

SAN FERNANDO AND CONEJO VALLEYS



Valley Scene

M · A · G · A · Z · I · N · E

MOVIES

Entertainment ★ Leisure ★ Lifestyles

WWW.VALLEYSCENEMAGAZINE.COM

→ DECEMBER 9 - 22 VOLUME 23 NO.25

Click Here!
TO OPEN EMAGAZINE



Lady Chatterley's Lover

CULINARY CONNECTION



Urban Press Winery

GREAT ESCAPES



**hotel ZOSO
Palm Springs**



RING IN

THE NEW YEAR!

BY BARBARA BECKLEY

At last...
the road is open



Holiday Road

AN IMMERSIVE HOLIDAY EXPERIENCE

11.25 - 12.30

KING GILLETTE RANCH : CALABASAS, CA

FOR TICKETS

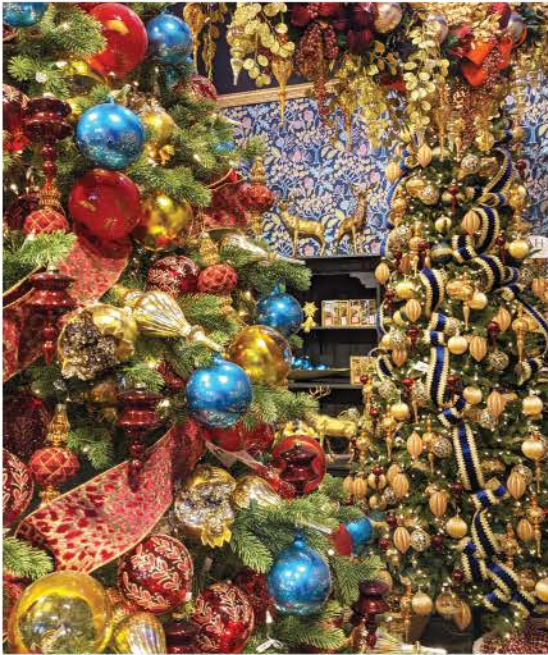
www.HolidayRoadUSA.com



Holiday
Road

Discover Aldik Home

Los Angeles' Most Magical Christmas Store For 70 Years



HURRY IN AND SAVE
40% OFF
LA's Best Artificial
Christmas Trees!



7651 Sepulveda Blvd. Van Nuys, CA

ALDIK
h o m e

AldikHome.com - (818) 988-5970

BIG BAND HOLIDAY PARTY

December 18



**BIG
BAND
ALUMNI**

The incredible
Big Band Alumni
celebrates the holidays
with Nancy Osborne
and Bill A. Jones



TICKETS SELLING FAST!

EL PORTAL
THE HISTORIC EL PORTAL THEATRE

5269 LANKERSHIM BOULEVARD, NORTH HOLLYWOOD, CALIFORNIA 91601

TICKETS: **818.508.4200**

ORDER ONLINE AT elportaltheatre.com

Bridal Premiere!

SUNDAY, JANUARY 22, 2023
11A.M. - 3 P.M.

Photo by Rebecca Theresa Photography



HYATT REGENCY®

HYATT REGENCY WESTLAKE
880 Westlake Blvd, Westlake Village

Tickets: \$12 Online / \$15 at Door

Special Gift for Every Bride

Complimentary Copy of California Wedding Day Magazine

CALIFORNIA WEDDING DAY

Grand Prize Drawings:

Bella
Bridal Couture



♡ **\$1000 Shopping Spree:** Valid at any one or more January vendors:
Courtesy of Bridal Premiere

♡ **Complete DJ Services:**
Courtesy of Double Time Entertainment

*Double Time
Entertainment*

♡ **\$500 Gift Certificate toward Your Wedding Gown:**
Courtesy of Bella Bridal Couture

♡ **Two 14K Permanent Bracelets:**
Courtesy of Moyén & CO. Jewellers

MOYEN & CO.
JEWELLERS

♡ **La Quinta Stay, Wedding under the famous
Las Vegas Sign & Photo Tour Package:**
Courtesy of La Quinta by Wyndam & LV Wedding Connection

LAQUINTA
BY WYNDHAM

Drawing January 22, 3:00 PM.

Must be Present to Win. Must be a Bride. Must have a Wedding Date

The Bridal Premiere is the Place for Brides & Grooms to Be.



Bridal Premiere!

Meet The Vendors

Information: www.bridalpremiere.com 805-376-3515



JAPANESE HOLIDAY ORNAMENTS

By Contributing Writer

In most countries of the world, especially those of Christian tradition, Christmas brings among other things, Christmas decorations. From houses to businesses, coffee shops and even some offices are filled with different types of ornaments. Japan has its own tradition with this custom, but those who have lived in Japan or have gone in December will have been seen that. Between ornaments of red and white colors with motifs of Santa Claus, reindeer and Christmas trees there are others much more ornate and peculiar for us. You may have wondered what they are or mean. They're traditional Japanese decorations, and are linked to the New Year, not Christmas.

One of the most typical New Year's ornaments that you can find in any store or supermarket with different designs and sizes is the kagamimochi.

Traditionally it was made with two mochis (rice paste) rounded stacked one on top of the other and above all a tangerine or Japanese bitter orange called daidai. Although today there're also families who do it in the traditional way, especially in the

countryside or more rural areas, in large cities the most common is to buy a plastic one at any store or supermarket. To do it correctly, one must make the mochi paste from the beginning and people don't have that time or the necessary tools.

But even if they are made of plastic on the outside, inside there's authentic mochi and you can eat it. As I said at the beginning, there are different designs and sizes. For example, how this New Year is going to be the year of the rat according to the Chinese horoscope, there are many kagamimochi that are adorned with an adorable mouse. Or even with Disney characters, mainly Micky and Minnie (which are originally two mice).

The kagamimochi is an offering to the Shinto gods and it's said that the two mochis represent the Ying and Yang, the Moon and

the Sun or even the years that come and go. Therefore, it must be placed on a special cloth called shihoonbeni, which in turn is placed on top of a wooden support called sanpoo. The families that can, put this whole

set on the small Shinto altar, called Kamidana or if you don't have this Shinto altar you can place it in the tokonoma, which is a cubicle or small raised space in a Japanese-style room with tatami floor called washitsu)

Another of the ornaments that you will see in Japan these days is the shimekazari. While in the West we put in our doors the wreath ring tree with "Merry Christmas" messages in Japan they put the shimekazari on the doors of houses and businesses to attract and welcome the Gods of good fortune and ward off the evil spirits.

The original shimekazari is made up of a string of rice straw called shimenawa that has zigzag strips of paper, called shide. They also

have pine leaves (symbolizing longevity) and a bitter orange (a symbol of posterity), among others.

Finally we have the kadomatsu, which consists of three bamboo shoots of different lengths, pine and plum branches. As with the shimekazari, the kadomatsu is placed at the entrance or the garden as it's said to serve as a temporary abode of the Shinto Gods who come to visit the underworld to bless humans.

And as in Japan almost all things have a meaning and aren't made randomly, the same happens with the kadomatsu. Bamboo symbolizes prosperity, and we can find it cut diagonally (kadomatsu sogi) or horizontally, showing the knots (kadomatsu zundou). The pine, as with the shimekazari, symbolizes longevity. Finally, plum branches symbolize constancy. Kadomatsu literally means pine door, but in Japanese pine is pronounced the same as waiting. That is why it's said that pine branches in Kadomatsu mean "waiting for God", being these pine branches the most important of kadomatsu and not bamboo canes, as people often think. Some of these beautiful ornaments can be purchased in Little Tokyo DTLA.



- HAPPY HOUR IS BACK! -
EVERY MONDAY - FRIDAY FROM 4PM - 6PM
Specials on Food, Beer, Wine and Cocktails



**THE LOCAL PEASANT
 BRUNCH**

SATURDAY & SUNDAY 11AM- 3PM



SHERMAN OAKS
 14058 VENTURA BOULEVARD
 SHERMAN OAKS, CA 91423
 (818) 501-0234

TLP
 www.thelocalpeasant.com

WOODLAND HILLS
 22901 VENTURA BOULEVARD
 WOODLAND HILLS, CA 91464
 (818) 876-0105

RING IN THE NEW YEAR!



By Barbara Beckley

Guess what!!! This New Year's Eve is Saturday night!!!! Woo hoo! Humanity has been ringing in the New Year for at least 4,000 years dating to ancient Babylon. Make this one for the record books – with the ultimate celebrations & cheer.

Adults Only –

Dress to impress and trip the light fantastic! Festivities are sizzling all over town. In WeHo, raise the roof at one of the newest see-and-be-seen spots: Harriet's Rooftop bar (<https://www.zochagroup.com/event/harriets-rooftop-la-nye/>) in the 1 Hotel on the Sunset Strip. Fashioned in the spirit of a classic cocktail lounge, party hardy to live DJs and a five-hour premium OPEN bar, backed by LA's glittery skyline. 9 p.m. – 2 a.m. \$170 to \$5,000 for a table minimum of 15. Insider tip – arrive after 12:30 a.m. and it's only \$50.

Also on the Strip, follow the likes of Drake and Kendall and Kylie Jenner to club Bootsy Bellows, the art deco-style brainchild of actor David Arquette fashioned as a tribute to his mother, a 1960s burlesque performer. Trip to DJs spinning hip-hop, house and mash-up; live Countdown, champagne, party favors, five hours of premium OPEN bar and plenty of glitz at “Bootsy Bellows NYE 2023” (<https://www.zochagroup.com/event/bootsy-bellows-nye/>). 9 p.m. – 2 a.m. From \$99 to \$7,000 for a table of 20.

Speaking of burlesque! Pin-up icon “Dita Von Teese: Glamazonix NYE Gala” (<https://laorpheum.com/>) dazzles with a present-day spin on a 1940s variety show with comedy and striptease at The Orpheum Theatre's annual year-end burlesque extravaganza in DTLA. Doors open 9 p.m. \$49.50 - \$322.



Head to Santa Monica and bar-hop like there's no tomorrow! Join the “Crawl ‘Til the Ball Falls: Santa Monica NYE Bar Crawl 2023” (www.eventbrite.com) for as they brag, “the best drink specials and bars in town” including the Britannia Pub, Barney's Beanery, Cabo Cantina, Santa Monica Whaler and more, more, more! 6 p.m. - 2 a.m. \$20 - \$60.

Or Santa Monica's biggest New Year's Eve pub crawl – the “2023 NYE Countdown Pub Crawl Experience” (<https://www.shorehotel.com/santa-monica/event-calendar/ring-in-the-new-year>). Register at the Circle Bar or Barney's Beanery and continue with professional party leaders to, as their site proclaims, “Santa Monica's most famous bar-hopping destinations, with VIP entry and exclusive deals & drinks.” Ending at private After Party. Drinks as low as \$4 drafts; two-for-one premiums, and champagne! 6 p.m. – 2 a.m. \$9 - \$40.

Prefer big city sizzle? Join the DTLA Nassive Entertainment “NYE Los Angeles Bar & Club Crawl 2023 Bar Crawl,” (www.nassive.com) with exclusive drink specials

and select FREE welcome shots at bar parties throughout downtown. Register at the Broadway Bar and be surprised at 10-plus bars TBD. Some new and some the same as last year's including Pattern Bar, LA Biergarten, The Reserve, and Golden Gopher. 8 p.m. – 2 a.m. \$19 - \$39. Hit the heights at the Roaring '20s themed “Gatsby's Penthouse LA New Year's Eve Party” (www.eventbrite.com) swinging atop one of LA's tallest skyscrapers on the 59th floor of the U.S. Bank Tower in the Capture Studios Penthouse. Toast with the four-hour premium OPEN bar, two DJs spinning top 40s, casino games for prizes, a DJ-led Countdown and sky high skyline views. \$179 - \$2,750 VIP Table package for up to 12 guests.

Hit the ground running at Union Station's annual “Prohibition NYE 2023” (<https://prohibitionnye.com/>). Rock out to DJs Neil Frances and Totally Enormous Extinct Dinosaurs; a jazz ensemble, burlesque dancers, custom cocktails and premium OPEN bar. As the clock strikes midnight, make a champagne toast to the signature 60-foot Ball Drop. \$165 - \$3,000 VIP Table – Main Stage.

A few streets away, “Grand Park's NYELA Countdown to 2023” (<https://grandparkla.org/>), the West Coast's largest FREE NYE event, parties across six blocks and two stages showcasing Grammy-nominated Cuban Funk artist CimaFunk and world renowned DJ Marques Wyatt for this 10th anniversary celebration. All eyes are on City Hall, as the legendary Midnight Countdown projects stunning 3D visuals onto the iconic building. Non-stop entertainment also features Global Bass DJ Gingee, Bhangra/Afrobeat DJ MTooray, Cumbia Latin Alternative musician San Cha, Electronic Jazz musicians Mark de Clive-Lowe & Friends, and Cuban dancers. 8 p.m. – midnight. No alcohol permitted.



Out by the airport the 24th annual “Jazz at Sea NYE Gala” brings glitz to the Hyatt Regency LAX grand ballroom (www.evenbrite.com). Themed “Opulence,” headliners include Howard Hewitt and Loose Ends, with super DJ Shell. Cocktails, three-course dinner, party favors and glamor, glamor, glamor. 8 p.m. – 2 a.m. \$70 to \$260.

Make it a theme park night to remember – at “EVE Universal Studios Hollywood” (<https://www.universalstudioshollywood.com/>), billed as “Hollywood’s biggest NYE celebration.” Enjoy multiple venues with specialty live music, cocktails, champagne, beer, wine and glow souvenirs: “Latin Beats,” near Jurassic World-The Ride; “Electric New Year,” with electronic dance music at Springfield, U.S.A., and “Rock the Night,” with pop/rock/hip-hop at Universal Plaza. Plus EVE-themed photo ops, late hours on the rides, the Midnight Countdown and brilliant fireworks. December 31 extended hours ‘til 2 a.m. NYE festivities 9 p.m. – 2 a.m. All special events are included in your admission. One-day California residents from \$104. California Resident Universal Express from \$189.

Get a NYE High!

Say hello to 2023 in the mountains – with family and adult fun. Stay in Big Bear and cheer the New Year for FREE! The 58th annual “NYE Torch Light Parade” (<https://www.bigbear.com/>) brightens the New Year as 200+ skiers and snowboarders swoosh down the mountain in a flurry of light, followed by the (snow) ball drop. Then party the year away on the mountain. 7 – 10 p.m. Or join “Wyatt’s

Family New Year’s Eve Party 2023” at Wyatt’s Grill & Saloon (<https://big-bearevents.com/wyatts-5-2/entertainment/>). Music and dancing with the Doo Wah Riders, and DJ country tunes, a special NYE menu, free kids’ activities, free champagne toast for the massive balloon drop, party favors, and – free rides home on the “take home” shuttle! 5 p.m. – 1 a.m. \$22, adults; \$12, ages 13-17; \$10, ages 12 and under. 21+? The “NYE 2023 at SkyPark at Santa’s Village” (<https://skyparksantasvillage.com/>) headlines Ryan Dufford and Sixty Grit Band, free hors d’oeuvres and a cash bar. 7 p.m. – 2 a.m. \$35.

Family Celebrations

Ring in 2023 with the kids at your favorite attraction. Always a family pleaser – Marina del Rey’s FREE “Glow Party & New Year’s Eve Fireworks” (<https://visitmdr.com/>) at Burton Chase Park. Not one – but two NYE celebrations!! Each followed by a 10-minute firework display. At 8:59 p.m.; and again at midnight. Live entertainment, food trucks, face painting, photo booths and more. 7 p.m. – midnight. Also double the NYE family fun – and thrill to a huge Grape Cluster drop – in SoCal’s award-winning wine region at the “Temecula New Year’s Eve Grape Drop” (<https://www.visittemeculavalley.com/>) in Old Town Temecula. Toast to New Year’s at the 9 p.m. East Coast countdown, then again at the Midnight West Coast countdown – both featuring grapes dropping from on high. Kids’ activities and Fun Zone open 6-10 p.m. Dance to live music and enjoy food and beverage vendors 6 p.m. – 12:30 a.m. Free, free, free.

Parade of Lights
OUT OF THIS WORLD
2022

VENTURA HARBOR

DEC. 16TH & 17TH | 6:30PM - 8:00PM

**BOAT PARADE | FIREWORKS | FAMILY RIDES
FAUX SNOW | WATERFRONT DINING**

HAVE A BOAT? DECORATE & SIGN UP! FREE TO ENTER, PRIZES & PERKS
SCAN FOR INFO

THANK YOU TO OUR GENEROUS SPONSORS & COMMUNITY PARTNERS

In Santa Monica, the annual one-time only "New Year's Eve Musical Review" at the Santa Monica Playhouse (www.santamonicaplayhouse.com/) is a joyous tradition. Can you believe? This is its 51st anniversary!! Extra special with champagne or sparkling non-alcoholic cider; sweets and savories, hats, tiaras, noisemakers, streamers and meet 'n' greets with the cast of this year's rousing Rudie-DeCarlo in-person multi-media event featuring onstage Playhouse artists and special guests streaming from around the globe. Enjoy 40s jazz to country rock, Jewish patter songs to romantic ballads and other delights culled from six decades of audience favorites. Two shows: 7 p.m.: \$39.50, adults; \$24.50, kids 12 and under. 10 p.m.: \$49.50, adults; \$34.50, kids 12 and under. If the kids

\$59.95. Or party with wonderful land animals (although they will be in bed) at "L.A. Zoo Lights Family New Year's Eve" (www.lazoo.org/). Punch up the fun with express entry to L.A. Zoo Lights: Animals Aglow; buffet dinner and dessert, dancing and a live broadcast of New York City's Times Square Ball Drop! Begins 6 p.m. \$100, adults; \$75, kids 2-17; free, kids 2 and under.



Disney fans – head to Anaheim and "New Year's Eve at Disneyland" (disneyland.disney.go.com/), an extravaganza of music and special activities including the Disney Holiday Dance Party and spectacular "New Year's Eve Fantasy in the Sky"

fireworks at 9 p.m. and again at midnight. NYE festivities 7 p.m. – 1 a.m. From \$83.

Perhaps the ultimate family NYE – when you want the little ones to still get a good night's sleep – "Kids New Year's Eve at Legoland!" (<https://www.legoland.com/california/>) in Carlsbad. "Midnight" comes early December 31, with live music, character encounters, a dance party, all the rides and activities, and NYE Countdown and fireworks – at like 6:30 p.m.! Park hours: 10 a.m. – 7 p.m. One or multi-day tickets from \$89. Stay & Play hotel package from \$160 per person.

Want to celebrate in a quiet way? Join the "Dance Yourself Clean NYE Show" at the Teragram Ballroom (teragramballroom.com/tm-event/dance-yourself-clean/) in Westlake Village. Perfect for low key indie pop buffs. 9 p.m. \$30, general; \$100, VIP.

Happy New Year!!!



want a fresh theatre experience, they'll find plenty of laughs at "Pull My Finger – New Year's Eve Edition." This G-rated family friendly comedy show includes stand-up, improv and a high level of silliness. And no wonder. It's at The Crow – Bergamot Station Arts Center (www.crowcomedy.com), proudly owned and operated by a mom! 5 p.m. \$25.

Animal lovers? Dive into 2023 at the Aquarium of the Pacific's (www.aquariumofpacific.org/) "New Year's Eve Night Dive!" Boogie with the fishes to a live band in the Great Hall and DJs spinning in the galleries. Snap a pic in the photo booth, grab a drink from the cash bars or snack at Café Scuba. Visit your favorite animals. All the exhibits and galleries will be open – except Lorikeet Forest – but their lighting will begin to dim at 10:30 p.m. insuring the animals a good night's sleep. Cheer the New Year at the midnight Confetti Countdown. 8 p.m. – 1 a.m.

GIANT DINOSAURS IN THE VALLEY

The World's LARGEST Dinosaur Exhibition Is Coming to Woodland Hills!

LOS ANGELES
Pierce college

Open now through December 18

- Over 100 life-size and life-like dinosaurs ranging from babies to adults up to 70 feet long and 40 feet high
- So realistic, you will think they are alive
- See them during the day or how they lived after dark

Sensory Friendly Sessions Available

Military, Veterans, and Children Under 2 receive FREE admission – Service Fees Will Apply

\$5 OFF TICKETS

USE PROMO CODE: VALLEY

Disclaimer: Not valid on previously purchased tickets. Additional fees and taxes will apply.

PURCHASE TICKETS VISIT
DinosaursInTheValley.com

Brought to you by



ULTIMATE FUN PRODUCTIONS



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 Jenson-Jones
Ronnie Greenberg, Joshua Kushner, Jr.

SPECIAL EVENTS EDITORS
Derek Devermont
Bruce Wildstein

SENIOR TECHNOLOGY EDITOR
Brad Winchell

THEATRE EDITOR
Steve Moyer

PET EXPERT/CONTRIBUTOR
Valli Aman

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

STAFF PHOTOGRAPHY/WRITER
Danika Levine, Joshua Shevchuk

LAYOUT & DESIGN
Pam Strugach

ADVERTISING SALES DIRECTOR
Trisch Kushner

ADVERTISING SALES MANAGER
Josh Sanford

CLASSIFIED ADVERTISING MANAGER
Mark Selfman

ACCOUNT EXECUTIVES
Laura Gina Mendos

CIRCULATION MANAGER
Eric Escobar

MAIN OFFICE
(818) 888-2114

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

www.valleyscenemagazine.com

E-mail
contact@valleyscenemagazine.com

Address
6520 Platt Ave Suite 336
West Hills, CA 91307

Torrential 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,

LIFETAKES

VISA
lifetakesvisa.com



**Sugar, spice
and everything nice.**

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

HOW TO DE-STRESS AT HOLIDAY TIME

By Liz Ammirato

Although the holiday season is often thought of as the most wonderful time of the year, it can bring with it added stress from shopping, cooking, decorating, and hosting parties to dealing with extended family members. It's important to make wellness a priority and give yourself the gift of unwinding physically and mentally.

"There seems to be a lot of emphasis on either watching your weight for the holidays or declaring unrealistic goals in the form of New Year's resolutions," says



Kathryn Leary co-founder of OneFirelight, a new in

spirational online wellness platform that promotes unity, strength and self-care through a diverse catalog of unique streaming classes "But the focus shouldn't be about meeting the expectations of others; this should be about celebrating yourself for a year-long effort and incorporating wellness and self-care into your lifestyle."

which lifts the spirit and helps to change the energy within your body. If you can't get outside, at least gaze out a window.

"I personally like incorporating earth stones and crystals into my wellness routine," adds Kathryn Leary. "These stones are a gift from the Earth, each with its own special vibration to help restore harmony, peace and positive energy. For example, Selenite is said to be a powerful

EMPLOYMENT LAW ATTORNEY GET JUSTICE!

**HAVE YOU BEEN
WRONGFULLY
TERMINATED?**



**Transgender Discrimination
Wrongful Termination
Sexual Harassment
Meal Breaks
Age Discrimination
Rest Breaks
Overtime
Medical Leave
Minimum Wage
Employment Contracts
Pay Stub Problems
Exempt Employees
Expense Reimbursement
Live-in Workers**

NO RECOVERY NO FEE & 100% FREE CONSULTATION

LAW OFFICES OF JAMES E. NOBLES
(818) 284.3159 or ask for James or
james@nobleslegal.com
lawofficesofjamesnobles.com

Here are some basic tips from OneFirelight to help ease the stress of the holidays and maintain calm and balance throughout the New Year:

Start with customizing an individualized wellness plan. Set goals for improving your physical health and fitness, enhancing mental clarity, and changing thinking patterns and negative emotions. Be sure to incorporate self-care and "me" time by simply setting aside time for relaxing instead of always doing things for others or working.

Incorporate physical activity and good nutrition into the plan. Create an exercise routine and start small, whether it is walking 20 minutes a day or working out at home with a yoga class. Try to eat healthier by incorporating clean eating recipes into daily meals and choosing fresh, nutrient-rich food products.

Pay attention to emotional and mental health by setting aside 15 minutes a day to meditate to calm your mind and reduce stress. Write down what truly makes you happy and what brings joy. Start your day with noting three things to be grateful for. Spend time in nature and listen to music

crystal that promotes peace and calm, mental clarity, and well-being, while Pyrite helps bring about the manifestation of goals."

The OneFirelight wellness platform was developed to bring a mind, body, spirit modality to the fitness space by combining the restorative effects of yoga practice, strength building of cardio/kickboxing, healing of sound meditation, and joyfulness of dance. OneFirelight results in calming the mind, strengthening the body, and uplifting the spirit. The unique platform offerings are carefully curated to promote expressions of love, peace and unity with classes that are exquisitely filmed in nature and choreographed to the licensed soul-nurturing music and unifying expressions of global icon Bob Marley, grandson Skip Marley, as well as other conscious musicians from the Blue Mountain Music Catalog. The music produces a spiritual enrichment and the beautiful settings of water and greenery induce a meditative state of mind. Try OneFirelight with a 3-day free guest pass at www.onefirelight.com.

★ CBF PRODUCTIONS ★

SNOW N GLOW

Holiday Festival™

VENTURA FAIRGROUNDS

NOW THRU DEC 26

★ RESERVE YOUR HOLIDAY MEMORIES TODAY! ★

-  FIREWORKS EVERY SATURDAY!
-  SNOW TUBING
-  WALK THRU 1 MILLION + LIGHTS
-  SANTA VISITS
-  CAROUSEL RIDES
- & MORE!

SnowNGlow.com



By Contributing Writer

Emancipation

It comes as some relief that Antoine Fuqua's "Emancipation," starring Will Smith as a runaway slave in Civil War-era Louisiana, is not, at least traditionally speaking, an Oscar movie.

Despite the film's historical backdrop, its awards-season timing and its inevitable connection to last March's Academy Awards ceremony, the site of the Slap, "Emancipation" is not quite the solemn prestige picture you could easily mistake it for. It's an action thriller.

Fuqua has made a film more akin to a gritty, survival actioner — a chase movie that takes its potency less from psychological realism than a brutal B-movie construction. Immersed in the desperate but cunning escape of Peter (Smith), "Emancipation" is a straightforward parable of Black resistance and spiritual perseverance.

That approach makes "Emancipation" something distinct from many big-screen treatments of slavery. Fuqua's film is often harrowing and gripping but also less nuanced and too narrowly confined.

Peter, whose name was Gordon according to many accounts, was a pivotal historical figure but also a little-known one. In March 1863,

he escaped from a Louisiana plantation. Ten days later, he reached the Union army in Baton Rouge. There, a photograph was taken of him on a chair with his bare back — mangled by scars. Gordon went on to join the Union army but the photograph, known as "Whipped Peter," became one of the most iconic portraits of slavery's barbarism, and helped fuel abolitionist movements.

"Emancipation," penned by William N. Collage, takes those facts and expands Peter's tale. Fuqua, who drains the film almost entirely of color, has given Peter some familiar notes of family and faith. Peter is ripped away from his family to help build a railroad for the Confederates, his goal is to get back to his wife (Charmaine Bingwa) and children. With an unflinching belief in God, Peter's journey takes on Biblical dimensions. So great is the violence that surrounds him that the monochrome swamps of Louisiana morph into a metaphorical wasteland. "Where is God?" one man asks. "He is nowhere."

The white man who guards against runaways, Fassel (Ben Foster), tells Peter that he's his god. "You walk the Earth because I let you," he snarls. When Peter grasps his moment to flee, it's Fassel,



with two others, who chase after. Peter sets out on his own. Few films reside quite so much in the swamp, as Peter navigates through mud, snakes and alligators with "Lincoln's canons" guiding his way.

As Peter, Smith relies less on his charisma than ever before. The character hardly speaks. As a physical feat, Smith's performance is formidable. But there's little here that fleshes out Peter. The film has supplied Peter little beyond the most basic of characterizations.

Robert Richardson's cinematography is often mesmerizing. The camera draws attention to itself, just as do occasional flashes of color peppered throughout. But there are also mesmerizing black-and-white tableaux that seem to want to pull "Emancipation" to a higher realm.

"Emancipation" isn't laden with self-importance, but it is single-minded in its depiction of the savage inhumanity of slavery, and one man's courageous, indomitable refusal to accept it.

Lady Chatterley

By Contributing Writer

Young actor Emma Corrin has a thing for characters who marry unwisely.

We cringed when Corrin's Diana married Charles in "The Crown." Heartbreak also loomed for Harry Styles' blushing bride in "My Policeman."

We see Corrin as a beaming bride again at "Lady Chatterley's Lover," a new adaptation of the scandalous 1928 D.H. Lawrence novel, launching another union that will bring grief.

This "Chatterley," directed by Laure de Clermont-Tonnerre with a screenplay by David Magee, aims to tell the well-known story of an upper-class woman's scandalous affair — crossing class barriers to achieve sexual pleasure and romantic love — from her own point of view.

Lawrence's novel may have been shocking when it was published — it was the subject of a major obscenity trial in Britain — but it is not shocking now, no matter how frank the sex scenes. So any adaptation needs more.

The best thing this one has is Corrin, supported by co-star Jack O'Connell as Oliver Mellors, the gamekeeper on the Chatterley estate. Corrin draws us in with a vibrancy that only deepens. This is a performance that radiates emotional intelligence, spirit, and especially drive.

We meet Constance Reid on her wedding day to Lord Chatterley, excited for the future. But this is World War I, and after a rushed wedding night, her new husband (Matthew Duckett,) is off to the front. When he returns six months after war's end, he's paralyzed from the waist down. The couple settle into his vast country estate, Wragby, and Constance into her wifely duties.

But Connie finds herself struggling. She misses city life and resents her husband's treatment of his workers. She takes restless walks, and finds herself where Oliver keeps his game. They strike up a conversation. Soon, they strike up more.

Any "Chatterley" has to convey the transformative effect that passion has on



Connie. In any case, passion evolves into love, doomed though it must be, and soon Connie suspects she is pregnant. Oliver is hardly the man Lord Chatterley had in mind when he suggested, his wife secretly enlist a man to help conceive an heir to the Chatterley name, since Chatterley himself is unable to. Connie

has different ideas. She wants a child, but she also he wants a divorce. And she wants Oliver.

Those who remember the book will find the ending different. What sticks, are qualities Corrin brings — grit, smarts, and determination. It might be overstating to call this feminist. But Corrin, gives reason to crack open the tome and consider it anew.

LOCAL POP ARTIST CARTER VAIL

NEW EP & TOUR DATES

ndie/alternative musician and producer CARTER VAIL made waves with his 2018 debut single “Melatonin” which was instantly added to Spotify’s popular “Dreampop” playlist, garnering VAIL a grassroots fan base and cult following on social media. Since then he’s independently released several singles and EPs, and his debut 2020 album RED EYES was described by Atwood Magazine as an “excellent introduction to his spectacularly evocative artistry” while praising its “dynamic beats, catchy lines and charismatic, feelgood indie pop charm.”

VAIL is excited to announce his signing to the Detroit-based music company Assemble Sound (Atlantic Records) and reveal his latest single “I WANT YOU.” Featuring distorted guitars and glittering synths, “I WANT YOU,” is an upbeat dance anthem with nostalgic vibes and sentimental grooves.

“I’m so excited to announce my new single ‘I WANT YOU,’” shares VAIL. “The song marks two big personal milestones. It’s my first release with the Detroit-based label Assemble Sound and the first song I wrote after moving to Los Angeles. I made ‘I WANT YOU’ as a nod to some my favorite indie-dance tracks in high school from bands like The Killers, Cake and The Strokes. ‘I WANT



YOU’ centers around my own stream of consciousness when thinking about how awkward falling for someone can be.”

VAIL, who’s based out of Los Angeles, will soon announce tour dates in early 2023 along with details on his upcoming new EP via Assemble Sound.

In 2018, while finishing his sophomore year at the University of Miami, Carter Vail released his debut single,

“Melatonin.” Though unsigned and unknown, the song was placed on Spotify’s ‘Dreampop’ playlist, quickly gaining a grassroots fan base. After releasing several more singles, culminating in his debut album Red Eyes, Carter solidified his trademark feel good indie-rock anthems, drenched in chorused guitars and distorted synths, placing him sonically between Mac Demarco and The Killers.

In 2020, quarantine brought about a sonic shift for Carter in the form of The Interstellar Tennis Championship. The concept EP blended lo-fi, disco, indie rock and Bossa Nova to tell the story of a boy traveling to space. Though lighthearted on the surface, the EP touched on themes of love, loss and growing up.

Carter began making short form comedy songs in the Spring of 2021. Originally intended to showcase his production for other artists, these songs have since gained several millions of views on TikTok and Instagram and have developed a cult following on social media leading to brand campaigns with Dave’s Killer Bread, Apple and Adobe Creative Cloud and sync placements in “Shameless,” “Nancy Drew,” “The 4400” and more.

Carter writes and records his music at his home studio in Los Angeles and plans to release a new EP in 2023 via Assemble Sound.



Great Music Close To home!

San Fernando Valley Symphony Orchestra
James Domine, Music Director & Conductor
2022-2023 Concert Season All Performances Here!



THE HISTORIC
El Portal Theatre
NORTH HOLLYWOOD, CALIFORNIA

**San Fernando Valley
Symphony Orchestra**
James Domine, Music Director

Presents

January Winter Concert

Saturday Evening, January 28, 2022 at 8:00 pm

PROGRAM

Wagner: Der Fliegende Hollander
Overture

Tchaikovsky: Symphony #1 in
G minor (Winter Dreams)

Korngold: Violin Concerto in D major
- Alena Hove, violinist

(Pre-Concert Lecture starts 7:30 pm)



James Domine, Music Director & Conductor

New!!! Pay What You Can Afford Admission Policy
Open Seating - Children Under 12 - Free
For concert information call (818) 347-4807

To reserve your seats & for concert information visit:
www.elportaltheatre.com
www.sfvsymphony.com



THINGS YOU MAY NOT REALIZE FACEBOOK KNOWS ABOUT YOU

By Contributing Writer



The ways Facebook spies on its users include tracking mouse movements, logging battery levels and monitoring devices close to a user on the same network.

Device information

Facebook tracks what device you are using. It will log the hardware manufacturer of your smartphone, connected television, tablet, computer, or other internet-connected devices. Facebook also tracks the operating system, software versions and web browser.

If you're using a smartphone, it will keep a record of the mobile carrier, while internet service providers (ISPs) will be stored for users using a Wi-Fi or Ethernet connection. In some cases, it will monitor devices that are using the same network.

Mouse movements

Facebook watches the movements of your computer mouse on-screen. This type of information 'can help distinguish humans from bots.'

App and file names

Tracking the app you use to interact with Facebook helps the company learn

the type of devices you favor. Facebook keeps a note of the file names in your system for the same reason. This data is synced with your profile, and will influence the types of advertisements you see.

Device operations

Facebook wants to learn how you use its social network. To do so, it records whether you keep your Facebook browser window at the foreground of your computer screen - or leave it in the background.

Device connections

The social network monitors different connections from your smartphone, tablet, laptop, or smart TV. It monitors the signal strength of your mobile data connection. This data can be used to establish whether you typically use Facebook in one particular location. Nearby access points, beacons and cell towers can also be used to work out a rough location, which Facebook can use to tailor search results and adverts.

Devices that are nearby

Facebook gathers information about other devices that are nearby or on the same Wi-Fi network when you login or open the app. The company says it tracks this data to help users perform tasks that require multiple devices.

Battery level

Battery level of your device is being monitored by Facebook. This data could be used to track the impact the Facebook app is having on battery life of the device.

Available storage space

Facebook keeps track of the available storage space on any device running its app. The app needs this information to work-out whether it can perform certain functions, like saving an album of photos to the desktop.

Plugins installed

Facebook also keeps tabs on whether you have any plugins installed. Software plugins, like Ad Blockers, can impede some of the social network's functionality.

Connection speed

Your device's connection speed is also recorded. This data is used to tailor its targeted advertising.

SYV Horseback Rides Proudly Presents

A COWBOY CHRISTMAS

Select Days November 25 to December 23, 2022
River View Park · Buellton, CA

Christmas Hay Rides
Santa's Petting Zoo
The Daring Elf Adventure (North Pole pony ride)
Photos with Santa
Christmas Pony Decorating
Ultimate Hot Cocoa Bar
Santa's Speakeasy (21+)
Artisan Boutique
North Pole Mailbox
Find "Cowboy the Elf"
Junior Reindeer Carnival Games
Bounce House
Special Daily Guests
North Pole Cafe
... & More!

THE NORTH POLE IS COMING TO SANTA YNEZ VALLEY!

\$20 - Adults
\$14 - Children 12 & Under
(Kids under 3 are free)

Paid Admission
Includes Complimentary Punch Card!

LIMITED TICKETS · ON SALE NOW

BUY TICKETS

Tickets are flying as fast as Santa's Sleigh! Get yours today.

WWW.SYVCOWBOYCHRISTMAS.COM

We'll help him find

the perfect gift



Introducing the

Jewelry Wish List

at Home Consignment Center

Check out our wide selection of jewelry...
try on as much as you'd like!

Choose your top 10 pieces and create
your "jewelry wish list." We keep the
list on file and he surprises you with
something from your list.

Less stress for him and you're
sure to get a gift that you'll love.

It's just that easy!



Diamonds • Rings • Necklaces • Pendants • Earrings • Bracelets

CALABASAS 26767 Agoura Road Ste A-1 818.880.8331

18 LOCATIONS IN CALIFORNIA, NEVADA & TEXAS

www.thehomeconsignmentcenter.com

Who Wants a Shot?

Who's Idea Was That?

By Guest Writer, Eli Turner

During the holiday season, drinking across the board of all cultures give toasts to celebrate life, health and wealth. So when you ask a bartender to give you a shot, he or she will not necessarily present you with a bullet or new opportunity. It's clear that you want a pour of liquor served neat in a small glass — that's what "shot" has always meant, right?

Not really. As with many drinking terms, the origin of "shot" in this context is cloudy. Google defines "shot" in reference to alcohol as, "a small drink, especially of distilled liquor" with Germanic roots. Ask the internet and believe the memes, though, and you'd believe otherwise.

"In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of

whiskey," one popular shot meme from 2003 states. "If a cowhand was low on cash he would often give the bartender a

cartridge in exchange for a drink. This became known as a 'shot' of whiskey."

The Drop Only

Kim LaCapria and David Emery, from the fact-checking website Snopes, looked into this. Surprise! Memes are rarely based on truth and this one is a complete lie. The oldest recorded reference Snopes found of shot as a measure of liquor was in the autobiography of Reverend Oliver Heywood, who lived from 1630 to 1702.

The West wasn't trampled over by whiskey-shooting cowboys until the mid-1800s.

Heywood's records do, however, include



the phrase "their vain way of drinking shots." Snopes suggests he likely learned of and adapted the term from another context. According to the Oxford English Dictionary, in 15th-century England, "shot" meant "a charge to be paid" when used in the context of a bill at the bar.

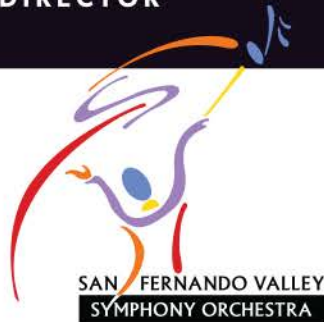
The humble shot has come a long way since Heywood's day. The size of a shot glass varies depending on which country you're in, and, in some places, shots are

consumed out of glasses attached to skis. Cocktail historian David Wondrich places the rise of shots among drinkers to the 1970s and '80s. Baby Boomers who didn't want to drink the stiff Martinis and Manhattans of the Mad Men era popularized the small, efficient alcohol-delivery system.

The next time you reach for a 1.5-ounce glass of liquor and prepare to regret your bar tab in the morning, remember your history, and the old, "vain way of drinking shots."

SAN FERNANDO VALLEY SYMPHONY ORCHESTRA
 JAMES DOMINE, MUSIC DIRECTOR
 PRESENTS

HAPPY
Holidays



Orchestra Gone Viral!

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.

Learn more at
www.sfvsymphony.com

Los Angeles County
Arts
 Commission

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.

IAC

SHEPHER
 COMMUNITY CENTER

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



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



URBAN PRESS WINERY & RESTAURANT

A TASTE OF SONOMA IN BURBANK

By Barbara Beckley

The winery is in Sonoma. The Tasting Room is in Burbank! Unique concept. And lucky for us. We get to enjoy curated Sonoma wines – paired with fine cuisine and sophisticated entertainment – just by driving down San Fernando Road!

“A small entrance. But a huge presence.” That’s how my friend, Julie, described our recent experience at the Urban Press Winery & Restaurant (www.urbanpresswinery.com) in downtown Burbank.

Vocalist Patrick Barnitt was swinging jazz, backed by a combo, floor-to-ceiling wine racks and crystal chandeliers. KCRW’s James Janisse, “the gentleman of jazz;” chatted at the bar, waiting to take the mic. Barnitt was scheduled. Janisse dropped by to join the fun. We took a table under the wine bottle-shaped arches, just past the Wine Library Tasting Room—and felt like we’d time-traveled to a tasting room in Sonoma.

“Why Burbank?” I asked owner Giovanni D’Andrea, as he greeted guests and talent. “Tasting rooms are important,” he explained. “You need to know the taste of the wine before you buy it. But tasting room costs are out of this world in Sonoma and Napa. I decided to open where wine lovers could enjoy for less. No bottle is more than \$100. Burbank, with its entertainment focus, seemed a perfect location.”

And so it is. Since November 2016, the Urban Press has been a best-kept-secret for wine and music buffs. But D’Andrea wasn’t satisfied. As a business success in the tech world, and self-taught in the art of viticulture, D’Andrea is a perfectionist. He dreamed of opening a restaurant to compliment his wines. To create a space “where you share a good bottle of wine and meal with friends and family. A space to make a connection.”

Going for Michelin!

His dream came true a few months ago – in spades! “Luxury does not take

shortcuts,” D’Andrea told me. He brought award-winning Executive Chef Emidio Tidu direct from Rome. And Chef Tidu is going for gold – aiming to claim a Michelin Star with his Italian cuisine, steeped in personal traditions and French overtones.

Because wine comes first at Urban Press, the food is designed to match the wine. Another unique concept. So at D’Andrea’s recommendation, I ordered the “Four-course Wine-pairing Dinner.” A fantastic sampling of Chef Tidu’s cuisine and D’Andrea’s wines.

“Fiore 2017 Grenache Blanc,” with zesty citrus and dry herb notes, was the first pour. Ideal with Tidu’s rich, yet light, “Fava Beans Puree” and roasted escarole. Next, the yellow peach, fresh cut hay and white pepper notes of “Tutto Bianco 2017 White Blend” (from Genache Blanc) made a delicious counterpoint to the “Rainbow Beet Salad” with micro greens and goat cheese. For the main – light, crisp “Fille de Joie Pinot Noir Rose 2018,” hinting of passion fruit and grapefruit – a perfect complement to the house favorite, “Fettuccine with Wild Mushrooms & Black Truffle.” “No truffle oil,” our server pointed out. “Better! It’s topped with fresh truffle slices.” The finale – oh my! The velvety tannins and aromas of kirsch, fig and roasted herbs of D’Andrea’s “Forte e Scuro Zinfandel 2016” harmonized exquisitely with the “Sicilian Cannoli with Ricotta,” a signature dish from the chef’s homemade recipe.

I couldn’t resist two other must-try favorites – Oh my! The Oysters – plump, juicy, on ice, fresh from Baja, with three unique house-made condiments: \$1.50 each on “Oyster Night” Wednesdays. And lick-your-plate-delicious “Urban Press Red Wine Braised Pear” (soaked in red wine for 24 hours!), with vanilla cream. And this is just the start of Chef Tidu’s large and varied menu. From the Charcuterie heaped with Italian cheeses, meats, fruit, olives,



like Truffle Parmesan Fries and Baked Potato with Sour Cream.

Plus sophisticated live entertainment Wednesday through Sunday. And a choice of dining areas. In addition to the Wine Library and dining room, a crystal-lined staircase leads to a mezzanine-level dining area overlooking the action below, and a



– mixed nuts and focaccia bread; Wild Caught Ora King Salmon, and Braised Lamb Shank in Urban Press Merlot wine sauce with parmesan risotto, to Chateaubriand for Two – when is the last time you saw Chateaubriand on a menu? Much less for \$98! There’s something for everyone including pastas, pizzas, risotto and sides

spacious outdoor covered patio. The restaurant welcomes events and weddings of up to 115 sitting and 200 stand up.

As D’Andrea describes his place. “It’s a classy joint, with fine wines and smooth entertainment.” I agree completely!

CSUN

TADW

TEENAGE
DRAMA
WORKSHOP



WHERE YOUNG TEENS TAKE CENTER STAGE

SUMMER 2023 DATES
JUNE 12 – JULY 29, 2023

Teenage Drama Workshop (TADW) is a SFU program offering teens ages 11-18 the opportunity to develop skills in theatre arts. Our goal is to teach not only theatre arts but the importance of ensemble and team work through our intensive classes and productions.

ENROLL AT
CSUN.EDU/TADW

REASONS WHY PEOPLE SNORE

SNORING REMEDIES

By Contributing Writer

You may be suffering from sleepless nights either because you can hear loud snoring, or because of your snoring. It's embarrassing. Habitual snoring can be a nuisance to your partner, as it can disrupt sleep. Frequent snoring can lead to a medical issue like sleep apnea. Snoring can cause sleep deprivation, difficulty in waking up and tendency to fall asleep during the day. Snoring is the sound we make when our breathing is obstructed. When the air passes through our relaxed tissues within the nose and throat, it makes them vibrate. However, the reason for obstruction of air can vary. Here are the reasons people snore:

Overweight

Being overweight contributes to your snoring. Extra fat builds up on the inside of your throat, which ends up blocking your airways.

Blocked nose

Your nasal passages can get clogged because of pollen, air pollution, allergies,



common cold or flu. When this happens, breathing can be tough, especially while you're asleep. Nasal congestion can make the sinus passages narrow, thereby making it hard for air to travel in and out.

Sleeping position

Your sleep position can affect your nasal airways. Sleeping on your back can cause you to snore more loudly, as the gravity effect on the throat causes the airways to narrow. It is always advised to sleep on your side. Uncomfortable mattresses and pillows can also cause you to have disturbed sleep.

Alcohol and smoking

Consuming alcohol can make the muscles in your body relax, including your throat muscles and tongue, which in turn can obstruct the airways. Smoking can irritate the passages within the nose and throat and make them inflamed.

Sleeping with your mouth open

Some people sleep with their mouth open. It contributes to snoring and makes it worse.

There are other factors that can lead to snoring like sedatives or sleeping

pills, sleep deprivation, weak throat muscles and smaller nostrils. Stress can lead to disturbed sleep, which results in snoring. Snoring can cause you to have sore throat and headaches in the morning. Lack of sleep can result in having difficulty in concentrating.

There are many home remedies to prevent you from snoring. One such is ClearNasal™, which gives lasting relief from blocked nose. ClearNasal™ helps flush out excess mucus and clears the nasal passage. It can also be used as a preventive measure. ClearNasal™ is a nasal irrigation device which is made with 100% natural and organic elements and is a combination of salt and sodium bicarbonate. You can get relief from headaches caused by sinusitis, migraine and allergies in a safe and natural way. It has been highly recommended by doctors worldwide. You can get better sleep, as it promptly unclogs the nasal passage and prevents you from snoring.

To know more visit <https://innovationsoftheworld.com/breathing-made-easier/>

More cancer expertise.

More hope.

CTCA IS PART OF CITY OF HOPE



BENEFITS OF CRYOTHERAPY FOR COMMON PEOPLE

By Contributing Writer

Although it may seem strange to sit in a cold tank for health purposes, this trend is rising in popularity. This approach is known as cryotherapy. According to many experts, extreme cold may help improve your mental and physical health. As a matter of fact, some experts claim that it can increase your lifespan as well. In this short article, we are going to shed some light on the benefits of cryotherapy. Once you have read this article, you will have a deeper understanding of this subject matter. Read on to find out more.

Pain Relief

If you experience muscle pain, cryotherapy can help you reduce your joint

and muscle pain due to some disorders like arthritis. Apart from this, this therapy can also boost your healing process, especially if you have had an athletic injury.



According to doctors, you can use ice packs on your painful and injured muscles. As soon as the ice pack is removed, it boosts blood circulation, which helps promote pain relief and joint healing. Experts claim that cryotherapy can provide temporary relief from your arthritis pain.

Moreover, this repeat can help prevent the damaging effects of vigorous exercise. As a matter of fact, people who

have had this therapy experience reduced pain.

Weight Loss

As far as weight loss is concerned, cryotherapy alone may not be enough. The thing is that it should be taken as a supplementary therapy. What happens is that if you use cold therapy, your body will struggle to stay warm.

According to some cryotherapy service providers, if you take this therapy for a couple of minutes, it can boost your metabolism for the next 24 hours. At the end of the day, you will not feel cold anymore as your metabolism will get used to it.

Reduced Inflammation

Your body fights infection with the help of a process called inflammation. When your immune system is overly active, you may experience chronic inflammation. It is associated with a lot of health problems like arthritis, dementia, depression, diabetes, head cancer.

Therefore, if you want to improve your health, you may want to reduce inflamma-

tion. And the good thing is that cryotherapy can help bring down your muscle inflammation.

Preventing Dementia

The good news is that a reduction in inflammation level may reduce your risk for dementia. On hot summer days, this type of therapy can also reduce help you reduce your oxidative stress, especially if the stress is caused by dementia.

Preventing Cancer

Since cryotherapy can help reduce inflammation, you will have a reduced risk of developing cancer. Although this type of therapy cannot help prevent or treat cancer, medical cryotherapy can be a supplementary treatment for different types of cancer.

Long story short, this was a description of the five major benefits of cryotherapy. Therefore, if you have been suffering from dementia, arthritis pain, or inflammation, we suggest that you get in touch with cryotherapy professional. If you give this therapy a go, you will be able to experience a wide range of benefits.



Stay cozy and safe at home for the holidays. Have furnaces, wood stoves, fireplaces, and chimneys inspected. Test your smoke and carbon monoxide (CO) alarms monthly.





DESTINATION PALM SPRINGS

hotel ZOSO PROVIDES THE VIBE

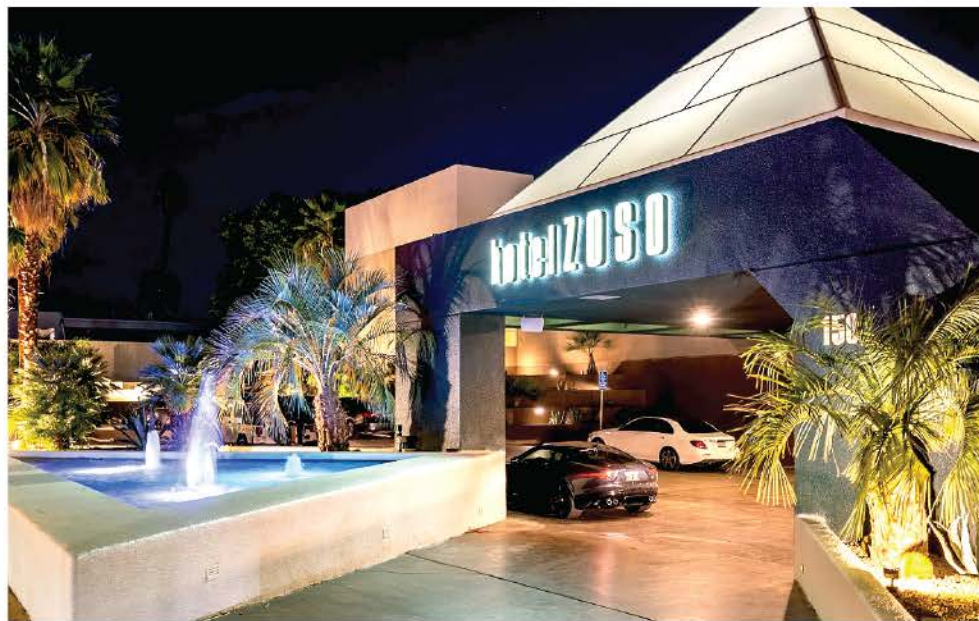
By Joshua Kushner, Jr. and Danika Le Vine

Palm Springs is a gorgeous oasis surrounded by four picturesque mountain ranges. It is Southern California's resort oasis. You'll find countless things to do, from exploring the wildlife at The Living Desert and hopping aboard the Palm Springs Aerial Tramway to enjoying exciting events and dining.

hotel ZOSO is the most stunning, memorable, and unique place to stay. It offers a blend of amazing, warm, intriguing, and comfortable. Make your stay all your own, for rest and respite, party time, or family togetherness.

hotel ZOSO lets you have fun in the sun. Splash, sip, and socialize at their poolside paradise where comfy daybeds and shaded cabanas provide the perfect spot to be seen, relax, and have a great time. Whether you choose to chill or party, you can stay cool with refreshing light bites and tasty drinks from the pool bar

If you are looking to chill out check out The Lounge at ZOSO. A cool and inclusive vibe welcomes guests inside and to the center of it all – featuring signature cocktails and desert-inspired bites. From daily happy hour where you can take a seat in a lively



atmosphere, to karaoke on Wednesdays where you can let loose and sing your heart out, and drag bingo on Fridays with Angeli- que Va Gorgeous. enjoy SoCal-inspired bites, playful cocktails, and endless chances to win fun prizes. The Lounge is the perfect spot to make an appearance.

Pretty Faces Nightclub is the ultimate party destination for nightlife from Thurs- days to Sundays in Palm Springs! Immerse yourself in wacky art, eclectic cocktails, and groovy dance moves.

Ready to be pampered? Lotus Spa is a unique oasis at hotel ZOSO offering corrective and calming treatments in a nurturing, warm, and inviting space. There is also a fitness center to keep you in shape during your stay.

The rooms in hotel ZOSO are sleek, and desert-themed and provide all the comfort and style you need for a memorable getaway. Featuring deluxe offerings with King-sized beds, and amenities to help you feel at home, they are perfect for relaxing on your trip to Palm Springs. Some offer views of the mountains or the pool area. Suites offer comfort and luxury, with a living room, two private patios with city views, a bedroom, and an upgraded bathroom with a whirlpool tub.

And when you are ready to explore the city, Palm Springs has much to offer, all year round.

Take a guided, self-driving architecture tour from Modern Tours Palm Springs and

see all of Palm Springs' best and most iconic mid-century architecture. <https://moderntourspalmsprings.com>

There is no shortage of ways to explore the diverse natural beauty that is in Greater Palm Springs. Some adventure by jeep, others by hot air balloon, and some prefer horseback or bicycle. Some prefer hiking. Greater Palm Springs offers more than 100 trails to choose from. Step-by-step using your own two feet, hiking allows you to mix fitness with up-close discoveries of the most beautiful areas of the oasis.

Specializing in the deserts of the world, The Living Desert Zoo and Gardens is like no place else. From the African Savanna to Wild Americas to Australian Adventures, guests will see over 500 animals representing over 150 species. www.livingdesert.org

The Palm Springs Aerial Tramway—the world's largest rotating tram car—travels over two-and-one-half miles along the breathtaking cliffs of Chino Canyon, transporting riders to the pristine wilderness of the Mt. San Jacinto State Park. <https://p-stramway.com>

Enjoy fun in the desert sun with friends and family. Book one room and receive 50% off on the second room!

hotel ZOSO is located at 150 S Indian Canyon Dr. in Palm Springs. For reservations call (760) 325-9676 or email reservations@hotelzosopalmsprings.com

For more information log onto www.hotelzosopalmsprings.com

Holiday Cruises
From Ventura Harbor

Gift Shop & Gift Certificates

Harbor Lights Cruise

Cruise the Ventura Keys

December 8, 9, 10, 12, 15, 19, 20, 21, 22 & 23• 6:30 to 7:30 p.m.

Adults \$17 • Seniors \$14 • Children \$11

Photo by Doug Maguire

Parade of Lights

Watch the Boat Parade

December 17 & 18
6:00 to 8:30 pm

Adults \$36 • Seniors \$33 • Children \$26

Island Day Hikes • Camp • Kayak • Whale Watch

805-642-1393 ISLANDPACKERS.COM

Photo by Dan Randall

Famous Families

Celebrities And Their Adopted Kids

By Contributing Writer

Many celebrities adopt kids from all over the world. Here are a few.

Sia revealed that in 2019, she adopted two teenage boys who were about to age out of foster care. She expanded on how parenting was going. "The entire system is so underfunded and understaffed that there are not enough people to really monitor how the kids are being taken care of," the "Chandelier" singer said.

Rosario Dawson adopted her daughter Isabella when she was 11 years old. Dawson has wanted to adopt since she was five years old. "I remember telling my parents I was going to adopt, and I was going to adopt older," she said.

Ex-spouses Tom Cruise and Nicole Kidman adopted two children, Connor and Isabella, during their marriage. Bella and Connor, practicing Scientologists, chose to live with their father after the divorce.

Sandra Bullock adopted her son Louis amidst her divorce

from Jesse James, and five years later adopted daughter Laila from the Louisiana foster care system. She describes her family as "blended and diverse, nutty, and loving and understanding."

Hugh Jackman and his wife, Deborra-Lee Furness, adopted their son, Oscar, and daughter, Ava, after struggles with fertility. When the two decided to adopt, they chose two mixed-race babies, calling it "a no-brainer." "It was like, where's the need?" he said in 2009. "The need was obviously mixed race children. And that was it."

Jillian Michaels adopted her daughter from Haiti the same month her then-fiancée gave birth to their daughter.

Madonna has four adopted kids: David Banda, Mercy James, and twins Stella and Estere. All four of Madonna's adopted kids were born in Malawi, Africa. She adopted son David in 2006, followed

by daughter Mercy in 2009. Eight years later, she brought home twin daughters Stella and Estere.

She told People in 2017, "Sometimes I would just close my eyes and just think, 'Why isn't my kitchen filled with dancing children?' There's so many children that need a home. I thought, 'What am I waiting for? Just do it.'" She also has a biological daughter, Lourdes Maria Ciccone Leon, whom she had with Carlos Leon, and biological son Rocco Ritchie, whom she had with ex-husband Guy Ritchie.

Connie Britton adopted her son Yoby from Ethiopia in 2011. The "Friday Night Lights" actress

shared that she decided to adopt after her father died. She picked Ethiopia because of her work with the African Children's Choir and Worldwide Orphans.

Julie Andrews and her husband adopted their daughters Amy and Joanna when they were just two and five months old, respectively. The two didn't have any children together biologically,

but both had children from previous marriages.

Viola Davis and her husband, Julius Tennon, adopted their daughter, Genesis, when she was a baby in 2011. Davis announced she had become a mom during an acceptance speech.

Hoda Kotb beat breast cancer in 2007, though her fight left her unable to conceive. But happily, the "Today" anchor announced she adopted a daughter in February 2017. In April 2019, Kotb adopted another daughter, named Hope Catherine Kotb.

Emma Thompson and her husband informally adopted a former child soldier from Rwanda when he was 16. She met Tindyebwa Agaba (whom she calls Tindy) when he was 16, at a Refugee Council event. He was sleeping on the streets of London, after escaping his home country Rwanda. Thompson invited him to stay for Christmas, and he's been a part of the family ever since.



TMZ CELEBRITY TOUR

MBLC PRODUCTIONS INC. TCP-36832-A

OPERATED BY EXCLUSIVE LIVERY SERVICE TCP-22620-A

TMZ SHOWS YOU THE REAL HOLLYWOOD!

FOR MORE
INFO CALL
1-844-TMZ-TOUR



8 HOUR SIGHTSEEING TOUR OF HOLLYWOOD/LOS ANGELES

PICKUP FROM ALL HOTELS IN LONG BEACH, SAN PEDRO, CRUISE TERMINALS & LAX

SUNSEEKER TOURS

TOUR HIGHLIGHTS

Downtown LA • The Hollywood Sign • Griffith Park Observatory
Grouman's Chinese Theatre • Hollywood Walk of Fame • Sunset Strip
Beverly Hills • Rodeo Drive • Santa Monica Pier • Venice Beach

FOR RESERVATIONS CALL (877) 416-5460

www.sunseekertours.com • tours@sunseekertours.com

CATCH AIR ON THE TRAMPOLINE!

By Contributing Writer

There are two main times of year when people contemplate physical fitness: after the Christmas over eating and at the start of summer when people want to look their best on the beach.

Improving your physical fitness is fantastic. You will look better, feel better and have better health. However you need to find a way to make a lifestyle of including exercise in your day-to-day routine.

The first port of call is a gym membership. You will then most likely have to pay for a yearlong membership. Gyms don't like you paying according to how much you use the facilities because the best way to retain people is to tie them into a long-term membership.

If the gym isn't for you then you will end up paying for a year of membership you hardly use.

Some people prefer to do exercise at home and it may surprise you to know that trampoline exercise or rebounding provides a very effective method of cardiovascular fitness.

Research into trampoline exercise in a 2006 NASA research in the journal "Aviation, Space and Environmental Medicine" supports says that rebounding is almost 70 percent more effective in fitness training than jogging for a same amount of time on a flat track.

People who have busy schedules can definitely use doing a more efficient form of exercise as they can get create a great caloric expenditure working on their fitness for the same amount of time and thus lose more weight.

Trampoline exercise is also a lower impact exercise on joints. This is because the impact of the acceleration and deceleration is absorbed by the bounce mat of the trampoline. If you are running on a hard surface like concrete then your joints will absorb more of the impact because there is less give. This means that if you exercise regularly on a trampoline as opposed




to jogging it will cause less long-term damage to your joints and bones.

You will find that an 8ft round

trampoline is the best option for families with young children. This is due to the fact that the kids can use it for

play as well as the parents being able to perform their rebounding exercises.



CANOGA PARK

EAT = DRINK = SHOP = PLAY = AND ENJOY THE CHARM OF THIS HISTORIC DISTRICT!!

It's holiday central for all of your unique tastes...

<p>ROCK PARADISE - UNIQUE ROCK FORMATIONS, CRYSTALS & JEWELRY</p> <p>RETRO RELICS - ANTIQUES, GIFTS, COLLECTIBLES</p> <p>REVIVAL - UNIQUE CLOTHING AND ACCESSORIES</p> <p>KING FANDOM - COLLECTIBLE TOYS & GAMES</p> <p>GREEN THUMB NURSERY - XMAS GIFT SHOP</p> <p>CAVARETTA'S - ITALIAN DELI AND GROCER</p> <p>JERRY'S PIZZA - DELICIOUS! DELIVERY & TAKEOUT</p> <p>GRANDE ITALIANI - FAMILY STYLE CLASSIC ITALIAN</p>	<p>FOLLOW YOUR HEART - UNIQUE GIFTS</p> <p>HENRI'S-RESTAURANT - HOME COOKIN'</p> <p>TAQUERIA EL TAPATIO - AUTHENTIC MEXICAN</p> <p>PHO 21 NOODLES - PHO-GETABOUTIT!</p> <p>BONILLAS RESTAURANT - SALVADORAN/LATIN</p> <p>INDIA SWEETS & SPICES - HUGE SELECTION!</p> <p>PINK ELEPHANT - THAI DELIGHTS!</p> <p><i>AND MANY MORE UNIQUE SHOPS, FOODS AND SERVICES...</i></p>
--	---

This quaint part of the valley along the Sherman Way Corridor From Canoga to Glade (just west of Topanga) is home to a number of wonderful family owned and independent restaurants and eateries. Come spend the day with US!

FOR UPCOMING EVENTS & INFO IN THE HISTORIC TOWN OF CANOGA PARK VISIT CPIA.LA OR CALL 818-346-7480 [CanogaParkLA](https://www.facebook.com/CanogaParkLA)



How to Keep Pets Happy and Healthy this Holiday Season

By Contributing Writer

The holiday season means fun and festivities for all, but getting wrapped up in all the excitement and celebrations can lead to forgetting about safety and precautions, especially for pets.

Consider these seven tips to help you spot potential hazards around the holidays and keep your pets healthy and happy.

Food for Thought: Sweet treats and savory bites are treasured holiday pastimes for humans, but that can also mean things like chocolates, nuts and animal bones should be supervised carefully so your pets don't ingest something toxic or harmful. Other human foods to put on the do-not-share list include garlic, onions and grapes. It's also wise to keep your trash in a tightly sealed container or hidden somewhere your pet can't access.

Keep Calm and Carry On: The holiday season brings people together for milestones and celebrations, but all the hoopla can be stressful for pets. From the loud music and new visitors to kids running around or fireworks going off, some pets can become overwhelmed. To help keep your pets comfortable and calm, try turning on a TV or some soothing music in a quiet room away from the noises or let them curl up on their favorite bed with a toy or treat to distract them. You can also try introducing a calming supplement like Zesty Paws Calming Bites for Dogs that may help with normal stress, nervousness and hyperactivity during stressful situations.

Watch Out for Tree Trimmings and Poisonous Plants: While poinsettias and festive fir trees are

holiday classics, they can also be extremely hazardous to pets. It's important to be careful about what you're bringing inside your home. Many holiday plants like holly, lilies, amaryllis and even pine needles from trees can be toxic if ingested. If ingestion does occur, contact a pet poison hotline or your veterinarian. If it's after hours or in the event of an emergency, find your nearest 24-hour emergency veterinary clinic.

Watch the Weather: Changing temperatures and harsh conditions can wreak havoc on human skin, so it's no surprise it can also affect



pets' skin and coats. You can try reducing their bathing frequency, keeping up with brushings and providing extra hydration to keep them feeling their best. Another way to keep your pet's skin and coat healthy is to add supplements

that contain essential fatty acids. A fish oil, like Zesty Paws Wild Alaskan Salmon Oil, provides omega-3s for dogs to help nourish their skin and coats.

Stick to a Routine: Pets thrive on routines for feeding, potty

loneliness; and encourage exercise and playfulness. Even though you may be traveling or partying with friends, be sure to spend some quality time with your fur babies this holiday season, too.

Give Them Gifts: Humans

“The holiday season brings people together for milestones and celebrations, but all the hoopla can be stressful for pets.”

breaks and exercise, so be conscious of how your holiday plans may shake things up. Try to stick to your regular schedule as closely as possible or consider asking a friend or relative to help if you'll be away during regular feeding or outdoor break times.

Spend Some Quality Time: In addition to providing companionship and love, spending time with pets can also reduce stress, anxiety and depression; ease

aren't the only ones who love to get gifts. Few things beat the look on dog's faces when you pull out a new toy or treat for them to enjoy. Whether it's a new leash, ball or cozy bed, be sure you have a little something to give your furry family members this holiday season as well.

For more information and ways to keep your pets happy and healthy, visit ZestyPaws.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:p.m.
Tues - Sun (Closed Mondays)
<http://www.petadoptionfund.org/>

Dolittle's

Member APDT

Dog Training

100% Positive



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

(818) 802-5481

www.dolittlesdogs.com

**2023 NYE COUNTDOWN
PUBCRAWL EXPERIENCE**

**DRINK SPECIALS AS LOW AS:
\$4 DRAFTS | 2-FOR-1 PREMIUMS & CHAMPAGNE
NO COVER AT NEARLY A DOZEN LOCATIONS**

TICKETS AT: SANDIEGONIGHTLIFE.COM

LA ZOO LIGHTS
ANIMALS *Aglow*

A Wild Wonderland of Light

L.A.'s brightest winter tradition has been reimagined for the 2022/2023 season!

Explore an immersive landscape filled with spectacular lantern sculptures of animals among blooming flowers, towering trees, and more for, a wildlife-centered experience that's as inspiring as it is breathtaking. Nature is something we all share, and this celebration of nature's wonders is meant for all to enjoy!

www.lazoo.org



Tips To Consider Before You Buy A Log Cabin

By Contributing Writer

If you think there is no difference between a log house and a log cabin, you need to think again. This type of cab is like a small house that you can move from one place to another without any problem. In this article, we have shared some tips to help you go for the best cabin to meet your needs. Read on to find out more.

Choose a reputable business

First of all, you want to give reputation the most importance. Businesses with a bad reputation lose their business with the passage of time. On the other hand, companies with a good reputation continue to expand to other states and countries. Therefore, you may not want to ignore the reputation of the company before making this purchase.

You may want to check out the social media platforms and website of the company for reviews and testimonials. By reading reviews and testimonials, you can get a pretty good idea of the reputation of the manufacturer.

Look for an experienced company

As far as the log cabin industry is concerned, experience matters a lot. It is not a good idea to work with the new company as their log cabins may not be up to the standard. Therefore it is important that you look for a company that has years of experience in this field.

Check for After Sales Support

Once you have purchased your desired log cabin, the story won't end here. In most cases, no problems occur for years to come. However, if you don't get lucky, you may have problems with your log cabin. In this situation,



you may have no choice but to contact the company.

Therefore it is a better idea to go with the company that offers dedicated after-sales service. Ideally, you should be able to contact the company through phone, email, fax, and instant messaging.

Look for a Comprehensive Service

Make sure that you go with the company that offers comprehensive services, such as erection services, delivery services, manufacturing services, ad design services. Therefore, if you have a kitchen a bathroom, and heating in your cabin, you will be able to use all of these features once you have purchased your log cabin.

Look for insurance info

During the installation of the cabin, you may have some problems. In this situation, the company will come to your rescue, especially if they have an insurance policy in place. Therefore, we suggest that you look for a reputable and licensed company.

Check the Guarantee

Make sure that the log cabin you are going to purchase comes with at least 10 years of guarantee. As a matter of fact, the lifespan of the cabin depends upon the building techniques material of the cabin. So, don't forget to check the guarantee before making this purchase.

To cut a long story short, we suggest that you consider these simple pointers if you are looking to purchase a log cabin to cover your needs.

HOME IMPROVEMENT



DIRTY VIBE MEDIA

SERVICES:
 Video Production
 Product Advertisements
 Social Media Content
 3D Design, Animation & Rendering
 3D Fashion Design

WHO WE ARE:
 We are a small team of digital artists based in the heart of DTLA. Our mission is to create stunning product advertisements, films, motion graphics and artwork for industry leading brands

Videos starting at \$699

CLICK HERE TO CONTACT US!

DIRTYVIBEMEDIA.COM
818-825-2051



Starting At **\$99**



SOLAR FRESH
 LLC
 KEEP YOUR PANELS FRESH



Call Us at (818) 290 1716
Restore Your Panels Back to Their Original Shine!
Call Today for a FREE Quote



Top Stories

By Andrews McMeel Syndication

Apparently spiritual Zen wasn't enough for Buddhist monks at two small temples in northern Thailand, The Washington Post reported. As part of an investigation into drug abuse in the Phetchabun province, officials visited the monasteries on Nov. 25 and discovered that all of the monks -- even the abbot -- tested positive for methamphetamine. "I was frightened because I never thought the monks would be addicted to drugs," said Sungyut Namburi, the village headman. But the monks' behavior gave them away. "When I inspected the abbot's shelter, I was stunned because it was a mess," Sungyut said. The monks were forced to leave the monkhood and enter rehab. For now, "the temple is empty," Sungyut said.

Bud May, 37, of Kyle, South Dakota, lost his bid for a state House of Representatives seat in 2022 -- and it may have been a good thing. On Nov. 13, May was arrested and charged with second-degree rape after an alleged assault on a woman in a bar bathroom stall, the Argus Leader reported. When he was asked in court whether the interaction was consensual, he replied, "I'm 6-foot-8, it's all consensual." Police reported that when they found the victim, she was cowering behind the bar and had dirt and blood on her, which she said was May's because he was in an earlier altercation. May appeared in court on Nov. 14 for a separate incident, and he has three outstanding warrants from the Oglala Sioux Tribe Department of Public Safety from September and October.

The Cowboy State Daily reported on Nov. 27 that Vern and Shireen Liebl are hoping to make a move to Wyoming, with one very particular criterion dictating which city they choose: the public library. The Liebls have been traversing Wyoming, visiting libraries, for the last 3 1/2 months, hoping to see each one the state has to offer. There have been a few standouts along the way, they report: In Glenrock, Vern said, "They have these skylights up there, and it's like blonde wood, and it just feels so light and airy." He also loved the name of the library in Rancheater: the Tongue River Library. His infatuation with libraries also extends to bookstores: "I think that one of the finest smells in the world is to go into an old bookstore ... and just inhale the essence of the paper," Vern said.

When alleged thief Jonathan James Frazier, 35, snatched a surveillance camera from the backyard of a home in Tullahoma, Tennessee, the camera's owner received a motion alert and watched on his cellphone as Frazier stashed it in his backpack, then pulled it out and sold it "to a male subject that police were able to identify," the Tullahoma News reported. The live feed continued at the purchaser's home, where officers caught up with the loot; the purchaser told them where they could find Frazier, and Frazier confessed to the larceny.

In (Not So) Hot Water

-- About 200 ice-fishing enthusiasts had to be evacuated from Upper Red Lake, Minnesota, on Nov. 28 after a large chunk of ice broke free from the main shoreline, stranding them about 30 yards away, WDIO-TV reported. The Beltrami County Sheriff's office received a 911 call around 11:30 a.m.; employing a drone to assess the situation, officers used a temporary bridge to reach the fishers, along with airboats and water rescue boats. All anglers were returned to safety.

-- On Nov. 28, as the oil and chemical tanker Alithini II pulled into Las Palmas in the Canary Islands, it also carried three stowaways -- riding the ship's rudder at the stern, just feet above the water line. The Guardian reported that the three men had survived an 11-day journey from Nigeria -- more than 2,700 nautical miles -- and were suffering from hypothermia and dehydration. The Spanish coast guard rescued them.

It's a Mystery

Volusia County (Florida) officials are baffled by an object that has been unearthed at Daytona Beach Sands, clickorlando.com reported. In the aftermath of hurricanes Ian and Nicole, the 80- to 100-foot-long structure appeared, partially buried in the sand, said Volusia Beach Safety Deputy Chief Tammy Malphurs. "We're not sure what it is," she said, adding that she'd been on the beach for 25 years and had never seen it before. The storms caused unprecedented beach erosion. An archaeological team from the state is expected to visit soon to study the object.

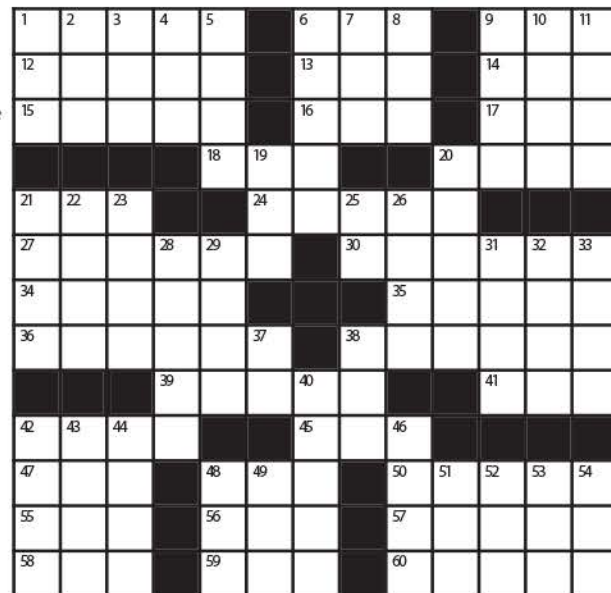
Print this Page! Ctrl + P

Across

1. Instrument, favored by George Harrison
6. Antlered animal
9. "Murder ___ wrote"
12. Adult insect
13. Original name before marriage
14. Relatives
15. Hard sell
16. By way of
17. Strange flyer
18. August baby
20. Junk ____
21. Photo ____ (camera sessions)
24. Dolphins' home
27. Chocolate is one variety....
30. Speak badly about
34. Qatar coin
35. Food from heaven
36. Vital force
38. Type of fowl
39. Supermodel Campbell
41. Need to pay
42. Sour ____
45. Israeli weapon
47. Programming language
48. ER role
50. 2-door
55. Podded plant
56. "Omgod!"
57. Dawning
58. Billboard displays
59. Sarcastic
60. Poet's "below"

Down

1. Sibling
2. Mischief-maker
3. Goes with chi
4. Space ____
5. "Let's ____"
6. Concluding stanza
7. "Fantasy Island" prop
8. New Zealand parrot
9. Gull like bird
10. Refined sound, in its day
11. Chemical compound
19. Australian runner
20. Top European soccer team, AC ____
21. Humanoid monster
22. Tylenol target
23. Eye disease
25. Morning time
26. Big ____
28. Realizes



32. Chew (on)
33. Label
37. Hello!
38. Show ____
40. Dirty
42. One of the three bears
43. Took advantage of
44. Places for sweaters
46. Screen symbol
48. Morning moisture
49. Anthem contraction
51. Pick __ or the other!
52. Land of opportunity
53. Dearest
54. Old verb ending



Previous Puzzle





Tips for Buying Vintage or Antique Rugs

By Contributing Writer

If you want to invest in an antique rug, it can prove to be a great investment, especially if you know how to look for one. In this article, we are going to give you a few tips that you may want to consider when investing in a vintage rug. With these tips on your mind, it will be much easier to go for the right product to meet your needs. By choosing the right product, you can make your property look great. Read on to find out more.



Buy Directly

It is better that you go to the market and buy a vintage rug yourself as this can save you a lot of money. Often, these people get a large commission, which adds to the cost of the product. So, what you need to do is do your

research prior to looking for a good supplier.

Check the Edges of the Unit

If the carpet edges look frayed, know that they will unravel in a short period of time. It is important to keep in mind that this area will cost you a lot of money if you want to get it repaired. So, this type of investment is not worth it.

Look for Signs

Since you want to go for a handmade unit, you may want to



request the dealer to show you the back of it. The back of the unit should be identical to the top side. This is the easiest way to identify a genuine product.

Listen for Strange Sounds

Another way to identify a good product is to flip the unit and hear the sound it produces. If it produces cracking sounds, you may want to continue your research. The cracking sound is due to the rotted fibers, which means the quality of the product is not good enough. It's better that you keep away from this type of units.

Find out if the Rug is Painted

The vintage rug should be in its original color. For this, you can use a damp piece of clothing and rub it along the surface of the unit. This process should not leave any stains on the piece of clothing. If it does, know that the product is fake.

Inspect it for Signs of Faux-Aging

A vintage rug looks like new when placed beside an old rug. The

good thing about vintage rugs is that they can maintain their colors no matter how old they may be. Their colors will be vibrant even if they are hundreds of years old.

Opt for Natural Dye

The problem with chemical dyes is that they are harsh. Apart from this, their colours are also flat. Typically, color from the onions, walnuts, and pomegranate skin is extracted for making these carpets. This is the reason the colours on these carpets are easier on your eyes, which is great.

Long story short, these are just some of the tips that can help you purchase vintage rugs. You can consider them when starting your research. Hope this helps.

If you want to buy vintage rugs, we suggest that you check out Kayi Loom www.kayiloom.com. They offer a collection of vintage Turkish rugs.

Honace Heidt Estates
Resort Living
in the heart of
Sherman Oaks

horaceheidtestates.com
818.784.8211

haleakalaapartments.com
818.784.8212

CALL FOR A TOUR!
Office Hours: 10:00 am - 4:00 pm
Monday to Friday

Breakfast Club • Bridge Club Executive Golf Course Health Clubs • Swimming Pools Special events



From 2012



To 2019



@hheidtestates
 @horaceheidtestates
 @horaceheidt



THE IMPORTANCE OF READING BOOKS TO KIDS' PERSONALITY DEVELOPMENT

By Larry Icabandi Nabiong

When I go to your house, first thing I would be looking for is your bookshelf. Yes, for it speaks volume about you.

People hoarding books have favorable human relating than those who don't have any. Yes, for books teach us a lot of things.

Get a story book and see how people behave in the story. Their goal to reach the top rung of the ladder, say career, business, etc. they could be in constant battle with their inner demons. Yes, either pride, envy, jealousy, or so on could be a bitter truth about themselves. Learning how they face these and overcome is something that can be done also when we feel the same travail. We need to be good, kind and fair and just so as to be called well-adjusted individuals. For, living with other people around, we have to be easy to be with, know our boundaries and

willing to learn a thing or two about relating. And, book reading is one sure way to get ourselves the needed skills in dealing with different people around. Vicarious learning is key. When you read book character being the butt of jokes, or maligned or what, you tend to get empathized. You know that it is not a good thing to do such or receive such treatment. Thanks, to books I have read!

When I made a survey with my students, only few of them have reading materials at home. They don't have any books aside from textbooks given by the school for them to read for the school year. This is so alarming, considering the importance of book reading to a kid so as to develop his/her comprehension skills, fluency and vocabulary, but more so on his/her appreciation of human dynamics where people have different personali-



around and be more sympathetic and with empathy to all, especially those beyond their close contact. Challenges with biases, hatred with some people --though irrational and all, still persist because of lack of the habit of reading books and learning the dynamics of positive social interactions.

Those who are wide and wild readers, if you notice, they are silent and more easy to be with, they could get one's uniqueness sans bias and prejudice and all. That's the essence of reading books where we become more understanding, supportive and what-not to people around.

However, there are always exception to the rule: some of us, have this tenacity to be audaciously prejudiced a person. Even, so-called educated ones. Yes, true education is seen on how you deal with people beyond your close contact, the way you treat them is your own brand of social adjustment: treat people well to show your learned behavior gotten from varied readings, experiences and the like.

So the next time I visit you, kindly serve coffee or tea... and a book which you have read countless times! I might get something a wisdom from such and be a better person than the one I used to be. Just kidding!

ties, beliefs and all, thus having different action-reactions to a given issue, etc.

Young minds must be developed into well-rounded persons later. They must have absorbed wisdom from great literature

The Finest Trees in Agoura Hills

BENNETT'S BEST CHRISTMAS TREES

DOUGLAS FIR
GRAND FIR
SILVER TIP
NOBLE FIR/NORDMANN
ACCESSORIES

Starting at Only
\$29.00
2 - 4ft Douglass Fir

\$10 OFF

Any Tree Purchase \$50.00 or more
Expires 12/20/2022 While supplies last
Not Valid with other offers



28900 ROADSIDE DRIVE - 747-800-1104 AND 4995 KANAN ROAD AGOURA HILLS 747-263-4665



THE IMPORTANCE OF BABY SIGN LANGUAGE

By Contributing Writer

spoken words. It can even aid in the subsequent development of spoken and textual modes of interaction.

The Advantages of Sign Language for Infants

The following are some of the advantages of teaching your children signing language:

The higher capability of grasping the verbal language, particularly between the ages of one and two; Faster usage of verbal communication ability; Early usage of sentence form in verbal communication; Reduction in toddlers wailing and screaming; Improved parent-child relationship; Possible IQ boost.

display the gesture and utter the phrase or word.

Never get disheartened if the infant does not replicate a gesture immediately. You'll have to show it several times over several days until they get it.

The following suggestions will help you teach faster:

Start by displaying only a few symbols - It will be simple for parents to recall when to show gestures and to execute those regularly. Begin only with words you believe are beneficial, such as "eating," "drinking," or "sleeping."

Consistently speak the words that the gesture represents.

Parents want gestures to serve as a link to spoken communication rather than to replace it. Continue to use the gesture whenever you say that term it represents - continuity is important.

Don't be too fast in signing off.

Toddlers acquire by repeating. Thus, when you're questioning the kid whether he's thirsty, use the "drink" gesture many times as well as the phrase the query in a unique manner each moment: "Do you want anything to eat?" "Would you like to have



food?" etc. When creating a gesture for a thing, indicate it, state the location, and subsequently do the procedure thrice more.

After several weeks of focusing upon the initial signals, broaden the toddler's vocabulary using gestures of items that excite him. Kids usually take quickly and like making gestures for items or people they adore, like books, toys, dolls, caps, even pets or creatures like a puppy, parrot, or fish.

People in our network are providing helpful tips for teaching baby sign language. We aim to improve interaction and IQ levels in early kids, empowering them throughout their school and professional lives. We can assist you in teaching baby signs.



Baby sign language, a specific gesture-based communication designed to interact with newborns, has grown in popularity over the past couple of years. It is designed to assist extremely small babies in expressing their wants and desires faster than they would normally be able to. Baby gesture specialists think that just by removing the barrier between a child's way of communicating and their capacity of expressing, anger and outbursts may be prevented.

Toddlers as young as five to six months old may acquire the necessary fundamental signals that includes items or ideas like "hunger," "milk," "drinking," "tired," "warm," "cool," "play," "bathroom," and "soft toy."

The skill to express simple things might aid interaction by creating a link to the

Signing enhances one's learning experience for the rest of life. Most sign language using families claimed that the young children could express more to parents throughout the key periods, even feelings.

Every parent of an infant understands. It can be tough to know why the kid is acting the manner they do. However, gestures allow the kid to convey themselves differently.

What Is the Best Way to Teach Toddler Sign Language?

You need to create the sign every time you utter a phrase in daily life. The secret is dedication and perseverance: Utter the phrase "milk" and make the "milk" gesture each time you offer the kid milk.

Specialists advise that whichever gestures parents choose to introduce initially must be utilized in combination with talking loudly. It is essential always to



Now through December 24
Donate Today abc7.com/sparkoflove/

By Contributing Writer

Hippie Clothes

TODAYS FASHION STATEMENT

Hippie clothes got its name from bohemian clothing. In case you didn't know bohemian clothing originated in the late 50s and was very popular among the youth in the 60s and 70s. You would be surprised to know that never before had fashion influenced youngsters in the 60s. Many young people and teenagers were so influenced by this fashion trend that they started finding their own style.

This kind of clothing is all about the individual and gives the freedom to add their own version to that idea. The main reason why bohemian clothing or boho clothing for short is called as hippie clothing is because of the fact that is very similar to street clothing. If you have a wide range of clothing collection, then you would be familiar with street clothing. If you are someone who appreciates new designs and has a different taste in clothing, then you would like hippie clothes.

In this article, we will see why these clothes have become today's fashion statement. So, why do people have different tastes in clothes? Well, the answer to that is quite simple as their clothing tastes depends on the personality of the individual. If you are a broad minded person, then you would love these clothing. You might like to experiment with your clothing.

You may not be able to find hippie clothes in normal stores as they usually don't sell this kind of stuff. However, you can find lot of information on the internet and find online stores that sell genuine hippie clothes.

Given below are few of the hippie clothes style symbols:

- Loads of bangles if you are a woman
- Long wig
- Peace symbol hung around your neck
- Colorful floral shirt for males
- Vest for males
- Baggy lose fitting pants
- Sunglasses

Few reasons why hippie clothing has become so popular among youngsters today:

Hippie Skirts: One of the main reasons why boho clothing has become very popular today is because of the hippie skirts. Many women like to wear hippie skirts as it gives them that chic feeling. Unlike other normal skirts, these are free

flowing skirts, which can be quite attractive too. You need not be very attractive young women to wear these skirts it can suit just about anyone.

Hippie skirts are ideal for wearing for dances and to the movies. If you love dancing, then you would like to wear these skirts.



It Comes For Cheap: Unlike traditional clothing, boho clothes come for cheap. Many clothing designers like to create hippie clothes for those who can't afford expensive clothing. You would be glad to know that even popular designers like Chanel, Gucci and others have a liking for designing boho clothes. There are replicas of this kind of clothing, which are not that expensive. You can find them with cheap discounts on the internet.

Celebrities Love To Wear Them: You very much know that what celebrities do and wear is very influential among youth. It is the same with these clothes. You can find many celebrities wearing this kind of clothing, which makes it very popular among fans. Music groups and singers like the Beatles, the Rolling Stones, Jimi Hendrix, Elvis Presley and others can be credited for making them popular in the 60s and 70s.

Up to **25% OFF²**
2023 cruises



**KIDS SAIL
FREE[†]**

excluding taxes, fees and port expenses



PRINCESS CRUISES



TRADERS

LOAN & JEWELRY, INC.

Perfect Holiday Gifts For Everyone!



2% INTEREST ON SHORT TERM LOANS

On selected items All loans that are redeemed within the first month of the loan period qualify for the reduced rate

OPEN MON - SAT 9:30 - 5:30 PM CLOSED THURS & SUN
18505 Sherman Way
 Corner of Reseda Blvd & Sherman Way

818-345-8696
 www.TRADERSLOANANDJEWELRY.COM

FAST CONFIDENTIAL LOANS
 Low Interest Rates No Credit Checks



The Gateway

Restaurant, Full Bar and Lodge

NEW YEARS EVE 2023

OWNERS GLENN AND SUSAN WOULD LIKE YOU TO RING IN THE NEW YEAR WITH AN ALL INCLUSIVE GOURMET DINNER BUFFET AND DELICIOUS DESSERT BAR. DANCE THE NIGHT AWAY WITH LIVE MUSIC ENDLESS CHAMPAGNE ALL NIGHT LONG. COMPLIMENTARY PARTY FAVORS TOO!

\$75 PER PERSON

Reservations necessary

Premier dining and lodging at the entrance to sequoia National Park

Make Your Reservation Today!

559.561.4133

Fine Dining - Open Daily from 8am to 10pm; Serving Breakfast, Lunch Dinner and Sunday Brunch

Live Entertainment Weekly

Dine and Stay

Breath taking views and location

45978 Sierra Drive

Three Rivers, California 93271

A Pleasant 3 hr drive from the Valley

www.gateway-sequoia.com

