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→ OCTOBER 29 - NOVEMBER 11, 2021 VOLUME 22 NO. 24



**DUNE
EVENTS**



HEROES AIR SHOW

MUSIC



NEW BLUES FESTIVAL

WEST COAST HOLIDAY DESTINATIONS



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TO OPEN EMAGAZINE

By Barbara Beckley

THE HITS ARE COMING!

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OCTOBER 23

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"LAUGHTER FOR ALL... WITH INTELLIGENCE AND ABSURDITY!"
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The Best of Broadway is back at the Madrid Theatre Canoga Park

By Contributing Writer

Valley Opera and Performing Arts (VOPA) returns to the live performance stage on November 13th (7pm) and 14th (3pm) with the latest installment of their most popular concert series, "The Best of Broadway, Vol. VII"! VOPA is back at the beloved Madrid Theatre, 21622 Sherman Way in Canoga Park, for what is expected to be two sold out performances!

Critically acclaimed vocalists Dylan F. Thomas, Shira Renee Thomas, Katie McTyre, Drew Schufman, Brayden Hade, and Isaac Quiroga headline the show, along with The VOPA Orchestra, under the baton of guest conductor Brian Asher Alhadef. The concert also features

talented student singers from around Los Angeles, and from Katie McTyre's Performing Arts Collective.

Audiences can look forward to enjoying hit songs from their favorite musicals, including Singin' In The Rain, Guys and Dolls, Rock Of Ages, Dear Evan Hansen, Damn Yankees, The Sound Of Music, Jersey Boys, Company, My Fair Lady, and many, many more.

VOPA's "The Best Of Broadway" series has consistently received rave reviews:

"[Reviewer Jonathan Weichsel] called them 'one of the gems of the Valley', and after Sunday's Broadway salute, I can see why."

"[VOPA's] vocals are nothing short of spectacular."



Contact VOPA at info@VOPArts.org or call 818-727-7844 to inquire about group discounts. All other discount tickets are available for online purchase at <https://vop-abofb7.bpt.me>.

This is definitely a Broadway concert not to be missed! Seating is limited, so be sure to

"Congratulations on a great show! We loved every minute."

"What an evening to remember!...this show was a truly amazing showcase. It was just an amazing night out. Both old and new theatre tunes, they all were there and I truly wished the concert had not ended! Bravo!"

In addition to street parking, this event features the convenience of VALET PARKING, which can be added on to your ticket purchase or purchased upon arrival at the Madrid Theatre.

Student, Senior, and Group discounts are available for all seating sections.

snatch up your tickets today!

Check out this promo video for "The Best of Broadway, Vol. VII" by going to <https://youtu.be/VGuFuCXw0os>

VOPA's "The Best Of Broadway, Vol. VII" is made possible in part through generous grants from the City of Los Angeles Department of Cultural Affairs, and the Los Angeles County Arts Council.

LA County COVID guidelines will be observed. Proof of vaccination or negative Covid test within 48 hours of the performance are required of all guests (including children).

NEW BLUES FESTIVAL VIII

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The San Fernando Valley Symphony Orchestra is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Arts Commission.



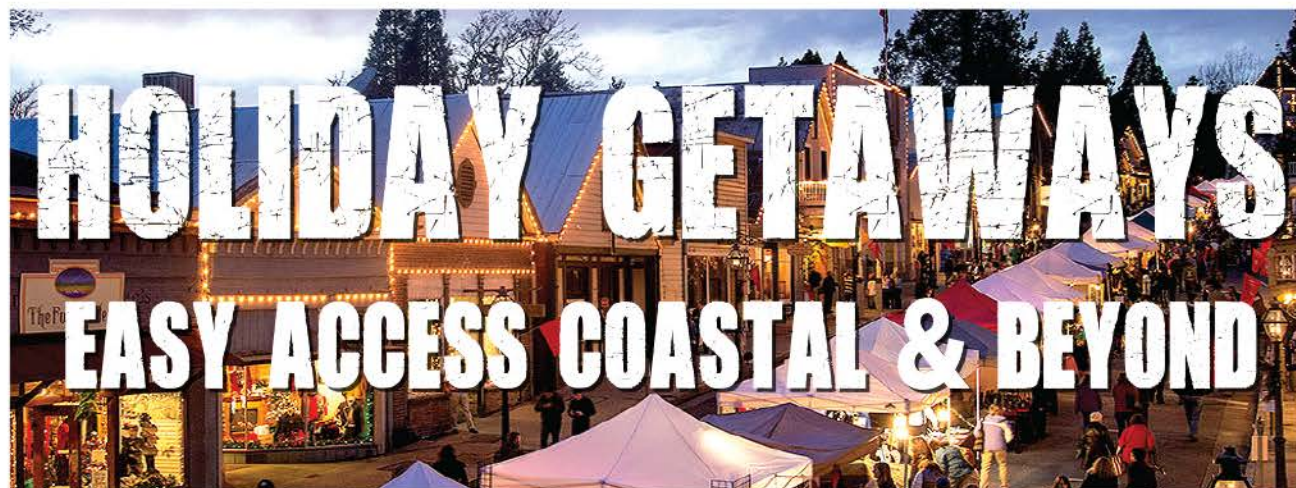
COVER STORY

'TIS THE SEASON - FOR FROSTY AIR, SURFING SANTAS, BOAT PARADES AND VICTORIAN CHEER! NOT JUST AT HOME. BUT TO HOP IN YOUR "SLEIGH" AND "JINGLE ALL THE WAY" TO HOLIDAY FUN IN UNEXPECTED, EASILY ACCESSIBLE, DESTINATIONS. HERE'S OUR TRAVEL GUIDE TO MAKING MERRY AMID THE ELABORATELY DECORATED STREETS, CHEERY ACTIVITIES, UNIQUE SHOPS AND SEASONAL CUISINE OF HAMLETS FROM SOCAL TO SOUTHERN OREGON!

Beach Town Festivities

No need to go to Europe -- Cambria (<https://visitcambria.com/>), four hours north on Moonstone Beach – brings the German Christmas markets to you! And much more. During November and December, this enclave is aglow with two million – count ‘em two million – twinkly lights, incredible themed vignettes, Santa Claus, cozy fire pits and delicious food and drink. The “Cambria Christmas Market” (<https://cambriachristmasmarket.com/>), November 26 to December 23, dazzles with imported German goods including nutcrackers, smokers and ornaments; plus handcrafted items from local artisans. Tickets: \$15 to \$25; children 10 and under free! “Hospitality Night,” December 2, 3 – 9 p.m. welcomes shoppers to stroll among the unique shops, decked in holiday finery; enjoying refreshments, carolers, Santa and the Tree Lighting. On December 11, “Songs of the Season” is 2 – 4:30 p.m. at Fog’s End Barn. Cozy up with clam chowder, a regional specialty, at The Black Cat Bistro (<https://www.blackcatbistro.com/>), also wild caught salmon and local quail; and Linn’s (https://www.linnfruitbin.com/Linns_Restaurant.html) for autumn harvest squash medley soup and indigenous olallieberry burgers.

Celebrate a “Classic California Christmas” in Pismo Beach (<https://www.experiencepismo.com/>), three hours north, November 26 – December 31. Crazy decorated surfboards dot the ‘50s-style downtown. If you’re game, join the “Surfin’ Santa Competition,” December 18. December 20 is a great photo op, when all the surfboards crowd the Pismo Pier for prizes. One-of-a-kind stores and holiday retail events make excellent shopping. “Daily Deals,”



December 12 – 24, earn you a \$20 gift card from participating merchants when you spend more than \$100. Downtown shops serve hot chocolate, cider and treats during the “Hometown Classic Stroll,” December 16, 4 – 8 p.m., plus carolers, Santa photo ops and a gift-wrapping station. Then thrill to a birds-eye views of the pier and beach at the Rooftop Inn at the Pier (<https://www.theinnatthepier.com/rooftop-restaurant-and-bar-in-pismo-beach>), where every hour is “happy hour” and seasonal inspirations include parsnip pear soup, and bacon-wrapped turkey roulade with mom’s dressing.

Quaint Pacific Grove (<https://www.cityofpacificgrove.org/>), five hours up the coast, charms with festively



decorated historic buildings and fabulous Pacific Coast ocean views. Crowds flock from adjacent Monterey and Carmel for its “Holiday Parade of Lights” December 2, 6-9 p.m., with marching bands, floats, dance teams, equestrian units and Santa. Followed by after-hours shopping in the independent boutiques and art galleries and carolers. Tree Lighting is November 29, 4:30 – 8 p.m. at Jewell Park and adjacent Pacific Grove Museum of National History, with bands, choruses, refreshments, a dance show and Santa. For tots of all ages, “Stillwell’s Fun in the Park,” December 4, 10 a.m. – 4 p.m., at Caladonia Park, which overlooks Monterey Bay, wow! features Santa on a firetruck, Frosty

the Snowman, the Snow Queen, rides and a petting zoo. For eats, Passionfish (<https://www.passionfish.net/>) is a must. Famous for delicious sustainably-sourced seafood and realistically-priced wine!

Oxnard (<https://visitoxnard.com>), an hour north, dazzles at holiday time. It boasts Ventura County’s tallest Christmas tree in Historic Plaza Park a-glimmer with lights, and holiday-themed characters and faux snow decorating the Oxnard Pagoda (historic band shell). Tree Lighting is December 2. “Christmas Tree Lane,” in Oxnard’s Historic District, December 12 – 26, is an extravaganza of Victorian mansions decked in Victorian-era holiday regalia. Drive by anytime. Better, enjoy an inside look on a “Heritage Square Holiday Tour” December 11 & 12; 18 & 19; December 26 and January 2. Holly Trolley double-decker bus offer tours of Oxnard’s Downtown and Historic District, December 14-16. The Christmas Parade is December 4, with marching bands, school groups, floats and Santa. Merrymaking adds to holiday shopping at The Collection at Riverpark (<http://thecollectionrp.com/>) with Mr. and Mrs. Santa Claus, live entertainment, give-aways and scavenger hunts throughout December.

Mountain Magic

Make it a “Country Christmas” in Julian (<https://visitjulian.com/to-see-do/special-events/country-christmas/>), amid the crisp air and old fashioned decorations of this 1870s former gold-mine town an hour east of San Diego in the Cuyamaca Mountains. The (live) Tree Lighting kicks off November 27, with food, art, crafts and music; followed by “A Christmas Market,” December 4 with craft vendors, wreath-making, even candle-dipping. The “Country Christmas Light Parade,” December 18 at 5:45 p.m. is a hoot with cars, trucks, any “street-legal” vehicle covered in thousands of lights. December 21-27, savor “Victorian Christmas Teas,” 10 a.m. to 4 p.m. at the Julian Teas & Cottage Arts tea shop. Also Holiday Hay Rides at Fort Cross. Julian is apple country the rest of the year, so indulge at the Apple Alley Bakery (<https://www.facebook.com/AppleAlleyBakery/>) for wintry favorite caramel apple pecan pie. And Mom’s Pie House (<https://www.facebook.com/Apple>

Continued from page 6

The “Victorian Christmas Celebration” is the real deal amid the sumptuously decorated Victorian architecture of Jacksonville (<https://jacksonvilleoregon.org/>), an 1800s mountain hamlet, population 2,860, in southern Oregon’s wine country 15 minutes

Cabazon Dinosaurs Park



from Medford. Tree Lighting is November 27 and the Victorian Christmas Parade is December 4 at 10 a.m. Father Christmas – townsfolk don’t say “Santa” – meets, greets and poses on weekends November 28 to December 19, accompanied by musical entertainment. Also horse drawn wagon

Gastrognome Pub Idyllwild



rides. No chain stores here! Just personally-owned galleries, toy, apparel and jewelry stores. The town is rated southern Oregon’s best for wine tasting, chocolate-making and fine dining. Award-winning Bella Union Restaurant (<https://www.bellau.com/>) serves local ingredients –think Oregon pears in its Pear Blossom pizza, Pacific Dover sole, and Oregon craft beer under a Wisteria-covered patio. The Rogue Grape Wine Bar (<https://www.theroguegrape.com/>) has flights, by-the-glass and the largest local bottle selection in town.

Back in California, two hours east of LA, the art village of Idyllwild (<https://idyllwild-visitorscenter.com/>) in the San Jacinto Mountains is resplendent with holiday fun. The “Idyllwild Christmas Market & Harvest

Festival” is November 26 and 27, including a most unique Tree Lighting – a live sequoia illuminated with more than 6,000 LED lights – one of several towering sequoias in the town square. For kids, the “Idyllwild Christmas at Town Hall” (check the site for the date) has activities, music and refreshments. Festively decorated wineries and galleries are great gift opportunities, and brew pubs and restaurants feature live seasonal entertainment. Cozy around the fire at the Gastrognome (<http://gastrognome.com/>) restaurant, since 1973 the place to be for fresh fish and fine dining in a rustic-elegant setting. And the Candy Cupboard (<http://candy-cupboard.com/>), since 1981, for

gift-worthy handmade chocolates and vintage and novelty candies.

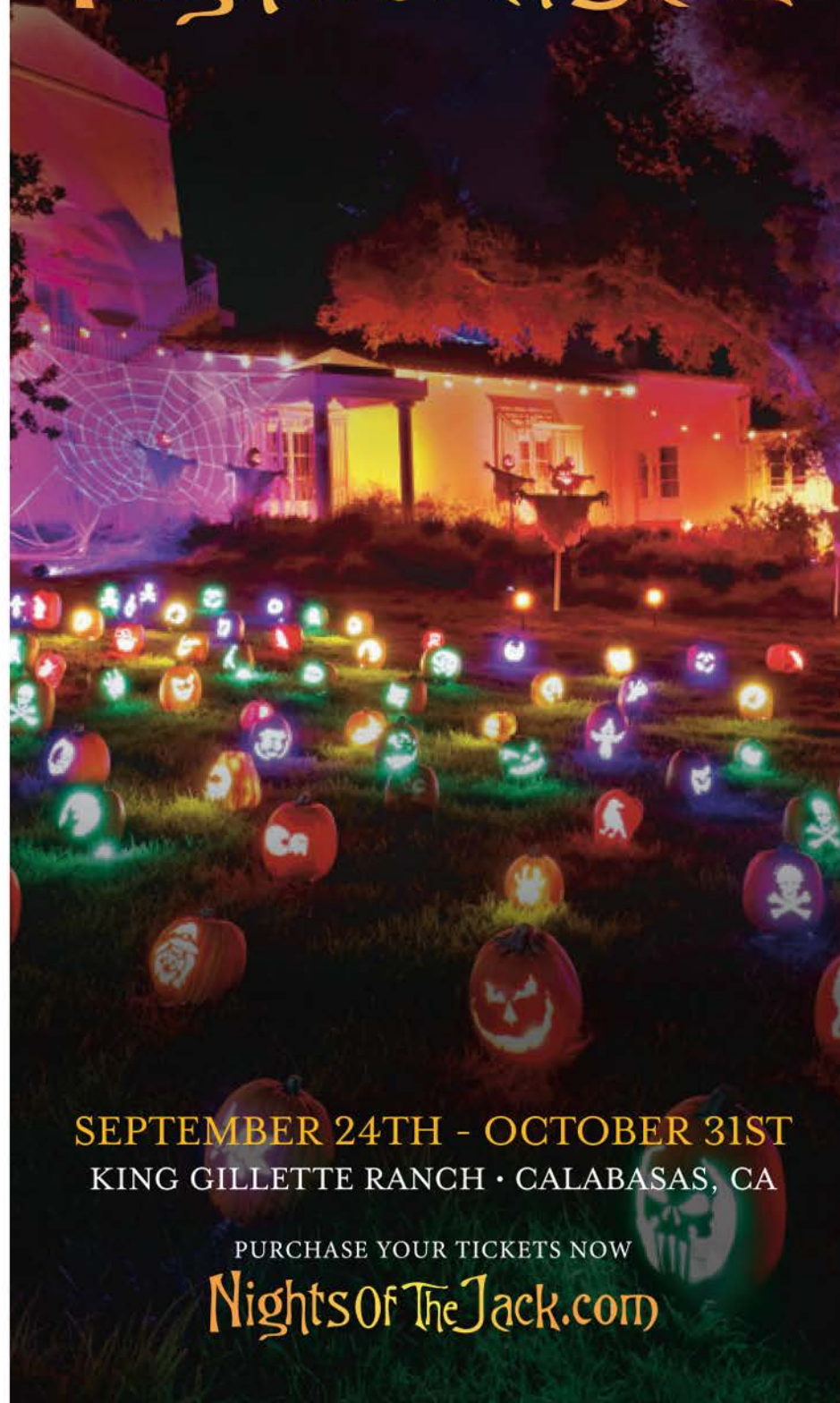
Desert Delights

It’s a holiday first! The kids will love it. Throughout December, hob-knob with Mr. Rex (that giant T-Rex statue along I-10 before Palm Springs) sporting a Santa suite, and dozens of dino replicas amid twinkly lights at Cabazon Dinosaurs Park (<https://www.cabazondinosaurs.com/>). Be sure to ride Santa’s sleigh. It’s pulled by a Velociraptor! Continuing east to Palm Desert, The Shops at El Paseo (<https://theshopsonel-paseo.com/>), aka the Rodeo Drive of the desert, begin the holiday shopping season with a Tree Lighting December 3 at 5 p.m., carolers and photos with

Santa. New this season, download the 2021 free mobile app, “Love Local Shopping Pass,” (<https://www.visitgreaterpalm-springs.com/love-local/shopping-pass/>) and get discounts and free merchandise at cool participating shops and restaurants in Palm Springs and Palm Desert. The app is valid through December. Palm Springs (<https://visitpalm Springs.com/>) throws its “Festival of Lights Parade,” December 4 at 5:45 p.m., an extravaganza of colorful floats including favorite restaurants with cheering employees, marching bands, performance groups and Santa. The must-do! Drive down “Candy Cane Lane,” aka Minerva Road in Cathedral City, with 46 homes decorated with thousands of lights, inflated characters, animated figures and more.

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San Diego - Little Italy



Harbors & Marinas Oh My!

Beautiful anytime, San Diego Bay and Harbor (sandiego.org) are super spectacular for the holidays! The 50th annual San Diego Bay Parade of Lights (<https://sdparadeoflights.org/>), December 12 & 19 at 5:30 p.m. promises to be brilliant, with more than 80 lavishly decorated vessels – reflecting “The Twelve Days of Christmas,” theme. You’ll find fun activities and restaurants for viewing on Shelter Island, Harbor Island, the Embarcadero, Seaport Village, the pier at Cesar Chavez Park and Coronado’s Ferry Landing. Since it begins on Shelter Island, get a ring-side seat at Tiki-fav Bali Hai restaurant (<https://www.balihairestaurant.com/>) on Shelter Island, with mean mai tais and fabulous views of the skyline across the glistening bay. November and December Seaport Village (<https://seaportvillage.com/holidays/>) celebrates the holidays with live music and performers from stilt walkers to carolers. November 27, 1 – 5 p.m. the “Surfin’ Santa Celebration” welcomes Surfin’ Santa’s arrival by watercraft, a parade down the boardwalk,

live music and photo ops. Check the site for “Breakfast with Surfin’ Santa” with music, beverages (spiked or not), goodie bags and more. And on December 4, the Little Italy (<https://www.littleitalysd.com/>) neighborhood is doing a fresh take on Tree Lighting, illuminating a 25-foot tower covered with

1,100 poinsettias, plus entertainment, snacks and beverages.

An hour north, Ventura Harbor (<https://venturaharbor.com/celebrate-the-wonder-and-magic-of-the-holidays-at-ventura-harbor/>) sparkles with festive waterfront homes and vessels. The 45th annual “Ventura Harbor Parade of Lights,” themed “SEAing is Believing,” is December 17 & 18, 6:30 – 8 p.m. Followed by fireworks and carnival fun at Ventura Harbor Village (<https://www.venturaharborvillage.com/>). On December 21, the “Winter Wonderland & Holiday Marketplace,” brings Santa Claus and the Mrs., live reindeer, Victorian Carolers, a toy soldier band, costumed characters, free craft-making stations and even faux snow to Ventura Harbor Village. Also December 21, join if you dare, the Santa (kayak) Paddle at 11 a.m. It’s free and open to all. Get a front-row seat enjoying fresh local fish or clams at Brophy Bros. Clam Bar and Restaurant (<https://www.brophy-bros.com/location/brophy-bros-ventura>).

Have fun out there!

Valley Opera & Performing Arts
presents
The Best Of
Broadway
Vol. VII



Starring

Shira Renee Thomas, Dylan F. Thomas, Katie McTyre
Drew Schufman, Brayden Hade, Isaac Quiroga

with
The VOPA Orchestra
Brian Alhadeff, Conductor

featuring
Performing Arts Collective
Katie McTyre, Director

November 13th 7pm
November 14th 3pm

The Madrid Theatre
Canoga Park, CA

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TICKETS \$15-\$42

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HOW HARD ARE DRIVING TESTS ACROSS THE GLOBE?

By Hanya Bruner

Did you know learner drivers in Egypt only have to drive about half the length of a standard tennis court (approx 12 metres) in their practical test to be awarded a full driver's license?

Meanwhile, determined South Korean Cha Sa-Soon made global headlines in 2010 when she triumphed on her 960th driving exam

So are driving tests easy or hard and how do they differ from country to country?

The car rental experts at StressFreeCarRental.com are offering insight into the difficulty level of practical and theory tests across the world, and their research has uncovered lots of differences globally.

In the UK alone, practical driving test

pass rates have hit a record high in 2020-2021 at 49.8%, however these rates may not be possible in countries where the driving test is much more complicated.

A spokesperson for StressFreeCarRental.com said: "Wherever people live, whether it is in the US or abroad, people don't often think about how driving examinations work in other countries. As shown from our research, it is interesting to learn which countries offer tests which are easier or harder than we might be used to.

"Drivers in some countries including Egypt and Mexico experience extremely straightforward testing before they are



rewarded with their full driver's license, whereas motorists face a sterner challenge in other countries."

Easiest countries to pass

Egypt

Learner drivers in Egypt are met with some surprisingly simple tasks in both their practical and theory driving tests. Theory tests were only recently introduced and consist of 10 questions. During the practical driving test, hopeful drivers have to simply travel forwards six metres and then reverse six metres before being handed their license.

India

During the practical driving test in India, prospective drivers are asked to drive forwards in a straight line, turn left and stop after 50 yards before being awarded their license.

The Philippines

Learner drivers in the Philippines are faced with a slightly bizarre sounding practical test, consisting of one loop of a preset driving course involving only right turns.

Pakistan

The huge pass rate of 80% should indicate the simplicity of the driving test in this country. After passing a short theory test, learner drivers are asked to drive a short course through a series of cones before being awarded their license.

Mexico

Mexican driving regulations in some states, including Baja California and Estado de Mexico, mean learner drivers only have to pass a theory test in order to gain a full license. Before 2018, these theory tests were not even required which meant drivers could get out on the roads without any form

of practice or perception testing!

Hardest countries to pass

Japan

Learners are subject to attend a 26 hour mandatory driving camp before completing five days driving practice as well as a theory and practical exam. These many steps contribute to the strong difficulty level for drivers in Japan, with pass levels falling at a very low 35%. Candidates have failed for not checking under their car for cats and children before taking off, and for not bending low enough if

they do check!

USA

Although the theory and practical tests in the States are pretty standard, driving in the USA is very different to many other countries because of the laws involved. Driving laws are set at state level rather than being country-wide, meaning prospective drivers have to learn much more intricate rules depending on the states they live in and the surrounding states.

Australia

Before Australians are even able to apply for their provisional license they must pass a mandatory eye test, medical test and theory test. Once these are passed, hopeful drivers must complete 25 hours of supervised driving, a hazard perception test and a practical driving test before receiving their full driver's license.

UK

The UK driving test comes in at one of the most difficult, with a requirement of 86% to pass. The UK theory test combines two components, a 50 question multiple choice test and a hazard perception test. The following 40 minute practical test requires Brits to perfectly perform up to two manoeuvres before being awarded their full driver's license.

Montenegro

Learner drivers in Montenegro must be confident when entering into the practical test as they are only allowed to make three errors before failing! The country also has one of the lengthiest theory tests, with a total of 70 questions. As well as the theory and practical, learners in Montenegro must also be examined by an ophthalmologist and a psychiatrist.

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AMERICAN HEROES

Air Show

Set to Land at Hansen Dam Recreation Center

By Contributing Writer



Holding out for a Hero? ... your wait will be over when the nation's premier admission-free aviation experience devoted to helicopters returns to Southern California.

Born in Los Angeles in 1993, the AMERICAN HEROES Air Show has never wavered from its mission to educate Southern California about the unique capabilities rotary-wing aviation delivers to law enforcement, fire service, public safety, national defense and homeland security. With helicopters on display from local, regional, state and Federal / DOD agencies, families will have a rare opportunity to meet the flight crews of these diversely capable aircraft and learn about careers in law enforcement, emergency preparedness, aviation, military and homeland security while getting a first-hand understanding about why helicopters are often the first tool out of the toolbox in times of natural disasters, search & rescue operations or national security threats.

High-tech helicopters and their crews from around the region will be on static display for families to inspect plus exciting demonstrations of airborne capabilities with hoist rescues, precision water drops and special operations. Plus, have your camera ready and meet many of the Southland's well-known celebrity / media pilots and news reporters that are often first on-scene for traffic updates and breaking news.

MORE THAN JUST ANOTHER AIR SHOW!

Along with the high-tech helicopters, the AMERICAN HEROES Air Show welcomes aboard the Los Angeles U.S. Citizenship & Immigration Services (USCIS) who will host a



special Naturalization Ceremony where members of Southern California become our newest U.S. citizens.

"... "It is our special privilege to partner with the USCIS on this special day when we recognize our Southern California neighbors as they recite the Oath of Allegiance and become U.S. citizens during the AMERICAN HEROES Air Show, ..." Steve Goldsworthy, Volunteer – Event Director.

Our friends with the Professional Cars International team arrive with their "Rollin' to the Rescue" presentation once again with a

unique display of vintage police, fire and emergency vehicles as they roll into the event and set up for display throughout the day. These lovingly restored public safety vehicles arrive "CODE3" into the HEROES event site with full lights and sirens at 9:30 a.m. ... have your cameras ready!

We welcome aboard the Southern California Rotors Association team as our Legacy Sponsor for the CODE3 Career & Recruiting Expo where teams from law enforcement, Fire / EMS, government service, Homeland Security

and military are on-scene to profile their application process, training programs and offer information on dynamic careers in public safety fields. Guests looking for the on-ramp to dynamic careers in public safety can learn about Criminal Justice / Public Safety / Emergency Preparedness classes from a host of colleges and universities that are on-scene.

The HEROES event team also welcomes the LAFD Historical Society who will roll out their restored BELL 47G helicopter. Not flown in nearly 40 years, this iconic aircraft ushered in the era of airborne firefighting for many fire departments around the nation ...

Looking for a mission on the ground? – this event brings together a diverse group of nonprofit organizations who join us each year to profile their mission of support for active-duty military, Veterans, first-responders and their families for the community.

It's a full day of educational excitement that includes static displays and tactical / Helo demonstrations by many of Southern California's legendary helicopter rescue / military and EMS crews along with mission briefings.

We invite families to join us to meet the local Heroes they can really look up to ... and learn about careers they can really rely on ...!

AMERICAN HEROES Air Shows are produced at sites from coast to coast by volunteers with a passion for public service & aviation. Always admission-free, our events are dedicated to educating the community, media and public officials about the unique capability's rotary-wing aviation delivers every day to communities across our nation.

We invite our guests to share what they learn at the AMERICAN HEROES Air Show via our social media hashtags #CAHEROES #SOUNDofSERVICE

Saturday, November 13, 9 am to 4 pm.
FREE Admission & Parking.

Location: Hansen Dam Recreation Center San Fernando Valley 11480 Foothill Blvd Lake View Terrace. Exit the Foothill (210) Freeway at Osborne & turn South. Event details, schedules and info on convenient remote parking / shuttle service at: www.Heroes-Airshow.com



DUNE

By Hope Madden



Denis Villeneuve's vision for Frank Herbert's *Dune* is as gorgeous and cinematic as you might expect from the filmmaker behind *Blade Runner 2049* and *Arrival*. The worlds, the interiors, the exteriors, the space crafts, the spice, the worm — each articulated with a sense of wonder, as if the director himself was awestruck by what he saw.

That vision is hampered by a number of things, but the cast is not among its faults. Though Part One contains too many glorified cameos, even those are handled with care.

But let's start at the top. Timothee Chalamet, whose genuine vulnerability makes him the perfect emo savior, is a natural for Paul. There is depth and almost humor to the performance. Even with only

the first part of his journey completed by the end of the 2 hour and 35 minute film, his arc is clearly underway.

Oscar Isaac is so wonderfully Oscar Isaac as Paul's noble but human father, and Rebecca Ferguson is exquisitely tortured as Paul's mother. Sharon Duncan-Brewster, Josh Brolin, Jason Momoa and especially Javier Bardem all leave impressions with minimal screen time.

But the film has two problems, they are both pretty substantial, and they are both the story.

Problem #1 is that *Dune Part 1* is half a film. You can make a multi-part story and still have several lovely, complete, standalone films. *Kill Bill* did it. *Dune* did not. It ends at the halfway point and that is exactly how it feels: 2 and a half hours to halfway there.

The second concern is that the source material is a white savior film. By casting almost exclusively people of color as the indigenous Fremen people of the conquered planet Arrakis, Villeneuve was at least facing the issue directly. That same laudable decision also exacerbated the situation, however, by turning *Dune* from a metaphorical white savior story into a literal white savior film, as the very white Chalamet

takes on the mantle of messiah to lead the Fremen toward salvation.

He's a dreamy messiah whose hair is forever mussed and hanging in his big, brown (for the moment) eyes, sure. But we know where this is going, even if we have no idea when we'll get to see it arrive as *Dune Part 2* is not yet filming. It's a lot of very attractive waiting for something to happen, which is maybe the best *Dune* synopsis I can think of.

RON'S GONE WRONG

By Tessa Smith

Ron's *Gone Wrong* may be a kids movie, but it has valuable life lessons.

It is unafraid to point out how unhealthy the human connection to our devices is, but especially with children. It does this through humor, so get ready to laugh! But there is also a lot of emotion.

In *Ron's Gone Wrong* Barney is the only kid in his school without a B-Bot. These internet connected devices are like cellphones, but cooler. They evaluate the owner by their likes and dislikes, and search for other children with like interests, creating perfect friendship. These B-Bots also lets kids know when there is no match, and advise who not to be friends with.

B-Bots are also cameras that allow kids to constantly live stream, and connect to "friends" across the planet. These friends give them hearts if they like what they are doing — which is a strong parallel to how our social media actually works.

This obsession with caring what other people that you have never met or have no real connection with think of you is not healthy. It can devastate kids and throw them into a depression. *Ron's Gone Wrong* shows that in a way that will resonate with children, as they learn that making in person connections is much better for them mentally than worrying about people halfway across the world.

A human connection is important. And we should never take for granted. When Barney's father is finally able to get Barney a B-Bot, it does not function. Something is wrong with Ron, and he cannot connect to the internet. Because of this Barney and Ron form a true friendship, where they spend their days playing outside and not connected to a device. They laugh, they have adventures, and they bond.

Ron may be defective, but that is what makes him so special. He is voiced by Zach



Galifianakis, and honestly, there is not a better casting choice! He brings a perfect silly and naive nature to Ron that will have audiences cracking up. Jack Dylan Grazer voices Barney, and the two of them together are the best.

Ron's Gone Wrong is an animated film for children, but it is one that parents and adults will be also be able to enjoy. Packed with potty humor, it will be hard not to giggle as jokes that should get repetitive just get funnier. There is a lot of heart to this story too.

Because of the nature of being a movie made for kids, there is predictability. Adults will likely be able to tell you the ending, or

at least some of it, within the first thirty minutes. The journey is fun though, so just go in ready to enjoy it. It does drag a little in the middle, and has some writing and pacing issues, but when looked at as a movie for children, it is one of the better ones.

There is no denying kids will love this movie, and be begging for their very own Ron — heck, even I want my own Ron! It has a lot of stupid humor that shouldn't work, but does. The lessons are the important take away though, that we are all far too connected to our devices — but also that friendship is a necessary part of life. The world would be a lot better place if we were all like Barney and Ron.

New Blues Festival VIII



Bill Grisolia and the New Blues Festival All-Stars

Artist Meet-N-Greets; Stage Front Viewing Area; Catered Food; Non-Alcoholic Beverages Provided; Exclusive VIP Lounge with VIP Happy Hour; Preferred Parking; Discounts on all Merchandise from the New Blues Festival Merch Booth; Access to Food Vendors; Merch Vendors Bar, and Beer Trailer). Tickets/Info: (707) 57-Blues or visit <https://newbluesfestival.com>. New Blues Festival is presented in conjunction with the Long Beach Blues Society "Preserve the Past, Promote the Future."

New Blues Festival VIII's strong lineup features Headliner, recently-Signed Gulf Coast Records Recording Artist and R&B Legend, Tito Jackson; Blues Vocalist Extraordinaire and Multi-Blues music Award winner, Sugar Ray Rayford; Los Angeles longtime Blues Guitar Great, Laurie Morvan; Newly-Formed Bill Grisolia & the New Blues Festival All-Stars; New Orleans transplant and longtime blues guitarist,

Lester Lands; SoCal-based award-winning multi-genre guitarist-vocalist, Corday; eclectic blues-rock trio, The Disciplez; She Wears



Vocalist Extraordinaire and Multi-Blues Music Awards winner, Sugar Ray Rayford

the sixth in Long Beach, and the first time the New Blues Festival will be held in Shoreline Aquatic Park, which is a Peninsula of Land surrounded on three sides by water," says Festival Promoter and Curator, Bill Grisolia. "One side of the Peninsula is located in the Pacific Channel, which leads to the Los Angeles River tributary. The other side is Rainbow

Harbor, which includes both working Fishing and Charter Boats as well as all types of pleasure crafts. Peninsula is the tip of Shoreline Village, with its iconic shops and restaurants.

"The Festival will seek to add a kick-off event on November 12 to be arranged to perhaps with a Host Hotel," adds Grisolia, who besides fronting the New Blues Festivals All-Stars, is also the longtime vocalist-pianist and front-person for well-known Long Beach mainstay, New Blues Revolution.

www.newbluesfestival.com

Black featuring Long Beach's very own blues diva, Shy But Flyy; tasty Tex-Mex Blues from Redd House; Musician/Surfboard Shaper/SoCal Surf Legend, Dano Forte; and blues harp player known as the "One-Man Band," originally from the UK, TJ Norton. This year's Master of Ceremonies: Southern California blues deejay legend, Ann The Raven, formerly of KPCC-FM in Pasadena who can now heard Sunday nights as "Ann The Raven's Blues" from 7pm-9pm on KCSN 88.5/Cal State Northridge.

"This is the eighth New Blues Festival,

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TECH TALK



BOOST SEO RANKINGS FOR SMALL BUSINESSES



Take Advantage of Untapped Keywords

Keywords are the secret sauce for improving SEO. That's why you need to use resources like Reddit to discover untapped keywords that could help take your SEO rankings to the next level. You should also focus on targeting keywords that offer higher commercial intent. It's also important to understand the value of voice search SEO.

Optimize Old Content

It's important to keep in mind that user intent plus SEO equals higher rankings. This means you should be focusing your SEO to meet the needs of user intent. In other words, never forget that Google isn't going to rank what searchers aren't looking for. Focusing on what users want will directly impact your SEO ranking, making everyone happy.

Repurpose Old Content

Another great tip for boosting SEO in Google is to repurpose existing old content into different formats.

Why is this valuable? Well, consider the fact that every time you write a new blog or post new video content, you're starting from scratch. But when you have old content that is still relevant, it can be repurposed and placed in a new format, thus boosting the amount of content users can discover.

Plus, Google will treat this repurposed content as new content, helping increase clicks and views.

When it comes to being a small business owner, staying ahead of the competition is one of the biggest challenges.

SEO has become incredibly important for driving your target audience to your online presence, and then turning those users into loyal customers. Boost your SEO rankings!

Update Your Website

When it comes to running a successful small business in the modern world, there's no excuse for not having a great website.

The key is to work with a skilled web designer to create a web presence that looks clean and professional, is easy to navigate, has fast loading time, and offers tremendous content that will attract users.

Once you have a quality website, you will be better positioned to maximize SEO rankings.

Improve User Dwell Time

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TROPICAL MASH-UP BAR CONCEPT "THE CANTIKI" OPENS IN GLENDALE

By Henry Eschelman

The CanTiki is a cantina-style cocktail bar with tiki flair that brings an up-scaled vibe to the world of tiki that features lush design and lighting, lounge-style seating, a long horseshoe-shaped bar and a piano, stage, and DJ booth. The CanTiki serves up a mix of highly stylized and ingredient-rich cocktails, while still remaining a local watering hole for those just looking for a Pabst Blue Ribbon with a shot of Jack Daniels, a vodka soda or a whiskey coke.

The bar plans to get involved in the community by supporting local and small-batch distilleries and breweries where possible, hosting local musicians and artists regularly, and scheduling specialty and theme nights like karaoke, comedy, open mic and burlesque; future goals include expanding into liquor and spirits education,

servicing holiday-themed make-at-home cocktail kits, supporting women-led businesses and broadening the scope of the menu to include food and Brazilian cachacas.

The fully plant-based menu is vegan and vegetarian friendly and will feature draft cocktails like a Scorpion bowls and "LA River Water," as well as cocktails. "Kill Mai Pain" is a signature drink that is a cross between a Mai Tai and a Painkiller with orgeat, rum (differentiated by its use of pure sugar cane in place of molasses for tang and depth), house made pineapple-washed rum, orange liqueur (from local Downtown LA distillery Greenbar), caramelized pineapple, coconut, yellow curry sauce, a little lime, a spritz of fresh-squeezed orange and allspice dram for



Amanda "Sassy" Sasser is a life-long lover of bars, liquors and spirits, with a background in serving that eventually led her behind the bar, where she spent years refining her technical craft and palette in training programs. For the past few years, she has been all over Los Angeles, balancing creating a speakeasy and cocktail menu at wine bar Buvette; curating the cocktail program at All'Acqua Restaurant;

designing and serving up signature pours as a private bartender; crafting her own line of Sassy's Bütleg Elixirs; and leading spirits education classes and events.

For Sassy, the most important aspect of bar culture is the community behind it, "There's nothing like it. You get to engage with people all the time," says Sassy, "I get to create an experience for someone. It's a real family for me, so this is my life." That's how she landed on tiki as a niche, after years doing specialty tiki events, she realized they were always her most popular nights and led to her most adventurous recipes. 1300 S. Brand Blvd., Glendale, CA

clove and anise. "Hemingway's Mistress #2" is a house daiquiri inspired by the Hemingway daiquiri and his long list of mistresses. This refreshing and palatable cocktail uses sotol (which is indigenous to Chihuahua, from the asparagus family and known for its vegetal taste), Luxardo Bitter Bianco, kiwi turbinado oleo saccharum, and celery bitters. There's also a gin-based cocktail for the so-inclined, "Bangkok Betty," using Citadel gin (dry and French) that's infused with makrut lime leaves, a plant-based milk Thai curry sauce and a bit of bubbles.

Growing up in a family of foodies,



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MENDOCINO COUNTY EAT, DRINK, EXPLORE, RELAX

By Heather Noll

Brewery Gulch Inn, which was recently named one of the Top 15 Resorts in California by Travel + Leisure magazine, is pleased to introduce their new Executive Chef, Stephen Smith. California Culinary Academy-trained, Chef Stephen has enjoyed a storied career, cooking at San Francisco's renowned Stars restaurant, and serving as a personal chef to fashion icon Donna Karan. He was invited to guest chef a special dinner featuring North Coast fare at the James Beard Foundation in New York City, and is a long-time local favorite thanks to his previous stint at another nearby Mendocino inn, and his yearly

participation in Mendocino's Annual Crab Cake Cookoff.

Now helming the kitchen at Brewery Gulch Inn, Chef Stephen states, "I was at a point in my life where I wanted to refocus my attention on the intimate elegance of food crafted for a smaller crowd." Included with every stay at the inn is a daily, made-to-order breakfast (with a new Fall menu on offer) and a nightly Wine Hour featuring local beers and wines plus a selection of appetizers prepared by Chef Stephen and presented in room-specific Mendo Boxes that were crafted from the

same eco-salvaged redwood that was used to build the inn.

Breakfast choices include Amaretto Brioche French Toast topped with cinnamon-almond butter and whipped cream, Maple-Cheddar Biscuits with mushroom gravy, and the Classic – two farm-fresh eggs with toast



from a local bakery, and choice of ham steak, Millionaire's bacon, sausage link or griddled tempeh, all served with mild chili-infused hash browns and a seasonal fruit medley.



Perched high on a bluff high overlooking picturesque Smuggler's Cove and the Pacific Ocean, Brewery Gulch Inn is an architectural masterpiece that has received multiple recognitions in Travel + Leisure, Conde Nast Traveler and USA Today. The property encompasses three acres of mature pines and redwoods, wooded glens, wetland ponds, and gardens for strolling. Inside one will find warmly

glowing arts and crafts furniture and a four-sided glass and steel fireplace in the Great Room common area, and all guest rooms boast feather beds cloaked in Sferra linens, Molton Brown products, Himalayan bath salts and thick Abyss towels. Brewery Gulch Inn is the perfect escape for the discerning and epicurean traveler. Brewery Gulch Inn, 9401 N. Highway One, Mendocino, CA 95460, (707) 937-4752, www.brewerygulchinn.com.

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COFFEE! IT'S GOOD FOR YOU (WHEN CONSUMED MODERATELY)

By Emily Paulsen

Ah, coffee. Whether you're cradling a travel mug on your way to work or dashing out after spin class to refuel with a skinny latte, it's hard to imagine a day without it. The caffeine perks you up, and there's something incredibly soothing about sipping a steaming cup of joe. But is drinking coffee good for you?

Good news: The case for coffee is stronger than ever. Study after study indicates you could be getting more from your favorite morning beverage than you thought: Coffee is chock full of substances that may help guard

against conditions more common in women, including Alzheimer's disease and heart disease.

"Caffeine is the first thing that comes to mind when you think about coffee. But coffee also contains antioxidants and other active substances that may reduce internal inflammation and protect against disease," says Diane Vizthum, M.S., R.D., research nutritionist for Johns Hopkins University School of Medicine.

What are the top health benefits of drinking coffee?

Your brew gives you benefits beyond an energy boost. Here are the top ways coffee can positively

impact your health:

You could live longer.

Recent studies found that coffee drinkers are less likely to die from some of the leading causes of death in women: coronary heart disease, stroke, diabetes and kidney disease.

Your body may process glucose (or sugar) better.

That's the theory behind studies that found that people who drink more coffee are less likely to get type 2 diabetes.

You're less likely to develop heart failure.

Drinking one to two cups of coffee a day may help ward off



heart failure, when a weakened heart has difficulty pumping enough blood to the body.

You are less likely to develop Parkinson's disease.

Caffeine is not only linked to a lower chance of developing Parkinson's disease, but it may also help those with the condition better control their movements.

Your liver will thank you.

Both regular and decaf coffee

seem to have a protective effect on your liver. Research shows that coffee drinkers are more likely to have liver enzyme levels within a healthy range than people who don't drink coffee.

Your DNA will be stronger.

Dark roast coffee decreases breakage in DNA strands, which occur naturally but can lead to cancer or tumors if not repaired by your cells.

Your odds of getting colon cancer will go way down.

One in 23 women develop colon cancer. But researchers found that coffee drinkers — decaf or regular — were 26 percent less likely to develop colorectal cancer.

You may decrease your risk of getting Alzheimer's disease.

Almost two-thirds of Americans living with Alzheimer's disease are women. But the caffeine in two cups of coffee may provide significant protection against developing the condition. In fact, researchers found that women age 65 and older who drank two to three cups of coffee a day were less likely to develop dementia in general.

You're not as likely to suffer a stroke.

For women, drinking at least one cup of coffee a day is associated with lowered stroke risk, which is the fourth leading cause of female deaths.

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TOOLS AND APPS FOR EMOTIONAL WELLNESS AND SLEEP HEALTH

By Victoria Wildhorn

Emotional wellness has a major influence on sleep quality. According to Harvard Health (https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health), people who are struggling with their mental health are more likely to suffer from insomnia and other sleep disorders. When we're sleep deprived, our mental health is likely to take a hit. In contrast, when we consistently enjoy sound sleep, we're more likely to experience overall well-being.

Luckily, you don't have to leave emotional and sleep health up to chance. We spoke with psychologists, therapists, and established business owners who have had success with improving their sleep and mental wellbeing thanks to a variety of apps, hands-on tools, and "analog" products.

Calm App

Calm (<https://www.calm.com>) helped put relaxation and meditation apps on the map, and its popularity hasn't waned even as other apps have poured into the space. It's a highly-rated relaxation app with a variety of features tailored to different personal goals, from reducing stress or anxiety to improving sleep quality, enhancing focus, and more. Users choose from different functions including music, guided meditations, and scenery/soundscapes.

Headspace App

The Headspace app (<https://www.headspace.com>) is the brainchild of Andy Puddicombe, a Buddhist monk who started out teaching meditation to politicians, athletes, and business leaders. Over time, Puddicombe and his business partner Rich Pierson decided to make their offerings

available online so more people could access the benefits of meditation. Today, the app offers a variety of guided meditations, animations, articles, and videos to support people in their quest for greater emotional wellness.

Coloring Apps

Adult coloring books became a huge fad in large part because of the relaxation they offer. Coloring apps work in much the same way — only without the mess of colored pencils or markers. These apps allow you to choose from a variety of images, color palettes, and so on. Popular options include Color Therapy, Colorfly, Pigment, and ColorMe.

Headband Sleep Headphones

These comfortable headbands are equipped with built-in headphones so you can fall asleep while listening to soothing sounds — without the discomfort of an earbud jammed into your ear or the risk of said earbud falling out when you change positions. These headbands are also highly portable, so you can bring them along when you travel.

Blackout Curtains

Research consistently finds that sleeping in a dark room makes it easier to fall and stay asleep and obtain restful sleep. If you live in an area with a lot of light pollution (i.e. anywhere with high population density), odds are high that your bedroom isn't naturally dark. Blackout curtains fix that by blocking out exterior lighting and creating a truly dark sleep space.

Weighted Blankets

Weighted blankets have become all the rage, and for good reason. Originally



created as a therapy tool for children with autism or sensory issues, weighted blankets provide deep touch pressure or deep pressure stimulation. Similar to a warm hug, this type of pressure is thought to be relaxing and calming. Not all of these products are created equal, so we've rounded up some of the best weighted blankets (<https://www.mattressclarity.com/weighted-blanket-reviews/best-weighted-blankets>).

There's no shortage of tools to improve one's emotional wellness and sleep health. Be willing to experiment with different products and stay patient as you discover what does and does not work for you. Before long, you'll be enjoying better sleep with the help of the right tools for your needs.

See tmore...www.mattressclarity.com/blog/emotional-wellness-tools



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MAD FOR MOD IN PALM SPRINGS

By Barbara Beckly

It's a Modernista's Dream Come True – Live! In Person! – The Biggest, Best-Ever Palm Springs

Modernism Week 2022!

It's a fact. Palm Springs (<https://visitpalm Springs.com/>) boasts more mid-century modern architecture than anywhere else on Earth! Also a fact. Since 2006, the best way to see these mid-mod jewels is during Modernism Week (<https://modernismweek.com/>) each February, and recently Modernism Week Fall Preview each October.

Modernism Week Fall Preview – Live! And In Person!

As a mid-century fan, I was thrilled to again enjoy the whirlwind of retro presentations, tours and parties as only Palm Springs can deliver.

New delights – also set for Modernism Week 2022 – included the “Midcentury Mixology Cocktail Clinic at Mr. Lyons” restaurant. Here, I learned to craft the perfect whiskey sour, that a pinch of salt enlivens any cocktail, and how (surprisingly) heavy those bottles are you see the mixologists wield behind the bar. New, too, the over-the-top patterns and art in the 1970s Stan Sackley-designed home of the owners of Grace Home Furnishings (in West LA and Palm Springs <https://gracehomefurnishings.com/>) on the “Modernism Week Featured Home Tour: Seventies Sackley.” And exuberant décor and colors (inspired by the 1968 Mexico City Olympics) by H3K Design (<https://h3khome.com/>) on the “Modernism Week Featured Design Project Tour: Limon,”

(<https://limonpalm Springs.com/>) a 1964 all-steel, seven-bedroom boutique hotel designed for groups of up to 14 family, friends or associates.

Long-time faves were better than ever. “Best of Mod With a Twist” brought a chuckle as presenters showed us the not-so-politically-correct way men’s cologne – remember English Leather and Old Spice – was marketed in the Mad Men era; how Tiki originated right here in LA in the 1930s, and what sparked the 1960s Paint-by-Numbers craze. It’s always amazing to be where heads of state and presidents congregated inside the 1966 Annenberg Estate home at Sunnylands (www.sunnylands.org), and experience the iconic 1964 Frey House II digs master architect Albert Frey. At the pop-up “Curated Vintage” show (Louis Vuitton, Pucci, Gucci, etc.) I scored an Adrienne Vittadini jacket for \$98. “It was like Filene’s Basement,” joked Mitchell Karp of Mitchells Palm Springs (<http://www.mitchellspalm Springs.com/>), who organizes this apparel/jewelry/accessories show at the mid-century Temple Isaiah.

The beloved Premier Double Decker Architectural Bus Tours always please, with an “above-the-hedge” look at Palm Springs’ stunners. This time I learned about Palm Springs “financial district” defined by the architecturally significant bank buildings that line South Palm Canyon Drive. “We’re about architecture, not gossip,” my tour guide smiled. Still, he couldn’t resist telling tales as we passed the



former Kennedy hang-out pad, and the Elvis Honeymoon House. Look for mid-mod story-teller Charles Phoenix to add a kick and shtick to the 2022 tours.

Nightly parties of course! “Opening Night at the Palm Springs Modernism Show & Sale – Fall Edition,” paired cocktails and shopping – my kinda event – with an open bar and mid-mod vendors. Luau-themed cocktails and live music poolside celebrated the new Tiki Hotel (<https://www.tracyturco.com/tiki-hotel>) (“An Evening at Miralon” (www.discovermiralon.com) featured catering by local fav Lulu California Bistro and cocktails at this new modernist-style twist on a golf course community, landscaped with olive groves and veggie plantings to give residents custom olive oils and fresh greens instead of golf. Fun art and comp cocktails attracted a cool crowd to “Shag’s October Modernism Print Release Party for ‘The Uphill Climb’.” Shag (www.shag.com), a.k.a artist Josh Agle, is a staple of Palm Springs’ mod scene.

And this was just a taste of what’s to come!!!!

Modernism Week February 17–27, 2022. Be There or Be Square!

“We’re here! We’re back! We’re live!” exclaimed Tim O’Bayley, Modernism Week spokesperson. “The 2022 edition promises to be spectacular like never before, with major new events and a vast volume of presentations, tours and parties,” he enthused.

Tickets go on sale November 1 at noon PST (www.modernism-week.com). So don’t miss out.

New for PS Modernism 2022 An 18-hole “Golf Par-Tee and Tournament,” with pre-and post-parties, will pay homage to the ‘50’s when everyone was on the desert courses. A celebration of Black History Month (February) will feature “Stories Untold: Black Modernists in Southern California,” honoring master architects including A. Quincy Jones (Sunnylands and other icons) and desert developer Lawrence Crossley. “As I Knew Him: My Dad, Rod Serling,” promises an eye-opening look at The Twilight Zone’s creator by his daughter. Also “Star Trek Modern: The Midcentury Designers Who Furnished the Final Frontier.” Parties at Frank Sinatra’s Twin Palm Estate, and a “Retro Martini Party” at an 8,060-square-foot modernist estate, with seven – count ‘em, seven – infinity-edge pools! Also first-time tours in neighboring Indian Wells of a 1960s William F. Cody house, and eclectic mid-century homes in Rancho Mirage’s Magnesia Falls Cove.

Also new in 2022, instead of a tent in a vacant lot, CAMP (Modernism Week’s Community and Meeting Place), will be at the Hyatt Hotel in Downtown Palm Springs. CAMP is free where everyone gathers during their downtime to see retro presentations, shop at Destination PSP ([very cool PS merchandise https://destinationpsp.com/](https://destinationpsp.com/)), buy Modernism event tickets, and schmooze over cocktails and light bites.

More of Everything

Retro home tours in more than 25 neighborhoods! Special tours led by modernism funny guy (and expert) Charles Phoenix. Nightly parties in Rat Pack perfect settings. A classic car show, landscape and garden tours, self-guided tours, fashion events, talks with world-class speakers and so much more!!!!

PALM SPRINGS MODERNISM WEEK COMES TO LA!

For the first time ever, stay right where you are! Modernism Week is coming to us in 2022. Simply purchase the lower priced ticket (it’s for LA residents only) at www.modernismweek.com, then meet the tour at its starting point and time. Voi la! Experience one or both of these tours showcasing the LA work of master mid-century architect Richard Neutra. Plus meet the enthusiasts who are on the tour from Palm Springs.

Tickets go on sale November 1 at noon PST.

The Tours:

“Neutra’s Neighborhood: Tour Six Richard Neutra Works,” 11 a.m., February 23 in Silver Lake. \$150 tour & lunch. Enjoy a walking tour of Neutra’s Neighborhood and see the most concentrated collection of his works in the world. This includes the Neutra Office Building and an interior tour of the 1949 Reunion House (newly declared an L.A. Historic monument) led by Raymond Neutra, the architect’s son. The overall day will be led by Noam Saragosti, resident director of the Neutra VDL Studio and Residences, culminating with a tour of Neutra VDL, the architect’s home and studio for nearly 30 years, and a gourmet boxed lunch served in the penthouse.

“Private Tour of the Home of Architect Richard Neutra,” 11 a.m., February 20 & 27 in Silver Lake. \$50. Experience an exclusive guided tour of his home for nearly 30 years until his death in 1970, exploring how he created this modernist indoor-outdoor, live-work environment within a small urban space in 1932. Damaged by fire in 1963, Neutra and his son, Dion, rebuilt the house in 1966. The tour will be led by Noam Saragosti, resident director of the Neutra VDL Studio and Residences.



FX's "America Horror Story" Star Talks New Season

By Contributing Writer

Coming off the success of the wildly popular video game "Marvel's Spider-Man: Miles Morales," multi-lingual, Latinx actress, activist celebrated voice and video game veteran Jacqueline Piñol stars in FX's "American Horror Story" (Wednesdays at 10pm ET/PT on FX) as 'Dr. Maria Reyes,' a gynecologist who is faced with quite an unusual situation with one of her patients.

In American Horror Story: Double Feature a struggling writer, his pregnant



The Latinx beauty was born in Queens and moved to Los Angeles at a young age with her parents and 2 sisters. While attending Beverly Hills High School, she was busy early on with commercial jobs and landed her first television role as Ricky Martin's younger sister on "General Hospital." Her resume grew quickly, landing major roles on popular shows including "Ponderosa," "Resurrection Blvd," "CSI: New York," "Lincoln Heights" and many more. A woman that can do it all, Piñol has also excelled as a voiceover actress in feature films such as KNIVES OUT, THE LEGO MOVIE 2: THE SECOND PART, INCREDIBLES 2, and TROLLHUNTERS: RISE OF THE TITANS, to name a few, as well as some of the most popular video games including "Transformers: The Game," "Uncharted 3," "Quantum Break," and much more.

Now a mother, when Jacqueline isn't busy in front of a camera acting or working with motion capture experts on a new video game, she can be found spending time with her family. She is also a fierce advocate for dogs in the United States which lead to her creating THE CANINE CONDITION: A Dogumentary Series, and her podcast The Canine Condition.



wife, and their daughter move to an isolated beach town for the winter. Once they're settled in, the town's true residents begin to make themselves known. American Horror Story: Double Feature is the 10th installment of American Horror Story, an anthology horror drama created and produced by Ryan Murphy and Brad Falchuk. Since 2011, the creators of the limited series have redefined the horror genre with various installments featuring a creepy asylum, a coven of witches, a traveling freak show, a haunted hotel and the apocalypse itself. The television series sprouted a legion of dedicated fans who anticipate what terrors the next chapter will hold.

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7 Exercises You Can Do From Home With and Without a Machine

By Contributing Writer

can take aerobic dance classes, aerobics interval training, and more. All you need is some comfortable clothing, a bottle of water, and a small amount of free space.

Pilates

Pilates is underrated. Many people think that it's too easy to make an impact, but that isn't true. It's one of the best toning exercises that you can do in a small space.

Pilates is great for your core, but you can also use it to tone your legs, your glutes, and even your arms.

While you're only working with your body weight, the smooth and repetitive movements will build strength.

There are plenty of great pilates videos online. Some are more active and fast-paced while others are slow and great for beginners.

Yoga

Yoga and pilates, are not the same. While they're both floor exercises that rely on steady breathing, they do different things.

Yoga is great for building core and upper-body strength. More advanced yoga

routines will test your balance as well.

Yoga also has other benefits. It requires that you practice mindfulness and it can soothe anxiety. Focus on deep and steady breaths.

There are plenty of yoga videos on the web for all fitness levels. There's even yoga for children and yoga for people with mobility limitations.

Plyometrics

Plyometric exercises blend cardio and strength for a complete workout in a short amount of time. Keep in mind that these exercises are best for people who already have a decent level of fitness, so if you're new, build up strength before you give them a shot.

Bodyweight Strength Training

Looking for more traditional strength training?

For your upper body, stick with traditional pushups, pike pushups, and tricep dips. You will need some kind of platform for the tricep dips, but you can use a chair, couch, or even your bed.

For your lower body, many traditional exercises make a big impact, even without weights. Squats, squat variations, lunge variations, and even wall sits are wonderful for your butt and thighs.

Weighted Exercises

Weights are generally better when you're strength training, but you don't need a full weight rack to get an effective workout.

Buy adjustable dumbbells if you live in a small space and like to do home workouts. You'll be able to do a wide range of exercises.

Try finding objects around the house that you can use. Water jugs, backpacks full of books, and even canned foods are great for makeshift weights.

Cycling

Exercise bikes are compact enough that they fit into most homes and apartments with ease. You can increase the resistance, track your speed, and even track your "distance" with most of these handy machines. Cycling is great for your heart, your endurance, and the muscles in your legs!

Do These Exercises from Home

You don't have to leave your house for a good workout. Start your fitness journey from your living room today!



Are you trying to get fit at home? In 2020 and the beginning of 2021, many people found themselves unable to go to the gym. With everything locked down, they had to get creative.

Even if you weren't a gym-goer, this is the perfect time to get in shape and improve your overall health. You can do plenty of exercises from home!

Aerobics (and other Cardio Classes)

With the abundance of exercise videos on the web, fun cardio exercises are easier than ever to do at home.

Go on YouTube and search for the kind of cardio that you're looking for.

Aerobics isn't just people in leotards and leg warmers. You

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DO MINIATURE PIGS MAKE GOOD PETS?

By Victoria Collins

In recent years, the popularity of pigs as pets has skyrocketed, and many pig lovers have purchased 'mini' or 'micro' pigs to live in their homes as companion animals. The intelligent and affectionate nature of pigs means they can be entertaining and rewarding company, not to mention very cute. The craze of keeping pet pigs has been influenced in part by celebrity culture, with Paris Hilton, Victoria Beckham and Ariana Grande all posing with their porcine pets. (Ariana's pet pig is even the star of one of her music videos).

Pigs are smart enough to be trained like dogs, and can be house trained, walked on a lead and even taught basic tricks. The trend of keeping pigs as pets, however, has led to an influx of pet pigs to rescues, as their well-meaning owners struggle to meet the animal's complex needs.

There is no doubt that rescuing a pig can be very rewarding, and pigs can make good pets for a small number of people with the space and resources they require. However it is important that those thinking about buying a pet pig weigh up the pros and cons honestly and sensibly, as the health and wellbeing of pigs is compromised when owners are not well-informed.

Although there is no such breed as a 'miniature pig', some breeds are considerably smaller than the average domestic pig, making them popular as pets. The

pigs sold as 'micro' pigs are in fact usually a variety of potbellied pig; Vietnamese Potbellieds and Royal Dandies are the most popular, although many different breeds are sold as 'teacup' or 'miniature' when bred small enough.

So-called 'micro pigs' are often marketed as growing no bigger than a medium-sized dog, which in terms of height and length may be true for some. However, even the smallest breeds usually grow to weigh around 50-70kg, or more if

overfed as pigs gain weight very easily. Some unscrupulous breeders sell standard-sized pigs as 'micro pigs' when they are very young, and in these cases owners can find themselves with a 300kg pet pig within a year or so – a situation which very few of us could make work.

Like all pigs, pet pigs are seemingly always looking for food. Pigs are foragers, meaning they spend a large portion of their day turning over ground to seek out roots, bulbs, insects, small rodents and even reptiles for their

food as they would naturally.

Pigs' intelligence makes them a joy to be around, but can also mean they are very demanding and headstrong. They will become bored if not stimulated, and this can lead to destruction of the home or even aggression. Pigs are easily controlled by their hormones, therefore it is essential that pigs are spayed or neutered to prevent them becoming aggressive in their quest for dominance.

Mini Pigs should be considered like a specific dog breed with unique


characteristics and needs, but as always, plenty of love goes a long way.



next meal. To keep them healthy and stimulated, pigs need a varied and nutritious diet and an outdoor area where they can root for their

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How to Design a Garage: A Homeowner's Guide

By Contributing Writer



Garages have transformed, from simple carports to buildings that house mancave corners and have luxury. When you have an itch to improve your garage you will quickly discover a myriad of options.

Location and Size

When we think of modern garages, we picture structures attached to the home. Attached garages do have a downfall. You have limited options on the size, location, and direction of the garage.

Entryway

Standard attached garages face the same direction as the home.

When a person enters through the garage, they go through a laundry room or utility room and often go by a small bathroom. Consider a design that includes a cute mudroom with seating and purposeful storage.

Size

Determine your garage size based on how many vehicles you need to store. Then add extra space for workshop space.

Orientation

You have choices in the direction your garage faces. You can adjust your blueprint so your garage entrance angles away from the street. This will create curb appeal.

Layout

Consider the purpose of your garage. Do you want a place to house your automobiles? Do you want room for work? If you enjoy working on your car include space for a workshop, storage for tools, and lawn equipment.

If you design your garage right, you should not need a shed in the backyard to store your mower and lawn tools.

It's time to make the fun choices. The features of a garage vary. Here are a few of the basics.

Tall Doors

You want tall doors if you ever haul. Tall doors give you peace of mind knowing you have the clearance you need.

Second Story Living

Many people are now creating a second living space in their garage by adding a second story. Think about where you want the stairs and if you want to use the under-the-stairs space as extra storage.

Subpanel

Install a subpanel. Do not use the panel in your home.

AC and Heating

If you want to make your garage comfortable, install air conditioning and heat.

Dream Garage Ahead

Break out your pencil and paper and begin drawing. Enjoy the process of putting together the perfect space for your vehicles and future projects.

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By Andrews McMeel Syndication

The city council of Christchurch, New Zealand, has officially ended its contract with The Wizard of New Zealand (also known as Ian Brackenbury Channell) after 23 years of service. Over his tenure, the Wizard cast spells and entertained tourists to the tune of \$16,000 per year, but the city no longer believes his services are necessary, Oddee.com reported. Officially, Christchurch's "promotional landscape is changing," said the council's assistant chief executive Lynn McClelland, with "programs that will ... showcase a vibrant, diverse, modern city." For his part, the Wizard called the council "a bunch of bureaucrats who have no imagination. I am the original image of Christchurch. They will have to kill me to stop me."

Awesome!

ABC News reported on Oct. 20 that in Wellington, New Zealand, police went above and beyond for a certain emergency call. When a dispatcher answered the call, a little voice started out, "Hi. Police lady?" The 4-year-old then went on to say, "I've got some toys for you. Come over and see them." Around then, an adult took the phone, confirming that it was not an emergency, but the dispatcher sent Constable Kurt over anyway. The little boy showed off his toys to the officer and had a "good, educational chat" about the use of the emergency number (111 in New Zealand). "He did have cool toys," Constable Kurt confirmed. He reciprocated by turning on his patrol car's lights for the boy.

Roughly 300 men and women volunteers gathered on Oct. 17 in the desert near the Israeli city of Arad, where they took off all their clothes and painted their bodies white for a project by photographer Spencer Tunick, the Associated Press reported. For about three hours, they posed and repositioned themselves for Tunick as he shot photos to draw attention to the shrinking Dead Sea. "I am always happy to return here and photograph in the only country in the Middle East that allows art such as this," Tunick said. Organizers hope the project will bring attention to preserving the Dead Sea, and Israeli tourist officials hope it will bring visitors to the country.

During an Oct. 17 weather segment on KREM-TV in Spokane, Washington, viewers were stunned to see a 13-second clip of a woman's bare behind on a display behind the meteorologist, Yahoo! News reported. Viewers began calling the Spokane police department, which is now working with the station to find out how the video made it to the broadcast. KREM-TV could face fines from the Federal Communications Commission for airing the shocking scene.

Vojin Kusic, 72, of Srbac, Bosnia-Herzegovina, built a home for himself and his family many years ago. His wife, Ljubica, wanted the bedrooms to face the sun at the time, so the living room faced away from the road. In time, Ljubica became distressed that she couldn't see visitors approaching the house, so Vojin remodeled it. Now, with their children grown, Vojin has constructed the home of Ljubica's dreams: It rotates a full 360 degrees so she can turn it as she sees fit, the Associated Press reported. "Now, our front door also rotates, so if she spots unwanted guests heading our way, she can spin the house and make them turn away," Vojin said.

Fire officials in Santa Barbara County, California, received calls on Oct. 4 about a person hanging on the side of a cliff near Hope Ranch Beach, NBC New York reported. Emergency crews were dispatched with equipment including a drone and fire engines, but the "person" was just a mannequin with long hair. Apparently, the mannequin had been used in a movie shoot a few days earlier, Daniel Bertucelli of Santa Barbara County said, reminding residents, "Better to call than not!"

Folks in Plouneventer, France, were perplexed on Oct. 11 when they woke up to find a van perched atop a bus stop shelter, Oddity Central reported. Police were summoned, the van was removed and the owner identified -- but the mystery remained, with theories involving alcohol and performance art. Finally, three days later, the truth came out: The prank was part of a "commercial dispute" between the van's owner and the perpetrator, who used a pallet truck to hoist the car onto the bus shelter. The latter may face charges of endangerment.

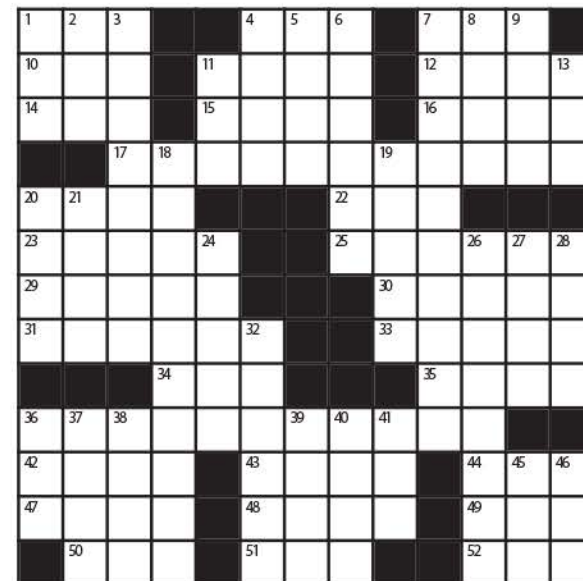
Print this Page! Ctrl + P

Across

1. ____ for the road
4. What you might do with hat in hand
7. Baseball hat
10. Singer, Morrison
11. Vena__
12. War god
14. Back when
15. Virtuoso
16. Pleasant
17. Pit viper
20. Turns down
22. Drone, e.g.
23. Mine entrances
25. Pumpkin-shaped
29. Beyond the usual
30. Gastric woe
31. On the far side
33. Particles
34. Unprecedented
35. Hosiery shade
36. E-Bay items perhaps
42. Big kid event
43. Sat on and managed
44. Chap
47. Buckle
48. Not tied down
49. Strong cleanser
50. Always, poetically
51. Where the buoys are
52. Wish

Down

1. Casan follower
2. Overworked horse
3. Vastness of size
4. Thai money
5. Malicious
6. Park structure
7. Type of pasta
8. "Tosca" tune
9. Eat like a bird
11. 100 lbs.
13. Drop in on
18. Star gazer
19. Gland secretion
20. Quick stroke



21. Not working
24. More logical
26. In fact
27. Miffed, with "off"
28. Gaelic tongue
32. "Lord of the Rings" warriors
36. Gas guzzle rate
37. Michigan lake
38. Relocate
39. Make yawn
40. "I had no ____!"
41. General in gray
45. Reply to a captain
46. Place for a DVD player



Bad Dad Jokes

What's the best thing about Switzerland?
I don't know, but the flag is a big plus





THE MOST EXPENSIVE OLD MASTERS ARTWORKS EVER SOLD AT AUCTION

By Pam Froman

These days, Pablo Picasso, Gerhard Richter, Jean-Michel Basquiat, Andy Warhol, and a host of other familiar names dominate at auction. But it wasn't always so. Before the last couple decades, the Old Masters category—featuring artists who were active between the 14th and 18th centuries—was all anyone could talk about. Although its prominence has waned, the category has still set a number of auction records. Both public auctions and high-profile private museum acquisitions of works by art historical giants like Leonardo da Vinci, Raphael, Rembrandt, and Peter Paul Rubens, among others, have grabbed headlines, with works sometimes selling for hundreds of millions of dollars.

Major private deals of masterpieces in recent years have also moved the category to new heights. In 2019, billionaire J.

Tomilson Hill, former chairman of private equity firm Blackstone, was revealed as the buyer of Caravaggio's *Judith Beheading Holofernes* (ca. 1607) in a last-minute behind-the-scenes purchase made just before the work was slated to go up for auction in Toulouse, France, with an estimate of \$170 million. (The price Hill paid for the work has never been revealed.) And in 2003, Titian's *Portrait of Alfonso d'Avalos with a Page* (1533), depicting an armored general, was purchased for \$70 million by Los Angeles's Getty Museum in a private deal with France-based Axa Insurance Group, which had loaned it to the Louvre for more than a decade leading up to the Getty's acquisition.

In 2021, the Old Masters category was in the spotlight once again, when a Sandro Botticelli portrait from the collection of the late real estate mogul Sheldon Solow sold at



Sotheby's in New York on January 28 for \$92.2 million. To survey the others it has ranked alongside, below is a list of the top market-defining Old Masters sales.

Sold at Christie's New York in 1989, Italian Mannerist Jacopo Pontormo's 16th-century portrait of a young man in military dress went for \$35.2 million to the J. Paul Getty Museum in California.

In 2011, a monumental 18th-century painting of a view of Venice by Italian painter Francesco Guardi sold to an anonymous bidder for a record price of

£26.7 million (\$43 million) at Sotheby's in London.

In 2010, J. M. W. Turner's *Modern Rome – Campo Vaccino* sold for £29.7 million at Sotheby's, realizing the second-highest price ever achieved for the British artist at auction. The winning bidder was dealer Hazlitt, Gooden & Fox, who bid for the work on behalf of the Getty Museum in Los Angeles, where the painting now resides permanently.

In December 2012, at Sotheby's London salesroom, a 16th-century drawing by Renaissance titan Raphael sold for \$47.8 million after a 17-minute battle between four bidders. The dramatic sale set an auction record for the artist, doubling its pre-sale estimate.

This just to name a few! To top it off, Leonardo da Vinci's *Salvator Mundi* was arguably the most widely publicized art sale in history was the auction of Leonardo da Vinci's *Salvator Mundi*, which raked in more than \$450 million at Christie's New York in 2016 during a postwar and contemporary art event.

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TEACHING KIDS GOOD TABLE MANNERS

By Katherine Lee

Mark Bowden/Vetta/Getty Images

Whether you're eating at home, dining out, or having dinner with friends, good table manners for kids are an important part of every meal. When you teach your child good mealtime etiquette, you are giving them important tools for social interaction that will serve them for the rest of their lives.

Laying the groundwork can really start when your child begins to speak and use utensils. And as with much of parenting, this will take a while to catch on. What's most important? Keeping things pressure-free and modeling the behaviors you want them to adopt.

Table Manners for Little Kids

Every meal can serve as an opportunity for kids to learn how to exercise proper etiquette. From using their utensils properly to waiting until everyone has been served, little kids can learn how to be respectful and practice table manners.

Be patient but consistent in your instruction and your kids will eventually get the hang of things.

Here are some basic things you can begin to teach kids 5 and under:

Come to the Table With Hands and Face Clean

Teach children to wash up before dinner. Not only does this show respect for the person who prepared the meal as well as others at the dinner table, but it is also an important healthy hygiene habit.1

Wait Until Everyone Is Served Before Eating

Teach your child that they should not begin eating until everyone is seated and served. Starting to eat before everyone has been seated is disrespectful. Dinner is meant to be enjoyed together.

Chew With Your Mouth Closed

Chewing with your mouth closed and not talking when your mouth is full are two cardinal rules of good table manners. Gently remind your child of this if they forget.

Avoid Stuffing Your Mouth

Teach your child to take small bites and never wolf down their food.

One way they can practice this habit is to put their fork down between bites. They can even put their hands in their lap while they chew.

Be Polite

If they ask for seconds or for someone to pass something, they should follow the request with "please."

They also should say thank you to the person who prepared the meal and anyone serving them.

Use Utensils and Napkins

With few exceptions, like pizza and hamburgers, kids should be discouraged from eating with their hands—especially if they have moved beyond finger foods. Show them how to hold their fork properly.

In addition, teach them to place a napkin in their lap—and remind them to use that instead of their clothes when wiping their hands or mouth.

Tips for Teaching Table Manners to Preschoolers

Table Manners for Bigger Kids

With each advancing year, kids will have more control over their movements and behaviors, gain more skills, and develop greater social awareness—all of which can help with table manners.

Once kids are 6 years old and older, you can teach them to:

Offer to Help

Whether at home or someone else's house, encourage your kids to always ask the grown-up if they can help do anything to get ready for dinner.

Take Cues From the Host

Let your kids know that when the host puts their napkin on their lap, that's the signal for them to put their napkin on their lap.

Avoid Reaching

Remind your child never to reach across the table to get something. Create the habit of asking other people at the table to pass something they need.



can be challenging for some kids.

Tidy Up

Teach your child that they are responsible for the plate they ate off of. Leftovers should be cleared into the trash and their plate, utensils, and cup should be placed in the sink or whatever place you have designated.

When your child gets up from the table, they should push their chair back against the table.

Teaching good table manners is an important part of family meal time that will help your child have

confidence in social situations and when dining out. Just make sure you take a low-pressure approach to instructing your kids. You don't want mealtime to be fraught with stress and anxiety.

Instead, remind your kids that good table manners, like good manners in general, are about being respectful and showing gratitude for a meal. They also are not just reserved for social situations or public places—they are important at home, too.

Put Their Napkin on the Chair

Teach your child that they should always put their napkin on the chair if they briefly leave the table. A used napkin should never go on their plate or the table.

Ask to Be Excused

While it's better if your child remains at the table until everyone has finished, it's also acceptable to ask for permission to be excused if they have finished and the adults are lingering and talking.

Sitting for a long time at a dinner table

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5 SIGNS YOUR KID MAY BE A GENIUS



By Raquel Anderson, EdD, LMHC, NCC

Behavioral Health Specialist
Reviewed by Raquel Anderson, EdD, LMHC, NCC, Behavioral Health Specialist

Did your daughter skip her ABCs and go straight to reading full sentences? Does your son play Chopin on the piano instead of “chopsticks?” Must be time to call Mensa.

According to the National Association for Gifted Children (NAGC), about 6 percent of the student population in the United States is academically gifted. That’s approximately 3 million US kids in grades K-12.

How can you tell if your child is really ahead of the curve?

Organizations like NAGC and the American Association of Gifted Children at Duke University say there are common traits to look for in areas like language, emotional/social skills, and intelligence. Here are some signs of early giftedness:

1. Your child speaks at a very early age and has a large vocabulary. Speaking not only in advanced phrases but also in complete sentences early on is typical.

2. Your child is an early reader with a preference for advanced topics. Forget Harold and the Purple Crayon. Your child is reading at several levels above the

typical age group and would prefer a book on art history.

3. Unique hobbies and interests fascinate very bright children. Gifted kids usually have a very detailed knowledge of certain subjects. They’d rather discuss bird watching than Big Bird. And they’d rather discuss it with adults, not kids.

4. A quick capacity for learning and retention combined with an intellectual curiosity make your baby Einstein an original thinker with strong reasoning skills.

5. Extremely bright children have long attention spans with a high energy level. They have unusual memories and enjoy

numbers, puzzles, and mazes. They also tend to be perfectionists.

If you notice more than one or two of these characteristics in your child, consider having an assessment performed by an educational psychologist or child development expert. The testing can assess problem-solving skills, language, math, and non-verbal and spatial capabilities.

Remember that being labeled as “gifted,” which is typically determined by IQ scores and the label may change from state to state, can sometimes make a child feel different and uncomfortable when interacting with kid peers. Social and emotional growth is just as important as a child’s intellectual development. By introducing them to other interests like sports, art, or music, you help to balance their overall well-being.

When did Mensa begin, who started it, and why?

Mensa was founded in England

in 1946 by a barrister named Roland Berrill, and Dr. Lance Ware, a scientist and lawyer. Mensa’s original aims were, as they are today, to create a society that is non-political and free from all racial or religious distinctions. “Mensa” means “table” in Latin, and the organisation was so named because Mensa is a round-table society where ethnicity, colour, creed, national origin, age, politics, educational and social background are all completely irrelevant. In fact, the only relevant qualification for membership is scoring within the upper 2% of the general population on an approved intelligence test. Mensa takes no stand on politics, religion or social issues, and it has members from so many different countries and cultures, each with differing points of view; so, for Mensa to espouse a particular point of view would go against its role as a forum for ALL points of view.

KULTKID

By Contributing Writer



KultKid is bringing swag to kids 10 and under, making them the coolest mini street style stars we've ever seen with their streetwear clothing inspired by urban street culture, runways, celebrities, and influencers. I think we all can admit, nothing is cuter than seeing kids dressed like adults! Now siblings, family, and friends can wear the perfect matching outfits that won't look outdated in pictures when looking back down memory lane. KultKid's designs are minimalistic and timeless- here today and here to stay tomorrow.

These genderless, oversized fitting basics such as; tees, tanks, shorts, jumpsuits, sweatsuits and are offered in a rainbow palette of brights and neutrals to fit every kid's personality. KultKid also invented fabric from the future, Resistain®, a revolutionary, liquid-repellent fabric that protects from foods that leave stains like juices, smoothies, soups, sauces, milkshakes, ice cream, as well as simple things like water and rain. Every item from hats down to socks is designed with comfort and durability in mind, so no matter how many times you wash it, it will look and feel amazing. These comfy and cozy styles are perfect for any occasion, school, after-school activities, errands,



traveling, lounging, sleeping, and more. Celebrity parents and fans of the brand are Eva Longoria, Shay Mitchell, Christina Milian, Perez Hilton, Allison Holker & Stephen 'tWitch, Natalie Halcrow, Amber Rose, Letoya Luekett. KultKid is also seen on Justin Bieber's sister, Bay Bieber, and a Saudi Prince.

KultKid came to life from a father making cool, trendy clothes for his kids. As a parent, coming across stores that time and time again only provided outdated children's

clothing was not only tiresome but downright irritating, so he decided to create his own designs. Every time a kid wears KultKid, we are teaching them to support a cause far bigger than ourselves. A brand with purpose, 5% of their profits provide food to impoverished children and their families. In addition to clothing, the children's brand offers accessories. Accessories range from face masks, jewelry, and logo socks to hats, beanies, and backpacks. KultKid clothing and accessories retail from \$5-\$76 are available to shop on their website which offers worldwide shipping.

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