

5 Ways to Entertain Your Indoor Cat

When it comes to entertaining cats, most of us are at a loss for ideas. Should we purchase the playful Kitty-Omatic 3000 or would a paper bag suffice? Many of us have endured the frustration of buying toys just to witness our feline masters casually walk by apathetically. How disrespectful!

After years of witnessing Soleil's disdain for my carefully chosen feline enrichment items, I decided to save money and not purchase anything. To my surprise, she found amusement around the house. Below are her top five entertainment activities.

1. Paper Bag

Nothing yells overt elation like a kitten in a bag. Have you seen them? Hopping and bopping, twirling and whirling, oh, how they adore the sound, texture and lightness of a shopping bag. To encourage play, place a paper bag on the floor in front of your cat and move it sporadically. I bet you they will love it. If your pet is hesitant to play, hide cat treats inside the bag for a little positive reinforcement.

2. Light Reflections:

Some cats love playing with lasers and chasing light. You can get the same effect by holding crystal or a cracked cell phone up to a window. The best time for this game is morning or dusk as the sun moves across the sky. Clear a space on the floor or couch so your pet doesn't run into anything. Not only will the joy of your cat chasing twinkling dots amuse you, but the sight will be magical. When you're ready to stop,



Dr. Jasmine Shanelle Streeter
Veterinarian

place a few treats on the ground where the light is so your cat thinks they've "caught" their prey.

3. Build a Fort

Need I say more? Cats love hiding and creeping around tight spaces. Build a fort with sheets, boxes, tubes and chairs to bring kitty camping to life. Divide the fort into sections and watch your pet swat at the loose fabric. To make it a party, make the fort large enough for you and your kitty. That's when the real fun begins.

4. Tag/Hide and Seek

Cats love stalking things and people. It's a natural gift they have as predators of the domestic world. To cultivate this God-given talent, try entertaining your pet the next time you witness this behavior. Slowly make eye contact, with your cat then look away. Move slowly and then make quick motions with the hand. Take off running into the other room and then double back to see if they've followed. To determine if they're having fun, watch their tails. If they flick up and down quickly, you're on the right track.

5. Plants

Some cats love plants. This is great if you have nontoxic plants available for your pet to chew on or crawl through. Alternatively, buy catnip or wheatgrass from

See CATS on page 7

Kam's Kapsules: Movies Opening Friday

WIDE RELEASES

The Predator (R for graphic violence, crude sexual references and pervasive profanity) Sixth installment in the sci-fi series revolves around a disgruntled science teacher (Olivia Munn) who joins forces with a ragtag crew of ex-soldiers to save humanity after a young boy (Jacob Tremblay) inadvertently triggers the return to Earth of the universe's most lethal hunters. With Boyd Holbrook, Trevante Rhodes, Keegan-Michael Key, Brian A. Prince and Sterling K. Brown.

A Simple Favor (R for violence, drug use, graphic nude images, and pervasive profanity and sexuality) Cat-and-mouse crime thriller about a small-town blogger (Anna Kendrick) who teams with her BFF's (Blake Lively) husband (Henry Golding) to solve his wife's mysterious disappearance. Cast includes Eric Johnson, Jean Smart and Sarah Baker.

Unbroken: Path to Redemption (PG-13 for mature themes and disturbing images) Biopic based on Laura Hillenbrand's best seller chronicling World War II POW Louis Zamperini's (Samuel Hunt) overcoming his despair with the help of his wife (Merritt Patterson). Featuring Vanessa Bell Calloway, Bobby Campo and Gary Cole.

White Boy Rick (R for drugs, violence, sexuality, pervasive profanity and brief nudity) Richie Merritt plays the title character in this biopic, set in Detroit in the '80s, recounting the rise and fall of FBI informant-turned-drug kingpin Richard Wershe, Jr. With Matthew McConaughey, Jennifer



'White Boy Rick'



Kam Williams

Kam's Kapsules Movie Reviews

Jason Leigh, Eddie Marsan and Piper Laurie.

INDEPENDENT & FOREIGN FILMS

American Chaos (R for profanity and sexual references) Red-state documentary shedding light on what inspired Trump's supporters to vote for him in the 2016 presidential election.

American Deep State (Unrated) Eye-opening expose' revealing the hidden network of government bureaucrats secretly controlling U.S. policy. Featuring com-

mentary by Bill Clinton, James Comey and Jeb Bush.

Bel Canto (Unrated) Suspense thriller about a world-renown opera singer (Julianne Moore) kidnapped by South American guerrillas as she was about to perform at a Japanese tycoon's (Ken Watanabe) birthday party. With Christopher Lambert, Sebastian Koch and Olek Krupa. (In English, Spanish, French and Japanese)

The Children Act (R for a sexual reference) Courtroom drama revolving around a judge's (Emma Thompson) struggle with whether to force a teenager with leukemia (Fionn Whitehead) to undergo a life-saving blood trans-

fusion forbidden by his religion. With Stanley Tucci, Ben Chaplin and Eileen Walsh.

Lizzie (R for violence, grisly images, nudity, sexuality and profanity) Chloe Sevigny portrays Lizzie Borden in this crime thriller about the infamous young woman accused of murdering her father (Jamey Sheridan) and stepmother (Fiona Shaw) in Fall River, Massachusetts in 1892. With Kristen Stewart, Kim Dickens and Jeff Perry.

Science Fair (PG for mature themes and mild epithets) STEM documentary chronicling the impressive efforts of nine high school students competing in the international science fair.

"A Taste of Lents"



Saturday, September 15, 2018

12:00pm to 6:00pm

Lents Park

(Corner of SE 92nd and Holgate)

Live Music Performances by:
Erotic City Prince Tribute Band,
Kirk Green Band
& More

Face Painting by Mystique's Fancy Faces

Youth Activities and Arts & Crafts

Local Food & Resources for Residents

FREE and Open to the Public

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SHOWTIMES



Week of
Friday, Sept. 14 through
Thursday, Sept. 20

MAMMA MIA! HERE WE GO AGAIN (PG-13)

Fri-Thur: 11:40, 4:20

ANT-MAN AND THE WASP (PG-13)

Fri-Thur: 11:45, 4:45, 9:40

LEAVE NO TRACE (PG)

Fri-Thur: 1:40, 6:45

THREE IDENTICAL STRANGERS (PG-13)

Fri-Thur: 2:15, 9:05

JURASSIC WORLD: FALLEN KINGDOM (PG-13)

Fri-Thur: 2:05, 7:00

WON'T YOU BE MY NEIGHBOR? (PG-13)

Fri-Thur: 11:35, 7:15

MULHOLLAND DRIVE (R)

Fri-Thur: 4:00, 9:20

\$4 adults, \$3 seniors (65+), \$3 kids (12 & under)

7818 SE Stark St, Portland, OR 97215

503-252-1707 • AcademyTheaterPdx.com

Babysitting: Children 2 to 8 years old. Fri: shows starting between 3:30 pm and 8 pm. Sat - Sun: shows starting between 1 pm and 8 pm. \$9.50 per child for the length of the movie. Call to reserve a spot, no drop ins.