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APRIL 1 - 15, 2022 VOLUME 23 NO. 07



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By Barbara Beckley



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The advertisement features a bright yellow background with silhouettes of palm trees and white clouds. The text is centered and uses a mix of bold, sans-serif and script fonts. A dark orange curved banner at the bottom contains the event details.

GET READY
TO INDULGE

TIME TO DINE LA

@dineLA · Food & beverage company

Restaurant Week | April 1-15

The advertisement has a black background. On the left, there are two stacked text boxes: a white one with 'GET READY TO INDULGE' and a red one with 'TIME TO DINE LA'. To the right is the 'DINE LA' logo with 'April 1-15' underneath. Further right is the text '@dineLA · Food & beverage company' in a white script font. The bottom left corner features the text 'Restaurant Week | April 1-15'. The right side of the ad is dominated by a close-up photograph of a slice of creamy cheesecake on a white plate, topped with a drizzle of chocolate sauce and chocolate shavings.

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Phone: (818) 348-6822
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22901 Ventura Blvd
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grubhub.com, post-
mates.com, doordash.com
Phone: (818) 876-0105

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HQ Gastropub
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CA 91316 (818) 757-0477
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Phone: (818) 225-1515

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6501 Topanga Canyon Blvd,
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JANE AUSTEN UNSCRIPTED AT THE GARRY MARSHALL THEATRE TOLUCA LAKE

By Staff Writer

Garry Marshall Theatre is kicking off its 2022 theatrical year with Jane Austen Unscripted presented on the new GMT outdoor stage, starring the critically acclaimed Impro Theatre. Join live musicians, delectable tea and treats, and the company members of Jane Austen Unscripted, in a modern, Regency comedy in the blooming Marshall Gardens.

Jane Austen Unscripted is a fully improvised play that brings the world of Austen to life with audience suggestions and participation. The always-new, charming, love-struck and hilarious production will be presented on the new outdoor stage at Garry Marshall Theatre.

Directed by Sara Mountjoy-Pepka and Paul Rogan and produced by Joseph Leo Bwarie for Garry Marshall Theatre and Impro Theatre Founder Dan O'Connor with Mountjoy-Pepka, Jane Austen Unscripted welcomes guests into an outdoor, English

garden setting with party table seating and all the whimsy of a Regency afternoon tea. The aptly named 'GMTea Experience Ticket' invites guests to be seated at party tables closest to the action, and includes tea and treats curated by local shops and purveyors of wonderful things.

Jane Austen is without a doubt one of the most enduring authors of her day. Her wit, societal examination, and ability to create some of literature's most charismatic and poignant heroines sets the stage (literally) for a delightfully paced comedy that erupts minute by minute.

With Austen's work spanning six novels that are far-reaching to this day, Impro Theatre's Jane Austen Unscripted gives audiences the chance to, not only imagine the other books she might have written, but also create one on-the-spot. The company starts with audience suggestions and deftly creates a world of headstrong young



amongst love-stricken ladies, dashing noblemen and charming cad. With audience-generated suggestions, a completely improvised full-length play unfolds weekend afternoons from April 16 thru May 8, 2022, with performances on Easter and Mother's Day. No performance is the same and the improvisation skills of Impro Theatre will have audiences laughing and cheering, gasping and gossiping. There are sure to be dilemmas and broken hearts, but true love is certain to triumph in this immersive afternoon of sheer entertain-

ment! April 16 - May 8 Saturdays and Sundays at 11am and 3pm On the outdoor stage! Performs on Easter and Mother's Day Tickets (\$50-75) are available online at <https://www.garrymarshalltheatre.org/-jane-austen-unscripted>.

women, brooding noblemen and eccentric relatives. With the foundation of mesmerizing courtship and manners that come undone, guests are treated to a unique story that just might rival one of Austen's delicious novels.

Audience members will find themselves

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EATING LA

By Barbara Backley

International Buzz

For the best of Brazil, Fogo de Chao Beverly Hills (<https://fogodechao.com/location/beverly-hills/>) takes you to Rio! Choose “The Churrasco Experience” and enjoy a choice of its signature fire-roasted meats. The Picanha prime top sirloin is juicy, tender and divine. Don’t miss the new Bar Fogo cocktail menu. Its fresh lineup of handcrafted Brazilian-inspired cocktails are perfect with the Queijo Assado, fire-roasted Brazilian cheese with malagueta honey; Churrasco Meat Boards and other delicious bar fare.

Cuba is calling at La Taverna Cubana (www.la-tavernacubana.com) in Valley Village. “This place slaps!” say foodies of its authenticity. The Traditional Sandwich Cubano is the best! Packed with delectable shredded pork, ham, cheese, pickles, dripping with mustard. Also not to miss: Tostones Rellanos fried plantain cup filled with your choice of Carne Molida, Lechon (pork) or Ropa Vieja (shredded beef). And plates like heavenly Camarones Al Ajillo shrimp in garlic sauce with white rice, plantains and beans. Cuban coffee, of course! The Cortadito, half-steamed milk, espresso, cinnamon powder, sweetened with brown sugar, is perfecto. Even cold beverages are house-made: Aguas Fresca, lemonade and Tamarindo. For dessert, Cascos de Guayaba (guava with cream) takes the cake.

Hole-in-the-wall bliss for soup-lovers. The Gourmet Soup Kitchen (www.thegourmetsoupkitchen.com) in Canoga Park handcrafts more than 30 varieties –Italian, American, Indian, Asian – of steamy, hearty natural vegetarian and mostly vegan soups from the kitchen of Chef/founder Amy Caplan and contributing chef/partner Daniel Tout to yours. Savor favorites like French Onion. Or explore. The African Peanut soup is crazy delicious! A heartwarming concoction of onions, carrots, celery, yams, filtered water, Napa cabbage, Golden Lentils, tomatoes, green beans, organic lite peanut butter, lite coconut milk, fresh herbs, spices, sea salt, olive oil, garlic and ginger. The Dharamsala Green is magic, too, with onion, celery, broccoli, spinach, kale, lite coconut milk, potatoes, lemon juice, garlic, ginger, spices, sea salt and olive oil.

Taste Italian like never before – as if you were dining

**Dine around the world – without leaving home!
LA is a melting pot of ethnic flair. From French to Thai, Jamaican to Cuban, Peruvian-Japanese, Italian-Asian, spicy or not, tables or trucks. Don't miss out! Grab a fork or chopstick or use your fingers and follow us to the coolest finds in town!**



in Italy -- at UOVO (<https://uovo.la/>) in Santa Monica. It’s the only spot outside of Italy where you can eat fresh pasta made IN Italy! True! UOVO hand-makes the pasta daily in their kitchen in Bologna, Italy and overnights it to the restaurant!!!! (And sister restaurants in Marina del Rey, Mid-Wilshire and Studio City). The flight gives the pasta time “to rest,” they explain. Not just any pasta. It’s made with a type of egg only available in Italy and only used for pasta-making. Making their signature Carbonara, Cacio e Pepe and Bolognese pastas deliciously different. No surprise, the tomatoes and 24-month-aged Parmigiano-Reggiano and Pecorino Romano cheeses arrive direct from Italy, too.

Can’t decide between Italian or Asian? Head to Caprese Restaurant (<https://www.capreserestaurants.com/>) in Chatsworth for classic Italian with a side of Chinese.

Fans say it’s “the best Italian in town,” serving fresh, tasty classics with an emphasis on Caprese. The signature Caprese salad is a must, and melt-in-your-mouth Caprese Fish, featuring sautéed white fish (of the day) brushed with Italian herbs and extra virgin olive oil, with broccoli and garlic lemon tomato caper sauce. Out of nowhere, the menu also offers tasty deep fried Chicken Pot Stickers, veggie egg rolls and Asian Sesame Chicken Salad. Go figure.

Latin fusion inspires a loyal following at Aro Latin (www.arolatin.com), a friendly corner hangout in South Pasadena. Crafted by husband-and-wife owners originally from India and El Salvador, the menu highlights Mexico, South and Central America, backed by handcrafted cocktails. Signature favorites include the flavor-packed Chufa de Pollo, a Peruvian-style fried rice, with shredded chicken, egg, bell peppers, onions and seasonal veggies. Ask the waiter to add shrimp – muy delicioso! And Salmon con Esparragos Cream, perfectly seared salmon over rice, with frothed asparagus cream and roasted asparagus. Vegetarian? The Esquites, roasted sweet corn and chipotle aioli with queso fresco, hits the spot.

Not your usual Chinese. It’s worth the drive to Jiang Nan Spring (<https://guide.michelin.com/en/california/alhambra/restaurant/jiang-nan-spring>) in Alhambra, an unpretentious restaurant that – wow! – received the prestigious Michelin Bib Gourmand award in 2021 for its focus on the cuisine of Shanghai, a region mostly overlooked by Chinese restaurateurs. The Michelin reviewer recommends, “Sweet vinegars and fresh seafood figure prominently, most apparent in plates such as the Shanghai Chicken, imbued with sweet wine sauce; and in the irresistible Seaweed Flavored Fried Fish platter of tilapia fried in a tempura-like batter flavored with seaweed.”

If you’re a Chinese soup fan, you’ll be over the moon at the New Moon (<https://www.newmoonrestaurants.com/locations>) serving contemporary Chinese in Montrose. Enjoy the comradery of the light and airy bar. And deliciousness of the Sizzling Rice Soup’s intense chicken broth, chicken, shrimp, crisp Chinese veggies and rice that keeps on sizzling. Insider secret – ask to add fresh long noodles.

Looking for healthy joints? India leads the way for veggie, vegan, gluten free and more. Glamor, and we're told celebrities, go hand-in-hand with authentic Punjab fare prepared with unconventional flair at Electric Karma (<https://electrickarma.com/>), a funky/upscale haunt showing Bollywood movies in West Hollywood. Order the signature (gluten free) Malai Kofta, tasty mixed veggie dumplings cooked in fresh saffron sauce. And naturally vegan Aloo Gobi cauliflower and potatoes sautéed with tomatoes, ginger and spices. Finish with Rose Donuts, milk balls in cardamom-fused rose water. Delicioso!

traditional recipes all made with select fresh vegetables, meats and seasonings. The recipes were taught to Chef Lusy by her grandmother when she lived in Armenia and have been passed down through generations of her family with Syrian, Lebanese, and Mediterranean influences. www.lusyscuisine.com



Don't trek to the Himalayas. Do drive to Pasadena and the Tibet Nepal House (www.tibetnepalhouse.com) for the best authentic Himalayan, Nepalese and Indian eats since 2001. They're passionate about getting it right, using only the finest fresh herbs and spices common to the region including Jimbu and black and white cardamom. Baigoon Aloo (naturally vegan) eggplant and potatoes sautéed in Nepali spices is a favorite. Also their signature,

Himalayan Tandoori chicken marinated overnight in indigenous spices, then roasted in a clay oven. Be sure to order the Phing. It's regarded as an auspicious dish because the long transparent phing noodles (made from bean flour) represent long life. Vegetarian phing sautéed with mushrooms, veggies and spices. Or chicken or lamb with onions and spices.

Food trucks gone wild. Specialists on wheels are taking alternative tastes to the next level. Transport yourself to New Orleans at The Beignet Truck (www.thebeignettruck.com), serving – only – this handmade Big Easy delight hot and fresh dusted with confectioners' sugar and drizzled with sauces from Nutella and Salted Caramel to Strawberry and dark chocolate. Find them at special events, and often on weekends in East Hollywood at Western and Franklin, and Atwater Village.

Meet the young East coast couple so dedicated to bringing high quality authentic East coast soft serve ice cream to LA they bought a food truck to do it! Look for CVT Soft Serve (<https://www.cvtsoftserve.com/>) in the San Fernando Valley. They partnered

with a local dairy to insure perfection – and purposefully have minimum toppings to showcase the creaminess and flavor of their custom-mix ice cream.

El Salvador gourmet pupusas (handmade thick corn tortillas filled with amazing combos) are the mouth-watering specialty of Vchos Food Truck (www.vchostruck.com). Naturally gluten free, choose among eight tasty stuffings like vegetarian spinach & cheese, dairy free pork & bean, and chicken, spinach & cheese, all with a side of house-made curtido (pickled cabbage) and house salsa. Please, order the caramelized Columbian plantains. Truly inspired. Check the website for locations.

Fusion fun rears its dinosaur head at Kim-Bob Rex Sushi Burrito (<https://twitter.com/kimbobrex>) usually in Burbank and Granada Hills. "Best sushi burrito in the galaxy," they claim, and we agree. The Sashimi Burrito with fresh, flavorful tuna, salmon, avocado, masago and sushi rice is a must. Go ahead and try the "Crunch Eel," fried freshwater eel, cream cheese, avocado, onion, crab meat, eel sauce and sushi rice. You'll be surprised how tasty it is.

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at the Spicy BBQ Restaurant (<https://www.spicybbqtogo.com/>) featuring Northern Thai in East Hollywood will bring sweat to your brow.

And rice cakes. The signature Yup Dduk rice cake at Korean eatery Yup Dduk LA (<https://us.orderspoon.com/YUPDDUKLA/>) in Koreatown is the spiciest rice cake ever. Not for the faint of palate. They come in “mild,” “original” and “challenge.” But even “mild” brings tears.

For seriously hot wings, order the “Chicken Lollipops” with ghost peppers at Bhanu Indian Cuisine and Market (<https://mybhanu.com/>) in San Gabriel. The



peppers are in addition to nearly 24 spices and a peppery house-made chutney. Country Style Jamaican Restaurant (<https://www.yelp.com/menu/country-style-jamai->

[can-restaurant-inglewood](https://www.yelp.com/menu/country-style-jamai-)) in Inglewood is a contender, serving the hottest Jerk Chicken Platter (with peas and rice, caramelized plantains, cabbage) this side of the Caribbean.

Devilish hot beef? Sri Lankan cuisine star Apey Kade Restaurant (<https://www.facebook.com/Apey-Kade-146500275463867/>) in Tarzana named it “Deviled Beef” for a reason; laced with dried and fresh chilies (plus curry leaves and lime) to turn your nose into a faucet. Tortas Ahogada La Ramadita (<https://www.yelp.com/biz/la-ramadita-san-fernando-valley>), a North Hollywood hole-in-the-wall eatery, turns up the heat on Mexican fare, churning out super spicy carnitas between crusty bolillo bread, drenched in capsicum and laden with chili arbol salsa that will make you weep (with delight).

Right now Dine LA Restaurant Week (<https://www.opentable.com/promo>) makes it easy as pie to explore the territory. April 1 – 15, 165 Open Table restaurants are



offering prix fix lunch and dinner from \$15 to \$65-plus. International choices include Cabra-LA for Peruvian, dinner \$55; Fixins Soul Kitchen in LA for African American, lunch \$25; Mistral in Sherman Oaks for French, dinner \$65+; Café Bizou in Agora Hills for French, dinner \$35; Bodega Malbec in Toluca Lake for Argentine, lunch \$35, dinner \$55; Carousel Restaurant in Glendale for Middle Eastern, lunch \$25, dinner \$35; Sage Plant Based Bistro & Brewery in Agoura Hills for vegan, lunch \$25, dinner \$35; Yangban Society In Little Tokyo for Korean, lunch \$35, dinner \$45, and Little Sister in El Segundo for Vietnamese, lunch \$55 and dinner \$55. Enjoy!

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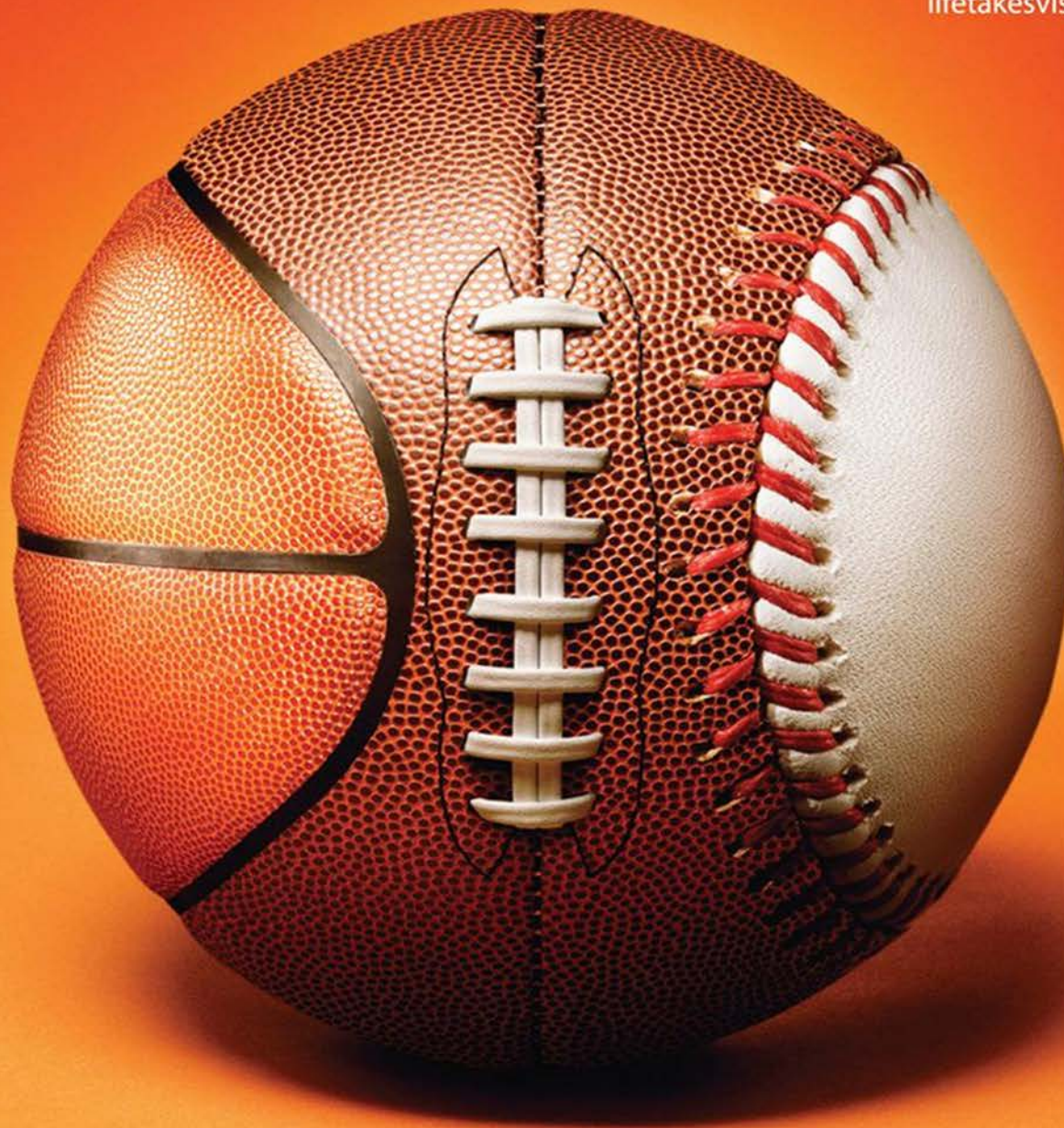


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KNOW YOUR LIMITS: ESSENTIAL TIPS FOR HIKERS

By Contributing Writer

Spending time outdoors can improve your mental health, keep you active, and bring you closer to the people you go with. While there are trails of all lengths and for any skill level, there is always some level of risk that comes from venturing out into nature.



KNOW YOUR LIMITS

One of the most dangerous things you can do in the outdoors is overestimating your own abilities. Getting exhausted or pushing yourself too hard makes it all too easy to have an accident.

Consider your own experience with hikes. How much experience do you have?



Are you used to walking up and down steep trails or are you better off on flat surfaces? How much can you comfortably carry on your back? Are you used to the environmental factors you'll encounter like elevation, temperature, and humidity?

PLAN BEFORE YOU GO

Speaking of leaving your plan with someone, try to stick to the plan as much as possible. Stopping for a while to admire a view is perfectly fine, but your hiking plan is what will let others know if something has gone wrong.

When hiking in remote areas, there isn't always solid cell service or communication methods. Often times, the only way someone might know something has gone wrong is if you don't show up on time.

PACK THE ESSENTIALS

There are certain items that you should always keep in your hiking backpack. You can use the checklist below to make sure you're bringing what you need.

- Navigation (Map, compass, GPS)
- Sun Protection, Glasses, hat
- Insulation (Jacket, Hat, Gloves, Thermal Clothing, Rain Gear)
- Illumination (Lantern, Flashlight, Headlamp)
- First Aid Kit and Supplies
- Fire (Matches, Lighter, Fire Starters)
- Repair Kit and Tools (Duct Tape, Knife, Screwdriver, Scissors)
- Nutrition (Food, Preferably Non-Perishable)
- Water (Water and Water Purification

Supplies)

- Emergency Shelter (Tent, Tarp, Space Blanket, Bivy)

You should also customize the first aid kit you take. Fill it with things specific to you, such as medications, an EpiPen, or braces for old joint injuries.

DON'T GO ALONE

Hiking is a great activity to do with friends. You can bond while out in nature, talk through issues in life, and the companionship makes the overall experience better. It's also much safer to hike in a group.

STAY ON THE TRAIL

One of the easiest things you can do to stay safe on a hike is to stay on designated trails. Even though trails can be long, checkout the trail map at the beginning of the trailhead, some are in and out trails, but often times there maybe loops as an alternative route. If you do have an emergency, the trail is the first place people will look for you. Going off the trail makes it much harder to find someone who needs help.

BE PREPARED FOR AN EMERGENCY

Do a little research and practice basic first aid. Learning CPR, how to bandage wounds or stop bleeding, and having a plan for reacting to inclement weather can all make a major difference in the event of an emergency. Safety is always first!!

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JESSE AND THE ELF BOY

By Contributing Writer

Jessie and the Elf Boy is an enchanting fairy tale, whereby a young girl befriends an elf boy, Ghillie (Huck Whittle), in the woods outside her home. We have no backstory for either character, nor are we given a name for the girl, we are just asked to follow them, as they joyfully galavant throughout this girl's childhood years, playing with a horse they have stumbled upon, and having adventures near Ghillie's woodsey fairylike cabin, until one day the

girl surprisingly moves away, against her will; Ghillie is distraught and begins to search for her.

We immediately fast forward to Jessie (Julia Brown), now in her young adult years — a hair stylist, looking for a job. She lands employment in one of a series of salons owned by her well-known, yet distant mother, Valerie (Gail Watson), who treats Jessie more like a slave than a daughter. Through conversations and facial gestures, we quickly understand that the mother has been rejecting her daughter for years; disappointingly, we never learn why. Jessie is also rejected by her boss, who resents her for being the daughter of the owner and so makes her life miserable. Jessie struggles to succeed as a hair stylist on her own, and to be happy, until Ghillie appears, and tries to help, instead creating mischief that turns Jessie's life upside down. There are Cinderella-like qualities to Jessie who does not remember Ghillie.

Regardless, Jessie and the Elf Boy is a fun film for children. Ghillie creates a good deal of mischief and suspense, as he attempts to help Jessie be a success, and seeks to protect her from those who wish her harm, and since no one can see him, unless wearing a necklace that only Jessie possesses, it appears as though magic is happening throughout. Although much of the escapades are fairly comical from an adult standpoint, I can imagine several



laugh-out-loud moments for young children, especially with the comical hairstyles that Ghillie comes up with and that Jessie takes credit for.

Where this film really shines for all ages, is in the end. Aside from the comical stunts, Jessie and her roommate have been helping Ghillie acclimate to the modern world, and circumstances occur that drive the mother-daughter narrative forward, so when a major twist happens the viewer is in absolute

shock! I sat bolt upright in my seat, simply amazed by a sudden realization, which was emotional and deeply significant for several characters, and the acting was so powerful in that moment that it made me cry. The acting is, indeed, solid by all main characters in this film, and the direction is on point as well. With the surprise ending intact, Jessie and the Elf Boy is an adventurous and heartfelt ride for all who believe in modern fairy tales.

CYRANO

By Contributing Writer

How the many pairs behind 'Cyrano' made music for the movie's lovelorn couples

Cyrano is deeply in love with Roxanne, a longtime friend who admires his spirit and his way with words. But Roxanne has fallen for Christian, a dashing young soldier — played by Kelvin Harrison Jr. — who's just joined Cyrano's regiment. Cyrano takes on the role of a go-between and even goes so far as to write impossibly eloquent love letters to Roxanne, passing them off as Christian's.

At the climax of this romantic triangle, Roxanne stands at her bedroom window while the hopelessly inarticulate Christian tries to woo her, with some much-needed prodding from Cyrano. At a certain point, Cyrano takes over, and he gives full voice to his passionate feelings in a lovely duet between him and a still-unsuspecting Roxanne.

Fun fact: Dinklage and screenwriter Schmidt are a couple, as are Bennett and the film's director, Joe Wright. Think of it as a romantic behind-the-scenes footnote to a movie that's unabashedly romantic.

Wright's filmmaking has a pleasing sumptuousness, courtesy of production designer Sarah Greenwood and costume designers Massimo Cantini Parrini and Jacqueline Durran, who were Oscar-nominated.

As he did in past films like *Pride & Prejudice*, Wright controls the camera with grace, letting us see the actors and dancers moving through space with none of the busy cutting you get in so many movie musicals. Bennett is a trained singer, and she delivers the movie's strongest musical performance; her Roxanne really comes to emotional life when she's called on to sing.

Dinklage has musical experience, too — he was the frontman of a '90s punk band called Whizzy — and he expresses Cyrano's every longing with a deep, soulful baritone. He's an inspired choice for the role: Cyrano is always the smartest person in the room, easy to underestimate but hard to defeat in a battle of wits or weapons.

But Dinklage shows you the deep ache at Cyrano's core, and makes you feel the sting of his unrequited love. Some purists may miss that big nose, but there's something about the lack of prosthetic enhancements that makes Dinklage's performance all the more poignant: What you see onscreen is all him, nothing more and nothing less.

That disarming sincerity applies to the movie as a whole. It's not always the most graceful



retelling of this oft-told tale, but it's hard not to admire Wright's conviction and sometimes his crazy audacity. Only a truly committed director would have opted to shoot a climac-

tic battle scene at 16,000 feet above sea level on the side of Mount Etna, a live volcano. It's a showy flourish, for sure — but also a fitting one for a story of such grand, operatic passion.

Slash, w/ Myles Kennedy & The Conspirators New Release

By Contributing Writer

As SLASH FT. MYLES KENNEDY & THE CONSPIRATORS wrap up their nationwide “The River Is Rising” U.S. tour with sold-out shows, the group have released their new single “April Fool” off their new album 4, which is available everywhere now via Gibson Records (in partnership with BMG), and in limited-edition bundles. The group will celebrate the release of the new album by sharing it with fans around the world via a global streaming event to be held Friday, April 15, 2022, at 12 PM PT in an exclusive partnership with premium concert livestream platform Veeps.

“Slash Ft. Myles Kennedy & The Conspirators - Live From Boston,” shot on location this month during the group’s sold out House of Blues show, the full production, multi-camera streaming concert event will give fans around the globe the chance to see SMKC’s electrifying live show which The Chicago Sun-Times heralded “a rock-solid powerhouse” and “a curated,



21-song salute to some of their own best material” adding, “As long as Slash is still standing, rock music will always be alive and well” (3/3/22). The set list will include classic favorites, as well as brand new songs from their new album 4, released last month on Gibson Records/BMG. Tickets for “Slash Ft. Myles Kennedy & The Conspirators - Live From Boston” are on sale now at Veeps; the show will be available for viewing for 48 hours after the event airs.

Fueled by the explosive Top 10 rock song “The River Is Rising” its high energy live

performance video, as well as the best critical acclaim of their career (see below) the new album 4 (available now via Gibson Records/BMG) debuted as the #1 Most-Selling Hard Rock Album during release week. The first single “The River Is Rising” reached #7 on the Active Rock Charts, marking SMKC’s 8th consecutive Top 10 single at radio. SMKC performed “The River Is Rising” which Rolling Stone hailed as “raucous” and Billboard described as “euphoric” with “a surging main riff, dissonant hooks, an infectious chorus, and a guitar solo that conjures images of a rowdy bar brawl!” on Jimmy Kimmel Live! Slash also did an interview with Jimmy Kimmel during the show.

A decade and four albums into their career, the new full-length album 4 marks the first new music from SMKC in four years and fifth solo album overall. SLASH and his bandmates MYLES KENNEDY (Vocals), BRENT FITZ (Drums), TODD KERNS (Bass & Vocals) and FRANK SIDORIS (Guitar & Vocals) aka SMKC, partnered with producer Dave Cobb (Chris Stapleton, John Prine, Jason Isbell, Rival Sons), for the new album 4 resulting in the

band’s strongest collective statement to date. Recorded at RCA Studio A in Nashville, TN, Cobb shared the band’s desire to lay down the tracks live in the studio—including guitar solos and vocals—a first for the group, revealing a stunning, vital sound and style all captured live.

4 is SMKC like you’ve never heard them before. A vibrant rock album fueled by memorable guitar hooks and compelling melodies, big choruses, and even bigger riffs, 4 hits on a wide range of sounds, styles, and moods in 10 songs, and does it all with laser-sharp musical focus and a lightning-in-a-bottle sense of immediacy. The album kicks off with opening track “The River is Rising,” one of the band’s toughest and most dynamic compositions to date, unraveling via a menacing, tightly-coiled riff and deep-in-the-pocket groove. From the deliberate stomp rock of “Whatever Gets You By,” the anthemic swell of “The Path Less Followed,” to the cowbell-inflected boogie-shake of “Actions Speak Louder Than Words,” and climaxing with the epic, six minute album closer “Fall Back to Earth,” 4 is an album that grabs hold, and never lets go.

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ARTIFICIAL INTELLIGENCE AND E-SPORTS

By Contributing Writer

players which areas of the map are best as hideouts or stakeout positions for shooting at the enemies, as well as tell them which group formations are ideal for minimizing the effectivity of counterattacks.

Beating The Game

Google-owned company DeepMind used machine learning to find ways to best not only professional human players but arcade games as well.

In 2014, the company's AI beat Pong, the classic arcade game by Atari. In



Esports and gaming have been enjoying a power boost. This power-up has been provided by artificial intelligence and technology.

AI As A Coach

AI platforms and applications are helping gamers outwit opponents in online battle games by: generating AI bots that actual players can match up against providing different training scenarios against enemies.

In Dota or League of Legends, for example, an AI coach can advise players on how to execute offense and defense better and how specific approaches in defending bases can improve or lessen their chances of winning.

In Overwatch, AI can give useful tips on how to make the most of weapons, improve mobility, and get a leg up on other characters that have unique skills, abilities, or powers.

In Counter-Strike: Global Offensive, the same technology can tell

2019, it beat humans pros in StarCraft II, a popular real-time strategy game.

More than beating humans, this 'ability' of AI technologies to solve games help improve the game design, which then leads to its use in other fields such as programming and cybersecurity.

Invading The Broadcast Booth

IBM has also announced plans to venture into esports, with the help of Watson, the company's enterprise-ready AI services, applications, and tooling. Watson will go through esports footage and learn popular and useful reviews. The improved live streams aim to bring in more audience to esports. Watson has also allowed voice commands for certain games.

Artificial intelligence and technology is always evolving. With AI applications and tech, esports and entertainment can level up and completely become its own standalone, prolific industry.



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THIS SPRING

Bring Back The Classics!

By Contributing Writer

Springtime is the perfect time to indulge in a refreshing cocktail on a balmy night. But before you reach for that minty mojito or sweet sangria, consider stepping out of your modern-day comfort zone and going back to the drinks of 100 years ago.

"Some of the best cocktails that we think about today — the martini, the daiquiri, the Manhattan — those all came out between the 1860s and Prohibition," says Derek Brown, an award-winning mixologist who has studied the history of alcohol in America.

Historians have dubbed that time span the Golden Age of Cocktails, an era when bartenders got pretty inventive. Brown tells NPR's Audie Cornish that these bar staples were originally simpler — but perhaps better tasting — than the versions modern-day cocktail lovers are familiar with.

Take, for instance, the daiquiri. "Most people expect to get a daiquiri when they're going through a drive-through window in New Orleans ... and it's going to be full of grain alcohol and red coloring and things like that," Brown says. In other words, it's got a bad rap. But the original daiquiri, he says, "is really something so simple — it is rum, it's lime and it's sugar."

American engineer Jennings Cox is credited with inventing the daiquiri while working in Cuba in the late 1890s. The story goes that he played around with Bacardi rum to get the perfect flavor, then named the drink after the small town where he worked.

The daiquiri stayed in Cuba until U.S. Navy Adm. Lucius Johnson discovered it. Enthralled with the cocktail, the admiral introduced it to Washington, D.C.'s Army and Navy Club in 1909. It spread like



wildfire from there, eventually becoming a favorite of Ernest Hemingway and John F. Kennedy.

Another cocktail of the era, the martini, would probably be unrecognizable to barflies who order it today.

"Today you could walk into a bar and you could order a martini, and you might just get warm vodka with a bunch of olives in it," he says. "[This] masks the real character of the martini. The original martini at its invention was gin, vermouth and orange bitters."

Bartenders — then and now — would sometimes refer to a martini made according to the original recipe as a "silver bullet" or a "crisp cocktail," Brown says, because of its incredibly clean and fresh flavor.

The origins of the Manhattan ... In his book *Imbibe!*, liquor historian David Wondrich writes that the cocktail was probably invented at the Manhattan Club, a social organization for Democrats in New York.

Another story points to more elite origins: It suggests Lady Randolph Churchill not only was mother to Sir Winston, but also begat this cocktail — she is said to have ordered a combination of rye and vermouth for a toast during a visit to the Manhattan Club.

Jerry Thomas authored the first bartenders guide in 1862. His signature drink was the Blue Blazer, a cocktail he'd light on fire and pass back and forth between two glasses to create a blazing arch.

While we don't know all the details, we do know that the Golden Age of Cocktails was a time when Americans learned to love mixed drinks.

The first bartenders guide was penned in 1862 by Jerry Thomas, who is considered the father of American mixology. "It really just marks this start of this incredibly creative period in making great cocktails," Brown says.



Thomas is famous for making bartending an entertainment. His signature drink was the Blue Blazer, a cocktail he'd light on fire and pass back and forth between two glasses to create a blazing arch. (That description reminded us of this "highlight" from the Tom Cruise cinematic oeuvre.) Oh, and he'd do it all with two white rats perched on his shoulders.

This sort of theatrical presentation — and the new savory blends — helped build enthusiasm for alcohol. But it was also blamed for encouraging the kind of rampant overdrinking that inspired women's suffragists to denounce the societal ills of alcohol, and eventually led to Prohibition in 1920, Brown says.

This spring, the National Archives in Washington, D.C., kicked off *Spirited Republic: Alcohol in American History*, an exhibit that explores how Americans have both enjoyed and denounced getting tipsy throughout history.

As chief spirits adviser for the archives, Brown organized a number of boozy but educational public seminars to go along with the exhibit, including a discussion of the Golden Age of Cocktails, where guests got to sample the original drinks.

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ICONIC LOS ANGELES MATRE D' OPENS HIS OWN RESTAURANT IN BEVERLY HILLS

Joy Manning

It's been a decade since hospitality veteran Tommy Salvatore started charming diners at Craig's in Los Angeles. "He's the ultimate maître d'," Tracey Tran says. "He knows everyone."

And now he's got his own restaurant that reflects his big vision and even bigger personality. Tommy's Beverly Hills in Beverly Canon Gardens (formerly the Bouchon space) opened in February to serve Californian Italian cuisine from Salvatore's strong point of view.

"I'm an Italian American from a tight-knit community in New York City," Salvatore says. His heritage inspired everything about the new restaurant from his endearing way with the guests to the menu. Chef Vartan Abgaryan filters this inspiration through a California lens. Think: everything you love about Italian food but a little bit lighter and brighter.

The restaurant encompasses several distinct spaces with their own vibe, but

Salvatore's presence as host ties them all together. "I have to admit that he's in control of the dining room," general manager Tran says.

"Over the past ten years, I've made a lot of good friends, and at any given time, 75 percent of the restaurant's guests are my friends," Salvatore says.

Tommy's is almost like three venues in one: the cafe, the dining room, and the living room.

The cafe, on the ground floor, is open during the day as a casual lunch spot. It's largely outdoors, with tables set up in the garden amid tiled porticos and shades of green with pink accents. Inside, there's a bar and some additional seating. "It's friendly and approachable; a neighborhood place," Tran says.

By contrast, the dining room is more of a special occasion venue you'd plan for in



advance. "Very Old Hollywood meets 1970s New York," as Tran puts it. "In one corner there's a navy blue sofa with cheetah-print pillows like you'd see at a friend's house, and then there's an ornate chandelier that looks like something out of a luxury hotel. Somehow it all really works together."

"The atmosphere here makes it stand out from other Beverly Hills restaurants. We built it to satisfy the community. We want people to feel comfortable," Salvatore says.

Though there are separate menus for the cafe and dining room, both share the same Italian-Californian sensibility. "Vartan Abgaryan is an incredible chef of many talents, and California cuisine is his speciality," Tran says.

The cafe menu features quintessentially Los Angeles dishes such as avocado hummus, hamachi crudo with passion fruit and citrus, and a salad of farmers' market

lettuces beside Italian staples like an antipasti platter, cacio e pepe, and house-made cavatelli.

It's a concise menu compared to the upstairs dining room menu, which includes more elaborate preparations. "The cafe is for a quick power lunch," Tran says.

On the dinner menu, starters include beef carpaccio with porcini mushrooms, fennel, mustard seeds, and arugula as well as other light bites. The pasta section features standards like potato gnocchi with lemon and parmesan plus more creative interpretations, such as a seafood-centric riff on carbonara that combines squid-ink shells, uni, trout roe, bottarga, basil, and chipotle.

Salvatore's favorite dish is a hearty wagyu pot roast with cannellini beans, horseradish, and gremolata. "The flavors are absolutely amazing," he says.

Holding true to the Old Hollywood spirit, the beverage menu excels at classic cocktails such as manhattans, negronis, and martinis. "A lot of locals come by at 5 o'clock for a drink and to wait out the traffic," says Tran. The wine list is evolving, but there's currently a focus on California wines.

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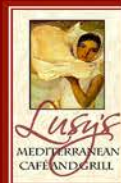
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Alternatives to Alcohol's Buzz Natural and Healthy Options

By Contributing Writer

Many of us drink alcohol to get a buzz. Whether it's for the taste, the social aspect, or to take the edge off after work, we all have different reasons for drinking. But what if you want to cut back on your alcohol intake? Or even quit? There are many natural alternatives.

First, Why Do We Drink?
Many of us drink alcohol because it makes us feel good. But we do not have to drink alcohol to experience these feelings. There are natural alternatives to a buzz.

Exercise
Working out releases endorphins, which create feelings of happiness. Exercising has a stigma of being boring. However, the fact is that exercise releases endorphins, just like alcohol. Many people refer to a good workout as a "runner's high."

You don't have to go running or lift weights to get the endorphin release. Try taking a dance class or going for a walk. Anything that gets you moving and raises your heart rate will work. Just be sure to find something you enjoy.

Matcha Tea

Matcha is a green tea that is made from ground-up tea leaves. It is high in antioxidants and has been shown to have many health benefits. These include improved digestion, clearer skin, weight loss, and even lower blood sugar levels.

Forms of matcha tea give you a buzz because they contain L-theanine, an amino acid that has a calming effect on the mind. A cup of matcha tea is the perfect way to start your morning. It will wake you up, give you an energy boost and help clear your head. Plus, it tastes great!



Kombucha

Kombucha is a fermented tea that is high in probiotics and B vitamins. This beverage has numerous health benefits, including improving digestion, boosting energy levels, and even helping with depression and anxiety.

Kombucha tea is a great alternative to alcohol if you are looking for an energy boost and some good old-fashioned fun.

Kombucha is available at most health food stores and grocery stores. Be sure to look for brands that are low in sugar because sometimes kombucha can be highly sweetened. Kombucha is a great alternative if you are looking for drinks that give you a buzz without alcohol's side effects.

Caffeine

We require a caffeine buzz more than an alcoholic drink after an exhausting day. Caffeine is a natural stimulant that can help improve energy, focus, and concentration. It's also been shown to have anti-inflammatory effects and can help reduce the risk of diseases, such as cancer when consumed in moderation.

Guarana and Ginseng

Natural stimulants like guarana and ginseng are known to increase energy, alertness, concentration, and overall focus and can be found in a variety of drinks and other products. They also help reduce stress.

There are many different caffeine drinks that give you a buzz without alcohol available, from coffee and tea to energy drinks and even chocolate. It is recommended to choose caffeine sources that are natural and healthy.

Beetroot Juice

Beetroot juice is a natural source of nitrates, which are converted into nitric oxide in the body. Nitric oxide helps to widen blood vessels and improve circulation, which improves oxygen delivery to muscles. This results in better endurance for athletes and greater vasodilation (widening of the blood vessels) and is beneficial for people with circulatory problems. Beetroot juice has also been shown to improve cognitive function. It has been shown to improve concentration, memory retention, and focus.

CBD Oil and Other Forms of CBD

CBD oil is often used as a natural remedy. It has been shown to help with anxiety and depression, improve sleep quality, relieve pain, fight inflammation, and improve cardiovascular health. CBD oil is a safe alternative to alcohol's buzz that has very few negative side effects. It will help improve your mood while reducing anxiety and stress.

CBD oil can be taken by applying it to your skin, taking as a tincture or taking in capsule form. When purchasing CBD oil, be sure that you purchase a high-quality product from a reputable company. There are many low-quality CBD oils on the market, so it's important to do your research.

Coconut Water

Alcohol is dehydrating, which can lead to a hangover. Coconut water is a great alternative because it helps you rehydrate. It's a natural, healthy beverage that contains electrolytes and other nutrients.

Massage

Getting a massage is a great way to relax and de-stress, reduce muscle tension and pain. Massages are a readily accessible choice. By making massages a regular habit, you can create an alternative to alcohol's buzz that is both healthy and relaxing.

Meditation

Meditation is a great way to relax and de-stress. It can also help focus and improve cognitive function. Meditation will help you relax, reduce stress and anxiety, focus better, and improve your overall quality of life.

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EDIBLE FLOWERS GOOD FOR YOUR HEALTH

By Contributing Writer

made into a hibiscus tea. It is also a sought-after ingredient in many beauty products.

Health benefits include relief from menstrual pain, boosting the immune system, relieving cold, flu, and fever, and regulating blood pressure. Roselle is also an anti-inflammatory, anti-bacterial, anti-depressant, and even has anti-cancer and tumor properties. Additionally, it has been known to aid digestion, protect the liver, and help you lose weight. It is also exceptionally high in iron.

Chrysanthemum

Chrysanthemum is used in medicine to cure various issues. Chrysanthemum tea is good for your mind and can help clear negativity and stress. Chrysanthemum can help with high blood pressure, type 2 diabetes, and chest pain. It can also help cure flu and fever-like symptoms such as dizziness and headaches.

Nasturtium

Nasturtium, also referred to as capuchina or watercress is in the mustard family, and both of the leaves and flowers are eaten. Nasturtium has a ton of vitamin C.

Nasturtium are anti-bacterial, anti-fungal, anti-septic, and anti-microbial. Nasturtium is also great for healing and disinfecting wounds, plus people also use them as a natural antibiotic. These versatile flowers are also known to help get rid of colds, treat infections, reduce swelling, and get rid of fungus.



treating acne, skin irritations, and infections. They are anti-bacterial, anti-inflammatory, anti-septic, and anti-microbial. Geranium can also help people with severe neurodegenerative diseases such as Alzheimer's, Amyotrophic Lateral Sclerosis (ALS), Multiple Sclerosis (MS), and Parkinson's. Additionally, it can help with allergies, diabetes, and shingles pain. Geranium also has calming properties to help reduce anxiety, depression, and stress.

Lilac

Lilac has plenty of health benefits. They are anti-fungal and anti-bacterial, so they can help with infections and removing fungi from your body. They are also a febrifuge; help with fever symptoms, and a vermifuge, an anthelmintic drug that helps your body get rid of worms in the intestines. Lilacs are also great for your skin. They make an excellent astringent or toner, and they help to reduce fine lines and wrinkles. Another benefit of lilac is that they promote healthy skin and help treat cuts, burns, rashes, and sunburns.

Final Thoughts

There we have it, five edible flowers that have health benefits. Flowers are a great way to spice up your dishes and drinks while also benefiting from all of the medicinal properties they contain.

Geranium

Geranium can be used as an astringent or facial cleanser, but many use it to help with balancing dry or oily hair or skin. Geranium is also great for

Edible flowers have many uses. They can decorate, be given as a gift, be planted in gardens, or even used for their fragrance in perfumes. But numerous flowers have health benefits.

Roselle

Roselle, also known as sorrel, is a hibiscus flower. Roselle is known for its healing properties. It is often put into food or made into the sorrel drink, also known as flor de Jamaica, or



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SANTA CRUZ MOUNTAIN BIKING ADVENTURE FOR 2022

By Contributing Writer

Santa Cruz's identity ranges from a college town distinctive for its thriving counterculture to Redwoods State Park and barking sea lions. This four-day mountain biking holiday highlights organic farms, the flourishing

"From lush coastal preserves to great spans of giant redwoods, this mountain biking tour is unlike any other offered by Escape Adventures," said Jared Fisher, Founder and Director of Escape Adventures.



artisanal beer and wine scene, and long stretches of world-class singletrack. Wilder Ranch State Park, a 700-acre preserve, boasts beautiful trails amongst towering redwood groves. The Fort Ord National Monument offers 86 miles of narrow singletrack trails atop grassland hills and winding trails through oak woodlands and maritime chaparral. Soquel Demonstration State Forest presents long climbs and challenging technical descents. Prices start at \$1,899 per person and includes about 80-miles of mountain biking. All internal land expenses and services are covered in the cost of the tour. For more info: visit <https://escapeadventures.com/tour/california-coast-santa-cruz-mountain-bike-tour/>.

Wilder Ranch State Park is on the Pacific Ocean just north of Santa Cruz. It was formerly a dairy ranch, and many of the ranch buildings have been restored for use as a museum. From regal structures to beachcombing, big bluffs to inland canyons, riders will explore it all. This is the go-to destination to explore the trails of Santa Cruz County. It offers excellent forested singletrack and gorgeous ocean views of Monterey Bay and the Pacific Ocean.

At the Monterey Bay beachfront, guests will find the immaculately groomed Fort Ord National Monument, a fantastic place to explore by mountain bike, whether you are a beginner or an experienced rider.

Dozens of trails wind through the canyons and ridgelines of this open park and a network of gravel roads connecting everything together. The Goat Trail is a favorite – a fantastic descent down one of the higher ridges, and if you are lucky, past the large herd of goats that call the area home.

Soquel Demonstration State Forest (SDSF, colloquially known as Demo), is a favorite destination for Bay Area and Santa Cruz County mountain bikers and contains trails for intermediate and advanced riders, with long climbs and challenging technical descents. The 19-signature trails here total 27-miles, ranging from the advanced Braille DH to six different Flow Trails.

Day 1-2: Meet in San Jose. Shuttle to the beachside Wilder Ranch State Park, a historic site edging Santa Cruz, California. Cruise the countryside and drink in sea air on the Eucalyptus Bike Loop, through coastal scrubs and open grasslands. After riding the coastal cliffs above the Pacific, shuttle to Fort Ord National Monument (home of the world-famous Sea Otter

Classic mountain bike festival). Ride 28-miles of velvety, even-keel singletrack; then its beach-time decompression.

Day 3-4: Shuttle to Soquel Demonstration State Forest. Full day devoted to purpose-built mountain bike trails. The evening unfolds in downtown Santa Cruz. Our finale takes us to El Corte Madera State Park: a full day of riding splendor amongst giant Redwoods. Shuttle back to San Jose.

About Escape Adventures: Since 1992, Escape Adventures has been blessed to shape and lead adventure travel vacations through some of the most awe-inspiring natural destinations in the world. Building on over 100 destinations, Escape Adventures caters to the full spectrum of active traveler, respective to fitness level and activity type. From road cyclist to mountain biker to electric biker, hiker, and multi-sport enthusiast, and from first timer to friends and family groups of all ability levels, Escape Adventures looks forward to many new and exciting adventures with you. <https://escapeadventures.com/>

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Dolly Parton's Fav Artist Talks New Work, NFT's & Taking Over the Fine Art World

By Contributing Writer

Classical realism painter Carin Gerard (pronounced car-in) creates stunning oil paintings on canvas inspired by nature and her work is owned by celebrities like Dolly Parton, Sherri Crichton (Jurassic Park), and Angela Ahrendts (former Senior VP Apple Retail and CEO of Burberry). With a current exhibit "Inner Beauty" at Southern California Arts Projects & Exhibitions (SCAPE) in Corona Del Mar, California, an overflowing inbox of painting commission request DM's from followers on her aesthetically pleasing Instagram page, and primed to dip her brush into NFTs, Gerard is blossoming in the art industry and rapidly becoming one the hottest artists in the world.

Gerard infuses her experiences, travels and education into each work of art. Utilizing color theory and techniques of the Italian and Spanish masters, Gerard captures a singular moment with astounding skill and grace. Her work blends the classical realism of the

Renaissance era with the spirit and spontaneity of contemporary art. Using only the finest materials, Gerard uses hand-ground paint, brushes from France, and quality linen canvas. She is currently working on an NFT collection of animated butterflies that will drop in Fall 2022.

Born in Santa Monica, CA, as a child, Gerard always had a journal or sketchbook and loved to draw. Gerard started her formal artistic training at Bowling Green State University in Ohio, where she graduated Magna Cum Laude with a Bachelor of Fine Arts degree. She then began travels to Europe, where she found inspiration in the great museums of Rome, Venice, Florence, London, Paris, and Amsterdam through the timeless beauty of

the old masters. Determined to keep expanding her artistic horizons and to paint in a style that had more meaning and depth, Gerard moved to the Chianti region of Tuscany, just south of Florence, Italy. For two years, she studied classical realism with Charles H. Cecil, whose art Academy is one of the most highly acclaimed Florentine ateliers. While studying with Cecil and living in a 19th-century Chianti farmhouse, Gerard created a series of eighteen paintings titled: Quattro Stagioni.

The series incorporated the four seasons, capturing the breathtaking landscape of the surrounding countryside and the charm of the Tuscan villages.

Gerard is currently exhibiting her series "Inner Beauty" with Southern California Arts Projects & Exhibitions (SCAPE) in Corona Del Mar, California. She has also had the opportunity to paint several large-scale private

commission pieces, which is a facet of her work that her collectors welcome and she is excited to explore. Gerard is featured frequently in trade and consumer publications, as well as a wide range of media outlets. Her inspiration still flourishes from European influence, and she returns to Florence, Italy several times a year where she paints from her studio in a restored 14th century palazzo—Palazzo Tornabuoni—once owned by the Medici family. The palazzo itself is a piece of art history manifested through its magnificent frescoes. Living and painting here, as well as from her stateside home in southern California, rouses Gerard's creativity while nourishing her soul, allowing for the truest expression of her artist self.



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Become a Better Bowler

By Contributing Writer

Looking to do some bowling training? You'll become a better bowler by doing the proper exercises.

Overhead Stretches

Stretching will make your body more flexible. Since bowling will have you carrying and swinging a heavy ball, you need to be as flexible as you can be. This will prevent muscles, ligaments, and tendons from tearing.

Overhead stretches stretch the most used muscles when you're bowling. It will lessen any damage you may sustain during your game.

Doing this before every game is a great way to prepare your body. Stretches also reduce the buildup of lactic acid in your muscles. This helps you prevent feeling sore.

Lateral Lunges

Another important aspect of bowling is your stance. The way you walk down the aisle will play a huge role in the momentum of your throw.

A slow start can mean you will not have any momentum to carry the ball. It causes the ball to be less impactful when it hits, leading to fewer pins falling. Trying to have a fast and powerful start without the proper warm-ups can lead to torn leg muscles.

Perform lateral lunges before any game. This increases the flexibility of your legs to improve your stance.

Consider doing lunges to a rear-foot balance, too. This helps you maintain your balance as you throw your ball. It can improve your accuracy.

Wrist Flexions

The wrist faces a lot of punishment while you're bowling. It carries the brunt of the weight of the ball when you throw it down the lane.

Unprepared wrists can face dislocation or fractures when they're introduced to a ball that's too heavy.

Incorporating wrist flexions to your workout routine is a great way to counteract this. This workout strengthens everything in your throwing arm. It helps your wrist, fingers, and your forearm becomes much stronger.

Burpees

Doing a full-body workout is optional but recommended. Burpees are ideal since they're easy to execute and will strengthen key points of the body for bowling. They also improve your body's coordination when performing different actions.

Doing burpees will make everything about bowling easier. It also helps you lose weight. This will make it easier for you to carry the ball down the lane before throwing it.

Cardio

Consider doing cardio to improve your bowling skills. Cardio helps you increase your endurance for longer games. It's also another way to help you release short bursts of strength even when you're at your limit.



What's great about cardio is that it's easy to incorporate them into your workout routine. You can do anything from power-walking to the venue to going for a lap or two in the local swimming pool. Any aerobics are great for cardio.

Having a lot of endurance also has a psychological impact on your game. It can help you be confident, which can then help you win the game.

Sit-Ups

Strengthening your core is also important for your at-home bowling training routine. Your core is your body's foundation of strength. Having a solid core means it's easier for you to improve the other parts of your body.

Sit-ups are a great way to strengthen your core. Using your abdominal muscles to carry the weight of your upper body is an easy way to strengthen it.

It's also a good idea to engage your core when you're doing other workouts. Doing this makes the workout more intense. However, it will ensure you get used to having your core engaged even when during smaller tasks.

It will become easier for you to carry the ball close to your chest when you do this. This is important so you can have a more accurate shot.

Side Planking

Your arms should also be stronger if you want to improve your game. Doing side planks is a great way to do this. This puts all the weight of your body on either hand, strengthening it.

Doing this makes it easier for you to carry the ball. This means you won't shake as much when throwing it.

Squeezing Hand Grippers

Your grip will also matter when you're bowling. Professional bowlers have a solid grip and it helps them have better accuracy when they throw the ball. A weak grip makes it harder for you to throw straight.

The ball may veer to the left or right if you have a bad grip. Squeezing hand grippers is an easy way to resolve this. These strengthen your grip, meaning you'll have a better hold on the ball.

Improving your bowling game doesn't mean you have to go to the bowling alley all the time. Do these at-home bowling training routines, instead!

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PET TALKING BIRDS

By Jessica Spivy, Bird Trainer

If you are looking for an unconventional pet that will provide many years of companionship and love, a talking bird may be right for you. These entertaining creatures make delightful pets for owners willing to offer birds the care they need to stay happy and healthy. Our Thomasville vets share some of their favorite talking bird species.

Which birds can talk?

If you are looking for a pet who will greet you with a warm 'hello darling' as you walk through the door, a talking bird may be just the pet you're looking for. That said, not all talking birds have the same capacity for speech and some may be a little too loud for your liking, so it's important to do your research before purchasing a talking bird.

That said, birds don't just learn to speak all by themselves. Teaching a bird to talk will take patience and persistence as well as lots of love, care and time together. And it's important to note that some birds will never learn to speak.

Which birds are the best talkers?

Birds do not have vocal cords like humans do. In fact, your bird's voice produced the same way as song birds sing. So think of your bird's voice as their song for you.

When choosing which species of bird is right for you, you should also be aware that bird voices can range from beautiful and soothing to loud and shrieking! If you live in an apartment with thin walls you may want to pay particular attention to what the species you're considering sounds like.

Are parrots the only birds that talk?

While parrots are probably best known for their ability to mimic the human voice, not all parrots will be able to learn talk, and not all talking birds are parrots.

Mynah birds, crows, ravens, and starlings all have the ability to mimic the human voice to varying degrees and you can find loads of examples on YouTube that will keep you smiling.

What are the best talking birds?

Parrots are the most common and brightly colored of the talking birds. These intelligent and charming creatures are sure to provide years of companionship

and chatter - if you're willing to invest in training them and keeping them healthy and happy.

One extremely important point to note if you are considering purchasing a parrot, these birds can have a very long lifespan! Depending on the species you choose, some parrots can be expected to live for 50 years or more!

That said, if you do your research and find the right species to fit your lifestyle you'll have a loyal friend who will continually charm, amuse and entertain.

Why should you consider adopting a talking bird?

Due to the lifespan of birds, and



the amount of care, space and attention they require there are a range of talking birds being cared for by non-profit rehoming agencies. Many birds awaiting adoption have not been abused, but instead have been very well loved and cared for. Often these birds have outlived their first owners and need a new home, although many have been surren-

dered because of family circumstances.

Reputable bird rehoming agencies will also help you to find the right bird for your lifestyle and skill level. Their volunteers and experts get to know the birds and are able to provide you with insights into the individual bird's personality.

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Does a Finished Basement Add Value to Your Home?



What you purchase depends on what you're using the basement for.

How to Boost Your ROI

There are ways to ensure your basement will add resale value.

Use Hard Materials For Flooring - While proper flooring is necessary for a finished basement, you don't have to opt for expensive flooring. Not only that but you shouldn't. Basements flood, which can ruin carpet and even hardwood flooring. What's the solution? Cheaper hard materials like porcelain, ceramic, and stone tile.

Test For Radon - Radon is a natural gas that can cause cancer. Radon can be prevalent in basements because decaying Uranium produces radon. Uranium comes from the rock and soil beneath your home. There are professionals who can come to your home and test for radon.

Prepare Your Walkout Area - Add high-quality doors to properly insulate the space, add security, and can withstand the elements. A concrete patio is affordable and can withstand bugs. If you don't want to make a huge investment in your outdoor area, then you can add a garden and lighting.

Mimic Natural Lighting - Natural lighting can ward off depression, boosts vitamin D, improve sleep, and more. High-quality LED lights can mimic natural lighting. You can use them as ceiling lights, place them under cabinets and other structures, and more. Use light colors when painting your walls and ceilings.

Opt For A Bedroom - When most people add a basement, they turn it into an entertainment room or a playroom. Instead, turn it into an extra bedroom. This is an ideal situation if your next buyer has a large family or in-laws. Homeowners may use this space to rent out to tenants or tourists.

If your basement is large enough, create an extra living space. This can include a kitchen and bathroom. As long as you have proper plumbing, electricity, drainage, and ventilation, achieving this isn't impossible. It also prevents receiving a permit for an additional property.

Are You Ready to Sell?

Now that you added a finished basement, what's the next step? If you're ready to sell, you'll need a great realtor to market your home and your new basement to buyers.

By Contributing Writer

Finished basements are becoming more popular. They add extra space that you can use for an extra room, another living area, an entertainment room, a space for children, and more. Another reason is that they offer added home value. Or do they? Here, we shed more light on whether or not working on the basement adds more resale value.

Does a Finished Basement Add Resale Value?

The answer is complex. It depends on how you use the basement, the type of basement it is, zoning codes, and more.

Basements and Home Value

Home appraisers use specific factors of your basement and other calculations to determine resale value.

Walkout Basement - Walkout basements are becoming more in demand. Instead of being fully underground, they're partially above ground. There's a point of exit, usually in the back, that leads you to the outside.

Full Basement - If your basement is completely underground, that doesn't mean it won't have resale value. But there are certain qualities that determine if your basement has great value.

In short, a full basement refers to high ceilings. If anyone can stand up comfortably in your basement, it has more value than one where the ceilings are shorter.

Full basements can also refer to the square footage. If there's enough square footage to hold a large room, they will have more value than a smaller basement.

Even if your basement will offer value, is finishing your basement worth the money?

First, let's look at some of the upgrades you'll need. Assuming your current basement is a slab of concrete, you'll need to paint the walls and ceilings and add flooring.

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Someone in Royton, Oldham, England, woke up on March 20 and felt like something was missing from their life. And maybe breakfast was particularly difficult that morning. The Manchester Evening News reported that at the Barclay Pizza & Prosecco restaurant, as workers cleaned up after Saturday night's festivities, they found a full set of dentures on the floor in the bar. Barclay owner Emma Whelan posted a photo of a plastic bag containing the false teeth on Facebook, hoping to locate the owner. "We get a lot of things left behind after a night in the Barclay ... but this is a new one," Whelan said. "It must have been a cracking night." [

The Roller-McNutt Funeral Home in Little Rock, Arkansas, is facing a lawsuit on behalf of the family of Harold D. Lee of Pauline, South Carolina, who was hoping to be buried next to his parents at a Quitman, Arkansas, cemetery after his death on Thanksgiving Day 2019. Lee's body was transferred to the Roller-McNutt facility and arrangements were made for the casket and funeral, KNOE-TV reported, but according to the lawsuit, the funeral home alerted the family on Dec. 10, 2019, that they had "accidentally cremated the body." Lee was extremely religious and "stickily (sic) desired not to be cremated, as he believed his body would be raptured following the second coming," the lawsuit stated. His wife, Eunice, was violently shaking in shock when she got the news. The funeral home waived the cost of the funeral and returned \$5,000 after the mistake was made, the lawsuit noted. [

Kristin Wiley, 49, was pulled over by Indian River County (Florida) Sheriff's officers after she barely missed hitting their stopped vehicle on March 20, The Smoking Gun reported. When they approached the car, they saw her 9-year-old son in the back seat, crying. The officer noted that Wiley's eyes were "watery and red in color," and he smelled alcohol on her breath, so he asked if she'd been drinking. She replied, "No," but her son piped up from the back seat, "Mom, you can't lie to the police. You did drink." He told the officer that his mom had been drinking at a party and said he was "very scared while Kristin was operating the vehicle," the officer reported. A breath test recorded her alcohol content at nearly three times the legal limit. Along with DUI, she was charged with child abuse.

When Steve Nichols and John Winn of Indian Trail, North Carolina, saw a TV news story about a dog whose owners abandoned him because they thought he was "gay," they knew they had to do something. The couple of 33 years told The Charlotte Observer that they drove to Albemarle on March 23 to adopt the dog, whom they named Oscar, after the Irish poet Oscar Wilde. Oscar's previous owners had surrendered him for humping another male dog, which, Nichols said, "was one of the stupidest things I've ever heard. That's just pack behavior." Nichols noted that the dog hadn't been neutered and was suffering from heartworm, which led him to believe that "the owner apparently didn't do anything to take care of this dog." Oscar is getting the care he needs and will join the couple's other dog, Harry, at their home. [

In the London neighborhood of Richmond, an unusual property that's been dubbed the "Invisible House" is attracting attention -- or flying under the radar -- of passersby, MyLondon reported. The front of the home sits on a busy thoroughfare and is almost completely covered with one-way mirrored glass, which reflects a roundabout across the road and the busy sidewalk in front. The family, who wanted to remain anonymous, said the architect wanted the mirror to "make the house 'talk with its environment.' We really liked the idea and ran with it." The back of the house sits on a quiet lane and features traditional architecture.

And Their Little Bird, Too!

In a scene eerily reminiscent of "The Wizard of Oz," the Castellanos family of Arabi, Louisiana, took a wild ride on March 22 as a destructive tornado ripped through the area, ABC News reported. Dea Castellanos was sitting on a couch in her living room when the house began to spin, whipping her into a bedroom. Her daughter, who has muscular dystrophy, was in another bedroom. The one-story home was lifted from its foundation and crashed down in the middle of the street, where neighbors called 911 and the girl was taken to the hospital. One of the Castellanos' pet birds stood among the rubble as they salvaged what they could; family members were "doing fine" after their ordeal.

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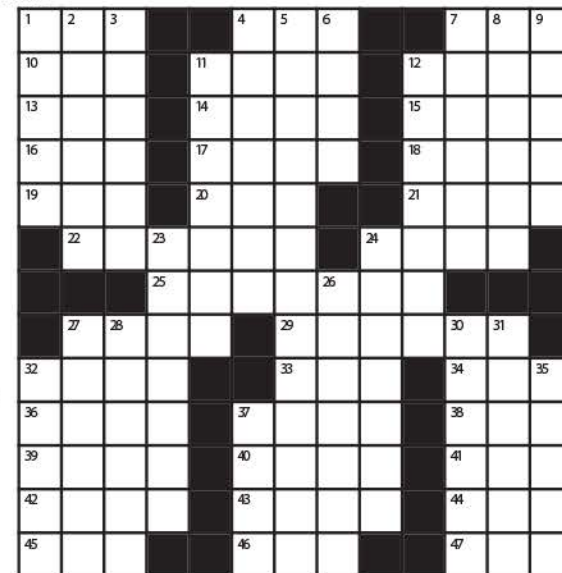
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**Across**

1. "When Harry met Sally" first name
4. Self concept
7. Ancient, old word
10. Land of opportunity
11. Draped dress
12. Quarry
13. Engine speed, for short
14. Bibliographical abbr.
15. Vatican site
16. Where the Boys \_\_\_\_
17. Pale
18. For your shoes, \_\_\_\_ Eaters
19. Put on fire
20. Flightless bird
21. English marshes
22. Sameness
24. In use
25. Gags
27. Place to hibernate
29. Discourteously
32. Flub
33. Nile reptile
34. Old EU inits.
36. Male deer
37. Soundwave reflection
38. Girls' organization (abbr.)
39. Wager
40. Winter sports gear
41. Roadie's responsibility
42. Warm, so to speak
43. Telegraphed
44. Classic starting location
45. Newspaper inserts
46. Unit of force
47. Termination point

**Down**

1. Big picture
2. Verve
3. Reproductive cell
4. Goes to dinner
5. Semi-sweet and whole wheat item
6. Unctuous
7. Rusts
8. Of a yellow color



9. Colorists
11. Sordid
12. Luxuriant
23. Vagrant
24. Support for a sleeping area
26. Silencing
27. Advanced
28. Main arteries
30. Emissary
31. Toadies
32. African nation
35. Like Zorro
37. Existence for a Roman

## DAD JOKES



I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.

From March 18







# THE THING ABOUT RUBIES

By Matt McIntyre

One of the most popular traditional jewelry stones, ruby is exceptionally durable. Its colors — always red — can reach vivid levels of saturation. Fine-quality rubies are some of the most expensive

## Asterism

Rubies as well as sapphires can display asterism, the “star effect,” due to rutile inclusions in their hexagonal crystal matrix. If this rutile is sufficiently abundant and precisely arranged, proper cabochon cutting can create star rubies.



gemstones, with record prices over \$1,000,000 per carat. However, rubies are also subjected to more treatments than almost any other gem.

The vast majority of rubies are “native cut” in their country of origin. High-value ruby rough is tightly controlled and rarely makes its way to custom cutters. Custom-cut and recut stones usually have higher values per carat than native or commercial-cut stones.

## Ruby Lore

Few other gems have as much myth, lore, and romance surrounding them as rubies. Over the centuries, many cultures have associated them symbolically with wealth and power.

Many historically important rubies, such as the famed Black Prince’s Ruby of the British crown jewels, proved to be other red gems, most often red spinels.

## Synthetics

Lab-created ruby can be manufactured by several different methods, including flame fusion, the Czochralski process, flux, and hydrothermal.

Corundum gemstones, both rubies and sapphires, were first synthesized in the late 19th century. In 1904, the French chemist Auguste Verneuil published his work on the flame fusion process, still known today as the Verneuil (vair-NAY) process. As a result, the production of synthetic rubies and sapphires skyrocketed.

## Ruby Enhancements

Rubies have a long history of enhancement. Unless the seller specifically states the stone is unheated, you should assume that some kind of heat treatment has been used. Usually, high temperature heating and controlled cooling clarify the stones. This process dissolves silk (rutile inclusions) and

can also improve color tone and saturation.

## Myanmar

Stones from Myanmar generally command the highest prices. They have the coveted, near perfect coloring known as “pigeon’s blood red,” which is a very slightly purplish red with vivid saturation and dark tone. They also have extreme red fluorescence.

## Mogok

A fabled deposit known for over 1,000 years, a mining tract in the Mogok region has been the primary source of gem-quality rubies. It’s home to some of the finest rubies ever found. Mogok rubies hold color in virtually any lighting condition, which contributes to the demand for these gem-quality stones.

## Sri Lanka

Some of the world’s finest rubies have come from Sri Lanka’s gem gravels. Top-grade Sri Lankan reds are virtually indistinguishable from their Mogok brethren, but most tend towards purple or pink. As with Sri Lankan sapphires, color accumulates in large stones. Stones of five carats or more can be quite magnificent.

## Thailand and Cambodia

The main attraction of ruby from Thailand and Cambodia is its high clarity, but the flat crystal shapes generally yield overly shallow stones. Due to a high iron content, which quenches fluorescence, most of these rubies tend to have a garnet-red color.

In Thai/Cambodian rubies, only those facets where light is totally internally reflected will be a rich red. Thai stones are actually less purple than most Myanmar rubies. However, Myanmar-type rubies appear red all over the stone.

## Care

Corundum has a hardness second only to diamond among natural gems. Plus, it has no cleavage. These physical properties make ruby a superb jewelry stone.

For rubies reasonably clear of inclusions or fractures, no special wear or care precautions are necessary.

On the other hand, heavily included or fractured rubies have less durability. Clean these by hand using only warm, soapy water and a soft brush.

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## CSUN OFFERS A UNIQUE SUMMER THEATRE CAMP

By Contributing Writer

CSUN Department of Theatre's Teenage Drama Workshop is a conservatory-style theatre summer program for teens ages 11-18. Spanning a six-week period, our goal is to teach theatre arts and the importance of ensemble and teamwork through our intensive classes and productions. TADW offers students an introduction to the theatre in a university setting, empowering them to learn new life skills.

TADW first began in 1957 and for 65 years has been held in CSUN's Nordhoff Hall. Under the direction of CSUN Professor Garry Lennon students are given the opportunity to take a series of technique-based classes designed to

strengthen their understanding of fundamental performance skills and encourage them to apply these

**This year our elective catalogue is Playwriting, Musical Theatre, Make-up, Puppetry and Improv.**

skills in one of our two productions and beyond. TADW's summer season features two fully staged productions. This summer in Nordhoff Hall's Campus Theatre is Frozen, Jr, next door in the Little Theatre will be Hammered: A Thor & Loki Play.

Each TADW student must take a

course in Acting, Dancing and Voice Technique. After their core classes students are offered an elective. This year our elective catalogue is Playwriting, Musical Theatre, Make-up, Puppetry and Improv. A day at TADW looks something like this. Beginning at 8:15AM students begin their core classes (acting, voice and dance) after which they move to their elective. After lunch ends at 1:15PM students begin rehearsals for one of our two productions. All enrolled TADW students must go through an audition process but are guaranteed to be cast in a production.

All TADW instructors, directors, designers and staff are a combination of industry professionals, CSUN professors and CSUN students & alumni. Several of TADW's instructors have been with the program for decades. The ultimate goal of TADW's staff is to foster an environment of imagination, inclusivity and freedom for students to express themselves in



both their classes and onstage.

Since its inception TADW has been a place for students with a passion for theatre to find camaraderie with others and to discover new skills and confidence within themselves. After experiencing TADW many students having gone on to study theatre in college and have pursued careers in theatre,

film or television.

Whether it's for one summer or many more yet to come experience the magic of TADW!

TADW 2022 dates are June 13th-July 22nd. For other details on tuition, scholarships and program information please visit <https://www.csun.edu/teenage-drama-workshop>.

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# YOUNG TALENT

## PIANO STARS SHINE AT THE 2022 GALA FOR THE WARING INTERNATIONAL PIANO COMPETITION

By Barbara Beckley

It was smiles, cocktails and the world's top piano players as The 2022 Gala kicked off the 23rd Waring International Piano Competition, March 28 at the Westin Mission Hills Golf Resort & Spa Celebrity Ballroom in Rancho Mirage.

Valley Scene Magazine was there, happy to be among the more than 240 guests in support of this celebrated contest which allows SoCal music lovers be the first to see the piano stars of the future – the next Van Cliburn. The Competition begins April 10 – 18, 2022 in two venues in Palm Desert. Most performances are free!!

The star-studded Gala opened with Bill Marx – the son of movie great Harpo Marx no less, who grew up in Beverly Hills – on keyboard during cocktails. And platinum-selling classic cross-over pianist John Bayless, who is also the Waring

Competition Artistic Director, joining Marx on the keys. Amazing! Shades of Bayless' incredible "Bach Meets the Beatles" album. A perfect prelude to the evening's featured artist – international concert pianist



Pianist Bill Marx son of Harpo Marx

Jon Nakamatsu – a four-time Waring Competition Prize winner and resident of Palo Alto.

What makes the Waring Prize so important? "We're a supporting and nurturing competition, not cutthroat," Bayless told me. As evidenced by the after-competition Master Classes, which are

open to the public, given by the judges to guide the runners-up. And the support of philanthropy movers and shakers including Presenting Donor Julia Irene Kauffman of Indian Wells and Kansas City; Joyce and Joe Stein of Indian Wells, who are also major supporters of the LA Phil and LA Opera, and Gala Chair JoAnn Wellner of Rancho Mirage and Manhattan.

"Since 1983, the Palm Desert-based Waring International Piano Competition has been the springboard for young, talented pianists to hit the concert stage," explained Waring Competition Executive Director Ann Greer of Hollywood. Nakamatsu admitted to me at dinner that winning the Waring Prizes was the spark that enabled him to go on and become one of the world's foremost – and sought-after – concert pianists.

Who will be this year's winner? One of 24 extremely talented pianists between the ages of 18 and 31 from around the world and the U.S. including two local favorites Andrew Boyle, 29, and Benjamin Hopkins, 32, both of Los Angeles.

So come and enjoy the beautiful music yourself. Here's the schedule to hear the

best of the piano world's emerging talent at the Waring International Piano Competition (<https://vwipc.org/news-events/>):

Round One Solo Competition (all 24 pianists): Sunday, April 10, and Monday, April 11, at 9:30 a.m. and 4 p.m. in the Pollock Theater on the campus of the College of the Desert in Palm Desert. Free.

Round Two Solo Competition (8 semi-finalists): Tuesday, April 12, at 9:30 a.m. and 4 p.m. in the Pollock Theater. Free.

Finals Solo Competition (3 Finalists): Friday, April 15, at 4 p.m. in the Pollock Theater. Each finalist plays a 45-minute program. Tickets \$45

Round One Concerto Competition (17 pianists): Wednesday, April 13, and Thursday, April 14, 9:30 a.m. and 4 p.m. in the Pollock Theater. Free

Grand Concerto Finals (3 concerto finalists with the Waring Festival Orchestra and the Solo Winner in concert): Monday, April 18, at 6 p.m. at the McCallum Theatre in Palm Desert. Tickets \$35 to \$125.

Mensa to espouse a particular point of view would go against its role as a forum for ALL points of view.

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# FASHION

## HOW TO BECOME A MODEL

By Contributing Writer

The modeling industry is a competitive one. Knowing what type of model you want to become will help you build your portfolio, what agencies to look for, and what poses you should practice.

### Kinds of Models

**Fashion Models** - Fashion models are the types you see on the cover of *Vogue*. They tend to work for high-end brands and designers such as Prada, Gucci, and Dior. Editorials are highly selective with models, as they look for people that fit into their "ideal" look.

**Runway Model** - The ones who strut down a catwalk and showcase a designer's clothing line are known as runway models. Because the designer's clothes are a specific size, runway models tend to be the same height and weight.

**Glamour Models** - Glamour modeling is focused primarily on appearance, facial beauty, and body shapes. Glamour models as a whole are usually curvy, and they also tend to book lingerie and swimsuit photo sessions.

**Commercial Models** - The commercial modeling type is open to diversity and advertise various kinds of products and services in different campaigns, catalogs, and commercials.

**Print Models** - These are the models you see on billboards and posters. Usually, these models are selling a product.

Once you've narrowed down the kind of model you want to become, it's time to start building your professional portfolio.

### Hire a Good Photographer

Top-quality photos require a good photographer. Research different photographers. Get to know their style. And of course, see what their prices are and what they're willing to offer.

### Practice Posing

It never hurts to practice. Check out fashion magazines and portfolios of other models.

### Choose Your Best Photos

Only choose the best of best photos to include in your portfolio. Remember to be versatile and to include



a wide variety of photos. You don't want to limit your portfolio to only headshots. Instead, use photos that showcase different poses, angles, outfits, and locations.

### Keep it Updated

It's crucial that you keep your portfolios updated. If you participate in newer photo-shoots and campaigns, include the best shots.

### Look for the Right Agency or Agent

Working for a modeling agency makes it a lot easier for you to find job opportunities.

Do your research by reviewing their websites and online reviews. Check out what models they signed for and what kind of work they have to offer. When searching for an agency, be sure they meet your needs and requirements.

### Don't Pay High Fees

If an agency asks you to pay upfront for any service fees such as portfolio creation, training, don't be overly surprised. Legitimate agencies do have fees that come attached to them, so expect to budget that if you are trying to get signed.

### Read the Contract

Read carefully before agreeing to anything. Consider seeing what the "exit clause" is. It's always smart to know how to get out of the agreement.

Ask how the agency operates in terms of booking and setting up photoshoots.

### Stay Alert

Not everyone you encounter in the modeling career can be trusted. If any interaction makes you feel uncomfortable, walk out promptly. Never pay for a modeling job or accept a check prior from someone you have not met in person.

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