



3 Secrets to a
Good Morning Routine

Popshelf Gives Us Reason
To POP Off

Budget Friendly Travel
Ideas in 2023

TOP Level Magazine

ENTERTAINMENT, CELEBRITY INTERVIEWS AND MORE

June - July Issue



Check out this issue. Travel Ideas, Business Brag (Shining a light on amazing businesses), Foodie Favorites, Celebrity News and More!

Think, Feel & Live

◆ TOP LEVEL ◆

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In No Particular Order

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Travel Ideas

8 Best Budget-Friendly Travel Destinations You Need to Visit in 2023



Sooooooo...have you added booking a flight to an awesome destination to your list of fun things to do?? Traveling is an enriching experience that broadens horizons and provides a glimpse into different cultures. But wait - it's not just about taking a break from your daily routine, but also an opportunity to learn, explore, and create memories that last a lifetime. However, traveling can sometimes come at a steep price, discouraging many people from pursuing their wanderlust dreams.

Don't despair - Budget-friendly travel destinations offer the perfect solution to this problem.

With some research and planning, it's possible to explore unique places without breaking the bank.

Hidden gems off the beaten path provide authentic experiences that are often more memorable than the usual tourist traps.

Why Traveling Is Important

Experiencing different cultures, cuisines, and lifestyles can be a transformative experience.

With so much diversity in the world, traveling can expose you to unique perspectives and help you grow as an individual. Though traveling may seem like a luxury reserved for the rich, proper planning can create cost-effective ways to explore the world.

Budget-Friendly Travel Destinations

Luckily, there are plenty of budget-friendly travel destinations that offer unique experiences without breaking the bank. Whether you're seeking beach relaxation, cultural immersion or culinary delights, there's a destination for everyone. From Bali's stunning beaches to Budapest's picturesque streets and Marrakech's exotic markets, these destinations provide something for every kind of traveler. What's more, traveling on a budget doesn't mean you have to sacrifice fun or adventure. By booking in advance and traveling during off-peak times, you can still make unforgettable memories while saving money. So start planning your next getaway - it's time to explore the world without emptying your wallet! Read on to learn more about some amazing, affordable destinations to add to your list of places to go.

1. Bali, Indonesia

With its stunning beaches, rich culture, and affordable prices, Bali, Indonesia is a popular travel destination that offers something for everyone. From surfing to hiking to exploring ancient temples and rice paddies, Bali has plenty of activities to keep visitors entertained. The island also boasts a range of accommodation options, from budget-friendly guesthouses to luxurious villas. But perhaps the best part about Bali is the delicious and affordable local cuisine. Street vendors offer tasty dishes at low prices, making it an ideal location for budget-conscious travelers who don't want to sacrifice great food. Overall, Bali offers fantastic value for money and should definitely be on your list of budget-friendly travel destinations for 2023.

2. Prague, Czech Republic

Prague, Czech Republic is a city that oozes charm and history at every corner. It is a budget-friendly destination that appeals to travelers of all ages. Whether you are interested in exploring historic sites, indulging in local cuisine, or enjoying the nightlife, Prague has something for everyone. From stunning Gothic architecture to world-class museums, there is no shortage of things to see and do in this beautiful city. Even better, many of the top attractions can be explored for free or at a low cost. The local cuisine is hearty and delicious, with many restaurants offering affordable meals that will satisfy your taste buds. To save money on transportation, consider using public transportation or walking instead of taking taxis. Overall, Prague is an excellent destination for budget-conscious travelers who want to experience Europe's rich culture without breaking the bank.

3. Budapest, Hungary

Budapest, Hungary is a dream destination for budget-conscious travelers. This European city is famous for its stunning architecture and rich history. Visitors can explore numerous museums and galleries, including the Hungarian National Museum and the Budapest History Museum. The thermal baths of Budapest are also a popular attraction that must not be missed. The city's delicious food and drink, including traditional dishes like goulash and chimney cake, offer an authentic taste of Hungary at affordable prices. Travelers can save money by staying in comfortable yet affordable hostels or Airbnb rentals while taking advantage of public transportation options like trams and buses instead of taxis. With so much to see and do, Budapest offers a wealth of experiences that won't break the bank.

4. Thailand

Thailand is a budget-friendly destination that offers an array of experiences for travelers. Whether you're seeking relaxation on stunning beaches, exploration of ancient temples, or adventure in the mountains, Thailand has it all. One of the most significant advantages of traveling to Thailand is its affordability. Accommodations, food, and transportation are all very cost-effective, allowing travelers to stretch their budget further without sacrificing quality. Street food in Thailand is not only delicious but also incredibly cheap, making it easy to experience local cuisine without breaking the bank. Additionally, many of Thailand's attractions are free or low-cost, such as night markets and national parks. With its affordability and diverse range of experiences, Thailand is a must-visit destination for budget-conscious travelers looking for a unique adventure.

5. Portugal

Portugal is a budget-friendly destination that offers a diverse range of activities to travelers. The country's stunning beaches, rich history, and delicious food are just some of the reasons to visit. Lisbon, the capital city, is a must-visit for its charming streets and vibrant nightlife. But beyond the capital city lies a plethora of other attractions that are worth exploring. From the medieval castle of Sintra to the vineyards of Douro Valley, Portugal has something unique to offer to every traveler.

One of the best things about traveling in Portugal is its affordability. Accommodations range from budget-friendly hostels to cozy bed and breakfasts, while transportation options include buses and

trains that connect major cities at reasonable prices. Moreover, indulging in local street food is an excellent way to enjoy traditional Portuguese dishes without breaking your travel budget. Overall, Portugal is a fantastic destination that offers unforgettable experiences at an affordable price point.

6. Morocco

Morocco is a budget-friendly destination that offers a unique blend of African, Arabian, and European cultures. Visitors to Morocco have the opportunity to explore ancient medinas, wander through vibrant markets, and indulge in delicious cuisine. The country's top attractions include the Hassan II Mosque in Casablanca, the blue city of Chefchaouen, and the ancient medina of Fes. Morocco offers a range of accommodation options from budget-friendly hostels to luxurious riads. The country's efficient transportation system makes it easy to explore different regions without breaking the bank. With its rich history and culture, breathtaking landscapes, and friendly people, Morocco should definitely be on your list of budget-friendly travel destinations to visit in 2023.

7. Costa Rica

Costa Rica is a destination that caters to travelers on a budget, offering a wide range of affordable accommodations and food options. The country boasts some of the most beautiful natural landscapes, including beaches, rainforests, and wildlife reserves. In Costa Rica, visitors can indulge in free or low-cost activities such as hiking, swimming, and wildlife watching. The country's transportation system consists of buses and shared shuttles which are inexpensive and handy for exploring different regions without worrying about expenses. While in Costa Rica, don't forget to try traditional dishes like gallo pinto and casado to get an authentic taste of the local cuisine. With all these attractions available at pocket-friendly prices, Costa Rica surely deserves a place on your must-visit destinations list for 2023.

8. India

India is a country that has captured the hearts of many travelers, and it's easy to see why. From the stunning architecture of the Taj Mahal to the tranquil backwaters of Kerala, India offers an array of unique experiences for those traveling on a budget. Budget accommodations such as hostels and guesthouses are widely available throughout the country, making it easy for travelers to find

affordable places to stay. Food in India is also cheap and delicious, with options ranging from street food to fine dining.

One major advantage of traveling to India on a budget is that visitors can still enjoy popular attractions without breaking the bank. Public transportation is widely available, and free or low-cost tours are a great way to explore famous landmarks like the Taj Mahal or Red Fort. Additionally, India's vibrant culture and diverse landscapes make it an ideal destination for travelers looking to immerse themselves in a new experience without spending too much money.

So now you know...travel can be fun and affordable. Pack those bags, mark your calendar and see the world. You deserve it.



TLM Online

Dee H Pittman - TOP Contributor

Foodie Favorites

Sipping on Spring: UK's Starbucks New Blue Raspberry Cloud Frappuccino



Spring is here, and so is Starbucks' new Blue Raspberry Cloud Frappuccino! This new drink has taken the coffee world by storm, and we had to try it out for ourselves. The Blue Raspberry Cloud Frappuccino starts with a blue raspberry-flavored base topped with a fluffy cloud of whipped cream and finished off with a swirl of raspberry sauce. In this review, we will cover everything you need to know about this new drink - from its ingredients to its nutritional value. We'll even guide you on how to order it at Starbucks. So sit back, grab your favorite drink, and read on as we give our honest opinion on the newest addition to the Starbucks menu.

What is Starbucks' Blue Raspberry Cloud Frappuccino?

Introducing the latest addition to the Starbucks menu - the Blue Raspberry Cloud Frappuccino. This limited-time offering has quickly become a crowd favorite, with many raving about its refreshing taste and stunning blue color. The beverage is a combination of sweet raspberry flavors, creamy milk, and fluffy clouds of whipped cream. A perfect treat to beat the summer heat!

Ingredients Used in Blue Raspberry Cloud Frappuccino

The Blue Raspberry Cloud Frappuccino is made with a blend of sweet blue raspberry flavor, fluffy whipped cream, Starbucks' signature coffee base, milk, and ice. But what really sets this drink apart is the topping - a vibrant blue raspberry sugar cloud made from real fruit juice concentrate, sugar, and natural flavors. The drizzle of blue raspberry syrup on top adds an extra layer of fruity goodness to this refreshing treat. With each sip, you get a burst of flavor that's sure to satisfy your sweet tooth.

Nutritional Facts of Starbucks' Blue Raspberry Cloud Frappuccino

The Blue Raspberry Cloud Frappuccino may be a tasty treat, but it's important to note its nutritional content. The drink has over 310 calories and 27 - 47 grams of sugar per serving (depending on size), so it should be consumed in moderation. However, those looking for a lower calorie option can choose the nonfat milk version, which can lower the calorie intake to approx 180 calories per serving (depending on size). Make sure to check the nutritional facts before ordering to ensure that the Blue Raspberry Cloud Frappuccino fits into your dietary needs and goals.

How to Order a Blue Raspberry Cloud Frappuccino at Starbucks

Enjoying the refreshing and fruity taste of Starbucks' Blue Raspberry Cloud Frappuccino is easier than you might think. To order this vibrant drink, start by requesting a Vanilla Bean Frappuccino with raspberry syrup, then add blue powder to create the "cloud" effect on top. For added indulgence, ask for whipped cream and a drizzle of raspberry syrup to complete the concoction. With customizable options like milk alternatives or toppings, you can create a personalized version of this delicious drink to satisfy your taste buds all year round.

Starbucks' Blue Raspberry Cloud Frappuccino is a refreshing, unique addition to their menu. But get this, It's only in the UK! I've recently come back from the UK and the drink really is something to write home about. They may be bringing this tasty treat to the US so let's keep our fingers crossed.



Hey, TOP Level viewers - would you like to win a Starbucks card? Message us via our contact form and type " I want to win a Starbucks card" in the subject line, followed by your contact information and you'll be entered into our monthly giveaway.



TLM Online

PN: Minnie - Contributor/Model

Celebrity News Break

Ant and Renée Celebrate Love



Renée Zellweger and Ant Anstead are very happy as they mark two years together. On April 23, pictures were posted on Instagram to celebrate. Ant, who is 44 years old, shared a picture of them holding hands while hiking and two photos of them kissing. He wrote on his page, "It has been two years of wonderful moments." Renée, who is 53 years old, doesn't use social media. They started dating four months before that, and two months after Ant ended his marriage with Christina Haack Hall, a TV personality from HGTV.

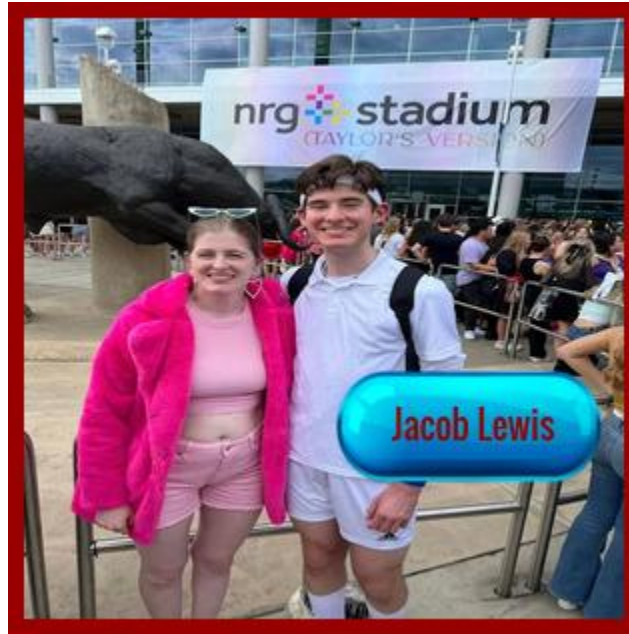
Taylor Swift's Fans Go Hard for Their Own

Taylor Swift fans are coming together to help one of her fans. They are donating money to a GoFundMe page for a Swiftie who was killed by a drunk driver after a concert.

Jacob Lewis, who is 20 years old, and his sister April were driving home after a concert when their car stopped working on a road early Saturday morning. Jacob was hit by 34 year old Alan Bryant Hayes when he got out of his car and proceeded to try and push it.

A donation fund was created to help his family pay for his funeral. The goal of \$60,000 was easily surpassed in just one day.

Our condolences to his family and friends. Remember the good times, they'll always stay with you.
Rest in peace, Jacob.



We Should Also Note: April has thanked all of the kind people who donated. April's family is also happy. Many Taylor Swift fans have sent kind messages to show their support.

April had given her little brother tickets as a surprise gift in December. The week before the concert, April posted on Twitter about how happy they were. She and Jacob were eagerly waiting for that specific day. Afterwards, they posted a fun video from the concert, but they didn't know it would be the last thing their brother Jacob posted on Twitter.

Swift fans are continuing to give money to the family. Many Taylor Swift fans gave \$13 each, which is her lucky number. The account received more than \$110,000 by Tuesday morning. The family will use the money to create a theater scholarship for students at the school where Jacob went.

Celebrity Newsbreak continues.....

Harrison Ford Connects With His Character On The Drama Series, 1923



Harrison Ford can relate to his character Jacob Dutton from a drama series and it's deeper than just a memory.

He spoke with PEOPLE magazine and like many other outlets, we, too, were touched by what he revealed. 80-year-old Harrison who stars in a show called 1923, said that some things that happened to him in real life are part of the story in the show. One thing that was mentioned was a dangerous accident he was in on an airplane in 2015.

He referenced a scene in 1923 where his character gets really hurt. "When the scripts were coming, I was struck by how many major moments in my character's life had a substantial and not coincidental shadow of the same things in my life...I watched a rehearsal with a stand-in being brought into the kitchen, and Helen [Mirren] coming in, sweeping everything off the counter, taking command...."

Ford flies planes, and he has been in a few plane accidents before. However, the accident that happened in 2015 was especially bad for him and his family. Of course he is happy he made it out okay. He says there are other similarities to the character he plays and he's enjoying watching it all unfold.

Paramount+ is now showing the first season of a show from 1923.

Jodie Turner-Smith Normalizes Women Proposing To Men



Society has its standards and old traditions and while some will follow suit, others may cringe or disagree with this method. However, it's becoming more popular. Joshua Jackson shared his love story and when he decided to get married.

The 43-year-old actor said that his wife, Jodie Turner-Smith was the one who popped the question and did so in a unique way and that he always knew he would marry Turner-Smith. He stated he knew the moment she asked him.

"She asked me, yeah, on New Year's Eve. We were in Nicaragua. It was very beautiful, incredibly romantic. We were walking down the beach, and she asked me to marry her."

Jackson has been asked if Turner-Smith's proposal was planned. He responded, "There was like a preamble. There was a lead-up to it. I did not know [about it beforehand], but she was quite adamant, and she was right. This is the best choice I ever made."

Jackson and Turner-Smith got married in 2019. They were first spotted together holding hands while having lunch in November 2018. It was in August 2019, Jodie shared on Instagram that she was in a relationship. Soon after, they appeared together on the red carpet for the premiere of Turner-Smith's movie *Queen & Slim* the rest is a love story, now being told.



TLM Online

Bonnie Frasier - Contributor

Sensational Sports

She Races With Heart And It's Paying Off



Toni Breidinger is a really good one of the best female race car drivers around. That being said, we were interested to hear what she had to say after giving an interview to Fox Sports News. What we found out had us congratulating the hardcore driver.

Breidinger will race in the NASCAR Craftsman Truck Series at Kansas Speedway making her the first Arab American woman to compete on the trucks circuit! She will compete for TRICON Garage and drive the No. 1 Victoria's Secret Toyota Tundra TRD Pro.

Breidinger was quoted as saying: "I feel like it's very important to have representation in the sport. To me, it's really exciting to hopefully be paving the path for the younger girls. I feel excited but, at the same time, I wish I wasn't the first because I think NASCAR has been around for so long. So, I feel like every time some of us girls are breaking these barriers, all of this stuff I feel like they should have broken a long time ago, it's kind of like a mixed emotion type of feeling. But I'm really proud to be able to represent the sport."

She started racing go-carts when she was only nine years of age. It was after her father signed her and her sister up for go-cart lessons. She explained: "We both fell in love with it, and then he got us one go-cart to share. And just every weekend we'd go up for fun. It was kind of more of a way for my dad to bond with us and have like a father-daughter activity than anything. But I took it really seriously at a young age and told him that I wanna be a race car driver. And he definitely thought it was just going to be a phase. But I stuck with it, and it's been a long 14-year journey. But here I am."

Breidinger did not plan to be a racer when she was younger. She was simply enjoying herself. Her passion turned professional and she achieved a lot in her sport, but becoming a Victoria's Secret model was also a big accomplishment for her. In September 2022, her journey with that company began.

As a small person, she says she had a hard time feeling good about her body when she was younger and thanks Victoria's Secret for making her feel good about herself and her body. Also adding, "I'm really proud to be with the brand. It's really incredible that they're supporting me in such a big and major moment in my career. It's surreal. It's like crazy. I start smiling real big when I start thinking about it."

Breidinger says that she has achieved her dreams and she plans to keep going and reach the Top level of car racing, the NASCAR Cup Series, within the next five years. She also mentioned that she will be competing in another truck race after the one in Kansas. We wish her well.

16 & Applied To 200 Colleges And Universities - He Got Into 170 Of Them



Dennis Barnes is a student at International High School in New Orleans who has received more than \$9 million in scholarships from colleges and universities based on his academic achievements.

"I am still getting letters. Decision letters were an overflow in my mailbox," Barnes explained. "I'm proud of myself. I'm a Black man and you don't find that too often in the Black community.. it stands out."

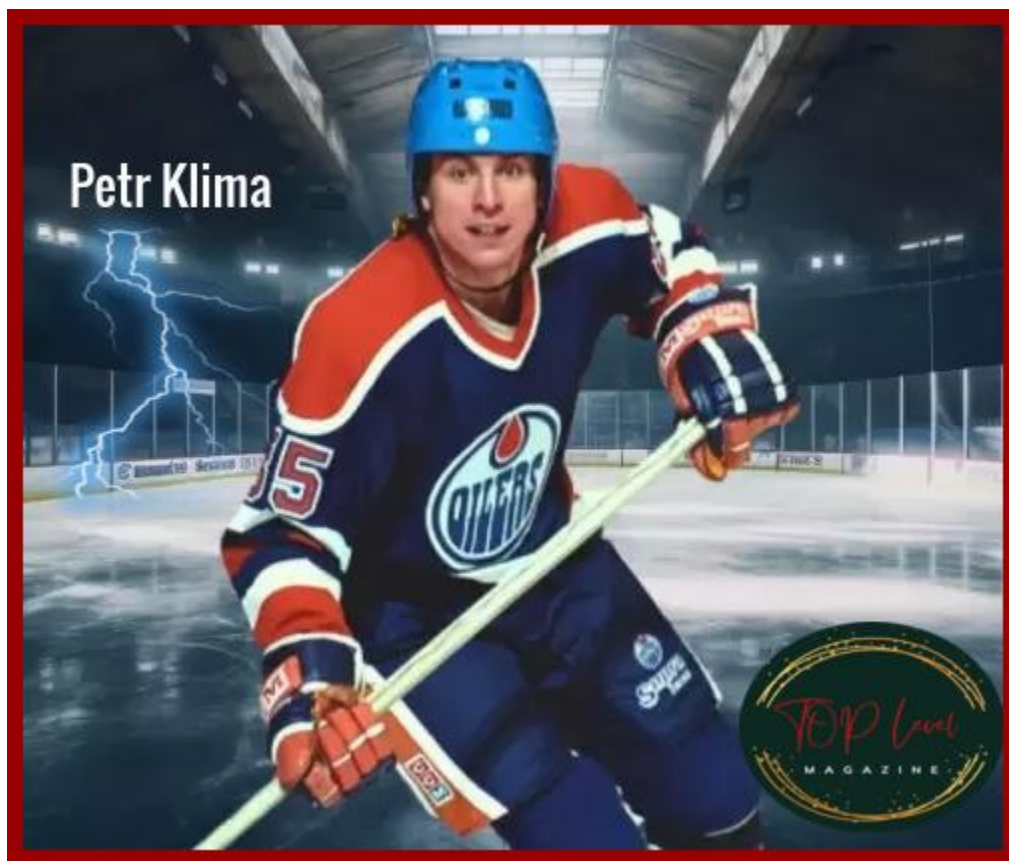
Clark Castle, who speaks for the high school, said that Barnes has been offered scholarships that range from \$12,000 to \$164,000 and more are piling in. He feels they are well deserved. Barnes has kept a very good grade point average (GPA) of 4.98 during the current school year and is part of a special group called The National Honor Society. He is also fluent in Spanish and got a certificate from the Institute Cervantes supported by Spain's Ministry of Education, Culture, and Sports.

Barnes wants to study both computer science and law, so he plans to get two bachelor's degrees. He announced that he will attend Cornell University.

“I have committed to attend Cornell University and intend to pursue computer science and to later move on to practice software development. Today is an exciting day for me and my family and I look forward to working with Cornell’s college of engineering over the course of my undergraduate education.”

Congratulations to Dennis Barnes. We wish him much success.

Former NHL Star Petr Klima Dies at 58

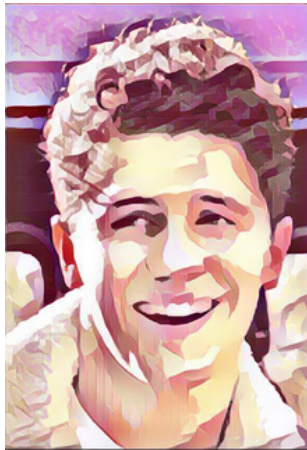


Petr Klima, a previous NHL star and Stanley Glass winner with the Oilers has died. This was also confirmed by the Czech Ice Hockey Federation. He was 58 years of age when he passed.

Klima went through 13 seasons within the NHL, playing for the Ruddy Wings, Oilers, Kings, Penguins and Lightning. In 1985, Klima became the primary Czech player to head to North America. He then started his NHL career with Detroit, wearing uniform No. 85 as a gesture to the year of his absconding.

He is perhaps best recalled for scoring the game-winning goal for the Oilers within the longest Stanley Container Last diversion in association history.

The NHL released a statement. "The NHL mourns the passing of Czech legend Petr Klima, who scored 313 goals across 13 NHL seasons," the NHL said in a statement. "Klima helped the Oilers win the 1990 Stanley Cup while scoring a memorable triple-overtime winner in Game 1 of the Final. Our sympathies are with his family, friends and many fans."



TLM Online

Irish Boi - Contributor

This Month's Positivity Corner

3 Secrets to a Good Morning Routine



Mornings truly are the focal point of our day. While some may believe that a good night's rest is imperative for tomorrow's bearing, the truth is rather contrary to the thought. Yes, more studies than I can count have determined that for the average adult, 7-8 hours is efficient for productivity, better management for weight, reducing stress, amongst a few other things. That said, how you consciously choose to begin your day is the Yang to your sleepful Yin. Committing to a list of habits is a sure fire way to stay mindful of your intent.



Speaking of "intent"

1. Identify your intent for the day.

This is such an underrated practice but it really can help you shape the trajectory of your day. Simply think about what you want to bring in for the day and commit to that desire. You will find that the more focused you are on your desires, the more tangible they become.

2. Slow Down Your Perception Of Time

With everything you have to get done for the day it's easy to become overwhelmed the minute you wake but slowing down really is a hidden factor in getting things done. Slow productivity is becoming the new standard of productivity. Multitasking simply isn't for everyone and that's alright. Focus on one task at a time and do not compete with the clock nor become submissive to it. You have 20 minutes to get ready? That's four 5 minute intervals, see what you can accomplish by operating from a place that's matter of fact.

3. Eat Breakfast

Out of all the many trending morning routines, a good one is one that prioritizes breakfast. While indulging in the first meal of the day can increase your metabolism, it also gives you energy, replenishing what was stagnant throughout the night.

That and it's aesthetically pleasing and a massive mood booster. Studies have shown skipping meals share a link with irritability, fatigue and even brain fog. Taking the time to enjoy a delicious meal, specifically one you've carefully forged onto your plate to balance out the colors of the season, will give you a sense of importance, more focus, and overall a more stabilized mood.

Try it out for yourself and take notice of how well your day goes!



TLM Online

Preciaus Williams - Contributor

Business Brag

Popshelf Gives Us Something To POP Off About



We feel Popshelf has a lot to brag about, whether they want to or not. So let us make the introductions. Refreshing and unique is how many would describe this store. Some stores are drab and boring...and who says we need more than that? Stores are meant for shopping so nothing more is needed.

However, from the moment you enter Popshelf, you're greeted with a fun arrangement of shelves, cubicles and corners holding traditional as well as interesting products to add to your home decor, personal collection or fridge, a pop of color displayed on their logo and signs and friendly customer service.

On the company's facebook page they describe themselves as your new neighborhood happy place to discover fun finds in home, kitchen, beauty, party, toys, crafts & more. On their site they proudly proclaim that they believe shopping should be an experience you enjoy. A time to wander. Explore. Linger. A momentary escape just for you.

Wow!! How could you not already love these guys?!

Now, just so you know, Dollar General owns Popshelf and as we saw many of their main stores close, they opened up several dozen locations of these new stores and even though it's only been a few years, they're seeing a great deal of success and applause from consumers.

Before we made a visit, we checked up on their prices online after reading an article that claimed they could be a bit on the expensive side...and actually what we found was that not only are they ideal for tight purses, they also have regular deals and lots of items priced under \$5 for the bargain shopper who likes to keep it cute but on a budget.

"It's my go to for a quick pop in. I pick up a few drinks and trinkets in one scoop," shared Orlando, Florida resident, Stacey Gray.

So friends, it's pretty clear we think Popshelf is Top Level. Now it's your turn. Reach out and let us know what you think.



TLM Online

PN: Minnie - Contributor/Model

World of Arts

Meet Mira Nadon, Ballet's Precious Gem



Mira Nadon is an American ballet dancer. She was born in Boston, Massachusetts, and began her ballet training at the age of six at the Inland Pacific Ballet Academy in Montclair, California. Her mother was born in India and being in the US, loving the world of ballet, she was overjoyed to know that Mira loved ballet as well.

Now as a young woman, Mira has everyone watching. In the Spring of 2023, the 21 year old became New York City Ballet's first-ever Asian American female principal dancer. She says it feels like a new era and an honor.

"We live in this really diverse city of New York City, and we haven't always been the most diverse ballet company," said Jonathan Stafford, the company's artistic director. "And so what we've been really working hard on is increasing the diversity within our ranks at every level. And what we put on stage can be an inspiration for many, many young girls out there who see her and see something in her reflected back, see something in themselves, reflected back ... She's such a wonderful role model already, even at such a young age. And she represents an important milestone for us that we hope to continue to build on."

She also added that she was happy to see other talent being recognized as well and that she looks forward to seeing many more happy faces on the stage.

The Amazing Carolyn Christov-Bakargiev to Retire



Carolyn Christov-Bakargiev is an Italian-American writer, art historian and exhibition maker and might we add, one of the best!

The Castello di Rivoli Museum of Contemporary Art, the Turin institution that she has led since 2016 and worked for over two decades, announced her retirement. She's one of the most respected curators and museum directors in the world of Arts.

After the announcement she addressed the public:

“I would especially like to extend my heartfelt thanks to all the artists I have had the privilege to work with for their unwavering dedication and generosity during my tenure,” she said in a statement.

“Finally, I look forward to returning to this magical and unique place as a member of the audience.”

She made her mark and will always be highly regarded and remembered as a very important person in the art world who has put together many famous art events and used her brave and unusual way of thinking to inspire the masses.

To experience her work, simply google her. We would also recommend checking out Documenta 13, a big art show that happens every five years in Germany, which was spearheaded by Christov-Bakargiev. Documenta takes place every five years, lasts 100 days, and features 200 artists.

Impressive...yes? And her list of accomplishments do not end there. She is the very definition of creative talent, success and what many would call...pure perfection. We wish her well in her next and continued endeavors.

World Of Arts continues.....

Saying Goodbye To The Phenomenal Tina Turner



Tina Turner was an American-born Swiss singer. Known as the "Queen of Rock 'n' Roll". The world was introduced to Tina as the lead singer of the Ike & Tina Turner Revue. Eventually we came to know her as the spunky, magnetic queen of rock as he commanded the stage with her memorable strut and beautifully toned legs.

She is a true testament of life and how to live it abundantly, overcoming challenging situations and thoughts of despair. Tina took control of her life and turned negatives into positives by finding the silver lining, propelling her into greatness.

If you were looking for a dynamic, high energy performance, you'd merely need to watch her in concert. She adored her fans and enjoyed commanding the stage....which would explain her Grammy awards and multiple nominations.

We often look to people for inspiration and oftentimes those very people have stories of struggle and hide their sadness from the world. Perhaps that is why we appreciate them for sharing their time...

talent and care with the rest of us. Whether they are completely happy or working on getting there, their presence is appreciated...

...this and much more can be said about Tina Turner, who was quoted as saying; "My legacy is that I stayed on course... from the beginning to the end, because I believed in something inside of me."

We salute the Queen, she will be missed but never forgotten.



TLM Online

Dee H Pittman - TOP Contributor

World of Wealth And Finance

Simple Ideas To Save Money



“What is the best way to save money? Is it possible to save money while maintaining a social life?” Is a question you’ve probably heard and asked a few times on your own. Oh, what to do when you want to treat yourself, pay your bills and remain on budget for the rest of the week? Hmm? Well, many would tell you to pick up a second job or a side hustle. Two options that are 100% tried and true but maybe your body demands less physical strain? Maybe you have an amazing talent to offer as your side gig but very little marketing skills to rely on? Don’t stress out friend, because below I’ve compiled a list of money saving hacks that you can implement effortlessly, easily, and immediately. Keep reading!

Pay Your Bills First

You’d think this would be a common occurrence but you’d be surprised how many people pay their bills AFTER treating themselves. Yikes! We all know the pleasure of seeing our paychecks drop on payday. Perhaps you cash your checks instead and are tempted with the smell and beautiful greenery of the bills? This is a massive recipe for disaster as late fees, unexpected charges, and inconveniences are what? Oh yeah, a part of life! Taking care of your most important expenses allows you to know how much wiggle room you have left over.

Simple Ideas To Save Money continues.....

Put 5-10% Of Your Check Aside

But here's the thing... you don't touch it. In fact, you forget about it. Separate from your saving's account, treat this percentage as an additional bill you pay yourself. This is truly going to be your petty cash, rainy day, "treat yourself" fund when all of your other funds have dried out. Give yourself a minimum balance as to when you're able to access this fund guilt free. Minimum of \$50.00, minimum of \$75.00, if you're truly dedicated to saving your coins, why not shoot for a minimum of \$100.00?

You can create this fund using Visa debit cards like Cash App or Chime. Perhaps your method's are a bit old school and you're able to achieve results by tucking physical cash in an old shoe box? Whichever method you choose, stay committed to your goal and know that out of sight is truly out of mind.

Give Yourself A Budget Within Your Budget

There was a time when I covered my bills, treated myself, and enjoyed unnecessary luxuries for kicks and giggles. I would spend a lot of money but I was never "broke" because my "cap" was \$25.00 dollars. On days when I really needed the extra cash (because let's face it, life happens) my "cap" would be \$10.00 dollars. I used this mainly for emergency toiletries or money for gas.

Handwritten Receipts

I feel like this is something that no one ever speaks about, especially if their primary source of payment is by card. I've heard the question "Where has all my money gone?" asked quite a few times because the truth is it's incredibly easy to lose track when you're swiping all the time. Paying in cash can help you become more mindful but I've found writing down every single purchase I've made to be way more effective. Everything from a few dollars to a few cents plus the ending balance. This will help you to decide if a purchase is truly worth it in the long haul.

Know Your Alternative Favorites!

When you're reading up on the many ways to save, often-times our social lives are written as a sacrificial method to get the job done. Advice like "Don't eat out, eat in!" or "Don't go to the movies, find the entertainment in a good book!" is given with great intentions but is not very sufficient for the average indulger.

My recommendation? Don't steer clear from your luxuries, just think a bit "smaller." Paying \$14.00 dollars for dinner at your local southern BBQ joint may not be the best idea when you can simply purchase a small fry and a cheeseburger for under \$3. Honestly, it doesn't even have to be a fry and a burger. Shop around, compare those prices and go for your second, less expensive option.

Also take advantage of Happy Hour! Believe it or not, happy hour is not exclusive to alcohol alone. Many restaurants extend their generosity to various items on their menus. Call around some of your favorite spots and ask them about it.

When it comes to activities like going to the movies, going bowling, or miniature golfing, purchase matinee tickets and check for discounted prices online. You can still enjoy social gatherings without missing out on activities and without breaking your wallet to do so. What a win-win!

To Sum It All Up

Saving a few coins here and there is absolutely possible. It doesn't have to be difficult nor cost you your social life. It only costs a bit of creativity!
Happy saving!



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Preciaus Williams - Contributor

Kicks n Giggles

Princess Terty Comics

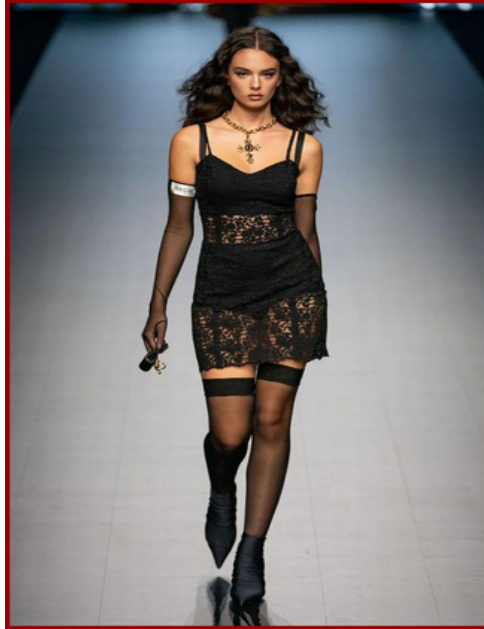


Joke of the Month

A teacher stood in front of the class and said -: "If you think you're stupid stand up!" Nobody stood up. "Go on, stand up. Again, no one stood up." The teacher began to taunt them: "I'm sure there are some stupid students in here!!" Little Johnny stood up. The teacher smirked. "Oh, Johnny, you think you're stupid?" Little Johnny replied, "No... I just feel bad that you're standing alone."

Lifestyle & Fantabulous Fashion

In the Words of The Isley Brothers " Who's That Lady?"



Deva Cassel, who is the daughter of Monica Bellucci and French actor Vincent Cassel, is now becoming famous on her own. She started modeling at 14 years old for Dolce & Gabbana's and now, 18, she's doing catwalk shows regularly. She has dark curly hair and many say she looks like her Italian mother's style from the 1990s.

She and her mom were on the cover of Vogue. Both wore black dresses made by Dolce & Gabbana. It's exciting to see her follow in her mother's footsteps when she so passionately loves fashion.

Dev is a great model and has a bright future because. Not to mention, the brands she works for are really popular in fashion right now. With everyone riding the latest trend wave, we think she will go far, surpassing the trends and into maximum stardom.

Stats: HAIR - DARK BROWN *EYES GREEN/BROWN *HEIGHT 5'10.5" / 179 CM| BUST 33.5" / 85 CM| WAIST 24.5" / 62 CM| HIPS 35.5" / 90 CM| *SHOES 42.0 EU/11.0 US/7.5 UK

Awesome Fashion Trends for 2023 and How to Rock Them in Style



What's Still Hot in 2023?

1 – Bold & Bright Colors

Bold and bright colors are quickly becoming a trend in the fashion and design world. These statement colors are being used to add a sense of vibrancy and life to any outfit or design. From bright oranges, pinks, blues, and greens, these colors can be used to make a strong visual impact. With the right combination of bold and bright colors, you can create an eye-catching look that will stand out from the crowd. In today's society, it pays to be bold!

2 – Animal Prints & Patterns

Welcome to the jungle! Animal prints and patterns have been a popular trend for many years. From leopard print to zebra stripes, animal prints add vibrancy and energy to any outfit. Whether you are looking for a subtle touch or an eye-catching statement piece, animal prints and patterns are the perfect way to add a unique twist to your wardrobe. Not only do they look stylish, but they also reflect our connection with nature and the environment. With so many different options available, it's easy to find an animal print or pattern that suits your style.

3 – Oversized Outerwear

Oversized outerwear is the perfect way to make a fashion statement this season. With their bold, oversized silhouettes and unique designs, these jackets and coats are sure to turn heads. Whether you're looking for something classic or something more daring, there's an outerwear piece out there that will suit your style. From bright colors and bold prints to timeless neutrals, explore the range of options available and find the perfect jacket or coat to express your individual style. So bundle up in style.

4 – Sustainable Fashion

We love fashionable wear and are willing to pay tons for it but will it last? Sustainable fashion is becoming increasingly popular as more people are looking for ways to reduce their environmental impact. Brands are now creating clothing that is made from eco-friendly materials and processes, while still providing stylish and fashionable designs. This article will explore the various sustainable clothing brands that are available, as well as discuss the benefits of eco-friendly fashion. We will also look at the different use cases of sustainable fashion and how it can help to reduce our environmental footprint.

5 – Boho Chic Style

Boho chic is a style that has been around for decades and continues to be popular among fashion lovers. It is a combination of hippie, bohemian, and vintage styles, characterized by relaxed silhouettes, natural fabrics, and eclectic patterns. This style has become increasingly popular in recent years due to its versatility and effortless aesthetic. Beautiful and comfortable is the Boho way so wear it knowing you feel and look great.

Embrace the Latest Fashion Trends and Make a Statement with Your Look!

Being fashionable is not just about wearing the latest trends. It's about making a statement with your look and expressing yourself through your style. Fashion trends are changing rapidly and it's important to stay updated on the latest looks. With so many options available, it can be hard to decide what looks are right for you but if you decide to embrace the latest fashion trends of 2023 or just do your own thing, you can make a statement with your look and stand out from the crowd!



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Bonnie Frasier - Contributor

Buy This!! (Recommendations and Reviews on New Gadgets, Food and More)

Nreal Air AR Glasses Are Beyond Cool - The Future of Augmented Reality is Here



What are Nreal Air AR Glasses and How Can They Enhance Your Life?

Nreal Air AR glasses are the next generation of augmented reality glasses that provide a seamless virtual and mixed reality experience. With these glasses, you can enjoy a fully immersive experience that will make your life more enjoyable and productive. The glasses allow you to interact with the environment around you in ways that were previously impossible. From playing games to watching movies, these glasses will make your life more exciting and engaging than ever before. With these, you can take your entertainment and productivity to the next level.

How These Glasses are Transforming the Way We Experience the World

Look, no one can deny that we are progressing as a society and thus advanced artificial intelligence will be released. This allows us various ways to view our circumstances.

Nreal glasses are revolutionizing the way we experience the world around us. By combining virtual and augmented reality, these glasses allow us to explore and interact with immersive content experiences like never before. We can now experience interactive gaming, explore virtual worlds, and even watch movies in a completely new way. Our world is no longer limited to what we can see with our own eyes. We can now access a whole new realm of possibilities that were previously unimaginable.

Exploring the Different Features of Nreal Air AR Glasses

The Nreal Air AR glasses have also revolutionized the way we experience augmented reality. With its lightweight design, stylish appearance, and long battery life, these specs offer an immersive AR experience that is both comfortable and convenient. You'll love the variety of comfort it offers.

The Pros and Cons

The Nreal Air AR eyewear delivers various levels of AR involvement, enabling its users to access streaming content, gaming applications, and watching options on a 201" Micro-OLED virtual cinema.

The glasses have a feature that enables you to convert your laptop into a workspace with multiple screens, as it allows for up to three adaptable virtual displays.

The AR/VR industry has established a noteworthy milestone as it received certification from TÜV Rheinland Group for having the first display that pretty much caters to a pleasant viewing experience, non flickering and is Eye Comfort enabled.

Disadvantages: (Some customers have complained about these things)

Not every smartphone, tablet or computer can be used with the glasses as they have a restricted compatibility range.

The cost of the glasses is too high for some, and accusations of subpar customer support and challenges in the process of returning the item.

*Obviously, everyone will have their own experience but most give it a thumbs up.

Our Verdict : Buy This!

Look technology is evolving and cutting edge and you most certainly want to be front row and center. Like Areosmith - I don't wanna miss a thing...it's best you try these babies for a spell and then render your verdict. The best part is, they've improved since being introduced - picking up a pair now would be beneficial. So the question is, how will you use them - gamers are especially loving them but so are hardcore business gurus. Simply put, they're just too cool to pass up. Buy This!



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