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THE SORAYA IS THE HOME FOR JAZZ IN LA!

By Contributing Writer

The Soraya has long been at the epicenter of Jazz in LA—from CSUN’s nationally respected Jazz studies program, to The Soraya’s stellar reputation for Jazz programming. This year, The Soraya dials up its investment in America’s one true original art form with its first annual, month-long jazz Festival Jazz at Naz February 5 through 19 which features five events including two major main stage performances plus three consecutive nights of The Soraya’s immersive Jazz Club – with audience and artists all hosted right on stage, an intimate and immersive experience that has become a Soraya trademark.

Jazz at Naz Festival begins on the main stage February 5 with Jazz at Lincoln

Center Orchestra with Wynton Marsalis on February 5 and two-time Grammy Award winner Gregory Porter on February 10. The next weekend Jazz Club hosts Gerald Clayton February 17; Gretchen Parlato February 18 and Harold López-Nussa February 19.

“As we put the cap on our Tenth Anniversary celebration, we launch Jazz at Naz, our first ever jazz festival at The Soraya,” said Thor Steingraber, Executive and Artistic Director. “With the continuation of our Onstage Sessions Jazz Club, it’s clear The Soraya is a premiere Los Angeles destination for Jazz performances. We offer our audience the opportunity to experience not only the tried-and-true Jazz artists on the mainstage but also the rising stars in our intimate Jazz Club concerts.”



Tickets to all Jazz at Naz performances are available at www.thesoraya.org and by calling 818-677-3000. Jazz Pass ticket package for all five performances start at \$199 and will be available Jan 4. The Soraya is located at 18111 Nordhoff Street, Northridge, CA 91330. Jazz Pass secures seats for all five jazz artists, the complete line-up of innovators and icons - \$199 for the Silver pass (Loge section/rise seating) and \$299 for the Gold pass (Orchestra section for Wynton Marsalis and Gregory Porter, table seating for the 3 Jazz Club artists).

The Soraya’s Jazz at Naz

With the launch of Jazz at Naz, The Soraya becomes the home for Jazz in LA in February with a festival of five events including two major mainstage performances plus three consecutive nights of The Soraya’s intimate Jazz Club, replete with mood lighting and cocktail tables, and the important rising stars of the genre. Wynton Marsalis starts Jazz at Naz on February 5 when he returns to The Soraya’s mainstage with the Jazz at Lincoln Center Orchestra, followed by an evening on February 10 with two-time GRAMMY winner Gregory Porter, a devotee of Nat King Cole and star of the Broadway’s *It Ain’t Nothin’ but the Blues*.

The Soraya’s Onstage Sessions Jazz Club

The Jazz Club – where you are “sitting so close that you’ll feel the music through the soles of your shoes” -- returns for three consecutive evenings starting February 17 with four-time GRAMMY nominated pianist and musical director of the Mont

rey Jazz Festival On Tour Gerald Clayton; then on February 18, Gretchen Parlato, whose “brilliant new Brazilian-flavored album *Flor* is her best yet” (Jazzwise); and on February 19, Cuban pianist Harold López-Nussa appears with his tight-knit quartet featuring his fearlessly inventive and electrifying improvisations.

Led by the incomparable Wynton Marsalis, this renowned orchestra is the exciting vanguard of the full spectrum of the jazz experience. Thanks to his exceptional tone, encyclopedic range of trumpet techniques, and fearless creativity, Juilliard-educated Marsalis is the first jazz musician to win the Pulitzer Prize for Music and remains the only artist ever to win GRAMMY awards in both jazz and classical in a single year, and he’s done that twice. Together, Marsalis and the orchestra elevate jazz as the pinnacle of America’s music to center stage both at Lincoln Center, and now at The Soraya.

This Season, audiences will have the opportunity to deepen their engagement with The Soraya by purchasing Memberships starting at just \$120 a year which ensures first access to tickets, guaranteed lowest ticket prices all season long, and other special parking, concessions, and events benefits throughout the year. The Soraya offers a home where diverse artists and audiences gather and create a thriving performing arts center that uplifts the spirits and forges a future for the greater LA community. Becoming a member will amplify patrons’ access to benefits and more at thesoraya.org Covid Protocols enforced.

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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.





Mother Nature Makes a BIG Comeback!

Cracking the Secret Codes on Health, Beauty & Wellness

By Barbara Backley

Looking and feeling our best. The answer may have been here all along! As apothecaries and old school medicine make a comeback into our daily lives, we're learning that everything old – is indeed, new again.

From all-natural supplements, vegan cosmetics and herbal ointments to aromatherapy and acupuncture; the wisdom of age-old healing methods is being applied to everything from common ailments like colds, flu and allergies to pain, topical issues and serious illnesses, as well as skin, hair and beauty.

“Natural health is gaining popularity due to the increased interest in making our immune systems as strong as possible,” explained Jon Velazquez, a Tonic Certified Herbalist with Mother Nature’s Remedy (<https://mothenatureremedy.com/>) in Woodland Hills. “And also when their doctor’s treatment isn’t working.” With a thousand years of backup, old school can be the best remedy. Velazquez cites the success story of a client who had really high blood pressure and high cholesterol. After two weeks on a vegan diet, taking herbs including red clover blossom and Hawthorne berry for the heart; milk thistle, dandelion root and others for the liver, and specific herbs for the intestine – his levels dropped dramatically to normal! In just two weeks!

No longer “patent medicine.” Forces of Nature – Certified Organic Medicine (<https://forcesofnaturemedicine.com/>) proudly states that it’s “the world’s first USDA Certified Organic and FDA registered manufacturer of over-the counter all-natural supplements and healing medicine.” In addition, its products are Non-GMO Project Verified, Leaping Bunny Certified (never tested on animals

or contain animal by-products in any ingredients) and all manufactured in the USA with ingredients (nearly 200 medical extracts) sourced from USDA Certified farms in the US (many in California and Oregon) and worldwide. “Only the purest ingredients – all natural, no chemicals, no acids,” states the website. “The purer the ingredients, the



greater its potency,” explains Dr. Peter Klapper, Ph.D., who founded the company in 1999.

How does it work? Forces of Nature Medicine combines certified organic homeopathic medicine with certified organic concentrated essential oils to treat specific ailments. It’s a one-two punch that delivers powerful and effective results to safely treat common ailments. “Homeopathic meds work with your body on a systemic level to fight and prevent illness from the root cause,” the site explains.

Specific products treat specific needs including medicine for first aid, immune strengthening, cold and allergies, pain care, skin care, sleep, stress, anti-itch, athlete’s foot, ringworm, eczema, hemorrhoids, even removal of skin tags and to shrink and erase spider veins.

Why are plants beneficial? “There is a natural intelligence within all medicinal plants,” states Dr. Klapper. “This understanding is resurfacing as humanity strives to provide effective medicines without adverse reactions or chemical addictions. It is no secret that our dependence on the plant kingdom is total. All things evolve from all things. Within this interconnectedness, unity, life supports life,” he says. Look for their products at Gelson’s Markets in Westlake Village, Sherman Oaks, Thousand Oaks, Silver Lake, Tarzana, West Hollywood and Santa Monica. And at Sprouts Farmers Markets in Valencia, Ventura and Thousand Oaks.

Snake massage? – pleasure not for the the faint of heart...

In fact, the owner of the spa in Israel Ada Barak made almost impossible. In particular, he made the creeping reptiles, which the majority of people would like to see at a distance, massage the muscles of people. However, only if the clients can lull their disgust, fear, and, in general,

all the negative feelings towards these reptiles. A Moscow spa is offering snake massage, an exotic for Russia and unusual relaxation treatment. Of course, the idea of reptile massage is not new, recognized long ago that after physical contact with a snake people become more relaxed. As the snakes slither around they massage the skin, but for some just the idea will make their skin crawl.

Continues next page...



Mother Nature's Remedy, Woodland Hills

Local alternative med leader Mother Nature's Remedy specializes in holistic herbal products including vitamins and supplements, essential oils, herbal tinctures, topicals, ointments, salves and in wellness treatments that combine ancient and modern technology. More than a store, Mother Nature's Remedy offers a treatment Wellness Center and a Café. "We help people unlock the potential they never knew they had by bringing customers the highest quality foods and herbs on the planet!" enthuses David Slocum, who founded the shop in 2006. His product selection is wide and varied including curated house brands like Mother Nature's Remedy Raw Sea Moss Gel good for weight and metabolism support, and Mother Nature's Remedy Lion's Mane for digestion and nervous system. And potent brands including Dr. Schulze's Superfood Plus Vitamins & Mineral Herbal Concentrate that's good for like everything! Ancient Traditions multi-collagen protein powder, and Dead Sea Warehouse – Original Face & Body bar. Pop into the Café for a superfood smoothie of enzyme-rich, cold pressed green juices. Ask the in-house herbalist for what supplements and detox programs might work well for you. Check out the holistic health library in the Wellness Center and perhaps book a treatment with one of the staff holistic experts. Maybe the new Molecular Hydrogen Therapy to reduce inflammation and improve cellular function or the Mitochondria charging Joovv red light session to neutralize harmful free radicals and enhance your cellular energy.

Mitochondria health is trending this

year, according to the Natural Grocers Association (www.natural-grocers.org) Top 10 Trends for 2022. Products that increase mitochondrial health and muscle mass – omega-3 fats, avocados, nuts, seeds and fish oil – will be in higher demand, thanks to a Journal of Science study that showed our metabolism doesn't decrease until well into our 60s and 70s! The No. 1 trend – We're switching from "lifespan" to "health span" – wanting to live healthier, longer lives, which means increased demand for B complex, magnesium, vitamins C, D and E, lecithin, milk thistle and Lutein. We'll also be using more healthy herbs and spices in our cooking, prompting increased demand for cinnamon, turmeric, ginger, basil, thyme, sage and rosemary.

Apothecaries & Compounding Pharmacies -- the new generation apothecary! Modern apothecaries like Wild Terra (www.wildterra.la), a community apothecary in Highland Park is an excellent source for bulk organic and wildcrafted medicinal herbs, teas, spices, house-made tinctures and bulk oils sourced from small US farms. It used to (darn, that Covid!) – and will again, according to owner-founder Danielle Noe, a former movie make-up artist; host weekend classes on herbal medicine-making, traditional Chinese medicine and other holistic subjects. Just keep checking the website. You can also find nearly 200 bulk herbs from birch bark to catnip and sarsaparilla at The Green Wisdom Herbal Studies (<https://www.greenwisdomherbalstudies.com/shop>) shop in Long Beach, along with a bevy of classes.

Just as old school alchemists pounded ingredients in a bowl, modern compound pharmacies such as Orglife Pharmacy (<http://orglifepharmacy.com/>) in Studio City are proud to be "a synthesis of nature & chemistry," customizing medication and dosage to meet your specific needs. Not the



Topical Trans-dermal formulations for pain management, inflammation and more. Plus a wide variety of organic and natural vitamins and supplements. Over in Santa Monica, family-owned Santa Monica Homeopathic Pharmacy (www.smhomeopathic.com) has since 1944 offered homeopathic remedies and alternative holistic medicine; Western and Chinese herbs, vitamins, minerals, glandulars and amino acids. If you have questions, their board-certified staff is knowledgeable in acupuncture, chiropractic philosophies and every product they carry. In Westwood, popular Apothecary Pharmacy (www.apothecarypharmacy.net) also has compounding and a huge selection of natural wellness products.

If you're looking for a holistic doctor, consider the Parsley Health Holistic Medicine clinic (<https://www.parsley-health.com/>) in West Hollywood. Its doctors prescribe nutrition-as-medicine, stress management and lifestyle changes along with meds. It's so green, it's been featured in Goop, Gwyneth Paltrow's health and beauty empire.

"one-size-fits-all" prescriptions of many doctors, the website explains. Two of its effective, non-traditional treatments include Orglife BHRT (bioidentical hormone replacement therapy) which uses plant-derived hormones that are structurally identical to what our body produces; and



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The Hollywood Connection

Celebs love natural health & beauty. Goop (<https://goop.com/>), led by CEO and Founder Paltrow, calls itself “The Clean Beauty Shop and Wellness Shop, focused on holistic wellness products for mind and body.” Its newest offering is Goopgenes Nourishing Handcream, with natural bacuri, cupuacu and shea butters, jojoba seed extract and other all-naturals. Paltrow also likes outside brands such as The Rich Cream by German Professor Augustinus Bader, made with avocado, evening primrose oils, omega-6 fatty acids, antioxidants and more to “support the skin taking care of itself.” And wants us to eat healthy, with “chef-crafted breakfasts, lunches and dinners made with plant-based ingredients delivered to your door.” And have shiny, healthy hair via Goop brand G. Tox Himalayan Salt Scalp Scrub shampoo. Made with mineral-rich Himalayan pink salt and cold-pressed moringa oil, it purifies and detoxifies.

Not to be outdone – local Celeb Cosmetic Queen Kylie Jenner has begun featuring natural, healthy skin care, make-up, eyes and

lips, lips, lips at Oxnard-based Kylie Cosmetics! Click on

<https://kyliecosmetics.com/> and you’ll read, “Shop the new & improved cosmetics formulas by Kylie Jenner. All products are now clean, vegan, cruelty-free, gluten-free and paraben-free.”

With celebrities Charlize Theron, Lisa Kudrow, Katy Perry, Tyra Banks, Mark Wahlberg and Daniel Craig loving his OleHenriksen Face/Body Spa in West Hollywood, we can’t ignore Vance Soto’s just-released VSOTO Ageless Exotic Glow Crème (<https://vsotoskin.com/>). With essential oils and “powerful actives” including Bulgarian rose, rosehip, green tea, sandalwood oil and dozens more all-natural ingredients.

Emmy-winning Tiffany Haddish is flying the flag for Vitafusion gummy vitamins, which recently launched a Vitafusion Certified USDA Organic, non-GMO project verified, with no artificial flavors or sweeteners, no high fructose corn syrup, no



synthetic dyes, and no gluten, no gelatin, no dairy, no soy or nuts. “I’m excited to educate people about their health,” she says as Vitafusion’s brand ambassador.

Aromatherapy is pure joy with ESPA’s (<https://us.espaskincare.com/>) blend of bath and body oils. Created with 100% natural, nourishing blends of pure essential oils and combined with the highest quality ingredients known for their therapeutic values, ESPA has seven Signature Blends to match our moods and create elevated, aromatic moments.

Even the Medical Establishment agrees.

“Alternative treatments are generally safe,” states the Mayo Clinic (<https://www.mayoclinic.org/>). “There is growing evidence that these 10 alternative treatments may provide some benefit, and while they may not play a direct role in curing – they may help cope with symptoms from cancer and from cancer treatment.” Among The Mayo Clinic’s Top 10 alternatives are acupuncture, aromatherapy, hypnosis, massage, meditation, music therapy, Tai Chi and yoga. Ditto the New York-based Mount Sinai Health System (<https://www.mountsinai.org/health-library/treatment/homeopathy>), which writes, “Preliminary evidence shows that homeopathy may be helpful in treating childhood diarrhea, ear infection, asthma, fibromyalgia, chronic fatigue syndrome, symptoms of menopause (such as hot flashes), pain, allergies, upper respiratory tract infections, sore muscles and colds and flu. Some professional homeopaths specialize in treating serious illnesses, such as cancer, mental illness, and autoimmune diseases.”



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TAKE TO THE GREAT OUTDOORS WITH ISLAND PACKERS

By Staff Writer

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

A winter Whale Watch is a perfect way to gather with family and friends to view Pacific Gray whales migrating through the Santa Barbara Channel from their feeding grounds in Alaska to their breeding grounds in Baja. Pacific Gray Whales are normally sighted in the National Marine Sanctuary near Anacapa and Santa Cruz Island continues through April 23, 2022. This

mammoth migration of over 20,000 whales and 6,000 miles twice a year remains a major attraction in Southern California.

Sightings of the southern migration began in December for Pacific Gray Whales, and we also saw Humpback Whales, Fin whales, and occasionally Orcas. Common Dolphin are enjoyed year-round, delighting passengers as they frolic with the boat, and ride

the bow and stern waves. For our most recent sightings visit www.islandpackers.com or find us on Twitter.

The half-day Winter Whale Watch Cruise provides stunning views of the Ventura coastline or the Channel Islands; depending on where the whales may be



sighted. Winter Whale Watch excursions are available now thru mid-April from Ventura and/ or

Channel Islands Harbor departing at 9:30 a.m. and/or 1:30 p.m. Rates for half-day trips are \$42 for adults, \$38 for seniors, and \$30 for children 3-12. Children 2 years old and younger ride free. All-day trips with landings and camping trips to Anacapa and Santa Cruz Island are also available year-round. On Santa Cruz, both Scorpion Anchorage and Prisoner's Harbor are now open. All-day trips run from \$ 63.00 to \$ 120.00 per adult.

What makes whale watching a great activity:

- Affordable family fun – half day excursions start at \$42 for adults; \$30 for kids
- Flexible – winter trips depart twice a day, almost daily (weather permitting) until mid-April
- Educational – crew aboard the whale watching cruises have many years of experience sighting whales on the waters of the Santa Barbara Channel and will narrate and inform guests about all the varieties or marine mammals seen on your cruise
- Get in touch with nature – it is not just whales that make the area so special; you may also see sea birds, sea lions, and the coastline of the offshore islands while onboard
- Safety protocols keeping visitors to the Channel Islands safe and comfortable include:

--Passenger loads are limited to under 75% capacity to better facilitate social distancing

--Island Packer employees are health screened before every shift.

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--Office and boat crew wear appropriate PPE when in contact with the public.

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

About Island Packers:

Island Packers is the authorized concessionaire servicing the Channel Islands National Park and has been family-owned and operated since 1968. For information, reservations or to purchase gift certificates: Visit www.islandpackers.com, call 805-642-1393, or visit Island Packers at 1691 Spinnaker Dr., Suite 105B, in Ventura Harbor Village. Visit www.islandpackers.com or find us on Twitter to follow Island Packers most recent marine life sightings.

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

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SCREAM

By Mike McGranaghan

Scream, the fifth installment in the popular slasher series, has a scene where a character describes the rules of a movie “re-quel.” Like *Ghostbusters: Afterlife*, the 2018 Halloween, and *Jurassic World*, these films have to offer something new, but not too new. They have to mix fresh characters with legacy characters. And, most importantly, they have to treat the original story with respect, so as not to “ruin” the experience fans had with the film as kids. Updating the meta quality of Wes Craven’s 1996 classic to address toxic fandom makes this a good *Scream* movie, although having to adhere to those same rules prevents it from doing anything particularly groundbreaking.

Ghostface is back, and this time he’s targeting Sam Carpenter (In the Heights star Melissa Barrera). She has a connection to someone from the original, but we don’t need to say who it is here. His first act is attacking her sister Tara (Jenna Ortega). Sam and boyfriend Richie (Jack Quaid) seek help from a person who knows all about Ghostface – former lawman Dewey Riley (David Arquette). He advises her

that the killer will follow a strict set of movie-related rules, and that the guilty party almost certainly resides within her circle of friends.

As murders begin taking place, a couple other familiar faces show up, namely Gale Weathers (Courteney Cox) and, of course, Sidney Prescott (Neve Campbell). “This is your



life now,” Sidney warns Sam. She tries to act as a mentor, only to have Sam reject the offer of help. Until things get sufficiently bad, that is. The women eventually band together to figure out Ghostface’s identity and suss out the motive for all the slayings. Truth be told, it’s not hard to pinpoint the killer because, you know, rules.

Toxic fandom has become an annoying trend, especially on social media. Fans make loud demands about what they want. If a movie doesn’t give it to them, they piss and moan, and maybe even harass the filmmakers online. (Fan backlash against Rian Johnson’s *The Last Jedi* is directly referenced here.) Given the self-referential, cinema-based nature of the ‘96 *Scream*, it feels totally natural for this latest installment to tackle the issue. Ghostface’s

into the previous films, and there’s reverence in how the plot is structured. Directors Matt Bettinelli-Olpin and Tyler Gillett (*Ready or Not*) stage Ghostface’s killings in a manner similar to how Craven staged them, with the masked psycho leaping out of unexpected places. Perhaps the best thing is that, whereas the other sequels got bogged down with trying to top each other, this one simply strives to be a solid slasher flick. There’s an emotional core here that was missing in *Screams 2, 3 and 4*.

Despite these good qualities, your enjoyment of *Scream* will depend on how invested you are in re-quals. Given the talent of the directors, it might have been fun to turn them loose, to let them reimagine the entire franchise however they pleased, with no regard for the expectations of the audience. In other words, the series could have gone down bold new avenues, rather than trotting out the Greatest Hits. And that’s really the conundrum with modern-day fandom. People generally don’t want boldness anymore. They want to be fed what they already like another time. If we stop valuing originality, cinema is doomed. Every popular IP began because somebody made something that hadn’t been made before.

Scream doesn’t get quite that deep into the subject. It does, however, deserve credit for recognizing that it exists. The movie is a sturdy chapter in the saga, with effective “kills” and strong performances from Campbell, Cox, and Arquette. The movie will please the fans it was intended to please. As far as re-quals go, it’s one of the better examples.

motive, once revealed, is a wicked satire on the sense of entitlement too many fans feel toward their cherished franchises. The screenplay has something worthwhile to say on the subject.

Scream also does a good job commenting on the re-quel while being an example of the concept. Old and new characters do indeed mix, the story ties

RAY DONOVAN THE MOVIE

By Matt Roush

What matters most about the feature-length addendum *Ray Donovan: The Movie* is that it truly represents *Ray Donovan: The Ending*. And if you think it will be a happy one, you haven’t met Ray (star and cowriter Liev Schreiber).

Regardless, this is a gift for fans who were stunned when Showtime abruptly canceled the dark and violent drama after seven seasons. Picking up from 2020’s bloody cliffhanger, when poor Smitty (Graham Rogers) was left bleeding out on the street while Mickey (Jon Voight) fled with pricey documents belonging to the

rival Sullivan clan, this long-anticipated chapter delivers a final reckoning between moody fixer Ray and his scurrilous dad.

The Donovans, broken as ever, are left picking up the pieces as they attend yet another funeral and during a rowdy wake contend with the legacy of Mickey, whose neglect and abuse of his offspring (indelibly played by Eddie Marsan, Dash Mihok and Pooch Hall) have left generations of psychic scars. “Why is it so easy for you to forget?” newly widowed daughter Bridget (Kerris Dorsey) challenges Ray, who has forgotten nothing.



While he spends much of the film hunting the renegade Mickey, Ray is lost in memories of their turbulent past, with dramatic flashbacks that prove to be far more satisfying than in last year’s so-so *Sopranos* prequel. The difference being that *The Many Saints of Newark* was a story that wasn’t screaming to be told, while *Ray Donovan: The*

Movie fills in essential details of the events causing the rift between responsible young Ray (Chris Gray) and swaggering dad Mickey (the charismatic Bill Heck), haunting Ray into his adulthood.

To the end, *Ray Donovan* is about the damage done by sins of the father, with redemption coming at a terrible cost.

LOCAL COMPOSER JOSEPH METCALFE SCORES THE KING'S DAUGHTER COMING TO REGAL THEATERS NATIONWIDE

By Contributing Writer

Film composer Joseph Metcalfe's debut nationwide film, *The King's Daughter*, will be released in Regal Theaters across America on Thursday, January 20th.

Simi Valley based composer Joseph Metcalfe led a team of three composers to produce the score for *The King's Daughter* starring Pierce Brosnan (James Bond, *Mama Mia*), Kaya Scodelario (*Pirates Of The Caribbean*, *The Maze Runner*), William Hurt (*A History Of Violence*, *Avengers End Game*), Benjamin Walker (*Abraham Lincoln: Vampire Hunter*, *Lord Of The Rings*), narrated by Julie Andrews (*Sound Of Music*, *Mary Poppins*), and directed by Sean McNamara (*Soul Surfer*, *Hoovey*). Metcalfe conducted the Prague Philharmonic Orchestra and Choir over three days and then flew to England where he mixed the score with Casey Stone (*Frozen*, *X-Men*, *Don't Look Up*). Metcalfe's team of

composers consisted of John Coda (*Bratz*, *The Dark Tower*) and legendary video game composer Grant Kirkhope (*GoldenEye 007*, *Mario Rabbids*).

"We recorded *The King's Daughter* score in Prague with a sizable orchestra and choir," says Metcalfe.

"Conducting then felt just as exciting as the first time I conducted a symphony orchestra as a young student. It never gets old." The family adventure film tells a tale of King Louis XIV's quest for immortality leading him to capture a mermaid, a move that is further complicated by his illegitimate daughter's discovery of the creature.

Metcalfe opened his Simi Valley studio in

2012 and has composed and recorded several feature films, TV shows, and artists, including TV host Bob Eubanks. He founded and runs Sum Of All Music, an international collaboration of music talent to



produce new music including Carlos Santana's musical director and bassist, Benny Rietveld, Kenny G's mixing engineer Steve Shepherd, Howard Howes - Paul McCartney's keyboard specialist, Rafael Gayol - Leonard Cohen's drummer, Jeff Carruthers - Billboard's multi #1 smooth jazz producer, Katie Garibaldi - music supervisor and singer/songwriter, and

over 25 other international and local musicians and artists.

Born in the south of the UK, Joseph Metcalfe started playing the piano at age 4

and was largely self taught. He grew up in a family of performers with his brother Dan playing the lead in Andrew Lloyd Webber's "Starlight Express" and his sister, Becky, dancing and choreographing for artists including Sting, Elton John, Steps, Take That, Five, Oasis, Back Street Boys, etc. His first full-length musical was written and produced at age 16 and he recorded his first television theme at the world famous Abbey Road when he was just 17.

In spite of being largely self taught, Metcalfe was offered a place at USC in the Film Scoring program and graduated with the Outstanding Academic Achievement Award.

He was mentored by some of Hollywood's greatest composers like Jerry Goldsmith, Elmer Bernstein, Ron Jones, and Christopher Young.

Tickets for *The King's Daughter* are now on sale at Regal Theaters nationwide starting January 20th. Check your local listings for showtimes.

For more information on Joseph Metcalfe and his music studio services, please visit www.jfmusic.com and www.josephmetcalfe.com.

HIGH-TECH FITNESS GEAR YOU NEED FOR YOUR NEXT WORKOUT

By Contributing Writer



With the global home fitness equipment market seeing a major boost due to COVID-19, many are looking to invest in the best fitness gear for their workouts.

FITBIT Charge 4

The Charge 4 offers functions that tie in with Spotify, GPS, and Fitbit Pay.

This makes it the ideal gadget for those who workout outside looking to keep track of mileage, listen to tunes, and who want to be able to stop and buy a bottle of water. It's waterproof, too.

Jaxjox KettlebellConnect

Ideal for those looking to do strength training with weights, it provides various weight options in one piece of equipment.

LARQ Water Bottle

This gadget uses UV-C LED light to clean and purify water. This eradicates 99.9% of E coli from the water and blasts viruses, bacteria,

and other contaminants. It's also made from ultralight stainless steel.

Whoop Strap 3.0

The Whoop Strap tracks fitness, delivering training metrics, all the while assisting with recovery methods. It even reminds you to sleep!

Lucyd Lyte 2.0 Bluetooth Glasses

An innovative addition to Bluetooth accessories, the Lucyd Lyte speaker sunglasses merge style with practicality.

These bluetooth sunglasses have a high-tech audio feature built in and connect to a smartphone. What's more, they have inbuilt bone conduction speakers. They come with a range of custom lens options.

Promixx Rechargeable Vortex Mixer

Mix your protein shakes while charging your phone! The Promixx Rechargeable Vortex Mixer allows you to recharge your devices when you're working out. It also features a motor and an X-Blade for silky-smooth protein shakes.

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The Activ5 assists in building strength based on the amount of pressure you apply. This device can be held in your palm or stored in your pocket. Helpfully, it can be hooked up to your Apple Watch.



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HOPPY SPIRITS THAT YOU WILL LOVE

By Colleen Graham

Spirit makers are increasingly integrating hops' varied aromas and tastes into their recipes. Although known mostly for its bitterness, the wide range of hops grown throughout the world can be floral, citrusy, earthy, or spicy, to name but a few characteristics. And, it is that diversity that offers distillers an opportunity to produce hoppy spirits that will refresh you, quench your thirst, and please your palate. If you love beer, give these hopped spirits a try. If you love booze, then it's a no-brainer

Charbay Whiskey R5, Lot No. 3 (Napa Valley, California)

The family-owned Charbay must truly love their hops. The 650 cases of Lot No. 3 involve 6,000 gallons of Bear-Republic Brewery IPA distilled into 590 gallons of whiskey. The IPA has Chinook, Cascade, Columbus and Centennial hops, each

possessing its own distinct flavor profile, such as pine, grapefruit, flowers, lemon, black pepper, and licorice. It is aged in French oak for 28 months.

Corsair Hop Monster Whiskey (Nashville, Tennessee)

Childhood friends Derek Bell and Andrew Webber started out like many craft brewers by home brewing beer in their garage. However, they chose to set a course for the world of whiskey. Their brewing knowledge prevails in Hop Monster. The malty whiskey is infused with Amarillo, Saaz, German Hersbrucker and French Strisselspalt hops, along with Belgian yeast and malts. The eclectic ingredients impart an assortment of floral, citrus, and herbaceous flavors into the whiskey.

New Holland Hatter Royale Hopped Whiskey (New Holland, Michigan)



New Holland brews beer and distills spirits, so they know a thing or two about hops. It only seems natural they would include hops in their spirits. The golden Hatter Royale whiskey is infused with floral and citrus-laden Centennial hops that is noticeable in the nose and lasts throughout the aftertaste. A touch of earthy spice and honey accompany the lemon-grapefruit taste and aroma provided by the hops.

blackberry honey provides added sweetness to a whiskey that also enjoys malt, vanilla, and caramel. It is aged for three years.

Portside Distillery Hopped Rum (Cleveland, Ohio)

Portside is another brewery that also distills spirits, so they are well educated in the diverse nature of hops. The infusion of fresh, whole-leaf Cascade and Centennial hops into their original Silver Rum offers drinkers a unique citrus-hop flavor complemented by notes of pine and even a hint of basil. This award winning rum offers both a balanced flavor profile and a smooth finish that will make you appreciate the shores of Lake Erie as much as the shores of any Caribbean Isle.



Smugglers' Notch Hopped Gin (Jeffersonville, Vermont)

This small Vermont distillery is the product of father and son's dream. The Hopped Gin exemplifies the family's intent on handcrafting spirits in small batches. Hopped Gin emerges after alcohol vapors pass through locally produced citrusy Vermont Cascade hops, as well as organic juniper berries. Largely a smooth, classic gin, one will sense the cascade hops on the nose, which will mix with citrus and juniper flavor.

New York Distilling Company Chief Gowanus New Netherland Gin (Brooklyn, New York)

Named after a Canarsie Nation chief during New York's time as a Dutch colony, the recipe is based on the art of making "Holland gin" from American rye whiskey – an early 19th century practice. The process involves the use of cluster hops (often used in stout beers), juniper berries, and three years of aging in an oak barrel. The hoppy taste and smooth finish remind us of America's distilling history, as well as the modern day skill used to make this unique gin.



McMenamins-Edgefield Distillery Monkey Puzzle (Troutdale, Oregon)

This unique spin on hops infusion involves dry hopping the Whiskey with Teamaker hops, which contains almost no bitterness. As its name suggests, Teamaker hops produce a flavor similar to tea, as well as a floral bouquet. Locally harvested

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CORNERED BEEF

The Legend, The Name, The Cut

By Contributing Writer

How enticing is corned beef? Astronaut John Young once snuck a corned beef sandwich on Gemini 3 in the pocket of his spacesuit. That's how enticing. And we're pretty sure Wagyu corned beef didn't exist in 1965. If it had, John might have had a whole smoked brisket in his pocket.

That's why we're going to give you everything you need to know about Wagyu corned beef. And then some. We're going to tell you what it is, where it came from, and how to make it. Then we're going to talk about the best cut (brisket) and introduce you to some delicious recipes.

Wagyu loosely translates to "Japanese cattle." And corned beef is typically made from brisket. So Wagyu corned beef is corned beef made from the brisket cut of Angus cattle carrying the DNA of a Japanese cow.

But not just any Japanese cow—a specific breed known as Tajima.

Tajima cattle, raised in the Hyogo prefecture of Japan, are coveted for their superior marbling. Kobe—perhaps the most misused term in all of beef—is the capital of Hyogo.

If you're determined to squeeze yourself down the rabbit hole of Kobe politics, there's an excellent article on chefseattle.com titled: The Real Beef On Kobe Beef that detangles the whole controversy in less time than it takes to grill a T-bone.

Since we've already waded into the murky waters of historical verbiage (thanks, Kobe), we may as well tackle the misleading nature of corned beef. In Old English, "corn" was a common term used to describe anything with a similar consistency to the seeds of cereal grains. In this case: the large-grained rock salt used to cure the beef.

In the end, "corned" beef is simply beef preserved in salt, a practice dating back thousands of years.

The name stuck, probably due to the



immigrants reached the US, kosher butchers maintained a steady supply of affordable brisket. Eastern Jewish immigrants squeezed into the same neighborhoods as Irish settlers, diversified the dinner table, and elevated St. Patrick's Day forever.

One thing's for sure; corned beef travels well. In the 17th century, the British lust for beef turned the Irish countryside into one big cattle ranch. The meat was salt-cured and shipped back to England, where they coined it "corned beef" to describe the rock salt used in the curing process.

The leaner flat cut, or "first cut," is the deep pectoral of the brisket.

Although, being leaner than the point doesn't make it lean. A layer of fat separates the two—also called the nose—part of which will blanket your brisket. (As you'll read below, this is a good thing.)

Brisket is one of the nine primal cuts. It wears a prodigious fat cap, the flesh beneath laced with connective tissue. The fat cap helps to keep the meat from drying out during the prolonged cooking process. Slow cooking helps integrate the gelatin with the leaner meat to create a succulent brisket.

tradition of corned beef and cabbage on St. Patrick's Day, leaving us with a tasty little slice of history.

Historically, cows in Ireland were a sign of wealth and prized for their dairy. Only royalty and the extremely wealthy could afford to eat them. Ireland's culinary history features a lengthy love affair with all things pork. In the 1600s, an Irish table on St. Patrick's Day was laden with bacon and cabbage.

Legend has it when the first wave of Irish

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Dr. Nigma Talib's Vitamin C Cocktail

Boost your immunity while traveling with Vitamin C Cocktail by Dr. Nigma Talib. She is a naturopathic doctor based in Los Angeles, California, and is the author of the best-selling books Reverse the Signs of Ageing and Younger Skin Starts in the Gut.
healthydoc.com



Fix Your Fungal Nail

A tested formula proven to eradicate fungus and restore your nails' health and appearance.
fixyourfeetproducts.com



Therapeutic CBD Whip

CBD infused BESO Whip blends an array of all natural plant based ingredients chosen for their proven therapeutic properties. Combined and designed to moisturize, soothe and heal your skin from head to toe.
besowellness.com



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lexiskinusa.com



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nowfoods.com



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shedavi.com

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Earth Harbor: Mermaid Milk Nutrient Glow Moisturizer

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kinderbeauty.com



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A buttery, deeply conditioning multi-colored body moisturizer packed with a blend of natural, skin-repairing ingredients such as acai, matcha, vegetable collagen and rose.

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WINTRY ROMANCE IN THE GREAT NORTHERN CATSKILLS

By Contributing Writer

The low temperatures and freshly-dusted peaks of February in the Great Northern Catskills of Greene County are the perfect setup for cold-weather sports and outdoor activities. But as far as we're concerned, the month of February and its centerpiece holiday, Valentine's Day, is also a great time to get

and meads that reflect the agricultural and ecological landscapes of the Hudson Valley and the Catskill Mountains. Prefer a non-booze beverage? Zagat-rated Maggie's Krooked Cafe & Juice Bar in Tannersville serves — you guessed it — an assortment of coffees and juices, along with a delectable menu of natural and delicious comfort



toasty, whether you're on your first date or celebrating fifty years. For young love and decades of wedded bliss alike, here's where things can really heat up this February...

For a great first date...Keep it casual and bask in the good cheer and friendly vibes of one of our breweries or cideries. Catskill's Crossroads Brewing Co. offers up a selection of award-winning brews, along with a view of the 20 bbl brewhouse and Catskill Creek. The Hunter Mountain Brewery Kitchen & Craft Beer boasts 15 original brews on tap, including seasonal ale's, IPA's, porters, stouts and lagers, along with burgers and other pub food. Left Bank Ciders in Catskill is Greene County's first cidery, producing small-batch hard ciders

foods, classic dishes and creative specialties. (For a really "cheap date," you can't beat Maggie's February special — free pancakes or homefries.) For casual and cozy dining, enjoy the community "living room" ambience of the Deer Mountain Inn. With a fireplace and curated menu of quality local ingredients, the atmosphere is all about comfort and conversation — perfect for people who are just getting to know each other.

For a special night out...Special spots for celebratory occasions — from marriage proposals to family celebrations — abound in the Great Northern Catskills. Celebrate l'amour amidst the splendor of a French country inn at Windham's Bistro Brie and

Bordeaux, offering an award-winning dinner menu against a backdrop of fine art, live French music and jazz and an extensive wine menu. For breathtaking mountain views and a playful twist on local cuisine, head to Prospect at Scribner's. Just two hours north of New York City in Hunter, it's a place to celebrate romantic occasions big and small — and its circular bar and cast-iron stoves up the warmth factor when it's cold outside. For an old-world, traditional Italian vibe, celebrate at La Conca D'Oro, Catskill's longest operating restaurant, offering wood-fired pizza and Italian specialties alike. With a large dining room that can be sectioned off for private events, it's a place for intimate marriage proposals or 50th wedding anniversaries for the whole extended family.

For a weekend getaway...whether you're honeymooning or leaving the kids with the grandparents, make it a weekend at one of the Great Northern Catskills' many romantic inns and lodges. Pine Ridge Farm

Guest & Carriage House, on 110 private acres, offers guests the comfort of private, two-bedroom homes with well-equipped kitchens so you never have to leave the house. (But if you do, there are over 4 miles of hiking trails in the meadows and woods bordering Sunny Hill Golf Course.) For a truly romantic B&B experience, the historic, antique-furnished Greenville Arms 1889 Inn is set among six acres of gardens, lawns and woodlands. With whirlpool tubs, fireplaces and made-to-order breakfast, it's the perfect place to indulge in a romantic wintry getaway. For adventurous lovebirds who need some outdoor action, boutique hotel Glen Falls House is surrounded by miles of hiking and skiing for snowy outdoor activities. Curl up by the fire or visit the on-property farm-to-table restaurant to unwind at the end of an active day.

Lovebirds who visit the Great Northern Catskills will find our region is a place to celebrate romantic occasions of all kinds... on Valentine's Day, and all month long!



Hollywood's Money Guy on Celeb Budgets and January's 'Financial Wellness Month'

By Contributing Writer

January is 'Financial Wellness Month,' what better time to introduce our readers to Eszylfie Taylor, who is the famed financial advisor to Hollywood stars & sports legends, pro athletes who squander multi-millions and Hollywood stars who are surprisingly frugal and smart with their money. Eszylfie is the glue that holds these disparate ends together, helping his clients remain in the black (and this advice works for everyone).



Eszylfie is also set to star in the upcoming docuseries "Mind. Body. Money," where he navigates the challenges of working with top athletes & celebrities while also being a 'girl dad' at home to his three daughters.

Eszylfie has defied the odds to become the country's top African American financial advisor and will take you on a journey through his professional & personal life, including his new financial lifestyle app of

the same name: Mind. Body. Money.

With a client roster that includes Hollywood celebrities and legendary Hall of Fame athletes, Eszylfie can speak to his success and advise on how individuals from every generation can overcome current obstacles to end up on top. Eszylfie has achieved his unprecedented success at such a young age due to a combination of education, motivation, a positive outlook, and a deep desire to help others improve their lives. He began his career at age 22 with New York Life Insurance Company, where he soon reached the ranking of #1 Broker in Los Angeles and #1 Agent for the company's African-American market.

As a long-time yoga instructor, he is also a new face of lululemon and maintains a daily practice, and teaches at some of LA's most popular yoga studios. Eszylfie was also recently chosen as the face of LinkedIn, where he was featured for his remarkable story in national commercials and billboards.

Eszylfie's new health & wellness app Mind. Body. Money. brings together video content to help people open their minds, move their bodies, and grow their money. Their affirmation tool is scientifically backed, replaying your affirmation to you at a frequency and speed that has the optimal cognitive effect, allowing people to reach their full potential.

He currently sits on the board of three non-profit organizations dedicated to business empowerment, children's health, and social services. He mentors upcoming youth as the founder of the non-profit Futures Stars Camp for kids, dedicated to providing basketball training and life coaching skill in his free time. In addition to his passion for business, he is raising three daughters in Pasadena, CA, where he still resides.



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FREE SENIOR EXERCISE CLASSES

By Contributing Writer



"Older adults know that their quality of life is tied to their fitness.

Those who stop exercising can become deconditioned in as little as two weeks.

Silver&Fit's workouts help them

keep moving.

"The Silver&Fit free, workouts provide 20 free classes a week for anyone looking to stay fit at home during the pandemic.

The sessions,

which are tailored to adults 55 and older, include beginner, intermediate and advanced Cardio, Yoga, Strength & Bodyweight, Flexibility & Balance, and Mixed Format classes.

The classes premiere Monday – Friday starting at 9 a.m. PT and continue at 10 a.m., 11 a.m.,

and noon PT. And for those who need more flexibility, the workout videos are available for two weeks after they premiere. Anyone can participate in the free public workouts just by following Silver&Fit on Facebook at www.facebook.com/SilverandFit or on their YouTube channel at www.youtube.com/silverandfit.

All classes are taught by certified instructors with extensive experience leading workouts for older adults. "Silver&Fit has seen its class followers grow by nearly 350 percent in seven months, with more than 1.1 million views of our senior workout videos," says Dr. Bjornaraa. The Silver&Fit Healthy Aging and Fitness Program: Now Available to Older Adults Through Medicare Advantage and Medicare Supplement Plans During Open Enrollment

In addition to the free, public daily workouts on Facebook Live and YouTube, Silver&Fit also offers a full, comprehensive Healthy Aging and Fitness program through many Medicare Plans. Current members

who are eligible for the full Silver&Fit program through their Medicare plans, or those enrolling in a participating Medicare Plan during the Medicare Open Enrollment Period from October 15 – December 7, can also take advantage of Silver&Fit's newly expanded online, home-based and gym-based options designed to accommodate all levels of fitness and workout preferences.

Features include:

1,700+ Digital Fitness Videos. The Silver&Fit online video library offers a broad collection of workout options, allowing members to customize their own at-home exercise routines, such as cardio, strength, yoga, dance, Tai Chi, and many others.

At-Home Fitness Kits. For those who want to create their own workouts at home, the Silver&Fit program offers home fitness kits that may include an exercise DVD, a yoga mat, resistance band, dumbbells, or wearable fitness trackers.

Live Telephone Coaching. Members seeking help with fitness goals or lifestyle improvements can work with a live coach over the phone to obtain advice on fitness, nutrition, sleep, and other healthy living habits.

Access to Social and Community Connections. Members of the Silver&Fit program can browse links to more than 120,000 social organizations ranging from painting and classic car clubs, to nature organizations. This resource encourages members to connect to others via live video or socially distanced meetings.

In-Person Gym Access. As gyms are permitted to open, members who feel comfortable returning can use their subsidized gym benefit to get back on their fitness track. With the Silver&Fit program, seniors can choose from a nation-wide network of more than 15,000 fitness centers, YMCAs, and fitness studios.

For information about whether your Medicare plan includes the Silver&Fit program, contact your health plan or 1-800-MEDICARE. Visit www.SilverandFit.com for more information about the program.

have been better, according to comments from participants:

"Thank you for keeping us safe, healthy and sane during these tough times," says Ethel G. "These classes have been life-saving," Lee Ann D. commented. "These classes are perfect!" says Teri S. "Every level is available."

"Since the launch of our daily free public classes, we've received nearly 30,000 comments on how helpful the classes have been during the pandemic," says Jaynie Bjornaraa, PhD., MPH, PT, and AVP of Digital Fitness Solutions with the Silver&Fit program.

When gym closures due to COVID-19 locked most seniors out of their exercise classes and daily workout routines this spring, they quickly began combing the internet for new strategies to stay fit.

Today, older adults have turned to options like the Silver&Fit® program, which offers four free public workout classes daily on Facebook Live and YouTube. The timing for the launch of the free senior exercise classes could not

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LOS ANGELES ZOO CELEBRATES LONGTIME TRUSTEE AND FRIEND BETTY WHITE

By Cindy Long

The Los Angeles Zoo and Greater Los Angeles Zoo Association (GLAZA) are celebrating one of its most ardent supporters and longtime friends, Betty White, with a special white rose memorial garden located, fittingly, in Allen Ludden Plaza, named for her late husband. Starting Wednesday, Jan. 12, patrons of the Zoo can leave a special message, memory, or drawing on a card honoring White. The cards will then be displayed on a gold string hung between silk white roses in the memorial garden. The memorial garden will be up through the end of January.

The Zoo has also created the self-guided "Betty's L.A. Zoo Tour" honoring White's contributions to the Los Angeles Zoo. There will be signs at 16 stops throughout the Zoo wherein guests can learn about her connection to that animal and location through a series of pictures and quotes. For even more information and a list of Tour locations, guests can scan a QR code included on each sign. This walking tour will be up through Jan. 31 and pays homage to White's longtime dedication to animals and the L.A. Zoo. For those who are unable to visit the Zoo during this time, the tour can be experienced at www.lazoo.org/betty-white.

"Betty was an integral part of our Zoo family for over fifty years, and we are so thankful for her generosity, humility, and of course, humor," states GLAZA President Tom Jacobson. "After her passing, there has been an outpouring of love for Betty with tributes from around the globe, so we think honoring her at Ludden Plaza, a place very special to her, would

serve as the perfect backdrop to this public memorial. We also want to reflect on her life at the L.A. Zoo by sharing some more intimate moments of Betty with our animals and staff as well as her indelible contributions."

White's fellow GLAZA Trustees will honor her legacy by matching funds donated to the "Betty White Tribute Fund." Those wishing to learn more about her impact and contribute to the fund can do so by visiting: <https://lazoo.wedid.it/campaigns/10072-betty-white-memorial-fund>. Funds donated through Jan. 31, 2022 will be eligible for the match. All #BettyWhiteChal-



lenge donations should be made to the "Betty White Tribute Fund."

"Working with Betty on the GLAZA board, trustees like me experienced her passion, commit-




ment, enthusiasm, and wonderful sense of humor first-hand," states GLAZA Broad of Trustee Chair Brian Diamond. "Fans should know that she was just as amazing in person as she was on

TV. With this donation match, the GLAZA trustees want to show their love for Betty and give fans the opportunity to double their impact when honoring Betty and her commitment to animals."

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Brighten Up Your Home To Combat S.A.D.

By Contributing Writer

McGowan's research and concern about combatting the symptoms of depression are personal as well as professional. "My wife is affected by SAD," he reveals. "We happen to live in northern Ohio, which has many cloudy days and weeks of gloomy weather during November and December. In the dining room and kitchen, the use of indirect lighting brightens the room on a gloomy day outside and supplements the daylight through skylights and large windows. At night, the indirect lighting is turned off, and a series of accent lights plus table and floor lamps are used to illuminate the task areas, table and artwork."

There are some options regarding light bulbs that can help, in addition to natural light. Brian Creeley, director of residential sales for light bulb manufacturer Bulbrite, suggests switching out standard incandescent bulbs with versions that mimic the effects of "full spectrum lighting, leaving you with lighting that has the same effect that you get from sunlight."

These specialty bulbs are readily available at ALA-member lighting stores.

If an existing home or condo does not have a lot of natural daylight, McGowan offers these tips for making rooms brighter and more cheerful:

- Maximize any available morning daylight.
- Use light colors for room surfaces.
- Use high-reflectance white paint for the ceiling.
- Incorporate an indirect light source into your room.
- Use accent and spot lights to add bright accents on plants, decorations or feature areas, creating an effect similar to sunshine and shadows.

Homeowners should evaluate whether their home is properly illuminated during the winter months. A visit to a nearby ALA-member lighting showroom to consult with a professional will result in a personally tailored solution. For more information, visit www.AmericanLightingAssoc.com



Now that the days are shorter, and the reduction in natural daylight makes many feel glum. For those who suffer from Seasonal Affective Disorder (SAD), the symptoms of depression are more acute at this time of year. According to the American Lighting Association (ALA), there are some things homeowners can do to counteract the effects of SAD.

It's clear that people need bright days and dark nights, a finding confirmed by a report by the Lighting Research Center in New York. Consumers might have seen "light boxes" promoted as a solution; however, using a light box is not a do-it-yourself project.

"It's easy to use the light boxes improperly," says Terry McGowan, director of engineering and technology for the ALA. "Light therapy – just like any other drug or treatment regimen – should be prescribed by a physician. Part of that 'light prescription' will involve how much light, when it's to be provided, and for how long," says McGowan.

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By Andrews McMeel Syndication

Top Stories

At the Tabor, South Dakota, Senior Center, a regular card game got a little weird on Jan. 4 after players enjoyed some brownies supplied by the mother of 46-year-old Michael Koranda. KTIV-TV reported that Koranda, an elementary schoolteacher, had recently traveled to Colorado and brought back some THC-infused butter, which he used to make a batch of brownies. His mother unknowingly shared half the treats with her fellow card players, which resulted in multiple calls to county officials about a possible poisoning. Sheriff's deputies spoke to Koranda and took the remaining brownies as evidence, charging him with possession of a controlled substance. He is scheduled to appear in court on Jan. 25.

On Jan. 7, the California Court of Appeal ruled that the Los Angeles Police Department was justified in its firing of two officers in 2017 after they ignored a robbery call to play Pokemon Go, the Los Angeles Times reported. On April 15, 2017, Louis Lozano and Eric Mitchell were assigned to patrol the LAPD's southwest division. But when a call for backup came over the radio, Lozano and Mitchell were captured on their in-car video responding, "I don't want to be his help" and "Screw it." Instead, they continued their hunt for a Snorlax and Togetic Pokemon, eventually meeting up with their sergeant at a 7-Eleven. When he questioned them about the robbery call, they said they hadn't heard it because they were responding to another call, leading their supervisor to review the dashcam footage. After the officers were fired, they sued, saying that the video captured their "private communications" and that they were improperly questioned. Five years later, the courts disagreed, and Lozano and Mitchell have plenty of time to hunt for Snorlax and Togetic.

Cypress Falls High School teacher Sarah Beam took her 13-year-old son to a Houston-area COVID-19 drive-thru testing site on Jan. 3, KHOU-TV reported. When a worker there approached her car, Beam told her that the boy was in the trunk because she didn't want to be exposed to the virus. Police were alerted, and Beam was arrested and charged with endangering a child. While he was not hurt, officials said in the event of an accident, he could have been. But the Cypress Falls community has shown support for Beam, posting messages outside her home to say they "have her back." She was released on bond and put on administrative leave, the school district said.

"Ms. Wang," 30, of Zhengzhou, China, agreed to a blind date arranged by her parents ("I'm getting quite old, so my parents arranged more than 10 blind dates for me," she said) and went to the man's home for dinner on Jan. 6. But during the meal, they learned that his community had gone into a rapid lockdown because of COVID-19, and she wouldn't be able to leave for several days, the BBC reported. She posted on WeChat that the situation was "not ideal" -- while he did cook for her, "he doesn't speak much," she noted. "I feel that apart from him being reticent like a wooden mannequin, everything else about him is pretty good." Wang said she thinks his friends alerted him to the posts, so she removed them. "I think it has affected his life."

The Medical Practitioners Tribunal Service (MPTS) in the United Kingdom on Jan. 10 removed the medical license from Simon Bramhall, a transplant surgeon at Queen Elizabeth Hospital in Birmingham, The Washington Post reported. The action stemmed from an incident in 2013 in which, after finishing up a transplant, Dr. Bramhall used an electric beam to burn his initials into the patient's liver before closing her up. The flourish might not have been discovered, but the liver began to fail the following week and another surgeon discovered the signature. Bramhall said at the time it was something he did to relieve stress during long, difficult operations. In 2017, he was convicted of assault and fined about \$13,000. In 2021, he submitted a letter arguing that he was again fit to practice, but the latest ruling has denied him the right to do so, noting that his actions "undermined" people's trust in the medical profession.

In Aksaray, Turkey, one family has been raising cattle for three generations, Oddity Central reported. Izzet Kocak believes their success is linked to their willingness to keep up with modern technology. To that end, the farmer is testing virtual reality goggles that make his cows think they're standing in a green field of grass in the summer. Kocak says the average yield per day from his cows is 22 liters, but "We had two of our cows wear virtual reality glasses and watch vast green pasture all day, and the daily milk production increased up to 27 liters." He said the quality of the milk also increased. He has ordered 10 more pairs of VR goggles, and if results are similar, he plans to order them for all of his 180 cows.

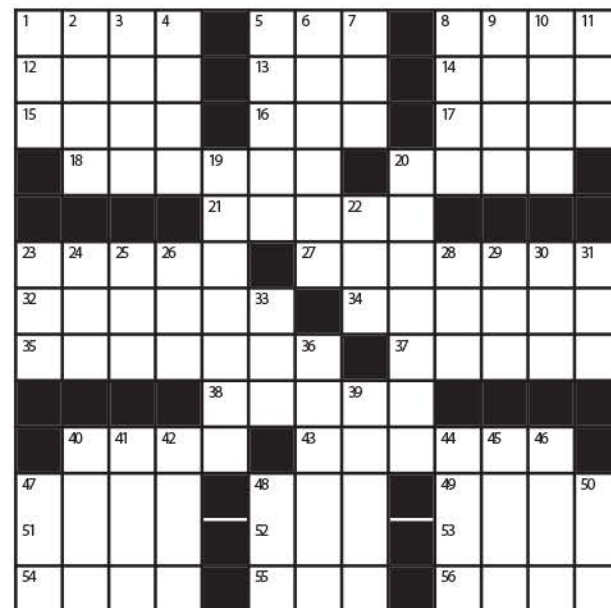
Across

1. ____ party
5. Frequently
8. Bubbly drink
12. The euro replaced it
13. Parent's order
14. Rachel Ray equipment
15. Consumer
16. Buzzing about
17. Remove
18. Unvarnished
20. Charitable handout
21. Set up
23. Volume expression
27. Fancy desk
32. Having no tension
34. Oddball
35. Chair type
37. To date
38. Character of a culture
40. Verizon product
43. Degree
47. Excellent
48. Absorbed, as a cost
49. Female deer
51. ____ you care!
52. A filthy place
53. Computer expert
54. Whip mark
55. Shed item
56. Looking like certain trees

Down

1. Viral disease
2. Type of CPU (abbr.)
3. ____ code
4. Mountain pool
5. Transmitting
6. Silo contents
7. Wee hour
8. Refrigerate
9. Egg
10. Not as many
11. Queen, maybe
19. Measurement of sound
20. No less than
22. Bull's mate
23. Metered transport
24. Sport ____ (all-purpose vehicle)
25. Slithery creature
26. Country stopover
28. Sue Grafton's "____ for Lawless"

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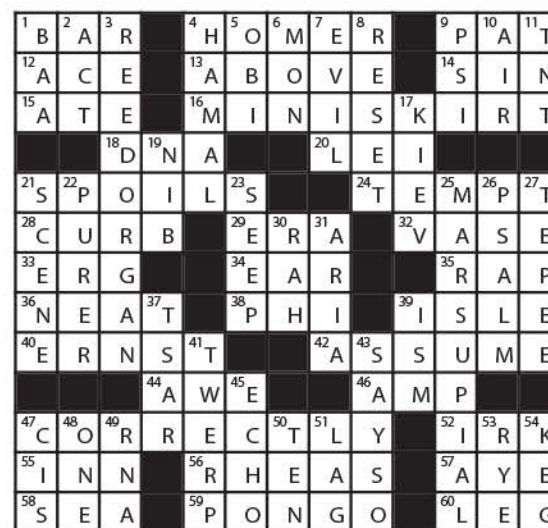


29. Give it a whirl
30. Poem
31. Container
33. Bebopper
36. Poor area of the city
39. Wild flower
40. Law suit
41. Bad to the bone
42. Hit the road
44. Halftime lead, e.g.
45. Winter air
46. Abound
47. Not cooked
48. ____ Wednesday
50. "Vanilla ____"

DAD JOKES



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





Northern Pacific Airways B757-200 spreads its wings

By Barbara Beckley

On January 18, 2022, Northern Pacific Airways introduced the new livery design on the first aircraft to guests attending the unveiling event in San Bernardino, California, at the Certified Aviation Services LLC (CAS.) hangar. Certified Aviation Services LLC is the MRO responsible for carrying out the painting of the livery.

The innovative design is thoughtfully curated to reflect the natural beauty of the Alaskan wilderness. Dramatic black hues and soft gray tones symbolize the state's mountainous terrain, ice, and snow. The livery's design includes the "N" letterform that sits behind the Northern Pacific logotype. The windshield features a bold, black masking treatment that adds distinc-

tive charm. The aircraft's winglets pop with a burst of sharp turquoise, accompanying the neutrals to represent the breathtaking Northern Lights. Completing the overall impression, the tail hosts a vibrant and elegant line motif that twists with an organic flair, juxtaposed with the eye-catching jet-black tail.

"The livery design carefully captures the Northern Pacific brand and our affection for our Alaskan home," explains Rob McKinney, CEO of Northern Pacific Airways. "The design echoes our airline's values—elevated customer service, an esteemed point of



[tail number N627NP]. The first in Northern Pacific Airways' fleet will be accompanied by the same aircraft types. For more information, please visit <https://np.com/> About Northern Pacific Airways Northern Pacific Airways (NP) plans to offer flights between points in the U.S. and points in East Asia by connecting through Ted Stevens International Airport in Anchorage, Alaska.

view, and an innovative route strategy designed to connect passengers from east to west."

The aircraft painted is a Boeing 757-200

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EXCITING NEW MUSICAL PLAYING IN HOLLYWOOD

By Contributing Writer

“Singing Revolution: The Musical” is a thrilling new musical theater production inspired by historical events. It’s playing through February 20 at the Broadwater Theatre in Hollywood, where you can see it now — before it heads for Broadway!

Featuring 20 triple-threat performers, a live band, and a rockin’ Europop score, Singing Revolution is a tale of star-crossed lovers set against the beautiful, moving and timeless true story of Estonia’s song-filled, peaceful uprising against the Soviet Union.

The real-life “Singing Revolution” was a nonviolent movement that took place over the course of four years. From 1987 to 1991, Estonians engaged in a series of

mass demonstrations, which included raising the banned Estonian flag and singing patriotic songs that were banned during the Soviet occupation. At one point, over 2 million people held hands, stretching for over 400 miles across three countries — from the capital city of Tallinn in Estonia, through Riga in Latvia, and all the way to Vilnius in Lithuania — to form a singing, human “Baltic Chain.” In this way, Estonians used their voices, not violence, to win their independence.

When lyricist/composer and Broadway veteran Tony Spinosa first learned about these events, which saw the people of Estonia literally singing as a shield against



Soviet attacks, he knew it was a story that would make the perfect big-ticket musical. Once word got out that he was turning the story into a musical, TV shows began to approach him for interviews. He was introduced to the Estonian consul in New York City and to Estonia’s minister of culture in Tallinn. He was able to interview many of the leaders of the Singing Revolution, most of whom are still alive and still living in Estonia. With their help, he began to

discover the passion and integrity of the Estonian culture and the heart of this musical’s story. In the end, Spinosa, along with book writer James Bearhart, turned these historical events into an emotionally satisfying, character driven love story with an amazing cast, a beautiful set and a captivating score.

In the play, Estonian student Taavi Tamm, who will later become a leader of the Estonian underground, falls in love with Sofia, daughter of a Soviet officer. Meanwhile, Taavi’s teacher Leena and her Russian colleague, Viktor find themselves similarly drawn to one another. Watching over the Soviets as they try to quash the Estonians’ budding resistance is Mikhail Gorbachev, who is joined by the ghosts of Vladimir Lenin and Joseph Stalin.

As part of the development process, songs from Singing Revolution: The Musical have

been previewed at the John F. Kennedy Center for the Performing Arts, the Estonia 100 Year Celebration in New York City, and the Estonian American National Counsel in Washington, DC.

Estonia’s journey to freedom through the power of song acts as a reminder to us all that the power of peaceful resistance can change the world.

Anyone who loves K-Pop and the Eurovision Song Contest will love this show, and here’s your chance to see it before it hits the Great White Way. The Broadwater Theatre is located at 6320 Santa Monica Blvd, Los Angeles, CA 90038. Ample street parking is available. Proof of vaccination is required for admission. Masks must be worn throughout the performance. For more information about Singing Revolution: The Musical and to purchase tickets, visit singingrevolutionthemusical.com. Tere tulemast Eestisse! (Estonia welcomes you!)

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Learning a New Musical Instrument Should be Fun Not Difficult

by Contributing Writer

Learning a new instrument can be a really, really great thing for anybody who's been playing for a while. It will allow you to step back from your primary instrument and come back to it refreshed and with new perspective, and it'll often inspire new compositional ideas that you wouldn't have had on your main instrument. If you get good at a second instrument, you might even be able to use it to get more gigs!

Though learning a new instrument can be a lot easier once you already have a musical background, becoming a multi-instrumentalist can present its own set of challenges. Here are some things I've done that have helped me develop my skills on a few different instruments.

Once we know the feeling of proficiency on one instrument, it's difficult to recall what it was like to be a beginner. Oftentimes, when you pick up a new instrument that you aren't proficient on, it can be frustrating to be unable to execute the ideas you hear in your head that you could easily execute on your primary instrument.

Take it slow. You're a beginner again; relish it! Play your scales at painfully slow tempos and shed on "Mary Had a Little Lamb" until your ears bleed. It'll be worth it.

Next, use your existing technical knowledge

If you're playing an instrument that's in the same family or similar to your primary instrument in any way, there will likely be some crossover as far as technique goes.

You can use this technical background to help you develop faster on your new instrument.

Obviously, if you're a clarinet player who's trying to learn the drums or a bassist who's trying to learn the bagpipes, you're out of luck here. Picking a new instrument to double on that has similarities to your primary instrument is going to lead to the fastest learning and even potential gig opportunities. For example, many violin players double on mandolin and/or viola, sax players often double on flute, drummers learn hand percussion, guitarists learn banjo or lap steel... the list goes on. It's the technical stuff



that you'll have to build up on your new instrument, so you'll already have a leg up by leveraging some of the skills you already have.

Study up on music theory

Anything and everything you know about music theory can and should be applied to any instruments you choose to pick up. Your knowledge of theory will likely allow you to pick up many concepts on your instrument that might take the average beginner years to understand or master.

Once you get a general idea of how your new instrument works, it should be a fairly simple process to use the knowledge you've learned on a different instrument to start figuring out basic scales, chords, or arpeggios on your new instrument. Once you're

able to start grasping these, it shouldn't be too hard to start picking out songs or parts of songs that you've learned on your other instrument. Again, starting slow is essential, but your development on a new instrument will be drastically hastened if you've got a music theory background to fall back on.

You'll also find that going through this process will actually strengthen your grasp of theory as well. Since you have no (or limited) technical background on

the instrument, you're relying on the theoretical knowledge you've developed. This will show you quickly where your knowledge is weak and will help you to strengthen said knowledge.

Playing with other people is one of the fastest ways to get better at your instrument. You probably realized this as soon as you started playing in your first bands. Once you've had a little time to develop your secondary instrument, the first thing you should do is try to get involved with a group.

Alternatively, try looking at some of the local music schools in your area. Oftentimes, in addition to lessons, they'll offer "band"-type performance programs that you can get involved in. These aren't free, of course, but they'll offer you a safe and supportive environment in which you can grow and play with other musicians.

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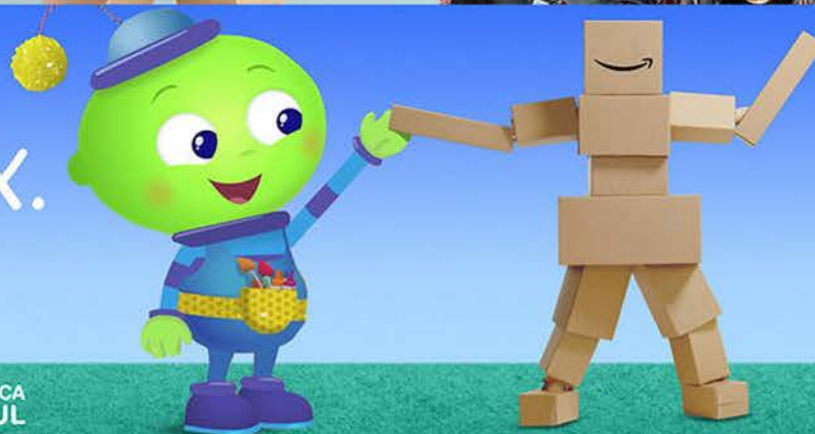
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By Contributing Writer

The Best Wigs for Health and Fashion

“Wigs are great to boost your fashion look when you are losing hair for various reasons such as cancer or alopecia.”

It's time to wig out!

Full Top Wigs

When you think of wigs, it is likely that you are thinking of full top wigs. This wig covers your entire head, and you don't leave any of your natural hair out. You can use them if you want to change your look because you can change the length of your hair, its style, and its color.

Full front wigs are made in different

ways. They can have closures or frontals.

They provide a natural look when they are worn correctly. It is easier to maintain closure wigs, so they tend to be more popular.

People who are going through cancer or suffering from alopecia often choose this type of wig. It helps to hide hair loss, and they can use this type of wig with very little natural hair.

Lace Frontal Wigs

Lace frontal wigs are popular because they are versatile and the hair looks as if it is growing out of the scalp. They are used to create the hairline from ear to ear. They come with the hair sewn in or bonded. You can style your hair by creating parts on the side or in the center as well as ponytails.

There are several benefits. They are easy to install, as it takes less than an hour. Once installed, you can style it however you want. You have a natural hairline, so you can make use of any style. This type of wig allows your natural hair to breathe. It is comfortable, and it allows air flow to your scalp and hair.

There are a few drawbacks. You need to use glue or lace tape to install them, and they last from two to four weeks. They can irritate your skin and damage your hairline. You will work hard to achieve the natural look. If the hair is sewn in, it will require more maintenance. Finally, it is more expensive.

Lace Closure Wigs

Another type of full top wig is the lace closure wig. This type of wig has a defined

hair style. You can choose from different styles, including a free part, a middle part, or a three-part style. People often choose the free part because you can choose where you part your hair.

The benefits of a closure wig are that they don't require as much maintenance. You just need to wash, condition, and style. The closure wigs also tend to last longer. They are better in warmer

weather because you don't need to glue.

However, you don't have the same versatility when you style your hair. You only have three choices, and you won't be able to have a ponytail. They don't fit as snugly as frontals, so there are some wigs that may not fit you.

Features

Resembles natural hair

Can be styled

Can last six to twelve months with proper care

Doesn't show natural hair

Is great choice for people suffering hair loss

Half-Top Wig

A half-top wig is used when people want to add volume to fine hair. This type of wig covers part of your head, and they are called half wigs. No matter which one you choose, it can add volume, length, and glam to your natural hair.

Hair Top Wig

A hair top wig is a partial wig that can cover different parts of your hair. It blends with your natural hair, and you can secure it with combs or clips. You can choose whether you want to cover the front of your head, your crown, or the back. They come in different colors, lengths, and sizes.

Half Wig

A half wig is similar to a half topper wig, but it covers the back of your head. The front of your hair will still show, and it can add volume and length to your hair. You can use a headband to hide the transition between the half wig and your natural hair.



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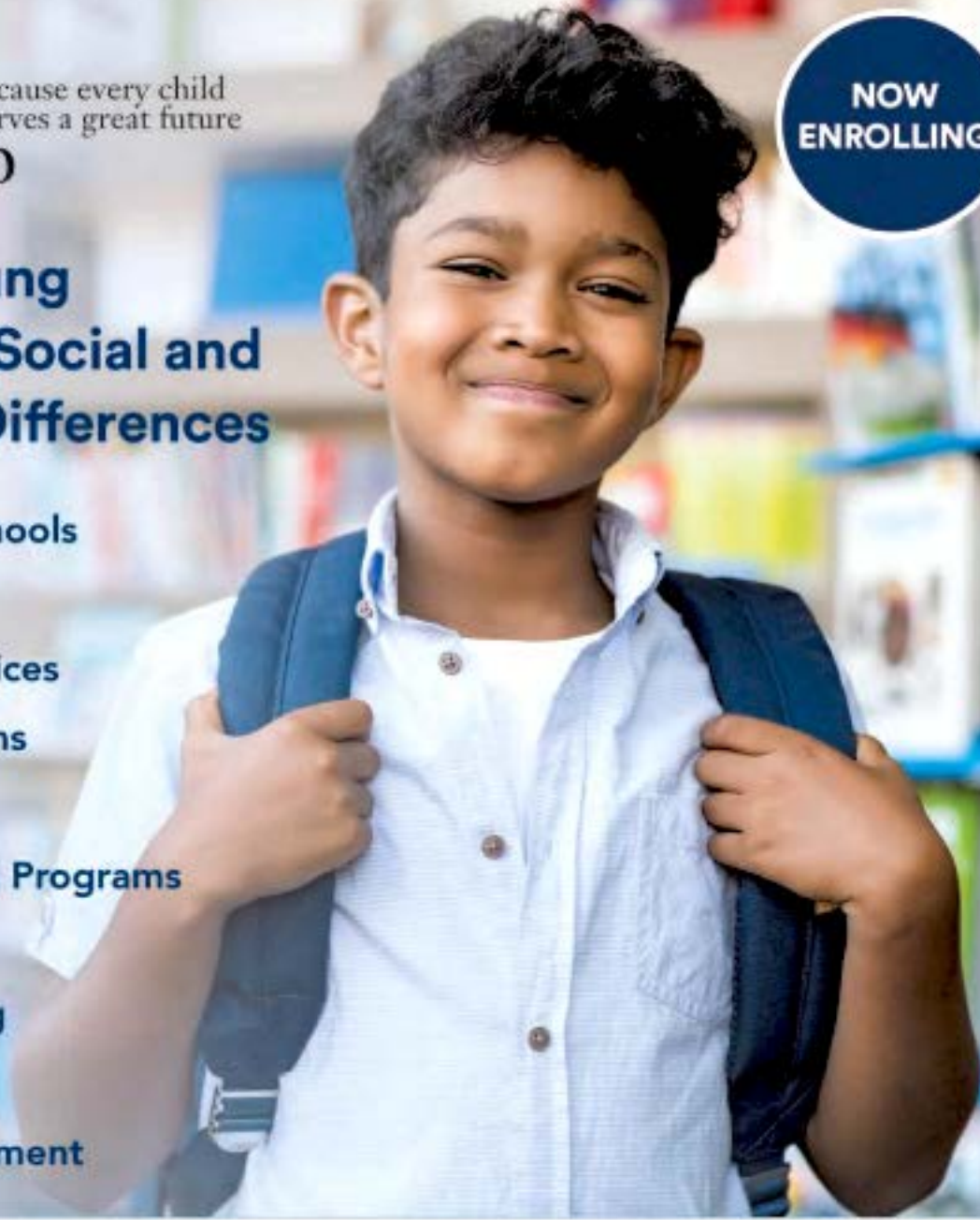


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