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ONE FOR MY BABY

By Arnold Bassett

All Roads Theatre Company will kick on their 2025 Season with the World Premiere musical ONE FOR MY BABY, presented in association with Fred Barton, Sheri Clark Henriksen, Jeramiah Peay and Brian Zucker with Music by Harold Arlen, Lyrics by Ted Koehler, Johnny Mercer, E.Y. Harburg and Ira Gershwin, Book by Scott Thompson and Fred Barton with Music Arrangements by Conductor Fred Barton, Directed and Choreographed by Scott Thompson.

Broadway stars Lana Gordon (Hadestown, Chicago) and Luba Mason (Jekyll and Hyde, How



Luba Mason

To Succeed In Business Without Really Trying) lead a cast of 28 other performers, supported by a 12-piece Big Band, in the new musical which will be presented for nine performances, March 14 – 23, 2025 on the Debbie Reynolds Main Stage at the El Portal Theatre, 5269 Lankershim Boulevard (at Weddington Avenue), North Hollywood, CA 91601. Parking is available on streets surrounding the theatre.

Scott Thompson, Co-Founding Artistic Director of All Roads Theatre Company and Director and Choreographer for ONE FOR MY BABY, said: "It is thrilling to bring Los Angeles audiences a spectacular new world premiere musical with an all-star cast, high-octane choreography and a beautiful story told through some of the greatest songs of the 20th century."

Fred Barton, Co-Founding Artistic Director of All Roads Theatre Company and Music Arranger and Conductor of Stage Band for ONE FOR MY BABY, said: "Our new company will provide opportunities for performers, musicians, designers and technicians here in the Los Angeles area.

The score for ONE FOR MY BABY features 24 legendary Harold Arlen songs, including "Get Happy," "Stompy Weather," "The Man That Got Away," "Blues In The Night,"

"That Old Black Magic," "Come Rain or Come Shine" and the title song, "One For My Baby."

ONE FOR MY BABY is a tale of lust, heartbreak, greed and redemption. As the story unfolds we are introduced to a colorful crowd of characters in the manner of old Hollywood all-star movies such as "Grand Hotel" or "Dinner at Eight." Set in 1947, Panama Jones, a sophisticated African-American diva oversees one of the sexiest nightclubs in town, Dreamland. Tess Fleming, a wealthy, glamorous socialite, relentlessly promotes her handsome new singing beau, Rick Anderson, to Dreamland's owner, Duke Sullivan, never imagining that her chic best friend Meredith Allen has designs on Rick for her own shocking purposes. Meanwhile, a knockout newcomer showgirl, Kitty McVey, and her smitten boyfriend, hooper Eddie Parsons, vie for performing jobs at Dreamland, while Ethel, the club's cigarette girl, is smitten with Eddie herself. Current club headliners, Jackie James (niece of Panama Jones) and her husband Keith, struggle to maintain their marriage and professional foothold against underworld skullduggery. Drama and intrigue lurk at every turn for this kaleidoscope of characters in this glittering, film-noir, jazz-drenched world.

Performances for ONE FOR MY BABY will be given on Friday, March 14, 2025 at 8:00 p.m. (Preview), Saturday, March 15, 2025 at 3:00 p.m. (Preview), Saturday, March 15, 2025 at 8:00 p.m. (Opening Press Night, Special Gala), Sunday, March 16, 2025 at 3:00 p.m., Thursday, March 20, 2025 at 8:00 p.m., Friday, March 21, 2025 at 8:00 p.m., Saturday, March 22, 2025 at 3:00 p.m. and 8:00 p.m. and Sunday March 23, 2025 at 3:00 p.m.

Tickets for ONE FOR MY BABY range in price from \$42 – \$135. A Special Gala performance will be held only on Saturday, March 15th at 8:00 p.m. for \$175, which includes a party and champagne with the cast. For tickets and more information, call the El Portal Theatre Box Office at 818-508-4200 or buy online at www.elportaltheatre.com Box Office Operators are available by phone from 9:30 a.m. – 4:30 p.m., Monday through Friday. Box Office Hours are 3:00 p.m. – 8:00 p.m. on weekdays, and from 12 Noon until show time on matinee days. Network with us on Instagram @all_roads_theatre_co and on Facebook @AllRoadsTheatreCompany

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SPRING

Festival Preview

Spring in Southern California is unlike anywhere else. As winter loosens its grip, the region bursts into vibrant life. From cultural carnivals to wine tastings, from music festivals to art walks, spring is the season when local communities open their doors.

Here are the must-attend spring events spanning Los Angeles County, Ventura County, and Santa Barbara County in 2025. We've included everything from iconic favorites—such as the Ventura Spring Wine Walk, the Santa Clarita Cowboy festival, and the Scandinavian Festival in Thousand Oaks—to family-friendly gatherings like the Springtime Easter Festival at Underwood Farms and Temple Judea's enormous Purim Carnival in Tarzana. You'll also find emerging gems, culinary celebrations, and offbeat experiences like the Paranormal Cirque, ensuring there's something for everyone.

St. Patrick's Day at Topanga Social

Date: March 17, 2025, 1 p.m. – 6p.m.

Location: Topanga (Los Angeles County)

Website: www.eatplaytopangasocial.com/events/st-paddys-day-celebration

Overview: Kick off the season of green at Topanga Social's St. Patrick's Day party. Enjoy live Celtic music, traditional Irish fare, and themed craft brews. Local artisans set up pop-up booths offering handmade jewelry and art, many with Celtic motifs. This laid-back yet lively gathering captures Irish hospitality.

Temple Judea's Purim Carnival

Date: March 16, 2025, 11 a.m. – 3 p.m.

Location: 5429 Lindley Ave., Tarzana (Los Angeles County)

Website: www.templejudea.com/purim-

Overview: Temple Judea hosts the biggest Purim Carnival in the region. Families arrive in colorful costumes ready to enjoy rides, games, and traditional treats like hamantaschen. Live music, dance performances, and a costume contest showcase the joyful essence of Purim, drawing both congregants and curious visitors eager to learn about Jewish traditions. Don't miss the charity drive and educational stations.

Santa Barbara Earth Day Festival

Date: April 26, 27, 2025

Location: Alameda Park, 1400 Santa Barbara St., Santa Barbara (Santa Barbara County)

Website: www.sbeearthday.org

Overview: Santa Barbara is known for its environmental leadership, and this Earth Day Festival underscores that reputation. The two-day event features eco-friendly products, farm-to-table food vendors, and interactive workshops on topics like composting, renewable energy, and conservation. Families can partake in children's activities and educational booths, while music lovers can enjoy live performances.

Santa Clarita Cowboy Festival

Date: April 12 - 13, 2025, 10 a.m. – 6 p.m.

Location: William S Hart Park, Old Town Newhall (Los Angeles County)

Website: www.cowboyleft.org

Overview: Saddle up for a weekend of Western flair. Rodeo competitions, authentic chuckwagon cuisine, and boot-stomping country music set the tone for this tribute to the region's ranching roots. Expect to find vendors selling cowboy hats, boots, and handmade leather goods. Interactive areas teach rope tricks and line dancing. Stick around for the evening campfire storytelling sessions.

Spring Wine Walk

Date: May 31, 2025

Location: Downtown Ventura (Ventura County)

Website: www.springwinewalk.com

Overview: The Spring Wine Walk is a sophisticated evening that combines coastal charm with taste. Stroll through downtown Ventura as you sample curated flights from boutique wineries and artisan food pairings. Street musicians provide ambiance, and local artisans display crafts ranging from paintings to handcrafted ceramics.

Paranormal Cirque

Date: March 7 - 24, 2025

Location: Hemet, Torrance, Woodland Hills (Los Angeles County)

Website: www.paranormal-cirque.com

Overview: Paranormal Cirque pushes the boundaries of traditional circus. With a gothic twist, acrobats, contortionists, and illusionists dazzle audiences. The labyrinth layout offers interactive haunted attractions and mysterious fortune-telling booths.

Springtime Easter Festival – Underwood Farms

Date: March 26 – April 21, 2025, 9 a.m. – 6 p.m.

Location: 3770 Sunset Valley Rd., Moorpark

Website: <https://underwoodfamilyfarms.com/springtime-easter-festival>

Overview: Perfect for families, the Springtime Easter Festival transforms

Underwood Farms into a pastel paradise. Children can participate in egg hunts, meet the Easter Bunny, and decorate eggs, while parents enjoy live music and food trucks. Arts and crafts stations invite creative expression, and there's often a community raffle supporting local charities.

Scandinavian Festival – Thousand Oaks

Date: April 5 - 6, 2025

Location: California Lutheran University, 60 W Olsen Rd., Thousand Oaks (Ventura County)

Website: www.scandinavianfest.org

Overview: Journey to the Nordic lands. Traditional music and folk dancing fill the air, while artisan vendors showcase handmade knitwear, wooden crafts, and other Nordic-inspired goods. Foodies can savor delicacies like Swedish meatballs, Danish pastries, and lingonberry treats. Educational exhibits and children's activities round out the experience.

Happy Face Music Festival – Simi Valley

Date: May 24, 2025, 10:30 a.m. – 7 p.m.

Location: Simi Valley (Ventura County)

Website: www.happyfacemusicfest.com

Overview: The Happy Face Music Festival curates an uplifting lineup of artists spanning indie rock, pop, EDM, and reggae. Attendees can enjoy yoga sessions, art installations, and community-driven activities that promote mental wellness.

Pasadena Art Night

Date: March 14, 2025, 6 p.m. - 10 p.m.

Location: Pasadena (Los Angeles County)

Website: www.pasadenaroseartshow.com

Overview: ArtNight is Pasadena's

signature cultural event. It is a dynamic arts and cultural open house--showcasing visual arts, literary arts, dance, music, and theater.

Santa Barbara International Orchid Show

Date: March 7 - 9, 2025

Location: Earl Warren Showgrounds, Santa Barbara (Santa Barbara County)

Website: www.sborchid-show.com

Overview: The Santa Barbara International Orchid Show offers dazzling displays of rare and exotic orchids from around the globe. Renowned growers and hobbyists showcase stunning blooms. Visitors can purchase orchids, supplies, and books, while experts lead seminars on orchid care. The beauty and diversity of these delicate flowers

highlight spring's most vibrant hues.

California Strawberry Festival

Date: May 17 - 18, 2025

Location: Oxnard (Ventura County)

Website: <https://castrawberryfestival.org>

Overview: Attendees can savor everything strawberry—shortcake, smoothies, chocolate-dipped, even jams. Family-friendly activities include contests like the Strawberry Pie-Eating Competition, while artisanal vendors sell handcrafted souvenirs. Multiple stages offer live music, from pop to traditional mariachi.

2025 St. Marks In The Valley Spring Classic

Date: May 10, 2025, 5:30 p.m. – 8:30 p.m.

Location: St. Mark's in the Valley Episcopal Church, 2901 Nojoqui, Los Olivos (Santa Barbara County)

Website: www.smitv.org/2025-spring-classic.html

Overview: For a more intimate wine experience, head to the charming town of Los Olivos. The Spring Wine & Food Classic pairs the region's best varietals with gourmet bites from local restaurants.



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*"Everyone absolutely loved the show...
the energy was tremendous!"*



Tips for a Fantastic Spring Festival Season

Plan Ahead: Check each festival's website for tickets, parking information, and any last-minute changes. Some events, like popular wine walks or large music festivals, may sell out or require reservations.

Dress Comfortably: Spring weather is generally mild, but mornings and evenings can get chilly. Wear layers, comfortable shoes, and don't forget sunscreen—especially for daytime events.

Stay Hydrated and Sustainable: Many festivals are making strides in sustainability. Bring a reusable water bottle, utilize recycling stations, and support eco-conscious vendors.

Explore Local Attractions: Each region offers its own charms, from beaches of Malibu and Santa Barbara to the hills of Ventura County and urban excitement of Los Angeles. Turn a festival trip into a mini vacation by exploring local landmarks, hiking trails, or historical districts.

Embrace the Culture: Whether you're diving into Greek traditions or rocking out at a music festival, immerse yourself in the unique flavors, tunes, and customs.

Southern California's spring festival season promises a colorful chorus of sights, sounds, and flavors—an ode to renewal and community gathering. Whether you're seeking peaceful vibes, spirited dance, or a family day out at an Easter egg hunt, the region offers something that speaks to adventure and wonder.

Ultimately, these festivals remind us that life is a tapestry of shared experiences. They break down barriers, unite people from different backgrounds, and spark conversations. In a world often moving too fast, these spring celebrations encourage us to pause, appreciate beauty, and remember that we are all part of a greater, ever-blossoming community.

As the days grow warmer and the wildflowers unfold, let your curiosity bloom—ready to delight your senses, broaden your horizons, and fill your spring with indelible memories. Pack your spirit of adventure and prepare to embrace the energy, culture, and heart of the Golden State this spring. Here's to a season of exploration, connection, and pure revelry under the Southern California sun!

Downtown Santa Barbara LIVE Art & Wine Tour

Date: May 15, 2025, 5:30 p.m. – 9:30 p.m.

Location: Downtown Santa Barbara (Santa Barbara County)

Website: www.downtownsb.org/events/art-and-wine-tour

Overview: Art galleries, boutiques, and tasting rooms collaborate for an evening that pairs fine art with fine wine. Stroll through galleries



hosting artist receptions, sampling Santa Barbara County wines. Street musicians and live painting demonstrations make the night a multi-sensory experience. The event culminates with an after-party on a rooftop overlooking Spanish-style architecture and the sparkling Pacific.

Embracing the Spirit of SoCal Spring

With these events sprinkled across Los Angeles County, Ventura County, and Santa Barbara County, you'll find no shortage of reasons to explore during this enchanting season. The sheer diversity of the festivals showcases the cultural mosaic that defines Southern California. Each festival provides a gateway to new experiences, offering opportunities to learn, taste, dance, volunteer, and connect with people who share a passion.

Stroll along tree-lined streets as you sample Syrahs, Chardonnays, and Pinot Noirs, each matched with small plates.

SoCal Cinco de Mayo Fiesta

Date: May 5, 2025

Location: East Los Angeles (Los Angeles County)

Website: <https://cincodemayofiesta.net>

Overview: Celebrating Mexico's historical victory and cultural heritage, the SoCal Cinco de Mayo Fiesta brims with mariachi music, folklórico dancing, and authentic culinary fare. The streets light up with vibrant décor, parades, and traditional crafts. Vendors offer everything from hand-painted ceramics to piñatas. Free cultural performances educate visitors about the day's historical significance.

Topanga Banjo Fiddle Contest and Folk Festival

Date: May 18, 2025, 9 a.m.

Location: 26800 Mulholland Hwy., Calabasas (Los Angeles County)

Website: www.topangabanjofiddle.org

Overview: A beloved tradition for folk and bluegrass enthusiasts, the Topanga Banjo Fiddle Contest celebrates music with jam sessions and friendly competitions. The festival offers workshops on fiddling, banjo picking, and square dancing. Families can wander craft booths, savor homemade pies, or simply lounge on picnic blankets.

Valley Greek Festival

Date: May 24–26, 2025

Location: St. Nicholas Church, Simi Valley (Ventura County)

Website: <https://valleygreekfestival.com>

Overview: Experience Greek culture. Traditional dancers in costumes perform, while the air fills with the aromas of souvlaki, spanakopita, and sweet loukoumades. Market stalls sell imported goods like olive oil, honey, and ceramics. Attendees can also join the fun with impromptu dance lessons, Greek coffee tastings, and a kids' zone.

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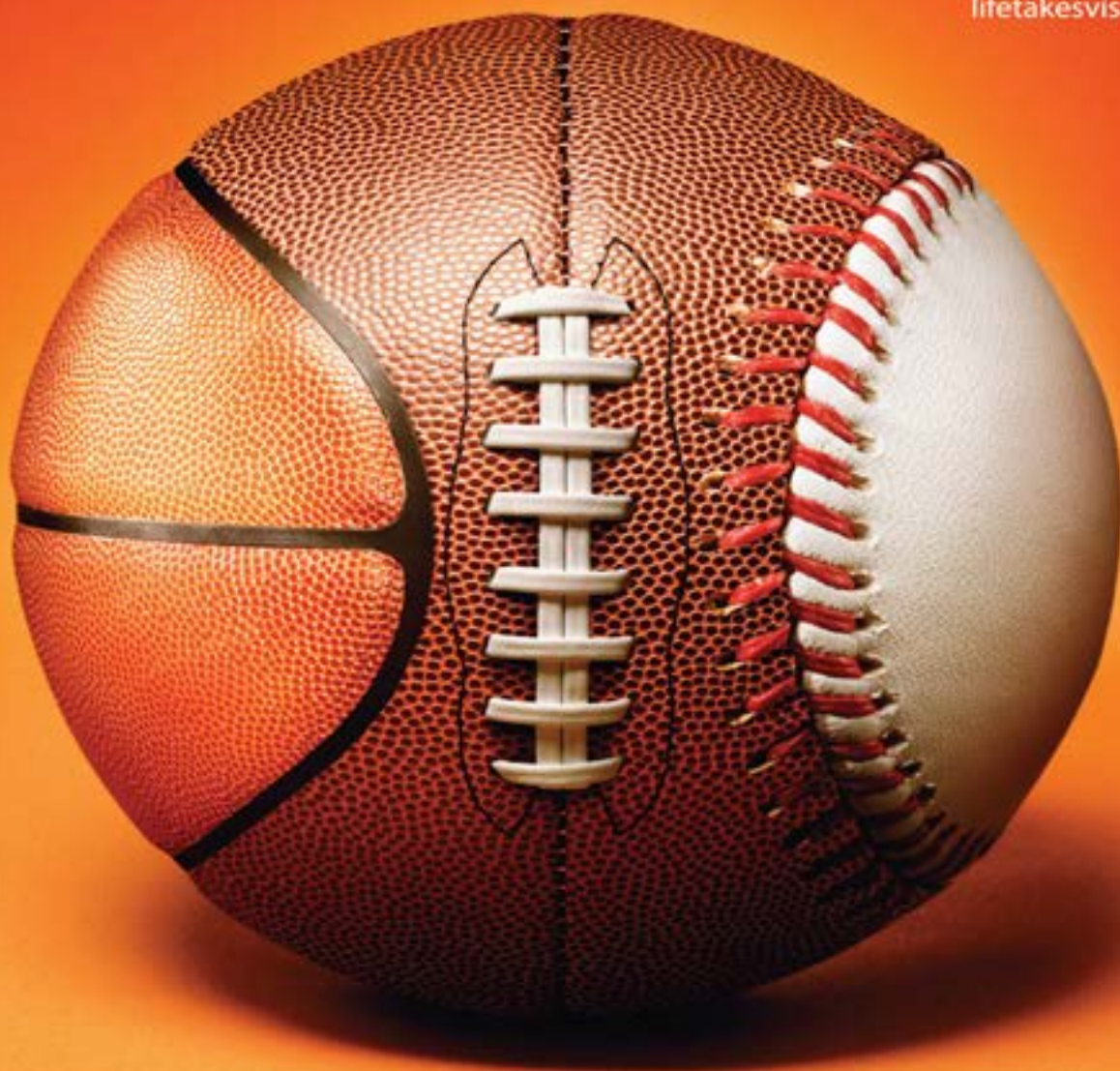


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A PENNY FOR YOUR THOUGHTS? WHAT IS THE FUTURE OF THE COPPER COIN?

By Elena Eddy

For over two centuries, the U.S. penny has been a staple of American currency, featuring the face of Abraham Lincoln since 1909. However, as digital payments and rising production costs make small-denomination coins less relevant, many wonder whether the penny will soon become a relic of the past. With increasing calls to discontinue the one-cent coin, the debate over its future remains a hot topic.

The Cost of Making a Penny
One of the biggest arguments against keeping the penny in circulation is its cost. The U.S. Mint currently spends more to produce a penny than its actual face value. As of 2023, it cost about 2.72 cents to mint

a single penny—nearly three times its worth. This means that producing pennies is a financial burden on the government and, ultimately, taxpayers.

The main reason for the high cost is the price of the materials used in minting. Modern pennies are made of 97.5% zinc and 2.5% copper, and fluctuations in metal prices have only increased the cost of production. Critics argue that eliminating the penny could save millions of dollars annually.

Public Sentiment: Nostalgia vs. Practicality

Despite its declining use, the penny holds sentimental value for many Americans. It has been a part of the nation's history since



1793, and the idea of eliminating it feels like erasing a piece of tradition. Some also fear that getting rid of the penny could result in retailers rounding up prices, effectively leading to a small but cumulative increase in everyday expenses. However, studies show that rounding prices to the nearest nickel would likely have a neutral effect, with some purchases rounding up and others rounding down. Countries like Canada, Australia, and New Zealand have already phased out their lowest-denomination coins without significant economic consequences.



What Would Happen Without the Penny?

If the penny were discontinued, cash transactions would likely be rounded to the nearest nickel, as is the case in countries that have removed their smallest coins. The U.S. has already seen similar strategies during coin shortages, with businesses rounding prices when exact change wasn't available.

In digital transactions, eliminating the penny would have virtually no impact since prices are charged exactly as listed, without rounding. In fact, given that most transactions today are electronic, many argue that pennies are increasingly irrelevant in a

digital economy.

Government and Legislative Efforts

Discussions about eliminating the penny have surfaced multiple times in Congress, but so far, no serious action has been taken. The Penny Save Act, introduced in previous years, proposed halting penny production as a cost-saving measure, but it did not gain enough support. The main opponents of discontinuation include penny manufacturers and industries that rely on cash transactions, such as vending machines and laundromats.

Still, the U.S. Mint has acknowledged that maintaining the penny is expensive and has explored alternative solutions, such as reducing production costs by using cheaper materials. However, no major changes have been implemented yet.

The Future of the Penny

While there is growing momentum to eliminate the penny, it remains in production for now. However, as cash usage declines and production costs rise, the push to phase out the penny may become harder to ignore. If other countries' experiences are any indication, eliminating the penny may be a matter of when—not if. For now, the penny endures, but its future remains uncertain. Will the U.S. Mint continue making pennies for years to come, or will they finally be deemed obsolete?

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March "Mermaid" Month

By James Whitnes

Make a splash this March as Ventura Harbor Village celebrates the 10th Annual "March Is Mermaid Month," an enchanting seaside festival brimming with oceanic magic, mermaid encounters, and coastal fun for all ages! venturaharborvillage.com/mermaid-month-2025

Throughout the month of March 2025, visitors can immerse themselves in a whimsical, water-inspired world featuring live entertainment, ocean-themed treats, and exclusive seaside shopping specials. Set against the stunning backdrop of the Ventura Harbor coastline, this annual event invites mermaid enthusiasts, pirates, and ocean lovers alike to dive into a sea of unforgettable experiences. **"March Is Mermaid Month" At Ventura Harbor Village**

The highlight of Mermaid Month is two special days, taking



place on Saturday, March 8, and Saturday, March 22, from 1–4 PM. These magical afternoons will bring the seaside to life with interactive experiences, including live mermaid meet-and-greets, a Mermaid Dance Party with DJ Darla, dazzling Bubble Magic by SB Bubble Guy, and live music from the Anacapa Ukulele Band and tropical steel drum performances.

Families and ocean lovers can explore hands-on activities such as Mermaid Poster Coloring, an ocean-themed Slime Station, and the Junior Explorers Sensory Bin. For an extra touch of sparkle, guests can visit the Face Painting & Glitter Bar and pose for a unique keepsake with Tropical Bird Photos.

On March 8, guests can enjoy additional experiences such as a Pirate Ship Play Zone, live chalk art creations,

ocean-themed crafts by Las Posas Children's Center, a bubble house, and an educational booth from the Surfrider Foundation promoting ocean conservation.

On March 22, visitors can witness a breathtaking Live Ice Sculpting Mermaid demonstration by Chef Jean Luc of Le Petit Café & Bakery, craft ocean-themed keepsakes with Lakeshore Learning, and design their own Mermaid Bracelet to take home.

Beyond the event days, Mermaid Month offers fin-tastic activities all month long. Guests can embark on a Mermaid Scavenger Hunt at Mermaid Gallery for a chance to win prizes, indulge in Mermaid Meals & Ocean-Inspired Eats, and shop for unique mermaid-themed apparel, dolls, jewelry, accessories, and artwork at Ventura Harbor Village's specialty boutiques. Sweet treats include the must-try Fishzookies at Coastal Cone and handcrafted chocolates at Top This Chocolate. Dining options feature ocean-inspired eats like delicious Fish N' Chips, clam chowder, calamari, fish tacos, ceviche, oysters, lobster, mermaid cocktails, and much more at Ventura Harbor Village waterfront eateries!

To make the experience even more immersive, kids and visitors are encouraged to dress up as mermaids, mermen, pirates, or their favorite ocean creatures. Costumes for kids are available at Mermaid Gallery (while supplies last), mermaid crowns & ocean themed hats at Hats Unlimited, and mermaid socks available at Lost in Socks.

Don't miss this sea-sational celebration at Ventura Harbor Village — California's sun-kissed seaside playground for family fun, entertainment, and coastal charm! **About Ventura Harbor Village:**

Nestled along California's scenic Central Coast, Ventura Harbor Village is a vibrant waterfront destination offering breathtaking views, coastal dining, boutique shopping, boat rentals, and entertainment. Gateway to the Channel Islands National Park Visitor Center, Ventura Harbor is the perfect spot for seaside adventures. For more information, visit www.VenturaHarborVillage.com or call 805-477-0470. Follow @VenturaHarbor on social media to join the conversation!

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LAST BREATH

By Danielle Sams

A routine deep-sea diving mission in the North Sea goes terribly wrong when a young diver is stranded some 300 feet below the surface in the new film “Last Breath.” His umbilical cable has severed. The support vessel above is aimlessly drifting away from the site through violent, stormy waters. And the diver has only ten minutes of oxygen in his backup tank.

As if that wasn't enough, it's also a true story.

If merely reading this is giving you heart palpitations already, you can only imagine the white-knuckle experience of watching this all play out on the big screen. It's 40ish minutes of pure suspense and anxiety as the story shuffles between the man at the bottom of the ocean, Chris Lemons (Finn Cole), his fellow



saturation divers (Woody Harrelson as Duncan and Simu Liu as Dave) in the diving bell below the waters who are unable to help and the crew in the support vessel above (including Cliff Curtis and Mark Bonnar) scrambling to get their systems back online and operational as the clock rapidly runs out. Ten minutes has never felt so short — and then it just gets worse as the clock starts counting up, showing Chris's time without oxygen.

At one point, Liu's character Dave, a no-nonsense, all-business diver says matter-of-factly at that it's a body recovery, not a rescue. Deep-sea saturation diving is a dangerous business, described at the start of the film as the most dangerous job on earth. Chris tells his fiancé, in a short introduction, that it's no more dangerous than going to space. She replies that it's funny that he thinks that is comforting.

The real incident happened in September 2012 — Dave, Duncan and Chris were just one team of divers sent to the ocean floor off the coast of Aberdeen, Scotland, to repair oil pipeline.

The seas were particularly rough that day, with winds up to 35 knots, common for the North Sea but also not what one might call safe. Chris and Dave were in the middle of their work when they heard the urgent calls to abort: The dynamic positioning system in the support vessel above had failed and they were in drift. Chris scrambled to maneuver out of the pipeline corridors, but his umbilical got caught. For a brief, awful moment he's the anchor to the ship above, but soon enough the cord snapped, and he was thrown back to the ocean floor in pitch black with no coms, no heat and very little hope for survival. News articles about the incident clock his backup oxygen supply as being closer to five or six minutes — perhaps the movie wanted to give the audience a little buffer.

If this sounds at all familiar, it may be because it was made into a documentary, also called “Last Breath” and released in 2019. While it was well-received, some true stories are just too gripping to exist solely in that form. It's not exactly a surprise that a narrative film was made as well. There's a good track record of recent complimentary adaptations — think Ron Howard's “13 Lives” and “The Rescue” about the Thai boys soccer team stuck in the cave.

This one was made by Alex Parkinson, the same director who co-directed the doc, and it's a well-executed narrative interpretation that doesn't get in its own way with padding. Harrelson gets to be the wise mentor who really doesn't want to lose someone on his last mission. Liu gets to flex his action muscles (literally and figuratively) in a modest but solid role. And they don't go out of their way to shoehorn in a villain — this is just a group of people trying their best to save a life.

The only real problem, if one can even call it that, is that it's so short. The film doesn't take liberties with stretching out the timeline much at all and after 93 minutes, the whole thing is over. It feels strange to want a movie to be longer, but in the case of “Last Breath” I was both desperate for it to end, for anxiety reasons, and also wanting more.

OLD GUY

By Danielle Sams

A boomer hit man is given a nightmare final assignment to train his own Gen Z replacement in Simon West's lifeless action-comedy “Old Guy.” Christoph Waltz's Danny Dolinski is the one at an unwelcome crossroads in the film. He's only partially healed from a hand injury that's rendered him dependent on pills and unable to aim a gun as well as he used to. Dolinski also seems to be in the throes of a full crisis: We meet him not on the job, or even in flashback to his pre-injury glory, but out clubbing. The next morning, Dolinski emerges in a bathrobe to gaze proudly upon the several much younger women who have spent the night.

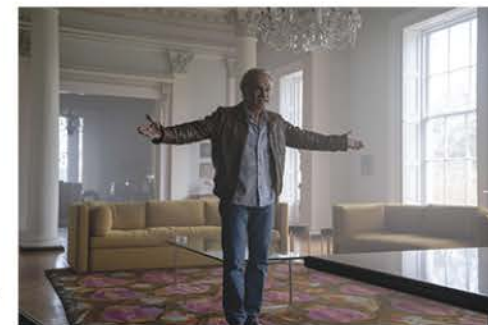
But a room full of scantily clothed model-types who seem to be there willingly is only a temporary balm for poor Dolinski. While he might still be a viable specimen for the 20-something party girls of London, his game does not hold the same appeal in the workplace. Soon he'll be getting the dreaded “we're going younger” talk from his boss, and she's talking about him, not his love interests. This is a guy who is certain he's got a lot left to give in the assassin game, and not as a mentor to a “hitman prodigy,” as Cooper Hoffman's character Wihlborg is described.

Is a familiar conceit like the wise veteran and the cocksure newcomer tired or a classic? Well, it's all in the execution. And “Old Guy,” stylishly filmed though it may be, is not one of the better attempts, likely hampered by the script from Greg Johnson. Generational clashes should be easy enough comedic fodder for a screenwriter and two capable actors, but here it lands with a thud. One likes to drink! The other doesn't even like to be around alcohol! The more serious ethical questions about hitman etiquette are similarly inelegant. Take this gem from Wihlborg: “Where I come from one does what one needs to do to survive. That includes killing a kid.”

Hoffman, so perfect leading “Licorice Pizza,” is not served well by this script, which never quite justifies why he's such a prodigy at

such a young age and doesn't give him or Waltz any room to play off one another in a natural way. Waltz also can't seem to choose a lane with Danny, an eccentric hedonist with a soul who doesn't think it's necessary to kill kids on the job. He's also working with his normal accent which is all well and good until the movie very unnecessarily introduces his Irish mother.

And because action movies of this variety need a woman, Lucy Liu, who deserves



much, much better than this (they all do, but mostly her), goes along for the ride. Her character Anata is the glamorous manager of a Soho karaoke bar that might also be a front for a brothel, but that's never really explored. What is deemed important here is that she's Dolinski's longtime confidante, and tags along on their mission to Belfast for... wait for it... a date. It's a very strange little subplot in which Anata does go to this date only to be broken up with. The guy she's been seeing is not connected to the larger plot in any way, except as the narrative push to have her ultimately fall in Dolinski's arms.

West is an action and studio system veteran behind “Con Air,” “Lara Croft: Tomb Raider” and various Jason Statham vehicles. There's lots of shoot-em-up action and bullets to the head for anyone looking for that, but not much more to hang on to. “Old Guy” feels very of this moment in the fact that it looks good and has a good cast and yet can't seem to deliver something that's either entertaining or meaningful. But unlike so many of its peers, this one amazingly was not made by a streamer.



Ventura Music Festival Brings The Beatles To Ventura County

By Pam Froman

The Beatles are back – through the Ventura Music Festival! The Ventura Music Festival celebrates its 30th year with a special performance and fundraiser. The evening kicking off the season will feature Bob Eubanks, the iconic Game show host. Bob helped bring The Beatles to America, and will share how he made it happen against all odds. Eubanks will also present live Beatles hits with the amazing Beatles tribute band, Ticket to Ride. The concert will be followed by a VIP fundraiser dinner, where Eubanks will be presented with a lifetime achievement award and a proclamation from the City of Ventura. He will be joined by former journalist and author, Ivor Davis, who will talk about his experiences "Backstage with The Beatles." Davis, who wrote "The Beatles and Me on Tour" and serves on the VMF Board Emeritus, will share stories from his time covering the Beatles' tour in the 1960s. Some donors will also be able to win a signed copy of Davis' book, as well as bid on other unique experiences. This event supports music education in Ventura Schools.

The Ventura Music Festival is a nonprofit that has made it its mission to bring top quality

music to the people of Ventura County at reduced prices. For three decades, VMF has hosted annual fundraising events to help subsidize ticket pricing, ensuring high-quality performances and music education remain accessible to everyone.

Ventura Music Festival works to musical-



ly enrich the local community. The Festival supports local and international artists, providing a platform to display their talents. It also offers concertgoers access to live music, which is known for its ability to unite and heal communities. Additionally, VMF partners with local venues, and its education program exposes

students and families to music.

"Since becoming CEO in 2023, my goal has been to expand our reach and grow both our education initiatives and concert offerings. This has been met with a fantastic reception, attracting a younger audience while maintaining the integrity of our beloved 'Heritage Series,'" says Ventura Music Festival CEO Lalé Welsh. "The Heritage series is largely classical and classical-adjacent and is curated by VMF's Music Director Nuvi Mehta. It showcases old-school perfection for long-time fans, while younger fans tend to gravitate to a more varied selection, which we are doing in a big way this year in time for our 30th birthday."

In honor of their 30th anniversary, VMF has expanded its programming from its traditional eight concerts over two weekends to a year-round series, which will span Spring, Summer, and Fall. They will present "30 for 30" — 30 events throughout the year to commemorate the 30th season.

The season will feature a thrilling lineup, with performances by jazz legends Joshua Redman and Branford Marsalis, guitarist Ottmar Liebert, and 40s-style crooner Donny Most (of Happy Days fame). Local favorites like

Big Bad Voodoo Daddy and Latin sensation Twan Guero will also make appearances. Additionally, the Heritage Series will present rising stars from the Colburn School, and established artists from Dilirium Musicum, a young and lively chamber orchestra, as well as the sensationally gifted Duo from Beijing. One of the highlights will be two special "Classical Edge" performances featuring VMF's Music Director Nuvi Mehta and acclaimed pianist Greg Anderson, which will combine entertainment, education, and lunch in a unique, intimate setting.

Another special event will be the Free Spring Festival on May 3rd, 2025, from noon to 6 p.m. This day-long event will start at Mission Park in Ventura and will feature multiple stages located throughout downtown. Backstage With The Beatles will take place on March 22, 2025 at Crowne Plaza Ventura Beach, Top of the Harbor Room, 450 East Harbor Boulevard, in Ventura. The event begins at 4 p.m.

For more email contact@venturamusicfestival.org or call (805) 648-3146. Tickets for all shows VenturaMusicFestival.org. These performances will sell out fast, so don't wait!

JAMES DOMINE AND THE CALABASAS CHAMBER ORCHESTRA ANNOUNCES GREAT LINE-UP FOR MARCH 16 AT FOUNDERS HALL

James Domine and the SFV orchestra will continue their season with a Chamber Orchestra performance at the Calabasas Founders Hall for the second time this year. The performance will be focused on strings with fan favorites from Vivaldi, Bach, Belling, Geurzweig and a world premier simfonia for strings by the Maestro himself, James Domine. As always, this performance promises to be a captivating collection of hi level skills and musical drama from these seasoned players.

In addition, this concert, as always will feature an up and coming young artist. Virtuoso violinist Esme Aris Kim, who be playing Bach Violin Concerto in D minor. Her passion for the violin and strict attention to detail and style is a captivating and



moving experience. And because she is a young artist, it should be noted that music fans of all ages

and interests have begun to show great interest in the classical music genre amongst the vast saturation of pop, alt rock, electronic music etc.

For decades, Domine has mentored, supported and assisted in the growth of

young artists and provides a high quality orchestra to support them. Our community has been

able to enjoy classical favorites and original works from Domine through the years, and he has developed a growing fan base in recent times because of his unwavering dedication to his craft and unique mixture of the classics and some of the "side B" selections from some of the greatest composers in the world.

In the upcoming show, he will perform a new original. "The goal here is to introduce fresh new material to our fans" said Domine. "After the decades of composing and conducting, new music is not only the sum of my musical journey, it is also a special gift for our audience".

Join James Domine and the Calabasas Chamber Orchestra on March 16, 2025 at 2:00 pm

In Founders' Hall, 100 Civic Center Way Calabasas. For tickets and information www.sfvosymphony.com Pricing: General Admission \$25; Seniors and Students \$20, or call (818-3474807 – Don't Miss it!

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AI CAN CREATE VIRTUAL VERSIONS OF YOUR LOVED ONES BUT SHOULD IT?

Deep Learning & Neural Networks – AI is trained on a dataset of a person's voice, speech patterns, and facial expressions, allowing it to mimic them.



Natural Language Processing (NLP) – AI enables conversations by analyzing texts, emails, and social media posts.

Voice Cloning – Startups like Resemble AI and ElevenLabs can recreate a person's voice from short audio clips, producing speech that is indistinguishable from the original.

Deepfake Video & Animation – AI can generate video representations of people, allowing for interactive video calls.

Current Uses of AI-Powered Virtual Beings

This technology is already being explored in real-world applications:

Grief Support & Memorialization – AI allows people to "interact" with digital versions of deceased loved ones. Companies like HereAfter AI and StoryFile create interactive legacy where users can ask a digital version of a relative questions and receive AI-generated responses.

Historical Figures & Celebrities – AI is bringing historical icons back to life. The AI-powered hologram of Elvis Presley and digital recreations of actors in films are examples.



AI Companionship – Some use AI to create virtual friends or partners that replicate lost relationships.

The Ethical Dilemmas of AI Resurrection

While the ability to recreate loved ones digitally is technologically impressive, it presents several ethical and psychological challenges:

Consent & Privacy One of the biggest concerns is whether individuals consent to having their digital likeness used posthumously.

Emotional Impact on the Living: Interacting with an AI-generated version of a deceased loved one could provide comfort or prolong grief. Some people may find it healing, while others might struggle.

Misuse & Manipulation: As deepfake technology advances, there's a risk that AI-generated versions of people could be used for fraudulent purposes, such as impersonating a person to scam others.

The Future of AI-Generated Loved Ones

Despite these concerns, AI-driven memorialization is gaining traction.

More Personalized AI Models – Future AI companions might evolve over time.

Holographic Interactions – Augmented reality (AR) and virtual reality (VR) could allow people to interact with digital versions of loved ones.

Ethical Guidelines – As the technology grows, governments and tech companies will introduce laws ensuring AI recreations are used ethically.

Final Thoughts: A Step Toward Immortality?

AI's ability to create virtual versions is a double-edged sword. For some, it offers a way to hold onto cherished memories. For others, it poses difficult ethical and emotional questions about what it means to be human.



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WHY COFFEE AND TEQUILA WORK SO WELL TOGETHER

By Selena Goodman

At first glance, coffee and tequila might seem like an odd pairing. One is traditionally associated with mornings, the other with late-night celebrations. However, their chemistry is surprisingly harmonious, and here's why: **Balanced Contrast of Flavors**

Coffee's bitterness, acidity, and deep roasted notes complement the earthy, peppery, and sweet undertones of tequila.

Aged tequilas (Reposado and Añejo) with hints of vanilla, caramel, and oak pair exceptionally well with the bold, nutty, or chocolatey flavors of coffee.

The Perfect Energy-Booster Meets the Smooth Relaxer

Coffee's caffeine kick wakes up the senses, while tequila's agave-driven



warmth provides a smooth, slightly euphoric feeling.

This combination makes tequila-coffee drinks ideal for after-dinner sipping, brunch cocktails, or a creative twist on traditional nightcaps.

Tradition Meets Innovation

Mexico has a rich history of both coffee and tequila production, making this combi-

nation a natural evolution of local flavors.

The rise of coffee-infused spirits and craft cocktail culture has introduced exciting ways to blend these two beloved drinks.

The Carajillo: Mexico's Iconic Coffee & Tequila Cocktail

One of the most famous coffee and tequila-based drinks is the Carajillo, a popular after-dinner cocktail in Mexico and Spain.

Traditionally made with Licor 43 (a Spanish vanilla-citrus liqueur)

and espresso, this drink is sometimes modernized by swapping out the Licor 43 for tequila.

How to Make a Classic Carajillo with Tequila:

Ingredients: 2 oz Tequila Reposado or Añejo, 1 oz Licor 43 (or vanilla syrup for a non-liqueur version), 1 shot of freshly brewed espresso, Ice

Instructions: Fill a glass with ice. Pour the tequila and Licor 43 over the ice. Add the freshly brewed espresso. Stir and enjoy the smooth, rich, and subtly sweet layers of flavor. This drink is a perfect alternative to espresso martinis, offering a Latin twist on coffee-based cocktails.

Creative Ways to Enjoy Coffee & Tequila

Move over vodka! Tequila makes for a richer, smoother espresso martini. **Tequila Espresso Martini**

Recipe: Shake 2 oz of Blanco tequila, 1 oz of coffee liqueur (like Kahlúa), 1 shot of espresso, and ½ oz simple syrup with ice. Strain into a chilled martini glass and garnish with coffee beans.

Iced Coffee with Tequila

Perfect for a midday treat or brunch cocktail.

Recipe: Mix cold brew coffee, tequila, a splash of cinnamon syrup, and milk or cream. Serve over ice for a refreshing take on iced coffee.

Tequila Mocha

A warm, indulgent take on spiked hot chocolate.

Recipe: Stir together hot coffee, 1 oz tequila, 1 oz chocolate liqueur, and steamed milk. Top with whipped cream and a dusting of cocoa powder.

Agave Coffee Old Fashioned

A rich, smoky take on an Old Fashioned cocktail.

Recipe: Muddle an orange peel with a dash of chocolate bitters, add 2 oz of Añejo tequila, ½ oz coffee liqueur, and ice. Stir well and enjoy.

The Rise of Coffee-Infused Tequila

As the demand for craft spirits grows, coffee-infused tequila is becoming a category of its own. Brands like Patrón XO Café (now discontinued but widely loved),

Cantera Negra Café, and Cazcabel Coffee Tequila offer pre-mixed coffee tequila liqueurs, perfect for cocktails or sipping straight.

Why Try Coffee-Infused Tequila?

Easier to mix – No need to brew coffee separately.

Balanced sweetness – Many of these are lightly sweetened, making them great for cocktails.

Perfect for dessert pairings – A shot of coffee tequila pairs beautifully with churros, chocolate cake, or flan.

A Bold & Beautiful Fusion

The combination of coffee and tequila is nothing short of magical—balancing bold, rich flavors with an

energizing yet smooth drinking experience. Whether you enjoy it in a Carajillo, espresso martini, cold brew cocktail, or infused tequila, this duo is a game-changer in the world of craft cocktails.

So next time you're looking for a drink that wakes you up while winding you down, pour yourself a glass of coffee and tequila—and experience the magic for yourself. Cheers!



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Unique Dining Experiences

Amazing Restaurants To Put On Your Bucket List

By Victor Andrew

Dining is no longer just about food; it's about taste and happenings.

From underwater feasts to dining in total darkness, 2025 is shaping up to be a year full of culinary adventures.

Ithaa Undersea Restaurant, Maldives

Ever dreamed of dining beneath the ocean? Ithaa, located at Conrad Maldives Rangali Island, offers guests the chance to eat five meters below sea level. Surrounded by a 180-degree panoramic view this glass-enclosed restaurant serves a fusion of Maldivian and European flavors. www.conradmaldives.com/dine/ithaa-undersea-restaurant

Dinner in the Sky – Global Locations

If you have a head for heights, Dinner in the Sky offers an exhilarating experience. Suspended 150 feet in the air, guests are strapped into their seats while



a gourmet chef prepares a fine-dining meal. It's an adrenaline rush and feast all in one! www.dinnerinthesky.com

Labassin Waterfall Restaurant – Philippines

Dine at the Labassin Waterfall Restaurant, where tables are at the

foot of a cascading waterfall. Guests enjoy traditional Filipino cuisine while soaking their feet in crystal-clear waters. www.instagram.com/explore/locations/962887704/labassin-waterfalls-restaurant



Alchemist – Copenhagen, Denmark

For those who appreciate a theatrical approach, Alchemist in Copenhagen offers a 50-course experience that combines art, technology, and gastronomy. Each dish is designed to provoke thought and challenge

perceptions of food. www.alchemist.dk

Grotta Palazzese – Italy

Carved into the cliffs of Polignano, Grotta Palazzese is an

awe-inspiring cave restaurant overlooking the Adriatic Sea. Candlelit tables and waves crashing against the rocks create a truly romantic atmosphere. www.grottapalazzese.it/en/home

The Grotto – Thailand

The Grotto at Rayavadee Resort in Krabi offers guests the opportunity to dine inside a limestone cave. With soft sand underfoot and a view

of the sea, it's the perfect spot to enjoy fresh seafood and tropical cocktails. www.rayavadee.com/en/the-grotto.php

O.NOIR – Toronto & Montreal, Canada

Step into complete darkness at O.NOIR, where diners eat in pitch-black surroundings, guided only by their senses and the assistance of visually impaired waitstaff. www.onoir.com/en

SnowCastle of Kemi – Finland

For a winter wonderland dining experience, visit the SnowCastle of Kemi, where guests dine inside an intricately carved ice restaurant. Cozy up in thermal clothing while enjoying a meal made from locally sourced ingredients. www.experience365.fi/snowcastle-of-kemi

If food is your passion, indulge in these extraordinary experiences. Each of these destinations promises to be unforgettable. So, grab your passport and your appetite—your next great culinary adventure awaits!

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SAY GOODBYE TO WRINKLES AND BRAIN FOG - HOP ON A PLANE!

Why Traveling is Good For Your Health!

By Belinda Allen

disease. A study found men who took annual vacations were 32% less likely to die from heart disease,



while women who traveled more frequently had a significantly lower risk of heart attacks. The relaxation and enjoyment associated with travel contribute to better cardiovascular health.

Enhances Skin Health Through Increased Sun Exposure (With Precaution!)

Moderate sun exposure during travel helps the body produce Vitamin D, which is essential for strong bones and healthy skin. Vitamin D plays a role in prevent-

ing premature aging by supporting cell regeneration and reducing inflammation. However, it's essential to use sunscreen.

Strengthens the Immune System

Travel exposes individuals to different environments and microbes, which can build a stronger immune system. Research suggests that moderate exposure to new



bacteria and germs challenges the body's defenses, making them resilient. A robust immune system is key to maintaining health and reducing aging-related illnesses.

Promotes Better Sleep

Good sleep is essential for maintaining a youthful appearance

and overall health. Changing scenery and escaping daily stressors can reset the body's internal clock, leading to better sleep. Natural light exposure while traveling also regulates melatonin production, improving sleep quality and reducing dark circles and puffiness.

Encourages a Healthier Diet

Traveling often introduces people to healthier, fresher foods that are rich in antioxidants and nutrients. Mediterranean diets, for example, are known for their anti-aging benefits due to their high content of omega-3 fatty



acids, healthy fats, and plant-based foods. Exploring local cuisines can lead to healthier eating habits.

Boosts Emotional Well-Being and Longevity

Studies show that people who travel regularly report higher levels of happiness and life satisfaction. Positive emotions have been linked to a longer lifespan. Traveling fosters social connections, reduces feelings of loneliness, and enhances overall mental well-being, all of which contribute to a longer, healthier life.

Travel as the Ultimate Anti-Aging Hack

While serums and supplements have their place in maintaining youthfulness, travel offers a natural and holistic approach to slowing down the aging process. By reducing stress, promoting physical activity, enhancing brain function, and boosting overall well-being, travel is one of the most enjoyable ways to stay youthful and healthy. So, whether it's a solo retreat, a cultural expedition, or a relaxing beach vacation, pack your bags and embrace the rejuvenating power of travel—it might just be the ultimate anti-aging secret.

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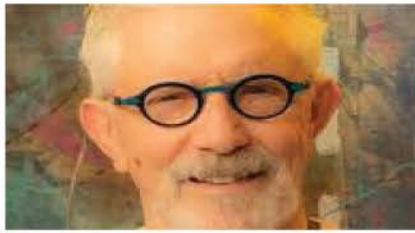
By Contributing Writer

On the evening of March 30th, the El Portal Theatre in North Hollywood will host a special comedy show that blends humor with a heartfelt cause. Fritz Coleman, a beloved comedian and weather anchor, will take the stage for a performance that promises to entertain while also making a significant difference for those affected by California's devastating wildfires.

A Night of Laughter for a Worthy Cause

Fritz Coleman is no stranger to the Los Angeles comedy scene, where his reputation as a witty and relatable stand-up comedian has made him a local favorite for decades. However, this particular show goes beyond comedy—its goal is to raise funds and awareness for the victims of the wildfires that have ravaged California in recent years. The performance, aptly titled *Laughter for a Cause*, is set to be a lively evening that showcases Coleman's impeccable timing and observational humor, with all proceeds going to aid those impacted by the fires.

California wildfires have been an ongoing crisis, with several seasons of intense fires that have left communities devastated, thousands of homes destroyed, and millions of acres scorched. While organizations and first responders are doing all they can to help, long-term recovery efforts are essential to rebuilding affected areas. This comedy show provides a unique opportunity for the public to contribute to the cause while



enjoying an evening of comedy that brings a sense of relief and normalcy amidst the chaos.

About Fritz Coleman

Fritz Coleman is best known for his long-running career as a meteorologist for NBC4 in Los Angeles. While he gained fame for his weather forecasts, Coleman's true passion lies in comedy. Over the years, he has performed stand-up at numerous venues, including The Improv, Laugh Factory, and The Comedy Store, and has garnered a loyal following with his sharp humor, often focusing on life's quirky moments and absurdities.

What sets Coleman apart is his ability to blend his quick wit with a compassionate approach. He has a way of making his audiences feel both entertained and inspired to act on important causes. His reputation as a performer who's both funny and generous makes him the perfect person to lead this event, combining his talents for comedy with his desire to help others.

The El Portal Theatre: A Historic Venue for a Modern Cause

The El Portal Theatre, a historic landmark in North Hollywood, is the ideal venue for this event. Known for its intimate setting, the El Portal Theatre allows the audience to connect with the performer in a way that larger venues often can't. The venue has hosted countless performances ranging from live theater to musical concerts, and it is deeply ingrained in the fabric of the Los Angeles arts scene. The theater's community-oriented atmosphere will ensure that the event remains accessible and enjoyable while

raising critical funds for a pressing cause.

The venue also boasts its own history of supporting community efforts. Its founders and staff have been vocal about their commitment to providing a platform for shows that

engage with important issues, and this event is no exception. With the wildfires affecting so many Californians, the El Portal Theatre's partnership with Fritz Coleman in this benefit show speaks to the power of local arts institutions coming together to make a difference.

Supporting the California Wildfire Victims

The funds raised from the comedy show will go directly to organizations dedicated to wildfire relief and recovery. California's wildfires have left indelible marks on the state, not just in terms of physical damage but also in terms of emotional and economic tolls. Families have lost homes, businesses have been destroyed, and entire ecosystems have been ravaged. Now, more than ever, long-term assistance is necessary to help these communities rebuild and recover.

The organizations supported by this event include the California Fire Foundation, which provides financial aid to fallen firefighters' families and assists with disaster relief efforts, and The Wildfire Relief Fund, which offers direct support to individuals and communities affected by wildfires. The contributions from this comedy show will help ensure that these organizations can continue their crucial work, providing immediate aid, recovery assistance, and ongoing support to those in need.

An Evening to Remember

Attendees at the Fritz Coleman comedy show will not only enjoy a night filled with laughs but will also be part of something much larger—a united effort to help

those who need it most. The El Portal Theatre, with its welcoming and intimate atmosphere, will offer a perfect setting for a memorable evening of comedy that brings people together for a cause that transcends entertainment. With Fritz Coleman's comedic genius and the community's generosity, this event promises to be an uplifting and impactful way to support the survivors of California's wildfires.

Tickets for the event are now available for purchase on the El Portal Theatre's website, www.elportaltheatre.com. Prices vary depending on seating preferences, but all ticket sales will benefit the

wildfire relief efforts. Early attendance is encouraged, as this event is expected to sell out quickly. In addition to the show, the event will also offer opportunities for attendees to donate directly to the wildfire relief fund through various methods, including silent auctions and raffle prizes.

This is more than just a night out—it's an opportunity to make a tangible difference for those affected by one of California's most devastating natural disasters. For those looking to enjoy a night of comedy while giving back to a cause in need of attention, Fritz Coleman's *Unassisted Living* is an unmissable event.

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FLYING FLAGS ON AVILA BEACH: A SECRET THAT'S WORTH KEEPING

By Barbara Beckley

My view is amazing. Overlooking California's San Luis Obispo Bay. Sweeping along the Pacific Ocean from Pismo Beach in the south, around miles of rocky coves and gleaming beaches to tiny Port San Luis nearly under my feet. And the best part – I'm relaxing in a deck chair, on my own private terrace, sipping a glass of Central Coast Chardonnay.

Flying Flags – A Fantastic Discovery

So where am I? In the Central Coast's best kept secret: Flying Flags RV Resort & Campground Avila Beach (www.flyingflagsavilabeach.com). A scenic, three-hour drive north of LA.

Set atop a coastal bluff, Flying Flags Avila Beach has been famous with Airstream, RV, and tent-camping enthusiasts. But the secret is – Flying Flags also has cottages! Fourteen one-bedroom bungalows. Each with an ocean-view lanai, and ocean-view patio with a natural gas firepit. Plus, living/dining room, an outfitted kitchen, bath with luxe amenities, and perks including complimentary fresh-brewed coffee delivered to your cottage. And it's dog friendly! With canine amenities and a dog beach across the road.



Wait! It Gets Better

Add stunning wildlife. Sea otter, sealion, and seasonal Gray, Blue, and Humpback whales. Also craft brewery and wine tasting, ocean-front restaurants, boutiques, and an incredible aquarium. All within walking distance from your cottage in Port San Luis (www.portsanluis.com) or five minutes away in Avila Beach (www.visitavilabeach.com).

After finishing my wine, I took a walk down Flying Flags' private road to the beach and dinner at favorite Mersea's Seafood Restaurant (www.mersea.com) in Port San Luis. Snuggling my toes in the sand, I watched the sea lions sun. Oops! One small sea lion left the pack and was lazing on the rocks 20 feet in front of me! My cue to hightail it to dinner.

From Mersea's outdoor counter, I was totally over the water, with an in-your-face view! A perfect accompaniment to their yummy "Crab Melt Sandwich," with rock crab, avocado, and white cheddar cheese on grilled sourdough bread; and cup of Clam Chowder. **Sophistication With a Tiki Touch**

In the morning, I explored Avila Beach on foot. Discovering its wine tasting rooms, boutiques, restaurants, small hotels and the Avila Pier. Being a tiki fan, I was surprised to discover BeachComber Bill's Tropical Treasures souvenir shop (www.avilabeachpier.com/businesses/beachcomber-bills). And as an octopus fan, I loved the undersea mural at Footseas Boutique (www.avilabeachpier.com/businesses/footseas).

Award-winning Peloton Cellars (www.pelotoncellars.com) caught my eye. This is Peloton Cellars' ONLY tasting room. Co-owner Tricia Kesselring was pouring the fruits of her winemaker husband Bill Kesselring. I enjoyed their 2021 Slipstream Albarino, with tropical tones; and oaky 2021 Chardonnay so much I bought three bottles! Which made my \$25 five-flight tasting free!

For lunch, I chose home town favorite, the Custom House (www.oldcustomhouse.com), with views of the beach, bay and pier. Noticing my wine bag, my friendly server said, "You know. Guests are welcome to bring their own wine. And I'm happy to waive our \$15 corkage fee." "Okay," I smiled. No surprise. Peloton Cellars' chardonnay paired deliciously with the specialty "Clam Chowder Bread Bowl," of potatoes, celery, herbs, and bacon crumbles!

The Piece de Resistance

I passed the Central Coast Aquarium (www.centralcoastaquarium.org) and decided to pop in. Small but mighty! I was as impressed with its two rooms and 15 exhibits, as if it were a miniature Monterey Bay Aquarium. Nurturing, eye-catching, hands-on, educational. A microcosm of more than 50 species of San Luis Obispo Bay's marine life. Aquarium director Tim Williams encouraged me to pet the harmless baby Swell sharks – freshly hatched. A magical experience. No worries that the newly acquired Giant Pacific Octopus wasn't meeting the public yet. "She has to have time to acclimate," Williams told me. I made up for it in the gift shop purchasing an adorable toy plush octopus. My pleasure to support the aquarium.

And plan another trip to Flying Flags Avila Beach! To meet the Giant Pacific Octopus. And enjoy more San Luis Obispo Bay adventures.



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NOT JUST LIP SERVICE

Lip Readers Decode Celebrity Conversations on TikTok

By Taylor Night

In the age of social media, where every moment can be scrutinized and dissected, a new trend has emerged that is changing the way people consume celebrity content—lip reading. TikTok, the hub of viral challenges, niche communities, and

armed with nothing more than a video clip and an eye for articulation.

What started as a fun guessing game has evolved into a legitimate subgenre of content, amassing millions of views. Users like @CelebrityLipDecoder and @LipReadingGuru have built massive followings by sharing breakdowns of celebrity exchanges at awards shows, sporting events, and even private moments caught by paparazzi. The comments sections of these videos explode with debates, fan theories, and even expert confirmations from professional lip readers.

Viral Moments That Shook Social Media

One of the most famous instances of TikTok lip reading came during the 2023 Oscars when a brief, seemingly intense conversation between actors Timothée Chalamet and Zendaya had fans buzzing. Without audio, their interaction was open to interpretation—until lip readers on TikTok stepped in. Several creators posted their analyses, suggesting a mix of professional banter and inside jokes, fueling rumors and speculation across social media.

Another widely shared moment occurred at the 2024 Super Bowl when Taylor Swift, attending in support of her boyfriend, NFL star Travis Kelce, was seen passionately talking to Blake Lively and Ice Spice in the VIP suite. Lip readers deciphered the exchange as Swift excitedly discussing Kelce's performance, sending Swifties into a frenzy. The NFL itself capitalized on the moment, playfully engaging with TikTok theories in their own posts.

Even moments of apparent celebrity feuds have been put under the microscope. During the 2024 Met Gala, a brief but icy exchange between two A-list actresses had fans speculating about a long-rumored rivalry. TikTok lip readers provided their interpretations, reigniting old drama and generating headlines across entertainment news outlets.

The Ethics of Lip Reading Celebrities

While lip reading has proven to be an entertaining and sometimes revealing trend, it also raises ethical concerns. Unlike

interviews or public statements, these conversations are often meant to be private. Celebrities, already under constant surveillance, now face the added pressure of having even their most intimate words analyzed by millions.

Some critics argue that lip reading is an invasion of privacy, likening it to unauthorized wiretapping. Others counter that public figures should expect scrutiny, especially in environments where cameras are omnipresent. The debate has yet to reach a clear consensus, but one thing is certain—celebrities may start covering their mouths more often when speaking in public.

The Future of Lip Reading Content

As AI technology continues to advance, the future of lip reading on social media is uncertain. Some worry that AI-powered lip reading could be used for malicious

purposes, such as spreading misinformation or fabricating dialogues. Others see it as an inevitable evolution in digital content, offering new ways to engage with pop culture.

For now, TikTok's lip reading trend shows no signs of slowing down. With awards season, high-profile events, and sports championships providing a steady stream of content, celebrity watchers will continue to dissect every whispered exchange. Whether it's uncovering juicy gossip, fueling conspiracy theories, or simply having fun guessing what was said, lip reading has added a whole new layer to the celebrity spectacle.

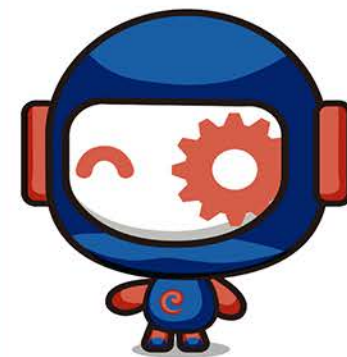
So, the next time you see a celebrity whispering to their co-star or mouthing something under their breath at a game, remember—someone on TikTok is already working to decode it. Until then, you can have lip reading parties old school style!

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deep-dive investigations, has become the breeding ground for self-taught and professional lip readers who decode what celebrities are saying in candid moments. From red carpet whispers to sideline chatter at sporting events, no offhand comment is safe from the prying eyes—and trained lips—of these TikTok detectives.

The Rise of Lip Reading on TikTok

Lip reading, a skill primarily associated with the hard-of-hearing community, has found a surprising new audience on TikTok. Thanks to high-definition cameras and social media's obsessive celebrity culture, even the smallest murmurs can now be analyzed and interpreted by enthusiasts



BRAVING BASE JUMPING

The Best Spots To Fly
In Los Angeles & Ventura Counties

By Joe Hillsbuero

Unlike more remote and legally accessible locations such as Twin Falls, Idaho (home of the Perrine Bridge), BASE jumping in Los Angeles and Ventura counties is extremely limited.

Most tall buildings and bridges are private or government property, making unauthorized jumps illegal and highly risky.

However, that hasn't stopped a group of elite jumpers from attempting covert jumps in the dead of night or finding creative ways to experience the thrill.

Potential (and Risky) BASE Jumping Spots

While we do not condone or encourage illegal activity, here are some locations that have historically attracted BASE jumpers:

Downtown Los Angeles Skyscrapers

High-rise buildings in DTLA have been the site of illegal BASE jumps, often under darkness.

The US Bank Tower (1,018 feet) and Aon Center (858 feet) have been infamously targeted, with some successful jumps making headlines.

However, security is tight, and trespassing can lead to legal consequences.

Vincent Thomas Bridge (San Pedro)

One of the most well-known bridges in Southern California, the

Vincent Thomas Bridge has seen its share of BASE jumpers. However, law enforcement is aware of the risks, and any attempts to jump without authorization can lead to hefty fines.



Malibu Cliffs

While not as towering as famous BASE jumping cliffs like Norway's

Kjerag, some remote cliffs in Malibu have been considered for wingsuit and parachute jumps. However, terrain and access challenges make them dangerous.

Conejo Valley & Santa Susana Mountains

Ventura County's rugged landscapes, particularly in areas like Conejo Valley, Simi Valley, and the Santa Susana Mountains, offer promising cliffs, but most are on private land or protected parkland.

Legal and Safety Considerations

BASE jumping in urban environments comes with legal consequences. Many popular jump sites in Los Angeles and Ventura counties are private property or fall under federal/state jurisdiction, meaning trespassing can result in arrests, fines, or even felony charges.

If you're serious about BASE jumping in Southern California, consider these alternatives:



Permitted Jumps: Some production companies obtain special permits for BASE jumping stunts in films or commercials. Working with these professionals might provide legal access.

Wingsuit & Skydiving Training: If you're looking to build your skills, Southern California has world-class skydiving facilities. Skydive Perris and Skydive Elsinore are excellent places to train in freefall.

Legal BASE Sites:

Instead of risking legal trouble in LA, many jumpers travel to Bridge Day in West Virginia or the Perrine Bridge in Idaho, where jumps are allowed.

Extreme Sports in LA & Ventura

If you're an adrenaline junkie looking for a legal and thrilling alternative, these extreme sports can provide a rush:

Paragliding in Malibu: Launch from the cliffs of Malibu Paragliding School and soar over the coast.

Wingsuit Skydiving in Perris Valley: Train with experts at Skydive Perris, where experienced skydivers can practice wingsuit techniques.

Bungee Jumping at the Bridge to Nowhere: This classic thrill, operated by Bungee America, offers the closest legal experience to a BASE jump.

Helicopter Skydiving: Take a heli-jump with experienced skydivers at Skydive Coastal California.

BASE jumping is one of the most extreme sports in existence, and while Los Angeles and Ventura counties offer an incredible backdrop, legal restrictions make it nearly impossible for jumpers to practice here without significant risks. However, for those seeking an adrenaline rush, the region provides plenty of legal alternatives, from skydiving and paragliding to bungee jumping and wingsuit training.

For those who dream of BASE jumping, the best bet is to train, get the right experience, and travel to places where the sport is legal and safe. After all, the ultimate goal is to enjoy the thrill—and live to tell the tale.

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Meet Muppy! The World's Smallest Sled Dog

By Catherine Angelo



without tiring is key to her sledding success.

Agility & Speed – While large sled dogs rely on strength, Muppy uses speed and quick reflexes.

Smart & Trainable – Intelligence is crucial for sled dogs, and Muppy has proven to be a fast learner, picking up commands and adjusting to conditions.

A Custom Sled Setup – Muppy's gear is ultra-lightweight, designed specifically to be pulled by a small but determined canine.

Breaking Barriers

Muppy isn't just cute—she's a trailblazer. Her success has sparked conversations about the potential of small dogs in sled sport.

While Muppy may not be racing alongside Huskies in the Iditarod, they are proving that sledding isn't just about muscle and mass—it's about passion, persistence, and a willingness to defy expectations.

Even seasoned mushers and dog sledding experts are taking notice.

When you think of sled dogs, large, powerful breeds like Siberian Huskies and Alaskan Malamutes come to mind. These canines have been pulling sleds for centuries, thriving in icy conditions and helping humans navigate the world's harshest terrains. But what if we told you that the world's smallest sled dog is rewriting the rules?

Meet Muppy, the pint-sized dynamo who is proving that size doesn't define strength, spirit, or determination. With a big heart, a fearless attitude, and an unexpected ability to tackle the snow, Muppy is capturing hearts worldwide.

A Small Dog With a Big Dream

While traditional sled breeds weigh between 40 to 100 pounds, Muppy weighs in at just a fraction of that size. But what this tiny pup lacks in bulk, she makes up for in sheer grit, enthusiasm, and energy.

Born into a world dominated by large, cold-weather breeds, Muppy had a lot to prove. With a love for running and an unbreakable spirit, she took to the snowy trails, learning how to pull a sled despite her miniature stature. What started as an experiment soon turned into a viral sensation.

How Can A Small Dog Pull a Sled?

It might seem impossible for a small dog like Muppy to handle the demands of sled pulling. But thanks to a lightweight custom sled, specialized training, and an unstoppable attitude, Muppy has been able to join the ranks of sled dogs.

What Makes Muppy a Great Sled Dog?

Endless Energy – Small dogs are known for their enthusiasm, and Muppy is no exception. Her ability to run for long distances

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Muppy Takes the Internet by Storm

It wasn't long before Muppy's story spread across social media. Videos of the tiny sled dog zooming across snowy trails, tugging her sled with pure excitement, racked up millions of views. Fans couldn't get enough, and Muppy became an internet sensation.

Why People Love Muppy

Underdog Story – Everyone loves cheering for the one who defies the odds.

Adorable Yet Fearless – Muppy combines cuteness with courage, winning over hearts.

Determination – No matter the obstacle, Muppy proves passion beats limitations.

From Tik Tok to Instagram, fans eagerly await new clips of Muppy dashing through the snow.

What's Next for Muppy?

As Muppy's fame continues to grow, so does her impact on the

sledding community. Some exciting things in store:

Sledding Adventures – Muppy's training continues as she takes on new trails and challenges.

Inspiring Small Dogs – More pet owners are testing out modified sledding experiences for their own pint-sized pups.

A Possible Book or Documentary? – Fans are hoping for a closer look at Muppy's journey. One thing's for sure: Muppy isn't slowing down anytime soon.

The Little Sled Dog That Could

Muppy is more than just a cute, tiny sled dog—she's a symbol of perseverance, heart, and the belief that anything is possible. So the next time you think about sled dogs, picture Muppy, racing through the snow. Go, Muppy, go!

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LUXE LUXURY INTERIOR CAR DESIGNS

Inside The Wildest Rides Money Can Buy

By Douglas Rand

When it comes to luxury cars, the exterior design and raw horsepower steal the spotlight. But for those with deep pockets and even deeper imaginations, the real show happens inside the cabin. From built-in fish tanks to diamond-studded dashboards, the most outrageous car interiors push the limits. **Shaquille O'Neal's Fish Tank Cadillac Escalade**

NBA legend Shaquille O'Neal is known for his larger-than-life personality, and his cars reflect that. One of his most famous custom rides is a Cadillac Escalade featuring a built-in fish tank. Created by the team at West Coast Customs, the massive



SUV was fitted with a fully functional aquarium in the backseat, complete with exotic fish and a state-of-the-art filtration system. It's a rolling aquarium that turns heads—and probably makes traffic jams a bit more interesting.

Rolls-Royce's Starlight Headliner

Rolls-Royce has long been a symbol of luxury, but its Starlight Headliner takes things to an intergalactic level. This celestial masterpiece consists of thousands of tiny fiber-optic lights embedded into the car's ceiling, mimicking a starry night sky. Buyers can customize the constellation. Some even request shooting stars for a dazzling effect. This feature has been so popular that Rolls-Royce offers it on multiple models, from the Phantom to the Wraith.



The Swarovski-Covered Mercedes-Benz

For some, luxury means one thing: diamonds. The Swarovski Mercedes-Benz SL600 became an instant legend when unveiled at the 2009 Tokyo Auto Salon. This car's entire exterior was covered in 300,000 Swarovski crystals, but the bling didn't stop there. The interior featured diamond-encrusted trim, a crystal-covered gearshift, and even jeweled pedals. It remains one of the most opulent car interiors ever created.



Maybach's Champagne Chiller and Reclining Seats

Maybach has long been a favorite among billionaires and celebrities, and for good reason. The interior of a Maybach S650 Pullman resembles a private jet more than a car. Passengers are treated to fully reclining, first-class-style seats, complete with massage functions and extendable footrests. A built-in champagne chiller keeps a bottle of Dom Pérignon at the perfect temperature, while a retractable privacy screen separates passengers from the driver. If road trips were a five-star experience, this is what they'd look like.

Bugatti La Voiture Noire's Gold-Plated Interior

Bugatti's La Voiture Noire, one of the most expensive cars ever made features an interior lined with real gold. The dashboard, center console, and even the door panels boast 24-karat gold accents, making it feel more like the throne room of a palace. The seats are wrapped in the finest hand-stitched leather, and a custom-made Bugatti watch comes built into the dashboard. If money were no object, this would be the ultimate automotive indulgence.

The Rolls-Royce Boat Tail with a Built-In Hosting Suite

The Rolls-Royce Boat Tail, a \$28 million bespoke creation, redefines the concept of a

luxury road trip. The rear of the car opens up like a yacht deck to reveal a built-in hosting suite, complete with a cocktail bar, champagne cooler, and even a sun umbrella. Custom-made picnic tables slide out, transforming the trunk into a mobile VIP lounge. This is the car for those who believe in tailgating—but only at the most exclusive events.

Elon Musk's Tesla Cybertruck with a "Yoke" Steering Wheel

Tesla's Cybertruck, already infamous for its sci-fi looks, features an interior just as radical. Instead of a traditional steering wheel, the Cybertruck has a fighter jet-inspired "yoke" wheel, making drivers feel like they're piloting a spaceship rather than a pickup truck. The minimalist cabin has a 17-inch touchscreen controlling nearly every function, and the massive glass roof gives it an open, futuristic feel.

Bentley's Rotating Display

Luxury meets high-tech in the Bentley Continental GT, which features a rotating display unlike anything seen before. The dashboard has three different faces: a high-resolution digital touchscreen, a set of classic analog gauges, and a seamless wood panel for a clean, sophisticated



look. With the push of a button, the display rotates between these modes, allowing drivers to choose between old-school elegance or cutting-edge tech.

Mercedes-Benz V-Class with a Private Jet Interior

Some people need a luxury car, and others want a private jet on wheels. That's exactly what Mercedes-Benz offers with the V-Class VIP Edition. This fully customized van features reclining leather seats, a mini fridge, a flat-screen TV, and even ambient lighting to mimic a high-end airplane cabin. For those who need to travel in ultimate comfort but prefer the road to the skies, this is the perfect solution.

The Wild World of Outrageous Car Interiors

From Shaq's fish tank to Bugatti's gold-plated dream machine, the world of custom car interiors knows no bounds. Whether it's high-tech wizardry, over-the-top luxury, or sheer eccentricity, these cars prove that for the ultra-wealthy, driving is about much more than just getting from point A to point B. It's about making a statement—loud, bold, and utterly unforgettable.

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BUILD YOUR OWN BACKYARD PUTTING GREEN

Mini Golfing All Grown Up!

By Andrea Green

Have you ever dreamed of having your very own mini golf course in your backyard? With a little creativity, some household items, and a bit of effort, you can transform your outdoor space into fun and exciting putting green.

Whether you want a simple setup for family fun or a challenging course for competitive play, here's how you can create the ultimate

creative elements that will make your course unique. Decide if you want a permanent course or one that can be easily set up and taken down.

Choosing the Right Surface

The surface of your mini golf course plays a significant role in how the ball moves. If you have a lawn, you can mow it short for a natural feel. Alternatively, you can use artificial turf for a smoother and

more predictable playing surface. For a budget-friendly option, outdoor carpet or green felt can mimic the look of a professional mini golf course.

Creating Holes and Boundaries

For the holes, you can use small plastic cups, tin cans, or PVC pipes cut to size. Dig small holes in the ground or secure cups in place to catch the ball. To define the course and keep the ball from rolling away, use wooden planks, bricks, or pool noodles as barriers. If you want a portable setup, create modular sections using plywood with attached obstacles.

Building Obstacles and Features

Mini golf is all about fun obstacles! Get creative with ramps, tunnels, and curves using everyday items. Here are some ideas:

Ramps: Use plywood or cardboard covered with turf to

create inclines.

Tunnels: Cut out sections of cardboard boxes or use PVC pipes.

Bridges: Stack bricks or wooden planks to create raised pathways.

Loop-the-Loop: Bend a piece of flexible tubing or use a section of a hula hoop.



backyard mini golf experience.

Planning Your Course

Before you start gathering materials, take a moment to plan your mini golf course. Consider the size of your yard, the number of holes you want, and the level of difficulty. You can sketch out a design on paper, mapping out obstacles, pathways, and

Windmills & Moving Obstacles:

Repurpose old fans or build simple spinning elements with cardboard and sticks.

Household items like flower pots, books, and pool toys can also make great barriers and decorations.

Adding a Theme to Your Course

To take your mini golf course to the next level, consider adding a theme. Some fun ideas include:

Pirate Adventure: Use treasure chests, pirate flags, and small sand traps.

Jungle Safari: Add faux plants, toy animals, and wooden bridges.

Space Odyssey: Incorporate glow-in-the-dark balls, alien figurines, and silver-painted obstacles.

Classic Carnival: Use bright colors, ring toss elements, and striped tents.

Having a theme makes the game more immersive and enjoyable for both kids and adults.

DIY Scorecards and Rules

To make your mini golf course feel like

the real deal, create scorecards for players. You can design and print them at home or simply use a notepad to keep track of points. Set par values for each hole based on difficulty, and establish house rules for gameplay.

Lighting and Additional Features

If you want to enjoy your mini golf course in the evening, consider adding outdoor string lights, solar pathway lights, or even glow-in-the-dark elements. Sound effects or background music can also enhance the atmosphere, making your backyard course even more entertaining.

Playtime!

Once your course is set up, grab some putters and golf balls, and invite friends and family to test it out. Adjust obstacles as needed, experiment with new challenges, and keep improving your design for endless fun. A backyard mini golf course is a great way to bring people together while encouraging outdoor activity. Start designing your backyard mini golf course today and bring the fun of the green right to your home!

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Top Stories

By Andrews McMeel Syndication

Looking for love? If you're in Dodauer Forest in northern Germany, you're in luck. The Associated Press reported on March 4 about the Bridegroom's Oak, a 500-year-old tree that has served as a mailbox for the lovelorn for over a century. The custom originated with a couple whose relationship was opposed by the woman's father; they left messages for each other in the tree's knothole and eventually married in 1892. Here's how it works: People send a letter (address: Brautigamseiche, Dodauer Forest, 23701 Eutin, Germany), and the postmaster delivers it to the tree. Visitors can climb a 10-foot ladder to retrieve a few letters, leaf through them and choose a pen pal. "The resulting pen pal relationships have even led to a few marriages," noted the postal service.

Bright Idea

James Coxall, 42, of Castle Camps, a village in Cambridgeshire, England, was sick of driving around -- and sometimes driving into -- an 8-foot-long, 4-inch-deep pothole that had been in the road for more than a year, The Washington Post reported. So Coxall, a carpenter, repurposed a pair of jeans his daughter had grown out of, filling the legs with wood and old shirts and attaching some shoes at the hems. Then he fashioned an anchor to hold the contraption upright -- or upside down, as it were -- and put it in the pothole, so that it looked like someone was head-down in the hole. He thought it might spur some action on the hole, and indeed, on Feb. 27, the county filled the hole. "They fixed the hole," Coxall said. "They just got another several million to do in Cambridgeshire."

Surprise!

Dean Harrison and two of his friends were fishing on his open-top boat on Feb. 28 when a 900-pound bottlenose dolphin crashed onto the 16-foot vessel, the Associated Press reported. The men were along the far north coast of New Zealand's North Island when they saw dolphins playing nearby. "This one decided to jump on board and say hello," Harrison said. The 11-foot-long dolphin's wild movements snapped "every single fishing rod we had in the boat," Harrison said, and severely damaged the bow. The animal was stuck, so

the men alerted New Zealand's conservation agency, which directed them to a boat ramp an hour away. While they motored toward help, they kept the dolphin wet with a hose and a towel. At the ramp, members of the Maori tribe prayed for the dolphin, which they named Tohu, which means "sign." Harrison has also renamed his boat Tohu.

Questionable Judgment

Newsweek reported on March 5 that a Reddit post has blown up. The post details a stunt that landed a man and his brother-in-law in small claims court over medical bills of more than \$2,000. While the poster was napping in a hammock with his shirt off, his BIL filled his navel with super glue, he said. When he awoke, the glue was dry, and he was hesitant to aggressively try to remove it because of scars from an earlier gall bladder surgery. The BIL "thought it was funny right up until we left for the emergency room," the poster wrote. But after the BIL wouldn't cover his medical bills, the poster won in court. "This has caused a major rift in my family," he wrote. "My wife is upset, and her family thinks I overreacted." But Redditors are on his side: "This was straight-up malicious. This wasn't a prank," one wrote.

CTV News reported that three framed paintings were stolen from St. Andrew's Church in Little Steeping, England, on Feb. 23. One was a painting of the Lord's Prayer; the second depicted Moses delivering the Ten Commandments; and the third illustrated the commandments -- including "Thou Shalt Not Steal." While the church was unclear about the value of the paintings, they held "sentimental" value to the parishioners. [

Li Zhang, a professor of physiology and neuroscience at the University of Southern California, has authored a study showing that laboratory mice would leap into action to help their companions who were incapacitated, NPR reported on March 2. Their behavior included biting the unconscious mouse, biting its tongue and licking its eyes -- and "eventually pulling the tongue out of the mouth of this unconscious one" to clear its airway, Zhang said. The response was much stronger for mice that had been caged together for a long time, he said.

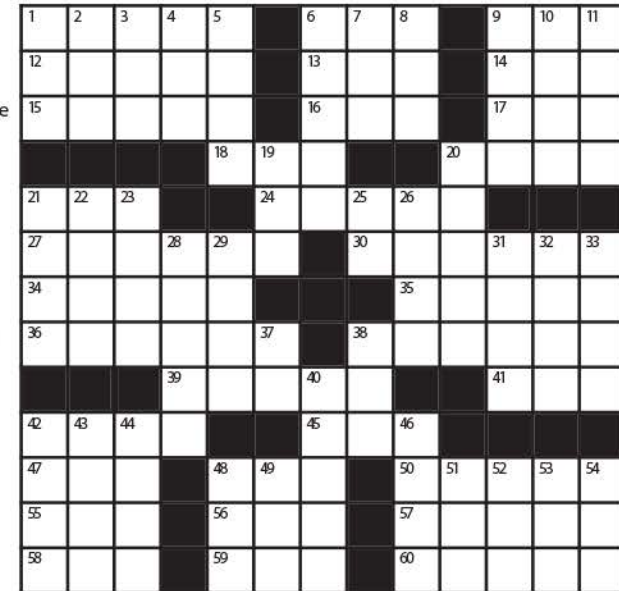
Print this Page! Ctrl + P

Across

- Instrument, favored by George Harrison
- Antlered animal
- "Murder ___ wrote"
- Adult insect
- Original name before marriage
- Relatives
- Hard sell
- By way of
- Strange flyer
- August baby
- Junk ____
- Photo ____ (camera sessions)
- Dolphins' home
- Chocolate is one variety....
- Speak badly about
- Qatar coin
- Food from heaven
- Vital force
- Type of fowl
- Supermodel Campbell
- Need to pay
- Sour ____
- Israeli weapon
- Programming language
- ER role
- 2-door
- Podded plant
- "Omigod!"
- Dawning
- Billboard displays
- Sarcastic
- Poet's "below"

Down

- Sibling
- Mischief-maker
- Goes with chi
- Space ____
- "Let's ____"
- Concluding stanza
- "Fantasy Island" prop
- New Zealand parrot
- Gull like bird
- Refined sound, in its day
- Chemical compound
- Australian runner
- Top European soccer team, AC ____
- Humanoid monster
- Tylenol target
- Eye disease
- Morning time
- Big ____
- Realizes



- Chew (on)
- Label
- Hello!
- Show ____
- One of the three bears
- Took advantage of
- Places for sweaters
- Screen symbol
- Morning moisture
- Anthem contraction
- Pick __ or the other!
- Land of opportunity
- Dearest
- Old verb ending

BAD DAD JOKES

MY BOSS SAID "DRESS FOR THE JOB YOU WANT, NOT FOR THE JOB YOU HAVE." SO I WENT IN AS BATMAN.

Previous Puzzle





Spring Camps and After School Programs



Code REV Kids - Encino provides the ultimate Coding, STEAM, Game Design, Engineering, and Digital Design class experience for students and campers in its live, virtual format, led by expert instructors with extensive virtual teaching experience. CodeREV virtual learning is backed by Premier Curriculum created by Top Ed Tech Specialists & Engineers Only the most elite instructors with at least 5 years' teaching CodeREV tech courses and real world tech work experience A diverse set of unique courses to meet different age groups and interests Thousands of students educated online Options for both virtual learning and hands-on project learning from home. We are truly uniquely positioned to help your family push forward right now and through camp season. www.coderevkids.com

Join Discovery Cube Los Angeles for Camp Discovery as you travel beyond the classroom to explore and engage in fun, hands-on science. Campers will take a walk on the wild side during Curious about Creatures, which features animals from prehistoric past to present. Kids will go out of this world during our Space camp, as they explore "strange new worlds" through space crafts, engineering and experiments. In World of Motion, campers will explore the exciting principles of physics and motion as they experiment with

racecars & build flying machines. In California STEAMin' campers will engineer their own solutions to real-world problems. t: (714) 263-3837 w: <http://www.discovery-cube.org>

SVCAC's Young Artists Playground (YAP) Youth Arts Education Program features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

Destination Science is a warm, wonderful science camp where kids feel comfortable making connections with others! Parents tell us that their child loves that everyone at camp shares the idea that it is cool to be smart! Multiple locations: destinationsscience.org 888-909-2822 Enrollment special until March 1, call today!

Mind Crafters - West Hills The future for our children is now, and there's no time to waste. Mind Crafters Mission is to bring STEM knowledge to kids, as early as possible. Grasping these concepts at an early age guarantee "OWNING THE FUTURE". Programs combine expert instruction, hands-on learning, and real world tools. As a result, they're interactive, engaging, and effective. And most important, kids genuinely enjoy them. Call Today (747) 263 0821

YMCA West Valley Before and After School Programs The Y makes the most of your child's before and after school time by offering active learning

opportunities designed to engage and expand their growing minds. afterschool@ymcaLA.org.

Teenage Drama Workshop (TADW) TADW 2024 Registration IS NOW OPEN
Dates: June 13-July 26, 2024
Ages: 12-18 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 SPONGEBOB THE MUSICAL

Kol Tikvah Youth Groups and Teen Programs Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

After School Conservatory is a music based program located on Ventura Blvd. near the border of Woodland Hills and Calabasas. We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy, El Camino high school and many more. After School Conservatory has a spacious facility (over 3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital pianos for a group piano teaching environment. (818) 436-2675

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 activities. 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

LeXT Robo Academy LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

The Leonis Adobe Museum is announcing its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum 23537 Calabasas Road Calabasas, California 91302 Phone: (818) 222-6511 Members are free or \$8 for non-members.

Camp Woodland Hills 2025 Program includes NATURE CENTER With Live Animals GAME ROOMS - The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, and more. 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 and swimming as well. For more information or to register call (818) 348-6563

Golden Performing Arts Center After School Programs - a non-profit organization that offers children, teens, and young

adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, . Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. Workshops are presented in the spring, summer, and fall. <https://www.goldenpac.org/> Now in a brand new location!

Tutor Time Our school-age program is the perfect place for children (up to age 12) to start and end their day strong. Give them a smart start with our support and see them thrive! We keep students energized after class with healthy snacks and creative play, plus space to work on homework and try STEM activities! Your child will have time to explore, enjoy the outdoor space, and support their developing minds. (855) 887-8945

Flag Football Sign-Up Ball4Money is an all year round youth flag football league for boys and girls ages 5-14 years old. Currently serving three locations in California. Lake Balboa, Palmdale and Bakersfield. At Ball4Money we strive to empower youth through sports and to provide a safe and supportive environment where young athletes can develop their skills and build confidence. Call (818) 257-0593 to sign up today.





Teach Your Kids How To Prepare Healthy Meals For Themselves



Ages 14+: Mastering Advanced Cooking Skills

Teenagers can now handle more advanced techniques, including: Grilling and roasting, Baking muffins or bread, Cooking full meals like stir-fry or homemade soup, Meal prepping for the week

Teach the Basics of Healthy Eating

Before diving into cooking, it's important to teach kids the fundamentals of good nutrition. Make it fun and interactive by explaining:

The Importance of Fruits and Vegetables – Encourage kids to “eat the rainbow” by including a variety of colorful produce in their meals.

Whole Grains vs. Refined Grains – Show them how to choose whole wheat bread, brown rice, and oatmeal for sustained energy.

Healthy Fats Are Essential – Explain how avocados, nuts, and olive oil help the body stay strong.

Protein for Growth – Teach them to include lean meats, eggs, beans, or tofu in their meals.

Hydration is Key – Make drinking water a habit instead of sugary drinks.

Using visual aids, such as a nutrition chart, can make it easier for kids to grasp these concepts.

Introduce Simple, Healthy Recipes

Kids are more likely to enjoy cooking when they start with easy, delicious, and healthy meals. Try these kid-friendly recipes:

Banana & Peanut Butter Toast – Whole wheat toast with peanut butter, sliced bananas, and a sprinkle of cinnamon.

DIY Salad Bar – Let kids mix their favorite greens, veggies, cheese, nuts, and a simple homemade dressing.

Yogurt Parfait – Layer Greek yogurt, fresh berries, and granola for a tasty and nutritious snack.

Build-Your-Own Wraps – Provide whole wheat tortillas and let kids add lean meats, cheese, and veggies.

Scrambled Eggs & Toast – A perfect way for kids to practice basic stovetop cooking.

Super Smoothie – Blend frozen fruit, spinach, yogurt, and milk for a nutrient-packed drink.

Make Cooking Fun and Engaging

Kids are more likely to stick with healthy eating habits if they associate cooking with fun. Here are a few ways to keep them engaged:

Turn It Into a Game – Challenge your kids to create a meal with only five ingredients or try a “mystery basket” cooking challenge.

Let Them Pick Recipes – Allow kids to choose what they want to cook from a kid-friendly cookbook or website.

Create a Cooking Contest – Have a friendly family competition to see who can make the tastiest smoothie or the most colorful salad.



Encourage Creativity – Let kids decorate their plates, cut veggies into fun shapes, or make “food art” with fruit and yogurt.

Teach Kitchen Safety

Cooking is fun, but safety comes first!

Stove and Oven Safety – Never touch hot surfaces without oven mitts.

Knife Handling – Always use a cutting board.

Clean As You Go – Wipe up spills immediately.

Wash Hands Often – Before and after handling food.

Ask for Help When Needed – Always check with an adult before using new tools or appliances. Making safety a habit ensures that kids build confidence while staying injury-free.

Encourage Meal Planning and Grocery Shopping

Teaching kids to plan their own meals and shop for ingredients reinforces the importance of healthy food choices.

Make a Grocery List Together – Let them pick out ingredients for the meals they want to make.

Take Them to the Store – Teach them how to compare prices, read food labels, and choose produce.

Plan a Family Meal Night – Once a week, let your child take charge of planning and preparing a healthy dinner.

A Lifelong Gift

Teaching your kids how to prepare meals empowers them. So roll up your sleeves, head to the kitchen, and start cooking with your little chefs today!

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By Donna Ciccone

In today's fast-paced world, teaching kids how to prepare healthy meals is an essential life skill that goes beyond just knowing how to cook. It fosters independence, confidence, and a deeper understanding of nutrition. By giving children the knowledge and skills to make their own meals, you're setting them up for a lifetime of healthy eating habits.

Whether your child is a picky eater or an adventurous foodie, involving them in meal preparation can spark curiosity, encourage better food choices, and even create cherished family bonding moments. Here's how you can guide your kids toward healthy, independent cooking.

Start with Age-Appropriate Tasks

Every child learns at their own pace, but it's important to introduce kitchen tasks that match their age and skill level. Here's a general guide:

Ages 3-5: Getting Comfortable in the Kitchen

At this stage, focus on hands-on, simple tasks like: Washing fruits and vegetables, Tearing lettuce for salads, Mixing ingredients in a bowl, Spreading peanut butter on toast, Arranging food on a plate

Ages 6-9: Developing Basic Skills

Now, kids can take on slightly more complex tasks such as: Measuring ingredients with cups and spoons, Using a butter knife to cut soft foods (bananas, avocados, etc.), Cracking eggs into a bowl, Stirring and whisking ingredients, Assembling sandwiches and wraps

Ages 10-13: Learning to Cook Independently

At this point, kids can start preparing simple meals on their own, including: Using the stovetop with supervision, Chopping vegetables with a small, safe knife, Cooking eggs, pasta, and rice, Blending smoothies, Following a simple recipe

Parks And Playgrounds

These Are The Best Spots For Kids To Play In Los Angeles

By Heather Kavul

Los Angeles is known for its sprawling urban landscape, but it is also home to some of the best parks in California.

Whether you're looking for playgrounds, nature trails, splash pads, or picnic areas, the city has a variety of parks that cater to kids of all ages. Here are some of the top family-friendly parks in Los Angeles where children can run, play, and explore.

Griffith Park

Griffith Park is one of the largest urban parks in the country, offering endless activities for kids. The highlight for many families is the Los Angeles Zoo, where children can see a variety of animals and enjoy interactive exhibits. The Griffith Park & Southern Railroad offers a fun miniature train ride, and Travel Town Museum allows kids to climb aboard historic trains. For young adventurers, Ferndell Nature Trail provides a shaded, easy hike with a small creek and lush greenery. www.laparks.org/griffithpark

Pan Pacific Park

This centrally located park, just behind The Grove, features a state-of-the-art playground with slides, swings, and climbing structures. The park also has a large grassy area ideal for running and playing, as well as a splash pad to help kids cool off on hot summer days. It's an excellent spot for families who want to enjoy a peaceful yet fun outing. www.laparks.org/aquatic/lake/echo-park-lake

Kenneth Hahn State Recreation Area

Kenneth Hahn Park is a hidden gem offering stunning views of the LA skyline and tons of activities for kids. The park features multiple playgrounds, hiking trails, fishing ponds, and picnic areas. The open fields provide ample space for games, and the Japanese Garden is a peaceful retreat for a family stroll. www.parks.lacounty.gov/kenneth-hahn-state-recreation-area

Shane's Inspiration at Griffith Park

One of the most inclusive playgrounds in the city, Shane's Inspiration is designed for children of all abilities. This fully accessible playground features swings, ramps, and sensory-friendly equipment, making it a fantastic place for kids with special needs to play alongside their peers. www.laparks.org/playgrounds/griffithUAPk

Grand Park

Located in the heart of Downtown LA, Grand Park is known for its iconic interactive fountain,

where kids can splash and

play. The park also offers wide open green spaces, shaded seating areas, and frequent family-friendly events such as outdoor movie nights and cultural festivals. www.grandparkla.org

Lake Balboa Park (Anthony C. Beilenson Park)

For families in the San Fernando Valley, Lake Balboa Park is a favorite destination.

The lake is home to ducks and swans, and the surrounding trails are great for bike riding. There is also a large playground and seasonal cherry blossoms that make for a beautiful picnic setting. www.laparks.org/aquatic/balboa

Exposition Park Rose Garden & Playground
This park is home to the stunning Rose Garden, a great place for a scenic walk.

The nearby playground offers slides and climbing structures, and families can also explore the California Science Center, which features interactive exhibits and the Space Shuttle Endeavour. www.laparks.org/park/exposition-rose-garden

Tongva Park

Located in Santa Monica, Tongva Park is a modern playground oasis with unique climbing structures, slides, and water features. The park's design incorporates natural elements, making it both aesthetically pleasing and fun for children. Plus, it's just a short walk from the Santa Monica Pier. www.santamonica.gov/places/parks/tongva-park

Vincent Lugo Park (La Laguna de San Gabriel)

This whimsical park in San Gabriel is home to the famous La Laguna playground, which features giant concrete sea creatures

for kids to climb on. It's a one-of-a-kind experience that blends

art and play, making it a must-visit for families looking for something unique.

www.sangabrielcity.com/545/Vincent-Lugo-Park

Los Angeles has no shortage of amazing parks that offer kids a chance to explore nature, play on innovative playgrounds, and engage in outdoor activities. Whether you're in the heart of the city or venturing into the surrounding areas, these parks provide safe, fun, and memorable experiences for the whole family. Pack a picnic, bring some sunscreen, and enjoy a perfect day outdoors!



Echo Park Lake

Located just west of Downtown LA, Echo Park Lake is a great spot for families looking to relax by the water. The lake is famous for its pedal boats, which kids love, and the large open spaces are perfect for picnicking or playing. There is also a playground nearby and plenty of ducks and geese to observe.

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FASHION



By Lloyd Dobb

Fashionable Indoor And Outdoor Pajamas Effortless Comfort And Style

Once upon a time, pajamas were for bedtime. But in today's world, a new trend has emerged—indoor-outdoor pajamas. These pieces are designed to transition from lounging at home to running errands, offering the combination of coziness and practicality. But what makes indoor-outdoor pajamas different?

Indoor-Outdoor Pajamas

Indoor-outdoor pajamas are loungewear hybrids that blend the softness of sleepwear with the structure of casualwear. Indoor-outdoor pajamas are designed with durable fabrics, stylish cuts, and thoughtful details.

Think elevated jogger sets, chic matching loungewear, and flowy pajama-style pants that pair effortlessly with a blazer or sneakers. They offer a relaxed yet put-together look.

Ultimate Comfort, Anytime, Anywhere

The biggest draw is comfort. Made with breathable, soft materials like cotton, modal, bamboo, and lightweight fleece, these

pajamas feel like a second skin. The relaxed fits allow for easy movement, making them ideal for lounging at home, walking the dog, or hopping on a Zoom call.

Fashion Meets Functionality

Today's loungewear boom has blurred the lines between pajamas and everyday clothing. Many brands design their pajama sets with: Structured silhouettes that mimic everyday clothing; Neutral and color palettes; Elevated fabric choices like linen blends or knitwear; Minimalist prints. With these details, you can step outside in your pajamas and still look chic.

Time-Saving Convenience

With the rise of remote work and casual dress, indoor-outdoor pajamas save time by eliminating the need for a complete outfit change. Whether it's a quick school drop-off, a coffee run, or answering the door for deliveries, these pajamas make getting dressed effortless.



Sustainable and Cost-Effective

Many brands are embracing sustainable fabrics and ethical production methods. Since these pieces double as sleepwear and casualwear, they reduce the need for excessive clothing purchases.

Style Indoor-Outdoor Pajamas

One of the best parts about indoor-outdoor pajamas is their versatility. Here are some simple ways to make them look street-ready:

Jogger or wide-leg pajama pants + a fitted tank + a denim jacket = Casual chic; Matching pajama set + white sneakers + a trench coat = Effortless sophistication; Silky pajama top + high-waisted jeans + loafers = Office-friendly comfort; Lounge jumpsuit +

a chunky knit cardigan + ankle boots = Cozy and stylish; Adding accessories like structured bags, sunglasses, and layered jewelry can elevate the look.

Best Brands

Many brands are embracing the indoor-outdoor pajama: Lunya – Known for its washable silk sets, perfect for both lounging and stepping out in style; Skims – Offers sleek loungewear and pajama sets that double as streetwear; Eberjey – A favorite for buttery-soft, sophisticated styles; Everlane – Focuses on sustainable loungewear that transitions seamlessly into daily wear; Vuori – Great for joggers and performance-inspired loungewear.

The Future

With the rise of athleisure and hybrid fashion, the indoor-outdoor pajama trend is here to stay. As more people prioritize comfort, practicality, and sustainability, we can expect even more innovative takes.

Whether you're working from home, running errands, or just want to feel put-together, indoor-outdoor pajamas offer the perfect blend of cozy and stylish. So, next time you're debating whether to change out of your sleepwear, ask yourself—why not just wear pajamas that are already made for both?

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**Waiving All
Installation
Costs!**

Add'l terms apply. Offer subject to change and vary by dealer.
Expires 3/30/25.

