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FAMILY FUN

HOLIDAY HIGHLIGHTS

Coolest Activities Around Town

BY BARBARA BECKLEY

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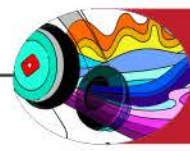
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DOWNTOWN VENTURA



Unwrap the Magic: Mb2 Entertainment's Spectacular Holiday Extravaganza

By Staff Writer

'Tis the season for joy, laughter, and memorable moments, and Mb2 Entertainment is pulling out all the stops to make this holiday season one to remember. As we dive into this year's coolest holiday activities, it's impossible to ignore the festive fervor that Mb2 Entertainment is spreading through its array of promotions and events.



Holiday Gift Card Bonus: A Gift That Keeps on Giving

Mb2 Entertainment is turning the gift-giving game up a notch with their irresistible Holiday Gift Card Bonus. Picture this: for every \$50 you spend on a gift card, you get \$60 in value – that's an impressive 20% bonus! The generosity doesn't stop there; for a \$100 gift card, you'll receive \$125 (+25%), and for the ultimate holiday splurge of \$200, you'll find yourself with a whopping \$260 (+30%). Whether you're purchasing in person or online, Mb2 Entertainment is ensuring that the joy of giving goes a long way this holiday season.

Winter Break Play Card Bonuses: Playtime Perfected

School's out, and the fun is in full swing with Mb2 Entertainment's Winter Break Play Card Bonuses. Load up on playtime joy with an additional 20%, 25%, or 30% value when you purchase play cards worth

\$50, \$100, or \$200, respectively. These bonuses are available for in-person purchases, making it the perfect opportunity to treat the family to an action-packed day of kart racing and arcade excitement.

Mb2-WhoVille: Where the Grinch Meets Good Times

On Sunday, December 17th, at 3 pm, Mb2 Entertainment is transforming into Mb2-WhoVille, bringing the magic of Dr. Seuss to life. Prepare for a whimsical experience as the Grinch himself makes a special appearance, delighting guests of all ages. As the sun sets, gather on the lawn for an outdoor screening of the classic Grinch movie. Warm up with the complimentary Cookies & Hot Chocolate station, and let your creativity flow at the Craft Table. Mb2-WhoVille is not just an event; it's a journey into the heartwarming world of Whoville.

New Year's Eve: A Family-Friendly Countdown

Bid farewell to the year with a bang at Mb2 Entertainment's New Year's Eve in BC. From 2 pm to 5 pm, families can enjoy a free event filled with music from a live band, a thrilling Balloon Drop with prizes on the lawn, and a countdown on the big screen. Raise a glass (or a cup of cider) for a toast as you welcome the New Year with loved ones. As the evening unfolds, Mb2 Entertainment opens its doors to the public for a special Borderline Country Night, offering a night of country tunes and dancing – and the best part? It's all free!

Mb2 Entertainment's holiday offerings are a testament to their commitment to creating magical experiences for the community. Whether you're looking for the perfect gift, planning a day of family fun, or seeking a vibrant New Year's celebration, Mb2 Entertainment has you covered. The bonus-filled gift cards and the enchanting events showcase Mb2 Entertainment's dedication to spreading joy and making this holiday season truly special. So, unwrap the magic, gather your loved ones, and head to Mb2 Entertainment for a holiday celebration that promises laughter, excitement, and memories that will last a lifetime.

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HOLIDAY HIGHLIGHTS

Coolest Activities Around Town

By Barbara Beckley

*The Holly Jolly times are here!!!
Don't miss out. Put you and yours in
the best of festive spirits with our
seasonal favs.*

Hooray for The Hollywood Christmas Parade! It's ushering in the season like never before. Celebrating its 91st anniversary, November 26, 6 p.m., with extra special Grand Marshal Col. Paris D. Davis, a recent recipient of the Medal of Honor, in a salute to the parade's long history with the Marines Toys for Tots. Hosted by Erik Estrada, Laura McKenzie, Dean Cain, and Montel Williams, with Special Co-Host Elizabeth Stanton, go eye-to-eye with celebs, movie cars, larger-than-life character balloons, colorful floats, humorous specialty acts, dazzling equestrians, marching bands – and Santa Claus and his reindeer as the dazzling finale.

And Woodland Hills. Always a family treat, "The 2023 Holiday Arts & Music Festival" (www.valleycultural.org) at Warner Center Park, December 2, 1 – 5 p.m. Take photos with Santa, play in the snow – yes, snow – kids' crafts and delicious food truck fare. Free.

ICE SKATING

Glide and twirl along 8,000 feet of smooth-as-glass ice, and a special 400-square-foot rink for toddlers at the legendary Ice at Santa Monica (www.iceatsantamonica.com) through January 15, 2024. Plus, special events like the "Holiday Pet Pageant," parading your stylishly attired pup down the runway for prizes, November 29. Open Sunday to Thursday, 11:30 a.m. – 9:30 p.m., Friday and Saturday, 11:30 a.m. – 11 p.m. Skate rental and admission, \$22. Also, at the "Holiday Ice Rink" (www.holidayicerinkdowntownla.com) in Pershing

Square, with free concerts, curling lessons, and a winter festival on select days. Through January 7, 2024, 11:30 a.m. to 9:30 and 11 p.m. Admission and skate rental, \$20. Skate like the pros at "LA Kings Holiday Ice – L.A. Live," (www.lalive.com), decked out with a giant Christmas tree. Daily through December 31, 5-6:30 p.m., 7-8:30 p.m., 9-10:30 p.m., and 11 p.m.-12:30 a.m. Admission and skate



rental, \$20 to \$25. And at the beach on the oceanfront "Ice Rink at Pasea Hotel & Spa" (www.paseahotel.com) in Huntington Beach. December 14 through January 2, 2024. Enjoy upgrades like fire pits and cabanas with s'mores, spiked cider, cocoa, and champagne. Pose with Santa on Wednesday nights. Check online for special music nights. Admission and skate rental, \$35.

IMMERSIVE MAGIC

Our wildest holiday tradition – "LA Zoo Lights Animals Aglow!" (www.lazoo.org) through January 7, 2024. Thrill to the all-new Winter Wildlands, with majestic pine trees, glowing ice crystals, snow-loving animals, views of the "northern lights" and spectacular photo spots. VIP experiences include themed Holiday Happy Hours: December 7 "Tinsel & 'Tinis;" and December 14, "Ugly Holiday Sweaters," both 6:30 – 8 p.m. \$75 including access to the private lounge with gourmet hors

d'oeuvres, beer, wine, and a signature drink. Open 6-10 p.m., Wednesday through Sunday. Adults, \$29 to \$35. Ages 2 to 12, \$18-\$23.

Stroll the "Holiday Road" (www.holidayroadusa.com), a glowing mile of larger-than-life, family-friendly holiday displays, thousands of Christmas lights, Santa and Mrs. Claus, elves, and endless candy canes at King Gillette Ranch in Calabasas, November 24 through December 27. Stop by the Holiday Bar for an adult beverage, enjoy food truck bites, and shop for keepsakes in the souvenir store. Daily, 4:30 – 9:30 p.m. \$29.99 to \$34.99.

All new! "Lightscape" has transformed The Arboretum (www.arboretum.org) in Arcadia into a holiday wonderland of new sights and sounds. Follow the Serpent Trail and Forest Path. See nature and art merge in the mesmerizing Fire Garden, awesome Arch of Light, eye-catching Feast of Light, exotic Dancing Palms, and magnificent Winter Cathedral. Santa appears December 7-9, 15-17, and 20-23. Plus, nightly food trucks and a full bar. Through January 2, 2024, 5:30-10 p.m. Adults, \$29 to \$35. Ages 3 to 12, \$14 to \$18.

NEIGHBORHOOD CHEER

Not to miss. "Candy Cane Lane" in Woodland Hills at the intersection of Lubao and Oxnard Streets. Eight square blocks of dazzling lights, figures, holiday scenes, and artificial snow. Santa is often seen posing for photos and his elves have been glimpsed roaming the neighborhood. From the second Saturday of December (December 9) through year's end. Also, the "Sleepy Hollow Christmas Lights" in Torrance. Begin your visit from PCH, then slowly drive or stroll along Robert Road, where every house is decorated, and the trees are dripping in lights. Beginning the first full weekend of December (December 1) through the first week of January. Of course, "Christmas Tree Lane," (www.christmastreelane.net) in Altadena. Acknowledged as the oldest large-scale Christmas lighting spectacle in the United States! Since 1920, the gigantic fir trees on the "Mile of Christmas Trees" are strung with 10,000 lights throughout the holiday season.

HEARTWARMING CONCERTS

A family tradition. The "Holiday Sing-Along" with the LA Phil (www.laphil.com), December 16, 11:30 a.m. and 2:30 p.m. at the Walt Disney Concert Hall. Host Melissa Peterman, conductor John Sutton, the Voices/LA Choir and a jazz combo lead the seasonal favorites. Arrive an hour early and enjoy a photo with Santa, arts, crafts, and hot cocoa at the Winter Wonderland in BP Hall. 11:30 a.m. performance, \$39 - \$109. 2:30 p.m., \$57 - \$117. Also, "A Chanticleer Christmas," with this Grammy-winning "orchestra of voices" singing a cappella choral music.

December 13, 8 p.m. at Disney Hall (www.laphil.com). \$49 - \$119. And "Festival of Carols," (www.lamasterchorale.org) with the Los Angeles Master



Chorale belting out favorites from "Rudolph, the Red-Nosed Reindeer" to the "Chanukah Suite," backed by the Disney Hall's massive pipe organ. And maybe Santa. December 2, 2 p.m., at Disney Hall. \$55 to \$159.

Also, the 64th annual "L.A. County Holiday Celebration" at the Dorothy Chandler Pavilion (www.musiccenter.org) celebrating LA county's rich cultures, December 24, 3 p.m. The amazing lineup includes The Carnegie Gospel Choir, Divas and Drummers of Compton, the Gay Men's Chorus of LA, Hiza Yoo Korean Dance Institute, the Mostly Kosher and Jewish Youth Orchestra, and Mariachi Divas de Cindy Shea. Free.

Make it a holiday date-night for D. Scott Eads "Swingin' Into Christmas," December 3, 2:30 and 6:30 p.m. at the El Portal (www.elportaltheatre.com). Transporting us back to the winter wonderland of musical favorites from Bing, Frank, Dean, Ella, and contemporary vocals of Bubl , Cullum and Connick. General admission, \$35. Go one better with Cocktail Table Seats, \$45.

SEASONAL COMEDY

Cheer the Grinch! Dr. Seuss' "How the Grinch Stole Christmas" at the Hollywood Pantages Theatre (www.los-angeles-theatre.com), December 6, 7, 8, 9 and 10 at 1 and 5 p.m. Max the Dog is your narrator. With hit songs "You're A Mean One Mr. Grinch" and "Welcome Christmas." \$80 to \$1,068. And the "Nutcracker!" At The

Wiltern (www.lamusictheatre.com), Dec. 17, noon, 4 and 8 p.m. Featuring jaw-dropping acrobatics, larger-than-life puppets, and dazzling sets and costumes. Performed by Ukrainian principal artists. \$33 to \$253. Share the hilarity of "A Christmas Story," at The Ahmanson Theatre (www.centertheatre-group.org) December 5 through 31. Recreating all the best scenes of the 1983 movie like his tongue stuck to a frozen flagpole, the leg lamp, and cynical department-store Santa. 8 p.m., and 1, 2, and 6:30 p.m. \$40 to \$169.

Take a musical comedy trip down memory lane, with "Oy! To The World," December 14 through 23, varying at 3 and 7 p.m. at the El Portal (www.elportaltheatre.com). Featuring best-loved Christmas songs, while celebrating the

Jewish guys who wrote them. Who knew? Mel Torme, Irving Berlin, Frank Loesser, Johnny Marks, Jule Styne, and Sammy Cahn. The plot thickens, as the star inherits a Catskills lodge and hopes to bring it back with a big holiday show - called Christmas With A Twist! \$50.

Just in time for the kids, "The Very Hungry Caterpillar Holiday Show," debuts in LA November 25 through January 21, 2024, at the El Portal (www.elportaltheatre.com). Times vary from 10 a.m., and 2 and 3 p.m. It brings to life Eric Carle's classics, with more than 75 puppets, a cast of storytellers, original music and stunning puppetry. With other Carle stories thrown in for good measure like the Brown Bear, 10 Little Rubber Ducks, and a winter wonderland in Dream Snow. \$30 to \$65.

CANDLES! LIGHTS!

Hanukkah is December 7 - 15, 2023. Share the joy at celebrations far and wide. Begin perhaps December 7, 5:30 p.m. at Fashion Island, Newport Beach with the "Unite for Light" Menorah Lighting (www.jewishnewport.com) featuring the OC Klezmers band, crafts, Dreidels, doughnuts, balloon animals, and more. Then December 10, 3- 5 p.m. at The Original Farmers Market (www.farmersmarketla.com). Enjoy the Menorah Ice Sculpture Carving demo, youth musical performances by JLA Chanukah, sing-alongs with Miss Melo, and arts and crafts.

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Continued from previous page

December 11, 5:30 p.m., join the “Gelt Drop and Menorah Lighting at the Platform” (www.jewishculvercity.com) in Culver City’s Platform Park. Watch as hundreds of chocolate coins drop from a firetruck! The Giant Menorah is lit, and music, latkes, donuts, crafts, and a raffle. December 12, 6:30 p.m., head to The Commons at Calabasas and annual “Menorah Lighting Celebration,” with live music, family-friendly activities, Chanukah treats, and the dazzling fireworks finale. Hit the beach December 14, 3:30 p.m. in Malibu for “Chanukah Winter Wonderland” (www.jewishmalibu.com) at Point Dume Village Plaza, with hot latkes, a Donut Menorah, live entertainment, arts, crafts, and face painting.

Ooh, ahh, and sip cider as giant Christmas trees light up the sky. Among the best, the joyous lighting of a 30-foot Holiday Tree at Terranea Resort (www.terranee.com) in Rancho Palos Verdes. November 25, 4:30 – 7 p.m., with caroling by The Joanna Medawar Nacheff Singers, and a performance from “The Nutcracker” by the San Pedro Ballet School. Also, a sleighride with Mr. and Mrs. Claus kids’ photo op, reindeer

petting, gingerbread cookie decorating, hot chocolate, apple cider, and a cash bar. Free. In DTLA, the “LA County Tree Lighting Ceremony” at the Music Center Jerry Moss Plaza (www.musiccenter.org) illuminates a gaily decorated 75-foot-tall tree November



27, 2023, at 5:00 p.m., accompanied by local musical artists and community groups. Free.

Make it a family adventure, December 3, 5:30 p.m., to the “Palm Springs Aerial Tramway’s Tree Lighting” (www.pstramway.com). The landmark 45-foot tree sports more than 4,000 LED lights visible across the valley from its 8,516-foot perch. Featuring a choir, and celebrity Tree Lighter

Judith Chapman. Included with Tram admission, \$30.95, adults, \$18.95 ages 3-10. And awe-inspiring “Christmas Tree Lane Lighting Ceremony & Winter Festival,” (www.christmastreelane.net) December 9 from 3 – 9 p.m. at the Altadena Library, when the “Mile of Christmas Trees” lights up at once! With arts, crafts, and food. Free.

HOLIDAY DINING

Make holiday memories at the finest restaurants! Lawry’s The Prime Rib – Beverly Hills’ (www.lawrysonline.com) features a holiday-only “Dickens A Christmas Carol Lunch and Dinner.” Lunch is December 1, noon and 3 p.m. Dinner is December 7, 7-10 p.m. Enjoy three courses and a magnificent performance of Dickens’ classic tale. Includes a kids’ menu. Adults, \$169. Ages 12 and under, \$79. Also, Lawry’s “Lunch with Santa,” December 23, 11:30 a.m. – 2 p.m., for photos with Santa and the classic menu. The Swiss Chalet Dining Pop-Up has returned to the Fairmont Century Plaza Hotel (www.fairmontcenturyplaza.com) through December 31. Transport the family to an Après-ski Alps dinner in the open-air wood chalets with holiday trees, and wintry

throws and pillows. Hearty fare includes Espresso Martinis, braised beef cheeks, and chocolatey desserts. Up to eight guests. \$108 per person. Pet and pose with a real reindeer at the “Reindeer and Sleigh” brunch, December 10, noon – 3 p.m. in the holiday garden at Fuego restaurant (www.hotelmay-alongbeach.com) on the water in Long Beach.

WINTER WONDERLANDS

Ski and board Skiing at Mountain High Resorts (www.mthigh.com), just 90 minutes close in the San Bernardino Mountains. Opening day is expected soon, so check online. Its numerous lifts and runs – including SoCal’s longest at 1.6 miles – world-class terrain park, winter sport school, Yeti’s Snow Play, and North Pole Tubing Park offer fun for every level. Even night skiing and snowboarding. Lift tickets: \$109 – \$139. Ages 4 and under free. Season passes from \$299 – \$841. Take a trip to the North Pole at Santa’s Village (www.skyparksantas-village.com) in nearby Skyforest. Have tea with Mrs. Claus and breakfast with Santa in his Workshop. Visit the Gingerbread House. Meet holiday costumed characters. Open daily, 10 a.m. – 6 p.m. Free.

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Fantastic Find! Eight-Year-Old Girl Discovers 100,000-Year-Old Woolly Mammoth Bones

By Contributing Writer

An incredible discovery was made along the banks of the Oka River near Novinki.

Maryam Mirsaitova was fishing with her father on the shores of the Oka River in western Russia when something caught her eye. The eight-year-old went to take a closer look and came across a number of strange objects.

Her father then submitted them to the nearby Nizhny Novgorod Museum-Reserve, where experts confirmed that

Mirsaitova had found bones from a woolly mammoth, a bison, and a third unknown animal.

As Live Science reports, the bones were exposed by a recent landslide in the area.



They include the condyle (knee joint) and lower tibia of a woolly mammoth and a vertebra from what appears to be a steppe bison.

Despite their age — the mammoth bones are estimated to be 100,000 years old — the bones

animal: the steppe bison. Live Science reports that they lived in Europe, Asia, and North America during the Pleistocene epoch



(2.6 million to 11,700 years ago) before going extinct, though their descendants in Europe and North America survive to this day.

Steppe Bison

Steppe Bison went extinct some 10,000 years ago, though their modern descendants live in Europe and North America today.

As such, bones like these are priceless discoveries. They will be studied and then held by the Nature Department at Nizhny Novgorod Museum-Reserve.

But experts hope that others who stumble across woolly mammoth or steppe bison remains follow Mirsaitova's example and report them. One of the most famous such discoveries in recent years was a mummified mammoth calf, later dubbed Lyuba, which was found on the Yamal Peninsula. But these remains were first traded for a snowmobile before they ended up in the hands of law enforcement and then were finally sent to a museum.

"Unfortunately, [discoveries] are left at home," Galina Shalfitskaya, the head of the Nature Department at Nizhny Novgorod Museum-Reserve told Russian media. "And therefore I would like to appeal to everyone — if you find something, please bring it to the museum. Because it is important — for science, for history."

After reading about the 100,000-year-old woolly mammoth bones discovered by an eight-year-old girl in Russia, see how gold miners stumbled upon a rare cache of hundreds of woolly mammoth bones while working in Canada. Or, see how one company is hoping to revive the woolly mammoth from extinction and return it to Siberia.

are in fairly good condition. Museum staff told Russian media that they could even detect spongy tissue on the mammoth's condyle bone.

Woolly Mammoths

Woolly Mammoths went extinct 10,000 years ago. The woolly mammoth bones likely belonged to an adult of the species. As Live Science reports, woolly mammoths populated the cold regions of northern Europe and Asia starting around 700,000 years ago and North America starting around 100,000 years ago. Along the banks of the Oka River, where the fossils were discovered, woolly mammoths probably thrived until 10,000 years ago. But the end of the ice age meant woolly mammoths lost their habit and food source, and they may have been hunted by early humans.

Populations of woolly mammoths survived some 7,000 years longer on the isolated Wrangel Island in the Arctic but these creatures also died out some 4,000 years ago. Scientists have suggested in recent years that they may have finally been wiped out by a catastrophic weather event.

The vertebrae bone that Mirsaitova found along the shores of the Oka River likewise seems to belong to an extinct

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By Contributing Writer

THE HUNGER GAMES

THE BALLAD OF SONGBIRDS AND SNAKES

Two hours and 37 minutes is long for a “ballad,” but you can’t call it “The Hunger Games: The Three-Cycle Opera of Songbirds and Snakes” now, can you?

The intervening years have done nothing to shrink the ambitions of this unapologetically gaudy dystopic series.

That clash of YA allegory and color palette is as pronounced in “The Hunger Games: Ballad of Songbirds and Snakes,” a prequel set 64 years before the original books.

“The Ballad of Songbirds and Snakes,” is an origin story, as well as numerous characters — primarily President Coriolanus Snow, played by Donald Sutherland in the first four films. Here, Snow is an impoverished but opportunistic 18-year-old student played by Tom Blyth.

The new one proves how much you can sacrifice in story when you’ve got a thrilling young performer commanding the screen.

Francis Lawrence’s prequel wobbles. And yet, in the end, “The Ballad of Songbirds and Snakes,” manages to be the deepest expression yet of the series’ melodrama of adolescence. In Panem, the only thing more tragic than the suffering inflicted by adults on the young may be a bright kid warping wickedly into one of those elders.

That generational divide was always at the heart of the appeal of “The Hungers Games.”

In “The Ballad of Songbirds and Snakes,” we see how it got to be that way. The 10th annual Hunger Games are approaching but it feels more like pre-Super Bowl times when the NFL and the AFL played in separate leagues.

With little food, Coriolanus is living with his cousin Tigris (Hunter Schafer) and grandmother (Fionnula Flanagan). Their family has fallen on hard times, in part because of a family rivalry with Casca Highbottom (Peter Dinklage), the dean of the academy. As the students gather

amid Third Reich architectures (production design by Uli Hanisch is stellar) and the games’ founder Volumnia Gaul (Viola Davis) gazes on, Coriolanus is assigned his tribute, Lucy Gray Baird, a bold young woman from District 12 who wears a rainbow skirt and sports a dubious Southern accent. During the reaping, she makes



an immediate impression, putting a snake down the back of a rival and bursting into song.

Lawrence’s Katniss was a thrilling female warrior. Rachel Zegler’s Lucy Gray is inevitably a disappointment by comparison. The tonal fluctuations, always a tricky balance, can be ridiculous. The stadium is abruptly bombed. Once the games begin, one tribute concocts rabies.

The main thing holding our attention is Jason Schwartzman’s Lucretius Flickerman, a TV host with a Salvador Dali mustache

who wants the games wrapped up so he can make his dinner reservations.

But “Songbirds and Snakes” begins making a case for itself. The relationship between Coriolanus and Lucy Gray is complex. He works to help her survive the games because he believes in her, and maybe loves her, but also because her success benefits him. Whether Lucy Gray is as purehearted as her songs, too, is up for debate. Both are cunningly playing the hands they’ve been dealt, seeking an advantage where they can. When Coriolanus begins making suggestions for the games to Volumnia, he proves himself a natural-born marketer.

That there’s tension in Coriolanus’ character, as we know how he ends up, is a tribute to how good Blyth is. We’ve by seen plenty of prequels that show us how some famous villain broke bad, but there’s nothing in Blyth’s performance that telegraphs his future. He’s a sincere striver — we root for him — who’s operating in the society he’s found himself. He’s a villain born of circumstance.

“The Ballad of Songbirds and Snakes” extends the saga for a third act in District 12. But it’s also where that tragedy of “Coriolanus’ fate, earns Shakespearean touches.

“The Hunger Games” kicked off a YA craze in film. Whether “The Ballad of Songbirds and Snakes” is enough to relight those embers remains to be seen.

THE MARVELS

By Contributing Writer

The stakes feel low in “The Marvels,” and it’s not because this is a movie that spends a fair amount of time following cats or has an out-of-nowhere musical number. It’s possibly because somewhere along the way, Marvel movies just stopped feeling like events. And this galactic trifle from director Nia DaCosta does not seem to make them again feel like a must.

Yes, Iman Vellani (as Ms. Marvel/Kamala Khan) gets her big moment and nails it, as does Teyonah Parris (Monica Rambeau). Yes, there is a new villain, and it’s a woman (Zawe Ashton as Dar-Benn) with a powerful new toy. Yes, Captain Marvel (Brie Larson) will have to face her past to move forward. And, yes, there is plenty of action.

But this is also a movie that teases danger, like a bad guy who appears to be knocked down reaching for another weapon. Granted, this happens in the middle of a hectic sequence involving the three leads fighting three fights in three different locations and switching. Not that it really mattered what that guy was reaching for

anyway — it never felt like anyone was in peril. It’s also not quite funny either, but does introduce the crutch that Monica, Carol and Kamala can



switch places in a flash. They’ll try to explain why this is happening to you several times.

This is a movie about a new team forming, sort of about fandom, sort of about accepting responsi-

bility. But there is little doubt that these three will figure out a way to work together. There’s some unresolved hurt between Monica and Carol but they’re also both professionals. And Kamala just has to stop fangirling over Captain Marvel. These three are not given enough downtime to really enjoy whatever chemistry is there.

DaCosta, working with Marvel for the first time, keeps the energy up and the story moving. Those fretting about all the three-hour films in

cinemas at the moment should be happy to hear that this is kept to 105 minutes. And it is a colorful, vibrant affair, too, a very welcome change from “Ant-Man 3,” helped by Oscar-nominated cinematographer Sean Bobbitt.

And Vellani is the real standout star, a refreshingly human presence in stark contrast to Larson’s cool and unflappable Captain Marvel. As Kamala/Ms. Marvel, you see in her someone who is excited and overwhelmed, in over her head and learning on the go. I wish they’d gone further with a conflict between her and her idol that is too quickly resolved. There is a tidiness to most of the conflicts here.

It’s supposed to be a big deal that this movie has all women fighting a villain who’s a woman, but it feels a little pandering in all the wrong places and doesn’t really engage. When our three heroes suit up, they do so off screen and come out with fresh hairdos and makeup. They look like their best selves and will continue looking like their best selves throughout a harrowing battle, which leaves some of their uniforms torn but not an eyelash out of place. These women are defiantly against the convenience; instead, they’re constantly flipping their locks out of their eyes during fights, despite seeming more practical than that.

Also poor Ashton, who is such a splendid actor, has been saddled with one of the more forgettable and generic villain arcs. She gets to snarl a few one-liners and stomp around with tyrannical purpose in fantastically detailed costumes, but it seems to be a missed opportunity to not develop her more.

Bringing “Endgame”-like event hysteria back to Marvel was never going to be in the cards for “The Marvels,” or “Ant-Man and the Wasp: Quantumania.” At least this movie seems to be enjoying itself (sometimes a little too much) with moments of whimsy and weirdness and at least one deranged and amusing gift for cat lovers everywhere.

This seems to be a minor Marvel — a fun, inoffensive, largely forgettable — a get-to-know-them brick on a path only Kevin Feige has the blueprints for. And maybe it’ll be something great, eventually.

And The Winner Is... 2024 GRAMMY Nominations

By Contributing Writer

The wait is finally over! The Recording Academy has officially revealed nominations for the 2024 GRAMMYS, which will take place Sunday, Feb. 4, at Crypto.com Arena in Los Angeles. Here are a few highlights:

Record of the Year: Worship: Jon Batiste, Not Strong Enough: boygenius, Flowers: Miley Cyrus, What Was I Made For?: Billie Eilish, On My Mama: Victoria Monét, Vampire: Olivia Rodrigo, Anti-Hero: Taylor Swift, Kill Bill: SZA

Album Of The Year: World Music Radio: Jon Batiste, the record: boygenius, Endless Summer Vacation: Miley Cyrus, Did You Know That There's A Tunnel Under Ocean Blvd: Lana Del Rey, The Age Of Pleasure: Janelle Monáe, GUTS: Olivia Rodrigo, Midnights: Taylor Swift, SOS: SZA

Song Of The Year: A&W: Jack Antonoff, Lana Del Rey & Sam Dew, songwriters (Lana Del Rey), Anti-Hero: Jack Antonoff & Taylor Swift, songwriters (Taylor Swift), Butterfly: Jon Batiste & Dan Wilson, songwriters (Jon Batiste), Dance The Night: Caroline Ailin, Dua Lipa, Mark Ronson

& Andrew Wyatt, songwriters (Dua Lipa), Flowers: Miley Cyrus, Gregory Aldae Hein & Michael Pollack, songwriters (Miley Cyrus), Kill Bill: Rob Bisel, Carter Lang & Solána Rowe, songwriters (SZA), Vampire: Daniel Nigro & Olivia Rodrigo, songwriters (Olivia Rodrigo),



What Was I Made For?: Billie Eilish O'Connell & Finneas O'Connell, songwriters (Billie Eilish)

Best New Artist: Gracie Abrams, Fred again., Ice Spice, Jelly Roll, Coco Jones, Noah Kahan, Victoria Monét, The War And Treaty

Producer Of The Year: Jack Antonoff, Dernst "D'Mile" Emile II, Hit-Boy, Metro Boomin, Daniel NigroRoan

Songwriter of the Year: Edgar Barrera; Jessie Jo Dillon, Shane McAnally, Theron Thomas, Justin Tranter

Best Pop Solo Performance: Flowers: Miley Cyrus, Paint The Town Red: Doja Cat, What Was I Made For?: Billie Eilish, Vampire: Olivia Rodrigo, Anti-Hero: Taylor Swift

Best Pop Duo/Group Performance: Thousand Miles: Miley Cyrus Featuring Brandi Carlile, Candy Necklace: Lana Del Rey Featuring Jon Batiste, Never Felt So Alone: Labrinth Featuring Billie Eilish, Karma: Taylor Swift Featuring Ice Spice, Ghost In The Machine: SZA Featuring Phoebe Bridgers

Best Pop Vocal Album: Chemistry, Endless Summer Vacation, GUTS, - (Subtract), Midnights

Best Pop Dance Recording: Baby Don't Hurt Me, Miracle, Padam Padam, One In A Million, Rush

Best Dance/Electronic Music Album: Playing Robots Into Heaven: James Blake, For That Beautiful Feeling: The Chemical Brothers, Actual Life 3: Fred again., Kx5: Kx5, Quest For Fire: Skrillex

Best Rock Performance: Sculptures Of Anything Goes: Arctic Monkeys, More Than A Love Song: Black Pumas, Not Strong Enough: Boygenius, Rescued: Foo Fighters, Lux Æterna: Metallica

Best Metal Performance: Bad Man: Disturbed, Phantom Of The Opera: Ghost, 72 Seasons, Metallica, Hive Mind: Slipknot, Jaded: Spiritbox

Best Rock Song: Angry, Ballad Of A Homeschooled Girl, Emotion Sickness, Not Strong Enough, Rescued

Best Rock Album: But Here We Are, Starcatcher, 72 Seasons, This Is Why, In Times New Roman...

Best Alternative Music Performance: Belinda Says: Alvvays, Body Paint: Arctic Monkeys, Cool About It: boygenius, A&W: Lana Del Rey, This Is Why: Paramore

Best Alternative Music Album: The Car, The Record, Did You Know That There's A Tunnel Under Ocean Blvd, Cracker Island, I Inside The Old Year Dying

Best R&B Song: Angel, Back To Love, ICU, On My Mama, Snooze

Best R&B Album: Girls Night Out, What I Didn't Tell You, Special Occasion, Jaguar II, Clear 2: Soft Life EP

Best Rap Performance: Baby Keem Featuring Kendrick Lamar, Black Thought, Drake & 21, Savage, Scientists & Engineers, Killer Mike Featuring André 3000, Future And Eryn Allen Kane, Players: Coi Leray

Best Rap Album: Her Loss, Michael, Heroes & Villians, King's Disease III, Utopia

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By Contributing Writer

LEARNING ABOUT OUR RED NEIGHBOR

Finding Carbon On Mars

What Have We Learned?

Giving instructions to the Curiosity Rover was complicated. We know life contains the element carbon. Lots of chemical reactions in living things use carbon, too. So, we searched for carbon on Mars. Unfortunately,

Carbon atoms come in different forms called isotopes. The forms weigh different amounts, but they have the same properties. There are two common isotope, carbon-12 and carbon-13.

Scientists think over 200 meteorites from Mars have landed on Earth! Scientists measured the amount of carbon in some of them. Tests on Mars produced more carbon than tests on the meteorites.

One way is to compare the samples was to hold them all to a standard. A standard is a sample where we know how much of each carbon isotope it has. We can calculate a number easy to compare -- the carbon isotope value. There are carbon isotope values for Martian meteorites and volcanic rocks. There is also a range of carbon isotope values for living things.

SAM took a sample and measured the carbon isotopes by heating the rock and looking at the gases produced. Back on Earth, we calculated the carbon isotope values.

There was a lot of carbon in the sample. In fact, they found forty times as much carbon as previous experiments.

The carbon found matches carbon isotope values -- meteorites from Mars, carbonate: A chemical found in rocks and also within the range of living things.

The Search For Life Continues

Scientists have always wondered if we are alone in the universe. As we explore more, we will keep looking for life.



Bay Formation on the planet which looks like it could have been a lake-like environment. Living things need water. So, if there was any evidence that there was life on Mars, that was a good spot to sample.

lots of other things also contain carbon -- for example, volcanic rocks and meteorites. If we found carbon, we needed a way to figure out where it might have come from.

Mars is dry and cold. It doesn't have much atmosphere. But what was it like in the past?

Carbon is a key component of living things. So, Curiosity Rover on Mars sampled the surface.

What We Know

We understand a lot about Earth. But we don't know as much about other planets. They take a long time to get to and aren't very friendly. Our closest planet, Mars, has fascinated scientists. They are very curious about whether Mars ever had life on it, or if it could support life in the future.

In 2012 NASA landed a rover named Curiosity on Mars. Curiosity was a special rover because it was designed to figure out what elements are on the surface of Mars. It had a drill to help break apart rocks. Curiosity also had lots of cameras to take detailed photos.

Curiosity also had a built-in science laboratory called the Sample Analysis at Mars (SAM). SAM was designed to figure out if there could have ever been life on Mars. Scientists picked the Yellowknife

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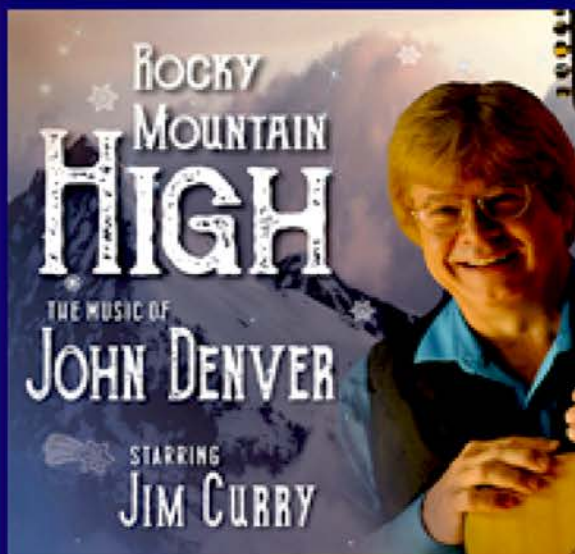
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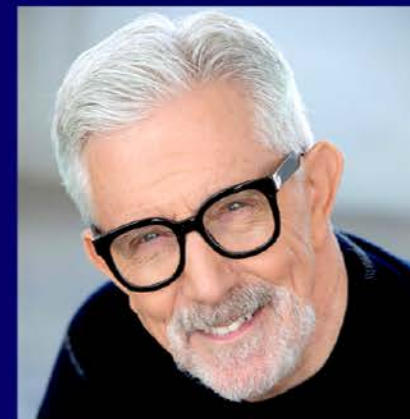
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NON ALCOHOLIC WINES ARE A BIG WIN!

By Contributing Writer

The phrase “non-alcoholic wine” may sound counterintuitive, but sometimes it’s exactly what the evening calls for.

High-quality bottles are made with the same processes that are used for regular wine. True non-alcoholic or dealcoholized wine is produced from wine that has been fermented with yeasts and has undergone a vinification process; the alcohol is then removed.

Leitz Eins Zwei Zero Riesling

and sweet spice jump from this dealcoholized merlot’s rich and velvety palate. The classically-styled red will pair nicely with a variety of heartier dishes and flavors on the table.

Giesen Marlborough Sauvignon Blanc

Giesen produces a 0% ABV bottling that is made with care. To create this wine, Giesen takes its full-strength sauvignon blanc and uses spinning cone technology to gently extract the alcohol from the wine.



Wine-drinkers have embraced rosé as a year-round go-to for pairing with a variety of dishes—and this alcohol-free version promises to satisfy an array of palate preferences. Notes of red currants, raspberries, and citrus jump from the wine’s zesty palate, which leads to a mouth-coating, lingering finish.

Noughty Alcohol-Free Sparkling White Wine

Crafted from chardonnay grown in the sunny south of Spain, this off-dry alcohol-free sparkling wine presents just the right amount of sweetness. Flavors of ripe apple and pear dominate the wine’s pleasantly fizzy palate; the finish is energetic,

refreshing, and just a tad sweet.

Freixenet Sparkling Alcohol-Removed Wine

Brunch and bubbles go hand in hand, and this bottle from Freixenet is a great option to have on the table. The cuvée was first launched in 2011, after two years of winemaking trials and extensive market research. The wine’s bubbly palate is loaded with flavors of ripe citrus, tropical fruits, and lemon zest. Persistent mousse and well-balanced residual sugar lead to a vibrant finish.

Codorniu Zero Brut Alcohol-Free

Produced in Spain, this sparkling rosé from Codorniu shows flavors of strawberries and red fruits that promise to please lovers of rosé and bubbles. Stash a few of these in the fridge and ensure that all of your booze-free bases are covered for last-minute gifts, parties, and impromptu celebrations.

Drink Up

When seeking out non-alcoholic wine, look for dealcoholized products. These wines undergo the same fermentation and vinification processes as regular wines! before alcohol is removed



This zesty dealcoholized riesling is a favorite, and it’s no surprise why. The wine’s zingy palate oozes with flavors of citrus, lime, green apples, and minerals.

Ariel Cabernet

What’s better than a warming glass of full-bodied cabernet sauvignon? This big-boned bottle has flavors of black currants, meaty cherries, milk chocolate, blackberry skin, and sweet baking spice. Silky tannins and soft acid lead to a dry, palate-coating finish.

Fre Merlot

Silky flavors of black plums, cherries,

The resulting product is just as aromatic and flavor-packed as the original.

Luminara Chardonnay Alcohol Removed

Satisfy chardonnay cravings sans booze with this dealcoholized bottling. Produced in the heart of California’s Napa Valley, it offers flavors of green apple, tropical fruit, and lemon cream. Aging the wine in both French and American oak provides hints of sweet baking spice, which leads to a long and luminous finish. Serve with cheese boards, seared scallops, or poultry-dishes.

St. Regis Nonalcoholic Shiraz Rosé

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Al Italiano

Authentic Italian Delights

Stop in for a Holiday Break!

By Pam Froman

The hectic pleasantries of the Holidays have arrived. Shopping, relatives, exhausting house cleaning and decorations. So give yourself and your family a break, with a warm and authentic Italian meal that you don't have to cook or clean. Al Italiano in West Hills is the perfect spot to bring the crew and relax with good food, wine and cheer. This is an ambient eatery that is courteous and friendly, and greet you at your table with fresh baked bread along with tasty olive oil to whet your appetite. To drink, try their sweet tropical flavored ice

artichoke hearts, parmesan cheese, aged balsamic vinaigrette are a delicious was to begin your meal.

Try the Ravioli Arrabbiata – it's spicy cheese ravioli with a house made arrabbiata sauce. Another option is the Chicken Alfredo, with fettuccine pasta, grilled chicken, and creamy Alfredo sauce.

There are also pizzas like the Carciofie Prosciutto with fresh mozzarella, artichokes and prosciutto and the Salcicca e Funghi with minced Italian sausage, portabella mushrooms, sun dried tomatoes, and onions.

“Whether I'm in the mood for a quick bite or sitting with friends and a bottle of wine I love our pasta and veggies,” says Robert. “If it's done right everything tastes good.”

The menu at Al Italiano is constantly evolving. Fresh food is a huge priority. Italian food is a vast cuisine, with tons of themes, and there are unlimited variations you can work with, whether it be seafood, veggies, or homemade items like fresh pasta.

Try the many tasty items on the menu. The Capellini alla Checca is angel hair pasta served with sautéed fresh tomatoes, basil and garlic and the Linguini alle Vongole is sautéed manila clams, garlic, herbs, and white wine sauce. There are also entrees like the Pollo Piccata, a butterflied



and lightly breaded chicken breast in a lemon, caper, garlic sauce, the Melanzane Parmigiana, grilled eggplant layered with cheese and tomato sauce and the Salmone al Forno, seared and roasted filet of salmon served over garlic and spinach mashed potatoes.

Al Italiano offers a fine balance of quality service and price. You can roll in and enjoy the menu and know that no matter what you'll get a great meal. Al Italiano is located at 23701 Roscoe Blvd. in West Hills. Call them at (818) 716-7894 to reserve a table now! www.alitaliano.com



tea, which has a fruity full-bodied flavor, or a glass of red or white wine.

Robert Ravi is the owner of Al Italiano. He insures that the restaurant creates fine food from the ground up, with fresh veggies and local seasonal-based ingredients.

You can start off with an appetizer like Bruschetta di Pomodoro, marinated fresh tomatoes in garlic, olive oil and balsamic served with homemade crostini.

The Caprese Salad, which is buffalo mozzarella cheese, tomatoes, fresh basil, pesto and reduced balsamic drizzle and the Insalata di Rucola, which is baby arugula,



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Generous Gene Therapy!

Curing And Treating Diseases

By Contributing Writer

The genes in your body's cells play a key role in your health. Indeed, a defective gene or genes can make you sick.

Recognizing this, scientists have worked for decades on ways to modify genes or replace faulty genes with healthy ones to treat, cure, or prevent a disease or medical condition.

This research is paying off, as advancements in science and technology today are changing the way we define disease, develop drugs, and prescribe treatments.

The U.S. Food and Drug Administration has approved multiple gene therapy products for cancer and rare disease indications. **Genes, Cells, and How They Interact**

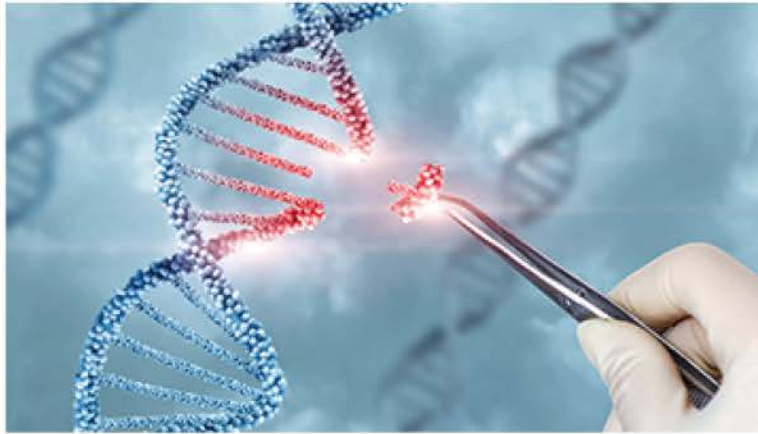
Genes and cells are intimately related. Within the cells of our bodies, there are thousands of genes that provide the information to produce specific proteins that help make up the cells. Cells are the basic building blocks of all living things; the human body is composed of trillions of them.

The genes provide the information that makes different cells do different things. Groups of many cells make up the tissues and organs of the body, including muscles, bones, and blood. The tissues and organs in turn support all our body's functions.

How Gene Therapy Works

Sometimes the whole or part of a gene is defective or missing from birth. This is typically referred to as a genetically inherited mutation.

In addition, healthy genes can change (mutate) over the course of our lives. These acquired mutations



can be caused by environmental exposures. The good news is that most of these genetic changes (mutations) do not cause disease. But some inherited and acquired mutations can cause developmental disorders, neurological diseases, and cancer.

Scientists can do one of several things in gene therapy:

They can replace a gene that is missing or is causing a problem.

They can add genes to the body to help treat disease.

Or they can turn off genes that are causing problems.

To insert new genes directly into cells, scientists use a vehicle called a "vector." Vectors are genetically engineered to deliver

the necessary genes for treating the disease.

Vectors need to be able to efficiently deliver genetic material into cells, and there are different kinds of vectors. Viruses are currently the most commonly used vectors in gene therapies because they have a natural ability to deliver genetic material into cells. Before a virus can be used to carry therapeutic genes into human cells, it is modified to remove its ability to cause infectious disease.

Gene therapy can be used to modify cells inside or outside the body. When a gene therapy is used to modify cells inside the body, a doctor will inject the vector carrying the gene directly into the patient.

When gene therapy is used to modify cells outside the body, doctors take blood, bone marrow, or another tissue, and separate out specific cell types in the lab. The vector containing the desired gene is introduced into these cells. The

cells are later injected into the patient, where the new gene is used to produce the desired effect. **Safety and Effectiveness of Gene Therapy**

Before a gene therapy can be marketed for use in humans, the product must be tested in clinical studies for safety and effectiveness so FDA scientists can consider whether the risks of the therapy are acceptable considering the potential benefits.

The scientific field for gene therapy products is fast-paced and rapidly evolving – ushering in a new approach to the treatment of vision loss, cancer, and other serious and rare diseases. As scientists continue to make great strides in this therapy, the FDA is committed to helping speed up development by interacting with those developing products and through prompt review of groundbreaking treatments that have the potential to save lives.

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Love Actually Live In Los Angeles

By Contributing Writer

Love Actually Live Los Angeles 20th anniversary celebration is an immersive holiday musical experience with tickets available now! Don't miss it!

Celebrate the holidays with the ever-immersive musical performance of Love Actually Live - one of the most beloved holiday films of all time!

Love Actually Live Singers

Back by popular demand, and celebrat-

as they reimagine the film's hit soundtracks while accompanied by a 15-piece orchestra. Sing along to "Christmas Is All Around", "Trouble With Love", "Both Sides Now", and many more. Iconic scenes from the film will be displayed on traveling screens throughout the set.

Bring friends and family together to experience an unforgettable holiday classic in a three-dimensional world where film and



ing the hit film's 20th anniversary. For the Record and the Wallis Annenberg Center for the Performing Arts return for the winter season with a one-of-a-kind show that is sure to bring laughter and tears.

You'll follow an all-star cast of singers

live action seamlessly intertwine on the center stage.

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Age requirement: 13+

Price: Tickets start at \$59

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The Wallis Annenberg Center for the Performing Arts is a dynamic cultural hub and community resource where local, national and international artists share their artistry with ever-expanding audiences. The campus, located in the heart of Beverly Hills, CA, is committed to robust and distinctive presentations and education programs curated with both creativity and social impact in mind.

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Visiting Washington D.C.

Exploring The Capital

By Contributing Writer

At times, Washington D.C. can feel like a tale of two cities: Politicians versus multi-generational residents. Washington has seen its demographics shift dramatically, bringing both positive and negative effects of gentrification.

Key Stops

The Wharf, Washington's waterfront area, overlooks the Potomac River and features a fish market, boutiques, restaurants and music venues.

Anacostia Community Museum highlights social issues within the Anacostia neighborhood and African American neighborhoods around the country. It is part of the Smithsonian Institution.

Frederick Douglass National Historic Site is the restored 19th-century estate of the abolitionist and orator Frederick Douglass.

The Bazaar by José Andrés is the whimsical, fine-dining culmination of the Spanish chef José Andrés.

See The Monuments From The Water

Washingtonians could benefit from a relaxing sunset cruise of the Potomac River. Departing from the Wharf district, City Experiences's bright yellow water taxis head out five times a day for the Monuments Tour From the Wharf. The round-trip tour, with audio narration, covers sites too difficult to see on foot: The Frederick Douglass Memorial Bridge, the Washington Monument, the Lincoln Memorial, the John F. Kennedy Center for the Performing Arts, the notorious Watergate complex and the Georgetown waterfront.

People dine inside a restaurant

that has decorative bird cages hanging from the ceiling. A large tree inside is illuminated. One birdcage and the tree are reflected in a pool of water in the foreground.

Shop Local, Then Savor Lebanese Mezze

Drop into Shop Made in DC, which spotlights Washington-based artisans. You'll find "202" (the city's area code) and "The District vs Congress" T-shirts, illustrated maps of local neighborhoods, and onesies covered in cherry blossoms. Then stroll to Ilili, a Lebanese restaurant with colorful fixtures made in Lebanon, such as laser-cut metal doves and dining chairs with hand-sewn floral designs. You'll see local twists on cuisine, like the hummus that can be topped with Maryland blue crab falafel. Don't miss fried brussels sprouts with grapes and mint yogurt and a plate of riz (Lebanese rice, toasted vermicelli, Marcona almonds and cashews, to accompany the heaping mixed grill for two.

Sip Sake At A Rooftop Fire Pit

At Moonraker, the rooftop bar at the Pendry Washington D.C. hotel, the drinking starts on the way up. On weekends, a host leads guests to the dedicated Moonraker elevator, where an elegant beverage cart with self-serve, complimentary sake samples, mixed sake beverages and ochokos (ceramic sake cups) await. At the penthouse level, a circular bar serves bites like a spicy tuna roll topped with gold-leaf flecks and karaage-style fried chicken alongside more sake and signature cocktails. Enjoy your drink while curled up by one of two outdoor fire pits.

Explore A Lesser-Known Smithsonian

The Potomac River, which separates Washington from Virginia, may be more famous, but the banks of the Anacostia River is where many residents go for peaceful waterside views. From Nationals Park, stroll across the Frederick

Douglass Memorial Bridge that connects the Anacostia Riverwalk Trail to Anacostia Park. From there, take a short ride-share to the recently renovated Smithsonian's Anacostia Community Museum, which shares the stories of everyday people making changes in their communities.

Grab A Juice, Then Visit A Famous Abolitionist's Home

When Turning Natural opened in 2015, it was one of the few health-centric food places in Ward 8, a historically underfunded, area known to be a food desert. The business is now a community staple with six locations. Grab a smoothie or a cold-pressed juice then walk 10 minutes to Cedar Hill, more formally known as the Frederick Douglass National Historic Site, a historic house and estate overlooking the city. The abolitionist and orator Frederick Douglass lived here from 1877 until his death. Join a guided tour led by National Park rangers to see where many of Douglass's original possessions remain, like his collection of fine china and the family piano.

Eat Through An Enormous Japanese Food Hall

Japan and Washington have a connection, as the famed cherry trees, a gift in 1912, remind us when they blossom each year. Love, Makoto adds to that relationship. The 20,000-square-foot Japanese food hall from chef Makoto Okuwa offers three full-service concepts in Dear Sushi, an omakase experience; Beloved Barbecue, a steakhouse; and Hiya Izakaya, a bar serving whiskey highballs and skewers. There's also a fast-casual option: a light-filled dining hall called Love on the Run.

Doubt Your Perceptions At A Mind-Bending Museum

The Museum of Illusions is a fun, interactive option for all ages amid history and science-focused institutions. Games and brain



Two people, in silhouette, sit on a bench by a wharf in the daytime. They are framed by overhanging leafy branches in the foreground. Behind them are boats on the water.

Have A Crab-Cake Breakfast In A Farmer's Market

There are few things more peak Washington on a Sunday morning than a trip to Eastern Market. This landmark is one of the few historic public market buildings left in Washington.

Champion Women In The Arts

The first museum dedicated to women artists, the National Museum of Women reopened in October. The museum, in a former Masonic temple offers expanded gallery space for more than 6,000 works.

teasers feature Washington-specific displays, including a mural of George Washington, whose eyes follow you, and the Instagram-friendly Reversed Room where you appear to stroll on the ceiling of a Washington metro car.

Dine With A Son Of Spain

Chef José Andrés has opened the Bazaar, a new Spanish restaurant within the glamorous, Romanesque-style Old Post Office building.

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LA'S LEADING IMMERSIVE HOLIDAY EXPERIENCE

'HOLIDAY ROAD' RETURNS FOR 4th YEAR

By Contributing Writer

— LA's leading immersive holiday event, Holiday Road, is back for the 4th year and promises to be brighter and more enchanting than ever. Welcoming over 100,000 people every year, Holiday Road includes larger-than-life holiday installations, thousands of Christmas lights, Santa and Mrs. Claus, new film activations and all the holiday cheer. Greater Los Angeles area residents, celebrities and adults and children alike are expected to return to King Gillette Ranch in Calabasas for the annual holiday experience and family tradition. Holiday Road opens Friday, November 24 during Thanksgiving weekend and takes place for 22+ dates through the end of the year. Tickets are now on sale at HolidayRoadUSA.com.

Holiday Road includes an immersive mile-long walking trail, interactive photo moments, festive souvenir shop, premium holiday bars, top food trucks and more. Guests will be transported into a winter wonderland complete with everything from the North Pole, Elf Village, Gingerbread Lane, impressive light tunnels, Christmas tree forests, countless candy canes and much more! Kids can take their photo with live Santa and sing with carolers on select dates. This year will also offer new lantern art and immersive scenes as well as a first-time collaboration and activation with Amazon MGM Studios for the upcoming holiday comedy film Candy Cane Lane.

Eddie Murphy stars in Candy Cane Lane, a new holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest and inadvertently makes a deal with a mischievous elf that brings the 12 Days of Christmas to life. Also starring Tracee Ellis Ross and directed by Reginald Hudlin, this new holiday classic is available exclusively on Prime Video beginning December 1, 2023.

"We are thrilled to be celebrating our 4th annual Holiday Road this year," said

Holiday Road co-founder, Ben Biscotti. "We look forward to bringing holiday cheer to the whole family again this year, with new surprises, including lantern art, immersive scenes and Candy Cane Lane activation where guests can come take a photo at the Carver's house and experience the film's magic!"

Main Attractions:

- Immersive Walking Trail – near mile-long walking trail filled with immersive scene after immersive scene
- Photos with LIVE Santa – stop by and take your photo with Santa this year

○ Dates:

- November 24 - 25
- December 1-2
- December 8-9
- December 15-16
- December 22-23

- LIVE Christmas Carolers – listen to some of your favorite holiday songs by our LIVE Carolers as you stroll through our winter village scene

○ Dates:

- November 24 - 25
- December 1-2
- December 8-9
- December 15-16
- December 22-23

- Candy Cane Lane Activation - take a photo at the Carver's house and experience the magic of Candy Cane Lane, coming to Prime Video beginning December 1 - share your excitement online with [@CandyCaneLaneMovie](https://twitter.com/CandyCaneLaneMovie)

- Face Painting - stop by our face painting booth and have your child's face painted with themed and festive options for all ages
- Souvenir Shop - pick up a gift full of holiday magic for the kids such as light-up toys and branded merchandise
- Winter Market – check out local vendors who specialize in selling holiday gifts, decorations and apparel

- Holiday Bars – stop by one of our premium holiday bars, where the grown-ups get



Holiday Road is also available for private events and corporate sponsorships and features a private 100-person VIP bar that can be closed off for private parties.

What began as a drive-thru experience during the pandemic has grown significantly into the premiere holiday attraction and immersive holiday experience in LA. Holiday Road is committed to ensuring the safety of all patrons and staff. To see what health and safety measures the

staff will be taking, visit here. <https://holidayroadusa.com/>

ABOUT HOLIDAY ROAD

Holiday Road is a holiday event tailored for all ages. The immersive experience showcases thousands of

festive lights as well as iconic holiday scenes situated throughout the stunning property at King Gillette

Ranch in Calabasas, CA. The team behind this holiday happening is a partnership comprised of

television and event producer veteran Ben Biscotti, Co-Founder & President of Iiota Productions, and award-winning event producer & designer Tony Schubert of Event Eleven.

To learn more and join the conversation, use the hashtag #HolidayRoad and follow Holiday Road on social media:

Facebook: [@HolidayRoadUSA](https://www.facebook.com/HolidayRoadUSA)
Instagram: [@HolidayRoad](https://www.instagram.com/HolidayRoad)

to enjoy a savory cocktail to jumpstart their holiday spirit, lush wine to help them unwind and craft beer to keep up the cheer

- Food Trucks – presenting some of the best food trucks every night

Details:

- Dates: Holiday Road will be open to the public for 22+ dates November 24 – December 27
- November 24-26
- December 1-3
- December 8-10
- December 14-24
- December 26-27
- Times: 5:00pm – 9:30pm
- Location: King Gillette Ranch: 26800 Mulholland Hwy, Calabasas, CA 91302
- Tickets: <https://holidayroadusa.com/>
- Price – ticket prices start at \$24.99 and up
- 2 years and under are free admission
- Each ticket will grant you access to the event at the day and time of selected slot

Head For The Hills! Hillwalking For Fitness

By Contributing Writer

boots and warm, waterproof clothing. Any routes that require ropes, helmets or harnesses is generally considered climbing or mountaineering territory.



you can build yourself up. Mountain weather can change and its common to be walking in sunshine one minute and in cloud the next – so navigation skills are important. It's a great idea to learn from more experienced walkers.

sense of direction. But once you start trying more challenging routes you'll need to sharpen up your navigation



weather. Wind chill especially if you're wet is a real danger, so make sure you're well prepared! You need to be warm, dry, well fed and watered and be able to navigate. This is a basic guide to what you should consider carrying.

Waterproof Jacket

A waterproof jacket is a must-have. Look for something durable, breathable and lightweight with a well-fitting hood that packs down small. It's also useful if you can access the pockets without having to unbuckle your rucksack first.

Walking Trousers

Having suitable legwear can help protect you. Flexibility is key as you want full movement in your legs.

Walking Boots

Good, solid walking boots with ankle support can go a long way. It's a matter of choice as to whether you wear traditional leather boots or lighter synthetic modern versions, but you should always ensure they have a strong and grippy sole.

Map And Compass

Conditions can turn quickly, making it essential to carry a map and compass.

Hat

You lose a lot of heat through your head, so a warm hat is always worth keeping in your rucksack. And make sure you pack a spare!

Walking Poles

One of those bits of gear you'll never truly appreciate the benefit of until you've used them properly! Poles can take a huge amount of pressure off your ankles, knees and muscles during a big ascent or descent, which is great for conserving energy – especially if you're carrying a heavy pack.

Rucksack

You need a rucksack big enough to hold all of the additional essential kit listed below. Dedicated walking packs have lots of pockets that allow you to separate gear, while alpine-style designs usually have one main compartment and a lid pocket.

Remember You Will Also Need

Gloves (plus an extra set in winter); Extra warm layers; Overtrousers; Buff; First aid kit; Camera (optional); Mobile phone; GPS device (optional); Headtorch; Food for the day; Plenty of water!

How Hard Is Hillwalking?

That depends on where you walk! Hillwalking covers everything from your local hills and countryside to high, fearsome mountains, so the levels of fitness and experience can vary. If you're new to hillwalking, start small and ease in slowly. As your fitness and experience levels build,

Where Can I Go Hillwalking?

The most popular hillwalking areas are mountainous and hilly regions. But if you live in a big city, start out in local hills.

What Skills Do I Need For Hillwalking?

When you start out, you won't need much more than basic fitness and a good

skills. What is an easy route to follow on a clear sunny day can be a very different proposition in the fog! Smartphones and GPS devices are very useful navigation tools, but you should always carry a paper map and compass and – most importantly – know how to use them.

What Gear Do I Need For Hillwalking?

Many walkers new to the mountains get caught by the

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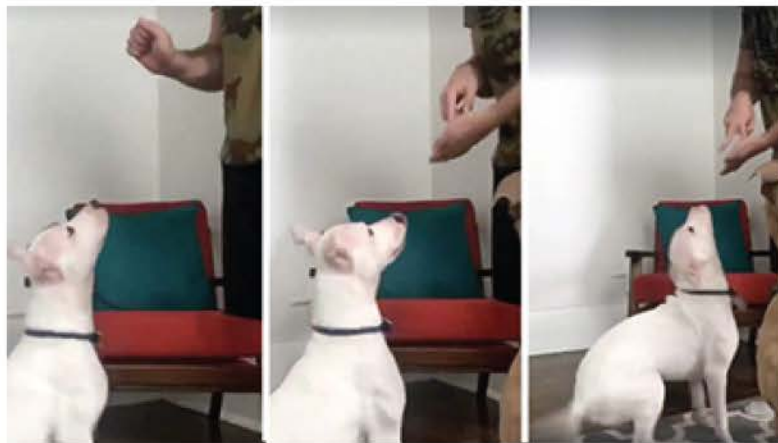
COOL CANINE COMMUNICATION

Teaching Sign Language To Dogs

By Contributing Writer

flash a marker but be careful not to shine it directly into the dog's eyes

Hand targets: teaching your dog to follow a hand target or a lure (piece of food in the hand). Offer your hand near to the dog's nose and wait for them to touch it with their nose. Most dogs will



We may need to teach our dogs some basic sign language for several reasons: as they age many dogs lose some of their hearing, some dogs are born deaf, at a distance on a windy day it may be difficult for your dog to hear you.

Whatever the reason is, dogs naturally watch us for clues and often respond more quickly to body language than words.

The challenge is to:

a) choose simple, distinctive signs

b) use the same signs consistently, and c) reward your dog clearly when they get it right!

Using single hand signs generally makes it more practical but you can certainly get more complicated.

Recall is vitally important for dogs that cannot hear you – Barry Eaton's book "Hear Hear" goes through this in detail, but until you are very confident please keep your hearing impaired dog on a harness and long line.

It is VERY important to use rewards-based hands off training with a deaf dog. Your dog should not be nervous of your hands or being grabbed, but keen to look at them and enjoy the training. If you must indicate displeasure a simple wag of the finger plus turning your back for a few seconds will be more than enough.

How To Teach The Signs

Saying "good dog" First of all we need a simple sign that tells our dog "well done" – the easiest choice is a thumbs up (many people smile as well), make sure your hand is clearly visible to your dog. Make the sign and then deliver a small tasty treat (cubes of cheese are ideal).

If you want to use clicker training (sometimes called flicker training for deaf dogs) I suggest you have a basic 'good dog' sign that friends and family use as well as a more

specific 'clicker sign'. I use a starfish type sign starting with a clenched fist then stretching all fingers out to indicate a 'click'. You can teach this just as you do with a normal clicker by pairing the sign with a treat.

You can also use a small pen light to

do this fairly quickly out of curiosity! When the nose touches your hand give your "good dog" or "clicker" sign with the other hand, then deliver the treat asap. Repeat this exercise until your dog is confidently following your hand as you move it around.

Something simple like SIT: once your dog has learned to follow your hand, taking a flat hand, palm upwards, in front of the dog's nose and slowly moving your hand over the dog's head (up and slightly back) should mean they lift their head and start to sit. Immediately give the "good dog" sign and reward.

Trouble Shooting!

Dog moves backwards away from your hand – try moving your hand less or position the dog with a wall or chair at their back.

Dog jumps up at your hand – keep your hand much lower and just above their nose.

Suggested Basic Cues To Teach Deaf Dogs

Sit – moving hand above the head as described, you can reduce this to a simple palm up to ceiling signal.

Down – pointing at the ground (teach by taking your hand all the way to the floor initially, then phase out to just pointing down)

Come – come back to me and wait for next instructions, as you do with a hearing dog by opening your arms and encouraging them back to you, this wants to be a big signal to be seen at a distance.

Wait – stay in one place until I ask you to move, often taught using a flat hand with the palm facing the dog

Give – release what is in your mouth, could be a closed fist (which has a treat in it when training initially) or a suitable sign from a sign language dictionary.

Finished – for example when you have been playing a game or training, both hands facing the dog with crossed wrists, separate your hands in an 'all done' gesture.

Follow my hand (useful when asking the dog to move out of the way, get in or out of the bed/car without having to grab their collar), simple hand target as discussed above.

Extra Resources

www.deafdogs.org

www.aslpro.com

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FINER THINGS

\$23 Million Commemorative Coin Honoring The First Anniversary Of Queen Elizabeth's Death

By Contributing Writer

As the one-year anniversary of the death of Queen Elizabeth II approaches, a luxury brand company is honoring the former monarch with a commemorative coin that puts all others to shame.

The one-of-a-kind coin is valued at "around \$23 million" and is a little bit wider than an NBA basketball. It's made of 8 pounds of gold and 6,426 diamonds, weighing 486 carats. It took 83 people to create the coin, known as The Crown.



That puts the cost at about one-tenth of what the U.K. paid for the Queen's funeral.

While Elizabeth died on Sept. 8, 2022, work started on this coin before her passing. An entity known as the East India Company is behind the work. (To be clear, the company has rights to the name of the corporation that was the world's most powerful monop-

oly between 1600 and 1874, but the earlier incarnation of East India, worth \$7.9 trillion in modern dollars, is not related to the current business.)

The Crown coin has a large gold coin at its center, which is surrounded by 10 smaller gold coins that feature portraits of the Queen or depictions of various virtues the company assigned to

her, such as justice and courage. The flip side is covered with thousands of diamonds, arranged in the shape of the Union Jack.

"Queen Elizabeth II was an inspiration for many generations, embodying the virtues which guided her through the past seven decades and which are celebrated in this rare and exceptional tribute," wrote Sanjiv Mehta, chairman and CEO of the East India Company, on the company's website. "I had the idea to embark on a mission to include all British citizens as well as all those fascinated and engrossed by

Queen Elizabeth II and the history of Britain in an inclusive way to share in her achievement."

The valuation is based entirely on the materials used to make the coin. It's unknown what it would be worth to collectors.



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www.lazoo.org

REALLY RETRO!

Home Trends That Are Making A Comeback

By Contributing Writer

Every generation considers itself the master of trends that they think are new, but are actually reinventions.

Turns out, this cycling of trends happens in the world of home decor as well, but it can be a little less obvious. For the following trends, it's their (second or third) time to shine.



Art Deco Furniture

Mid-century modern's clean lines were a direct response to art deco, so it makes sense that the revivals would follow one another. Art deco emphasizes geometric patterns, symmetry, and old-school glamour.

Rattan, Wicker, and Bamboo

Wicker and rattan are making more of a mainstream appearance in natural wood, along with bamboo. The casual materials have seen a resurgence, but rattan, wicker, and bamboo are weaving their way into bar stools, headboards, and storage pieces.

Retro Appliances

Stainless steel appliances have been the marker of a high-end, updated kitchen. Now, we're seeing retro appliance designs come back, whether it's a '50s-era fridge or a replica of an antique wood-burning stove.

'70s Hues

After years of white and neutral spaces, we're all ready for a little color. Some of the shades dominating the landscape are straight out of your 1970s-era living room. Avocado green, orange, tans, and browns, and mustard yellow. The earthy tones are complements to neutrals or even pastels.

Vintage Furniture

Family heirlooms and antiques are getting their full due. Having a piece of "brown furniture" in every room adds character. Repurpose old pieces for new purposes — use dressers as entryway tables or dining room sideboards, step stools as side tables, or turn a hutch into a bar.

Chrome Accents

Brass has been the metal of choice, seen on everything from light fixtures to cabinet hardware to chair legs. Too much can wear people out, and now instead, we're going to be seeing chrome. Chrome furniture and decor can have a '50s vibe or lend themselves to the art deco trend.

Matching Fabrics and Wall Coverings

Use a single pattern in multiple rooms or go big and layer multiple accents with the



same fabric. Whether you're using textiles with subtle ticking stripes, wild florals, or calming patterns there are many approaches. Coordinate the wallpaper with upholstered furniture or achieve the look with a more subtle approach like throw pillows or a bedskirt.

Wood Paneling

We are talking about thoughtfully used natural and exposed wood paneling. Let the wood paneling stay and shine. Think about using it as an accent to make a statement—a single wall, bookcase, or built-in bar.

Bold Wallpaper

The trend has been towards minimalism, but we can say the use of color and pattern in design is back and there's no better way than using bold wallpaper. From whimsical botanicals and geometric patterns to stripes and textured solids, there's plenty of room for creativity.

Drew Barrymore with Aiden, 3

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By Andrews McMeel Syndication

Dr. Jason Gladwell, an orthodontist in Raleigh, North Carolina, has a catchy new promotion going, WRAL-TV reported: "Grins and Glocks." Yep -- patients who sign up for Invisalign braces can choose between a free Glock 19 (\$500-plus retail) or a membership to Youngsville Gun Club & Range. The deal is open only to those 21 and older, and the club will conduct a background check on recipients. Dr. Gladwell has received mixed reactions to the come-on; notably, Align Technology, which makes Invisalign, isn't happy: "This promotion does not reflect our brand purpose."

A cargo flight on its way from New York to Liege, Belgium, was forced to turn around on Nov. 9 after a horse escaped its stall, CNN reported. The pilot alerted Boston Air Traffic Control that while the flight was not impeded, "we cannot get the horse back secured." They also requested a veterinarian meet the plane at JFK Airport, as the horse was having "difficulty." Later, the plane resumed its journey and arrived in Belgium the next morning.

Florida

-- In West Palm Beach, Florida, on Nov. 9, Kelly Jacobson was heartbroken after officers led away her pet pig, Pork Chop, during an eviction. WPTV reported that animal care and control officers actually had to drag the pig, as he weighs 400 pounds and can't really walk. They plan to gain custody of Pork Chop and get him the dietary care he needs. Jacobson has been cited twice before for neglecting his needs, but she said she would "do whatever I have to do to make him better. I need him."

-- Charlie Curtis of Toronto, Canada, developed Crohn's disease in 2014, Yahoo! News reported. Although he took medicine, Curtis was hospitalized with his symptoms and had to visit the bathroom multiple times a day. Then he tried a new therapy: do-it-yourself poop transplants, using his mother's fecal matter. Fecal microbiota transplants, or FMTs, are typically performed by a doctor and involve collecting feces from a healthy donor, mixing it with a saline solution and inserting it in the patient's gastrointestinal tract through an enema. But Curtis' DIY

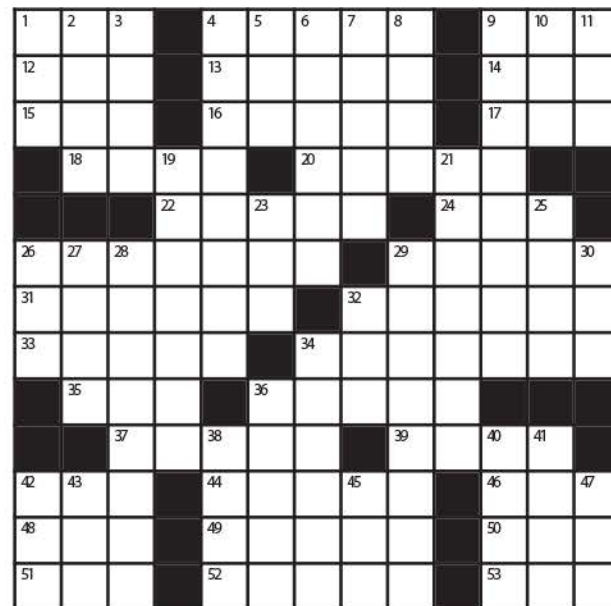
transplants had an unexpected side effect: Over the four years they did the procedure, Curtis experienced sweating, hot flashes and mood swings -- his mom's menopause symptoms. Doctors believe hormones in his mom's fecal matter most likely were to blame. "When I was actually doing the procedure," Curtis said, "I'd feel tingling inside of me. It felt healthy, it felt like it was working." -- Rudy Wilcox, 45, of Clearwater, Florida, was "observed defecating on a deceased opossum" on Nov. 15, according to The Smoking Gun. Officers with the Clearwater Police Department said he was in "full view of the motoring public during busy traffic times." While Wilcox denied the accusation, officers found "physical evidence" to support the charges. Just one question: What would have happened if the opossum were only playing possum?! Wilcox was jailed.

When a game warden pulled over a pickup truck near Lubbock, Texas, on Nov. 8, the driver and passenger obligingly waited with a deputy while the Texas Parks and Wildlife officer searched the vehicle, the Fort Worth Star-Telegram reported. At one point, the driver asked for permission to retrieve a burrito and 44-ounce drink from the cab, telling the officer that he "did not have any drugs or anything in the vehicle." Ah, but how about that big drink? When the officer removed the lid from the cup, he found an orange bag inside with 5 grams of methamphetamine. The driver was taken into custody.

-- Kelsey Hatcher and her husband, Caleb, of Dora, Alabama, have three kids under 8 and a busy life, WVTM13-TV reported. Kelsey already knew she had the unusual condition of having two uteri and two cervixes when she became pregnant for a fourth time. But when she had her first sonogram last spring, she discovered something amazing: She has two babies on the way, one in each uterus. "OB/GYNs go their whole careers without seeing anything like this," Shweta Patel, Kelsey's doctor, said. The pregnancy is getting the Hatchers a lot of attention, which Kelsey isn't all that comfortable with. Both babies are girls and are due on Christmas Day, but doctors say they could be born hours, days or weeks apart.

Crossword by Myles Mellor

Print this Page! Ctrl + P



Across

1. ___ Bon Jovi
4. Approximate date
9. Bedridden
12. Super N__ star
13. Parts
14. Senate vote
15. Stomach
16. Mother-of-pearl
17. Part of a foot
18. Stand for
20. Give the slip
22. Caring profession
24. Get to
26. Groups of geese
29. Scottish court officer
31. Gr. public squares
32. Second-smallest continent
33. Massenet opera
34. Set the boundaries of
35. Completely
36. Lets out
37. Marking post
39. Hankering
42. All for it
44. Take over
46. Testing ground
48. Greetings
49. Like some currents
50. U.N. arm
51. Sprinkle
52. Combatant
53. Frequently, in poetry

27. Ruler

28. Football structure

29. Reproduce

30. Moisten flax

32. Night of poetry

34. Bare

36. Bow application

38. Pear-shaped string instrument

40. History Muse

41. Better ___

42. Doctorate

43. Home of the girl from Ipanema

45. Computer capacity

47. Human simulator

Bad Dad Jokes

I've never been a fan of facial hair. But now it's starting to grow on me



Previous Puzzle





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SVCAC's Young Artists Playground (YAP) Youth Arts Education Program features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts

skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

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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

Teenage Drama Workshop (TADW)

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

Kol Tikvah Youth Groups and Teen Programs

Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

After School Conservatory is

a music based program located on Ventura Blvd. near the border of Woodland Hills and Calabasas. We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy, El Camino high school and many more. After School Conservatory has a spacious facility (over

3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital pianos for a group piano teaching environment. (818) 436-2675

Star Galaxy- Academic, Homework lab, Sports

STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activities. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

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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

2023 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground pools and swimming as well. For more information or to register call (818) 348-6563



STAR POWER

HOW CELEBRITIES INFLUENCE TEENS AND WHY IT MATTERS



Other celebrities, including Rihanna, Beyoncé, Melissa McCarthy, and Jennifer Lawrence have spoken out against ideals of beauty.

Substance Use and Celebrity Influences

Celebrities influence teens in other ways. When stars post images of themselves drinking or smoking on social media, they normalize substance use.

Teens often idolize celebrities and want to be like them. Therefore, if they see images of a favorite singer or actor using drugs or drinking, they might be tempted to do so as well. Researchers say media influence on youth can contribute to risk-taking behaviors. So be careful to watch which behaviors may be emulated by your teen!

By Contributing Writer

Celebrities have a powerful impact on how teens view themselves and see the world. It's easy to underestimate how much celebrities influence teenage attitudes.

Celebrities can have a positive influence. In fact, they can serve as role models. But famous people, can also provide unhealthy examples. In particular, body image and substance use is often detrimental. This has led to a need for adolescent mental health treatment.

Teenagers need guidance on how to interpret celebrities' influence. Adults can engage with kids. In addition, they support how children process what they're seeing and hearing. Moreover, parents can use celebrities' stories as entry points into important discussions.

The Impact of Media on Teen Body Image

Research shows that teen body image is shaped by friends and family, where the teen lives, and their background. However, celebrity images have a profound impact.

80 percent of teen girls compare themselves to images they see of celebrities. Moreover, almost half said that celebrity images make them feel dissatisfied. 25 percent of young adult women would rather win America's Next Top Model than the Nobel Peace Prize. **Celebrities Influence Teen Eating Disorders**

Body dissatisfaction is linked to mental health, including eating disorders, depression, anxiety, and



low self-esteem. Young women who consume media with unrealistic "thin ideal" are more likely to exhibit symptoms of disordered eating. In addition, half of girls ages 13 to 17 wish they were skinny as models in fashion magazines.

Celebrity influencers play into this trend when they document extreme diets or use language that can be triggering —such as when Kim Kardashian expressed gratitude for being told she "looks anorexic." When celebrities minimize the severity of eating disorders or endorse taking unhealthy products

to suppress appetite, they are emulating dysfunction.

Furthermore, for celebrities that are as exploited for their physical bodies, they are shirking an opportunity to reframe the narrative. Teens are told that looking skinny defines your worth.

And it's not just teen girls. Young men also experience body dissatisfaction and depression as a result of viewing media. This body dissatisfaction can lead to unhealthy, excessive exercising.

Positive Celebrity Influence on Teen Body Image

Some celebrities influence body-image for the better. For example, Lorde called out a Photoshopped image of herself on Twitter. She noted "Remember, flaws are ok," she tweeted.



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Find Your Place in Space! NASA'S Internship Programs

By Contributing Writer

Are you ready to explore the extraordinary with the National Aeronautics and Space Administration?

NASA'S Internship Programs

NASA has two internship programs, the Pathways Internship Program and the NASA Office of STEM Engagement (OSTEM) Internships. Both are paid and engage students with real-world experiences while contributing to the operation of a NASA facility and the advancement of NASA's



missions. NASA also offers many other internship-style and fellowship programs.

Pathways Internship Program

The Pathways Internship Program offers students and recent graduates paid internships that are direct pipelines to full-time employment at NASA upon graduation.

- Pathways interns gain valuable work experience and professional development.
- Interns are paid federal civil servants with benefits.

- Completion of the Pathways program may lead to a NASA job offer.

- Pathways internships are listed on www.usajobs.gov

Why Apply For An Internship At NASA?

As a NASA intern, you'll join a community of diverse professionals who are united by a common purpose: to pioneer the future in space exploration, scientific discovery and aeronautics research. Regardless of your career goals, a NASA internship will give you the kind of rewarding experience that makes a brilliant start for career advancement.

NASA leads the world in space exploration and NASA internships are an important part of our commitment to ensuring that the

next generation will be ready for the challenges ahead. And while we're known for our achievements in science and engineering, we're just as proud of our achievements in the workplace. NASA is consistently named the "Best Place to Work in the Federal Government" by the Partnership for Public Service.

NASA Office of STEM Engagement (OSTEM) paid internships allow high school and college-level students to contribute to agency projects under the guidance of a NASA mentor.

- Applicants for this internship must be U.S. Citizens and meet a minimum 3.0 GPA requirement.

- These paid internships are offered across NASA facilities in fall, spring, and summer sessions.

- One application is viewed agencywide.
- OSTEM interns may receive a stipend based on academic level and session length.
- Prior experience is not required.
- Opportunities are available at the high school, undergraduate, graduate, and educator levels.

NASA's internship programs provide training, mentoring, and career development opportunities while working with the best science, engineering, financial, information technology and business minds in the world. Interns have the opportunity to engage in world-world experiences.

As a NASA intern, you'll join a community of diverse professionals who are united by a common purpose: to pioneer the future in space exploration, scientific discovery and aeronautics research. Regardless of your career goals, a NASA internship will give you the kind of rewarding experience that makes a brilliant start for career advancement.

NASA leads the world in space exploration and NASA internships are an important part of our commitment to ensuring that the next generation will be ready for the challenges ahead. And while we're known for our achievements in science and engineering, we're just as proud of our achievements in the workplace. NASA is consistently named the "Best Place to Work in the Federal Government" by the Partnership for Public Service.

Life At NASA

At NASA, we explore the infinite every day and our work is more than just a profession—it's a lifelong pursuit and a passion. We're a diverse team united by a shared purpose. As a NASA intern, you'll work on meaningful projects that will make an enduring impact on humanity. And you'll join an inclusive culture that values diversity and inclusion as critical to mission success.

Location

Internships are located at NASA centers across the country, including Alabama, California, Florida, Maryland, Mississippi, New Mexico, Ohio, Texas, Virginia,

Washington, D.C., West Virginia, and more. Some internships may also be available virtually.

Visit www.nasa.gov/careers/pathways to learn more about Pathways. Visit intern.nasa.gov to learn more about the diverse NASA internships!



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FASHION

By Contributing Writer

LOOKING LIKE A KING AND QUEEN: HOW THE COSTUMES IN PRISCILLA COMPARE TO REAL LIFE

Now that Sofia Coppola's Priscilla Presley biopic, *Priscilla*, is out, we're anxious to see on how the auteur filmmaker has portrayed Presley's story from her perspective. Like many of Sofia Coppola's films, *Priscilla* is undoubtedly going to be another

Elvis and Priscilla's Wedding, 1967

The pair's Las Vegas wedding seems to be one of Coppola's more stylized interpretations. Still, the core elements are there: Priscilla's sky high beehive, eyeliner, and tiara-topped veil are all present. But when it



gauzy, aesthetically pleasing work akin to *Marie Antoinette* and *The Virgin Suicides*.

From the trailers, we see glimpses of Presley's (as portrayed by Cailee Spaeny) instantly recognizable black beehive and winged eyeliner. But how do her outfits compare to her real life counterpart? Below, see four of Priscilla Presley's real life looks and their onscreen portrayals.

Elvis And The U.S Military

When Elvis Presley was honorably discharged after an 18-month Army service in West Germany, he left behind his girlfriend, Priscilla Beaulieu, who was living with her family on the base. The two met when Elvis was 24 and Priscilla was just 14, and married just weeks before her 22nd birthday.

Coppola stuck to the script based on photos of Beaulieu waving goodbye to Presley at the Frankfurt Airport. To match her, Spaeny wore a gray belted dress with blue and brown plaid, a brown jacket, and a white head scarf.

comes to her long-sleeve wedding dress, it seems that Coppola took a little more creative liberty, making it lacier à la a Lisbon sister.

Lisa-Marie Presley's Birth, 1968

Coppola kept Priscilla's post-birth look largely intact. Between Spaeny's brightly hued long-sleeve dress and Elordi's blue turtleneck, it looks like this historic moment is staying pretty true to form.

Thanksgiving, 1970

One of the most iconic images of the couple was taken at their home on Thanksgiving Day in 1970. Elvis sits on a sage leather chair wearing a blue suit with an open light blue button-down with an exaggerated collar, black ankle boots, and gold aviators, and Priscilla kneels next to him in a lilac blouse with an elastic body and billowing peasant sleeves and dark purple pants, her hair out of its signature black bouffant. These outfits seem nearly identical in the film, though the trailer gives us reason to believe that not everything was happy behind the scenes.

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