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→ JANUARY 20 - FEBRUARY 2, 2023 VOLUME 24 NO.2

MOVIES



A Man Called Otto

MUSIC



The Fleetwood Mac Concert Experience

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BY BARBARA BECKLEY

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WINTER WHALE WATCHING

Majestic Tours Sailing From Ventura Harbor

By Contributing Writer

– Island Packers, the official boat concessionaire to the Channel Islands National Park, has recently announced daily departures to the Channel Islands National Park from Ventura Harbor Village, and is now offering Winter Whale Watching Excursions through April 2023. Book your spot today to view these magnificent mammals at www.islandpackers.com.

Also, visit <https://www.venturaharbor-village.com/directory/island-packers/> for more information.

A winter Whale Watch is a perfect way to gather with family and friends to view Pacific gray whales migrating through the Santa Barbara Channel from their feeding grounds in Alaska to their breeding grounds in Baja. Pacific gray whales are normally sighted in the National Marine Sanctuary near Anacapa and Santa Cruz Island that began in late December and extending



through the middle of April 15, 2023. This mammoth migration of over 20,000 whales and 6,000 miles twice a year remains a major attraction in Southern California. Sightings of the southern migration began in December for Pacific gray whales, and Island Packers also saw humpback whales, fin whales, and occasionally orcas. Common dolphin are enjoyed year-round, delighting passengers as they frolic with the boat, and ride the bow and stern waves.

For Island Packers most recent sightings visit www.islandpackers.com or find them on Twitter and Instagram.

The three-and-a-half-hour Winter Whale Watch Cruise provides stunning views of the Ventura coastline or the Channel Islands: depending on where the whales may be sighted. Winter

Whale Watch excursions are available now thru mid-April from Ventura and/ or Channel Islands Harbor departing at 9:30 a.m. and/or 1:30 p.m. Rates for half-day trips are \$44 for adults, \$40

for seniors, and \$31 for children 3-12. Children 2 years old and younger ride free. All-day trips with landings and camping trips to Anacapa and Santa Cruz Island are also available year-round. On Santa Cruz, both Scorpion Anchorage and Prisoner's Harbor is now open. All-day trips run from \$64.00 to \$120.00 per adult.

What makes whale watching a great activity:

Affordable family fun – Half day excursions start at \$44 for adults; \$31 for kids

Flexible – Winter trips depart twice a

day, almost daily (weather permitting) until mid-April

Educational – Crew aboard the whale watching cruises have many years of experience sighting whales on the waters of the Santa Barbara Channel and will narrate and inform guests about all the varieties or marine mammals seen on your cruise

Get in touch with nature – It is not just whales that make the area so special; visitors may also see sea birds, sea lions, and the coastline of the offshore islands while onboard

Following a fun filled day at sea:

Learn more about the Channel Islands and National Marine Sanctuary – Make a visit to the Channel Islands National Park Visitor Center, open daily, nearby on Spinnaker Drive in Ventura Harbor

Dine & Shop waterfront – Just steps from vibrant Ventura Harbor Village, enjoy seaside dining, shopping at boutiques, sweet treats, wine and live entertainment after the excursion

For more information about Island Packers, call 805-642-1393 or book or visit online at www.Islandpackers.com



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Overture

Tchaikovsky: Symphony #1 in
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Korngold: Violin Concerto in D major
- Alena Hove, violinist

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SPECIAL EDITION:

CELEBRITY SECRETS OF FITNESS AND BEAUTY

By Barbara Beckley

AWARD SEASON IS HERE! THE 65TH GRAMMYS ARE FEBRUARY 5TH. THE 95TH ACADEMY AWARDS ARE MARCH 12TH. WE ABSOLUTELY KNOW THE CELEBS ARE PRIMING AND PUMPING TO LOOK THEIR GLAMOROUS BEST. SO, LET'S STEAL THEIR SECRETS! AND BE THE AWARD WINNERS OF OUR OWN PERSONAL BEAUTY BEST.

The Skinny on Skin

Wonder how stars from Cate Blanchette to Lea Michele keep their complexions glowing and healthy? “Exfoliate, exfoliate, exfoliate!” says model Christie Brinkley. She starts every day exfoliating her face, says www.byrdie.com. Brinkley uses the exfoliant from her Christie Brinkley Authentic Skincare line (\$30-\$90 at Amazon.com) to increase cell turnover, unclog pores and make other products absorb more easily. Bollywood super star Priyanka Chopra has “tons of beauty secrets that work like magic,” she told byrdie.com. The best – an easy make-at-home facial mask to brighten your skin. Blend equal parts yogurt and oat meal (1-2 tablespoons) with turmeric (1-2 teaspoons), mix, apply, and leave on for 30 minutes. Studies show yogurt helps skin retain moisture and maintain elasticity; and oatmeal is an anti-inflammatory. Too, too easy!! British actress Leona Lewis recommends high quality products. Higher quality products are often more easily absorbed into the skin, she told byrdie.com. Lewis’ mother is an herbalist and Lewis says the key to glowing skin is oil. Jennifer Lopez agrees. Olive oil is the hero ingredient in her JLo Beauty (www.JLoBeauty.com) line for all-day hydration and radiance.

Just like our moms... Penelope Cruz says “eat healthy and get lots of rest.” Actress/singer/songwriter Lea Michele keeps her skin glowing by drinking lots of water and getting lots of sleep. “Divide your weight in half and drink that amount in ounces. It makes a real difference in how your skin glows,” Michele told byrdie.com. Salma Hayek



believes in washing off her make-up before going to bed – “no matter how tired or sick or even drunk you are. I might forget the jewelry, the dress, the shoes – but I always wash my face. It’s second nature,” Hayek confided to www.instyle.com. Sarah Jessica Parker agrees. “Always go to bed with clean skin.”

Remove stress is Cate Blanchette’s beauty secret. Stress can lead to inflammation, early skin aging and aggravated skin conditions, she believes. Indulge often – in a day spa or just relaxing in the bath to keep your skin clean and

smooth, she says. Jennifer Aniston goes high tech for her skincare. According to www.instyle.com, Aniston uses a mixture of microcurrent facials – “little workouts for you face” – and Clear + Brilliant Laser (www.laseraway.com) treatments. Halle Berry sprays her face with rosewater and lets it sink in before applying makeup. “It keeps my makeup looking very dewy,” she told instyle.com. Instyle also revealed that Chrissy Teigen loves Shani Darden’s Retinol Reform Resurfacing serum (\$88 at Shani-darden.com) to smooth out fine lines. And January Jones loves Tracie Martyn’s Neck and Body Resculpting Cream (\$108 at TracieMartyn.com) for “anywhere that needs firming – face, legs, neck, arms.”

Trending – Beauty Inside Out

Even celebs know beauty comes from within. But there’s no harm – and major benefit – to helping our inner beauty shine through with health supplements. The hottest sellers are collagen supplements – plump baby, plump! Vitamin K, which studies have shown helps to lower the odds of depression, according to www.verywellmind.com. And body building, vegan-free, immunity, sleep, stress support and cognitive health supplements, says www.nutra-science.com.

New on the scene is Snail Mucin. Yup – a skin care ingredient derived from snail slim. It jumped 201% in popularity last year, according to www.meetglimpse.com. Rich in nutrients and proteins look for it in anti-aging and moisturizer products. Also, Clear Whey protein, in which the fat and lactose have been removed, leaving a high-quality, low-in-fat-and-calories, easy-to-digest protein. Iron folic acid tablets, combining iron and folic acid for increased nutrients, are trending with women who are or trying to be pregnant. Also, Vitamin B12 shots – for a quick boost to mental clarity; Vitamin C, which appears to aid in the prevention of anxiety, Alzheimer’s, and depression; beef liver tablets said to improve liver function, energy levels and cognitive function, and TUDCA, a chemical derived from a bile acid in the liver, thought to help protect our livers and reduce inflammation.

Fitness favorites, according to www.meetglimpse.com, are Turkesterone supplements, thought to improve muscle mass and reduce body fat – in just a few weeks! And the OstroVit (www.ostrovit.com) sports supplement brand, made from natural ingredients, said to promote muscle growth, weight loss and overall health.

After our Covid lock down we all need a little mental health. To the rescue is Inositol, a carbohydrate found in plants and animals, said to benefit our mental health as well as help in weight loss and reduced inflammation. According to www.getthegloss.com, these are the top six supplements to stay mentally strong: B vitamins, which support the nervous system and help with memory and mental clarity. Magnesium for a good night's sleep to help with energy metabolism and reduce tiredness and fatigue. Probiotics – research has shown psychological health is tied in with digestive health. 5-HTP, an amino acid that appears to improve sleep and lower depression – within two weeks! Lastly, Omega 3 fish oils and Vitamin D, which together optimize the “good mood” hormone Serotonin levels in our brains.

Immune system and digestive health are also top of mind. Pre-biotics (a fiber that helps probiotics grow) are the newest addition to probiotics (a beneficial bacteria) to support our immune system and improve digestive health.

Styling with Exercise & Fresh Air

Hiking – tried and true for health, mental well-being, and a good figure. Lucky for us, we've got some 140 trails at our toe tips. Among the best, says www.alltrails.com: In the easy category, the 2.3-mile, 60-minute “Elysian Park West Loop Trail,” with sweeping views of DTLA; and scenic 4.6-mile, 2.5-hour “Rivas Canyon Trail” in Will Rogers State Historic Park.

Moderate hikers enjoy fantastic LA vistas on the 3.6-mile, two-hour “Glendale Peak via Riverside, Hogback & Mount Hollywood Loop” in Griffith Park. And breathtaking

coastline views along the 7.1-mile, three-hour “Mandeville Canyon Trail” in Sullivan Canyon Park. A third moderate choice is the 5-mile, 2.5-hour “Betty B Dearing Mountain Trail” in Fryman Canyon Park, beginning in Coldwater Canyon with stunning valley views. For sweeping San Fernando Valley overlooks, climb to the top of three hills on the moderate 2.2-mile, 1.5-hour “Veteran's Park Trail” in Veteran's Memorial Community Regional Park in Sylmar.

If you're a hard charger, the “Wisdom Tree, Cahuenga Peak & Mount Lee Summit Loop” in Griffith Park, delivers 2.5 hours of solid trekking along 3.9 miles to an elevation of 1,407 feet. Also, the “Griffith Observatory,

Hollywood Sign & Cahuenga Peak” at 9.2 miles and 4.5 hours in Griffith Park. For killer ocean and LA sights on all sides – the 2.9-mile, 2-hour “Tiger Tail Trail” – follows a ridge through the Santa Monica Mountains National Recreation Area ending in the Brentwood neighborhood off Tiger Tail Road.

Wherever you hike – do it like a star – in style! Footwear: hot for 2023, celebs Katie Holmes, Emily Ratajkowski and Zoe Kravitz are wearing Lowa Renegade GTX (\$183 at Backcountry.com) hiking mid-boots, www.glamour.com revealed. They're not hiking of course, but you can. Lowa's are super sturdy and waterproof. Glamour.com also loves the Danner Mountain Light Cascade boot (it's the style Reese Witherspoon flung off a cliff in the movie “Wild”) (\$380 at Danner.com), each made from one piece of leather to keep out dirt and water, with a five-inch sole! Top pick at www.gearjunkies.com: Danner Trail 2650 hiking shoes (\$190 at Danner.com), inspired by the terrain of the 2,650-mile Pacific Crest Trail. Leather with a grippy outer sole and trendy earth colors like cool yellow/orange. Ranked best overall by www.gearjunkies.com, the “Alta Lone Peak 6” (\$140 at Amazon.com) is stylish, organic in feel and gives a spacious “zero-drop” experience.



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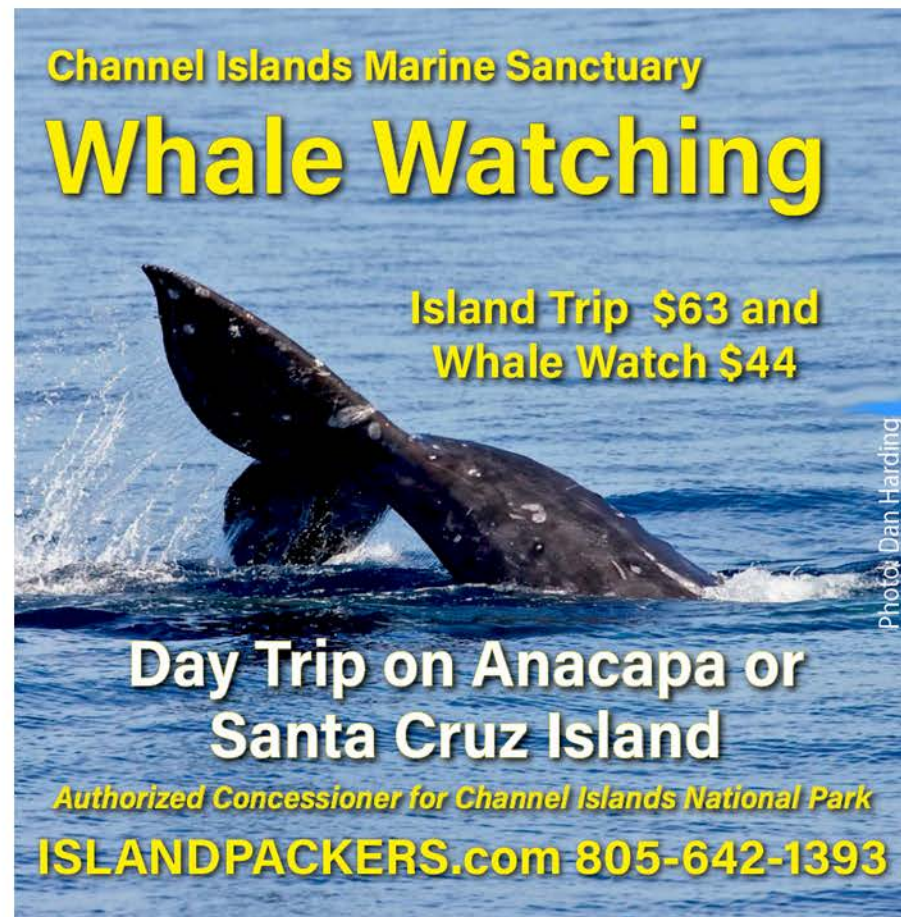


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A compass! Always fun to know which way is north, east, west or south when you're deep in a canyon. Must-haves for 2023, according to www.wilderness-times.com, are the Suunto Mc-2G (\$78 at Amazon.com). It's super reliable even under magnetic variations and has a chord to it wear around your neck. And the lightweight Brunton TruArc 3 (\$16.95 at Amazon.com) made in the USA. Hooray! At 1.1 oz it's the size of a credit card.



Fashionista hikers wouldn't be caught without the chic new Crazy Cap UV water bottle (\$34-\$99 at Amazon.com). In a variety of colors, double-walled vacuum insulated stainless steel or plastic, the Crazy Cap is just that. A screw-in cap with a built-in NSF certified ultra violet light water purifier that activates every hour! Keeping the bottle clean and the water purified and free of microorganisms.



Always stylish – horseback riding! Plus, it's great exercise, especially for your core. Ride where celebs have, with ocean views and recognize the scenery from the TV hit *M*A*S*H* and numerous movies with Malibu Riders (<http://www.maliburiders.com>) through Malibu Creek State Park (aka 20th Century Fox Ranch) and the Paramount Ranch. From 90-minute to two-hour guided rides, \$100 - \$200. Or thrill to 80-mile views in all directions, and incredible sunset rides at the Los Angeles Horseback Riding Ranch (<http://www.losangeleshorsebackriding.com>) in Topanga. Guided rides, \$100 - \$200. Or in the celeb-centric Hollywood Hills at the Sunset Ranch ([\[www.sunsetranchhollywood.com/\]\(http://www.sunsetranchhollywood.com/\)\) in Hollywood. One hour \\$65; two hours \\$145, and its famous Mt. Hollywood Evening Tour, \\$145 including sweeping views of LA and the Hollywood Sign.](http://www-</p>
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Gym vs. Bootcamp

You decide. TV talk show host Kelly Ripa uses dance-based workouts to keep her youthful looks, according to instyle.com. Orchestrate your own routine at your own speed, with or without a coach, at favorite neighborhood gyms like the Fit House (https://fithouse818.com/) in Sherman Oaks. It offers independent, group fitness and personal training. Also, 24 Hour Fitness (https://www.24hourfitness.com/gyms/mision-hills-ca/) in Mission Hills is great for cardio, free weights, etc. plus an indoor lap pool, sauna, and steam.

Or set a goal and pretend you're a Marine recruit – almost. Push to the limit in short bursts with an instructor-led Bootcamp HIIT (high intensity interval training) program at Tru Fit Bootcamp (https://trufitbootcamp.com/) in Van Nuys. Maybe its "Burn & Build" low impact class, doing push-ups, pull-ups, running, rowing, box jumps and more – in 45 minutes! Or "Sweat & Shred," leaving no muscle behind as you work

various heart rates (you're wearing a heart monitor) shown on live a TV – also in 45 minutes.

If weight loss is your beauty priority, consider the bootcamp-style "Six-week 20-pound Weight Loss Challenge" at The Camp Transformation Center (https://thecamptc.com/locations/northridge-california), in Northridge, Burbank or Panorama City. Or go off the grid and onto the lawn at The La Brea Tar Pits Museum on Wilshire Boulevard, and the Bootcamp LA Outdoor Fitness (www.bootcamppla.com) three-day-a-week program of running, lifting weights, stretching and more.

The award for beauty goes to...YOU!

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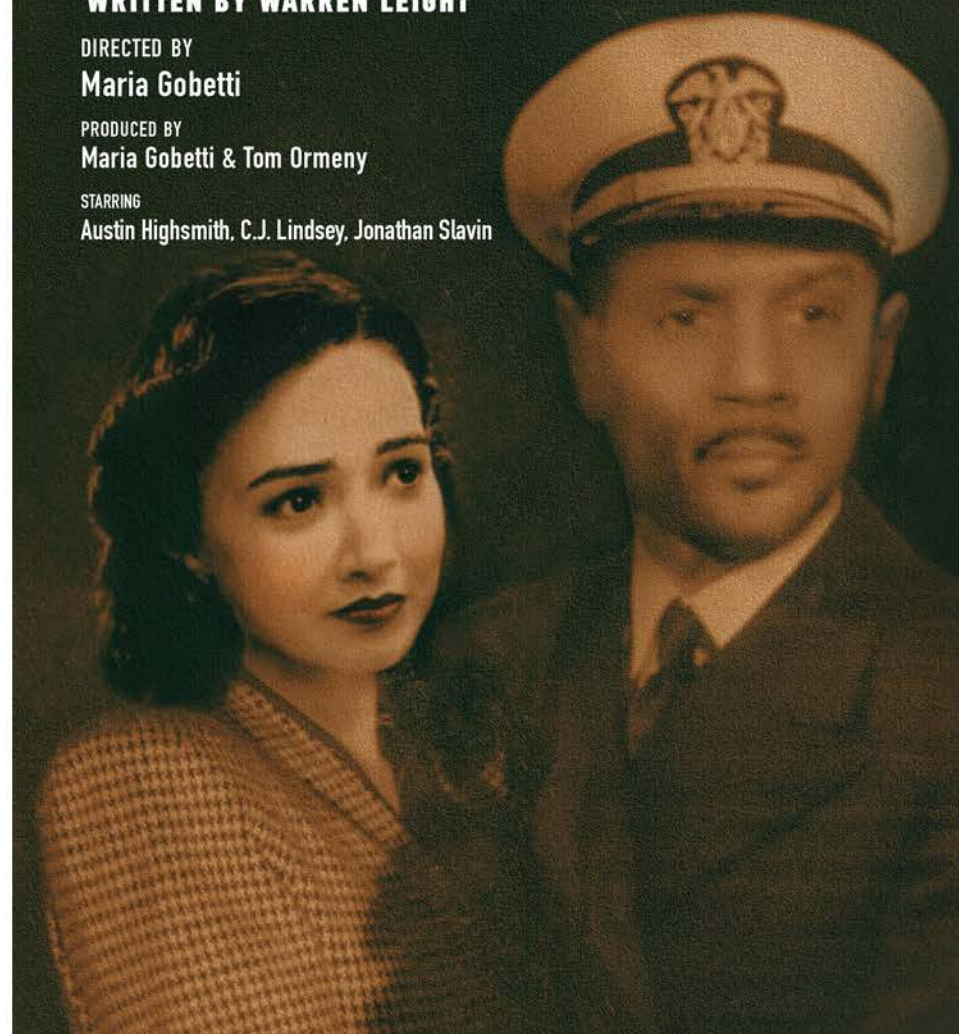
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NEW TECHNIQUES AND TECHNOLOGY IN MASSAGE THERAPY BRING RELAXATION TO NEW LEVELS

by Laura Grover

Massage therapy is one of the oldest and most well-known forms of healing. For centuries, people have relied on massage to relieve pain, tension, and stress.

And thanks to modern technology and techniques, massage therapy is more effective than ever before! In this article, we will explore the advancement of massage therapy technology and techniques.

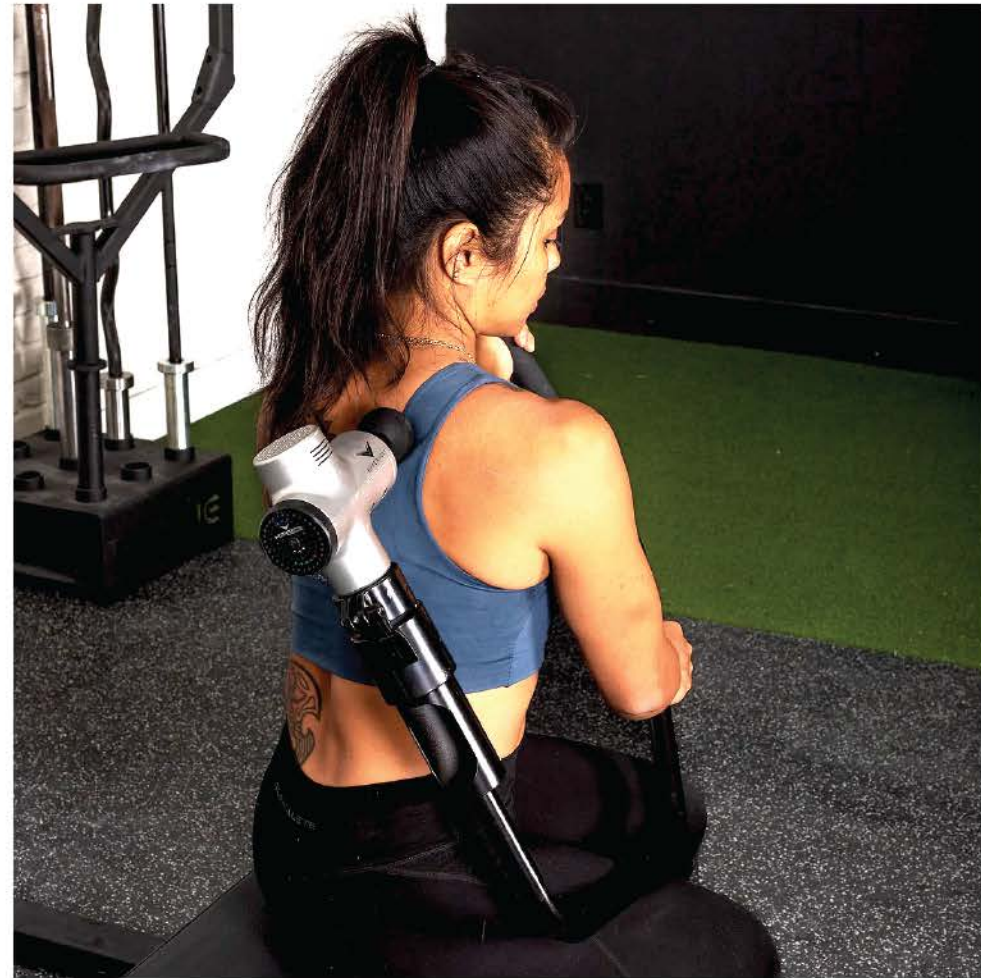
This is a peek into how they have changed the way therapist have modified

their approach massage therapy, and how they can benefit you and your career.

Advancing technology

One of the most significant advancements in massage therapy has been the development of new and improved massage machines. These machines allow therapists to provide a more targeted and effective massage.

They can also be used to target specific areas of the body that are especially tense or sore. This means that you can get a more customized and focused massage, which



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can lead to better results.

The massage 'gun' is a good example of this. It is a handheld device that uses vibrations to massage the muscles. It is said to be very effective at relieving pain and tension.

Another example of an advanced piece of massage equipment is the 'zero gravity' chair. This chair allows the therapist to adjust the angle of the massage, so they can target different areas more effectively.

These are just some examples of how technology is changing the face of massage therapy. With new and improved tools, therapists can provide a better service and get better results for their clients.

Improved techniques

As well as advances in technology, there have also been improvements in massage techniques. One of these is 'trigger point release therapy'.

This technique involves applying pressure to specific points in the body

Trigger point therapy is a type of massage that focuses on relieving pain by targeting specific points in the body. This

technique can be very effective for treating chronic pain, headaches, and other conditions.

There are also a number of new massage techniques that use electronic devices. One such technique is 'laser therapy'.

Laser therapy uses a beam of light to penetrate the skin and stimulate the body's cells. This can help to improve blood circulation, reduce inflammation, and promote healing.

Another popular electronic massage technique is 'ultrasound therapy'.

Ultrasound therapy uses high-frequency sound waves to penetrate the skin and stimulate the body's cells. This can help to improve blood circulation, reduce inflammation, and promote healing.

It is clear that massage technology and techniques are advancing at a rapid pace. With so many new tools and techniques available, therapists have never had more options for helping their clients achieve better health and well-being.



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A Man Called Otto

Sentimental tales about grumpy old men and American decline have, until recently, typically been the domain of Clint Eastwood.

But in “A Man Called Otto,” Marc Forster’s adaptation of Fredrik Backman’s bestseller and a remake of the 2016 Swedish film “A Man Called Ove,” it’s Tom Hanks prowling the neighborhood and irritably grumbling about how things used to be. In the original, Rolf Lassgård richly inhabited the role of Ove, a curmudgeonly widower — a Forrest Grump — whose suicide attempts are foiled by needy neighbors and, ultimately, his grudging, sincere devotion to them.

Exasperation, whether directed at a crying ballplayer or a slobbering canine, has always been squarely in Hanks’ wheelhouse. But despondency or even plain get-off-my-lawn omeriness are less obvious traits possessed by the actor sometimes called “America’s Dad.” Following Hanks’ villainous turn as Col. Tom Parker in “Elvis,” the 66-year-old has found in “A Man Called Otto” another role that interestingly, if not always entirely successfully, caters to his strengths while tweaking his familiar screen presence.

It also may rob “A Man Called Otto,” which opens with Otto buying rope to hang himself with, of some of its spirit. We know there are dark roads that Hanks just isn’t going to go down, and some of the early, more caustic scenes of Forster’s film strike a false note. But as “A Man Called Otto” makes its way through Otto’s life, cutting between his present-day squabbles and flashbacks of happier times with his wife, Sonya (Rachel Keller), Hanks movingly tailors the role to himself. How “A Man Called Otto” unfolds won’t surprise anyone, but it does the trick for a little post-holidays heart-warming.

“A Man Called Otto” is set in the prefab row-house development Otto has long lived in, where he tirelessly tisk-tisks any rule breakers, re-sorts misplaced recycling and berates drivers who violate the street’s regulation against through traffic.

Screenwriter David Magee (“Life of Pi,” “Finding Neverland”) hues closely to the Swedish film as a kind of parable of community. Up and down the street are all the people the freshly retired Otto barely tolerates: friends-turned-enemies (Peter Lawson Jones, Juanita Jennings), a friendly exerciser (a delightful Cameron Britton), a transgender paper



deliverer and former student of Otto’s wife (Mack Bayda). Most of all there is Marisol (a terrific Mariana Treviño), a pregnant mother of two has just moved in with her husband (Manuel Garcia-Rulfo). Various needs — a stray cat, a borrowed ladder, driving lessons — intrude on Otto’s desires for a peaceful death and, in between aborted suicide attempts, gradually rekindle his will to live.

It’s sometimes too broadly drawn. Mike Birbiglia plays a predatory real estate agent from a company not-so-subtly called Dye & Merica. (“Sounds like Dying America, which it is,” says Otto.) But “A Man Called Otto” is less after realism

than it is a modern-day fable, with shades of Scrooge and the Grinch. As a tale of a solitary man, Hanks has made it a poignant work of family. Rita Wilson, his wife, is a producer and is heard singing a song in the film. The younger Otto is played in flashbacks by their son, Truman Hanks. Even Chet Hanks’ “White Boy Summer” blares from a car radio.

Another tune, though, is a more thrilling needle drop. The less said probably the better, but suffice to say, it could be a sign that the Kate Bush renaissance so hearteningly kicked up by “Stranger Things” has not yet abated. If that’s not life-affirming, I don’t know what is.

Plane

By Contributing Writer

After “Airplane!” “Airport,” “Up in the Air,” “Flight,” “Snakes on a Plane,” “Non-Stop” and “The Terminal,” we have finally arrived, like weary passengers reaching an unexotic destination, at “Plane.”

The Gerard Butler thriller, straight and to the point, has dispensed with anything too complicated in its title. We can, no doubt, look forward to future installments like “Bus,” “Automobile” and, if we’re lucky, “Boat.”

But if “Plane,” which opens in theaters Friday, seems, well, kind of plain, it effectively reflects the ethos of Jean-François Richet’s straightforward and serviceable action flick. Man fly plane. Plane go down. Man (maybe) fly plane again.

And Butler has gotten quite good at keeping these kinds of movies grounded. He plays Brodie Torrance, a pilot for Trailblazer Airlines whose next flight is a New Year’s run from

Singapore to Tokyo. Despite a worrisome storm system in between, he’s ordered by the airline to fly directly through it, to economize fuel.

“Plane” doesn’t have much to say about anything. But this critical touch — and the subsequent scenes within the Trailblazer corporate offices, with Tony Goldwyn and Paul Ben-Victor — will surely strike a chord. Americans are today bonded by nothing as much as their common loathing for the capriciousness of commercial airlines. The well-timed “Plane” flies into theaters just as system failures have sparked widespread delays and cancellations. These are problems, surely, that Gerard Butler could also fix.

But Brodie’s real problem is that weather system. A lightning strike knocks out the plane’s controls, forcing an emergency landing on a remote jungle island in a separatist-controlled corner of the Philippines. Brodie, a former Royal Air Force pilot who once put a belligerent passenger in a chokehold,



relies on his know-how to captain the survivors and defend them from local rebels. Evan Dane Taylor appealingly plays their alert leader, Junmar.

There were only a handful of passengers on the flight to begin with — one way to keep the extras to a minimum and put more budget toward airplane maneuvers. Most notable among them is a convicted murderer (Mike Colter) being extradited back to the U.S. He and Brodie team up to rescue the passengers, taken as hostages, and make an escape.

There isn’t anything particularly specific about any of this. “Plane” is as broadly sketched as its title. Puerto Rico doubles here for Philippines, and most of the story elements, too, feel like they’re stand-ins for basic plot conventions. But there’s plenty of texture just in the actors and in Butler’s taut, sweaty performance. Sometimes a film without any baggage can — if not quite soar — at least make it to the gate on time.

THE FLEETWOOD MAC CONCERT EXPERIENCE

Starring Gypsy Dreams

By Contributing Writer

Experience the timeless power of one of the greatest supergroups of our time as 'Gypsy Dreams' brings their exciting Fleetwood Mac tribute to the Scherr Forum stage!

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

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One of the most authentic tributes of its time, The Fleetwood Mac Concert Experience will take you back to the days when album rock ruled FM radio and the timeless songs of Fleetwood Mac became the soundtrack of our lives.

Witness the most authentic and exciting Fleetwood Mac Tribute shows touring today... The Fleetwood Mac Concert Experience starring Gypsy Dreams!

"You can expect to be transported with incredible accuracy to the days when Stevie, Lindsey, Christine, Mick, and John were together on stage singing and playing all your favorite hits."

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For more information on Gypsy Dreams visit: <https://fleetwoodmaccoverband.com>



Their 1975 self-titled album, 'Fleetwood Mac', reached No. 1 in the United States. 'Rumours' (1977), Fleetwood Mac's second album after the arrival of Buckingham and Nicks, produced four U.S. Top 10 singles and remained at number one on the American albums chart for 31 weeks. It also reached the top spot in countries around the world and won a Grammy Award for Album of the Year in 1978. Rumours has

January 20 - February 2, 2023

CARPENTERS LEGACY

By Contributing Writer

Direct from Las Vegas, Carpenters Legacy: A Re-creation of the 1976 UK Tour is the definitive show celebrating the music and legacy of the famed brother-sister duo. Starring Sally Olson as Karen Carpenter and Ned Mills as Richard Carpenter, the show is a re-creation of the Carpenters' 1976 live performances, featuring hits including "We've Only Just Begun", "Yesterday Once More", "Superstar", Karen's drum solo, Richard's classical piano feature, a Spike Jones parody of "Close To You", comedy antics and much more.

Carpenters Legacy maintains a Las Vegas residency at The Modern Showroom at Alexis Park Resort. Carpenters Legacy was voted "Best Impersonator" for both the 2022 (Silver Winner) and 2021 (Bronze Winner) Best of Las Vegas awards, nominated in five entertainment categories

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Olson is the first-ever and only Karen Carpenter tribute artist to perform with the world-renowned Las Vegas based review Legends In Concert. Carpenters Legacy features a powerful live performance, historical commentary, lovely arrangements and video, taking audiences on an incredible journey down memory lane into the world of the Carpenters – the world's ONLY authentic Carpenters tribute in sight and sound.

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Wear Your NFT with Jewelry of the Future

By Contributing Writer

Billionaire CEO Video Game Visionary Aleksandr "Shurick" Agapitov states "the next revolution in web3 is happening in hardware," and that is why he is investing in Pillz, a new fashionable physical shell for your NFT. A Charm, bracelet, keychain or

own without transferring the token to the device, only verifying its ownership. The leading fashion and jewelry brands have the opportunity to collaborate with Pillz creating their limited NFT collections and producing unique accessory designs.

The functionality of the device also allows users to interact with characters from NFT games. Pillz presents its own game – environment to breed, grow and progress digital pets. Each device comes with its own unique character.

Shurick single-handedly built a \$3 Billion video game payments powerhouse with his industry-leading company Xsolla that currently runs the video game payment world. He founded Xsolla in 2005, which allows video game producers to sell in-game items in exchange for a 5% portion of each sale. His clients include Epic Games Store, Ubisoft, Twitch, & hundreds more.

He also recently launched the creator economy monetization platform X.L.A Foundation which allows Web3 & metaverse builders to earn money as they create

spaces in the virtual world. Shurick's mission with X.L.A is to democratize wealth building and revenue distribution for IP creators, owners, and holders who are powering the Metaverse and Web3, the same way he pioneered for video game creators.

Pillz aims to be the leading phygital ecosystem for people to interact with their NFTs in real life, extending their digital identity.



necklace, Pillz is the jewelry of the future.

Wearables of the future are phygital, and Pillz enables people to wear their NFTs as an accessory. Pillz is an extension of a digital identity - the fashionable device makes NFT-collectibles and NFT games tangible so users have a deeply immersive experience interacting with their NFTs in physical reality. Users can upload to Pillz NFTs they

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Is January Mocktail Month?

By Contributing Writer

It's not exactly clear when mocktails came onto the beverage scene. All we can assume is that they followed the invention of cocktails, delighting teetotalers and non-alcoholic drink-loving people everywhere. They also seemed to have not been called mocktails at all but were named 'temperance drinks' or 'coolers,' as per what we've seen in old cocktail recipes. The most popular of these temperance drinks seemed to have been lemonade, and quite a few older news articles mentioned a strong lemonade presence in bars.

There was even a 1981 book, "The World's Drinks and How to Mix Them," containing around 16 lemonade recipes, and many of them were non-alcoholic. Gradually, the name changed to what it is now.

Then came the Prohibition, and non-alcoholic drinks received a facelift in the interest of enticing more customers. Bartenders began attempting to create non-alcoholic versions of cocktails; they would experiment and invent incredible concoctions to keep their lights on. The post-Prohibition tale changed the mocktail's history again.

All the innovations that brought out the best non-alcoholic beverages took a backseat to the renewed interest in alcoholic drinks. Cocktail books published after 1933 — like "The Mr. Boston series" and "The Fine Art of Mixing Drinks" by David A. Embury — spoke about different types of lemonades but not much else. Drinks without alcohol were limited, and interest



Alcohol free Fruit Punch

in them seemed to wane. Popular non-alcoholic drinks named after Depression-era stars stayed relevant, but only as cocktails for young children and not for adults. The relevance of the cocktail seems to have been running slightly parallel with mock-

tails. With the cocktail revival came the mocktail revolution.

Today, non-alcoholic drinks are infinitely more popular and appeal to a wide section of the bar crowd. That's what National Mocktail Week founder, Marnie Rae, sought to highlight when she came up with the idea for this day. At 17 years sober during this time, Rae realized most places only served alcoholic versions of fun mixed drinks. She wanted to create a movement that inspired more places to serve mocktails and to build a community of proud mocktail drinkers. At its core, National Mocktail Week is to celebrate all those who enjoy a non-alcoholic beverage.

While their reasons for choosing these beverages vary, the fact remains — mocktails are delicious and thirst-quenching too. January recognizes the growing number of Americans who choose non-alcoholic drinks over traditional options. This month celebrates the favorite alcohol alternative and gives us a chance to try out new mocktails — or maybe even concoct our own recipe!

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Valley Pizza Series

Great Pies, Stories, and Surprises

By Danial Byrd

Most Valley residents have a go-to pizza place, but you might be amazed by some of these legendary spots worth a short drive and a little bit of adventure. Check these out:

At Lido Pizza in Van Nuys The chefs at know how to prepare tasty, old school pizza and Italian dishes.

Open since 1057, this landmark has been seen in multiple films and photographs and has pretty much stayed the same over the years including their menu and their sign!

The menu is loaded with Italian specialties, including the Lido Special



loaded with fresh veggie and meat topping or the Immigrant which is a take on the Hawaiian pie with fresh tomato, ham and pineapple. They also serve wonderful soups, salads, pasta and much more! Order a bottle for the table if you like. This



pizzeria is kid-friendly, so little ones are welcome to tag along. Lido Pizza is a great location to host a group dinner.

They have a full bar stocked with the best wine, beer, and more. 15232 Victory Boulevard

Pizza made like a puzzle? Yep, this place mixes up your custom pizza and combines them into one! They make

delicious wood-fired pizza with custom homemade flavors to backyards and street corners everywhere.

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Finished with Cotija Cheese and Cilantro, or the Rajas Pizza Housemade Tomatillo Salsa Base, Roasted Pasilla Chiles with Onions, Jack Cheese and Roasted Corn. Finished with Cotija and a Crema Drizzle.

Or maybe try The Smokin' Comet Chicken breast marinated with mezcal and a chipotle BBQ sauce, Pizza Sauce/BBQ Sauce Blend, Mozzarella Cheese, Red Onions. Finished with Cilantro and a Chipotle BBQ Sauce Drizzle, Any way you mix the up, they always complete the "Puzzle". 6439 Canoga Ave

The Thyme Pizzeria in Canoga Park offers some unique options including a complete vegan menu selection that includes jackfruit, Daiya Vegan Mozzarella Cheese, Vegatinos' Al Pastor, Vegan Pepperoni (Pea Protein, contains wheat gluten) any of course many fresh veggies. They also offer gluten free options as well. Anyway you slice it the pizza here has all of the flavor and uniqueness you would expect from a classic pizza joint. Try the Vegan Flan, it rocks! 20453 Sherman Way, Winnetka

Our food series will continue through the year. Follow us at www.valleyscene-magazine.com for more valley events and activities.

EVERYTHING ABOUT VARICOSE VEINS PROBLEMS, SYMPTOMS, CAUSES AND NATURAL TREATMENT



By Contributing Writer

My mother was suffering from varicose veins and I know how torturous it was. She used to feel embarrassed, she used to also feel frustrated as she used to be in pain and sometimes even blood oozed out from the veins. These veins were bluish purple, twisted and gathered at one place and finally she had to get operated on. Mostly varicose veins trouble adults above 50 and are more common in women. **Do you know what varicose veins are?**

Varicose veins are enlarged, dilated, swollen twisted veins which are

overfilled with blood and appear on legs and feet. They are even called spider veins because of a web like appearance.

There are many reasons for varicose veins and the main reason is physical inactivity. They are also caused by fatigue, sitting at desk for long hours, standing at one place, weight bearing activities or long walks. Alongwith

diet habits like eating lot of curds or drinking lassi, eating heavy non-veg foods, junk food, fried food, aerated drinks also cause varicose veins.

How are varicose veins formed?

The function of the heart is to pump blood into the arteries. The aorta in the heart is connected to the arteries experiences pressure 80mmHg during

filling and 120mmHg during ejection or contraction. Then the blood flows through vessels to small and thin walled capillaries where there is exchange of gas with the occurring tissues. After the blood flows through capillaries it moves to the veins and after a series of this process it finally flows back to heart. In this process blood is transporting oxygen to various organs, tissues and cells.

The valves along the blood vessels regulate the blood flow. But if these valves do not function properly then the blood causes dilated, swollen veins. These veins are closer to the surface of the skin. When the valves weaken these veins develop varicose veins.

Symptoms of varicose veins

Discoloration of the veins on your legs. Web like veins. Heaviness, numbness feeling in legs. Severe pain in lower legs. Muscle cramps, swelling in the legs. Blood oozing out of the veins.

Combating varicose veins

Regular exercise. Sleep on your back, lift each leg in the air and bend at the knees and pedal your

leg. Sleep on your back, lift one leg, let it remain in the air so that the blood runs down your leg. Repeat.

Stand straight, keep your feet apart and raise on your toes, pause, lower down and repeat.

Daily walk for 20-30 mins. Wear compression stocking.

Lose weight. Avoid standing for extended periods. Walk in-between your work if sitting for long time. Eat fibrous food, berries, apples, grapes, cherries. Drink lot of water. Avoid junk food.

Home remedies on varicose veins

Gotukola or Mandukpami help to balance the three doshas of the body and support healthy circulation.

Turmeric has anti-inflammatory properties which relieve pain and swelling

Triphala helps in healthy digestion, detoxification.

Manjishtha has antioxidant, anti-inflammatory properties.

Guduchih as immune boosting, anti-inflammatory and anti-spasmodic properties.

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Natural Remedies To Treat Asthma

your doctor, but to get relief from its symptoms, here are some natural remedies you can try. So, take a look and make sure you take professional assistance before opting for any of the below-mentioned technique.

Garlic And Onion: Onions are rich in anti-inflammatory property that fight against any allergy and garlic stimulate the

excretory organ that strengthens your lungs. Therefore, it is considered as the best and effective ways to treat the Asthma naturally.

Flaxseeds: Another thing you need to add to your diet to manage the Asthma symptoms is flaxseeds. These are loaded with omega 3

fatty acids and prove to be very effective in treating this deadly disease naturally.

Vitamin C: Foods that are rich in Vitamin C like Guava, Green Peppers, Orange, Papaya, Strawberries, etc. lessen the spasms of a bronchial passage, which reduce wheezing and shortness of breathing. It is recommended for all Asthma patients to include vitamin C in their diet.

Turmeric: This is something that helps to cure the asthma symptoms due to the presence of curcumin in it, which ensure better air flow. Make sure you consult the expert before adding to your diet the right way to see only the positive effects.

Magnesium: Foods like Chocolate, Cashew, Banana, Figs, etc. are high in magnesium that relaxes the muscles of the respiratory tract and help you manage the symptoms of asthma.

These are some of the natural remedies that help you manage the symptoms of asthma. Therefore, you should include it in your diet. Also, make sure you take expert assistance before including any of the above remedies, as the usage and quantity of usage may be varied as per your condition. Don't leave the condition untreated, take the proper medication and cure the condition naturally, so you can live a healthier and happier like before.



By Contributing Writer

Asthma is very common nowadays. It is basically a condition in which a person's airway becomes swollen and produces extra mucus, which makes breathing difficult. Some of the common signs of identifying the condition are frequently short of breath, coughing, especially while doing exercise, difficulty in breathing normally, chest tightness, wheezing, etc. All its symptoms are very serious and can be deadly if you left them untreated. So, make sure you consult the doctor as soon as you experience any of the above symptoms. You can take the proper medication as per recommended by

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FILL YOUR HEART WITH IRELAND'S YOGA AND MINDFULNESS

With the help of technology, experts around the island of Ireland are finding new ways to keep people fit and well in 2023

By Contributing Writer

With stunning landscapes, delicious healthy local foods and inspiring instructors, Ireland is home to some of the best yoga retreats and wellness escapes anywhere in the world.

And while we on the rebound from the pandemic, creative Irish yogis, wellness and mindfulness specialists have moved to the online world to continue to encourage regular exercise routines and support positive mental health.

With many offering free and low-cost classes and services, you can hook up with a host of Irish yoga and mindfulness teachers from all over the country.

You and your yoga practice will be in the best of hands with Flow Studio, normally based in Belfast's trendy Cathedral Quarter. The studio has now switched to providing live online classes that guide you through breath-centred flows and help you navigate the new normal. Cultivate your strength, focus and peace from the inside out and explore all that you can be from the comfort of your home.

In County Cork along the celebrated Wild Atlantic Way several practitioners are hosting online yoga classes. Among them is Emer Harrington, who is offering interactive classes where everyone can see and



hear each other as they take part at home. Some of her Yoga with Emer classes are by donation and some are free.

Or try Cork Yoga with Claire, who teaches live four times a week and on demand. Like other instructors, Claire Dunning uses the popular Zoom video conferencing app and has set it up to be as easy as possible.

To experience the Celtic vibes of Ireland's Ancient East, try the membership-based Yoga Sacred Ireland. Its real-world County Wicklow studio has been described as one of the most beautiful in Ireland; online there are soulful yoga classes with easy to follow asanas that capture the spiritual energy of sacred Ireland.

Yoga Ireland in County Kildare, home of Ireland's world-famous horse-racing and thoroughbred breeding industry, has also gone online to offer live classes and one-to-one sessions for all levels. Run by Catriona Mc Cormack, reiki master and yoga teacher for over 26 years, they include free sessions for kids and older people.

For workouts just for the mind, hook up with the free daily meditations offered by Justin Caffrey, the County Wicklow-based elite mindset coach and master in meditation. Start your day with Justin on Instagram live at 7.00 am and give yourself 25 minutes to connect to your body and find a grounding before stepping into your day.

We all relax in different ways and for many golf is a great way to work out your frustrations.

Our three-time major championship winner and current Ryder Cup captain Pádraig Harrington has just the advice you need.

Pádraig has been spending more time than usual at his Dublin home and has become quite the twitter superstar as he offers tips to an audience of hundreds of thousands worldwide.

So get yourself out into the garden and check out Pádraig's videos.

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SHAPING LA'S ART SCENE WITH HARVARD'S BREAKOUT CURATOR YUE WU

By Staff Writer

Yue Wu, the hotly-tipped young curator featured in The Art Newspaper, IDEAT, Architectural Practice, and more is making a name in Los Angeles and the art world as she specializes in future-facing art.

Coming up in Los Angeles during Frieze LA 2023 Art Fair (Feb. 17-21) is her breakthrough exhibition called "DIALOGUE." Her vision is to curate a space that will become the most high-end, artistic, and futuristic technological landmark in Los Angeles. This 4-day art fair event will be at two locations across LA and will also feature a schedule of panels with thought leaders, academics, and artists.

As a curator, she organizes exhibitions that showcase the work of underrepresented and emerging artists, giving them a platform to share their voices and stories. Her unique eye for art and tech makes her a standout in the contemporary art world and a compelling subject as she uncovers and reveals artists who are vanguards in new media forms.

In addition to sharing her upcoming LA exhibition, Yue can discuss topics in art and technology including:

- Tips Making it Easier for Artists to Create NFTs
- The Future of Visual Art
- Rise of Digital Art: How NFTs Have Turned the World of Digital Art on its Head
- The Art & Disruption of Designing NFTs

Yue is also currently pursuing M.A. at Harvard University, and she received a B.A. magna cum laude in Art History from New York University. Her academic interests lie in the social and cultural construction of aesthetics, and the relationship between art, technology, and politics in the contemporary world.

Yue also just wrapped "Meta-Morpho-



sis" at the Yiwei Gallery on Abbot Kinney in Venice. The jaw-dropping exhibition she curated orchestrated a constellation of sculptures, paintings, and installations that reflects a unique union of contemporary technology and modern intrigue. In "Meta-Morphosis," 5 artists she found presented their futurist visions through tangible, collectible art objects, utilizing techniques and materials from 3D printing to porcelain, from resin to reflective pigments.

She worked as a project manager of contemporary artist Xu Bing and has curated and coordinated several major exhibitions of Xu Bing, including the first overseas touring exhibition of his solo retrospective "Thought and Method." She co-taught "Internet Art Electives" at the Central Academy of Fine Arts, and gave lectures at the China Academy of Art and Sichuan Fine Arts Institute. Her curatorial project "Flatland Guerrillas: Unite! Digital Voyagers" is selected as the "Emerging Curators Project" by the Power Station of Art (PSA) in Shanghai. The project was also exhibited at the Central Academy of Art Museum and Chongqing Contemporary Art Museum.

For more information on Yue Wu and her work, see her website at www.yuewu.space.

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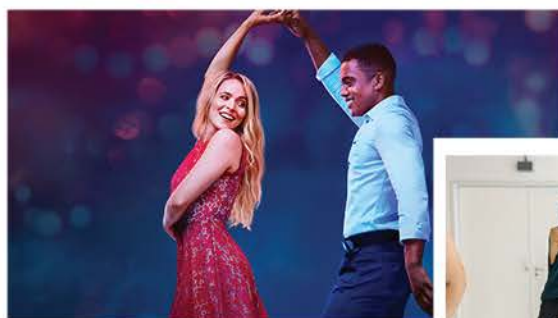
Just Show Up and Dance

The Positive Benefits of Dancing

By Contributing Writer

When it comes to fitness and cardiovascular activities, dancing is often overlooked and underrated. The beautiful thing about many of the dance styles, types, or genres is this: you don't need a partner. You only need yourself and the proper footwear.

Mary, for example, has always loved to dance. She can't remember a time when she didn't want to dance. Or, sway to the sound of music. While she saw it as dancing, others just saw her moving and "bopping" - without much rhythm or style - to the beat of music; a beat she heard in her head which oftentimes was not the beat others heard. In middle school, her band teacher told her that "she had no rhythm". In high school and college, she



her to become comfortable dancing with and by herself. Her best friend, who was considered a "good" dancer (and was always asked for a dance), said she looked like a chicken on the dance floor. That was long before the funky chicken dance became popular.

Fast forward, 40 plus years later, Mary is still swaying or moving to the sound of music. Often, in the privacy of her own home. It's her primary form of



drew snickers when she found herself on the dance floor - oblivious to people around her - just moving to her own beat. Back in the day, when attending a school dance or party, guys would come up and ask you to dance. Rarely, was she approached for a dance. Though shy, her love of dancing allowed

exercise. Upon meeting her, I immediately noticed her strength, muscle tone, and agility (for a person in her late sixties) and concluded that she had

a strict fitness regimen; perhaps, even a personal trainer. When I inquired, she informed me that she watches her diet and dances three or four times a week; sometimes alone - in the privacy of her own home; other times, she goes out. Always, though, she dances by herself, without a partner. She stated that she has always loved moving to music; and from early childhood - no matter her schedule - found time to "sway" to music even if she could only get in 15 or 20 minutes. Although

Mary enjoys many genres, her favorite is reggae. She stated that reggae allows her to "sway" anytime and anywhere.

Dancing is considered a recreational activity and all too often overlooked and undervalued for the positive impact it can have on one's mental and physical health, especially among active older adults and people with mobility challenges. Regardless of the dance style, type or genre that interest you (and

there are many ranging from ballroom and tap to reggae and hip hop), there are numerous physical, mental, and social benefits. No matter your age and physical limitations, there are many reasons to dance. Here are my top three: **Fun!**

When you relax and let yourself go, you realize that dancing is fun. The music, rhythm, movements - even when you miss a few or many steps - gives you a satisfying experience. For example, some dance genres, like Zumba® (a Latin-inspired, cardio-based, dance-fitness program), creates a party-like atmosphere that is exhilarating, easy to follow, and is great for the mind, body and soul. For me, the fun factor is magnified when the playlist includes some of my personal favorites.

Health and Fitness

Regardless of style, type or genre, dancing provides an opportunity to get a total body workout. The number of calories burned in an hour varies - depending on body weight and the intensity of the dance routine. However, at moderate to high intensity, dancing can burn roughly 200 calories per hour. It works major muscles and gives you a good cardiovascular workout. Dancing improves muscle tone, strength, endurance, flexibility, and agility. It increases range of motion and allows joints to move more freely.

Social Interaction

Not only is dance an exhilarating form of exercise, it provides an opportunity to increase your social interactions with like-minded people in a fun, non-judgmental, and safe environment. It gives you a chance to increase your social connections while learning some new and exciting skills. Many lasting friendships and relationships started on the dance floor.

It's never too late to start dancing. You don't have to have rhythm or be able to jump, bend, or kneel. You don't have to be good (whatever your definition of good). All you have to do is "show up and move" - whether your move is marching in place, waving your arms or swaying from side-to-side. You can even sit in your chair. It doesn't matter whether you are standing or sitting, just move. Your body, mind and soul will thank you -now and in the future.

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Do You Know If Your Dog Is Sick? Some Signs May Be Obvious And Others May Be Tricky

By Contributing Writer

If you're a new dog parent and your dog is acting weird, you may be wondering, "what's wrong with my dog?" Even if you suspect something is wrong, you may not know how to tell if they are actually sick, what a sick dog looks or acts like, and why your pup's strange behavior may keep you up at night. And if your dog is actually sick and you don't notice the signs (or they're just good at hiding it), you may feel guilty and sad that you didn't know your dog was hurting.

While some symptoms of sickness, such as vomiting or diarrhea, can be obvious, many sickness behaviors in dogs are hard to pick up on if you don't know what to look for. Here are a few situations and signs that can help you figure out if your dog could be sick, and when you should consider contacting your veterinarian.

They're Not Eating

Most dogs will rarely miss a meal or special treat — especially when you set it in front of them. If your dog turns their nose up at their breakfast or dinner when they're normally gobbling it down, it's time to pay attention. Many things can cause a dog to stop eating. Nausea, tooth pain, anxiety, hormonal disorders, viral infections and gut pain are just a few of many things that can cause a dog to stop eating.

Schedule an appointment with your veterinarian if your dog doesn't eat for more than a day or misses more than two meals.



They're Just Lying Around- Birds eye view of small fluffy dog laying on oak hardwood floor with toys scattered around them.

If you notice that your dog is sleeping more, dragging behind on walks, uninterested in play or not playing as much as they used to,

then something might be wrong. Sometimes, it's just too hot outside to play and exercise. When the temperatures rise, dogs are naturally a little more lazy. On the other hand, if it's not hot, then this behavior indicates that something more may be at play.

There are many things that can cause a loss of energy in a dog. Any kind of infection, whether it be viral, bacteria or fungal, can cause loss of energy.

Heart disease or breathing problems of any kind can make a dog feel tired. Hormonal disorders, such as low thyroid, can cause increased lethargy. Obesity can cause a dog to sleep more because it is exhausting to get around. Obesity can also lead to things like

degenerative joint disease making it more painful for your dog to run and play. This can create a frustrating cycle where your dog may struggle to exercise, gains more weight and exercises even less. If your veterinarian suggests that your dog is obese, it is important to take their advice and work with them on a weight loss plan. Cancer, liver disease, kidney disease and neurological conditions such as seizures or canine cognitive dysfunction (otherwise known as doggie Alzheimer's disease) can also all make a dog act tired.

Pain can also masquerade as loss of energy. Gastrointestinal problems that cause a painful belly can make a dog act lethargic, and if a dog is in pain from arthritic joint disease, the pain may just manifest as sleeping more. The bottom line is that

increased sleeping or laziness can definitely signal a problem. If it lasts for more than a day, call your vet. It's always better to be proactive and call your vet than wonder if your dog is sick for days.

They're Drinking a Lot of Water

If you notice that your dog is constantly draining the water bowl, asking to be let out more often or having accidents in the house, then your dog might be sick. Drinking a lot from excessive thirst is called polydipsia. Kidney disease and severe uterine infections can also cause a dog to drink more.

You know your dog better than anyone, and if something makes you wonder if there is something wrong with them or that they are sick, trust your gut and enlist the help of your veterinarian.

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MIND BLOWING CUSTOM CLOSET DESIGN IDEAS

By Contributing Writer

Adjustable Shelves

Storage units that have built-in adjustable shelves provide flexibility.

Depths of shelves

Shelving must conform to the items which are going to be stored. For example, shelves that are 14 inch wide should be reserved for wash clothes, hand towels etc. while shelves 24 inches are to be reserved for large bed linens etc.



One of the most efficient ways to organise personal items is to custom design a closet space. There are two types of closets, walk-in closets and reach in closets. Time must be dedicated to making an inventory of items that are going to be stored while custom designing a closet. 'Function' i.e. the purpose which the design intended to fulfill and 'Aesthetic' which is the design appealing to the senses, are two principles that must be taken into account. Certified local carpenters are professionals.

Multiple rods

Clothes can be arranged more efficiently if there are multiple rods present in the closet.

Closet Drawers

Closet drawers are very important when it comes to storing smaller clothing items like gloves, scarfs, undergarments and socks.

Efficient Doors

Closets can have four types of doors. Three of them include folding, sliding and pocket doors. They are efficient in the sense they help save floor space. A hinged door opening into the room can provide space for small items, by adding hooks hangers, pegs etc on the back of door.

Sturdy Racks

Racks are normally designed to keep shoes and ties. Racks must be durable and sturdy.

Cubbies for Shoes

Cubbies can be designed for holding shoes but they must be cleaned often.

Pull-out Baskets

Pull-out baskets and shelves of various sizes are available with many custom closet systems. These pull-out baskets are very useful as the contents can easily be accessed.

Closet Accessories

Closet accessories are needed to save small items. They include jewellery trays, shelf dividers, drawers and pull-out racks for belts and ties.

Lighting

There are building specifications that govern which type of lightning that can be used in a closet. Compact fluorescent bulbs are safe. Incandescent bulbs are prone to catch fires in confined spaces.

Optimizing Walls

Walk-in closets offer three walls in order to storage, even if a window is included. While planning storage, the space that drawers cover must be considered and also the best use of the corners.

Discuss your storage needs with reliable carpenters who are knowledgeable. Skilled carpenters understand "one size does not fit all". A professional will be able to assess the volume of the space with which they have to work with and optimize "the function and aesthetics" of the closet

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Top Stories

Dog owner Erik Torres, who owns a pet store in Doral, Florida, is facing charges after he brought his Pomeranian -- dyed to look like Pikachu -- to a Miami Heat game on Dec. 26, WPTV reported. "It made NBA history because nobody's ever seen a Pikachu dog sitting next to an NBA player before," Torres said. But Miami-Dade County Animal Services officials were unamused: "No animal should be dyed, regardless of whether there's an ordinance prohibiting that," said assistant director Kathleen Labrada. She noted it is "unlawful for any person to possess, sell or otherwise transfer within the county any dyed or artificially colored rabbit or other animal." Torres is fighting the charge, saying the dog is not for sale and he used dye that is safe for consumption. He also has no plans to remove the dye.

In Derbyshire, England, Phil and Jane Carter are used to seeing foxes on their lawn. But, the Telegraph reported, a Dec. 17 visitor to their garden caught their attention. Jane spotted a fox nosing around their turf looking for something to eat while balancing on its front legs -- the only legs it had -- and yelled at her husband to come see it. "It was fascinating," Phil said. "It stood bolt upright and ran like a human being on two legs." He got in touch with experts at the Derbyshire Nature Reserve, who told him the fox was likely born with the disability and had learned to survive. While foxes are usually shy, the special animal hung around for about 45 minutes before it took off "like a rocket," Phil said.

Ashley Lynn, mother of a 9-month-old baby, took to social media this holiday season after her child was gifted a toy remote control, the New York Post reported. Lynn said the baby loved the toy and was "going to town chewing on" it, but then she noticed that when certain buttons were pressed, it made inappropriate comments. One was about a drive-by shooting, and another was a sexually themed joke about priests. "What? What?" Lynn said. "Walmart, explain this. Linsay Toys, explain this." Lynn reached out to Linsay on Dec. 31 and got a prompt reply, which indicated the toy would no longer be sold. Walmart said the toy was sold by a third-party seller and has been removed for not complying with its "prohibited products policy."

Update...

In late August, News of the Weird shared a story from Yellowstone National Park about a human foot having been found floating in the Abyss Pool, a hot spring. At the time, officials did not suspect foul play. KTLA-TV reported on Jan. 4 that investigators have now identified the person to whom the foot belonged: 70-year-old Il Hun Ro of Los Angeles. Ro's Kia SUV was found in a parking lot near the spring, and inside were his laptop, a wallet with \$447 and a small book of poems -- but no suicide note. Geologists did not find any more human remains in the pool, other than "fatty deposits ... floating to the surface over time," a report indicated. The pool is more than 50 feet deep and has an average temperature of 140 degrees.

Public lands officials in Salt Lake City are trying to solve a mystery: Who is placing antennae with solar panels on public property? KSL-TV reported on Jan. 4 that a few of the devices were found about a year ago, but more have been discovered in recent months. The locked battery boxes, solar panels and antennae "have been bolted into different peaks and summits and ridges around the foothills," said Tyler Fonarow, the city's recreational trails manager. "It might be related to cryptocurrency and relaying networks and being able to make money off that," Fonarow speculated. He hopes to educate the public that items cannot be installed on public lands. "We want to stop it now before it becomes a dumping ground for dozens and dozens of more antennas."

Scott Stallings of St. Simons Island, Georgia, is not THAT Scott Stallings -- which became all too clear when he received a FedEx invitation to the PGA Masters Tournament, the Associated Press reported. Stallings reached out to golfer Stallings, who is from Knoxville, Tennessee, on Instagram: "I'm (100 percent) sure this is NOT for me," he wrote. Golfer Stallings said he had been waiting for his invite and thought maybe his wife was pranking him. But Georgia's Stallings won't miss out altogether: "We're going to give him some practice-round tickets and take him to dinner on Monday night for doing the right thing," the PGA player said.

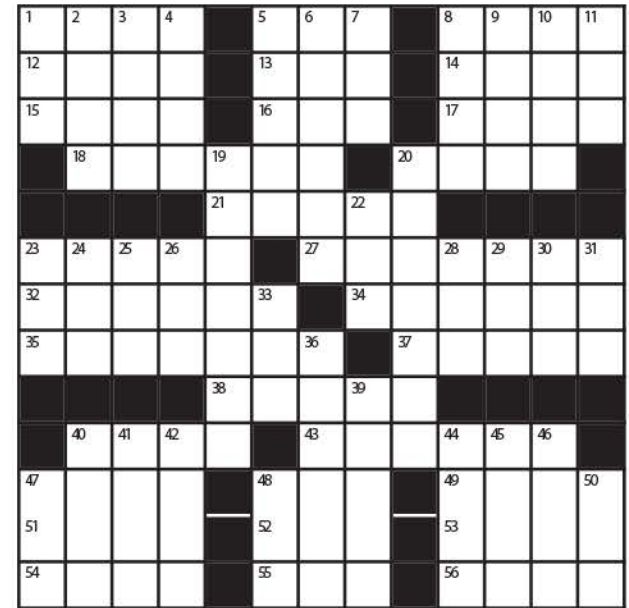
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Across

- ___ party
- Frequently
- Bubbly drink
- The euro replaced it
- Parent's order
- Rachel Ray equipment
- Consumer
- Buzzing about
- Remove
- Unvarnished
- Charitable handout
- Set up
- Volume expression
- Fancy desk
- Having no tension
- Oddball
- Chair type
- To date
- Character of a culture
- Verizon product
- Degree
- Excellent
- Absorbed, as a cost
- Female deer
- ___ you care!
- A filthy place
- Computer expert
- Whip mark
- Shed item
- Looking like certain trees

Down

- Viral disease
- Type of CPU (abbr.)
- ___ code
- Mountain pool
- Transmitting
- Silo contents
- Wee hour
- Refrigerate
- Egg
- Not as many
- Queen, maybe
- Measurement of sound
- No less than
- Bull's mate
- Metered transport
- Sport ___ (all-purpose vehicle)
- Slithery creature
- Country stopover
- Sue Grafton's "___ for Lawless"

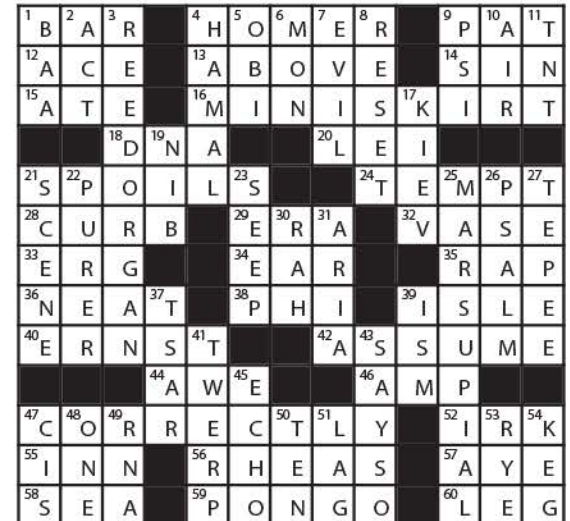


- Give it a whirl
- Poem
- Container
- Bebopper
- Poor area of the city
- Wild flower
- Law suit
- Bad to the bone
- Hit the road
- Halftime lead, e.g.
- Winter air
- Abound
- Not cooked
- ___ Wednesday
- "Vanilla ___"

DAD JOKES



Air used to be free at the gas station, now it's \$1.50. You know why? Inflation.





FINER THINGS

North America's Infamous Luxury Golf Vacation Tours, Resorts and PGA Rated Courses



By Contributing Writer

When you think of the most luxurious and prestigious luxury golf resorts and courses in the world, North America has some of the most renowned. In the realm of best golf vacations, no other area offers the distinguished golfer so many unmatched luxury golf courses and getaways. North America has some of most recognized luxury golf vacation venues from the spectacular Rockies Mountains of Canada, to luxury golf and spa resorts in Mexico, and of course top PGA rated golf

courses and luxury golf resorts in the USA. From the famous Pebble Beach on California's coast, to the spectacular Banff and Whistler luxury golf resorts, North American has some of the best luxury golf holiday destinations. Beginning your golf pilgrimage, you'll be awed by spectacular landscape of the Canadian Rocky Mountains equally matched by the PGA legend golf courses. A Canadian golf holiday starts by traveling in comfort and style aboard the Rocky Mountaineer train journey, taking in the view. Canada elite golf packages also have the golf traveler

staying and playing at the finest golf resorts in Vancouver and Whistler. Whistler also boasts Nicklaus North, one of the legend's favorites. From Vancouver's harbor take a float plane to an exclusive private golf and spa resort on a island off the coast of British Columbia. You'll stay where top stars and business tycoons enjoy deep sea fishing and grizzly bear watching, while golfing on a course made challenging because of the landscape. Mexico is home to some of the most secluded and exclusive golf resorts. Imagine a Mexico golf vacation for the seasoned golf traveler.

Picture a golf tour that puts your needs first as you experience superior golf, beach front luxury accommo-

top end golf vacations combine seaside accommodation, unparalleled golf, and first class transportation. For an even more tempting golf experience, nothing comes close to Las Vegas. Las Vegas includes playing the best desert golf courses. Golf courses include PGA rated golf clubs. Off the course, Vegas has something for all. From great theatre acts, star studded shows and entertainment only you can imagine, it also offers some of the most exclusive clubs, private suites and hottest parties. Noted for their privileged status, these North American luxury golf destinations hold a well deserved reputation. From the celebrity frequented beaches and resorts of Mexico to California's famous Torrey Pines and Pebble Beach, to the majestic mountain golf in Whistler ad Banff Canada, these preeminent golf vacation destinations cover the full spectrum of the best golf and breathtaking beauty of North America.

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Reasons Why Fishing is a Great Way to Bond with Your Kids



Get Away from Screens

We live in a world dominated by technology. Whether it's a television, a tablet, or a smartphone, kids have easy access to entertainment.

Technology can be incredibly distracting. If your kid is focusing on a video game or watching a show, it's impossible to have a real conversation with them.

Going fishing gets everyone away from technology. Instead, you can talk with and listen to one another.

Get Outside

Going fishing means going outdoors and into nature and fresh air. Sure, you can see water, trees, grass, and animals on television but it's an entirely different thing to experience it first-hand.

Getting outside helps kids develop an appreciation for nature. Feel the wind against your face. Help your child get into a set of kids waders



and walk out into the water. Watch animals scamper nearby. The more time you spend outdoors, the more your child will grow to love it.

Help Kids Understand Where Food Comes From

Most kids don't know where food on their plate comes from. Fishing is a way to

help your kids understand this. Show your kids how the fish they eat gets to the plate.

Teach Your Kids Life Skills

Fishing requires patience and hard work. Waiting for a bite can feel like an eternity. Trying to carefully reel in a fish so that it doesn't escape can be excruciating.

Kids are often in a hurry. Patience is something that has to be learned. With fishing, you can teach your kids that good things come to those who wait. As a bonus, you can use the time to talk with your kids.

Create Lasting Memories

As your kids get older, they're probably not going to be able to recall details of the shows that they watched. They might not remember the video games that they played or the exact gifts that they received for a holiday or birthday.

What your kids will remember, however, is the fishing trips that they took with you. Going fishing gives your kids meaningful memories that will last a lifetime. They may even come back for regular fishing trips when they're adults and bring their own kids too.

Fishing provides an excellent way to do something fun with your kids. Not only will get a lot of enjoyment, but you'll also build lasting memories and foster a bond that will last a lifetime.

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ESSENTIAL TIPS IN BUYING KIDS WETSUITS

In activities like this, parents need to exert time and effort in choosing the right swimming attire for the kids. It is very important to invest on high quality kids wetsuits in order to protect your child's skin not only from dirt but also from harmful sun and extreme cold water. Here are essential tips which can help you in your search for the right kids wetsuits for your dear youngsters.

Appropriate Fitting and Size of the Kids Wetsuits

Appropriate fitting kids wetsuits are those that allow the water to flow inside the material which will then on build a thin layer between the wetsuit and the skin. The thin layer is heated by your kid's body which will keep them warm and comfortable. You should bear in mind that if you have a loose fitting wetsuit, it will allow constant flow of water inside the material which will make your child feeling cold. On the other hand, if you have a tight fitting



cold temperature. While for hot springs and swimming pools, you can go for 2mm kid wetsuits which will provide ample heat to their skin.

Length of the Kids Wetsuits

Parents have an option to choose the length of the kids wetsuits which is really dependent on the purpose why it should be worn. You can choose

Material and Thickness of the Kids Wetsuits

Kids wetsuits are commonly made from neoprene which is waterproof and stretchable. It is very important to choose kids wetsuits that are soft so they can swim and move in the suit easily with no worries. The thickness of the material of the wetsuits varies on the temperature of the swimming area in which the suit will be worn. For cold water, you should select wetsuits with 3mm for a more secure protection from extreme

from kids short wetsuits which is best worn for recreation and training. While if you are going to use the wetsuits for day swimming wherein you want to protect your child from the harmful sun, you can go for full body wetsuit.

There are indeed different types of kids wetsuits in the market nowadays which you can take a look at. It is very important that they have their own wetsuits especially you want your kids to be protected from dirt and other harmful elements while they are playing and having fun in the water.

By Contributing Writer

Kids surely enjoy swimming and they love having fun in the water reason why parents always plan out of town swimming



escapades for the whole family. Kids always look forward to activities like this where they can mingle with other family members while playing in the water. This is also a good form of bonding for the entire family.

wetsuit, this will only limit the movements of your kids and they will feel very uncomfortable. As parents, it is very important to purchase the right size and appropriate fitting of your kids wetsuits.

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FASHION

The New Rage in Town! Eco Friendly Clothing!

By Contributing Writer

Global warming has yielded demand for eco friendly products, one of them eco friendly clothing. Since chemicals take its toll on humans and the environment, such products are indeed the need of the hour. These clothing are made from organic materials like soy, hemp, organic and bamboo.

They are not only eco friendly but also soft on the body. Health concerns have raised an unprecedented demand. Not only the fibers but also the

and is quick to grow but also has a short cycle of harvest and doesn't harm top soil. One can grow any other plant on the soil immediately after hemp.

Organic cotton clothing also is a great substitute. Organic cotton has the ability to produce far greater products. The best part is that the manufacturers have to get a certificate that his clothing has been grown in fields untouched by pesticides or chemicals for three consecutive years.

Bamboo clothing is another organic clothing. Bamboo is the fastest growing plant in the world, it makes sense to grow them. Bamboo is also known to emit the maximum amount of oxygen in the atmosphere than any other plant. They also require very little water.

Eco friendly clothing is also finding favor from environmentally savvy fashion designers. Wearing such clothing has become fashion statement. Though the range and styles may not be as wide as conventional clothing, many new styles and patterns have made



dyes used in the process are eco friendly. Organic clothing has gained popularity and are leading producers of this type of clothing. The cultivation of organic cotton has zoomed in the last few years. Brands like Nike, Timberland & Wal-Mart have started selling these products. Even bags, wallets and hats are being made from organic materials.

Though eco friendly clothing costs slightly more, spending a few dollars goes a long way in doing well to your skin and the environment.

This clothing are made from hemp, organic cotton or bamboo. Hemp clothing is a superior form of clothing since hemp has the ability to grow anywhere. Hemp also requires little water

their foray. This type of clothing is available for men and women alike. Most common eco friendly men's clothing is t-shirts. There is a huge variety of t-shirts available. Pants and sweat shirts are also being made.

In the women's clothing, various outfits like jackets, dresses, pants, scarves, shirts and tops are being made. These are made either from organic cotton, hemp and bamboo or any of the individual materials. They are available from extra small to extra large size, catering to every kind of women. Not only that, they have dresses to cater to any kind of body figure. Therefore, irrespective of your size and figure type, you can have your very own piece of eco friendly clothing.

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