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→ MAY 13 - 26, 2022 VOLUME 23 NO. 10



Dr Strange 2

SUMMER

Entertainment Preview

By Barbara Beckley

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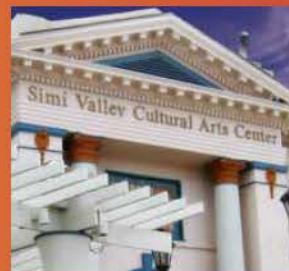
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HILARIOUS MUSICAL "SOMETHING ROTTEN" NOW PLAYING AT THE SIMI VALLEY CULTURAL ARTS CENTER

By Staff Writer

Welcome to the Renaissance and the outrageous, crowd-pleasing musical farce, *Something Rotten* playing through May 29, 2022 at the Simi Valley Cultural Arts Center, 3050 East Los Angeles Avenue, Simi Valley CA 93065. Tickets for this hysterical love letter to musical theater are \$28 for Adults, \$24 for Seniors and Students and can be purchased at www.simi-arts.org.

Created by Grammy Award-winning songwriter Wayne Kirkpatrick, and successful screenwriters Karey Kirkpatrick and John O'Farrell, *Something Rotten* was lauded by audience members and critics alike, receiving several Best Musical nominations and hailed by Time Out New

York as "the funniest musical comedy in at least 400 years".

Set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as "The Bard." When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz.

Something Rotten features large song and dance numbers, and a wacky cast of



over-the-top characters, each given his or her own special moment in the show to shine. Throughout its Broadway run, the musical received a show-stopping standing ovation from audiences... in the beginning of the first act! It's become clear that "nothing's as amazing as a musical!"

Critics and audience alike are raving about this production. "SENSATIONAL!

FABULOUS! A musical theater buff's dream come true ... and just as much fun for those who couldn't put a last name to Chita, Patti, or Bernadette if their lives depended on it." – StageSceneLA Performances of *Something Rotten* are Friday and Saturday evening at 8 pm and Sunday matinees at 2 pm. For more information, visit www.simi-arts.org or call (805)

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

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By Barbara Beckley

Summer entertainment is back!!!! From DTLA to the Westside, on the beach and in the parks. A-list and local festivals, music, sports, concerts, cocktails and food – pick your favs and celebrate to the max! Here's our top recommendations.

Play Ball!!!

This is THE summer for baseball fans. When the Dodgers host the 2022 Major League Baseball All-Star Game at Dodger Stadium (<https://www.mlb.com/dodgers/fans/all-star-game>), July 19, 4:30 p.m. It's the 92nd MLB All-Star Game, pitting the American League against the National League, and only the third time the Dodgers have hosted in Los Angeles. But there's more! The Big Game is just the finale of LA All-Star Week (<https://www.mlb.com/all-star/schedule>), with activities happening all over town. In Santa Monica, the "Capital One All-Star Oceanfront" features interactive games in a baseball themed carnival-like setting on the Santa Monica Pier and baseball-themed sand sculptures on the beach, July 15 & 16, 11 a.m. – 7 p.m. All for free! In DTLA, the "Capital One PLAY BALL PARK in MLB LIVE," July 16 - 19, 10 a.m. - 8 p.m. is loaded with amazing opportunities. Grab an autograph from your favorite Hall of Famer, snap a selfie with an Olympian or the World Series trophy! Kids can learn from the former pros on one of the many diamonds around the Los Angeles Convention Center. Tickets \$35, \$19 seniors, \$15 students. The Sirius XM All-Star Futures Game 2022 features up-and-coming Minor League players, July 16, 4 p.m. at Dodger Stadium. Tickets from \$53. Followed by the MLB All-Star Celebrity Softball Game at 7:15 p.m. Celebs from stage, screen, music, sports and the Internet and MLB legends have yet to be announced. Tickets from \$1,024. July 17 is 2022 MLB Draft Day 1 at Xbox Plaza, time TBD. July 18 is "Gatorade All-Star Workout Day," 5 p.m. at Dodger Stadium – your



first chance to see the 2022 All-Stars beginning with batting practice and leading into the T-Mobile Home Run Derby (tickets from \$425) airing live on ESPN. Game Day, July 19, begins with the All-Star Red Carpet Show, 11 a.m. – 12:30 p.m., with players bringing their fashion game to MLB Live in DTLA. Fans can watch the show on the MLB Network at Xbox Plaza. All-Star Game tickets from \$562 www.eventticketscenter.com

Concerts Under the Stars

Can you believe? Our cherished summer institution – the Hollywood Bowl (<https://my.hollywoodbowl.com/>) – is celebrating its 100th season! And the lineup is stellar for all tastes. Picks include Opening Night at the Bowl with Gwen Stefani, June 3, 8 p.m., tickets \$39 to \$259. The "101 Festival," with Ben Harper, Mon Laferte, the USC and UCLA marching bands – oh my – and more, June 11, 5 p.m., FREE admission. Rod Stewart "Cheap Trick," June 14, 7:30 p.m., \$55 to \$500+. Andrea Bocelli In Concert,

June 16, 8 p.m., \$80 to \$540+. Dudamel and Paris Opera Ballet, July 20 & 21, 8 p.m., \$1 to \$110. Ricky Martin with the LA Phil, July 22 & 23, 8 p.m., \$14 to \$82. Tribute to Peggy Lee and Frank Sinatra, with special guests Billie Eilish, Debbie Harry, Dianne Reeves, Brian Stokes Mitchell and more, July 27, 8 p.m., \$14 to \$64. Diana Ross – what!? – August 26 & 27, 8 p.m., \$14 to \$70. And not to miss – the Tchaikovsky Spectacular with Fireworks, August 12 & 13, 8 p.m., \$14 to \$77.

For off-the-cuff entertainment, cross the 101 Freeway to The Ford (<https://www.the-ford.com/events/>). It also features the "101 Festival,"



June 12, 5 p.m. Free! Followed by performances including much-tattooed singer/songwriter Ami Di Franco, who tackles personal and political issues with folk, soul, jazz and pop, June 23, 8 p.m., \$48 to \$55. Outfest Under The Stars, LA's celebration of LGBTQ+ filmmakers and voices (to be announced), July 21-23, 8 p.m. Prices to be announced. Nonosina, flamboyant traditional Polynesian sounds and dancing, August 14, 10:30 a.m., \$10. And Melissa Etheridge: One Way Out Tour, August 23, 8 p.m., \$59 to \$94.

Looking for kooky entertainment? The Broad Stage has you covered. Audience participation is the thing at “Mrs. Krishnan’s Party,” - thebroadstage.org - by the Indian Ink Theatre Company, July 8-17, 8 p.m. (July 10, 2 p.m.; July 16, 3 p.m.) No two nights are the same as the players juggle cooking, music and audience members. \$65 Top Table for guaranteed interaction with the actors; \$50 for close to the action, and \$45 Wallflower just to watch. Bring the kids to “Air Play” (<https://thebroadstage.org/performances/2022-23/family/airplay>) by Acrobuffos. Umbrellas fly, fabrics soar over the audience, balloons swallow people and snow swirls during this mix of comedy, sculpture, circus and theatre. July 21 – 31, times vary: 7:30 p.m., 2 p.m. and 11 a.m. \$35 to \$65.

NoHo Summer Nights valleycultural.org in North Hollywood Park is truly amazing! Featuring a four-week concert series of tip-top entertainment from 7-9:30 p.m. for free, free, free! The Delgado Brothers showcase their famous Latin blues, roots, soul and reggae, July 23. “Sweet Seasons – A Tribute to Carole King,” with singer/songwriter Carla Buffa singing King’s chart-topping hits with outstanding accuracy, July 30. Beach Street A Go Go – the fab, fun, far-out “Tribute to the Groovy Sounds of the ‘60s” – headlines with tributes to The Beatles, Beach Boys, Elvis, Motown, those ‘60s girl groups and more, plus costume changes and stories, August 6. And VOPA (Valley Opera & Performing Arts) Rocks: Classic Rock, wows with opera, jazz, rock and musical theatre, August 13.



Sofi Stadium is white hot with top talent this summer. Catch Kenny Chesney’s “Here and Now 2022 Stadium Tour,” July 23, 5 p.m., \$25 to \$275. The Red Hot Chili Peppers, July 31, 6:30 p.m., \$236 to \$1,030-plus. Motley Crue and Def Leppard together on their “Stadium Tour,” with Poison and Joan Jett and the Blackhearts, August 27, 4:30 p.m., \$64 to \$4,250-plus (but so so worth it!)

Rock out all day and all night (and bring the family) to dozens of top Mexican artists – Chicano Batman, El Fantasma, DJ Pope are just the beginning – at Viva! L.A. Music Festival (<https://www.vivamusicfestival.com/>) on the grounds of Dodger Stadium. June 25, 11:30 a.m. – 11 p.m., \$199 to \$650 VIP Plus.

Raise your consciousness at Disclosure Fest – 2022 (disclosurefest.org/), “The Mass Meditation Initiative,” June 18, 10 a.m. – 10 p.m. at Los Angeles State Historic Park. Enjoy music, speakers, workshops, yoga, visionary and influential art, healing tents and vegan food – all with the aim of promoting a healthy and compassionate lifestyle.

In Woodland Hills, Concerts on the Green delights with free, top-notch performances mid-June through August 28 at the Lou Bredlow Pavilion in Warner Ranch Park (valleycultural.org). New this year – food trucks! All the shows run 5:30-8 p.m. including the opener with emerging artists Terrell Edwards and Brittney Crush, featuring Balafo, June 19; Jumping Jack Flash – A Tribute to the Rolling Stones, June 26; Tribute to Led Zeppelin, July 17; “Oh What a Night!” tribute to Frankie Valli and The Four Seasons, July 24; A Tribute to Bruno Mars, July 3. For children, Franklin Haynes brings his marionette puppet theatre, June 20, 10-11 a.m.

Celebrate summer in Agoura Hills at Summer Concerts in the Park at Chumash Park, Sundays, 6 p.m. It’s free with a suggested \$2 donation. The fun scene includes “Hollywood U2” tribute to U2, June 10; The Spazmatics, June 19; Conejo Valley Community Concert and Jazz Bands, performing at the Agoura Hills High PAEC, July 24, and “Wanted,” the Bon Jovi tribute, August 21. www.agourahillscity.org

Cont’d next page

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JUNE 13 – JULY 22, 2022

SUMMER 2022 SHOWS

ENROLL AT CSUN.EDU/TADW

Party like a Viking in Thousand Oaks, at the 45th Scandinavian Festival (<https://scandinavianfest.org/>), June 4 & 5 at California Lutheran University. This is SoCal's largest Nordic-themed event celebrating the culture, dancing, traditions, fashions and foods of Denmark, Finland, Iceland, Norway, Sweden and the Sami people of the Arctic regions of Scandinavia. Join the traditional Midsummer Pole ceremony.

tasting, live music, a classic car show, vendors and family friendly rides, June 11, 1-9 p.m., at Surfers Point Live at the Ventura County Fair Grounds adjacent to the beach. Tickets \$35 and \$40. On-site parking \$20.

Tequila, tacos and tunes! Don't miss the Tequila & Taco Music Festival (<https://www.tequilaandtacomusicfestival.com/>), July 9 & 10 also at Surfers Point Live. Sip

www.venturaharborvillage.com/events/category/featured/) sip cocktails on a restaurant patio and enjoy free "Seaside Live Music," 1-4p.m., Memorial Day Weekend, on the Seaside Promenade Stage. Unkle Monkey headlines May 28. Blown Over plays May 29. On June 19, the Surfer Joe Band plays killer tunes in the Channel Islands Courtyard, 1-4p.m. June 25, local singer/songwriter Lynnzee Frayer (seen on American Idol) performs on the Seaside Promenade Stage, 1-4 p.m. Beginning July 2, Ventura Harbor Village celebrates "Seaside DJ Saturdays," and beginning July 3 "Steel

Drum Sundays," with live DJs and steel drums, each Saturday and Sunday, noon-3 p.m. through Labor Day Weekend.

Get groovy in Oxnard. Bring a blanket and picnic basket to Concerts by the Sea, Saturdays 4-6 p.m., June 30 through August 25, at Peninsula Park in Channel Islands Harbor (<https://www.channelislandsharbor.org/press-release/channel-islands-harbor-presents-concerts-by-the-sea/>). It's free. Featuring different sounds from different bands each week including jazz, rock, pop, country, blues, Cajun and Zydeco, funk, reggae, soul and more.



Enjoy story-telling on the Children's Stage – think Trolls! Groove to the sounds of Swedish pop group ABBA, presented by tribute band ABBA FAB on the main stage

margaritas and craft beer, sample top-shelf tequila, nosh on gourmet street tacos, enjoy live music and vendors. July 9, 2-6 p.m.; July 10, 1-5 p.m. Tickets: \$49.99 entry &

tequila sampling both days. Margarita experience, \$30 Saturday, \$25 Sunday. General admission: \$29.99 Saturday, \$24.99 Sunday. On-site parking \$20.

Celebrate art and ocean at ARTsea (<https://visitm-dr.com/events/art-sea>) in Marina del Rey, June 13, 11 a.m. – 10 p.m., and June 14, 11 a.m. – 6 p.m. Party on



both days at 5-6 p.m. Tickets \$15. Children 12 and under free.

Beach Party

Hot foot it to BBQ Fest Ventura County 2022! (<https://visitventuraca.com/event/ventura-county-bbq-fest/>) and rock out with BBQ meat masters, hot sauce, whisky

Mother's Beach with live music, dance performances and DJ sessions. Stroll through the pop-up arts district, showcasing works from LA artists; an artists' marketplace, inter-active art workshops, and a beer/wine garden and food trucks.

Up in Ventura Harbor Village ([## 45th Scandinavian Festival

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NATURALLY TAN

**BODY IMAGE, MINORITY STATUS, AND SELF-ESTEEM
PLAYING THROUGH MAY 28 AT THE BLACK BOX THEATER**

By Contributing Writer

Body image, minority status, and self-esteem are just a few of the topics discussed in *Naturally Tan*, a one-woman show about her cross-cultural path to self-worth that is written and performed by Tanya Thomas.

Tanya voices and acts over 35 characters, most notably a vivacious drag queen named Tanvi who leads the audience through the performance. The show follows Tanya's desperation to fit in as a minority growing up in Singapore where the ideals of beauty amounted to fair skin and the Pan Asian

look. Colorism and damaging beauty standards are all too real in the Asian country – which made Tanya's decidedly darker-skinned looks unpopular in her headspace.

Insecurities plague Tonya as she grows up in Singapore – all part of the impossible goals for young women in the country. The show asks will she hide behind them forever or will she overcome them as a woman of color, mother, and artist? Even purportedly Asian-themed movies like *Crazy, Rich Asians* are a disappointment, states Tanya, as they do not follow through



time. She is also an award-winning solo artist, producer, actress, and voiceover artist who started her career hosting Top 40 radio shows in Singapore, and jazz shows on KJAZZ 88.1 in Long Beach (which is mentioned in the show) and hosting three podcasts for Apple.

Naturally Tan debuted as an official selection of Solofest 2021 at Whitefire Theatre in Los Angeles where it also won a Best of Fest Award. The show also garnered rave reviews at the Hollywood Fringe where it won Pick of the Fringe and the Best of Broadwater Award. It was also an Official Selection at Los Angeles Women's Theatre Festival and the Binge Free Festival.

The performance takes a close look at how it feels not to fit in with everything surrounding you, and how a one-dimensional media representation of minorities fosters the sense of invisibility. The narrative intersperses serious themes with humor and adds a voice to the diversity of the various looks and cultures of Asian people.

Naturally Tan plays at The Actor's Repertory Theatre of Simi Valley at Artspace Black Box Theater

through May 28. Artspace Black Box Theater is located at 2956 School St. in Simi Valley. This wonderful new addition to Ventura County performance venues continues to offer a season of original, thought-provoking and relevant live theatre, in an intimate space for audience members.

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on the different peoples and looks of the country.

Through music, seriocomic elements, music, dance, and compelling visuals, Tanya takes on a journey where she finds and believes in herself, something we all can learn from.

Tanya Thomas is the playwright of *Naturally Tan* and performs all of the characters during its 90-minute running

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Doctor Strange 2



Once a superhero franchise goes multiverse, it's hard to go back. No work of fiction ever needs permission to break the rules or push the boundaries, but the multiverse, at least as it's been served up in recent Marvel movies demands it. And for the moment that means a lot of cameo opportunities. "Spider-Man: No Way Home" opened the door to the concept, but now Benedict Cumberbatch's master of the mystic arts is flying through the interdimensional portal with the concept in "Doctor Strange in the Multiverse of Madness."

This film is technically the sequel to "Doctor Strange." But so much has happened in Marvel land that involves Stephen Strange and his goatee — "Infinity War," "Endgame" and, yes, the most recent "Spider-Man" — that where it falls in the "Doctor Strange" standalone film continuity is entirely beside the point. One could not watch "Doctor Strange" and then "Doctor Strange 2" and expect it to make sense.

Not only that, being invested in "Doctor Strange 2," also requires some knowledge of "WandaVision," the nine-episode Disney+ series that runs almost six hours total. This is not a surprise

or a burden to Marvel fans, but it does seem like quite a lot to ask of the average moviegoer.

So it's interesting that Sam Raimi agreed to jump into this messy multiverse. His "Spider-Man" movies are still among the top of the crop of modern superhero franchises, after all. Raimi was able to put his own stamp on this endeavor, including a Bruce Campbell cameo. There are horror elements, too, some so intense families might think twice before bringing everyone, some interesting visuals not entirely dissimilar to "Inception" and some humor. But Raimi doesn't take "Doctor Strange" to an entirely new place. He mostly sticks to the framework established by Scott Derrickson.

The main issue is that it's a bit of a kitchen sink movie centered on a new and underdeveloped character, America Chavez (Xochitl Gomez), a teen who has the power to travel the multiverse but doesn't know how to control it. She's being hunted by someone who wants her powers and Strange decides to help.

Unfortunately, he asks the wrong Avenger for help: Elizabeth Olsen's Wanda Maximoff is the one

after the power to go multiverse jumping and has been dabbling in some dark arts to make it happen. She's motivated by the idea that she has children out there in an idyllic suburban multiverse in which she wears yoga pants and loose cotton tops and tucks her boys in at night after ice cream and movies. Soon she and Strange are having a standoff in midair.

The script is inventive in the way it plays around with a jumble of big sci-fi concepts, which makes sense considering screenwriter Michael Waldron is a veteran of "Rick & Morty." But it also underwhelms when it comes to the mishmash structure and the women. Olsen still sells Wanda's pain like the best of them, even though she's been reduced to a stereotype of female hysteria. Christine is merely there to make Strange

realize things about himself. And America, well, she never really earns our emotional investment.

After "Infinity War" and "Endgame," "Doctor Strange in the Multiverse of Madness" feels a little bit like wheel spinning. Cumberbatch has fun with his character, but his limitless ego seems to have been a little muted here as he grapples with his own happiness. And that invites more questions, like do we ultimately care about whether or not Doctor Strange is happy? Does he? Could everyone just use some post blip therapy instead of these interdimensional bottle episodes?

Perhaps the Marvel universe is finally starting to feel like a long running comic book series. Or maybe Phase 4 just hasn't kicked into gear just yet.

Happening

By Contributing Writer

"Happening," Audrey Diwan's Golden Lion-winner at last year's Venice Film Festival, is set in 1963 France but the period detail isn't prominent. It's an abortion tale that feels as though it could take place in many places, long ago or today.

It's filmed in square-like academy ratio and it's as if the edges of the frame are closing in on Anne Duchesne (Anamaria Vartolomei), a smart literature student — maybe even brilliant; we see her define "anaphora" without hesitation — who is shocked when a doctor informs her that she's pregnant.

This is 12 years before abortion would be legalized in France and Anne's predicament is urgent. "Do something," she tells the doctor, who replies that it's impossible, "the law is unsparing." For Anne, her first sexual encounter threatens to derail her life just as it's getting started. She comes from a working class background. Her parents — and Anne, herself — have high expectations.

"I want to continue my studies," she tells another doctor. "It's essential for me."

Films from Cristian Mungiu's "4 Months, 3 Weeks and 2 Days" to Eliza Hittman's "Never Sometimes Always Rarely" have captured the human toll of systems that give women little choice when faced with an unwanted pregnancy. What distinguishes "Happening," is, overwhelmingly, her and Laurent Tangy's tightly composed cinematography and Vartolomei's riveting, steely performance. To a remarkable degree, "Happening" is viscerally connected with its protagonist, closely detailing not just her navigation of social taboos and restrictions but capturing her unapologetic determination. It's a movie about abortion, yes, but it's also a coming-of-age tale.

"Happening" is based on the 2001 memoir by French author Annie Ernaux, who framed her '60s experience as it was recalled decades later by sifting through old journals and memories. Diwan's



film has no such framework, instead preferring to stay rigorously close to Anne's experience as it's unfolding. Abortion is to even her friends an unspeakable subject; just the hint of promiscuity is enough to make her an outcast. In one vulnerable scene, classmates confront her in the shower for being "loose" while they and she are naked.

In "Happening," there's no pleasure for Anne's body. It's a battleground. She is in a kind of war, with no one on her side, desperate for help — or at least for honesty. Anne grows increasingly isolated but also defiant. In a film where no one wants to say the truth out loud, "Happening" culminates in Anne holding back screams of pain because the walls are too thin.

FOO FIGHTERS LOVE LETTER DOC 'WE ARE THE THOUSAND' RELEASES THIS JUNE

By Contributing Writer

Breaking Glass Pictures and Blue Fox Entertainment are proud to announce their first joint release, the jubilant SXSW and Hot Docs breakout documentary WE ARE THE THOUSAND. Chronicling the journey taken by 1,000 musicians to create the Biggest Rock Band on Earth, the film gives a first-hand account of the group's effort to play the iconic Foo Fighters anthem "Learn to Fly", convince Dave Grohl to play a concert in Cesena, Italy, and the global sensation the event became. The film will arrive in theaters and on VOD, digital on June 3.

"Blue Fox Entertainment is thrilled to partner with Breaking Glass Pictures on this unique look behind the largest rock band in history", said James Huntsman founder of Blue Fox Entertainment.

Directed by Anita Rivaroli, WE ARE THE THOUSAND proves that, together, impossible goals can be reached. Like playing a song as a tribute to your favorite rock band after putting together 1,000 musicians and getting them to play perfectly in synch. It's what Rockin' 1000 achieved, a group of Italian friends who quickly became a global community bringing together musicians from all around the world.

"This film showcases what working together, and a love for rock music, can achieve", said Rich Wolff, CEO at Breaking Glass Pictures. "We Are The Thousand is the perfect title to begin our newfound partnership with Blue Fox."

In 2015, Fabio, a marine biologist with a huge passion for rock music, convinced 1,000 musicians from all over Italy to gather in the small town of Cesena to play "Learn



to Fly", the famous Foo Fighters' hit. His aim was to convince Dave Grohl, the leader of the band, to come and play in his town. A video clip of the performance together with Fabio's speech was published on YouTube, where it was viewed more than 50 million times. Soon afterward, Dave Grohl got the message and he decided to make the dream of the thousand come true by bringing the Foo Fighters to play in the village of Cesena. That was the beginning of an incredible adventure that created the largest

community of rock music lovers, and changed the lives of many people. Forever.

"Teaming with Breaking Glass Pictures and Blue Fox Entertainment is exciting and the perfect fit for us", said producer Simone Catania. "US audiences have connected with WE ARE THE THOUSAND from day one. And now with an Audience Award from our

North American Premiere at SXSW, our most favorite festival in the world, we are coming full circle and are thrilled to have the film released widely in North America." WE ARE THE THOUSAND will receive a Day-and-Date release, opening in theaters June 3, as well as on VOD/digital platforms including iTunes/Apple TV, Amazon Prime Video, Google Play, Xbox, Vudu, Vimeo, DirecTV, Dish Network/Dish Digital, and through local cable & satellite providers.

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will be the first of two U.S.-based races," said Scott Greenstein, SiriusXM's President and Chief Content Officer. "Formula 1 races are world-class events, which showcase a combination of technology, extraordinary drivers and challenging circuits. The sport's popularity is increasing and the U.S. is one of its fastest growing markets."

"We are happy to extend our relationship with SiriusXM," said Ian Holmes, Director of Media Rights and Content Creation at Formula 1. "Formula 1 continues to attract new fans, with audience figures increasing, record numbers of fans attending last season's U.S. Grand Prix and a capacity crowd expected at the first Miami Grand Prix."

SiriusXM offers exclusive pre- and post-race programming on Speed City

By Contributing Writer



F1, hosted by Jon Massengale, Les Kiser, Jonathan Green and Bob Varsha. Veteran F1 journalist Chris Medland also contributes to the coverage on Speed City F1. The show will air on SiriusXM channel 81 in the hour before and after every Formula 1 race, offering a recap of qualifying results, driver interviews and a look at that weekend's circuit.

The 2022 FIA Formula One World Championship season runs from March through November and races around the globe. The results of each race are combined to determine two titles, one for Drivers and one for Constructors (teams).

www.SiriusXM.com

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SAN DIEGO SPIRITS FESTIVAL

By Contributing Writer

The San Diego Spirits Festival, a world-class cocktail and cultural event, is shaking things up for its 13th year with a move to the newly-renovated Museum of Contemporary Art San Diego in La Jolla (MCASD). San Diego's annual spirits extravaganza will take place on Saturday, Sept. 24 and Sunday, Sept. 25, featuring unlimited cocktails from over 60 brands, live music and entertainment, access to MCASD's galleries and more. Tickets are now available for purchase here.

"This event has grown exponentially through a community of craft cocktail and premium spirits lovers, and this year, we look forward to taking the San Diego Spirits Festival upmarket to La Jolla in this world-class museum," said Liz Edwards, owner and founder of the San Diego Spirits Festival. "We're creating an experience-driven event completely unique to the community, where guests can be inspired by exceptional cocktails and spirits, exquisite

within La Jolla and adding new layers to the world-class event.

The San Diego Spirits Festival offers an upscale event that appeals to everyone from novice cocktail lovers and fashionistas to experienced mixology professionals and restaurateurs. Spirits and art enthusiasts will explore the world of whiskey, bourbon, tequila, rum, gin, vodka and other fine spirits, plus ready-to-drink beverages including seltzers, canned cocktails and more.

Recently opened after a two-year, \$200 million renovation, MCASD is comprised of both indoor and outdoor spaces, offering panoramic views of the La Jolla coast throughout. The festival will take place on multiple levels of the museum, with the full exhibition from its galleries on display.

Festival hours will be from 3 p.m. to 7 p.m. on Saturday, Sept. 24 and 1 p.m. to 5 p.m. on Sunday, Sept. 25. Advance tickets start at \$65 until April 30, for a general pass



culture and art come together for a stellar two-day experience fueled by top spirits, bespoke cocktail brands in an exceptional venue. San Diego Spirits Festival distills the essence of the luxury craft cocktail and liquor market into a signature event; the creativity and design of the event space invites guests to be amongst world renowned brands and boutique distillers. The festival is shaking things up for its 13th

year in 2022 with a move to the newly-renovated Museum of Contemporary Art San Diego in La Jolla (MCASD). San Diego's annual spirits extravaganza will take place on Saturday, Sept. 24 and Sunday, Sept. 25. Tickets start at \$65 are now available for purchase via Eventbrite. More info www.SanDiegoSpiritsFestival.com, on Facebook, Instagram, and Twitter.



art and spectacular views."

This incredible new setting will take So Cal's favorite spirits festival to new heights, where art, bespoke spirits brands and cocktails will come together for a stellar two-day experience. San Diego Spirits Festival's move from downtown San Diego to La Jolla will build on the event's loyal following while attracting a new audience

and can be purchased online through Eventbrite.

After the advance ticket sale, tickets will start at \$85. More information about the festival can be found on the website at www.sandiegospiritsfestival.com.

About The San Diego Spirits Festival

The San Diego Spirits Festival is an annual world-class event where cocktails,

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By Contributing Writer

Truffles: A Tasty Treat

Truffles have been part of the human diet for a long time: we've traced truffle-eating all the way back to hunters and gatherers. But what are truffles?

You may have seen truffles on menus. You may have even eaten them. However, the experience becomes even more enjoyable when you learn about these fascinating foodstuffs.

Whether you love to cook or love to eat, we've put together the basics about truffles so you can expand your foodie knowledge.

What Are Truffles?

You may have seen chocolate truffles in fine candy stores before. These confections actually get their name from the true truffle, a type of fungi with a rounded shape. Chocolate truffles share the name and shape, but that's where the resemblance ends.

Real truffles grow underground, typically in the shade of specific trees, such as oaks. Certain species of these truffles are beloved as food. Trained pigs and dogs (today, dogs are used more often) help harvest them by sniffing them out from the ground.

Edible truffles are found in certain regions, which is why they're associated with cuisines of France and Italy. You'll see both black and white truffles, which have very different tastes.

What Do Truffles Taste Like?

Truffles have a strong, earthy taste, but black truffles taste stronger than white. Their flavor is described as musky or even gamey. However, many foodies agree that it's impossible to describe the taste of truffles — you just have to try it.

Since truffles are a fungi, many people compare their taste to mushrooms. However, truffles aren't mushrooms: they're a different kind of fungi, and they taste different. They're richer and earthier, and are used in much smaller quantities.

Popular Uses for Truffles

How do people eat truffles? The most common is truffle oil. However, this flavored oil typically doesn't contain real truffles. It's flavored with chemicals found in truffles. For the full experience, you'll want to track down a dish made with real truffles — even though they're expensive. Truffles



are used to add flavor to rice or pasta, but they can also elevate other meals, such as eggs or steak. They can also be used to make delicious truffle butter.

Enjoy Truffles at Home

It is possible to buy fresh truffles, but they're very expensive and don't last long. So it's best to look for a truffle oil made with real truffles.

A little bit goes a long way, so it's a worthwhile investment. If you're feeling creative, you can also make truffle butter at home. While most people associate truffles with fine dining restaurants, oils and butters are a great way to recreate the fine dining experience in your house.

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HEALTH AND BEAUTY

A Complete Guide to Tummy Tuck Preparation

By Contributing Writer

It should come as no surprise that being confident in your appearance comes with benefits to your mental health. For this reason, it is not uncommon for people to elect to get a tummy tuck.

However, not everybody understands how to prepare for a tummy tuck. There are certain nuances you need to keep in mind, and we've put together a guide that details everything you should know.

Cut Down on Smoking

Smoking can cause complications with this type of procedure. So, it's essential that you cut down on smoking before your abdominoplasty. In fact, you should avoid smoking entirely for the entire month before the date of your procedure.

Don't Lose a Large Amount of Weight

Some people choose to pursue rapid weight loss shortly before they get a tummy tuck. The logic behind this decision is that it will make their results even more outstanding. Unfortunately, this could easily cause you to become underweight by the time of your surgery.

Being underweight will make it more difficult for you to recover after the procedure, and you run the risk of rapidly regaining the weight once you begin feeling normal again.

Organize a Ride Home

It's highly recommended that you do not drive home from your procedure.

In fact, your doctor may prevent you from doing so if you attempt to. Have someone go with you to the procedure and have them take you home afterward. If possible, you should also keep that

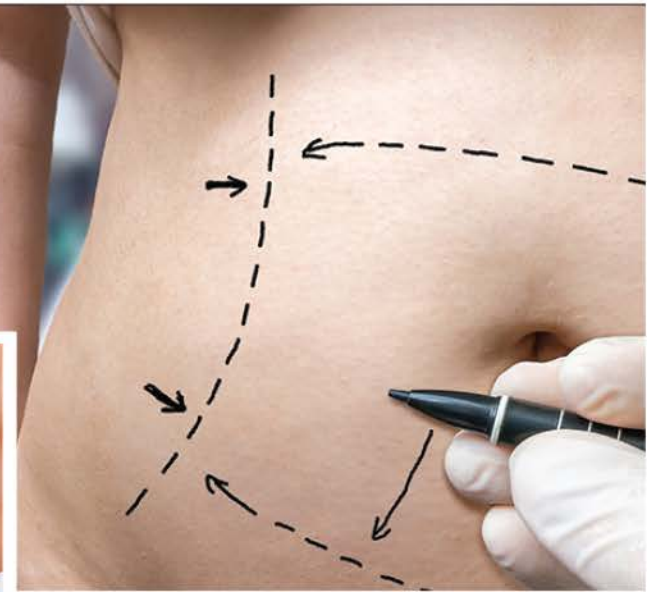
person around for at least a day or two so they can monitor your condition.

The majority of complications occur after surgery, and it's essential that you get medical assistance as quickly as possible if a problem arises.

Share Any Relevant Health Concerns With Your Doctor

It's important to be as honest as you can with your doctor before the procedure. Although lab tests will denote underlying issues, you should share concerns that you have with your medical professional before moving forward.

There is a chance that these



could come into play during surgery and cause complications.

Be Prepared to Recover

This is not a simple procedure. It's something that requires an experienced professional to complete, and the recovery process

can be fairly lengthy.

It's essential that you are prepared to properly recover afterward. This means taking time off work, having medication on hand, etc.

Tummy Tuck Preparation Can Seem Overwhelming

In some cases, it can even feel

intimidating.

However, this procedure is fairly common and tummy tuck preparation isn't nearly as difficult as you might anticipate at first. The above information will help ensure that the process goes as smoothly as it should and that you alleviate any concerns.

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Prayer Treatment For Radiant Health

By Contributing Writer



Words are the embodiment of thoughts. Power Words of “Fast, Easy, Fun and Safe” to prayer treatment. What that does is eliminates everyone’s idea of how long it takes to recover including the doctor’s expectations like “6 weeks to recovery” and anything else

You are more powerful than you could ever imagine! Prayer Treatment will heal any situation you find yourself in.

Your body knows how to heal itself. The subconscious intelligence within that created the body knows exactly how to heal, restore, and direct all viral functions and processes of the body. But for the body to do this properly, you have to give it the perfect idea of health.

The moment you have a thought, the feelings behind the thought, the moment you speak your words with intent, the moment you take action with intent of radiant health continues to create the perfect picture of health just as you intended it.

unlike that. This allows source energy to create the health at it’s own speed which is much quicker and enjoyable than waiting for something to happen sometime in the future.

Surgeries

Read prayer treatments before any type of surgery. They are extremely powerful for those who are having surgery because they heal really fast, safely and greater than anyone could ever imagine. If you start a prayer treatment before a scheduled surgery, the healing can take place.

You Have Everything To Gain!

Here is an example of a Prayer Treatment. (This prayer is for my (me, sister, brother, friends or animals name)

This prayer is for my _____.

(I am/She/He) is relaxed and at peace, poised, balanced, serene, and calm right now!

The healing intelligence of my/her/his subconscious mind that created (me/her/him) is now transforming every cell, nerve, tissue, muscle, and bone of her/his being according to the perfect pattern of all organs lodged in (my/her/his) subconscious mind right now, “Fast, Easy, Fun and Safe.”

Silently, quietly, all distorted thought patterns in the subconscious mind are removed and the vitality, wholeness, and beauty of the life principle are made manifest in every atom.

(I am/She/He) is now open and receptive to the healing currents that are flowing through (me/her/him) like a river, restoring (me/her/him) to perfect health, harmony, and peace. All distortions and ugly images are now washed away by the infinite ocean of love and peace flowing through (me/her/him). Perfect health is (mine/person’s name/pet’s name) right now and forever more.

The Law of Harmony operates in (my/her/his) mind and body. Health, beauty, love, peace and abundance are (mine/his/hers).

The principles of Right Action and Divine Order govern my entire life and (persons name).

I know (my/their/her/his) major premise is based on eternal truths, and I know and feel that (my/his/her) subconscious mind responds according to the nature of my conscious minds thinking. And it is so!



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Extended 'Workcations' still a hot travel trend

By Marci Bracco

The biggest challenge during a summer vacation to South Lake Tahoe is choosing which activities to squeeze into a week or weekend.

It's a long list for a short stay.

RnR Vacation Rentals offers an excellent alternative: spend the entire summer exploring this famous basin rich with fun and adventure. Either make it an extended vacation, or take advantage of the hottest travel trend out there, the "workcation."

Owned by the husband and wife team of Stu and Diana Roberson, RnR is the industry leader in Tahoe extended-stay vacation rentals. Led by a team of hands-on local experts, RnR brings the beauty and majesty of South Lake Tahoe to adventurous guests seeking 30- to 90-day stays.

Each home comes fully equipped for a home away from home experience, while offering the space and technology for the perfect remote office environment.

Riding Silicon Valley's high-tech wave for 20 years, the Robersons successfully brainstormed their way out of the corporate rat race in 2013.

Leaning on their extensive experience in marketing, technology and business management, they started managing their own South Lake Tahoe vacation home. They felt existing vacation rental management companies were charging too much for the limited services they provided.

Led by their own high standards, the Robersons began managing homes owned by friends and neighbors, expanding organically into a wide swath of the Tahoe region.

RnR quickly assembled an effective and sustainable rental management model built around personal service, exceptional homecare and cleaning, and effective marketing. It became the



first property management company in South Lake Tahoe to adopt effective new technologies and marketing strategies, and was the first to integrate mobile guest applications and a mobile friendly web site.

Combining high-tech features with all the comforts of home, RnR creates a relaxed elegance to help nurture mind, body and spirit.

Clearly, there are more Lake Tahoe summer activities than anyone could ever fit into one trip. Explore the Sierras by foot or by

pedal, splash in some of the purest water on the planet, take some swings on manicured golf courses, zip by boat or jet ski to secret coves, or just soak up the fresh mountain air and gaze at the majesty of this region from your deck.

Offering an exclusive and exquisite inventory of homes that creates a relaxed elegance while collectively earning 5-star ratings, RnR can change anyone's idea of a summer vacation.

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Spitting Feathers

A new comedy by Ron Harner playing at Two Roads Theater

By Pamela Froman

The tagline reads: You can't get ahead when you're getting even. So what is the story?

It starts like this. Relationships are complicated. Tony and Michelle (played by Michael Dumas and Amy Newman respectively) are getting married after being together for 12 years. Unfortunately, there is a small snafu with the wedding plans. The best man Josh (Chad Skiles) and

without the cutting remarks. In addition, our engaged couple Tony and Michelle explore the reasons behind their successful union, and how their love and commitment are going to last.

Chad Skiles as Josh portrays an artistic, embittered man who longs to create a career in music. Meanwhile, he is a dog walker to pay the rent. Chad has starred in *Our Town*, *The Glass Menagerie*, *Twelfth Night*, and *The 39 Steps*.

Mary Simmons plays Mallory, a lawyer turned judge who got out of the fast pace of New York City into the suburbs of New Hampshire as well as out of the relationship with Josh. She has appeared in *The Drowsy Chaperone*, *Cabaret*, and *Oklahoma*.

Michael Dumas is

Tony, a sweet and successful man who is eager to marry his best friend, despite all the drama that a wedding can bring up. He has acted in *The Theory of Relativity*, *Newsies*, *West Side Story*, and *Mamma Mia*.

Finally, Amy Newman creates a solid performance as Michelle, the bride-to-be whose insecurities about her relationship are overcome as the night progresses. She appeared in the film *Adam's Package*, *Your Biggest Fan*, and performs as a company member of the American Immersion Theater Company.

Writer and Director Ron Harner was the force behind *The Ones Who Leave*. He has optioned three screenplays, a TV pilot, and written for the TV series *Second City This Week*. He also directed the short film, *Shady Glen*.

Spitting Feathers runs through May 15th at Two Roads Theater, located at 4348 Tujunga Avenue in Los Angeles. For more information log onto www.instagram.com/harnergram

SPITTING FEATHERS



the maid of honor Mallory (Mary Simmons) are a former couple who can't stand to be in each other's presence.

To try and thaw the ice, Tony and Michelle bring the twosome together for dinner at their house so that they can be prepared for the big day. It starts badly with snarky comments galore. But the evening progresses as to why the twosome broke up in the first place and ends with a comment on love and relationships in general.

How do we know if love is going to last? What are the warning signs? Who is right for each other? These are all questions the foursome discusses throughout the night. Why "spitting feathers?" The expression "spitting feathers" means that the speaker is very angry. This is the relationship between Josh and Mallory. However, as the evening progresses, the hurt and anger between the twosome subside and while the former couple will never be able to completely erase the pain of their separation, at the end of the evening they can be in the same room

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Great Types of Exercises for Swimmers

By Contributing Writer

A lot of swimmers supplement their program with exercises in the gym. We have put together a list of some of the best exercises for swimmers to do outside of the water.

Medicine Ball Exercises For Swimmers

Medicine-ball training for swimmers is categorised as functional training. This means it uses multiple muscles to complete a movement.

This type of movement can be much more beneficial because it trains your bodies parts to work

together more effectively rather than just improving one element.

Stretchcord Exercises For Swimmers

Stretchcords are giant rubber bands with varying degrees of thickness according to ability and training requirements.

The idea of stretchcord training exercises is to pull on the band as you would pull through water in your swimming strokes, with the resistance providing a work-out that closely simulates the resistance you feel in the water.

Stretchcords are also particularly useful for injuries. They are often used by physios to help nurse muscle groups together.

Weight Training Exercises For Swimmers

Proper lifting is a must if you are doing any sort of weight training. Seek a professional to teach you proper techniques before you try any weight lifting. You won't get



the benefit out of the program unless the technique is correct.

Maximum muscular strength gains can be obtained from a heavy-resistance-low-repetition training programme, while muscular endurance is more effectively achieved through light-resistance-high-repetition programmes.

Lie on the bench holding two dumb-bells, face up. Lower each

weight until level with the chest and then return. On the up phase, rotate the shoulders externally. At the bottom point the thumbs inwards. At the top, thumbs point behind the head. At the low point the elbows should be at 90 degrees, in line with the shoulders.

Exercises For Swimmers At Home

Most competitive swimmers will do some sort of land training at home as well as the programme

at their local swimming club set by the coach.

Even if it is stretching this can be a really great habit to get into when your are trying to be more flexible.

Flexibility can produce lots of power in swimming.

500 sit ups a day is a great routine to get into. Make it a habit when you get out of bed in the morning.

The sit-up should be like a roll-up. You should roll all the way up until your chest touches your knees. On the way down you unroll.

Swiss Ball Swimming Exercises

Swiss balls help improve your core. Swiss balls are an excellent way to build up core-strength.

Training with a Swiss ball forces you to use muscles that stabilise and control the body's position. You add complexity by shifting to more unstable positions over time.

Swiss ball exercises are used to: Increase the core-strength of the muscles in the trunk of the body; Improve your posture; Improve joint stability and control – reduces the chance of injury; Improves flexibility and range of motion in your joints.

It's important to choose the right Swiss ball for you as they come in a variety of shapes and sizes.

Circuit Training For Swimmers

Circuit training is usually aimed at individuals rather than groups because each circuit or WOD can be tailored to the specific person. CrossFit or Circuit Training is designed to improve all-round physical fitness rather than fitness for a specific sport.

Swimming specific CrossFit training or Circuit Training means you should be working at sub-maximum level over an extended period of time with either no rest, or very little rest between exercises.

Stretching Exercises For Swimmers

Stretching is very important for swimmers. What you should be thinking about when you are doing warm up exercises for swimming is making them dynamic rather than static. A dynamic warm up is stretching with movement. For example: arm swings, trunk twists and lunges. A dynamic warm up helps swimmers pre-prepare before getting in the pool.

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Can Cats Eat Garlic? What You Need to Know!

by Sarah J. Wooten, DVM

Cats are notorious for being persuasive. If their begging eyes and sweet purrs don't convince you, the threat of claws and dead mice in your shoes undoubtedly will.

Is Garlic Safe for Cats?

Garlic is part of the Allium genus, along with onions, chives, leeks, and shallots. All those foods are considered toxic to cats and dogs alike, but some are worse than others.

Garlic is one of the most dangerous of the bunch. It's five times more toxic than onions for both cats and dogs.

If your cat eats enough garlic, they run the risk of contracting garlic poisoning. This can lead to something called hemolytic anemia, which causes their body to attack their own red blood cells.

The good news is that if you act fast, you can minimize the damage and possibly even prevent hemolytic anemia from setting in at all.

What Are the Signs of Garlic Poisoning in Cats?

If your cat has eaten a toxic amount of garlic, you'll soon see some or all of the following symptoms:

Vomiting, Diarrhea, Difficulty breathing, Lethargy, Increased respiratory rate, Increased heart rate, Pale gums or Collapse.

It's important to understand that these symptoms might not set in immediately. In some cases, it can take as long as 4 days for the garlic to begin to cause noticeable issues with your cat's blood cells.

By then, however, it may be too late to undo some of the damage,

which is why you should take action as soon as you know that the garlic has been ingested, rather than waiting for symptoms to occur.

How Much Garlic Is Toxic to a Cat?

While garlic isn't good for cats, that doesn't mean that the slightest bit will kill them.



It's believed that any amount over 5 grams per kilogram can trigger toxicity in cats, but the cat's breed can play a role as well. For some reason, Asian breeds seem to be more sensitive to the effects than others, so if you have a Siamese, Burmese, or another Asian breed, you might want to err on the side of caution.

What Should You Do If You Suspect That Your Cat Is Suffering From Garlic Poisoning?

The most important thing is to act as soon as you can. Take your cat to your vet, and try to recap exactly which symptoms you've observed, as well as how much garlic was consumed.

Depending on how long it's been since the cat has ingested the garlic, the vet may want to give your cat activated charcoal to soak up the toxins or induce vomiting by forcing the cat to swallow hydrogen peroxide. If these methods are successful, the cat

should have a good chance of recovery, and the damage to their body (and your bank account) should be minimal.

However, if it's been too long for either of those techniques to be effective, your vet may want to perform blood panels to see if toxicosis has set in. In many cases, rest and proper nutrition (and avoiding other members of the Allium group) should be all your cat needs to recover.

If the garlic poisoning has reached a critical stage, supplemental oxygen, IV fluids or even a blood transfusion may be needed. This is where the prognosis can get dicey, as cats with severe or prolonged garlic poisoning are prone to suffering from other complications besides the anemia.

How to Prevent Your Cat From Eating Garlic?

Most cats aren't attracted to cloves of garlic, so there shouldn't be any need to hide your garlic or anything like that.

As you might expect, the easiest way to prevent a garlic overdose is to control your own behavior. If you know a dish has garlic in it, don't share it with your cat, and be sure not to leave out any meats or other tantalizing, garlic-laced foods where your cat might be able to reach them.

Likewise, you should find another supplement or flea treatment besides garlic to give your cat, as it's just not worth the risk.

What's the Verdict?

Under no circumstances should you give your cat garlic. While a small amount is unlikely to be harmful, it's easy to give them too much, at which point, garlic poisoning can set in — and this can kill your precious kitty.

We know that it's not easy to tell a cat "no" when they turn on the charm, but you're going to have to find a way to do it when there's garlic involved.

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Things to Pay Attention to When Looking for a New Home

By Contributing Writer



A house is the most expensive and valuable asset we own. House-buying feels real when you go on house viewings. A few things to keep in mind:

Empty rooms feel larger than they really are. Bring a tape measure and record the dimensions.

Ask to view your top choices a second time. You'll become more attentive to practical things, like the workmanship on the interior trims, alignment of the tiles, the direction of the sunrise and sunset, sizes of the main rooms, ventilation, and so forth.

Pay Close Attention To

House viewings are fun, especially when close friends and family go with you. Use the time to inspect the properties thoroughly and take notes of the pros and cons. Pay extra attention to:

The neighborhood. You need to get a feel of the type of people living next door. Are there families with little kids? Does it seem like the people are friendly? Find out if you feel comfortable living in the area and can mingle with the local community. You don't want to live in a place where you can't trust people.

The surroundings. There are lots of vegetation around the house: is this a pro or a con? The neighborhood is near a body of water. Is it prone to flooding?

This is a matter of weighing the pros and cons of a house. You can get this information by observing the structural designs of the houses in the area and talking to passersby when you look at the property.

The asking price and how it compares to the rest of the houses. Pay attention to is the cost, the

obvious reason being you need to know if you can afford the mortgage. Here's a quick and simple formula: add all the monthly housing costs like mortgage, insurance, taxes, and association fees. If it is less than or equal to 25% of your monthly take-home pay, you may be able to afford it.

Real estate is an investment: you'll want to find out if a property you purchase can still increase in value in the coming years.

The downpayment. Make sure you fully understand the responsibilities that come with owning a house. Bear in mind that your monthly mortgage excludes the downpayment, closing costs, and your move-in expenses.

Zillow reports that the closing cost of a house sale is typically 2% to 5% of the purchase price.

The condition of the trim. Before a house is opened for viewing, it is customary for the owner to retouch the facade and finishes. The "facelift" might hide underlying defects that could lead to bigger problems. So if the trim looks brand-new, be more scrutinizing of the adjacent wood or the surrounding concrete.

The shape of the rooms. Listing photos can be misleading. Real estate photographers often use wide-angle lenses. The distorted perspective may hide the real shape of the space.

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By Andrews McMeel Syndication **Top Stories**

Rob and Grace Jones wanted to replace a built-in toilet paper holder in their home in Crystal Lake, Illinois, on April 16, which required them to cut into the wall of their bathroom, NBC New York reported. That's when they came across a most unusual find: a towel containing two McDonald's hamburger wrappers and a full order of french fries inside. Vintage 1959. "We were expecting the worst," Grace said. "I was shielding my kids in case there was any dried blood." More like dried ketchup. "Not a cold case, just some cold fries," she said. "They were very well preserved." Must not be many mice in Crystal Lake.

Missed Que

An American family returning to the United States from a trip to Israel on April 28 set off a chaotic bomb scare at Ben Gurion International Airport near Tel Aviv when they tried to take an unexploded artillery shell through a security check, the BBC reported. They had found the shell in the Golan Heights and picked it up as a souvenir; at the airport, a family member pulled it from a backpack and asked if it could be put in a suitcase. The security official called for her immediate area to be cleared, but someone misheard her, and panic ensued. The family members were later questioned and allowed to board their flight.

That's One Way To Do It

As his United Airlines flight taxied to its gate at Chicago's O'Hare International Airport on May 5, one passenger apparently couldn't wait to deplane, WLS-TV reported. So he opened the emergency exit and walked onto the wing, then slid down the wing and onto the runway. The ground crew stopped the man, and he was turned over to law enforcement officers. [WLS, 5/5/2022]

Seeing Double ... and More

The Mansfield Independent School District in Texas will celebrate an unusual graduation this year, feting 35 pairs of twins in its senior class, along with one set of triplets. Anthony and Angela Morka are among the twins who will graduate at the

end of May, CBS News reported. "Knowing that it's almost over is exciting, but it's also kind of sad," Angela said. "It will definitely be a change because we're not going to be together like we've always been," Anthony added. The district held a special event for the multiples on April 29 at Vernon Newsom Stadium.

Bright Ideas

Five students at Ponte Vedra High School in Ponte Vedra Beach, Florida, have been accused in a "senior prank" in which a probable sandbar shark (prohibited from recreational and commercial harvest in Florida state waters, according to the Florida Fish and Wildlife Commission) was hoisted over a staircase at the school on May 5, News4Jax reported. "I was going to first period, and there was this massive shark hanging from the ceiling, and it smelled really bad," said Cooper Gottfried, a sophomore at the school. The shark is the school's mascot. The responsible parties may face charges of trespassing, wildlife violations and criminal mischief.

An unnamed man in Detroit was arrested in late April for illegally possessing guns, but the federal agents who arrived at his home with a search warrant were more interested in how he made a living: He sold marijuana from a vending machine attached to his house, clearing \$2,000 a day, he told them. The Associated Press reported that agents with the Bureau of Alcohol, Tobacco, Firearms and Explosives made purchases from the machine to collect evidence before the bust. The man was released on bond.

'Scuse Me

As Pinellas County (Florida) Sheriff's Deputy Todd Brien drove away from St. Pete Beach to check on a 911 hang-up call on May 4, he inadvertently drove over Robin Diffenderfer, a 23-year-old woman sunbathing on her back in the sand, ClickOrlando.com reported. He struck her right side and mid- to upper back area. She was hospitalized with non-life-threatening injuries, and an investigation is ongoing.

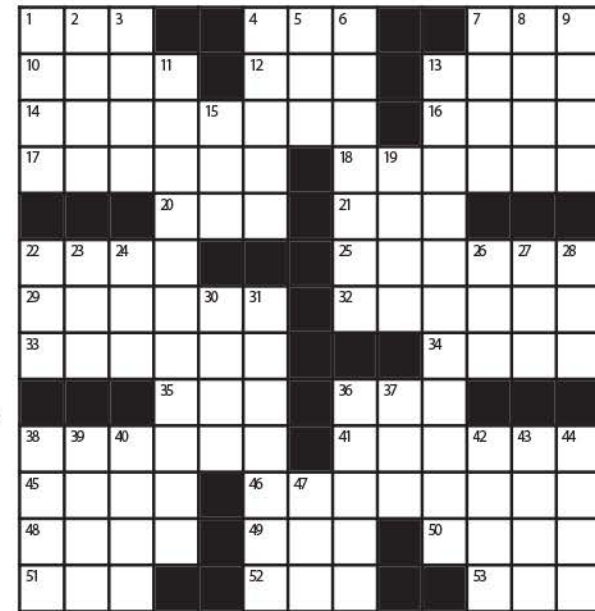
Across

1. Actor Lowe
4. Musical "G"
7. Enclosure for return
10. Seaweed gelatin
12. ___ timer
13. Cass Elliot
14. Petitioner
16. Eye section
17. _____ day
18. Advantages
20. Colorado Native Americans
21. SW Missouri river
22. Appeal for help
25. Selfishness
29. Non-stick material
32. Parody
33. Theseus' land
34. Dance partner
35. Microwave
36. Hundredweight
38. Overly conceited
41. Make bubbly
45. Person, place or thing
46. Seat of justice
48. Manure
49. She
50. Vitamin C ingredient
51. Commonly, poetic
52. Big fuss
53. Long-eared beast

Down

1. Slightly improper
2. Eye
3. Barnyard sounds
4. Rubberneck
5. Belonging
6. Grand prix cars
7. Rani's wear
8. Involved with
9. Effortlessness
11. Making into a habit
13. Get the wrong end of the stick
15. NY opera
19. Google founder
22. "Harper Valley ___"
23. Lease
24. Amphibian
26. Repeats 5 times for an Abba song

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27. Bright light
28. Gas guzzle rate
30. Tapi___
31. Naturally occurring petroleum
36. African capital
37. Internet
38. Disentangle
39. Hairdo
40. It precedes a return
42. "The King and I" role
43. New Mexico resort
44. Corner pieces
47. Cincy player

DAD JOKES

Why do seagulls fly over the ocean? Because if they flew over the bay, we'd call them bagels



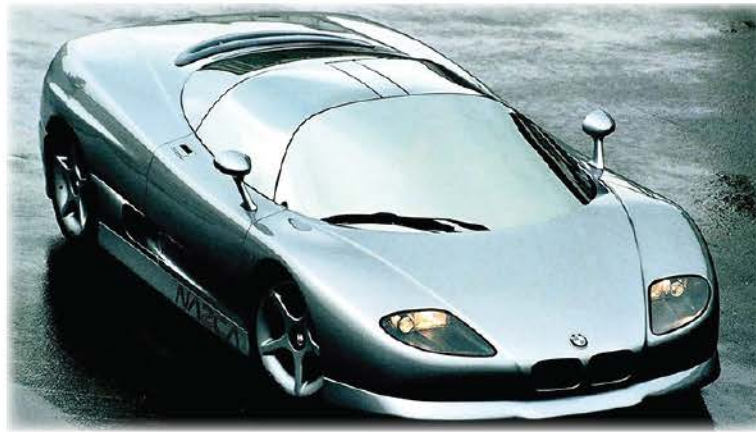
From April 29





MOST EXPENSIVE BMW'S OF ALL TIME

By Contributing Writer



Perhaps no three letters are as closely associated with luxury and class as BMW.

The automotive company has come a long way since its first car, the 1927 Dixi 3/15 PS DA-1, which maxed out at 75 miles per hour.

Now, BMWs are lightning fast and gorgeously sleek. Yet, to own some of the top models will cost you a pretty penny.

Today, we're breaking down the five most expensive BMW cars of all time.

Have a few million dollars sitting around you've been itching to spin? Let's take a look at what your money can get you:

The Most Expensive BMW: 1991 Nazca M12: \$3 Million

Yes, you read that correctly.

The idea for this concept car was originally conceived by automobile designer Giorgetto Giugiaro, who came up with the model for engineering company Italdesign.

Though it never went into production, there were three Nazca M12s made. In 2011, one went up for auction for \$1.1 million.

With its carbon fiber body and BMW's stellar V12 engine (the same in

the 750i and 850i), experts estimate its value to have more than doubled now.

BMW M8: At Least \$590,000

Kept under wraps for about 15 years, the BMW M8 became somewhat of a fable in the automotive industry.

The prototype, created in the early 1990s, was a fire-engine red stunner boasting 500+ horsepower and six-speed rear-wheel drive. At the time, it was the most tech-savvy car BMW had ever designed.

Yet, a fluctuating market and less-than-reliable demand meant it

was destined to be kept under wraps, where it remained until 2010 when it was displayed in Munich.

While it's valued at just under \$600,000, the mystery swirling around the model lends itself to even higher estimates.

BMW X5 Le Mans Concept: \$590,000

The oldest active sports car race in the world, Le Mans is the benchmark against which automobile manufacturers judge the speed, quality, and craftsmanship of their products.

In 1999, BMW won Le Mans with a high-power V12 engine.

The manufacturer then took that engine and ran with it: it incorporated it into its X5 series, an unlikely match considering the X5 is a luxury mid-sized SUV better suited for a family than the racetrack.

The resulting vehicle? An uber-strong and crazy fast BMW that could go from 0 to 60 miles per hour in less than five seconds.

Try taking that through the carpool lane or a BMW service center without turning some heads!

BMW M5 G-Power Hurricane RRs: \$470,000

Looking for a sedan powered by an 830 horsepower V10 engine that can reach speeds of up to 231 miles per hour? The M5 G-Power Hurricane RR delivers.

One of the fastest and most expensive BMW sedans ever, it's created in partnership with G-Power, the Bavaria-based car tuning manufacturer behind high-powered luxury vehicles.

BMW M5 G-Power Hurricane CS: Mid \$400,000s

With a slightly lower output (and a lower price tag) the CS model boasts many of the same features as the RRs.

The V10 engine on this model is 750 horsepower. It also features a nine-way adjustable suspension, as well as carbon fiber seats, giving you all the power and agility you'd expect from one of the most expensive BMW models.

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YOUNG ARTISTS PLAYGROUND SUMMER CAMP COMING TO THE SIMI VALLEY CULTURAL ARTS CENTER

By Contributing Writer

The Simi Valley Cultural Arts Center will launch their Young Artists Playground Summer Camp for ages 5 – 17 from June 20th through July 29th. Camp is Monday through Friday from 10 am – 3 pm at the Simi Valley Cultural Arts Center, 3050 East Los Angeles Avenue in Simi Valley. Campers will get hands on experience learning all about theater and what it takes to put on a show. The young artists will help create an original play with music and learn skills such as playwriting, choreography, singing, creating original costumes, sets and props, and more! The camp will conclude with two performanc-

es on the Mainstage at the Cultural Arts Center on July 30th at 2 pm and July 31 at 7 pm. Leading the Young Artists Playground Summer Camp is long time arts educator Stephanie Lesh-Farrell. Director of Youth Enrichment, Stephanie Lesh-Farrell has been working as a director, instructor, writer, and administrator of the performing arts for children for more than 20 years. She has taught at Regional Theatres, Private Studios and Agencies, Camps, and Elementary, Middle, and High Schools. She has worked as an Instructor in several capacities with ages 3 to adult, instructing up to 40 students per class. Her diverse work history in Los Angeles as an educator for

LAUSD ranges from creating plays with youth to producing and directing plays and musicals throughout the greater Los Angeles area. Aside from her career as an educator and mentor, she has also had a varied career in TV, Film, Dramatic and Musical Theatre. Stephanie's overall objective for Young Artists Playground at SVAC is to provide fun and education environment with a focus on the performing and visual arts in which each student is given an opportunity to strengthen their awareness, concentration, and communication skills, to enhance their abilities to perform and to collaborate, and to provide each an opportunity to build self-esteem, courage, and



compassion in their lives and their art. Tuition for the six week session of Young Artists Playground Summer Camp is \$1500 per student which includes all materials and costume supplies. Those who register by May 30, 2022 can save \$300 and get the Early Bird Registration fee of \$1200. Sibling discounts and partial scholarship opportunities are available. For more information about the camp, discounts, or scholarships email SVCACYAP@gmail.com or contact Stephanie at 818-945-0967.

There will be a FREE drop in introductory class session held on Saturday, May 28th from 11 am until 1 pm at the Simi Valley Cultural Arts Center, 3050 East Los Angeles Ave, Simi Valley CA 93065. Parents are encouraged to bring prospective campers to meet some of the instructors and get a feel for what the camp will be about. For more information about the Young Artists Playground Summer Camp, visit www.simi-arts.org

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LIFEGUARDS RETURN TO VENTURA HARBOR

by Contributing Writer

As the summer season approaches, daily lifeguard service will be provided at Ventura Harbor beaches along Spinnaker Drive.

For over 60 years, State Parks has provided professional lifeguarding services along California's coastline. The Ventura Port District took the lead in securing summer lifeguards at the Harbor in 2011. The state lifeguards and the Ventura Harbor Patrol have formed a strong and effective partnership in providing public safety on land and in the waters along Ventura's coast.

"The designated safe family-friendly beach is Harbor Cove which is within the Harbor and sheltered from the offshore

waves. South of Harbor Cove is approximately 1 mile of coastal beach, that while protected by lifeguards, is for the more experienced swimmers and surfers due to rip-currents," stated Ventura Port District Harbormaster John Higgins.

In cooperation, the Harbor Patrol and the State Parks Lifeguards have over the years, performed many rescues and prevented numerous serious incidents. The beach had historically high visitors and challenging conditions, but because of the Ventura Port District's investment, most rescues were routine in nature. In fact, the Lifeguard service continues to provide better preventative care through education and has reduced the number of circumstances where first responders are also at risk. The Harbor Patrol and State



Photo Courtesy of Ventura Harbor Village

Lifeguards have grown a strong and effective partnership in providing public safety on land and water areas throughout the Ventura coastline. Both agencies participate in cross training and assist each other throughout the year on routine and emergency calls.

Ventura Harbor and its beaches have become among the most popular summer destinations in the city. Parking and restrooms are available at both beach parking lots, EV charging stations at Harbor Cove Beach sponsored by Sema-Connect, and street parking is available on

Spinnaker Drive. Beach wheelchairs are equipped with large, wide wheels which can roll across the sand without sinking and are available on a first-come, first-served basis by calling ahead for availability at 805.642.8618

In addition to the beaches' safety and convenience, annual Harbor dredging results in some of the best sand on the local coast. Also, the location affords a variety of healthy outdoor summer activities and close access to the Harbor Village and its many amenities.

"Ventura Harbor is one of the few locations in Ventura County that provides a complete user experience," added Higgins. "Our harbor, beaches, merchants, restaurants, national park headquarters, sport fishing boats, dive boats and Island Packers give the visitor tremendous value and entertainment in one intimate location."

For questions on lifeguard times, call the State Lifeguards Dispatch at 805-648-3321 and for Ventura Harbor beach details visit VenturaHarborVillage.com.



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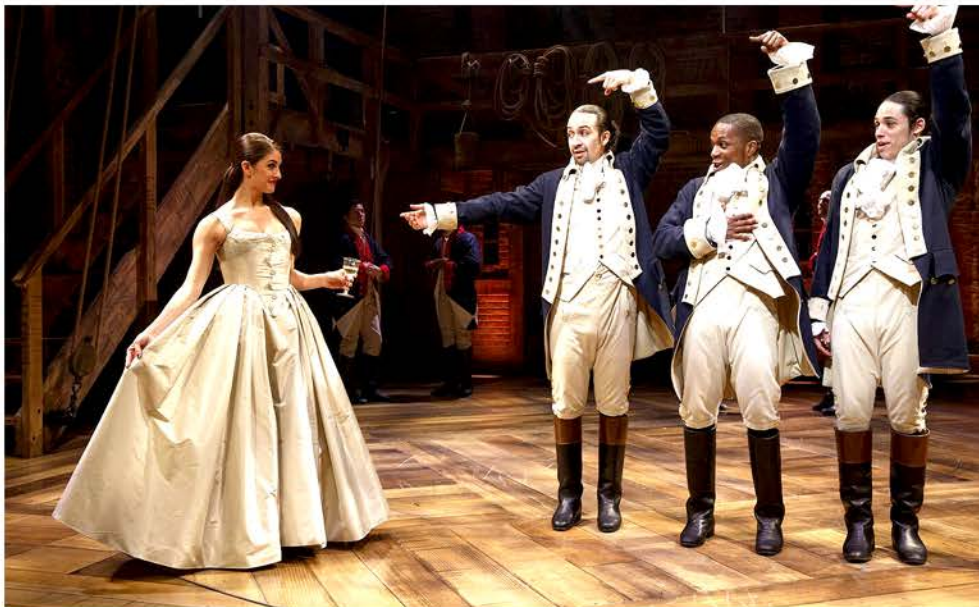
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Taking Fashion Inspiration From The Stage

By Contributing Writer



It's not uncommon for you to go through a phase of feeling totally uninspired by fashion.

You go to the shops, and you can't find anything, everything's so dull, everyone is so boring, and there doesn't seem to be anything grabbing your attention and making you feel excited. Aside from flicking through magazines, window shopping, and scrolling through Pinterest, there is somewhere else you might find inspiration and a new lease of life for your wardrobe, and that's in the theatre. Take inspiration from someone like stylist to artists and musicians, Akua Murray Adobee, who is a hair and costume stylist on theatre productions, films, and music videos.

Down at the West End or on Broadway you will find a number of strong outfits that aren't just for models on the catwalk, you can pull them off too and for any occasion, whether you want to go back in time and dress like you've just stepped out off stage from *The Great Gatsby*. Showing off your figure in a sparkly number or looking dapper a sharp suit, or you want to douse yourself in tartan and embrace your inner child and be part of the band taking inspiration from *School of Rock*, the theatre has it all!

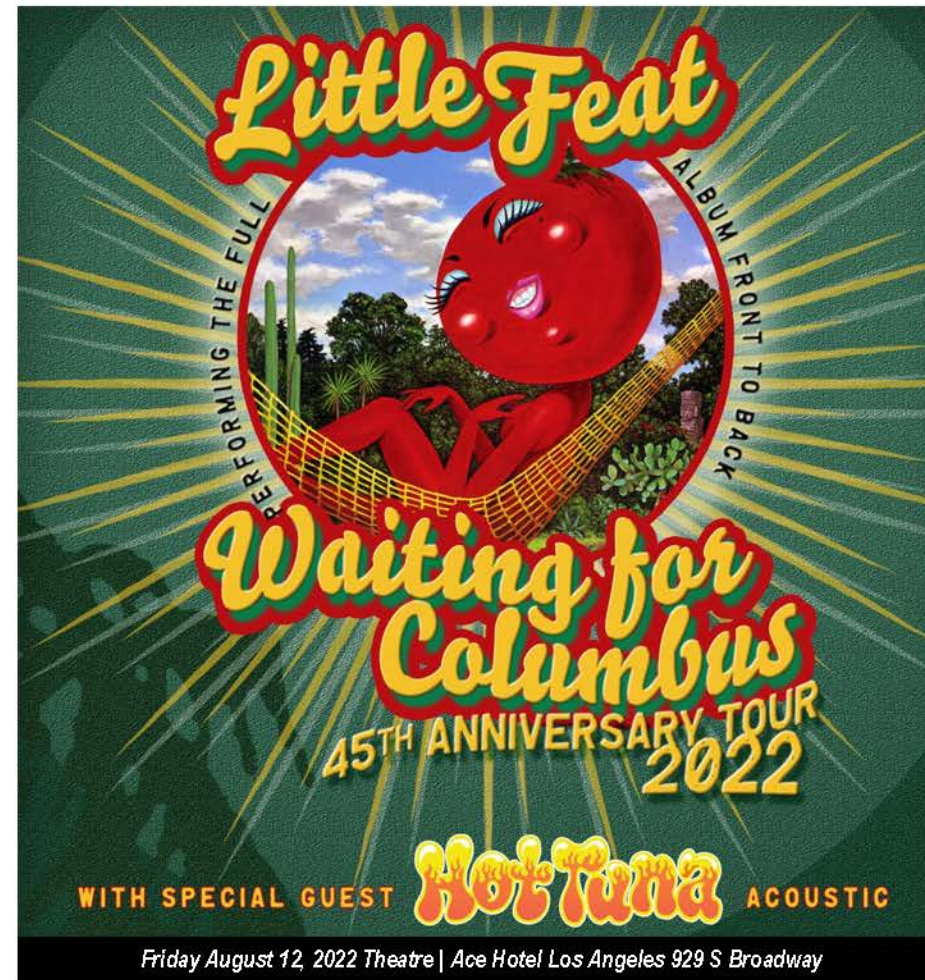
Take some style tips from the eighties and *Mama Mia*, and throw on your platform boots and your brightest colors. By day, it's all about flowy clothing that will blow in the island breezes; we're talking kaftans and palazzo pants, and by night,

you want to channel your inner Donna and the Diamonds by wearing a pair of ruffled trousers.

Chicago's another amazing production which if you take some style tips from you'll be feeling sexier than ever. Show a bit of skin and cover up the rest with some mesh or fishnet tights. Get yourself a black bowler hat too, and a fitted blazer and you're good to go.

One of the biggest shows on the West End and Broadway right now is *Hamilton*, and if you want to follow Thomas Jefferson's style, then you'll definitely stand out. Layering burgundy pieces, the color blocking here is simple yet creates a striking outfit. If you want to step into Alexander Hamilton's shoes, then go for a black leather boot, perfect for both men and women.

If you want something a little more glam and want to be dripping in Diamonds, then the *Dreamgirls* style is the one for you. Pull out your glitziest prom-style dress to smash this look, if you have any gold then even better. Or you could opt for a more fiery approach with a red skirt and thigh-high slits and for that final touch, slip on a feather boa. Finally, if you want to get mysterious then go for the *Phantom of The Opera* look, a black trench coat or mac will do or if you want to adapt the purity of *Christine*, then any white dress will capture her innocence especially one with ruffles.



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