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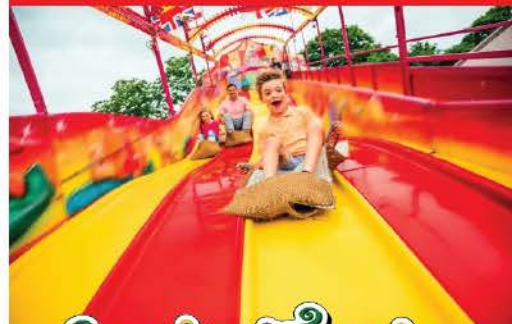
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→ MARCH 31 - APRIL 13, 2023 VOLUME 24 NO.7



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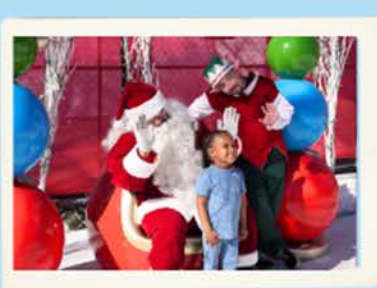
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# BLACKLIST: THE HOLLYWOOD RED SCARE

## AT THE SKIRBALL CULTURAL CENTER

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By Contributing Writer

In October 1947, the House Un-American Activities Committee (HUAC) called Hollywood figures to testify about allegations of communist propaganda in American films. Although the committee never found evidence of Communist propaganda, ten of the writers and directors called to testify were held in contempt of Congress, fined and sentenced to prison. Hollywood's power players responded to the proceedings by creating a self-imposed blacklist of those "Hollywood Ten" and others implicated in the proceedings. With that, the film industry became the first mass-employer to adopt a blacklist as a policy to be used against employees whose political beliefs

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Blacklist: Hollywood's Red Scare sparks reflection, conversation and engagement regarding civil liberties and patriotism in the 21st

Century using the counterpoint of a time in which art, artistic expression and speech were no longer protected.

Blacklist: The Hollywood Red Scare is a multi-sensory exhibit that explores the intersection of politics, art, economics, and the social dynamics that impacted the American First Amendment rights of speech, religion, and assembly during Hollywood's Red Scare. Through personal



Now making its West Coast debut at the Skirball Cultural Center with newly added artifacts, Blacklist: The Hollywood Red Scare shines a spotlight on the proceedings, investigations, motives, and choices of those caught in the crosshairs—including the many Jewish creatives and executives who suffered under and enforced the blacklist.

The result is an emotionally complex and compelling exhibition that demonstrates how the

politics of Hollywood can shape the entire country.

Blacklist: The Hollywood Red Scare was originally curated by Jewish Museum Milwaukee and was on display at the Museum 2018-2019.

Exhibit runs May 4th through September 23, 2023. Skirball Cultural Center 2701 N. Sepulveda Blvd. Los Angeles, CA 90049

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## NEWER THAN NEW!

OMG – talk about new restaurants! Some 25 specialty restaurants, coffee shops, bars and pop-ups are set to open this Spring in Canoga Park at the new Topanga Social (<https://www.westfield.com/united-states/topanga/topanga-social>) food hall at the Westfield Topanga shopping center. The 50,000-square-foot food megalopolis will feature three bars — including an indoor/outdoor Margarita Garden. And myriad food vendors including first-time expansions of some of L.A.'s most lauded restaurants like Glendale's Mini Kabob, an L.A. Times 101 List awardee; West 3rd Street's Slab BBQ; Chinatown's Katsu Sando and Amboy Quality Burgers; West Hollywood's Dtown Pizzeria; Hollywood's Mad Lab Coffee; and first-ever outposts of LA's hottest pop-ups such as ManEatingPlant, I Love Micheladas, and Shrimp Daddy. That's in addition to Burrata House; a candy shop curated by CandyStore.com, Dumpling Monster, Fat Sal's, Hey Hey Boba, Jay Bird's Chicken, Oakberry, Pearl Champagne Bar, Poke Me, Primo's Donuts, Rock & Reilly's, Temaki by Seaweed Handroll Bar, The Pie Room, Truffle Brothers Market, and Wanderlust Creamery.

Just opened – March 31! Fogo de Chao (<https://fogodechao.com/location/woodland-hills/>) in Woodland Hills

at the bottom of Q Topanga, that lux high-rise across from The Village shopping center. It's the first Fogo in The Valley. An eye-catching Brazilian-style exterior, soaring windows, modern chandeliers and natural wood paneling make a perfect backdrop to the white Carrara Marble Market Table and open churrasco grill showcasing the



gaucha chefs fire-roasting, butchering, and serving in-house dry-aged meats tableside. Plus, the large, covered outdoor patio offers al fresco churrasco dining. And the lively indoor-outdoor bar is ideal for All Day happy hour. Hours 5 – 10 p.m., Monday to Thursday. 5 – 10:30 p.m., Friday and Saturday. 2 – 9 p.m., Sunday.

New last month! Casa Madera (<https://thecasamadera.com/>) wows with dreamy views atop the Mondrian West Hollywood Hotel, in a coastal-casual setting and

bold Mexican Riviera cuisine with French and Japanese influences. Think Mayan Hummus, with chickpea, tahini, lemon, olive tapenade and Aleppo pepper. Yucatan Chop salad of romaine, white bean, sweet corn, jicama, Campari tomato, queso fresco, chile shallot vinaigrette and crispy tortilla strips. And mains like Pacifico Striped Bass, with fennel citrus salad, salsa trio and corn tortillas, or Fire Grilled Ribeye of 10 oz wagyu ribeye, parsnip puree, roasted garlic, potato pave, red wine jus and bone marrow. Hours 5 – 10:30 p.m., Sunday to Wednesday. 5 p.m. – 12:30 a.m., Thursday to Saturday.

Also opened in February – Juliet (<https://www.juliet.la/>), an all-day-and-night French restaurant in Culver City, with a seafood focus, hand-selected French wines and a modern farmhouse look. Enjoy breakfast (Crepe Suzettes, with citrus and Grand Marnier syrup), lunch (Poisson Cru of sliced amberjack, Meyer lemon ponzu), and dinner (perhaps Ris de Veau, veal sweetbreads, with maitake mushrooms and pickled celery or Chicken Liver Tartlets topped with apple gelee). Hours 9 a.m. – midnight, daily.

Vegetarian bar-hoppers rejoice! Also new in February, APB on Melrose (<https://www.apbmelrose.com/>) in West Hollywood is true to its anacronym: "All Plant Based," with animal-free sushi by Chef Niko Zaragoza of Niku Nashi, such as Spicy No Tuna Hand Roll. As well as "A Plant Bar," referencing cocktails sans animal products. Think fresh juices, house-made syrups, and alt-milks, as in the Beets By J, with Añejo Tequila, Beet Shrub, Spiced Pear, Citrus, clarified with Almond Milk. Don't worry. There's also real wine, beer, sake, classic cocktails, and carnivorous light bites. End with Loria's Flower Pressed Shortbread Cookies made in Montecito with handpicked edible flowers and herbs pressed into vanilla shortbread. Hours 6 p.m. – midnight, Monday to Thursday. 6 p.m. – 2 a.m., Friday and Saturday. Noon – 9 p.m. Dry Sundays.



In Studio City, Leona's Sushi House (<https://leonasla.com/>) opened in December with Michelin Guide-recommended Japanese-Peruvian fare. Led by Shigenori Fujimoto, a former Asanebo chef, the creative menu features more than sushi. Think Udon Carbonara, with thick Japanese noodles, smoked buta belly, reggiano parmigiano cheese and poached egg; Black Rice Peruvian Chaufa Paella, and Peruvian Flan. Must-orders include Leona's specialty sushi rolls like the Seared Salmon, with spicy tuna, seared salmon, red onions, capers, and Leona's ponzu. Hours nightly 5 p.m. – late.

#### DATE NIGHT PERFECTION

The Parisian-style courtyard spells romance at The Little Door (<https://thelittledoor.com/>), a French-style brasserie in West Hollywood. Candlelight and rustic French-Mediterranean fare including caviar, French champagne and wines, herb-crusted rack of lamb, and filet mignon – promise a memorable evening. Hours beginning at 5 or 6 p.m., nightly.

The name says it all. Soulmate ([www.soulmateweho.com/](http://www.soulmateweho.com/)), also in West Hollywood, woos with an open-air

ambiance of olive trees, overhead vines, soft lighting, plush seating and creative Spanish-Mediterranean/California cuisine. Think oysters with pineapple caviar and tamarind foam; oven-roasted Striped Bass with Swiss chard, and Steak Frites of Australian barley-fed ribeye. Ample desserts include a Chocolate Espresso Tart. Hours 4:30 – 11 p.m., weekdays. 11 a.m. – 11 p.m., weekends.

Love at first sight! From the ocean-front terrace at Nobu in Malibu (<https://www.noburestaurants.com/malibu/>). Truly an unrivaled view of the Pacific Ocean stretching into a ruby red sunset. Paired with Chef/Founder Nobu Matsuhisa's classics like the Sashimi Salad with Matsuhisa dressing, creamy spicy Snow Crab, and Japanese A5 Wagyu from Kyushu, Japan. Finished with the Bento Box of Valrhona dark chocolate fondant and imperial matcha. And sake, of course. Hours noon – 10 p.m., weekdays. Noon – 11 p.m., weekends.

Like a secret garden, Firefly (<https://www.fireflystudiocity.com/>) in Studio City, inspires romance with ivy-covered walls,



candles, and twinkling lights. A perfect backdrop to modern-American cuisine. Perhaps the Atlantic Salmon, with broccoli di ciccio, cherry tomato confit and white bean puree; Mary's Duck breast; and decadent Sticky Toffee Cake, with dates, toffee sauce, candied pecans, and vanilla gelato. Hours vary from 5 p.m. to 11 p.m., midnight, 1 or 2 a.m., daily.

Feel swept into another land at the Inn of the Seventh Ray (<https://www.innoftheseventhtray.com/>) in Topanga, the legendary creek-side multi-tiered outdoor

dining fairyland among sycamore trees and twinkling lights, serving locally sourced cuisine and organic-leaning beverages, wine, and beer. Toast the moment with a "Love Potion #9" of raw honey, damiana, wild-crafted saw palmetto, gotu kola, jasmine flower, and Chinese green tea. Followed maybe by the house-made Charred Leak & Potato soup; creamy Truffle Risotto or 8-Hour Black Vinegar-braised Short Ribs. Daily 9 a.m. – 3 p.m.; and 5:30 – 9:30 p.m. weekdays, 5:30 – 10 p.m. weekends.

Dark. Sexy. French! Pasjoli (<https://www.pasjoli.com/>) in Santa Monica is made for love with an intimate white-tablecloth vibe, garden greenery and classic French cuisine from James Beard-winning Chef/owner Dave Beran. The Canard à la Rouennaise à la presse (Escoffier 3476) is made for two – with roasted duck breast, with market lettuce & crispy duck skin salad, duck leg bread pudding, sauce of roasted duck juices with cognac and red wine. Choose from 10 French champagnes and French digestifs by the dozen. Hours nightly 5:15 – 9:30 p.m. and 10:30 p.m. Friday and Saturday.

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**Camps Cont'd**

Did someone say tiki? Damon's Steakhouse ([www.damonsglendale.com/](http://www.damonsglendale.com/)), in Glendale, has been the go-to for mai tais, steaks and seafood served in a Polynesian fairyland since 1937. Must orders include the 16 oz Nebraska Angus Boneless Ribeye Steak, with garlic butter; house salad (like mother made) of chopped lettuce, beets, carrots, and Thousand Island dressing; and Five-lay-



er Chocolate Cake Tower, smothered in rich chocolate frosting and chocolate drizzle. Hours 3 – 10 p.m., Tuesday to Sunday.

On the Santa Monica Boardwalk – Big Dean's Ocean Front Café ([www.bigdeans-oceanfrontcafe.com](http://www.bigdeans-oceanfrontcafe.com)) beneath The Pier has been the locals' fav for great food, beer, wine, and comradery since the 1970s. The pub-like ambiance is perfect for Big Dean's Cheeseburger, with double meat and double cheese; or Beyond Burger, with a vegan patty; New English Clam Chowder and more. Hours daily varying from 10 a.m., 11 a.m. and noon; to closing at 7, 8 and 9 p.m.

**FAMILY FUN**

Treat the kiddos – and encourage them to save the world – at Sugar Taco (<http://sugartaco.com/>) in Sherman Oaks. This bright Mexican eatery has a kids' play area with books and toys; a kids' menu of quesadillas, burritos, and rice bowls – and – a percentage of all menu sales provide plant-based meals to hungry children around the world through Food For Life Global and other charitable organizations. 100 per cent of the proceeds from its Doggie Menu go to animal welfare charities!

Family and adventure friendly – Spoke Bicycle Café (<http://www.spokebicycle-cafe.com/>) flanks the LA River, with a sunny outdoorsy vibe, serving vegan/vegie/meat-eaters' breakfasts and sand-

wiches, with kid-specific choices like kid-sized burgers and grilled cheese sandwiches. Also, a kids play area and – a bike rental shop! Hours 9 a.m. – 5 p.m., Wednesday to Sunday.



In the mood for Asian with a Korean accent? Hand-made daily, the best fresh-made dumplings are at Myungin Dumplings (<http://myungindumplings.net/>) in Northridge. A great introduction for the kids, with familiar items like chicken tenders and fried rice with

vegetables. Hours 11 a.m. – 9 p.m., Monday to Thursday. 11 a.m. – 9:30 p.m., Friday and Saturday. 1 – 9 p.m., Sunday.

"But my kids have allergies," you say. No worries. The owners opened the Noble Bird Rotisserie (<https://noblebirdrotisserie.com/>) in Long Beach with their own children's dietary restrictions in mind. The flavorful menu is 100 percent dairy-, peanut-, and tree-nut free. With kids' options like chickpea butter and house-made jam sandwich, and a chicken plate with sides of fruit, carrots, and hummus. Hours daily varying from 10 & 11 a.m. to 8 & 9 p.m.

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EDITOR IN CHIEF  
Patricia Bradford Rambo II

SENIOR ASSOCIATE EDITOR  
Barbara Beckley

RESTAURANT EDITOR  
Brad Winchell

TRAVEL EDITOR  
Susan McAuley

ASSOCIATE TRAVEL EDITORS  
Dru Jensen-Jones  
Ronnie Greenberg, Joshua Kushner, Jr.

SPECIAL EVENTS EDITORS  
Derek Devermont  
Bruce Wildstein

SENIOR TECHNOLOGY EDITOR  
Brad Winchell

THEATRE EDITOR  
Steve Moyer

PET EXPERT/CONTRIBUTOR  
Valli Aman

CONTRIBUTING WRITERS  
Barbara Beckley, Jay Warsinske  
Chris Boucher, Joanna Parker,  
Bruce Wildstein, Jonathan Weichsel,  
Rick Castaneda, Kerry Reid,  
James Domine (Classical Music)  
Brenda Eichinger, Thomas Ferguson,  
Lark Aldrin-Fieman, Rhonda Heaslip,  
John Hershberg, Shea Vaughn  
Hollie Overton, Heather Rayne,  
Jessica Renslow, Ester Schultz,  
Tony Reverditto, Joan Russell,  
Keri Schwab, Tim Wassberg,

STAFF PHOTOGRAPHY/WRITER  
Danika Levine, Joshua Shevchuk

LAYOUT & DESIGN  
Pam Strugach

ADVERTISING SALES DIRECTOR  
Trisch Kushner

ADVERTISING SALES MANAGER  
Josh Sanford

CLASSIFIED ADVERTISING MANAGER  
Mark Selfman

ACCOUNT EXECUTIVES  
Laura Gina Mendos

CIRCULATION MANAGER  
Eric Escobar

MAIN OFFICE  
(818) 888-2114

ADVERTISING  
(818) 888-7141  
Fax (818) 888-7142

www.valleyscenemagazine.com

E-mail  
contact@valleyscenemagazine.com

Address  
6520 Platt Ave Suite 336  
West Hills, CA 91307

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## SPRINGTOPIA OPENS IN WOODLAND HILLS

By Pamela Froman

**G**et ready to celebrate Spring with the ultimate immersive festival – Springtopia! The brainchild of owners Danny Bennish and Darryl Sherman, Springtopia features seven immersive Lands to explore, along with rides, food, alcohol for the grownups, and games where you and the kids can win prizes. With something fun for everyone, this is the perfect day out for all ages. And the best part is once you have paid your entry fee, you can stay as long as you like!

"We wanted to create an attraction and event that appealed to all ages," said Danny and Darryl. "There is something for everyone at Springtopia."

Springtopia is taking over the parking lot of the old Westfield Promenade Mall on Topanga which spans over 200,000 square

feet and is now owned by the Rams. When you walk into the event you will start with the seven immersive Lands and then from there, you reach the food court. Then finally you can explore the rides and games.

Springtopia's amazing Lands include Puppy Land – where you can visit and pet real puppies; Holiday Land – where it's Christmas in Springtime and you can meet Santa, his Elves, and the Grinch along with playing in the snow; Pirate Land – Yo ho ho! Come aboard a life-sized pirate ship, find the hidden treasure, and even walk the plank; Spooky Land – Get a good scare (best for those 12 and up) with skeletons, witches, and their creepy friends; 3D Circus Land – Throw on your 3D glasses and explore the circus tent with walls, clowns, and circus animals all in the 3rd dimension;



there are plenty of games where you can win prizes.

Vendors include face painting, tattoos, and toys that correlate with the Lands such as pirate-themed toys and light show toys. As for food, there is a little variety of everything: Fair food such as hot dogs, tacos, hamburgers, popcorn, churros, caramel apples, corn dogs, cookies, hot chocolate, and cotton candy and more.

Come to Springtopia – it's Disneyland™ in the Valley!

Springtopia is located at 6100 Topanga Canyon Blvd. in Woodland Hills and runs from March 29 to April 16, 2023, Wednesdays – Fridays: 4 p.m. – 10 p.m. (last entry 9:05 p.m.) Saturdays & Sundays: 10 a.m. – 10 p.m. (last entry 9:05 p.m.) Starting price is \$35 and you can buy tickets with the Fever App, available on Google Play and Apple Store or [www.feverup.com](http://www.feverup.com). For more information and details log onto [www.springtopiafest.com](http://www.springtopiafest.com)

Lightshow Land – where you will experience a unique, one of a kind light show; and finally Fun Land – where you and your kids can join in a silent disco!

"This is a true family experience where parents can come and spend all day here with their kids," said Danny and Darryl. "They'll probably never want to leave because there are so many different things to do!"

Rides run the gamut from kiddie rides, middle-of-the-road family rides, and then thrill rides for the older kids. Additionally,

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# John Wick

A trip to Paris should be on everyone's bucket list, even John Wick. The un-retired assassin does dive into the City of Lights in "John Wick: Chapter 4."

When we last saw Wick, he was half dead in the gutter after being shot and tumbling several stories off the Hotel Continental in New York. He was on the blacklist with a \$14 million price on his head.

Wick, as always played with monosyllabic and brooding intensity by Keanu Reeves, leaves his trail of death, but there's a shift. So often the prey, Wick is on the offense, taking his demands to The High Table, the group of crime lords that keep order.

The Table's sadistic frontman is a dandy called the Marquis, played by Bill Skarsgård, who spouts things like: "Second chances are the refuge of men who fail." But he's a secret coward.

Wick wants to end his nightmare by killing everyone. His frenemy, Ian McShane's Winston, challenges him to think differently: "Have you learned nothing?" he asks. "You'll run out of bullets before they run out of heads."

Writer Shay Hatten, along with co-writer Michael Finch, have come up with a solution for Wick: Win an old-fashioned duel with the Marquis.

Not so fast. Wick must handle the blind martial arts master Caine, played by Donnie Yen, bringing humor and verve to a fighter who is tasked with slaying his friend or have his daughter killed.

There's also Killa, a card shark played by martial arts star Scott Adkins, and The Tracker, a talented bounty hunter played by Shamier Anderson. Don't forget a swarm of Paris-based amateur bounty-hunters and armored ninjas.

All the touches you expect from a Wick flick are here — a dog, hand-to-hand combat, candles and Christian iconography, horses, metal swords and a new way to hurt someone, in this case, a playing card. We visit Germany, Japan and end in France.

Director Chad Stahelski loves combining neon with gloom and now has the budget to rent space in the Louvre. Of the 14 action sequences — a few are truly mind-blowing, like a fight in the middle of the traffic circle



around the Arc de Triomphe and a drone capturing a complicated set piece.

If there was a slog through would-be assassins in "John Wick: Chapter 3" there is none here. One sequence on outdoor stairs in Paris is almost riotously funny as knives and guns blast away, while the filmmakers add water and fire to a nightclub scene.

A shout-out to costume designer Paco Delgado, who has outfitted the baddie

gunmen in light-colored three-piece suits and combat boots.

How does this all end? On something of a deflating note. Earlier in the film, Wick's friend Shimazu — played by Hiroyuki Sanada — had asked a question that hangs over this franchise: "Have you given any thought to how this ends?"

This chapter ends in death, of course. But that's also how it lives.

# Moving On

By Contributing Writer

The pairing of Jane Fonda and Lily Tomlin is not a novelty. Seven seasons of "Grace and Frankie" and the movie "80 for Brady" has spoiled us a little. And, unfortunately, second-act movies with Hollywood legends have a very hit or miss track record.

But don't let those facts dissuade you from "Moving On," which was written and directed by Paul Weitz. This is one of those films that balances a darkly comedic conceit with emotional resonance, allowing Fonda, Tomlin and co-stars Malcolm McDowell and Richard Roundtree to actually act.

It begins with a funeral. We never meet the deceased, but it brings the main characters back together. Fonda is Claire, a devoted dog mom and grandmother, who travels from Ohio to California to say goodbye to her college

friend. But she has something else cooking. When she arrives and greets the widower (McDowell), she doesn't offer sympathies, but instead says, "Howard, I'm going to kill you. I'm going to do it this weekend."

Something happened many years ago with Howard and Claire, while his wife was out of town. It's not spelled out until an emotional scene near the end, but you know it is long before then. She only ever told Evvie (Tomlin). The police would have just wondered why she was alone with her best friend's husband. And she knew that telling her friend would have ruined her life. So, she did nothing.

Tomlin spins gold out of every line. Her entrance involves stumbling into the chapel, onto the stage where Howard is delivering a eulogy for his wife.



"Moving On" handles this. It's never too arch or silly and it is, ultimately, about an event that ruined Claire's life.

McDowell is great as a grouchy, unrepentant jerk who has deluded himself that things that Evelyn or Claire is telling him could possibly have any truth. It would be easy to play Howard as simply evil, but McDowell keeps his feet on the ground and

allows for some humanity, in spite of everything.

"Everyone, this is Evelyn. Evelyn was Joyce's college roommate, believe it or not," he says.

"Why wouldn't they believe it," Tomlin deadpans.

Everyone is lying to themselves and each other and the death of someone they were close to has given way to secrets and truths. Evvie has her own confession, but maybe one that's better saved for her to reveal.

There is a natural queasiness to any film that tries to mine laughs out of revenge murders but

"Moving On" is certainly not perfect, but it's sincerely trying to be something more than your standard octogenarian farce. You might even be surprised by your own emotional investment in this rather trim film.

Hopefully performances like these will remind screenwriters, directors and those who make the decision about what gets made to give our living legends good roles while we still have them. The actors are still game, and hopefully audiences are too.



# Kendra & The Bunnies

By Pam Froman

If you are looking for a unique sound then look no further than the musical stylings of Kendra & The Bunnies. Founding member Kendra Muecke, rocks with vocals, rhythm guitar, piano, and of course, her creative songwriting. The band also includes Bill Scott and Trent Berry on lead guitar, Troy Berry, Blake Ritterman, Garrett Morris on drums, Giuseppe Pinto on the keyboard, and Derrick Elliott on bass. Kendra & the Bunnies can be described as pop-forward rock music inspired by psychedelic folk.

Kendra always knew she wanted to be a star. She started in the performing arts at the tender age of four when she auditioned to be part of her local theatre troupe. Multiple times a week you could find her performing with the company, singing, dancing, and attending acting and vocal classes – anything creative. She left home to go to college and found her way to Pepperdine University where she further honed her craft.

In 2019 Kendra began performing as Kendra & The Bunnies. The name evolved from a few different things. Firstly, Kendra's favorite film growing up was Disney's Alice in Wonderland. She loved the idea of the white rabbit as a character. "He was so stressed out, with 'Oh my God I'm late, I'm late,'" she explains. "As a person with anxiety, I've always resonated with that. But actually, he's not late – he's on time – because that's what starts the movie."

Secondly, Kendra loves 1960s music. One of her favorite bands is Jefferson Airplane and their breakout song was called "White Rabbit." "It's hypnotic and poetic," she says. "It's also very powerful – and that made me fall in love with the idea of bunnies."

Reality TV was also a factor. The Girls

Next Door, a show featuring Playboy bunny Kendra Wilkinson was popular at the time. In calling her group Kendra & The Bunnies, Kendra reclaims her name paired with bunnies in a tongue-in-cheek sense.



Kendra & The Bunnies began with Kendra as a solo artist. She would pick up her guitar and go to local bars, and lounges. It was during one of these shows she caught the eye of promoter Troy Berry. Her promoter became her friend, who became her drummer and also became a mentor for her. He then

introduced her to her guitarist and original bassist.

Kendra plays acoustic guitar, electric guitar, piano, and the ukulele and she is a songwriter and singer. What inspires Kendra's songs? "It depends," she explains. "Whatever I am going through at the time – I write songs about it. Or a catchy melody comes to my head and I'm like I need to write that down."

Her influences include classic rock like the Grateful Dead, jam band music like Phish, pop icons such as Britney Spears, and hip-hop rockers like A Tribe Called Quest. Her biggest accomplishment is being featured in People Magazine in 2023 and winning two Josie Music Awards for Artist of the Year in 2021 and 2022. She's released multiple singles, albums, and EPs and is also a voting member for The Grammy's where her music is considered each year.

Her favorite place to perform in Los Angeles is The Viper Room in Hollywood. She has also jammed at other venues including The Mint in Los Angeles and The House of Blues in Anaheim.

Kendra is releasing a new video featuring the song "Lucky Girl" from her new EP "Of All Time." The band will also be touring at various county fairs and music festivals this summer. New music is on the horizon as Kendra has already written her next album and plans to release it next Fall. "The inspiration for my new album is Amy Winehouse, Lana Del Rey, and other Jazz singers," she says. "And the songs are all about resilience and being strong." [www.kendraandthebunnies.com](http://www.kendraandthebunnies.com)



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## WHY WE STILL PLAY RETRO GAMES

By Contributing Writer

I've had many discussions with people who ask me why I still play retro games when there are newer games that are visually better. Why am I still interested in playing arcade classics such as Donkey Kong or Mr. Do. Why have I spent time tracking down games I used to play on systems such as the Atari St, Spectrum, and Amiga when I can just buy a PS4. What have older games got that the latest consoles haven't? **Nostalgia**

The world has programmed us to keep up with the times. I replaced my Atari 2600 with a Spectrum, then later with an Atari ST, then an Amiga, and finally PCs, each one more powerful than the last. Out with the old and in with the new.



Why go back to something inferior when you have something better?

I have happy memories of these systems for the first time. Playing classic games such as The Secret of ST Brides and Twin Kingdom Valley on the Spectrum gives me a warm fuzzy feeling. Thinking of the happy hours playing Chuckie Egg and trying to get past Level 40 to complete the game. Upgrading to an Atari ST and being wowed by sampled sounds in a game for the first time. I firmly believe that a game doesn't need amazing graphics and effects. It's the pleasure you get that counts.

**High Score Tables**

Once you have completed certain games on newer systems you may find that it's something you might not play again for a while. After all, you know the story and you have completed the quests. Some older games go on forever, each level getting harder and more challenging and have the benefit of recording your score each time you play. So you get more out of a

game when you are aiming to get your name in the high score table, especially if you are competing against a friend. People would get a high score on an arcade game then go back to see if it was beaten. **Easier Control System**

Older control systems consist of a joystick that could be moved eight ways and a single fire button. You even got the option of defining your own keys. These appeared on Atari 2600 up to the Amiga. Later systems such as the Megadrive and Nintendo offered more buttons but still kept gameplay easier. The main control system was up, down, left, right, and fire/jump. Later systems such as PlayStation 3 started introducing different combinations which would be displayed in tutorials in the game. **Wider Variety Of Games**

The average price of a game on PS5 can be anything from \$50 to \$85 so the developers need to provide a lot. This consists of hours of movie footage, maps that take forever to explore, and lots of fancy visual effects. On older systems, there was a wider variety of games ranging from free to budget to full price. Games such as static screen platformers, text adventure games, rebound games and simply shoot em ups could be obtained that would never see the light of day on a more modern system. **No More To Pay**

Once you bought a game in the old days there was nothing more to pay. Today's games have become a money magnet where people are




spending a fortune buying packs to gain extras in games wherein older games you could earn them by completing tasks. Although it is possible to earn by playing you usually find paying for something saves you many long hours.

### Conclusion

The most important thing about a game is what you get out of it. No need to believe you only have to play the latest games. There are many retro fans who play games on older systems but still enjoy the odd modern game. Now if you'll excuse me I need to get Mario past the castle to rescue the princess.

~~~~~



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# BBQ'S AND BREWS

Choosing The Right Beer Makes All The Difference

By Contributing Writer

When you think of summer get-togethers, you probably imagine a barbeque. Even as we're social distancing and wearing masks to prevent the spread of COVID-19, it's an American tradition to gather outdoors, enjoy great food, and make memories with loved ones. Food isn't the only thing that makes a barbeque, though – you also need quality brews to match. This guide that can help you pair beers for BBQs of all kinds, from delicate and sweet to savory and everything between.

## Beers for Keeping Cool

While you're working the grill or soaking up the sun, stay cool with an ice-cold lager or pilsner. It's refreshingly crisp, clean, and typically lower in alcohol

by volume (AVB) – perfect for beating the heat. Plus, the light and delicate flavor won't overwhelm more the foods you're preparing, and it's also great with grilled chicken or fish.

You might consider Yellow Snow Pilsner from Rogue Ales. Brewed with spruce tips, it's as refreshing as a breath of cool mountain air.

## Pairing with Fatty Foods

We all love the pleasures of juicy meats and sweet treats, but pairing beers with fatty foods can be tricky. For barbeques that are heavy on the grease, sour beer is the way to go. We recommend something trendy and experimental, like the Fremont Sour Weisse Kettle Sour. The funky, tangy



flavor brightens the meal and makes a great cleanser. While still on the light side, it's sharp enough to cut through fat, refreshing your palate for another bite without weighing you down.

## Something for Savory Meals

If anything defines a barbeque, it's flavor – and lots of it. From sausages to chicken marinades to the wide array of sauces for ribs and kebabs, barbeques don't hold back on opportunities for indulgence. If you're a lover of sauces and spice, you can't go wrong with an India pale ale (IPA). The bitter hops offer the perfect way to balance sweet and tangy sauces and

marinades. It can also stand up to the most powerful flavors, like steaks, aged cheeses, and any food with a kick.

Look for an IPA that's heavy on the hops, like the Stone IPA. Made by one of the most respected breweries in the world, it's assertive and refreshingly bitter – a great pairing for your favorite savory meals.

## Balancing Smoky and Rich Flavors

What about the barbecued meats that are rich, smoky, and full of natural flavor? It takes skill and patience to achieve that deep, perfect char, so when you do, it deserves a drink to match. A dark porter might not be your first choice on a hot summer afternoon, but once you sit down to feast, it can be surprisingly good with meats of all kinds.

A great fit for this delicate balance is Deschutes Black Butte Porter. It's rich and creamy, with deep chocolate and coffee notes to complement a charred brisket or perfectly-seared burger. Whatever you choose, it does matter!

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# A FRENCH QUARTER GEM IN THE HEART OF SHERMAN OAKS MARDI GRAS TUESDAYS

By Josh S. Kushner, Sr.

Mardi Gras Tuesdays is more than your everyday Cajun café. It is rare when you find an authentic restaurant that promises the complete package and delivers. They cover the senses blissfully with flavor, atmosphere and hospitality.

The New Orleans/Louisiana themed restaurant serves up the “real deal” home cooking delights ranging from Jambalaya, Gumbo and Po-Boy sandwiches, but there is so much more. Chef owners Restaurateur Rhondahl Keith Adams, and his brother-in-law Eric Laneuville along with a talented staff have put together a destination spot in the heart of Ventura Boulevard.

The happy hour is a great way to sample

some of the small plate creations that all have their own “kick” to traditional flavors you would expect from a New Orleans style restaurant. The Char Broiled oysters for example are seared to perfection with a creole/blackened topping with notes of thyme, paprika, and cayenne. The Jambalaya Spring Rolls are filled with creamy Cajun slaw, and savory Jambalaya. The Hushpuppies are some of the best West of New Orleans, crispy with a touch of heat and served with a spicy remoulade for dipping. But it doesn’t end there, The Jazzy Wingettes tossed in Voodoo sauce, the vegetarian Calamari, or the plant based sliders are great options as well, all spiced



to perfection no too hot just right.

For entrees, the Red Beans, with chicken sausage and Rice, Jambalaya, and Gumbo are prepared with traditional flare, authentic flavors and spices high on flavor profiles, will take you back to the old South, complete with corn bread that stands up to mom’s, just don’t tell her, but it is that good. If you want to go all-in, go with the E’touffee with Crawfish. Served on a bed of dirty rice, (a traditional side dish mixed

with bell pepper, onions and spices). The rich stew is loaded with the buttery lobster like crawfish, a rich savory, and mildly spicy gravy that will leave you astonished with the textures and tastes, not to mention the beautiful presentation.



If you are in the mood for a great sandwich, look no further. Mardi Gras has a Po Boy menu that will satisfy any craving at any time of day. You can have fried shrimp, fried oysters, Catfish and even a vegetarian option with hearts of palm and shrimp. Add a side of Dirty Fries and a cold beer and you will be convinced that you were transported to The French Quarter.

For cocktails, the creativity combines with New Orleans standards. Check out the Swamp Tea, a tried and true favorite with Soju vodka, tequila, rum and gin, topped with blue Curacao. Or maybe you are in the mood for something with a kick, like the Jalepeno Mardi-Rida made the traditional way with lime juice and Soju tequila. There are many crafted cocktails to choose from, all prepared with that Cajun theme. In fact, Mardi Gras Tuesday has an extensive wine, beer and cocktail menu to offer pairings with your food selections.

Come on down for the weekend brunch Saturday and Sunday from 10am – 2pm. Get lost in the vibes of live jazz music, and kitchen delights such as the Crab cake Benedict, or “Frittata Your Way” Served with French Bread and Fruit, Eggs and Vegetables, Andouille Sausage, Eggs and Vegetables, or Grilled Shrimp, Eggs and Vegetables. Chicken and waffles and shrimp and grits also big hits, you just can’t go wrong.

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## Powerful Tips for Successful Meditation

By Contributing Writer

It is nice to live for the moment without worrying about the mistakes from the past and possible difficulties in the future. The reality is that it is quite difficult to simply live for the moment as you wish.

We cannot simply isolate the fact that in order to live a promising life today, some sacrifices must be made. Often times those sacrifices contribute a lot in amplifying our anxiety, stress, and worries. Is there a way to eliminate or reduce stress? Rejoice, because there is a way!

### What is Meditation

Meditation is an effective way to reduce your anxiety, stress, and worries. It can you neutralize the mind's stress producing activities without sacrificing your efficiency and alertness. Meditation can help you feel happier, alleviate chronic pain, combat stress, promote health, gain better sleep, and achieve the needed serenity. Here are the simple yet powerful tips:

### Always Follow the Right Posture

You can meditate while cross-legged on the floor or sitting on a chair, just make sure that your back is straight. Keeping your back straight can help you maintain your focus and not let your mind drift somewhere else.

### Open your Eyes and Keep your Focus

Some people find it more comfortable to close their eyes while meditating, but doing so might make your thoughts drift somewhere and you will be lost. Keep your eyes open and lower it for a bit to soften your gaze. However, if you are confident that you can empty your thoughts and stay focused while your eyes are closed then you can shut your eyes, especially when you find it more comfortable.

### Count Your Breath

When you meditate, it is important to pay attention to your breathing that



### Honor Your Emotions but Avoid Being Swayed

It is only natural to experience different emotions, but you need to prevent yourself from being manipulated by your emotions.



can help anchor you in the present moment. Breathe in and out naturally. As you breathe out, silently count 1, the next time you breathe out count 2, and up to count 4 then go back to 1. When your thoughts start to go astray, start to bother you so much, or suddenly you find yourself counting twenty, immediately re-start counting from 1 and only up to 4. You can only start counting all over again once you've counted 4.

Drew Barrymore with Aiden, 3

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There is a need for you to acknowledge your strong emotions such as anger and shame, but don't give it a chance to take the best of you. It would be difficult for you to remain focused if you succumb to the strong emotions that would like to invade your mind, spirit, and body.

### Choose the Proper Place and Time

There are people who can concentrate when they hear calming music, but nothing beats silence when meditating. When you hear silence, you can actually experience what your mind is doing. You feel calm and steady. A soothing sensation shrouds you and you feel peaceful.

You can choose other venue for your meditation, and make sure that you won't be disturbed. Choose the most convenient time for your meditation, it could be early in the morning or late at night. You can meditate in the afternoon when no one is around. You can meditate for a few minutes or go longer than an hour. Do what you feel is right.

### Take Utmost Pleasure

It is important that you find meditation enjoyable and pleasurable. Make sure that you have the correct posture, nothing affects your focus, and it is the right time and place.

You don't need an hour to meditate. You can start for a few minutes and add just a little each day with an allusion of smile on your lips.

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# REGIONAL

## Events



# The Santa Clarita Cowboy Festival

By Pamela Froman

Yeehaw! The Santa Clarita Cowboy Festival is coming back to town! After a four-year pause during the COVID-19 pandemic this prime event, which features the sights, sounds, and style of cowboy life and western culture is scheduled for April 22 and 23, with a new urban venue for 2023 – Main Street in Old Town Newhall.

Santa Clarita has a rich history in western films and movies. The home of silent film star William S. Hart is located in the area, and other films like Stagecoach were also created there. In addition, many Charlie Chaplin movies were filmed in the Santa Clarita area. The Cowboy Festival aims to pay homage to this era.

In 1994 the Cowboy Festival started as a cowboy poetry and music festival has sincemorphed over the years into the current formation that features a blend of cowboy, country, and bluegrass music. Western activities include line dancing, hatchet throwing, mechanical bull riding, and panning for gold. Stroll through a western-town environment and browse vintage boots, hats, leather goods, jewelry, and western fashion while dining on cowboy grub with all the fixings. Kids will be able to experience the living history or get a horseshoe or a piece of leather with their name stamped on it.

The festival will also feature the delicious Cowboy Cobbler, which is a peach treat made with cast iron skillet that have charcoal on them. These delicious eats will be baked right on the street. “The peach cobbler is steaming when it is served, for those that aren’t careful it is very hot, I know from experience!” says Jennifer Shadle, Arts and Events Administrator for The Cowboy Festival. “But a little bit of whipped cream on it will cool it down. It’s a highlight for those that attend.” Leading up to the Cowboy Festival, a Wild Wild West SENSES Block Party will be held on Main Street on



Thursday, April 20 from 7 p.m. – 10 p.m. and feature live country music, themed activities, an on-street bar, and more. The Walk of Western Stars will unveil its 2023 inductees on Friday, April 21. This event will commemorate the inductees & contributions to Western entertainment history by immortalizing their names in bronze and terrazzo tile, stamped into the streets of Old Town Newhall.

The 2023 Cowboy Festival will feature favorite performers from festivals past, as well as a variety of new musicians presenting country western, folk, and bluegrass performances across three stages on Main Street. Additionally, there will be a limited number of VIP packages available for purchase. “Some top musicians that we have had for many years include Jon Chandler, Sourdough Slim, Kristyn Harris, and Dave Stamey, as well as Carin Mari, and Mike Fleming are coming back this year,” says Jennifer. “New acts for the festival are Kathryn Legendre, Buck Ford, and Rachel Brooks, you won’t want to miss the array of cowboy, bluegrass, and



Americana folk musicians.” General admission to the Cowboy Festival is free. Special ticketed evening performances will be held at the Canyon Theatre Guild with artist, Sarah Winchester and the Newhall Family Theatre for the Performing Arts with country band, Highway Star. In addition,

food and beverages will be available for purchase and guests can shop from vendors offering unique western apparel, crafts, and more.

To learn more about the 2023 Santa Clarita Cowboy Festival, please visit [CowboyFestival.org](http://CowboyFestival.org)

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## Celebrate The La Jolla Concours d'Elegance April 21 - 23

Courtesy of Lajolla.com

The La Jolla Concours d'Elegance — one of the most spectacular car shows in the world — will return to the jewel of San Diego on April 21 through April 23.

The luxury event is unique because it brings together world-class cars from across the globe with a world-class experience. This year, the Concours d'Elegance will see 150 stunning cars displayed alongside the pristine coastline of La Jolla Cove.

Alongside cars you won't be able to see

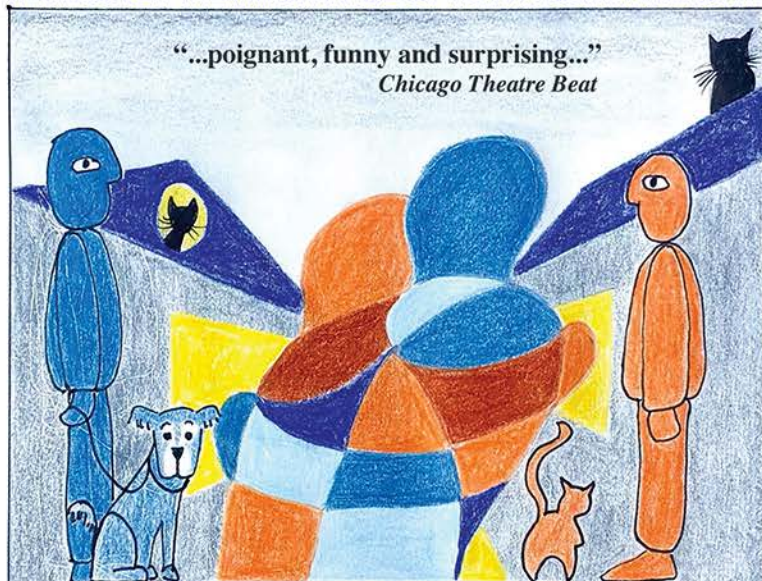
anywhere else, the La Jolla Concours d'Elegance also features plenty of fun, such as a VIP reception with a live auction, entertainment, a hosted bar, and delicious food from 15 of San Diego's best restaurants.

There will also be a Concours Entrant Lounge on Sunday, April 23, with breakfast scones, donuts, coffee, juice, mimosas, and Bloody Marys. A complimentary lunch will also be served, and yes, there'll be a hosted bar.

## CHAPATTI

— by Christian O'Reilly —

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In 2023, the Concours d'Elegance will also feature a special "Porsches on Prospect" event that will showcase 75 incredible Porsches from 5 p.m. to 9 p.m. on Saturday, April 22.

If all of that wasn't enough, general admission to the event also includes champagne and honey tasting, plenty of live music and entertainment, and an overall curated experience that will rank among your best.

As far as some of the cars you expect, the list is vast. There will be American Classics, European Classics, rare Corvettes, luxury American automobiles of the 1950s, Jaguars, Ferraris, and Duesenberg cars.

The event has a storied history too. Concours began as leisurely social events that combined luxury with lighthearted competition. La Jolla's own Concours kicked off in January 2004 with 50 hot rods, antique cars, and classics — and has been an annual tradition ever since.

All of this is to say that it's truly the best car show in San Diego to visit.

General admission tickets cost \$85 per person, with ticket prices increasing to \$95 on April 2. There are also a variety of VIP and special packages available with additional amenities.

If you want to check out — or display

— the finest Ferraris around, then you need to head on over to the 2023 La Jolla Motor Car Classic at the Concours d'Elegance on April 21 – 23.

The La Jolla Motor Car Classic is a celebration of Ferrari for all to see. During the event, a fine collection of Italian-made sports cars will be displayed right outside the main Concours d'Elegance event.

Last year, the La Jolla Motor Car Classic was called Ferrari Fridays, and it was a great way to celebrate fine vehicles and their owners. In addition, the sub-event of the Concours d'Elegance also encourages attendees to patronize local restaurants, boutiques, and other businesses.

If you're interested in displaying your own Ferrari at the Motor Car Classic, you can register here. Registration includes a vehicle display, a commemorative ribbon, two tickets to the VIP reception on Friday, and two tickets to the main Concours d'Elegance on Sunday. Hurry though, since registration closes soon!

Along with amazing cars and great dining and shopping, you can also expect live entertainment, specialized cocktail menus, champagne receptions at local galleries, and a lot more. See more at [lajolla.com/](http://lajolla.com/)



REVIEW

# SOULFUL GINA ZOLLMAN SHINES AT CATALINA JAZZ BAR HOLLYWOOD

By Jill Weinlein



During Gina Zollman’s “Anywhere with You” CD release concert at Catalina Jazz Club on March 22, the seasoned cabaret and jazz singer opened up about her childhood, weight fluctuation, relationship with her parents, failed marriages, and her exciting future.

Backed by some of LA’s finest musicians including Music Director Steven Applegate on piano, and also Bill Cantos tickling the ivories for numerous songs, as well as sensational Jennifer on Bass, Dave Tull on drums, and Merek Szpakiewicz on the Cello.

Singing in choirs since she was a teenager, her first song “An Hour or So In The Dark” was about her raging at 13, when she devoured two boxes of Fudgsicles on a hot summer day. “Even though I was a straight ‘A’ student at a Catholic High School, my family sat me down and told me I had an eating problem.” She said “If my own family couldn’t love me for who I was, how would the world see me?” She sang a beautiful rendition of “Someone To Watch Over Me” from the musical “Oh, Kay!”

Zollman is hilarious at times, especially singing a blues style “I Can’t Say No” by Richard Rogers and Oscar Hammerstein in their musical Oklahoma. As a senior in high school, she auditioned for the role of Ado Annie, yet was cast as Aunt Eller instead. Upon graduation, she took a high profile job as a stockbroker, training on Wall Street to prove to her brothers that she was capable of being successful in the business world. Her weight fluctuated around 185, however when she met the son of a diplomat who told her to lose weight

and he would marry her, she dropped down to 149 pounds. The marriage was rocky, and when the stock market crashed, this blonde bombshell ballooned up to 287 pounds. During her divorce she moved back home and showed a reflective moment in singing “Every Now and Then,” with Bill Cantos on the piano.

Showbiz beckoned, and she tried her hand at singing funny songs about her low self esteem. She wrote her own lyrics to “The Low Self-Esteem Tango” by Wayland Pickard’s musical “Is This Any Way To Start A Marriage?”

The surprise of the evening was Palm Springs guest singer Tod Macofsky. This dashing crooner sang a Cy Coleman



how she invited her father to watch her perform at The Hollywood Roosevelt Cinegrill. “I had my name emblazoned on the 30-foot marquee and received three standing ovations.” He died shortly after.

Zollman dedicates the last three songs to her new boyfriend Steve, sitting in

the audience. “A Nightingale Sang in Berkeley Square”, Duke Ellington’s song, “I Didn’t Know About You” and finishing with her encore song and title of her CD “Anywhere With You.”

For the vocal artist who sought acceptance her entire life, we noticed her beauty and raw emotions last night at the Catalina Jazz Club.

Her CD debut album is available on her website <https://www.ginazollman.com/>

Before singing “I’ll Never Find Another You” and “I Get Along Without You Very Well”, she shared

favorite “The Best Is Yet to Come”. Cabaret inspired Zollman to create funny characters and get noticed on stage. She gave us a peek at “Svetlana, the Russian Runway Model Who Ran Away”, “Mona Lot” and how she was “The PMS Poster Woman.”

Her CD debut album is available on her website <https://www.ginazollman.com/>



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## Belly Dancing Builds Confidence and Self-Esteem

By Contributing Writer

**B**elly dancing can build your confidence and self-esteem by correcting, reinforcing, and uplifting the many qualities which make you the best person that you can be.

The personality of a person refers to their birth traits. For instance, you hear statements such as she was born happy and free-spirited. Another example often



heard is that the person is an introvert or an extrovert.

Regardless of your inborn traits building confidence and self-esteem is considered to be a part of your character. We build our character traits by learning and changing our behaviors. A common phrase which is

often heard is... "She or he is a trustworthy and honest person.

Regardless of our unchangeable personality (because this is what we are born with), we can improve our character by learning and changing our behaviors. Learning to belly dance helps build our confidence and self-worth regardless of our personality type.

Confidence and self-esteem is lost when we are feeling nervous, unsure, and self-conscious about our being.

This can be corrected by correct and factual knowledge. Knowing that the knowledge of the dance is correct is important to not make mistakes or create misunderstandings of communication.



Practicing is critical in order that we perform the movements as accurately as possible for correctness and in the case of ethnic or folkloric dancing it needs to be historically accurate as much as possible to not insult the culture being represented.

The teacher plays a critical role in analyzing and correcting movements to reinforce that the dance steps and movements are accurate and well executed. This is additional training which strengthens knowledge.

It is uplifting to have the knowledge, skills, and talents to dance or perform at one's best with or without an audience.

The most frightening experience for a student is their first time public performance. But, because she was prepared, the applause and the comments from the audience rewards her with confidence and self-esteem.

It has been my experience as a Middle Eastern dance instructor that regardless of whether you are an extrovert or an introvert it does not mean that you are confident. An extrovert can be a show off and hide the fact that she is not confident. An introvert may be quiet but have a great deal of confidence.

In the classroom every student is enjoying herself as this dance is a lot of fun. Also comforting is to see how many other women are socially interacting and enjoying others with similar interests. Many life-long friendships are developed during classes. A bonding occurs making each woman feel strong and sure and able to overcome any negative thinking or influences.

Belly dancing is an intimate experience of mental, physical, and spiritual awareness unlike any other dance style because it is a dance which displays the inner being.

For more information about belly dancing visit Tricia at <https://www.triciadeed.com> for other articles and a look at her recent book *Belly Dancing - Sensual Essentials*.







## Your Pets and Local Wildlife

By Contributing Writer

Wildlife/pet interactions create problems for everyone. It's far easier to manage the movement and behavior of pets than those of wild animals. Supervising pets and not allowing them to roam freely are the most effective ways to prevent pet/wildlife conflicts.

We've enjoyed a special bond with cats since domesticating them some 4000 years ago. Cats arrived in North America with the colonists, and since then, their numbers have swelled. Census figures showed 60 million owned cats in the U.S. in 1990, up from 30 million in 1970. If you think your cat doesn't hunt, you are wrong, it is their instinct.

Cats are non-native predators, and every year, free-roaming cats kill and orphan millions of birds and small mammals. Cat predation hurts many species of native birds, as well as the native predators that depend on them for food. Keeping pet cats indoors is clearly the right thing to do for wildlife.

Keeping cats indoors is also best for cats! Indoor cats live far longer, healthier lives than cats who are allowed to roam (17 years vs. less than 5 years, on average). Indoor cats are sheltered from the many dangers that shorten the lives of outdoor cats—cars, getting lost, parasites and diseases, as well as human and wildlife predators.

Check out the links below for tips on how to transition your cat to a happy, healthy indoor cat.

If your cat has caught an animal, bring the animal to a wildlife rehabilitator as soon as possible. Even if you do not see an injury, there are likely tiny puncture wounds from your cat's teeth, and bacteria from your cat's

mouth will kill the animal in a day or two if it does not receive treatment.

If you are not willing or able to transition your cat into an indoor cat, please consider purchasing a collar with bells. It reduces the number of birds and other small animals that your cat can catch and hurt.

### DOGS

Whether she's a pitbull or a poodle, your dog still has many of her wolf ancestors' hard-wired predatory instincts. We often see adult squirrels, fawns, and other larger mammals that have been injured by dogs.

Sometimes pets become the



prey. Predatory species such as foxes, owls, coyotes, and bobcats, or omnivores such as raccoons and bears may kill cats, rabbits, small dogs, and other pets who are

allowed to roam. It is devastating to lose a pet, and this often leads to the killing of the suspected wild animal. So, when unsupervised pets are allowed to roam, both the pet and the wild animal may lose in the end.

### HABITUATION

Wild animals may be drawn into close proximity to humans when they eat pet food that has been left outside, or when they begin to prey on pets. Such animals may lose their normal fear of humans. Several problems can arise when wild animals begin to associate humans with easily acquired food. Read more about the side-effects of feeding wildlife.

In the case of large predators or large omnivores like bears, foxes, and coyotes, habituation may lead to human safety issues that will result in the animal being removed or destroyed. In the case of smaller animals, habituation may

create "nuisance" animals. While one landowner may enjoy watching raccoons eating from the cat's dish on the porch, his neighbors may not be as tolerant. Again, the end result is often the removal and killing of the animal.

### WHAT CAN YOU DO?

- Turn your cat into an indoor cat or build an enclosure so your cat can be outside safely
- Do not put bird feeders in your yard if you have free roaming cats on your property
- When outside of a fenced yard or dog park, keep your dogs leashed
- Feed pets inside, or if feeding outside, remove leftover food as soon as the pet has finished eating
- Make sure that all outdoor caging for animals such as rabbits, chickens, and other pets is secure against predators. We recommend hardware cloth.

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# Most Expensive Sandwiches Ever

By Contributing Writer

The western world is the king of sandwiches. From them came the first meat, salad and sauce inside a loaf of bread. The name came from John Montagu, the Earl of Sandwich as it was alleged that he was the inventor. It now spreads with different names like Hamburger, which is the most famous one of them. Other types include French dip, Club sandwich, cheese sandwich, monte cristo, muffuletta, pilgrim, slopy Joe and submarine sandwich among others. Best restaurants around the world come up with crazy ideas every now and then which might cost you a lot of money to try, and other might not but they are still crazy. So skim this delicious essay and get your hand dirty.



Rubik's Cubewich

### Fried Brain

Maybe you are in love with beef, but what about the brains of calves? The brains of calves or pigs are fried and made with different type of sausages. These sandwiches are famous and loved by many people.

### Rubik's Cubewich

Following the model of the Rubik Cube, a cube that came out in the 1980s in which you are supposed to put the dice-like parts in order by lining the same colors side by side. This sandwich used meat and cheese

cubes to simulate the same shape, how can we bite just escapes me!

### Candiwich

May be you would think of buying such a weird sandwich while you are on a trip. A sandwich inside a can with different flavors like that of chicken and



The Melo

pizza as well as other sweet options, cut in the very middle and preserved well. I really find it a good idea, why not?

### The Melo

The Sandwich is a huge mix of the bacon and salami and sometimes there is pastrami as well. The sandwich got its name from Carmelo



## FINER THINGS

Anthony, a Knicks player. I don't think that such amount of meat in one sandwich will keep anyone safe.

### Tastykake Sandwich

The sandwich came as a mixture of sweat and sour, but really taken to extremes. The Adsum restaurant topped cheese burgers with chocolate and the butter of peanut. Granted that the cheese is salt less or the chocolate is not sweet, I cannot figure how it would taste!

### The Big Sandwich

The size of this sandwich could definitely defeat the ones who used to share in food contests. Made of bacon, cheese, chicken, burgers, pepperoni among other crazy components; now you can see that it is not about size but the calories.

### Double Down

Now, I want to try this one. KFC just made the dream of many sandwich fans, they removed the bread part. With two pieces of fried

chickens with beef or bacons inside along with different sausages, the flavor definitely will be powerful.

### Macdonald Sandwich

One of the most expensive meals made by McDonalds is this one that may cost you up to 127 dollars. With wagyu beef, tomatoes, red pepper, mustard, and mayonnaise, unfortunately there is bread here!

### Lasandwich

With just two dollars you will buy one of the craziest ideas of Lasagne. As confectioners, it was a bit difficult for them to go into the world of sandwiches. They, thus, came with the idea of cream and strawberries in a loaf of bread.

### Luther Burger

Named after American singer Luther Vandross, the sandwich is a good mix of the sweet and sour, but this time it is very different. Instead of bread, makers used doughnuts inside which slices of beef and egg along with onions and sauce are put. The sweetness of the doughnuts are very clear that sugary top could even be seen!



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# Charming Balcony Garden Ideas

By Contributing Writer

**B**alcony gardening comes in handy for people who found it hard to garden for lack of space in apartments or condos. The trend has really changed. People have transformed their galleries into gardens.

Establishing upper cycle gardens can be exciting and fulfilling. Yet, getting started is the most intricate part. There are, of course, various balcony designs. However, it is important to have a clue about what you wish for. It will help you utilize your space.

Most balconies match the home decor and design. The most important thing is your

## Scrap Wood

Plain and bucolic describe this type of balcony garden. Utilizing vertical space, the garden blends rustic wood with sunlight to create a cosy ambience. The design may be reproduced with scrap wood or two wood pallets. You only need to upcycle the wood to create flower boxes. The design is more wall-based, it allows you to keep your balcony surface clean.

## Micro-Park

Is it possible to create a small garden and yard on the balcony? Well, you may choose to incorporate both. By making use of AstroTurf, you will be able to establish a yard. Vibrant, but non-poisonous kale is displayed in wooden boxes. You may also hang boxes to create more garden area.

## Vertical (Upright) Terra Cotta

You need not underrate hooks. They can be very handy when it comes to suspending terra cotta containers or baskets. The design applies simple hooks and washers, metal rods and bolts to connect the pots. You can enhance the design by staggeringly hanging the pots.

## Modern Comfort

Yet another stunning balcony garden is the modern comfort design. Most home design features have been incorporated in the design and brought to the balcony. When you blend outdoors with home design, you bring the home decor with you. With a blanket, pillow and a serving tray, your balcony garden is bound to be the comfiest of all.

## Culinary Creations

It is possible to grow a range of food crops and herbs within a small area. By utilizing

wooden pallets and paint (chalkboard), the culinary can be straightforward. If you wish for vertical balcony space, drill holes beneath every level to enable easy passage of water.

## Small area, big colour

Dazzling colours emphasises on this small design. The corresponding plants allow for easy arrangements devoid of excessive attention. A brilliantly painted ottoman perfectly combines with the containers to further enhance the home decor.

# HOME AND STYLE

## ALWAYS AMAZING. NEVER ROUTINE.



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financial plan. Considering the facts regarding the same, you can choose the best balcony garden idea to help you establish a magnificent space.

Also consider the amount of sunlight reaching your balcony. This is essential in that it allows you to decide on the type of plants. You also need to be clear on best moments of daytime to utilize your space. Balconies used during evening hours require lighting. With planning, you establish a wonderful garden on your balcony.

## Sunny Side

As the name suggests, you will find this type of balcony garden sunny and dazzling. The plants to flourish here include citrus trees since they require more lighting. A sunlit balcony is ideal for fruit growing. The imaginative balcony garden is proof you actually don't require matching pots.





Pastor John Lindell of the James River Church in Springfield, Missouri, claimed on the congregation's livestream on March 15 that a "creative miracle" had taken place the day before at the church's Joplin location, the Springfield News-Leader reported. Lindell explained that "prayer team members" had prayed over Kristina Dines, who had had three toes amputated after her husband shot her in 2015. "As the ladies prayed for Krissy ... all three toes grew, and by that point, were longer than her pinky toe," Lindell said in the livestream. "Within an hour, nails began to grow on all the toes," he added. While Dines hasn't commented to the paper, she said in a video on Twitter that she saw the toes reforming. "Listen, do you understand? I can stand on tippy toes. No, I couldn't do that (before) because I didn't have toes to tippy on," Dines said. During the livestream, Lindell also suggested to parishioners that other miracles are coming: "... some people in this room -- you're gonna raise people from the dead. It's going to happen." Stay tuned.

Australian company Vow has wowed the science world with a meatball made of meat cultivated from the genetic sequence of an extinct mammoth, the Associated Press reported on March 29. "This is not an April Fools' joke," said Tim Noakesmith, founder of the company. Using publicly available genetic information from the mammoth, along with data from the African elephant, Vow grew the cells in a lab. The large meatball -- somewhere between the size of a softball and a volleyball -- was displayed at the Nemo science museum in Amsterdam. "We wanted to get people excited about the future of food," Noakesmith said. "We thought the mammoth would be a conversation starter." People who were there as it was being cooked said it smelled good.

Here's an item you can share at this weekend's cocktail party: The animatronics at your local Chuck E. Cheese may be powered by a 3.5-inch floppy disk. Of 600 restaurants around the world, about 50 still use the floppies, BuzzFeed News reported. In related news, a robust subculture of Chuck E. fans builds and restores the iconic animatronics at home, and vintage memorabilia has a strong market online. Here's the less cheery news: Subway trains in San Francisco run on floppies, and Boeing 747s and 737s get their updates on the '80s-era

The Irish Times reported that The Virgin Mary, the only alcohol-free bar in Dublin, closed its doors for good on March 27. But Dubliners, do not despair! The bar's owners said the closing "marks an exciting new chapter for us," as they will provide a mobile experience all around the island. "IRELAND GET READY TO DRINK DIFFERENT!" a social media post read. Slainte!

-- As you drive along the EastLink toll road in Melbourne, Australia, you might be tempted to spend the night at the Hotel EastLink, Oddity Central reported. But it's literally impossible to get a reservation there, because it's not really a hotel. It's a sculpture that was unveiled in 2007 by artist Callum Morton. At only 20 meters tall, the "hotel" isn't exactly a high-rise, and it sits in the middle of an empty field. But it fools passersby with lights that come on at night in the "rooms" -- enough that people try to call for reservations. "Putting something in a space that is slightly beguiling or is a little bit strange ... changes the way people think about art or practice," Morton said.

-- Wilma Flintstone, eat your heart out. French luxury brand Coperni has revealed a fall 2023 limited-edition handbag that'll put buyers back \$43,000, Oddity Central reported on March 24. The Mini Meteorite Swipe Bag is made of a meteorite that fell to Earth 55,000 years ago. It weighs about 4 1/2 pounds empty, is too small to hold much, is nonrefundable and will take about six weeks to arrive. So yeah -- maybe yabba dabba don't?

Springfield, Missouri, real estate agent Clifford Craig Edwards, 52, got caught up in the wild and crazy atmosphere of spring break in St. Petersburg, Florida -- at least that's what he told police after he was arrested on March 16 for felony criminal mischief, The Smoking Gun reported. Edwards was spied by the owners of a van standing near their vehicle and "making motions." When they confronted him, he laughed and ran away. The owners discovered their car had been vandalized with a butter knife, causing "extensive paint damage" to the tune of \$1,000, police said. Edwards had put his number down on a wait list at a nearby restaurant, so police got in touch with him; that's when he said his actions were a "spring break mistake." He was released on a \$2,000 bond.

- Across**
- 1. Emerald city visitor
  - 5. Sequence
  - 8. Stay under the stars
  - 12. Italian volcano
  - 13. In the past
  - 14. Claim
  - 15. Money
  - 16. Beer ingredient
  - 17. Nozzle
  - 18. Turkish port
  - 20. Sleepy
  - 22. Your and my
  - 23. Saudi export
  - 24. European capital
  - 27. Polish seaport
  - 31. Mr. Gershwin
  - 32. Food fish of Japan
  - 33. Fusion
  - 37. Like some passageways
  - 40. Small guitar
  - 41. Neither's alternative
  - 42. Spice
  - 45. Stupidity
  - 49. Bohr's study
  - 50. Banking robot
  - 52. Give a hoot
  - 53. Leaf
  - 54. Meadow, Brit.
  - 55. Bollywood superstar actor, last name
  - 56. Cousin of a herring
  - 57. Snakelike fish
  - 58. Temps

- Down**
- 1. Race divisions
  - 2. Tabloid twosome
  - 3. Nothing but
  - 4. Sodium carbonate
  - 5. Desert bigger than the US
  - 6. Idea of oneself
  - 7. Head honcho
  - 8. Oil source
  - 9. Acknowledge

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- 10. Snafu
- 11. Victim
- 19. Whoopi Goldberg character
- 21. Unburdened
- 24. Animation
- 25. Dander
- 26. Listening device
- 28. Max.
- 29. Postal abbr.
- 30. "Here's lookin' at you, \_\_\_\_."
- 34. Sticky
- 35. Get by
- 36. Entertain
- 37. 20 Questions category
- 38. Curtain holder
- 39. Painful muscle spasms
- 42. Forty winks
- 43. Park City locale
- 44. Loose garment
- 46. Hawaiian island
- 47. King is one
- 48. Passions
- 51. Golf drive location

DAD JOKES

Why does a duck have tail feathers?  
To cover it's butt quack



Previous

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A unique, in-person, K-8 private school where students engage in all academic subjects with a musical theater emphasis! The mission of STARS Academy educates all students through deep academic inquiry and creativity of the arts (musical theater integration) through flexible

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**Destination Science** is a warm, wonderful science camp where kids feel comfortable making connections with others! Parents tell us that their child loves that everyone at camp shares the idea that it is cool to be smart! Multiple locations: [destination-science.org](http://destination-science.org) 888-909-2822 Enrollment special until March 1, call today!

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The future for our children is now, and there's no time to waste. Mind Crafters Mission is to bring STEM knowledge to kids, as early as possible. Grasping these concepts at an early age guarantee "OWNING THE FUTURE". Programs combine expert instruction, hands-on learning, and real world tools. As a result, they're interactive, engaging, and effective. And most important, kids genuinely enjoy them. Call Today (747) 263 0821

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Run by online experts, Connected Camps offers dozens of interactive, small

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Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

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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](http://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](mailto: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](http://CSUN.EDU/TADW)

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## Camp Woodland Hills

Located on the Oxnard Campus of Woodland Hills Private School. 2022 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, board games, puzzles, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground. POOLS – The two in-ground pools and much more. for details: [camp.woodlandhillprivateschool.com](http://camp.woodlandhillprivateschool.com)





## USE THE BRAIN TO STOP TEMPER TANTRUMS!

Most parents agree that these anger explosions happen when a child is told "NO." So, what's a parent to do? Adults respond out of anger and guilt. Parents struggle to manage the voice of guilt which makes them feel like a "failure."

Here are brain-based tools that my clients have used to stop temper tantrums!

**Emotion Regulation** - It's important for kids to know that they are in control of their feelings. They must understand that they have the power to make choices on how they will respond to frustration.

**Help Child Know Their Triggers** - Parenting offers opportunities to teach your child. Many parents don't realize the benefits of understanding how the brain impacts behavior. Parents who teach their child how to recognize his or her amygdala-based threats and respond appropriately, will help move their child to a higher level of thinking.

**Model Expected Behavior** - Children do what you do and not what you say. One of the greatest gifts parents can give their children is being a positive role model.

**Connect with Feeling's** - If a person feels stuck, he or she will do whatever is necessary



to get unstuck. Children lack the vocabulary to express how they feel. This makes it critical that parents help children put words to feelings. Parents can say things like "you seem really happy; you seem very disappointed, you look excited, etc." The goal is for parents to put words to the emotion.

**Teach Healthy Conflict Resolution** - The goal is for children to identify their emotions

and learn to control how they express them. Feelings are a part of the human experience. Parents need to let children know that they have a right to their feelings. At the same time, they must control what they do to express those feelings. Specifically, when children are experiencing conflict, they need choices. When children have a clear choice, they are better able focus, calm down, and follow through.

By Contributing Writer

Dealing with a tantrum is never easy. Remember the last time your child had a temper tantrum. Was your stress level high? Did you feel helpless?

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Photos By Doug Mangum



# THE EFFECTS OF GADGETS ON YOUNG CHILDREN

By Contributing Writer

It's amazing to see a two-year-old baby use a gadget before he/she can even talk. However, it's alarming to learn how these devices can affect young children's development, health, and behavior. It's a common scenario in almost every household to see children as between one to three years old use gadgets. Either watching their favorite nursery shows on TV, playing games on

Unfortunately, too much exposure to these devices brings lots of negative impacts to young children. Long-term eye problem. Once children are hooked to their activities on gadgets, they don't mind about the screen brightness and screen distance from their eyes. This can cause them to develop an eyesight problem. Particularly myopia which is also known as nearsightedness. A condition in which the eye can see nearby objects clearly but far away objects are It is a non-retractable eye problem which can be carried into adulthood. Speech and language delay. Devices such as tv, cellphones, Xbox, and tablets limit children's time to talk and interact with others. Which is critical in learning to communicate. The more screen time (the time spent on using gadgets), the fewer chances for them to learn how to talk and communicate with other people.

ADHD or Attention Deficit Hyperactivity Disorder. This is a mental disorder that is mostly occurs in children. It refers to difficulty in paying attention even for a short time, being excessively active, and having trouble controlling behavior. Children with ADHD are often restless, and easily distracted. This condition can cause problem at home and at school. Learning problem. Gadgets are very entertaining for children. Making their brain preoccupied and unable to focus on doing other activities including learning new things. In addition, their time to interact with their parents and other people is



a mobile phone, or watching videos on a tablet. Many parents find it convenient to offer gadgets to their kids to enjoy a few moments of peace. Children tend to behave well while being entertained by gadgets. No whimpering, shouting, running around the house, climbing on chairs, and messing with their toys on the floor. Their attention is focused on a gadget's screen. This allows parents to rest, clean the house, or prepare dinner.

bounded as they spend more time on the screen. Affecting their communication skills which is an important factor in learning. Obesity. Children should run, walk, jump, and gain friends. They need physical activities to burn calories, move their muscles, and be healthy. Relying on screen to play games will only make them become obese. The hobby of spending too much time with



## KIDS FORUM



gadgets can be carried into adulthood. Obesity is associated to many serious health problems. Negative impact on character. This is one of the biggest problems children can have when they consume too much screen time. Kids are clever enough to search the internet especially YouTube. They may find their way to see content that is not appropriate for their age. Remember that children like to copy what they see. They may develop a bad behavior from what they see on the internet because they think it's okay or is that

is why parental guidance is very important when allowing your child to use a gadget. In addition, children can easily get addicted to devices. Giving in to their tantrums when it's time to cut their screen time can encourage them to behave badly. It's true that offering gadgets to children help parents enjoy their well deserved "down-time". Giving them momentarily relaxation from taking care of kids. However, the use of these devices should be strictly limited for young children to protect them from harmful effects.

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# FASHION

## Points to Consider While Buying a Wig

a natural hair wig looks natural in people, but is expensive at the same time, but using an artificial wig is cheap but can almost give the look of natural hair.

### Choose Your Style

Wearing a wig helps you avoid your baldness; thus, makes you look good then how you look without a wig. As many people don't like to look bald, they prefer to wear a wig because the wig is the cheapest alternative for producing a hairlike look in a bald head. But there is a slight advantage of using a wig. The wig style that people wear can either be the hairstyle they used to have before, but everyone also has the freedom to choose other hairstyles that they couldn't have had without the help of a wig. Different hairstyles give you a different look, allowing you to portray you distinctly in front of others. Wig also allows you to choose a different hair



color, which is different than your natural one. So, don't worry, even if you can't grow hair on your head anymore, a wig will help you.

### Deciding On Cap Construction

One of the most important aspects to consider while buying a wig is its cap construction. The cap construction of a wig is the base of the wig. It represents the way of attaching hair, and each cap construction has a set of benefits for the users. Some of the cap construction types are Classic, Monofilament, Lace Front, 100% hand-tied, etc. Among these types, the Lace front cap construction is the most famous as it allows you to part the hair on the wig wherever you need, hence allowing you to style your hair in a way that you prefer which also makes you feel confident and comfortable wearing a wig. If you are in a mood to try a new style, try hand-tied wigs as it

gives a unique style compared to other cap construction styles.

### Wigs For Complete Hair Loss

Are you suffering complete hair loss in your head? Then the wig you choose should be a good one that can stay on your head all day long and should have a good service life. The wig to stay all day long on a human head should have a proper structure and good cap construction. If you want to select wigs like this, select a wig with Lace Front cap construction as it has non slip poly strip placed in the front side of the cap, this strip is also undetectable for other people wig makes you look good. Those strips in the wig ensure that the locks stay proper all day long.

### Who Are We

We are Julia hair providing quality hair wigs. We make wigs professionally. We also provide a great delivery service. You can look at our customer reviews on our social media channels. We also provide a 15-day return or exchange policy. To learn more, click on [www.juliahair.com/u-part-human-hair-wigs.html](http://www.juliahair.com/u-part-human-hair-wigs.html) or [www.juliahair.com/lace-part-wigs.html](http://www.juliahair.com/lace-part-wigs.html)

By Contributing Writer

**W**hat is a wig? A hair wig is an accessory used by people to cover their heads to disguise their baldness. A wig is either made with artificial hair or with natural hair. Using

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