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ART & CULTURE



**THE VALLEY
GREEK FESTIVAL**

SPRITS



THE TEQUILA DEBATE



BY BARBARA BECKLEY

Springtopia

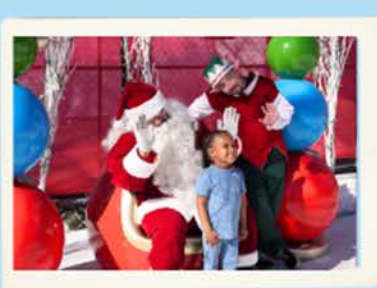
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THE SAN FERNANDO VALLEY GREEK FESTIVAL

MAY 27 THROUGH 29

By Pamela Froman

Opa! The Valley Greek Festival is back! The 47th Annual Greek Festival takes place Memorial Day Weekend, May 27 through 29, 2023 at Saint Nicholas Greek Orthodox Church. The Festival evokes the sights, sounds, and tastes that define the Greek way of life.

Greek culture is one of the earliest civilizations in the world. Truthfully, some say the Greeks invented just about everything. After all, the Mediterranean diet, democracy, medicine, and the alphabet come from Greece. "Greek culture is rich in history, rich in family, and rich in gatherings and food," says Jimmy Nikolopoulos, Chairman of The Valley Greek Festival. "It is something to be acknowledged and

celebrated – plus we're a fun group of people!"

The Festival began as a small community fundraiser to have a good time and raise money for the church. It has continued to grow year after year and now hosts people and families from all walks of life, religion, and background. "Everybody can come and enjoy the Festival," says Jimmy. "Come and be Greek for a day!"

Saint Nicholas Greek Orthodox Church sponsors the Festival and there will be church tours that take place where you can learn about the church, the religion, the iconography, and the Greek belief system. The Festival is a fundraiser for the church and all staff booths will be manned by church volunteers. "Being Greek Orthodox is a very big part of being Greek," says



Jimmy. "We're proud of our history and where we come from in terms of the Bible."

What can we expect at The Valley Greek Festival? Food, fun, entertainment, culinary exhibitions, Greek folk dancing, games for the kids, and independent vendors that sell merchandise such as jewelry, art, olive oil, cookbooks, and gifts. There's even a honey vendor that sells local drone honey. As well there is wine tasting, food from all over Greece, a limited leg-o-lamb carving dinner, cooking demonstrations, and a huge pastry section with homemade pastries! Music and dancing are also a lot of fun. Learn to Greek line dance and join hundreds of people on the dance floor where live music from authentic Greek band Synthesi is pumping. For the kids, there is a children's zone with bouncers and slides, jumpers and swings, games, goldfish from the fishbowl toss, and ceramic painting – everything that a kid would want to do.

Don't forget to sample the food! There will be everything from gyro sandwiches and Greek fries to Calamari, Dolmades – grape leaves stuffed with rice and spices (vegetarian), Greek salad – ripe tomatoes, onion, green pepper, Greek dressing with extra virgin olive oil and feta cheese (vegetarian), Loukaniko – Greek sausage with a citrus flavoring, Paidakia – flame-grilled Greek lamb chops, Pork Souvlaki – Greek seasoned flame-grilled pork kebab served with

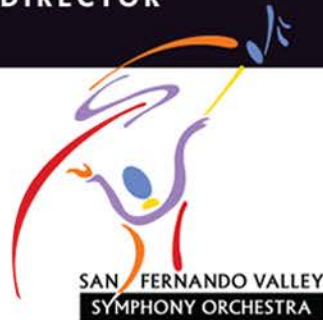
bread, and Tiropita – baked phyllo filled with cheese. There is also Greek coffee (hot and iced), Greek wines, Greek Ouzo and Metaxa as well as Greek beer. For your sweet tooth, Greek Loukoumades – Greek cinnamon honey donut holes and a massive assortment of homemade Greek desserts where you'll find Baklava, Diples, and Kataifi to name a few.

The San Fernando Valley Greek Festival takes place May 27-29, 2023 at 9501 Balboa Blvd. in Northridge. If you want more information on the Festival, call (818) 886-4040, <https://valleygreekfestival.com/>

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Find Your Inner

FLOWER POWER

By Barbara Beckley

The sun is (finally) shining! Earth Day is April 22! And California is carpeted in color – thanks to super blooms across the Golden State. Mother Nature is calling our name – inviting us to get out and appreciate Nature!

We love you Mother Earth!

Close to Home

Poppies galore! Blooming right now in Wildwood Regional Park (www.crpd.org/park/wildwood-regional-park/) in Thousand Oaks. Don't miss this wildflower-filled opportunity to enjoy the park's spectacular 40-foot Paradise Falls, Arroyo Conejo Creek, and the Indian Cave. Hike and bike along 14 trails (with benches) encompassing 27 miles. Pack a picnic or have a BBQ. Admission is free. Open daily, 7 a.m. – dusk.

Take the family to the Conejo Valley Botanical Garden (www.conejovallebotanicgarden.com/) also in Thousand Oaks. While the wet winter has closed some of its 33 acres of natural terrain until July 4 – the Kids' Adventure Garden is open, open, open! Serving as a teaching laboratory to discover plant sustainability within the Conejo Valley. Plan now to enjoy the full experience in summer: sweeping vistas, and 15 hillside gardens including a native plant garden and meadow, butterfly garden, Mediterranean garden, bird habitat, rare fruit orchard, oak tree grove, Trail of Trees boasting more than 50 tree species, and mile-long trail beside an oak-shaded canyon stream. Admission is free. The Kids' Adventure Garden is open Sundays, 11 a.m. – 3 p.m. The Nursery is open Wednesdays, 9 a.m. – noon.

TULIP MANIA! At Descanso Gardens (www.descansogardens.org/) in La Canada Flintridge. OMG! Its thousands of tulips are in Peak Bloom! A sight to see with

endless rows of reds, yellows, pinks, striped, with smooth, and with ruffled petals. Then ooh and ahh at the gorgeous cherry blossoms, crabapple blossoms, azaleas, iris, and wildflowers. Admire nature's beauty in the Rose Garden, Japanese Garden, spectacular Camilla Collection, the Oak Woodland, Nature's Table edible flower garden, and Ancient Forest, of cycads and other plants that were around when dinosaurs roamed the earth. Plan to be there



for the Earth Day Displays, April 18 to 22, celebrating the importance of our majestic California oak trees and the habitat they create. And the free plant give-away on Earth Day, April 22! (While plants last.) Open daily, 9 a.m. – 7 p.m. General admission, \$15; ages 5-12, \$5; seniors/students, \$11. Free Spring Bloom Tours will be offered at 11 a.m. on April 21 & 22 and May 19 & 20.

Day Trippin'

Flower power wow! Thrill to more than 40 acres of Giant Teclate Ranunculus in blazing colors at The Flower Fields of Carlsbad Ranch (www.theflowerfields.com/), three hours south in North San Diego County. The spectacular display has delighted families for more than 60

years with florals and fun including tractor rides, a Sweet Pea Maze, Artist Garden with flowers as the art medium, Orchid Greenhouse and demonstration garden. Open through May. Tickets online: adults, \$23; ages 3-10, \$12.

Inland, near Temecula, visit the Santa Rosa Plateau Ecological Reserve (wildlife.ca.gov/Lands/Places-to-Visit/Santa-Rosa-Plateau-ER) and experience what California's native lands were like 200 years ago. Termed a "living museum," the native oak woodland, chaparral, grassland, and vernal pools (seasonal wetland) are unchanged from nature. It's one of few places you can hike on a boardwalk into the vernal pool habitat, populated by tiny fairy shrimp and turtles. Trails including an interpretive trail offer access throughout its 7,500 acres.

For free drive-by floral extravagance – head north an hour from LA to The Flower Fields of Lompoc (explorelompoc.com/flower-fields/). Wildflowers (predominately yellow wild mustard) carpet the hills, while fields of commercial blooms – stocks, larkspur, delphinium, sweet pea, Bells of Ireland, Queen Anne's Lace – create spectacular patches of color just west of Old Town Lompoc. The best viewing is along Central Avenue from Floradale to Union Sugar avenues. Photograph and admire all you want. But don't walk into the fields. These posies are privately owned. Mark your calendar for the Lompoc Valley Flower Festival (explorelompoc.com/event/lompoc-valley-flower-festival/), June 22-25. Details to come.

While you're in Lompoc, consider hiking to nearby Nojoqui Falls explorelompoc.com/directory/nojoqui-falls-park-trail/) in Nojoqui Falls Park, 1.5 miles east of Highway 101. Cascading 80 feet over the rock face into a clear, calm pool, these stunning falls are seasonal – dependent on the rain – so now they should be spectacular! The 15-minute hike up the wooded canyon, past streams, and giant rocks with sweeping views of the surrounding landscape is a perfect way to appreciate the beauty of the Santa Ynez Mountains. Admission is free. Open daily, 8 a.m. – sunset.



Celebrate our state flower by the millions at the Antelope Valley California Poppy Reserve State Natural Reserve (www.parks.ca.gov/?page_id=627), 15 miles west of Highway 14, near the city of Lancaster. See the poppies up close along eight miles of trails through the gently rolling poppy fields. There's a paved section for wheelchairs – and plenty of benches. Pop inside the reserve's Jane S. Pinheiro Interpretive Center, open through May 14, to see wildflower and wildlife exhibits, an orientation video, Jane's botanical watercolor paintings, and the gift shop. Open daily, sunrise to sunset. Parking: \$10 per vehicle.

Truly awesome – the natural beauty packed into 37-acre Ganna Walska Lotusland (www.lotusland.org/) in Santa Barbara. Acknowledged as one of the world's most breathtaking public gardens – you won't know where to look first. The exquisitely manicured gardens include



The Water Garden of magnificent lotus, Tropical, Orchid-cacti, Topiary, rainforest Shade Palm, California Palm Tree, Japanese, Fern, Dragon Tree, Cycad, Bromeliad, Aloe, Australian, and Insectary gardens, plus the Blue Garden with only blue-hued plants, and Olive Tree Allee. Amazing! Advanced reservations daily, 9:15 – 9:45 a.m. and 1:15 – 1:45 p.m. Adults, \$50; ages 3-17, \$25, ages 2 and

under, free.

Make it a Vacay!

Show the kids the desert isn't empty. It's alive with brilliant blooms in Anza-Borrego Desert State Park (www.parks.ca.gov/?page_id=638), two hours from Palm Springs and San Diego in Eastern San Diego County. Look for Brittlebush, Heliotrope, Chuparosa, Barrel Cactus, Beavertail Cactus, Desert Dandelions, Sand Verbena, Dune Primrose, Desert Lily, Desert Sunflower, Fishhook cactus, Cholla, Parish's poppy and Emory's Rock daisy. Open daily, 7 a.m. – 7 p.m. \$10 per vehicle.

Plan to visit the Living Desert Zoo and Gardens (www.livingdesert.org) in Palm Desert between now and April 23 and learn how to start your own pollinator garden, during the "Pollinator Plant Party." Take home seeds of beginner-friendly, drought resistant, pollinator-attracting plants including sand verbena, desert milkweed, desert marigold, Mojave lupine and desert bluebell. Then stroll among the desert gardens and hike the view-filled trails through natural desert woodland of Smoketree, Palo Verde, desert willow,

desert scrub, creosote bush and white bursage. Join the Earth Day Celebration, April 22, 9 a.m. – noon, with hands-on activities, animal encounters and limited-edition trading cards featuring iconic desert species like the desert tortoise, Western Bluebird, and monarch butterfly. Open daily, 8 a.m. – 5 p.m. Adults, \$29.95; ages 3 to 15, \$19.95, under 3, free.

Yosemite! It's a natural. So impressive it was granted National Park (<https://www.yosemitethisyear.com/itineraries/yosemite-in-a-day-spring>) status October 1, 1890 – the nation's third; behind only Yellowstone and Sequoia. Nestled in the Sierra Nevada mountains six hours northeast of LA, its icons are spectacular in person. The Mariposa Grove of Giant Sequoias. Bridalveil Falls. Half Dome. Tuolumne Meadows. But they're not the only natural wonders. Hike to Sentinel Dome for arguably the best panoramic view! Visit the park's lesser known Hetch Hetchy Valley and Rancheria Falls, at its fullest in spring. For the winning photo – follow directions to the "Tunnel View," and capture Bridalveil Falls, the granite cliffs of El Capitan and Half Dome – all in one shot!

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Hit the road! No drive compares to our gorgeous Highway 1 (www.visit-california.com/experience/highway-ones-most-scenic-stops/), showcasing the power and beauty of nature with the beach and ocean on one side and rolling hills on the other. Impressive anytime, now in spring, the awe is heightened by wild flowers! Poppies, wild radish, lupine, yellow mustard, and sticky monkey flowers make Highway 1 a watercolor painting come true. Maybe stop in Cambria. At the Fiscalini Ranch Preserve (highway1roadtrip.com/things-to-do/fiscalini-ranch-preserve/) and explore 17 miles of trails through densely wooded coastal plain and rugged coastline.

Big Sur (www.bigsurcalifornia.org/) for sure! Winding for 90 miles, this panorama of ragged coastline stretching to the horizon is nature at its awesome best. Big Sur begins north from San Simeon up to Carmel, with amazing stops along the way. Pfeiffer Beach (<https://www.californiabeaches.com/beach/pfeiffer-beach/>), aka "Purple" beach, is a photo op must, where tiny bits of purple quartz give the sand a purple hue. And



the "Key Hole" rock showcases the creative side of erosion.

Maybe plan your trip to coincide with Earth Day, April 22, in Carmel-by-the-Sea (www.carmelcalifornia.com/). Appreciate the tree-shaded (and protected) fairytale-like ambiance, fine wine, and iconic 17 Mile Drive (www.pebble-beach.com/17-mile-drive/) with natural standouts like The Lone Cypress, and Bird Rock. Then join the Earth Day Celebration (ci.carmel.ca.us/post/earth-day-2023) at Devendorf Park, 10 a.m. – 2 p.m., and learn about green products, how to live



sustainably and Carmel's forward-looking Climate Action Plan.

Earth Day Celebrations

Don't miss the Calabasas Earth Day Festival/ Green Expo (www.cityofcalabasas.com), April 23, 2 – 5 p.m. at the Las Virgenes Creek site on Agoura Road. More than 50 exhibitors from LA and Ventura counties including the EPIC-FSC will be there to explain what we can do to help protect our planet and save money doing it! Give-aways, learning booths, a wild life presentation and kids' fun eco-learning activities. Admission is free.

climate-friendly food, and a locally sourced Beer & Wine Garden. Multiple zones offer activities from fitness classes and archery in the Great Outdoors Zone to shopping in the Eco Marketplace Zone. The Kids' Corner features arts and crafts, musical performances, storytelling, and face painting.

Join the CSUN Earth Day Hike www.csun.edu/as/events/earth-day-hike, April 22, at O'Melveny Park in Granada Hills. 8:30 a.m. is teatime. 9 a.m. begin hiking the hills of the San Fernando Valley.



VALLEY

GREEK FESTIVAL

MEMORIAL DAY WEEKEND

MAY 27 - 29

It's almost that time of year again. It's time to GET GREEK at the 46th annual Valley Greek Festival. Traditional Greek music, cuisine and dance performances all hit the Valley on Memorial Day Weekend. It's fun for the entire family so join us for an OPAmazing time May 27th through 29th 2023.





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Torrential Publishing publishes
Valley Scene Magazine every
other Friday. 1 copy per person.
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FINE ARTS THEATRE BEVERLY HILLS OFFERS MOVIE TICKETS FOR 25 CENTS EACH FEATURING 1937 RETRO TICKET PRICES IN CELEBRATION OF THEATRE'S 86TH ANNIVERSARY

By Staff Writer

Get your 25 cents movie tickets today for the Fine Arts Theatre Beverly Hills' 86th Anniversary celebration with retro 1937 ticket prices. Nine classic films, including two Double Features, and two live stage shows, which are each priced at \$30 (side and back), \$35 (center) and \$40 VIP (center, including medium popcorn), will be presented April 16 – 30, 2023. The theatre is located at 8556 Wilshire Boulevard (at La Cienega Boulevard), Beverly Hills, CA 90211. Tickets are available on the Fine Arts Beverly Hills website, <http://www.fineartstheatrebh.com> and on the Fine Arts App available on Google Play Store and the Apple App store, as well as at <https://www.fandango.com/> and <https://www.atomtickets.com/>

Shawn Far, Owner of the Fine Arts Theatre Beverly Hills said, "To celebrate the 86th Anniversary of our landmark theatre we want to give back to our theatergoers who have been supporting us for so many years by offering them Retro Movie Ticket Prices at twenty-five cents per movie to see and enjoy classic films that are part of our 86th Anniversary Lineup Celebration. Some films will feature a Cartoon and Newsreel Clip. Theatergoers are requested to bring lots of quarters and exact change."

Upcoming Events Include:

Sunday, April 16, 2023 at 6:30 p.m.: THE GODFATHER

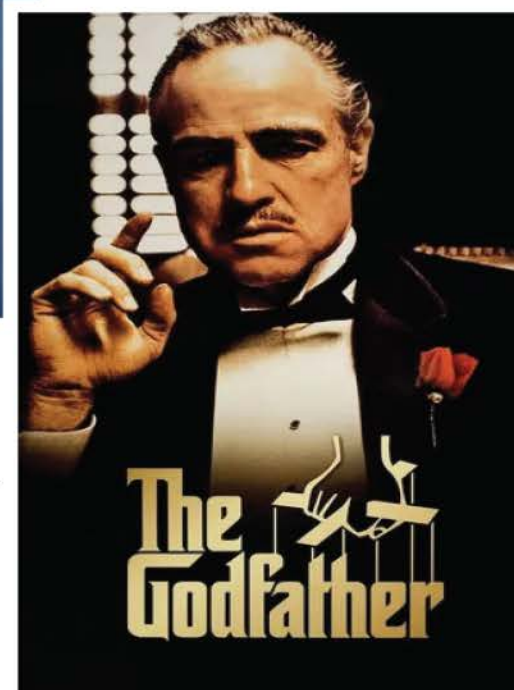
Friday, April 21st at 7:15 p.m.: THAT GIRL FROM PARIS. The movie debuted at the Fine Arts Theatre Beverly Hills on



ULA. This Double Feature was one of the Fine Arts Theatre Beverly Hills original bookings back in August 1938.

Sunday, April 30th at 2:00 p.m.: THE GREAT RACE

Sunday, April 30th at 7:00 p.m.: MY BUDDY: THE OTHER SIDE OF OZ – A CABARET-STYLE JAZZ SHOW starring Singer/Songwriter/Recording Artist/Actress KIKI EBSEN celebrating the life and career of her late father, Stage, Film and Television star, BUDDY EBSEN. Kiki Ebsen will be backed by a band consisting of Jeff Colella, Piano; Chris Colangelo, Acoustic Bass; Kendall Kay, Drums and Rob Lockhart, Woodwinds. \$40 VIP ticket



opening day, April 21, 1937.

Friday, April 21st at 10:00 p.m.: BLACK LEGION. The movie debuted at the Fine Arts Theatre Beverly Hills on opening day, April 21, 1937.

Saturday, April 22nd Double Feature at 1:30 p.m.: THE RELUCTANT ASTRONAUT and THE GHOST AND MR. CHICKEN starring DON KNOTTS, tickets are Fifty-Cents for the two movies.

Saturday, April 22nd at 8:00 p.m.: TIED UP IN KNOTTS! starring actress and comedienne, KAREN KNOTTS in the Los Angeles Premiere of a stage show saluting the career of her late father, comedic actor, DON KNOTTS.

Sunday, April 23rd at 10:30 a.m.: THE EXORCIST – THE VERSION YOU'VE NEVER SEEN BEFORE with additional footage, which was released in the year 2000, will be shown. 2023 marks the 50th Anniversary of the original film, THE EXORCIST, which was first shown in February 1973 at the Fine Arts Theatre Beverly Hills, as one of a select number of theatres nationwide chosen to exhibit the film. The screening will be followed by a Q&A with Academy Award-winning director, William Friedkin.

Sunday, April 23rd Double Feature at 2:00 p.m.: FRANKENSTEIN and DRAC-

buyers will also receive of copy of Kiki Ebsen's CD, "Scarecrow Sessions."

For further information, please call the Fine Arts Theatre Beverly Hills at 424-438-4013 or visit online at <http://www.fineartstheatrebh.com>

The Fine Arts Theatre Beverly Hills has limited Box Office Hours. The Fine Arts Theatre Beverly Hills has limited Box Office Hours. Tickets can be purchased in person at the Box Office on Fridays from 11:00 a.m. – 2:00 p.m., Saturdays from 9:00 a.m. – 12 Noon, Sundays from 10 a.m. – 1:00 p.m. and 30 minutes before any scheduled show.

Free Parking is available the Beverly Hills City Garage, 321 South La Cienega Boulevard, Beverly Hills, CA 90211 after 4:00 p.m. Monday through Friday and all-day Saturday and Sunday.

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The Super Mario Bros. Movie

April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain. But it is also Mario Time.

“The Super Mario Bros. Movie,” with its primary colors, is here to brighten spring, T.S. Eliot be damned. That there is enthusiasm for a Mario Bros. movie is a once-unthinkable development. The last time Mario hit the big screen was in 1993 live-action film with Bob Hoskins as Mario, John Leguizamo as Luigi and Dennis Hopper(!) as Bowser.

But a lot has changed. A once widely derided genre is now a cash cow. “The Last of Us” is a massive success. Pokémon and “Uncharted” are box-office hits. With Sonic the Hedgehog already two movies in, Mario is playing catch up.

And “The Super Mario Bros. Movie” is a spirited attempt to race to the front of the pack. A collaboration between video-game designer and Mario creator Shigeru Miyamoto and Illumination founder Chris Meledandri it’s a sincere effort to capture the fun and spirit of the game.

Visually, it’s a dream. Directors Aaron Horvath and Michael Jelenic and their animators have rendered the Mario universe

with cartoony splendor, matching the game’s simplicity with a robust and delightful day-glo palate. If the appeal of playing “Super Mario Bros.” and its many offshoots has always been to be immersed in a sunny imaginary world — plus the bouncy compositions of composer Koji Kondo — the movie has successfully mirrored that mushroom-stomping pleasure.

That’s because as nice as it is to look at “The Super Mario Bros. Movie,” it’s not anywhere near as fun as it would be to play it. It’s a-him, Mario, but it’s no a-masterpiece. The storyline is only a touch above the interstitial bits of plot you get between gameplay. With the exception of Jack Black’s grandly lovesick Bowser, there’s nothing here that deepens these characters beyond their 2-D adventures. Mario may be a modern-day Mickey Mouse but his kingdom is on the console.

“The Super Mario Bros. Movie” begins in a Brooklyn pizza parlor. There Mario (Chris Pratt) and Luigi (Charlie Day) are struggling to get their plumbing business off the ground. There are a few moments of stereotypical Italian life before the brothers’ attempt to fix a water main drops them through a portal and into the fantasy realm of the game.



On the other side, Bowser lords over a Koopa Troop army in scenes that can feel like the most surreal imitation yet of “Triumph of the Will.” But while shrinking or enlarging are possible on this other side of the green pipe, there’s never any mention of the possibility of lives being lost as Mario makes his way through mushroom patches and question-mark boxes. His predicament is just as clear as in the game: He’s been separated from Luigi and he must help save Princess Peach (Anya Taylor-Joy) from being forced to wed Bowser.

Game logic dictates Mario’s movements. The shells of the turtle-like Koopas can be slid around like ammo. And choosing a Mario Kart vehicle is just as difficult a

decision. Sometimes, the overlap is less consistent. An invincibility star is the most sought-after item in this adventure, greatly exaggerating its typical usefulness. Those things last for like 10 seconds.

None of this is likely to be enough for anyone to exclaim “Oh, yeah!” while hopping up and down. But it is an hour and a half’s worth of superlative marketing that will whet your appetite for more Mario back home on the couch. If anything, the — as Mario would say — “okey dokey” “Super Mario Bros. Movie” only reinforces the distance between two wholly different mediums. It may be game-on for video-game adaptations but the Mario main event is still back on Nintendo.

Murder Mystery 2

By Contributing Writer

You would have a hard time defending the first “Murder Mystery.” And, yet, it was good.

“Murder Mystery,” one of Netflix’s most-streamed films, was full of exotic settings and mysterious murders. But the only thing that mattered, really, was Jennifer Aniston and Adam Sandler. Their married couple was a throwback to a long-ago movie era. Audrey and Nick Spitz, a pair of working-class New Yorkers turned amateur detectives, might as well be Nick and Nora Charles, the 1930s cocktail-swilling crime solvers.

“Murder Mystery” and its sequel don’t have anywhere near the sparkle of the “The Thin Man” movies. But like those films, everything in “Murder Mystery” and “Murder Mystery 2” is secondary to the comic rapport between the Spitzes, a bickering but lovingly connected couple. “Murder Mystery 2” is built on star power and the interplay between Sandler and Aniston.

Whether “Murder Mystery 2” meets that bar will probably depend on how casually

you’re watching it. For many, it may be enough to say that “Murder Mystery 2,” fits the bill as background noise.

And this one, in which Jeremy Garelick takes over directing with James Vanderbilt returning to write the screenplay, starts out like a new season to a TV series, with a recap of what the Spitzes have been up to. After luck solving their first case, they’ve made themselves full-time private eyes. The clients aren’t lining up, though, so it’s welcome when a friend, the Maharajah (Adeel Akhtar), calls to invite them to his wedding.

For those who have accused Sandler of using movies as an excuse to hang out with friends in beautiful locales, the “Murder Mystery” movies won’t disappoint. This time, the action has been turned up, especially once the Maharajah is kidnapped. Strong’s potent presence lends some credibility, but he also gives Sandler and Aniston a straight man to bounce jokes off of. Some of the gags are pretty dusty including one Sandler line comparing marriage to hostage negotiation.



All of this may lend scale to “Murder Mystery 2” but it’s no help to the comedy. Despite that, comic chemistry can be hard to come by, and Aniston and Sandler keep these films entertaining.

In recent years the movies have struggled to figure out what to do with bright, funny women. Even in these decent-at-best comedies, her natural sense of timing is lively, and she and Sandler make a charming, easy-flowing duo.

Global Superstar Khalid To Receive BMI Champion Award At The 2023 BMI POP Awards

By Contributing Writer

BMI (Broadcast Music, Inc.) is excited to announce that global superstar Khalid will be honored with the BMI Champion Award at the 71st Annual BMI Pop Awards. The multiple platinum-selling recording artist and songwriter will be celebrated for his artistry and philanthropic efforts which have touched the lives of many. BMI's Pop Song of the Year, Songwriter of the Year, Publisher of the Year and BMI's top 50 most-performed pop songs in the U.S. of the

previous year will also be named. The private event, hosted by BMI President and CEO Mike O'Neill and Vice President Worldwide Creative Barbara Cane, will be held on May 9th in Beverly Hills.

"Khalid exemplifies the true spirit of a Champion as one who believes, one who does and one who gives back," said Cane. "In addition to recognizing him for his many creative accomplishments, we're honoring Khalid for his dedication to charitable causes, community, education, and commitment to supporting the next generation of music makers. We're looking forward to celebrating our BMI family of award-winning songwriters and publishers with a fantastic night of music."

Khalid, who was named one of Time's

Most Influential People taken the world by storm first single "Location" charts in 2017, high school massive

of 2019, has since his exploded onto the right before his graduation. The hit from his 4x platinum debut American Teen

went on to be certified diamond by the RIAA in 2022. In 2019, Khalid released his sophomore LP Free Spirit, with the lead single "Talk" becoming Khalid's fifth top 10 hit and the highest-charting single as a solo artist in the US, peaking at number three on Billboard's Hot 100 chart.

His music has been streamed more than 30 billion times across digital platforms and he's won many accolades and awards over his career. Khalid has been nominated for seven GRAMMY Awards and has won six Billboard Music Awards, three American Music Awards, a Teen Choice Award, an MTV Video Music Award, and an MTV Woody Award. Khalid has also previous-

ly received 20 BMI Awards, including being named 2019 BMI Pop Songwriter of the Year, and his hit track "Talk" from his sophomore LP Free Spirit was named 2019 BMI R&B/Hip-Hop Song of the Year.

Khalid, alongside his mother, created The Great Khalid Foundation in 2020 to bridge education, innovation and music. The Foundation advocates the power of music not only to build camaraderie, but also impact social change for children, families and communities. The Great Khalid Foundation offers music education programs, scholarships, community partnerships and gift giveaways to support and nurture children and their future to dream big.

In receiving this honor, Khalid joins previous BMI Champion Award recipients including producer, artist, songwriter and DJ Mark Ronson, GRAMMY Award-winning singer/songwriter/rapper Residente, producer/engineer Sebastian Kryz, Country superstar Keith Urban and singer/songwriter and activist Lee Thomas Miller, who were honored for their commitment and efforts supporting the next generation of songwriters and music makers.

For more information on the BMI Pop Awards, visit www.bmi.com/genres/pop and use hashtag #BMIPopAwards on social.



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ALEKSANDR SHURICK AGAPITOV REVOLUTIONIZES GAMING

With Industry-Leading Company Xsolla

By Contributing Writer

Video game e-payment visionary Aleksandr "Shurick" Agapitov built a \$3 Billion powerhouse with his industry-leading company Xsolla that runs the video game payment world (his clients include Epic Games Store, Ubisoft, Twitch & hundreds more). Shurick hinted at GDC last week, and that is the mystery of why he created a very real robotic blue cat named "Nushi" and a gamer grandma named "Babka."



"Nushi" the cat is a fully 'fuzzed' robotic quadruped, crafted by an influential Hollywood creature artist and made its first public appearance last week at GDC. Shurick is the mad scientist behind this project and will share with you what this cat and grandma duo are actually up to in both of his leading video game & Web3 companies, Xsolla and X.L.A Foundation.

Shurick is a highly regarded, innovative founder and advisor in the gaming, Web3, Metaverse and fintech space. He is the founder of Xsolla, Inc., a video game company that through its blockchain technology offers developers a set of tools and services to more effectively operate and sell more games. Xsolla has offices in cities across the globe, including Los Angeles, Berlin, Seoul, Dubai and others.

Xsolla was founded in 2005, and allows video game producers to sell in-game items in exchange for a 5 percent portion of each sale. He also recently launched the creator economy monetization platform X.L.A Foundation, where instead of users earning from each sale, builders earn a reward in the digital currency they receive whenever someone visits their space. The goal of X.L.A is to ensure that the concepts of Web3 are within everyone's reach, promot-

ing a more connected, collaborative community among gamers and developers that guarantees fair revenue share. Shurick is also the co-founder of 80 Level, a global digital content publishing network, and a founding member of Slemma, a reporting tool that gives users the opportunity to create easy-to-use data reports from multiple data sets.

Great games don't just appear. They start as ideas, and only through curiosity, dedication, and grit of people all over the globe do they come to life and become a part of how we play. But too many of these ideas never form because the minds that create them can't find the support or means to do so. Not everyone gets a fair shot, and we believe everyone should have the same opportunities.

Xsolla believes that the best of gaming will always be just over the horizon. So, they're



making things right by clearing the paths and making the connections creators need to realize their vision. The goal is that one day, people just like them will play their game, enjoy it, and play again. This is our work - the work of play.

Shurick is often sought after for his expertise in Web3 and the Metaverse, and has been interviewed by leading industry outlets. He also is an advisor to Dmarket, a marketplace to trade virtual items and technology for building metaverses. Shurick holds a degree in Mathematics and Computer Science from Perm State University, and has completed Executive Education Programs at Harvard Business School, the Wharton School and UCLA.

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TEQUILA REPOSADO VS ANEJO: HOW THEY'RE AGED

By Jonah Flicer

Tequila is one of the oldest types of alcohol in the world, with its origins stemming back thousands of years to religious rituals and special ceremonies in Mexico. This sharp yet smooth drink was born and bred in Mexico from the blue agave plant, which grows in certain regions of the country.

The making of tequila is considered an art, with longstanding traditions and recipes that have been passed down for generations. It did not become popularized as a distilled drink (especially in America) until the 1900s, specifically after World War II, when the demand grew exponentially.

The process of making tequila begins with a ripe agave plant, which gets shredded and its juices extracted. It then goes

through four steps before the final aging process: cooking, fermenting, distillation, and filtration. After these steps are complete, tequila is ready to be aged.

All tequila, regardless of the type, is aged the same way. The tequila is stored in wood barrels (oftentimes oak), where it is kept for a certain duration of time. The difference between tequila reposado and tequila anejo is simply how long they are aged in the barrels. The aging process affects two things: the color and taste of the tequila.

Tequila anejo is darker because it is aged for 12 months or longer (up to three years), whereas tequila reposado is aged for at least two months, but no more than 364 days. At the end of the day, your taste preference is

the only thing that matters. For those who prefer a stronger and more flavorful tequila that can be enjoyed on its own, tequila anejo is a great choice.

TYPES OF TEQUILA REPOSADO

As we mentioned, tequila reposado is a younger variation of tequila that is aged for at least two months, but it cannot be aged for more than 364 days. Otherwise, it will move to the tequila anejo category. Tequila reposado is used in cocktails and shots, along with tequila blanco or silver.

Casamigos: This reposado tequila is aged for seven months. It is a light amber color, almost tan, with hints of caramel, cocoa, and oak. It is very silky and smooth. Casamigos also makes other varieties of tequila, with its silver/blanco being the most popular.

1800: This tequila is perfect for sipping neat. It is 80 proof and comes straight from

Mexico. It has hints of fig and dried grasses that make for a deep overall flavor. It goes down smooth.

Espolon: This tequila begins as a blanco before being put into American oak barrels. The barrels are charred in order to add an element of smokiness. This particular tequila is recommended for cocktails that need a little extra something.

TYPES OF TEQUILA ANEJO

This type of tequila must be aged for 12 months but cannot be aged longer than three years. Tequila anejo can be used in cocktails that are darker and smokier, but many people swear by drinking it neat.

Typically, if the tequila is darker and aged, it is served neat rather than in a cocktail.

Don Julio Añejo Tequila: An even bolder version of the original Don Julio. It tastes sweet with a hint of caramel, but ginger and pepper are also noticeable. Overall it is light, refreshing, and warm.

Patrón 7 Años Extra Añejo: This is actually an extra anejo variety that is aged for seven years. It is the rarest version this brand offers. It is made from 100% blue agave and aged in French oak barrels.

Tequila is a delicious yet strong liquor that comes in a few varieties. It is used in a range of cocktails and mixed drinks, most notably the classic margarita and the tequila sunrise. Originally used in ancient times, it quickly became popular in the United States and Europe in the 1900s.

The aging process for all tequilas is the same. The tequila is put into a wood (typically oak) barrel where it is left for specific durations of time, ranging from two months to three years depending on the type. If it is tequila blanco/silver, it is not aged, and the tequila is instead bottled after the distillation and filtration process. If the tequila is extra anejo, it is distilled for a minimum of three years and sometimes longer.

Tequila acquires its flavor profile and color depending on how long it is aged. It can be anywhere from clear to a dark amber color. Gold tequilas often have a caramel color added to them, but this is not always the case. The natural color variation of aged tequila is shades of amber, not gold.

As always, enjoy responsibly.



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ALL AMERICAN BBQ NOW IN WEST HILLS

By Josh S. Kushner, Sr.

All American BBQ came on the scene several years back in Northridge, and build a lofty following because of their “no frills” approach to authentic BBQ, reminiscent of a good old family friendly go-to for tasty savory smoked meats and delicious side dishes. They recently moved down the road to West Hills and took over the space where the Crown Wok once stood. LA has been ushered away from the comfort food

BBQ restaurants are known for and seem to have transformed into pretentious fine dining establishments.

Not here, All American is the “real deal”. Great food, friendly service, and excellent value. All American BBQ has been Voted the Best Ribs (Beef & Baby Back Pork) and Tri-Tip in the valley. Their meats are all fresh, cooked and seasoned to perfection. The tri-tip is tender and juicy with a nice hint of smoke, not over



powering just enough, and is served sliced, on a sandwich or even a salad. Yes, a tri tip salad, crispy greens and veggies topped with tender bites of tri-tip.

The pulled pork is equally delicious, smoked, shredded and either on the plate or on a bakery bun for a mouthful of meaty



All American BBQ has been Voted the Best Ribs (Beef & Baby Back Pork) and Tri-Tip in the valley

goodness that will bring you back for more. The house coleslaw is the perfect balance to accompany the pork to add some brightness, creaminess and tang.

The chicken breast is also tender and juicy, not over sauced, but just enough blend the smoky and sweet together for that perfect bite, not to mention a healthy-ish choice. Pair the chicken with corn on the cob and a side salad and you’re good to go.

The sandwiches are the perfect choice for lunch but equally satisfying for dinner. The tri tip Philly is a winner, with tasty Philly beef, mushrooms and peppers, or try the buffalo chicken sandwich with a spicy kick, both great with a side of fries or onion rings! The hot links sandwich is also outstanding, juicy and spicy, served on a roll, and goes really nicely with a side of house-made baked beans.

Some say a quality BBQ restaurant can be measured with their mac n’ cheese recipe. AAB got this right! Theirs is creamy, tangy and cheesy and you can eat that on its own, but there’s more! The potato salad and chili are both prepared with high standards. In fact, if you are putting together a hang-out with friends, family or feeding the team, you can order chili-cheese nachos with beef and Buffalo wings to go, and let’s not forget about the homestyle cornbread.

Finish that with their Southern style peach cobbler bowl with ice-cream and call it a day. But the food will keep you coming back for more and the friendly family like service really brings it all together. Order online for take-out, and catering is also available. www.allamerbbq.com 6719 Platt Avenue West Hills, CA 91307 (818) 363-6500.



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HEALTH AND BEAUTY

ACUPUNCTURE

What It Is and What Are Its Benefits

By Contributing Writer

What is acupuncture? Acupuncture is based on the "Taoist Tradition" where people meditate and observe the flow of positive energy inside and outside the body. Acupuncture involves stimulation of anatomical locations on the skin through a variety of thin metal needles. **How Does It Work?**

Acupuncture works through physiological and energetic mechanisms. The energy mechanism is the balance of the channels through which energy is transferred from one part to another of the body. It is essential that the technique is performed by a professional. **Benefits of Acupuncture**

The benefits of acupuncture are to counteract pain. That's why the technique is used against a headache, toothache, osteoarthritis, rheumatism and to relieve menstrual pain. Acupuncturists use needles of different sizes. These needles are sterile and inserted into one of the specific acupuncture points as well as the position of the energy flow. Patients feel poking the needles into their skin, but they cannot feel pain.

People who seek acupuncture are those who have suffered from chronic pain that seems to never go away.

Acupuncture For A Headache

Studies have scientifically confirmed the effectiveness of acupuncture in preventing and treating migraines and headaches. Traditional Chinese medicine techniques are analgesic, anti-inflammatory, and act as a muscle relaxant.

Acupuncture For Anxiety And Depression

Acupuncture may also be an option for emotional disorders, depression, and anxiety. Acupuncture provides relaxation by balancing the body's energies. Acupuncture, combined with a very low dose of drugs to avoid stress, depression, and anxiety, is just as effective as treating a patient with a full dose of medication against depression.

this point of view, it is understood that the technique is also thought to be adequate for treating anxiety, stress and related gastrointestinal disorders.

Calm Hyperactivity Of Organs

Acupuncture calms the hyperactivity of the organs and manages to regularize these patients without breaking them.

Quality Of Sleep

Acupuncture can have a positive effect on sleep. Sleep disorders have



Repair The Nerves

Acupuncture acts directly on the nervous system. Therefore, it is the most effective therapy to stimulate nerve repair. It is the therapy of choice for strokes, paralysis, and health problems.

Relieve Pain

Acupuncture is the queen to act on the nerves which also helps to relieve pain or to proceed to anesthesia without resorting to anesthetics. An experienced acupuncturist can help you to relieve back pain. Acupuncture needles also leave positive effects on the brain, disabling some brain areas associated with painful sensations. From

several causes. A frequent awakening at 3 or 4 o'clock in the morning is an energetic disorder related to

the gallbladder. Difficulty falling asleep is due to a vacuum of "yin" or an excess of "yang". To treat, you must find the origin of the symptom and work on the relevant meridian.

and physical exercises. During a research, women with this problem received acupuncture. As a result, they had their normal menstrual cycle and hormonal levels regulated.

Increases Fertility

Acupuncture is used to increase chances of pregnancy since it increases blood that reaches the uterus. It also manages to reduce "stress hormones".

Polycystic Ovary Syndrome

Polycystic ovary syndrome can be alleviated using acupuncture

Drew Barrymore with Aiden, 3

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ON STAGE

Events

A Noise Within's 'Daring to Love' season closes with a love letter to life in the theater: 'The Book of Will'

By Pamela Froman

A Noise Within's "Daring to Love" season fittingly closes with a love letter — to William Shakespeare and a life in the theater. Geoff Elliott and Julia Rodriguez-Elliott co-direct *The Book of Will*, a comically outlandish but true story of love, loss and laughter by Lauren Gunderson. Performances begin May 13 at A Noise Within and continue through June 4, with previews taking place May 7 through May 12.



You don't have to love Shakespeare to enjoy *The Book of Will*, Gunderson's re-imagining of the desperate search to find, preserve and print Shakespeare's words that otherwise might have disappeared forever. Three years after the Bard's death, John Heminges (Elliott) and Henry Condell (Jeremy Rabb), former friends and colleagues from Shakespeare's acting troupe, the King's Men, contend with egotistical actors, bootleg knockoffs and a ticking clock to ensure that the First Folio gets published, and that the works of William Shakespeare don't end up on the

trash heap of history.

Backstage comedy meets detective adventure as this group of aging actors race against time to reassemble their repertoire — including *Lear*, *Macbeth* and *Hamlet* — some of which exist only in the lines they have memorized.

In addition to Elliott and Rabb, the cast includes A Noise Within resident artists Stanley Andrew Jackson, Nicole Javier, Kasey Mahaffy, Trisha Miller, Deborah

Strang and Frederick Stuart, and guest artists Chuma Gault and Kelvin Morales.

"This is the perfect play for A Noise Within because it's about a company just like ours," says Elliott. "It's hard to find a play that's as brilliant, well-written and funny as this one, and it's all about a group of resident artists, an artistic community who have been working together for years, and how well they know each other, and the memories they share."

"It really shows how all-encompassing a life in the theater really is," adds Rodriguez-Elliott. "It's like religion. There's a moment in the play where one of the characters is experiencing

deep loss. And the place that he goes to find comfort is the theater."

Commissioned by Denver Center Theatre Company, *The Book of Will* was honored by the American Theatre Critics Association with the prestigious 2018 Harold and Mimi Steinberg/ATCA New Play Award. Playwright Lauren Gunderson is one of the most produced playwrights in America since 2015, topping the list three times including in 2022-23.

The creative team includes scenic designer Frederica Nascimento; lighting designer Ken Booth; sound designer Robert

Oriol; video designer Nicholas Santiago; costume designer Angela Balogh Calin; wig and make up designer Shelia Dorn; dialect coach Andrea Odinov; and dramaturg Miranda Johnson-Haddad. The rehearsal stage manager is Deena Tovar. Producing sponsors are Terri Murray and Patricia Hoppe, and sponsors are Kathy and Jim Drummy.

A Noise Within has been called "an oasis for those who love classic stories" by the Los Angeles Times and is a leading regional producer based in Pasadena, California. ANW's award-winning resident company is committed to representing the entire community at its state-of-the-art, 324-seat performance space. In addition to producing world-class performances of classic theater, the organization runs robust education programs with the goal of inspiring diverse audiences of all ages. ANW believes in working hard on its anti-racist practice across the whole organization. By interpreting its mission to fully engage audiences through community and artist-centered work in multiple creative disciplines, ANW is

striving to be a theater that better serves the entire community.

Performances of *The Book of Will* take place May 13 through June 4 on Thursdays at 7:30 p.m.; Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m.; and Sundays at 2 p.m. (no 2 p.m. matinee on Saturday, May 13; dark Thursday, May 18). Four preview performances take place on Sunday, May 7 at 2 p.m.; Wednesday, May 10 and Thursday, May 11, each at 7:30 p.m.; and Friday, May 12 at 8 p.m.

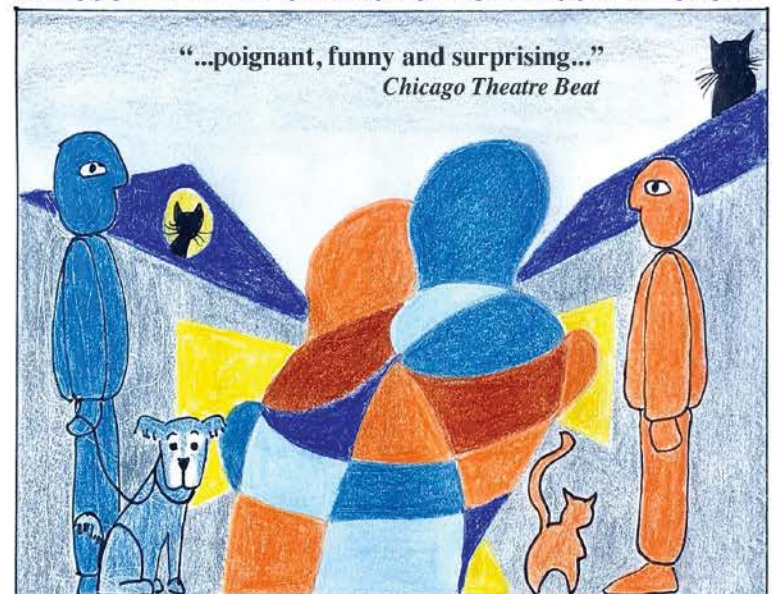
Tickets start at \$25. Student tickets start at \$18. Tickets to the previews on Wednesday, May 10 and Thursday, May 11 will be Pay What You Choose, with tickets starting at \$5 (available online beginning at 12 p.m. the Monday prior to that performance). Discounts are available for groups of 10 or more.

A Noise Within is located at 3352 E Foothill Blvd., Pasadena, CA 91107. For more information and to purchase tickets, call (626) 356-3100 or go to www.anoise-within.org

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— by Christian O'Reilly —

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The Sonesta Irvine A Hip New Find!

By Barbara Beckley

Looking for a stylish, and OMG – affordable – new stay in Orange County? The Sonesta Irvine (<https://www.sonesta.com/sonesta-hotels-resorts/ca/irvine/sonesta-irvine>) has you covered.

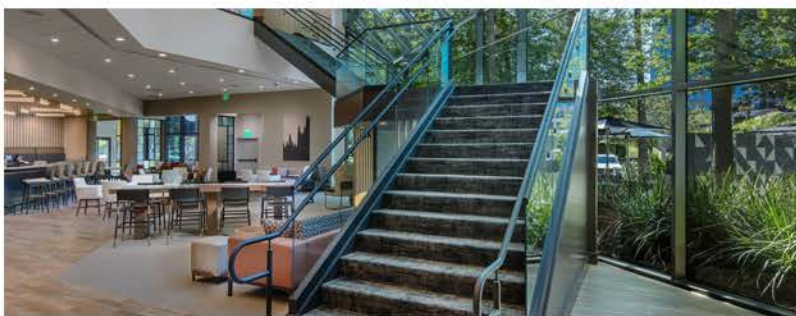
Newly revamped and rebranded following a \$20 million “extreme” make-over – this ultra-cool 339-guestroom/suite property is a must-stay for fun and for business.

I recently overnighted and wow! Designed with Millennials and Gen Z in mind, it’s luxurious and friendly for leisure guests like me (and families in sports competitions – I saw several kids with golf clubs, and tennis rackets in their back-

packs). Has amenities specifically designed to make solo guests feel at home. And, boasts the world’s first-of-its-kind “Sonesta Work Suite” for next-gen work/life balance gatherings. All a stone’s throw from John Wayne International Airport, and Fashion Island’s fabulous shopping and dining!

Indoor/Outdoor Everywhere!

Walking through the glass front doors – most of the walls are glass – natural light is everywhere. Creating an indoor-outdoor feel from the sky-high multi-level ceilings, sweeping staircase to the mezzanine, and open-concept Haven Point Provisions & Spirits bar and restaurant. Multi-story ceilings and additional glass walls brighten



the check-in experience.

Opening the door to my room – the 11th floor Executive Studio Corner Suite – Wow! “Corner Condominium,” was more like it. At nearly 500 square feet, floor-to-ceiling wrap-around windows with 280-degree views of seemingly all Orange County, framed the spacious living area, defined by a chic sectional sofa, coffee and end tables, fully stocked coffee/liquor cabinet, credenza workstation; and the oversized bedroom area. I opened every drape immediately, falling asleep in my comfy king bed to the twinkly lights of OC and distant arriving planes. And awakening to sunrise over the far-off Santa Ana Mountains! Like floating in air.

Then Wow! again – when I met Newport Beach friends at the hotel’s airy, natural-light-filled Haven Point bar. “Look at the giant-sized wine pour!” we exclaimed. “We give guests a 6 oz pour. Closer to what you’d pour at home,” Dave McDonald, Restaurant & Bar Manager, explained. “Most bars use a 5 oz pour.” The cocktails are a bit larger, too – “but that’s a secret,” he confided. Look for a Happy Hour roll-out coming soon. Including a Late-Night Happy Hour to please guests returning from an evening out.

Truly “At Home”

These are just a few of the Sonesta Irvine’s extraordinary commitment to make guests feel at home. “We’ve also spaced the restaurant’s tables and chairs well apart. Added smaller tables and more tables for two to please solo (often business and meeting) and small groups; a Communal Table for guests who like to chat; and full-plated meals at the bar.” McDonald continued. Not to forget bar nibbles. We paired our wine with the delicious “Sausage & Olive Flatbread.”

Extraordinary Cuisine

As part of the make-over, Sonesta took the restaurant in-house, hiring Executive Chef and Beverage Director extraordinaire

John Ruiz to work his magic. Raised in Hawaii and with classical French training, Chef Ruiz features original Pacific Rim flavors with a global creative twist – attracting locals as well as guests. Think “Pan Seared Pacific Sea Bass,” with creamy risotto, market veggies and piquillo pepper emulsion; “Grilled 12 oz Prime NY Steak,” with fork-mashed garlic confit potatoes, roasted pepper chimichurri, and demi glace; and “Mt. Fuji Fries,” with Kani Crab Mix, sweet soy glaze, citrus Aioli and Furikake seasoning. Oh My!

As a solo breakfast diner, (breakfast is for guests only), I felt right at home at a table for two, people-watching across the wide-open expanse of restaurant, lobby, and gardens. Thanks especially to long-time server Maribel. “Maribel is the best,” McDonald enthused. “Repeat guests, repeat groups. Everyone asks for Maribel.” I will, too, the next time. Along with Chef Ruiz’ “Broken Yolk Sandwich” breakfast special, with Applewood bacon, aged Cheddar, tomato, and arugula on Sadie Rose Baking Co’s Sourdough Bread. Wow! Again.

This is just part of all that’s new. Beginning with the name. “We shortened the name from ‘Sonesta Irvine – Orange County Airport,’ to ‘Sonesta Irvine’ to better reflect our location two miles from the airport,” General Manager Diane Blake, explained. And including a new outdoor fireplace, expanded and Zen-appointed fitness center; redesigned interiors, indoor pool, rooms, suites, meeting space – and tradition-breaking Sonesta Work Suite.

Unique, Really – For Millennial/Gen Z Work/Life Balance

In case you’re planning a meeting. You’re in luck. Hotels often claim to be “unique.” But the “Sonesta Work Suite” (<https://events.sonesta.com/sonesta-work-suite/>) really is. Why? Everything is built-in – from high to low tech. Everything is included in one price. “You don’t need to negotiate add-ons,” explained Jennifer Pak, director of sales and marketing. It features “zones.” A Social Zone opening onto the private terrace; a Gen Z preferred Work Zone, for collaboration and heads-down work; a zone for social connecting and brainstorming; and a Recharge Zone to enjoy food and beverage. Perfect for 15 to 172 people.

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Queen Camilla Charles' Wife Gets Title On Coronation Invite

By Contributing Writer

King Charles III's wife has been officially identified as Queen Camilla for the first time, with Buckingham Palace using the title on invitations for the monarch's May 6 coronation.



Camilla, who until now has been described as queen consort, is given equal billing on the ornate medieval style invitations that will be sent to more than 2,000 guests and were unveiled on Tuesday.

The new title is another step in the remarkable transformation of a woman once derided as a homewrecker because of her role in the breakdown of Charles' marriage to the late Princess Diana.

Charles and Camilla met long before the future king married Diana in 1981 and their relationship continued throughout the tumultuous marriage. That made Camilla an object of scorn among Diana's many fans, who rallied around the princess as her marriage collapsed.

But Camilla has won over much of the British public with her warmth and

down-to-earth humor since she married Charles in a civil ceremony in 2005. The late Queen Elizabeth II early last year issued a statement saying she hoped Camilla would be known as "queen consort" when Charles became king.

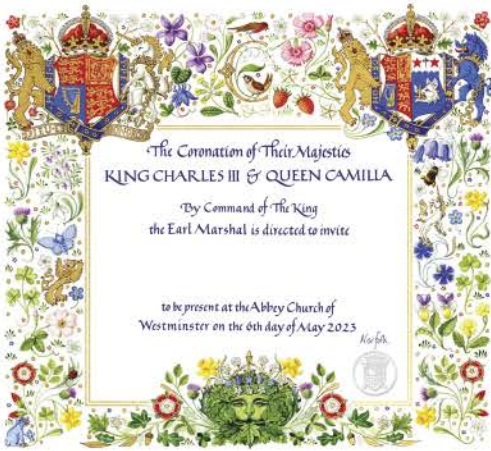
Camilla will be crowned alongside her husband on May 6 at Westminster Abbey.

The palace released a few more details about the coronation on Tuesday, announcing that 9-year-old Prince George, the king's eldest grandson, who is second in line to the throne, would be one of four pages of honor attending the monarch during the service. Camilla will also have four pages.

The eight young pages are either family friends or close relatives of Charles and Camilla and will carry the robes of prominent figures during the day.

The coronation invitations feature the ancient motif of the Green Man in a nod to the monarch's record of supporting conservation and environmental protection.

The Green Man is "an ancient figure from British folklore, symbolic of spring



and rebirth, to celebrate the new reign," the palace said.

"The shape of the Green Man, crowned in natural foliage, is formed of leaves of oak, ivy and hawthorn, and the emblematic flowers of the United Kingdom."

The design, created by heraldic artist and manuscript illuminator Andrew Jamieson, will be printed on a recycled card with gold foil detailing.



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ALL ABOUT KAYAKING

By Contributing Writer

A kayak is a small, slim watercraft propelled through a double-bladed paddle.

The traditional kayak has a blanketed deck and one or greater cockpits, each seating one paddler.

Kayaking is the use of a kayak for moving throughout water that is distinguished from canoeing through the sitting function of the paddler and the quantity of blades. A kayak is a low-to-the-water, canoe-like boat in which the paddler sits facing forward and legs in the front to move.

The use of a double-bladed paddle to pull the front-to-lower back on one aspect after which the alternative in rotation, most kayaks have closed decks, and inflatable kayaks are growing in recognition.

Chasing Watercraft

Kayak implies chasing watercraft. It has been utilized through history by individuals living on shores to seek after nourishment in the sea. The indigenous individuals in the Arctic are accepted to have been the principal kayakers utilizing wood outlines secured by creature skins.

In present day, kayaking alludes to a significantly more extensive extent of exercises. That being stated, the fundamental pontoon continues as before. They used driftwood and sometimes the skeleton of whale, to construct the frame of the kayak and animal skin particularly seal skin was used to create the body of a kayaking.

Water Craft

Kayaks are long, thin and generally one individual craft. They come in various structures and styles, which are adjusted to a specific style of kayaking. Ocean kayaks are long and thin, which causes them float effectively.

Kayaks intended for running waterway rapids are short to encourage mobility and the chance to move to upright oneself in the wake of being flipped. The main purpose for the kayak, which translates to "hunter's boat" was for hunting and fishing as a hobby.

Specific Class

While all kayaks are intended to have the individual seat in them, a specific class enables the individual to site on a level indentation on the highest point of the kayak. This is normally done on smooth surfaces like lakes.

Kayaking is an adrenaline surge or an unwinding approach to see locales. You simply need to settle on your decision, get out there and go.

About River Rafting

River rafting is an outdoor activity which uses a non flatable raft to recreate the life in water. River rafting is done on white water. River rafting is an extreme sport based on a risk and team work.

Memorable Excursion

Excursions are accessible for rafters of all levels. Waterway boating visits are offered on many streams. Excursions are accessible in a wide range of lengths, differing from an evening to a two week trek.

Adrenaline Rafting Basics

Adrenaline rafting is a recreational activity enjoyed in a rapid flowing of water. Boating down rapids is a decent approach to get the old ticker clicking over at a high rate.

Recent Years

Rapids boating has enormous prominence. Individuals have a tendency to go in bunches for a family gathering, companions rejoining and even corporate group building. Whitewater boating is bringing a pontoon through turbulent waterways known as rapids.

Gravity Streams

Water streams downhill. When it is contracted, it pushes in from the sides, accelerating and getting turbulent. Speed additionally increments when the slope get more extreme. The subsequent turbulence agitates the water in this way causing foam. The objective of boating is to surf these rapids without being flipped.

Classification Values

Rapids are grouped by six classifications. Classification 1 is a smooth waterway without rapids. The classes move from there to Category 6, which is either impassible or should be endeavored by specialists. Most stream boating trips happen on Category 3 and 4, where the turbulence gives you an energizing ride, yet



with constrained hazard.

Tough Streams

Stream pontoons are enormous and tough. They hold the vicinity of six and 12 individuals. Most boating organizations enable travelers to paddle on each side of the pontoon. All rafters should wear caps and life coats. Dropping out of the pontoon can be a typical event. All rafters ought to have the capacity to swim.

There are a large number of waterways ideal for boating trips. Many people pick a boating organization for their trek.

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Can All Dogs Swim?

How to Teach a Dog to Swim

By Contributing Writer

Does your dog run with excitement to every body of water? Maybe you can't walk past a creek or pond without your pup diving in. Or maybe your dog treats water like the enemy. Every dog is different. But can all dogs swim?

Depending on the breed, your dog might be a natural or swimming might be challenging. However, it's essential for safety that your dog learn to be comfortable around water. You might want to go boating together, go to the beach, or enjoy a cottage vacation. You might even have a backyard pool or visit somebody who does. **Not Every Breed Is a Natural Swimmer**

If you think about a breed's traditional purpose, it becomes obvious that some will be drawn to the water. Certain breeds were born to swim because they were developed for water jobs. Consider the Labrador Retriever or the Nova Scotia Duck Tolling Retriever. These dogs were bred to retrieve water birds. Some breeds even have water in their name like the Portuguese Water Dog who was developed to work in the water as a fisherman's helper or the Irish Water Spaniel with the distinctive water-repellent coat. These dogs have the physical structure to be excellent swimmers.

According to Michele Godlevski, NADD Dock Diving Judge, Certified Professional Dog Trainer, Certified Canine Behavior Consultant, and owner of Teamworks Dog Training in Raleigh, NC, some breeds seem to know how to swim from the moment they see a body of water whereas others just don't see the point. "There are also some breeds who have a weight distribution that would not make it possible for them to swim very well without a life vest." Short-legged, long-bodied breeds like Dachshunds can also struggle. So, can all dogs swim? With a life vest and some swimming lessons, every breed should be able to get in the water.

comfortably. You always want that first experience to be fun, and not scary."

Which means never tossing your dog in the water and letting him figure out on his own. According to Godlevski, "Throwing a puppy in the water is not only terrible,



The Importance of a Dog Life Jacket

Godlevski says a life vest is always a good idea. She advises, "Buy a doggie life vest that fits your dog

but it may, in fact, damage the dog's courage about swimming." Godlevski strongly believes that dog swimming is all about courage. Which is another reason for the life

jacket. A first-time swimmer in a life vest will have more confidence.

Even dogs who seem confident can end up in trouble. Godlevski says, "They often just chase into the water without realizing that the surface has changed." You don't want your dog to panic.

Godlevski says, "Dogs who run into the water for the first time, do so like a cartoon character running off a cliff. The drop-off is a surprise." Dogs in a life vest will float while they get their bearings and realize they can paddle. But the dog without a flotation device might panic, gulp water, and drown.

Choosing a Dog Flotation Device

Whether your dog is a swimming breed just starting out or a breed who needs extra buoyancy, be sure to choose the most suitable life jacket. And even the experienced swimmer should have a properly fitting life vest. Your dog might become tired and the extra buoyancy will help. Finally, a doggie flotation device is essential for boating. If your dog falls overboard, there could be rough water or strong currents.

Look for a life jacket that is durable and waterproof. It should also be adjustable so you can ensure a snug fit. Consider reflective trim if you plan on evening activities. Brightly colored fabric is a bonus for visibility. You might also look for an extra flotation piece under the chin to help keep your dog's head above water. Ensure the device has a handle. This can help you lift your dog out of the water.

Teaching Your Dog to Swim

When you start dog swimming lessons, it's key you entice your dog into the water. Godlevski suggests, "Bring a toy. If your dog will come to you from the shore or edge, you can carry the dog around in the water, holding the handle of the life vest, to allow your dog to paddle." Be sure to wear a life vest of your own. If your dog panics, he might climb on you.

Another method is finding a friend with a dog who is a confident swimmer. "Arrange a time for your dog to watch the other dog swim." With this technique, your dog can watch and learn, but even more importantly, see how fun the water can be.

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Why Buy Expensive BBQ Grills

By Contributing Writer

BBQ grill manufactures are not going to make a gas grill or charcoal grill that doesn't have curb appeal. Why would they when that's pretty much all they have going for them other than the cheap price. While curb appeal goes a long way you need to open the lid and take a look at the most important parts like the cooking grids, burners, the device that's in between the burner and cooking grids and what material the inside of the BBQ is made of. Most gas grills, even the cheap ones, will have a decent set of cooking grids made of stainless or cast iron. Try to stay away from porcelain grids because the coating will eventually wear off and rust. Cast iron grids require a little more maintenance like seasoning and keeping

them oiled but they hold their heat and sear meat better than any other grids. Stainless steel is the easiest to maintain and will still make nice sear marks. Burners are the most important part of

gas through resulting in lower temperature and hot spots on the grilling area. Stainless steel tube style burners are used in the majority of BBQ grills manufactured and if made of high quality 304 stainless they



a BBQ so take a magnet with you to see if the burners are made of steel. If a magnet will stick to the burner do not expect it to last more than one season because they will rust through quickly due to the heat, salts and grease. Some cast iron burners are alright if made from quality iron but the burner ports will still have to be cleaned out every so often because cast iron will rust causing the port to not allow

will last 5 to 7 years depending on how often you cookout. The best is a cast stainless steel burner found in Fire Magic Grills and a few other brands. Cast stainless will never rust and the heat, salts and grease will not affect the performance. The device between the burner and cooking grids sometimes called a rock rack, lava coals, flame tamer, flavor grid, heat diffuser and so on will

take the most wear and tear because it has high heat from the burners below it and salts and grease dripping from the food above. If this device is made of porcelain coated steel do not expect it to last over a year at best. Look for a high quality thick stainless steel product that has at least a 2 year warranty. Back to curb appeal, if you see an all stainless steel gas grill that does not mean that the inside of the grill



is stainless. Most all inexpensive stainless models will have a porcelain coated steel lining inside the BBQ and will only last about a year and then rust through. That will leave you with a pretty grill on the outside and not so functional on the inside.

Being in the BBQ industry I have carried a large number of BBQ grill brands including the inexpensive big box curb appeal grills. I now only carry brands that are made in the USA and that I'll be able to get parts for and parts that are under warranty when the time comes. There is no worse feeling to have a customer come back to buy parts for their inexpensive BBQ that they had purchased just a year ago and me finding out that the manufacture doesn't offer the parts anymore. So the question is, is it the cost or the price? If it's the cost you will pay more for the inexpensive BBQ Grill over time. If it's the initial price of a high quality expensive gas grill you do not like you should keep in mind that you will only have a onetime price and will not have to spend money keeping it up. And the most important part to me is keeping the same grill for years because I already know how it cooks. If you want to know more about high quality BBQ grills come check out Fine's Gas at www.fines-gas.com/cats/Gas_Grill_Brands



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Brilliant Storage Ideas For Small Homes

By Contributing Writer



try a wall-mounted night stand instead. Just install a small corner shelf by your bed and you can place your books, alarm clock and daily necessities there.

Double your desk as a night stand

If you can't do with a small shelf as a night stand, another option would be to use your desk as one. Simply arrange your small work desk near or beside your bed and it can double as your night stand!

Invest in a clothing rack

A huge closet isn't ideal for a small bedroom. Try a clothing rack instead! This way, you can hang just the clothes you use regularly. Toss, donate or vacuum pack the others you don't use or rarely use.

Get smart with shoe storage

One space that's often wasted but can be used for storage is your door! You can buy a shoe storage designed specifically to be hung from your door!

Opt for a floating desk

A desk is one of the bulkiest pieces of furniture. Free up some floor space by using a floating desk - you can choose from the regular wall mount or the window mount for lovely views while working.

Whether you have a lot of stuff or not, they should be stored properly to avoid mess and clutter in your home. This is extra challenging if you don't have a lot of space for storage. It's important to get creative and be smart about utilizing unused spaces in your room and turn them into extra storage.

Follow these brilliant storage ideas for small homes:



Layer your shelves

Make use of your walls! Install some shelves and layer them up in one row. Shelves are a great way to store books, bags, shoes and other small items that could cause clutter.

Vacuum pack chunky clothing

To save space in your closet, take out all your chunky clothes like coats, chunky sweaters, big jackets and other clothing that you only use seasonally. Vacuum pack these clothes and store them inside your suitcase or in a drawer.

Replace your regular night stand

A night stand is very useful but it takes up floor space. If you have a limited space,



Ditch your hamper

Hampers and laundry baskets take up floor space. To save space, try a laundry bag/hamper that can hang from either the inside or outside of your closet door! Go smart and try these brilliant storage ideas!

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CASINO RESORT

Welcome to Freedom

By Andrews McMeel Syndication

Tony Saunders of Steelton, Pennsylvania, led state troopers on an odyssey on April 4, WTAJ-TV reported. Early that morning, officers stopped Saunders on suspicion of a burglary the day before. In the trunk of his BMW, he had a dead deer; when a trooper went to open the rear door, Saunders sped away and eventually got stuck on railroad tracks. He left the car and ran into a wooded area. Later that day, a school bus was reported stolen from Abbottstown, and again, police gave chase. Saunders finally ran away from the bus and through parking lots, shedding his clothing as he fled. He was nude when arrested. At some point, he had transferred the dead deer into the school bus; he told them he was going to use it for garden fertilizer. He faces multiple charges.

It's Come to This

"There will be no plans to hunt eggs again." So proclaimed Jessica Baer, the assistant manager of The Greene in Beavercreek, Ohio, after an Easter egg hunt went awry there on April 2. The Dayton Daily News reported that the activity, which was planned as a well-choreographed event for children, was ruined when people didn't listen to directions. Instead, during the time period restricted to 1- and 2-year-olds, adults ran out to hunt eggs, which prompted a free-for-all. Some people even allegedly pushed children out of the way or knocked them over. "This is absolutely unacceptable behavior," officials said. "We feel the community will be better without the hunt."

Siva Moodley, a pastor at The Miracle Centre near Johannesburg, South Africa, died on Aug. 15, 2021, Oddity Central reported. But until recently, his body lay at a funeral home -- for almost 600 days -- because his family members were convinced he would come back to life. The mortuary couldn't move forward on a burial without consent from the family, who at first came to the facility to pray for his resurrection. "He was a well-known man and does not deserve this kind of treatment," the mortuary owner said. Finally, he took legal action to further the pastor's burial. In response, the Gauteng High Court authorized a mandatory burial or cremation, and on March 16, Moodley was finally laid to rest.

Compelling Explanation

In Dallas, grocery worker Coby Todd, 21, is sure that a "mischievous child ghost" pushed a shopping cart into his car as he was leaving work, Fox News reported on March 30. The day before, Todd had gone "ghost hunting" at a home in Frontier Village, Texas, and had sensed the presence of a "little boy" spirit, he said. He thinks the spirit followed him home and to work the next day. "Maybe he was trying to play with me," Todd said. He checked out the store's security footage to see who might have pushed the cart, and it does appear to suddenly turn and roll on its own toward Todd's car. The damage amounts to about \$25,000, and Todd said "it upset me. It's not fake." [Fox News, 3/30/2023]

Parenting Goals

TikTokker Will Meyers posted in early April that he had to "go pick up my kid from school today because I made a big mistake," the Daily Mail reported. As Meyers packed his son's lunch that morning, he loaded in a can of Guinness -- because the black can looks a lot like Liquid Death sparkling water. "It looks like sparkling water, but it's definitely not sparkling water," Meyers said. Other parents weighed in, with one admitting they sent "two packs of cigarettes in a bag of paper plates and napkins to my daughter's class." A teacher soothed the guilty parents, saying it's a common mistake. [Daily Mail, 4/3/2023]

Suspicious Confirmed

The Environmental Protection Agency released the findings of a study on April 4 revealing that more than 9 million lead pipes carry water into homes across the United States, the Associated Press reported. The survey also ranked the states in order of how many lead pipes are still in use; Florida was first, with more than 1 million pipes underground. Erik Olson of the environmental group Natural Resources Defense Council was surprised at Florida's position on the list because lead pipes were installed mostly before Florida's population rapidly grew. "We look forward to hearing an explanation," he said. The survey will be used to distribute funds from the Bipartisan Infrastructure Law.

Crossword by Myles Mellor

Print this Page! Ctrl + P

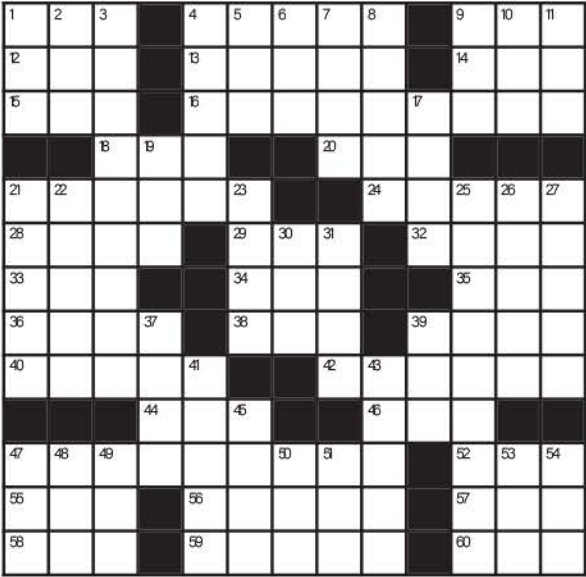
Across

- 1. Jazz dance
- 4. US women's gymnast and gold medal winner, _____ Douglas
- 9. Be in debt
- 12. Lingerie item
- 13. Aleut abode
- 14. A Bobbsey twin
- 15. TV vacuum
- 16. They come back
- 18. Far out!
- 20. Earl Grey, for example
- 21. The great I am emotion
- 24. Floor it
- 28. "___ lang syne"
- 29. Post-apartheid org.
- 32. "___, Baker, Charlie"
- 33. ___ of State
- 34. Genius
- 35. Bul ___ watch
- 36. Romanov ruler
- 38. Resting place
- 39. Irritated state
- 40. Uncover
- 42. Debonair
- 44. Yoga class need
- 46. Career
- 47. Type of lens
- 52. Sign, the contract
- 55. "Listen up!"

- 56. Bug
- 57. woman's name before marriage
- 58. Get by
- 59. R2D2, for one
- 60. Jewish term

Down

- 1. London news media
- 2. John Boyd ___
- 3. Police cruiser
- 4. Fortifies
- 5. Paleontologist's estimate
- 6. Deli sandwich
- 7. Boxing contest
- 8. Yesteryears
- 9. United



- 10. 70's rock group
- 11. Lt.'s inferior
- 17. Wine valley
- 19. Tutor
- 21. Bridge positions
- 22. Kind of room
- 23. Gulleets
- 25. Staining black
- 26. "The King"
- 27. Demise
- 30. Small bite
- 31. Winter Palace resident
- 37. Coleridge work
- 39. Crosscountry travel, e.g.
- 41. Mill output
- 43. Cancel an event or meeting
- 45. Over, for short
- 47. Not just "a"
- 48. "Yikes!"
- 49. Soap ingredient
- 50. Sphere
- 51. To boot
- 53. Prefix with colonial
- 54. Truck starter

Bad Dad Jokes

What do you call an angry carrot?
- A steamed veggie.



Previous Puzzle





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Cali Camp

Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature. *All activities are pre-assigned and rotate on a daily basis. Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

Star Galaxy- Academic, Homework lab, Sports STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activi-

ties. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

Teenage Drama Workshop (TADW)

is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

Tutor Time Woodland Hills Tech + Tinker™ 21st Century Learning Experiences

School-Age classroom is a perfect setting for productive, engaging mornings and afternoons, where children become thinkers, makers, and doers. Some enhancements include: iPads with keyboards and educational apps, Robots for coding challenges, Grow Fit-friendly video games that encourage collaboration and movement. 5855 Desoto Avenue - Woodland Hills, CA 91367 Phone: 866.866.7231

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Learning tech is cool. But experimenting with the hottest tech alongside friends? That's game-changing. Want to code and monetize your own game with Roblox? Make mods for Minecraft? Start a YouTube channel? Your Squad, your goals! Book now for Squads running September through December. Space is limited www.idtech.com/after-school

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Camp Woodland Hills

Located on the Oxnard Campus of Woodland Hills Private School. 2022 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, board games, puzzles, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground. POOLS – The two in-ground pools and much more. for details: camp.woodlandhillprivateschool.com



A Faery Hunt

Best Children's Theater in Los Angeles

By Contributing Writer

Nickelodeon named A Faery Hunt "Best Children's Theater in Los Angeles" - Join this magical, musical adventure. A Faery Hunt shows are interactive, immersive performances designed for young audiences & families to inspire creativity, imaginations and fun. As children we believed in magic and knew in our hearts there was something enchanted out there, hidden, kind, beautiful, and filled with goodness. If you remember this, you too may have glimpsed Faeryland. Join this musical interactive, immersive adventure. You'll meet faeries and funny creatures, maybe even Faery Royalty! Many children come in costume. Some parents do too, to join in on the fun. Wings, wands & CD's of Faery Music from the shows are

available there for \$5-\$10 for sale. Groups and parties are welcome! Family fun continues with A Faery Hunt in between the raindrops! Their unique immersive, interactive theatrical experience is sure to bring entertainment and fun for the whole family. See you soon in Faeryland!

April 2023

Sunday, April 16, Corriganville Park, 7001 Smith Road, Simi Valley, CA 93063

Sunday, April 23, Orcutt Ranch, 23600 Roscoe Blvd, West Hills, CA 91304

May 2023

Sunday, May 7, Crestwood Hills Park, 1000 Hanley Avenue, Los Angeles, CA 90049

Saturday, May 13, O'Melveny Park, 17300 Sesnon Blvd., Granada Hills, CA 91344



Sunday, May 21, Tarzana Community and Cultural Center, 19130 Ventura Blvd., Tarzana, CA 91356

June 2023

Sunday, June 11, Crestwood Hills Park, 1000 Hanley Avenue, Los Angeles 90049

Saturday, June 17, Tarzana Community and Cultural Center, 19130 Ventura Blvd., Tarzana, CA 91356

Saturday, June 24, Corriganville Park, 7001 Smith Road, Simi Valley, CA 93063

July 2023

Sunday, July 9, Crestwood Hills Park, 1000 Hanley Avenue, Los Angeles 90049

Sunday, July 16, Orcutt Ranch, 23600 Roscoe Blvd, West Hills, CA 91304

Saturday, July 22, O'Melveny Park, 17300 Sesnon Blvd., Granada Hills, CA 91344

Saturday, July 29, Corriganville Park, 7001 Smith Road, Simi Valley, CA 93063

August 2023

Sunday, August 6, Crestwood Hills Park, 1000 Hanley Avenue, Los Angeles 90049

Sunday, August 13, Orcutt Ranch, 23600 Roscoe Blvd, West Hills, CA 91304

Saturday, August 19, Corriganville Park, 7001 Smith Road, Simi Valley, CA 93063

Sunday, August 27, Crestwood Hills Park, 1000 Hanley Avenue, Los Angeles 90049

All shows -- except the library shows -- go from 10:30 a.m. - 11:30 p.m., are \$15 per person, and are outdoors. Groups and parties are welcome.

Call: (818) 324-6802

Email: deb@afaeryhunt.com

Purchase tickets: <http://stores.afaeryhunt.com/store-catalog/>

For more information log onto www.afaeryhunt.com

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Things That Should Be Considered While Buying Toys For Your Kids

By Contributing Writer

Here are some tips to find right toys for your kids:

The Age Range Is Suitable

Nowadays toys have labels indicating which ages they are appropriate for. There is always difficult when we are choosing toys for our own children, we know best

cartoon character or may show curiosity towards music or outer space. We should always choose toys that are related to the child's current interests is always a safe bet since it helps fuel an existing interest in the child.

Is It Safe?

All the toys that we have in our home for the kids would not be safe for babies. It is always good when we find the appropriate toys for the kids according to their age. Toys with small parts are unsafe for infants because kids might use it in wrong but in the case of older age that would be good to play with. Still, look at the components of the toy and see how it's made.

Encourages Creativity

Toys always help a child to explore their creative side when they play with toys and we should always choose toys that specifically help in bringing creativity in the child. In this day and age where more and more time is spent passively in front of screens, toys that encourage creative exploration help kids to actively learn about themselves and the world.

Does It Have Educational Value?

Educational toys can not only be fun, but they can also help children learn new things



will only amuse your child for a few months. Parents should always research and find out the suitable toys for the child. Some toys can be easily be transformed into something slightly different and more challenging as your child ages.

It Encourages Learning

Toys that produce sound and light should help growth of the mind. They're young that and can pick up on things and learn quickly. We should invest in toys that help solve problems or think critically.



whether a toy would be welcomed by our child or not. However, especially when it comes to children aged under 3, it is very important to follow the advice on the packaging since many toys have small pieces that can pose a danger to young children.

Does It Fit With Your Child's Interests?

Children start to display their interests from a very young age. Some may love animals, others may enjoy a particular

in an interesting and exciting way, at an early age. When young children use the same toy over and over again for the same purpose they slowly gain confidence in their abilities, which will lead them to want to explore and play further. This sort of play aids children's learning and development.

It Grows With The Child

Raising a kid is expensive. And guess what? Kids toys are expensive, too! Don't throw away all your money on toys that



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www.coderevkids.com/tech-camps

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5 THINGS TO CONSIDER WHEN BUYING THE BEST WAIST TRAINER FOR WOMEN

By Contributing Writer

If you are looking for the best waist trainer for women, you are on the right page. Basically, these products are simple but effective as far as getting rid of those love handles is concerned. If you are going to attend an event in the near future, we suggest that you get a good waist trainer. Given below are 5 things that you may want to consider when opting for a thigh and waist trimmer. Read on to find out more.

Breathing

First of all, make sure that the product allows you to breathe without any difficulty. As a matter of fact, if you can't breathe properly while wearing the product, it is of no use. You should be able to you inhale and exhale whether you are moving, sitting or standing. You may want to consider your range of motion as well.

Comfort

After easy breathing, comfort is another important factor that you may want to consider when making this purchase. Given below are the elements that may have a great impact on the comfort level of the product you want to purchase.

Manufacturing material; Fabric type; The placement of pin and hook



Fit & Form

If you want to buy the best waist trainer for women, make sure you consider your measurements as well. This won't take more than a few minutes. Regardless of the waist trainer quality, your desired results will depend upon the fit and form of the product.

Rolling or Bulging

You may want to take a closer look at your product to make sure it has no bulging or rolling problem. If it has any of the two problems, you should exchange the product. This problem happens due to the wrong fit. At times, it happens regardless of the measurement accuracy.

Usually, bulging is when the product is too tight or can't have proper grip on your waist. In simple terms, it means that the product does not have enough pressure or has excessive pressure. In either case, you have a serious problem which may prevent you from achieving your goals.

If the product rolls around your hips, it is another sign that the fit is not right and you need to exchange the product. Keep in mind if the product doesn't offer the best fit, it will be of no use to you.

In fact, it will be counterproductive.

Shrinking and Stretching

It is important to remember that your waist will continue to shrink with the passage of time.

Therefore, you may want to invest in a waist trainer that can stretch based on your waist size. It should have a lot of hooks for proper adjustment overtime.

Before you buy one, make sure you try it first.

In short, these are 5 things that you may want to consider if you are looking for the best thigh and waist trimmer to get back into shape.

Keeping these points in mind will make it easier for you to get the best product.

CSUN

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DRAMA
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