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► DECEMBER 10 - 23, 2021 VOLUME 22 NO. 26



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NEW YEAR'S EVE 2021**

By Barbara Beckley





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## PSYCHEDELIC ART FOCUS OF CAL LUTHERAN EXHIBIT

**Works include Huichol yarn painting and Yes album cover**

By Karin Grennan

California Lutheran University's largest-ever exhibit features two centuries of international psychedelic art ranging from famous album covers to religious paintings.

"The Otherworld," curated by Cal Lutheran art professor Michael Pearce of Thousand Oaks, is on display in the William Rolland Gallery of Fine Art through Feb. 3.

All of the art depicts alternative visions of the world. Some of the visions were brought on by drugs like peyote, marijuana and LSD; others were spiritual or religious visualizations.

Included are a Japanese woodblock print from the 1800s, hallucinogenic-influenced art from the mid-20th century, and digital prints representing a new frontier for contemporary artists. While links to drugs

once stifled appreciation for psychedelic art, changing laws and societal norms have increased interest today.

"Visionary art has come of age," Pearce said.

The exhibit offers visitors a rare opportunity to see many of these pieces. While the fantasy landscapes like "Relayer" by Roger Dean are the most well-known because they were used for popular 1970s album covers, the last time his original painting "Blue Desert" went on display was a decade ago in Seoul. A 2016 collaborative painting, "Bicycle Day" by Mars-1 and Alex Grey, leaders of a new chapter in the movement called psy-fi, has never been exhibited before.

The artists work in a variety of mediums. Huichol artist Gonzalo Hernandez presses colored yarn to wooden surfaces covered in



beeswax to create images inspired by his participation in traditional ceremonies and pilgrimages as a temple official. The late Thomas Akawie, a member of the California visionary artists group of the 1970s, produced otherworldly spaces in airbrushed acrylics. The late Rick Griffin designed many of the iconic images of the hippie era for his rock concert posters. Featured digital artists include Cal Lutheran multimedia

professor and alumnus Tim Hengst of Thousand Oaks; and Kirsten Zirngibl, a San Diego resident who makes prints on smooth cloth.

The other featured artists are Mandy Cao, David Choong Lee, Chang Dai-chien, Uriel Danā, Jeff Echevarria, NoMe Edonna, Dawid Figielek, Utagawa Hiroshige I, Jacaeber Kastor, Guy Kinnear, Bill Martin, Brian Mashburn, Cliff McReynolds, Scott Prior, Damon Soule, Daniel Sprick, John August Swanson, Gage Taylor, Graham Toms, Oliver Vernon, Charles Francis Winans and 2021 Cal Lutheran graduate Jasmine Alexandra O of Thousand Oaks.

Carnegie Art Cornerstones, HomeLight and Cal Lutheran's Artists and Speakers Series and Visual Arts Department are sponsoring the free exhibit. Located in William Rolland Stadium, the gallery is open from 10 a.m. to 4 p.m. Tuesdays through Fridays and 11 a.m. to 3 p.m. Saturdays. For more information, visit RollandGallery.CalLutheran.edu or contact Rachel Schmid at rtschmid@callutheran.edu or 805-493-3697.

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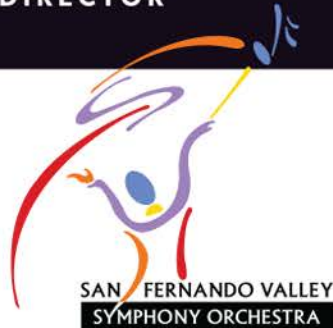
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Michelle Bi, pianist

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# Pub Style

## NEW YEAR'S EVE 2021

BY BARBARA BACKLEY

### New Year's Eve is a Friday!! Woo hoo!!

Perfect for tripping the light fantastic. And making this December 31, 2021 way cool and different. Don't celebrate one big bash. Ring In 2022 in a quieter mode – in multiple locations – and hightail it to two, three or more of West LA's favorite quaint and cozy haunts. Here's our NYE 2021 roadmap.

#### Hollywood Hoorays

For starters, tie one on at the Tiki-Ti (<http://www.tiki-ti.com/>) on Sunset Boulevard, a friendly legend since 1961 and surely LA's teeny-tiniest bar. Toast the New Year – and Tiki-Ti's 60th anniversary (1961-2021) – with amazing tropical drinks and matching tiki mugs from Zombies to Ray's Mistake (invented in 1968 by founder Ray Buhen). Open Friday, NYE, 4 p.m. – 2 a.m. Last call 1:20 a.m.

Then maybe star gaze – in the sky and maybe sitting next to you – at Mama Shelter LA (<https://mamashelter.com/los-angeles/>), this hip Euro brand's only US location at the corner of Wilcox and Selma avenues. Sip inventive NYE cocktails on the rooftop surrounded by nearly 360-views from the Hollywood Sign to the South Bay. The killer NYE "Gatsby" Party (maybe dress the part?) begins at 7 p.m., December 31, 2021. Tickets are

\$100 for 1st Seating, and \$175 for 2nd Seating including a five-course tasting meal, live entertainment, party hats, DJs and the Midnight Champagne Toast. They won't name names, but it is a celebrity favorite from young to old – we're guessing, Justin Bieber, Leo DiCaprio, Miley Cyrus?



#### NOHO - STUDIO CITY

The Universal Bar and Grill is home to local bands and entertainers since back in the day. With a cool patio and lively bar, this place will be rockin this New Year's eve with Metal Mayhem, a collection of some of the best tribute bands including Nightmare (Alice Cooper) and Fast Hammer (Van Halen) sure to get your party juices flowing.

They will serve their bar menu all night and a champagne toast at midnight. Admission is \$20 and will include party favors with reserved bottle service. Doors open at 8pm. Located at 4093 Lankershim Blvd. [www.universallabarandgrill.com](http://www.universallabarandgrill.com).

Vitello's will be jumping on New Years Eve with a rare appearance with with two-time Emmy and five-time



Grammy-nominated entertainer, Michael Feinstein!

Michael Feinstein, Ambassador of the Great American Songbook, has built a dazzling career over the last three decades bringing the music of the Great American songbook to the world. From recordings that have earned him five Grammy Award nominations to his Emmy nominated PBS-TV specials, his acclaimed NPR series and concerts spanning the globe – in addition to his appearances at iconic venues such as The White House, Buckingham Palace, Hollywood Bowl, Carnegie Hall and Sydney Opera House – his work as an educator and archivist define Feinstein as one of the most important musical forces of our time.

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Feinstein's at Vitello's 4349 Tujunga Ave Studio City,



## WESTSIDE CHEERS

“Go West Young Man” (and woman) to Sherman Oaks on Van Nuys Boulevard. Cozy up in the red leather booths beneath dim lighting and join the annual NYE party at the Pineapple Hill Saloon & Grill (<http://thepineapplehill.com/>). Pretend its New Year’s Eve 1978! That’s the year this long-time fav opened and its unchanged charm is loved by celebs including Maria Shriver, Ricky Schroder, Patrick Schwarzenegger and Todd Hoffman. If the servers look familiar, it’s because they’re in show biz, too. Like you, Pineapple Hill is downplaying the usual New Year’s super party this year, replacing it with dinner specials, special drinks and 26 beers on tap to toast the New Year throughout the night. They’ll still have hats and horns – hooray! But no midnight champagne as of this writing. Open December 31, 2021 until 2 a.m.

laid-back Maui Sugar Mill & Saloon (<https://tockify.com/sugarmillsaloon/pin-board>). They’ll be a bit lower key this NYE. “But we’re doing as much as we can,” said the cheery staffer who answered my call. And not that low key – with off-the-chart live music from The Cruzados, LA’s beloved post-punk band; party hats, horns and a Midnight Champagne Toast. Open New Year’s Eve, 11 a.m. – 2 a.m.

## TOP IT OFF IN WESTLAKE

Sip and celebrate at the cozy-chic Bamboo Room (<https://www.bambooroomwlv.com/>), New Year’s Eve soiree, 10 p.m. – 2 a.m., with a live DJ, lots of NYE swag, a glass of champagne upon arrival and Midnight Countdown. General admission is \$50. VIP bottle service tables are available by email only: [info@bambooroomwlv.com](mailto:info@bambooroomwlv.com). Located at the Shoppes at Westlake Village on Russell Ranch Road.

For the finale!!!! Blast Off into 2022 and another galaxy at Bogie’s Bar & Lounge (<https://www.bogies-bar.com/>), the chic, celebrity-magnet (sightings from Lady Gaga, Kim and Kourtney and Tiger Woods to Hulk Hogan, Julio Iglesias, even politico Condoleezza Rice), nightclub in Westlake Village on Agoura Road.

This year’s NYE extravaganza is themed “Lift Off into Space,” a futuristic fun fest (dress to the theme, please!) from 8 p.m. – 2 a.m., featuring your choice of three “planets,” each with different entertainment. At “Area 1/ Mars” (in the ballroom) dance to the SideTracs band live on the main stage, enjoy Vegas-style casino “gaming” with funny money and raffles, and nosh at appetizer food stations. “Area 2/Saturn” puts you under the stars around the fire pits, enjoying live performances by Partybots From The Future. “Area 3/Jupiter” ups the clubbing energy level with sizzling DJ Defcon, DJ Love and cool dancers. Tickets to each “planet” are \$100 per person and include a Champagne Greeting and galactic appetizer food stations. VIP table seating from 4 to 12 people with bottle service (minimum one or two bottles; champagne bottles in some instances) from \$500 to \$1,000 in each “planet.”



And Woodland Hills, where the annual NYE Lobster Dinner Party is rocking 2022 at The Local Peasant (<https://www.thelocalpeasant.com/>), that industrial-chic, chef-driven comfort-food hotspot on Ventura Boulevard. Sip prohibition-era cocktails and more than 20 tap beers. Share the comradery of the amazing Lobster Dinner at only \$59 per person for a steamed 1.5-pound lobster, fully-loaded baked potato, corn on the cob, party favors, music, the Countdown on projectors and a Champagne NYE Toast. Add a center-cut rib eye for \$19. NYE dinner service is 6 – 9 p.m. Dinner service ends at 9 p.m. After 9:30 p.m., a separate \$20 cover charge for non-diners includes one drink ticket. Open NYE until 1 a.m.

Then Tarzana, also on Ventura Boulevard, to the long wooden bar, red velvet couches and wood-paneled charm of the saloon-to-end-all-saloons; the super



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## MORE NEW YEARS EVENTS

Ring in 2022 in grand style with over 1,000 of your closest friends at the Premiere New Year's Event taking place at the iconic Hotel Figueroa in Downtown Los Angeles near LA Live! For this event we will be transforming the entire hotel into a breathtaking event space with festival quality stage production, state of the art sound, and captivating entertainment throughout the night - including world class djs, fire dancers, aerialists, live musicians, an epic midnight countdown w/ complimentary



champagne toast and more! 5 unique areas to celebrate! Enjoy a 4 hour open bar and plush VIP booths with first class table service. This hotel recently underwent a multimillion dollar renovation and features some of the hottest new restaurants and lounges in all of Los Angeles!

Hotel Figueroa - In the Unbound Collection by Hyatt 939 South Figueroa Street

Kick off the Japanese New Year's Oshogatsu Festival in downtown Little Tokyo, Los Angeles. The Annual Japanese New Year's Oshogatsu Festival held at downtown Weller Court Shopping Center and Japanese Village Plaza. Japanese art and entertainment will be center stage. The Japanese New Years or "Oshogatsu" is one of the most important celebration for the Japanese. Japanese Chamber of Commerce of Southern California is hosting Oshogatsu (New Year) Event at Little Tokyo, Los Angeles.

## 2022 ROSE PARADE

In the days leading up to the New Year, more than 800,000 people from all over the world converge onto Pasadena to witness the Tournament of Roses and millions of others watch from all over the world because it is covered by several television networks. While the Tournament of Roses is made up of several events, the two most famous events are the Rose Parade presented by Honda and the Rose Bowl Game presented by Northwestern Mutual.

The Rose Parade, a 133 year old tradition brings residents and visitors together on New Year's Day (unless it falls on a Sunday) to watch grand floats covered in flowers,

massive marching bands that can exceed 300 members, and equestrian units like the Anheuser-Busch Budweiser Clydesdales. The 2022 theme for the Tournament of Roses is "Dream. Believe. Achieve." celebrating education.

## Parade Route

The parade route is 5.5 miles (9 km) and begins at the corner of Green Street and Orange Grove Boulevard in Pasadena. The route travels north on Orange Grove Boulevard at a leisurely pace and then turns east onto Colorado Boulevard. Near the end of the route, the parade turns north onto Sierra Madre Boulevard and concludes at Villa Street.

## Parade Seating

There are a couple of ways to experience the parade; you can purchase tickets to sit in bleachers (grandstand seats); or you can camp out for a free spot in designated areas throughout the route.

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## IT'S NO SNOW JOB - HANDFUL OF REDWOODS ARE RARE ALBINOS

### A GREAT ROAD TRIP TO BOND WITH NATURE

By Tom Stienstra,

**T**he 30-foot tall Christmas Tree in Humboldt Redwoods State Park is one of only dozens of known albino redwoods in the world. At first sight, you may not quite believe your eyes.

From a distance, these trees look like young redwoods flocked with snow or frost. Yet as you get closer, you realize that the white tint is not snow, but that the tree itself is white.

These white redwood trees are rare albinos, also called "ghost trees." One of the

biggest, a 30-footer that is one of the easier specimens to find, is called the "Christmas Tree." It's also one of the prettiest.

Albino redwoods do not have pigmentation, similar to albino wildlife. So their needles are white, not green.

About 50 albino redwoods are believed to exist, from trees that resemble little clumps to 70-footers. No other albino conifers are believed to have been found that have survived into maturity. Other trees



do spawn an albino specimen, but it's rare and does not survive long.

These unusual redwoods weave their root systems into that of other redwoods and tap into their food supply. They cannot provide their own food since they lack chlorophyll that converts sunlight and water into food, but they have adapted to take what they need from other redwoods.

That is why they are always found growing next to a host. Other trees, such as an apple tree, on the other hand, do not have the ability to interlink their root systems with others.

Six albinos are located in Humboldt Redwoods State Park in the Redwood Empire on the Northern California coast near Highway 101 in Humboldt County.

To see the Christmas Tree, take 101 north from San Francisco about 225 miles (about 4 1/2 hours) to the exit for Weott/Visitors Center. Take that exit ramp to Newton Road. Turn left and drive a quarter mile to Avenue of the Giants. Turn right and go 2.3 miles and look for a sign marking the parking area for the California Federation of Women's Clubs Grove (if you cross the bridge, you have gone too far). Turn left and park.

From the parking area, walk on the

entrance road (about 40 yards from the entrance gate) to the sign that says "No Camping." Stand in front of the sign and

look to the right for an unsigned path. Walk 20 yards on that path to a downed log. At the log, turn left and walk on a path that is parallel to the downed log for 15 yards to a large redwood tree. A path

leads directly around that large redwood tree to an albino redwood tree, the Christmas or "Ghost Tree."

The gate to the grove closes for the season Oct. 22. If closed, you can still park at the gate and walk in.

Also, the Avenue of the Giants provides a 30-mile driving route through Humboldt Redwoods State Park, site of the largest remaining stand of old-growth redwoods in the world.

If you go

Cost: \$6 parking fee in summer; free in offseason.

Information: Visitor Center, Humboldt Redwoods State Park, (707) 946-2263 or [humboltdredwoods.org](http://humboltdredwoods.org)

Lodging: Humboldt County Visitor's Bureau, (800) 346-3482 or [redwoods.info](http://redwoods.info) - click on lodging.

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By Brian Orndorf

# Silent Night

Just in time for the holidays comes a film about the end of the world. “Silent Night” offers a Christmas story about family, friends, and the wonders of childhood, but writer/director Camille Griffin isn’t in the mood to be precious with the details of a special reunion. Instead, she’s constructing a dark tale of finality, using the cloak of yuletide excitement to explore how relationships react to the news that everything on Earth will be dead in a matter of days. It’s not exactly a cheerful tale of celebration, but bleakness is what makes “Silent Night” periodically riveting.

It’s Christmas, and married couple Nell (Keira Knightley) and Simon (Matthew Goode) are organizing a party for friends and family, welcoming them to a rural estate owned by Nell’s mother. Arriving for the festivities are Sandra (Annabelle Wallis) and Tony (Rufus Jones), Bella (Lucy Punch) and Alex (Kirby Howell-Baptiste), and James (Sope Dirisu) and Sophie (Lily-Rose Depp), who are ready for a night

of food, fun, and holiday connecting. The gang is doing their best to ignore the situation, with a toxic storm overtaking the planet, representing Mother Earth’s final stand to get rid of humanity and all the ecological destruction it’s caused. The British government has prepared suicide pills, but young Art (Roman Griffin Davis) isn’t ready to say goodbye, pleading with his parents, Nell and Simon, to stick out the storm, refusing to end his life. As the night carries on, the festivities turn deadly serious, with the group beginning to share dark thoughts and practice denial.

“Silent Night” commences with traditional acts of holiday filmmaking, tracking different characters, with everyone bopping along to Christmas tunes. Griffin introduces these different personalities, including Sandra, a completely vain person trying to work up enthusiasm for her dull husband, Tony. Sophie is on edge about the whole plan, pushing back on James and his efforts to present calmness to



others. And Nell and Simon are managing the household, working to prepare a feast and make sure Art doesn’t lose control of himself. Griffin liberally shovels in profanity, which provides an effective warning that while Christmas is here, the atmosphere isn’t sharply sentimental.

Earth is fed up, creating a greenish cloud of death that’s passing over continents, with news of utter bodily destruction after exposure to the gas. England is prepared, equipping the population with “Exit Pills,” taking pain out of the equation,

but the end of human life can’t be avoided, forcing the guests to do their best to ignore the developing horror. However, stress isn’t magically eliminated, with Sophie struggling with cheer and Art acutely aware of danger.

“Silent Night” has characters and an apocalypse to keep track of, and Griffin gets a little too hysterical at times. She’s better with broken minds, as the night encourages the reveal of unfinished business, secrets, and lost desire, giving the cast ideas to work with.

# The Tender Bar

By Mark Jackson

“The Tender Bar” is George Clooney’s directorial project. Adapted from J.R. Moehringer’s Pulitzer-Prize-winning memoir, it’s the story of how a young man came to be a writer.

We’re introduced to the young man, J.R. (Daniel Ranieri), circa 1973, riding with his mom, Dorothy (Lily Rabe). They’re headed to his grandpa’s (Christopher Lloyd) house in Long Island, New York.

Grandpa’s house is like the Weasley family’s in “Harry Potter” minus magic. Or TV’s “Shameless” family—always packed to the rafters with family and friends. There’s always hubbub happening, with grandpa sitting in the middle of it all.

Ben Affleck, the, titular bartender—Tender Bar, bar-tender—is J.R.’s Uncle Charlie, the most stable male figure in J.R.’s life. J.R.’s dad (Max Martini) is a no-good, narcissistic alcoholic known as “The Voice,” a radio DJ who ran out on J.R.’s mom, and

he does stuff like call his son out of the blue, say he’s got baseball tickets, and never show.

The best scene involving father and son is funny and tragic: Cool, chain-smoking, gangsta-leaning dad picks up J.R. in his Toronado (J.R. stands for “Junior”), and proceeds to go for a spin. Except it eventually dawns that Senior is continuously making right turns, and they’re back at the house, having driven around the block.

Uncle Charlie notices that the kid’s got talent with words. He tells the kid that he doesn’t think sports are his thing and that he should stick to books, whereupon he introduces J.R. to a closet full of books and tells J.R. to read ‘em all. Uncle Charlie’s a closet bookworm, literally.

But the business of hewing to the working class while being exceedingly well-read fits Affleck like a glove.

The actual Tender Bar where Charlie tends bar is named “The Dickens.” It’s got a mural of Charles Dickens on the wall and is lined



with books, beer pitchers and baskets of peanuts. This becomes J.R.’s adolescent world.

Yale comes into view in the second half, with Tye Sheridan as the collegiate J.R., who’s goal in life is to become a lawyer quickly subjugated by a romantic obsession with a young woman (Briana Middleton) who genuinely likes him but toys with him.

She’s already got a better-looking, financially more well-off boyfriend, and J.R. is too young and naive to recognize that

he can’t compete with all that nest-building material, with mere bookish dreams of being a writer. She dumps him.

Does J.R. get the girl? Does he get hired at The New York Times? Does he get to stay? Does he, à la “Good Will Hunting,” get in a car and drive away in search of his destiny?

Now that Ben Affleck is middle-aged, has publicly beat alcohol, and is back with the love of his life, Jennifer Lopez, he’s bringing new gravitas to his work. It looks good on him.



# SINGING REVOLUTION THE MUSICAL

By Contributing Writer



Playwright/Composer Tony Spinosa

Set in Tallinn, Estonia and spanning four decades, Singing Revolution is inspired by the actual events that led to Estonian independence from the Soviet Union in 1991. The tiny country's journey to freedom through the power of song acts as a reminder to us all that the power of peaceful resistance can change the world.

"When I first learned about Estonia's 'Singing Revolution,' a light bulb went off in my head," says Spinosa. "People literally singing as a shield against Soviet attacks is a story I knew I needed to tell."

"Once word got out that I was working on this musical, TV shows began to approach me for interviews," he continues. "I was introduced to the Estonian consul in New York City, who connected me with Estonia's minister of culture in Tallinn. I was able to interview many of the leaders of the Singing Revolution, most of whom are still alive and still living in Estonia. With their help, I began to discover the passion and integrity of the Estonian culture and the heart of this musical's story."

In the play, Estonian student Taavi Tamm, who will later become a leader of the Estonian resistance (James Everts, seen in Chicago for Plan-B Entertainment and Newsies at Candlelight Pavilion), falls in love with Sofia, daughter of a Soviet officer (Bella Hicks: Sweet Charity for Reprise 2.0, American Idiot at La Mirada). Meanwhile, Taavi's teacher Leena (Krista Fealock: All Shook Up at San Diego Musical Theatre, Allegory at La Jolla Playhouse WOW Fest) and her Russian colleague, Viktor (Lucas Alifano, recently seen in Death of a Salesman at the Ruskin Group Theater) find themselves similarly drawn to one another. Michael Scott Harris (Ragtime with Musical Theatre West, Shooting Star at the Hudson) plays Sofia's father, Soviet command-

er Nikolai Solokov. Renée Wylder (The Last Five Years at Cupcake Theater, Little Women: The Musical and Daddy Long Legs at PCPA in Santa Maria) and Adam Wylie (Into the Woods on Broadway, Wicked at the Pantages, Brad Langford on Gilmore Girls) portray the parents of Taavi, with Wylie doubling as Joseph Stalin — alongside Anthony Marciona (Broadway/national touring productions of Gypsy, Zorba, Tommy, Starlight Express, Bronco Billy and Ballroom) as Vladimir Lenin and Peter Van Norden (2019 Ovation award for best actor in The Hothouse at the Antaeus, 2020 Ovation nomination for best featured actor in Red Ink at Playwright's Arena) as Mikhail Gorbachev.

Performances of Singing Revolution: The Musical take place Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m., January 15 through February 20. There will be two preview performances on Thursday, Jan. 13 and Friday, Jan. 14, each at 8 p.m. All tickets are \$40, except previews, which are \$30. The Broadwater Theatre Main Stage is located at 6320 Santa Monica Blvd, Los Angeles, CA 90038. Proof of vaccination is required for admission. Masks must be worn throughout the performance. For reservations and information, visit [singingrevolutionthemusical.com](http://singingrevolutionthemusical.com).

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## WHAT IS 3D ANIMATION? EVERYTHING YOU NEED TO KNOW



The first film animation came out in 1906. While animation has changed a ton since then, it still has the same goal. That goal is to bring life and expression to characters that are not real.

One of the most popular types of animation today is 3D animation. 3D animation is the process of using a computer to create animation in a three-dimensional space.

With 3D animation, you can add dimension to characters, objects, and their environment. The main goal is to have the animation as close to real-life as possible.

### The Difference Between 2D and 3D Animation

Comparing 2D vs. 3D animation, there are major differences. If you watch a 2D movie, you will notice that characters, backgrounds, and objects feel flat.

That is because 2D animation happens on a two-dimensional plane. If you go and watch a 3D animation, the film will feel more dynamic.

One of the biggest differences between 2D and 3D is how you make them.

3D animation uses computer software, 2D animation is a series of drawings.

The most famous 2D animation movies include Cinderella and Snow White. Famous 3D animation movies include Frozen, Shrek, and Toy Story.

### What Is 3D Animation Used For?

3D animation can be used for other purposes like creating commercials and short films. For example, if you have a real estate business, you can use 3D animation to create advertisements for a new home.

### How Do You Make 3D Animation?

Creating 3D animation can be difficult but rewarding. To create 3D animation, you will need software. Once you get the animation software, you can create a computer model of your character. This will include shapes and points that you can manipulate to portray movement.

When you first start creating 3D animation, your characters and objects will be simple and easy to move. As you get more experienced, you can add hundreds of movement points to your character model.

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# WHY DO WE DRINK BUBBLY ON NEW YEAR'S EVE?

By Contributing Writer

Some midnight on December 31, the soundtrack of your life will likely feature at least one of the following: fireworks exploding, noisemakers bleating, champagne corks popping.

One can only assume that a special place in hell is occupied by the inventor of the New Year's Eve noisemaker. One can also assume that a comfortable alcove in heaven is occupied by Dom Pérignon, or whomever it was who invented champagne some three centuries ago.

But why champagne, and why New Year's Eve?

Credit is hard to assign, but let us start with Julius Caesar. Before him, pagans celebrated the vernal equinox, the moment



winter tipped into spring, when people actually had something to look forward to other than frostbite followed by slush. The early Romans celebrated likewise, until Caesar added two months to an admittedly sloppy pagan calendar, and decreed that

Roman consuls begin their terms at the start of newly created January, named after the god Janus, who had two faces and could look both forward and back.

Celebrating the arrival of this new year took root across Europe, then was brought by European settlers to the Americas. By 1800 it was common to remain awake until midnight, when church bells tolled and firearms fired. In some cities, it became tradition to roam from house to house, with the full expectation you'd be invited in for a drink. Doing so spanned the social ladder: American residents from George Washington to FDR traditionally opened the doors of the White House to anyone dressed decently and with a letter of introduction, feting them with midnight punch and snacks.

Elsewhere, servants and slaves would pound on doors and demand midnight drinks.

One 1852 account of New Year's festivities noted that taverns served "villainous compounds," the clergy served Arrack punch and the mayor served lemonade. The air was also reportedly filled with the sounds of "guns and pistols from evening till morning, and with champagne corks from morning till evening."

Champagne was then just one of many drinks served, but it soon began its ascent toward ubiquity. Champagne is one of civilization's great examples of a flaw evolving into a feature. It started when French wine was bottled before being fully fermented; the yeast got busy and the wine got fizzy. For years, the fizz was assumed to mask poor-quality wine, but after a century of fine-tuning, producers perfected the making of crisp, delicate champagnes. Royalty clamored for it, followed by nobility, followed by the rising merchant class that thought of itself as both royal and noble. Think: aspirational drinking.

"One observer noted in 1881 that the increased use of champagne at festive gatherings was 'a charming fashion that is beginning to be more common,'" writes Kolleen Guy in *When Champagne Became French: Wine and the Making of a National Identity*. Producers started to market it as a drink to celebrate a special occasion with family. As the Industrial Revolution minted a new middle class, sales of sparkling wine soared from 6 million bottles in 1850 to 28

million by 1900. And what better occasion to pull out all stops and flaunt your aspirations than New Year's Eve?

One could make an argument that champagne's New Year's high point occurred in the first decade of the 20th century at Cafe New Year's Eve party in France, 1937 Martin's in New York City. This French restaurant was among the first rank of "lobster palaces," where the cream of society went to entertain themselves. On New Year's Eve, guests could order anything they wanted to drink, as long as they wanted champagne—it was reputedly the first place to go "champagne only" after 9 p.m. on New Year's Eve. "To get a table at all on New Year's Eve is difficult," wrote a visitor in 1910, "when you get one you must drink what you are told."

Martin's list featured some 200 champagnes—although the distinction between "champagne" and "Champagne" (a protected designation, like Roquefort and Cognac) had not yet been embraced in the United States. And the flow of champagne at Martin's wasn't necessarily driven by consumer demand; "everyone got a piece of the action, including the waiters who saved the corks, receiving a kickback from the wine importers for each bottle they popped," wrote the 1910 guest. Champagne, like all adult beverages, suffered under the tyranny of Prohibition and was unsteady in its return to the New Year's Eve table. (In 1967, the winner of the LeMans was evidently the first to celebrate by shaking and spraying a bottle of champagne, ushering in an era in which athletes celebrate by pouring one of civilization's most sublime discoveries over the heads of sweaty fellow combatants.)

Champagne is back today, the finer brands still sought by royalty and nobility and the growing bourgeoisie. The rest of us, in the meantime, have been finding less-expensive sparkling wines to greet the New Year, like cava and prosecco.

Which, of course, is fine. The important part of New Year's Eve is the popping of the cork—and, yes, I'm aware that the buzzkills say that sparkling wine should never be popped. But the pop! marks a moment in one's personal chronology, after which everything will be different ... at least until morning. When you hear that sound you can see Janus smiling, both forward and back.

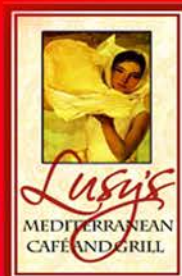
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# THE FEDERAL BAR - NOHO

## Celebrate The Season "Fed" Style!

By Josh S. Kushner, Jr.

The holiday spirit is in the air and there is so much buzz and excitement in the NOHO Theatre district during the season. With all of the lit up streets full of holiday décor and the hip set takes the streets for pub crawling, dining, and entertainment, you can feel a genuine change in the air. The El Portal Theatre

glows with charm and history and has an attractive lineup all through the holidays. The end all for food and drink as well as lively music is without a doubt the Federal Bar on Lankershim Blvd.. The restaurant is a reconstructed early 20th-century bank building with a club upstairs with a soothing yet charming atmosphere that has established itself as one of the top hangouts in the area.

The menu has appetizers, burgers, sandwiches, and main entrees all very tasty and creative. One stand out is their signature Short Rib Poutine. A luscious and savory

ensemble of tender short rib, gravy, house fries, parmesan, and fried egg. The portion is suitable for a meal, or share with the table to balance your appetite. You would think a Cab or Zin might be a nice pairing, but you should consider a nice Abita Andygator, Helles Doppelbock or Chimay Red, Dubbel if you're going for that pub experience. The Grilled Artichoke is also wonderful start, a touch of smokiness from the char paired with a refreshing side of basil aioli for dipping. The House Pretzel is a natural fit with cold beer and is served with warm cheese sauce and horseradish mustard – delish! Try the Dirty Chips - a symphony of crispy bacon, blue cheese, spicy pickled red onion, and green onion, cilantro crème, intermingled with thick cut potato chips great for sharing. Add a draft beer with that and call it a night! The Deviled Eggs and Smoked Salmon Board are also great options to start with.

For dinner fare, they offer several salad options including the Quinoa & Arugula



with warm quinoa, arugula, carrots, celery, bell pepper, lemon vinaigrette. The Salmon Salad is another winner with arugula, hearts of palm, quinoa, and dire. There are several white wine choices to accompany the salads for a healthy yet flavorful experience.

So everybody loves a good burger right? At the Fed, the burgers are the real deal. Only the best farm fresh ingredients from the beef to the cheese and all of the hearty toppings. You must try the The Federal Burger stacked with smoked cheddar, bibb lettuce, black peppercorn aoli, balsamic onion, garlic chips, on a silky milk

bun, a mouthwatering memory in a matter of minutes, or for the more adventurous, check out the OMH (Oh My Habañero), a killer spicy beef patty, charred habañero, pepperjack cheese, tomato, avocado & crispy onion strings and as with all burgers served with crispy house-made hand cut fries.

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# KEEP ACTIVE THIS HOLIDAY SEASON

## TAKE A WALK IN THE MALL

By Pamela Froman

The holidays are here again! Not only does this festive season bring eggnog, cookies, candy canes and stuffing with extra gravy, in many areas it also means cooler temperatures. Although being physically active can help you avoid some holiday weight gain, what should you do if it is too cold or icy outside? Why not beat holiday shoppers to your nearest mall for a morning walk?

Although mall walking can be done by almost anyone, it tends to be most popular



among people middle-aged and older. This isn't surprising because malls have features that make walking in them particularly

appealing to older adults. They are protected from the weather, are well-lit, have flat and even walking surfaces, have convenient restrooms, and have seats and benches where one can rest for a little while in the middle of the walk.

Mall walking and mall walking programs can provide safe, convenient, and warm places for you to be active this season.

Use mall walking to get in your recommended physical activity!

Become a Mall Walking Champion!

Does mall walking sound like something you'd like to try? If so, you can do it by yourself, or you can call a few friends to meet you there and walk with you. Or, if you need a more formal,

organized program to get you out of bed and into your sneakers, check to see if your local mall has an official mall walking

program. If not, you can become a mall-walking champion and work with mall leadership to help establish one pdf icon[5.2 MB]!

Get Healthy this Holiday Season!

Did you know that middle-aged and older adults are among the most physically inactive age groups in the country? About 27% of adults aged 45-64 years and 39% of adults aged 65 years or olderexternal icon are inactive

Regular physical activity, including walking, can help lower your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. These diseases occur more often as people get older. Regular physical activity can also help control weight, improve sleep and, for older adults, help maintain independence, reduce the risk of falling down and delay the start of mental decline, such as being forgetful.

Enjoy the mall's holiday decorations and music and take advantage of where you are to do some shopping for your kids and grandkids.

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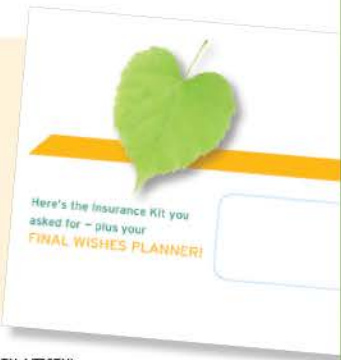
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# JUST BREATHE!

## DIAPHRAGMATIC BREATHING EXERCISES FOR COPD

By Tayla Holman

Chronic obstructive pulmonary disease (COPD) refers to a group of diseases, such as emphysema and chronic bronchitis, that cause airflow blockages and breathing-related problems, according to the Centers for Disease Control and Prevention (CDC).

When you have COPD, there are a few things you can do to help manage or reduce your symptoms. Diaphragmatic breathing exercises, among other practices, can help make breathing a little easier.

What are the risk factors for COPD? According to the American Lung Association (ALA), the main cause of COPD is smoking, although nonsmokers can get it as well. COPD can also be caused by pollution and irritants in the environment. According to the CDC, nearly 15.7 million Americans (6.4% of the population) reported that they had been diagnosed with COPD, but more than half of adults with low pulmonary function were not aware that they had COPD.

Symptoms of COPD include:

- Frequent coughing or wheezing
- Shortness of breath
- Trouble taking a deep breath
- Excess phlegm or mucus

Although COPD was previously suspected to be more common in men, since 2000, more women in the United States have died from COPD than men, according to the CDC. Women tend to be diagnosed later than men, and may also be more vulnerable to the effects of tobacco and other substances that can cause COPD, such as air pollution.

Other groups that were more likely to report COPD include:

- American Indians/Alaska natives
- Multiracial non-Hispanics
- People who are retired, unemployed or unable to work
- People with a history of asthma

How can diaphragmatic breathing exercises help COPD?

The diaphragm is a muscle at the base of the chest, below the heart and lungs, that helps you inhale and exhale. According to the ALA, over time the lungs of people with COPD lose “springiness,” which can cause air to get trapped. Stale air builds up and the diaphragm has less room to contract and bring in fresh oxygen.

To compensate for the diaphragm not working at full capacity, the body uses other muscles in the neck, back and chest for breathing. However, this leads to lower oxygen levels and less oxygen reserves for exercise and physical activity.

By practicing breathing exercises regularly, you can help rid your lungs of stale air and increase your oxygen levels.

Breathing exercises for COPD There are a few breathing exercises known to help ease the symptoms of COPD.

The first is called belly breathing or diaphragmatic breathing. Start by inhaling through your nose. Then, breathe out through your mouth for two to three times as long as you inhaled. You may want to put your hands on your stomach so you can be sure that it is rising and falling.

This method of breathing will help retrain your diaphragm to fill and empty your lungs, according to the ALA. It may take practice to get this technique just right, and you might feel tired at first. Start off slow and increase the amount of time you spend doing this exercise as you get more comfortable.

Another breathing exercise that can help with COPD is called pursed lip breathing. Keeping your mouth closed, breathe in through your nose and count to two. Next, purse your lips together as if you are about to whistle or blow out birthday candles. Slowly breathe out through your lips while counting to four.

Other ways to help with COPD



Beyond breathing exercises, there are a few other ways to help manage or slow COPD. If you smoke, the most effective action you can take to manage COPD is to quit smoking. You can speak with your doctor if you need help quitting smoking.

Another helpful way to manage COPD is to try improving the air quality in your

home. Irritants in the air can make breathing difficult for people with COPD. Limit the use of household chemicals or buy an air filtration system to keep your air clean.

Although there isn't a cure for COPD, using breathing exercises or limiting your exposure to air pollution and irritants can help you manage your symptoms.



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# INSIDE OUT TOKYO

## A UNIQUE HOLIDAY EXPERIENCE

By Contributing Writer

**T**he year 2021 is finally coming to an end. It was a whirlwind year marked by the release of the COVID-19 vaccines, Tokyo hosting the Olympics and Paralympics, and the inauguration of a new US president. It was also a year of

Japanese. In order to thank the gods for giving us the strength to survive the coming year, many temples and shrines usually hold Susuharai, "a sweeping soot off" ceremony, on December 13th. It is considered an important ritual to dispose of the difficulties and doldrums of the previous year and to help forget the unpleasant things. In Japanese, the phrase Toshi Wasure means "forgetting the old year." It is a uniquely Japanese expression meaning "to be able to quickly forget the bad things of the previous year and welcome the coming year with a fresh and clear mind."

### Unusual Christmas Customs and Glorious Illuminations

Tokyo at Christmas time welcomes a unique tradition every year: Christmas cakes! These are special sponge cakes, covered with whipped cream and topped with perfectly shaped, juicy red strawberries. They are sold all over the city and eaten by families on Christmas Eve. Today, the Christmas cake has become an ubiquitous symbol of Christmas in Japan. Luxury department stores and hotel pastry chefs compete to offer delicious creations. Additionally, since the 1970's Christmas has become a day for families to eat fried chicken from a famous American fast-food chain. Also on Christmas Eve, hotels and restaurants with romantic views are packed with

couples and need to be booked months in advance. Finally, both Tokyoites and visitors from around the globe are enchanted by the spectacular Christmastime illuminations that highlight the city with seasonal sparkle everywhere. Here are a few noteworthy light-up events:

- Midtown Christmas
- Roppongi Hills Christmas
- Hibiya MagicI Time Illumination
- TOKYO SKYTREE TOWN Magical Christmas
- Marunouchi Illuminations

\*Events are subject to COVID restrictions.



the realization that the COVID-19 pandemic is still with us, and new and more virulent strains of the coronavirus are emerging, causing travel bans to be reintroduced. In Japan, the old name for December is Shiwasu, which means "as busy as monks running around." The busyness at the end of the year is the same as it was hundreds of years ago. There is a rush to finish all the things you have been working on before the year ends. There is also a desire and need to clean and organize the house and decorate for the New Year by purifying our body and soul. New Year's Day has traditionally been the most important holiday of the year for



Photo by Rebecca Theresa Photography



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# Being Ricardos Star Talks Genius of Film

By Contributing Writer

**S**easoned comedic actor Jeff Holman is poised to steal the show in the highly-anticipated film **BEING THE RICARDOS** being released to theatres this Friday, December 10TH.



**BEING THE RICARDOS** is a 2021 American biographical drama film written and directed by Aaron Sorkin, about the relationship between *I Love Lucy* stars Lucille Ball and Desi Arnaz. Nicole Kidman and Javier Bardem star as Ball and Arnaz. In the film Jeff brings to life high-ranking Phillip Morris exec 'Roger Otter' who is in charge of controlling the set and the iconic television show's content in the biographical drama. The film also stars J. K. Simmons, Nina Arianda, Tony Hale, Alia Shawkat, Jake Lacy, and Clark Gregg. Please use the following link to view the movie trailer. **BEING THE RICARDOS** Movie Trailer



Jeff Holman

When Jeff was in the first grade, he discovered his love for acting and the theatre. After landing the lead role in 'Noah's Ark,' Jeff knew this was something he wanted to do for the rest of his life. Throughout his high school years, Jeff participated in as many school plays as possible before graduating and heading off to the University of Miami where he majored in marine biology at the behest of his parents. After putting acting on the back burner and graduating from the University of Miami, Jeff put everything back into pursuing acting as a career.

In 1997, Holman moved to Los Angeles to further his career and became a part of the union and earned his SAG card after appearing in the film **SOULKEEPER**. Since then, Jeff has gone on to have rolls in multiple film and television projects including ABC's "Grey's Anatomy," CW's *Jane the Virgin*," HBO's "Silicon Valley," as well as Nickelodeon's "iCarly," and countless others.

When Jeff isn't busy in front of the camera, he can be found spending time with his wife and their German Shepherd rescue dog. Jeff has also taken the past 4 years and has been consistently losing weight as he leads a healthier lifestyle and has lost 100lbs+ to tis date through regular exercise and proper eating.



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## At-Home Bowling Training Guide:

### The Best Exercises to Help You Become a Better Bowler

By Contributing Writer

**B**owling is a sport that most people get into during college. It's a team sport, meaning different teams take part in to outmatch the others. Teams often stay together and play against each other on the regular.

Bowling is among the sports that spark competitive nature. People continue to develop their skills. Most players play every day until their arms ache.

There's a way to become a better bowler. They can achieve this by doing the proper exercises.

#### Overhead Stretches

Bowling will have you carrying and swinging a heavy ball, and

you need to be flexible. This will prevent your muscles, ligaments, and tendons from tearing.

Overhead stretches are the best stretches. It stretches the most used muscles when you're bowling. It will lessen any damage you may sustain during your game.

Doing this before every game is a great way to prepare your body.

#### Lateral Lunges

Another important aspect is your stance. The way you walk down the aisle will play a huge role in the momentum of your throw.



A slow start can mean you will not have any momentum. It causes the ball to be less impactful when it hits, leading to fewer pins

falling. Trying to have a fast and powerful start without proper warm-up can lead to torn leg muscles.

Perform lateral lunges before any game. This increases the flexibility of your legs. Consider doing lunges to a rear-foot balance, too. This helps you maintain your balance as you throw your ball.

#### Wrist Flexions

The wrist faces punishment while you're bowling. It carries the brunt of the weight of the ball. Unprepared wrists can face dislocation or fractures.

Incorporating wrist flexions strengthens everything in your throwing arm. It helps your wrist, fingers, and your forearm becomes stronger.

#### Burpees

Doing a full-body workout is recommended. Burpees are ideal

since they're easy to execute and will strengthen key points of the body.

Doing burpees will make everything about bowling easier. It also helps you lose weight.

People often get winded because of their weight. Reducing it will be a great way to keep yourself on top of the game.

#### Cardio

Consider doing cardio to improve your skills. Cardio helps increase your endurance for longer games. Having endurance also has a psychological impact on your game. It can help you be confident, which can then help you win.

#### Sit-Ups

Sit-ups are a great way to strengthen your core. Using your abdominal muscles to carry the weight of your upper body is an easy way to strengthen it. The heavier you are, the harder it will be to do it.

#### Side Planking

Your arms should also be stronger if you want to improve your game. Doing side planks is a great way to do this. This puts all the weight of your body on either hand, strengthening it.

#### Squeezing Hand Grippers

Your grip will also matter when you're bowling. Professional bowlers have a solid grip and it helps them have better accuracy when they throw the ball. A weak grip on the ball makes it harder for you to throw straight.

The ball may veer to the left or right if you have a bad grip. Squeezing hand grippers is an easy way to resolve this. These strengthen your grip, meaning you'll have a better hold on the ball.

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## KEEP YOUR PETS SAFE DURING THE HOLIDAYS

By Contributing Writer

### PET BEHAVIOR AND HOLIDAY GUESTS

• Though the excitement of a party may overwhelm some pets, keep your pets inside during cold weather and provide plenty of toys to keep them busy.

• If needed, provide your cat or dog with a quiet room or crate during holiday parties and/or prepare ahead of time to discourage barking.

• Inform your visitors ahead of time that you have a pet.

### SKIP THE TABLE SCRAP SNACKS: FOODS NOT TO FEED PETS

• Bones: Bones easily splinter and can cause serious health problems (even death) for your pet.

• Candy: Particularly chocolate—which is toxic to dogs, cats and ferrets—and any candy containing the toxic sweetener Xylitol.

• Chives

• Citrus and pits: Keep foods containing citric acid away from your pets. Foods such as cherry pits, peach pits and apple seeds contain essential oils that have the ability to cause irritations, blockages and even central nervous system depression if a significant amount is ingested.

• Coffee: Grounds, beans and chocolate-covered espresso beans.

• Eggs (raw or undercooked)

• Fish (raw or undercooked)

• Garlic

• Grapes and raisins: These can cause kidney problems.

• Leaves and stems: From vegetables such as tomatoes.

• Meat (raw or undercooked)

• Nuts

• Onions, as well as onion flakes and powder

• Salt

• Trash: Pets who engage in trash-digging can accidentally eat foods that are potentially poisonous to them. Keep trash in tightly sealed containers or hidden somewhere your pet can't access.

### DECK THE HALLS:

#### HOLIDAY DECORATIONS AND PETS

• Christmas trees and holiday greens: Make sure your dogs or cats do not chew on limbs or droppings from the tree. Ingested pine needles could get lodged in the intestinal tract, puncturing the lining or bunching together and causing an intestinal obstruction.

• Water base: The water base of a Christmas tree may contain dangerous chemicals that could harm your pet.

• Christmas lights and tinsel: Position your tree's lights and tinsel away from the bottom of the tree where pets can reach them. Some pets climb up or into trees and can even knock them over.

• Candles: Don't leave candles unattended. Pets may accidentally knock them over and spill wax or start a fire.

• Firestarter logs: Dogs that enjoy chewing should steer clear; these logs contain sawdust and paraffin which can cause an irritated stomach or even intestinal blockage when ingested.

• Plants: A number of seasonal plants are poisonous to pets if nibbled or eaten, including ivy, holly, mistletoe and poinsettias.

### BY SLEIGH OR SEA: HOLIDAY TRAVEL AND PETS

• Carefully consider whether to take your pet with you on a trip (air travel can be dangerous).

• If you leave your pets home



while you travel, be sure to choose a pet sitter or boarding kennel wisely.

• Wherever your pets spend the holidays, dogs and cats should all wear collars and tags with ID that offer a way to reach you.

Learn How to Travel Safely with Your Pets

### IN CASE OF EMERGENCY

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# KITCHEN COUNTERTOPS THE HIGHLIGHT OF YOUR HOME

By Contributing Writer



A beautiful countertop is the hallmark of an attractive bathroom or kitchen. It's a long-lasting investment. If you want to find one for your home, try to get one based on your needs and daily routine.

Do you often cook dinner for many? Is weekly baking or meal prepping essential? Will a small crack in the kitchen countertop force a complete remodel? Every kitchen countertop differs.

Here are three beautiful and unique countertops you should consider.

## Marble Countertops are the High-End Countertops For Homes

Marble countertops are classy, elegant, and clean-looking. They can enhance the aesthetic appeal of even the dullest of kitchens. You may come across this natural, gorgeous stone material in European and transitional style homes.

This natural stone is available in various color options, and each has its uniqueness. You can choose white marble for a bright finish or go dull with shades of brown, gray, green, and even taupe.

It may be beneficial to invest in a good cutting board; that's because if you cut on the marble directly, it will instantly scratch.

Another problem with marble countertops is that they are porous. One unique feature is that they maintain naturally lower temperatures, making them perfect for those

who love baking. Plus, there's no better surface for rolling out pastry dough evenly.

## Quartz Countertops – The Hardest Countertops For Homes

Do you have a busy kitchen? If so, a quartz countertop is the best option for your home.

These countertops aren't designed purely from 100% natural quartz. Instead, quartz countertops are composite stones made from natural quartz stone combined with a resin binder. Moreover, this durable stone is non-porous, which means it won't harbor viruses or bacteria, ensuring cleanliness.

In addition to that, quartz countertops are tough and permanently sealed, making sure there's no mess left in the kitchen. Plus, it also resists stains and marks.

Not only are these kitchen countertops known to last long, but they also provide a look similar to natural stones such as granite and marble. Once installed, quartz countertops don't require much maintenance. Plus, you can find them in various color patterns and choices, so select one that elevates your kitchen's overall appeal.

One downside of the quartz kitchen countertops is they are costlier than other available options on the market.

## Granite Countertops – The Most Popular Countertop

Granite countertops are among the most widely used kitchen countertops. It's a pure stone that offers outstanding durability.

While black is the most popular color among homeowners and is in high demand due to its subtle elegance, versatility, and hiding features, it is also available in other colors with different variations and flecks.

Unlike other countertop materials, granite can be cut in various ways such as beveled, square, ogee (S-shape), half bullnose, or even full bullnose.

Though granite kitchen countertops require little to no maintenance and are easy to manage, you should avoid using harsh cleaning agents. All you will need is a little soap and tap water.

One drawback of granite countertops Long Island is they are porous and may require once-in-a-while sealing to prevent marks and stains.

Furthermore, granite kitchen countertops are heat resistant, so take your pots and pans from your oven and put them directly on top without worrying.

When shopping for countertops, the choices are endless!

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By Andrews McMeel Syndication

Some news items just catapult themselves to the lead story position. On a Delta airlines flight in November from Syracuse, New York, to Atlanta, the woman sitting in 13A allegedly tried to breastfeed her hairless cat, much to the cat's (and other passengers') distress. Flight attendants repeatedly asked the woman to return the yowling cat to its kennel, the New York Post reported, but she refused. "Her shirt was up and she was trying to get the cat to latch ... and the cat was screaming for its life," said Ainsley Elizabeth, a flight attendant who was on board during the incident. Finally, a message was sent through the Aircraft Communications Addressing and Reporting System (ACARS) alerting the ground crew in Atlanta that they would need a Red Coat team member to apprehend the woman at the gate. (Red Coats are specially trained to handle customer service issues, which now include cat-breastfeeding.) It's unclear what happened to the woman or her cat after the flight landed.

The Flower Mound Rebels, a youth football team in Texas, won't be in the playoffs this year, NBC News reported. The Rebels, composed of 7- and 8-year-olds, are "too good" for their league, boasting a perfect record and having outscored their opponents 199-6, according to Keller Youth Association Vice President Rhett Taylor. "They are a select-level team." He said if the team had competed in the league's super bowl, he would have caught it from parents of other teams. Center Greyson Tanner, 8, reported being "very sad" about the ruling.

Twenty-year-old Lucy Battle of Burnley, England, nearly threw out the baby with the bathwater ... er, with the sofa, recently. Battle posted an ad on Facebook Marketplace about her sofa, with the caption "Need gone today," but she accidentally posted a photo of her 7-month-old son, Oscar, rather than of the furniture, Leeds Live reported. "I just somehow managed to upload the wrong photo ... I didn't expect it to go so far!" Battle said. One user commented, "Can I swap for a teenager?" But Battle isn't budging: "I don't want to give away my child."

Preacher and author Sharon Gilbert, 69, raised a reaction when she appeared on the "Jim Bakker Show" on Nov. 23 and described the moment when an alien visited her for nefarious reasons. "After Derek and I got married, one night, this other Derek appears in our bed. The real Derek is lying down next to me; other Derek

sits right up out of him. It startled me," she said, according to Newsweek. No doubt! Gilbert asked the "critter" who he was, "Because he clearly wanted to have sexual relations." Along with claiming to be Derek, the creature said he was Xerxes, but Gilbert wasn't having it. "I reached up, grabbed his face and I said, 'You are a liar, and Jesus is real.' And I pulled that face off, and beneath it was a reptile." One Twitter user responded, "This is a story a 7-year-old tells when you ask them why they're late for something."

Ania Tanner, a grandmother from Ontario, Canada, found a cute singing and dancing cactus on the Walmart website and purchased it for her granddaughter, CTV News reported. The animated \$26 toy sings in three languages: English, Spanish and Polish. But when Tanner, who is Polish, listened to the Polish lyrics, she was shocked: "This toy uses swear words and talking about cocaine use. This is not what I ordered for my granddaughter. I was in shock. I thought, what is this, some kind of joke?" The Polish song is by rapper Cypis, who didn't give permission for the use of his song by the Chinese manufacturer of the item. For its part, Walmart said the toy is sold by a third-party vendor and will be removed while they investigate.

Awesome!

Swedish meatballs for everyone! A snowstorm that dumped about 12 inches in Aalborg, Denmark, on the evening of Dec. 1 forced about 30 people to spend the night in an Ikea store, Pix11-TV reported. Store manager Peter Elmoose said customers and employees slept "in the furniture exhibitions and our showroom on the first floor, where we have beds, mattresses and sofa beds," giving shoppers the chance to "pick the exact bed they have always wanted to try. It's been a good night. All fun."

The Tan Hill Inn in northern England -- Britain's highest-altitude pub -- drew a big crowd on Nov. 26 for the Oasis cover band Noasis. But when heavy snow and dangerous wind conditions hit the remote pub, more than 60 people were stranded there, with the exits blocked and vehicles buried, NPR reported. People slept on the floor and mattresses and ate Yorkshire pudding while playing games and watching movies. Noasis missed their next gig, in Essex, but everyone was able to leave the inn by Nov. 29 with a great story to tell.

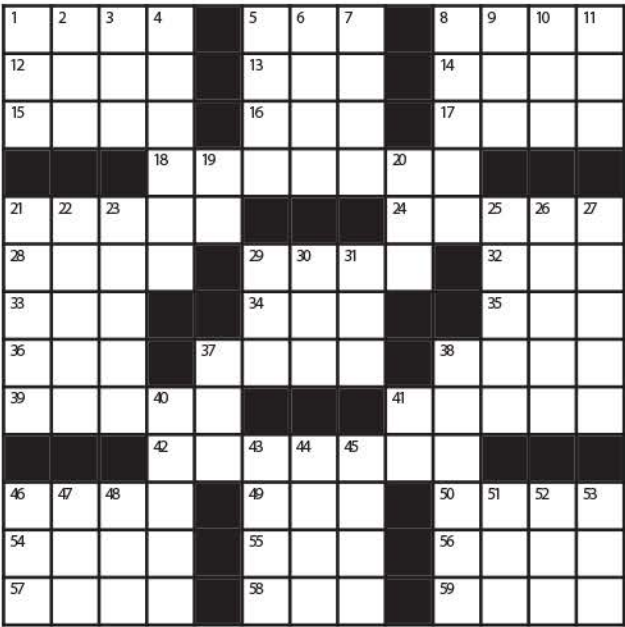
Print this Page! Ctrl + P

Across

- 1. Timeline divisions
- 5. Cow chow
- 8. Freeway for example
- 12. Accord
- 13. "Rocks"
- 14. Mythology anthology
- 15. Levis description
- 16. Qualified
- 17. Matinee hero
- 18. Lasting
- 21. Like some humor
- 24. Provoke
- 28. Cosmetic additive
- 29. Lipo target
- 32. Solitary
- 33. Jail
- 34. Mr. Potato Head piece
- 35. TV giant
- 36. Aesthetics
- 37. Ballyhoo
- 38. Edict
- 39. Last letter of the Greek alphabet
- 41. Very small
- 42. Footrest
- 46. Goes with drive
- 49. Palindromic songstress
- 50. Clever
- 54. Shoot up
- 55. Behave affectedly
- 56. Leave one's mark on
- 57. Hang fire
- 58. Kicker's aid
- 59. Marathon

Down

- 1. 6th sense
- 2. Scandinavian rug
- 3. Florida blackbird
- 4. Predicament
- 5. Old audio system
- 6. Battery corrosive
- 7. Himalayan monster
- 8. Despot's duration
- 9. Quirky
- 10. Bustle
- 11. East Indian sauce
- 19. Through
- 20. Point
- 21. Chocolate tree
- 22. Warning sound
- 23. Carlo or Cristo
- 25. Pointed at the top
- 26. Unlatch



- 27. Odd-numbered page
- 29. Whimsical
- 30. Once around the track
- 31. "All the Things You \_\_\_\_"
- 37. Duty
- 38. Spotter
- 40. Primitive percussion drum
- 41. Mom
- 43. Precisely
- 44. \_\_\_\_ bitten, twice shy
- 45. Dust
- 46. Cooking meas.
- 47. Row producer
- 48. Operated
- 51. Airport abbreviation
- 52. TV monitor
- 53. Article in constant use

Bad Dad Jokes

Q: What do you get if you eat Christmas decorations?  
A: Tinsilitis!







# BRIDAL PREMIERE

## Coming To The Hyatt Westlake Village

By Staff Writer

As California continues to reopen and experience somewhat normal again, so are the many 'long awaited' weddings - - in fact 2022 is destined to be bigger than ever!

It's so exciting to welcome our soon to be wed community to a day of wedding planning and inspiration at the Bridal Premiere, says Diane Boyd, Premiere spokesperson. Yes, Weddings are Back and Big - - and according to Boyd, "our vendors will be there from your first idea to your last I do."

The Bridal Premiere will be held at the Hyatt Regency Westlake, 880 S. Westlake Blvd. in Westlake Village on Sunday, January 9, from 11 A.M. to 3 P.M. Tickets are \$15 at the door, \$12 online at [www.bridalpremiere.com](http://www.bridalpremiere.com), or pick up a special ticket savings through Groupon.com.

A visit to this season's Bridal Premiere is

the best way to begin planning for the most important day of your life - Your Wedding! Wedding shows, such as the Bridal Premiere, are popular haunts for the-soon-to- be married. Couples can save time and money by visiting with local wedding professionals in one location, and enjoy a fun day filled with ideas, expert advice, and plenty of prizes.

This season's Grand Prize drawings include:

- \$1,000 Shopping Spree, good at any of our August Vendors.
- \$500 Gift Certificate toward Your Wedding Gown, courtesy of Bella Bridal Couture
- Complimentary DJ service, courtesy of Double Time Entertainment.
- Las Vegas accommodations, Wedding & Photo Tour Package, courtesy of the LV Wedding Connection.



Winners will be announced on January 9, at 3 PM! Winners must be present to win, must be a bride, and must have a wedding date.

The January event encompasses exhibits from the Valet area to the Foyer, Main Ballroom, and on to the Atrium! Over 70 exhibitors will be on hand to answer questions and to assist brides-to-be with all aspects of wedding planning. Featured exhibit categories include: bridal and tuxedo shops, bridal registries, officiants, florists, caterers, bakeries, invitations, DJ s and live music, makeup artists and beauty products, photographers, photo booths, transportation services, videographers,

travel agencies, wedding planners, and more.

New this year are exciting presentations featuring:

Felix and Fingers, The Traveling Dueling Pianos, and The Leap Lifestyle Podcast with host Deanna Nash Events, both in the Atrium area - -

In addition, attendees will

enjoy more fun activities in the Atrium area including Bridal Show Bingo, and fun casino play where every bride is guaranteed to win a prize at the Spin to Win Wheel.

Since 1983, the Bridal Premiere has served thousands of brides in the Ventura/Los Angeles area. Celebrating its 39th year at the Hyatt Regency Westlake, the Bridal Premiere bridal show continues to offer the 'best of the best' local wedding professionals, quality services, and fun activities. .

For ticket purchases, further information and a list of wedding vendors, visit [www.bridalpremiere.com](http://www.bridalpremiere.com) or call 805-376-3515.

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## 5 SIMPLE AND FUN CHRISTMAS CRAFTS TO MAKE WITH YOUR KIDS

By Contributing Writer

Christmas is really all about the kids. Single folks and married couples without children may enjoy a quiet drink around the tree and a couple of gifts exchanged, but if you don't have kids, you're not really experiencing the joy of Christmas. Seeing their eyes light up around the holiday season is one of the greatest joys life has to offer parents, aunts, uncles and even the occasional babysitter. These five crafts will be sure to please any child from those just starting their preschool education to kids who are getting a little too old to believe in Santa.



### *Decorating the Christmas Cookies*

Even if your kids are too little to help out with the baking, they can still help out and have fun

doing it. Have them help you pick out cookie cutters and icing. They can help you to cut the cookies and decorate them after they've baked. This gives kids a real sense of accomplishment.

### *Handmade Ornaments*

Christmas ornaments are a big part of most family traditions. Pick out some safety scissors, construction paper, glue, sequins and whatever else you can think of and have fun with the kids creating your own snowmen, reindeer and other yuletide decorations for the tree.

### *Paper Bag Puppets*

A brown paper bag can become a reindeer very quickly. All it takes is a black (or red) pom pom for the nose, a couple of googly eyes and some construction paper antlers. The brown color lends very nicely to our favorite holiday

hoofers, and kids can be creative and come up with their own reindeer characters.

### *Handprint Wreaths*

If you've never seen a handprint wreath before, they are amazingly easy to make. You simply take some green construction paper, trace your hand, and clip it out. Take six to a dozen of these and glue them in a ring, and you can decorate with bows from the gift wrapping box, silver bells from the craft store or hand written messages of Christmas cheer.

### *Pine Cone Trees*

Here's a fun one: Go outside and pick out a few nice looking pine cones (try and find some without too much sap on them) and they can double as miniature Christmas trees. This allows your kids to have fun decorating them however they like. You can use



cotton balls for snow on the bottom, add a little tinsel from your full sized tree's decoration box and glue pom poms and little red bows for ornaments. This is fun as a basic activity or can double as a tree ornament on the real deal.

Having fun with the kids around Christmas isn't hard. The trick is getting them focused on a fun task in order to make the most of your time together around the holidays.



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## 5 TIPS FOR LEARNING DURING THE HOLIDAY BREAK

by Sabrina Godshaw

Brain drain during the holiday break...

We all know it, and we've been there. Taking a break from a school routine can cause a vacation fog. Repetition works and habits are like repetition, but what happens when your child is on a long break? After a significant amount of time not in a routine, a child will struggle to get back in the saddle. Vacation fog kicks in and kids are happy they aren't in school, they're having fun, and throwing snowballs. When it's time to go back, reality hits and so do the books. I imagine the hamster wheel cranking in slow motion moving forward. What makes it worse is the realization that after semester one, the breaks are few and far between. Eventually, the wheel cranks to full speed, but in the meantime, kids struggle to regain the momentum they once had before the break.

1. Keep to a routine. Keeping up a similar method during the break will help keep your child focused. All learning activities or reading should occur in the morning when kids are fresh. Be careful to avoid words like homework, learning, or requirement. We want to essentially sneak in some learning under the guise of fun. Instead, suggest your child pick a book and read aloud while you make breakfast. Let them know each day in the morning they will be doing a fun activity with you or on their own to share daily. That way, they know what they will be doing each day and it keeps them to a routine. That routine for just a small part

of the day during the break can help reduce vacation fog.

2. Explore your surroundings. Make a word game in the car while driving to the in-laws during the holidays. Your child can read signs on the road or turn it into a fun math game. Make a bingo card of fun words to spot while driving!

3. Ask math questions. "If your toy costs \$4.95, how much change do you give the cashier?" Math can be in everyday life activities. Purchase a math workbook and complete four math problems on a daily basis.



Play War with a deck of cards and have your child identify greater than/ less than. Challenge older students to find geometric shapes

in everyday items.

4. Write twenty minutes a day. Keep a writing journal. Ask your child to write to someone or write about a topic of interest in the journal. Even better, have them write about their vacation, their plans, and their goals. Check out

some amazing writing prompts for students here. 31 fun writing prompts for middle school kids. Younger children can illustrate their writing and share with family members. Try these fun writing prompts for younger children. 50 Quick Writing Prompts for Elementary

5. Focus on a specific learning idea. Identify your child's challenge areas in learning and create exercises to strengthen their

skills set. If they struggle with math facts; make a game out of flash cards. Do they struggle with reading fluency or comprehension? Have them read aloud in the car or while you cook. Ask them questions such as "who, what, when, where, and why?" about what they have read aloud. If they make a statement about something they've seen on tv; ask them their opinion and encourage them to research the topic.

Over the break, students and parents who practice the above suggestions can see improvement and reduce digression in their child's learning. Students have the opportunity to build self-esteem and confidence in education by overcoming their pain points in learning. Engaging in fun activities outside of class assignments and lessons makes learning fun and honestly they won't realize it's learning but a fun time with family sharing and playing.

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THROUGH JANUARY 2



# FASHION

## WHAT IS YOUR MODEL TYPE? READ AND SEE WHAT FITS.

By Contributing Writer

**W**hen people think of modeling, the stereotype of slender women's figures comes to mind.

The most common belief is that this industry is only for tall, slender individuals with a specific set of facial features. The truth is, however, that there is a different types of modeling opportunities that you can pursue. For this reason, there are specialized modeling agencies, especially for beginner models.

### Fit Models

Fit models work behind the scenes within the industry to help determine how certain clothing should fit. For example, a designer or clothing manufacturer could work with a handful of fit models that represent their target demographic. From here, they could fine-tune the proportions of their clothing. This type of professional is extremely important to the industry as a whole.

### Plus-Size Models

There are entire agencies centered around plus-size models. The demand for plus-size models has surged in recent years. Many agencies now have curve divisions making it a great time to start out.

### Transgender Models

Many transgender individuals felt that they had no place in modeling. It was a common belief that you could not properly represent the needs of the client.

As with plus-size models, the demand for transgender models is steadily increasing. Transgender modeling agencies have been founded to help bridge the gap between transgender models and their clients. Many brands are now looking for additional ways to illustrate their level of inclusiveness, it's now easier than ever before to find work.

### Fitness Models

Fitness models are focused on physical fitness. There are also varying degrees of fitness that modeling agencies are looking for. For example, some fitness modeling

agencies seek out individuals who are extremely muscular and imposing. Others are more aligned with people who have a tighter, slimmer physique. This doesn't mean that you need to have a single-digit body fat percentage or 18-inch arms in order to find work, though. Brands need models that accurately represent their

target audience. So, an athletic apparel company that targets long-distance runners will need somebody who looks like a long-distance runner.

### Mature Models

Age is yet another former stigma. Today there are mature models who work with virtually every type of client. This could range from fitness supplement companies to high-end designer clothing brands. Additionally, mature models still have potential even once they reach their 60s and 70s. There are plenty of brands whose target demographic is of an elderly age.

### Commercial Models

Commercial modeling agencies accept clients of all backgrounds, sizes, and ethnicities. Depending on the type of industry connections that the agency has, they will choose to work with models of a particular look in order to help them find work.

Larger commercial modeling agencies often have the biggest opportunity in terms of diversity. But, this also means that there is a high level of competition.

### High-Fashion Models

There are plenty of high-fashion modeling agencies out there. Although not everybody is able to pull off certain looks like a high-fashion model can, those who have high-fashion attributes often find it difficult to fit into other niches. In fact, there are plenty of people who would excel in high-fashion modeling who have been turned away from conventional modeling jobs. If you've been struggling to find your place in the industry, this could be the answer you're looking for.



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