



Valley Scene

M · A · G · A · Z · I · N · E

MOVIES



NOSFERATU

GREAT ESCAPES



**LUXURY OUTDOOR
HOTELS**

MUSIC



**THE MAGIC OF
MUSIC DOCUMENTARIES**

Entertainment • Leisure • Lifestyles

www.ValleySceneMagazine.com

► January 10 - 23, 2025 Volume 27 No. 01

NEW

health, hobbies & habits



EVENTS AT VINTAGE WINE AND SPIRITS

RESERVE YOUR SPOT NOW!



A NIGHT WITH: **BRUICHLADDICH** AN EXCLUSIVE TASTING EXPERIENCE

VINTAGE WINE & SPIRITS

16938 SATICOY ST.,
LAKE BALBOA, CA

FEB 5TH

7:00PM - 9:00PM

TICKET PRICE: \$79.99

INCLUDES A BOTTLE OF
BRUICHLADDICH
CLASSIC LADDIE



A RARE AND
EXCLUSIVE BOTTLE



CELEBRATE THE COMING **LUNAR NEW YEAR!**

FRIDAY JAN 17, 2025

04:00 PM - 07:00 PM

VINTAGE WINE & SPIRITS

16938 SATICOY STREET
LAKE BALBOA, CA

RESERVE YOUR SPOT NOW!



VINTAGE
WINE & SPIRITS

THE
SORAYA



SAT **JAN**
18
3PM
8PM

SUN **JAN**
19
3PM

BUY TICKETS

STOMP™

CELEBRATING
30
YEARS

Sam Harris

Beyond The Rainbow



With
Music Direction by
Michael Orland

Sam Harris dazzles in his new show
“Beyond The Rainbow”

with powerful interpretations of
Broadway, pop, and classic standards
Listed as one of the “100 Greatest
Singers of all time
- *Rolling Stone Magazine*

Saturday
February 8 8pm
One Night Only!



THE HISTORIC
El Portal Theatre
NORTH HOLLYWOOD, CALIFORNIA

BUY YOUR TICKETS TODAY! 818-508-4200

OR ONLINE ELPORTALTHEATRE.COM 5269 LANKERSHIM BLVD, NORTH HOLLYWOOD, CA



Must-Visit Museums In Los Angeles

By Contributing Writer

Los Angeles is famous for glitz and glamour, but beyond the bright lights lies a rich tapestry of world-class museums. Whether you're a fan of art, history, science, or pop culture, the City of Angels has something for everyone. **The Getty Center**

Nestled in Brentwood, The Getty Center is a combination of art, architecture, and scenic views.



houses the extensive collection of philanthropists Eli and Edythe Broad. The Broad is home to iconic works by artists like Jeff Koons, Cindy Sherman, and Andy Warhol. www.thebroad.org

California Science Center
This interactive museum is a hub for scientific exploration, offering exhibits on space, ecosystems, and the human body. The centerpiece of the museum is the Space Shuttle Endeavour. The museum also features rotating exhibits, an IMAX theater, and plenty of activities for kids. www.californiasciencecenter.org

Petersen Automotive Museum

Car enthusiasts will find their haven at the Petersen Automotive Museum. This museum showcases the history and artistry of automobiles through over 250 stunning vehicles. From vintage classics to futuristic prototypes, the collection celebrates the innovation and cultural impact of cars. www.petersen.org

The Academy Museum of Motion Pictures
As the entertainment capital of the world, it's no surprise that Los Angeles is home to a museum dedicated to filmmaking. The Academy Museum of Motion Pictures celebrates

the magic of movies with exhibits that explore the craft, history, and cultural impact of cinema.



The Museum of Contemporary Art (MOCA)

Another downtown gem, MOCA is dedicated entirely to contemporary art. With works from the 1940s to the present, the museum's collection includes influential pieces by artists like Jackson Pollock, Mark Rothko, and Barbara Kruger. MOCA's focus on bold, experimental art makes it a dynamic and ever-evolving space.

The museum's three locations—MOCA Grand Avenue, The Geffen Contemporary at MOCA, and MOCA Pacific Design Center—offer diverse experiences, ensuring there's always something new to discover.

Discover LA's Cultural Treasures

Los Angeles' museums are more than art and artifacts—they're gateways to understanding the world around us. From prehistoric fossils to cutting-edge contemporary art, the city's diverse cultural institutions cater to every interest and age. Whether you're a longtime local or a first-time visitor, these must-visit museums promise an unforgettable journey through history, science, and creativity. So immerse yourself in the cultural heartbeat of LA.

SAN FERNANDO VALLEY SYMPHONY ORCHESTRA

JAMES DOMINE, MUSIC DIRECTOR
PRESENTS

2024/2025 Season Underway
Stay Informed of our upcoming concerts by logging on to Sfvsymphony.com



New music and performances will take over your screen at home or on your computer for a immersive form of Classical entertainment never formatted to this level on YOUTUBE.

More information available on our website:
www.sfvsymphony.com
or by calling (818) 347-4807

Learn more at
www.sfvsymphony.com



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



NOW ENROLLING

THE WIZARD OF OZ

DAURDEN MUSICAL THEATRE

AGES 11-15

dpacla.com

Exciting New Breakthroughs

*To Good Health, Exciting and New Hobbies,
Not Your Everyday Info on the Road to Good Habits*

There are some amazing new innovations coming down the pipe with healthcare, unique hobbies, and new ways to create better habits. Here is a breakdown of what to expect.

Exciting New Breakthroughs to Good Health

In recent years, significant breakthroughs have emerged across various fields of health and wellness, bringing both hope and practical solutions for maintaining and improving physical and mental health.

These advances leverage technology, research, and new ways of thinking about well-being. This section explores some of the most promising and exciting developments in health that could redefine how we approach our fitness and health in the near future.

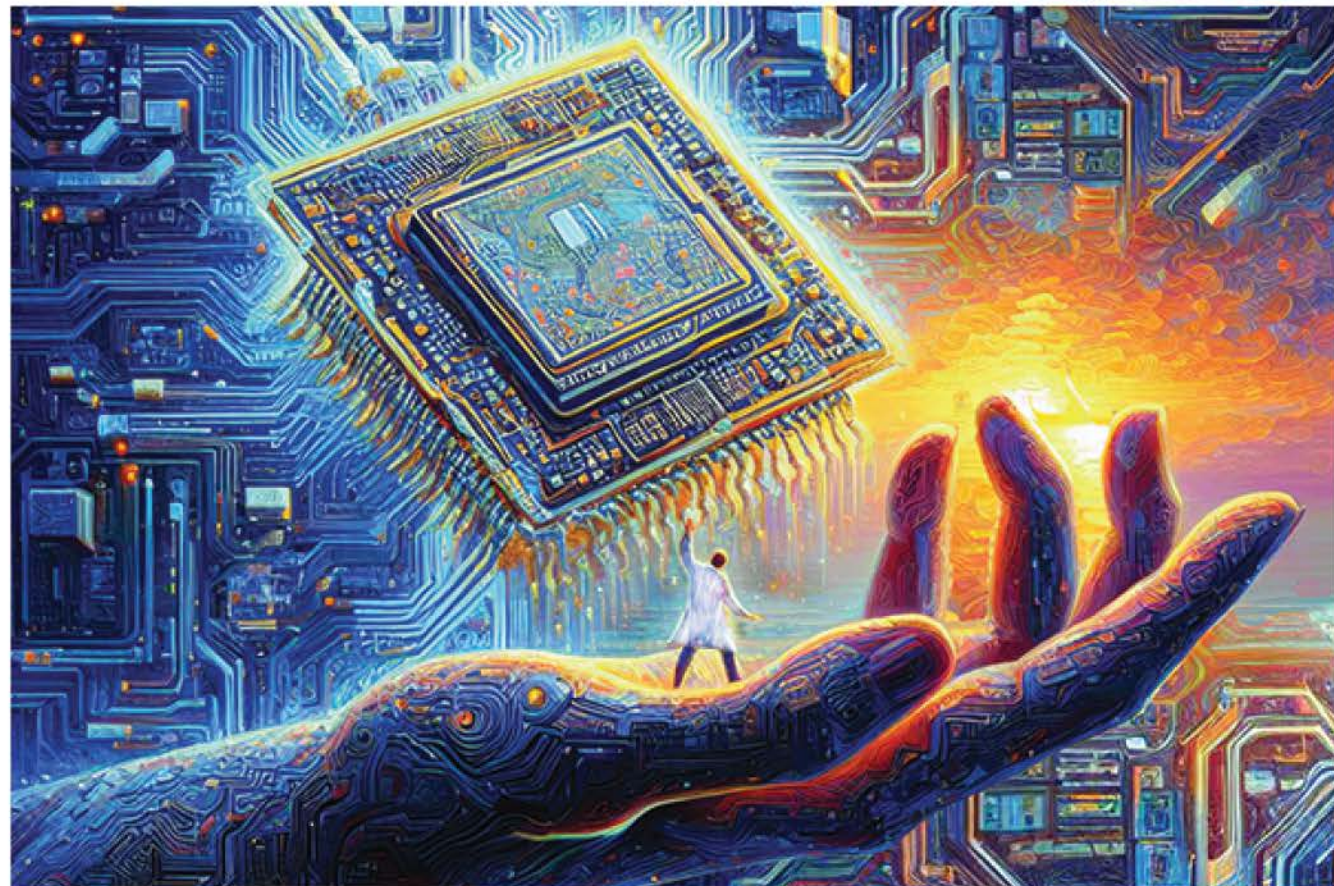
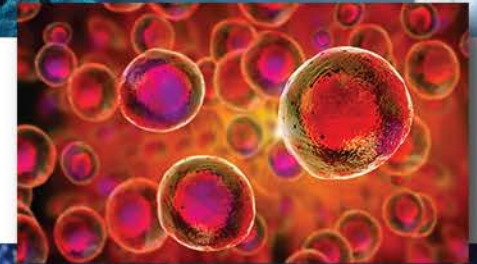
Personalized Medicine and Genetics: Personalized medicine is revolutionizing the way healthcare providers approach treatment. Rather than offering standard treatments to all patients, healthcare providers now have the ability to tailor treatments based on an individual's unique genetic makeup. This shift is powered by breakthroughs in genomics and advancements in DNA sequencing technologies. Genetic testing now allows for the early detection of predispositions to certain health conditions, such as heart disease, diabetes, and even some cancers. For example, the use of CRISPR gene-editing technology has shown immense potential in the treatment of genetic disorders, including sickle cell anemia and muscular dystrophy. The power of personalized medicine means that healthcare can be proactive, rather than reactive, providing treatments that are much more effective because they are customized for the individual.

Artificial Intelligence in Healthcare: Artificial intelligence (AI) is becoming a cornerstone in healthcare, enabling faster, more accurate diagnoses, and even offering new ways to monitor patients remotely. Machine learning algorithms are being used to analyze health data, which can predict health risks and improve accuracy of diagnostics. AI has already been implemented in fields like radiology, where algorithms can detect anomalies in X-rays and MRIs with greater accuracy than some human doctors. AI-powered wearable devices and apps are also changing how we manage health. From continuous glucose monitors for diabetics to heart-rate trackers and sleep analyzers, these devices can help individuals track key health metrics in real time and provide insights that enable better health. With AI, patients can receive customized alerts about potential health risks before they become serious.

The Rise of Stem Cell Therapy: Stem cell research has made significant strides in recent years, providing new hope for people with

chronic illnesses and injuries that were once considered untreatable. Stem cells have the ability to develop into different types of cells, making them incredibly useful for regenerative medicine. Stem cell therapy is already being used to treat conditions like osteoarthritis, spinal cord injuries, and heart disease, and research continues to explore their potential in treating neurodegenerative diseases such as Alzheimer's and Parkinson's. By harnessing the body's own healing mechanisms, stem cell treatments are showing promise in reducing recovery times, healing damaged tissues, and improving overall quality of life for patients.

Gut Health and Microbiome Research: Gut health is increasingly recognized as a key factor in overall well-being. Research into the human microbiome — the trillions of bacteria and microorganisms living in our digestive system — has exploded in recent years.



Scientists have discovered that the microbiome influences not only digestion but also immunity, mental health, and even weight. One of the most exciting breakthroughs is the link between gut health and mental health. Studies have shown that a balanced microbiome can impact the production of neurotransmitters like serotonin, which regulates mood, while an imbalance can contribute to mental health disorders like anxiety and depression. Advances in probiotics and prebiotics are helping people achieve a balanced microbiome, leading to improved digestion, better immunity, and enhanced mental clarity.

Wearable Health Tech and Remote Monitoring: With wearable technology continuing to evolve, health monitoring is becoming more accessible and accurate. Smartwatches and fitness trackers have moved beyond counting steps to tracking heart rate, sleep patterns, blood oxygen levels, and even stress. Many devices are now designed to monitor specific health metrics for patients with chronic conditions, such as blood pressure monitors for hypertension or blood glucose monitors for diabetes. Remote monitoring technologies are not only beneficial for patients but also help doctors deliver more effective care. Telemedicine, which gained popularity during the COVID-19 pandemic, continues to grow as healthcare providers increasingly use remote patient monitoring to manage chronic diseases, prescribe treatments, and provide consultations without the need for in-person visits.

Exciting and New Hobbies

In today's fast-paced world, finding new and fulfilling hobbies has become essential for personal growth, relaxation, and mental well-being.

The rise of technology, combined with changing social dynamics, has opened the door to a host of new hobbies that provide exciting ways to engage with the world. Below are some of the most innovative and enriching hobbies that are taking the world by storm.

Urban Farming and Hydroponics:

Urban farming has emerged as a thrilling new hobby for city dwellers who want to grow their own food. With the growing interest in sustainability and healthy living, many individuals are turning to hydroponics—a method of growing plants without soil, using mineral nutrient solutions in water—to cultivate everything from herbs to vegetables in their apartments or backyards. The beauty of hydroponics is that it allows individuals to grow fresh produce in small spaces, without relying on traditional farming methods or large amounts of land. In addition to hydroponics, vertical farming and aquaponics

(which combines fish farming with plant cultivation) are also gaining popularity, providing sustainable ways to grow food with minimal environmental impact.

Esports and Competitive Gaming:

Esports has grown exponentially, creating new opportunities for gamers to pursue their passion in a competitive and professional setting. Esports involves organized, multiplayer video game competitions, particularly between professional players, individually or as teams. From first-person shooters to strategy games, competitive gaming is now a global phenomenon with tournaments, sponsorships, and massive fan followings. What makes esports unique is its blend of entertainment, teamwork, and skill. The accessibility of online gaming platforms allows people from around the world to engage in competitive play. Additionally, streaming platforms like Twitch allow gamers to build large communities and even earn a living.

Virtual Reality and

Augmented Reality:

Virtual reality and augmented reality have exploded onto the scene, offering immersive experiences that are not just for gaming but for creativity, learning, and socializing.

VR technology transports users into fully immersive, 3D worlds, while AR overlays digital content onto the real world, creating interactive experiences. VR can offer a variety of experiences, from gaming to virtual travel, fitness routines, and social spaces. AR is being used for everything from interactive art to design and even education. These technologies are continually evolving, providing hobbyists with exciting new ways to explore creativity, play games, and connect with others in virtual environments.

DIY Robotics and Coding: As technology continues to advance, DIY robotics and coding have become exciting hobbies that appeal to a wide audience. Robotics kits, which include everything from simple builds to more complex systems, have made it easier than ever for people to learn coding, electronics, and mechanical engineering through hands-on projects. Hobbyists can use platforms like Arduino or Raspberry Pi to build their own robots or automated systems, learn programming, and experiment with AI. These projects promote critical thinking, problem-solving, and creativity. Many enthusiasts are even able to use their skills for practical purposes, such as building automated home devices or creating drones for personal use.

Digital Art and NFT Creation: Digital art has transformed the way artists create and share their work.



THE FLEETWOOD MAC CONCERT EXPERIENCE

West Coast Performing Arts and
Cruisin' Oldies Concerts Proudly Present



STARRING GYPSY DREAMS

The Fleetwood Mac Concert Experience recreates the music and magic of Fleetwood Mac with such songs as 'Go Your Own Way,' 'Rhiannon,' 'You Make Loving Fun,' 'Don't Stop' and 'Say You Love Me,' just to name a few. Plus, you'll thrill to the solo work released by *Stevie Nicks* and *Lindsey Buckingham*!

SAT FEB 1

TWO SHOWS: 3:00PM & 7:30PM



BANK OF AMERICA
**PERFORMING
ARTS CENTER**
THOUSAND OAKS

**SCHERR
FORUM**

FOR INFO CALL 805-449-2787 or www.CivicsArtsPlaza.com

get tickets at
Walmart

call for tickets at
800.745.3000

ticketmaster®

The rise of non-fungible tokens (NFTs) has also provided a new avenue for artists to monetize their creations, allowing people to buy, sell, and trade digital artwork in unique, block-chain-based formats. Artists are experimenting with new forms of media, creating digital illustrations, 3D models, and immersive installations that can be showcased and sold on platforms like OpenSea and Rarible. As a hobby, digital art offers virtually limitless possibilities for self-expression, whether through drawing, animation, or even virtual sculptures. The NFT market has also given rise to a new wave of art collectors, making this hobby an exciting blend of technology and creativity.

Following Animals: Animal tracking and setting up trail cameras in wildlife hotspots. Quite an underappreciated following on YouTube that will surely boom as that tech evolves.

Not Your Everyday Info on the Road to Good Habits

Building good habits is a crucial element of self-improvement and personal growth. However, traditional advice on habit formation can sometimes feel repetitive or unrealistic. This section highlights unconventional, yet effective strategies for building good habits that can lead to a healthier, more productive life.

Habit Stacking: One innovative approach to building habits is called "habit stacking." This technique involves taking an existing habit that you already perform regularly (e.g., brushing your teeth, having a cup of coffee in the morning) and "stacking" a new habit on top of it. For example, after brushing your teeth, you might do five minutes of stretching, or after your morning coffee, you could write down three things you're grateful for. By connecting a new behavior with an established one, habit stacking makes it easier to integrate new habits into your routine without requiring a major overhaul. The key is consistency; once a new habit is stacked successfully, it becomes automatic, and over time, it leads to lasting change.

The Power of Micro-Habits: Instead of trying to build large, overwhelming habits (such as exercising for an hour a day), the concept of "micro-habits" emphasizes small, manageable actions that can be easily incorporated into daily life. For example, you could commit to doing just two minutes of exercise each day, or writing one sentence in a journal each evening. The beauty



of micro-habits is that they don't feel daunting, and they can be completed in a very short amount of time. Over time, these small actions compound, leading to meaningful progress toward larger goals. Micro-habits are often more sustainable because they require less willpower and can be integrated into any routine.

Environment Design: Another often-overlooked strategy for building good habits is the idea of "environment design." The principle behind this concept is that your environment plays a significant role in determining your behaviors. By designing your physical or digital space to support the habits you want to develop, you can make positive behaviors easier to perform. For instance, if you want to eat healthier, keep healthy snacks in clear view and store unhealthy options out of sight. If you're

trying to read more, keep a book on your desk or in your bag. By surrounding yourself with cues and reminders that prompt desired actions, you remove friction from the habit-building process.

The Two-Minute Rule: The Two-Minute Rule, popularized by productivity expert James Clear, states that when starting a new habit, the first two minutes should always be easy and achievable. For instance, if your goal is to read more books, start by reading just one page. If your goal is to exercise regularly, commit to two minutes of movement each day. The idea is to lower the barrier to entry so that you don't get discouraged by the magnitude of the task. Once you begin, you're more likely to continue beyond the two minutes, as the hardest part is simply getting started. This strategy focuses on consistency rather than perfection and makes it easier to build momentum over time.

Accountability Partners and Social Habits: Having someone to hold you accountable can make a significant difference when trying to build new habits. Whether it's a workout buddy, a colleague, or a friend, partnering with someone on your journey creates an external source of motivation. The key to success in this area is finding someone who shares similar goals or is equally committed to helping each other. Accountability doesn't just have to be limited to fitness goals. It can be used to track habits related to reading, meditation, or even meal planning. The social aspect helps maintain motivation, and mutual encouragement can make the process enjoyable.

The world is progressing with health, hobbies, and strategies for better habits. By embracing personalized medicine, AI in health-care, and advances in mental and physical well-being, we are on the cusp of achieving better health than ever before. Simultaneously, new hobbies like virtual reality, urban farming, and esports offer unique ways to engage with the world. When combined with strategies for building good habits — like habit stacking, micro-habits, and environment design — these innovations provide a holistic approach to living a healthier, happier, and more fulfilling life.

HOTBED HOTEL

by Michael Parker

Jan 10 - Feb 1, 2025

Fri & Sat at 8:00pm • Sun at 2:00pm

Thu Jan 16 at 8:00pm • Sat Jan 18 & 25 at 2:00pm



CONEJO PLAYERS
THEATRE

HOTBED HOTEL is presented
by arrangement with
Concord Theatricals on
behalf of Samuel French, Inc.
www.concordtheatricals.com

Valley Scene Magazine

PUBLISHER
Joshua S. Kushner, Sr.

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 Rendlow, Ester Schultz,
Tony Revenditto, Joan Russell,
Keri Schwab, Tim Wassberg,

STAFF PHOTOGRAPHY/WRITER
Danika Levine, Joshua Shevchuk

LAYOUT & DESIGN
Pam Strugach

ADVERTISING SALES DIRECTOR
Trish 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

Torren Publishing publishes
Valley Scene Magazine every
other Friday. 1 copy per person.
Copyright 2020 All rights reserved



NO MATTER WHAT YOU WANT TO DO IN LIFE,

LIFE TAKES

VISA
lifetakesvisa.com



**Sugar, spice
and everything nice.**

Get a taste of this holiday's fashions and
find discounts at lifetakesvisa.com/retail

MINUTIA

WHY ARE NIGHT TERRORS SO SCARY?

By Contributing Writer

Night terrors, a sleep phenomenon that affects both children and adults, are one of the most mystifying and unsettling experiences for anyone who encounters them, whether as a sufferer or an observer. Unlike nightmares, which are vivid dreams occurring during REM (rapid eye movement) sleep, night terrors are episodes of

intense fear that occur during non-REM sleep. This article explores what makes night terrors so uniquely terrifying and how they impact those who experience them.

What Are Night Terrors?

Night terrors, also known as sleep terrors, are a type of parasomnia — an abnormal behavior during sleep. They typically occur in the first few hours of sleep during the deepest stage of non-REM sleep, known as slow-wave sleep. Unlike nightmares, individuals experiencing a night terror often have no recollection of the episode upon waking.

During a night terror, a person may:

- Sit up suddenly in bed.
- Scream or shout in terror.

Display intense physical reactions like sweating, rapid heart rate, or heavy breathing.



Appear wide-eyed and awake but remain unresponsive to attempts to comfort them.

Episodes usually last a few minutes but can extend up to half an hour, leaving parents, partners, or roommates bewildered and alarmed.

What Makes Night Terrors So Scary?

Intensity of Fear The sheer intensity of a night terror is alarming. Sufferers can appear to be in a state of extreme panic or dread, often accompanied by bloodcurdling screams. This visceral display of fear is unnerving, especially for observers who feel powerless to intervene.

Unpredictability Night terrors strike without warning, often disrupting the sleep of everyone in the household. The unpredictability can make them particularly distressing, as loved ones never know when they might witness another episode.

Inability to Wake During a night terror, the person is typically unresponsive to external stimuli. Attempts to wake them are futile and can sometimes prolong the episode. This detachment creates a sense of helplessness for caregivers and adds to the overall eeriness of the experience.

Amnesia Afterward One of the most unsettling aspects of night terrors is the sufferer's lack of memory about the event. While those around them may feel traumatized by the episode, the individual has no recollection of the fear they exhibited, leading to a disconnect in emotional experience.

Impact on Mental Health Chronic night terrors can lead to disrupted sleep, which in turn affects daytime functioning and mental health. Sleep deprivation is linked to anxiety, depression, and cognitive difficulties, creating a vicious cycle that exacerbates the issue.

What Causes Night Terrors?

Night terrors can be triggered by:

Stress and Anxiety: Heightened stress levels can increase the likelihood of night terrors.

Sleep Deprivation: Ironically, a lack of sleep can disrupt normal sleep cycles, leading to night terrors.

Fever or Illness: In children, fevers or other illnesses can bring on episodes.



Medications or Substances: Certain drugs or alcohol can disrupt sleep patterns and contribute to night terrors.

Genetics: A family history of sleep disorders, including night terrors, can increase susceptibility.

How to Manage Night Terrors

While night terrors are often outgrown by children, they can persist into adulthood for some individuals. Managing night terrors involves addressing potential triggers and creating a sleep-friendly environment. Here are some strategies:

Establish a Routine: A consistent bedtime routine can promote healthier sleep patterns.

Reduce Stress: Techniques such as meditation, yoga, or therapy can help alleviate stress and anxiety.

Address Sleep Deprivation: Ensuring adequate rest can minimize the risk of night terrors.

Seek Medical Advice: Persistent or severe cases may require consultation with a sleep specialist, who might recommend therapies or, in some cases, medication.

Create a Safe Environment: To prevent injuries during episodes, remove objects that could cause harm and consider padding sharp corners in the bedroom.

For Observers: How to Respond





Witnessing a loved one experience a night terror can be frightening, but it's essential to remain calm. Avoid trying to wake them and instead ensure their safety by staying close to prevent accidents. Speak in a soothing tone if necessary, and remember that the episode will pass.

Night terrors are scary not only for the person experiencing them but also for those who observe them. The combination of intense fear, lack of awareness, and post-episode amnesia creates a perplexing and disturbing phenomenon. Understanding what night terrors are and how to manage them can help alleviate the anxiety they bring. With patience and proper care, night terrors can often be reduced, allowing for more peaceful nights for everyone involved.



DEAD SEA SCROLLS 75

AT THE REAGAN LIBRARY

This exhibition was created by the Israel Antiquities Authority from the collections of the National Treasures.

RUNNING SUBWAY

2025 Stronger, Healthier, Happier



Transformation Challenge **Your Results Guaranteed**

"Best 1 hour workout in the country!"
-The New York Times



WOODLAND HILLS, CA
21841 VENTURA FWY
WOODLAND HILLS, CA 91367

NORTHRIDGE, CA
9229 WINNETKA AVENUE, SUITE A
CHATSWORTH, CA 91311



BABYGIRL

By Contributing Writer

NOSFERATU

By Contributing Writer

Oh, the weather outside is frightful. But don't head to the multiplex to stay warm. Not if you're seeing "Nosferatu." Bring your hand warmers, toe warmers, heart warmers and soul warmers — this update of the 1922 silent vampire classic will chill to the bone.

But it may not terrify you. Everything in Robert Eggers' faithful remake, from his picturesque 19th century German town to those bleak mountain snowscapes leading to that imposing castle in Transylvania, looks great. But with its stylized, often stilted dialogue and overly dramatic storytelling, it feels more like everyone is living in a quaint period painting.

Eggers, who writes and directs here, has described being haunted since youth with F.W. Murnau's 1922 "Nosferatu," starring Max Schreck (which borrowed so much from Bram Stoker's 1897 novel "Dracula" that the author's estate sued). Eggers has said he wanted to present a true vampire, meaning the original folk variety — the horrifying, ugly, venal sort.

And certainly not the "veggie vampire" who drinks only animal blood. No, Eggers' vampire, Count Orlok, wants only human blood — preferably from a damsel.

The damsel here would be young wife Ellen (Lily-Rose Depp), the focus of Orlok's obsessive desires. Eggers brings the character to the forefront and suggests that in 19th century society, she was unfairly seen as "hysterical" when actually, she was possessed. Depp fully commits to the high drama — but we don't learn much about what's in her head. It's a stylized performance that feels like a piece of art but keeps a distance.

After a prologue in which Ellen's spiritual connection to Orlok is established, we begin our story in fictional Wisborg. Ellen has just been married to handsome, fresh-faced Thomas Hutter (Nicholas Hoult), who aims to gain employment with a real estate firm.

But first, Thomas is told by the shady boss, he must undertake an out-of-town assignment, traveling into the Carpathian mountains to obtain the signature of a client on the deed for a local

fixer-upper. And he sets off, to the protestations of Ellen, who has been having truly terrible dreams.

Note to self: When accepting job assignments, maybe think twice if your boss is sending you, solo, deep into wintry Transylvania?

Waiting for Thomas in the dark, lonely castle — the exteriors of which were filmed in Transylvania — is Orlok himself (Bill Skarsgård). They get down to business, but Thomas cuts his finger, and his blood awakens a thirst in Orlok. Thomas soon realizes he's in a very bad place and needs to get back to his wife forthwith.



Back in Wisborg, Ellen is staying with the couple's friends, the Hardings (Aaron Taylor-Johnson and Emma Corrin, not given much to work with), and suffering from seizures and spells. Orlok is calling to her, staking his claim. The friends are trying to help, and when traditional medicine fails they turn to a specialist in the occult — and a gift to the rest of us, because he's played by Willem Dafoe.

Dafoe's naturally witty presence gives us a sense of relief from the stylized dialogue as the movie travels to its inevitable conclusion, and surely what true horror fans are waiting for: Orlok's climactic confrontation with Ellen.

For such fans, the frightening tableau of a skeletal Orlok lying atop a drained Ellen will be satisfying enough to make the experience worthwhile. The rest of us might leave with the same feeling we had in the beginning: a deep but distant chill.

The demands of achieving both one-day shipping and a satisfying orgasm collide in Halina Reijn's "Babygirl," a kinky and darkly comic erotic thriller. Nicole Kidman stars as Romy Mathis, the chief executive of Tensile, a robotics business that pioneered automotive warehouses. In the opening credits, a maze of conveyor belts and bots shuttle boxes this way and that.

Romy, too, is a little robotic. She intensely presides over the company. Her eyes are glued to her phone. She gets Botox injections, practices corporate-speak presentations and maintains a floor-through New York apartment, along with a mansion in the suburbs that she shares with her theater-director husband



(Antonio Banderas) and two teenage daughters (Esther McGregor and Vaughan Reilly).

But the veneer of control is only that in "Babygirl," a sometimes campy, frequently entertaining modern update to the erotically charged movies of the 1990s, like "Basic Instinct." Reijn, the Dutch director of "Bodies Bodies Bodies" has made her film from a female point of view, resulting in ever-shifting gender and power dynamics.

The opening moments of "Babygirl" are of Kidman in close-up and climax. But moments after she and her husband finish and say "I love you," she retreats to writhe on the floor while watching cheap, transgressive internet pornography. The breathy soundtrack, by Cristobal Tapia de Veer, heaves and puffs along with the film's main character.

One day while walking into the office, Romy is taken by a scene on the street. A violent dog gets loose but a young man calls to the dog and settles it. She seems infatuated. The man turns out to be Samuel (Harris Dickinson), one of the interns at Tensile. When they meet inside the building, his manner with her is frank. Samuel arranges for a brief meeting with Romy, during which he tells her, point blank, "I think you like to be told what to do."

Some of the same dynamic seen, of animalistic urges and submission, ensues between Samuel and Romy. A great deal of the pleasure in "Babygirl" comes in watching Kidman.

"Babygirl," which Reijn also wrote, is sometimes a bit much. (In one scene, Samuel feeds Romy saucers of milk while George Michael's "Father Figure" blares.) But its two lead actors are never anything but completely magnetic. Kidman deftly portrays Romy as a woman falling into an affair; she knows what she's doing and doesn't.

Dickinson exudes intensity; his chemistry with Kidman is visceral. As their affair evolves, Samuel's sense of control expands and he begins to threaten a call to HR. That he could destroy her doesn't make Romy any less interested in seeing him, though there are some delicious post-#MeToo ironies in their clandestine CEO-intern relationship. Also in the mix is Romy's executive assistant, Esme (Sophie Wilde), who's eager for her own promotion.

Where "Babygirl" heads, I won't say. But the movie is less interested in workplace politics than it is in acknowledging authentic desires. There's genuine tenderness, no matter the games that are played. Samuel describes it as "two children playing."

"Babygirl" is also shot in the very New York headquarters of its distributor, A24. Here's a movie that goes one step further by literally moving in.

What about that automation stuff? Well, our submission to digital overloads might have been a compelling jumping-off point, but along the way, not every thread gets unraveled. Saucers of milk will do that.

The Magic Of Music Documentaries

By Contributing Writer

Music documentaries offer a fascinating glimpse into lives, careers, and artistry of the world's most talented musicians. From intimate portraits of artists to explorations of iconic moments in music, these films immerse viewers in the transformative power of sound.

"The Last Waltz" (1978)

Directed by Martin Scorsese, The Last Waltz chronicles the farewell concert of The Band, held in 1976. Featuring appearances by Bob Dylan, Joni Mitchell, Van Morrison, and other legends, the film transcends a typical concert documentary. Scorsese blends live performances with candid interviews. The performances and cinematic artistry make The Last Waltz a must-watch.

"Amy" (2015)

Kapadia's heartbreaking documentary about the late Amy Winehouse is intimate and unflinching

look at the singer's rise to fame and tragic downfall. Through a mix of footage, interviews, and personal videos, Amy paints a raw and emotional portrait of Winehouse's life, talent, and personal struggles.

"Don't Look Back" (1967)

D.A. Pennebaker's documentary follows Bob Dylan during his 1965 tour, capturing the artist at a pivotal moment. Don't Look Back is filled with iconic scenes, such as Dylan's innovative cue card sequence for "Subterranean Homesick Blues." The film offers an intimate look at Dylan's genius, wit, and individuality.

"20 Feet from Stardom" (2013)

Winner of the Academy Award for Best Documentary, 20 Feet from Stardom shines a spotlight on unsung heroes — backup singers. The film delves into lives and careers of vocalists like Darlene Love, Merry Clayton, and Judith Hill, who contributed to some of the greatest songs in music. The documentary is a celebration of their talent and perseverance, offering a reminder of the sacrifices and challenges faced by artists outside the limelight.



"What Happened, Miss Simone?" (2015)

This documentary explores the life and legacy of Nina Simone, a classically trained pianist turned jazz and soul icon. What Happened,

Miss Simone? combines archival footage, interviews, and Simone's own diary entries. The film delves into her struggles with mental health and the sacrifices she made for her art.

"Searching for Sugar Man" (2012)

Directed by Malik Bendjelloul, Searching for Sugar

Man tells the story of Sixto Rodriguez, a Detroit singer-songwriter who vanished into obscurity after releasing two albums in the early 1970s. His music gained a cult following in South Africa, where he became a symbol of resistance during apartheid. The documentary follows two fans' journey to uncover Rodriguez's fate.

"Gimme Shelter" (1970)

This harrowing documentary by Albert and David Maysles and Charlotte Zwerin captures



the Rolling Stones' 1969 U.S. tour, culminating in the infamous Altamont Free Concert. Often referred to as the "anti-Woodstock," the event descended into chaos, with violent clashes between concertgoers and Hells Angels security.

These documentaries go beyond chronicling careers; they offer profound insights into the human experience. Whether it's the emotion of Amy or the rediscovery of a lost artist in Searching for Sugar Man, these films remind us of music's ability to inspire, heal, and unite.

the SoCal 88.5 fm
sound
TheSoCalSound.org

**MUSIC DISCOVERY
WITH YOU
ANYWHERE
24/7**



88.5 FM

TheSoCalSound.org

The SoCal Sound App



SPECIAL PERFORMANCES BY FEATURED ARTISTS EVERY WEEK

**TRUCK
STOP
MIXTAPE**
OPEN MIC PARTY



EVERY MONDAY 7PM

**BAR 10 19616 VENTURA BLVD, TARZANA, CA
(INSIDE THE WORLD FAMOUS CORBIN BOWL)**

**WWW.TRUCKSTOPMIXTAPE.COM @TRUCKSTOPMIXTAPE
ONE DRINK GETS A SPOT ON THE LIST 'TIL WE'RE FULL**



A Desert Festival Where Robots Are The Headliner

Welcome to RoboPalooza!

By Contributing Writer

The arid landscapes of the Mojave are about to experience an extraordinary invasion—by robots. Enter RoboPalooza, the world's first desert festival where artificial intelligence, robotics, and cutting-edge engineering come together. Among the festival's standout events is a rover race, pitting mechanical creations against one another. This isn't just another science fair; it's a celebration of humanity's ingenuity.

The Origins of RoboPalooza



RoboPalooza was conceived as a one-of-a-kind event to bridge the gap between robotics enthusiasts, tech innovators, and spectators. The festival was the brainchild of engineers, artists, and futurists seeking to create a platform that combines the thrill of competition with the marvel of technological breakthroughs.

Held annually, the event is gaining traction as a must-attend festival. Organizers aim to inspire the next generation of roboticists.

The Main Event: Rover Races

At the heart of RoboPalooza is the Rover Race Championship, where teams put their mechanical marvels to the test. These rovers, varying in size, shape, and functionality, are tasked with navigat-

ing a grueling off-road course that mimics extraterrestrial conditions.

Teams compete in categories like speed, obstacle avoidance, and terrain adaptability. The human operators aren't steering vehicles in real-time. Instead, the rovers are programmed



with algorithms enabling autonomous decision-making.

"It's like a Formula 1 race, but for robots," said festival co-founder Dr. Marissa Huang. "This event pushes the boundaries of what robotics can achieve while thrilling the audience."

More Than Just Racing

While the rover race may be the star attraction, RoboPalooza offers activities to engage visitors. Exhibits allow attendees to control robot arms, pilot drones, and experiment with robotic prosthetics. Workshops teach everything from coding to building robots at home.

The festival features art installations, where robotics and creativity collide. One exhibit, "RoboFlora," showcases a garden of robotic flowers that respond to motion and sound. Another highlight, the "MechArt Parade," features towering humanoid robots designed by artists.

At night, the desert transforms into a dazzling spectacle of lights and sounds, as robots equipped with LEDs and sound systems participate in choreographed performances.

Robots for Good

RoboPalooza isn't about entertainment—it's

about exploring how robots can solve real-world problems. Panels and discussions focus on issues like using robotics to clean up oceans, fight wildfires, and assist in disaster relief. Humanitarian organizations showcase robots designed to deliver medicine to remote areas and assist people with disabilities.

A Glimpse Into the Future

RoboPalooza offers a glimpse into the future. Children are captivated, their imaginations sparked by the sight of robots performing tasks. With STEM education a major focus, RoboPalooza aims to inspire young minds.

A Global Phenomenon in the Making

RoboPalooza is attracting global attention. Teams from Japan, Germany, and South Korea are signing up for future races, bringing cutting-edge innovations. With sponsorship from tech giants and partnerships with academic institutions, the festival is poised to become a landmark event.

RoboPalooza is more than a festival—it's a celebration of creativity and technological progress. Whether you're a seasoned engineer, a tech enthusiast, or someone looking for a unique experience, RoboPalooza offers something for everyone.

In the words of Dr. Huang: "The future is here, and it's rolling on wheels."



MONDAY--FRIDAY 12-8 SATURDAY 12-6PM

SUNDAY CLOSED



Call or Text: 818-699-2388

www.lextusa.com • (818) 699-2388

29039 Thousand Oaks Blvd, Agoura Hills, CA 91301

*Camp maybe cancelled base on student enrollment.





New Styles *Bring* Big Smiles

THIS FALL, TRANSFORM YOUR HOME INTO A FESTIVE FALL
THEME SIMPLY BY BRINGING IN YOUR CURRENT FURNITURE AND
ACCESSORIES TO CONSIGN AND START SHOPPING!
EVERY DAY WE RECEIVE HUGE SHIPMENTS OF NEW ITEMS. THEY
ARRIVE FROM MODEL HOMES, FACTORY SAMPLES, CLOSEOUTS,
AND THE AREA'S FINEST PRIVATE HOMES. IT'S A VIRTUAL
TREASURE HUNT OF NEW AND EXCITING ITEMS.
STOP BY TO SEE WHAT'S JUST COME IN...OR TALK TO US ABOUT
HOW WE CAN SELL YOUR TREASURES.



NO SHIPPING OR PRODUCT DELAYS, BUY HERE AND TAKE HOME THE SAME DAY!



CALABASAS 26767 AGOURA ROAD STE A-1 818.880.8331
CALABASAS@HCCENTER.COM HRS. 10AM - 5PM/12PM-5PM SUNDAYS

17 LOCATIONS IN CALIFORNIA, NEVADA & TEXAS
www.thehomeconsignmentcenter.com

DOES YOUR BEER GLASS REALLY MATTER?

We Consulted A Beer Expert To Find Out

By Contributing Writer

When it comes to beer, most people focus on the drink itself—the hops, the malts, the ABV (alcohol by volume). But what about the vessel in which it's served? Does the beer glass you use truly impact your drinking experience, or is it all just marketing hype? To uncover the truth, we turned to a beer expert, certified Cicerone (the beer world's version of a sommelier) Sarah Thompson, to get the lowdown on whether your choice of beer glass really matters.

The Science Behind Beer Glass Shapes

According to Thompson, the glass you choose can significantly affect the way you

experience beer. "Beer is an incredibly complex beverage with a wide range of aromas, flavors, and textures," she explains.



"The glass plays a role in enhancing or diminishing those qualities."

How? It all comes down to aroma and carbonation. Up to 80% of what we

perceive as taste is actually smell. The shape of a glass can concentrate or disperse aromas, making certain styles of beer more aromatic and flavorful. Additionally, glass shape can influence the way carbonation

bowl encourage swirling, which releases complex aromas. "A snifter is perfect for sipping and savoring," says Thompson.

Weizen Glass: This tall, curvy glass is specifically designed for wheat beers. The shape accommodates the generous head typical of these styles while enhancing banana and clove aromas, hallmarks of many wheat beers.

Matching the Glass to the Beer

Thompson emphasizes that while choosing the right glass can enhance your experience, it's not a make-or-break factor for enjoying beer. "If you're drinking a pilsner out of a snifter, you're not going to ruin it," she says. "But matching the glass to the style can elevate the experience, especially if you're tasting beers more mindfully."

IPAs: Tulip glasses concentrate hop aromas, making them a top choice.

Stouts and Porters: Snifters or nonic pint glasses can highlight their rich, roasted flavors.

Lagers: Pilsner glasses enhance their crisp, clean profiles.

Belgian Ales: The wide bowl of a tulip or chalice glass brings out fruity and spicy notes.

Beyond Shape: Temperature and Material

While glass shape is important, other factors also influence the beer-drinking experience. Temperature is key. "No matter the glass, serving beer at the right temperature is crucial," says Thompson. "Too cold, and you'll suppress the flavors; too warm, and it can become unpleasant."

Material also matters. Thin glassware is generally preferred for premium beer because it allows for a more refined drinking experience. Thick, heavy glasses, while durable, can sometimes dull the sensory perception of the beer.

So, does your beer glass really matter? The answer is yes—to a point. If you're enjoying a casual beer at a backyard barbecue, the vessel is probably the last thing on your mind. But if you're diving into the world of craft beer or exploring new styles, choosing the right glass can make a noticeable difference.

"It's all about enhancing the experience," Thompson concludes. "The right glass can turn a good beer into a great one. But at the end of the day, the most important thing is that you're enjoying what you're drinking."

So, the next time you pour a beer, consider giving it the vessel it deserves. Cheers!

behaves, which in turn affects mouthfeel and the overall drinking experience.

Common Beer Glass Types and Their Purposes

There are many types of beer glasses, each designed with a specific purpose in mind. Here's a rundown of some of the most popular styles and why they matter:

Pint Glass (American or Nonic): The classic pint glass is the most ubiquitous beer vessel in the United States. It's versatile and durable, but according to Thompson, it's not necessarily the best choice for every beer. "Pint glasses are great for casual drinking, but they don't do much to enhance aroma or flavor," she says.

Tulip Glass: The tulip-shaped glass is a favorite among craft beer enthusiasts. Its wide bowl and narrow rim help to trap and amplify aromas, making it ideal for aromatic styles like IPAs, Belgian ales, and saisons. "The tulip shape also helps maintain a nice head, which adds to the sensory experience," notes Thompson.

Pilsner Glass: Tall and slender, the pilsner glass is designed to showcase a beer's clarity and carbonation. It's perfect for light, crisp styles like pilsners and lagers. "This glass is all about aesthetics and refreshment," says Thompson. "It highlights the beer's effervescence and golden hue."

Snifter: Typically associated with brandy or cognac, the snifter is also a go-to glass for high-alcohol beers like imperial stouts or barrel-aged ales. Its short stem and wide

Entertainment * Leisure * Lifestyles

vs Valley Scene
www.ValleySceneMagazine.com M • A • G • A • Z • I • N • E

BARS & RESTAURANTS
San Fernando & Conejo Valley's

Have a Great Happy Hour?
Sports/NFL Games?
Great Drinks? Great Food?
Let The Valley Know!

IT'S A SWELL IDEA!

In Print - Online - eMail
1 low price!!
Call today for details
818-888-7141

CELEBRATE JULIA CHILD'S LEGACY WITH THESE RECIPES

By Contributing Writer

Julia Child, one of the most iconic figures in the world of cooking, revolutionized the way Americans approached French cuisine. With her blend of humor, warmth, and passion for food, Child introduced a generation to the art of cooking with her television series, *The French Chef*, and her cookbook, *Mastering the Art of French Cooking*. Her influence has been immeasurable, and her legacy continues to inspire. As we celebrate her life, what better way to honor her than by preparing some of her classic dishes? **Beef Bourguignon**

One of Julia Child's most celebrated recipes, Beef Bourguignon, is a rich, flavorful French stew. The dish is an example of how simple ingredients can be transformed into a mouthwatering meal.

Ingredients:

3 pounds beef chuck, cut into 2-inch cubes; 1 bottle red Burgundy wine (or another dry red wine); 2 cups beef broth; 1 onion, chopped; 2 carrots, sliced; 2 cloves garlic, minced; 1 bouquet garni (a bundle of thyme, bay leaves, and parsley); 1 tablespoon tomato paste; 3 tablespoons flour; 1/4 pound bacon, diced; 1 pound small white onions, peeled; 1/2 pound mushrooms, sliced; Salt and pepper to taste

Instructions:

Preheat oven to 325°F. In a Dutch oven, cook the bacon over medium heat until crispy, then remove it and set aside. In the same pot, brown the beef cubes in batches, then set aside. Add chopped onion, carrots, and garlic and cook for 5 minutes until softened. Stir in tomato paste and cook for another minute. Sprinkle flour over the vegetables and stir, creating a roux. Slowly pour the wine and beef broth, stirring constantly to avoid lumps. Return beef and bacon to the



pot, along with the bouquet garni. Bring to a boil, then cover and place pot in the oven. Cook for 2 to 2 1/2 hours, until beef is tender. While the stew is cooking, sauté the mushrooms and small onions in butter until golden. After the stew is done, remove the bouquet garni and stir in the mushrooms and onions. Adjust seasoning with salt and pepper, and serve the stew with mashed potatoes or crusty bread.

Coq au Vin

Another French classic is Coq au Vin, a dish that combines chicken, red wine, mushrooms, and bacon. This dish requires patience and care, but the results are worth the effort.

Ingredients:

4 bone-in, skin-on chicken thighs; 1 bottle red wine (preferably Burgundy); 1/2 cup chicken broth; 1 onion, chopped; 2 carrots, sliced; 2 cloves garlic, minced; 1 bouquet garni; 1/4 pound bacon, diced; 1/2 pound mushrooms, sliced; 1/2 cup pearl onions, peeled; 2 tablespoons flour; Salt and pepper to taste

Instructions:

In a Dutch oven, cook bacon until crispy, then remove and set aside. Brown chicken thighs in the bacon fat, about 5-7 minutes per side. Remove chicken and set aside. Add chopped onion, carrots, and garlic and cook until softened. Sprinkle flour over the vegetables and stir to make a roux. Pour in the wine and chicken broth, stirring to combine, and return chicken to the pot. Add the bouquet garni and bring to a boil. Lower heat to a simmer, cover, and cook for 45 minutes. In a separate pan, sauté mushrooms and pearl onions in butter until golden. Add them to the chicken stew and cook for 15 minutes. Season with salt and pepper and serve with crusty bread or potatoes.

Soufflé au Fromage (Cheese Soufflé)

Julia Child's Cheese Soufflé is an example of her ability to transform simple ingredients into a show-stoppers.

Ingredients:

2 tablespoons butter, plus extra for greasing; 2 tablespoons all-purpose flour; 1 cup milk; 1/2 teaspoon salt; Pinch of cayenne pepper; 1 cup grated Gruyère cheese; 4 large eggs, separated; 1/4 teaspoon cream of tartar

pan, melt 2 tablespoons of butter over medium heat. Stir in the flour and cook for 1 minute. Whisk in

Instructions:
Preheat oven to 375°F and butter a soufflé dish. In a sauce-

milk, salt, and cayenne pepper, and cook 2-3 minutes. Remove saucepan from heat and stir in the grated cheese. Allow the mixture to cool, then whisk in the egg yolks. In a separate bowl, beat egg whites with cream of tartar until stiff peaks form. Fold the beaten egg whites into the cheese mixture. Pour mixture into the prepared soufflé dish and bake for 25-30 minutes.

Julia Child's legacy is lasting, influencing how we approach cooking and the joy of preparing meals from scratch. Her recipes, which emphasize technique, flavor, and fun, continue to inspire cooks of all levels.



NEW!!
Chipotle Honey Chicken

IT'S BACK!!
LIMITED TIME ONLY
SMOKED BRISKET
CHIPOTLE

\$0 DELIVERY FEE OFFER!

Rejuvenate And Refresh In A Mudbath

By Contributing Writer

Mud baths have been celebrated for therapeutic benefits, from detoxifying skin to alleviating muscle tension. In Los Angeles, mud baths are a popular way to rejuvenate both body and mind. Whether you're seeking a lavish retreat or a more budget-friendly option, these are some of the best places to indulge.

Glen Ivy Hot Springs

Nestled in Corona, Glen Ivy Hot Springs offers one of the most renowned mud bath experiences. Their "Club Mud" is a red clay mineral mud pool where visitors can slather themselves in warm, therapeutic mud. As it dries, the mud exfoliates the skin and draws out impurities. Afterward, rinse off and enjoy the resort's other amenities, including mineral pools, hot springs, and lush gardens. Location: 25000 Glen Ivy Road, Corona. www.glenivy.com

The Raven Spa

The Raven Spa offers an intimate and personalized mud treatment. Their mud therapy sessions use mineral-rich, detoxifying mud sourced from around the world. The treatment begins with a warm application of the mud, followed by a soothing wrap to enhance absorption and detoxification. Location: 2910 Rowena Ave, Los Angeles. www.theravenspa.com

Wi Spa

For a unique take on traditional mud baths, Wi Spa offers a "Clay Room" that's part of its expansive Korean-style spa. This heated room is lined with mineral-rich clay, which is believed to help detoxify the body and improve circulation. While not a full mud bath, the Clay Room provides benefits in a communal and affordable setting. Wi Spa also features hot tubs, saunas, and relaxation areas. Location: 2700 Wilshire Blvd, Los Angeles. www.wispausa.com

Two Bunch Palms

Two Bunch Palms is a luxury resort that offers a truly indulgent mud bath experience. Their "Desert Mud Treatment" uses mineral-rich clay from the local area, combined with essential oils for a relaxing and restorative treatment. The resort's tranquil desert setting and natural hot springs enhance the overall experience. Location: 67425

Two Bunch Palms Trail, Desert Hot Springs. www.twobunchpalms.com

Burke Williams Day Spa

With multiple locations, Burke Williams offers a convenient and luxurious option for mud treatments. Their "Mud Body Wrap" is a private service that begins with gentle exfoliation, followed by warm, miner-



al-rich mud. Guests are then wrapped in a thermal blanket to allow the mud to detoxify skin and relax muscles. The experience concludes with a refreshing shower and moisturizer application. Location:

Multiple locations, including Santa Monica and West Hollywood. www.burkewilliams.com

Olympic Spa

Olympic Spa offers an authentic Korean spa experience with an emphasis on natural treatments. Their "Detoxifying Herbal Mud Treatment" is a popular choice, combining therapeutic mud with natural herbs to cleanse and nourish the skin. The spa's laid-back and unpretentious vibe makes it a favorite among locals seeking effective and affordable treatments. Location: 3915 W Olympic Blvd, Los Angeles. www.olympicspa.com

Voda Spa

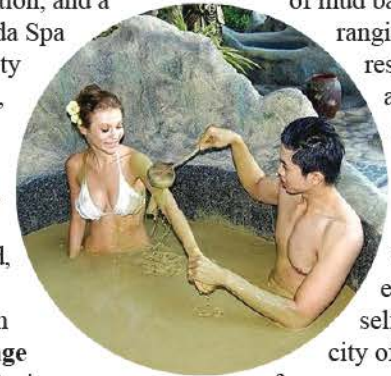
Voda Spa blends Eastern European spa traditions with modern luxury. Their "Mud and Honey Body Mask" is a standout, featuring a blend of detoxifying mud and hydrating honey. The treatment includes a full-body application, a steam session to enhance absorption, and a relaxing rinse. Voda Spa also boasts a variety of other amenities, including a sauna, steam room, and cold plunge pools. Location: 7700 Santa Monica Blvd, West Hollywood. www.vodaspa.com

The NOW Massage

While known for its massages, The NOW offers a "Mud Mask Add-On" that's perfect for those looking to combine traditional massage with the benefits of mud therapy. The mineral-rich mud is applied to targeted areas, such

as the back or legs, to relieve tension and detoxify skin. With its boho-chic design and tranquil atmosphere, The NOW provides a relaxing urban escape. Location: Multiple locations, including West Hollywood and Silver Lake. www.thenowmassage.com

Los Angeles is home to a variety of mud bath experiences, ranging from opulent resort treatments to authentic Korean spa rituals. Whether you're looking to splurge on a luxury getaway or enjoy an affordable self-care session, the city offers something for everyone. These mud baths not only provide physical benefits but also serve as a soothing escape from the hustle and bustle of daily life. Treat yourself to one of these top spots and experience the rejuvenating power of mud therapy.



FLU FACT:

It's safe to get a flu shot and COVID-19 booster at the same visit.

Learn More at GetMyFluShot.org



KOLTIKVAH Presents

All-In POKER TOURNAMENT

PLAYER TICKETS: **\$175** PER PERSON
NON-PLAYER TICKETS: **\$75** PER PERSON

EVENING OF SATURDAY, FEBRUARY 1, 2025 AT KOLTIKVAH

Try your luck at poker, or just come for a good time!

Highlights:
POKER, SNACKS, DINNER, OPEN BAR, RAFFLES, PRIZES, AND MORE!

THANK YOU TO OUR SPONSORS:
MARSHALL FINANCIAL MANAGEMENT
GP GENERATE

Click to RSVP!

AWARD-WINNING 'FOUR WOMEN IN RED' HIGHLIGHTS MISSING MURDERED INDIGENOUS WOMEN IN WORLD PREMIERE AT THE VICTORY

By Contributing Writer

Someone knows. Somewhere. The Victory Theatre Center presents the world premiere of *Four Women in Red*, a provocative new play, written by Laura Shamas (Chickasaw Nation) and directed by Jeanette Harrison (Onondaga), about four resilient women searching for their missing loved ones. Opening night is set for January 17 at The Victory Theatre Center in Burbank, where performances continue

community as the four women seek answers against all odds. Their roller coaster journey involves mystery, grief, prayer and moments of sudden joy.

Indigenous women are currently facing an epidemic of violence, with some of the highest rates of physical and sexual violence in the nation.

"Women and girls are disappearing, and no one will look for them," says Victory

developing and producing new plays by Native artists. Written during the pandemic for a virtual Native Voices Short Play Festival, an expanded, full-length version was selected for the 2022 Native Voices Festival of New Plays. The Victory's world premiere production, championed by Gobetti and board members Zilah Mendoza, Donna Preacher-Hall and Herb Hall, marks the first time a play developed by Native Voices has been produced by another Los Angeles theater. The play is the recipient of a prestigious Los Angeles New Play Project (LANPP) grant. In addition, the production is supported in part by a Burbank Community Arts Grant.

"Four Women in Red exposes an issue that touches nearly every Native family, yet one that most people are completely unaware of," explains Harrison. "Deb Haaland, currently Secretary of the Interior under Biden—the first Native woman ever appointed to a cabinet position—has started the Missing and Murdered Unit (MMU), so this is a particular moment in history. If we can let people know the true impact of programs like this, it may help."

The creative team for *Four Women in Red* includes costume designer Lorna Bowen (Muscogee Creek Nation, Seminole and Cherokee); lighting designer Grayson Basina (Ojibwe); production designer Evan Bartoletti; sound designer Jose Medrano Velazquez; graphic designer Nipinet Landsem (Ojibwe and Michif, descendant of the Turtle Mountain Band of Chippewa and a citizen of the Manitoba Métis Federation); dramaturg Gail Bryson; and photographer Tim Sullens. The associate producer is Lisa Lokelani Lechuga and the stage manager is Ngan Ho-Lemoine. Maria Gobetti and Evan Bartoletti produce.

Four Women in Red opens for press on January 17 and runs Fridays at 8 p.m., Saturdays at 8 p.m., and Sundays at 4 p.m. through February 23. Three preview performances take place January 10 through January 12 on the same schedule. Tickets range from \$20 to \$41. The Victory Theatre Center is located at 3324 W. Victory Blvd in Burbank, CA 91505. For information and to purchase tickets, call (818) 841-5421 or go to thevictorytheatrecenter.org.



through February 23. Three low-priced previews take place January 10, 11 and 12.

Carolyn Dunn (Tunica-Choctaw/Biloxi, Mvskoke), Harriette Feliz (Chumash), Zoey Reyes (Diné and Chicana) and Jehnean Washington (Yuchi, Seminole and Shoshone) star as four First American women desperate to find missing friends and relatives in the face of apathetic sheriffs and dwindling clues. Are their loved ones lost? Were they taken? Are they even alive? This moving new play celebrates the power of

Theatre Center producing artistic director Maria Gobetti. "It's horrifying."

"It breaks my heart," says Shamas. "I wrote this play to raise awareness about this very real crisis. Congressional hearings were held last month to try to address some of these issues, but most Americans are unaware of this horrible ongoing emergency, and we must take action."

Four Women in Red was first developed by Native Voices, the only Actors' Equity theater company in the country dedicated to





LUXURY OUTDOOR HOTELS ACROSS THE WORLD

By Contributing Writer

In today's world, finding opportunities to connect with nature is a luxury. For those seeking a blend of opulent comfort and celestial wonder, luxury outdoor hotels offering otherworldly stargazing experiences provide the perfect getaway. These destinations combine lavish accommodations

with some of the clearest skies in the world.

Explora Atacama Lodge, Chile

Explora Atacama Lodge offers one of the world's most stunning stargazing. The desert's altitude, arid climate, and minimal light pollution create perfect conditions. Guests can enjoy guided stargazing with expert astronomers and access high-powered telescopes to view constellations, planets, and galaxies. The lodge is a sanctuary of comfort, offering luxurious rooms and gourmet dining. After a day exploring the desert's landscapes, there's nothing like reclining under the vast expanse of stars. www.explora.com

Kakslauttanen Arctic Resort, Finland

For those dreaming of the Northern Lights, the Kakslauttanen Arctic Resort in Finland is a must-visit. Famous for its glass igloos, the resort allows guests to watch the aurora borealis from the warmth and comfort of their beds. The thermal glass remains frost-free, ensuring an uninterrupted view of the Arctic sky. In addition, the resort offers activities such as husky safaris, reindeer sleigh rides, and ice fishing. The combination makes Kakslauttanen a once-in-a-lifetime destination. www.kakslauttanen.fi

Amangiri, Utah, USA

Located in the canyons of southern Utah, Amangiri is a secluded luxury resort that

offers unparalleled stargazing. The resort's location in the desert ensures some of the darkest skies in the United States. Guests can relax on private terraces or by the pool while marveling at the Milky Way. For a more immersive experience, the resort offers guided stargazing tours with professional-grade telescopes and astronomy experts. www.aman.com

Longitude 131°, Australia

Situated near Uluru in Australia's Northern Territory, Longitude 131° combines luxury camping with extraordinary stargazing. Each of the resort's tented pavilions features floor-to-ceiling windows and a rooftop deck equipped with a daybed. The remote location ensures crystal-clear skies, allowing guests to see constellations unique to the Southern Hemisphere. Longitude 131° also offers guided stargazing tours that delve into the rich Aboriginal astronomical traditions of the region. Coupled with exquisite dining and views of Uluru, this resort offers a celestial experience like no other.

<https://longitude131.com.au>

Borealis Basecamp, Alaska, USA

Located just outside Fairbanks, Alaska, Borealis Basecamp offers a front-row seat to the aurora borealis. Guests stay in custom-designed fiberglass domes with clear ceilings, providing an unobstructed view.

The resort also offers photography workshops and guided tours to help guests capture the perfect shot of the Northern Lights. www.borealisbasecamp.net

Sossusvlei Desert Lodge, Namibia

Set in the Namib Desert, Sossusvlei

Desert Lodge offers a stargazing experience that's out of this world. The lodge features an observatory with a state-of-the-art telescope and a resident astronomer who guides guests through the wonders of the night sky. Guests can also enjoy luxurious accommodations, gourmet cuisine, and activities like hot air ballooning and nature walks. <http://naturalselection.travel>

Why Luxury Stargazing Matters

Stargazing is more than just an activity; it's an opportunity to connect with the universe. Luxury outdoor hotels elevate this experience by combining awe-inspiring natural settings with world-class amenities. Whether you're gazing at the Northern Lights or marveling at the Milky Way, these destinations offer a blend of adventure, relaxation, and cosmic wonder.



Santa Rosa Island

Anacapa Island

EXPLORE THE

Channel Islands

NATIONAL PARK

HIKE • KAYAK • CAMP
Island Shoreline Cruise

Santa Cruz Island

Authorized Concessioner

Call or Book Online

ISLANDPACKERS.COM • 805-642-1393

Photos by Doug Magnus

Photo by Diane Edmonds

1-877-Kars-4-Kids

WHO ARE THE ALL-TIME GREATEST HOSTS OF SNL?

By Contributing Writer

Since its debut in 1975, Saturday Night Live (SNL) has become an iconic staple of comedy. While its cast members are often the focus, the show's success also owes to its hosts, who bring their unique energy and comedic timing to Studio 8H. Over five decades, SNL has seen countless celebrities take on the hosting gig, but a select few have cemented their status as the greatest of all time.

Steve Martin
No list of SNL's greatest hosts is complete without Steve Martin. With 16 hosting appearances, Martin is one of the most beloved and frequent guest stars in the show's history. Known for his humor and impeccable timing, Martin brought iconic sketches like "King Tut" to life. His chemistry with original cast members, particularly Dan Aykroyd and Gilda Radner, remains legendary.

Alec Baldwin
Alec Baldwin holds the record for the most times hosting, with 17 appearances. His versatility and willingness to poke fun at himself make him a standout. Baldwin's Donald Trump impersonation became a phenomenon, earning him an Emmy and adding a fresh layer of satire. Beyond political humor, Baldwin has consistently delivered in sketches like "Schweddy Balls" and countless others. His ability to dominate any sketch while allowing his co-stars to shine is a testament to his comedic talent.

Tom Hanks

Few actors embody likability like Tom Hanks, and his appearances on SNL have solidified him as one of the greatest hosts. Hanks has hosted ten times, but his most iconic moment came during his 1988 episode when he introduced the recurring sketch "Mr. Short-Term Memory."



More recently, his portrayal of "David S. Pumpkins" in a 2016 Halloween sketch became an instant classic.

Melissa McCarthy

Melissa McCarthy has hosted SNL five times, but her impact rivals the most seasoned hosts. Her over-the-top physical comedy, bold commitment to characters, and fearlessness make her unforgettable. McCarthy's portrayal of former White House Press Secretary Sean Spicer was so spot-on and hilarious that it became a viral sensation. Beyond political satire, her energy and improvisational skills elevate every sketch she's in.

Tina Fey

While Tina Fey is known as an SNL cast member and head writer, her hosting gigs after leaving the show have been spectacular. Her 2008 impersonation of Sarah Palin became one of SNL's most iconic political sketches, blending satire with impeccable mimicry.



Justin Timberlake

Justin Timberlake is one of the rare non-comedians who feels at home on SNL's stage. With five hosting gigs (and cameos), Timberlake has shown he's more than just a pop star—he's a comedic powerhouse. Sketches like "Dick in a Box" (with Andy Samberg) and his "Barry Gibb Talk Show" bits showcase his natural comedic instincts.

Betty White

Betty White made history in 2010 as the oldest host of SNL at 88, following a successful Facebook campaign to bring her on. White proved age is no barrier to comedy, delivering sharp and hilarious performances that stole the spotlight.

Honorable Mentions

While these hosts are among the best, many others have also left their mark. Bill Murray, Kristen Wiig, Eddie Murphy, Christopher Walken, and Adam Sandler are just a few.

Why Hosts Matter

Great SNL hosts don't just deliver laughs—they create cultural moments. They adapt to the show's nature, bring out the best, and leave audiences with sketches that become pop culture. These hosts represent the heart of what makes SNL legendary. As the show continues, one thing is certain: the bar has been set high, but future hosts will always strive to join this elite group.

Optum

Now accepting new patients in Northridge and surrounding areas



Caring for more than 2 million patients in California. Visit optum.com/california for more information.

© 2023 Optum, Inc. All rights reserved. 9585187 22188 02/23

THE VICTORY THEATRE PRESENTS THE WORLD PREMIERE OF

FOUR WOMEN IN RED

A PLAY BY LAURA SHAMAS

DIRECTED BY JEANETTE HARRISON PRODUCED BY MARIA GOBETTI & EVAN BARTOLETTI
STARRING JEHNEAN WASHINGTON, CAROLYN DUNN, ZOEE REYES, HARRIETTE FELIZ

THE VICTORY
HEATRE CENTER

OPENS
JANUARY
17TH

TICKETS 818.841.5421
THEVICTORYTHEATRECENTER.ORG

Cold Weather Friendly Water Sports

By Contributing Writer

As the temperature drops and the weather grows cold, many assume that water sports are no longer an option. However, winter weather doesn't have to signal the end of aquatic activities. There are still a variety of water sports you can enjoy even when the air is chilly. Whether you're an adrenaline junkie or just looking for a way to stay active, here are water



sports that remain accessible and enjoyable when the temperature drops.

Surfing

Surfing is often associated with warm climates, but many surfers head to colder regions to catch waves during the winter. Popular surf spots like the coasts of Oregon, California, and the UK offer great waves even in the colder season. In fact, winter surfing can be more rewarding as the waves are larger and more consistent. To keep comfortable in frigid waters, surfers wear

thick wetsuits, gloves, boots, and hoods to stay warm while riding the waves.

Stand-Up Paddleboarding (SUP)

Stand-up paddleboarding (SUP) is another water sport that can be enjoyed in the colder months. In winter, many SUP enthusiasts turn to lakes, rivers,



and even coastal areas, depending on the conditions. To keep warm, wearing a wetsuit or drysuit is essential, as well as layering appropriately. Cold weather conditions can add a unique challenge to SUP, but they also offer a serene, peaceful way to experience nature.

Kayaking

Kayaking remains a popular water sport in colder months, especially for those who enjoy paddling on

ivers, lakes, and even in the sea. Winter kayaking offers the opportunity to explore peaceful landscapes and untouched nature, where the waters are calmer, and the air is crisper. For safety and comfort, paddlers should dress in layers, wear a drysuit or wetsuit, and use waterproof gear. Some areas even offer winter kayaking tours, where adventurers can paddle through snowy environments, frozen lakes, or scenic river valleys.

Jet Skiing

While jet skiing is often associated with warm weather, many water sport enthusiasts continue to enjoy this exhilarating activity through the winter. In areas where temperatures are above freezing, jet skis can be used year-round. Cold weather may bring a more challenging and thrilling ride, as the waters can be choppy and less predictable, creating an exciting experience for thrill-seekers. Wearing the proper gear such as a drysuit or wetsuit and ensuring the jet ski is well-maintained for winter use is important for safety and comfort. In places like Florida or southern California, jet skiing is a popular winter activity.

Wakeboarding

Wakeboarding is another water sport that can be enjoyed when the temperature drops. Wakeboarding involves riding on a board while being towed behind a boat, and it's typically done on lakes or rivers. For winter wakeboarding, riders often opt for thicker wetsuits or drysuits to protect themselves from the cold waters. Winter provides an opportunity to ride in less crowded waters and enjoy calmer conditions. In addition, the cooler air can make the experience more refreshing.

Ice Swimming

Ice swimming is a thrilling and invigorating water sport that's gaining popularity. Ice swimming involves entering freezing cold water, often after breaking through a layer of ice, and swimming for a short distance. It's a sport that requires both mental and physical endurance, but many swimmers claim that the rush of cold water provides a sense of mental clarity and energy. Those who partake in ice swimming typically wear specialized gear, including wetsuits, gloves, and booties to protect their extremities.

Canoeing

Canoeing is another versatile water sport that can be enjoyed in winter, particularly on lakes or slow-moving rivers. While the weather is cooler, canoeing offers a peaceful way to explore nature, as fewer people venture out during the winter months. Canoeists can enjoy the quiet serenity of gliding across calm waters, with the added bonus of stunning winter scenery. Canoeing during winter often means layering up and wearing protective gear to stay warm, but the experience can be remarkably tranquil. Whether paddling across a frozen lake or down a chilly river, canoeing provides an opportunity to enjoy the outdoors while staying active in colder months.

Water sports don't have to stop just because the temperature drops. With the right gear and preparation, there are plenty of exciting aquatic activities to enjoy year-round. Whether you're paddling through a quiet, icy lake, riding waves in winter swells, or taking the plunge in an icy swim, cold weather offers a unique opportunity to experience water sports in a new way. So, grab your wetsuit, drysuit, or other winter gear, and enjoy the thrill of the water, no matter the temperature.

WWW.YMCALA.ORG/LOCATIONS/WEST-VALLEY-FAMILY-YMCA

After School Enrichment Programs, Swimming, Sports and More

Before and After School Programs

Qualified and caring staff team members.
Program available on all early dismissal days.
Academic support/homework assistance.
Educational and recreational enrichment.
Family engagement programs and events.
Access to Day Camp during school breaks**



18810 VANOWEN ST, RESEDA, CA 91335 (818) 774-2840

CAN CATS SMILE? 5 SIGNS OF REALLY HAPPY CATS!

By Contributing Writer

Cats have an air of mystery about them. Unlike dogs, whose happiness is often on full display, cats are more subtle in their emotions. This leads to a common question: Can cats smile? While cats may not smile in the human sense, they have their own unique ways of showing contentment and joy. **The Slow Blink: A Feline "I Love You"**

One of the clearest signs of a happy cat is the "slow blink." Often referred to as a cat's version of a kiss, this gesture involves your cat slowly closing and reopening their eyes while looking at you. When a cat slow-blinks at you, they are showing trust and affection, as closing their eyes in your presence means they feel safe. **A Relaxed Body Posture**

Happy cats exude relaxation. If your cat is lounging with their paws tucked under their body (known as the "loaf" position), lying on their side, or even exposing their belly, it's a sign they feel comfortable and secure. While a belly-up pose might be tempting to rub, it's important to remember that not all cats enjoy having their stomachs touched. Take it as a compliment—showing their underside is a sign of trust. **Purring: The Sound of Contentment**

Purring is the most recognized sign of a happy cat. While cats can purr for a variety of reasons, including self-soothing when they're in pain, a steady, rhythmic purr while they're cuddling with you is often a sign of contentment. Some cats even purr loudly while kneading with their paws, another gesture that signals happiness and affection. Kneading is a behavior rooted in kittenhood and is associated with feelings of comfort and security.

A Playful Attitude

Happy cats love to play. Whether it's chasing a feather wand, batting at a crinkly ball, or pouncing on a laser pointer, playtime is a clear indicator of feline happiness. Engaging in interactive

swear their feline's mouth takes on an upward curve when they're happy, almost resembling a smile. Whether or not this is a true "smile" remains up for debate, but it's clear that relaxed facial features indicate a positive mood.



play keeps them physically and mentally stimulated and strengthens your bond. Even senior cats will show bursts of playful energy when they're content. **The "Cat Smile" and Facial Expressions**

While cats don't smile like humans, their facial expressions can still convey happiness. A content cat will have relaxed eyes, ears in a neutral position, and a calm demeanor. Some cat owners

Additional Signs of a Happy Cat

In addition to these indicators, happy cats also show their contentment through behaviors like grooming, chirping, or rubbing against you. Grooming is a sign that your cat feels at ease, while rubbing — a behavior called "bunting" — is a way for them to mark you with their scent and express affection. Chirping or trilling

is another joyful sound cats make, often as a way to communicate or greet you.

How to Keep Your Cat Happy

Understanding the signs of a happy cat is only half the battle; creating an environment that fosters happiness is equally important.



A Safe and Stimulating Environment: Cats love to climb, scratch, and explore. Invest in cat trees, scratching posts, and interactive toys.

Maintain a Routine: Cats thrive on routine, especially when it comes to feeding and playtime. Predictability makes them feel secure.

Offer Plenty of Affection:

While some cats are more independent than others, all cats benefit from love and attention. Pay attention to your cat's preferences for cuddling, petting, and play.

Ensure Regular Veterinary Care:

A healthy cat is a happy cat. Regular check-ups can help prevent health issues and ensure your feline is feeling their best.

Respect Their Boundaries:

Every cat is unique. Some are lap cats who crave constant attention, while others are more aloof. Learning to read your cat's cues will help you provide the right level of interaction.

While cats may not smile in the traditional sense, their body language, vocalizations, and behaviors speak volumes about their happiness. By learning to recognize these signs and providing a loving, stimulating environment, you can ensure your feline companion leads a joyful and fulfilling life. So the next time your cat slow-blinks at you or curls up in a loaf on your couch, take it as their way of saying, "I'm happy to be here."



BOARDING for DOGS

Member
APDT



100%
Positive

Boarding ♡ Board & Train ♡ Private Training
Group Classes ♡ Behavior Modification
Puppy Parties ♡ Private Secure Location

(818) 371-5859

www.dolittlesdogs.com

Pet Adoption Fund

Give The Gift of Love!

Pet Adoption Fund is the largest non-profit, no-kill animal rescue organization in Southern California. On the average, our facility houses around 175 dogs and 75 cats, of all sizes, ages and breeds.



Say Hello to Your New Pal!

7507 Deering Ave.
Canoga Park, CA 91303
(818) 340-1186 / 1687
Open 1:00 - 5:00 p.m.
Tues - Sun (Closed Mondays)
<http://www.petadoptionfund.org/>

THE HISTORY AND LEGACY OF KUBLAI KHAN

By Contributing Writer

lush gardens, and stunning pavilions, serving as the perfect backdrop for lavish gatherings.

The Khan's court was cosmopolitan, drawing intellectuals, artists, diplomats, and entertainers from across the world. Kublai Khan hosted sumptuous banquets and extravagant feasts, where every detail was carefully curated. His parties were not merely about abundance but about showcasing the power and sophistication of his empire.



The guest list included high-ranking members of the Mongol court, foreign dignitaries, diplomats, and artists, creating a blend of cultures and ideas.

The Banquets: A Feast for the Senses

The feasts held at Shangdu were spectacular. Kublai Khan spared no expense in ensuring that the spread was the epitome of indulgence. These banquets featured tables

laden with delicacies from every corner of the empire. The Mongol influence brought hearty meats, such as roasted lamb, mutton, and horse, while the Chinese imperial chefs presented dishes of delicate dumplings, soups, and rice. Persian and Central Asian influences contributed spiced meats, exotic fruits, and intricate pastries, offering a dizzying array of flavors and textures.

One of the features of Kublai Khan's parties was the scale. Tables would stretch for hundreds of feet, adorned with golden utensils, priceless china, and glittering jewels. Guests would recline on cushions, dining in the style of the Mongol elite, where food was served in massive portions meant to be shared. The Khan's courtiers would engage in elaborate toasts, and performances by musicians, dancers, and acrobats would captivate the guests.

Entertainment and Cultural Exchange

Entertainment at Kublai Khan's parties was a vital aspect. These gatherings were about celebrating the arts and fostering cultural exchange. Musicians from the Silk Road played stringed instruments, percussion, and wind instruments, filling the air with melodies from across the empire. Persian poets recited verses, and Chinese opera performers dazzled with their acrobatic feats and dramatic expressions. Dancers performed intricate routines, often telling stories of legendary heroes, great battles, and mythological creatures.

The parties were also a platform for intellectual exchange. Kublai Khan welcomed scholars, and his court became a center for the study of philosophy, astronomy, and the arts. The Khan's advisors included figures from the Confucian tradition, as well as Muslims, Buddhists, and Christians. The Mongol ruler himself was deeply interested in various religions and cultures that thrived under his empire, and he used these gatherings as an opportunity to engage with foreign dignitaries.

Exotic Luxuries and Magnificent Decorations

Kublai Khan's parties were characterized by an atmosphere of opulence. The palaces and gardens of Shangdu were decorated with the finest silks, gold, and



precious stones. Tapestries and carpets from Persia, jade carvings from China, and ivory figurines from India adorned the spaces where the feasts and celebrations took place. The lighting was provided by intricately designed lamps and lanterns, casting a soft glow over the proceedings. It was a feast for the eyes as much as it was for the stomach.

One of the most remarkable features of the celebrations was the use of exotic animals. The Khan's menagerie included rare creatures like elephants, camels, and tigers, which were often showcased during the parties. These animals, symbols of power and wealth, were paraded before the guests, adding to the sense of awe and grandeur.

A Legacy of Grandeur

While much of Shangdu was destroyed after Kublai Khan's death, the grandeur of his parties lives on in historical records and the works of travelers and writers who visited his court. The Venetian explorer Marco Polo, who spent years at Kublai Khan's court, described the opulence and luxury of the banquets and the intellectual atmosphere of the court. His accounts, along with those of other contemporary chroniclers, have helped cement Kublai Khan's reputation as a ruler who not only conquered vast lands but also cultivated a court where culture, diplomacy, and luxury intertwined in the most extraordinary ways.

Kublai Khan's parties stand as a testament to the extravagance and cultural richness of the Mongol Empire. They were not just social gatherings but celebrations of empire, power, and the blending of cultures. They reflect the ambitions of a ruler who sought to create an enduring legacy of magnificence and sophistication, influencing not just his contemporaries but the world for centuries to come.



Drew Barrymore with Aiden, 3

Live L.A. Give L.A.

Join Drew in helping kids like Aiden survive leukemia.

Donate today
CHLA.org/GiveLA

Children's Hospital LOS ANGELES
We Treat Kids Better

Turning Your Bathroom Into A Luxurious Lounge

By Contributing Writer



Bathroom lounges have emerged as a new trend, particularly among those looking to elevate their bathrooms into spaces of relaxation and indulgence. Combining the functionality of a bathroom with the comfort of a living area, bathroom lounges feature cozy seating, plush furniture, ambient lighting, and even entertainment options, allowing homeowners to enjoy their baths or showers in a whole new way. But as this trend gains popularity, the question remains: are bathroom lounges worth the investment? **What Is a Bathroom Lounge?**

A bathroom lounge goes beyond the traditional setup of a bathroom. While bathrooms are primarily designed for hygiene, bathroom lounges aim to create a space where relaxation and self-care are the main focus. In these areas, you might find deep soaking tubs with reclining chairs nearby, soft armchairs or benches for lounging while you enjoy a bath, and calming decor such as candles, plants, or even artwork. The idea is to transform your bathroom into a luxurious retreat, turning it into a mini spa or a tranquil space for unwinding after a long day.

In some bathroom lounges, you might even see features like heated floors, massage chairs, mood lighting, and even televisions or sound systems for entertainment. Essentially, it's about reimagining the bathroom as not only a functional space but also a sanctuary where you can relax, recharge, and indulge in a bit of luxury. **Why Are Bathroom Lounges Becoming Popular?**

The growing popularity of bathroom lounges can be attributed to several factors. First and foremost, people are increasingly prioritizing wellness and self-care. The global wellness industry is booming, and with more individuals recognizing the importance of mental health and relaxation, creating a spa-like experience at home is seen as a way to invest in personal well-being. Bathing, in particular, has long been a ritual for relaxation, and by expanding the bathroom experience into a full-fledged lounging area, homeowners can elevate that experience even further.

Another reason bathroom lounges are taking off is the rise in home renovations and luxury home features. With many homeowners choosing to stay in their current properties longer, they are looking for ways to make their living spaces more comfort-

able, personalized, and enjoyable. Since bathrooms are often small spaces, creating a comfortable lounge area within them may seem like a clever way to add a bit of luxury and functionality without needing to expand or redesign large portions of the home.

Finally, social media platforms like Instagram and Pinterest have helped fuel the trend. As bathroom lounges are typically designed to be visually appealing, they lend themselves well to being photographed and shared online. For many homeowners, showcasing their lavish bathrooms is another way to demonstrate their sense of style and sophistication.

What Are the Benefits of a Bathroom Lounge?

Ultimate Relaxation: A bathroom lounge offers the opportunity to unwind in a serene and private space. With seating areas and soothing decor, it's easy to turn a quick bath into an extended self-care session. This can be a great way to de-stress after a busy day, encouraging a sense of calm and relaxation.

Increased Home Value: High-end bathroom remodels, including bathroom lounges, can increase the value of your home. Luxurious features like heated floors, deep tubs, and stylish furnishings can appeal to potential buyers, particularly those who enjoy spending time at home. For those looking to make a long-term investment, a bathroom lounge could be an appealing upgrade.

Personalized Space: A bathroom lounge can be tailored to reflect your personal style. Whether you prefer a minimalist, zen-inspired space or something more glamorous with rich fabrics and plush seating, the versatility of bathroom lounges allows you to design a space that feels like your own private retreat.

Increased Comfort: Having a designated lounge area in the bathroom means you don't have to rush through your bath or shower. You can sit back, relax, and enjoy the experience for as long as you want, whether that's through reading a book, listening to music, or just soaking in the calm ambiance.

Are Bathroom Lounges Worth the Investment?

While bathroom lounges may seem luxurious, they aren't necessarily practical. For one, not every bathroom is suitable for this transformation. Many bathrooms are too small to accommodate seating or additional furniture without feeling cramped. In these cases, investing in a bathroom lounge may not be the most sensible use of space.

Another consideration is the cost. Bathroom lounges often require high-end furniture, quality materials, and additional features



like ambient lighting or massage chairs, which can be expensive to install and maintain. The initial cost of creating a bathroom lounge, in terms of both construction and design, can quickly add up, and not everyone may find the benefits worth the price tag.

For those with limited space or budget, the idea of a bathroom lounge might be less appealing. A simpler spa-inspired bathroom, with a luxurious tub, shower, and thoughtful design, may offer similar relaxation benefits without the need for a full lounge area. Alternatively, focusing on creating a relaxing atmosphere with candles, soothing music, or a heated towel rack could deliver a similar sense of comfort and tranquility.

Bathroom lounges are undoubtedly a stylish and appealing trend, catering to those who prioritize wellness, relaxation, and luxury. They can offer a serene space to unwind and enhance the bath experience, and they may increase the value of a home when done right. However, for many people, the cost and space limitations make bathroom lounges an impractical



option. For those with the means and space to spare, these lavish retreats can certainly enhance the bathing experience, but for others, simpler upgrades may offer the same benefits without the hefty investment. Ultimately, whether a bathroom lounge is worth it depends on personal preference, budget, and how much value you place on a high-end bathroom experience.

IMPROVE

THE HEALTH OF YOUR HOME

COOLING
INSTANT COOLING RELIEF

ENERGY SAVINGS
COOL YOUR HOME WITHOUT A/C

VENTILATION
GIVE YOUR HOME A BREATH OF FRESH AIR

PRICING
STARTING AS LOW AS
\$1,500

FREE

WITH A SOLAR INSTALL

(818) 697-6080 | www.quietcool.cc/slh4

Sam, 22, is an assistant manager at a frozen yogurt shop in Florida, Newsweek reported on Dec. 26, but even at his young age, he is able to recognize cash that might be counterfeit. Unlike his employees, that is, who flagged a \$10 bill and a \$5 bill as FAKE. "I shed a tear because of the sharpie they scrawled onto the bills," he wrote on Reddit. Sam said he had to explain that the bills were "just old, not counterfeit." He admitted that people his age and younger might rarely use cash: "It's a digital world nowadays, so I would suspect that to be one reason (they flagged the bills)."

On Dec. 17, California Highway Patrol officers in Madera County shared a photo on Facebook of a Honda Ridgeline truck they had pulled over, Carscoops reported. With an unintentional nod to "The Grapes of Wrath," the truck was piled to at least twice its height with random items, some of which were flying off into traffic, officers said. "It is important to always secure your load/car-go and not exceed your vehicle's load capacity," CHP cautioned. "Flying debris can make motorists take evasive action and potentially be involved in a traffic crash."

The Rockwall County Herald-Banner in Texas reported that Valencia Smith, mother of a former football player for Rock-wall-Heath High School, filed a suit on Dec. 23 against the team's former coach, John Harrell, and 12 other coaches. Smith's suit stems from an incident in January 2023, in which the coaches allegedly used excessive exercise as punishment for wearing the wrong uniform or failing to show enough "hustle." Students were forced to perform more than 400 pushups within an hour, which led to at least 26 players being diagnosed with rhabdomyolysis, a condition that causes muscle to break down and enter the bloodstream. Smith said her son spent seven days in a hospital. The lawsuit seeks compensation for his medical expenses. Harrell resigned in March 2023; he settled two other lawsuits, but this is the first that names the assistant coaches as defendants.

Canadian business student Javeria Wasim, 19, was with a friend in Toronto when she hatched the brilliant idea to try to bite into a 3-inch jawbreaker, the Daily Mail reported on Dec. 24. Immediately, Wasim's jaw began to hurt, and a tooth became loose. X-rays revealed that she had suffered two

fractures in her jaw. The following day, she underwent surgery and had her jaw wired shut for six weeks. She said she would "probably never try a jawbreaker again. It hurt really bad, I was crying a lot when the ambulance came," she said. "All my bottom teeth are messed up. I lost seven pounds in two weeks. It was a dumb idea."

Belarusian retailer ZNWR, sometimes called the "Balenciaga of Belarus," is making headlines with its newest line of dresses and jackets, starting at about \$116, fashioned from bubble wrap. The Times of India reported on Dec. 30 that the air-filled pockets provide a satisfying, quirky popping experience. The brand hyped the dresses as perfect for those who want to stand out on New Year's Eve (rather than wear the tired old velvet and satin). At least when you fall down drunk, you'll be cushioned!

In Haines City, Florida, on Dec. 29, Jervin Omar Mendieta Romero, 40, arrived at the home of his former partner, ClickOrlando reported. Romero wanted to speak with her, but when no one answered the door, he crawled into the house through a window, police said. "Once inside," police said, Romero "confronted ... his ex-domestic partner and her new boyfriend." The boyfriend was shot five times; in the process, Romero managed to shoot off his own ring finger. "This caused (him) to drop the firearm and flee the residence on foot," police reported. They tracked him down less than a mile away, and he was charged with attempted first-degree murder and armed burglary with assault or battery, along with other offenses. The boyfriend is expected to survive.

Jude Hill of Plymouth, England, traveled to Thailand a few months ago after a fire at her home in September, Metro News reported. Around 3 a.m. on Christmas, Hill and her boyfriend were seen in the lobby of the Flipper Lodge Hotel in Pattaya, Thailand, consummating their relationship on a sofa. Witnesses said the pair then tried to move to a glass table, but it shattered. "We approached them and discovered they were not hotel customers, so we ushered them out," an anonymous worker said. Hill ran away but was detained by an armed officer near the beach. The hotel plans to press charges. [Metro News, 12/30/2024]

Print this Page! Ctrl + P

- Across
- 1. Rule out
 - 4. Quite a hit
 - 9. Frisk, with "down"
 - 12. First-rate
 - 13. ___ the law
 - 14. Sermon subject
 - 15. Sat down at Wendy's
 - 16. Lady's wear
 - 18. Life basic
 - 20. Garland
 - 21. Robber's haul
 - 24. Entice
 - 28. Horse's bit
 - 29. Paleozoic, for example
 - 32. Flower receptacle
 - 33. Energy unit
 - 34. Comes up at threshing time
 - 35. Shoot the breeze
 - 36. Bar request
 - 38. Fraternity letter
 - 39. Wight, for one
 - 40. Young's partner
 - 42. Take for granted
 - 44. Overwhelming admiration
 - 46. Rock blaster
 - 47. Accurately
 - 52. Vex
 - 55. B & B
 - 56. Flightless birds
 - 57. Reply to a captain
 - 58. Air, land and ___
 - 59. Orangutan
 - 60. Stage of a journey

- Down
- 1. Lamb's cry
 - 2. Routine
 - 3. Keyboard instrument
 - 4. Turkish porter
 - 5. Japanese sash
 - 6. Sun follower?
 - 7. "See no ___, 2006 film
 - 8. VCR button
 - 9. Tire meas.
 - 10. Make known
 - 11. Explosive inits.
 - 17. Chicken ___
 - 19. Pen point
 - 21. Temper tantrum
 - 22. More refined
 - 23. Exude
 - 25. Kangaroo, for one

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15				16					17			
		18	19			20						
21	22				23			24		25	26	27
28					29	30	31		32			
33					34					35		
36			37		38				39			
40				41			42	43				
			44		45			46				
47	48	49				50	51			52	53	54
55				56						57		
58				59						60		

- 26. Religious song
- 27. Siouan "dwelling"
- 30. "Go, team!"
- 31. Opera solo
- 37. Romanov ruler
- 39. A belief
- 41. Annoying kid
- 43. Discretion
- 45. Say again
- 47. JAG spin off, Naval ___
- 48. Joined
- 49. Genetic info carrier
- 50. Sawbuck
- 51. Hang back
- 53. "Catcher in the ___" by J.D. Salinger
- 54. Small cask or barrel

DAD JOKES



"How do you follow Will Smith in the snow?"
"You follow the fresh prints."

1	P	U	L	P		5	B	A	A		8	S	A	N	D
12	E	M	I	R		13	O	F	T		14	C	L	O	Y
15	O	B	O	E		16	O	T	T		17	R	O	L	E
18	N	O	N	F	19	A	T		20	A	21	F	I	E	L
				22	A	W	E		23	C	O	B			
24	A	25	26	A	B	L	E		27	K	E	E	28	29	30
31	Y	E	N										32	T	A
33	E	S	T	34	A	35	T	E		37	C	38	A	39	C
				40	L	O	T			41	A	C	E		
42	S	43	H	44	I	L	O	H		45	I	T	S	46	47
49	K	U	D	U		50	51	O	R		52	I	L	I	A
53	A	G	E	D		54	I	N	N		55	U	S	S	R
56	T	O	M	E		57	C	O	S		58	M	E	T	E



Before and After School & Winter Programs



Code REV Kids - Encino provides the ultimate Coding, STEAM, Game Design, Engineering, and Digital Design class experience for students and campers in its live, virtual format, led by expert instructors with extensive virtual teaching experience. CodeREV virtual learning is backed by Premier Curriculum created by Top Ed Tech Specialists & Engineers Only the most elite instructors with at least 5 years' teaching CodeREV tech courses and real world tech work experience A diverse set of unique courses to meet different age groups and interests Thousands of students educated online Options for both virtual learning and hands-on project learning from home. We are truly uniquely positioned to help your family push forward right now and through camp season. www.coderevkids.com

Join Discovery Cube Los Angeles for Camp Discovery as you travel beyond the classroom to explore and engage in fun, hands-on science. Campers will take a walk on the wild side during Curious about Creatures, which features animals from prehistoric past to present. Kids will go out of this world during our Space camp, as they explore "strange new worlds" through space crafts, engineering

and experiments. In World of Motion, campers will explore the exciting principles of physics and motion as they experiment with racecars & build flying machines. In California STEAMin' campers will engineer their own solutions to real-world problems. t: (714) 263-3837 w: <http://www.discovery-cube.org>

SVCAC's Young Artists Playground (YAP) Youth Arts Education Program features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

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: destinationsscience.org 888-909-2822 Enrollment special until March 1, call today!

Mind Crafters - West Hills

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

YMCA West Valley Before and After School Programs

The Y makes the most of your child's before and after school time by offering active learning opportunities designed to engage and expand their growing minds. afterschool@ymcaLA.org.

Teenage Drama Workshop (TADW) TADW 2024 Registration IS NOW OPEN

Dates: June 13-July 26, 2024
Ages: 12-18 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 SPONGEBOB THE MUSICAL

Kol Tikvah Youth Groups and Teen Programs

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

After School Conservatory is a music based program located on Ventura Blvd. near the border of Woodland Hills and Calabasas. We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy,

El Camino high school and many more. After School Conservatory has a spacious facility (over 3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital pianos for a group piano teaching environment. (818) 436-2675

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 activities. 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

LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

The Leonis Adobe Museum is announcing its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum 23537 Calabasas Road Calabasas, California 91302 Phone: (818) 222-6511 Members are free or \$8 for non-members.

Camp Woodland Hills

2025 Program includes NATURE CENTER With Live Animals GAME ROOMS - The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, and more. 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 and swimming as well. For more information or to register call (818) 348-6563

Golden Performing Arts Center After School Programs

- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. Workshops are presented in the spring, summer, and fall. <https://www.goldenpac.org/> Now in a brand new location!

Tutor Time

Our school-age program is the perfect place for children (up to age 12) to start and end their day strong. Give them a smart start with our support and see them thrive! We keep students energized after class with healthy snacks and creative play, plus space to work on homework and try STEM activities! Your child will have time to explore, enjoy the outdoor space, and support their developing minds. (855) 887-8945



The Ultimate Baby Shower

6 Things You Can't Forget!

By Contributing Writer

Planning a baby shower is one of the most exciting and meaningful ways to celebrate a growing family. However, with all the details, it's easy to feel overwhelmed. Whether you're hosting the shower at home, in a venue, or virtually, creating a memorable event requires preparation. To help you plan the perfect day, here's a list of six essential things you absolutely can't forget.

Choose a Memorable Theme

A great baby shower starts with a cohesive theme that sets the tone. Whether you choose something classic like "Twinkle, Twinkle, Little Star" or trendy like a boho-style "Adventure Awaits" theme, the key is to make it personal and memorable.

Themes can be reflected in everything from invitations and decorations to food and party favors. For example, a jungle safari theme could include animal-shaped balloons, tropical centerpieces, and cupcakes decorated with edible jungle creatures. If you're hosting a gender-neutral shower, themes like "Baby in Bloom" or "Woodland Wonderland" work.

Don't forget to communicate the theme on the invitations so guests can coordinate their outfits or gifts.

Send Thoughtful Invitations (and Follow Up!)

The invitations set the stage, so make them count. Whether you go digital with customizable e-invites or stick with traditional paper, be sure to include all the essential details: the date, time, location, RSVP instructions, and gift registry info.

For a creative touch, tie the invitation design to your theme. For instance, if your theme is "Little Mermaid," consider invitations with watercolor waves and seashell accents.

Equally important is following up to ensure you have an accurate headcount for catering, seating, and party favors.

Plan Delicious Food and Drinks

The food and drinks you serve can make or break the shower, so plan wisely. Cater the



menu to the mom-to-be's preferences and dietary restrictions, ensuring there's a variety of options.

For a traditional sit-down shower, serve light finger foods like tea sandwiches, fresh fruit, and mini quiches. For a more relaxed vibe, consider a themed buffet or grazing table.

Drinks should also reflect the spirit. Offer mocktails for the mom-to-be and other guests who prefer non-alcoholic beverages, alongside a signature cocktail for those who'd like to indulge. A "Mom-osa Bar" is always a hit—complete with fruit juices, sparkling water, and champagne.

Don't forget a stunning dessert centerpiece, such as a tiered cake, cupcakes, or even a donut wall.

Create a Fun Activity Lineup

Baby shower games and activities are a time-honored tradition, and they're a fantastic way to keep guests entertained. Whether you go for classic games or modern twists, be sure to pick activities that match the energy of your crowd.

Guess the Baby Food: Have guests sample unmarked jars of baby food and guess the flavors.

Diaper Raffle: Ask guests to bring a pack of diapers in exchange for a raffle ticket.

Onesie Decorating: Provide plain onesies, fabric markers, and iron-on patches for guests to create personalized gifts for the baby.

If you prefer non-game activities, consider setting up a "wishing well" station where guests can write advice or messages for the parents-to-be. Photo booths also make for fun keepsakes.

Decorate with a Wow Factor

Decorations transform your space into a baby shower wonderland. From the moment guests walk in, the ambiance should feel welcoming, festive, and reflective of your theme.

Start with a focal point, such as a decorated backdrop for the gift-opening area or dessert table. Balloons, banners, and floral arrangements are timeless. Add personalized touches like a name banner for the baby or framed ultrasound photos.

Don't forget details that tie everything together, such as themed tableware, centerpieces, and place cards. String lights or candles can add a cozy atmosphere. For an eco-friendly touch, consider using potted plants or reusable decor elements.



Prepare Thoughtful Party Favors

Sending guests home with a token of appreciation is a lovely way to thank them for celebrating the day. Party favors don't have to be extravagant; even small, meaningful gifts can make a big impact.

Popular baby shower favors include: Mini succulents with tags that say, "Watch Me Grow." Customized candles or bath salts. Sweet treats like cookies or macarons packaged in theme-coordinated boxes. Personalized keychains or bottle openers.

Be sure to arrange favors in an accessible location so guests can grab one on their way out.

While these six essentials will help you throw an incredible baby shower, remember that the most important thing is to celebrate the parents-to-be and their journey. Keep the mom-to-be's comfort and preferences at the forefront, and don't hesitate to ask for help from



friends or family. With thoughtful preparation and a sprinkle of creativity, your baby shower is sure to be an unforgettable event filled with love, laughter, and memories to cherish.

A FAERY HUNT

*A Live Interactive Children's Show
For the Young and the Young-At-Heart*



Join Us for Outdoor, Interactive Fun!

Dress up as your favorite fairy, princess, or superhero.

Parents, you're welcome to join in on the fun and dress up too.

Ask us about kids Birthday Parties!

Visit <https://afaeryhunt.com> or call 818-324-6802

Kids Mannequins: How Do You Catch A Kid's Interest?

By Contributing Writer

Walking into a store with your child can feel like navigating a theme park. There's color, movement, and an endless parade of displays competing for attention. For retailers, creating an environment that captures a child's interest is crucial — whether it's clothing, toys, or accessories. One of the most effective tools? Kids mannequins. But how do you turn a display into something that sparks curiosity, imagination, and ultimately engagement? Here's a look.

Storytelling Through Displays

Children are natural storytellers and are drawn to anything that sparks imagination. To catch their attention, kids mannequins should do more than just model clothes—they should tell a story. For instance, instead of placing mannequins in static poses, arrange them in a playful scene. A group of mannequins could be dressed in swimwear, pretending to build sandcastles on an artificial beach, or clad in superhero costumes, "flying".

Retailers like Disney capitalize

on this by turning their displays into tiny worlds, often incorporating beloved characters or themes.

Adding props such as bikes, skateboards, or instruments can further help bring the story to life. When kids see mannequins in scenarios they



relate to, they're far more likely to engage.

Interactive Features: Mannequins That Move

Static displays are no longer enough. Kids are accustomed to interactive experiences—from touchscreens to toys that talk. Incorporating movement into kids mannequins can be a game-changer. Mannequins that wave, nod, or turn can make a display instantly more dynamic. Some retailers use motion sensors to trigger small movements when someone walks by.

Taking it a step further, augmented reality (AR) could be integrated. Imagine a mannequin holding a QR code that parents can scan, launching a mini interactive game on their phones. This blending of the physical and digital can captivate kids.

Vibrant Colors and Themes That Pop

Kids are drawn to bright, bold colors. Retailers can use mannequins dressed in eye-catching hues or coordinated patterns to grab attention. Seasonal themes are another great way to draw kids. Mannequins in Halloween costumes, surrounded by pumpkins and cobwebs, or decked out in holiday pajamas against a backdrop of twinkling lights create an irresistible invitation.

Themes can also tap into trending interests, such as movies, TV shows, or hobbies. For example, mannequins styled in pastel colors with roller skates and knee pads can appeal to interest in retro fun.

Kid-Sized Mannequins: Life-Like and Relatable

To truly connect with kids, mannequins need to look like them. Child-sized mannequins with realistic facial expressions and poses are more engaging than static forms. Some brands even create mannequins with varying body shapes and abilities to reflect inclusivity.

For a playful twist, consider incorporating animal mannequins or mannequins styled as whimsical creatures. A mannequin shaped like a unicorn wearing kids' rain gear or a robot modeling the latest tech-inspired fashion can ignite kids' curiosity and excitement.

Hands-On Play Areas Near Displays

Mannequins alone may not always be enough. Pairing displays with interactive play areas can extend engagement.

For instance, a kids' clothing section with mannequins dressed in soccer jerseys could include a small net and ball for kids to



KIDS FORUM



maintain their excitement. A mannequin dressed as an explorer for back-to-school season, surrounded by maps and backpacks, might transition into a winter wonderland with cozy scarves and mittens.

Rotating themes not only keep kids curious but also encourage repeat visits. If kids and parents know the store always has something new to see, they're more likely to return.

Fun Add-Ons: Accessories and Giveaways

Adding playful accessories to kids mannequins—like funky hats, oversized sunglasses, or glittery sneakers—can make them more exciting. Retailers can take it a step further by offering related giveaways. For instance, a mannequin modeling a raincoat could come with a small branded umbrella giveaway.

Catching a child's interest isn't just about flashy displays—it's about creating a world that feels playful, imaginative, and interactive. Kids mannequins, when used creatively, can become powerful tools for retailers looking to make shopping an adventure rather than a chore. By focusing on storytelling, vibrant themes, movement, and interactivity, retailers can turn their displays into magical experiences that captivate young minds and delight their parents. After all, when you win a child's attention, you win the hearts—and wallets—of the entire family.

Similarly, mannequins modeling art smocks could be placed near a tiny craft table.

These tactile experiences create a sense of connection with the display.

Seasonal and Rotating Displays

Kids are quick to lose interest if displays feel static or predictable. Rotating displays frequently and aligning them with seasonal trends can

A BENEFIT FOR THEATRE WEST

MILLENNIUM MAGIC

2025

FRIDAY JANUARY 24, 8PM | SATURDAY JANUARY 25, 8PM
SUNDAY MATINEE JANUARY 26, 2PM

theatre
west

FASHION

The Perfect Pair Of Pajamas!

Cotton Classics

For those who prioritize comfort, cotton pajamas are tried-and-true. Breathable, soft, and easy to care for, cotton is perfect for those who prefer natural fibers. Popular options include cozy flannel sets and lightweight poplin or jersey-knit styles.

Modal Pajamas

If you're on the hunt for something ultra-soft, modal pajamas are fantastic. Made from rayon derived from beech trees, modal is known for its silky-smooth texture, breathability, and eco-friendly properties. These pajamas feature relaxed silhouettes, stretchy waistbands, and feminine details.

Trendy Lounge Sets

Loungewear has taken center stage, with pajama-in-

spired styles that can double as daywear. Think button-down tops, jogger-style pants, or ribbed knit sets. These pieces are perfect for a lazy day at home or even a quick coffee run.

Bamboo Pajamas

For women with sensitive skin, bamboo pajamas are a game-changer. Made from bamboo viscose, these pajamas are naturally hypoallergenic, moisture-wicking, and temperature-regulating. Bamboo pajamas are an excellent choice for eco-conscious shoppers.

Floral and Print Pajamas

Sometimes, you want your sleepwear to reflect your personality. Floral prints, polka dots, or whimsical patterns can add a playful touch to your pajama collection. From short sets to long-sleeve ensembles, printed pajamas are a fun way to express your style.

Romantic Sleepwear

For a romantic take, consider styles with lace details, satin finishes, or elegant draping. These pieces feature delicate straps, flowy fits, and soft

pastel or jewel tones. Whether it's a chemise, a satin wrap set, or a lace-trimmed camisole, these styles are perfect for a special occasion.

Athleisure Pajamas

For active women, athleisure-inspired pajamas offer comfort and functionality. Think leggings with matching tank tops or hoodies made from soft, stretchy materials like spandex or microfiber.

Customizable Pajamas

For a unique pajama experience, consider customizable options that allow you to add monograms or choose specific colors and patterns.

Affordable Finds

Looking stylish doesn't have to break the bank. Target and Amazon offer a wide selection of affordable yet trendy pajamas. From matching sets to mix-and-match separates, these options are perfect for building a pajama wardrobe.

The best pajamas for women are those that make you feel relaxed, confident, and stylish. Whether you're drawn to classic cotton sets, luxurious silk, or trendy lounge pieces, there's a perfect pair out there for everyone. Sweet dreams!

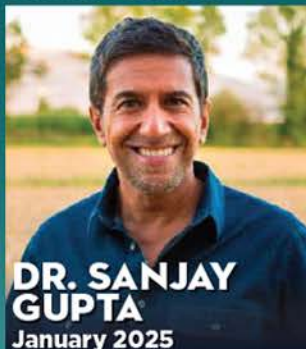
DISTINGUISHED SPEAKER SERIES of Southern California

TICKETS AS LOW AS **\$40** AN EVENT!

LIVE ON STAGE!

BANK OF AMERICA PERFORMING ARTS CENTER, Thousand Oaks
PASADENA CIVIC AUDITORIUM, Pasadena

SCAN TO JOIN US!
www.speakersla.com
310.546.6222





FOOD STOPS 2022

Valley Pickup, Delivery, Dine In Restaurants



Mendocino Farms
14141 Ventura Blvd,
Sherman Oaks, CA 91423
Curbside Pickup/Phone ahead
Phone: (818) 205-9744

Cavaretta's Italian Deli
Longtime, family-run deli
offering Italian sandwiches,
salads & hot foods, desserts.
Dine-in· Takeout· Delivery
Address: 22045 Sherman Way,
Canoga Park, CA 91304
Phone: (818) 340-6626

Johnny Pacific
20133 Saticoy St Winnetka
(818) 885-6927
Empanadas
Quality-house street food
blending Latin and Pacific
island flavor

The Local Peasant
Free Delivery On Grubhub
Woodland Hills
22901 Ventura Blvd
Sherman Oaks
Order: Pickup, thelocalpeas-
ant.com, seamless.com,
grubhub.com, post-
mates.com, doordash.com
Phone: (818) 876-0105

Universal Bar and Grill
American/Mexican/Burgers
Live Entertainment.
Indoor/Patton Dining
4093 Lankershim Blvd, North
Hollywood, CA 91602
(818) 856-8066
Order: postmates.com,
doordash.com
Masks worn by staff

Lusy's Mediterranean
6357 Woodman Ave
Van Nuys, CA 91401
818 997 4330
LUSY@LUSYSCUISINE.COM
16200 Ventura Blvd
Encino, CA 91436
(818) 849-5653
Lusyscuisine@sbcglobal.com
Order: Pickup, FREE Delivery

Take-Out **Catering**
CASA DE PAPI
Authentic Mexican Food
22330 Sherman Way
Ste C5, Canoga Park
(818) 888-6664
Find us on **yelp**

Old New York Deli & Bakery
Fresh Bagels, Breakfast, Lunch
Specialty Items
6209 Topanga Canyon
Woodland Hls (818) 887-DELI
Order: Pickup, Delivery

Monty's Steak House -
5371 Topanga Canyon Blvd.
Phone: (818) 716-9736
Order: Pickup, Delivery
Outdoor Dining

Brewz Sports Cafe & Grill
7921 Canoga Ave
Canoga Park (818) 887-3721
Patio Dining - Take out
11:30am-6pm & Delivery

Basil's Deli and cafe
Hot/Cold Sandwiches
(747) 888-3114
8380 Topanga Canyon Blvd,
Canoga Park, CA 91304
Delivery - Pickup - Dine in
Phone: (818) 789-0679

HQ Gastropub
20969 Ventura Boulevard
Woodland Hills, CA 91364
Order: Pickup - Dine in
Ph: (818) 887.BEER (2337)

Street Cafe By Aroma
18047 Ventura Blvd, Encino,
CA 91316 (818) 757-0477
Order: Pick Up, grubhub.com
Free Delivery on 1st Grubhub

Panini Kabob Grill
21600 Victory Blvd,
Woodland Hills, CA 91367
Order: Phone: (818) 992-3330

Lemongrass Thai-Halal
curries, noodles & rice
22205 Sherman Way,
Canoga Park, CA 91303
(818) 703-6608
Indoor/Take-Out

Fire Wings
9171 De Soto Ave A
Chatsworth, CA 91311
Variety of Hot Wings, Salads-
Sandwiches, Sides
Dine in, Take-Out, Delivery
Party Catering
Phone: (818) 626-9525

And Waffles
21028 Ventura Blvd,
Woodland Hills, CA 91364
(818) 805-3201
Eat In or Take Out

Dog Haus Biergarten
8931 Reseda Blvd
Northridge, CA 91324
Phone: (747) 202-3349
6501 Topanga Canyon Blvd,
Canoga Park, CA 91303
Phone: (818) 340-4287
4929 Lankershim Blvd, North
Hollywood, CA 91601
Phone: (818) 505-1033
Free Delivery on 1st Order
grubhub.com Order: Curbside,
seamless.com, postates.com,
doordash.com

The Munch Box
Landmark some of the best
burgers and fries, walk up or
phone ahead
21532 Devonshire St,
Chatsworth, CA 91311
Open til' 5pm
Phone: (818) 998-9240

Cricca's Italian Deli
4876 Topanga Canyon Blvd,
Woodland Hills, CA 91364
(818) 340-0515
Counter-service Sandwich
shop offering subs & panini

WHAT'S YOUR NFL GAMEDAY order?



FREE DELIVERY



FREE DELIVERY



FREE DELIVERY



FREE DELIVERY

DOORDASH

Les Sisters' Southern Kitchen
Cajun eats from po' boys to
BBQ Dine-in· Curbside pickup-
No-contact delivery, Catering
also available.
21818 Devonshire St,
Chatsworth, CA 91311
Phone: (818) 998-0755

Fratelli's NY Pizza
7301 Canoga Ave
Canoga Park, CA
Authentic New York Pizza,
Salads and Pasta
Dine-in · Takeout · No-contact
delivery -Across fr. Starbucks
(818) 346-2992

New York Chicken&Gyro
7553 Topanga Canyon Blvd,
Canoga Park, CA 91303
Phone: (818) 805-9027
Menu: newyorkchickenandgy-
ro.com Curbside/Postmates

Hood baby soul food
21418 Nordhoff St,
Chatsworth - (818) 626-8549
No-contact delivery
Breakfast, Lunch and Dinner
Recently opened

Paris Baguette
17136 Ventura Blvd.
(818) 817-0048
8 am to 8 pm Daily
Order: Pickup
postmates.com, door-
dash.com, trycaviar.com
Call ahead for hot beverages

Pineapple Hill Saloon & Grill
This old-fashioned, dimly lit
lively restaurant & bar
Sports Events, Happy Hour
4454 Van Nuys Blvd N,
Sherman Oaks, CA 91403
Phone: (818) 789-0679
Inside Sherman Oaks Square



FOUR PACK

\$359 Save
30%

4 Adult Day Tickets

Use up to 4 tickets per day,
non-holiday. Not valid Jan. 14-16,
Feb. 18-20, 2023

HURRY, Offer Ends Jan. 31st

BUY NOW! »

