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BY BARBARA BECKLEY

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THE HOME FRONT

THE VICTORY THEATRE/BURBANK

By Contributing Writer

This country will break your heart. The Victory Theatre Center presents the West Coast premiere of *Home Front* by Tony® Award-winning playwright Warren Leight (Side Man). Leight's moving portrait of a post-World War II interracial marriage runs January 13 through February 19 at The Victory Theatre Center in Burbank with Victory co-artistic director Maria Gobetti at the helm.

VJ Night, 1945. On a night like this, anything can happen — the world is never going to be the way it was. Austin Highsmith Garces (seen at the Victory in *Resolving Hedda* and *The End of Sex*) and C.J. Lindsey (*The Men in My Life*, *True Story* on Netflix) star as a white woman and an African American soldier who fall in

love the night World War II ends — a time of euphoria for Americans after years of devastating conflict. But can that sense of good will and new beginnings wipe away the racial mistrust and discrimination in a country still deeply mired in the Jim Crow Era?

LGBTQIA+ activist Jonathan Slavin (*The Sisters Rosensweig* on Broadway, *Santa Clarita Diet*, *Dr. Ken*, *Better Off Ted*) takes on the role of the couple's upstairs neighbor, a gay army veteran modeled after Leight's uncle.

Leight was inspired to write the play by the famous image of a couple kissing in Times Square on VJ Day.

"I wondered what their lives would have been like had they been an interracial



couple," he explains. "As the son of a jazz musician, I grew up around many interracial couples, and I saw early on the pressures on their lives and marriages. It's shocking that, more than 70 years after WW II ended, questions about states' right to ban interracial marriage have resurfaced."

"The play is both heartfelt and historically accurate," notes Gobetti. "Racism was rampant in the military during World War II. At the time, it was still illegal to marry outside one's race in the eyes of the army. Have things really changed all that much?"

The creative team for *Home Front* includes set designer Evan Bartoletti, lighting designer Benedict Conran; sound designer Noah Andrade, video designer Jermaine Alexander, costume designer Carin Jacobs, dramaturg Gail Bryson, graphic designer Jennifer Logan and photographer Tim Sullens. The stage manager is Cody Hathcock. Maria Gobetti, Tom Ormeny and Evan Bartoletti produce for The Victory Theatre Center.

Warren Leight's play *Side Man* won the 1999 Tony® Award for best play and was a finalist for the Pulitzer Prize. Drama Desk nominated work includes *No Foreigners Beyond This Point* and the books to the musicals *Leap of Faith* (Alan Menken, composer) and *Mayor* (composer Charles

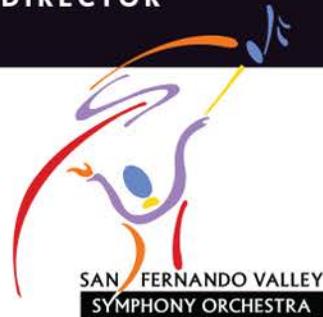
Strouse). His American Theatre Critics Association nominated play *Glimmer*, *Glimmer and Shine* (starring John Spencer) had its West Coast premiere at the Mark Taper Forum before its Manhattan Theatre Club production in New York. Two collections of his one acts, *Dark*, *No Sugar and Stray Cats*, and the Outer Critics Circle nominated *High Heeled Women* cabaret act *Fame Takes a Holiday* have also been published by Dramatists Play Service. Warren just stepped down from his role as showrunner and executive producer of *Law and Order: SVU* for seasons 13-17 and 2021-23. During his tenure, the show became the longest running U.S. primetime drama in history, celebrated its 500th episode, and won Imagen, NAACP and Prism awards. He has also been showrunner and executive producer of HBO's Peabody Award-winning *In Treatment* starring Gabriel Byrne, Hope Davis and John Mahoney; the Edgar Award-winning *Law and Order: Criminal Intent*; and FX's critically acclaimed *Lights Out*.

Play runs Fridays at 8 p.m., Saturdays at 8 p.m., and Sundays at 4 p.m. through February 19. Tickets range from \$28-\$40. The Victory Theatre Center is located at 3324 W. Victory Blvd in Burbank, CA 91505. For information and to purchase tickets, call 818-841-5421 or go to www.thevictorytheatrecenter.org.

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QUEST FOR ADVENTURE

NEW ARTS, SCIENCE & CULTURAL EXHIBITS FOR EVERYONE!

By Barbara Beckley

Did you know? Los Angeles has more museums per capita than any other city in the world! It's true. 841 museums to be exact. Add in all the cultural institutions in neighboring cities and counties – wow! Where to begin? Here's our pick of new and favorite exhibits for kids and adults from Outer Space to Early California. French Royalty to hockey. K-Pop to Tuskegee airmen.

The Joy of Science

Fun– and scientific! Your kids (and you) will love “The Science of Hockey” at The Discovery Cube Los Angeles (<https://www.discoverycube.org/los-angeles/>) in Sylmar. Visit the “Coaches Corner” for behind-the-scenes nutrition from LA Kings' assistant coaches. “Suit Yourself” to build a custom uniform and be photographed wearing it. Best of all, ride the Zamboni, while learning the science of ice-making. Monday-Sunday, 10 a.m. – 5 p.m. Ages 15+, \$15.95; 3 – 14, \$13.95.

Oh my gosh –the wash. Check out Ventura County Museum's (<https://venturamuseum.org/>) new exhibit – and be thankful! “Spin Cycle: Unfolding the Science of Laundry,” opens June 22, 2023. Using 19th and early 20th century laundry items from the museum's collection, it explains from a scientific angle, why some of those methods actually work! Then see the flamboyant clothing of Ojai resident and artist George Stuart in “Behind the Curtain: An Insider's Look at The George Stuart Historical Figures” through September 2023. Think Queen Elizabeth I, King George III, realistic from eyelashes to fingernails. Also a must: “Squatting, Scandals, and Surfing: A History of Rincon” lecture, February 25, 3 – 4:30 p.m. Open Thursday – Sunday, 11 a.m. – 5 p.m. Free.

Look up! In awe – at the Griffith Observatory

(<https://griffithobservatory.org/>). Experience the newest discoveries of the Universe at “ABOVE” Night Gallery: The Stars of Winter (\$50 per person), February 27, 6:30 – 9:30 p.m. Life in outer space? The new ongoing show “Signs of Life” is an astronomical detective story with Earth as the launchpad to Mars, the moons of Jupiter and



Saturn, and planets beyond our Milky Way in a search of answers to what it took to put life in the universe. Open Tuesday – Friday, noon – 10 p.m. Saturday & Sunday, 10 a.m. – 10 p.m. Free.

Relive the Wild West

Rumor has it the 1844 Leonis Adobe Museum (<http://www.leonisadobemuseum.org/>) in Calabasas was once a stage coach stop on the Camino Real. Today, the two-story adobe is a living history museum, one of the oldest buildings in Greater LA, with the décor of a prosperous working 1880s ranch. On the grounds, visit the

replicated Wild West Calabasas Jail, Chumash Indian Village, and see antique ranch equipment, ranch animals including beautiful Percheron horses, and demonstrations such as adobe brick-making. Saturday, 10 a.m. – 4 p.m. Sunday, 1 – 4 p.m. Adults, \$5; seniors/students, \$4; ages 12 & under, \$2.

Experience life in Early California at the Rancho Camulos Museum (<https://www.ranchocamulos.org/>) in Fillmore. This 40-acre natural historical landmark is one of the best remaining examples of a working Mexican land grant. Follow docents through the 1853 adobe, the chapel, winery, schoolhouse, Tataviam Native American village and all 15 historic structures. Learn how Camulos came to be called the “Home of Ramona” from Helen Hunt Jackson's novel Ramona. Imagine riding in the 1850 buggy. Open Sunday, 1 p.m. – 4 p.m. Suggested donation: adults, \$10.00; children, \$5.00.

And treasures and history from the Santa Clara Valley's early days at the Fillmore Historical Museum and Park's (<https://www.fillmorehistoricalmuseum.org/>) antique structures. Upcoming events include “The Life and Works of Lawrence Hinckley, 20th Century Artist,” (\$10, non-members) March 25, 10 a.m. – 3 p.m., in Lawrence's childhood home, the 1905 Ira and Kate Hinckley House; and 1887 Southern Pacific Depot. Also tour the 28-room Rancho Sespe Bunkhouse, built in 1919, displaying vintage clothing, cameras, school room furnishings and more, plus the gift shop; and Bardsdale Post Office, constructed between 1887 and 1897. Not to miss – the bright turquoise Model A pickup which participated in the 2002 History Channel “Great Race” from Atlanta to Anaheim; and 1968 Cotton Belt SSW 63 caboose. Wednesday – Friday, 9 a.m. – noon, and 1 – 4 p.m. Saturday, 10 a.m. – 3 p.m. Free.



You may be surprised at the Gene Autry Museum's (<https://theautry.org/>) "China Poblana" exhibition through July 23, 2023. It explores the history, revolutionary power and style of this traditional Mexican and Mexican American dress (the favorite of Freda Kahlo). "China" means female servant. "Poblana" means Puebla (the Mexican town of Puebla). Mark your calendar for the "Masters of the American West" exhibit featuring paintings, mixed media and sculpture by more than 55 nationally recognized artists. February 11 – March 23, 2023. And guess what? They'll all be for sale during the February 25th fund-raising Art Sale (<https://masters.theautry.org/>). Tuesday – Friday, 10 a.m. – 4 p.m. Saturday & Sunday, 10 a.m. – 5 p.m. Adults, \$14; students & ages 60+, \$10; ages 3-12, \$6.

While you're in Griffith Park, treat the kids to the Travel Town Museum (<https://www.laparks.org/traveltown/>) just like your parents did with you. Get up close to dozens of historic railway vehicles from freight cars to cabooses, like the 1899 Atchison, Topeka & Santa Fe, 1880 Southern Pacific and really old 1864 locomotives; 1900 and 1910 Oahu Railway and Land Company coach cars; an 1880 Los Angeles trolley (the old Red Cars) and 1800s San Francisco Cable Car. Even a 1943 crane that lifts the train cars – oh my! Open seven days a week, 10 a.m. – 5 p.m. Free.

Big City Art

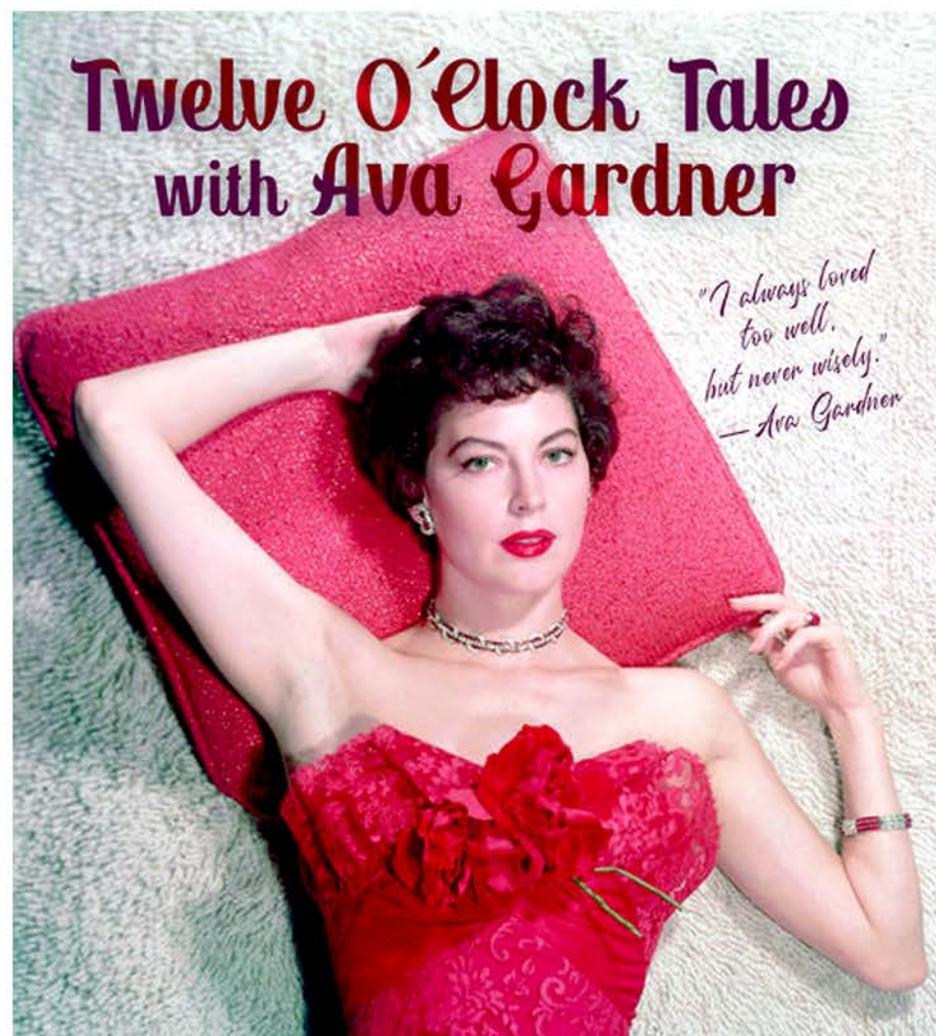
Haven't been to The Getty (<https://www.getty.edu/>) lately? Now's the time, with four new exhibitions! "A Passion for Collecting Manuscripts," January 31–April 23, 2023. As one of the few US museums that maintains and displays medieval illuminated manuscripts, this tells the remarkable stories and journeys of how the manuscripts got here. "Our Voices, Our Getty: Reflecting on Drawings," February 7–April 30, 2023, gives us a look at rarely seen drawings from the museum's collection. "Porcelain from Versailles: Vases for a King and Queen," February 14, 2023–March 3, 2024, displays two of the most extraordinary surviving sets of vases owned by Louis XVI and Marie-Antoinette!! And "Barbara T. Smith: The Way to Be," February 28–July 16, 2023, showcasing the work of this Pasadena-born activist-artist. Tuesday – Friday & Sunday, 10 a.m. – 5:30 p.m. Saturday, 10 a.m. – 8 p.m. Free with timed-entry. Jewelry lovers – pop down to The Getty Villa (<https://www.getty.edu/>) in Pacific Palisades for "Nubia: Jewels of Ancient Sudan from the Museum of Fine Arts, Boston," through April 3, 2023. Open daily, 10 a.m. – 5 p.m. Free

Catch the first-ever LA museum exhibit of subway-drawing, public muralist Keith Haring's expansive body of work at The Broad (<https://www.thebroad.org/>),

"Keith Haring: Art is For Everybody," May 27 – October 8, 2023. It features more than 120 of his works and archival materials including iconic characters like the barking dog and radiant baby. Stay and get your Warhol and Lichtenstein fix at the ongoing "Expansive Presentation of Andy Warhol" and "Expansive Presentation of Roy Lichtenstein." Tuesday, Wednesday & Friday, 11 a.m. – 5 p.m. Thursday, 11 a.m. – 8 p.m. Saturday, 10 a.m. – 6 p.m. Sunday, 10 a.m. – 6 p.m. Free with timed-entry.

At LACMA (<https://www.lacma.org/>), new exhibits hit home with all of us. "Coded: Art Enters the Computer Age,"

shows how the rise of computer technology impacted the making of art in the age of the mainframe, February 12 – July 2, 2023. And totally thought provoking – "Women Defining Women in Contemporary Art of the Middle East and Beyond," features 75 works by women artists who live or were born in Islamic societies, April 23 – September 24, 2023. Monday, Tuesday & Thursday, 11 a.m. – 6 p.m. Friday, 11 a.m. – 8 p.m. Saturday & Sunday, 10 a.m. – 7 p.m. Adults, \$20; ages 65 & older, \$16; ages 3-17, free. Also free, Monday – Friday after 3 p.m. And free to everyone the second Tuesday of each month.



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On Trend!

New at the Skirball Cultural Center (<https://www.skirball.org/>), join the Purposeful Planters and celebrate the Jewish holiday of Tu B'Shevat (New Year of the Trees), February 2–March 31, making and designing your own planter pot using natural and repurposed materials. Tuesday-Friday, noon – 5 p.m. Saturday & Sunday, 10 a.m. – 5 p.m. Adults, \$12; seniors/ages 12 & up, \$9; ages 2-12, \$7. Free to everyone on Thursdays!

“Don’t Fence Me In: Coming of Age in America’s Concentration Camps,” March 4 – October 1, 2023, at The Japanese American National Museum (<https://www.janm.org/>) in Little Tokyo. A must-see, showing how, even in such hard times, Japanese American teens created Scout Troops, social dances, sports leagues, volunteer projects and other friendship and community activities while living in the 10 US War Relocation Authority Camps. Tuesday, Wednesday, and Friday – Sunday, 11 a.m. – 5 p.m. Thursday, noon – 8 p.m. Adults, \$16; ages 62+ & 6-17, \$9.

Boba tea lovers unite! Hot foot it down to the Chinese American Museum



(<https://camla.org/>) in El Pueblo de Los Angeles and discover the backstory of this beverage sensation! “The Boba Show: History, Diaspora & a Third Space,” February 10 - January 7, 2024, traces the transformation of the South American cassava root to boba’s creation in Taiwan and triumphant return to the Americas and into mainstream culture! Depicted in works by prominent Asian American artists. Friday, Saturday & Sunday, 10 a.m. – 3 p.m. Suggested donation: Adults, \$3; students/ages over 6, \$2.

Want to be a K-Pop star? The Korean Cultural Center Los Angeles (<https://www.kccla.org/>) in DTLA is on it! First, view historic and contemporary artifacts of Korea’s dynastic kingdoms, and works by international and local Korean artists. Then join “The K-Pop Academy”! Take K-Pop workshops, classes, cover dance and more! Monday – Friday, 9 a.m. – 5 p.m. Free.

Not to miss. The California African American Museum (<https://caamuseum.org/>) in Exposition Park is throwing a free “KCRW Open House Dance Party,” February 10, 7 – 10 p.m. Groove to KCRW DJs Francesca Harding and Tyler Boudreaux, an outdoor beer garden and

food trucks amidst the joyous atrium exhibition “Adee Roberson and Azikiwe Mohammed: because i am.” This colorful exhibition figures Blackness as an abstraction in screen prints, paintings, video, window vinyl, and sculpture. Through May 7, 2023. Other important CAAM collections include oral histories like that of Tuskegee airman and local civil rights activist Celes King. Wednesday – Saturday, 10 a.m. – 5 p.m. Sunday, 11 a.m. – 5 p.m. Free.

Be inspired at the USC Asia Pacific Museum (<https://pacificasiamuseum.usc.edu/>) in Pasadena. “Global Asias: Contemporary Asia and Asian American Art from the Collections of Jordan D. Schnitzer and His Family Foundation” debuts March 10 – June 25, 2023, featuring works by 15 Asian heritage artists in three sections: “Exuberant Forms,” “Moving Stories,” and “Asias Reinvented.” Also, the beautiful “Open Flowers Bear Fruit,” through March 12, with photos of contemporary Asian American goods in the tradition of 17th century Dutch still life painters. Wednesday – Sunday, 11 a.m. – 5 p.m. General admission, \$10; students & ages 65+, \$7; ages 17 & under, free Enjoy!

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UPCOMING CASA ROMANTICA ART EXHIBITIONS

Courtesy of Casa Romantica Cultural Center

Casa Romantica Cultural Center and Gardens, Orange County's major cultural institution and arts destination, is excited to announce its upcoming art exhibition as a part of its programming for the 2023 Spring season. For nearly twenty years, Casa Romantica in San Clemente has served Southern California with over 100 multicultural events every year, hosting a variety of educational programs, maintaining 2.5 acres of diversified water-wise coastal flora from all over the world, and welcoming over

40,000 visitors annually. Continuing its mission to connect with the community through its events and experiences, the nonprofit center welcomes visitors of all ages with unique themes and activities to celebrate the diverse cultures of Southern California.

This spring, experience history through art with Casa Romantica's historic art exhibition, Inspired by History — California Impressionists 1865-2022. On display from March 16 - June 4, this



the studio, using exuberant calligraphy of color and brushstroke which conveys emotion and movement. His featured subject is the California landscape, and he focuses on compositions built around mood and a deep appreciation for life. Rick maintains a Home Studio & Art Gallery in San Clemente, California.

Delanty's work has been included in invitational plein air events across the West and exhibited in museums and galleries across the nation. Delanty has received awards at regional, national and international levels, including Finalist in 15th Art Renewal Salon competition in January of



exhibition will take a closer look at California's most famous sights. Pieces from the historic Boseker Family Art Collection will be paired with award-winning, San Clemente-based artist Rick J. Delanty's contemporary painting of the same location. A free public opening reception and viewing of the exhibition will take place on Friday, March 16 at 6 p.m. Additional events surrounding the historic art exhibition include an Art Talk with artist Jean Stern on March 23, an Artist Spotlight to meet Delanty, learn more about his work, and watch plein air painters from the Laguna Plein Air Painters Association on April 7. Kids can join in too with a special D. Yoder Family Sunday: All About Plein Air Painting with crafts, live demonstrations, and onsite plein air painters on May 7.

A California native, Rick J. Delanty has been painting landscapes and seascapes for over four decades. He works in an impressionistic style both plein air and in

2021; Finalist "Best Acrylic" in the September 2016 Plein Air Salon; Best of Show in 2014 from Plein Air Magazine editor Stephen Doherty in "The American Landscape" national exhibition; twice Outstanding Acrylic in the international "Boldbrush" painting competition; Best of Show in the 2013 ISAP Online Exhibition; Best of Show at the Borrego Plein Air Invitational; two awards in the Sedona Invitational; the Peterson Award at the annual exhibition of the National Society of Painters in Casein and Acrylic; and both the Boseker and Surfrider awards at the Laguna Plein Air Invitational at the Laguna Art Museum. Rick served as curator for the "California Impressionism" show in 2015 at the Huntington Beach Art Center in California, as judge for the Art Muse international painting competition in 2019, and as faculty for the 2019 Plein Air Convention in San Francisco.

Find more information at casaromantica.org/mec-category/art-exhibitions/.

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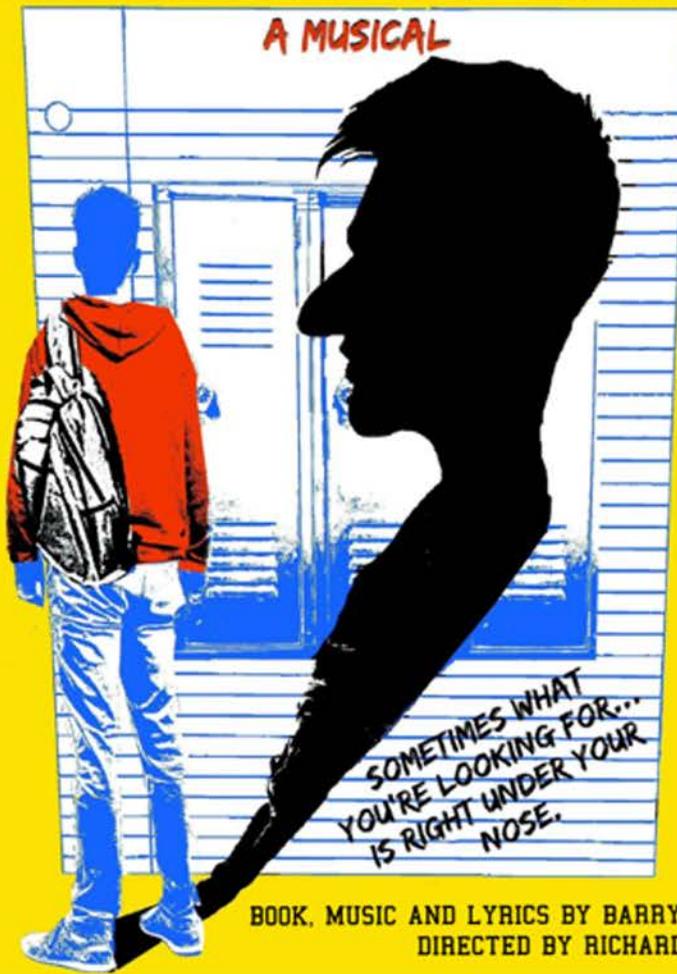
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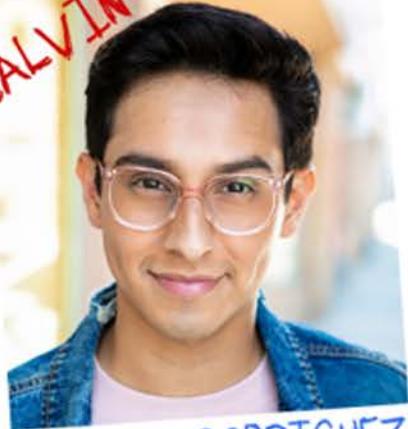
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SHOTGUN WEDDING

Spoiler alert: J.Lo looks fantastic in a wedding dress. You surely knew that, given the plethora of wedding-themed movies Jennifer Lopez has made over the years.

And now comes “Shotgun Wedding,” where the ageless pop star dons a pouffy white concoction that sheds layers of tulle to become increasingly sexy as Lopez fights off cringey wedding guests and pirates. She switches to combat boots — from a dead guy! — over wedding heels, and if anyone can make combat boots work with pouffy tulle it’s Lopez.

But all the charm in the world can’t make up for the tonal imbalance of “Shotgun Wedding,” a movie too violent to be funny and too funny to be fun. The movie, directed by Jason Moore, also commits the crime of under-using that other bulletproof Jennifer, Jennifer Coolidge, who seems to be searching for decent lines. This should have been a slam dunk.

Kudos, though, to whoever picked the stunning resort (the shoot took place in the Dominican Republic). It’s here that we meet Darcy, our bride, at the rehearsal dinner, already looking better than everyone else — but we digress.

Darcy is navigating a guest list filled with hand grenades, before the real grenades start flying. There’s her icy mother (Sonia Braga), who is divorced from her father (Cheech Marin) and appalled at the ditzzy new girlfriend he’s brought to the wedding (D’Arcy Carden). Mom tells Darcy she should have accepted her dad’s millions to make the wedding perfect, but Darcy replies that the couple wanted to do it their way.

The groom? We’re getting to that. Initially the part was to be played by Ryan Reynolds. Then it was to be Amie Hammer, who stepped aside, and now we have Josh Duhamel, perfectly handsome and agreeable but . . . the chemistry rests with Lopez.

Tom is the “groomzilla,” obsessed with wedding details, and spray-painting pineapples. As for his mother, well, she’s the ditzzy Carol (Coolidge), obsessed with “South Pacific” and eager to have a good time.

Coolidge — who at this point in her career would be anyone’s top choice to play any mother — pulls her weight. But there’s only so much she can do with dialogue that seems slapped together. True, Coolidge can make almost anything funny,



but at times it feels like her script instructions said nothing more than “Carol says something wacky.”

Things get wacky fast, starting with a surprise guest by helicopter — it’s Sean, Darcy’s ex-fiance, a walking Y chromosome played by Lenny Kravitz.

But there’s no time. The next day, with everyone dressed, more unexpected guests arrive — and they are pirates, and they’re after Darcy’s dad’s money.

The pirates take everyone hostage. In a stroke of rom-com luck, the bride and groom are elsewhere,

having a little talk. Soon, though, the relationship is beside the point — they have to save themselves and everyone else. And that’s when the killing starts.

There’s lots of automatic gunfire and grenade-throwing and other mayhem. Lopez is the one actor in the whole enterprise whose every line reading rings true. Finally these are people we’d want to get to know. Unfortunately, it’s all during the closing credits. Stick around for them, though. It’ll feel like a cool dip in an infinity pool.

ALICE, DARLING

By Contributing Writer

Emotional abuse rarely gets the subtle, sensitive treatment on screen as it does in Mary Nighy’s thoughtful drama “Alice, Darling,” starring Anna Kendrick.

At first, we don’t know the source of unease that grips Alice (Kendrick), a young professional in an unnamed city. When she meets her longtime friends Sophia (Wunmi Mosaku) and Tess (Kaniehtiio Horn), she arrives burdened by preoccupation. In the bathroom, she twirls her hair, pulling tufts out. Later, meeting her artist boyfriend Simon (Charlie Carrick), she nervously mouths words to herself before saying them aloud to him.

What we begin to grasp is Alice’s mind is occupied by Simon, whether she’s with him or not. “Alice, Darling,” is a psychological home invasion film, movingly played with twitchy nerves from head to toe by Kendrick in a performance starkly more intense than her usually comic screen roles.

Movies about romance-turned-nightmare often slide closer to slasher territory — and the heavy-handed score seems to think “Alice, Darling” is one of those, too. But the movie isn’t built around an increasingly disturbing series of encounters. Although it has the shape of a thriller, it isn’t really one. Outside of flashbacks, Simon is hardly in the movie.

Instead, the film is grounded in the psychology of Alice and the support she gleanes from her friends. “Alice, Darling” unravels during the trio’s weeklong getaway to a lakeside cottage, a vacation that Alice has told Simon is a business trip.

Their interactions are prickly at first, at least between Alice and Tess (Horn). In her feature debut, Nighy succeeds in capturing these complicated relationships. The three women have known each other so long that their interactions are filled with sisterly tension. But it’s Tess and Sophie (a



very good Mosaku) who recognize the pain Alice is hiding even from herself. Simon isn’t a horror film monster, but he is a cruel, controlling jerk.

“Alice, Darling” is a little thinly sketched and lacks a strong sense of perspective. But, Nighy gets

the essential things right, capturing a not-uncommon real-life experience. Kendrick gives one of her best and most wrenching performances. That it comes from an actor of such witty confidence makes Kendrick’s performance only more affecting.

THE MOODY BLUES' JOHN LODGE ADDS SPECIAL SHOW WITH COACHELLA VALLEY SYMPHONY

John Lodge, legendary bass player, songwriter and vocalist of The Moody Blues and Rock and Roll Hall of Famer, has added a special symphony show to serve as the finale of his previously announced winter 2023 US tour, "Performs Days of Future Passed." Lodge will perform with the Coachella Valley Symphony on March 26 at the Rancho Mirage Amphitheater in Rancho Mirage, CA. Tickets are on sale now.

Edge and performances by Jon Davison of YES. Jon has been the lead vocalist with YES since 2012, and is also John's son-in-law. The show will be rounded out by Lodge's self-written classic hits "Ride My See-Saw," "I'm Just a Singer (In a Rock and Roll Band)," and "Isn't Life Strange", all making for a truly magical evening under the stars.

This will be John's first foray to the West Coast since he began touring with his band, and although it is a one-off, he hopes it will be the start of many more. The Moody Blues only performed 'Days' with a Symphony twice—once at the Hollywood Bowl, and once in Toronto—and John is looking forward to bringing the show once again to the Moody Blues fans, and perhaps some new listeners too, as they fill the amphitheater with their symphonic sound and take everyone back to 1967.

"The Coachella Valley Symphony approached me and asked me to perform Days of Future Passed with them at their new home at Rancho Mirage Amphitheater, and it intrigued me," says Lodge. "I had been developing a full orchestra concert, but it was something for the future. However, they are a passionate community music organization, and Alan (Hewitt, who is Lodge's Music Director and keyboardist) knew them from when he lived there, and so it seemed like a wonderful way to step my feet into the water, and a fabulous finale to the tour. I'm grateful to the 10,000 Light Years Band, Jon Davison and, of course, Graeme, for their belief in this project and helping bring my vision to life. And thank you to all the fans for Keeping the Faith."

Lodge's tour also coincides with the 50th anniversary of The Moody Blues' 1973 album *Seventh Sojourn* (released November 17, 1972) which spent 5 weeks at Number 1 on Billboard. It featured the Lodge-penned singles "I'm Just a Singer (In a Rock and Roll Band)" and "Isn't Life Strange."

The March 26th show is a special 'one-off' performance, and the rest of the

tour will feature a full electrifying show with a first half of "hits" including tributes to all his Moodies bandmates, followed by Days of Future Passed recreated in full. Listen to "Nights in White Satin," "Tuesday Afternoon," "Peak Hour," and more fill the room, and you'll be taken back to 1967, but at the same time, you'll hear what John has brought to this new version in his

vocals, bass and harmonies, and how he sees the album 55 years later. In its own way, it can also be said to be a reflection of John's own life.

For tickets, VIP packages--which include a great seat, a personalized video message from John and exclusive merchandise, and more--please visit: <https://johnlodge.com/tour>.



John Lodge; Photo credit: Brian Aris

This is the only date on the tour that will feature an orchestra. Go here to purchase tickets which include a limited amount of VIP packages. For the VIP packages, go here.

Lodge, together with his 10,000 Light Years Band and the Coachella Valley Symphony, will perform The Moody Blues' iconic Days of Future Passed album—which marked its 55th anniversary on November 10, 2022—in its entirety, with a special recording by the late Graeme

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FUN WITH ROBOTICS

By Contributing Writer

If a bad direction is given, then the programmer will have to rewrite that part of the program until the directions work completely and correctly.

Robotics and electronics are two hallmarks of the maker movement (electronics explores using electronic circuits, while robotics combines circuits, movement and sometimes software to create a machine or robot). Projects can be as simple as making a light blink, or as involved as building an entire robot. Robots are complex machines that work using a variety of different mechanisms.

Scientific evidence about the effectiveness of robotics activities may still be lacking or not be entirely convincing. But just like the progress of any other scientific



Robotics can capture a child's imagination like no other tool.

Robots promise to transform our lives in myriad ways. From coding to stop-motion animation videos to sewing, the maker movement is becoming more and more popular with kids and adults.

Kids are more attracted to learning theoretical ideas rather than the practical.

Institutes having "Robotics Labs" are now more popular. Experimenting with the new gadgets, electronics things can boost problem solving skills for children.

The use of robotics is gaining traction in schools and colleges. And having a "Think n Do Lab" in schools are way more better than the traditional way of teaching.

Since Robotics makes children do stuff themselves it is more fun to learn the subjects. Simple and complex math concepts are also demonstrated while making robotics.

There is considerable anecdotal evidence that students respond well in subjects involving programming of robots.

Robots lend themselves to do-it-yourself activities. For example, a colleague builds robots using a 3D printer and uses his smart phone as an interactive device to communicate with the printed robot.

Children will learn about iterative testing when trying out new programs they create. They will write a program by directing their friends, and their friends will have to follow.

enquiry, over time, the effectiveness of robotics training will eventually become increasingly clear with mounting evidence. Without doubt, robotics classes are becoming increasingly popular today, especially among children, and scientists would want to establish their efficacy.

Technology education is an uprising trend that inculcate problem solving habits and encourage interest of students to explore and apply their theory learnt from school. Rather than looking in the angle of getting the "score" right. Academic excellence does not represent the whole picture of student progress which it should couple with method and thinking skill to apply.

Here are some reasons to teach robotics in schools:

1. Children find fun with learning.
2. Robotics programs develop problem-solving skills and creativity.
3. Robotics programs improve computer programming skills. Productive skills are useful in future employment.
4. Robotics teaches science and math concepts.



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Valentine's Day Cocktails

Tasty Treats for You and Your Sweetheart

By Contributing Writer

Whatever your plans may be for Valentine's Day this year, pouring a drink or two might be on the menu for the evening. Popping open some bubbles or a bottle of wine is always a safe bet, but if you're looking to shake up something a little extra-special, consider a cocktail.

From festive martinis to berry-hued sips that nod to the holiday's signature shade—here are a few favorite Valentine's Day cocktails, including a couple of new recipe options, that look and taste impressive.

Espresso Martini

The martini of the moment pairs especially perfectly with chocolatey treats, like these fuss-free chocolate truffles, or just as easily doubles as dessert all on its

own. This version by chef Elena Besser gets a little flavor upgrade courtesy of a vanilla bean-infused simple syrup.

Rum Martinez Cocktail

Rum stands in for the traditional gin in this elegant riff on the Martinez from bartender and writer Harper Fendler. For a garnish that's near-guaranteed to impress, top the finished drink with a fresh sprig of lightly torched rosemary.

Pink Coconut Water Cosmopolitan

A splash of pink coconut water, which gets its signature shade from oxidation, gives this simple yet stunning take on the classic cosmo an extra refreshing factor. Serve with a citrus twist in your prettiest coupe glass (like these hand-crafted beauties) for bonus presentation points.

Pom Fizz

Meet your bar cart's new BFF for Valentine's Day and beyond: an absurdly easy, one-ingredient pomegranate syrup that couples up nicely with sparkling white wine or Prosecco. Another fizzy pairing (that isn't a Mimosa) to consider: Champagne and strawberry juice.

Seedlip Clover Club

The original Clover Club formula gets a booze-free update thanks to Seedlip Garden 108, an herbal non-alcoholic spirit, plus an extra dash of brightness (and showstopping ruby hue) from homemade raspberry syrup.

Smoky Pear & Ginger Margarita

With a few ingredient tweaks (in this case, a combination of tequila and mezcal, pear juice, and ginger), one of summer's go-to cocktails becomes cool weather-friendly—and the perfect plus-one to a Valentine's Day meal.

Cold Brew Negroni

Further proof that cocktails and coffee go hand in hand, this caffeinated spin on the Negroni from Chloë Callow's Cold



Brew Coffee strikes just the right flavor balance. Gin Martini

Tried and true, consider this your guide to making the perfect Martini for you—complete with tips for modifying the recipe to your tastes and handy tools to help you pull it off for date night at home.

This just to name a few, it is always fun to make up your own as well, just remember drink responsibly!

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Valley Cuban Cuisine

Unique Stories, Specials and Surprises

By Josh Kushner, Sr.

Finding good food in the Valley can be a task when looking for something different and unique. It's not that there is a lack of cuisines that represent the wide array of cultures here, it's more that we have a tendency to lack a sense of adventure.

Cuban cuisine is a great way to explore your limits, because the food is so flavorful and lively and textural as well.

Established in 1981, Versailles Cuban Food has been a staple for Cuban food in Los Angeles. The



largely based on Spanish cuisine with influence from African and other Caribbean cuisines, but yet still has its own characteristics utilizing sautéed or slow-cooked over a low flame. Most Cuban cooking relies on a few basic spices, such as garlic, cumin, oregano, and bay laurel leaves.

The Versailles is famous for signature dish – our Famous Pollo Versailles – juicy roasted chicken marinated in their original garlic Mojo sauce. But oh there is so much more! They have outstanding Empanadas your choice of chicken, beef, or spinach or try the traditional Croquetas De Jamon - or ham croquettes. These are crispy fried

atmosphere is authentic with Cuban art and music playing, and a upbeat staff waiting to give you a new and pleasant experience. Some say Cuban cuisine

croquettes stuffed with ground ham and coated with breadcrumbs hot and delicious. The most sought after best, is the Cubano. Bolo Ham, Swiss cheese, pickles, and mustard. The flavors come together in the crispy panini style Cuban bread with fries.

There are so many more entrees to try on their extensive menu, so the best way to tell what your favorite is to come in and try them all. From seafood to roasted pork or flank steak and chimichuri, you're going to love it!

In 1966, a young boy and his family migrates to the United States, fleeing the oppression of their homeland, Cuba. Toby remembers his mother's words as their plane lifted off, leaving the only place he'd ever called home: "Look, because you will never see her again recalls founder CHRIS "TOBY" RODRIGUEZ" Ay Papa' Que Rico & El Pollo Rik.

Those words inspired him to this day creating a fusion of Latin flavors from Cuba, Mexico and Central America complimenting the specialty he created in the seasoning of his mesquite flamed barbeque chicken. However, nothing beats his Cuban Sandwich made with Pork Leg, Ham, Mortadella, Swiss Cheese, Mayo, Mustard, and Pickles. It is absolutely the best in the Valley. They have multiple locations including Van Nuys. Check out their menu a nad locations at <https://www.aypapaquerico.co/menu>

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Apple Cider Vinegar Elixirs You'll Actually Want To Drink

By Contributing Writer

Start your day off with a shot of this immune boosting elixir. Make a large batch, and keep it on hand for a drink that aids digestion, reduces heartburn, and adds healthy probiotics to your gut.

The gut is the epicenter of the immune system. When it is off, your whole body can seem in a funk, with brain fog and a feeling of lousiness. Many people experience heartburn as a result of an out-of-whack gut, while others have stomach pains or skin issues. Often, it is a simple fix of adding



healthy bacteria back into the digestive system to balance. Good bacteria is key to keeping things in check.

Apple vinegar in raw form contains strains of "The Mother." This strand-like substance contains acetic acid, terrific for fighting "bad" bacteria while adding in "good" bacteria. Turmeric is one of the richest herbs when it comes to fighting inflammation in

the body. Turmeric is commonly used to treat IBS and when combined with cayenne pepper, creates a powerful team of antiseptic and anti-inflammatory benefits to treat gut issues.

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much more, infuse it with therapeutic herbs and spices.

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Who knew you would add ACV to a smoothie?! A bunch make ingesting apple cider vinegar extra palatable.



Spicy ACV Lemonade

A trio of pores and skin cleansing elixirs, together with a spicy lemonade made with apple cider vinegar. Bonus: cayenne and cinnamon will give your metabolism a kick too.

Alkalizing Blackberry Cider Fizz Mocktail

Okay, this one won't be the best to drink-clock the identify-however its fiery style means your immune system is reaping plenty of advantages.

If you have got a weak spot for fizzy drinks, this one is for you. The flavors of blackberries, blood oranges, and rosemary assist masks the ACV.

Energizing Autumn Cinnamon-Apple Shrub

Shrubs are one of many traditional methods to get your apple cider vinegar repair. And this recipe retains for up to 6 months within the fridge!

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perrier-jouet.com



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peju.com



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moonglow.com



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katiadesigns.com



Cync Dynamic Effects Light Strips from GE Lighting
Here's a great way to set the mood. GE Lighting, a Savant company, continues to expand its smart-home ecosystem: Cync.
bestbuy.com



Susan's Own Full Spectrum CBD Bath Bombs
Draw a bath and slip into rejuvenating relaxation with Susan's Own CBD's Full Spectrum CBD Bath Bombs.
susansown.com



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bedbathandbeyond.com



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aventon.com



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amazon.com



Creative Pebble Pro Portable Speakers
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A VOYAGE WITHIN A VOYAGE

PRINCESS CRUISES' NEW "360 EXPERIENCE"

By Barbara Beckley

Am I dining in Spain? No, it's Greece. No, France. Yes, yes, and yes... More than an exquisite meal – and it's that, too – the "360: An Extraordinary Experience" is a magical trip around the world. Once seated, we're transported to Princess Cruises' (www.princess.com) exotic ports of call, immersed in the sights and sounds of beautiful destinations, dining on the delicacies of the region – as if we were right there – carried by film and animation to a fabulous hilltop restaurant or beachfront café or fun-filled cantina. Truly an unforgettable new voyage-within-a-voyage onboard the Discovery Princess and Enchanted Princess.

A Secret Worth Keeping!
Introduced in November 2022, the 360 Experience is Princess' newest ultra-innovative, ultra-gourmet, ultra-exclusive perk. Available by invitation only to guests who book a suite on the Discovery Princess and Enchanted Princess, 360 is complimentary, with cuisine you can't get anywhere else. It's also top secret. Even as an LA-based journalist who was invited onboard the Discovery Princess (sailing from Los Angeles through 2024) for a test taste, I was NOT allowed to take photos. Only Princess provided photos.

"360 cocktail?" a server, dressed in a custom 360 logo uniform, asked. "Of course," I replied, lifting the turquoise concoction – custom crafted with Grey



Goose Vodka, blue Curacao, Riesling, cachaca, lemon juice, apple syrup and pear puree – from her tray. The 360 Experience had begun. At a shipboard location known only to invitees. Like VIPs, we posed in front of an award-show style 360 Experience backdrop. Chatted with Rafal Seweryniak, Discovery Princess' 360 Manager and Master of Ceremonies. And enjoyed classical music played by a sequin-clad violinist. Soon it was show-time!

"Follow the violinist!" instructed Rafal. Switching her tune to a classical version of the Love Boat theme, she led us through a hidden doorway – marked "employee access only" – to an inner sanctum of unique wines, cuisine, storytelling, animation, music, aromas and visual film. I-MAX-worthy LED screens covered the circular walls, surrounding a circular counter-like table set for 20 diners only. Servers escorted us to our designated seats, each with uninterrupted views.

Places, People, Food – Oh my!

The lights dimmed. Rafal took center stage as ring master, introducing each segment of our seven-course journey to Greece, the Amalfi Coast, Spain and France. With each course, beautiful scenes transported us to its country of origin via 4K cinematography. Landscapes switched to conversations with regional growers, artisans and purveyors, explaining their choice of ingredients and cooking methods – of the very food we had on our plates! Speaking of plates. And table tops. They're part of the show. Tapping my plate at the

end of the Santorini course – it broke into pieces via animation – in true Greek style. A table-top tap during the Barcelona entrée produced an animated bull.

And wines! Each dish featured matching wine from the region. Many not available elsewhere on the ship or even outside its region. Like the Lacryma Christi del Vesuvio (Tears of Christ) from Naples poured with (my favorite) the Amalfi Coast mozzarella and heirloom tomato salad. And crazy Spanish grenache aged for six months in the ocean – believe it or not – off the Costa Brava. Bits of sea life were still clinging to the bottles as Rafal and staff filled our glasses to accompany the Spanish truffles. Even Brook Shields plays a part! Narrating the 360 storyline of a woman reliving her Mediterranean adventures.

Course by delicious course, we sailed the Mediterranean. Beginning in Santorini coming face-to-face with the growers, who told us Greece has the world's oldest olive trees – as we enjoyed their olives and Greek ouzo. Then on a hill-side café overlooking the Amalfi Coast – which we learn is famous for lemons. Voila, our entrée is a lemon pasta! The scents and colors of Provence made a beautiful finale. Plunging into lavender fields, we learn honey and lavender are a popular combo. Proof is in the pudding – a delicious dessert of crumbled honeycomb and lavender. What's France – and the 360 Experience – without French Champagne! Popping and pouring, Rafal led a rousing closing Champagne toast! A perfect ending to a perfect Experience.

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100 NEW PATHS OF DISCOVERY FOR MEDIA PATH PODCASTERS

FRITZ COLEMAN AND LOUISE PALANKER

By Staff Writer

For nearly four decades, Los Angeles came to know and love Fritz Coleman through his gig as the weather reporter on KNBC, where his affable demeanor (honed in his early years of stand-up comedy) made him a staple of local news. But when he retired from his weather gig two years ago, Coleman knew he wasn't done working. "That 11 o'clock news kept me from a lot of things," he recalls. "Now I could do all

**"And now, here's
Fritz Coleman with
the weather."**

histories.

Every show includes discussion of current cultural events and recommendations from the hosts, as well as extended, deep-dive discussions with figures who have had meaningful and memorable impact on the media world we experience. While many of the subjects will be familiar to Baby Boomers and Gen X'ers, the spirit of inquisitiveness, curiosity, and sharing that Fritz and Louise bring to each episode will ring familiar to newer generations who may be hearing about these subjects, people, and stories for the first time.

For Louise Palanker, who has been producing radio entertainment for decades and successful podcasts since 2005, that sense of serious and thoughtful discovery and discussion is what drives the podcast: "We can rediscover the things that matter to us and celebrate what we love." For Coleman, the show is a new way for him to share his passion and curiosity about the world in the same charitable spirit that earned him Congressional recognition as "Humanitarian of the Year" for his work with the American Red Cross. "It's a great release valve of the pent-up energy from forty years of weather reporting," he says.

And now – back to you Fritz and Louise, for more journeys on the MEDIA PATH.

<https://www.mediapathpodcast.com/>



those things that massage my soul, be curious more, and discover more."

That's the impetus behind MEDIA PATH PODCAST, co-hosted by Fritz and Louise Palanker, veteran radio producer and documentarian. With 100 episodes released so far, MEDIA PATH is a look back at what has defined our media for the past half-century. With guests as eclectic as Congressional leader Adam Schiff, television legend Henry Winkler, Grammy winning songwriter Diane Warren, and "Double Dare" host Marc Summers, each week is a journey down a new path of remembering, learning, and reevaluating our shared memories and

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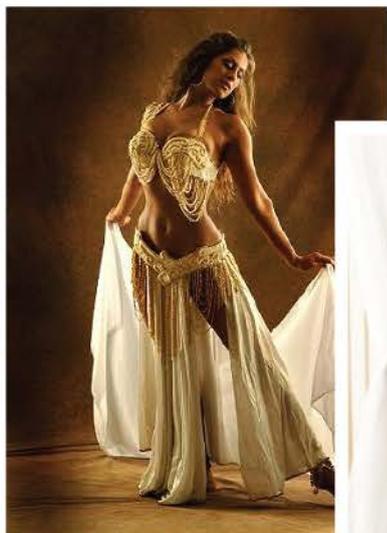
BELLY DANCING BUILDS CONFIDENCE AND SELF-ESTEEM

By Contributing Writer

Belly dancing can build your confidence and self-esteem by correcting, reinforcing, and uplifting the many qualities which make you the best person that you can be.

The personality of a person refers to their birth traits. For instance, you hear statements such as she was born happy and free-spirited. Another example often heard is that the person is an introvert or an extrovert.

Regardless of your inborn traits building confidence and self-es-



teem is considered to be a part of your character. We build our character traits by learning and changing our behaviors. A common phrase which is often heard is... "She or he is a trustworthy and honest person.

Regardless of our unchangeable personality (because this is what we are born with), we can improve our character by learning and changing our behaviors.

Confidence and self-esteem is lost when we are feeling nervous, unsure, and self-conscious about our being.

This can be corrected by correct and factual knowledge. Knowing



Learning to belly dance helps build our confidence and self-worth regardless of our personality type.

that the knowledge of the dance is correct is important to not make mistakes or create misunderstandings of communication.

Practicing is critical in order that we perform the movements as accurately as possible for correctness and in the case of ethnic or folkloric dancing it needs to be historically accurate as much as possible to not insult the culture being represented.

The teacher plays a critical role in analyzing and correcting movements to reinforce that the dance steps and movements are accurate and well executed. This is additional training which strengthens knowledge.

It is uplifting to have the knowledge, skills, and talents to dance or perform at one's best with or without an audience.

The most frightening experience for a student is their first time public performance. But, because she was prepared, the applause and the comments from the audience rewards her with confidence and self-esteem.

It has been my experience as a Middle Eastern dance instructor that regardless of whether you are an extrovert or an introvert it does not mean that you are confident. An extrovert can be a show off and hide the fact that she is not confident. An introvert may be quiet but have a great deal of confidence.

In the classroom every student is enjoying herself as this dance is a lot of fun. Also comforting is to see how many other women are socially interacting and enjoying others with similar interests. Many life-long friendships are developed during classes. A bonding occurs making each woman feel strong and sure and able to overcome any negative thinking or influences.

Belly dancing is an intimate experience of mental, physical, and spiritual awareness unlike any other dance style because it is a dance which displays the inner being.

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Does Your Cat miss You When you are Not at Home?

By Contributing Writer

Do cats miss their owners?

The hearts and minds of our feline friends are complex places to go wandering about in, but thankfully, some brave researchers have done just that and they've turned up some interesting and rather contradictory findings.

In one camp sit those who believe that not only do cats not miss their owners, but that they're fully aware that they don't need humans in order to survive. A 2015 study (opens in new tab) carried out at the University of Lincoln concluded that unlike dogs, cats don't need people in order to feel protected.

Cats know that they're independent and capable of surviving on their own and while the study showed that cats are still able to form deep bonds with their chosen people, they don't need them to feel safe and secure in the same way that dogs do.

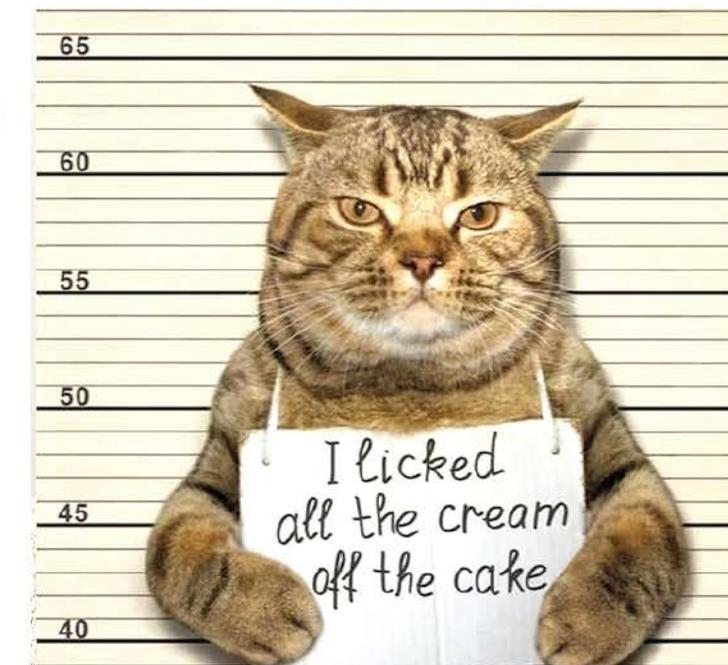
But while the study showed that the highly autonomous nature of cats means they don't miss their owners in the same way that dogs do, there are plenty of experts that disagree.

One of those is Tim Link (opens in new tab), an animal expert and author of the book "Talking with Dogs and Cats: Joining the Conversation to Improve Behavior and Bond with Your Animals," who believes that cats experience separation anxiety just as much as dogs do when their humans go away.

"Cats can suffer from separation issues just like dogs do. Some handle it better than others but,

they all want to know what's going on when we leave the house. They want to know when we are going to return home and want to make sure we arrive when we say we are going to. Our cats can be just as concerned as our dogs when we leave and just as excited when we arrive. It doesn't matter if we are simply going to check the mail or are going to be gone for multiple days."

However, Link also points out that just like us humans, every cat is unique and how much they miss



their owners will exist along a continuum, with some cats being naturally more aloof and others being more attached.

So, with nobody being quite sure of whether cats miss their humans and if they do, to what extent, how do you know whether

yours does or whether they truly are indifferent?

If you notice that you return home and your cat purrs or engages in extra stretching, that's a good sign your feline fur baby has missed you while you've been away. For many cats, having their owners close by after a period of absence helps them to feel safe and secure again. Not only is it a great compliment and shows how much they love you, but it's also their way of reconnecting with you.

Managing separation anxiety can be as simple as providing plenty of the best cat toys to keep your kitty occupied when you're away from home or using a chill-out gadget, such as Feliway, to help reduce stress.

Cats are a tricky animal, sometimes hard to read, but want they really want at the end of the day is your affection.

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MOST EXPENSIVE SUITES IN THE WORLD

By Contributing Writer

Here are the most expensive suites for your next luxury vacation.

Sky Villa, The Palms Fantasy Suites Hotel, Las-Vegas

Sauna, table for playing poker, personal butler and training gym, - these await visitors of this three-room suite with 9000 square feet. The drawing-room admits up to 250 persons and the terrace with the swimming pool - 50 persons. \$25,000

Bridge Suite in Atlantis Resort Hotel, Paradise-Island (Bahamas)

The first thing that you notice in this ten-room suite is the arch



and marble floors. The sitting room with high ceilings and French doors leads to the spacious terrace. There is a chandelier made of 22-carat gold hanging over the dining table. The magnificent views over the Atlantic can be observed. There is a bed 10 feet high in the main bedroom. \$25,000

Royal Penthouse, President Wilson Hotel, Geneva (Switzerland)

This four-room luxury suite with an area of 17200 square feet

has a private lift, windows made of bullet-proof glass and six bathrooms. The sitting room places up to 40 guests and has a table for billiard. There is a dining table made of mahogany for 26. You can see the view of Geneva lake or Mont blank through windows. \$23,000

Hans Badrutt Suite, in Badrutt's Palace Hotel, Saint-Morits (Switzerland)

This suite de luxe with 918 square feet is not the largest but is splendid. Its marble hall is suitable for cocktail party for 8. The sitting room with parquet bottom is decorated with the piano and glass chandelier. Each three bedrooms is adjoined with a bathroom decorated with Italian marble. From the Jacuzzi in the main bathroom you can admire a marvelous view. \$16,700

Presidential Suite, Mandarin Oriental Hotel, New-York

One of the places of interest of this suite are splendid views. There are two bedrooms. The working room is fitted with panels of Mozambique tree, decorated with the carpers made by hand and Eastern artefacts. The walls of the main bathroom are onyx. \$15,000

Grand Suite, Grand Wailea Resort, Hawaii

From the windows of this two-room suite with an area of 5500

square feet you can admire views. There are Sony flat screens and stereo systems . In the main bedroom is a bed with curtains. Guests also get their own butler. \$15,000

Coral Suite, Four Seasons Resort Punta Mita, Mexico

A five-room suite has the total area of 9000 square feet with butler services. There is a patio, swimming pool, training gym, tv-set with plasma panel. The guests are also offered massage in spa. \$15,000

Royal Suite in Burj Al Arab Hotel, Dubai (UAE)

This two-room duplex with an area of 8400 squares feet faces the Arabian Sea and is decorated with carpets with leopard patterns. There is a cinema and a sitting room in Arabic style. You can see a bedroom with rotating bed. The floors are connected with stairs made of marble and gold. Guests are offered personal toilet articles from Hermes. \$13,600

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Enhance Your Way Of Living, Health and House With A Steam Shower Room

By Contributing Writer

Are you tired of the usual shower or bathtub? If so then think about a steam shower.

Times are continually altering and the days when such luxuries were only in pricey hotels or med spa hideaways are now becoming commonplace. Growth in innovation, as well as resourcefulness, has enabled the steam shower and steam shower bath to become a cost-effective attribute we could make all delight in within our home.

These real wonders of technology supply all the improvements of a standard shower along with a whole host of fascinating features all based within the boundaries of a self-enclosed shower unit. The variety of steam units readily available on today's market is enormous all based around a tiny component that generates steam, therefore the name "steam shower." Unlike the steam room found in several resorts and also health and fitness facilities where steam is produced via turning water into the gas via pressurized nozzles, the steam shower utilizes its steam generator. The steam generator is a tiny yet powerful device that is constructed into the base of

each work area, this incorporated with the reality that the work area seals shut makes the specific optimal exposure with the minimum quantity of steam losses.

The choice of steam is just a tiny component for terrific functions provided with each system. The inspiration behind the steam shower has made it possible for a nearly infinite quantity of advantages as well as alternatives available to offer a genuinely excellent shower or showering experience.

For those who enjoy the technological component side of points, you have a fantastic range of cutting-edge devices to experience such as radio, television, hands cost-free telephone and also CD, MP3, and iPod compatibility. These are all constructed into the room as well as being remotely controlled via the main control board.

The advantages do not finish there! You are additionally presented to the chromo-therapy lights, which is a selection of ambient colored lights which assist in reducing your state of mind, overhanging monsoon showerhead which sits within the roof covering of the unit; this supplies a rains impact from its large showerhead. After that for those that delight



in showering and also showering you could pick from a choice of steam shower bathrooms which includes a whirlpool bath within the base of the unit.

As soon as you have experienced all the technological advantages, you are after that presented to a substantial array of restorative and wellness offering characteristics. The entire idea of these fantastic systems is regarding leisure as well as serenity. The mix of steam and also warm water opens up a host of therapeutic benefits, such as help in the direction of respiratory system issues, raised blood flow, excitement to airwaves

as well as the lymphatic system, alleviation towards pains and discomforts or even assist in slimming down plus a lot more aspects.

The steam bathroom is offered for one or 2 people to shower or shower inconvenience as well as are made in a variety of forms as well as dimensions to fit all dimensions of the washroom. Each system is freestanding, comes flat packed for maneuverability and is quickly set up. All in all the steam shower or steam shower bathroom is a total investment in the direction of your home and also the lifestyle.



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Saturday Evening April 1, 2023 at 8:00 pm

PROGRAM

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- Schumann: Symphony #4 in D minor
- Tchaikovsky: Violin Concerto in D major - Wenlan Jackson, violinist

(Pre-Concert Lecture starts 7:30 pm)

James Domine, Music Director & Conductor

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Program subject to change

By Andrews McMeel Syndication

Top Stories

This Weeks Stories...

Sure, your fancy SUV may have ventilated seats and Wi-Fi, but does it have electrified door handles? The Guardian reported on Jan. 25 that a new vehicle has hit the market targeted at the particularly fearful driver -- the Rezvani Vengeance. Costing up to \$499,000, the Vengeance has bulletproof glass, strobe lights, wing mirrors that emit pepper spray and no back windshield -- instead, the driver can monitor a live video stream of what's going on behind the car. Sure to win you a popularity contest in the pickup lane at your kid's school, the Vengeance also has a loudspeaker so you can call to little Timmy without leaving the safety of your seat. Extras include bulletproof vests, helmets and gas masks. The Irvine, California, company teases potential buyers on the website: "Vengeance is yours." Wow.

Five lucky participants will clear a cool \$1,000 to do what they wanted to do anyway: Eat cheese before bedtime. Fox5-TV reported that Sleep Junkie, a mattress review website, hopes to test the legend that eating cheese before bed causes nightmares, so they're asking "dairy dreamers" to consume a wide variety of cheeses, log their sleep and provide feedback about sleep quality, energy levels and bad dreams. The best part? Participants will be reimbursed for the cheese! The catch: You have to sleep alone.

Police Report

A 31-year-old woman was charged with two counts of robbery and possession of a weapon (ahem) on Jan. 22 in Winnipeg, Manitoba, after a puzzling attempt to steal a pizza, the CBC reported. Around 3 a.m., she allegedly entered a crowded restaurant and demanded a pizza, brandishing a firecracker as a threat. She was denied the pie, so she lit the firework and ran off with a pizza. Outside the restaurant, she got into a cab, but the driver asked her to get out because she was being belligerent. When the driver stepped out of the car, she jumped into his seat and took off, dragging the 54-year-old several meters down the street. Officers caught up with the stolen cab and caught the pizza thief when she became stuck in a snowbank.

That Rule Doesn't Apply to Me

A dump truck driver in Contra Costa County, California, either couldn't read or didn't care when he barreled through a road closure barricade on Jan. 23, KTVU-TV reported, and ended up with his front left wheel in a sinkhole. The "road closed" sign was found beneath his vehicle, and the driver escaped without injury. Excessive rains have caused "flooding, mudslides, sinkholes and other issues" in the area, county officials noted.

Bright Idea

If you're looking for a crafty project for 2023, the online shop Savor has you covered, Slate reported. For the low, low price of \$46.95, you can put together your own "In Case I Go Missing" binder, which Savor says "makes it super easy for the true-crime obsessed to record their key stats for their loved ones." Those facts include medical and financial information, fingerprints and lists of "hangout spots." One woman said she added "a hair sample just in case they need it for DNA testing." Elizabeth Jeglic, a professor at the John Jay College of Criminal Justice, soothingly says, "The majority of adults will not go missing or be kidnapped." Her colleague Patrick McLaughlin offers some ideas for the kit, though: recent photos, the unlock code for your phone, pics of tattoos, scars or birthmarks, handwriting samples -- but he warns that such binders might not be admissible as evidence.

That Guy

Dennis Garsjo, 73, of Glasgow, Montana, may not know your name when he greets you on the street, but he'll call out to you anyway, using your birthday. "Top of the morning to ya, April 11," he might say, according to KRTV. Garsjo has memorized more than 3,000 birthdays and says he came by the talent naturally. "My mother remembered all our relatives' birthdays before she started getting dementia," he said. "I don't think my talent is all that special. I'm more impressed by musicians who can play a song from memory on the piano." Still, residents of Prairie Ridge Village, where he works, enjoy The Birthday Guy, as he's known, and he loves surprising people with their special day.

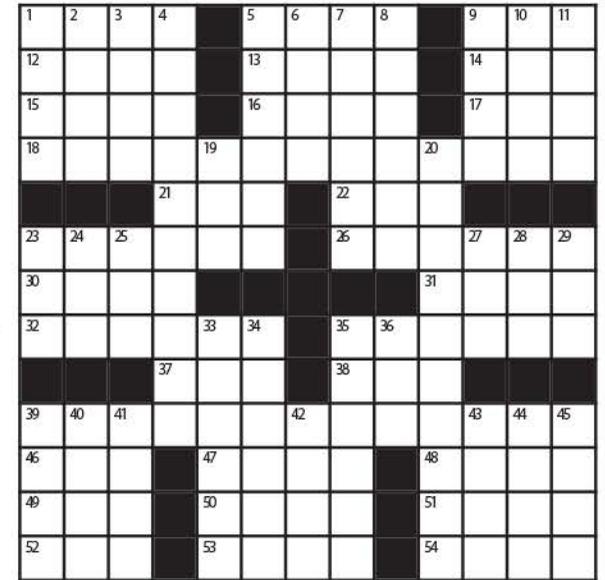
Across

1. Raindrop sound
5. Increased by
9. "The ____" (Uris novel)
12. Second
13. Great-____
14. Era
15. Broadway brightener
16. ____ fry
17. Color
18. Get past the worst point
21. At this time
22. Walking bird
23. Cut
26. Islamic opinion
30. Voice
31. Sizable sandwich
32. Bring order
35. Sound ____
37. Collection of misc. info
38. Busy creature
39. Amusement park equipment
46. Microbrewery output
47. Wing like
48. Dover ____
49. Tanqueray
50. Email confirmation message
51. Elvis offspring
52. Morse Code alert
53. Views
54. The original "matter"

Down

1. Breathe heavily
2. Location
3. Stench
4. Herb with purple blue flowers
5. Iranian language
6. Pear-shaped instrument
7. Agency concerned with kids' health
8. Framework of chloroplast
9. Chemistry Nobelist Otto
10. Malarial fever
11. Ridicule
19. Koppel or Kennedy
20. Pitilessly
23. Headgear

Print this Page! Ctrl + P



24. Thrilla in Manila boxer
25. ____ be good if
27. Itty-bitty
28. "We ____ Family"
29. Bell ____
33. Disquiet
34. Negotiate
35. Cancels
36. Swell
39. Tattered clothes
40. Assortment
41. Zooming device
42. Christmas candy stick
43. Slog
44. Choice word
45. 500 sheets



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

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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



The Importance of Baby Sign Language

By Contributing Writer

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

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

The skill to express simple things might aid interaction by creating a link to spoken words. It can even aid in the subsequent development of spoken and textual modes of interaction.

The Advantages of Sign Language for Infants

The following are advantages of teaching your children signing language:

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

Most sign language families claimed young children could express more. It can be tough to know why kids are acting the manner they do. Gestures allow kids to convey themselves differently.

What Is the Best Way to Teach Toddler Sign Language?

Create the sign every time you utter a phrase. The secret is dedication and perse-



in combination with talking loudly. It is essential to display the gesture and utter the phrase or word.

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

The following will help you teach faster:

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

Parents want gestures to serve as a link to spoken communication. Continue to use the gesture whenever you say that term it represents.

Don't Be Too Fast In Signing Off

Toddlers acquire by repeating. When you're questioning the kid whether he's thirsty, use the "drink" gesture many times as well as phrase the query in a unique manner each moment: "Do you want anything to eat?" "Would you like to have food?" etc. When creating a gesture for a thing, indicate it, state the location, and subsequently do the procedure thrice more.

After several weeks, broaden the toddler's vocabulary using gestures of items that excite him. Kids like making gestures for items they adore, like books, toys, dolls, caps, even pets.

verance: Utter the phrase "milk" and make the "milk" gesture each time you offer the kid milk.

Specialists advise that whichever gestures parents choose to introduce initially must be utilized

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Five Tips To Help Save Your Child From Tech Addiction

By Contributing Writer

Could too much tech time lead to unruly behavior or even worse with your child?

An Iowa teen recently ran away from home when his parents took away his cellphone.

taking away his cellphone was certainly a contributing factor to an argument between the child and his parents.

Today many youngsters are becoming addicted to their tech devices at an early age. Many parents are giving their kids iPads and tablets at age 2, some even younger.

Studies are beginning to appear indicating the problems associated with tech addiction.

Too much device time can lead to a slow development of social skills and a lack of communication. It can have long term physical effects too with brain development and related issues.

Here are five helpful hints to reduce tech dependency and increase healthy conversations.

1. Give very young children blocks and toys, not devices. The best toys will engage a child's senses, spark their imaginations and encourage them to interact with others.



phone encourages more conversations, and discourages internet access and app use. If you must provide your child with a phone because you don't have a land line, and your child stays home alone, or you need to pick your child up from school or practice and need to be able to communicate, a flip phone will suffice.

4. Maintain "device boundaries" between your child and their friends so it does not dominate their life. When you schedule playdates, sleepovers, and social outings... ask

the parent what their device policy is and respect it. Don't allow your child to bring their device to a friend's house if that family has a device free policy. If you must reach your child, obtain the parent phone number to contact your child.

5. Learn how to limit screen time and block content. If you have concerns about technology, but not to the point where you feel it must be taken away all together, educate yourself on the best products on the market to block content, enforce screen time limits, etc. Some good apps for this are Circle, and Bark.



As reported by most major outlets the 13-year-old was found dead some five days later.

While no one will ever know what truly caused the death of this child, and several issues could have impacted his behavior,

As they grow, infants can use toys to explore object permanence and cause and effect relationships. They also need objects such as blocks to help build motor skills and hand-eye coordination.

2. Parents need to put their devices away and set a good example. Society demands can be rugged but mom and dad need to stay off their devices and talk to their kids. Create device free times around dinner and later. Engage with your kids by playing board games and other activities that encourage conversation. Work related messages can always be answered after the children have gone to bed.

3. Consider giving your child/teenager a flip phone rather than a smartphone. A flip



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

ENROLL AT
CSUN.EDU/TADW

Tips To Help You Buy A Flawless Wedding Dress



By Contributing Writer

If you are looking for some tips to help you purchase the best wedding dress, welcome to the right place. With the right tips on your mind, you can avoid common mistakes and purchase an outfit within your budget limits. Apart from this, you will be able to get your hand on an outfit that will fit and look great on you. Without further ado, let's go through some useful tips. **Set a Budget**

Before you go on this adventure, we suggest that you decide on your wedding budget. And then, you don't want to go beyond this limit. This will help you narrow down your choices and set your expectation. After all, you don't want to end up buying the wrong type. **Start looking for your favorite outfit at least 9 Months Ahead**

If possible, you should start your search at least nine months before the big day. Generally, designers take at least 4 to 10 months before the wedding dress is ready. They have to make a lot of alterations in order to make the dress fit you perfectly.

If you don't have that much time, you may look for designers that can provide rush services. However, they will charge you additional fees for their services. **Do Your Research**

If you are overwhelmed by tons of options, we have the solution for you. What you need to do is do your research and make a shortlist of the most important factors that will decide this purchase.

After your research, you will be able to have a list of 5 to 6 outfits that you can choose from. **Check out social media platforms**

You can also use social media websites to look for your favorite gowns. If you check out Instagram and Pinterest, you will be able to see endless options. You can also check out your favorite bridal salon, designers and blogs check out their collections.

Make a list of relevant keywords to search online

You may want to make a list of some keywords that will help you look for your best wedding outfit. For example, you can use two keywords "silk" and "tailored" to start your search. What you need to do is look for something that represents your style and personal preferences.

Make your Appointments

It is better that you schedule your appointments at the end of the week. This will give you plenty of time to try on your favorite outfit and make an informed decision. It is not a good idea to schedule all of your appointment on the same day as this will cause frustration and stress.

Long story short, if you are going to purchase a wedding dress for yourself or a friend, we suggest that you follow these basic essential tips. After all, you want to avoid some common mistakes and get a dress that will be within your budget. So, we suggest that you go through this article once again before heading out to make this purchase.

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