

THE CINEMA LOVER RETURNS

By Trevor Roberts



I know I was put on this planet to make movies. Photo by Felipe Bustillo via Unsplash.

UNITED STATES—I love cinema, I really do, but I think the past week has been the most entertaining, educational and exciting week in cinema that I can recall in years. I have always been a fan of old-school cinema; I learned so much as an undergraduate about early films, technique and how the black-and-white era really placed a stamp on cinema that current movies have not and never did.

I re-watched and was introduced to some of the greatest flicks I have ever witnessed and it truly hit me like a ton of bricks: cinema is my life. I dissect a film, I study it, I analyze and I try to understand social themes of the movie and why they're important to modern day society. I re-watched the 1980 drama "The Elephant Man" starring Anthony Hopkins and John Hurt. This movie is so brutally emotional; I don't think I have witnessed a flick that stirred me to the core.

It says so much about society and our judgement on people who don't look like us, and seeing this real life tale of a man with a deformity that frightens the world earn a bit of compassion from a select few people, shows what we need in this world today. Do I think it was the goal of the filmmakers to break our hearts watching this flick? Absolutely, but it works and Hurt delivers a performance I cannot fathom how he did not win the Academy Award for.

I saw "Taxi Driver" for the second time, one of the third flicks of Martin Scorsese that I learned about in my undergraduate film course. The score in the movie is fantastic; it really

sets the mood for the entire flick, not to mention Robert De Niro who captivates as Travis Bickle, a man who suffers from extreme insomnia. He is socially awkward, yet charming at the same time. That shot that Scorsese delivers during the big climax of the movie is fantastic. I have always appreciated Scorsese's work, but that aerial shot at the end of "Taxi Driver" I cannot use words to explain it.

"The Godfather," I don't know why that movie so intriguing to people, but it is. It is about crime, the mafia, family, violence, but it is done so well by Francis Ford Coppola that at over 3 hours, I never get bored watching. It holds you attention from start to finish. "12 Angry Men" a film that tackles the jury system and how jurors behave in the courtroom that NEEDS to be showcased to jurors before serving jury duty. Incredible film with a stunning performance by Hen-

ry Fonda is one to be studied. I finally witness the greatness of actor Robert De Niro yet again after finally watching the 1980 film "Raging Bull" that won him that Best Actor Oscar, over John Hurt for "The Elephant Man."

"Gone With the Wind," the 1939 classic that dominated the Oscars that I never saw I finally sat down and watched the 3 hour plus flick and wow. Vivien Leigh delivered a top-tier performance as Scarlet O'Hara. The movie is indeed controversial as it deals with the Civil War and slavery and almost ignores those issues as they were not more potent in American history. I appreciated what I witnessed, but I need to re-watch the movie to really decipher and study the social themes and issues present.

At the same time, I started to realize there are a bevy of flicks that I have NEVER seen that I have to witness like, "Alice Doesn't

Live Here Anymore," "2001: A Space Odyssey," "The Deer Hunter," "Sophie's Choice," "Deliverance" and the list goes on. These are iconic flicks that I should have seen as a film scholar, but time isn't always on your side, but I am going to make time. I have to make time to perfect my craft as a filmmaker. You do that by studying the works of others and then finding a way to deliver your own spin on certain techniques when it comes to utilizing the camera and narrative plot points.

I learned in the past 7 days how impactful my love for cinema truly is and it wasn't something I always thought about, but the realization hit me how big of an effect cinema has on my spirit and creative juices, and I know without a doubt filmmaking is indeed my true passion and I started writing a script that has been circling in my head for years. Oh, what a time to be alive.

HOW TO PREPARE TO CLIMB KILIMANJARO

By Staff

UNITED STATES—As a seasoned traveler seeking adventure, I couldn't resist the allure of Mount Kilimanjaro. This iconic mountain in Tanzania stands at a breathtaking 19,341 feet above sea level, making it the tallest free-standing mountain in the world. Its diverse landscapes, challenging terrain, and rich flora and fauna make it a must-visit destination for any avid explorer. However, climbing Kilimanjaro is not for the faint of heart.

To ensure a successful and fulfilling experience, careful planning and preparation are essential. In this in-depth guide, I'll share all you need to know before embarking on this epic journey to the "Roof of Africa."

Introduction to Kilimanjaro:

Before diving into the details, it's important to understand the basics of Kilimanjaro. This majestic mountain is located in Tanzania, and its diverse ecosystems are a result of its remarkable altitude variations. As you ascend from the lush rainforest at the base to the alpine meadows and glacial summit, you'll experience a wide range of climates, from hot and humid to sub-zero temperatures.

But Kilimanjaro is not just a geological wonder. It's also home to unique flora and fauna, such as colobus monkeys, leopards, and rare endemic plants. So keep your eyes open for these remarkable natural wonders as you make your way to the summit.

Budgeting for Your Kilimanjaro Adventure

Now, let's talk about the practicalities of climbing Kilimanjaro. It's important to budget carefully for this adventure, as it involves various costs. First and foremost, you'll need to pay park fees and obtain climbing permits, set by the Tanzanian government to help conserve the natural beauty of Kilimanjaro National Park. These fees can range



Photo courtesy of Crispin Jones via Unsplash.

from \$700 to \$1,000 or more, depending on factors such as your chosen route and nationality.

Kilimanjaro Park Fees
Next, most climbers opt to go with a reputable Kilimanjaro tour operator, which provides essential services such as guides, accommodations, meals, and transportation. The cost of a tour operator can vary significantly based on your preferences and the route you choose. It's advisable to set aside approximately \$1,000 to \$2,000 for budget operators and \$4,000 or more for premium operators.

Gear
Proper gear and equipment are crucial for a safe and comfortable Kilimanjaro climb. You may need to invest in hiking boots, warm clothing, waterproof gear, and a sleeping bag, among other things. It's possible to rent equipment, but it's recommended to purchase your own for quality and comfort reasons. On average, budget around \$500 to \$1,000 for gear and equipment.

Tipping
Additional expenses to consider include flights to Tanzania, travel insurance, visas,

and tips for your guides and support staff. Budgeting an extra \$200 to \$500 for these miscellaneous expenses is wise.

Climbing Kilimanjaro Expert Advice
A crucial piece of advice for preparing for a Kilimanjaro climb is to seek expert guidance. Brian James, a climbing specialist at Climbing Kilimanjaro, recommends starting preparations well in advance. He emphasizes the importance of physical fitness, proper gear, and acclimatization. Choosing a reputable tour operator like Climbing Kilimanjaro can also greatly enhance your experience, with their expertise in Kilimanjaro climbs.

It's also important to stay informed about local regulations, permits, and safety guidelines. Government resources such as TANAPA and the Tanzanian Tourist Board provide valuable information for travelers. Additionally, the US Department of State offers essential safety and security information for U.S. citizens.

How to Prepare to Climb Kilimanjaro

In terms of preparing for the climb, physical fitness is cru-

cial. Regular cardio workouts, hiking, and strength training will prepare your body for the challenges ahead. It's also important to choose the right route, one that suits your fitness level and interests. Proper acclimatization is also essential, so choose an itinerary that allows for gradual ascent and rest days.

Packing wisely is also key. Pack light, but don't forget essentials like sunscreen, a first-aid kit, and a headlamp. And last but not least, booking with a reputable tour operator such as Climbing Kilimanjaro will ensure a safe and comfortable experience during your Kilimanjaro trek. You can also include a Tanzania Safari if you have some extra time after the climb. There are safaris from 1 day to 7 +.

Conclusion
In conclusion, climbing Mount Kilimanjaro is a once-in-a-lifetime experience that requires careful planning and preparation. But with determination and the right guidance, reaching the summit of this majestic mountain is an achievable feat. So start your preparations today, and get ready for an unforgettable adventure to the top of the world!

TRUST YOUR TEAM

By Trevor Roberts



Having team members you can trust is everything. Photo by Kraken Images via Unsplash.

for the body in any fashion. It can have serious impacts on your health. Not just on the body's desire to do things, but your mental capacity to want to do things. I did not check any emails for most of the week and that is something I rarely do because I feel like if I don't check my email I'm going to miss something of massive importance.

There was nothing to miss because my co-workers were making sure things were handled. I was actually able to get things done that I have been putting off for extensive periods of time. I had something planned almost every day that I was on vacation. That was a terrific feeling to just do and know that business is being

taken care of at the company by my colleagues who I should trust more. They're going to handle it, there is nothing I need to worry or stress about. If something serious arises they will let me know, but they took care of it.

I have always had that issue with trusting people because I felt others would drop the ball on something, then I would have to swoop in and fix the problem, and I need to change that trajectory. People know what to do and if you tell them they will do it. I mean I had the opportunity to declutter nearly three years of mail that needed to be shredded and discarded. I was able to spend time with family and help out loved ones who needed a bit of

assistance. I was able to sit down and write on a creative scale which I have not done in the mental space that I've wanted for years. I was able to spend money on myself and not feel guilty about it, and so much more.

I will admit the time off went a lot faster than I expected but isn't that always the case when you take time off, it flies when you're having fun. I will admit I was having fun, and laughing something I don't always do, but I had the chance to do it recently and I appreciated life so much more as a result. Trust the people that are around you. They have your best interest at heart, if they tell you that they're going to take care of things and all will be ok, even if in the back of your mind you doubt it, don't doubt it.

Yes, I know that can be very hard to do, trust me I'm one who simply doesn't put a lot of trust in others because I have been disappointed time and time again in the past. With that said, to my co-workers who stepped up to the plate and helped me decompress I cannot express my gratitude enough and trust me I will repay the favor for you when you need time off as well.

DEVICE UPGRADE AFFORDABILITY

By Jason Jones



There is nothing like a new device. Photo courtesy of Francois Hoang via Unsplash.

when it comes to spending money because let's face it; we all have to save anyway that we can. As a result, I got the iPad Nine generation, I could have gotten the 10th generation, but there was not much of a difference, except for a button on one device and not on the other.

The thing that was important to me was the price of the device and the cost I would be paying each month as part of an installment plan on my bill. I mean when you have options like that why would you not take advantage of them. The regular price for the device was around \$500 when you're including taxes. The newer model costs about \$700 (that's

a \$200 difference), and if I wanted the newest device that was over \$1,000. Why spend more if I don't have to? I am not, that's probably why I don't have an iPhone nor will I ever. A \$1,000 for a phone!? No thank you, not happening.

With the installment plan it is about an extra \$15 on my phone bill each month, which I know I can afford. Within 25-30 minutes I was out the door with my new device and I absolutely love it. I do have to get a new screen protector, but I was NOT paying \$70 for a single sheet. Nope, it is not happening. Then the case would have been close to \$100. If I had gotten all those things I would have been paying \$700 to \$800,

and that is just stupid, when I can go to Best Buy and get a case for under \$30, and a screen protector for about the same price if not cheaper. Sometimes the payment plan is great for large purchases, not so much on small purchases, especially when you can get them way cheaper.

I'm sure I'm going to end up paying off my device a lot sooner just because I like the notion of knowing the device is paid off, and it is not contributing to a higher price on my mobile bill that just decreased by about \$8 per month. One thing I can say about my provider is that they provide top-tier customer service, my rates are always affordable and I NEVER have to worry about losing my service like some customers saw last week with AT&T.

There are providers out there that want to ensure you have the latest tech and it doesn't break the bank in a massive way, so if you can manage to afford it, why not treat yourself. I have a bigger screen, way more GB space than previously and I can utilize a lot more apps that I previously couldn't use because of the outdated software system. Life doesn't get any better than this.

CA CONTINUES WORK TOWARDS SAFER STREETS FOR CYCLISTS

By Staff



Photo courtesy of Michael Ender via Unsplash.

ing Intervals (IPLs).

The IPL is a proven way to save pedestrians' lives. Normally, when the traffic lights change, there is a brief interval (usually around 2.5 seconds) when all of the lights are red, causing all traffic to come to a halt. If this interval is extended to three to seven seconds, and the appropriate pedestrian walk sign is activated, pedestrians can start crossing before any cars start moving.

This sounds like a trivial feature, but it has been shown to reduce pedestrian-car accidents by almost 50% and completely eliminate the problem of pedestrians being hit by cars turning left. Giving pedestrians an IPL forces all of the drivers

to come to a halt and take a good look at the intersection before proceeding.

Around 90% of serious cyclist-car accidents occur in intersections. A pilot study in New York found that allowing cyclists to use the IPL reduced the rate of serious cyclist-car accidents by 37%. It is hoped that allowing cyclists to take advantage of IPLs will improve their safety without compromising the safety of pedestrians. Cyclists are required to yield to pedestrians when crossing during an IPL.

Reprogramming existing traffic signals to incorporate an IPL is significantly less costly and time-consuming than installing new bicycle traffic sig-

nals.

Bikes on Escalators

Cyclists are now allowed to transport their bicycles on BART escalators. Previously, they were required to carry them up and down the stairs or cram them into the few elevators available. This change is expected to improve the commuting experience for people who use cycling for local transport and trains for covering longer distances.

Bikes in apartments

Previous laws allowed landlords to ban tenants from storing bicycles in their rental units. These laws have been repealed and tenants can now store bicycles, e-bicycles, and scooters in their units. For fire safety, all batteries must be UL-certified. Landlords who do not want these devices inside the rental units have the option to provide a secure storage and recharging facility instead.

California's Bike Friendly Policies

California continues to be on the forefront of green transportation. Cycling is just one way residents can embrace sustainable mobility, but creating bicycle friendly roads is imperative. In 2022, there were 8,888 bicycle accidents in the state resulting in 196 fatalities. Passing laws to make cycling more accessible and safer across the state can increase the use of this type of green transportation, while reducing the risk to cyclists.