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BY BARBARA BECKLEY



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THE ARTISTRY OF SPEED

Sports Artists on the Autobahn

By Contributing Writer

of sports artists who harness the raw power of high-performance vehicles and translate it into visually stunning works of art.



One prominent figure in this realm is Wolfgang Fahrer, a seasoned artist whose work revolves around the intersection of speed and artistic expression. Drawing inspiration from the sleek lines of racing cars and the rush of wind at high speeds, Fahrer's paintings capture the dynamic essence of the Autobahn experience. His use of bold colors and sweeping brushstrokes reflects the intensity and excitement that define the world of high-speed driving.



The Autobahn's unique blend of tradition and innovation also serves as a muse for artists like Carla Renmmeister. Her work not only pays homage to classic racing cars but also explores the cutting-edge technology

These artists often find themselves immersed in the culture of motorsports, attending races and collaborating with racing teams to gain firsthand experience of the adrenaline-fueled world they depict. This hands-on approach allows them to capture the essence of speed not just as a visual element but as a visceral and emotional experience.

The Autobahn's contribution to automotive history and its association with high-speed driving have also inspired a surge in demand for sports art. Collectors and enthusiasts alike seek out these unique pieces as a way to connect with the thrill of the open road, even when stationary. The Autobahn, with its iconic status in the automotive world, provides a constant stream of inspiration for these artists, ensuring a continuous evolution of their work.

The Autobahn serves as a dynamic and ever-changing muse for sports artists who seek to capture the spirit of speed on canvas. From the sleek curves of racing cars to the blur of scenery at high speeds, these artists bring the thrill of the open road to life through their unique interpretations. As long as the Autobahn continues to be a symbol of automotive excellence and unbridled speed, these sports artists will continue to find inspiration in its asphalt veins.

that defines modern automotive engineering. Through a mix of traditional and digital techniques, Renmmeister creates vivid and dynamic compositions that celebrate the evolution of speed on the Autobahn.

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HOW THE HOLLYWOOD STARS SHINE THEIR BRIGHTEST

By Barbara Beckley

AWARD SEASON IS ON! WHEN HOLLYWOOD'S BEST SHINE THEIR BRIGHTEST! BUT WHY LIMIT THE GLAMOR TO CELEBS. HERE'S HOW WE ALL CAN BE PICTURE PERFECT. WHETHER WE'RE CLUTCHING A GRAMMY AT THE 66TH ANNUAL GRAMMY AWARDS, FEBRUARY 4, AT CRYPTO.COM ARENA. AN OSCAR AT THE 96TH ACADEMY AWARDS, MARCH 10, AT THE DOLBY THEATRE. OR A VANILLA LATTE AT OUR FAVORITE STARBUCKS.

GRAMMY GLAMOR!

Okay. Fess up. We all want to look like Taylor Swift. Cheering her multiple 2024 Grammy nominations is a great excuse to really do it. And she's made it so easy. Sharing her beauty secrets – down to her signature smudge-less ruby red lips – and joining forces with her favorite beauty line, Pat McGrath Labs, to create Pat McGrath Labs' "Taylor-Made" kits of her favorite products.

Moisturizing is her top beauty priority, according to skincareasia.com. Morning and evening using a lightweight moisturizer that suits her skin type. Sunblock is a must. She never steps out without it! Also, a healthy diet to achieve that inner glow. No sugar. And regular workouts to boost skin health.

For makeup, Taylor uses Pat McGrath Labs Liquid Lipstick, Pat McGrath Labs Liquid Eyeliner, Pat McGrath Labs Blush, Pat McGrath Labs Mascara, Pat McGrath Labs Lip Liner, Pat McGrath Labs Eyeshadow Palette, and Pat McGrath Labs Sublime Perfection Foundation. How does she make her lipstick stay on for such a long, long time? First, Taylor applies Pat McGrath Labs Lip Liner. Followed by a single layer of Pat McGrath Labs Liquid

Lipstick. Next, she dabs it a with tissue. Then repeats the process. And Taylor's gorgeous hair! Griffin Remedy shampoos are her secret, says skincaesia.com.

Interspersed with "spa hair days" using Griffin Remedy Hair Mask. Taylor also believes in drinking plenty of water. Like 10 bottles a day – and even more when she's



traveling. This keeps her hydrated, flushes out toxins, boosts her immune system, and adds a natural glow to her complexion and skin, writes Harvestmoon.com.

No surprise – Miley Cyrus, who's up for six 2024 Grammy awards takes a free and easy approach to her beauty regime, as chronicled by Harpers Bazaar. But surprise! Miley suffered with acne! Navigating that struggle led her to believe that simplicity is the ultimate sophistication in skincare. "My skin cleared up the more I cleaned out my products and kept my routine minimal and essential," she told Harpers. Today, her beauty rituals are "more focused on mental and emotional care," she explains. "There is nothing sexier than someone being in

their honest feelings. So, I nurture myself as a human and that radiates through my skin and invites people to do the same when we're together." To Miley, "self-care is self-love. It's about taking time to worship yourself."

Miley is also centered on exercise. "Outside of music, physical fitness is my most passionate creative outlet," she told Harpers. "I find so much fun in choreographing my workouts. I think there is a greater chance of maintaining a fitness commitment if you don't think of it as work but as play." What are Miley's essential products? Just two, according to byrdie.com. Biba de Sousa Los Angeles Plant Stem Cell Serum With Peptides. And Dolce Glow Gradual Self-Tanning lotion, along with its Dolce Glow Kabuki Brush for application.

For Olivia Rodrigo, who also boasts six 2024 Grammy nominations, "Accentuating our natural features is key in makeup, because it boosts confidence, and should be enjoyed as a personal ritual," she told Vogue. Dry shampoo and hair oil is of major importance since she has oily hair. But you'd never know. And she's so sweet about sharing her secrets. She's made a timestamped YouTube video, "Olivia Rodrigo's Guide to Effortless Skin-Care and Makeup Beauty Secrets." Here's the summery from eightify.app: 00:00 Olivia takes Olly gummies for hair improvement and uses Epionce Milky Lotion Cleanser to combat dermatitis. 01:39 she uses The Ordinary serum, a gua sha tool, and emphasizes the importance of self-care and alone time for recharging. 02:52 Lip scrubs help with peely lips, BB cream is applied with her fingers, Glossier Stretch Concealer is a favorite for subtle coverage, and bronzer is used for a tan and sun-kissed look. 04:31 She uses blush and highlighter to look awake and happy. 05:21 Olivia loves Boy Brow and Glossier Pro Tip Liquid Eyeliner and explains the importance of eyeliner that doesn't smudge. 07:08 She explains her effortless makeup routine, including winged eyeliner, curled lashes, and moisturizing lip gloss to enhance your natural lip color.

BEAUTIFUL BARBIE!

While the 2024 Oscar nominees are under wraps 'till January 23, odds are good Barbie may win for set design, costuming, and makeup. (Best Picture not so much. Bookie.com gives her 16 to 1 odds there.)

But yikes! To look your onscreen Barbie best takes A LOT of work. Easier first to achieve the pretty-in-pink glow of Barbie



star Margot Robbie. Hydrated skin is Margot's key to glowing beauty, according to Vogue. She places great importance on incorporating hydrating products into her routine, especially lightweight, hydrating serums containing hyaluronic acid, glycerin, and natural humectants that draw and retain moisture in the skin. She loves Aesop Immediate Moisture Facial Hydrosol, and Caudalie Beauty Elixir to deliver glowing skin and hydration. Margot even uses Caudalie to set her makeup. At night, Margot uses a targeted facial cleanser such as Mangosteen Daily Resurfacing Cleanser with gentle lactic acid to remove dead skin cells, or Clear Skin Probiotic Cleanser with acne-fighting salicylic acid to deep her clean pores without leaving her skin feeling dry or stripped, says sweetcheekswaxingskin-care.com.

For a true onscreen Barbie doll look – hold on! “From probiotics to milk thistle tea, this was no ‘red carpet skin treatment’” revealed Harper’s Bazaar. Devised by the Barbie movie’s London-based skin pro Jasmina Vico, throughout the filming Margot followed a time-intensive combination of Vico’s signature Vico Glow Laser,

LED therapy, lymphatic drainage, cold laser, pressure point massage, and Vico’s expert ‘gut x skin protocol’ – one-to-two times a week! And that’s not all! Between sessions, Margot took probiotics and other anti-inflammatory supplements, including Vico’s own Vico Skin 3-6-9 Supplements trilogy: Phyto Energy, Skin Frequency and Gut Vibration. And – oh dear – eating fermented foods like sauerkraut, kimchi, kefir, and berries.” It’s all to do with “promoting the healing, and reducing the stress in the body,” Vico explained to Harper’s Bazaar. Which is also why she had Margot drinking organic milk thistle tea. “It helps with flushing the liver which makes the skin better because it produces more glutathione which helps with luminosity and brightness,” said Vico. Clearly, Margot should win the Oscar for Most Intensive Beauty Regime Ever!

OSCAR STYLE

Discipline, yes. But for a bit more realistic movie star look, last year’s Oscar Best Actress Michelle Yeoh, and Best Supporting Actress Jamie Lee Curtis are worth copying.

“Fitness first,” is 61-year-old Michelle Yeoh’s beauty secret, according to British GQ. Two hours of cardio daily, brisk four-to-six-mile walks, shadowboxing, swimming, Tai Chi, and Yoga play a big role in her fitness regime for maintaining balance, strength, flexibility, and building internal fortitude. “Having an active lifestyle is just as essential for a natural glow as beauty products,” she told Hello! India. “Exercise gives you a glow from the core, making the skin look better right away.”

Adding to that is what Michelle calls her “holy grail skincare duo.” Augustinus Bader moisturizer, a lightweight, hydrating formula with anti-ageing properties that blur wrinkles and fine lines, brighten dull skin, and give a healthy, radiant glow. And Tatcha smoothing essence, that improves the skin’s smoothness and suppleness, with ingredients including rice, algae, and green tea, and boosts the efficacy of the moisturizer, according to Women’s Health Magazine. Michelle uses Tatcha after cleansing and before lathering on other skincare products. Plus, a daily mask – yes, every day – the Guerlain Orchidee Imperiale Sheet Mask. And eye patches for added hydration and rejuvenation, revealed Yahoo!life. “Michelle always has a mask or eye patches on,” her makeup artist Sabrina Bedrani, told The Cut.



According to Sportskeeda, the mask has a calming effect on the skin, visibly improving its radiance, texture, and firmness.

Mindful eating is another Michelle beauty must. “You truly are what you eat,” she says. “Poor eating habits can lead to skin breakouts, sensitivity, redness and whatnot.” She prefers several small meals throughout the day. Noshing on fruits and veggies. And no sugar.

As if we didn’t already love 2023 Best Supporting Actress Oscar winner Jamie Lee Curtis, her beauty secrets seal the deal. Gorgeous at 64, Jamie told Today, that she relies on only two products to keep her skin glowing. Nivea’s Essentially Enriched Body Lotion all over her face and body, and Sea Breeze Facial Cleanser. A duo that costs about \$10. And her makeup? “I usually dab a little Anastasia Beverly Hills Magic Touch Concealer onto the back of my hand and mix it with the Anastasia Beverly Hills Luminous Foundation. Then I apply lightly to areas that need coverage with a fluffy concealer brush and really blend it out,” she told SheKnows.com. She certainly could afford pricier products. “I’ve tried the over-\$800 creams and they didn’t do anything,” Jamie said. “Anastasia concealer is extremely pigmented, making for excellent coverage,” Jamie’s makeup artist Grace Ahn told Prevention Magazine. “Using very thin layers works really well to even out Jamie’s skin while still looking like real skin.” And Nivea Essentially Enriched Body Lotion is infused with a deeply nourishing serum and Almond Oil that keeps her body moisturized for 48 hours.

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LEADING MEN

Not to forget you guys! Six-Grammy nominated Jon Batiste wants to give the best of himself to others, he told Men's Health, about his fitness and nutrition philosophy. "If I had my druthers, I would cook all the time. It's one of those things that gives me a sense of therapy and self-care." While not strictly vegan, Batiste said a low-meat diet works for his body, and he likes to substitute lean proteins to make "healthier versions" of the New Orleans cuisine he grew up with. He starts most days with foods that give him a "bang for the buck" and keep him full, usually a probiotic-rich breakfast of yogurt, berries, and honey or overnight oats.

For training, Batiste prefers to work out on the beach because the sand makes every exercise that much harder. He favors cardio



cream like Rahua brand or Living Proof, applied to clean, almost-dry hair for his lightly textured (from his barber), deconstructed look. It's enough to define the hair, but far from clean-cut. 2. You're One Part Away From A New Look. By emphasizing your hair part, you'll give your style a little more structure and shape, writes GQ. Take a lightweight styler—a paste like Mast Hair's Black Pepper Styling Paste, or a pomade like Ponsonby Pomade by Triumph & Disaster—and apply it to your towel-dried hair. Define the part with a

comb (use the big tooth at the end), then comb it all into place. You can muss it up for a more natural finish, so long as you leave the part untouched.

3. Try Changing Everything At Once. Perhaps grow and shave more facial hair and try a new hairdo at the same time. That's what Gosling did for his current look, writes Hurlly. He's more baby face, longer hair up top and on the sides. Go for something in stark contrast to the usual you because it commemorates a changed chapter in your life or just benchmarks a moment when you did something different, and everyone noticed. 4. Don't Be Afraid To Surprise Everyone. Hurlly says he's sure Gosling's current look includes mascara to thicken and define his eyelashes, top and bottom. It calls attention to the eyes and makes them a little more piercing—a good thing. We agree when Hurlly writes, "I give Gosling 100 points for doing something that most guys would scoff at for fear of their compromised masculinity. You know what's masculine and attractive? Confidence." 5. Experiment With Facial Hair. Try a different beard shape or style and wear it with confidence.

So now you know. Cheers to a New You!



rather than weight training and complements his workouts with yoga, stretching, and planks for his core strength. When Batiste's readying to go on tour, he ups the ante by adding a weighted vest to his bodyweight routine. His preferred method of getting ready to go on stage every night involves doing his vocal warmups while lighting up his core in a plank.

But caution guys. Don't overdo it. Batiste says he adjusts the intensity of his workouts depending on how he feels that day.

For good looks. Barbie's Ken—a.k.a. Ryan Gosling—has it in spades! GQ captured how you can do it, too, in "5 Grooming Lessons You Can Learn from Ryan Gosling and His Perfect Hair." 1. Writer Adam Hurlly guesses Gosling uses a dab of lightweight texturizing



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DOWN HOME ON THE FARM

School Programs For Careers In Agriculture

By Contributing Writer

As the world grapples with the challenges of a growing population and changing climate, the need for sustainable and innovative solutions in agriculture has never been more pressing. Farm programs have emerged as



essential tools to encourage and nurture careers in agriculture. These programs not only provide valuable hands-on experience but also instill a sense of passion and purpose, inspiring the next generation to take up feeding the world.

Internships

Internships play a pivotal role in the multifaceted world of agriculture. These connect students with local farms, providing hands-on experience, from crop cultivation to livestock management. The immersive nature of internships allows participants to gain practical skills, fostering understanding of the challenges and rewards of a career in agriculture.

Educational Initiatives

Farm programs geared towards education go beyond the traditional classroom, offering a chance to explore agriculture in real-world. Collaborations between educational institutions and local farms provide students with practical knowledge, allowing them to apply theories to actual farming scenarios. Workshops, seminars, and field trips create a bridge between academic learning and on-the-ground experience.

Mentorship Programs

Mentorship is a powerful tool for careers in agriculture. Established farmers can share



knowledge and experience with aspiring individuals, guiding them through the nuances of the industry. Mentorship programs create community and continuity, ensuring that traditional farming is passed down to the next generation. The guidance of a mentor can be instrumental in helping newcomers navigate challenges and make informed decisions in agricultural pursuits.

Financial Support and Incentives

Starting a career in agriculture often requires a significant financial investment. Farm programs that provide financial support, grants, or low-interest loans can alleviate the burden for aspiring farmers. Governments and agricultural organizations may also offer incentives such as tax breaks or subsidies.

Technology Integration

Modern agriculture is increasingly reliant on technology, from precision farming to data

analytics. Farm programs that integrate technological training empower aspiring farmers to harness the benefits of innovation. By providing access to cutting-edge tools and techniques, these programs equip individuals with the skills needed to address contemporary challenges and contribute to the sustainability of the agricultural sector.

Farm programs play a crucial role in shaping the future of food production. Through internships, education initiatives, mentorship, financial support, as well as technology integration, these programs create a holistic approach to preparing individuals for the challenges and opportunities in the agricultural sector. As we cultivate the next generation of farmers, these initiatives not only ensure the continuity of a vital industry but also contribute to the development of sustainable and resilient agricultural practices for the benefit of global food security.



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The Color Purple

By Contributing Writer



Exuberant performances from a cast led by Fantasia Barrino, Taraji P. Henson and Danielle Brooks breathe life into “The Color Purple,” adapted from the Broadway production.

Alice Walker’s Pulitzer

Prize-winning 1982 novel, which Steven Spielberg turned into the 1985 film, may be an unlikely book for bright adaptations. Walker’s novel, told through Celie’s letters penned to God, is harrowingly bleak.

But the emotional triumphs of Walker’s novel and its soul-stirring tribute to the power of Black women lend to the maximalist spectacle of Bazawule’s razzle-dazzle adaptation. The tragedy found in “The Color Purple” makes its release all the more rousing.

It can still be awkward mix, and, like Spielberg’s movie, not all of the tonal changes work. But the payoff is immense, as are the thrilling performances.

Barrino, who in 2007 took over the role on Broadway, plays Celie with a raw soulfulness. In the film’s opening scenes, she’s picked by Mister (Colman Domingo) to be his wife, though her role is much closer to servant.

Life with Mister, who beats her, is a nightmare. That Domingo is able to play such a loathsome, cruel character and still find subtle notes of woundedness and ultimately redemption is a testament to his dynamism. The roots of Mister’s barbarism are traced to his own brutal father (Louis Gossett Jr.), one of the ways in which “The Color Purple” contemplates cycles of abuse.

Celie, separated from her beloved sister Nettie (Halle Bailey), has little to look forward to. But after years go by, signs of possibility begin.

First there’s Sofia (Brooks), the wife of Mister’s sensitive son Harpo (Corey Hawkins), who builds a juke joint on a pier above a swamp. Brooks, reprising the role she played in the 2015 stage revival, is a revelation as the strong-willed Sofia. Her forceful and funny entry (and her thundering song “Hell No!”) announce a female empowerment Celie hasn’t ever dared to imagine.

Bazawule’s film, penned by playwright Marcus Gardley, wavers most in the balance of its first

half. The musical scenes, with kinetic choreography from Fatima Robinson, perhaps come too fast and furious, distracting from connection with the meek Celie. The numbers are richly conceived — the juke joint is pierced with light shining through wooden planks. But some flights of fancy, like one number in which Celie is transported onto a giant turntable, make for a herky-jerky flow.

But the film takes off when Shug (Henson) makes her show-stopping entrance. Shug, a glamorous singer who breezes in and out of their country lives, is whom Mister most pines for — and whom Celie has great affection.

Henson, outfitted by costumer Francine Jamison-Tanchuck, gives “The Color Purple” a vivid, movie-star splash. Celie and Shug’s romance has often been downplayed — it was almost totally absent in Spielberg’s film. This version does a little better thanks to their tender duet “What About Love?”

In this lengthy and star-packed musical (Ciara, Jon Batiste, H.E.R. and Aunjanue Ellis-Taylor are just some cameos), there are more dramatic ups and downs to go. But the movie builds irresistibly toward the hard-earned emancipation of Celie, and Barrino’s climactic, impassioned performance of “I’m Here.”

Bazawule has made one previous feature (“The Burial of Kojo”). But he also performs as the hip-hop artist Blitz the Ambassador and directed Beyoncé’s “Black Is King” visual album. And his adroitness in musical performance is easy to see in “The Color Purple,” produced by Oprah Winfrey, Spielberg and Quincy Jones.

But it’s the movie’s own power trio of Barrino, Brooks and Henson that makes “The Color Purple” one of the most moving big-screen musicals in recent years.

Aquaman and the Lost Kingdom

By Contributing Writer

“Aquaman and the Lost Kingdom” is likely the final installment of the King of Atlantis’ storyline for a time. The new heads of DC Studios plan nearly a dozen film and TV comic book projects in the next decade and none have Aquaman front and center.

Holding it all together is Momoa, and it’s hard to overstate his charisma, humor and presence. DC Studios may regret deep-sixing this franchise if it doesn’t find a home for an actor who actually looks like a real-life superhero. But, then again, they bungled it with Dwayne Johnson, too.

“Aquaman and the Lost Kingdom” is equivalent to “Thor: Love and Thunder” or “Fast X” — an attempt to raise the level of the last decent entry by keeping the same overall plot but just throwing money at it — more locations, more fights, more armies led by commanders in medieval-looking suits of armor riding underwater beasts.

Johnson-McGoldrick throws everything at the sinking kitchen sink, including a cute sidekick (a genetically altered octopus) and a rare metallic ore named Orichalcum, described as “the greatest power in human history.” It’s basically a Kinko’s copy of Eternium or Vibranium. Amber Heard is back as Aquaman’s wife but this new movie is a brother-brother movie and so she’s somewhat sidelined.

Johnson-McGoldrick unfortunately likes referencing other, better movies in the dialogue, like “Cast Away” and “Harry Potter,” and layering in terrible puns like, “Put a hook in it.” The sparks come from Momoa and Wilson needling each other like siblings do. Aquaman, at his heart, is a goofy, beer-drinking, motorcycle-loving bouncer while his brother is so uptight he’d bring his own coaster to the bar.

The less gloopy visuals and plot liberally



In 2018 — the last time Aquaman owned the movie theaters — he battled his half-brother in the Ring of Fire, trekked to the Sahara to locate a clue about the Sacred Trident, wrecked most of Sicily, found the Hidden Sea, reunited with his mom and united Atlantis, along the way slaughtering more sea creatures than the entire Red Lobster empire.

This time, Aquaman — again under director James Wan — must reconcile with his brother (Patrick Wilson, the Ken doll of the deep) and hunt down the villain from the first film, Yahya Abdul-Mateen II as Black Manta, who is using ancient technology to destroy the globe, super mad at the murder of his dad.

The screenplay by returning writer David Leslie

steal from “The Matrix,” “Pirates of the Caribbean,” “Star Wars” — Martin Short voices a Jabba the Hutt monster fish — “Jumanji,” “Spider-Man” and “Fast & Furious.” But credit goes to layering in some messaging about global warming — toxic algae, greenhouse gasses and rising acidity levels. There’s an overused song this time — “Born to be Wild” by Steppenwolf — but it’s not clear if that’s for Aquaman, the man who wants to kill him or the Earth.

With Marvel at a bit of a crossroads — especially in the wake of its dropping of actor Jonathan Majors — DC, which has suffered its own woes — gets a chance to end the year on a high. “Aquaman and the Lost Kingdom” might not be all that but it keeps its trident high.

The Fleetwood Mac Concert Experience At Thousand Oaks Scherr Forum

By Contributing Writer

Experience the timeless power of one of the greatest supergroups of our time as 'Gypsy Dreams' brings their Fleetwood Mac tribute back to the Scherr Forum stage! Last year's performance sold out!

From its earliest roots in Britain as a legendary blues group, Fleetwood Mac grew into a worldwide pop phenomenon with the addition of members Lindsey Buckingham and Stevie Nicks. Along with vocalist/keyboardist Christine McVie, Bassist John McVie, and original founding member drummer Mick Fleetwood, 'The Mac' became a force to be reckoned with on rock radio and in concert venues globally.

Their 1975 self-titled album, 'Fleetwood Mac', reached No. 1 in the United States. 'Rumours' (1977), Fleetwood Mac's second album after the arrival



of Buckingham and Nicks, produced four U.S. Top 10 singles and remained at number one on the American albums chart for 31 weeks. It also reached the top spot in countries around the world and won a Grammy Award for Album of the Year in 1978. Rumours has sold over 40 million copies worldwide, making it one of the best-selling albums in history.

The Fleetwood Mac Concert Experience recreates the music and magic of Fleetwood Mac with such songs as "Go Your Own Way"



"Rhiannon" "You Make Loving Fun" "Don't Stop" "Say You Love Me" just to name a few. Plus, you'll thrill to the solo work released by both Stevie Nicks and Lindsey Buckingham!

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The Fleetwood Mac Concert Experience starring Gypsy Dreams -- For more information on Gypsy Dreams visit <https://fleetwoodmaccoverband.com>

Where: Scherr Forum- Bank of America Performing Arts Center, Thousand Oaks

When: Saturday, February 3 at 7:30 p.m.

Tickets - Assigned Seating Only

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Seniors: \$44 + \$5 Facility Fee

Children: \$38 + \$5 Facility Fee

Groups: 10 % Off Adult Price

Purchase Tickets at www.ticketmaster.com/event/0B005EF2AE0A269D

The Led Zeppelin Concert Experience Featuring Zep-LA

By Contributing Writer

The mountaintop peak of classic rock legends is indisputably Led Zeppelin. With a catalog featuring some of the most revered songs in

history ever to ring from speakers, its songs combine a unique tapestry of propulsive rock chords and wistful, gentle acoustic layers, spanning the raw lust of rock and roll and the worlds of fantasy and the occult.

ZEP-LA delivers a powerful recreation of Led Zeppelin's catalog like no other. This is the dream of some of LA's top session musicians, a dream to capture the intangible essence of the definitive rock and roll band. A labor of love and a true love letter to the fans who still believe in Led Zeppelin's enduring magnetism.



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"There are many Led Zeppelin tribute bands out there... ZEP-LA is my favorite one." Todd Volker - So-Cal Tribute Band Scene

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Promo Video For ZepLA

www.youtube.com/watch?v=Kex-vBx-7Kec

Info On ZepLA

www.zepband.com

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Sat. Feb 24, 2024

Showtime 8 p.m.

Where:

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In The Scherr Forum Theater
www.CivicArtsPlaza.com

For Tickets

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By Contributing Writer

REVOLUTIONIZING TIME

The New Google Watch

Google continues to redefine innovation. The latest addition is the much-anticipated Google Watch, a smartwatch that promises to elevate the way we experience time. Packed with cutting-edge features, this device will revolutionize the concept of a timepiece.

Health and Wellness Tracking

Google Watch takes a giant leap in health and wellness tracking. Equipped with advanced sensors, it monitors health metrics in real-time. From heart rate and sleep to stress levels, the watch provides a comprehensive overview. The watch also introduces a groundbreaking feature - an ECG app that allows users to take electrocardiogram readings from their wrist. This move places health management at your fingertips, empowering users to take charge of their well-being.

Advanced Fitness Assistance: Your Ultimate Workout Companion

For fitness enthusiasts, the Google Watch is a game-changer. With an enhanced fitness tracking

system, it recognizes and analyzes exercises, offering real-time feedback and performance insights. The watch is water-resistant, making it perfect for swimmers, and its GPS functionality tracks outdoor activities. Whether you're a seasoned athlete or starting your fitness journey, the Google Watch is designed to optimize your workouts.

Intelligent Time Management

Google Watch integrates seamlessly with your calendar and notifications, ensuring you never miss an event. The watch's time management system prioritizes notifications based on your schedule and activities, allowing you to stay focused. Additionally, the watch's voice recognition feature makes it easy to set reminders, send messages, or make calls. It's not just a timepiece; it's your personal assistant.

Customizable Watch Faces: Reflect Your Style

Express yourself with customizable watch faces on the Google Watch. Choose from a variety of designs that suit your mood, style, or occasion. The watch faces are aesthetically pleasing



but also functional, displaying relevant information at a glance. Whether you prefer a classic analog look or a futuristic display, the Google Watch allows you to personalize your device.

Extended Battery Life

With great features comes the need for battery life. The Google Watch is engineered to keep up with your active lifestyle, boasting extended battery life that ensures it stays powered. The watch also supports fast charging, providing a quick boost. Say goodbye to the anxiety of a dying battery during crucial moments.

The new Google Watch emerges as a sophisticated and indispensable accessory that goes beyond just telling time. It's a holistic wearable designed to enhance every aspect of your life, from health and fitness to productivity and style. As Google continues to push the boundaries of innovation, the Google Watch stands as a testament to the company's commitment to redefining how we interact with technology. Get ready to embrace the future on your wrist with the new Google Watch.



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SPIRITS/TASTES

Indulge Without Guilt! Low-Calorie Alcoholic Vodka

By Contributing Writer

In a world where health-conscious choices are becoming the norm, the beverage industry is evolving to meet the demands of consumers who seek a balance between enjoyment and well-being. One notable addition to this trend is the rise of low-calorie alcoholic options, with low-calorie

vodka leading the way. This new entrant in the spirits market is redefining the traditional notions of indulgence by offering a guilt-free alternative to those who want to savor the pleasure of a good drink without compromising their health and fitness goals. **The Skinny on Low-Calorie Vodka**

Low-calorie vodka is a game-changer for those who wish to maintain a healthy lifestyle while still enjoying their favorite cocktails. Crafted through a meticulous distillation process, this innovative spirit manages to retain the smoothness and robust flavor profiles of traditional vodka while significantly reducing its caloric content. Typically, low-calorie vodka boasts 25-40% fewer calories per serving compared to regular vodka, making it an



delight for the taste buds. From classic and crisp to fruity and floral, low-calorie vodka comes in a range of flavors to cater to diverse preferences. This versatility opens up a world of possibilities for creating guilt-free, flavorful cocktails that satisfy even the most discerning palates.

Health and Wellness Benefits

Beyond its appeal to calorie-conscious consumers, low-calorie vodka also offers potential health benefits. In moderation, vodka has been associated with certain health advantages, including improved cardiovascular health and stress reduction. With the added benefit of reduced calorie content, individuals can indulge responsibly without compromising their overall well-being.

Mixology Unleashed

The advent of low-calorie vodka has unleashed a wave of creativity in the mixology scene. Bartenders and cocktail enthusiasts alike are experimenting with innovative recipes that highlight the unique characteristics of these spirits. From refreshing low-calorie vodka sodas to inventive martinis, the possibilities are endless. Embracing this trend allows consumers to enjoy their favorite cocktails guilt-free, fostering a healthier and more mindful drinking culture.

Low-calorie alcoholic vodka is ushering in a new era of guilt-free indulgence, challenging the notion that enjoying a good drink comes at the expense of a healthy lifestyle. With its meticulous distillation process, flavorful profiles, and potential health benefits, low-calorie vodka is making waves in the spirits industry. As consumers increasingly prioritize well-being, this innovative spirit offers a delightful compromise between the pleasure of a great drink and the pursuit of a healthier lifestyle.

ideal choice for those who are mindful of their calorie intake.

The Distillation Process

The magic behind low-calorie vodka lies in its distillation process. Traditional vodka is distilled multiple times to achieve purity and clarity, but low-calorie variants take this a step further. The distillation process for these innovative spirits involves additional steps to remove impurities and unwanted compounds, resulting in a drink that is not only lower in calories but also smoother on the palate.

Flavorful Profiles

One might assume that cutting calories from vodka could compromise its taste, but low-calorie vodka surprises with its rich and varied flavor profiles. Distillers have embraced the challenge of creating a spirit that is not only light on calories but also a



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feeling of satiety, making your smoothie a satisfying and nourishing choice.

By incorporating these ingredients into your smoothies, you can create a delicious and nutritious beverage that supports your health and wellness. Experiment with different combinations to find flavors and textures that suit your taste preferences. Whether you enjoy your smoothie as a quick breakfast, a post-workout refuel, or a refreshing snack, the nutrient-packed goodness will leave you feeling energized and satisfied.

Cheers to a healthier you!

sources like whey protein, pea protein, or hemp protein powder. Protein is crucial for muscle repair and helps maintain a

Greek Yogurt or Plant-Based Yogurt: For a creamy texture and a boost of protein, consider adding Greek yogurt or plant-based yogurt to your smoothie. Greek yogurt is high in probiotics, which support gut health, while plant-based alternatives like almond or coconut yogurt cater to those with dairy sensitivities. The protein content in yogurt also helps keep you satiated and supports muscle recovery.

Omega-3-Rich Additions: Incorporate ingredients rich in omega-3 fatty acids, such as chia seeds, flaxseeds, or walnuts. Omega-3s play a crucial role in heart health, brain function, and reducing inflammation. These seeds also add

Essential Ingredients!

Healthy Smoothies That Boost Wellness

By Contributing Writer

In the quest for a healthier lifestyle, incorporating nutrient-packed smoothies can be a game-changer. Packed with vitamins, minerals, and antioxidants, a well-balanced smoothie can provide a delicious way to nourish your body. Let's



explore some essential ingredients that can elevate your smoothie game.

Leafy Greens: Start your smoothie on a green note by adding a handful of leafy greens like spinach, kale, or Swiss chard. These nutrient-dense greens are rich in vitamins A, C, and K, as well as minerals like iron and calcium. The high fiber content aids digestion and helps keep you feeling full, making leafy greens a perfect foundation for a healthy smoothie.

Berries: Berries, such as blueberries, strawberries, and raspberries, are not only delicious but also loaded with antioxidants. Antioxidants help combat oxidative stress and inflammation in the body, promoting overall health. Additionally, berries provide a natural sweetness to your smoothie without the need for added sugars.

a delightful crunch to your smoothie and contribute to its nutritional profile.

Avocado: For a velvety smooth texture and a dose of healthy fats, add half an avocado to your smoothie. Avocados are rich in monounsaturated fats, which are heart-healthy and contribute to a feeling of fullness. They also provide essential nutrients like potassium, vitamin K, and folate.

Liquid Base: Choose a nutritious liquid base for your smoothie, such as almond milk, coconut water, or green tea. These options not only add flavor but also supply additional vitamins and minerals. Avoid sugary fruit juices or sweetened dairy products to keep your smoothie low in added sugars.

Protein Boosters: To make your smoothie a well-rounded meal or post-workout snack, include protein

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Safe Winter Hikes In Southern California

By Contributing Writer

Winter in Southern California offers a unique opportunity for outdoor enthusiasts to explore the scenic beauty of the local mountains. While the region is known for its warm climate, the higher elevations provide a winter wonderland that is often overlooked. As you plan your winter hikes in the local SoCal mountains, consider these safety tips to make the most of your outdoor adventure.



Check Weather Conditions

Southern California's mountain weather can be unpredictable, especially during the winter months. Before heading out, check the weather forecast for the specific area you plan to explore. Dress in layers to stay warm and be prepared for sudden temperature changes. Rain or snow can create slippery conditions, so ensure your footwear provides sufficient traction.

Choose Appropriate Trails

Opt for well-maintained and clearly marked trails suitable for winter hiking. Some popular options in the local SoCal mountains include Mount Baldy, San Jacinto Peak, and Big Bear Lake trails. Stick to trails that match your skill level and experience, considering the potential challenges posed by winter conditions.

Inform Someone of Your Plans

Before embarking on your winter hike, let someone know about your plans. Share details such as the trail you'll be on, your expected return time, and any emergency contacts. In case of unexpected challenges, this information can be crucial for your safety.

Carry Essentials

Pack accordingly for a safe and enjoyable winter hike. Essential items include extra layers, a water-proof jacket, a hat, gloves, and a first aid kit. Since daylight hours are shorter in winter, bring a flashlight or

headlamp with extra batteries. Carry enough water and energy-boosting snacks to keep you hydrated and fueled throughout your hike.

Be Aware of Wildlife

Winter months might bring certain wildlife closer to hiking trails in search of food. Be aware of your surroundings and follow guidelines for wildlife encounters. Keep a safe distance and avoid feeding any animals you come across. Respect the natural habitats and ecosystems as you enjoy the beauty of the winter landscape.

Stay on Marked Trails

In winter, some trails may be closed or have restricted access due to weather conditions. Always stay on marked trails and respect any closures. Venturing off designated paths can pose risks and harm fragile ecosystems. Follow posted signs and adhere to guidelines to ensure a safe and responsible hiking experience.

Be Prepared for Snow and Ice

Certain mountain trails in SoCal may experience snow and ice during the winter. Equip yourself with appropriate gear such as traction devices for your shoes and trekking



poles to navigate slippery surfaces. Check trail conditions beforehand and adjust your plans accordingly.

As you lace up your boots and hit the trails in Southern California's local mountains this winter, remember that safety is paramount. By being prepared

and following these guidelines, you can embrace the serene beauty of the season while ensuring a safe and enjoyable hiking experience. So, bundle up, explore the winter wonderland, and create memories in the picturesque landscapes of the SoCal mountains.

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WHITEFIRE THEATRE'S SOLOFEST UPCOMING ACTS

By Contributing Writer

Here's what is coming up at The Whitefire Theatre in January:
The Most Recorded Musician In The World
Violinist Darius Campo presents his Vegas one-man show, *The Most Recorded*



The Most Recorded Musician In The World

Musician In The World and performs music live to blockbuster films he has recorded on. He has performed on over 2,000 movies, 10,000 songs and thousands of tv shows and commercials. January 19, 8 p.m.
Searching For My Father

Searching For My Father is Glen S. Jimenez's journey after the loss of his father at the age of 10 and growing up, searching through life lessons from his short time with his father, where learning and discovering his father's personality was ingrained. January 20, 8 p.m.

Gut

Gut is a historical performance set in WWII, which centers around life and experiences of Irena Gut Opdyke, based on her autobiography entitled "In My Hands." This uplifting solo performance was adapted by and stars Janet

Rodgers. January 21, 7 p.m.
Tales Of Modern Motherhood: This Sh*t Just Got Real

*Tales Of Modern Motherhood: This Sh*t Just Got Real* is Pam Levin's funny critically acclaimed comedy about the fear of becoming a parent, and why she considered settling for a dog. This outrageous love story is the first in this relatable and touching award-winning trilogy. January 25, 8 p.m.

On Earth As It Is In Hell

This solo show is Adam Spink's story of protecting an autistic daughter, losing faith, and navigating family conflict that combines storytelling and history to explore how our beliefs come to be — but in a (mostly) funny way. January 26, 8 p.m.

Lemur Mom

Megan has the distinct feeling that she's not the right mom. As she navigates the world of support groups, child psychologists, family dynamics, and play-dates — trying to help her son

communicate — she makes bad choices, wrong turns, and powerful discoveries. Written and performed by Megan Dolan. January 27, 8 p.m.

Fibonacci Ascending

Telly Daw talks fast and thinks faster to succeed on the bleeding edge of photonics in *Fibonacci Ascending* by Shawn Overton. Precision and chaos dominate a relentless 10-year journey to prove her reach can exceed her grasp. January 28, 7 p.m.

Tickets: General Admission Tickets for live shows are \$25 each, unless otherwise noted.

The Whitefire Theatre is located at 13500 Ventura Blvd. (at Sunnyslope Ave.), Sherman Oaks.

For information, to buy tickets or for parking tips please call (818) 687-8559 or visit www.whitefiretheatre.com



Tales Of Modern Motherhood: This Sh*t Just Got Real

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Unveiling Thrills

Best Motorcycle Canyon Rides In Southern California

By Contributing Writer

Southern California, with its diverse landscapes and picturesque vistas, offers motorcyclists a plethora of exhilarating canyon rides. Whether you're a seasoned rider or a beginner looking to explore the open road, SoCal provides an array of winding routes through breathtaking canyons. In this article, we will delve into some of the best motorcycle

the "Pig Trail," winds through the Santa Ana Mountains. This route is famous for its tight corners, scenic overlooks, and a thrilling ride along the edges of deep canyons. As you navigate through this 33-mile stretch, you'll witness the stunning transitions from chaparral-covered hills to dense forests.

Palomar Mountain Loop

For riders seeking a challenging yet rewarding experience, the Palomar Mountain Loop is an ideal choice. Located in San Diego County, this ride includes the famed South Grade Road, known for its tight turns and steep inclines. The reward at the top is the breathtaking view from Palomar Mountain Observatory. As you descend through lush greenery, the ride



always and challenging curves, it caters to riders of varying skill levels, making it a favorite among motorcycle enthusiasts.

Rim of the World Scenic Byway

Embark on an unforgettable journey through the San Bernardino Mountains along the Rim of the World Scenic Byway. This route, also known as Highway 18, treats riders to expansive views of the Inland Empire and the Mojave Desert. The exhilarating twists and turns make for an adrenaline-pumping ride, and the numerous vista points provide opportunities to pause and take in the awe-inspiring scenery.

Southern California's canyon roads offer a playground for motorcycle enthusiasts,

or the diverse landscapes of San Gabriel Canyon Road, SoCal provides an abundance of options for riders seeking adventure. So, gear up, rev that engine, and set out to explore the best motorcycle canyon rides that Southern California has to offer. The open road awaits, promising an unforgettable journey through canyons that are as diverse and captivating as the riders who traverse them.



canyon rides in Southern California, where the roar of your engine harmonizes with the beauty of nature.

Angeles Crest Highway

Nestled in the San Gabriel Mountains, the Angeles Crest Highway is a rider's paradise. Stretching for approximately 66 miles, this iconic route offers sweeping curves, challenging hairpin turns, and awe-inspiring mountain views. Beginning in La Cañada Flintridge, riders ascend to elevations of over 7,000 feet, experiencing a dramatic change in scenery from cityscape to alpine forest.

Ortega Highway (California State Route 74)

Connecting San Juan Capistrano to Lake Elsinore, the Ortega Highway, also known as



becomes a symphony of nature and horsepower.

San Gabriel Canyon Road

Starting in Azusa and winding through the San Gabriel Mountains, the San Gabriel Canyon Road offers a diverse range of landscapes. From dense forests to rocky cliffs and riverside stretches, this ride is a sensory delight. With its mix of straight-



INDEPENDENT RADIO



CLASS OF 2024 NEW ACTORS, SINGERS, DESIGNERS AND MODELS WHO WILL RULE

By Contributing Writer

A fresh batch of celebrity actors, musicians, designers and models will be the subject of conversations come 2024.

Kai-Isaiah Jamal

Described as 'the voice of their generation' by the late Virgil Abloh, Kai-Isaiah Jamal is destined for great things. The south London-born poet and model uses their platform to advocate for trans visibility.

The Last Dinner Party

With a 2024 Brits awards' Rising Star category win in their arsenal, this five-part indie rock band



Kai-Isaiah Jamal

are headed for even more success. If they aren't already slotted into your playlist, we guarantee that you'll have them playing on repeat this year.

Ethel Cain

The 25-year-old American singer and songwriter skyrocketed to fame after the launch of her 2022 album Preacher's Daughter. Now armed with a cult following, Ethel Cain has cemented herself as 2024 staple to look out for.

Ayra Starr

Afropop singer Ayra Starr quickly claimed the title as the 'princess of Afrobeats' with her debut album 19 & Dangerous back in 2021.

Mia McKenna-Bruce

Mia McKenna-Bruce gained prominence in her role as Tee Taylor in the Tracey Beaker series, but really came into her own after recently starring in Persuasion and How To Have Sex just last year.

Sophie Wilde

The young Australian actress garnered out attention last year with her moving lead role performances in the thrilling Netflix dramas You Don't Know Me in 2021 and Everything Now just last year. This year, she's set to star in another stirring drama, Boy Swallows Universe.

Archie Madekwe

South London actor Archie Madekwe piqued our interest in See alongside Jason Momoa, as well as his performance in the folk horror film Midsommar and Gran Turismo. Recently, his standout performance as Farleigh in Saltburn showcased the actor to be a multi-dimensional talent.

Torishéju

After being spotted during a Central Saint Martins MA fashion graduate show, Torishéju continued to rise and rise - a statement evident of her debut runway show, at Paris Fashion Week SS24.



Sophie Wilde

Slutty Chef

Acclaimed for calling out rampant misogyny in the food and restaurant industry, the anonymous cook became an overnight sensation on Instagram after calling out celebrity chef Thomas Straker. Now, writing under the pseudonym 'Slutty Chef', she tells all.

Tara Falla

The Paris-based Guadeloupean model was scouted as a young teenager whilst shopping in Paris and has steadily become an editorial gem.

Ambika Mod

Known for playing Shruti Acharya in the BBC drama This Is Going To Hurt, British actress and comedian Ambika Mod will once again be gracing our screens.

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Effective Exercises!

Elevate Your Fitness In Ten Minutes A Day

By Contributing Writer

In our fast-paced lives, finding time for a workout can be challenging. However, dedicating just 10 minutes a day to effective exercises can make a significant impact on your overall fitness. These quick workouts are designed to target various muscle groups, boost your metabolism, and enhance your energy levels. Let's explore 10-minute effective exercises that you can easily incorporate into your busy schedule.

High-Intensity Interval Training (HIIT): Embrace the power of HIIT with exercises like burpees, jumping jacks, and mountain climbers. These explo-



sive movements elevate your heart rate, burn calories, and improve cardiovascular health in just a short amount of time.

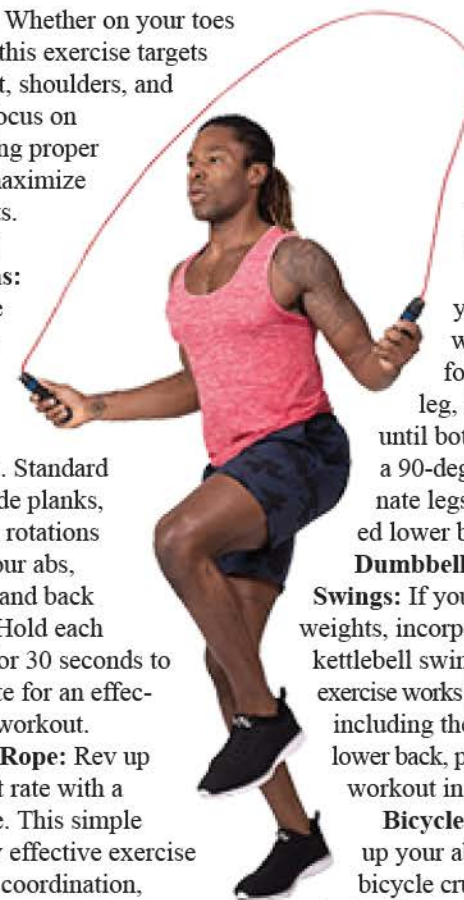
Bodyweight Squats: Engage your lower body with bodyweight squats. Stand with feet shoulder-width apart, lower your hips back and down, and then push through your heels to return to the starting position. This simple yet

effective exercise targets your quadriceps, hamstrings, and glutes. **Push-Ups:** Strengthen your upper body and core with

push-ups. Whether on your toes or knees, this exercise targets your chest, shoulders, and triceps. Focus on maintaining proper form to maximize its benefits.

Plank Variations: Challenge your core muscles with plank variations. Standard planks, side planks, and plank rotations engage your abs, obliques, and back muscles. Hold each position for 30 seconds to one minute for an effective core workout.

Jump Rope: Rev up your heart rate with a jump rope. This simple yet highly effective exercise improves coordination,



burns calories, and enhances cardiovascular endurance. Plus, it's a fun way to add variety to your routine.

Lunges: Target your legs and glutes with lunges. Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle. Alternate legs for a well-rounded lower body workout. **Dumbbell or Kettlebell Swings:** If you have access to weights, incorporate dumbbell or kettlebell swings. This dynamic exercise works your posterior chain, including the hips, glutes, and lower back, providing a full-body workout in a short time.

Bicycle Crunches: Amp up your ab workout with bicycle crunches. Lie on your back, lift your legs off the ground, and bring your opposite elbow to the opposite knee in a cycling motion. This exercise engages both the upper and lower abs.

Jumping Lunges: Combine cardio and lower body strength with jumping lunges. Step into a lunge position and then explode into a jump, switching legs mid-air. This exercise elevates your heart rate while toning your legs.

Tricep Dips: Tone your triceps with tricep dips. Use a stable surface, like a chair or bench, and lower your body by bending your elbows. This exercise can be done anywhere and helps sculpt strong, defined arms.

In just 10 minutes a day, you can transform your fitness routine and reap the benefits of effective exercises. Whether you're a beginner or a seasoned fitness enthusiast, these quick workouts provide a convenient way to stay active and boost your overall well-being. Consistency is key, so make it a habit to dedicate a few minutes each day to these exercises, and you'll soon experience the positive changes in your strength, and overall endurance.

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BECOMING A BEST FRIEND! THE JOURNEY OF FOSTERING A SERVICE ANIMAL

By Contributing Writer

Fostering a service animal is a deeply rewarding and transformative experience that goes beyond the traditional realms of pet ownership. Unlike ordinary pets, service animals undergo extensive training to provide essential assistance to individuals with disabilities, enhancing their independence and quality of life. Fostering plays a crucial role in this process, serving as a stepping stone towards a life of purpose and service for these extraordinary animals.

Selection and Placement

The journey of fostering a service animal begins with the selection process. Service animal organizations carefully choose and train animals with the temperament, intelligence, and physical abilities required for specific tasks. Once selected, the animal is placed with a foster family to receive additional training and socialization.

Foster families act as the bridge between initial training and the eventual pairing with an individual in need. During this period, fostering provides the service animal with exposure to different environments, people, and situations, ensuring they develop the adaptability required for real-world scenarios.

Basic Training and Socialization

Service animals are often placed with foster families at a young age, typically around eight weeks old. During this crucial stage of development, fostering involves basic training, focusing on essential commands, leash manners, and socialization. The foster family plays a pivotal role in helping the

service animal develop good behavior and positive interactions with people and other animals.

Socialization is particularly important, as service animals need to remain calm and focused in



various public settings. Fostering exposes them to different environments, sounds, and stimuli, helping them become well-adjusted and confident in diverse situations.

Specialized Training

While basic training is essential, service animals often require

specialized training tailored to the specific needs of the individual they will eventually assist. This may involve learning tasks such as retrieving items, providing stability or balance, alerting to medical

conditions, or even guiding individuals with visual impairments.

Foster families collaborate closely with service animal organizations and trainers to ensure the animal is progressing in its specialized training. This phase is marked by regular check-ins, training sessions,

and ongoing support to address any challenges the animal may encounter.

Bonding and Trust

Fostering a service animal is not only about imparting skills but



also about fostering a deep emotional connection between the animal and its future handler. The foster family plays a crucial role in building trust, affection, and a strong bond between the service animal and humans. This emotional foundation is fundamental for the success of the service animal in its future role.

Transition to Placement

After months of training and bonding, the service animal is ready to transition from its foster home to its permanent placement with an individual in need. This moment is bittersweet for foster families, as they say goodbye to an animal they've nurtured and supported. However, the joy comes from knowing that the service animal is now prepared to make a profound difference in someone's life.

Fostering a service animal is a commitment that goes beyond the conventional responsibilities of pet ownership. It involves dedication, patience, and a genuine desire to contribute to the well-being of others. By opening their hearts and homes to these remarkable animals, foster families play a vital role in shaping the future of service animals, facilitating their journey toward transforming lives and fostering independence for individuals with disabilities.



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Hyatt Regency Westlake Bridal Premiere Celebrating 41 Years of Love & Marriage

By Contributing Writer

Planning a wedding is exciting, amazing and, “yes, sometimes pretty overwhelming. That’s why it’s a good idea to attend a bridal show – and the Bridal Premiere, coming up February 4, 2024, is just the ticket for a showcase of all the vendors and ideas that you need to make your special day one to remember.

“Wedding shows, such as the Premiere, save couples time and money by visiting with local wedding professionals in one place in one day, while enjoying a fun-filled event, packed with information, new ideas, and expert advice,” states Diane Boyd, event producer. It’s a one-stop shopping experience with over 90 exhibitors, comprised of local vendors and well-known brands. Whether you are looking for a taste of tradition, a modern flair or that unique ‘out of the box’ idea, the show is all encompassing.

The Bridal Premiere celebrates its 41st year at the Hyatt Regency Westlake, 880 Westlake Blvd., Westlake Village on Sunday, February 4, 2024, 11 AM – 3 PM. Tickets may be purchased at www.bridalpremiere.com



Calla Blanche's Esther

or couples may visit a show vendor to receive a special code for complimentary tickets.

When brides arrive at the Hyatt, they are greeted by a variety of wedding vendors. Everything they expect like bridal gowns and

tuxedos, florists, venues and photographers to the unexpected like financial, realty, and insurance services. There are also specialty vendors like Cappuccino Express, Cocoa Rome Chocolate, Subzero Ice Cream, Sunset Churros, and this time around, the show will welcome Jackie’s Middle Eastern, Baklava Wizard & Owner, catering for weddings and special events. To view the entire vendor list, visit Meet the Vendors on the show’s website.

Highlights Of The February 4th Event

Bella Bridal Couture of Thousand Oaks, will showcase wedding dresses in the main ballroom.



Calla Blanche's Sonya

“Every bride is unique, and our salon carries something for everyone, says Melissa Morhar, salon owner. For the current market, the biggest designers to go out the door are Allure, Paloma Blanca, and Calla Blanche, she says.

Deanna Nash, veteran wedding planner and host of The Leap Lifestyle Podcast, will be talking with vendors and couples. Her Podcast brings together first-hand expert advice as well as the best tips and tricks from wedding pros across the county.

In addition, attendees will enjoy more fun activities including Bridal Show Bingo, fun casino play at the Casino King’s Roulette Table where every couple is a winner, and amazing Enter to Win prizes at our show vendor’s so be sure to visit them all, invites Boyd!

Then get set for our Grand Prize Drawings that take place at 3 PM- - the opportunity to win: A \$1,000 Shopping Spree to use at any of our February vendors; A \$500 gift certificate from Bella Bridal Couture ; A complete DJ/MC Wedding Package from Double Time Entertainment; Las Vegas stay, Wedding LV

Sign & Photo Tour; Vegas perks and prizes from LV Wedding Connection.

Every couple will leave the event with a complimentary copy of California Wedding Day magazine, the main sponsor of the event.

Tips To Help You Navigate The Bridal Show

Prepare for success: Bring a small notebook and pen to take notes; a strong friend to help carry, take breaks, and be sure to check that you can get back in if you leave the location.

Plan to arrive about one hour into the show to avoid lines, crowds & overwhelmed vendors. Be prepared to be on your feet and wear comfy shoes.

Zero in on the show map and go straight to those ‘wanted’ vendors first; with your time left, have fun looking at everything else.

Every vendor usually offers prizes. To save time, bring pre-printed labels and affix a label to each signup form for prizes that you are interested in.

Book a follow-up meeting with vendors you like, get acquainted without the hustle



Calla Blanche's Leonora

and .bustle that comes with a bridal show, and see if there is a good fit.

After The Show

Discuss likes and dislikes; keep what you want and put into your wedding planning files.

Watch for emails from vendors you liked, make follow up appointments. At that point you’ll know who you want to revisit to make final selections for you big day.

For further information visit www.bridalpremiere.com or call 805-341-2538.

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DO IT YOURSELF BEING YOUR OWN CONTRACTOR

By Contributing Writer



Embarking on a small home improvement project? Whether it's a kitchen remodel, a bathroom upgrade, or a backyard renovation, being your own contractor can be a rewarding and cost-effective approach. While larger projects may require professional expertise, smaller endeavors offer an opportunity for homeowners to take charge and save money. Here are some compelling reasons to consider being your own contractor for small projects.

Cost Savings: One of the most significant advantages of being your own contractor is the potential for cost savings. By eliminating the middleman, you can negotiate directly with suppliers, hire subcontractors, and purchase materials at wholesale prices. This can result in substantial savings on labor and materials, making your budget stretch further and allowing you to allocate resources where they matter most.

Greater Control: Being your own contractor gives you unparalleled control over every aspect of the project. You get to make decisions on design, materials, and scheduling without relying on a third party. This level of control ensures that your vision is executed precisely as you envision it, without any compromises. From selecting the paint color to deciding on the type of flooring, you are in the driver's seat.

Flexibility in Scheduling: When you hire a professional contractor, your project is subject to their availability and timeline. As your own contractor, you have the flexibility to work on the project at your own pace. This allows you to adapt the schedule to your lifestyle, ensuring that the project fits seamlessly into your routine without causing unnecessary disruptions.

Learning Experience: Taking on the role of a contractor for a small project can be a valuable learning experience. It provides an opportunity to gain insights into the construction process, learn about various materials, and understand the intricacies of project management. The knowledge acquired can be applied to future projects, giving you a sense of empowerment and self-sufficiency in handling home improvements.

Hands-On Involvement: Being your own contractor allows for hands-on involvement in the construction process. Whether you're swinging a hammer or coordinating with subcontractors, you'll gain a deeper appreciation for the effort and skill required to bring your vision to life. This hands-on experience not only fosters a sense of accomplishment but also ensures that the final result meets your expectations.

Customization and Personalization: Working directly on your project allows for a high level of customization and personalization. You can tailor the design and features to suit your preferences and needs. This level of personal touch is often challenging to achieve when working with a professional contractor who may have their own set methods and standards.

Being your own contractor for small projects can be a fulfilling and cost-effective venture. The cost savings, control over the project, and the valuable learning experience make it an attractive option for homeowners looking to enhance their living spaces. So, roll up your sleeves, put on your hard hat, and get ready to transform your space with the satisfaction of being your own contractor.



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GUTTER PROTECTION

By Andrews McMeel Syndication

Stick with me here. In 1899 in Peshawar, Pakistan, James Squid, a drunken British officer, arrested a ... tree because he thought it was a fugitive trying to get away from him. He ordered the tree chained to the ground, Oddity Central reported, and the chains have remained for 125 years, along with a plaque explaining them. While tourists are tickled by the strange restraints, locals see the chains as a symbol of British oppression. "Through this act, the British basically implied to the tribesmen that if they dared act against the Raj, they too would be punished in a similar fashion," one local man said. Others call it a living history.

Our Litigious Society

-- Cynthia Kelly, 18, of Hillsborough County, Florida, has sued The Hershey Co. for \$5 million because the Reese's Peanut Butter Pumpkins she bought in October didn't have a jack-o'-lantern face on them as shown on the packaging. ClickOrlando reported on Dec. 29 that Kelly accused the company of "false and deceptive advertising," and she "would not have purchased the Reese's Peanut Butter Pumpkins product if she knew that it did not have the detailed carvings of the mouth and/or eyes as pictured on the product label," the suit reads. She also pointed out that the White Ghost and Football candies were missing their own key details. One reviewer called the pumpkin a "monstrosity."

-- Two years ago, Paul Kerouac stopped at a Dunkin' Donuts in Winter Park, Florida, where he used the restroom, the New York Post reported. While he was indisposed, the toilet he was occupying exploded, leaving him "covered with debris, including human feces and urine," according to a lawsuit filed on Jan. 3 in Florida's 9th Judicial District. Kerouac claims the Dunkin' workers knew there was a "problem with the toilet" and says he now "requires mental health care and counseling as a direct result of the trauma he experienced in the restroom."

-- Authorities are still fishing for a man who entered a Bass Pro Shops store in Fort Myers, Florida, on Dec. 20 and dipped a net into the indoor fishpond, capturing a 50-pound tarpon. USA Today reported that

the suspect left the store with the dripping catch, and despite a cash reward and social media posts, the Lee County Sheriff's Office has not been able to identify or find him. [

-- Authorities were called to the Leeds, Alabama, Bass Pro Shops on Jan. 4 after 42-year-old George Owens of Sterrett drove a car into a pole in the parking lot, then exited the car, stripped off all his clothes and ran inside, where he did a cannonball into the aquarium. AL.com reported that Owens yelled at two police officers, then climbed over the edge of the aquarium, where he fell to the concrete floor and knocked himself out. He was charged with public lewdness among other offenses.

Super Freak

On Dec. 13, as a family in Arlington, Virginia, sat down to dinner, a Ring doorbell notification alerted them to someone at the door, WUSA-TV reported. The woman told her husband, "There's this guy, he didn't ring the doorbell. He's just standing there and he's in a gingerbread man costume." The husband called the police non-emergency line to report the creepy visit, and about an hour later, another neighbor, Lindsey Churchill, spotted the gingerbread man. "All of a sudden my dogs were going crazy ... and there was a giant blow-up gingerbread man costume out on the sidewalk," she said. "We kind of locked eyes and the gingerbread man went on his way. It was not holly jolly." Police never actually caught up with the subject, who was not identified.

Getting Away From It All

-- Three armed suspects were busy robbing a check-cashing business in Commerce City, Colorado, on Dec. 16 when another thief mucked up their getaway plans, 9News-TV reported. The robbers' vehicle, which was probably stolen, was outside when a woman jumped in and took off with it, leaving the teenage suspects to try to escape on foot. Police were able to capture two of them, along with loaded firearms, and arrest them. The car thief is still at large.

Crossword by Myles Mellor

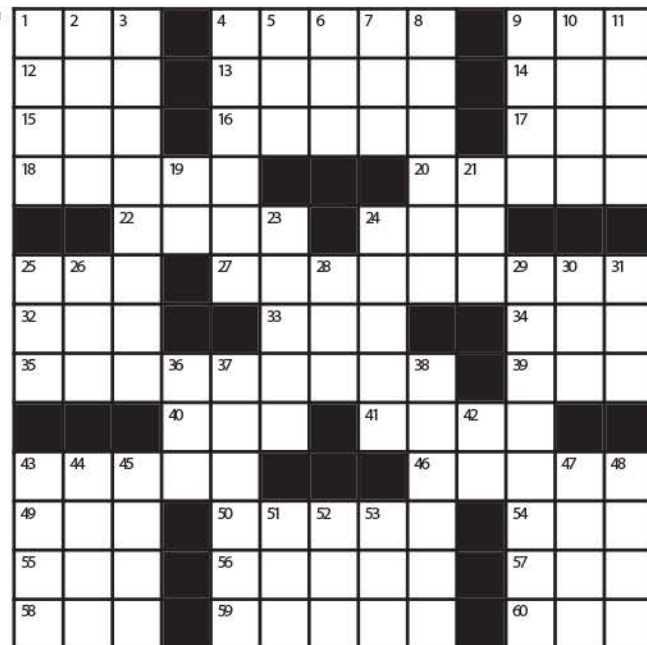
Print this Page! Ctrl + P

Across

- "Planet of the Apes" director, Burton
- Basketball superstar, Lebron
- Arrest
- One or more
- In the sky
- Kind of trip
- Ozone depleter: Abbr.
- Tropical bird
- Rotter
- Flutter
- Representative
- Drier stuff
- ___ cage
- Hassle
- Wise
- Asian pooch
- London's Big ___
- In favor of
- Color
- Days ___
- "No ___!"
- Chess piece
- Young seal
- Have the throne
- Subject of Philadelphia
- Tennessee player
- "So that's it!"
- Musical literary piece
- Green shade
- After deductions
- Game pieces
- Conundrum
- Learn

Down

- Velocity meter
- Facts
- Branch of botany that studies fungi
- Belonging to an Asian country
- "Love Story" star
- Pithy remark
- Mini-newt
- Interference
- Smooch
- Tropical fever
- Brought into existence
- How-do-you-do
- ___-Wan Kenobi
- Cat
- Incurred a bar tab
- Abbr. in car ads
- Pair



- Toothpaste type
- Beliefs
- Samovar
- Boy child
- Carpentry tool
- Portable computer
- Income producer
- ___, the people
- Pronoun in a Hemingway title
- Tanning need
- 50-50
- Indian butter
- Post-it
- S___, storage area
- "___ the season to be jolly"
- Map abbr.

Bad Dad Jokes

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Previous Puzzle





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Connected Camps

Run by online experts, Connected Camps offers dozens of interactive, small group programs for kids ages 8 through 17. Prices range from \$48 to \$90 per month for classes on everything from Minecraft to game design to Esports. Kids can even hang out with friends in a free Minecraft server where moderators help to keep them engaged. connected-camps.com

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is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

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The Leonis Adobe Museum

is hosting its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum 23537 Calabasas Road Calabasas, California 91302 Phone: (818) 222-6511 Members are free or \$8 for non-members.

Camp Woodland Hills

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Awesome Kid's Apps for Online Tutoring

By Contributing Writer

In an era dominated by technology, education is undergoing a transformation especially with online tutoring apps designed specifically for kids. These apps are reshaping the way children learn, providing personalized, interactive, and engaging experiences that cater to individual needs. As parents and educators seek effective



ways to support children's education, kids' online tutoring apps have emerged as invaluable tools.

Personalized Learning

Kids' online tutoring apps are tailored to unique learning styles and pace of each child. These platforms leverage adaptive learning algorithms to assess strengths and weaknesses, creating customized lesson plans that address specific areas of improvement. This personalized approach ensures that children receive targeted support, allowing them to grasp concepts more effectively and build a strong foundation.

Interactive and Engaging Content

One of the key advantages of online tutoring apps is interactive and engaging content. These

apps often integrate multimedia elements, gamified activities, and animated lessons to make learning enjoyable and dynamic. By transforming education into fun, kids are more likely to stay focused, motivated, and retain information.

Accessibility and Convenience

Kids' online tutoring apps break down geographical barriers, providing access to quality education from the comfort of home. This accessibility is particularly beneficial for children with varying learning



needs or those residing in remote areas without access to traditional tutoring. The convenience of scheduling sessions at flexible times accommodates busy families while ensuring consistent learning opportunities.

Real-time Feedback and Progress Tracking

Many online tutoring apps offer real-time feedback, allowing parents and educators to monitor

progress and identify areas that may need additional attention. This helps tailor lessons and ensures that learning objectives are met efficiently. Progress tracking features empower parents to actively participate in their child's educational journey.

Safe and Learning Environment

Safety is a concern for parents when it comes to online platforms. Reputable kids' online tutoring apps prioritize secure and controlled learning environments. These apps implement robust security measures to protect user data and privacy.

Diverse Subjects

These apps cover a wide range of subjects, allowing children to explore various academic disciplines. Whether it's mathematics, language arts, science, or coding, these apps provide a comprehensive learning experience that goes beyond traditional tutoring.

These educational apps are at the forefront of educational innovation, offering a blend of technology and pedagogy to enhance learning experiences for kids. As these apps evolve, they hold the promise of shaping a generation of students who are academically proficient and technologically savvy.

Try out the following apps to get started:

Duolingo; BrainPop; Prodigy; ABCmouse; PBS KIDS Games; Epic; YouTube Kids; Moose Math; DragonBox; ScratchJr.

No one has time for the flu.



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PERFECT PLAYTIME

Why Structured Play Is Vital

By Contributing Writer

Play is a fundamental aspect of childhood, fostering creativity, social skills, and cognitive development. However, in the digital age, the lines between playtime and screen time have become blurred, prompting

with blocks, drawing, or playing pretend games. Unstructured play allows children to develop independence and decision-making skills while enjoying a sense of freedom.

Screen Time Guidelines

With the proliferation of digital devices, setting limits on screen

play and organized activities can provide additional benefits. These activities, such as sports, music lessons, or art classes, contribute to a child's skill development, discipline, and teamwork. However, it's important not to overschedule children, leaving room for downtime and unstructured play.

setting consistent rules, and providing a variety of play options contribute to a healthy balance. It's essential for parents to lead by example, demonstrating the importance of a diverse range of activities and limiting their own screen time in the presence of their children.

Finding the right balance for children's playtime involves a thoughtful approach that considers the benefits of unstructured play, screen time guidelines, and the value of structured activities. Every

child is unique, and what works for one may not work for another. Parents should adapt their approach based on their child's individual needs and interests, fostering an environment that encourages a healthy balance between play, learning, and relaxation. Ultimately, the goal is to provide children with a well-rounded experience that supports their growth and development while allowing them to enjoy the magic of being kids.



parents to question how much is too much when it comes to their children's playtime. Striking a balance between structured activities, screen-based entertainment, and unstructured play is crucial for a child's holistic development.

The Importance of Unstructured Play

Unstructured playtime is essential for children to explore their creativity, imagination, and problem-solving skills. Experts recommend that young children engage in at least one hour of unstructured play daily. This can include activities such as buildin-

time has become a parenting challenge. The American Academy of Pediatrics recommends that children aged 2 to 5 years should have no more than one hour of high-quality screen time per day. For older children, the emphasis should be on balancing screen time with other activities, such as physical play, reading, and social interactions. Monitoring the content and ensuring that screen time doesn't interfere with sleep is crucial.

Structured Play and Extracurricular Activities

While unstructured play allows for free exploration, structured

Signs of Overstimulation

Recognizing signs of overstimulation is key to determining if a child's playtime is exceeding healthy limits. If a child becomes irritable, has difficulty concentrating, experiences sleep disturbances, or shows disinterest in other activities, it may be an indication that playtime, particularly screen time, needs to be reassessed. It's important for parents to be attentive to their child's behavior and make adjustments as needed.

Parental Involvement

Parents play a crucial role in guiding their children's playtime. Engaging in activities together,



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FASHION

Going All Natural

The No Makeup Look And Fashion Minimalism

By Contributing Writer

In a world saturated with makeup and elaborate fashion, there's a growing movement that celebrates simplicity. The "no makeup" look and fashion minimalism have emerged, encouraging individuals to embrace natural beauty.

The No Makeup Look: Embracing Natural Beauty

The no makeup look, often referred to as "barefaced beauty," is a departure from

that transcend trends. The focus is on quality over quantity, with clean lines, neutral colors, and classic silhouettes. Individuals can create a signature style.

Minimalism in fashion also aligns with sustainability, as it discourages fast fashion culture. Investing in high-quality, timeless pieces reduces environmental impact of constantly changing trends.

The Power of Self-Expression

Both the no makeup look and fashion minimalism empower individuals to express



authentically. The simplicity allows for a genuine reflection of personal style, free from societal expectations. Choosing to go makeup-free or adopting a minimalist wardrobe becomes a powerful statement of self-confidence.

Embracing Natural Diversity

These trends celebrate and embrace natural diversity. The no makeup look encourages people to appreciate unique features, from freckles and imperfections to natural skin tones. Similarly, fashion minimalism acknowledges that personal style is not defined by an ever-changing wardrobe.

The no makeup look and fashion minimalism represent simplicity, authenticity, and self-confidence. These trends encourage individuals to redefine beauty and style on their own terms, breaking away from conventional norms.

heavy layers of cosmetics that have dominated for years. This trend encourages individuals to showcase natural features, emphasizing radiant skin, subtle enhancements, and a genuine charm. The focus is on achieving a fresh-faced appearance.

This trend promotes self-acceptance but also challenges societal norms. It empowers individuals to feel confident and beautiful in their own skin.

Fashion Minimalism: Less is More in Style

Fashion minimalism extends the ethos of simplicity to one's wardrobe. It encourages individuals to curate timeless, versatile pieces

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