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MARCH 3 - 16, 2023 VOLUME 24 NO.5

**GINA
ZOLLMAN**



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**MERMAID MONTH
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BY BARBARA BECKLEY

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LILYPADA

A NEW ORIGINAL MUSICAL FOR ALL AGES COMBINING MUSICAL THEATER AND BALLET

by Contributing Writer

Inland Pacific Ballet presents the world premiere of LilYpada, a new original musical for all ages, combining musical theater and ballet, a journey in song that has a connection to Rancho Cucamonga, with two magical performances on Saturday, March 11 and Sunday, March 12 at 2:00 p.m. at the Lewis Family Playhouse in Rancho Cucamonga.

Change is in the air when young Liya learns her mother is planning to move them from New York City back to her hometown of Rancho Cucamonga. Her Grammy and Grandpa are excited, but Liya doesn't want to leave all her friends at the Performing Arts School she has been attending. She looks for guidance from her father, but he

only gives her a mysterious message about a secret garden.

Falling asleep and dreaming, Liya is transported and lost in an imaginary land inhabited by the Lilypas, beautiful giant dancing butterflies. Ruled by Queen Lilypas, Liya is offered help to get home and introduced to a cadre of comical characters who will keep her safe from the OooAas and Bat Faith. With help from Libelle, Jack the Turtle, Thorn the Twisted Beetle, Sir Snobby Snail, the Lilypas and others, Liya must go on a quest to find her way home. Along the way, she learns to fly with joy – overcoming her fears and learning to believe in herself while respecting the differences in others.



According to Zaylin Cano, LilYpada Director, “The story of LilYpada originated in 2015 with only a few scenes and characters during our IPB Academy Summer Intensive, and we continued to develop the story over the past 7 years. It is a completely original story with all original music. The 66 talented members of the cast are so excited to be involved. The music is outstanding with memorable melodies and rich harmonies. The story has depth and is one that adults and kids will relate to, and we think the audience will have a great time too.”

LilYpada features a cast of 66 talented performers including Musical Theater Guest Artists Debbie Prutsman (well-known diva in the musical theater world) and Jonathan Sharp (appeared in the original Broadway casts of The Red Shoes, Carousel, The Rocky Horror Show Live, The Dance of the Vampires, and Fiddler on the Roof), Inland Pacific Ballet Company, IPB Academy Apprentices/Trainees, IPB Academy Musical Theater Troupe and Students, 10-member Citrus Singers Ensemble, and Live music by a 10-piece musical ensemble. Original music, book, and lyrics by Hugues-Jocelyn Cano; directed by IPB Executive Director Zaylin Cano; Marius Beltran is the Music Director; Choreographed by Zaylin Cano, Joshua Collins, Brandon J, and Michael Milligan; Scenic Design by Daniel C. Nyiri and Robert Wollenzier; and Lighting Design by Stephen Yarbrough.

“The show is similar to the Wizard of

Oz in that it has human characters that are also represented in the imaginary land of LilYpada such as a Jack the Turtle, Sir Snobby Snail and Libelle, a dragonfly. Each of these creature characters represents a virtue that is shared with the main character Liya, and each is presented through a signature style of music. The idea to use different musical genres such as blues, jazz, samba, hip-hop, bluegrass and other styles of music came naturally as we developed the characters,” exclaims Hugues-Jocelyn Cano.

Lewis Family Playhouse is located at Victoria Gardens Cultural Center, 12505 Cultural Center Drive, Rancho Cucamonga, CA 91739. For reservations and information, including up-to-date Covid-19 safety protocols, call (877) 858-8422 or go to <https://www.cityofrc.us/news/lilypada-new-original-musical>.

IPB's 2023 season continues April 29-30 with four performances at the Lewis Family Playhouse with the return of The Little Mermaid, an enchanting undersea adventure of Hans Christian Andersen's story of young love from two different worlds, with a cast of delightful sea creatures, magnificent sets, elaborate costumes, and innovative aerial technology. Critics describe this ballet as “...visually stunning...an underwater Lion King,” where puppetry and dancing combine to create a magical ocean world.” Enjoy a sweeping sound collage with music by Ravel, Debussy, Britten, Dvořák and Vaughan Williams, and a surprise ending!

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By Barbara Beckley

LIKE TRULY – EVERYTHING! EVERYWHERE! ALL AT ONCE! WHERE TO BEGIN? SPRING BREAK OF COURSE!

HERE'S OUR RECOMMENDATIONS FOR BREAKING OUT OF THE ORDINARY AND TREATING FAMILY AND FRIENDS TO AN UNFORGETTABLE GOOD TIME FROM CELEBRITY-PREFERRED SNOW TO QUIRKY COASTAL STAYS AND A TOP-SECRET DESERT HIDE-AWAY.

Spring Break Aways

Snow bunnies rejoice! 10+ feet of snow in Big Bear. Wowie. Follow Chase Rice to Big Bear for a close encounter with the best snow in years. The singer-songwriter heartthrob has been spotted on the slopes, according to People.com. Make snow angels, ski, snowboard, tube, and frolic like never before (as soon as the roads opens) at Snow Summit and Bear Mountain ski resorts (www.bigbearmountainresort.com/). For a unique stay, choose Lakewood Cabins (www.lakewoodcabins.com/), one of Big Bear Lake's coolest accommodations on Main Street in downtown. Each of its nine lavishly appointed cabins are unique – think Country French or natural stone art walls – all with cozy fireplaces and kitchens. Family friendly including BBQ facilities and a kids' playground. Sleeps two to four guests. From \$171 per night.

For Instagram applause, the Blue Green Vacations Big Bear Village Ascend Resort Collection (www.bluegreenvacations.com) is among the best, featuring warmly decorated one and two-bedroom suites, each with a living room with sofa beds, a fireplace, kitchen and porch or balcony. Family amenities include a VIP concierge desk,

game room, fitness center, heated pool, hot tub, and kids' pool. Located a half-mile from Big Bear Lake. From \$380 per night.

If it's just the two of you – the ultra-unique themed Castle Wood Cottages (www.castlewoodcottages.com/) is ideal! Stay in the Woodland Treehouse or the Egyptian Bedchamber (the bath is covered in stone hieroglyphics



just like in a pyramid) or other of the 11 amazingly clever cottages, each with a wood-burning fireplace, private two-person whirlpool tub and upscale amenities. Also, a heated outdoor pool and picnic area with a waterfall. Situated about seven miles from Big Bear Lake. From \$199 per night.

Experience the winter wonderland of Yosemite National Park from The Ahwahnee (www.travelyosemite.com/lodging/the-ahwahnee/), where Queen Elizabeth II and President Obama were guests. From \$599 - \$1,224 per

night. Or Brad Pitt and Jennifer Aniston's old stomping grounds at the Tenaya at Yosemite (www.visittenaya.com/). From \$209 per night.

Better yet. High tail it north to celebrity centric South Lake Tahoe and Heavenly Mountain Resort (www.skiheavenly.com) in the Sierra Nevada Mountains, where record snow is making its 97 runs incredible. Skim the powder with dramatic views of the lake. Then chill with friends and family at the rustic-hip Black Bear Lodge (www.tahoeblackbear.com/), located just a mile away with direct shuttle service. Too, too easy. Cozy with wine around the great room's 32-foot river rock fireplace, or if you're game in the gazebo-covered outdoor hot tub. The lodge features five guest rooms with fireplaces; four cabins for two to five guests, and 22 chic rooms in the adjacent Rubicon Building – across two wooded acres.

Or – pair snow with martinis and hang where Frank Sinatra and the Rat Pack did at the gorgeous mid-century Villa Harrah (lvhglobal.com/laketahoe/villa-harrah), a short drive from Zephyr Cove and Heavenly Mountain. Built on the lake's east shore by hotel mogul William F. Harrah in 1963 as a 20,752-square-foot party house for his pals, you'll have the best views on the most prominent and coveted lakefront spot in Lake Tahoe. If these walls could talk...relax where Judy Garland, Sammy Davis, Jr., and Frankie did. It's closed now, but there was a secret tunnel so they could enter and depart without being seen. Perfect for up to 10 family and friends, with eight bedrooms, seven baths, six half-baths, and amenities from a boat dock to billiards room, pool, wine cellar, theatre, even a salt room with the sauna. \$15,000 a night.

Continued from previous page

Think outside the box. In Siskiyou (discoveriskiyou.com/), Northern California's picture-perfect home to Mt. Shasta Ski Park boasting 400 acres of skiable terrain on 32 trails. Includes night skiing, tubing and backcountry skiing, six miles from California's fifth highest peak. Not to



rustic chic. The Lodge Restaurant serves breakfast, lunch, and dinner including a Chef's four-course dinner. The Wild Coast Sushi Bar opens March 1. Yurts from \$360 per night. Beginning now: purchase a two-night stay Sunday through Thursday and receive \$100 off your first night and \$50 off the second.

Check into a vintage Airstream trailer or two for family comradery at the ultra-hip Flying Flags RV Resort & Camp Ground (www.flying-flags.com) in Buellton in the heart of the Santa Ynez Valley. Each Airstream features a built-in bathroom, mini-fridge, cable TV, microwave, and a private yard and firepit perfect for s'mores.

miss: the Mt. Shasta Nordic Center, with 7.5-miles of snowy trails including snowshoeing excursions; snowmobiling on 250 miles of trails at Deer Mountain Snowmobile Park, and the West Coast's largest outdoor ice rink at Shastic Park. Cool accommodations include the McCloud Hotel (mccloudhotel.com/), built in 1916 at the base of Mt. Shasta in the former lumber town of McCloud, minutes from the slopes and Mt. Shasta Board & Ski Park. Historic, hip and family and doggie friendly, the McCloud offers two restaurants – Sage, and the Axe & Rose Public House – four suites including one with two four-poster beds, and 12 rooms many welcoming four guests. Rates from \$159. For larger families, the Headwaters Lodge of Mount Shasta (www.rentbyowner.com/property/headwaters-lodge-of-mount-shasta/) sleeps 13 in four bedrooms. Rates average \$317.

The Coast is Calling

Enjoy a getaway like no other in Big Sur at Tree Bones Resort (<https://www.treebonesresort.com/>). Luxury glamping at its best on the ocean side of Highway 1. See the stars from the skylight of your lux yurt at night and the Pacific Ocean from your yurt's redwood deck by day. New – The Human Nest! Yup, a hand-woven people-sized (bird-like) nest, from \$195 a night. And The Twig Hut, a two-story nest, from \$235 a night. The public rooms are

Flying Flags also has cottages, the Feather & Fire Restaurant serving pizzas to chicken, the Sideway Lounge, bocce ball courts, pools, and other fun amenities. Explore the shops in Buellton, wine taste. Don't miss Ostrichland USA ostrich farm. Resort rates from \$176 per day.

Revel in unspoiled nature, hike pristine trails, experience spectacular star gazing and make your own fun amid the art and creativity at Hidden Passage Guest Ranch (hiddenpassageguestranch.com/), 30 minutes from Palm Springs, but light years from the city, at the end of a dirt road alone in the foothills of the Morongo Valley. Enjoy five chic-on-the-inside cabins, a sophisticated infinity-edge pool and lux common room in this private, gated 150-acre canyon retreat. Located within the newly minted Sand to Snow U.S. National Monument, explore its more than 150,000 acres from your door step. Plus, Joshua Tree National Park, Pioneer Town, Big Morongo Preserve and White Water Preserve are all less than 30 minutes away. Rates from \$128 per day.

For a bit more mainstream, but still creatively cool, consider the colorful Madonna Inn (www.madonnainn.com/) in San Luis Obispo. Or escape to Polynesia without leaving California at The Catamaran Hotel Resort & Spa (www.catamaran-resort.com/) in San Diego.

Happy Trails!

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St. Patrick's Day Fun

Parades to parties to pub crawls. The 27th Hermosa Beach St. Patrick's Day Parade (www.hbchamber.net/parade/) is March 11, 11 a.m. – 1 p.m. Bagpipers, marching bands, festive doggies from the Irish Setters Club of California. Followed by music on Pier Plaza, 1- 4 p.m. Celebrity announcers: Sandra Endo, FoxLa TV morning reporter, and Rick Dickert, FoxLa weather, traffic & breaking news reporter. Free.

Up the coast, the Ventura St. Patrick's Day Parade (www.venturastpatricksdaysparade.com/) kicks off March 11, 10 a.m. in Downtown Ventura, with costumes, horses, dancers, bands and more. Free.

It's St. Paddy's Tea Time at the Heritage Square St. Patrick's Themed Tea (heritagesquareoxnard.com) in Oxnard, March 11, 1 – 3 p.m., with costumed docents pouring teas and sharing teatime stories; finger sandwiches, scones and all the fixings. \$45.

Pub Crawls: 6th annual Lucky's St. Patrick's Day Crawl, March 17, 4 p.m. –

midnight, begins at La Cita Bar in DTLA. \$15-\$20.

Hollywood St. Patrick's Day Bar Crawl & Block Party March 18, 2 p.m., St. Felix Hollywood and 10-plus venues along the Hollywood Walk of Fame. \$14 - \$29.

Los Angeles St. Patrick's Day Bar Crawl & Block Party, March 18, 1 p.m. - 2 a.m., Tavern Off Broadway and 10-plus venues. \$14 - \$29.

Santa Monica St Patrick's Saturday Pub Crawl Party, March 18, 3 p.m. – 2 a.m., with DJ dancing, nearly a dozen venues and after-party.

Parties: The Tam O'Shanter St. Paddy's Day Bash is March 17, beginning at noon. Live entertainment, Irish whiskey, Guinness, food. \$10 - \$149. Sham-Rock St.

Paddy's Day Party at Flat Fish Brewing Company/Cantara Cellars in Camarillo, March 17, 8 p.m. Music by Bad Habit playing classic '80s & '90s hits. "Twisted Shamrock St. Paddy's Day Party" at the Twisted Oak Tavern (<https://visitcamarillo.com/event-location/twisted-oak-tavern/>) in Camarillo. March 17, 8 p.m., music by The 805 Social Club.

**Oscar Watching Parties, March 12th**

Missed your spot at the Dolby Theatre? You can still walk the Red Carpet at one of LA's glittery 95th Academy Awards Oscar Watching Parties. And even land a movie role!

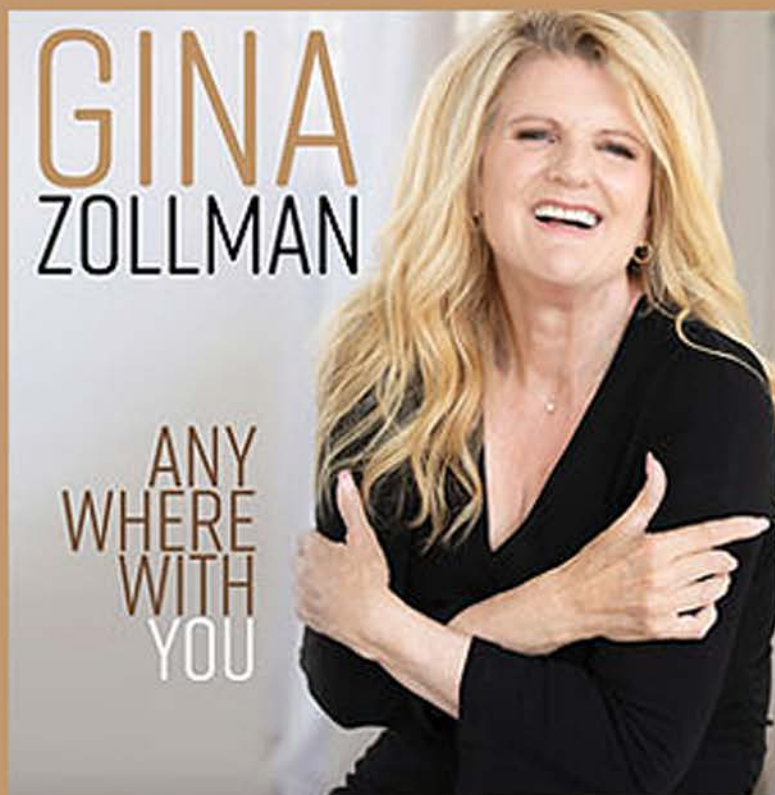
Give it a try – the Elton John AIDS Foundation Annual Academy Awards Viewing Party, 3 p.m. at West Hollywood Park. Emmy winning actor Eric McCormack and Golden Globe-winning actress Michaela Jaé Rodriguez will join Elton John and David Furnish on stage at this dazzling party with a purpose including red carpet arrivals, guest appearances, the Oscars telecast and musical performance by British-Japanese pop star – singer-songwriter Rina Sawayama. Table and ticket inquiries: AAMP@eltonjohnaidsfoundation.org.

Party where it all began. At the 95th Academy Awards Viewing Gala at The Hollywood Roosevelt Hotel (www.hollywoodroosevelt.com), 4 p.m. – 10 p.m. Walk the Red Carpet, enjoy a cocktail reception in the historic lobby, viewing

gala and four-course dinner with premium open bar in the Blossom Ballroom, home to the first Academy Awards in 1929, and after-party with live entertainment and DJ in the lobby. \$350 per person. \$3,000 per table.

Strut your black tie best at the Luxury Oscar Viewing Gala & Awards, hosted by the Samira Network, 2:30 – 11:30 p.m. at the Universal Hilton Hotel, Universal City. Mix and mingle with celebrities, enjoy appetizers and a sushi bar, a three-course dinner with wine, silent auction, fashion show, live music, and DJ dancing. \$250 - \$3,500. you the winner. \$40 - \$1,000.

Watch from on high at The SkyBar in the Mondrian Hotel and maybe land a part in a movie – at the Yi Zhou and Into the Sun Entertainment 95th Academy Awards View Party & After-Party 4 p.m. – 2 a.m. Red carpet arrivals, Oscar viewing, DJ dancing and notable guests. All the while enjoying drinks, Global Intuition fashion and a chance to be discovered for a movie role by Into The Sun Entertainment. General admission: \$50.



Catalina Jazz Club presents the CD Release

Wednesday March 22, 2023 at 8:30 pm

Doors Open at 7:00 pm for Dinner & Drinks

Gina Zollman Vocals Bill Cantos Piano Steven Applegate Piano/Music Director

Jennifer Leitham Bass Dave Tull Drums Marek Szpakiewicz Cello

Doug Graham Director

Cover charge: \$25; 2-item minimum

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Catalina Jazz Club Presents The CD Debut Album Release of, "GINA ZOLLMAN: Anywhere With You"

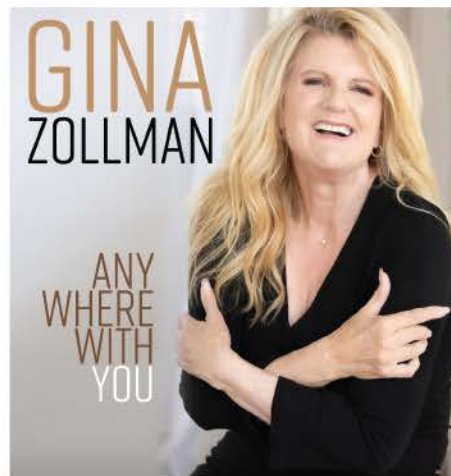
By Staff Writer

Catalina Jazz Club will present the CD Debut Album Release of, "GINA ZOLLMAN: Anywhere With You," on Wednesday, March 22, 2023 at 8:30 p.m. at Catalina Jazz Club, 6725 Sunset Boulevard, Hollywood, CA 90028. Singer/Songwriter Gina Zollman will be backed by a five-piece band consisting of LA's finest including: Steven Applegate on Piano/Music Director, Bill Cantos on Piano, Jennifer Leitham on Bass, Dave Tull on Drums and Merék Szpakiewicz on Cello. Singer and Off-Broadway Performer, Tod Macofsky, makes a Special Guest Appearance.

Singer Gina Zollman said, "I'm having the time of my life releasing this CD. It's something I've always wanted to do, and now I'm getting around to doing it. I'm

unleashing my creativity in this new passion project, and loving every minute. This album is really close to my heart. The songs on my album I've sung on stages across the Southland. I chose them for very personal reasons, because they spoke to me, and tell my truth. They are the harvest of my singing life."

Gina Zollman will perform songs from her debut CD album during this cabaret show which will include perennial favorites like: "Someone To Watch Over Me," "My Romance," "I Get Along Without You Very Well," "How Are Things in Glocca Morra?" and "A Nightingale Sang In Berkeley Square," along with introducing some self-penned original and special novelty songs.



Tickets may be purchased by calling Catalina Jazz Club at 323-466-2210, or online at www.catalinajazzclub.com. The show begins at 8:30 p.m. on Wednesday, March 22, 2023. Doors open at 7:00 p.m. The Cover Charge for the show is \$25 per person. Dinner or a two-drink minimum, are required in addition to the Cover Charge. Valet parking is available, as well metered street parking. To learn more about Singer/Songwriter, Gina Zollman, please visit www.ginzollman.com To view a video clip of Gina Zollman performing, please visit: <https://images.app-goo.gl/iHcg9x6cFdAmxVse6>

About The Artists:

Gina Zollman (Singer/Songwriter) lives in Palm Springs, CA. She was born in Long Beach, CA and in her youth moved to Garden Grove, CA. Zollman started singing at six years of age, with a performance at a jam-packed PTA meeting. She sang in choirs from 4th grade through and beyond college. She performed in numerous stage shows, appearing as Ballin in "The Hobbit" and Aunt Eller in "Oklahoma!," with braces on her teeth, while attending the private girl's high school, Marywood, in Villa Park, CA.

Zollman graduated from the University of California, San Diego (UCSD), Revell College with a B.A. Degree in Linguistics and a minor in Music. While there, she sang all the quintessential sacred and secular choir repertoire, including: "The Messiah" and "Carmina Burana." She enjoyed standout performances in "The Magic Flute" and "Riders To The Sea" with the UCSD Opera Workshop and "Guys and Dolls" directed by Sabin Epstein of ACT San Francisco.

Zollman studied voice with John Large at UCSD. While on a year abroad in

Goettingen, Germany, she studied opera with Simone Rist, with the Deutsche Teater. Upon graduation, Zollman took a high profile job of stockbroker, training on Wall Street with Kidder, Peabody & Co. in New York. She was a retail registered representative with over 400 clients by the time she left to work for her family's restaurant equipment consortium in Los Angeles.

Tod Macofsky (Guest Vocalist) was born and raised in Los Angeles where he discovered his love for performing at an early age. He appeared in the World Premiere of the critically acclaimed Off-Broadway revue, "Naked Guys Singing!," which originated in Los Angeles in 1997. He was a singer with the Gay Men's Chorus of Los Angeles from 2001 – 2020. After attending UCLA to study theatre direction, he began working in production shows for various cruise lines including Holland America, Royal Caribbean, Radisson, Silversea and Oceania. Macofsky recently toured the U.S. in the musical "It Gets Better," based on the renowned anti-bullying video campaign. He now calls Palm Springs home where he regularly performs at the supper club, PS Underground. Macofsky is the co-creator, co-writer and co-director of the comedy cabaret duo, "Mack & Poppy," A Lounge Act. He will be premiering his new cabaret show "1963" in April 2023 at the Joslyn Center in Palm Desert, CA.

Steven Applegate (Music Director, Pianist, CD Producer) has an impressive list of performers he works with. In addition to Gina Zollman, Applegate's clients also include: Sutton Foster, Shirley Jones, Cyndi Lauper, Christina Aguilera,

Maureen McGovern and the late John Raitt, among others. He comes from a musical theatre background and has worked in almost every theater and concert hall in the Los Angeles area, as well as in many throughout the United States and Europe.

Douglas Graham (Cabaret Show Director, Broadway Performer and Dancer) has appeared in the National Tours and Broadway companies of "Bob Fosse's Dancin'" "A Chorus Line," "CATS" as (the Rum Tum Tugger), "The Phantom of The Opera" and "Chicago" (with Chita Rivera). He has directed and choreographed for the Disney World company as well as convention shows worldwide. He also has ongoing commissions from universities to create new works for their dance companies.

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EVENTS

Parapod Festival a two-day celebration of the paranormal

Do you believe in the paranormal? The paranormal is defined as events or phenomena beyond the scope of common scientific understanding. It encompasses everything from UFOs and aliens to ghosts and hauntings, Bigfoot and other cryptids, psychics, spiritual studies, and ancient mysteries.

Parapod Festival is excited to bring a two-day celebration of the paranormal to Santa Clarita on March 31 and April 1, with events at Santa Clarita's Mentryville Park and the Hyatt Regency Valencia for those interested in these strange and unusual subjects.

There is a vast number of YouTube channels, TikTok and Instagram accounts, and websites that are devoted to the paranormal genre. There is everything from documentaries to web series to podcasts. No one knows this more than Creator and Event Director Tony Sweet, whose paranormal video podcast Truth Be Told Paranormal has been in the top 5 percent of podcasts worldwide for the past decade.

Sweet's interest in the paranormal began at a young age. "The house I grew up in was an older home built in the early 1900s," he says. "When I was around six or seven, I used to see an apparition of an old man in a chair who never moved. My family would also hear things, see things, and the hairs would stick up on your arm!"

His family also experienced an unusual craft in the sky – a UFO! "We saw a UFO hovering above a lake," he says. "It didn't make any noise or move, and then a small single-engine plane was flying by it. It turned around, flew up in the air, and disappeared."

The Parapod Festival will feature a daytime ghost investigation of a real-life oil-boom ghost town, an evening of

stargazing with television host Ben Hansen of Fact or Faked Paranormal Files, and a nighttime tour of the allegedly haunted Mentry mansion with the White Witch of Hollywood Patti Negri on Friday.

Saturday's events will include guest lectures and workshops with a roster of world-renowned speakers, meditation in the garden, a sound bath, Native American dance, and more. Saturday also sees the exclusive ParaPod Awards, a ceremony to honor paranormal content creators such as podcasters, documentary filmmakers, and established media personalities. A vendor marketplace will also sell wares such as crystals, artwork, and psychic readings. Food trucks will also be available.

Other speakers of note include Professor Robert Schoch, a world-renowned geologist who deals with ancient civilizations, ancient Egypt, and other sites worldwide; Billy Carson, who will receive the festival's Pioneer Award, is a noted author, CEO of 4biddenknowledge, and host of Gaia's popular streaming show Deep Space, he will talk about philosophies of climate change and ancient civilizations; and Ernie Lapoint, the great-grandson of Sitting Bull, he will speak about his great-grandfather and Native American spirits and spirit guides.

There will also be Ron James of MUFON and All Things UFO, which airs on the UFO network. He will be talking about the latest sightings of UFOs. And then Ronnie LeBlanc, an investigator for Expedition Bigfoot, will be talking about recent sightings of Bigfoot. Peabody Award-winning investigative journalist Linda Moulton Howe of Ancient Aliens and Truth Hunter will receive the festival's Media Legend Award. The master of ceremonies for the ParaPod Festival is Jimmy Church, host of the famous Fade to



Event Director Tony Sweet

Black podcast.

The award ceremony will be a considerable part of the festival, recognizing podcasters and personalities in the non-fiction paranormal genre. "I just never understood why podcasters didn't get the accolades or praise they deserve. So my goal is to spotlight content creators," says

Sweet. "It is a dream come true to give awards to podcasters, filmmakers, and investigators who continue to move the paranormal genre closer to the mainstream." Awards include Best Podcast, Best Podcast Host, Best Ghost Podcast, Best True Crime Podcast, Best Spiritual Podcast, and more.

"With the Parapod festival, we're bringing all things paranormal together, where a lot of conferences are particular – one could be about ghosts, one could be about true crime, one could be about UFOs," says Sweet. "It's rare to bring everything under one roof. That's what makes us unique."

Tickets to ParaPod Festival start at \$25 for individual events at Mentryville; Saturday's General Admission is \$35, and the VIP Weekend Pass includes all events on both days for \$175. Parking at both locations is free. For more information about the festival and to purchase tickets, please visit www.parapodfestival.com.

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By Contributing Writer

ANT-MAN 3

Peyton Reed's "Ant-Man" films have served as a palate cleanser to the world-ending stakes of the Marvel Cinematic Universe. Paul Rudd's Scott Lang is an ordinary dude, who still can't believe that he's part of the Avengers. He gets to be the wide-eyed middle-aged fanboy of the group. In his own films, he's just living life in San Francisco as an affable single dad and ex-con and who has occasional enemies to defeat.

In "Ant-Man and The Wasp: Quantumania," he's coasting on his own post-Blip celebrity with a best-selling memoir, lots of fans and a generally sunny disposition — when he's not breaking his teenage daughter Cassie (Kathryn Newton) out of jail.

There is a fun sitcom-y touch to these early scenes in which he and his makeshift family, Hope Van Dyne (Evangeline Lilly), Janet Van Dyne (Michelle Pfeiffer) and Hank Pym (Michael Douglas) sit around the table for pizza. They use their technology to blow up the pie.

"I just saved us \$8," Pym declares. But Ant-Man is part of the larger chess board, so naturally he's



doomed to be sucked into the multiverse, setting up pieces for more Avengers films with a new villain, Kang (Jonathan Majors). The results are mixed. Reed has returned with a new writer, Jeff Loveness, who has also been tapped to write "Avengers: The Kang Dynasty" and it's hard not to empa-

thize with both for the logic gymnastics required to back Ant-Man and his gang into this conflict.

Loveness, who cut his teeth in comedy and has an affinity for comic book and B-movie absurdities, gives Ant-Man his own "Star Wars"-adjacent adventure. There's quite a bit of unrest in the Quantum Realm, with scrappy rebels battling against a powerful ruler with an army of faceless

taining. It's both a nod to the fun of the ridiculousness in sci-fi and a reminder that Serious Superhero Films are sometimes just one crazy special effect away from being Silly Superhero Films.

"Quantumania" also gives Pfeiffer a lot more to do as we, and Hank and Hope, learn a little bit more about Janet's 30 years in the Quantum Realm and the various compromises and allegiances she made to stay alive. Pfeiffer is an unambiguous delight and the real center of the movie despite what the title might claim. Ant-Man just finds himself in the middle of the mess, which starts to drag on in a muddle of sci-fi furnishings that individually are probably quite inspired and interesting but together just blend into a dreary mess.

Reed's films are generally so crisp and styled and are best when focused on characters, not worlds and Quantum Realms. "Quantumania" shines when it is keeping things light and quippy.

But Kang, for what we can assume are bigger story needs, needs to be more serious. Majors is certainly chilling and captivating, but Kang seems like a mismatched foe for a standalone Ant-Man film and the result is a "Quantumania" that is trying to be too many things. One thing it is not is a Wasp movie, though. Lilly gets a lot to do but not character development.

"Quantumania" sticks the ending, however. Without giving anything away, we'll just say that Reed and Rudd get to return to their sweet spot, with a bit of a twist.

EMILY

By Contributing Writer

Only two minutes into "Emily," a bold and audacious retelling of Emily Brontë's life starring Emma Mackey, we spy freshly bound volumes of "Wuthering Heights," her only novel.

"By Emily Brontë," the cover says. But Brontë fans will know that Emily, like her sisters Charlotte and Anne, published under a male pseudonym, in her case Ellis Bell. It was both a bid for privacy and a concession to Victorian society.

This change is the first — but not the most important — way in which writer-director Frances O'Connor reimagines the life of the "strange" Brontë, who died at 30, unable to give the world more novels. Most brazenly, O'Connor gives Emily a love affair — fiery, forbidden and ultimately tragic.

Remind you of anything? These are the same "wily, windy moors," where Heathcliff and Catherine lived their doomed love.

O'Connor both tells the story of Brontë's "Wuthering Heights" and places her inside it.

Does it matter that this relationship — with Brontë's real-life, French tutor — is fictional, and that he was possibly involved with sister Anne? Purists will balk, but O'Connor has been frank about creating an augmented life for Emily.

So perhaps it's best to see that name engraved on the book as O'Connor's two-minute warning — if you're looking for only recorded facts, she's saying, stop while you're ahead.

The film poses a question: How did a sheltered young woman, a reverend's daughter, come up with the emotional bandwidth to create "Wuthering Heights?" It's a question asked by older sister Charlotte, who loves but is also jealous of her sister. "There's something you're hiding from me," Charlotte says, demanding to know the inspiration of an "ugly" book. Emily, meanwhile, is deathly ill. She still manages a smile.

We now flash back. Emily, despite her dark and brooding beauty, is a quiet soul, an "odd fish" by her own description. Charlotte thrives at school, where she is offered a teaching post. Emily tries to join her and fails, suffering homesickness.

Emily's father assigns her a French tutor: William Weightman. The young man

soldiers. But he takes that conceit further and gives the rebels some personality and humor, including William Jackson Harper as the mind-reading Quaz. The villain's a killing machine, M.O.D.O.K., that looks (knowingly) straight out of a "Mystery Science Theater 3000" movie and it is quite enter-



(Oliver Jackson-Cohen) has at first a prickly connection to Emily, but things change when they study the language of love. It's great fun to hear the French-born Mackey display rapidly improving French as she grows closer to her tutor. Sex education, indeed.

Mackey is perfectly cast. When her hair is down, when she runs in the rain, or rolls down hills with her beloved Branwell (Fionn Whitehead), we could be in 2023, so contemporary is her look. The young actor's versatility, as she

experiences passion, lust, anger, heartbreak, grief, ambition and more, is something to behold.

In O'Connor's telling, it is clearly this lived experience that forms the basis for the book Emily finally sits down to write. Which raises another question: Is O'Connor arguing that one can only write what one has lived — that a famously fertile imagination is not enough?

O'Connor's own explanation is broader, though. She has called "Emily" her love letter to young women of today, who,

she hopes, will respond to its celebration of one's authentic voice and potential. And that they'll allow themselves to be, essentially, imperfect.

Or, we could say, "strange." Emily asks Branwell if he thinks she is strange at one point, and he responds: "Everyone's strange if you look at them for long enough."

Luckily we get to look long and hard at this Emily, brought provocatively to life by O'Connor and her star. Strange or not, it's hard to look away.

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Is Human Cloning a Good or Bad Idea?

really see any advantage in it. It makes room for more confusion and doubt.

There could be more murders and criminal activities taking the advantage of cloning. Different clones of the same human being may be trained to act on a fraudulent activity or criminal cases. Therefore, it makes it harder for the top criminal manipulators to get caught.

Some may think with cloning, it is interesting to see duplicates or triplicates of a human being. They just like to observe them together in complete awe and wonder. But actually there is no fun in it. Ultimately, they become burdens to a family, which has chosen to take care of them.

Besides, cloning ceases to give them a proper identity, and if they travel together or in separate ways, they are likely to fall into trouble some time or the other. Eventually, the family who has decided to take care of

By Contributing Writer

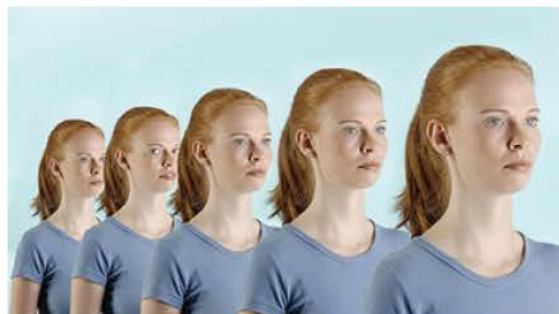
From time immemorial we know no two humans are never the same, irrespective of whether they are born of the same mother or different mothers. Even twins of the same mother have different personalities and bear different marks or signs on their bodies.



Now the question is: Is human cloning a good or bad idea? What do you think? Read on to find out.

I strongly detest human cloning. Firstly, cloning deteriorates the value of human life. In real life so far, every human being is special and different and have so much to contribute to the world with the help of their thoughts, ideas and creative minds.

But what about cloning? With each cloning, their brain and body are likely to suffer and get less intelligent and physically weaker in the process. We don't need dumb and feeble cloned beings. Above all, I don't



them runs into problems and may be charged with a fine or taken to the jail as the severity of the circumstance may be.

In my opinion, we should ban human cloning.

This is no fun. This is a case where the process makes less adequate qualities in the clones. What is the point in creating lunatic and frail clones with loss of identity? I hope you get my point and will join me to echo, "Yes, cloning is a bad idea. Yes, it deteriorates the value of human beings. So altogether, we should ban it."

Please join hands with me and pass on the message loud and clear around the globe.

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I Love Music I'll Be Around My Girl Treat Her Like A Lady Get Ready Papa Was a Rollin Stone

Ain't Too Proud to Beg Love Train Baby I Need Your Lovin Tracks Of My Tears Just My Imagination

10 TOP WINES TO CELEBRATE THE 8 DAYS OF PASSOVER

And, The Real Reason You Drink 4 Cups of Wine

By Contributing Writer

Wine Suggestions for Vegetarian, Vegan & Traditional Seders

Every spring, Jews around the world celebrate Passover. The highlight of the holiday is the Seder—a festive meal when the story of the Jewish exodus from Egypt is recalled and celebrated across the generations. Wine, considered the drink of royalty, plays a central role in the Seder ritual, as we are commanded to drink four cups throughout the evening. This year Passover is celebrated April 5- 13, 2023.

Whether you are having traditional Seder fare, or vegan and vegetarian options, here are the top 15 wines for Passover as

recommended by Gabriel Geller, Director of Public Relations and wine expert, Royal Wine Corp, the largest producer, importer and exporter of kosher wines. (“V” denotes pairs well with Vegan/Vegetarian.)

Passover Wines

- Or Haganuz elima no sulfites - \$39.99 – V – Full-flavored Bordeaux style blend from estate grown grapes in the Galilee, no added sulfites.

- Baron Herzog Old Vines Zinfandel – \$12.99 - Great value, rich Zinfandel from Lodi-grown old vines, notes of strawberry jam, bramble and hints of black pepper.

- Herzog Special Reserve Lake County

Cabernet Sauvignon - \$39.99 – Full-bodied, black fruit-laden, complex Cabernet from estate-grown grapes in the volcanic soil of Lake County.

- Herzog Lineage Malbec - \$19.99 – Velvety, fruit-forward Malbec from Paso Robles grapes, superbly balanced and eminently drinkable. Amazing value.

- Elvi Sangria Red and White - \$9.99 – V - Newly KfP, these delightful, extremely well-made sangria are a must to make any meal a festive occasion.

- Barkan Platinum Cabernet Sauvignon - \$29.99 – V – A truly premium Cabernet Sauvignon at an affordable price point. Crafted by a Master of Wine, this wine is layered and complex.

- Carmel Private Collection Cabernet Sauvignon – \$14.99 – V – Israel’s most popular line of value wines. Great QPR (Quality-Price-Ratio) Cabernet Sauvignon, rich yet food friendly.

- Jezreel Icon - \$89.99 – V – Jezreel’s flagship wine, a big-bold blend of Carignan, Syrah and Argaman, an explosion of flavors.

- 1848 Seventh Generation Argaman – \$39.99 – Argaman is a grape variety unique to Israel where it was created decades ago from crossing Carignan and Souzao. Generous and plentiful, a must-wine to discover and rediscover.

- Carmel Buzz Fruit-Flavored Moscato wines – \$10.99 - V Fun and refreshing fruit-flavored Moscato, perfect for parties and family meals.

“Consumers looking for wines from renowned regions throughout the world can satisfy their thirst with more options than ever before. It seems the problem is not the

availability of great wine but the overwhelming number of great wines to choose from. Royal Wine offers a delicious selection of kosher for Passover wines from around the world,” adds Geller.

“Some of the top producers are creating award-winning varietals at every price point, and with Passover just around the corner, we want to take the guesswork out of buying wine.”

Why Four Cups of Wine

One of the rituals served at Passover is the custom of drinking four cups of wine. The four cups of wine are consumed in a specific order as the story of Exodus is told. Served to the adults throughout the dinner, these four wines represent points from the exodus story. While there are several explanations for the significance of the number four, the connection to "freedom from exile" is often referenced. For observant Jews, the wine served should be kosher. Although a kosher wine uses the same grapes as other wines, the wine making is handled by "sabbath-observant Jews".

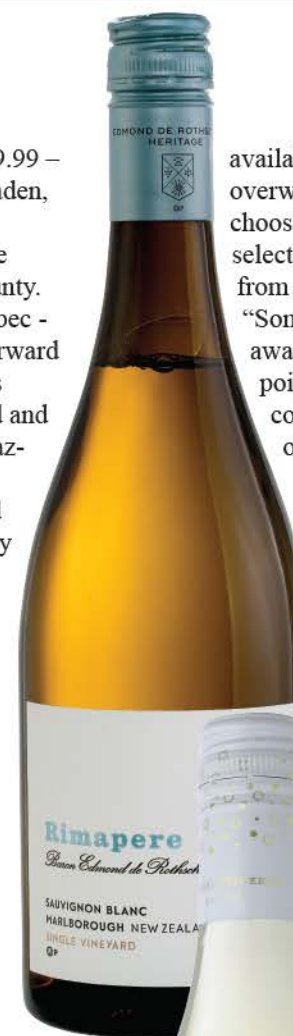
About Kosher Wine

Before you grab a bottle of your favorite wine for Passover Seder, check the label. Chances are your goto bottle isn't kosher. In general, 'Kosher' is a term used to describe food that complies with the strict dietary standards of traditional Jewish law. It also applies to wine.

Those amateur sommeliers among us will know that to make wine, yeast is necessary for fermentation. However, what separates kosher wine from non kosher wine is

that in accordance with Jewish

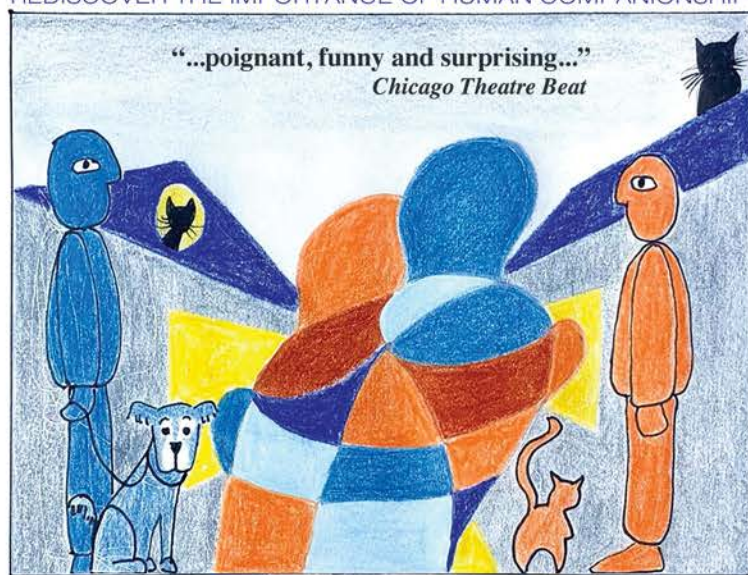
law, Kosher wine is made with a mold grown of fruit or sugar not bread. All wines and spirits from Royal Wine Corp are certified kosher



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Hamantaschen

The Tasty Triangle of PURIM

By Contributing Writer

Today we think of hamantaschen, the triangle-shaped stuffed cookie, as the pastry of the Jewish holiday of Purim. But the original hamantaschen had no Jewish connection at all. According to Gil Marks in his landmark book, "Encyclopedia of Jewish Food," the hamantaschen we eat on Purim — and increasingly throughout the year as American bakeries and bakers have embraced them as an evergreen option — are based on a medieval German pastry stuffed with poppy seeds. It was called mohntasche, from the German words for poppy seed (mohn) and pocket (tasche).

By coincidence, mohn sounds like Haman (Hamohn in Hebrew), the supervillain of the Purim story who plotted to annihilate the Jews of Persia. German Jews, wrote Marks, "renamed this Teutonic cookie as hamantasch...meaning 'Haman's pocket.'" It was common, in Jewish communities all around the world, to prepare foods for Purim that somehow alluded to Haman, his body, the clothes he wore, or to other characters in the Purim story. In eating those pastries, wrote Marks, a person "symbolically erases Haman's name."



Europe, and poppy seed became the "ultimate Purim filling." But other fillings gained popularity, too.

The choices were limited, of course, by the time of year and what was available in the markets and the cellars of Eastern Europe. Since Purim falls at the end of winter, the abundant fresh fruits and berries, like cherries, strawberries and raspberries found in the woods and orchards of that region in the warm weather were not an option. Winter fare such as dried fruits,

Following the Black Plague in the 14th century, many German Jews fled their homes and migrated eastward, bringing their poppy seed stuffed pastries with them.

Shmil Holland, a restaurateur, expert on Eastern European Jewish food, and author of the cookbook, "Schmaltz," says that over time, this "haman's pocket" cookie became associated with Purim in Eastern

nuts, poppy seeds, honey or kasha (buckwheat) was.

Following a Purim-like story of their own, the Jews in Bohemia and Czechoslovakia (today's Czech Republic and Slovakia) embraced a special hamantaschen filling called povidl (known as lekvar in the United States) which is a thick spread made from slow cooking the dark purple Damson plums that are harvested in Eastern Europe at the very end of summer. After the fruit and its peel are cooked for 48 hours on a low flame, said Holland, they become a sweet paste. It lasts for months when kept cool in the basement, and it was used in kugels, strudels, cakes and blintzes in central and Eastern Europe. Those same plums are used, too, to make slivovitz, the fiery, high proof plum brandy.

While most Purim baked goods are sweet, symbolic of a sweet future, there were savory options, too. In Poland, said Holland, kasha (buckwheat, in English), a widely available grain, was prepared with fried onions, seasoned with salt and black pepper, stuffed into the triangle-shaped pastry, and then topped with whole poppy seeds.

In Israel today, stores begin filling up with this Eastern European pastry weeks before Purim. You can still get the classic poppy seed filling, but the choices today spread across the culinary spectrum. "Every year," said Holland, "fillings get more creative. You can get hamantaschen filled with pastry cream and chocolate." Of course here in the United States we also have an expansive list of flavors that become part of the always-changing Jewish food landscape. It all started with one humble poppy seed pastry.



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An Introduction to Fat Freezing

By Contributing Writer

Cryolipolysis, aka fat freezing, refers to non-surgical fat reduction treatment. Typically, the procedure involves the use of cold temperature in order to reduce fat deposits in some parts of your body. The idea is to target bulges or fat deposits that don't go away through diet and exercise. Keep in mind that fat freezing is not a good choice for people who are overweight. Also, this treatment is also known as CoolSculpting. Let's find out more about this approach.



Parts of the Body that Cryolipolysis can Treat

According to the Food and Drug Administration, cryolipolysis is used for the treatment of fat deposits under your chin, thighs, upper arms, hips, and abdomen, just to name a few. You may also use the treatment to target your buttocks or lower back.

How is this Procedure Performed?

Usually, this procedure is performed at an outpatient clinic or doctor's office. Also, the size of the fat deposits is assessed and outlined using a skin-marking pencil. And the interesting thing is that the patient is awake throughout the procedure.

Typically, a handheld device is used for freezing the fat cells under your skin.

Before the treatment is started, a gel pad is used on the target area for protection. In the next stage, the fatty bulge is vacuumed or suctioned into the hollow opening.

When the suction is applied, you may feel a pulling sensation, such as cramping, aching, stinging and tingling. After a few minutes, the area will go numb and the fat layer cools down as it hits a temperature between 30.2 and 39.2 degrees.

For the treatment of a single area, you have to wait only about an hour. After the treatment, you can have the applicator removed.

How Does It Destroy Fat Cells?

Basically, this technique says that fat cells are more prone to damage due to cold temperatures. Actually, cold temperature damages fat cells and trigger a solid inflammatory response that causes the death of fat cells.

According to several studies, you may expect a fat reduction of up to 28% over a period of 4 months post the first treatment session. For noticeable changes, you may have to wait for at least 3 weeks. For dramatic improvement, you may have to wait for around two months.

Advantages of Cryolipolysis

Given below are some of the primary advantages of cryolipolysis.

No surgical incision; No risk of infection; No need to be admitted to a hospital for the treatment; No need to use anesthesia before the procedure; A single session allows you to treat multiple areas of your body; No need to take bed rest after the procedure; No age limit for the procedure; No risk of damage to your muscles, blood vessels, or nerve fibers; Permanent removal of fat cells from your body; Heightened self-esteem after the procedure

Long story short, this was a brief introduction to cryolipolysis or fat freezing. After reading this article, you may have gotten a better understanding of the treatment and the way it can benefit you.

If you are looking for the best laser hair removal treatment, we suggest that you look for an affordable aesthetic clinic. At Young 21, you can have this procedure done in a cost-effective manner.

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The Truth About The Ketogenic Diet

By Contributing Writer

The Truth About The Ketogenic Diet is about how to lose weight and raise your body metabolism and how to burn most of your stubborn belly fat naturally. There are also unique cutting edge fat loss tips. In this short review about Brad Pilon's product, (The Truth About The Ketogenic Diet Review), I am going to mention some pros and cons, so just keep reading to the end.

Advantages

Thin From Within by Brad Pilon is one of those diet programs which works on the root cause of being fat and plump. There is a small difference between being fit and fat and this program works efficiently to make you fit and getting rid of all the fat. Here are some of the major advantages that you could get while taking Thin From Within program by Brad Pilon.

You don't have to starve and can munch upon the food of your choice. You don't need to splurge hours in the gym exhausting your body for no good use.

The whole program is made by a renowned dietician Brad Pilon after an extensive research and experiments, therefore, the chances to doubt its authenticity and reliability seizes to zero. The

You can get the hard copy of the program as well after downloading it from the website so that you can read it anywhere and anytime.



program is backed by expert's guidance and you will get a logical reason behind every aspect of it.

You can start following it instantly. If you didn't find it useful and feasible you can get all your money back. It comes with 2 months money back guarantee.

Disadvantages

With so many advantages there are a few cons related to the program. Before you make the decision of taking the program you need to know about the disadvantages as well.

Although it's a sure shot program in giving the desired body, results may vary from person to person. Some might get results faster and some later.

For getting the desired shape in minimal time you need to follow the diet regimen fervently. All the food items written on the program needs to get inculcated in the diet. Also, you need to follow the exercises provided.

You need a computer to get an access to the program. For making payments and downloading the copy having good internet connection is a must. It is available only in its digital format.

Conclusion

The Truth About The Ketogenic Diet is an influential diet program which has helped people get a perfectly shaped and toned body. Every small detail provided helps to achieve the figure which was once a dream. All that you need is to follow the program.

Since it comes with a money back guarantee you don't feel cheated and this enhances the reliability to a great extent. It is the healthiest way to shed those layers of fat which has always made you feel low and dull. Get indulged in an effectual program to gain maximum benefits.

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WANDER WILD AT KILLARNEY'S GREAT OUTDOORS FESTIVAL

By Contributing Writer

Ireland's unique adventure and wellness festival, Wander Wild, returns to the 25,000-acre Killarney National Park – a UNESCO Biosphere Reserve – from 24–26 March 2023.

Perfect for adrenaline junkies, those seeking new mindful experiences or anyone who enjoys being active in the outdoors, the festival offers a host of events for the body, mind and soul.



Over the three-day festival weekend, you'll have the chance to recharge with a dip, hike, bike, kayak, swim, horse ride, ramble, or wellness activity all set against the backdrop of Killarney's spectacular mountain and lake landscapes.

Thrill seekers can scale Ireland's highest mountain, Carrauntoohil, test their endurance on a run through the Gap of Dunloe, enjoy a night trail run on the Old Kenmare Road, rise to new heights with rock climbing and abseiling, or learn how to move off the beaten track with a Steep Ground Masterclass.

For something a little different, you can paddle back in time on a kayak tour to Inisfallen Island – home to a monastery dating to AD 640 – or start the day with a sunrise dip at Dundag Lake.

Connect with nature on a Forest Bathing walk, discover the power of breath with a Wim Hof Method Workshop, or savour a

Samhradh Sauna Experience. Wellness enthusiasts can experience yoga and light therapy, Reiki, and sunrise Vinyasa amongst a range of classes.

New events for 2023 include a natural ice-bath in the Lakes of Killarney, and a 3D sensory tour of the Blue Pool Nature Reserve with a light and sound installation. The festival will also premier two Irish adventure films.

With a range of culinary and cultural experiences unique to the area, including a foodie tour, a photo exhibition and workshop, and a tour of historic Killarney House, the festival caters for the whole self.

One of the best things about Wander Wild is that you can experience complete remoteness by day, and a town buzzing with entertainment at night. The fun won't stop when the sun goes down as Killarney town hosts

the electric basecamp for the festival offering a weekend of social events including live music and entertainment in local bars.

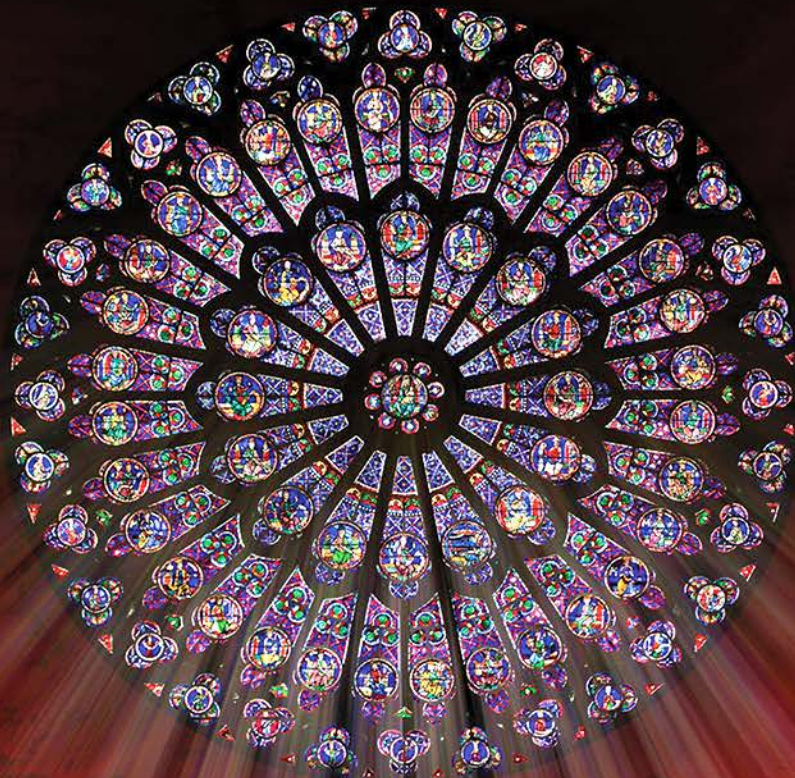
The festival officially opens on Friday 24 March with a colourful Spring Equinox parade through the streets to celebrate the end of winter and the rebirth of spring.

There's a plentiful and diverse range of accommodation options in Killarney from hostels and self-catering to four- and five-star hotels. Shuttle buses will transfer people from the town centre to all the activities making the connection from vibrant Killarney to the majestic wilderness of the surrounding natural landscape, quick and convenient.

To secure your place on any of the events or avail of early bird weekend activity packages you can book at wanderwildfestival.com.

www.ireland.com

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By Staff Writer

ACTRESS MICHELLE DANNER TEACHER, STORYTELLER, PERFORMER

There aren't many people who can point to a career full of success as a performer, teacher, storyteller, entrepreneur, and expert. But Michelle Danner can.

The legendary acting teacher and founder of the Creative Center for the Arts and the Los Angeles Acting Conservatory, Danner is also now well-established as a successful film director.

Her upcoming film, "Miranda's Victim," stars Abigail Breslin, Luke Wilson, Ryan Phillippe, Emily VanCamp, Mireille Enos, Enrique Murciano, Brent Sexton, Josh Bowman, Sebastian Quinn, Taryn Manning, Nolan Gould, Dan Lauria, Kyle MacLachlan, Andy Garcia and Donald Sutherland. The film tells the true story of Trish Weir (Breslin) who was

kidnapped and brutally raped by Ernesto Miranda. The subsequent trials went all the way to the Supreme Court and led to creation of the Miranda Rights. "Miranda's Victim" opened the Santa Barbara Film Festival earlier this month.

Her last film "The Runner" is an action thriller and true-life coming of age story starring Cameron Douglas, Elisabeth Röhm, Eric Balfour and newcomer Edouard Philipponnat as a troubled teenager forced to go undercover to expose a drug kingpin. The film screened at 28 festivals around the world winning countless awards. It was distributed by Saban Films.

A dedicated mom of two (one is an aspiring filmmaker), Danner still has her



"day job" – overseeing the faculty of the Los Angeles Acting Conservatory, and conducting her weekly acting class. Michelle has worked privately with Christian Slater, Salma Hayek, Gerard

Butler, Seth MacFarlane, Penelope Cruz, Chris Rock, Gabrielle Union, Zooey Deschanel, Henry Cavill, Isla Fisher and James Franco. A longtime student of legendary acting teachers like Stella Adler and Uta Hagen, Danner's eclectic approach (which she calls "The Golden Box") allows actors the freedom to employ a wide variety of techniques.

Raised in a show business family and with a deep appreciation for all of the performing arts, Danner also continues to run the boutique "Cinema at the Edge" film festival and is currently preparing to direct a new one-person play, Bonnie Culver's "Norris," starring Anne Archer, based on the memoirs of the widow of writer Norman Mailer.

Simply put, there's almost no one in the business who knows as much about acting and success as Michelle Danner – and her continued success in multiple creative fields makes her one of the most successful women working in the industry today.

<https://www.michelledanner.com>
www.allinfilms.com

ACTOR PETER MENDOZA

Latino actor, stuntman, and one-to-watch Peter Mendoza stars in season 2 of HBO's Emmy-nominated series "Perry Mason" (premieres on HBO on Monday, March 6 at 9/8c). From East Los Angeles, Peter is ready to leave his mark on Hollywood with his passionate and emotional performances. HBO's "Perry Mason" is a thrilling mystery drama wrapped in the backdrop of the 1930s starring Matthew Rhys (Perry Mason). Months after the Dodson case comes to an end, where the scion of a powerful oil family is brutally murdered. When the DA goes to the city's Hoovervilles to pinpoint the most obvious of suspects, young Mexican boys, Perry, Della, and Paul find themselves at the center of a case that will uncover far reaching conspiracies and force them to reckon with what it truly



means to be guilty. Peter Mendoza plays the role of Mateo Gallardo, one of the young Mexican boys accused of murder. Peter began his acting career in middle school where he took drama. In high school, he joined choir to avoid a science class and discovered he enjoyed performing. He studied dance, voice and movement, Shakespeare, and acting at East Los Angeles College. His breakthrough role came in portraying Andreas in the Netflix limited series "From Scratch," starring alongside Zoe Saldana and Eugenio Mastrandrea. Peter has TV credits on shows like "NCIS," "Shooter," "Snowfall" and appeared in the films DEAD BULLET, NATHAN'S KINGDOM, and PARASITES. Peter is bilingual, and trained in swordplay, fight choreography, dance, and stage combat/knife fighting.



BUSY BODY

TOP TEN REASONS TO PLAY PICKLEBALL

By Contributing Writer

10 good reasons to put on your court shoes and play pickleball.

Reason #1 - Changing workout routines challenge muscles in new ways which means you burn more calories. A change in routine will force your body to recruit more muscle fibres to stabilise your footing and strengthen your core. As you navigate the courts and

the explosive play you will in fact burn 10% more calories than walking or running on a treadmill or paved surface.



Reason #2 - Beat Boredom
Nothing is worse than killing motivation than repetitive routines. Add a little excitement for your next workout. There is so much to

look forward to when playing pickleball. If it's a new sport to you, think of all the skills that you can master; dinking, 3rd shot, volleys, serves, and the tactical strategies

to outwit your opponents. There are so many varieties of skills and tactics, you may want to buy a book and study it.

Reason #3 - Socialisation

I don't think I've ever been on a court where I did not meet new people. It's also a great way to be active with your friends and catch up in person with each other.

Reason #4 - Family time

Kids of all ages have a blast exploring the fun in this sport. Paddle positions, court maneuvers, strategies, and plain ole fun are all great educational opportunities for the whole family to explore. Little ones can burn off some energy which will help them



sleep better, and it's a great atmosphere to discuss the circle of life with older kids, as it relates to pickleball, of course.

Reason #5 - Lift your spirits. Getting away from the hustle & bustle of work obligations or family responsibilities can be essential to our well-being according to various studies. There is no better place to unwind than spending time on a pickleball court. Basking in the sun increases vitamin D absorption through the skin. Stopping to smell the roses or meditating between games can help reduce stress, and ward off depression. Pickleball also offers opportunities to be active in tournaments or socials which will affect your mood in a positive way.

Reason #6 - Preventing osteoporosis.
As a weight-bearing exercise, regular pickleball play can help prevent osteoporosis by increasing bone density and strengthening bones.

Reason #7 - Improved cardio-respiratory fitness (heart, lungs, and blood vessels)
This refers to your ability to supply oxygen to your skeletal muscles during regular exercise. As you increase your exercise your heart muscle becomes stronger which amplifies the volume of blood with each beat. The lungs allow for proper exchange of gases and controls ventilation rate as well as increases your feeling of general well-being.

Reason #8 - Cost effective. As a good idea is to invest in a good pair of lightweight, sturdy shoes - The average costs are about \$75.00 - \$170.00. If you are a savvy shopper, you might find a deal at the local factory outlet. Include wick-a-way absorbent socks and shirts to go with your shoes for added comfort while on the courts.

Reason #9 - Sleep better. When it comes to having a direct effect on getting a good night's sleep, it's vigorous exercise in the late afternoon or early evening that appears most beneficial.

Reason #10 - Weight control.
You don't have to be in perfect shape to start. Even if you are overweight, it won't take long to reap health benefits. A 150 lb person playing pickleball at a moderate intensity for one hour can burn 400 calories.

Remember most experts recommend if you have been inactive for several years, or you already have a condition such as high blood pressure, check with your doctor first before beginning any physical activity.

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Valley Scene 09/06/19



Kangaroos, Cockatoos, Emus and Monkeys! Animal Tracks El Segundo

By Laura Kelly

I recently had the distinct honor and pleasure of meeting many of the residents of Animal Tracks, a non-profit organization that provides sanctuary, love, and forever homes for a variety of exotic animals who've been rescued from a variety of situations – but mostly as a result of the illegal pet trade. These amazing creatures have experienced the worst in humanity. Animal Tracks seeks to undo the harm that has been done by giving the animals the best possible life in captivity. These animals literally receive a new lease on life. Without the care and dedication of the staff and volunteers at Animal Tracks, they would have been destroyed.

The Animal Tracks mission also includes educating the public on animal conservation. Up until recently, Animal Tracks offered unique, interactive experiences to thousands of people who visited each year to learn about animal conservancy and engage with the dozens of species in residence. And to educate people about the horrendous practices the illegal pet trade engages in that cause irrevocable damage to animals every day. “The animals can't speak for themselves, so we give them a voice”, says Animal Tracks Executive Director, Stacy Gunderson.

Due to a zoning change, Animal Tracks must relocate and can no longer offer in-person educational tours. Already crippled by the COVID-19 Pandemic, this zoning change has placed the animals yet again in a dire situation. The cost of moving the entire facility comes at a substantial cost. A cost Animal Tracks cannot bear alone with its

current sources of funding. These animals found safety, love, and the care they need at Animals Tracks, but without outside help, they could lose it all.

This isn't a story about some far-off place, filled with fictional characters.... This is about real people right here in LA County trying to make a big difference in the lives of these very real and very amazing creatures. All of the residents at Animal have a name, individual personalities, likes, and dislikes and quirky habits.

A Kinkajou, Kangaroo, Cockatoo, Emu, and rock star Boo, the critically endangered, capuchin monkey all found forever homes at

Animal Tracks. All are wonderful public ambassadors for their species but in my humble opinion, there's something extra special about Boo. After a short introduction, Boo came over to me, caressed my face in his tiny hands, stared lovingly into my eyes, and started giving me little monkey kisses all over my cheeks – talk about a Cheeky Monkey!

Then there's Chrissy, a beautiful baboon-hybrid and Queen who reigns over Animal Tracks and cares for other primates like they were her own. Fennec fox couple



Stacy Gunderson - Executive Director

Winky and her boyfriend, Dobby now keep each other company after living separately and in isolation. A pack of 6 wolf-hybrids; led by Lea the alpha, Ice, Rogue, Dani, Lupin, and Raider play and roam to their heart's content every day in the big wolf yard. All of whom were rescued from despicable situations.

Please join the ranks of like-minded animal lovers to help critically-endangered, endangered, vulnerable, and near-threatened species by making a tax-deductible monthly donation to Animal Tracks, a 501(c)3 non-profit whose mission is to give animals a second chance, and to put an end to the terrible damage done by the illegal pet trade. It's easy to give online at <https://animaltrack-sinc.org/supportus/>

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The Most Expensive Perfume In The World

By Contributing Writer

The aroma composition attracts with its extravagance and charm. Bergamot, lime, tangerine, and white peach accompanied by Indian jasmine add an unforgettable flavor to the odor. The woman who will be lucky to wear such a posh fragrance, will definitely have no doubt about her feminine appeal.

As for the outer look of the scent, the bottle



Imperial Majesty by Clive Christian deserves the title of the most expensive perfume in the world. This fragrance consists of a bewitching aroma called Clive Christian number 1. Also it is listed in Guinness Book of Records as the most expensive perfume. It took Clive Christian 6 years to design Imperial Majesty. This is a perfume for all: for men as well as for women. There are only 10 bottles produced with the capacity of 507 ml. The composition is represented by a blend of 200

which is worthy of an emperor, was designed by a French glass expert Baccarat Crystal and is adorned with a 5-carat diamond, an 18-carat golden collar necklace, and white small diamonds. The value of the Imperial Majesty fragrance totals \$245,000 for a bottle. Having purchased this perfume,

you will definitely feel yourself a unique person. By the way, for this price the perfume will be delivered in a Bentley car. Sir Elton John once ordered Imperial Majesty in a bottle of a piano shape. That cost him \$250,000.

Clive Christian bought the perfume company Crown Perfumery in 1999. The brand itself exists since 1872. Even queen Elizabeth considered the perfume of this company the most sophisticated, luxurious, and high-quality. The Clive Christian number 1 is the best seller among the most expensive perfumes in the world.

If you would like to know more facts about fragrances log onto <http://perfumeforall.com/how-to-put-on-perfume.html> or visit www.perfumeforall.com



various ingredients most of which are extremely expensive, rare, and difficult to obtain: Indian sandalwood, pure Tahiti vanilla, violet root, bergamot, ylang ylang grown in Madagascar, and natural rubber. Of course, some of these ingredients are not very rare, but all of them are subject to a specific process of raising the aim of which is to preserve purity of the natural aroma.

According to Clive Christian, the perfumers who worked on this magical fragrance were told to forget about money and create the most wonderful aroma ever made in the history of mankind. Those who would like to get acquainted with this wonder with no particular prejudice to their budget, have a chance to buy a mini version of this perfume - Mini Majesty. It is a bottle of 30 ml that costs \$2,500.

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Considering A Handmade, Luxury Glasshouse?

HISTORIC ENGLISH GLASSHOUSE MANUFACTURER
HARTLEY BOTANIC ANSWERS THE MOST COMMON QUESTIONS

By Contributing Writer



Hartley Botanic specialises in luxury Glasshouses and Greenhouses. Hartley Botanic's quintessential English Glasshouses are in increasingly in demand. **What size and type of Glasshouse or Greenhouse should I buy?**

Envisaging how you would like to enjoy your Greenhouse is a consideration. There are a number of ways a Greenhouse can bring your gardening alive, and also expand your garden. Perhaps you want your Greenhouse to fulfil a dual purpose, to be a practical tool for growing food but also, an alfresco room where you can sit amongst your plants. In terms of size, Victorian Lodge would be ideal. Or perhaps it will enable you to indulge a passion for alpines and, being able to admire them. With its unique square architecture Grange Glasshouse could be interesting. Perhaps you want to grow fresh flowers and are interested in blurring the divide between living rooms and your garden – consider an abutting Greenhouse. **What is the optimal position in my garden for a Greenhouse?**

Your Greenhouse needs access to sunlight during all seasons, so positioning is important. Avoid locating your Greenhouse in the shadow of tall trees, boundary fences or walls. For lean-to Greenhouses against a wall, a south-facing position is ideal. For stand-alone, the ridge along the top of the Greenhouse should run from East to West, this will allow the sun to run along its longest side during the day. Other considerations include a location to catch prevail-

ing winds for ventilation. Site your Greenhouse in close proximity to an electricity and water supply, and on fertile soil if you want to install growing beds.

What water access will I need?

Watering is the most important task in owning a greenhouse, so a water supply is a must. There are automatic watering systems available, but these are not always necessary. We recommend Greenhouse owners make use of sustainable water sources, using water butts to collect rainwater and 'grey' water recycled from baths or sinks. This will save on the amount of water you need to use. Hartley Botanic offers beautiful, Victorian-style, cast iron heating and drainage grates which are very effective at draining.

Is an electricity supply essential?

Running electricity directly to your Greenhouse can make your life easier. Both heat and light are ingredients for your plants and can be exploited further in all seasons and at all times of day or night. Lights extend your time in your Greenhouse. Fan heaters are efficient at circulating heat. For heating large structures, electricity isn't required - a hot water pipe system is the norm.

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Top Stories

By Andrews McMeel Syndication

This Weeks Stories...

Tony Toto and his wife, Frances, of Allentown, Pennsylvania, are celebrating 57 years of marriage. WFMZ-TV reported in a feel-good Valentine's Day story. "We have been blessed that we had all these years," Tony said, noting "that one time when we had a rough time." Yeah, that was the time in 1983 when Frances hired teenaged hitmen five times to kill Tony. "I don't think I was thinking straight," Frances said. "It was like it was a love-hate kind of a thing." Of course, the murder attempts weren't successful, and Frances and the young hitmen were arrested. She spent four years in prison, but their love never wavered. A feature film called "I Love You to Death" was made about their troubles, and they became minor celebrities, traveling to movie premieres and giving interviews. Tony and Frances got counseling and committed to better communication, and decades later, have a long marriage to show for their efforts.

The Aristocrats

On Feb. 11, during an intermission at the Hannover State Opera House in Hannover, Germany, ballet director Marco Goecke shocked even himself when he approached the dance critic from the Frankfurter Allgemeine Zeitung newspaper, Wiebke Huester, and smeared animal feces on her face. The Associated Press reported that Goecke was unhappy with a recent review of a production he staged in The Hague. Following the incident, he took off through the crowded theater lobby. But strangely, Goecke seemed to justify his actions in a later interview, saying that after having his work "soiled for years ... Once a certain point has been reached, I disagree." The opera house suspended and banned him from the facility until further notice.

Weird Science

People who suffer from chronic constipation now have a high-tech treatment option: a vibrating pill that stimulates the colon, CNN reported. The Vibrant capsule, prescribed by a doctor, is taken at bedtime and reaches the large intestine about 14 hours later. Vibrations cause the gut to contract, moving food along. Eventually, the capsule is eliminated and makes its way

to a sewage treatment plant, where it's sifted out and sent to a landfill. Dr. Eamonn Quigley of Houston Methodist Hospital helped test the new technology. He said most people couldn't feel it working. "A minority could feel it. None of them felt it was being uncomfortable." But we're uncomfortable just reading this.

Unconventional Weaponry

Christopher Gaddis, 41, was holding a cat in his arms when he was approached by Metro Nashville Police officers on Feb. 8, WSMV-TV reported. Gaddis had two outstanding warrants, and officers were trying to arrest him when he shoved the cat into the face of one of them, leaving several cuts on the officer's hands. Gaddis also kicked the officer. After being treated for his own injuries from the cat, Gaddis was charged with resisting arrest and assaulting an officer.

In what prosecutor Owen Beale called an "organized criminal matter," Joby Pool, 32, pleaded guilty to theft and criminal damage in Kidderminster, England, magistrates court, The Guardian reported. His crime? Pool broke into a warehouse on Feb. 11 and towed away a trailer with about 200,000 Cadbury Creme Eggs, valued at about \$37,000. He didn't get very far; when police stopped him, he "walked toward (them) with his hands up." "This clearly wasn't spur-of-the-moment offending," Beale said. "You don't just happen to learn about a trailer with that kind of value being available." The "Easter bunny," as police dubbed him, will be sentenced in March to about two years in jail.

-- In the Germantown neighborhood of Philadelphia, one gas station is employing a dramatic tactic to try to keep people experiencing homelessness away: blasting opera music over its outdoor speakers. WPVI-TV reported that neighbors aren't fans: "I heard all this music, I couldn't tell where it was coming from. Loud, it was unbelievable that time of night," said Clinton Barnes, who lives close by. "I don't think it's a deterrent," said Karen Clark. "They have to find something else." One neighbor said it was as loud as if someone had "cranked the volume all the way up" on the TV inside their home. Gas station employees refused to comment.

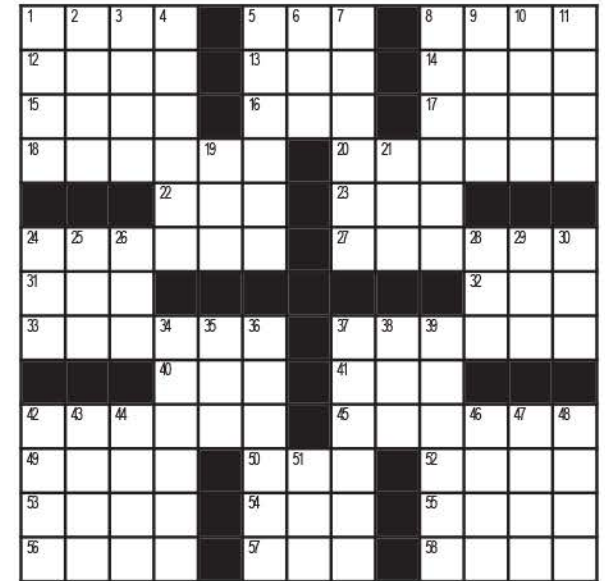
Across

1. Gawk
5. Help request
8. Transporters
12. Blueprint
13. Part of a play
14. Squadron
15. First word of an Angelina Jolie movie
16. Paving material
17. Optimistic
18. Odorous
20. Obliterate
22. "___ the ramparts ..."
23. Pub brew
24. Chinese calculator
27. Arab kingdom
31. Gentleman, maybe
32. Tea server
33. Hottie
37. Concert admission
40. Home of the brave
41. Frigid
42. "The ___ Life of Bees"
45. Migraine
49. State categorically
50. "Chicago" lyricist
52. Knot
53. Make over
54. ___'wester
55. D'Artagnan weapon of choice
56. Once again
57. From head to ___
58. Trial

Down

1. Picks
2. Grab onto
3. Pathetic
4. As a whole
5. Mythical creatures with goat legs
6. Wood sorrel tuber
7. Fashionable hair color splash
8. Time set to be indoors, during military emergencies
9. Mini water buffalo
10. Microprocessor type, abbr.
11. Eye problem
19. Romanian monetary unit
21. Bug
24. Bronze or ice
25. Purchase

Print this Page! Ctrl + P



26. Sailor response
28. Arctic bird
29. Outrage
30. Blasting stuff
34. Plow's trench
35. "___ Me," Withers hit
36. Dormant
37. Sound quality
38. Cube material
39. A young swan
42. "___ Smile" (1976 hit)
43. Neck and neck
44. Yield
46. Cordage
47. Caesar's bad day
48. Convene
51. "___ Hoo!"

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Previous Puzzle





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Cali Camp

Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature. *All activities are pre-assigned and rotate on a daily basis. Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

Star Galaxy- Academic, Homework lab, Sports STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activi-

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

Teenage Drama Workshop (TADW)

is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

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Science Experiments and Stem Activities for Kids

By Contributing Writer

STEM learning stands for Science, Technology, Engineering and Mathematic. STEM learning promotes a better understanding of these four disciplines in a more 'Whole'-istic way. In fact, a simple task like using a wagon to move something involves principles of science, mathematics, engineering and technology. Children can be benefited by STEM learning especially if it is in form of science camps etc. STEM learning aims to make science fun, enlightening and easy for kids. There are numer-

ous activities that can be done in the science camp that would follow the basic principles of STEM to make learning impactful. Practicality helps



learn faster. STEM activities done in a science camp would be easily remembered and the principle would be understood without difficulty.

As STEM activities are project based, it becomes easy for children to comprehend science, technology, engineering and mathematics, especially if it is done under the guidance of teachers. There are many activities that can be done to create a base for understanding key concepts such as:

Heavy And Light

In a science camp, kids learn basic concepts of heavy and light through STEM activities. STEM requires everyday items, glass, water and oranges the concept of floating could be explained. Why heavy things go down the bottom of the glass and why light things float.

Natural Phenomenon

Kids are curious. There are natural phenomenon that can be explained to them through STEM activities.

Rain can also be demonstrated through shaving foam, water and color. This activity would fascinate

children and would also be a great learning experience. They can learn how rain is formed, how clouds are formed and so much more.

Building From Scratch

As STEM activities require kids to use concepts of all four disciplines, such activities in science camp would be of importance. Children do measurements, procure things of which a particular thing can be constructed, and brainstorm to decide about the size. Activities such as building a bridge from sticks or Lego blocks or straws would come under this.

Science Of Water

Water is kids' favorite. Period. There are number of activities designed around water. E.g. States of Water. Kids understand all three forms of water i.e. gas, liquid and solid. How much temperature is required for it to turn into solid or gas, what are its properties etc. can be clarified through experiments.

Concept of Density can also be explained by using various liquids as plain water, dishwashing liquid, sugar syrup etc. This will make them learn a complex concept in a more understandable way.

Science can be made fun and educational for kids by using STEM learning. There are a lot of things a child learns that would propel them towards practical understanding of concepts.



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SHELL-EBRATE ALL THINGS MERMAID

8TH ANNUAL "MARCH IS MERMAID MONTH"

Ventura Harbor Village in Ventura, California

By Contributing Writer

A tail of a good time awaits mermaids and mermen as they return for the 8th Annual "March Is Mermaid Month" at Ventura Harbor Village, a mer-mazing, month-long celebration. All events are FREE to the public with the exception of vendor activities, dining, and retail merchandise.

Visitors can enjoy a myriad of mermaid activities. Kicking off Mermaid Month is a Kid's Free Scavenger Hunt, which runs through Mar. 31. Pick up the scavenger hunt sheets at the Mermaid Gallery, which houses original mermaid art and tons of mermaid merchandise in Ventura Harbor Village, and return for special prizes. Participants are encouraged to dress in mermaid attire.

Taking center stage is ocean-spined special events and live mermaid meet and greets on Mar. 4 and Mar. 19 from noon to 3 p.m. Lovers of the sea can revel in seaside fun, including interactive booths, a mermaid craft station for kids, chalk art, mermaid dance party, live entertainment, and more! Vendors will showcase their skills for visitors including face painting and exotic bird photo ops on Mar. 4 and 19, and glitter tattoo and hair braiding on Mar. 19.

Learn About Ocean Preservation

On both Mar. 4 and 19, members of Surfriider Foundation Ventura Chapter will be present at an interactive booth to share tips and information about keeping oceans clean. On Mar. 19, prior to the event, beach lovers can participate in the Surfriider Foundation's family-friendly beach clean-up at Harbor Cove Beach, Surfers Knoll Beach, and Harbor beaches.

Get Creative

Kids will delight in a mermaid craft station on both Mar. 4 and 19 presented by Las Posas Children's Center which operates school aged childcare centers on six campuses in Ventura Unified School District.

Mermaid Art

View the wonderful artistry of Lysa Ashley as she creates mesmerizing mermaid art in front of Le Petit Café & Bakery on Mar. 19 and catch Village makers with themed-crafted items.

Dance the Day Away

DJ Darla Bea will put her spin on Mermaid Month with a lively dance party on Mar. 4 and 19. Come dressed up in sea-inspired attire for a family-fun dance party. Show off fin-tastic moves for a chance to win bubble wands and more! A walking mermaid will lead kids in activities from noon- 3 p.m.



Enjoy Live Music

Sway to the tropical tunes of Anacapa Ukulele, local ukulele musicians who will perform along the Village's Seaside Promenade on Mar. 4 from noon- 3 p.m. Plan to bask in the sunshine with the tunes of steel drums on Saturdays (Mar. 4, 11, 18th and 25 from noon - 3 p.m.) along the Village's Seaside Promenade.

Kid's Pirate Ship Fun!

Kids can go in search of sirens (aka mermaids) in the sea! Climb aboard the pirate ship to look for mermaids below and then slide down to climb up again! Free kid's activity on the Village Main Lawn on Mar. 4 from noon - 3 p.m., next to Deep Sea Wine Tasting Room. And again, on Mar. 19 from 1 - 4 p.m.

Usher in Spring

Revel in springtime shopping for unique mermaid-themed merchandise: bath and body, fashion, accessories, mermaid socks, ocean-inspired accessories for the beach, hats, coastal decor, artwork, pottery, and jewelry. Also, uncover a treasure trove of mermaid and nautical themed retail merchandise from the popular Mermaid Gallery - for mermaid art, mermaid gifts, toys, and shells. Seek out original mermaid-inspired artwork from pottery to fine paintings.

Celebrate A Seaside Selfie

All month long, visitors can also engage in seaside selfie stations, including large mermaid shells and the 20-foot long sign feature that reads "I (Love) the SEA" on Ventura Harbor Village's Promenade.

Take to The Sea

Get a glimpse of wildlife at sea by booking an Island Packers Whale Watching trip. For tickets and dates, visit www.islandpackers.com. A Must-SEA is a visit to the Channel Islands National Park Visitor Center to visit the tide pool, exhibits, viewing tower, gift/book store and the theater that is open daily.

Sea goers who wish to "make waves" by gliding over the water in search of fins and flippers can rent a kayak, SUP paddle board, electric boat or a one of the new colorful pink flamingo or dragon pedal boats along with other swan and duck character boats offered by Ventura Boat Rentals. Water enthusiasts can catch a live mermaid or just a large fish (bragging rights included) by jumping aboard a vessel from Ventura Sportfishing or get a glimpse of the illusive mermaid swimming with the whales.

Indulge in Succulent Seafood & Sweet Treats

Ventura Harbor Village's bars and restaurants are serving an array of "sea-seasonal" cocktails, regional wines from Deep Sea Wine Tasting Room, freshly-caught seafood, tasty clam chowders, mouthwatering oysters, savory calamari, appetizing salmon, and flavorful fish tacos. Take some sustainable fresh fish home with a stop at Wild Local Seafood or purchase the weekly catch at Andria's Seafood Market. To cap off the perfect meal, diners delight in specialty mermaid sweet treats from Top This Chocolate, Sugar Lab Bake Shop, and Coastal Cone Ice Cream.

About Ventura Harbor

Situated along the California Central Coast, endowed with breathtaking views, Ventura



Harbor is bordered by the City of Ventura on three sides and the Pacific Ocean on the west.

For visitor information, contact Ventura Harbor Village at 805-477-0470, online at www.VenturaHarborVillage.com. Ventura Harbor Village is located at 1583 Spinnaker Drive in Ventura. Post, share, and like #VenturaHarbor

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FASHION

Top 3 Tips to Help You Dress Up Your Loungewear

By Contributing Writer

Looking for tips to dress up your loungewear? You must have a tactic and strategy in place. In other words, have the right style and attitude. We will help you dress in a way that will impress others. And the good thing is that you don't need to compromise on your comfort either.



So, what you need to do is try out several sizes. Similarly, it should not show your belly either. **Don't go for the Sweatpants**

If you are looking for loungewear for your gym, you can manage with sweatpants. Keep in mind that they are not suitable for everyday wear. They don't have a proper shape. What you need is lounge joggers. The good thing is they have space in your crotch. You will be able to move around without any problem. Besides, joggers come with functional pockets. **Opt for the Right Layers**

Loungewear offers the perfect fit. Therefore, even your regular t-shirt doesn't give a box appearance. If you put it on with a sporty coat, you will have a relaxed look. As a matter of fact, a t-shirt can be an ideal choice for most occasions. However, you cannot put on this type of casual shirt before heading to your office.

If you are looking for something for a formal occasion, you should try something formal. This type of outfit can be paired with a blazer and suit pants. This approach will help you be as comfortable as possible. You can wear your trousers with dark joggers. This way you will be able to get the most out of your routine clothing.

If you are looking for something casual to wear, you don't need to look for something special. As a matter of fact, you can keep yourself warm on winter days with the comfortable Hoodie. Alternatively, you may manage with the basics during the hot season.

The Bottom Line

Long story short, we suggest you follow these steps if you want to dress up your loungewear during this winter. You can stay acceptable socially. By following these steps, you can stay comfortable and stylish at the same time. So, you may want to follow this guide to achieve your goal and look your best.

Sizing is Important

First of all, if you want to pull off loungewear the right way, you must have proper sizing. As a matter of fact, if your outfit is not tailored based on your body, you won't be able to attract the attention of anyone.

If you want to look for the best fit, make sure your loungewear is not too tight. If it is too tight, you will feel restricted and uncomfortable. Similarly, if it is too loose, you will look sloppy and puffy.

The House of CB [<https://www.houseof-cbnewin.com/collections/tops/>] is a store that can help you go for your favorite loungewear. So, you can browse their collection of house of cb dresses www.houseofcbnewin.com to know more.

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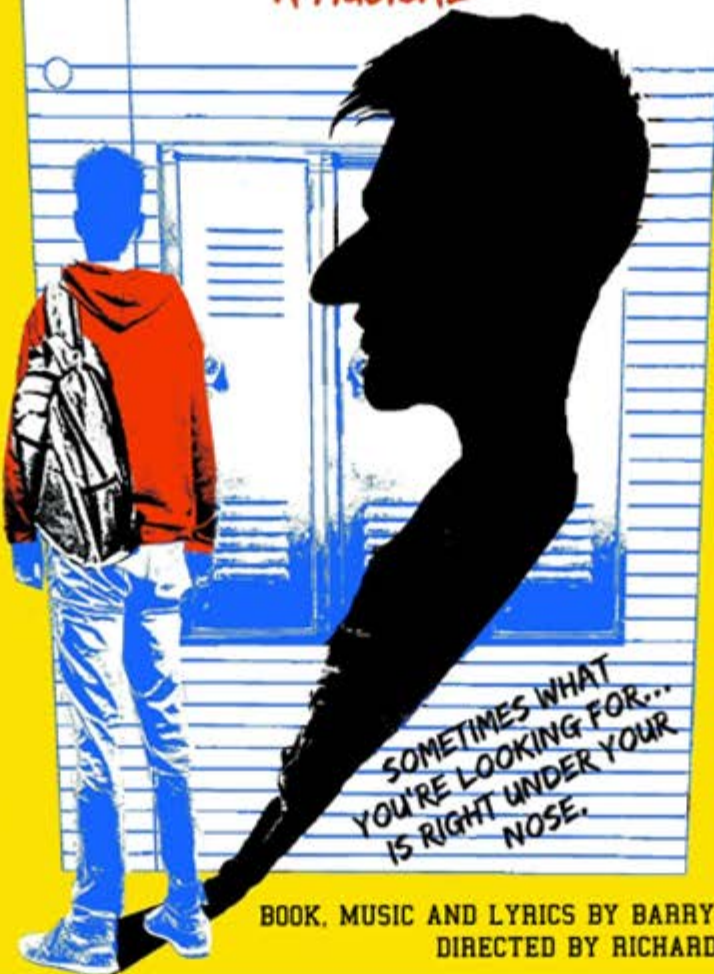
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