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Save The Ocean

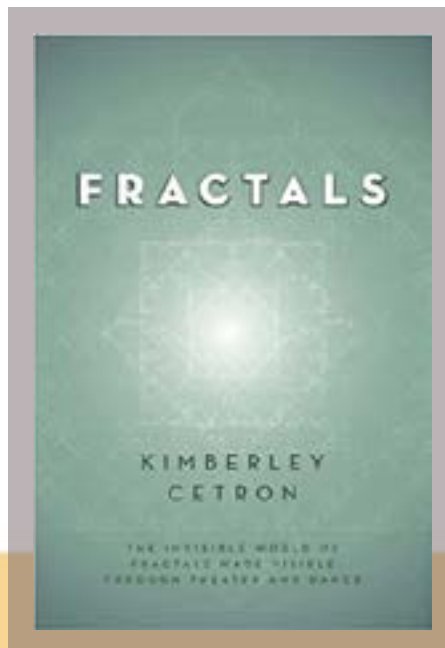
Feed The World



Restoring the oceans could feed 1 billion people a healthy seafood meal each day

10 ON THE COVER

International Bestselling Author Kathrin Hutson has been writing Dark Fantasy, Sci-Fi, and LGBTQ Speculative Fiction since 2000. With her wildly messed-up heroes, excruciating circumstances, impossible decisions, and Happily Never Afters, she's a firm believer in piling on the intense action, showing a little character skin, and never skimping on violent means to bloody ends.



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FRACTALS

The Invisible World of Fractals
Made Visible Through Theater
and Dance

by Performing Artist, Writer, and
Educator
Kimberley Cetron

Released and published by Lucid
House Publishing!
The book is available worldwide
in paperback and ebook!

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A Stunning Return

by Cozy Mystery Writer

Stephanie

EDITOR'S LETTER

We're so proud to be releasing second updated personalized magazine of The Reader's House that exists to connect writers, authors, artists, musicians, coaches who are always ready to share their story and passion with an interview, and we put them to The Reader's House spotlight. On our cover is acclaimed and International Bestselling Author *Kathrin Hutson* has been writing Dark Fantasy, Sci-Fi, and LGBTQ Speculative Fiction since 2000. With her wildly messed-up heroes, excruciating circumstances, impossible decisions, and Happily Never Afters, she's a firm believer in piling on the intense action, showing a little character skin, and never skimping on violent means to

bloody ends.

We continue to connect people who are always ready to share their story and passion with an interview, and we put them to The Reader's House spotlight. We have interviewed not just acclaimed, as well as award winning authors like *Jennifer Anne Gordon*, a gothic horror/literary fiction novelist, won the Kindle Award for Best Horror/Suspense for 2020, Won Best Horror 2020 from Authors on the Air, was a Finalist for American Book Fest's Best Book Award- Horror, 2020. She also received the Platinum 5 Star Review from Reader's Choice as well as the Gold Seal from Book View.

We featured Enlightened Thought Leader *Dr. Chérie Cart-*

er-Scott on the cover of March issue. *Dr Chérie* is #1 New York Times Best Selling Author (19 Books), Oprah Winfrey Endorsed, Consultant to Fortune 500 companies.

NY Times Bestseller Author *Tosca Lee*, Acclaimed crime fiction Canadian Author, *Melissa Yi*, Past President of the Sisters In Crime NJ and Award Winning Author, *Kristina Rienzi* are some of authors we will feature on the cover in upcoming issues.

Enjoy Reading

A. Harlowe

The Reader's House

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Due to the current lockdown in England, we are working remotely until further notice.

Currently, we are still producing publications; should this change, we will contact any customers this affects. This means our phones have been turned off and we're currently only available by email (editor@newyox.com). We will be answering emails as quickly as possible and we thank you in advance for your patience and understanding.

We'll keep our website updated as and when things change.

We assume no responsibility for unsolicited manuscripts or art materials.



International Bestselling Author
KATHRIN HUTSON
writing Dark Fantasy, Sci-Fi, and LGBTQ
Speculative Fiction since 2000

Kathrin also spends the other half of her time as a fiction ghostwriter of almost every genre, as Fiction Co-Editor for Burlington's Mud Season Review.

BY DAN PETERS
June 18, 2021

International Bestselling Author Kathrin Hutson has been writing Dark Fantasy, Sci-Fi, and LGBTQ Speculative Fiction since 2000. With her wildly messed-up heroes, excruciating circumstances, impossible decisions, and Happily Never Afters, she's a firm believer in piling on the intense action, showing a little character skin, and never skimping on violent means to bloody ends.

In addition to writing her own dark

and enchanting fiction, Kathrin spends the other half of her time as a fiction ghostwriter of almost every genre, as Fiction Co-Editor for Burlington's Mud Season Review. She is a member of both the Science Fiction and Fantasy Writers of America and the Horror Writers Association. With Sleepwater Beat, she became an international bestselling author on both Amazon and

Continued on page 16



A black and white portrait of a woman with long, dark dreadlocks, wearing glasses and a nose ring. She is smiling broadly, showing her teeth. She is wearing a light-colored shirt with a large floral pattern on the left shoulder. The background is bright and out of focus, suggesting an outdoor setting. A large opening quotation mark is positioned in the upper right corner of the image.

“

I've been surprised so many times by discovering things about authors I never knew before and finding a certain satisfaction in knowing their beliefs, values, or actions "off the page" reflect what they touch on and portray in their work."

Kathrin Hutson

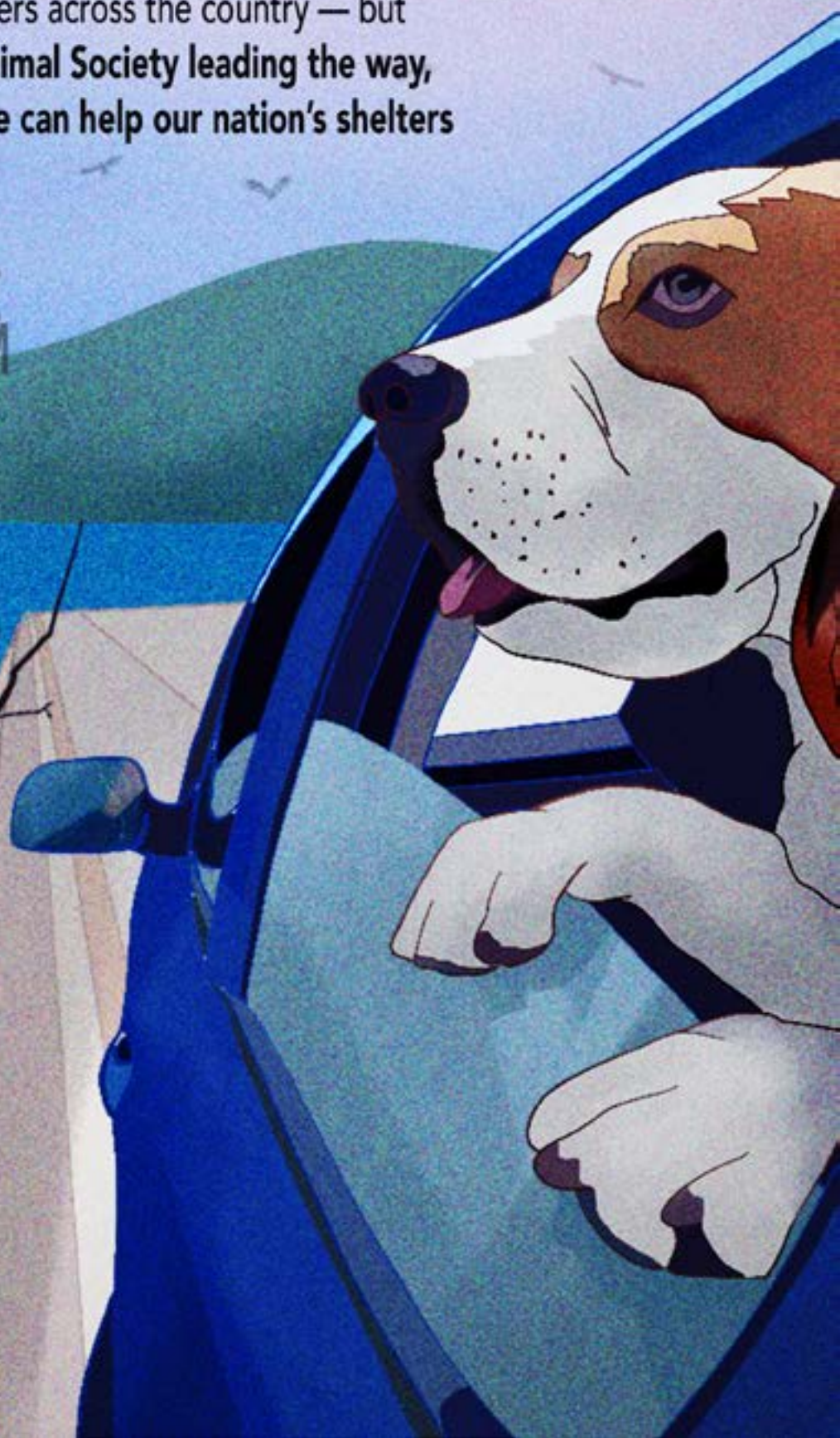
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THIS SITTING DOWN



It's time to take a stand for homeless pets. It's time to adopt change. Every day, more than 4,100 dogs and cats are killed in shelters across the country — but **with Best Friends Animal Society leading the way, and your support, we can help our nation's shelters and Save Them All**



SAVE
THEM
ALL



A Terrifying DREAM Or The Call Of LOVE

BY NUPUR KHALKHO



This article highlights how parallel universe with a difference in time and space exists of which most of us are oblivious. This intriguing story of love and agony will make you aware of the power and anguish of some angels in the spirit realm. The author considers how dreams can make people conscious of some hidden truths which would have otherwise remained a mystery and ponders if the spirit realm can connect with the living through dreams. The writing conveys the message to go to nature, be soothed and healed. Leave aside frustration, guilt and despair. Life is beautiful.

For a challenging job in the Navy I decided to leave my pretty Celine at home with a caretaker, Tim. Like every loving couple we had many aspirations.

But when the police listed Celine as a missing person all my aspirations vanished into thin air and left its trail of sorrow and despair. I felt cheated and betrayed. Time could not erase my pain. Linger-ing sickness in my body made me weaker each day. As I closed my eyes I started to dream. The dream took me on a stealthy walk down a path to a silent old house.

The first floor looked dusty with few cro-ton and orchids planted on broken pots. As I climbed the stairs

I felt someone rush down. 'Sinister', I thought. On reaching the second floor I saw a small reception table and an old man sitting on a chair. He turned his head and looked straight into my eyes. He coughed and asked if I needed a guest room. I nodded.

He looked into a register and made me do a signature, handed me the keys. I walked ahead.

The house looked old but familiar, the ticking of the clock right above my head made me feel unpleasant and cold. At late night, restlessness increased. I found myself walk-ing up the stairs on to the terrace. It was a dark, gloomy night. Something allured me towards the chimney. Suddenly, I saw the chimney being blown out and a pair of scalded, bruised female legs appeared. Darkness was great, I strained my eyes.

I could see a familiar female face but it was so much in pain I could hardly recognize it. "She's stuck up inside the chimney", I panicked and hurriedly stepped forward to help her but she disappeared. With my heart racing I woke up shak-ing and terrified. Fear clutched my throat. Dismayed, I wanted to scream but could not. It is hard to tell if it was a dream or a vision. Going down on my knees I prayed for her. Celine did not betray me, she died a brutal death.

Without wasting any time, I left for Cape town. On reaching Cape Town, I could figure out how Tim harrowed her to satiate himself with sex, lust and pleasure. Try-ing to escape his prison she got stuck up in the chimney and Tim made no efforts to rescue her. Our beautiful home had become a guest house. His wickedness can-not be described in words. Tim got arrested.

It distresses me to realize that though in grim embrace of death she loves me dearly. I will never leave my pretty Celine ever alone. Seated in my wooden rocking chair I watch the darkness deep-en. In desperation as my wooden armchair rocks faster her sobs become louder.

Impatiently, I wait for another day to break. I still love the chirping of birds, the buzzing of bees, fragrant flowers and sunrays kissing my cheeks. Nature is beautiful and so is life.

This article highlights how parallel universe with a difference in time and space exists of which most of us are oblivious. This intriguing story of love and agony will make you aware of the power and anguish of some angels in the spirit realm. The author consid-ers how dreams can make people conscious of some hidden truths which would have otherwise re-mained a mystery and ponders if the spirit realm can connect with the living through dreams. The writing conveys the message to go to nature, be soothed and healed. Leave aside frustration, guilt and despair. Life is beautiful.

SOURCE: EZINEARTICLES



Kobo.

Who are your favorite writers? Are there any who aren't as widely known as they should be, whom you'd recommend in particular? I've always been a fan of Stephen King, Diana Gabaldon, Jacqueline Carey, and George R. R. Martin. They're all still fairly well-known. Octavia Butler is well-known too, and I still think more people would benefit from reading her work. My definition of "not well-known" may be a little different, seeing as some of my other favorites are authors most people "in my generation" (I'm in my thirties)

generally don't recognize—William Gibson, Kay Kenyon, John Irving, Alan Dean Foster. I just really love all of them.

What do you read when you're working on a book? And what kind of reading do you avoid while writing?

I write fiction all day every day full-time, so I'm also constantly shifting what I read simultaneously. The only rule there (of my own making) is to not read the same genre I'm writing. Other than that, reading anything else is fair game. I read for fun, to escape or open my way of thinking, to discover new worlds and new authors—just like readers everywhere. More often than not, I'm also subconsciously looking for inspiration for my next book or series, which comes from completely different genres. And my job is to fit them into a new shape to bring them into my next idea!

What moves you most in a work of literature?

If anything can elicit a physical response in me while I'm reading, I know it's good. Laughing out loud, popping a few tears, getting sick to my stomach, feeling my hands grow clammy or my pulse start to pound—that's how I gauge the "moving power" of a work of fiction. What specific elements get me there? Wry and ridiculously dark humor are always a plus. Then come tortured and morally gray characters, impossible decisions they're forced to make, the tragic lines between love and destiny

"I write fiction all day every day full-time, so I'm also constantly shifting what I read simultaneously. The only rule there (of my own making) is to not read the same genre I'm writing. Other than that, reading anything else is fair game. I read for fun, to escape or open my way of thinking, to discover new worlds and new authors—just like readers everywhere."

being crossed (or never crossed at all, and which is worse?), tons of action, gore and darkness in all its forms (when used for plot and characterization purposes, never gratuitously), and the struggles against our heroes' greatest foes—themselves. Honestly, now that I've written all this out, it just sounds a lot like what moves me when I read fiction is exactly the same as what moves me when I write it. And hopefully, my readers are moved by these things in similar ways.

Have you ever changed your opinion of a book based on information about the author, or anything else?

I've never really had an interest in following "celebrities" of any kind and their personal lives, whether that's movie stars, public figures,

mainstream authors, etc. Don't get me wrong, there is definitely value in learning about the person behind the stories we know and love. I've been surprised so many times by discovering things about authors I never knew before and finding a certain satisfaction in knowing their beliefs, values, or actions "off the page" reflect what they touch on and portray in their work. And while I love being able to interact personally with my readers and fans as an author—and I certainly hope they enjoy it as much as I do—I wouldn't want any of those interactions to color the

way they think or feel about my work. That might be one of the beautiful pieces of writing a book and being able to send it out into the stratosphere for readers to find and enjoy on their own—that

level of separation between the creator and those enjoying and appreciating the creation. Yes, there are so many pieces of me intrinsically tied to my characters and their stories. It'd be pretty impossible to separate the two at this point. But my stories are not me, and vice versa. That was a long way of saying no, I don't base my opinions about a book I've already read on anything I may or may not discover about the author. If I find something new about an author I already like that leads me to reading something of theirs I've never touched before, to me, that's different. That's about inspiration and being drawn toward work because of who's behind it or what they stand for. But I do try to separate the two. To me, a book is either good or

"I'm also a big fan of Diana Gabaldon's Outlander series and have read it twice so far. This was the first "technically romance" series I'd ever read where the romance shared the spotlight with every other fantastic element—action, intrigue, magic (if we're counting time travel as magic), politics, history, and just all around pretty much everything."

it's not, and it's up to readers to draw their own conclusions about what exists within the pages, including possible meanings, hidden messages, or maybe even the author's intentions. I think the only thing that has made me change my opinion of a book I've already read is the act of reading it again. I either get something new and fantastic out of it, or it's been so long since the first time I've read it that my tastes have completely changed and it's no longer something I enjoy. I do make sure to reread every book on my "yes, this was amazing" list at least once, and then I keep it to reread again in the future.

What books do you find yourself returning to again and again?

Number one on this list is The Dark Tower series by Stephen King. Seven books of dark fantasy/western/horror mashup, and I've been a diehard fan of them all since I first discovered them my freshman year of high school. Just about a month ago, actually, I finished my trip to the dark tower for the 10th time, and the end of this series still hits me just as hard as it did the first time. And the second. And really every time I go through them. What I get out of this incredible saga is different every

time, which is so much fun to watch as my own life experiences change and grow but these characters' cycle stays the same. Or does it? (If you haven't read this series and don't know what I mean, I highly recommend it. To everyone.)

I'm also a big fan of Diana Gabaldon's Outlander series and have read it twice so far. This was the first "technically romance" series I'd ever read where the romance shared the spotlight with every other fantastic element—action, intrigue, magic (if we're counting time travel as magic), politics, history, and just all around pretty much everything. It sucked me right in, and I always love returning to that alternate-history world that still so closely resembles actual history. Then there's Jacqueline Carey's Kushiel's Legacy series, which has so much more depth to offer every time I go through it.

There's also George R. R. Martin's A Song of Ice and Fire series, which packs so much into every book, it's hard to remember it all from just one trip through. (I'm just repeating all my favorite authors, aren't I? Go figure.)

Another great one, for anyone who enjoys graphic novels, is Neil Gaiman's The Sandman series. I

also discovered these in high school and managed to spend every single penny I earned my sophomore year on buying the entire collection to keep with me at home. The artwork is incredible (different artists with every installment, at least the ones I purchased), and the storyline goes so much deeper than anything I've seen so far in graphic novels. It's a fantastic compilation of mythology, cultural lore, psychology, humanity versus gods, the limits of immortality versus the staggering power of mortality.

And there's also Charlaine Harris' True Blood series. That was probably my first real foray into Urban Fantasy as a reader, and while I wasn't generally into vampires and/or paranormal romances at the time, it sure did suck me in.

So I obviously reread a lot of books! And listing these off just made me even more excited to go back through them again. But that's the real beauty of finding works that make us feel these things, right? We can return to them again and again, looking forward to all the new insights and discoveries a second or third or even tenth time, and hopefully dig up a few more things about ourselves in the process ●

4 Things Mature Women Should Avoid If They Want To Control Their Blood Pressure

BY LESLIE C SMITH

A study published in the December 2019 Journal of the American Heart Association found that there was a correlation between sugar sweetened drinks like soda and an increase in blood pressure. Interestingly, the study also found that sugar from natural sources like fruit, however, might not have a detrimental effect on your blood pressure.

PHOTO BY ALENA SHEKHOVTCOVA



Believe it or not, junk food is not a staple just for kids. Mature women also love candy, cake, fries and soda.

AVOID JUNK FOOD

Believe it or not, junk food is not a staple just for kids. Mature women also love candy, cake, fries and soda. Unless they are on a diet, many women feel it is okay to eat whatever they want because they are older. They have reached a point in their lives where they feel they have earned the right to eat whatever they want. However, once we are post-menopause, the importance of a healthy diet and weight maintenance increases. Generally speaking, women gain weight after menopause. This weight gain often leads to

hypertension. While totally eliminating your favorite sweets might be tough, reserving the pies and cakes as an occasional treat is in your best interest if you want to control your blood pressure.

CHOOSING PRICE OVER NUTRITION

Many times when we are in the market we reach for the items that are the least expensive without regard to their nutritional value. While this strategy might be right for our pocket, it reeks havoc on our overall health. Always try to buy the best quality you can afford. Try to buy organic, if possible and whole foods.

PHOTO BY ALENA SHEKHOVTCOVA

If you are worried about your budget, check out stores like Walmart that are now trying to stock healthier organic options at reasonable prices. Also try to avoid convenience food options. Soup has always been considered an inexpensive healthy food option. However, most canned soups and even pre-made soups in the Deli section of the supermarket can contain a ton of sodium, some with upwards of 1000 mgs! Look for lower sodium options, or better yet, make homemade soup from whole ingredients. That way you can control what's in it, including amount of sodium.



TRY TO AVO

PHOTO BY KOOLSHOOTERS

Avoid Junk Food

Choosing Price Over Nutrition

Avoid sugar sweetened beverages

BUYING SOMETHING WITHOUT READING THE LABEL FIRST.

When buying goods outside of fresh foods, always check the number of ingredients. The more simple the ingredients, the better. Also look at the type of ingredients. For example, if you pick up a jar of tomato sauce and the first two ingredients are tomatoes and sugar, a better option might be a sauce with tomatoes and olive oil as the first two ingredients and leaving the sugar out altogether.

AVOID SUGAR SWEETENED BEVERAGES.

While it is not surprising that excessive fructose in your diet can lead to obesity and in turn high blood pressure, what you might not know is that excessive sugar can directly cause hypertension. A study published in the December 2019 Journal of the American Heart Association found that there was a correlation between sugar sweet-

ened drinks like soda and an increase in blood pressure. Interestingly, the study also found that sugar from natural sources like fruit, however, might not have a detrimental effect on your blood pressure. So instead of reaching for that orange soda, reach for an orange to quell your sugar fix. Leslie C. Smith is a healthy lifestyle strategist and blogger who believes your second chapter in life may be your best yet.

Visit her blog at [<http://www.reinventinggrandma.com>]

10 IDEAS FOR EASY AND CONVENIENCE FOOD OPTIONS

HEADLINES, DEADLINES, AND LIES

A Stunning Return by Cozy Mystery Writer
Stephanie

*Released and published by Las Olas
Creative Agency!*

*The book is available this June
worldwide in paperback and eBook!*

"Darling, it's all in the genes!" A witty quip...or a clue? Piper Harrington is set on finding out.

As a single mom living in her cozy hometown along Florida's Gulf Coast, Piper has all but accepted that she will never be a professional writer. So when a once-in-a-lifetime opportunity opens up at the small beach town paper where she works, she has to make a split-second decision: Go for it (even if it requires a little fib) or give up a shot at her lifelong dream. To complicate things, in waltzes a worldly crime reporter who is easy to talk to and even easier on the eyes. Add in a demanding editor, alongside a theatrical best friend, a lively family, and co-workers who run the gamut from supportive to conniving,

and things start getting tricky.

Scrambling for a topic that could keep readers hooked, Piper dives into the world of genealogy...something she knows absolutely nothing about. When her investigation turns up more questions than answers, her findings threaten to open up a Pandora's box that can't be closed.

What do Bogie & Bacall, a goldfish, and a never-ending mountain of laundry have in common? There's only one way to find out! See if Piper can get her very first headline by sorting the truth from the lies...

If you love a fun, beachy read with a Florida twist on a cozy mystery, plus a



book in Stephanie LaVigne's new series, *The Sunshine State: Cozy + Crime*.

ABOUT STEPHANIE LAVIGNE:

Stephanie LaVigne's books combine intrigue, quirkiness, and adventure with a healthy dose of humor and wit. She has published over 50 popular, often bestselling, novels under her name, as well as pen names, in both romance and mystery.

From hopping trains across the US

to crewing a sailboat on a trans-Atlantic crossing, from mushing dogs on a Canadian dogsled to unwittingly hiking Mount Washington, she's been lucky enough to have incredible adventures alongside all kinds of real-life characters. One of her missions is to introduce readers to the kind of colorful personalities that have shaped her life.

She currently lives in her favorite South Florida neighborhood surrounded by palm trees, peacocks, a few wild kids, one wild husband, and a handful of incredible family members and friends. She is a member of Mystery Writers of America and Novelists, Inc.

lovable female amateur sleuth, then you will have a blast with *Headlines Deadlines and Lies*, a standalone

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WE WILL NOT TAKE THIS SITTING DOWN

It's time to take a stand for homeless pets. It's time to adopt change. Every day, more than 4,100 dogs and cats are killed in shelters across the country — but **with Best Friends Animal Society leading the way, and your support, we can help our nation's shelters and Save Them All**



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IMPORTANCE OF WEDDING NIGHT IN LIFE

BY HAKEEM HASHMI
AMROHA-HASHMI
DAWAKHANA

THE MOMENTS OF THE FIRST MEETING ARE VERY PRECIOUS MOMENTS IN LIFE. IF A MAN IS NOT ABLE TO HANDLE HIMSELF WITH HASTE ON HIS RUDE BEHAVIOR THEN UNFORTUNATELY HIS WEDDING NIGHT TURNS INTO NIGHT.

First contact on a wedding night is not limited to only physical contact, but also bounded to the mental and spiritual contact. It is believed that in this moment, two bodies become one life and leads to the golden future of a successful life. It is also said that its foundation should be very strong so that the ups and downs of time could not make relationship spoil. On the night of beginning of a relationship, couple needs to understand each other. Often, couple prefers to go somewhere outside after marriage like on mountainous place or on private place in solitude and have the curiosity to know each other deeply. Because it is very difficult for newlywed couple to understand each other at a house filled with relatives and other families who have come to the wedding. It is prevalent in all countries and is equally important everywhere.

If you are not able to become the true life partner of

your new bride, then you will not be able to become a partner on the bed and your bride will start considering you as bad and lustful person and consider herself as scapegoat. Therefore, the moments of the first meeting are very precious moments in life. If a man is not able to handle himself with haste on his rude behavior then unfortunately his wedding night turns into night.

Today's, girls are also educated and understand the current scenario of the society well. Due to which every girl keeps a happy picture of her married life in her heart and wants her husband according to the same picture. If the husband is successful in winning the heart of his new bride, then it is definitely the beginning of his married life.

It is said that on the first night, the husband should never be rash for sexual intercourse rather he should praise every object like appearance, color, eyes, lips, nose, face texture and clothes etc. Do

PHOTO BY DARIA REM



not praise the beauty and qualities of any other girl or woman in front of your new bride because it will affect your wife and she will not be able to give full support to you. First, subdue the mind of your wife and keep control over yourself to a limit. Once she will be enamored by you as a lover and successful man, she will surrender herself to you with happiness and full support. For the new bride, first time cohabitation is painful so first of all taking care of her sufferings and try to remove her hesitation slowly.

In my opinion, intake of alcohol or any drugs should not be consumed in wedding night else it might have a bad effect on their upcoming married life. This night comes only once in a life and women and men tie the memories of this night in a knot for the rest of their lives. Some ignorant people believe that it is necessary to have blood come on the first night

from brides vaginal and it is a sign of bride's character. This is not true, their concepts are absolutely wrong. Because some girls have very tight vaginal membranes while others have very thin and soft membranes which may burst due to childhood injuries such as involving into sports, get up and down from buses and trains and through a rapid jerk etc. As a result of bursting of membranes before sex, there is no question of

blood come from brides vaginal. So in absence of blood, do not doubt in vain on character of your new bride. Otherwise, married life will become a flame of sorrows and your whole life will be devastated.

Source: Articlesfactory

BOOK REVIEW

GARKAIN

Book One of The Uluru Legacy Series

*The Award-Winning Vampire Debut
By Best-selling Author, Anna J. Walner*

*Released and published by Silver Dawn
Publishing*

*The book is available in audio and eBook
across all platforms*

Amelia's journey to find the truth behind her adoption twenty-five years ago, might end up being just a quick tour around the sights and a visit with her biological family.

Or it could reveal a more mysterious and shocking history to her lineage than she thought possible. The realization that vampires and werewolves have existed all along in secret. A place called The Colony.

Amelia realizes she must make a choice. Join The Colony and her family, or literally be made to forget they ever existed in the first place.

The thrilling debut of The Uluru Legacy Series will change the vampire and werewolf rulebook. Blending myth with reality, it provides a truly unique and realistic spin on the genre you love "Defying expectations, this award-winning debut novel by Anna J Walner, begins the Uluru Legacy Series, and leaves you craving more. A remarkably new experience, that doesn't disappoint." - Book Trib

"Vampire Diaries in Australia" – Good Reads Review

"A MUST READ for any Paranormal Romance Fan" – Literary Titan



UPCOMING FROM ANNA J. WALNER:

LAROUGO: Book Two of The Uluru Legacy

The thrilling continuation of the Uluru Legacy Series.

While some questions will be answered, more will be raised. As new truths come to light, and new evils make themselves known, not everyone will survive.

The vision for a new Colony is at stake as Amelia and Roan discover they're part of something even larger than they thought. A delicious and compelling continuation of the story that captured the attention of audiences earlier this year. A book with bite, that doesn't disappoint.

Available November 2, 2021



ABOUT ANNA J. WALNER

Anna J. Walner is a mother and a published author. She has always had a passion for writing, spending her life obsessed with literature. As an author, her creativity has grown. She not only reads the stories she loves, but she creates them too. She began this quest for her daughter. The series is written for her, with her in mind. From there, her ideas continued to form and grow.

More information about Anna:

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Instagram: <https://www.instagram.com/anna-jwalner/>

Facebook: <https://www.facebook.com/AnnaJWalner/>

TikTok: <https://www.tiktok.com/@annajwalner?lang=en>

With metrics for COVID-19 improving, many companies are starting to consider returning to work in person. But most employees and employers agree it won't look like it did before.

Indeed, research shows a large chunk of companies today are sizing their physical offices down, as more people work from home all the time or part of the week. And hybrid offices, arrangements where team members are in two or three days a week and work remotely the rest of the time, seem to be the wave of the future.

However, experts say that business owners and managers should not approach hybrid offices the same way they do completely remote set-ups.

"While there are very specific benefits to hybrid offices, they come with their own set of challenges," says Michele Havner, director of marketing at Eturi, the maker of Motiv, a recently-introduced app that small- and mid-sized business owners are using to improve productivity.

Motiv is a mobile dashboard that delivers important productivity metrics to CEOs, managers and leaders. The tool's reporting focuses on providing conference call activity and email summaries and integrates with Google Workspace and Microsoft 365, with many additional integrations and features slated for future release.

Havner says that such tools function as a virtual corner office vantage point, helping to smooth out communication, collaboration and workflow issues created by hybrid arrangements and decentralized workspaces.

Equally important to communication is simply being mindful that hybrid offices can cause challenging dynamics among team members. Taking steps to address those issues preemptively can save headaches down the line. This includes making everyone accountable for meeting goals and deadlines. It might also mean offering the same perks to in-office and work-from-home staffers, while giving those who come into a centralized workspace the same level of flexibility remote work affords.

Easily adopted by small- and medium-sized businesses, which have been underserved by existing productivity solutions, Motiv is available through the iOS App Store and Google Play Store. To learn more, visit motivapp.com.

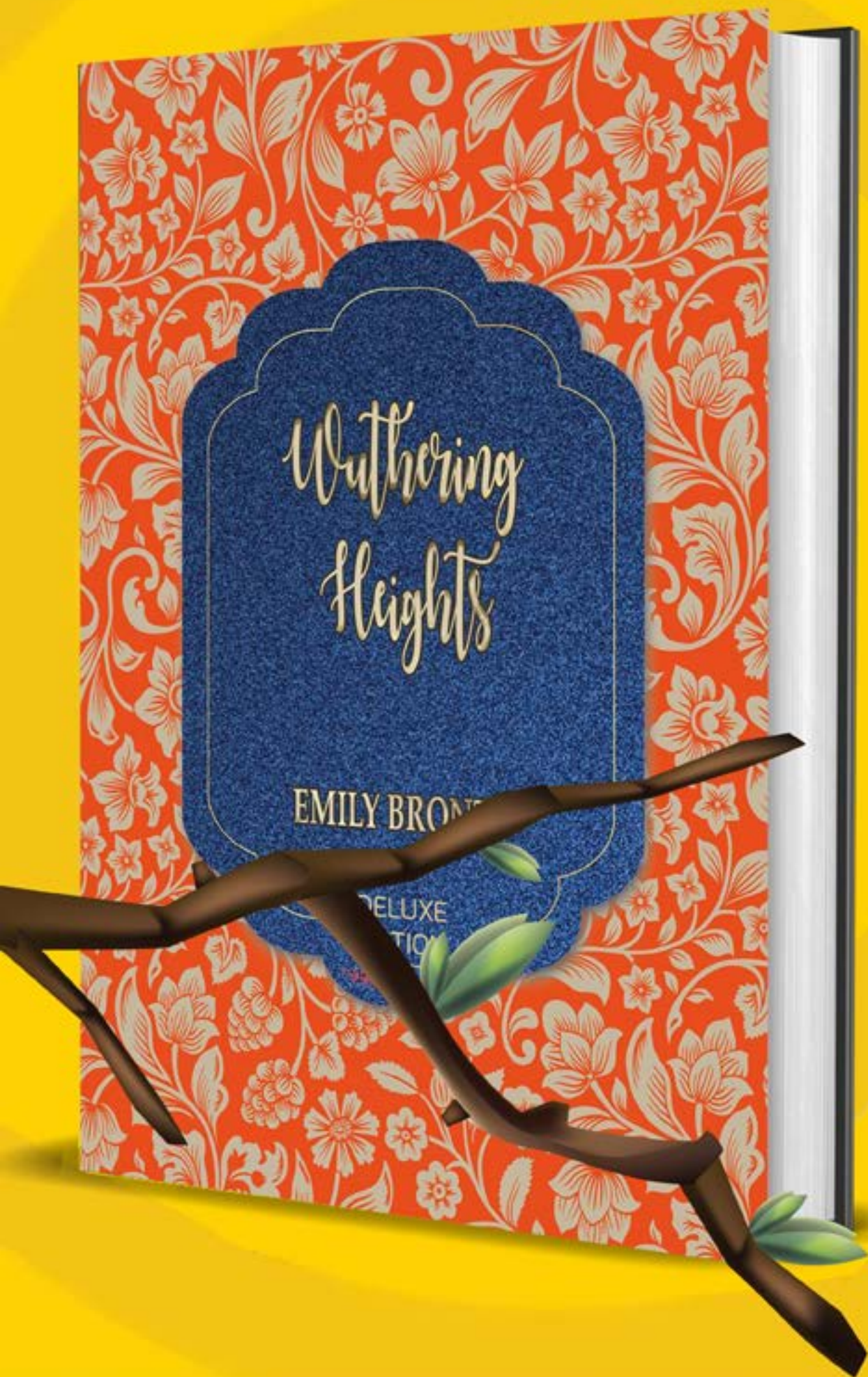
While hybrid offices can ultimately reduce costs and help keep employees healthy and safe, business owners will need to stay flexible and keep their workforce focused. Leveraging tools that facilitate hybrid work situations will be a key to success for companies as they move forward.

HOW TO MAKE A HYBRID WORK-FORCE SUCCESSFUL



PHOTO BY DRAZEN ZIGIC
/ ISTOCK VIA GETTY IMAGES PLUS

INDEED, RESEARCH SHOWS A LARGE CHUNK OF COMPANIES TODAY ARE SIZING THEIR PHYSICAL OFFICES DOWN, AS MORE PEOPLE WORK FROM HOME ALL THE TIME OR PART OF THE WEEK.



Deluxe Edition

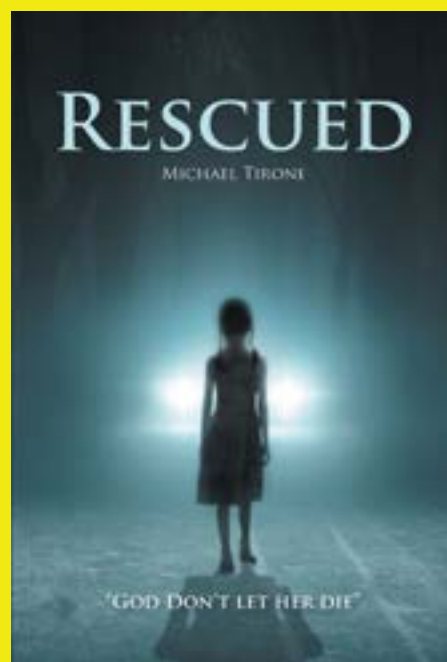
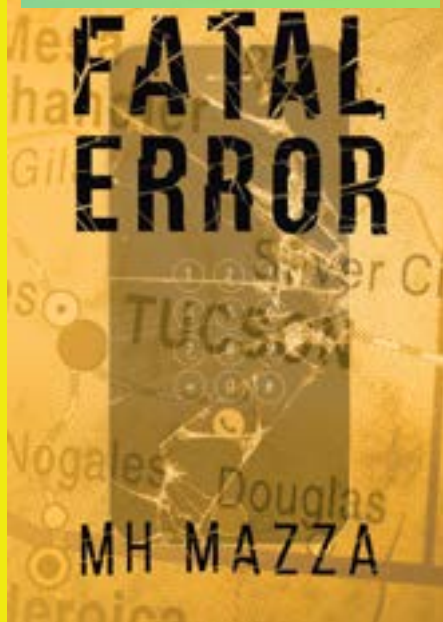
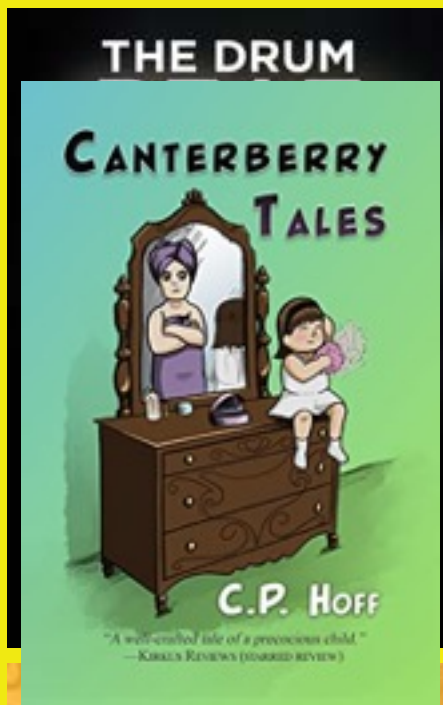
Collected from the Guardian's and the Telegraph's "the 100 greatest novels of all time" list.

Preserved the original format whilst repairing imperfections present in the aged copy.

See the complete list at
iboo.com

NEW

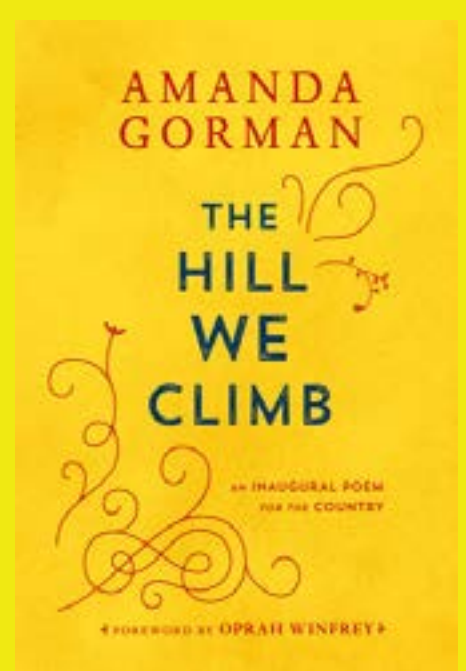
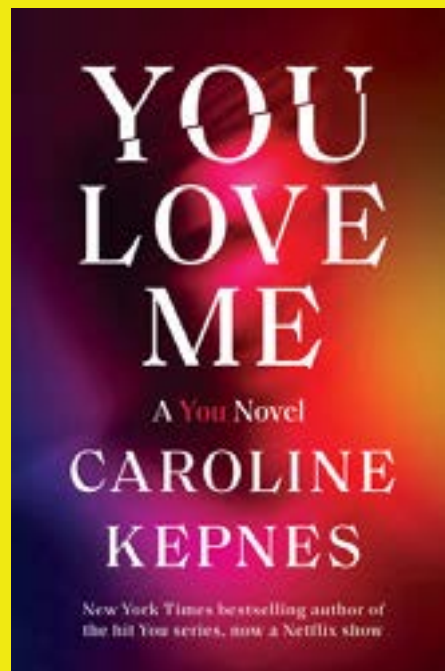
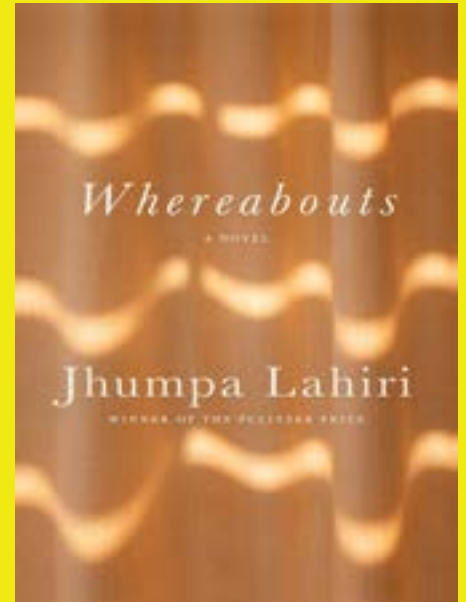
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FRACTALS

The Invisible World of Fractals Made Visible
Through Theater and Dance

by Performing Artist, Writer, and Educator
Kimberley Cetron

Released and published by
Lucid House Publishing!

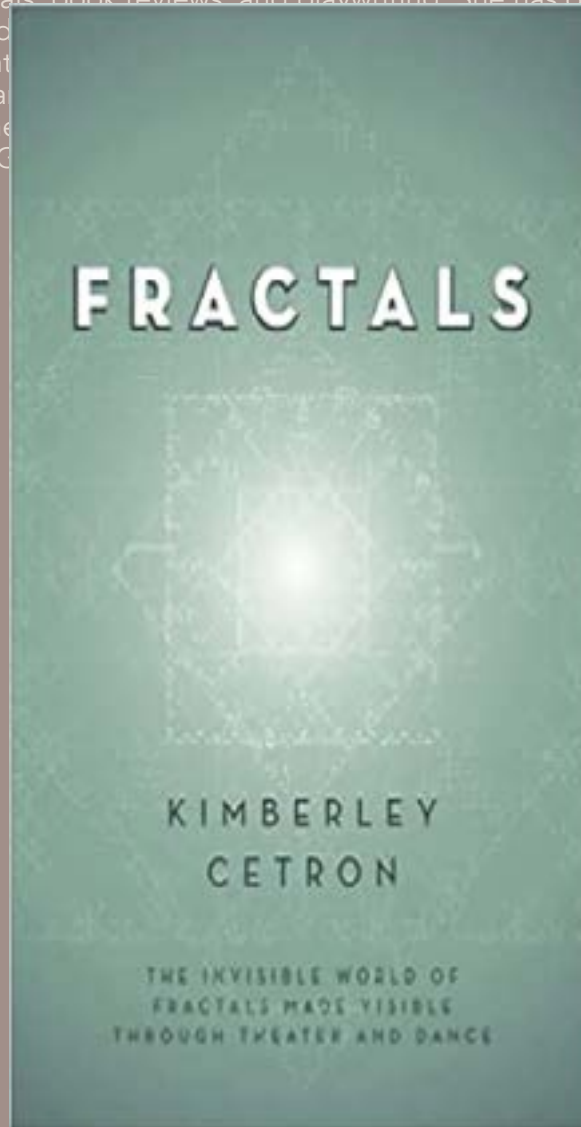
The book is available world-
wide in paperback and ebook!

Fractals are patterns, infinitely reiterating, self-similar in shape. Benoit Mandelbrot coined the term in the 1970s, but scientists and mathematicians had been exploring the concept for centuries. Mandelbrot developed a geometry to express things found in the natural rather than the man-made world - coastlines, galaxies, anatomy, clouds, trees, snowflakes, and the like. Fractals are intrinsic to Chaos Theory - the science of surprises, of the non-linear and unpredictable. They reveal the order governing the seemingly chaotic in our world. As we learn to recognize them, we gain insight into our world, ourselves, and one another. Especially at this cultural moment,

when the whole world has changed and we must re-imagine the ways in which we make art and the ways we educate, Fractals provides resources and approaches for collaborative art and for locating the intersection of arts and academics in ways that illuminate both.

Praise for Fractals: The Invisible World of Fractals Made Visible Through Theater and Dance
"Fractals is an eye-opening awakening to the patterns that surround us everywhere and a must read for artists and arts enthusiasts of any discipline seeking insight into the creative process." —Shu-Chen Cuff, Founder/Artistic Director, Gin Dance Company and Faculty Mem-

cross-cultural communication using theater techniques. Her previous writing has included poetry, educational journals, book reviews, and playwriting. She has done staff of the University of North Carolina at Chapel Hill, the County of Fairfax, and the University of Virginia. She has also worked for the University of Virginia, the University of North Carolina at Chapel Hill, and the University of Virginia. She has also worked for the University of Virginia, the University of North Carolina at Chapel Hill, and the University of Virginia.



ber at The Washington Ballet, Metropolitan School of the Arts, and BalletNova Center for Dance “Kimberley Cetron’s deep dive into the connective relationships between dramatic impulsive movement text and choreography is a gold mine. It offers endless possibilities for artistic educational conversation.”—Tomé Cousin, Dancer, Choreographer, Director, and Associate Professor of Dance, Carnegie Mellon University “The ideas, concepts, and principles explored in *Fractals* deliver fresh insight for practitioners of

diverse forms of art. It offers truth in the matter – that education truly involves collaboration. Our histories lead us to new pathways and new ways of thinking: and within that, it is our nature to share and build new knowledge together.”—Autumn Eckman, Dancer, Choreographer, and Assistant Professor of Dance, University of Arizona.

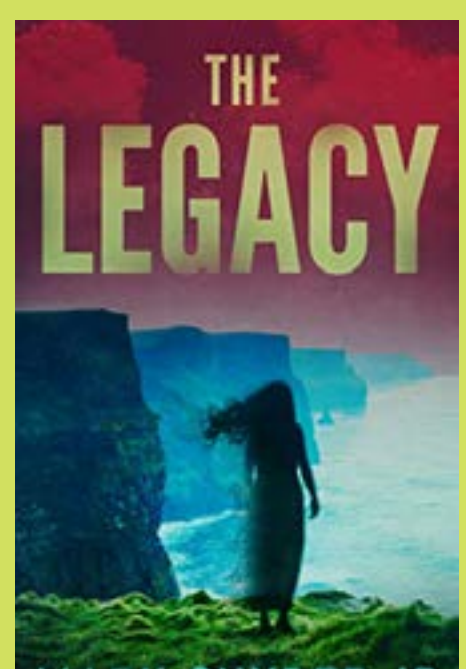
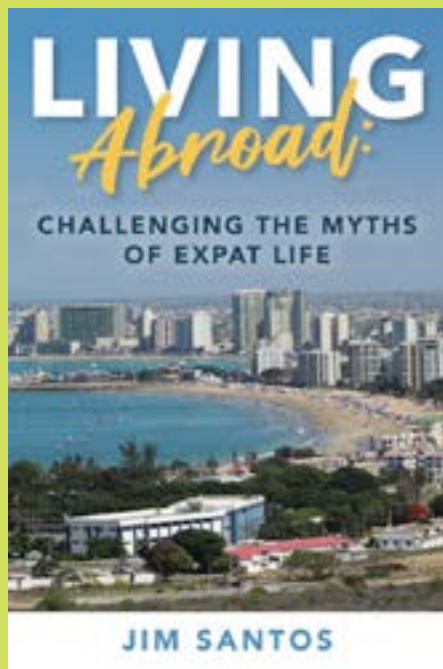
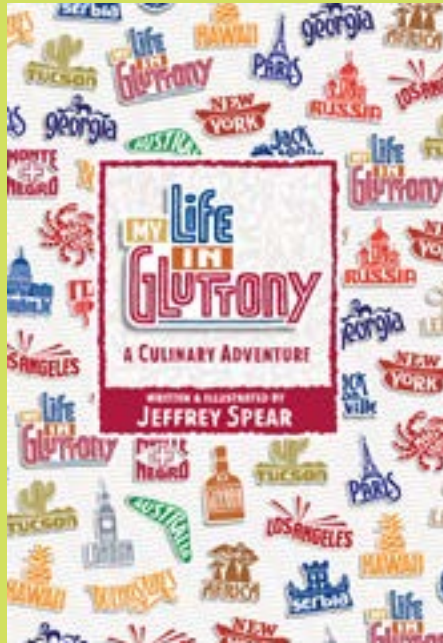
ABOUT KIMBERLEY CETRON

Kimberley Cetron began her career in professional theater as an actor, singer, dancer, and pianist. From there she expanded

into producing, directing, music directing, costume design, choreography, and dramaturgy. She began her teaching career through music education, completing a Master’s degree in Early Childhood and Elementary Education and teaching multiple academic subjects at every level from pre-kindergarten through graduate school. During her doctoral work in education, an advisor asked why she had separated her performance and education experiences and urged her to combine them. Her dissertation research was a qualitative, longitudinal study of fostering

New

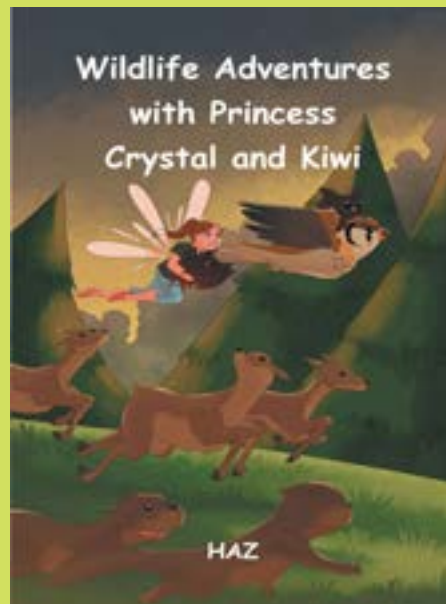
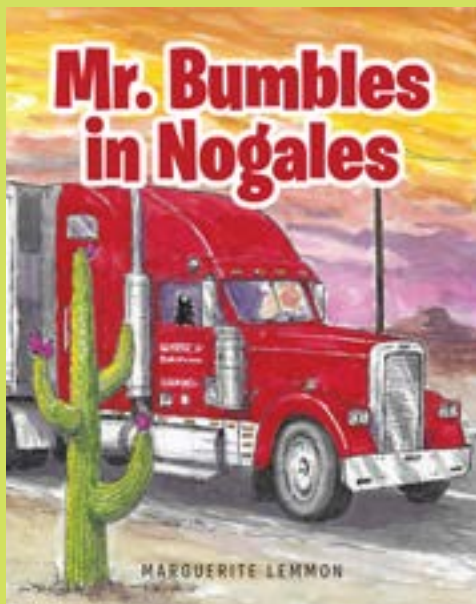
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8

TIPS

Small Business

Eight Tips to Prepare FOR A VIRTUAL INTERVIEW

With these tips you will be well on your way to not only acing that interview, but job offers galore! Break a leg and most of all, be yourself, and let your personality shine!

BY RIAN DONATELLI

First and foremost, it is still a "real" interview, and should be treated as such. There is a person on the other end who will be making an executive decision about your qualifications for the job, so assume it's no different than if you met this individual in person.

Dress to impress! Even if they won't see your feet, dressing from head to toe in at least business casual attire is the first way to not only look professional when the camera goes live, but help you get into the right mindset. You'll be surprised how you will feel you can take on the world when you LOOK like you can!

Find a quiet and professional location for the interview. If you have a home office, this is perfect. If not, most libraries offer conference rooms free of charge, which you can reserve for yourself for the duration of the interview. There is nothing less

professional than children, pets, or other household distractions infringing on your interview experience, and greatly affecting your appearance of professionalism. If you cannot get away from the home, set up at a dining room table or in a living room, and make sure everyone in the home knows you need some privacy for the allotted amount of time.

Try out the interview system in question before the interview.

The day or night before, log on and familiarize yourself if it's a program you've never used. Even if it is something you use often, like FaceTime, double check that you have the contact info correct.

Pay close attention to the time zone the interviews are conducted in.

This one is SO important. With the advent of virtual interviews, corporations have opened themselves up to a huge network of individuals



PHOTO BY POLINA ZIMMERMAN

all over the world, and while advantageous, also likely means they operate on a different time zone than yourself. No one wants to get off on a bad foot because you missed your interview or were late because you were unsure of the time zone. If it isn't clarified anywhere in a confirmation of any kind, reach out to your recruiter or interviewer, they will be happy to give you the information, and glad that you were proactive.

Try to use a laptop or desktop if at all possible, but if you have to use a Smartphone, set up a tripod system beforehand, so your hands can be free for the interview. You can even use a stack of books. What you don't want to do is hold the phone for the duration of the interview; this is a professional encounter, not a FaceTime chat with your grandma.

Like any interview, make sure you have studied up on the company and position you wish to hold. Google them. See if they have had any news lately. Did they recently merge with anyone? Or perhaps they made a branding change not long ago. In the very least, know the goods and/or services they offer, and be prepared to tell them how you could aid them in this niche if you were hired.

Prepare questions. Almost always the interviewer will ask you if you have any questions, and if they have answered all of them, it's fine to tell them so. However, this is your chance to have their undivided attention, and ESPECIALLY if you are offered a job directly following. You will want to have compiled a list of anything you might have wanted to know, rather than bombarding the interviewer's inbox with emails less than 24 hours after they had time set aside to make themselves available just for you.

With these tips you will be well on your way to not only acing that interview, but job offers galore! Break a leg and most of all, be yourself, and let your personality shine!

Co-Author Colette Pfeiffer Talent Booking Experts & Connections Consulting and Marketing Solutions team.

SKIN CARE TIPS

“ If left unaddressed, skin-discoloration conditions can interfere with people’s ability to enjoy their everyday life – and, in some cases, can develop into more serious medical issues.”

BY LEE ROSHAN-NAHAD

We all like to look our best. If we had the ability to choose to have smooth, beautiful and glowing skin then we would. It’s a no-brainer. Choosing to have a solid skin care routine is certainly one of the ways to ensuring that this is achievable.

But what is a good skin care routine? Is there a one-size fits all?... Unfortunately no. We all have different skin types and each skin type will need it’s own special, loving care. So the question then is, how do I know what is good for me?

LIFESTYLE: BEAUTY

Whether you have dry, oily, combination, sensitive or acne prone skin we will try to give a basic, easy to understand guide on how to start your journey into the sometimes overwhelming world of skin care products.

Any good skincare routine should combine a cleanser followed by a toner, then a serum and lastly a moisturiser.

The cleanser that you choose should be one that matches your individual skin requirements. For oily/combo/acne prone skin a good place to start would be a gel cleanser or something like Elizabeth’s Arden Visible Difference Skin Balancing Exfoliating Cleanser for combination skin to ensure that not too much oil is added. If you

have dry skin then something like a cream cleanser would be best for you. StriVectin Comforting Cream Cleanser would be ideal for this.

Next, we would recommend some sort of toner. There are three main categories for choosing a toner. First, if you have dry skin then a toner with little to no alcohol would be best. Alcohol can dry out your skin so stay away from it if you can. Lancôme Tonique Confort Hydrating Toner would be something that we would suggest for this. If you have oily skin then you may want to choose a toner that also exfoliates. This is because of the increased likelihood of oil becoming trapped in your pores and possibly causing breakouts. If you have combination skin then it's a bit of a judgement call but you could go for either type of cleanser but again, try to stay away from any that include alcohol, especially if it is a high concentration.

Next comes the serum. People may ask if it is necessary to use both a serum and a moisturiser... well if you want the best results then yes it is. A serum is designed to give your skin deeper reaching benefits than a moisturiser can. They penetrate down into the epidermis and provide a concentrated boost of essential nourishment to your skin. The various types of serums include, brightening serums, exfoliating serums, anti ageing serums, hydrating serums and firming serums. Depending on what you hope to achieve and what your skin needs will, obviously dictate what you choose.

And lastly, moisturisers. There are countless different moisturisers out there but for simplicity we have grouped them into 3 main categories. Humectants, Emollients and Occlusive. In a nutshell humectants are designed for people with dry skin primarily and help to seal in water to hydrate the epidermis (the top layers of skin). They do this by drawing in water from the surrounding air and by pulling water up from the dermis (the layer beneath the epidermis) to hydrate the surface skin layers. These are also great if

you have oily skin but still want to moisturise as they won't add any excess oil to your skin. Emollients are great because they replicate the action of the oils naturally found in your skin. It may also help reduce the amount of insensible fluid loss (we all lose an indeterminate amount of water each day, partially through the gaps between the skin cells) by filling the gaps between skin cells. Lastly in our list is the Occlusives.

ing for. Never be afraid to ask for help from experts working in beauty departments, it's what they are there for and I'm sure they will be happy to help!

Visit Cheap Stuff 4 All to buy cheap skincare online. You'll find luxury, high street and celebrity brands.



These are designed for extremely dry skin or for people with conditions such as eczema. They create a physical barrier in between your skin and your surroundings, sealing in moisture and protecting from further water loss. These are understandably very thick when compared to other moisturisers.

Whatever your skin care needs are we hope you find what you are look-

If you ask hardened scientists, they will say astrology can't work. On the other hand, believers will give the opposite opinion. And the truth is that both are right. Actually, it all depends upon the definition of "work". Basically, astrology refers to the belief that the stars and planets have an impact on a person's environment, personality, and mood based on when that person was born. Let's find out more.

You may have seen horoscopes published in newspapers. They are given by birth dates, and make predictions about people's lives and personalities. Besides, they give them advice based on the position of the astronomical bodies.

According to a survey done by the National Science Foundation, 41% respondents were of the opinion that astrology is kind of scientific.

The Position of Astronomical Bodies

The orientation and position of the sun in relation to Earth create seasons. We know that solar flares create electromagnetic disturbances on our planet. This process can cause blackouts and satellite disruptions. Besides, the moon position creates ocean tides. For instance, if you are a fisherman, the moon position can have an impact on your livelihood. On the other hand, the solar wind creates fascinating aura. And the biggest fact is that sunlight is the only biggest source of energy for us all.

Can Horoscopes make you Feel Better?

The short answer is, yes. The thing is that horoscopes can make you feel better. This is partly because of the placebo effect, which is a psychological effect. Basically, this effect happens when believing in a strange method makes you feel better.

Actually, it's the belief that makes you feel better, not the method. According to scientists, the placebo effect is proven. For instance, if you give tablets containing plain water to 10 patients and tell them the tablets can help them get better much sooner, many of the patients will get better. It's because of the placebo effect. The new drug must perform much better than the placebo effect. In the experiment conducted by experts, the control group involved patients that received a placebo effect. Actually, this is the mechanism that makes astrology work for people.

You will find a lot of people who believe in astrology. They feel better when they follow the advice given in horoscopes. The same is true about a lot of pseudo-scientific treatments including homeopathy and crystal healing.

Actually, a new medicine shouldn't be proven to help patients feel better. There should be a proof that it works beyond the placebo effect. This is what we need to build a strong case.

If you stick to a scientifically proven treatment, you will have a belief that the treatment will work for you. For instance, you should go for a walk instead of reading horoscope in a newspaper. We know that exercise helps improve your mental and physical health.

Long story short, if you are into astrology, we suggest that you read this article again and review your understanding about horoscopy. Hopefully, you will find this article greatly helpful.

DOES ASTROLOGY REALLY WORK?



BY DHANUSUYA K

SOURCE: EzineArticles

BOOK REVIEW

CULT OF DRACULA THE NEW COMIC BOOK PHENOMENON BY COMIC BOOK WRITER, RICH DAVIS

"It's witchy. It's wyrd. It's Helter Skelter within a hippie cult dedicated to an ancient blood goddess. You know Bram Stoker's genre defining classic by heart, but you have no idea where this story is going"

Rich Davis – Author, Cult of Dracula

From the nightmares of Rich Davis comes a unique re-imagining of perhaps the most famous tale of gothic horror ever written. Davis weaves vampire mythologies & occult traditions from around the world into the tragic tapestry of a fallen blood-line. It's Witchy! It's Wyrd! It's Helter Skelter within a hippie cult dedicated to an ancient blood goddess! You may know Bram Stoker's horror classic by heart, but you have no idea where Cult of Dracula will take you!

Synopsis: Special Agent Malcolm Bram arrives at the House of the Rising Sun. This secluded compound is the home of the secretive Ordo Dracul and the scene of a horrendous crime coined, "The Cult of Dracula Mass Suicides". Mina Murray leads a documentary film crew to uncover the secrets of the mysterious cult by interviewing its enigmatic leader, Robert Renfield. Neither investigator is prepared for the gravity of the truths they will uncover.

Eisner Award Winning Artists Sanford Greene (Bitter Root) & Georges Jeanty (Buffy the Vampire Slayer) join interior artist Henry Martinez (Ghost Rider) to round out an all star creative team. Alan Quah (Nightwing), Tiffany Groves (Star Wars) & Gyula Nemeth (Criminal Macabre) also contribute covers.

"Cult of Dracula is a love letter to the 1970s golden age of horror!" ~ League of Comic Geeks

"The story merges the unpolished over-the-top gore of grind-house cinema



anchored through the lens of atmospheric Gothic literature. Davis understands the tug of war between modern and classic Horror, knowing when to show his hand or when to bait the hook." ~ Encore Magazine

"Great blend of horror and mystery!" ~ Comic Book Reviews

"Rather than being a reboot or re-imagining of a dated vampire tale, Cult of Dracula borrows a few sturdy bones from Dracula and twists them into something new and refreshing." ~ David Has Issues

Praise For Cult of Dracula:

"It was tragic in the best possible way. The series has its bloody grind-house moments so far, but where it rises above superficial shock is in its building sense of unavoidable doom. There's so much pain and loss with the individual characters that you



ABOUT RICH DAVIS

Rich Davis is the writer and creator of the underground horror sensation "Cult of Dracula" from Source Point Press. In a short period of time, he's built a reputation in the comic book industry as an innovator with a tireless work ethic. His first comic "Cult of Dracula" has sold more than 50,000 units and has been optioned by Sure Pictures for film development.

Source Point Press has exercised its option to publish his full, three volume Dracula saga. Rich also has upcoming comic book projects "Prometheus In Chains", "Shooter" and an untitled, depression era circus tale in development.

Rich has led an eclectic life. He founded a performing arts theatre, worked as a concert booker and a film producer. He's radio personality, an actor and a screenwriter. He even served as a campaign staffer for two Presidential campaigns! Now he gets to tell scary stories for a living.

Some might wonder at such an eclectic background, but he prefers to see it as an adventure!"

can't help but feel some sympathy for the troubled lives they carry with them." _ Gabriel Hernandez, Comical Opinions

"Cult of Dracula is not taking a straight line approach to adapting Stoker's classic. There are angles aplenty, with narrative leaps & some impressively off-putting dialogue." _ The Pull Box

"If you think all the bite has been drained out of vampires, think again! You haven't read Cult of Dracula," _ Wayne Hall, Major Spoilers

