBear.com

ad COUNCIL

cooking as a family

Spending quality time cooking together is a wonderful way to educate your children about various cultures from around the world through food.

TRAVEL THE WORLD FROM HOME

When you spend time cooking as a family, you can take a trip around the world right from the comfort of your home. Some fun ideas are to put on music relevant to the region you are cooking food from and teach them about the culture surrounding the recipe.

COOKING TEACHES IMPORTANT SURVIVAL SKILLS

Teaching children to accomplish basic tasks in the kitchen from an early age will propel them into adulthood with basic survival skills in tow. Cooking with your kids allows them to learn techniques they can use for life.

TEACH GEOGRAPHY AND HISTORY WHILE HAVING FUN

Turn your time in the kitchen into a fun geography or history lesson, complete with facts about the land in which your recipe hails from, tidbits about the region in which the foods you are using grow, and a brief history of the recipe you're creating.

GETS CHILDREN EXCITED ABOUT TRYING NEW THINGS

Children are finicky creatures when it comes to eating Introducing them to new foods they helped prepare will broaden their horizons and help them try new and interesting flavors in the long run.

TEACHES KIDS THE IMPORTANCE OF COOKING AT HOME

Everyone knows the importance of a home-cooked meal, and in today's busy world, it's sometimes easier to hit the drive-through than spend time cooking. Teach your children the importance of a home-cooked meal, the health benefits behind it, and the fun of it all by utilizing your time together wisely. ▪

Cooking solo can be quicker and less messy, but when families cook together, the benefits to everyone make it more than worth the extra cleanup.

Playlist #1: Dancing in the Kitchen

Dancing in the Streets
Martha Reeves and the Vandellas

We Are Family
Sister Sledge

September
Earth, Wind & Fire

Don't Stop Believin'
Journey

Karma Chameleon
Culture Club

Girls Just Wanna Have Fun
Cyndi Lauper

It's Still Rock and Roll to Me
Billy Joel

Dancing Queen
ABBA

Happy
Pharrell Williams

Shake It Off
Taylor Swift

Can't Stop the Feeling!
Justin Timberlake

Better When I'm Dancing
Meghan Trainor

Walking on Sunshine
Katrina & The Waves

Good Mood
Adam Levine

Summer Baby
Jonas Brothers

You can find the entire **Dancing in the Kitchen** playlist on Tattle's Spotify profile

A FEW FAVORITE THINGS

HOLIDAY
Christmas and my kids' birthdays

HOLIDAY DISH
Thanksgiving Shepards Pie

TRADITION
Christmas morning together in pj's opening up gifts and have a relaxed morning just together.

QUOTE
"Savour the small moments."

Actress Tiffani Thiessen, tells us about her latest cookbook *Here We Go Again: Recipes and Inspiration to Level Up Your Leftovers*, the importance of family and time around the table.

Tiffani Thiessen

IS LEVELING UP LEFTOVERS

Tattle Magazine: Can you tell us about your inspiration for your latest cookbook, *Here We Go Again*?

Tiffani Thiessen: I was inspired by my mother. She truly is the Queen of Leftovers. I was raised in a very modest household and she was always stretching food to help their budget. So, when the pandemic hit and we were all sort of forced to stretch our food because we were unclear of how safe it was to be around people and go to the store... it got me thinking about how this is the sort of cookbook I have never seen before. A book truly inspired by leftovers and teaching us how to save and repurpose food.

TM: You quite literally grew up on the screen, what inspired you to shift into the world of cooking and having a love for food?

TT: I have always loved cooking since I was a little girl. Being in the kitchen with the women in my family is where I always wanted to be.

TM: What's one thing you would like people to take away from your latest book?

TT: I want people to be inspired by what they may have in the fridge and pantry. To think outside their normal recipe rotation. It also teaches you to save on your grocery bill as well as not wasting food which in turn helps the stress we are putting on our planet.

TM: What are two unexpected ingredients you feel go well together?

TT: Some people say it's weird... but I love this, ice cream and a good extra virgin olive oil.

TM: Out of all the meals you've leveled up, what's your favorite?

TT: Only because it was just made, Thanksgiving Shepards Pie. It truly is one of my all time faves because it takes so many leftovers to make this one incredible dish.

TM: What was one meal you felt you had to get a little more creative with leftovers?

TT: I don't think anything is too crazy to make something out of. No such thing. Except maybe expired food. Lol

TM: We live in a world where everyone seems to be on the go... how important is family time at/around the table to you?

TT: It truly is one of the most important. I grew up in a family that also felt the same way. It's our time as a family to unwind and connect together with no distractions of others. We talk about the day ahead or the day we just had.

TM: What's the one meal that would have your family running to the dinner table?

TT: WOW, hard to pick just one. To name a few it would be pizza, pasta, tacos or enchiladas.

TM: Has your family enjoyed leftovers more now that you have found ways to level them up?

TT: Yes they have. I have even gotten my husband, who HATED leftovers, to love them. He has now seen the light.

TM: Has your family enjoyed leftovers more now that you have found ways to level them up?

TT: Yes they have. I have even gotten my husband, who HATED leftovers, to love them. He has now seen the light.

TM: Cooking with a partner or family can be such an underestimated way to connect and spend time together. Do you have opportunities to cook with your husband and/or children? Do you feel it's something that helps you connect as a family?

TT: Yes, we love to be in the kitchen together. My kids cook more with me where my husband is our Angel of dishes. (Aka, dishwasher, lol)

TM: A few years back you and your husband wrote and illustrated a children's book about savoring time together. What inspired you to do that?

TT: It's a funny story... our son Holt was maybe a year old and I was watching my husband outside with him on the swings. I was witnessing my son jabbering away and my husband was caught up on his phone, like so many of us do, and I had this feeling of, wow... he's missing this. This moment. This sweet special moment. So, I opened up the door and yelled out, You're Missing It babe... and boom. My husband had the idea for the book.▪

PHOTOS COURTESY OF REBECCA SANABRIA

Grab your copy of Tiffani Thiessen's second cookbook, *Here We Go Again: Recipes & Inspirations to Level Up Your Leftovers,* available now.

BON
APP
ÉTIT

make the most of your gathering

BY **EMMA EDWARDS**

From gatherings to cozy dinners, there are plenty of opportunities to rejoice and bond with your cherished ones. Here are a few effective hosting tactics aimed at reducing stress, enhancing the ambiance, and ensuring you savor each and every moment to the fullest.

Enter with a solid party strategy

If you're overly stressed, your guests will notice. The key? Preparation. Lists and a mental rehearsal the day before can be invaluable. To streamline, label bowls and platters with sticky notes, ensuring smooth serving without last-minute chaos.

Arrange a drink station

Greeting guests with a drink establishes the evening's ambiance, yet managing orders can overwhelm even the most composed host. Simplify the process by offering two options: seltzer and, depending on the occasion, either a spritz, martini, or wine. Spritzes, with their low alcohol content but robust flavor, ensure a smooth start to the gathering. Create a spritz station with all the essentials laid out for guests to craft their own drinks effortlessly. Supply a bottle of aperitif bitters (such as Campari), dry sparkling wine, seltzer, and an ice bucket. Enhance the setup with festive stir sticks for added charm.

Embrace the mocktail trend

More people opt for low- or no-alcohol drinks nowadays. Don't overlook soft drinks. Prepare a nice nonalcoholic option for guests.

Simplify the menu

Hosting a great party isn't just about the food but about bringing people together. Consider frozen appetizers and an air fryer for easy options. Keeping it simple allows more time to socialize with guests, which is the essence of any gathering.

Elevate your gathering

Adding playfulness to gatherings can enhance interaction and uplift spirits, regardless of attendees' ages. Embrace classic games like charades or musical chairs to keep the atmosphere lively. Periodically switching seating arrangements can further invigorate the event and foster dynamic conversations. Simply signal the transition by clinking glasses and announcing the switch.

Turn off your tech

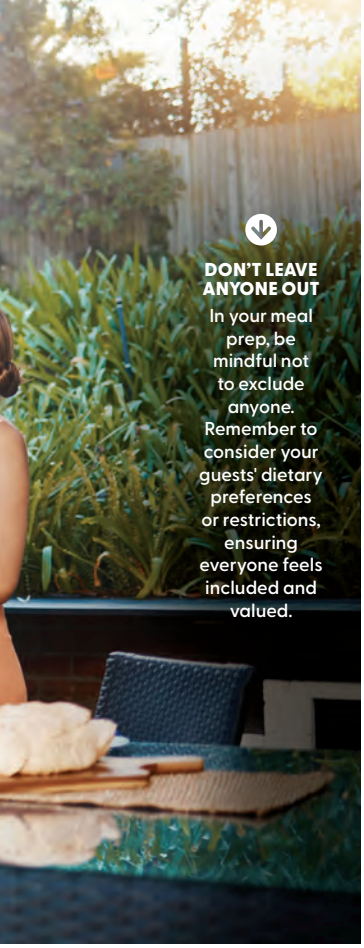
Studies indicate that even when switched off, digital devices can hinder face-to-face conversation. To promote connection, designate your gathering as a phone-free zone. Keep the atmosphere positive by placing a decorative basket by the entrance. Worried about missing spontaneous photos? Provide disposable cameras and enjoy the moment without digital distractions!

Personalize a playlist

Music sets the tone for your get-together—no need to DJ solo. Invite guests to suggest one song each. Combine these with your picks for a unique party mix.

Build a board

It's widely recognized: Everyone loves a charcuterie board. But why confine yourself to just meat and cheese? Utilize this versatile format to craft everything from waffle assortments and dips to a salmon and smear board, or even create a lavish grazing table. It's a visually stunning method of nourishing guests. By offering a variety of boards, the meal transforms into its own captivating centerpiece.



DON'T LEAVE ANYONE OUT

In your meal prep, be mindful not to exclude anyone. Remember to consider your guests' dietary preferences or restrictions, ensuring everyone feels included and valued.

Create ambiance by engaging all senses

Attend to every guest's sensory experience, from scenting the air with woodland fragrances to offering cozy blankets for warmth. Pay attention to the taste of food and drink, the visual appeal of your space, and the tactile sensations at the table. These subtle details collectively shape the mood.

Consider stepping outside

While lounging on the couch might seem appealing, it's better for both you and your guests to engage in gentle movement post-meal. Scientific studies confirm that walking or any light activity after eating can benefit your health by stabilizing blood sugar, improving digestion, and boosting mood. Encourage everyone to take a stroll around the neighborhood or enjoy outdoor games like boccie or cornhole.

Give a parting gift

Remember, age doesn't matter for favors! Whether hosting guests or having friends over for dinner, sending them off with a small treat is a delightful gesture. It doesn't have to be lavish. Prepare a batch of homemade granola or special caramels in advance and package them in cute bags or wrapping paper. Want to add a special touch? Include recipe cards so guests can recreate the treats and reminisce about the good times whenever they like.

Send a heartfelt follow-up

It's impossible to spend ample one-on-one time with everyone. Hosts can add a personal touch by sending a brief thank-you note to guests afterward. Express gratitude for their presence and suggest sharing candid photos from the event through an online album for a more intimate connection. ▪

HOSTING IDEAS FOR EACH MONTH

JANUARY
Vision Board Night
New Year Refresh (host a spa day)

FEBRUARY
Book Swap
Spooky Valloween Party
Galentine's
Game Night

MARCH
Spring Tea Party
Garden Party
Pie Party

APRIL
Garden Brunch
Paint & Pot (paint pots & plant seeds)

MAY
Paint & Sip
Garden Dinner Party
Potluck Picnic

JUNE
Summer BBQ & Bonfire
Summer Solstice Dinner Party
S'mores & Games

JULY
Christmas in July
Pool Party
Craft Night

AUGUST
Sunset on Summer
Want S'more Summer (bonfire, s'mores & movie night)
Back-to-School Bash

SEPTEMBER
Fall Baking & Movie Night
Soup Swap
Knit a Sweather Group
Fall Harvest

OCTOBER
Murder Mystery Dinner Party
Masquerade Ball/Party
Harry Potter Party
Pumkin Carving & Painting Night
Horror Movie Marathon
Chili Cook-Off
Oktoberfest

NOVEMBER
Friendsgiving
Trim the Tree Party

DECEMBER
Holiday Lights Tour & Hot Cocoa Bar
Ugly Sweater Party
Merry Murder Mystery Dinner
Gingerbread House Party
NYE Countdown

Mix, Mingle & Make Memories

Transform your home into a hub of hospitality with expert tips on crafting a stylish and functional bar cart that sets the stage for unforgettable gatherings.

START WITH ESSENTIALS

At the heart of any well-stocked bar cart lie the essential spirits. Begin with the classics: vodka, gin, whiskey, rum, and tequila. Supplement with Campari, Aperol, amaro, and vermouth to cater to varying tastes. Include non-alcoholic options such as zero-proof spirits to accommodate those opting for mocktails. Complement these with small-sized mixers to maintain aesthetic appeal, alongside an ice bucket, bar tool set, and shaker.

ELEVATE YOUR SETUP

Enhance the ambiance of your bar area to ensure it exudes warmth and purpose, even during quiet moments. If your bar cart resides in an overlooked corner or an awkward space, consider embellishing it with art or a mirror above to elevate its visual appeal.

ADD PERSONAL TOUCHES

Introduce greenery, such as a petite potted plant or tall decorative branches, to infuse vitality and texture into the bar area amidst the array of bottles. Incorporate functional yet aesthetically pleasing accessories, like a handcrafted citrus bowl or a vibrant egg cup for displaying cocktail picks.

DISPLAY IN STYLE

Put your finest glassware on display, allowing guests easy access when concocting their drinks. Embrace diversity in glassware by incorporating a mix of colors and shapes for added visual interest. Should your cart lack space to accommodate glasses for all guests, be prepared to replenish as necessary during the event.

PUTTING ON THE FINISHING TOUCHES

Complete your bar cart with finishing touches such as informative cocktail books, a compact cutting board, a serving tray (or a designated area for glassware organization), an elegant decanter, a bar towel, and cocktail napkins. With everything in place, take a moment to savor your creation as you pour yourself a well-deserved drink—a testament to the inviting and stylish bar you've crafted, sure to impress your guests. ▪

Metal Cocktail Shaker
Streamline Collection, **$40**

Bitters Bottle
Elliot Collection, **$15**

Modern Two Tier Rolling Metal and Glass Bar Cart
Nathan James, **$100**

Gold Metal Ice Bucket with Tongs
Threshold, **$30**

THE BEST MEMORIES ARE MADE
GATHERED AROUND THE TABLE.

throw the tastiest trade-off

Indulge in the ultimate culinary camaraderie with a cookie swap that's sure to satisfy every sweet tooth, or explore alternative food exchange ideas that promise to tantalize taste buds and foster a sense of community like never before.

SOUP EXCHANGE

Soup is great anytime of year. Ask guests to bring a soup, bread, or toppings. Aim for diverse soup types and get creative with toppings. Set the food up buffet-style and let people take a bowl of soup whenever they want.

SAVORY SNACK SWAP

Instead of sweets, guests can exchange homemade savory snacks such as flavored popcorn, spiced nuts, or savory crackers. This is perfect for those who prefer salty treats over sweet ones.

DIP PARTY

Get ready to dip into a flavor explosion! Rally your friends for the ultimate dip party where half of them whip up their favorite dips (bonus points for serving them in bread bowls!) and the other half bring their top-notch dippers. Spice things up with awards for the most inventive dip and dipper combos. With the unbeatable combo of savory dips and ingenious dippers, this party is bound to be a smash hit!

STICK WITH THE SWEETEST SWAP

Cookie exchanges aren't just reserved for Christmas! The timeless tradition of a cookie swap never goes out of style, making it a delightful option for any season. Looking to elevate the experience? Consider baking cookies that perfectly complement the current season.

THROW A PIE PARTY

Every guest brings their favorite pie. We suggest organizing a sign-up sheet for pie types to prevent duplication of traditional favorites. This is a chance to unleash creativity, whether by experimenting with unconventional pie recipes seldom prepared or exploring the theme even further by making both sweet and savory.

Breaking the Ice

A few suggestions on how to get the conversation started.

For kids

Do you have an imaginary friend?

Which superpower do you want?

If animals could talk, which one do you think would be the funniest and why?

Would you rather have to eat spaghetti with chopsticks or ice cream with a fork for the rest of your life?

First day at a new job

If the office had a theme song, what would it be?

What's your best 'reply all' email mishap story?

If you could have any job in the world (besides this one!), what would it be?

First day with your new pet

What do you do for fun?

Do you believe in the legend of the buried bone treasure?

How do you feel about wearing tiny hats for special occasions?

Are you pro or anti -vacuum?

For adults

If you found yourself in a zombie apocalypse, what would be the best weapon to help you survive?

What's the most bizarre piece of trivia you've come across?

Would you rather be able to fly or be invisible?

If you could live in any TV show, which one would you choose and why?

What's the strangest dream you've ever had?

If you could only listen to one song for the rest of your life, but it had to be sung by a cartoon character, which song and character would you choose?

What movie completely changes it's plot when you change one letter in it's title?

Would you rather be ableto speak all foreign languages or be able to speak to animals?

DISCLAIMER: Proceed with caution! While these icebreaker questions aim to break the ice, we cannot guarantee they won't leave you stranded on a glacier of awkwardness. Use at your own risk, and remember, laughter is the best rescue rope!

the zest of life

The Zest of Life: Embracing the Citrusy Magic of Oranges

Oranges aren't just a tasty snack; they're a treasure trove of health benefits waiting to be discovered. From immune-boosting vitamin C to skin-rejuvenating antioxidants, from heart-loving potassium to energy-boosting natural sugars – these vibrant fruits are a delicious way to nourish your body and add a zesty twist to your life. So, go ahead, embrace the citrusy magic, and let the zest of life unfold!

First up, let's talk about that immune system boost. Oranges are like the superheroes of the fruit world, loaded with vitamin C that acts as a shield against pesky colds and flu bugs. Need a defense mechanism? Peel and conquer! And it's not just about staying upright; your skin will thank you too. The antioxidants in oranges help fight off those free radicals, leaving your skin looking as fresh and vibrant as the fruit itself.

Let's peel back even more layers of orange goodness and uncover a few more health secrets that make this fruit a true champion. Ever heard of folate? Oranges are rich in it, playing a key role in DNA synthesis and repair. That's right, they're like little architects for your genetic blueprint, silently working away to keep everything in order. Expecting a bundle of joy? Oranges are a fantastic addition to the pregnancy diet, with their folate content supporting the healthy development of your baby's neural tube.

If life handed you lemons, toss them aside and reach for an orange instead! Beyond being a delicious burst of citrusy goodness, oranges are nature's little powerhouses packed with health benefits that'll make you want to peel one open right away.

HYDRATION SENSATION

With their high water content, they're like juicy, portable water bottles. So, enjoy a slice of sunshine – your body will thank you. Plus, the fiber in oranges does wonders for digestion, keeping things moving smoothly, if you catch my drift.

YOUR SKIN'S NEW BFF

Vitamin C promotes collagen production, giving you firmer, more youthful skin. It's like a natural facelift, no appointment needed. And if you've got a date with the sun, the antioxidants in oranges help protect your skin from UV damage. Glowing skin, inside and out – thank you, oranges, for being the ultimate beauty secret we all need in our lives!

HEART HEALTH

Oranges contain potassium, a nutrient that helps regulate blood pressure and keeps your ticker in top shape. Say goodbye to those sodium-packed snacks that send your blood pressure soaring, and hello to the heart-friendly citrus snack that won't break your healthy living resolution.

STRESS REDUCTION

The next time you feel tension creeping in, take a whiff of that citrusy aroma and let the calming magic happen. In a world full of stressors, let oranges be your fragrant escape.

NATURAL ENERGY BOOSTER

Skip the sugary energy drinks and opt for a juicy orange to kick-start your day. The natural sugars, combined with the fiber content, provide a steady release of energy, keeping you fueled without the dreaded sugar crash.

orange walnut crescent cookies

INGREDIENTS

1 c butter, softened
½ c granulated sugar
1 T salt
1 t orange extract
½ t orange zest
2 c all-purpose flour
1 c walnuts, finely chopped
½ c powdered sugar

DIRECTIONS

1 In a large bowl, add butter, sugar and extract. Beat until light and fluffy.

2 Add flour and nuts and mix until well blended.

3 Refrigerate dough and chill for 1 hour.

4 Preheat oven to 375˚.

5 Roll dough into ½-¾ balls, then shape into crescents.

6 Place crescents 2 inches apart on a baking sheet lined with parchment paper.

7 Bake for 11-13 minutes or until bottom edges are lightly browned.

8 Remove to a cooling rack.

9 When cookies are cool enough to handle, but still warm, roll in powdered sugar then return to rack to cool completely.

almond thumbprint cake cookies

INGREDIENTS

2 ½ c all-purpose flour
1 t baking soda
¼ t salt
6 oz cream cheese, softened
½ c unsalted butter, softened
1 c granulated sugar
1 large egg
1 t orange zest
½ t vanilla extract
1 t pure almond extract

Rolling & Filling

¾ c orange marmalade
1 c almonds, sliced
3 T powdered sugar

DIRECTIONS

1 Add flour, baking soda and salt in a medium bowl and combine. Set aside.

2 In a large bowl, mix cream cheese and butter until smooth and creamy.

3 Add sugar, egg, zest, vanilla and almond extract and mix together.

4 Add flour mixture to the wet ingredients and combine well. Dough will be very sticky and soft.

5 Cover dough and chill in the refrigerator for 3-4 hours.

6 Preheat oven to 350°.

7 Remove dough from refrigerator and roll into balls using 1 tablespoon of dough each. If dough becomes too sticky, lightly dust your hands with flour.

8 Roll each ball in sliced almonds and place on a parchment lined baking sheet approximately 3 inches apart.

9 Make an indent in the center of each ball of dough using your thumb or a small spoon.

10 Spoon in a generous ½ teaspoon of orange marmalade.

11 Bake for 13-15 minutes or until lightly browned on the sides. The filling will set as the cookies cool.

12 Allow cookies to cool on the baking sheet for 4-5 minutes before moving to a cooling rack to cool completely.

13 Once cooled, dust cookies with powdered sugar.

WHEN LIFE GIVES YOU LEMONS, MAKE ORANGE JUICE AND LEAVE THE WORLD WONDERING HOW YOU DID IT.

peanut butter orange zest cookies

INGREDIENTS

1 ½ c all-purpose flour
¾ t baking powder
½ c unsalted butter, room temp
½ c brown sugar
½ c granulated sugar
¼ t sea salt
1 c peanut butter
1 egg
½ t vanilla extract
½ t orange extract
½ t orange zest

DIRECTIONS

1 Preheat oven to 350˚

2 Combine flour and baking powder in a medium bowl and set aside.

3 Add butter, sugars and salt in a large bowl and blend until cream in texture.

4 Add peanut butter to mixture and combine.

5 Add egg, vanilla and orange extract, orange zest and flour mix and combine well.

6 Roll dough into one inch balls and place on a baking sheet lined with parchment paper 3 inches apart.

7 Flatten cookies with a fork in a criss-cross pattern.

8 Bake for about 10 minutes. Cookie edges should be lightly browned.

9 Allow to cool for 2-3 minutes on baking sheet before transferring to a cooling rack to cool completely.

Hand-held Flour Sifter
Homemaxs, **$11**

Nonstick Carbon Steel Cooling Rack
Figmint, **$6**

Nut Chopper
Progressive International, **$24**

Classic Mixing Bowls
KitchenAid, **$58**

LET'S GET COOKIN'

Looking for kitchenware to help you create the recipes in this issue? We've got you!

Stainless Steel Fine Grater and Zester
Prep Solutions, **$9**

Stainless Steel Cookie Scoop
Wilton, **$8**

ORANGE WONDERFUL WE FOUND EACH OTHER

Playlist #2: Togetherness Tracks

Come Together
The Beatles

Long Live
Taylor Swift

We Are One (Ole Ola)
Pitbull

I Got A Feeling
The Black Eyed Peas

People Got To Be Free
The Rascals

Get Together
The Youngbloods

Together
Marshmello

Put A Little Love In Your Heart
Jackie DeShannon

Everyday People
Sly & The Family Stone

All You Need Is Love
The Beatles

We Are The Champions
Queen

Humble and Kind
Tim McGraw

What A Wonderful World
Louis Armstrong

Imagine
John Lennon

One Love
Bob Marley & The Wailers

You can find the entire **Togetherness Tracks** on Tattle's Spotify profile

45

THINGS THAT JUST GO

BETTER TOGETHER

FROM THE OBVIOUS TO THE UNEXPECTED, WE'VE PUT TOGETHER A LIST PROVING THAT SOME THINGS ARE JUST BETTER TOGETHER

Go beyond the classic and upgrade your PB&J with a few of these creative variations on this lunchtime favorite.

2. Turn it into French toast
Stuff French toast with peanut butter and jelly is an easy way to add a new spin on this sandwich.

3. Add a layer of potato chips
Prefer salty over sweet? Swap your jelly or jam for a layer of crispy potato chips to added crunch.

4. Make it better with bacon
Adding a couple slices of crispy bacon pairs perfectly with peanut butter sandwich for a savory combo.

5. Spice it up with hot honey
Swap your jelly for bananas, add some bacon and drizzle on hot for the ultimate twist.

1

Peanut Butter & Jelly Time

No surprise that we are starting out with this classic! Take a look back with us at the history of this nostalgic culinary dou.

The Peanut Butter and Jelly sandwich, a beloved American classic, traces its roots back to 1901 when Julia Davis Chandler introduced the first recipe. This iconic sandwich gained popularity in the 1920s due to the commercial peanut industry boom, becoming a staple during the Great Depression for its affordability and high-protein content. World War II further elevated its status as both peanut butter and jelly were included in military rations, contributing to its widespread recognition.

Post-war, the sandwich's popularity continued to soar as soldiers brought their newfound appreciation for PB&J back home. Rationing played a role, ensuring its accessibility and affordability, solidifying its place as a family favorite. Today, the classic PB&J has evolved with creative variations, incorporating different nut butters and a variety of jelly flavors. Despite these innovations, the timeless appeal of the PB&J endures as a comforting and affordable slice of Americana.

6 CHOCOLATE + ANYTHING

(well, almost anything)

Chocolate is one of the most beloved foods in the world for good reason. Although the typically sweet item is used as a popular flavor for desserts, it has also has some pretty unique pairings.

These are a few of the strangest chocolate covered foods in the world. They aren't items you'll easily find at the grocery store or local restaurants, but they surely do exist.

CAVIAR
Putting a dab of caviar on a chocolate square will enhance the flavors of each individual ingredient, making them taste even better together than they do alone.

PICKLES
This is one of those unconventional combinations that sparks conversation. It's a newer trend, and easy to make at home if you are up to trying it.

CORNDOGS
One unique idea likely created at a fair featured people giving a chance to the chocolate covered corndogs.

CHOCOLATE COVERED PICKLES
To try this at home, start by drying off the pickle (whole or sliced) with paper towels to ensure there's no water left—water and chocolate don't mix well! Then, coat the pickle with sugar and let it sit for about 15 minutes to dry out further. Next, melt a few ounces of dark chocolate with a tablespoon of shortening or coconut oil in the microwave, heating it in 30-second intervals until fully melted. Dip your pickle into the chocolate mixture, ensuring it's evenly coated, and allow the chocolate to set. Serve it at your next gathering for a unique treat.

7. Chocolate covered bacon
The genius behind combining bacon with chocolate lies in bacon's dual dominant traits: saltiness and richness from fat.

8. Jalapeños
The fusion of chili and chocolate becoming a popular combination, however dipping jalapeños in chocolate takes the spicy snack game to a whole new level.

9. Potato chips + chocolate
The irresistible appeal lies in the delightful marriage of sweet and salty flavors, making it a taste sensation worth savoring.

10. Chocolate covered chickpeas
Though unconventional and unique, the concept is certainly worth giving a chance if you love chocolate and chickpeas.

Although it's not a combo we'd be rushing to try, it seems that Kit Kat in Japan launched unique sushi-flavored varieties in 2017 as a limited edition. These flavors reportedly included tuna, omelet, and sea urchin.

Sweet Facts About Chocolate

The word 'Chocolate' comes from the Aztec word 'Xocolatl'.

Chocolate grows on trees.
It all starts with the Theobroma cacao tree which produces pods filled with cacao seeds that undergo an extensive process to transform into the chocolate available in stores. The term "Theobroma" is of Greek origin and translates to 'food of the gods,' a sentiment we wholeheartedly endorse.

Chocolate was a form of currency in the Mayan times.

Some ingredients say 'cacao' and some say 'cocoa'.
This is because chocolate experts tend to refer to cacao when referring to the beans in their raw state. On the other hand, cocoa is commonly describes the beans after undergoing fermentation and being processed into powder. The term originates from the Olmecs, inhabitants of the region now known as Mexico.

German Chocolate Cake has nothing to do with Germany.
It's named after its inventor, Sam German.

11. Coffee
While coffee's bold taste might not initially suggest it as a prime marinade choice, its chocolaty bitterness complements steak surprisingly well.

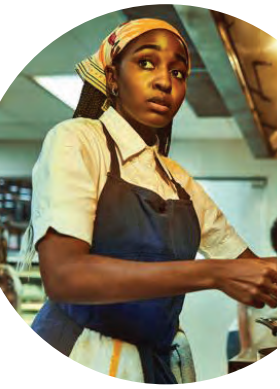
12. Cranberry juice
Crafting a combo of cranberry juice, orange zest, Worcestershire sauce, and a dash of hot sauce, creates a vibrant and sweet marinade for both chicken and pork.

13. Rootbeer
Similar to Dr. Pepper and cola, root beer serves as an excellent base for marinades. Just add a touch of soy sauce, and you'll elevate pork chops to a remarkable culinary delight.

NICE TO MEAT YOU

Once you begin experimenting with marinades, you'll discover a world of possibilities in your culinary adventures.

14. Kiwi
Containing a potent enzyme called actinidain, this tropical fruit, possesses remarkable meat-tenderizing properties. For optimal results, marinate chicken for 15 to 20 minutes and steak for an hour. Consider blending the fruit with Worcestershire sauce and garlic before marinating for enhanced flavor. Beyond its tenderizing effects, this blend imparts a subtle sweetness and tropical flair to your dishes.



15

Omelet + Potato Chips

We made the omelet from "The Bear" and yes, you should too!

INGREDIENTS

3 large eggs
pinch of kosher salt
3 T Boursin cheese
1 T + 1 t butter, unsalted, divided
5-6 ruffled sour cream & onion potato chips, crushed
fresh chives, finely chopped
black pepper, optional

DIRECTIONS

1 Place a medium or large fine-mesh strainer over a medium bowl. Crack the eggs into the strainer and beat them with a fork until the whites and yolks are uniform. Once the eggs are strained, scrape the bottom of the strainer and add any remaining egg into the bowl to minimize waste. Add salt to the eggs and whisk briefly to combine.

2 If using a resealable bag, mix the Boursin with 1 teaspoon of water in a small bowl, adding up to 1 more teaspoon of water if needed, until smooth and well combined. (The goal is to thin the Boursin for proper piping.) Transfer the thinned Boursin into a quart-size resealable bag using a small spatula or spoon, pushing it about 1/4" from the bottom of the bag. Snip the corner of the bag with scissors.

3 In an 8" nonstick skillet over medium heat, melt 1 tablespoon of butter. Once the butter is foamy (but not browned), add the eggs, seasoning with pepper if desired. Using a heat resistant spatula, rapidly stir the eggs with one hand while shaking the pan with the other. In 1 to 2 minutes, the eggs will resemble a soft scramble. Continue using the spatula to spread the eggs into an even layer, scraping down any excess on the sides of the pan.

4 Remove the pan from the heat. Pipe the thinned Boursin in a line down the center of the eggs or use a spoon to place dollops of Boursin in the center of the eggs.

5 Slightly tilt the skillet away from you. Starting closest to you, fold the eggs over themselves until they cover the Boursin.

6 Roll or slide the omelet onto a plate with the seam side down. Brush with the remaining 1 teaspoon of butter.

7 Garnish with chips and chives and serve.

Get cracking with these eggcellent combos!

16. Green eggs and ham
Add a spoonful of pesto to your scramble – the flavorful blend of basil, cheese, and nuts enhances the richness of eggs.

17. Spread jam on your egg sammie
When you combine the two, you experience a fusion of savory and sweet flavors.

18. A couple dashes of Worcestershire sauce
Add a splash to your next batch of scrambled eggs to enhance the richness and let the compliments roll in.

19. Add in some mayo
Here us out: This smooth condiment, adds a luxurious, silky texture without altering the taste whatsoever.

20. Spicy Honey Sriracha
Perfect for game day, you can easily whip up this creamy, spicy, salty dip in the slow cooker.

21. Hanky Panky Sausage Dip
When you combine sausage, Velveta cheese, cream cheese and a few seasonings you get a something thats cheesy, spicy and perfectly dippable!

22. Zesty V8 Dip
Blend together some cream cheese, V8 juice and ranch seasoning for a zesty dip perfect for crisp veggies, chips or pretzels.

23. Spicy Sweet Potato Chips & Cilantro Dip
Combine a refreshing cilantro dip with spicy chips for an irresistibly crave-worthy duo.

24. Chili & Cheese Dip
A simple combo of chili and cream cheese makes for an ultimate party dip.

25. Creamy Whipped Feta Honey Dip
Salty feta and sweet honey make the ultimate flavorful dip.

26. Jalapeño Ranch Dip
Give your traditional ranch dip a little kick by adding jalapeños, and fresh cilantro to balance out the flavors.

27. Beer Dip
Since a simple beer dip is so customizable, you can make it your own with other ingredients you have on hand.

When I dip you dip we dip.

FOLLOW US!
Find these recipes and others inspired by this issue follow us on Pinterest!

Memorable Hollywood Duos

28. Meg Ryan + Tom Hanks
Together they made three romantic comedies combining their winning chemistry with some unique love stories and a good sense of humor.

29. Meryl Streep + Stanley Tucci
Both actors earned praise for *The Devil Wears Prada*. They reunited for *Julie & Julia*, portraying Julia and Paul Child.

30. Will Ferrell + John C. Reily
With notable appearances together in *Talladega Nights* and *Step Brothers*, Ferrell and Reily are one of the better comedy duos in the game today.

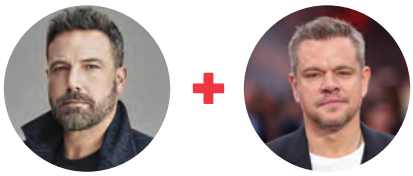
31. Ben Stiller + Owen Wilson
They met during the shooting of *The Cable Guy* and have been in a whopping twelve movies together since.

32

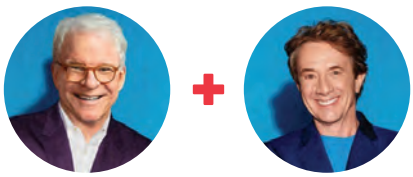
Grogu + Din Djarin

Grogu and Din Djarin from "The Mandalorian" are like the ultimate odd couple that just melts our hearts! I mean, who wouldn't love a tough, no-nonsense bounty hunter bonding with an adorable, wise little green dude? Their relationship is all about protecting each other and going on wild space adventures, and let's be real, it's impossible not to root for them. They've got this whole "found family" thing going on that just makes you want to grab some popcorn and watch their journey together unfold across the galaxy. It's the kind of dynamic that reminds us why we fell in love with Star Wars in the first place!

33. Drew Barrymore + Adam Sandler
Barrymore and Sandler portrayed romantic partners multiple times, starting with *The Wedding Singer*, adored globally for its friendship-to-love theme.

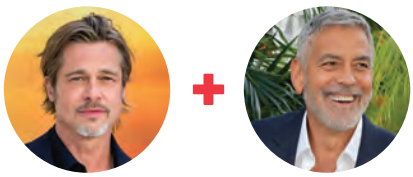


34. Ben Affleck + Matt Damon
Childhood friends, they bonded over auditions. *Good Will Hunting* marked their breakthrough, writing and starring, leading to nine collaborations.

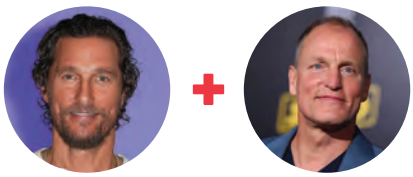


35. Steve Martin + Martin Short
These comedians teamed up in 1986's *Three Amigos!* and have been making us laugh over their friendship ever since.

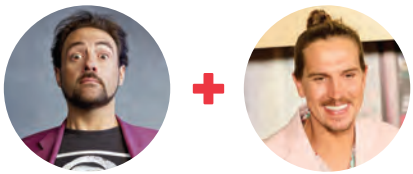
36. Jane Fonda + Lily Tomlin
Tomlin and Fonda have collaborated on several films and TV shows including *80 For Brady* and Netflix's *Grace and Frankie*.



37. Brad Pitt + George Clooney
These two embody the ideal bromance. They first starred together in *Ocean's Eleven*, and they've been buddies for almost 20 years.



38. Matthew McConaughey + Woody Harrelson
Their friendship began on the set of *Edtv*, they later reunited for *Surfer, Dude* and showcased remarkable chemistry in *True Detective*.



39. Kevin Smith + Jason Mewes
Smith and Mewes forged an iconic friendship through acting, leaving a lasting mark on cinema, best known as Jay and Silent Bob.

40. Robert Downey Jr. + Mark Ruffalo
The pair, who first worked together in David Fincher's *Zodiac*, bond over their experiences working on Avengers movies as Tony Stark/Iron Man and Bruce Banner/Hulk.

Playlist #3: I'll Stand By You

The Good Stuff
Kenny Chesney

Just The Way You Are
Bruno Mars

Thinking Out Loud
Ed Sheeran

Keep Holding On
Avril Lavigne

Both of Us
B.o.B feat. Taylor Swift

I Won't Give Up
Jason Mraz

I Won't Let You Go
Rascal Flatts

Stay With Me
Sam Smith

Wonderful Tonight
Eric Clapton

Million Reasons
Lady Gaga

You're Still The One
Shania Twain

I'll Stand by You
The Pretenders

Love Will Keep Us Together
Captain & Tennille

Never Gonna Give You Up
Rick Astley

This Will Be (An Everlasting Love)
Natalie Cole

You can find the entire **I'll Stand By You** playlist on Tattle's Spotify profile

41 Diana Flores + Flag Football

READ OUR FULL INTERVIEW WITH DIANA FLORES ON PAGE 79

Diana Flores is the Captain and Quarterback of the World Champion Mexico National Flag Football team. Working alongside the NFL and the International Federation of American Football (IFAF) as the sport's Global Ambassador, Flores seeks to advance Flag's reach internationally. Flores has represented her country since 2014, becoming the youngest player at the Grosseto Italia IFAF world championship. Winning on and off the field, she was named one of Forbes 30 Under 30 in the sports industry.

PHOTO COURTESY OF DIANA FLORES

There's nothing quite like sports when it comes to bringing people together.

42. Billie Jean King + Bobby Riggs in '*Battle of the Sexes*'
In 1973, Billie Jean King sought to elevate the status of women's tennis and accepted a challenge to face male tennis icon Bobby Riggs in a high-stakes match worth $100,000. Her goal was to demonstrate that women's sports merited equal respect. King decisively defeated Riggs in three consecutive sets. Concurrently, the United States passed the Title IX law. These dual milestones catalyzed a surge in women's sports involvement globally.

43. Nelson Mandela + Rugby
Depicted in the film "*Invictus*," Nelson Mandela, the recently elected president of South Africa, utilized rugby as a unifying force for his nation and the global community. The Rugby World Cup occurred in Johannesburg in 1995, a sport traditionally associated with the white population. Mandela, recognizing the need to pacify a nation transitioning from apartheid, proudly adorned his country's team colors and entered the field amidst chants of "Nelson" from the spectators. Francois Pienaar, the team captain, also delivered a speech praising Mandela, effectively diffusing tension within the nation through the power of sports.

44. Yao Ming + WildAid
Yao Ming, widely regarded as the premier Chinese basketball player globally, earned his place in the Basketball Hall of Fame. Notably, his impact transcended sports, garnering him global recognition for his animal activism. Serving as a WildAid ambassador, Yao tirelessly advocated for the protection of endangered species such as elephants, sharks, and rhinos. His initiatives were instrumental in ending the ivory trade within China and spreading awareness about animal conservation on a worldwide scale.

"Living in the moment, it's a gift. That's why they call it the present."

"Just listen to your gut, and on the way down to your gut, check in with your heart. Between those two things, they'll let you know what's what."

"I believe in Communism. Rom-communism, that is. If Tom Hanks and Meg Ryan can go through some heartfelt struggles and still end up happy, then so can we."

"It may not work out how you think it will or how you hope it does. But believe me, it will all work out."

"I think things come into our lives to help us get from one place to a better one."

"You say impossible, but all I hear is 'I'm possible.'"

"As the man once said, 'The harder you work, the luckier you get.'"

"Doing the right thing is never the wrong thing."

"Taking on a challenge is a lot like riding a horse, isn't it? If you're comfortable while you're doing it, you're probably doing it wrong."

"I think that if you care about someone and you got a little love in your heart, there ain't nothing you can't get through together."

Add a pep to your step with these 10 inspiring 'Ted Lasso' quotes for a little motivation pick-me-up. And always remember, "Believe!"

Jason Sudeikis and Hannah Waddingham in "Ted Lasso," now streaming on Apple TV+.

ted lasso + soccer

45

1,000 PIECE PUZZLE

Lush Environment
Lantern Press, **$31**

1,000 PIECE PUZZLE

Classic Paperbacks
Princeton Architectural Press, **$15**

1,000 PIECE PUZZLE

Classic Rewind
Galison, **$21**

loved *to* pieces

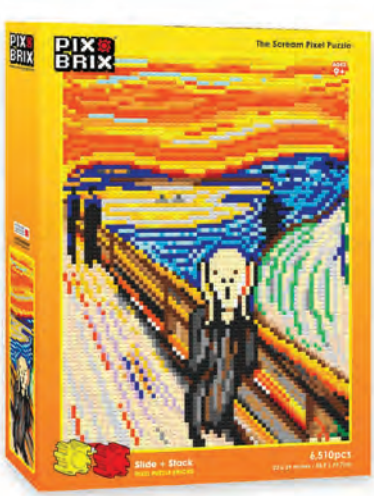
Life is better with puzzles! Whether you're seeking a moment of mindfulness, a mental challenge, or just an old-fashioned activity that brings the whole family together.

1,000 PIECE PUZZLE

A Winter Wonderland
Puzzlefolk, **$26**

1,000 PIECE PUZZLE

Hello, Dahlias!
Frances Palmer, **$20**



6,510 PIECE PUZZLE

TOP PICK

Scream Puzzle
Pix Brix, **$89.99**

The 3rd release in our Art Series, the Pix Brix version of the famous painting "The Scream" by Norwegian artist Edvard Munch. The Screamkit is the largest Art Series pixel puzzle which comes with 6,510pcs of Pix Brix, Color Coded Template, PB Tool and Mounting Kit. Build this beautiful pixelmasterpiece and hang it on your wall for everyone to see!

amazon.com

750+ PIECE PUZZLE

Rose All Day Set of Two Shaped Puzzles
Galison, **$20**

beyond the bottle

with Robin Keenan, owner of Little Birdie Wine Nest

Owner of Little Birdie Wine Nest and certified sommelier, Robin Keenan, shares with us her vision for her "Social Sanctuary" and how finding your "flock" can feel like magic.

Tattle Magazine: Tell us about Little Birdie Wine Nest. How did you come to the decision to open it? Was it always a dream of yours?

Robin Keenan: Birdie's Nest is a "Social Sanctuary" for anyone who loves wine, coffee, crafting, yoga, and gathering together to make memories with friends new & old. We are located in my hometown of Parma, Ohio which is a suburb of Cleveland.

It started simply as a retail wine and tasting shop and over the last seven years has grown into a true "experiential wonderland"... where you can pop by for a signature coffee and piece of fresh locally made bakery... sip your favorite beverage while shopping our expansive retail selection of unique gifts and handmade treasures... sit down for a delicious grazing board and flight experience... enjoy wine from our 1,000 bottle selection... grab a sweet treat from our luxury chocolates and confections case... attend one of our many "sip & create" art workshops or join a yoga/group fitness class with friends.

Originally, my vision was more straightforward. I wanted to open a wine shop where people could come to learn about and explore wine, in a non-pretentious setting, where they wouldn't be overwhelmed with the usual formalities. I am a certified sommelier, and the majority of my career was spent as a beverage director for some of Cleveland's finest dining restaurants... so my passion and knowledge for wine runs deep, but I was burnt out on selling "fancy", and just wanted to be more... myself.

Sometimes the wine world can be so... stuffy! My goal was to demystify what it's all about and introduce people to the fact that's perfectly okay if you don't know all the rules, regions and foreign languages to be proficient in discussing this interesting beverage... we can learn together and have fun along the way! I wanted my customers to know that they would be welcome whether they have $10 to spend on a bottle or $100, and that it's perfectly fine with me if you love Sparkling Pink Moscato and drink it while eating spaghetti in your pajamas.

TM: How has your vision changed since then?

RK: My vision for my small business quickly grew, as I got to know our community members and listened to their desire for a cozy gathering space to make memories with friends. My goals shifted, in that I wanted Little Birdie to grow to one day become people's favorite spot to visit… a place that would bring friends, neighbors and communities together… that would support other local artists and makers, and industry professionals alike. I wanted Birdie's Nest to be a bright spot in someone's day… a place where everyone knows your name and you're cared for from the moment you walk in the door like family … like a member of our "flock". We added weekly wine tastings, some seating and snacks, but to achieve this bigger vision, I realized I would need to expand our offerings to much more than just wine.

TM: Can you tell us about how you approached expanding?

RK: So, we opened Morning Owl Coffee Bar as a cozy morning spot to work, study or meet friends and extended our hours to earlier in the day. We also started hosting pop-up craft workshops like painting and string art in what has grown to be called our Crafty Canary Creativity Corner. We took the same approach to yoga and fitness as we did with wine… it's okay if you can't do a handstand… if you haven't worked out in a year and are not sure where to start… We'll take you under our wing at Balancing Flamingo and remind you that a happy life and the happiest version of you is all about finding that "balance".

From there… the creativity just kept surging and with a fantastic team behind me the offerings kept expanding… from Taylor Swift and *Schitt's Creek* trivia nights and Boozy Adult Game Nights where you can win designer purses… to fun and fanciful pairing parties like our signature "Brunch & Bubbly", and "Cookie Dough and Wine" events, cookie and cupcake decorating classes that were fun for the whole family and of course more formal style luxury wine dinners and charcuterie and wine educational classes. There eventually became something for everyone of all ages, abilities and interests to enjoy in our cozy, welcoming nest.

TM: What have been some of your most popular events?

RK: One of the most unique and successful ideas we have ever had was to host a "Boozy Adult Easter Egg Hunt" on a local alpaca farm in the spring, and it's become a yearly adventure… even expanding into a BOOzy version for Halloween! Attendees would compete to find eggs, and each color would equate to a fun boozy prize like one of our wine slushies, a variety of mini liqueur bottles, cans of wine & beer, and alcohol-infused chocolates.

Right now, all things Taylor Swift are trending… so tickets to our Ultimate Taylor Swift Trivia Nights as well as custom wine bottles… soy wax candles with her lyrics and iconic imagery on them are selling like wildfire.

I think the main thing is the total experience we provide whenever you're in our nest… Lots of places nowadays offer similar events, but there's something about the atmosphere, the attention to detail, the fun and thoughtful "extras" and the friendliness of the team at Birdie that keeps our flock coming back.

It's a special sort of magic that just can't be duplicated. We are just really grateful.

TM: For adults, it can be so difficult to find people to connect with and meet new friends… starting a book or wine club or hosting a sip and paint are such great ways to bring people together, meet new ones, or just connect with someone. If someone wanted to start a small wine club or join one, do you have any advice or tips?

RK: SO true! This was the exact sentiment that we heard when we first opened the shop, and it echoed again after Covid kept us all isolated and at home for so long. So many people are working from home nowadays, and nearly anything on Earth can be purchased online and shipped straight to your door… So, we really focused on providing a reason for people to come out and experience our unique activities, connect with others and make happy memories… it was met with open arms and great love from our community! It's exactly what we all needed and continues to be the driving force of our business every day.

Making friends as adults is way harder than as kids, but you're totally right, attending experiential events that put you in a room with others of similar interests… and a glass of wine (or two!) to loosen everyone up… like magic; walls come down, laughter is shared, and friendships are made!

We have SO many guests over the years who came to their first art class or trivia night alone, but made friends and grew a group that now comes together all the time!

2024 will be exciting because we will be debuting BOTH an in-person wine-tasting club AND a book club that will meet monthly, in addition to continuing to add to our Crafty Canary art workshop and Balancing Flamingo yoga calendars!

As far as someone wanting to start their own wine, book, or any kind of club… I say go for it! There are so many ways to connect on social media these days, and I see a lot of fellow moms posting in community groups about wanting to make friends and get a group together for an activity etc. I think people will be pleasantly surprised as to how many people are looking to make those same connections if they just reach out!

TM: For hosting a wine tasting? Any advice?

RK: For someone hosting an at-home wine tasting of their own, my advice would be to make sure to have a variety of wines that will compliment everyone's tastes & preferences, or go above and beyond to ask your guests what their favorite wine is so that you can maybe get a "safe choice" bottle for them, and then have your local wine store professional recommend a varietal adjacent or similar wine that they may have never heard of to try!

For example, if they like crisp, bright Sauvignon Blancs… they'd probably like Picpoul de Pinet, but chances are they've never heard of it. If they like Rieslings, they might enjoy its spicier cousin Gewurztraminer… especially during the holidays when aromas of baking spices fill the air! Love Pinot Noir? Try Beaujolais! A loyal Cabernet Sauvignon drinker? – Introduce a Red Blend with Cabernet as the base, or try Cabernet Franc!

I would also recommend making sure that you have an assortment of snacks or small bites to enjoy alongside your wine selections. Wine truly comes alive when paired with food, and vice versa! A cheese & charcuterie grazing board is always an aesthetically beautiful and delicious choice to elevate your next wine gathering!

TM: Is there a type of wine you would suggest to someone who just wants to try a little wine tasting and is not sure where to start?

RK: The only way to learn what you like in the world of wine is to start sippin'!

That's one thing I love about Little Birdie Wine Bar – We currently have 16 wines by the glass on the winter menu that you can mix and match into

PHOTO COURTESY OF LITTLE BIRDIE WINE NEST

MIMOSA & SANGRIA FLIGHTS

flights of four 2oz pours so you can just try a little taste and see what you like, and then maybe get a glass or a bottle to take home!

My advice if you are really unsure of where to start would be to think of fruits & foods that you love and go from there! If you enjoy citrus fruits… stay toward a Sauvignon Blanc or a Pinot Grigio. If apple, pear, vanilla, and toast sound more appealing to you… try an oaked Chardonnay. If you love red fruits like strawberries, cranberries etc… maybe go with a Pinot Noir? If you love blackberries & deep dark cherry and plum flavors… you'll probably love a heavier red like Syrah.

Everyone's palate is SO different. Just like not everyone enjoys the same food, not everyone will like the same wine. Just because it's expensive, or highly rated doesn't mean it's necessarily for you. It's personal… and that's okay!

TM: Little Birdie Wine Nest, has a wine club with different membership levels and perks… is that for locals only? Or can anyone join?

RK: We do! Meelo's Mystery Box Wine Club (named after our pet Peach Moluccan Cockatoo "Meelo") has so many fun options, and being a part of our club does get you some pretty awesome perks including a complimentary glass of wine upon pick up, 10% off grazing boards and no corkage fees when dining in, amongst a variety of other things depending on your package!

Currently, these memberships are for pick-up only at the shop, but in 2024 we will be introducing shipping within Ohio which is really exciting! We do hope to eventually grow to be able to ship nationwide, but right now, that's just one of our big dreams!

TM: You also have an amazing assortment of seasonal charcuterie and boards… which is one of your favorites?

RK: I would almost feel like I was cheating on a boyfriend if I didn't immediately answer with "Brunch Board"… as it is single-handedly the grazing board that catapulted us to success. It deserves all the praise and mention forever, and it's certainly worthy of it!

The **Brunch Board** currently features a cozy assortment of Pearl Sugar Belgian Waffles, Strawberry Caramel Maple Syrup, Brown Sugar Candied Bacon, Lil' Pancake & Blueberry Skewers, Egg + Cheese Danish, Maple Pecan Cinnamon Roll Bites, Strawberry Yogurt Pretzels, Fresh Strawberries & Nutella, Chocolate Hazelnut & Raspberry Filled Mini Beignets, Birdie's Nest Apricot Riesling Jam and Fresh Oranges, Grapes & Strawberries.

This board always pairs perfectly with our Seasonal Mimosa Flight or Cold Brew Coffee Flight!

The **Sweater Weather Board** is a smorgasbord of seasonal favorites & cozy snacks that are really fun to pair with a flight of wine because there's so many interesting flavors to play around with!

It features Cranberry Almond Chicken Salad Filled Mini Croissants, a Potato + Cheddar Pierogi Skewer, a Miniature Baked Brie topped with Birdie's Nest Pinot Noir + Cranberry Jam, Chopped Pears and Candied Pecans, Raincoast Fruit + Nut Crisps, Chilled Spinach & Artichoke Dip with Naan Flatbread, a Salami Rose, Mixed Popcorn, Grand Mariner Dark Chocolate Pecans, and Fresh Sliced Oranges, Grapes & Strawberries.

PHOTO COURTESY OF LITTLE BIRDIE WINE NEST

BRUNCH BOARD

"SWEATER WEATHER" BOARD

A FEW FAVORITE THINGS

WINE
Always & forever… Champagne.

My love for Champagne is a nuanced appreciation that goes beyond the mere enjoyment of its bubbles. It's a celebration of the artistry involved in it's complex creation, and its versatility in enhancing any occasion it is brought to, and a recognition of its unique ability to turn fleeting moments into enduring memories. Whether marking an achievement, reveling in the beauty of life, or simply enjoying the company of those you love most… Champagne stands as the perfect companion, adding a touch of effervescence and sophistication to every experience.

TRADITION
My most cherished holiday tradition with my children revolves around the "Elf On The Shelf". This particular ritual has become a labor of love (to say the least), but I take immense joy in going above and beyond each night to create magical and whimsical scenarios for our mischievous elf.

QUOTE
Be a champagne bubble. Always rise to the top.

TM: Combining a sweet treat and wine could make for a fun date night at home. Could you give us a couple popular candy and wine pairings?

RS: The key with this type of pairing is to set the mood by letting the wine and chocolate engage in a seductive dialogue, revealing layers of pleasure with every sip and bite!

Here at Birdie's Nest we have a new line of ultra-premium chocolate "Dream Bars" that would make the perfect pairing partners for a bottle of splurge-worthy wine on this romantic date night...

Our **Tropical Passionfruit Dream Bar** is a tantalizing tango for your tastebuds that'll have you dreaming of sandy shores, sunny skies and sensual romance. Let yourself be swept away in our luxuriously decadent white chocolate that's been infused with a vibrant burst of real passionfruit and the sweet allure of plump dried strawberries in every bite.

+

We recommend **JCB "No. 69" Sparkling Rosé Cremant de Bourgogne**... not a dainty little pink thing... this is a flamboyant, profound mouthful of serious bubbles. Crafted from Pinot Noir... the vibrant crispness is thirst quenching, yet the flavors are beautifully sensual... swirling raspberry and jammy red currant notes into a stream of fine, persistent bubbles and with a seductive orange-peel finish.

In our **Caramelized Cocoa & Cashew Dream Bar**... rich dark chocolate takes center stage... studded with chopped cashews, almonds and a touch of "pastry magic" in its delicate, crisp feuilletine crunch, generous sprinkle of house made caramel nuggets and a touch of sea salt. It would make a great match for the bold Red wine of your choice, as the spicier notes in the wine will effortlessly intertwine with the sultry embrace of the dark chocolate... both finishing with a rich and sweet caramel kiss.

+

Daou Vineyards "Bodyguard" Red Blend from Napa California.

This complex wine, composed of 58% Petite Verdot & 42% Petite Sirah opens with a fragrant nose of blueberry cobbler, cherry pipe tobacco, dark chocolate and espresso laced with hints of sandalwood and licorice. The palate is silky and graceful, unfolding with lavish flavors of cherry pie, plum, blackberry jam and raspberry... all converging seamlessly with earthy, more masculine notes of cigar box, leather, black olive and crushed sage. Ripe, supple tannins provide structure, volume, and a velvety mouthful... resulting in a powerful, elegant finish with suggestions of cherry, cranberry, plum and crushed stone.

While approachable now, the Bodyguard is a wine that will reward patient cellaring for years to come. A really special idea would be to consider purchasing a few bottles of this age-worthy wine, and open them with your significant other in 1 year, 5 years etc... to see how the wine changes and grows more beautiful over time, just like your relationship!

PHOTO COURTESY OF LITTLE BIRDIE WINE NEST

cookie pairings

prosecco + sugar cookies

Crisp, dry Prosecco is a great match for rich, buttery Sugar Cookies... especially when they're decorated with frosting & sprinkles.

cabernet sauvignon + mint

A full bodied Cabernet Sauvignon will stand up well to sweet, cooling mint... making it a top pairing choice for dessert by the fire.

riesling + gingerbread

Once you catch the Gingerbread Man... pour a glass of Riesling! The light fruity flavors in this popular wine will compliment the bold and spicy gingerbread bringing out the best in both!

pinot noir + thumbprint cookies

Pair juicy & jammy Pinot Noirs with a jam-filled cookie treat!

Raspberry thumbprint, cranberry studded cookies, or strawberry glazed treats will surely complement this light bodied red!

chardonnay + shortbread

Chardonnay has a lovely, buttery flavor that pairs well with rich Shortbreads.

With each sip, toasty vanilla notes in the wine will bring out the decadent, similar flavors in this classic holiday cookie.

syrah + oatmeal raisin

Full-bodied, spicy Syrah and chewy, sweet Oatmeal Raisin Cookies make an unexpectedly delicious pair!

merot + chocolate chip

Even the most traditional Dark Chocolate Chip Cookies will taste extra special alongside an exceptional like Merlot, or a Bordeaux-Style Red Blend!

Visit littlebirdiewinenest.com for current menu and events

FOR SOME, FEELING LEFT OUT LASTS MORE THAN A MOMENT.

WE CAN CHANGE THAT.

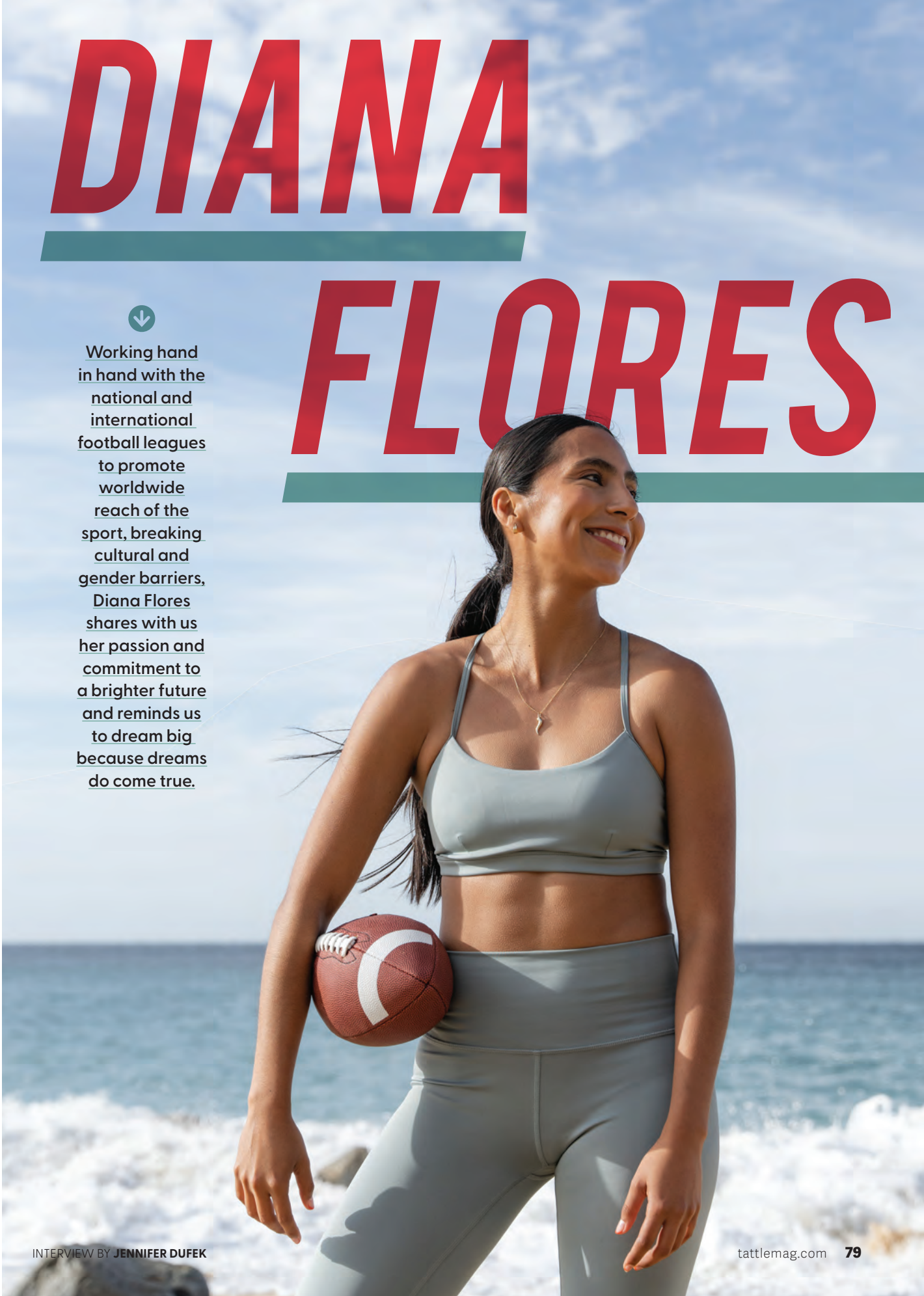
We've all had moments where we've felt we didn't belong. But for people who moved to this country, that feeling lasts more than a moment. Together, we can build a better community.
Learn how at BelongingBeginsWithUs.org

BELONGING BEGINS WITH US

ad COUNCIL

DIANA FLORES

Working hand in hand with the national and international football leagues to promote worldwide reach of the sport, breaking cultural and gender barriers, Diana Flores shares with us her passion and commitment to a brighter future and reminds us to dream big because dreams do come true.



PHOTOS COURTESY OF DIANA FLORES

INTERVIEW BY **JENNIFER DUFEK**

Tattle Magazine: You picked up flag football at such a young age. So, let's start there. Why flag football?

Diana Flores: Well, I started playing flag at the age of eight. Before that, I used to do ballet, gymnastics, and those kinds of different activities. And the way I got into flag was because of my dad. My dad used to play flag football when he was in high school and college. So, I guess he wanted me to try this sport. He was the one that brought me to my first flag football practice. Since then, I fell in love with it... And I've been playing for the past 18 years now... the past 10 representing Mexico. It has been an amazing journey.

TM: Being in a sport that doesn't have as much awareness as others, as well as being a woman in sports, in the sports industry, what have been some of the challenges you faced?

DF: Oh, you're right. Since I started playing flag 18 years ago, it was not a well-known sport. It seemed to be a sport for boys, a sport for men... And that's why I had to start playing with girls that were older than my age. They were 16 or 17 while I was 8. And all of that, I think, as you said, brought a lot of challenges, not only for a girl playing flag football, but for women playing sports, period.

I could say the biggest challenge for me was to be underestimated, not for any other reason, but for being a woman. I started to experience those kinds of things when I was very little, but on the other hand... I was lucky enough to have an amazing support system with my dad and mom... and also with my first coach, who always encouraged me and my team to compete against men.

I remember I was 12 or maybe even younger, like 10 years old, playing with my team and after practice, my coach would bring the men's tackle football team to play against us... because he was also a coach for them at the college level... so he would bring them to compete against us... I feel that encouraged us to not be afraid to compete and to show what we were capable of besides what the world said at that point.... And I learned from that to focus on what I have as an athlete... as a female in sports... rather than focusing on all the challenges and obstacles.... Also, the lack of opportunities sometimes as I started growing up... there's a point in life where you must decide what you're gonna do with your life pretty much – if you're going to continue with sports or you're going to continue with your studies. Sadly... this breaking point is where most of the women just leave sports because of the lack of opportunities. For me, that breaking point was before going to college. I remember I was looking for opportunities or scholarships to be able to make my studies for the first year, but I didn't have any luck. It was after a year that I got the opportunity to have a full scholarship from Tecnológico de Monterrey where I graduated and I'm so grateful and happy for that. Everything is changing though and the future is going to look better for the next generations.

TM: Facing some of the challenges you have and the need to break so many of those barriers in the sports industry for women that as a team... those challenges would form a special bond as teammates and a different level of support for one another... Do you feel these experiences fostered a stronger sense of togetherness among your teammates?

DF: I truly believe that's the thing that makes our team so special. That connection you're talking about that complicity was what made it possible for us to make magic on and off the field and to bring that gold medal to our country... to make that big impact together.

In our sport... in our country... I feel that we are still many times put in little boxes of what we can or cannot do... what we're allowed to do or not. And every single player, not only on my team, but athletes here in Mexico... I think we have to fight against those kinds of things. We are not... we cannot still make a living from playing this sport we love – which means we have to be more than one thing. We have to be pro athletes... we have to be professionals and we have players on our team that are moms. I feel that's what I admire the most about my teammates and female athletes... not only in my country but around the globe.

TM: In light of the challenging pay scales and differing perceptions compared to men's sports, it seems that a strong passion and relentless dedication are essential for women striving to make their mark in the sports industry. How do you perceive the importance of such dedication in achieving recognition and influence as a woman in sports?

DF: Yes, you're right. It takes a different level of commitment, passion and love for the sport...

TO BE SUCCESSFUL, YOU MUST NOT LOSE FOCUS

And I would say that's what has been magical about not only my team, but about flag football... and about women's sports in general... that it's a different kind of sorority, this different kind of support we have between each other because we know what we have to go through... we know what we have to fight for.

I feel that the general sentiment of women in sports right now is this vision and commitment to make a brighter future for the next girls that are coming... to give them the opportunities we didn't have... to give them the chance to make a living while doing what they love and to make the statement that they are enough – they are enough for who they are and for doing what they love.

TM: You've gotten to work with so many iconic athletes as an offensive coordinator for the AFC at the 2023 Pro Bowl Games alongside Peyton Manning... and then in your very own Super Bowl commercial featuring Billie Jean King, who has been a crusader for equality in women's sports as well. What's a takeaway that you've gotten from those experiences and working with athletes like that?

DF: Well, first, the opportunity to remind the world at these big stages, how the power of sports can keep empowering women, how the power of sports can break any kind of barriers... cultural barriers... gender barriers... and send a message to the world, a message of unity... a message of love... at the end of the day that has been the thing that has impacted me the most... to see the impact it has had on many, many other people around the world.

It has also given me the opportunity to work alongside amazing people... I feel that has just inspired me more... inspired me to make a change... to be part of this movement of change... to leave a legacy, and to keep building opportunities and opening doors for the people and the women who are coming after me. It has been a blessing to me to have them as mentors also, and to see what they have done... and just follow their paths and keep making new paths.

TM: You were a leading voice in getting flagged to be recognized as an Olympic sport, and for the year 2028, that is right around the corner, and that's such an incredible turning point for the sport and for women. Tell us how involved were you in that, and how excited you are about that.

DF: Yes, so I have had the opportunity to give back to flag football on and off the field, mostly off the field as gold ambassador for the NFL and IFAF for almost two years now, and that has been an amazing opportunity to me. I've been able to work alongside the NFL and I have to keep growing the game not only in my country, not only in the States but around the globe to bring awareness to many other people about this sport and to build other opportunities.

The Olympic dream came true and I almost cannot believe it. I was part of that process since a year ago alongside as I said the NFL, the IFAF, the LA28 committee, and the IOC (International Olympic Committee). It took a lot of commitment and a lot of work from many, many people so I feel very grateful for all the people that made this possible... and very excited and happy for all of the flag football community around the globe that are right now just living the dream. The Olympic dream is... I feel like the biggest for any athlete in the world. So, to have now the opportunity to represent our countries at the Olympic level... to bring a medal to our countries... it's just a game changer.

PHOTOS COURTESY OF DIANA FLORES

TM: That will bring so much more awareness to women playing flag football and just open up a whole new audience with using the Olympics as a larger stage for that.

DF: It will for sure... I mean, the biggest audience is there... I feel it's the biggest celebration of sports in the world. So, flag football, has a bright future to come and I'm just excited about that.

TM: So, you've completed in numerous national and international tournaments representing Mexico and you've recently become the first-ever global ambassador for Los Cabos. Can you tell us about that?

DF: Yes, I feel so grateful for that opportunity to keep representing my country, not only as an athlete, but now representing an amazing place... Los Cabos... to showcase the world what our country and our culture is about... to spread that message... that message of unity that we have. To have that opportunity, it has been an honor to me, and I just feel happy for what's yet to come for not just the country, but especially for this amazing destination that has a lot to offer to the people.

TM: I've seen photos of Los Cabos... the area is just breathtaking. Is there one thing that you would tell anyone visiting that they must do or must see?

DF: Los Cabos is a very unique place because it's not only about the amazing views you just mentioned, it is a place that really cares not only about people and bringing them the best experience, but it cares about wellness... it cares about sustainability... they care about every detail.

One of my favorite places is Flora Farms, which is an amazing restaurant, where all the food is fresh. They pretty much take it from the ground and put it on your plate. That was the first time I ever experienced really fresh food... and the experience was just... life-changing.

Also, the area is very versatile. It has the ocean and the desert. One of my favorite places is Cañón de la Zorra. You go there for amazing hiking, but then there's a hidden waterfall, right in the middle of the desert... which is crazy.

TM: It seems like nothing slowing you down. You've had so much going on... What's next?

DF: Well, on the one hand, of course, as an athlete, to keep representing my country, we have the World Cup in 2024 in Finland. We're gonna start to get ready for that. We're looking forward to bringing another medal to the country, then at the 2025 World Games... And then the journey to 2028 Olympic Games. That's one of my biggest goals as an athlete. And on the other hand, as an ambassador of the NFL to keep growing the game worldwide through clinics and just bringing awareness to many, many regions.

And then of course to keep working alongside my partners... which as we just talked about, Los Cabos, but also Under Armour, who are committed to the same mission as mine... making a change and bringing more opportunities, especially for women in sports and on and off the field.

What I've learned is that life sometimes is crazy and amazing, and it's going to be even bigger and better than your wildest dreams. I just want to stay true to this life mission of mine and keep breaking barriers, growing the game and opportunities... especially for women.

ADVICE THAT DIANA WOULD GIVE TO YOUNG GIRLS AND OTHER WOMEN

Embrace your inner power... And the way you will do that is by staying true to yourself... staying true to who you are... to your passions... and to what makes you happy. Dream big, because dreams come true... and stay focused on those dreams and those goals, because if you prepare yourself... if you work hard... life can be bigger and brighter than those dreams... so never stop.

DREAM BIG BECAUSE DREAMS COME TRUE

A FEW FAVORITE THINGS

TRADITIONS
Well, talking about my culture, I would say Día de los Muertos is one of my favorites because you get to think about the ones who have gone and your family... it is just an amazing moment.

But talking about my family, I say one of my favorite traditions is anytime we have a holiday or a birthday or anything, my mom cooks pozole blanco. Anytime... it doesn't matter if it is Christmas or New Years, we have pozole at home and I could say that's one of my favorite family traditions.

QUOTE
My favorite quote would be "Para tener éxito no hay que perder el enfoque."... which in English means "To be successful, you must not lose focus."

TEACHING TEAMWORK
TATTLE TITLES
DIY DINOSAUR
DINO DATA & FOSSIL FACTS
SNOW MUCH FUN

LET THE WORLD HEAR YOU ROAR

6 Tips to Teach Children Teamwork

BY **LIZ MONTGOMERY**

What does teamwork mean for children, and how can we instill the values of collaboration and camaraderie from an early age? Here are a few ways to promote teamwork skills and good sportsmanship in your day to day routine.

1

CULINARY COLLABORATIONS

Encourage your children to plan a meal together or with your guidance, depending on their age. From crafting the grocery list to preparing the meal, setting the table, serving, and washing the dishes, this culinary venture becomes a collective effort.

2

COLLECTIVE TALECRAFTING

Unleash creativity by crafting a story together. Take turns weaving an imaginative masterpiece, binding it with ribbon or rings for repeated reading. Alternatively, create a spontaneous oral narrative, exchanging sentences to concoct a whimsical tale.

3

GAME ON

Integrate games that stimulate teamwork and problem-solving. Whether through organized sports or a spontaneous neighborhood game of tag, these activities teach children the art of working harmoniously with others.

4

LEAD BY EXAMPLE

Showcase the essence of teamwork by assisting your children with a chore or extending a helping hand to another family member in completing a task. Actions speak louder than words, and children often learn best by observing.

5

ARTISTIC HARMONY

Foster teamwork through artistic expression. Utilize available materials at home, be it paper or canvas, and take turns adding elements to create a collaborative artwork. Proudly display the finished piece in their room.

6

PUZZLE PARTNERSHIP

Embark on a puzzle-solving journey together. Select a puzzle collectively and work towards its completion, fostering teamwork and problem-solving skills.

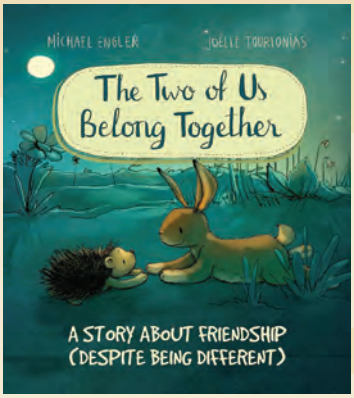
These six engaging activities are just the tip of the iceberg when it comes to team-building exercises for kids. By incorporating these practices into their lives, you not only contribute to their social development but also equip them with valuable skills to carry into adulthood. ▪

STANDOUT STORIES

Big Friends, big words and embracing differences — these reads show us the power of friendship.

Big Friends
Written by Linda Sarah
Illustrated by Benji Davies

Best friends Birt and Etho, who often play imaginative games together, face the challenge of including a new boy in their adventures, exploring whether their dynamic can expand from two to three friends.

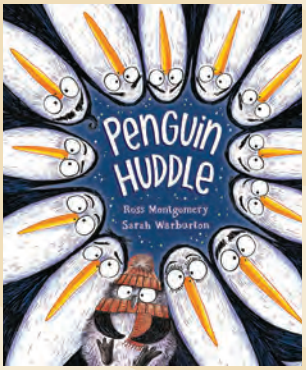


The Two of Us Belong Together: A Story About Friendship - Despite Being Different
Written by Michael Engler & Grace Glowiak
Illustrated by Joëlle Tourlonias

A hare and a hedgehog develop a warm and sweet friendship, embracing their differences. When the hedgehog hibernates, the hare struggles with the separation but learns about hibernation and, upon the hedgehog's return, creates a shared home for the following winter.

More Than Words: So Many Ways to Say What We Mean
Written & Illustrated by Roz MacLean

Nathan, though quiet, keenly observes the diverse ways his peers express themselves at school. In a beautifully illustrated picture book, he imparts the vital lesson that understanding each other, regardless of communication form, is the key to building friendships and a sense of belonging.



Penguin Huddle
Written by Ross Montgomery
Illustrated by Sarah Warburton

A lively group of penguins embarks on a heartwarming journey from Antarctica to a distant city after a freezing mishap leaves them frozen together, showcasing the power of friendship and community in this delightful, whimsical tale.

NEW BOOKS

5-Minute Shark Stories
by National Geographic Kids

Dive into amazing true tales about baby sharks, surprising shark friendships, daring shark rescues, swimming with sharks, and more about these fierce, fascinating fish. These 12 *fin*-tastic tales about sharks are the ideal length to be read aloud in five minutes, perfect for bedtime, story time, or any time.

Big Words for Little Paleontologists
Written by Lisa M. Gerry
Illustrated by Franco Tempesta

This stunningly illustrated picture book will inspire every budding paleontologist with the impressive words that dino-crazy little kids love to learn—and show off! Featuring wow-worthy words with definitions and phonetic pronunciation, this info-packed book will help your little explorer sound like a dinosaur expert in no time.

DIY DINOSAUR

Unbox a world of fun and imagination with this larger than life craft that you can make from items around your house!

SUPPLIES NEEDED

Medium cardboard box
Extra scraps of cardboard
Two empt toilet roll tubes
Craft knife
Hot glue gun
Paint
Brushes

DIRECTIONS

1 Start by reversing your cardboard boxes and reassemble them using glue, creating a clean surface for painting.

2 For the head, start by cutting around three sides of the box to form the mouth opening.

3 Create a head size hole at the base of the box.

4 Enhance the mouth by adding teeth around it.

5 Create a back and tail by cutting a piece of cardboard into a long triangular shape and attaching it to the back of the box.

6 Add spikes starting on the top of the head going down the back and tail.

7 Use the empty toilet paper rolls to create eyes.

8 Get creative with extra cardboard scraps, paint and anything else you can find... then stomp and roar!

DINO DATA & FOSSIL FACTS

- Over 1000 different species of dinosaurs have been named and the list continues to grow as new fossils are discovered.
- Scientists believe that birds descended from dinosaurs.
- Most carnivorous dinosaurs walked on two feet, allowing them to move swiftly and keep their hands available for catching prey.
- Dinosaur fossils have been found on every continent, even Antarctica.
- Scientists study the facts about each and every fossil they find so they can find out where the animal might have lived, what they ate, how old they were, and how they died.

DON'T FORGET YOUR GEAR!

Kids' Guidepost Reflective Beanie
Sunday Afternoons, **$30**

Cool weather calls for extra layers, and the Kids' Guidepost Reflective Beanie makes bundling up even more fun! Kids will love the ultrasoft, double-layer acrylic knit. There's also reflective thread integrated into the cuff and pom, so parents can relax when the fun lasts after dark. This midheight beanie is crushable and travel friendly, so you can stash it just about anywhere.

sundayafternoons.com

Trek Boots
Stonz, **$69.99**

Made with insulated & windproof 600D nylon, their little toe beans stay toasty for hours on end. No weather will be too cold for outside play! Keep their toes warm even when it's as cold as -22°F/-30°C thanks to their non-removable plush fleece lining. This is the lightest toddler winter boot in the market. Kids hate heavy winter boots! That's why the Trek features our signature lightweight soles that make it easy to play and run in the snow. Your little adventurer will stay safe even when playing on slippery surfaces. The Trek - Toddler boasts the industry standard for skid resistance and the standard for sole abrasion. Features an extra-wide opening that's ideal when they're learning to dress on their own.

stonz.com

The Winter Natural Children's Mitten with Custom Velcro Name Patch
Chopper Mill, **$59**

Each Chopper is pre-curved for exceptional dexterity, lined with 3M Thinsulate™ for incredible warmth and is constructed with a Hipora waterproof & windproof breathable insert to keep hands dry, no matter the weather. The Kids Chopper Mill Mitten comes in five sizes. The more winter sour Choppers see, the better they get. Designed and tested in Minnesota, it's the best hand-me-down, hands down. Materials include: Goat Leather, 3MThinsulate™ interior, Hipora waterproof insert & performance material.

choppermill.com

snow much fun

Playing in the snow offers a fantastic sensory experience for those fortunate enough to partake in it. Venture out into your winter wonderland with these activities.

INVOLVE KIDS IN SNOW SHOVELING

Enlist the help of willing and able kids to shovel the driveway, sidewalk, or walkway—and perhaps even assist the neighbors.

TRACK ANIMAL FOOTPRINTS

Observe freshly fallen snow for evidence of critters, both large and small, that have left their mark.

ENJOY A SNOW PICNIC

Opt for warm foods like soup, stew, or pasta in a thermos, or savor hot drinks such as hot chocolate or warm apple cider.

BUILD SNOW CASTLES

Take the summer sandcastle concept into the winter cold by using sandcastle-building tools to create impressive snow castles.

CRAFT ICE SUNCATCHERS

Transform natural items like berries, leaves, and flowers into beautiful ice suncatchers. Freeze them in a plastic lid or on a paper plate, then hang them for a decorative touch.

EXPLORE SNOW PAINTING

Enhance your snowy landscape with vibrant colors using water and food coloring. Combine the mixture in a spray bottle, allowing kids to paint the snow or create intricate designs.

TRY ICE BOWLING

Create a unique bowling experience by freezing colored water in plastic bottles to serve as pins. Fashion an ice bowling ball using a round balloon filled with water, freeze it, and set up the pins in your driveway for a fun game.

MAKE SURE THEY'RE IN THE RIGHT CAR SEAT

NHTSA.gov/TheRightSeat

NHTSA ad COUNCIL

create a new perspective

BY **BETSY CHASSE**

A shift in perspective can reveal the richness of life, making every chaotic moment a gift to be enjoyed.

Open any parenting book or mom blog and you're bound to read about how we moms don't have any time for ourselves. We're told to "make time for you", or "find ways to pamper yourself". Articles are full of advice about how to balance motherhood and a personal life, by scheduling a girls' weekend or sneaking away for an afternoon at the spa.

For most of us, those luxuries ended the moment our water broke. It's liable to depress us. Or so we're told, over and over again. Often we're portrayed as being so desperate to get away from our kids that even a night at the local pub and a glass of boxed wine sounds like a glamorous weekend in Vegas.

After finishing yet another advice column about "finding balance", I soon found myself caught up in what became "the race to become the most over-exhausted mom on the block." I complained to anyone who would listen about how I had no time to myself, and how being a single mom was so hard. I whined about all the things I had to do every day... and then it hit me. Wait a minute. There is nothing I have ever wanted more than to be a mother. I created these little lives and this situation, and to be honest... I love my chaotic life!

I thought my life was out of balance because time and again I kept hearing it from others. I kept trying to find that elusive "balance" by doing the things I thought I was supposed to do. This ultimately caused more stress than it was worth.

After a month or so of running around trying to fit "me" stuff into my life, I was exhausted and truly overdone. I realized that it wasn't balance I was looking for. It was perspective.

It wasn't that I didn't have any "me time". The problem was that I did not appreciate the time I was having with my family and everyone else in my life. Spending time with my children, baking, helping with homework, and arguing over what to wear to school is what having kids is all about. Sure it would be nice to enjoy a bath without your children coming in every two minutes to check on you, as if somehow mom having a bath equates to abandonment. But that's my life and I'm happy to say that I like it that way. I have found my balance because it isn't just about the amount of time I spend on me. It isn't about what I do with my free time. It's about how I enjoy the time doing whatever it is I'm doing at that very moment.

Perspective is an amazing thing and when I changed my perspective I made an astonishing discovery. My life was full of "me time". I shifted from thinking that my life was out of balance, to understanding and accepting that my life is busy because I created it to be that way. So now if I want to go out with my girlfriends, I make it happen. If I want to stay home and watch Harry Potter three times in row with my kids, I do that. Either way I find immense joy.

Finding balance isn't about finding more time to do the things others tell me I'm missing. It's about seeing my life, all of it, as a gift to enjoy in every moment. And from that perspective, my life is perfect just the way it is. ▪

bedtime bliss

Help your little one have a sweet slumber with these nighttime nursery necessities.

Night Light
VAVA, **$23.99**

Made from 100% toy-grade materials, the VAVA dimmable night light has smooth touch control and emits a soft calming glow. With 8 colors to choose from, it has a rechargeable battery and an energy-saving 1-hour timer.

vava.com

Smarter Sleep Sound Machine
RAPTbaby, **$59.99**

Sleep Well. Sleep Smart. Neuroscientist designed, patented and tested, Smarter Sleep from RAPTbaby™ is the first sound machine (and product!) ever created to support sleep and a child's ability to process language.

amazon.com

Sweetli Nurture Bassinet
RBO, **$179.99**

Rest assured knowing your precious little one has a safe space to sleep in the TruBliss™ Sweetli Nurture™ Bassinet, a convenient close-to-the-bed sleeper that boasts modern technology. The Play2Sleep mobile monitors the temperature and humidity in your baby's room and offers a feeding reminder that helps keep feeding time on schedule ensuring your baby is getting the proper amount of nutrients.

amazon.com

3 Ways to Solve Your Baby's Sleep Schedule

PROVIDE YOUR BABY WITH DAYTIME ATTENTION

Experts recommend giving your baby a substantial amount of attention and stimulation during the day to help them feel calmer, more secure, and better prepared for bedtime in the evening.

ESTABLISH A CONSISTENT SLEEP SCHEDULE

While it may take approximately 16 weeks for your baby's circadian rhythm to mature, it's never too early or too late to establish a sleep schedule – Introducing a consistent schedule can contribute to better sleep habits.

DEVELOP A BEDTIME ROUTINE

Starting as early as 6 to 8 weeks old, create a soothing bedtime routine for your baby. Keep the routine calming and relaxing, avoiding overly active or stimulating activities allocating the final 10 minutes, at least, of the routine to take place in your baby's bedroom or your room (if you are room-sharing).

oh baby

REGISTRY FAVORITES

Classic Bib - 3 pack
Little Unicorn, **$20**

Soft and absorbent, our multi-layer bibs are built to handle all of baby's spills and messes. Featuring three unique, hand-painted prints and a snap-on function to ensure a snug fit that grows with your baby.

littleunicorn.com

Baby Monitor with Split Screen
VAVA, **$279.99**

Keep an eye on your kids, even when they're in multiple rooms. A split screen monitor with simultaneous live visuals, the VAVA Baby Monitor with Split Screen is perfect for the growing family.

amazon.com

Long Sleeve Toddler PJs - Cloud Deer
Kyte Baby, **Price varies by size**

Your mini has grown so fast! Although they are no longer layette-sized, you can still dress them in the same super soft, all-natural bamboo rayon you both love. Our oh-so-adorable toddler pajamas include a long-sleeved top and matching pants. They're perfect for story-time cuddles!

amazon.com

Lil Nipper Infant
Lil Nipper, **$50**

You now can safely trim your baby's nails using the Lil Nipper Infant, designed specifically designed for babies' delicate nails. The Lil Nipper is a battery-operated nail trimmer that safely trims tiny fingernails without harming surrounding skin. Lil Nipper is gentle, precise yet effective is trimming your baby's nails. Bright LED light shines over nail slot for increased vision. Cute little nails are captured in a hidden compartment for a mess-free solution. Product is antimicrobial to reduce the spread of germs and bacteria.

amazon.com

Cotton Muslin Quilt in Bison print
Little Unicorn, **$80**

The most special things deserve a bit more love. Composed of 100% rayon made from bamboo, this delicate fabric is silky-soft, right out of the box and extra gentle on baby's sensitive skin. No matter if you're wrapping your tiny newborn or snuggling with your big kid - each moment will feel like a little piece of heaven.

littleunicorn.com

Pink Bottle Bundle
Comotomo, **$59.99**

Comotomo Baby Bottle Bundle (7-Piece Gift Set) includes:

- Two 5oz. Bottles
- Two 8oz. Bottles
- A package of two Slow Flow Nipples (0-3 months)
- A package of two Medium Flow Nipples (3 -6 months)
- A package of two Fast Flow Nipples (6+ months)

amazon.com

Newborn Essentials Gift Set
Mommy's Bliss, **$24.99**

Help your favorite new mom bring her baby back to bliss with this gift set containing our four most popular products – Gripe Water, Vitamin D Drops, Gas Relief, and Saline Drops/Spray.

amazon.com

Siesta High Chair
Peg Perego, **$329.99 - 429.99**

The multifunctional, ultra-compact high chair that easily accommodates a child's growth. From birth, the Siesta can be used as a recliner oras a high chair for feeding, playing and resting. The removable tray and multiple height positions allow child to sit right at the table. Available in Ambiance Brown, Cacao, Arancia, Berry, Ambiance Grey and Ginger Grey colors.

amazon.com

Primo Vaggio 4-35 Lounge
Peg Perego, **$399.99**

The Comfort Recline function: the backrest reclines and the leg rest extends, allowing the child to lie down in the best ergonomic position when used on a stroller.

pegperego.com

Classic Infant Formula
Kendamil, **$33.99**

European-made whole milk infant formula. Kendamil's unique formula delivers complete nutrition from birth to 12 months with natural MFMG, dual blend of prebiotics GOS/FOS and HMOs, plant-based DHA/ARA.

target.com

W2 Luxe Wagon
Wonderfold, **$659**

- Holds up to 2 passengers
- Easy to fold/unfold
- High face-to-face seats with footwell for better interactions
- Deep carriage with zippered mesh panels for optimal ventilation
- Front zipper door for easy access/storage
- Slidable/Removable Canopy with UV Protection

amazon.com

PLAYTIME

Photo Creator Instant Camera
Canal Toys, **$47.07**

This easy-to-use camera includes three different functions in one device – a digital camera, instant printer, and a video camera! Use the back or front facing lenses to capture photos or selfies. Switch to the video function to have fun recording videos with your friends. You can even choose between 20+ funny effects to add onto your photos. The thermal printing capability means no ink and no film! You'll always be ready to capture and print a fun memory. Personalize your photos with markers and trendy stickers to hang on your wall or locker. The compact design, wrist strap, printer, and funny effects make the Photo Creator perfect for parties, travel, and any other occasion! Instant photos and instant fun!

amazon.com

NEW!

Sensory Jar
Glo Pals, **$16**

Insert your Glo Pals Light-Up Cube into the back of each Pal, drop it in the water, and watch it light up! Featuring bendable arms and colorful personalities, each Pal proudly illustrates the uniqueness in every child! Lumi comes with 2 Glo Pals Light-Up Cubes included in the box!

glopals.com

NEW!

Lumi Light-Up Cubes
Glo Pals, **$11**

Glo Pals Light-Up Cubes are the perfect way to brighten up playtime - Simply drop your Cubes in water and watch them light up like magic! Each pack includes 4 Light-Up Cubes.

glopals.com

24-piece Rainbow Mini Pack
Connetix, **$35**

Get a taste for STEAM learning and the Connetix difference with our 24pc Rainbow Mini Pack. Featuring a selection of shapes in every rainbow color, this pack has been curated to introduce you to magnetic tile play and Connetix. Explore shapes and colors in both 2D and 3D. Experience the Connetix signature bevel design plus stronger magnets as you build taller and enjoy clearer refractions. Discover new possibilities for creativity, design and building – including rockets, ice-creams, houses, flowers, dinosaurs, animals, cityscapes, boats and mandalas. Whether you are looking for the perfect gift, curious about Connetix magnetic tiles, or wanting to expand your collection, the 24pc Rainbow Mini Pack offers exciting opportunities! Complement your Mini Pack with any of the packs from the Connetix range to take your creations to the next level.

connetixtiles.com

Starry Night Puzzle
Pix Brix, **$39.99**

Now you can build a pixel version of Vincent Van Gogh's famous Starry Night painting and hang it on your wall! The Starry Night Pixelpuzzle comes with Pix Brix, Color-Coded Template, and PB Tool for easy building. The Pix Brix Starry Night Pixel Puzzle is the perfect gift for any art,puzzle, or pixel enthusiast. View full Artist Series collection here.

amazon.com

FAMILY IS DEFINED BY LOVE NOT BLOOD

AdoptUSKids

ad COUNCIL

Allison was bawling, she turned to me and said, 'Mom, I got a D.' It was the first time she called me 'Mom.'

Lisa, adopted 16-year-old Allison

LEARN ABOUT ADOPTING A TEEN
YOU CAN'T IMAGINE THE REWARD

ADOPTUSKIDS.ORG

FOLLOW US!

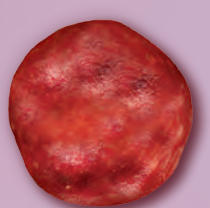
For craft & decor inspiration and how-tos inspired by this issue follow us on Pinterest!

TRADITIONS TO START THIS YEAR

As we embark on a new year filled with promise and opportunity, it's the perfect time to establish meaningful traditions and create lasting memories. Whether it's embracing new experiences or simply taking moments to appreciate the beauty of everyday life, incorporating traditions into our weekly, monthly or yearly routine can add depth and joy to each passing year.

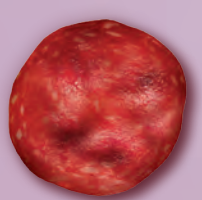
Pizza Night

The family pizza night tradition, a cherished staple that is ripe for a delightful twist. Consider a make-your-own pizza soirée or the addition of movie magic or gaming fun to your evening.



Start a Happiness Jar

Stash away those awesome memories and give yourself a little happiness boost whenever you need it. Whether it's a daily dose of joy or a weekly highlight, jot down something that made you smile and pop it into the jar. Fast forward a few years, and your family's got this treasure trove of heartwarming moments to dive into whenever you fancy a trip down memory lane.



High & Lows

Enjoying quality family time around the dinner table, with a touch of meaningful connection! Instead of the usual dinner banter, why not switch gears and ask everyone about their "highs and lows" of the day? It's a fantastic tradition that lets everyone share the highlights and challenges they've faced. Plus, it's a way for parents to peek into their kids' worlds and keep those family bonds strong. So, let's dish out the highs and lows and keep the love flowing!

Snack & Chat After School

Always Have Sunday Supper Around the Table

Laundry Folding Party + Podcast + Treat

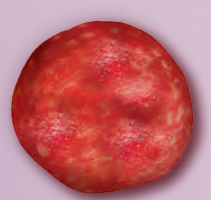
Take Family Walks or Bike Rides

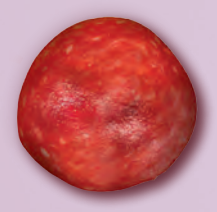
Secret Handshakes & Signals

Okay, so we've all been there - stuck in a never-ending convo... needing signal it's time to leave the party or that epic father-son handshake moment. Cue the secret signals! Whether it's time to make a swift exit or celebrate a big win, having those secret codes will make some fun memories.

WEEKLY THEMED DINNER

Spicing up your week with some themed dinners! Picture this: Taco Tuesday, Pizza Friday, and Fried Chicken Sunday! We're talking about creating some serious excitement around the dinner table. Imagine coming home after a long day at work or powering through a boring homework session, knowing there's a build-your-own taco bar waiting for you. It's the kind of motivation that can turn any day around, right? So, let's make these themed dinners a weekly tradition that everyone looks forward to!





Make Rainy Day Hot Chocolate

Take Annual Family Photos

Game Night

Who doesn't love game night? It's like a mini-party every time! Pick a day that works for everyone, and get ready to unleash your competitive side. And hey, if you've got older kids, why not add a little spice with some friendly bets? Just make sure it's all in good fun!

Celebrating Beginnings & Endings

Let's make every milestone count! From the last day of school ice cream bonanza to the special dinner on the first day back, these traditions are what memories are made of. And don't forget to celebrate those big achievements with personalized letters and heaps of encouragement. It's the little things that make life awesome!

Saturday Morning Donuts

HERE ARE A FEW DINNER IDEAS TO GET YOU STARTED:

Take Out Tuesday

Fish Friday

Meatless Monday

Sushi Saturday

Potato Bar Night

Fondue Night

Pizza & Pajamas

Breakfast for Dinner

Charcuterie Night

Family Favorites Friday

Planning a Family Game Night

Ready to level up your family bonding game? Dive into the ultimate guide for planning the perfect family game night!

MAKE IT HAPPEN

We all know family time is precious, but carving out game night can be a real struggle. Mark a date on the calendar and build the anticipation with a cute invite, whether it's digital or good old paper.

ESTABLISH THE GROUND RULES

Games can stir up some serious competition (and occasional chaos). Sit down together and lay out three to five rules everyone can get behind. Keep them posted during the games, especially for the little ones who need a gentle reminder about taking turns and good sportsmanship.

GET EVERYONE IN ON THE ACTION

Depending on how much time you've got, plan for one or two games. It keeps things lively and lets folks with different strengths shine.

SNACK ATTACK

What's game night without some grub? Have some munchies ready to roll or order in. Whether it's dinner or just a snack break, it's the perfect way to segue into the next game or activity.

AWARD PRIZES

Swing by the local discount store and grab some fun goodies for the winners (and hey, why not the losers too?). Make sure everyone walks away feeling like a champ!

STAY AHEAD OF THE GAME

Challenge the fam to come up with their own game for next time. Who knows, you might uncover a hidden game master!

With these game night tips and tricks, you're bound to have a blast. And remember, in the end, everyone's a winner! ▪

CHOOSING LOVE EVERY DAY

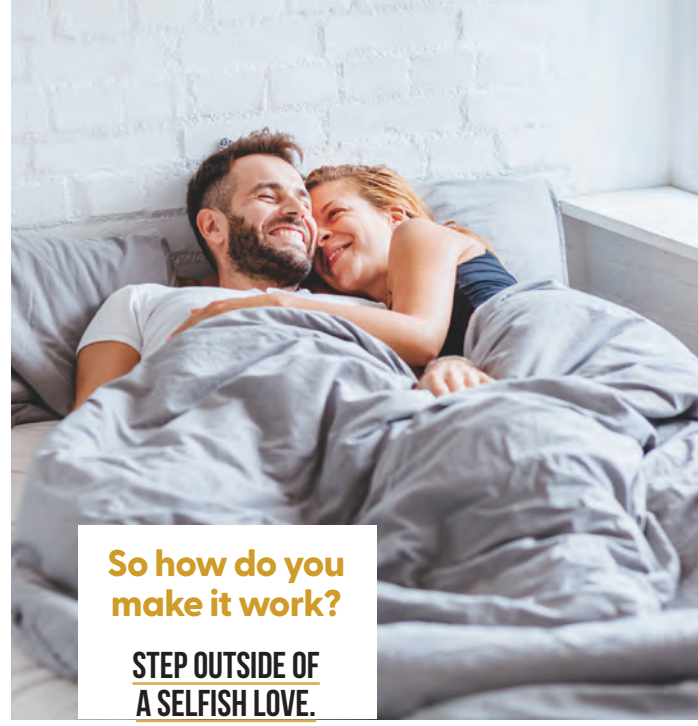
Navigating Challenges and Cultivating Connection

BY **JENNIFER DUFEK**

It's so easy to picture a romanticized fantasy, spending every moment of every day together, never getting tired of the person you're with. You know what I'm talking about: passionate sex, romantic dinners, falling asleep watching a movie together. Or waking up on a rainy day, then snuggling up together while the rain taps against the window and you sip freshly brewed coffee. Or turning to each other with that look that says you both agree it's the perfect day to call off work and stay in bed just a little longer...

We don't always have time to gaze lovingly into each other's eyes or to set aside time for a date night. Work deadlines loom. Plans get canceled. Kids get sick. And then during normal school years, you have kids' sports, sleepovers, carpooling, homework to supervise, lunches to pack, family dinners, and more. You're pulled in six directions at once, and there's never, ever enough time. Add to that arguments, flaring tempers, and the uncanny ability we all have to push each other's buttons, and it seems miraculous that love survives at all.

However staying in love doesn't just happen. It has to be a choice you and your partner both make, day in and day out. A choice to look at each other and see what you mean to each other, and what you are meant to be... together.



So how do you make it work?

STEP OUTSIDE OF A SELFISH LOVE.

Just because we love someone doesn't mean we know how to love. Lasting love requires accepting and supporting each other through all the changes and the ups and downs of everyday life. You're on the same team, and you both need to care about each other's happiness every bit as much as you do about your own. Frustrating, sometimes? Difficult to do? Yes, but worth it. We promise it'll be worth it.

COMMUNICATION IS KEY.

Make a pact with your partner to:

Each admit when you are wrong and own it.

Learn from each other.

Apologize—more than once if necessary.

Make an effort to recognize each other's trigger points and then try to push those buttons a little less.

Make your relationship more important than being right or winning a fight.

YOU DO IT TOGETHER. ALL IN.

Be yourselves.

Communicate—be open and honest, but above all else, be kind.

Keep each other's goals in mind and help each other to achieve them.

Be each other's motivator.

Show your partner the potential they don't see in themselves.

FIND THE SMALL MOMENTS. HOLD ONTO THOSE.

Take time to say good morning.

Always say goodnight.

Kiss before work.

Acknowledge each other on the busy days, even if only for a moment.

Fall in love with family moments. (Movie and game nights aren't just about the kids!)

Take pleasure in the little things, like making sure your feet touch just before you fall asleep.

12 Ways to Show Your Partner You Love & Appreciate Them

1. Plan a surprise movie night by showcasing their favorite flick
2. When they talk to you, listen actively
3. When you're not together, send text messages or an email reminding them that you're thinking of them
4. Leave each other notes hidden around the house
5. Put a sweet love note in their lunch
6. Cook a meal for them or order in from their favorite restaurant
7. Ask them how their day was
8. Kiss hello and goodbye, no matter what
9. Commit to unplug together
10. Take genuine interest in each other's work, hobbies or passions
11. Get up early enough to savor coffee or breakfast as a duo.
12. Celebrate the little things together

Heart-Shaped Tea Bags
Jacqueline Aliotti, **$36**

Avalon Whistling Kettle
Primula, **$40**

Hand-laquered Tea Canister
Kotodo Takahashi, **$36**

tea *for* two

Indulge in the art of shared moments with these products perfect for tea-lovers.

Love in Black and White Mug Set
Morgan Williamson, **$88**

All Natural Tea Honey Spoons & Lollipops Gift Box
Melville Candy, **$15**

Love You and Love You More Mugs, Set of 2
Hallmark, **$27**

Good Morning Tea Gift Set
Scout Urling, **$40**

All you need
is love.

Cheers to you

Remembering the positives takes extra effort—but doing so can build a lifetime of motivation. Don't forget to reward yourself for doing your best.

REWARD YOURSELF

Give yourself a little reward when you finish a step on your journey. Take a moment to reflect on something you accomplished today, no matter how tiny, and bask in it. It's time to pat ourselves on the back for the seemingly small wins that are actually pretty huge. These baby steps may seem small, but they're crucial for reaching those big goals and living a happier life.

7 WAYS TO CELEBRATE SMALL WINS

- Pamper yourself with self-care
- Treat yourself with a gift
- Create a celebratory playlist
- Share your win with family & friends
- Grab an afternoon latte
- Write it in a journal
- Take a personal day

We Should Be Celebrating Even Our Minor Successes

YOU ACHIEVED A MILESTONE

You set a goal, you worked hard, and you made it. Stop for a while to enjoy that fact.

YOU AND YOUR BOO BOTH HAD A GREAT DAY AT WORK

When you and your partner are totally slaying it at work, it's like fate just high-fived you both. Time to celebrate that epic synergy!

YOU FINISHED THAT BIG PROJECT

A blend of relief and pride: a victorious pairing.

THEY LOVED YOUR IDEA AT THE OFFICE

Everybody had something to say, but guess what? Yours was the best!

YOU CHALLENGED YOURSELF

Life's rarely boring if you're open to learning new things. You were on a mission to learn something new and you did it!

be afraid and do it anyways

this is just the beginning

DON'T FEAR FAILURE. FEAR BEING IN THE EXACT SAME PLACE AS YOU ARE TODAY.

be patient with yourself.
nothing in nature blooms all year.

ALONE WE CAN DO SO LITTLE, TOGETHER WE CAN DO SO MUCH

DON'T COMPARE YOUR LIFE TO OTHERS. THERE'S NO COMPARISON BETWEEN THE SUN AND THE MOON, THEY SHINE WHEN IT'S THEIR TIME.

trust the process

YOUR
LIFE
ISN'T
YOURS
IF YOU
ALWAYS
CARE
WHAT
OTHERS
THINK

SHOW UP
BREATHE
DO YOUR BEST
BE KIND
LEARN
REPEAT

stay close
to people
who feel
like
sunshine

say yes
to new
adventures

IF YOU GET
TIRED
LEARN TO
REST
NOT QUIT

COMING SOON

GHOSTBUSTERS: FROZEN EMPIRE

MARCH 29 | NR
IN THEATERS

The Spengler clan revisits the legendary firehouse in New York City, where the original Ghostbusters have elevated their ghost-busting prowess. As the revelation of an ancient artifact triggers a malevolent force, Ghostbusters, both seasoned and fresh, must join forces to defend their turf and prevent the world from plunging into a second ice age.

SOME OF THE SCARIEST GHOSTS EGON, PETER, RAY AND WINSTON FACED IN THE ORIGINAL FILMS

SLIMER
Ghostbusters I & II

STAY PUFT MARSHMALLOW MAN
Ghostbusters

VIGO THE CARPATHIAN
Ghostbusters II

GOZER THE DESTROYER
Ghostbusters

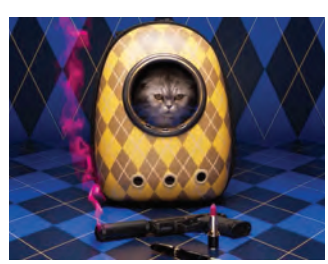
ZUUL THE GATEKEEPER
Ghostbusters

PSYCHOMAGNOTHERIC SLIME
Ghostbusters II

LIFT

JANUARY 12 | PG-13
NETFLIX

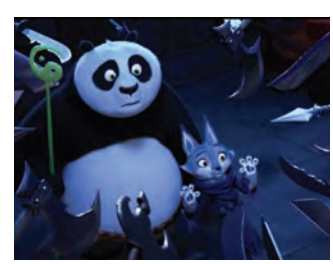
An expert in thievery finds himself enticed by both his former flame and the FBI to undertake an audacious heist alongside his global team, targeting an improbable score aboard a 777 passenger flight bound from London to Zurich.



ARGYLLE

FEBRUARY 2 | PG-13
APPLE TV+

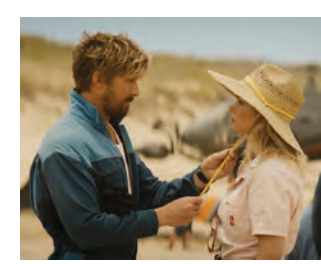
Elly Conway, a secluded writer, crafts popular espionage tales featuring Argylle, a secret agent uncovering a global spy syndicate. As her fictional plots align with real-life covert operations, the boundary between her imaginative stories and actual espionage blurs, blurring the line between fiction and reality.



KUNG FU PANDA 4

MARCH 8 | NR
IN THEATERS

Chosen as the spiritual leader of the Valley of Peace, Po finds himself tasked with training a new warrior. Yet, shape-shifting sorceress targets his Staff of Wisdom, Po recognizes the need for assistance. Joining forces with a clever corsac fox, Po learns that heroes can emerge from the most unexpected places.



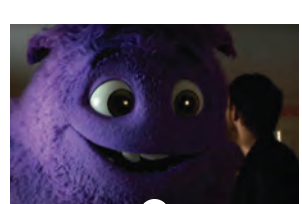
THE FALL GUY

MAY 3 | PG-13
IN THEATERS

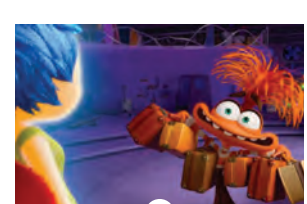
One year after leaving the business, resilient stuntman Colt Seavers springs back into action as the star of a big studio movie disappears. Colt finds himself entangled in a sinister plot that propels him to the brink of a perilous descent surpassing any stunt he has ever undertaken.

FAST FORWARD

Here are a few flicks on our watch list coming out in 2024.



IF
MAY 17 | NR
IN THEATERS



INSIDE OUT 2
JUNE 14 | NR
IN THEATERS

DEADPOOL & WOLVERINE
JULY 26 | NR
IN THEATERS

CATCH UP ON THESE SERIES THAT SHOW TEAMWORK REALLY DOES MAKE THE DREAM WORK

LOKI

ACTION | DISNEY+
2 SEASONS AVAILABLE

Loki, the God of Mischief, finds a friend in Agent Mobius as he steps out of his brother's shadow to embark on an adventure that takes place after the events of "Avengers: Endgame."

DOOM PATROL

ADVENTURE | MAX
4 SEASONS AVAILABLE

A group of unconventional superheroes, each bearing the scars of a traumatic past, gained extraordinary powers through harrowing accidents. The members of the team have found their purpose and have come together to investigate some of the world's weirdest phenomena.

THE BEAR

* RENEWED FOR ANOTHER SEASON

DRAMA | FX ON HULU
2 SEASONS AVAILABLE

A fine dining chef returns to Chicago to manage his family's sandwich shop. Juggling the challenges of small business, a stubborn kitchen team, and strained family ties, he confronts the aftermath of his brother's suicide. In the process, Carmy transforms both the shop and himself, finding unexpected support in his unconventional kitchen family.

ONLY MURDERS IN THE BUILDING

* RENEWED FOR ANOTHER SEASON

MYSTERY | FX ON HULU
3 SEASONS AVAILABLE

Three strangers who live in the same New York City apartment building and share an obsession with true crime - suddenly find themselves embroiled in a murder.

JULIA

DRAMA | MAX
2 SEASONS AVAILABLE

Inspired by Julia Child's extraordinary life and her show The French Chef, which essentially invented food television. Charming and hilarious, Julia sheds light on the life of America's preeminent cook and a pivotal time of change in American history.

JOKER: FOLIE À DEUX

OCTOBER 4 | R
IN THEATERS

This follow-up film to the Joker is rumored to be a musical that explores the intricate romance of Joker and Harley within Arkham Asylum. Titled "Folie à Deux," it alludes to a conjectured "shared psychosis" that many speculate will exist between Harley and the Joker.

[MOVIE CHECKLIST]

MOVIES THAT WILL MELT YOUR HEART

Whatever your relationship status is, there's a romantic movie out there for you. Explore our checklist of heartwarming tales to suit every moment and mood.

- ☐ **Valentine's Day** 2010 | PG-13
- ☐ **Moonstruck** 1988 | PG
- ☐ **Sleepless in Seattle** 1993 | PG
- ☐ **Always Be My Maybe** 2019 | PG-13
- ☐ **Crazy Rich Asians** 2018 | PG-13
- ☐ **When Harry Met Sally** 1989 | R
- ☐ **You've Got Mail** 1998 | PG
- ☐ **Love & Basketball** 2000 | PG-13
- ☐ **Eat Pray Love** 2010 | PG-13
- ☐ **13 Going on 30** 2004 | PG-13
- ☐ **The Shape of Water** 2017 | R
- ☐ **Breakfast at Tiffany's** 1961 | G
- ☐ **Someone Great** 2019 | R
- ☐ **Crazy, Stupid, Love** 2011 | PG-13
- ☐ **Casablanca** 1943 | PG
- ☐ **A Star is Born** 2018 | R

gifts for good

With each gift bought, together we can all make a difference.

Lola the llama
cuddle + kind, **$66**

For every adorable doll—hand-knit with premium 100 percent cotton yarn—purchased, 10 meals go to children in need.

Minimalist National Park Playing Cards
Parks Project, **$14**

Not only do they feature artwork of his or her favorite national parks, they benefit Parks Project, an organization that educates, advocates, and organizes volunteers around park conservation efforts.

Adventurist Classic Backpack
Adventurist Backpack Co., **$65**

For each bag sold, Adventurist provides 25 meals to families in need across the country by buying excess bulk food through Feeding America and distributing it to food banks.

Socks That Protect Elephants
Conscious Step, **$16**

Every Conscious Step sock sold supports a different cause. This set, featuring magestic elephants, donates to Conservation International. There are also versions that protect oceans, support mental health, plant trees, and donate books.

Protect the Animals Mugs
JoAnn Stratakos, **$45**

For every mug sold through Uncommon Goods, $5 will be donated to Re:wild, an organization focused on protecting and restoring the wild to build a thriving Earth where all life flourishes. (Alternatively, Rhino mug donations go to PARCA, which advocates for rhino conservation.)

Bar Soap
Hand in Hand, **$5**

For each bar sold, Hand in Hand will give a bar and a month of clean water to a community in need.

Free to Be Wild Tote
The Tote Project, **$36**

Each bag bought from The Tote Project fights human trafficking and supports survivors.

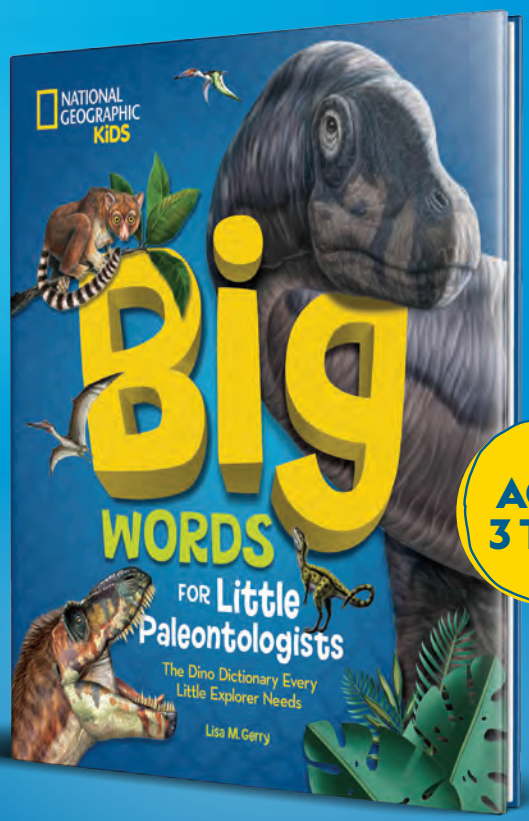
TOGETHER WE CAN FACE CHALLENGES AS DEEP AS THE OCEAN AND AS HIGH AS THE SKY
SONIA GANDHI

Yikes! Cool!

They're BIG, BAD, and a GREAT Way to Get Kids Hooked on Reading!

AGES 6 TO 8

Dive into 12 amazing true tales about all kinds of sharks— from great whites to tigers to hammerheads—and the brave scientists who study them. These bite-size adventures are ideal for story time, bedtime, or any time!



AGES 3 TO 7

From Mammoth to Megalodon to Micropachycephalosaurus (the longest name for the tiniest dinosaur!) young dino-devotees will learn 50+ humongous wow-worthy words with pronunciation prompts. Kids will love showing off their paleontology vocabulary and knowledge of prehistoric creatures.

NATIONAL GEOGRAPHIC KIDS

AVAILABLE WHEREVER BOOKS ARE SOLD

Discover more at natgeokids.com

© 2023 National Geographic Partners, LLC