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SUBMIT NEWS

Submit your event information by Monday for publication the following week (two weeks in advance is even better!).

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ADVERTISING AND
SUBSCRIPTIONS

Baker City Herald

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Wallowa County Chieftain

541-426-4567

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What We're Into 'Off the Beat' podcast

I have mentioned in this space before that I am a listener of podcasts. My trips back and forth between Pendleton and La Grande afford plenty of time to indulge in them. So I subscribe to a wide variety though the Stitcher app on my phone, from wrestling nostalgia ("Something to Wrestle" with Bruce Prichard) to show rewatches ("Office Ladies"). It's a hodgepodge of podcasts to be sure.

But a recent one I have become hooked on is "Off the Beat" with Brian Baumgartner, or Kevin Malone for connoisseurs of the American version of "The Office."

This is Baumgartner's latest podcast (he also hosted "The Office Deep Dive" podcast). He interviews his co-stars on "The Office," along with other TV personalities, athletes and more for what the show's

description calls a look at "the inner workings of the television industry, their favorite moments on set, never-before-told stories and secrets and moving on from their most iconic roles."

Brian's interview style, in my opinion, can best be described as laid back. He brings a calm, soothing voice to the pod and through that more conversational style, he brings out the best in his guests (see his interview with Adam Conover of "Adam Ruins Everything"), but his style probably isn't everyone's cup of tea. I've seen some reviews of the podcast who complain it has just become another in a "long line of interview podcasts" or that some of his guests (Eric Dickerson and Joe Buck) don't really fit the theme of the show. I believe they make up exactly what the



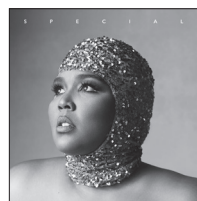
show is about — a sharing of experiences and of what makes his guests successful in their chosen field.

— Andrew Cutler, EO Media Group
eastside regional editorial director

New releases Lizzo, 'Special'

Singer and rapper Lizzo wasn't kidding when she came out with the title for her latest album — it truly is a journey to get to your most "Special" self.

This album is an ode to body positivity that doesn't shy away from how hard it can be to get there and the dark times we endure to feel love-worthy.



"Special" features the funky single "About

Damn Time," already a TikTok sensation ("In a minute, I'ma need a sentimental/ Man or woman to pump me up/Feelin' fussy, walkin' in my Balenci-ussies") and "Grrrls" — modified after its release due to backlash over the use of a derogatory term towards some people with disabilities.

While the album sticks to Lizzo's proud and loud style towards body acceptance, the slow ballad, "If You Love Me," explores the doubts and uncertainties we encounter on the way and is sure to bring a tear down your cheek — or a waterfall ("When

the world can't love me to my face/When the mirror lies and starts to break/Hold me close, don't let me run away/Don't be afraid").

The album feels closer and more personal from her previous work, unlocking a more vulnerable side of the extrovert artist.

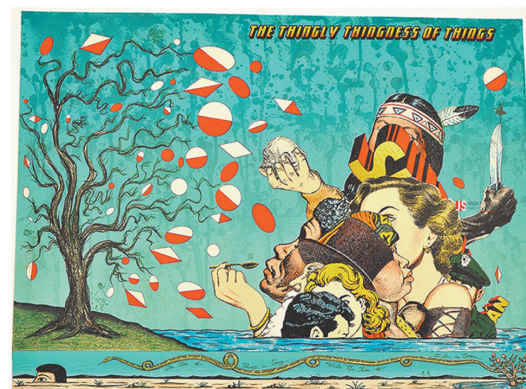
However, this is Lizzo we are talking

about, therefore "Special" has to be a celebration as well. Pop song "The Sign" is sure to be this year's summer anthem during brunches and nights out. "Special" is about friendships, heartbreaks, self-doubts, empowerment and, most importantly, love: Love for the people in our life and for ourselves and who we are.

— The Associated Press

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