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BY BARBARA BECKLEY

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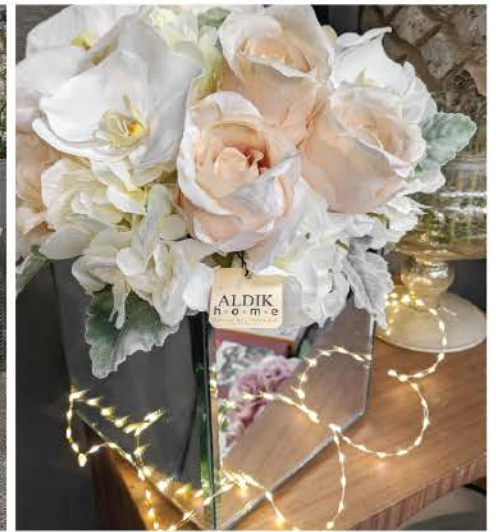
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SANTA BARBARA'S LOBERO THEATRE CELEBRATES 150 YEARS - WITH JAZZ!

Story & Photos by Barbara Beckley

150 years is a long time! Worth sipping margaritas, shaking maracas and enjoying cool jazz in celebration of the Lobero Theatre's (<https://www.lobero.org>) milestone sesquicentennial. Built by Santa Barbara musician – and rumored playboy – Jose Lobero, the 604-seat venue hit the limelight on February 22, 1873 with an opening night concert of Italian opera – and has been thrilling audiences ever since. At 150 years, it's California's oldest continuously operating theater. The oldest continuously operating theatre west of the Mississippi. And – fourth oldest continuously operating theatre in the nation!

What better time than now – during its 150th Anniversary “1873-2023 Ovation Season” (<https://www.lobero.org/ovation/>)

– to head to Santa Barbara and sit where A-listers Alfred Hitchcock, Charlie Chaplin, Lana Turner, Olivia de Havilland and others sat – watching their peers – Bela Lugosi, W.C. Fields, Vivian Leigh, Ingrid Bergman, Jimmy Stewart, Carol Channing, Mikhail Baryshnikov, Marcel Marceau, Carol Burnett, even hippie great Joan Baez – perform live on stage.

Jazzing it Up

Especially if you love jazz! Anniversary Season headliners include the greats: Arturo Sandoval, February 10; The Preservation Hall Jazz Band, March 3, celebrating its own 50th anniversary, and jazz virtuoso Charles Lloyd's “85th Birthday Celebration,” March 10. In addition to A-listers like Jack Johnson,



multi-platinum-selling singer/songwriter, February 21; Ladysmith Black Mambaza, March 2; Los Romeros – The Royal Family of the Guitar, March 4, celebrating 60 years; magician Lance Burton “It's Magic,” March 19; John Tesh – Big Band Live, March 24, and “An Evening with Graham Nash – 60 Years of Songs & Stories,” July 15 and 16.

Did Someone Say “Ghosts?”

“Are those Greek comedy/tragedy faces?” I asked, looking up at the ceiling. “Yes,” Marianne Clark, the Lobero Theatre Administrative Director, replied. “They were added in 1924, when the theatre was rebuilt to its current Spanish Mediterranean style. Few people recognize them.” I did because the up-lighting gave them an extra eerie appearance. Which prompted my next question. “Does the Lobero have ghosts?”

“Yes,” she again replied. “But I'll explain when we're under the stage.” Following her down a hallway packed with celebrity photos, past the old-school-style dressing room and the cozy green room, we walked down stairs beneath the stage. A big, well-lit space, with trap doors to the stage. “I'd just been named administrative director and given the key code to enter the theater by myself,” Clark began. “I was so excited. I let myself and my husband in to look for costumes for an upcoming production. We were here – rummaging through props, when we both heard someone dragging equipment across the stage above. I popped up the stairs and looked. Nope. The stage with empty. No sooner had we resumed looking for costumes... than we heard the equipment

being dragged back across the stage in the opposite direction. Got it! We hightailed up the stairs. Out of the theater. And locked the door!!!”

“They're harmless,” she confided. “And only a few folks are lucky enough to have an experience. Ours was 22 years ago. I've had nothing since.” Going up onstage, I encountered the “ghost light.” Not being a theatre-person, I was surprised. It's a practicality, Clark told me. A standing utility lamp that's left on, so staffers won't be in total darkness when they enter the empty theatre.

As Lobero Theatre Executive Director David Asbell said, “The Ovation Season gives theater lovers the chance to see top talent in a setting hard to find elsewhere in the U.S.”

So true.

Recommended Stay

Make it a weekend!. I did. At the lovely waterfront Harbor View Inn (<https://www.harborviewinnsb.com/en>). Choose waterfront and town-view rooms and suites. Mine was a cheery corner suite and huge patio terrace overlooking a small stream. From the water, the inn extends two blocks into town, conveniently adjacent to Finney's Craft House (<https://www.finneyscrafthouse.com/santa-barbara/>), where I enjoyed apre-theatre cocktails at the jam-packed bar. And this was a Wednesday night! Pre-show, I'd celebrated with margaritas, mariachi music and maracas at the legendary El Paseo Mexican Restaurant (<https://www.elpaseosb.com/>) in downtown.

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Celebrate Spring!

and all that jazz

By Barbara Beckley

Spring is in the air and Now is the time! Paint the town at the hottest jazz spots – dressed to kill in the latest spring styles – guys the '80s are back; gals red shoes are the rage! Celebrate spring taking in a Sunday brunch or take the kids to a Purim Carnival!

JAZZ IT UP

A not-to-miss. The Catalina Jazz Club (<https://catalinajazzclub.com/>) in Hollywood headlines local favorite singer/songwriter/funny girl Gina Zollman in the CD Debut Album Release Concert of her first-ever CD, "Gina Zollman: Anywhere With You," March 22, 8:30 p.m. \$25 per person. "I'm having the time of my life releasing this CD," Zollman told VSM. "It's something I've always wanted to do, and now I'm getting to doing it. I'm unleashing my creativity in this new passion project, and loving every minute. The songs on my album I've sung on stages across the Southland. I chose them for very personal reasons." The ultra-talented Zollman is great at everything from Wall Street stockbroker to singer, actress, comedienne and more, so you know this will be memorable. Backed by a five-piece band, she'll sing all her CD songs from standard favs like "Someone to Watch Over Me" to original works including "An Hour Or So In The Dark" and more. With surprises, humor, and story-telling in between.

Also at The Catalina: the Orrin Evans Trio with Eric Revis (bass) and Marvin "Smitty" Smith (drums), February 21, 8:30 p.m., \$25. Blockbuster! "Steppin' Out

with Ben Vereen," February 24 & 25, 8:30 p.m., \$40. Benny Benack with Dave Damiani and The No Vacancy Orchestra, March 2, 8:30 p.m., \$30. International recording artist Carmelita Pittman presents: "Her Big O



Birthday" show, March 7, 8:30 p.m., \$25. And acclaimed jazz vocalist and NYC fashion icon Joey Arias in "Strange Resume," March 30, 8:30 p.m., \$25 - \$60.

Mark your calendar for nightly sensations at Herb Alpert's Vibrato Grill & Jazz (<https://www.vibratogrill-jazz.com>) in Beverly Hills. Hot tickets include Dan Olivo jazz standards, February 21, 7:30 p.m. Cover \$25; \$15 at the bar. The Marlonius Jazz Orchestra featuring Josie James Big Band jazz, February 22, 7 p.m. Cover \$30; \$15 at the bar. Seth MacFarlane, a jazz quartet; February 24, 7:30 p.m. Cover \$295; \$250 at the bar, including a

three-course dinner. The Brentwood School Jazz Band, led by trumpeter Mike Cottone, March 1, 7:30 p.m. Cover \$35; \$20 at the bar. Brazilian jazz with Catina De Luna and Kleber Jorge, March 3, 7 & 9:30 p.m. Cover \$25. "I Sang That." Sally Stevens' "A Memoir from Hollywood – An Evening of Stories, Songs and Conversations," 7:30 p.m. Cover \$25; \$15 at the bar. Gold Coast Horns "An Evening of Jazz & Soul," 7:30 p.m. Cover \$40; \$20 at the bar. And the Patrick Lamb Project – Billboard-charting Lamb's debut at Vibrato, March 21, 7 p.m. Cover 25; \$15 at the bar.

Don't miss the El Portal Theatre Jazz Salon (<https://elportaltheatre.com/jazzsalon.html>) in North Hollywood in the intimate 74-seat, 12-cocktail table Monroe Forum. "Jazz Salon IV: The Michael Carvin Experience – Un-cut Jazz" is March 26, 3 p.m., followed by a lively Q & A. \$40 cocktail seating. \$30 theatre seating. Two ticket minimum.

Worth a drive to Seal Beach, Spaghetini (<https://spaghetini.com/>) rocks with headliners and up-and-coming jazz musicians.

March 6 is Grammy winner Poncho Sanchez, 6:30 p.m., \$85 - \$95. March 11, Chris Standring, 7 p.m., \$50 - \$60. March 16, "DW3," 7 p.m., \$35 - \$45. March 18 headlines Andy Vargas – Lead Singer of The Carlos Santana Band!!! 7 p.m., \$50 - \$60. And to Palm Springs for the new weekly "Jazz at the Ace" dinner, 7:30 – 9:30 p.m., at the Ace Hotel & Swim Club (<https://acehotel.com/palm-springs/>). The line-up includes Mark de Clive-Lowe, February 22; jazz harpist Mary Lattimore, March 1; New York-based The Lesson – GK, March 8, and Grammy-nominated trumpeter/composer/arranger Emile Martinez, March 22.

Jazz...In Studio City, enjoy jazz with a side of butter and chives at The Baked Potato www.thebakedpotato.com/. Upcoming: The Webb Allstars with Danny Carey on drums from TOOL, February 22, 23 & 24; 8 & 10 p.m., \$15 - \$45. The Baked Potato's Original Jazz Master - Don Randi, February 25, 8 & 10 p.m., \$15 - \$25. "Ruggeiro Plays Monk," March 15, 8 & 10 p.m., \$15 - \$20. And "Direct from the Conan O'Brian Show - The Jerry Vivino Allstar Jazz Band," March 21, 8 & 10 p.m., \$15 - \$20. Pop into Harvelle's santamonica.harvelles.com/ in Santa Monica for its All Star Jam Session Benefit (benefitting The Raffia Music School for Children), February 27, and March 6 & 13, 9:30 p.m., \$5.00. Also, the Alligator Beach New Orleans Funk Party band, March 4, 9:30 p.m. \$10.

SPRING INTO STYLE!

Women - it's off with the old. In with detailed denim, sheer layering, maxi skirts, draped dressing, ruby slippers, and smart minimalism tailoring, says Vogue.com. Who would believe. But yes - pinstriped vests and crisp button-up shirts are "in," according to Vogue Runway's trend report. Top picks include the Altuzarra Robinson denim midi-shirt, \$795, at Saks



Fifth Avenue www.saksfifthavenue.com/ and Pistola Alice denim maxi-skirt, \$148, at Nordstrom (<https://www.nordstrom.com/>); and really cool Sea Fly lace-up denim maxi-skirt, \$325, at Net-A-Porter (<https://www.net-a-porter.com/en-us/>). And vests - the perfect jazz club fashion statement. Like the Saint Art Maude pinstripe waistcoat, \$156, and matching Saint Art Maude pinstripe mid-rise trousers, \$185, at Saint Art (<https://saintartnewyork.com/>). Or lower price point Zara pinstripe vest, \$50, and matching Zara pinstripe trousers, \$40, at Zara (<https://www.zara.com/us/>). Trending 2023 dictates you can be a rebel with the frilly Acne Studio Konyo wool blend cropped vest with ribbons and sheering, \$470, at Mytheresa www.mytheresa.com/en-us/.

Slinky, draped dresses and skirts add a

sexy kick for spring 2023. Vogue suggests the Norma Kamali spaghetti-strap ruched stretch-jersey midi-dress, \$200, at Net-A-Porter www.net-a-porter.com/en-us/; Diotima sheer and crocheted cotton midi-dress, \$925, at Moda Operandi www.modaoperandi.com/; and Paco Rabanne crochet and lace midi-skirt, \$690, at Saks www.saksfifthavenue.com/. High octane sequins - think pastels - are a Spring must, says Glamourmagazine.co.uk, so keep an eye out. Also, low-rise waists in pants and skirts. Perfect for your cropped vests.

Red shoes - woo hoo!! Wear them with everything this spring, commands Vogue.com. Go comfy with Khaite Marcy shearling flats, \$680, at Khaite khaite.com/. MSCHF - a product design studio on a mission to go viral with every launch - announced the upcoming release of a peculiar-looking pair of shoes, dubbed "Big Red Boots. And devastatingly glamorous with Alaia's clear cap-toe mule pumps, \$1,170, at Bergdorf Goodman www.bergdorfgoodman.com/.

Men -

Dress like it's the '80s and '90s with L.L. Bean's archive collection - color-blocked designs in vivid shades for outer and sportswear. Ralph Lauren's iconic and very much "in" logo polo shirts. The Track Crewneck Sweatshirt, \$68, at Everlane (<https://www.everlane.com/>). And Quiksilver xStranger Things The Hawkins Jacket, \$82.99, at Quiksilver (www.quiksilver.com). Eyewear? Think aviators. The ultra-cool Surf Aviator sunglasses are \$110 at www.neimanmarcus.com/

Western wear, yes! But just a hint. Western snaps on your shirts. The Heritage Denim Chore Jacket with corduroy lining, \$200, at Banana Republic (<https://bananarepublic.gap.com/>). Shoes? Cross-over styles for casual and evening like Cole Haan's American Classics' Plain Toe Boot, with a sporty sneaker-like design while the rest of the boot looks dressy, \$200, at Cole Haan www.colehaan.com/.

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PARTIES FOR PURIM

Purim 2023 is March 5 and 6. A joyous celebration of deliverance as told in the Book of Esther and always "lots" of fun for kids – and adults, if you're at Temple Judea (portal.templejudea.com/) in Tarzana. It's throwing the "TJ's Purim Fiesta: Megillah, Margaritas & Music," March 6, 7:30 – 9:30 p.m. for ages 21 and up only! Enjoy a taco bar, margaritas, a fruit cart and rock out to music by TJ member Rob Golenberg & Van Golenberg's classic cover band. \$25 for early birds. \$35 for other birds. Then March 7, 12:30 – 2:30 p.m., in celebration of Women's History Month, Temple Judea Rabbi Cantor Wissot discusses the women in the Story of Purim. Check the site for updates.

At Temple Aliyah (www.templealiyah.org/) in Woodland Hills, it's all about kids at "Purim 2023 Festival," March 5, with rides, fun and must-see experiences. Eight huge inflatable rides, a 60-foot inflatable race course, food & drink, arts & crafts, and carnival games with prizes. All-day inflatable attractions bracelet is \$25. Buy 24 tickets for \$20; 60 tickets for \$50, and 140 tickets for \$100. On March 6, Hazzan Stein Presents: "Mordechai Superstar!" starting at 6:30 p.m. it tells the story of Purim in a fun and fast-moving spoof based on the famous Broadway musical. Maariv and a full Megillah Reading follow Shpiel! Admission is free!

Pirates rule at Temple Kol Tikvah (www.koltikvah.org/) and its "Pirate Purim" community celebration



March 10 in Woodland Hills, 5:30 – 8:30 p.m., with special musical performance by The Beat Buds. In Venice, "Purim Funhouse 2023" is for kids by kids at The Open Temple (opentemple.org/veniceyeshiva/) Electric Lodge, March 3, 5 – 7 p.m., with Megillah Esther Redux, performance art, fish pong and more.

Sunday, March 5th Sinai Temple will hold their Purim Carnival at the Good Shepard Catholic School in Beverly Hills 9:30 a.m. - 2:30 p.m.

Special activities for children under 5 starting at 9:30 am ! Larger rides open at 10:00 am. Pricing includes All Inclusive Game Wrist bands* Purchased by February 28: \$45 Day of Carnival: \$55 Children 0 - 23 months & adults are FREE! Kosher Meals available for \$18* Petting zoo, mega slides, go karts, karaoke, carnival games and rides and much more for a fun day for the entire family!

Akiba's Purim Carnival 2023 Culver City 5249 Sepulveda Blvd Culver City, CA, 90230 Sunday, March 5, 2023 Sunday, March 5, 2023, from 10:00 AM - 1:00 PM Wine Bar is open from 11:00 AM - 2:00 PM (One hour after the Carnival ends) Purim Shpiel at 9:00 AM Purim is the Word! I got chills, they're multiplyin', and I'm losing control, cause the Temple Akiba Purim Carnival is comin' March 5th! Come join

the fun with carnival games, an inflatable course and bounce house, Bouncy hopper races, Nerf target practice, race car and pennant crafting, costume contests, "Beauty School," silent auction, Centralas wine garden, and the Akiba Purim Shpiel. Take advantage by buying your wristbands, tickets, and lunch vouchers in advance! Pre sale prices will be available until February 26th. To purchase tickets or to become a sponsor, please visit: templeakiba.shulcloud.com/form/purim_carnival_2023

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By Contributing Writer

Wham-O, the iconic toy company known for its legendary products such as Frisbee®, Slip N Slide®, Hula Hoop®, and Hacky Sack®, is celebrating its 75th anniversary. Since 1948, Wham-O has been dedicated to bringing joy and imagination to generations of children and adults around the world through its innovative products and commitment to play.

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community through play,” said President of Wham-O, Todd Richards. “As we celebrate our 75th anniversary, we are proud to continue that tradition and look forward to many more years of creating products that inspire joy, imagination, and play.”

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In honor of its 75th anniversary, Wham-O is launching a special edition of its classic products, as well as new, innovative products that continue the company’s tradition of bringing joy and play to the world.

For more information on Wham-O and its 75th anniversary celebration, please visit wham-o.com.

About Wham-O

Founded in 1948, Wham-O is a legendary toy company that has brought joy and play to generations of children and adults around the world through its iconic products, including the Frisbee®, Slip N Slide®, Hula Hoop®, Super Ball®, and

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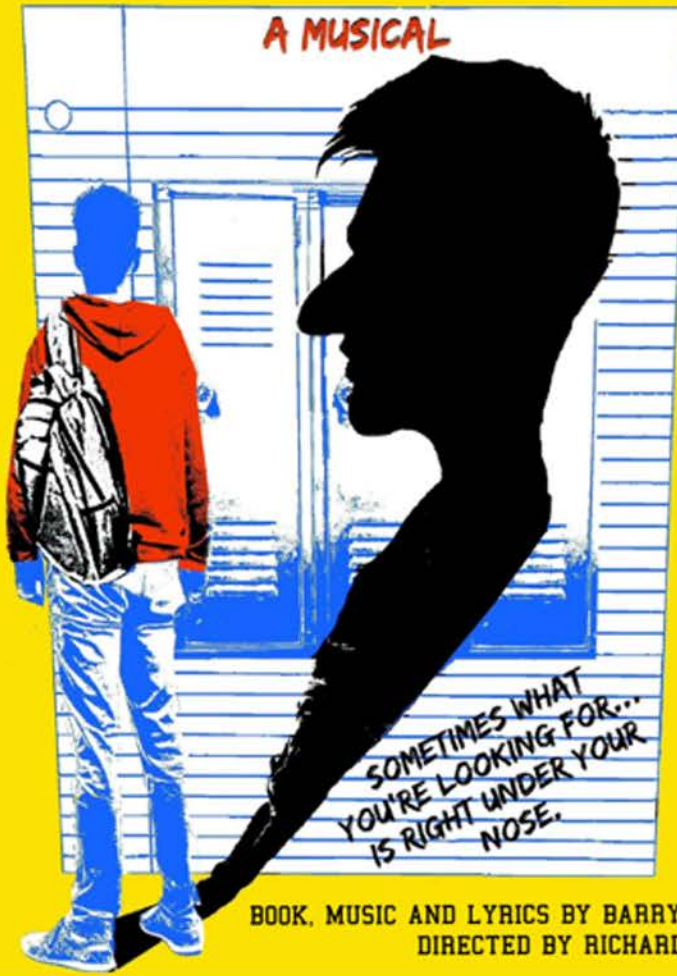
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By Contributing Writer

Your Place or Mine

If you decide to watch “Your Place or Mine” to see sparks fly between Reese Witherspoon and Ashton Kutcher, you’ll be initially disappointed. They’re not in the same room until the last 12 minutes.

The premise of this Netflix rom-com is two friends switching homes for a week and snapping each other out of their ruts. Might they also fall in love?

Witherspoon and Kutcher play opposites — he’s a rich consultant who lives in a chic but chilly New York apartment; she’s an earthy and protective single mom to a 13-year-old boy in Los Angeles. They hooked up 20 years ago but decided friendship was the better path.

These two talk every day. It’s an intimate relationship over two decades as each supports and encourages the other. Someone asks the obvious question — “If you like each other so much, why aren’t you guys together?” — and there is no really good answer. She offers another: “Uh, barf.”

A last-minute emergency triggers the film’s central action: Witherspoon needs to fly to New York but her childcare flakes, so Kutcher’s

character decides to go to Los Angeles as backup. “You need help and I’m coming,” he tells her. They find themselves in each other’s homes, getting to know each others’ friends and shaking things up.

Written and directed by Aline Brosh McKenna, “Your Place or Mine” is cute and light. This Valentine’s Day, it hits the spot if you’re in the mood for pretty people acting insecure and clueless.

At first, the film meanders with a lack of urgency, as if Brosh McKenna was happy just filling the screen with her two beautiful leads. You might initially mistake it as a rom-com for real estate.

Eventually, each start to see the other as a project that needs fixing. Kutcher tries to loosen up his best friend’s son — snack on junk food, letting him watch scary movies and allowing him to try out for the hockey team, all things forbidden when mom’s around. He sees it as an extension of work: “That’s what I do: I get in, manage things, no muss, no fuss.”

On the other coast, Witherspoon finds an old manuscript her best friend has hidden from her and decides she must try to get it published. She also flirts with a hunky publish-



er — Jesse Williams — and breaks all logic when she doesn’t immediately fall into the cool, sensual piercing blue of his eyes and never wants to leave.

The film mines an interesting area, namely how much do best friends really know about each other? When Witherspoon’s character finds the book, she is in shock. “We tell each other everything,” she says. Replies a friend: “Obviously you don’t.” This is also a film that champions taking a chance.

The film allows Witherspoon and Kutcher to show off their funny sides, especially when they’re fishes out of water. But many of the scenes drag on and sometimes the exposition is chalky, like when Witherspoon says: “I have to finish this program before the end of the year so I can apply for that open senior accounting position at the regional school district.”

Some smaller roles give important jolts of quirky, like Zoë Chao as a former flame of Kutcher’s character in New York and Tig Notaro and Steve Zahn in L.A. Notaro’s wit is as dry as a cactus, while Zahn plays a loopy gardener who is credited for writing two oddball songs on the soundtrack.

The producers must have forked over tons of cash to the estate of Ric Ocasek. To establish Kutcher’s character as a fan of The Cars, no less than nine songs were used.

The film builds to — finally! — a scene when Witherspoon and Kutcher are in the same zip code and a flipping of the rom-com airport scene on its head. That’s when the film answers the question can men and women just be friends with a strong: “Uh, barf.”

Magic Mike's Last Dance

By Contributing Writer

The words Magic Mike may conjure up images of sweaty, sculpted, undulating men, dancing for screaming women, but there has always been a backdrop of economic reality looming.

The franchise has explored the devaluation of physical laborers, the suffocating effects of the college industrial complex, predatory loan businesses, recession and even COVID-19, which has destroyed poor Mike Lane’s furniture business in this latest film.

When we re-meet Channing Tatum’s gentle hunk in “Magic Mike’s Last Dance,” he’s bartending at parties for the rich in Miami. The gig could be worse, but the implication is that he’s aged out of dancing. He has to think about it when his wealthy employer offers him \$6,000 for a dance.

“Magic Mike’s Last Dance” is a film that was born backwards, a fit of inspiration from Steven Soderbergh after seeing what Tatum had done with Magic Mike Live. The Las Vegas stage show is described on its website as “an unforgettably fun night of sizzling, 360-degree entertainment,”

“hot,” “hilarious,” “the great time you’ve been looking for” and “the ultimate girl’s night out.”

But “Magic Mike’s Last Dance” is not quite any of those things and perhaps might even annoy some of its fans — the ones who simply want to holler at the six-packs. Because this film is that thing that many sequels promise but don’t deliver on: It’s both a true evolution and a conclusion. It’s also part fantasy, part reality, part commentary and what’s lost in a society that has forgotten how. It is not simply another striptease.

“Magic Mike” and “XXL” (directed by Gregory Jacobs) both latched on to pure joy in the spectacle of the male stripper. But that audience, is inherently limited. In “Last Dance,” Soderbergh gives Mike a wealthy benefactor, in the form of Maxandra Mendoza (Salma Hayek) who is in the midst of a messy divorce and looking to shake things up.

After an acrobatic, but fully clothed, encounter with Mike, she decides to whisk him away to London, dress him up and put him in charge of



staging a show. In the process, she, and Soderbergh, Tatum and screenwriter Reid Carolin, set a historic London theater, and all of its fussy rules, ablaze.

“Magic Mike’s Last Dance,” is shaggy, earnest and innocently tawdry, and goes down so easy that it’s almost impossible to appreciate it on a first watch.

If there is a quibble, it’s that Hayek and Tatum don’t quite inspire the will-they-won’t-they tension. Besides, his love is his furniture business, right?

Mike manages to wrest a dance that pays homage to classic movie musicals with more skin.

This story is like a fairy tale, with a silky voiced young narrator telling us about Mike’s woes and the significance of dance. She’s an important character the story reveals. Mike Lane is a guy who seems destined to continue performing in one way or another. He’s just too good at it to say goodbye forever, no matter how much they both keep trying.

GRAMMY AWARD WINNING THE KINGSTON TRIO AT THE NOHO ELPORTAL THEATRE

By Staff Writer

The NOHO Arts District has been a destination location for entertainment over many years, but in recent years has re-emerged as “the” center for music, theatre, dining and shopping. The El Portal Theatre on Lankershim Blvd is frequently called the Jewel in the North Hollywood Crown and boasts a three-sided marquee facing the boulevard that has been a location many times for film and television shoots.

Now a thriving event space, fans of all types of entertainment are flocking to enjoy the magic of this historic venue. Coming up on March 8 and 9, the theatre welcomes in the legendary Kingston Trio. In 1957 The Kingston Trio emerged from San Francis-

co’s North Beach club scene to take the country by storm, bringing the rich tradition of American folk music into the mainstream for the first time. During the late 50s & early 60s, the Trio enjoyed unprecedented record sales and worldwide fame, while influencing the musical tastes of a generation.

Through changing times, the Trio has played on, remaining popular for a simple reason... great songs that sound as good today as the first time you heard them. And fifty-eight years after Tom Dooley shot to the top of the charts, the Trio is still on the road thirty weeks a year, bringing back all the great memories and making new ones.



performed with longtime Kingston Trio member George Grove. Many of their personal memories recall the iconic trio’s performances and journey as folk music made its extraordinary ascent to the pinnacle of popular culture – and the top of the music charts. Revisit the legendary folk music with the legends themselves: THE KINGSTON TRIO. Young and old

All three current members, Mike Marvin, Tim Gorelangton and Buddy Woodward have intrinsic links to and experience with the original group: Mike is the adopted son of founding member Nick Reynolds, who was also his musical mentor; Tim, a close friend since boyhood, is one of the few musicians outside the Trio who has recorded with Nick Reynolds; and Buddy, who has

alike will love songs like Tom Dooley, Where Have All The Flowers Gone?, Greenback Dollar, A Worried Man, and more that will have you humming along and singing on the ride home! This is the kind of generational show that parents, children and grandchildren will all equally enjoy. For tickets and information www.elportaltheatre.com



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Smart Vending Machines The Latest Tech Trends

By Contributing Writer

Vending machines are changing – and for the better. According to Forbes, you won't even be able to recognize vending machines in just a few years. So what is expected to change? The way we buy and how we buy items from vending machines.

charging station – so you can snack while your charge your phone. Also, all payment information is never stored, protecting customers from fraud.

With the customer taken care of, that just leaves the vending machine operators. Long gone will be the days when operators had to physically check every snack vending machine at each different location. Instead, smart vending machines use technology that allow inventory data to be stored and tracked. This means that the operator will know exactly when to refill their machines and with what products.



To start with, expect to see healthier food items, especially in snack vending machines and drink vending machines. People want healthier food options and are more willing to eat or drink something from a healthy snack vending machine that will make them feel good, while giving them the energy boost they need to get on with their day. In fact, many vending machines have begun to post calorie labels on their food and drink items.

So what else can these vending machines do?

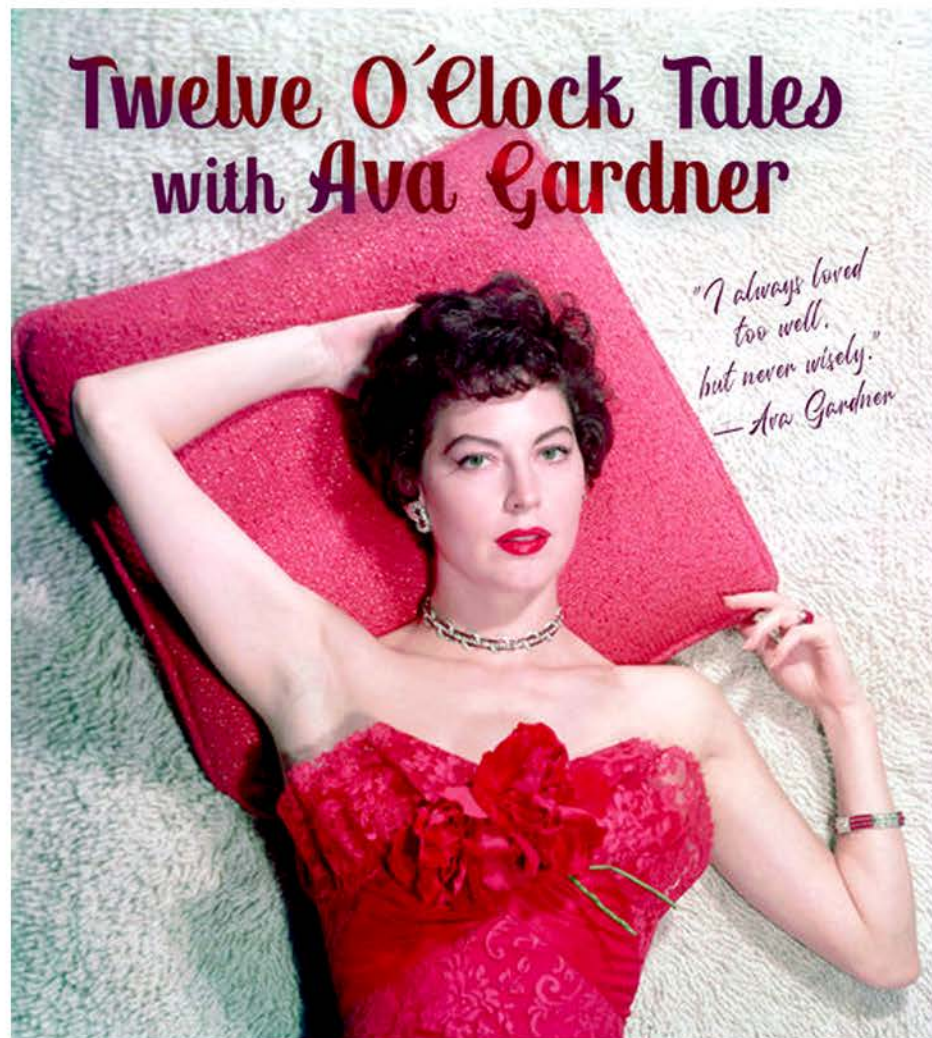
According to Forbes, the future of vending is so smart, that these machines will be able to use facial recognition. In fact, the machine will be able to greet customers, remember their preferences, and even refuse to sell an item to a customer based on age or medical records.

In addition, vending machines are taking hold of the cashless trend as many people prefer to purchase items with a credit card or debit card. To take it a step further, customers won't even need to have a credit or debit card to purchase items from snack and drink vending machines in the future. All you need is an iPhone 6. And if your phone's battery is nearly dead, don't worry, most smart vending machines come equipped with an iPhone

But what makes these vending machines even more unique is their level of interaction. By offering loyalty cards, cell phone charging stations, apps that help customers locate vending machines, and social media sharing options, vending machines are becoming a trendy way to quickly get healthy food and drink, particularly in schools.

While technology is constantly changing the way we interact, with each other, and even with our food and drink, it's no surprise then that vending technology is also transforming to suit our smart, modern lives.

The future of vending machines is transforming to offer healthy options, cashless purchasing, and can even recognize your face.



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IS COOKING WINE DRINKABLE?

By Jonah Flicer

When you run out of your favorite drinking wine, it's natural to wonder whether you can drink cooking wine instead. You may be thinking, "wine is wine," but is that really true?

People can drink cooking wine, but cooking wine was not created for this purpose. It was created to be used in food. There are several ingredients in cooking wine that make it unpleasant to the taste buds, which is enough to discourage most people from drinking it.

If you're adding some cooking wine to your famous tomato bisque and you're considering a swig- stop! Keep reading to find out more about what happens when you drink cooking wine.

You Can Drink Cooking Wine

You can technically drink cooking wine, as it is edible. However, you may not want to drink it once you realize what's in it.

Most cooking wines are formulated like cheap versions of the wines you love to drink. These cooking wines will have some of the good qualities of drinking wine, but this will not make up for the differences between the two.

What is in Cooking Wine?

If you drink cooking wine, you are in for an unpleasant surprise. While cooking wine does have alcohol, it differs from drinking wine in the following ways:

Preservatives: Cooking wine is loaded with preservatives like potassium sorbate



and potassium metabisulfite. This alone is enough to discourage many from drinking cooking wine, or cooking with it, for that matter.

Less Flavor. Cooking wines are known for having less flavor than drinking wine. This is likely because of the processing and packaging process that cooking wine goes through. The flavor of cooking wine is not as carefully crafted as the flavor of drinking wine since cooking wine will be combined with other ingredients as part of a dish.

Imagine a sugar-free, salty, preservative-packed wine. This is not something that you want to drink.

Alcohol Content in Cooking Wine

While there are some distinct differences between cooking wine and drinking wine, there is one main similarity. Both cooking wine and drinking wine have alcohol. In general, cooking wine is about 16% ABV. However, this can vary depending on the brand of cooking wine you have at home.

If you know a bit about the alcohol content in wine, you'll notice that the alcohol content in cooking wine is slightly higher than alcohol levels in drinking wine. There is a reason for this. Since the wine will be used in cooking, most of the alcohol will be burned off as you cook your meal.

Cooking Wine Expires

Even though it is formulated with preservatives, cooking wine does eventually go bad. To check if your wine has gone bad, you should take a look at the packaging for a printed expiration date. Most cooking wines are good for several years, but this can vary based on the brand and type of wine you bought. So, the best thing to do to be sure is to check the bottle.

If there is no date on the bottle, and you remember when you bought it, you can call the company that makes the wine. They will be able to give you more information about how long you can expect the wine to

last.

You should also consider whether you've already opened the bottle. If it is opened, it may last up to one year. However, if you did not refrigerate your cooking wine after opening it, it may become unfit to use sooner.

Another problem with drinking cooking wine is its high sodium content. If you drink a really high salt volume, you could suffer health problems, specifically with your heart. If you already have a heart condition, it is advised not to drink large quantities of cooking wine.

Chances are you won't be able to drink enough cooking wine to cause severe health effects- it tastes that bad.

Cooking Wine is Not Recommended for Cooking Either

Top food and restaurant experts will tell you that cooking wine is not good for cooking either. This is because of some of the same reasons you wouldn't want to drink it.

Cooking wines, especially the commercial varieties sold in your local market, have the potential to ruin your favorite dishes. The high salt content in the cooking wine can easily make your dish too salty, and some brands of cooking wine have ingredients in them that can lead to a metallic taste in your food.

Use a drinking wine that you like. It's important to use a wine that you enjoy the taste of. This means that you should sample a few wines and find out what flavors you like. Going to a proper liquor store and choosing a quality wine will give you the best cooking result.

Invest a bit in your cooking wine. You don't have to spend \$50 on your wine, but you should not go for the cheapest drinking wine you can find. Spending between \$10 or \$20 for your wine is just fine.

Know what type of wine you need for your meal. If you are making sauces or stews, dry white wine or red wine will impart a delectable flavor to the final dish. Sweet wines are best paired with sweet treats like ice cream or egg nog. A wine that has a nutty, earthy flavor profile would go well with fish.

Using drinking wine for cooking, instead of cooking wine, can be a money saver since you can drink the same wine you end up using in your meal. If you end up having some leftover, make sure you use it up before it goes bad.

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Valley Argentine and Empanadas

By Josh Kushner, Sr.

Argentina epitomizes diversity — a nation with impressive contrasts of landscapes, climates and culture, and a vibrant gastronomy full of history. Between 1870 and 1930, more than 7 million immigrants came from Europe (mainly from Italy and Spain) to work and live in Argentina. This helped shape Argentinean food culture with influences from Mediterranean immigrants and creoles (native inhabitants and Spanish colonials).

The most popular foods (depending on who you ask) include Asado. Asado is better known to the English speaking



world as barbecue, and also known in South American cuisine as parrillada, Choripán, Empanadas, Matambre. and Milanesa. You may be surprised to know how accessible these unique foods are to Valley residents.

The Buenos Aires Grill in Northridge has been cooking up these specialties since 1989, specializing in their steaks and

empanadas as well as a copious wine selection. A great place to relax and enjoy a sizzling Angus beef steak and maybe a side of Chimichurri and baguette. The empanadas are as authentic as they get, with a toasty buttery shell stuffed with various filling

such as Beef, Chicken, Spinach, Cheese, Cheese & Onion or Ham & Cheese. They are open for lunch and dinner and offer takeout and delivery.

For a elevated Argentine experience, check out Bodega Malbec Grill in Taluca lake. They specialize in grilled beef, tapas & wines are showcased in are polished dining room with leather booths & a bar, great for a weekend date or hangout with



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friends. Yes, they do have great empanadas, but also have grilled octopus, carpaccio with lemon oil vinaigrette for starters and have a menu chalked full of seafood, pasta, salads and even have vegan and vegetarian dishes. They often host a multi course meal for a night of Argentine tastes and creations. Check them out at bodegmalbec.com.

Inspired by the delicious street food vendors of the Pacific Islands and Latin America, Johnny Pacific in Winnetka delivers the big flavors and good eats of the Pacific in a relaxing local quick-go restaurant setting. They have a huge selection of empanadas with some very unique fillings like Cajun sausage, beef tinga chicken el pastor, pork as well as multiple veggie options. Their empanadas come with various dipping sauces as well to create that perfect bite. They are at the corner of Saticoy and Winnetka Ave.

HEALTH AND BEAUTY

PANIC ATTACK

Things to Know

By Contributing Writer

The most common triggers of a panic attack involve everyday situations such as the fear of boarding a flight, getting into a lift

or traveling in public transport. Being in a crowded room could also trigger a panic attack. While most people may feel a discomfort and nausea, some experience a heightened sense of fear. Apart from the physical symptoms such as palpitations, tense muscles and sweating, an individual may also start feeling unsafe though there may be no real reason.

Such people try to avoid facing situations that could act as triggers. This could result in avoidance tactics and so miss being part of important social functions. Their excessive fear can also isolate them.

One in every 75 people may experience a panic disorder, a

debilitating condition that could severely impact the personal and professional life of a person. It is believed that major life changes,

hormonal upsurge. In certain people, the risks are exacerbated because of a genetic predisposition. During panic attacks, a person could re-visit past trauma. Survivors are more likely to experience a flight-or-fight response.

Fear of planes: In today's world, the fear of planes can be disadvantageous. A person may refuse to take food or use the toilet in a flight, and sometimes get aggressive.

Afraid of a fall: The fear of heights can deter people from climbing escalators or taking an apartment in a tall building.

Fear of insects: Most insects are harmless. But that does not prevent people from feeling afraid of them. The unexplained fear of spiders is one such instance and is fairly common.

Road to recovery

Anxiety disorders such as frequent panic attacks are treatable if an expert's advice is sought in time. Delaying the problem doesn't always mean that it will subside on its own. If you realize that you tend to get unreasonably worried or scared of situations and people, you should consult a mental health expert at the earliest. The most common treatment modalities are aimed at trigger prevention and trigger acceptance. Regular physical exercise, mind-calming activities and a healthy lifestyle can help to a great extent in controlling panic attacks.



such as those from school to college, marriage and the birth of a child could cause a panic attack. These transitions may result in a sudden

Feeling trapped and how that triggers a panic attack

Panic attacks can make you feel trapped. Here are some common fears:



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How To Look Younger By Banishing Loosened Old And Wrinkled Skin?

By Contributing Writer

Anywhere on the body, loosening and wrinkled skin, "crepey" skin, can occur. It has the appearance of crepe paper, with wrinkles packed closely together. A woman's wrinkled cleavage can be shown by a low neckline. Crepey skin is likely to appear beneath the eyes, around the knees, and on the backs of our arms. **When You See Paper Thin Skin, What Should You Do?**

Skin cream manufacturers have made solutions that fix this precise skin concern.

Lower Arms and Upper Breasts with Crepey Skin

Perhaps you've noticed that skin on your arms and breasts has wrinkled. Crepey skin is found where we already have naturally thinner skin. The areas around our eyes, knees, upper arms, and cleavage are particularly prone to becoming wrinkled.

It's more likely to happen when we lose collagen and elastin. Collagen and elastin are lost as we age. It happens most often in the mid-40s.

Long Sleeve Tops to Hide Crepey Skin Isn't a Nice Idea

Have you been wearing long sleeve clothes to hide crepey skin? It's depressing, but isn't necessary if you use the right dermatological creams.

Weight loss might also result in wrinkly skin at a younger age. If you lose a lot of weight, your skin will not be able to adjust to your new body.

Crepey Skin: What Causes It?

Ageing, UV damage, genetics, dry skin, cigarette smoking, and pollution can all contribute.

What to Do if You Have It

For people with crepey skin, there are non prescription and prescription treatments. Do not be swayed by pricey magic remedies that promise quick results. Online deals that are overhyped and pricey aren't essential.



Instead of buying those expensive cleansers and lotions, go for over-the-counter alternatives.

Creams are the most effective approach to avoid having crepey skin, but consider other options:

Massage With Oil on the Body

You may use olive oil or coconut oil or shea butter to massage your face and body. Not

only does getting a massage make you feel better, but it can also help you look younger.

Crepey Skin: The Truth

Crepey skin is a common ageing symptom. Patients should look into non-surgical, medicinal, and over-the-counter treatment alternatives, as well as diet and exercise. Many surgical and non-surgical alternatives, as well as lotions, provide hope for this cosmetic issue.

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SNOW DRIVING IN SO-CAL SAFETY TIPS

Courtesy of Cal Trans

Although big snowstorms are great for extending California's ski season—all the way to July in some cases—they also create potential weather-related challenges for drivers heading to the mountains.

"If people are coming up from Sacramento or the Bay Area, it may be raining down there, but when you get up to the summit, it's a completely different situation," says Raquel Borrayo, a public information officer for Caltrans District 3, which encompasses 11 Northern California counties, including areas in the Sierra Nevada. "The weather changes very quickly. It can be nice and barely snowing one minute, then in the next hour it's

whiteout conditions. We like to make sure that people understand what conditions are like before they begin their travels and that they are prepared for it."

Commonsense preparation and a healthy respect for the realities of winter mountain driving can make all the difference in the world. Both Caltrans and the California Highway Patrol have prepared lengthy lists of tips that you should check as you plan your trip to the snow country. Here are a few highlights:

Before You Go

Monitor weather conditions. While you should still always expect the unexpected, we live in a golden age of weather forecast-



highway and endanger yourself or other people."

Chain installers are not allowed to sell chains, so don't count on buying any traction devices on your way up to the mountains. But auto parts stores, including Pep Boys and Auto Zone, carry a selection of tire chains, so purchase chains before reaching the mountains.

Speaking of which, practice putting on your chains while still at home. Your learning curve will be much more pleasant in the comfort of your driveway or garage than along a freezing, soggy highway in the middle of a winter storm.

If you're renting a car, keep in mind that major rental agencies, including Enterprise, Hertz, and Avis, do not provide chains, nor do they allow customers to put chains on their vehicles. When renting, inquire about the availability of all-wheel-drive vehicles and autos with snow tires, which are available at some locations. But remember: Under the strictest chain requirements, even all-wheel-drive and snow tires won't get you through checkpoints.

Gear up. Buy or bring an ice scraper to clear windows and a broom to sweep snow off your car. If you get stuck, a shovel will make it much easier to dig your vehicle out. And kitty litter isn't just for cats: It can help provide added traction if you get stuck.

Pack a few extras. Additional clothing, blankets, and extra food and water will provide a measure of comfort if you end up experiencing lengthy delays.

On the Road

Chill out in winter. Sure, you're eager to get up to the slopes but speeding in snowy conditions can be deadly. Reduce your stress by leaving early and giving yourself extra time to get up to the mountains.

Don't play gas roulette. Make sure you have a full tank of gas before you start climbing. Traffic delays and closed highways might mean that you won't be able to reach the next gas station when your fuel light comes on.

Stay in control. Turn off cruise control and always drive defensively, keeping an eye out for other drivers.

Don't rely on navigational devices. Tempting as it may be to find shortcuts around slow traffic by using Waze and Google Maps, these apps might direct you onto secondary roads that aren't plowed and where you could easily get stranded.

ing. Websites for the National Weather Service, Weather Channel, and Accuweather offer a variety of forecasts, from conditions by the hour to as far as 10 days out. Visitor bureaus for such major winter destinations as Lake Tahoe, Mammoth Lakes, Big Bear Lake, and Mt. Shasta all include local weather information on their websites, as do most individual ski resorts.

Check on road status. The road information page on the Caltrans website lists updated road conditions and allows you to search specific routes by highway number. Current conditions are also available by calling 800/427-7623. A link to social media sites for Caltrans districts around the state is another excellent resource for localized information. While on the highway, look for signs showing the frequency for Caltrans Highway Advisory Radio (HAR), which provides regular updates.

Prepare your car. Good tires that are properly inflated and have adequate tread life will greatly enhance handling on slick roads. You may not need antifreeze at sea level but in the mountains, temperatures can quickly plunge, so check levels before leaving home. Visibility is always challenging in the high country, but it is especially so if your windshield wipers are worn or your defroster doesn't work.

Chains, chains, chains. Depending on snow conditions and chain requirements, which change with the weather, you may not be able to proceed past checkpoints unless you have chains, even if you're in a four-wheel-drive vehicle. "If you come up unprepared and don't have chains, you might get stuck overnight," says Borrayo. "We will not allow you to get back on the



BURBANK MAGICIAN, ROBERT RAMIREZ, MAKES HIS DEBUT APPEARANCE ON MASTERS OF ILLUSION

By Staff Writer

Robert Ramirez, a magician based in Burbank, CA, will make his debut appearance on Week Two of the Ninth Season of the national television show, Masters of Illusion, hosted by Dean Cain, on Saturday, February 18, 2023 on The CW Network at 8:00 p.m./7:00 p.m. Central, which is KTLA5 here in Southern California. Here is a Sneak Peak of what to expect: <https://vimeo.com/792064596/accd58ec1>



Ramirez has previously appeared on Penn & Teller: Fool Us twice and he is a consultant for the television show, America's Got Talent. Each week Masters of Illusion presents two back-to-back 30-minute episodes featuring amazing magic performed by 40 cutting-edge illusionists, escape artists and performers displaying skills ranging from perplexing interactive mind magic to hilarious comedy routines —

all in front of a studio audience.

The original episode airing at 8/7c is entitled “Blocks, Crystals, and Cocktails” and features magicians, Murray SawChuck with Dean Cain, Lucy Darling (Magic Mixologist), Jonathon LaChance (Breakfast Magician Style), Dan Sperry (Off His Block), Robert Ramirez (Card Control) and My Uyên (Mystery Crystal). To view performance highlights, please visit: <https://vimeo.com/792064449/af8a2ef081>

An encore episode will follow at 8:30/7:30c with “Funky Magic and the Dancing Flame” featuring magicians, Naathan Phan with Dean Cain, Bill Cook, My Uyên, Farrell Dillon, Ed Alonzo: The Misfit of Magic (a resident of Toluca Lake, CA), Chris Funk, Magical Katrina and Glenn Strange.

Masters of Illusion airs weekly on Saturday nights on The CW Network at 8/7c. Weekly episodes of the show can be streamed at <https://www.cwtv.com> the day after episodes are aired.

Masters of Illusion is produced by Associated Television International (ATI) with returning Executive Producers David McKenzie, Gay Blackstone and David Martin. ATI is an Emmy Award-winning company that has been the world's largest producer of magic for both stage and screen for over three decades. ATI's television series, specials and feature films have aired on all U.S. broadcast networks, major cable channels and with television partners all over the world. Current projects, besides Masters of Illusion, include: World Funniest Animals, The Hollywood Christmas Parade, and the Emmy Award-nominated Laura McKenzie's Traveler. ATI has also been Emmy Award-nominated for its various television specials and series.

For more information, please visit www.associatedtelevision.com

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Increase Running Speed Today

By Contributing Writer

Would you believe in just 8 weeks you could become fast like elite sprinters! I know it sounds too good to be



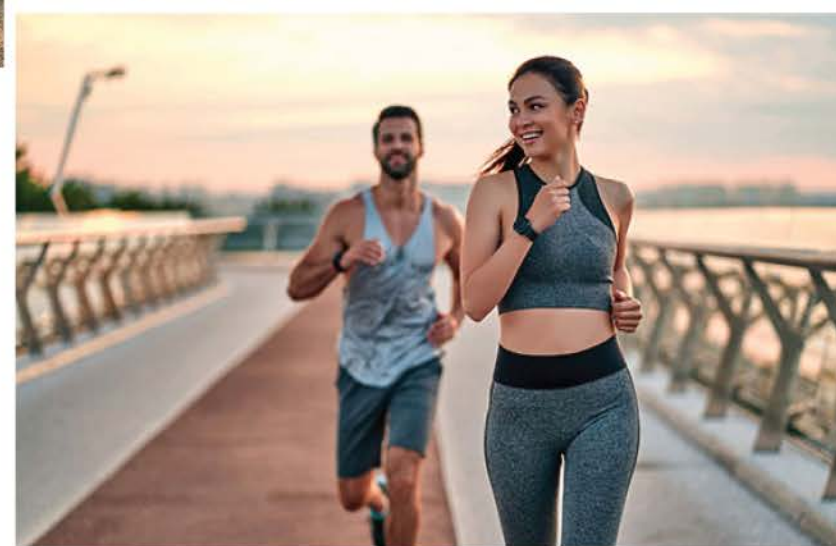
true and no different from other sites promising to improve speed. But, I too struggled and had no way of getting faster. I did tons of research, watched YouTube videos, and even talked to coaches to increase my running speed. People told me that speed was genetic and if I was not born with it I could not get faster. I refused to believe there was not any way for me to increase running speed.

You see I was a track runner who ran the 100m dash which is a very quick race. My personal record was 11.13 while elite runners were 10.6 and lower. It seemed I was stuck at my personal best and could not increase running speed. It was my senior year in high school and I needed to run 10.6 to get seen by



colleges to get a scholarship. But, dropping my time of 11.13 to 10.6 in a season was a milestone considering I had no real talent. I had exhausted every resource I known at the time and none seemed to work. I was on the verge of giving up believing I did not possess the genetics to increase running speed.

Then one night while reading online forums about increasing running



speed someone had a link to this product they reviewed. The link read explosive speed training courses. I was curious about this product but felt I had nothing to lose. So, I read the product and applied it to my training. I immediately noticed a change in my personal record in just two

weeks. I dropped my time from 11.13 to 10.86 in just 2 weeks. After the 4th week my pr was 10.79 and it just kept dropping. The product has a unique way of tricking the muscles and fast twitch fibers to fire rapidly which it will explain to you.

By the end of my senior year I had a personal record of 10.64 and ran in the state track meet. I placed 4th unfortunately, but the time I dropped in just four months was mind blowing to everybody. Adding that I was one of the slowest on the team I was 2nd on the team by the year end. I achieved a milestone with the help of this website. I went on to run at Alcorn State University than later at Mississippi Valley State. I feel it is unfair for me not to share this information. If you want to increase running speed starting today then log onto www.increaserunningspeed.com and learn more!! In just 8 weeks you will increase your running speed for any event or playing in any sport.

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Valley Scene 09/06/19



Pet Birds For Beginners Which One Is Best For You?

By Dara DeYoung

You're toying with the idea of adding a bright-eyed, feathered friend to your home. So, what are the best birds for beginner ornithophiles, or lovers of birds?

Did you know some types of large parrots live as long as humans and require cages as big as small bathrooms? Yes! That's a huge commitment for a beginning bird owner. So, start small. Plus, the pint-sized cuteness of a petite parrot or baby budgie can't be denied.

As you browse your local pet store or animal rescue groups, ask about these types of birds.

1. Canary

These little masters of song not only add joyful music to your home, they're also adorable to watch groom, eat and hop from branch to branch. Male canaries are best housed solo. A pair (male and female) may be kept together.

Their small lime-like size means they aren't a bird for holding or cuddling, but are best for new bird owners who want a pretty bird to admire in a decorative cage for the next 20 to 25 years in the corner of a bedroom or living room.

Canaries come in classic yellow, but also shades of brown, white, green and light yellow.

2. Cockatiel

It's no surprise this bird is nicknamed the 'clown bird' with their fluffy crest of feathers poking up like a mohawk on the top of the head and bright orange cheek feathers. Cockatiels come in solid and patterned varieties featuring yellows, whites, grays and light brown hues.

These small banana-size parrots are sociable, comical and enjoy being handled. They often ride on their owners' shoulders

and scurry down arms to steal bites of snacks or get a closer look at what you're doing.

Cockatiels, which can live up to 25 years, pair best with owners who want hands-on playtime with their pets, such as adults or supervised teens. All birds are delicate and not ideal pets for toddlers or children who haven't learned how to handle things with a gentle touch.

A cockatiel likes a large cage -- think big suitcase size -- filled with toys, treats and perches to explore.



3. Dove
The gentle coo of a dove can soothe even the most hectic of households. These mellow tempered, muted in color (whites, tans, creams) starter pets can be held carefully for a few minutes, but don't love a lot of hands-on attention. They're not likely to bite, so they make a good first pet for children to

admire.

These low-maintenance birds like to fluff up, sink down onto their favorite perch and nap! They also enjoy being talked to, spending time near a window on a bird stand and being offered

nesting materials to build a cozy resting spot.

Doves range in size, but can get as plump as a small eggplant, so they need a larger cage and a companion dove to be truly happy in your home.

4. Finch

These tiny birds are smaller than canaries and like to chitter-chatter away the day with distinct calls and melodies.

Available in a rainbow of colors and varieties, finches are happiest housed in small flocks in a medium-size cage with several branches, a bamboo nest and multiple feeding/watering stations. Finch cages are often hung from the ceiling or displayed in the home's entryway as a conversation piece.

Finches are for admiring, not handling or playing, so they are best companions for seniors or

families that want a touch of nature in their home. Finches have a short 5-year lifespan, a perfect starter bird for those wondering if feathered friends are best!

5. Lovebird

The pudgy, mango-size lovebird feathered with bold combinations of yellow, green, blue, orange and red is known for its smarts and silly antics. During playtime they might try to preen your long hair like a feather or snuggle into a shirt pocket. Lovebirds aren't great at vocalizing words, but are eager to learn tricks.

The best pet birds are the ones you're curious about and have the time and space to care for properly. As you consider which type of bird is best for your household, ask friends and your veterinarian for their insight and recommendations too!

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Build an Indoor Outdoor Patio

By Contributing Writer

Many people dream of having a patio area where they can entertain guests and simply enjoy time in their backyard. A well-built and decorated patio can be the

perfect relaxation place and entertainment area.

Firstly, decide on how big the patio should be and allocate the area in your yard. Draw up a plan or layout so that you incorporate everything you like and, more importantly, so that the builder knows what is to be done. It is important that you decide on whether the patio will be made mostly of glass or of bricks. A balance of both would be ideal. You could opt for a patio that has the back wall built with bricks and the three sides consist of glass doors. Or you could

build the back and side walls with bricks and only have the front section made with glass doors. A patio is also great with a braai area. Seeing that you are building this unit yourself (well with the help of a builder) you can build the braai into the patio area. The braai stand could be built with bricks to any design that you prefer. It could be a single or double braai. You could build a mini work station next to it. It's all up to your imagination. When you plan it, keep in mind that it needs to be functional too. If you are planning on entertaining much then a bar will be good idea too. You also have options here. You could build the bar into the patio or you could build a freestanding wooden bar. The advantage of the freestanding wooden bar is that you can move it. So if you decide you want to use the patio for a birthday dinner party where you need to have a number of tables, then you can move the bar out of the way. This will free up space for all the tables and chairs for your party.



perfect relaxation place and entertainment area.

At this stage you can get all the bricks, cement, doors, windows and other materials that will be required. The builders can get started according to your plan. When it comes to the installation of the windows and glass



doors make sure that you get someone who knows how to install it. The glass doors need to be perfectly lined up to ensure that it slides perfectly. Plus working with glass is a delicate job. Once the patio area is built to your specifications, you can paint it and decorate it. And, of course, you should enjoy it.

Once the patio area is built to your specifications, you can paint it and decorate it. And, of course, you should enjoy it.

February 17 - March 2, 2023

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By Andrews McMeel Syndication

Top Stories

This Weeks Stories...

A couple in Etobicoke, Toronto, left on an extended business trip in January 2022, CTV News reported. When they returned home months later, they were stunned to realize that their house had been sold and the new owners had moved in. Police said a man and woman impersonated the owners, hired a real estate agent and listed the property using fake identification. Police are still looking for the imposters.

Momo the lar gibbon, who lives at the Kujukushima Zoo and Botanical Garden Mori Kirara in Nagasaki Prefecture, Japan, delivered a baby in February 2021, which surprised zookeepers, since Momo lived in her own enclosure with no males around. She was very protective of the offspring, United Press International reported, so it wasn't until two years later that handlers were able to collect DNA from the youngster to determine who the father was. As it turned out, a 34-year-old agile gibbon, Itou, was the baby daddy. Zookeepers found that a partition between Momo's exhibit and Itou's off-display area had a perforated board with holes about 9mm in diameter, and they believe the two were able to mate through one of those holes. The perforated board was replaced with a steel plate, but Momo and Itou will be introduced properly to each other so that they may live as a family.

On Jan. 16, Brazilian attorney Leandro Mathias de Novaes delivered his mother to the Laboratoria Cura in Sao Paolo, where she was scheduled for an MRI. Before they both entered the MRI room, the New York Post reported, they were asked to remove any metal objects from their persons and signed a form detailing the protocols, but Novaes opted to not remove, or disclose, his concealed weapon. When the MRI's magnetic field yanked the pistol from his waistband, it fired and struck him in the stomach; he was hospitalized for three weeks after the incident but died on Feb. 6.

Trevyn Wayne Hill, 21, of Las Vegas, let it all hang out on Jan. 28 when he approached another guest in a stairwell at the Des Moines (Iowa) Downtown Marriott, KCCI-TV reported. Court documents said Hill was naked and brandishing a toilet plunger when he yelled, "I'm going to

(expletive) get you" while chasing the other person. Hill cruised around the hotel in his birthday suit, destroying a sprinkler system and pulling several fire alarms before finally being subdued by firefighters. Hill pleaded not guilty to assault, first-degree criminal mischief and disorderly conduct. [

Early on the morning of Feb. 5, 20-year-old Lantz Kurtz broke into a gas station in Palm Coast, Florida, and stole multiple items. He exited via the front door, apparently unaware that he'd left a big clue behind: his debit card, Fox35-TV reported. Officers responding to the alarm found the card and tracked down Kurtz, who told them he had intended to come back to the store and pay for the items. But Sheriff Rick Staly wasn't having it: "Leaving a debit card behind does not absolve you from theft or committing a burglary," he said.

Robert Powers, 37, managed to terrorize multiple citizens of Altoona, Pennsylvania, on Feb. 6, WTJ-TV reported. He allegedly broke into four different homes, telling one woman as he covered her mouth, "I'm Batman." At the next home, he choked a man, went through his pockets and held him hostage with a pocketknife. Next, he turned the man's gas stove on and forced him into his truck, heading across town at speeds of more than 100 mph before crashing into a Jeep. Powers then kicked open the door of a nearby home and repeatedly asked, "Why'd you do this, mom?" as he walked through the residence. Finally, at the last crime scene, police were able to subdue Powers, who admitted he may have ingested meth or bath salts.

Marcelo "B-boy" De Souza Ribeiro of Sao Paolo, Brazil, is known as the most modified man in the world, with 1,500 tattoos covering his skin and now, a new transformation: a "devil hand." The Daily Star reported that Ribeiro did a lot of research before undergoing the procedure, which split his hand between the middle and ring fingers. "I began to see the possibility of making an opening ... through the middle where you can have opening and closing movements and a firmer folding of the hand," he said. Over the years, he's spent about \$35,000 on his modifications, which also include a split tongue. Ribeiro said he thinks of his body as an "art exhibition."

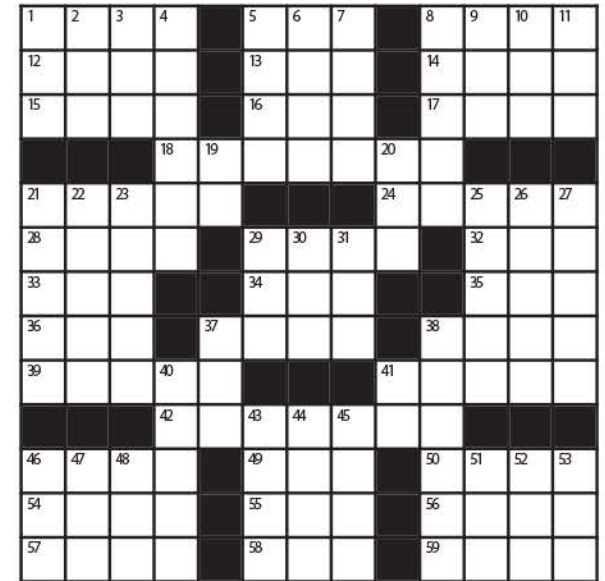
Across

1. Always
5. "Yuck!"
8. Change
12. Weight of a vehicle
13. Express aloud
14. Cultivate
15. Rock that stands out
16. Psychic's claim
17. "___ Betty" show
18. Divinity
21. Bedim
24. Petering out
28. Lung noise
29. Young builder's dream
32. 5th is special for Latinos
33. Sphere
34. Downhill sport
35. Golfer's target
36. Long ___
37. Yeman seaport
38. Art style
39. US philosopher, John
41. Inexpensive magazines
42. German city
46. Japanese liquor
49. Intel org.
50. "What are the ___?"
54. Middle-___
55. Sundown in Scotland
56. Disentangle
57. Glazier's item
58. Dull
59. Edges a hankie

Down

1. Abbr. after a comma
2. Reseller for short
3. Historic time
4. Jamaican jazz
5. Hand-me-down
6. Long cut
7. Publicity build-up
8. Cram for a test
9. Hair piece
10. ___ in one
11. Thickness
19. Either's partner
20. Hoopla
21. Widespread
22. Grand
23. Jostle
25. Drive to action

Print this Page! Ctrl + P



27. Greek sandwiches
29. 60's drug
30. Live on the edge of existence
31. Martini ingredient
37. Yes, to a captain
38. Bench locale
40. Skip
41. Circular measurement
43. Cold, at Starbucks
44. Dock
45. Kooky
46. Plant product
47. Marauding Khan
48. Boy toy?
51. Evidence
52. "Silent Spring" subject
53. Nine-sound signal



Previous Puzzle





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ties. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

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Eating Disorders And The College Years



the realities of college life—increased workload, less structure, and focus on peers—collide with anxieties, learning issues, or poor self-esteem.

Eating disorders develop when the need to feel control is channeled through food restriction, and over-exercise.

“College can be a time of excitement and stimulation and stress,” explains Dr. Baker, a child and adolescent psychopharmacologist. “It asks young people who are not yet adults to act in an adult way.”



“The stress of college, a new social context, and dealing with independent living can trigger a new mental illness,” explains Douglas Bunnell, PhD. “If you have a heavy dose of anxiety and you’re in a social environment, and you’re constantly exposed to the thin body ideal, that’s a convergence of factors that can drive an eating disorder.”

cause problems, but for students struggling with eating issues it can wreak havoc.

Bulimic patterns can be triggered when students try and fail to stick to unreasonably restrictive diets. Slip-ups can lead to binges, which in turn bring on feelings of shame and guilt.

Disordered eating versus eating disorder

When does dieting become a disorder? “Not everyone on a diet will develop a disorder,” explains Dr. Bunnell. “At the high end is anorexia, bulimia, and binge eating disorder, and at the low you have disordered eating.”

Disordered eating ranges from fad dieting, or restricting fats, dairy, or gluten, to over-exercising, abusing laxatives, bingeing, or purging.

When trying to determine if habits are more serious, it’s important to look at the impact they have in other areas of life. “To what extent do the eating, weight, shape, body image concerns really start to dominate?”

Eating disorders in college students are serious, and can be life-threatening in some cases. “There is a woeful lack of awareness about how serious these disorders are,” says Dr. Bunnell, citing the stereotype that eating disorders stem from an overblown sense of vanity or desire to be beautiful. “These are not just extreme diets, they are real medical illnesses.”

A need for control

Kids at risk for anorexia or bulimia might have struggled with a need for control in day-to-day life before college.

Managing food intake is a whole new ballgame. Unscheduled, unhealthy eating can

By Contributing Writer

Eating disorders can and do occur in teenagers and young children. But it’s during the college years that young people are most at risk.

The challenges of college life, create what Alison Baker, MD, calls a “perfect storm” for these disorders. The storm occurs when



IMPORTANT FACTS ON ECZEMA IN KIDS

By Contributing Writer

this. They feel the pain but cannot express it. All they can do is scream and cry.

Common triggers of Eczema

The parents must look for flare-ups that intensify eczema. Fragrant skin products like shampoo, lotions, creams, and soaps trigger eczema at once and it is better to avoid them.

The skin of babies and young kids is extremely sensitive and may get rashes very soon. Therefore, the clothing and bed linen of children must be skin-friendly. The inferior quality of the material will immediately irritate the skin.

Woolens may also cause redness and itchiness. The parents must take care of this aspect too.



Eczema causes skin inflammation in the body. In the case of a child, the problem of eczema is unbearable. The skin becomes dry, bumpy and flaky. The child feels like scratching all the time. Continuous rubbing and scratching of irritated skin further the problem. Even babies cannot escape from

Another major factor is change in weather. The change is when the patient may suffer most.

In addition, the consumption of some unsuitable foods like nuts, eggs, and spicy foods may trigger eczema among kids. However, the effect and intensity of the problem may vary from one person to another.



Another peculiar reason is the presence of pets. Sometimes, pets and their hair intensify this issue.

It would be a good idea to observe and note down the trigger factors. In case, anything flares up eczema then it must be kept away from the patient.

Preventive measures to heal Eczema

Prevention is the first step to control eczema and heal the affected person.

1. The parents must maintain a clean and dust-free atmosphere surrounding the afflicted child otherwise, it may intensify the eczema problem. The presence of dirt and dust has a negative effect on eczema patients.

2. To control skin inflammation and itching, the parents must keep the child clean. A daily bath with a mild and scent-free soap is ideal for the child. The towel of the child must be of good fabric. It should be kept clean with the help of a mild detergent.

3. Keeping the skin hydrated is equally important as it controls the itchy feeling. Therefore, the use of a medicated moisturizer is mandatory for eczema patients.

4. Mother Nature has many gifts that provide solutions to various illnesses and diseases including eczema. Utilize home remedies for Eczema. Coconut oil is an easily available and effective remedy to heal itchiness due to the Eczema problem.



5. Extract of blueberry leaf also helps to relieve inflammation and swelling.

Moreover, there are various solutions available in the market. The concerned parent can take the advice of the doctor before choosing the solution. However, medicated products, drugs and treatments may provide relief but with side effects and at a high cost.

On the other hand, homemade solutions available require less effort and money. Such natural remedies can be extremely useful for afflicted child. Therefore, take advantage of the free gifts from nature and provide relief to the child from eczema.

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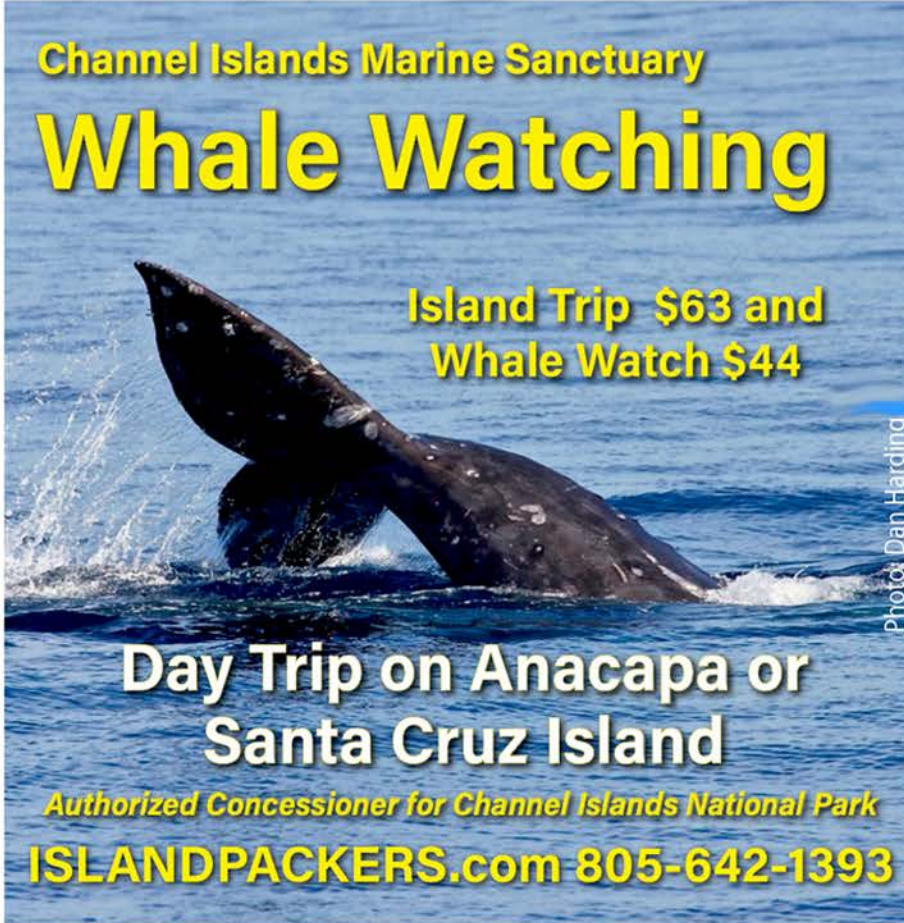


Photo: Dan Harding

FASHION

CELEBRITY DUNGAREE STYLE INSPIRATION TO CHANGE YOUR WARDROBE

By Contributing Writer



She clubbed it with long sleeves optic white tee, tortoiseshell sunnies, two-tone tote and white pumps.

Vanessa Hudgen in Double Denim

So, can you wear denim with denims? It's worth trying, especially after seeing Vanessa Hudgen in her Double Denim Dungaree. She wore her white short dungaree with a woven tank top and wrapped a blue denim shirt around the waist.

Beyonce in Her Triple Denim Look

Who would have thought of a triple denim look other than the gorgeous Beyonce. She layered a chambray shirt under her rugged denim overalls and guess what? The fashion boss also shrugged on a denim jacket.

SJP in her Slim-Fit Dungaree

It is difficult to forget the amazing dressing sense of Sarah Jessica Parker. Her fashion sense is unbeatable and this slim fit denim dungaree

Overalls have been in fashion since the 90s and has evolved, making it the perfect go-to attire. They even made an appearance on the runways.

It's amazing to see the way a 90s essential made its comeback. The only problem with dungarees is - It can be tricky to wear. Let's see how celebrities rock their overalls.

Hilary Duff in Blue Denim Overall

Hilary Duff is a fashion chameleon. We can't get over her curve hugging blue denim overall. Duff flared her game with a red tank top and a black cross body bag. While she wore it with platforms, you can also try it with wedge or booties.

Olivia Palermo in Black Leather Overall

Overalls don't always have to be simple, you can attain a bold and cut-edge look. We got this from Olivia Palermo. Palermo flaunted her black leather overalls with understated accessories. Her mesh pumps and chain-link jewelries are what every fashionista needs.

Olivia Culpo in Sleek Ivory Overalls

This ivory overall could have gone wrong, but in this case we adore the way Olivia Culpo has paired it.

outfit proves it. The catch was the extra-over-size white shirt; she let it hung off one shoulder.

Perrie Edwards in Her Shortalls

Perrie Edwards can be a real inspiration for girls with petite bodies. Her Shortalls with plain white t-shirt look was a piece of art. She is accessorized it with a belt, some funky bracelets and shining shoes.

Taylor Swift in Black Dungaree

Those who are not so-comfortable with a little skin show, dungarees could just be the answer. Pair with a crop top and instead of showing entire tummy, it will just show a bit of the sides. Taylor Swift showed up in one such attire with black boots and cross body bags. She nailed it like a boss and so can you.

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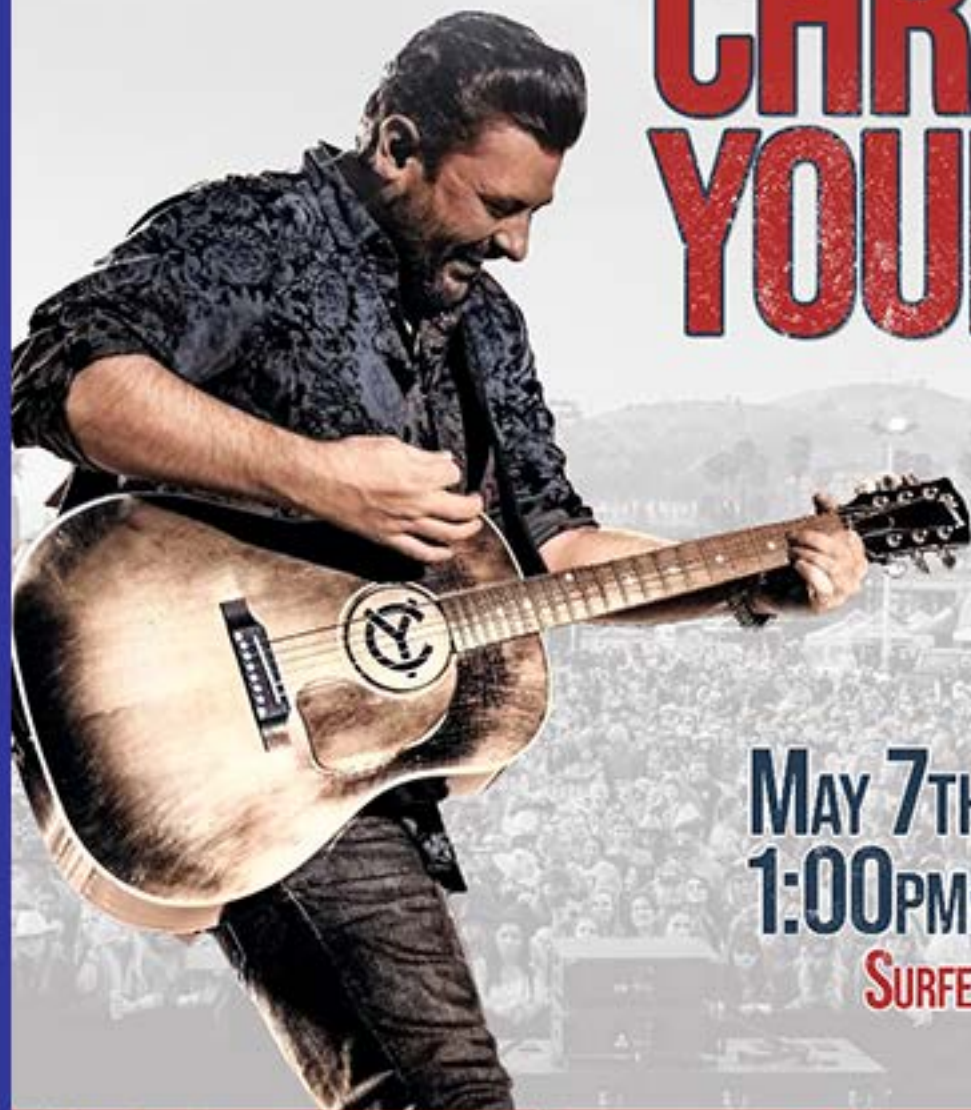
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