

"MORBIUS" IS NOT ENTERTAINING FUN

By David Miller

HOLLYWOOD—Here is a piece of advice, just because a character appears in a comic book movie or in a comic book franchise does NOT mean the character needs to have his or her own spinoff people. For those of you not in the know, I'm referring the Marvel flick "Morbius" starring Oscar-winner Jared Leto. Yeah, I should have known there was an issue with the flick after it had been delayed multiple times in recent years and it wasn't all because of COVID-19 people.

Leto is a great actor, but even he couldn't save this dismal story with a script that is just as riveting as watching a fly, fly around the room people. The problem with some spinoffs is they just don't have much of a story to tell to engage the audience. "Venom" that was a spinoff that was entertaining, at least the first flick was, the sequel, not so much. The tale of Michael Morbius who happens to be a foe of our favorite web slinger, Spider-Man aka Peter Parker, is that he suffers from a rare-blood disorder. Michael isn't the only person who suffers from this rare-blood disorder, so does his bother Milo (Matt Smith)



Jared Leto stars in the film "Morbius."

who are both adopted by Dr. Emil Nicholas (Jared Harris).

The brothers bond at a young age over their illness, but as they get older, Michael makes it a mission of his to cure his disorder and he utilizes some vampire bats to do so. Bad mistake because in the process of splicing their genes with his, he gets the result he wants, but fails to realize it comes at a cost: he becomes a blood-thirsty vampire. So the goal here for the writers is to turn Morbius into an anti-hero.

See I really don't like that notion in the comic book verse. Why? Either you're a hero or you're a villain; it is very difficult to tread that line of being

both because it requires a level of charisma to pull off effortlessly. I mean could you actually name an anti-hero that actually works? I guess I would say Harley Quinn (Margot Robbie) in "Suicide Squad," but that is because she was so eclectic and fascinating to watch on the big screen people. Leto is NOT able to pull off that same feat here. Morbius is simply Spider-Man, the only difference he has taken on all the qualities of bats with a few superhuman strengths along the way.

The vast majority of the film involves Morbius attempting to stop his blood thirsty brother who goes against Michael's

wishes to cure him and becomes a darker version of Morbius himself. We have this battle of sibling rivalry where the question is posed if one would be willing to kill their own blood to protect others and to prevent further harm. Interesting question, but nothing that wowed me as a spectator to say I want to see more.

The movie presents a dark atmosphere, but it really doesn't delve into that era. It's like "Deadpool," but Deadpool choose to push the envelope and it absolutely worked in its favor. "Morbius" teeters on rather it should cross the line, and had the film fully embraced the character as it is in the comics, it would have gone full-blown with the blood-lust and the actual threat that Morbius and his brother Milo are. Instead we get a tamer PG-13 version that is not all that exciting or fun to watch. An interesting mid-credits scene teases what could come in a sequel, but with the way the public responded to this movie "Morbius" should NOT expect a sequel, yet alone a cameo in another Marvel flick anytime soon.

HOW TO BUILD A HEALTHY SLEEPING ROUTINE

By David Miller

UNITED STATES—Having a sleeping routine might be difficult to maintain as an adult, especially when you're constantly tired. But being well-rested requires effort and good habits. Your meals, physical activity and even a stressful life will influence your sleep. In the following paragraphs you'll find some suggestions of lifestyle habits you can adapt to develop a healthy sleeping routine.

Set a bedtime hour
Your body runs by a circadian rhythm that controls the body's basic functions. One of its mechanisms is the sleep-wake cycle which influences your sleep habits. This system works by sending signals to your body to know when to wake up or go to sleep. Therefore, the daylight will cause your body to be more active, while the dark will make your body produce melatonin,

which is a hormone that promotes sleep. Therefore, your body needs a bedtime schedule to get ready to shut off each night at the same time. So go to sleep at the same time every day (even during weekends).

Have a proper bed setting
The bed setting will make a huge difference for your sleeping pattern. For example, the mattress you choose can give you restless nights or decrease lower back pain. Another important element for your bed is the pillow. You can avoid neck troubles and headaches if you're getting the right one. If you're unsure which model is the best, buy one from a family owned business, where quality is more important than quantity.

Depending on your sleep position, you can find the best pillows to fit your needs. The right cushion should align your spine

and allow your neck to sit in the proper position (not too high or low).

Cut down electronics before bed

Watching your favorite show before bed has never been healthier. The blue light from your devices (laptop, smartphone) makes your brain think it's daytime; therefore, it keeps you active in the nighttime. You have two options to prevent this:

Eliminate the exposure to blue light before bed;

Use a blue light filter that you can download on your devices (or wear glasses that block the blue light);

Additionally, you can get reading lamps with orange or red light and try to get enough sunlight during the day (to improve a healthy circadian rhythm). Don't forget that the light around you easily influences

your body.

Meditate

Even if it seems too complicated, meditation is a good habit for your sleeping routine. This method is made to practice mindfulness and be more receptive to your thoughts and accept them. The only thing you have to do is sit comfortably in your bed (optionally, you can listen to meditation music) and observe your breathing patterns and how your thoughts wander around your mind. You'll be surprised how fast you'll get tired.

Lastly, build a routine that fits your lifestyle and your preferences. Try making it enjoyable and be patient with yourself if it doesn't show results immediately. Let your body get used to the new and adapt to good habits.

2022 DAYTIME EMMY NOMINATIONS RELEASED

By Donald Thompson

HOLLYWOOD—So who will be competing for the top prize when the Daytime Emmy Awards are handed out on June? Well, the 2022 nominees were announced on Thursday, May 5 and leading all contenders was the daytime soap "The Young and the Restless" with 18 nominations. Not far behind was "General Hospital" with 17 nominations. All four remaining soaps on network TV will compete for the Outstanding Drama Series alongside the Peacock spinoff "Beyond Salem."

"The Kelly Clarkson Show" and "The View" each picked up nine nominations apiece. I will say there was a lot of love for "Y&R" and "Days of Our Lives." However, I was surprised to see some names missing for "The Bold and the Beautiful" particularly Katherine Kelly Lang and Jacqueline MacInnes Wood.

A partial list of this year's nominees can be viewed below:
Outstanding Drama Series
"Beyond Salem"
"The Bold and the Beautiful"
"Days of Our Lives"
"General Hospital"



The 2022 Daytime Emmy nominees have been announced.

"The Young and the Restless"

Outstanding Lead Actor In a Drama Series

-Peter Bergman "The Young and the Restless"
-Eric Martsolf "Days of Our Lives"

-John McCook "The Bold and the Beautiful"
-James Reynolds "Days of Our Lives"

Outstanding Lead Actress In a Drama Series

-Marc Miller "Days of Our Lives"
-Mishal Morgan "The Young and the Restless"

-Cynthia Watros "General Hospital"
-Laura Wright "General Hospital"

-Arianne Zucker "Days of Our Lives"

Outstanding Supporting Actor In a Drama Series

-Bryton James "The Young and the Restless"
-Jeff Kober "General Hospital"

-Aaron D Spears "The Bold and the Beautiful"
-James Patrick Stuart "General Hospital"

Outstanding Supporting Actress In a Drama Series

-Kimberlin Brown "The Bold and the Beautiful"
-Nancy Lee Grahn "General Hospital"

-Stacey Haiduk "Days of Our Lives"

-Melissa Ordway "The Young and the Restless"

-Kelly Thiebaud "General Hospital"

Outstanding Younger Performer in a Drama Series

-Lindsay Arnold "Days of Our Lives"

-Nicholas Chavez "General Hospital"
-Alyvia Alyn Lind "Faith Newman"

-William Lipton "General Hospital"
-Sydney Mikayla "General Hospital"

Outstanding Guest Performance in a Drama Series

-Robert Gossett "General Hospital"
-Ted King "The Bold and the Beautiful"

-Michael Lowy "Days of Our Lives"
-Naomi Matsuda "The Bold and the Beautiful"

-Ptosha Storey "The Young and the Restless"

The awards were handed out on Sunday, June 24 at 9 p.m. on CBS and will also stream on Paramount +. A host for the ceremony has not yet been announced.

HOW TO GET MORE FOLLOWERS ON INSTAGRAM

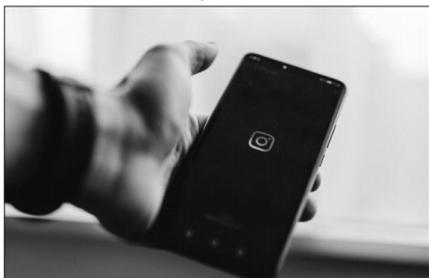
By Staff

UNITED STATES—Have you noticed that your follower count on Instagram seems to have halted but do not know why? Do you want to know how you can go about getting more followers on Instagram?

We live in a world where people are constantly looking to get more followers on Instagram. Whether you are an influencer, a business, or just someone that wants to share their lives with the masses – it's important to know how to "game" the system so that your account is seen as influential and worthy of following by others.

Social media is now a very important element of day-to-day life, and it offers many different benefits, but you need to know how to use it effectively. If you want to know how to gain more followers, here are a few tips to follow.

Use organic growth services
Organic growth on Instagram can be a challenge. If you want to grow your account without resorting to shady practices, you need to put in the work. That means posting regularly, engaging with other users, and using hashtags effectively. It can be a lot of work, and it often takes a long time to see results. There are growth services that can help you speed up the process. By using organic growing methods, these services can help you get more organic Instagram followers without risking your account getting banned. In addition, they can help you target specific niches and demographics that are most likely to be interested in your content. As a result, using an organic growth service can be a great



There are ways to increase Instagram followers.

way to jumpstart your Instagram growth.

Use hashtags

Gaining followers on Instagram can be a tricky thing to do especially since these days it is such a large platform with billions of users. With that said it would seem easy to gain followers because of the number of users that Instagram has however this makes it a little bit more difficult because it means that you have far more competition and you are less likely to be seen.

Although this may be the case, there are many ways that you can go about gaining followers on Instagram and becoming more popular. One of the first things that you should be doing is making use of hashtags which are one of the most underrated tools that Instagram has to offer.

Hashtags are searchable keywords that you can put in your content which makes it easier for people who fall apart of the same niche to discover you and your content. Hashtags make your content far more discoverable and noticeable especially when it comes to reaching a specific audience.

Take advantage of influencers

Influencers are the big players when it comes to social media, and they are the social media users or Instagram users that have millions of followers who follow their accounts and enjoy their content.

If you are looking to grow your account and gain more followers because of the number of users that Instagram has, especially as a business, then one of the ways that you can do this is by working with an influencer. Influencers have a large hold over their audience, and they can promote a brand or product to their followers and their followers will likely follow you too.

There are different ways to work with influencers whether it's sending their products to try out, sponsoring their content, or even collaborating with them. This is a slightly more expensive method, but it is worth it in the long run if you can afford it

Engage

Engagement is one of the key players when it comes to social media and social media growth no matter the platform, you're on. However, this is especially true for Instagram. When one talks about engaging on social media it refers to that liking

commenting, sharing, direct messaging, and tagging other users to name a few.

Most people are under the impression that when it comes to engagement on social media as a business that it is only engagement that you should be receiving and that you do not have to engage yourself. If you are looking to get more followers and grow your account then you need to make sure that you are actively engaging with other users on the platform.

Have a theme

Something that might seem particularly small and unnecessary, but is very effective is having a theme for your account. Having a theme on your Instagram account shows consistency and having a specific aesthetic means that you have a voice that is consistent with your posts.

There are many different themes that one can choose to go with for their account, but they should be suited to your niche and something that your target audience would enjoy.

Find your niche

Last but not least the final thing that you should be doing to get more followers on Instagram is to find your niche. A niche is a group or an audience of people who are interested in specifically what your account produces or anything similar to that.

A niche could be anything from animals to food to music to sport and so much more and it all depends on what your account is focused on. Having a niche makes it easier for one to cater content specifically to a specific audience.

"DEEP WATER" IS A DEEP MESS!

By David Miller

HOLLYWOOD—I'm not sure what it is, but Ben Affleck does not have good luck on the big screen wherever he appears with an actual love interest. "Gigli" did you see that? I don't think most of America did. You can now add another movie to the list, "Deep Water" starring Affleck and his former lover Ana de Armas. Affleck and Armas star in this steamy thriller helmed by Adrian Lyne who is responsible for the amazing "Fatal Attraction," and other thrillers like "Indecent Proposal" and "9 ½ Weeks."

Let me just tell you right now the magic captured in those classics are not captured in "Deep Water." Is this a sexy movie? Absolutely, but that is a direct result of de Armas who is captivating to watch on the screen and in the role of Melinda Van Allen. How can I best describe the relationship between Melinda and Vic (Affleck)? Hmm, a marriage of convenience because that is the only rationale I can fathom for Melinda being able to cheat with ANYONE she chooses to prevent



Ben Affleck and Ana de Armas star in the thriller "Deep Water."

and a messy divorce and it makes absolutely no sense to me.

Vic has money, and if he were so unhappy in his marriage why not just sign the divorce papers and move along. C'mon on people the rationale the writer's presents here is the first grasp on who the culprit is committing these 'odd' murders and when jealousy rears its ugly head it is so obvious you will not be stunned in the least by the so called reveals and twists in this movie.

Affleck doesn't do much on the acting front beyond portraying the depressed husband who tries to convince his

host of other young suitors all lined up.

Hell, when the couple's daughter realizes mommy is much different around other men compared to her father, that says a ton America, a ton! It really is not that much of a mystery if the audience has a strong grasp on who the culprit is committing these 'odd' murders and when jealousy rears its ugly head it is so obvious you will not be stunned in the least by the so called reveals and twists in this movie.

Affleck doesn't do much on the acting front beyond portraying the depressed husband who tries to convince his

friends he's not depressed and that he's happy in his marriage. Affleck doesn't really invest himself in the role and that takes a toll in my opinion on the overall punch the film could actually deliver to the audience. Let's see a bit of emotion, let's see some rage, let's see some deception because by the time it emerges the audience is already checked out and could care less as to exactly what is taking place. If you want the audience to be invested in the characters, they have to be written in a manner that forces us to be invested in what it is they do and why they do it.

"Deep Water" slowly focuses on utilizing sex and sensuality as a charm to lure the viewer in, but never fully delivers giving us what we want. De Armas does the best she can with the script given to her and she is indeed a shining point in the movie, but beyond that it's a steamy thriller, without the thrills people and you will be left wanting a lot more than what the film delivers.

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