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# Valley Scene MAGAZINE

Entertainment ★ Leisure ★ Lifestyles

WWW.VALLEYSCENEMAGAZINE.COM — JULY 8 - 21, 2022 VOLUME 23 NO. 14

## MOVIES



MINIONS: RISE OF GRU

## ARTS/CULTURE



iPalpiti Symphony On Wings Of Peace

## LIVE MUSIC



TRIPLE THREAT WEEKEND AT THE EL PORTAL

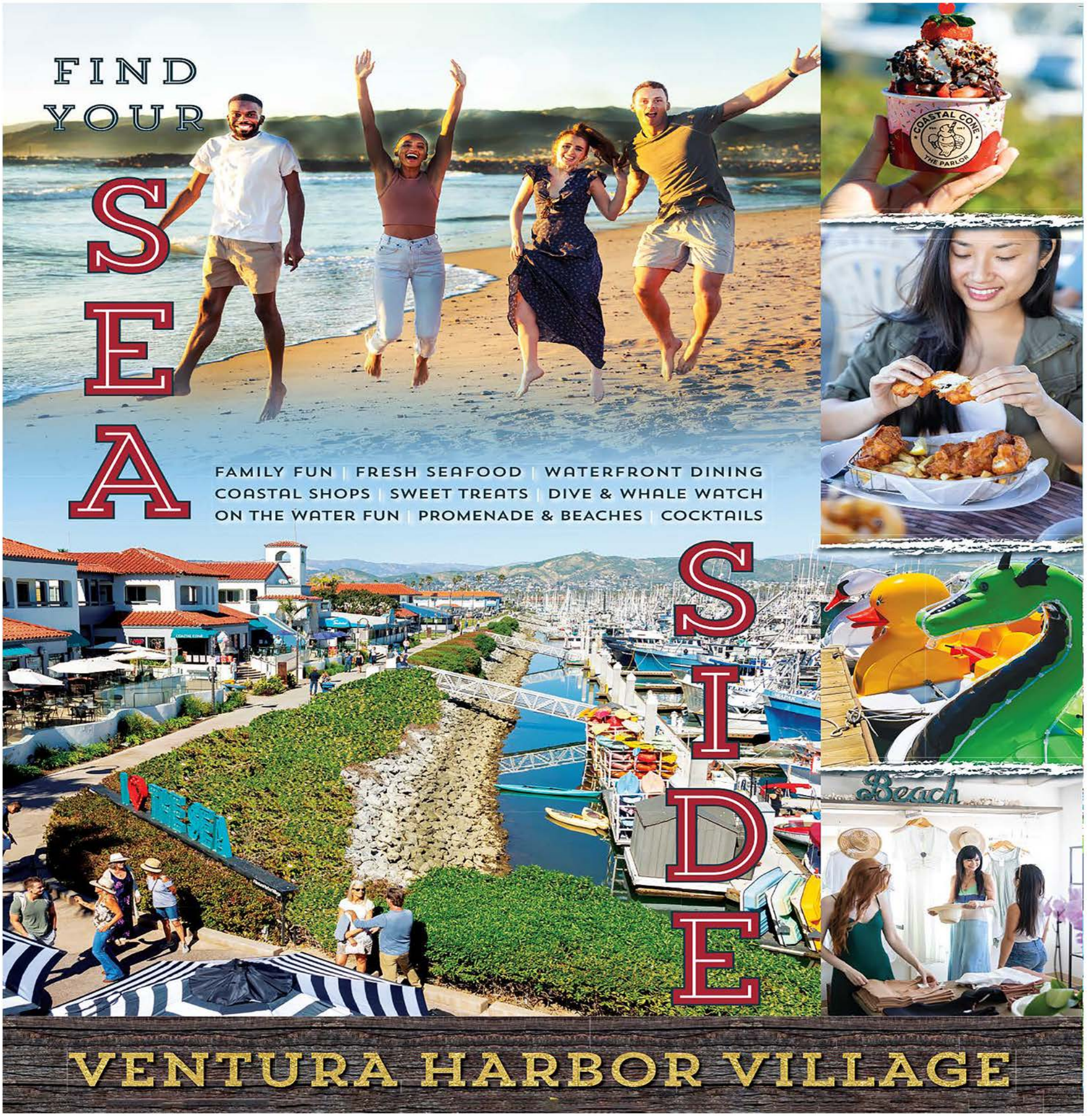
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# SUMMER HIGHLIGHTS

## GRAB YOUR FRIENDS AND FAMILY - IT'S SUMMERTIME!

By Barbara Beckley




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SEA
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FAMILY FUN | FRESH SEAFOOD | WATERFRONT DINING
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ON THE WATER FUN | PROMENADE & BEACHES | COCKTAILS
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VENTURA HARBOR VILLAGE

# TRIPLE THREAT

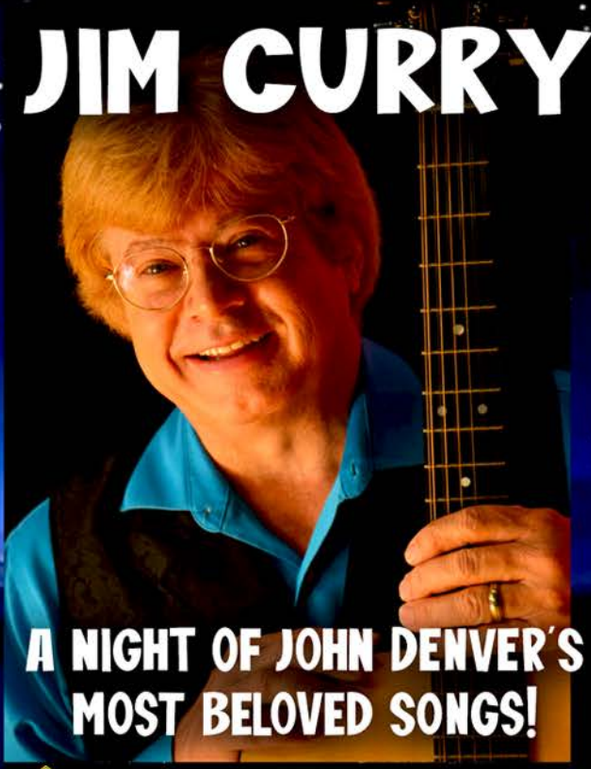
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# World Class iPalpiti Festival

## Brings Classical Music to Topanga Canyon On Wings of Peace

By Laura Kelly

You don't have to be a classical music expert to appreciate the creation of beautiful music and the idea that music is a special thread that connects us all.

The iPalpiti Artists International organization believes this to be true.



iPalpiti, (Italian for "heartbeat") is a Los Angeles-based non-profit dedicated to the artistic career advancement of exceptionally gifted young professional musicians and the promotion of peace and understanding through music.

iPalpiti and its cast of amazing musicians proves classical music is available for everyone from every race, ethnicity, culture, and age to enjoy. Music is a universal uniter. With so much chaos in the world today, we can all benefit from a dose of beauty and inspiration.

The day-to-day work of these superstar musicians from around the globe culminates with a two-week annual Festival of International Laureates, returning this year to Southern California LIVE for its 25th Season. 27 prize-winning musicians from 18 countries will present 10 concerts/events with an abundance of gorgeous solos, ensemble, and string orchestra performances.

For a very special, up-close and personal performance, you are invited to a "Hollywood Night" with Maestro Eduard Schmieder & iPalpiti Orchestra for an evening of fun music paired with wine/gourmet picnic and a rare opportunity to meet the artists following the performance.

The "Hollywood Night" performance will take place at Elsewhere Topanga Estate on Thursday, July 21st at 6PM. Selections from the Festival's programs will be announced from the stage.

This private event is by invitation only ($250), inquire for availability at (323) 363-7768 or www.ipalpiti.org. Elsewhere Topanga is a gated, private estate tucked in the Santa Monica Mountains, ten minutes from the ocean with breathtaking views of the California coastline. The evening begins with a Champagne Social followed by an outdoor gourmet picnic. The performance will be followed by a dessert and libations reception to meet the artists at the Little Barn Terrace.

The Festival culminates with "On Wings of Peace" concert at Music Center's Walt Disney Concert Hall on Saturday, July 23 at 8PM. The program will reflect ongoing tragedies and quest for life & peace performing Furia by Avison, Quiet Music by Ukranian composer Silvestrov,



Hindemith's military parody Minimax, Webern's Song of Love, ending with a popular Enescu' Romanan Rhapsody featuring Czech superstar violinist Pavel Šporcl.

iPalpiti Festival 2022 is dedicated to world peace, with programs and performances selected to inspire you "to explore the interconnections among the pieces as you discover the immeasurable potential of these beautiful works of art", as noted by Founder Eduard Schmieder. iPalpiti Festival of International Laureates in Los Angeles has become one of the nation's most significant music festivals and the subject of international accolades.

The acclaimed ensemble of international musicians is often referred to as the "United Nations of Classical Music". These very special rising stars will play under the baton of Maestro Eduard Schmieder. World-class Maestro, teacher, and violin virtuoso, Schmieder states, "The inspired young musicians of iPalpiti, are united in their hope of bringing beauty into your life through celestial sound, vital rhythm, and eternal emotional energy."

Full iPalpiti Concert Schedule here: www.ipalpiti.org. View past iPalpiti performances at: www.youtube.com/ipalpitimusic. If you would like to learn more, be part of, or support the programs of iPalpiti Artists International, please contact (310) 205-0511.

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# SUMMER HIGHLIGHTS

## GRAB YOUR FRIENDS AND FAMILY – IT'S SUMMERTIME!

By Barbara Beckley

School is OUT! Fun is IN! Do something new this summer! Explore sea caves, virtual reality or ax throwing. Delight in concerts, puppets, water sports. Cheer your family at a kids-only fishing derby. Hunt for fairies in the woods. Eat ice cream out of a fish-shaped waffle cone.

*Family fun time is now!*

Try a new beach! El Matador State Beach (https://www.californiabeaches.com/beach/el-matador-state-beach/) in Malibu makes a wonderful adventure for families, with sea caves and gigantic odd-shaped rocks to explore, a sandcastle-perfect beach, snorkeling, a cliff-top picnic area with stairs to the sand, restrooms and – beautiful views.

School's out for whales, too. Go Summer Whale Watching from Ventura Harbor Village (https://www.venturaharborvillage.com/) with Island Packers Cruises (https://islandpackers.com/). Now through mid-September, spot Fin, Humpback and gigantic Blue Whales on daily sails. Adults, $72; Seniors 55 +, $67; Children ages 3 – 12, $58. Maybe let the kids sail – with lessons at the Ventura Yacht Club's Youth Sailing Camp (www.vycyouthsailing.org). Now through August 20, weekly classes from 9 a.m. to 4 p.m., Monday to Friday. Beginner, intermediate and advanced for ages 8-18. $375 a week. Top it off with not-your-mother's ice cream cones at Coastal Cone Ice Cream. This 33-year-old family store made history in 2018 by being the first oceanfront ice cream shop in the U.S. to introduce a character cone, their signature Taiyaki fish-shaped waffle cone. New this summer, they've created "Dreamland" waffle cones – think Baby Shark, Baby Narwhals. Paired with 40-plus ice cream and soft-serve choices including Asian-influenced flavors.

Celebrate family time on Catalina Island (https://www.visitcatalinaisland.com/), an hour from Long Beach or San Pedro. It's worth an overnight – there is that much do to for all interests. If you're a fishing family, the free "Kids Fishing Derby" is Wednesdays, 7 – 9 a.m., through August 24 on the downtown Green Pleasure Pier. Bring your own rod and reel or dropline. Or purchase or rent equipment and get bait from Joe's Rent-A-Boat. Prizes are awarded! Ages 3 to 16.



Watch the free "Movies on the Beach," 8 – 10 p.m. on Avalon's South Beach. The line-up includes "Mitchells vs Machines," July 13; "Ratatouille," July 27, and "Luca," August 10. Snacks and beverages are available for purchase. Play "Summer Beach Bingo" on the sand for a chance to win fun local prizes. Now through August 25, on Tuesday and Thursday, 6-7 p.m. at the South Beach Lifeguard stand. Bingo cards are $1 each. Bring a beach towel or chair. "Art to Go" from Catalina Museum for Art & History is geared toward ages 6-12. On select Thursdays throughout the summer from 10 a.m. to 5 p.m., kids can pick up a free art kit featuring a specific project paired with an art lesson, instructions and most necessary materials, at the museum. Wheeeeeeee! Get your adrenaline thrills on the Catalina Island Zip Line Eco Tour, speeding 600 feet above the ground at up to 35 mph. Zig-zag along five separate zip lines, down and across the canyon, zipping through a grove of towering eucalyptus trees, all with sweeping ocean views. $139. Ages 5 and up. Ages 5 to 9 must ride tandem with an adult.

Fun! Fun! And More Fun!

Welcome the summer with incredible entertainment and games – at the new MB2 Entertainment Center (https://mb2entertainmentscv.com/) in Santa Clarita. This seven-acre indoor/outdoor hotspot has it all. Ax throwing, bumper boats, an arcade with more than 65 interactive and prize games. A golf simulator inside a private full-swing suite, with famous courses and driving analysis for serious players, and one-of-a-kind virtual games for non-golfers. High powered Go Kart racing (must be 12 or older), award-winning full sensory immersion virtual reality games, Laser Tag in a NYC-themed arena, a 36-hole mini golf course with waterfalls, rapids, caves and caverns; six lanes of Duck Pin Bowling – 10 pins only the ball is smaller without finger holes. Also The Park, a sweeping lawn with giant lawn games including Connect 4, Jenga, corn hole, beer pong and ladder golf. Food and drink? Of course. There's a large restaurant and delightful Beer Garden with a summer happy hour. MB2 is open Sunday to Thursday, 11 a.m. – 11 p.m.; Friday and Saturday, 11 a.m. – midnight. Admission is free. Buy play cards for $50, $100 or less. No age limit to enter. Yes, you can bring the baby. If you want the complex to yourselves, it's available for groups of up to 1,000 people.

***Continued next page***

See a Show

From Broadway to classical, puppets to iTunes celebs – gather round a stage.

Back and better than ever! The Bob Baker Marionette Theater (http://www.bobbakermarionettetheater.com/) in Highland Park's beloved summer classic, "Fiesta!" returns July 9 – September 18, Saturdays and Sundays, 11:30 a.m. and 2:30 p.m. Featuring new artwork, new characters, new music and new costumes showcasing a variety of voices, cultures and traditions. Special bi-lingual Spanish/English talk-backs at 5:30 p.m. follow the July 24, August 7, 21 and September 10th shows. $20.



Share the romance of Rodger & Hammerstein's "Cinderella," at the Morgan-Wixson Theatre (www.morgan-wixson.org) in Santa Monica, July 9-24, Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. $25 to $32. And laughs of "Bedtime Stories (As Told by Our Dad) (Who Messed Them Up)," performed by the Youth Theatre Workshop, July 9 – 24, Saturdays and Sundays, 11 a.m. $12 to $15. Relive the Golden Age of Television with Neil Simon's classic "Laughter on the 23rd Floor," at the Westchester Playhouse (https://kentwood-players.org/) in Los Angeles, July 22 – August 6, Fridays and Saturdays, 8 p.m.; Saturdays and Sundays, 2 p.m. $20 to $22.

"As Always, Jimmy Stewart," returns to the theater where it was written and performed by Steve Nevil – Theatre West (https://theatrewest.org/) in Los Angeles, July 9 at 8 p.m.; and Sunday, July 10 at 3 p.m., once again starring Nevil. Personally approved by Jimmy Stewart's family, Nevil's one-man performance proves Stewart truly did live a wonderful life. $35 in advance. $40 at the door.

Into classical? "Hershey Felder: Chopin in Paris," July 5 – 24, at the Wallis Annenberg Center for the Performing Arts (https://www.thewallis.org/) in Beverly Hills showcases the Polish pianist/composer's enduring music while revealing his secrets about the art of piano and composition in story and music. Weekdays and Fridays, 7:30 p.m. Saturdays and Sundays, 2 p.m. and 7:30 p.m. $39 to $99. Tribute artist Jim Curry stars in "Take Me Home, The Music of John Denver," July 24 at 7 p.m. at the El Portal Theatre in NOHO, with beautiful landscapes synced to the lyrics. $39 to $49.

Show the kids you're a generation ahead – with tickets to iTunes No. 1 UK singer/songwriter Calum Scott's soulful sounds including his new single "If You Ever Change your Mind," August 6, 9 p.m. at The Fonda Theatre (https://www.fondatheatre.com/). $25.

Be In The Show

Step inside a fairytale. Take your little ones on "A Faery Hunt" (https://afaery-hunt.com/), a live interactive children's show with real fairies outdoors in nature. Kids are encouraged to dress as their favorite fairy, princess or super hero – so are adults. Named "Best Children's Theater in Los Angeles" by Nickelodeon, each Faery Hunt show creates a Fairyland of gentle and silly fun, with original stories, dancing and songs. Summer shows: July 10, "A Faery Hunt Enchanted Adventure," Crestwood Hills Park, Los Angeles; July 16, "A Faery Hunt Ruler of the Forest," Tarzana Community and Cultural Center, Tarzana; July 23, "A Faery Hunt Enchantment in Sherwood Forest," Corriganville Park, Simi Valley; July 30, "A Faery Hunt A Mermaid's Tail," Los Encinos State Historic Park, Encino; August 7, "A Faery Hunt Enchanted Adventure," Crestwood Hills Park, Los Angeles; August 13, "A Faery Hunt's Amazing Adventure," Corriganville Park, Simi Valley; August 20, "A Faery Hunt Enchantment," Los Encinos State Historic Park, Encino; August 28, "A Faery Hunt Extraordinary Adventure," Orcutt Ranch, West Hills; September 11, September 17, "A Faery Hunt Enchantment," Los Encinos State Historic Park, Encino; September 24, Shows start at 10:30 a.m. $15.00 – $30.00. Kids 23 months and under are free.




Is the next Jay Leno in your family? Arrange for him/her – maybe everyone – to grab the mike at The Crow comedy club (https://www.crowcomedy.com/teen-shows) in Santa Monica's "Teen Open-mic Night." It showcases ages 13 and up, every fourth Friday at 7 p.m. (one hour before the main show). Admission is $1 or free with paid admission to the main show. Includes 3-5 minutes on stage and feedback from the host.

Or a future Julia Childs? Don your aprons and hone your skills with cooking classes at Eataly Westfield Century City (https://www.eataly.com/us_en/-stores/los-angeles/). Learn to prepare Italian goodies from scratch including pasta, the perfect meatballs, Italian street food, desserts, sides and mains. They provide the ingredients. You get to take it home. Three-hour classes are offered most Tuesdays through Saturdays, at 12:30 – 2:30 p.m. or 6 – 8 p.m. Ages 12 and up. Youngsters under 18 must be with an adult. (But you'd want to anyway.) $80 to $125.

Expand Your Attractions

Created for animal-loving families – On the private Family Tour at The Gentle Barn (https://www.gentle-barn.org/california/) in Santa Clarita, you all can brush cows, feed horses, give pigs tummy rubs, cuddle turkeys, pet goats and sheep, hold chickens, meet llamas and emus, while learning about the animals' stories of resilience. For up to 10 close family/friends, $400 donation. There is also a Group Tour for up to 20 people, $500 donation. Both are Tuesdays, Wednesdays, Thursdays and Saturdays. General Sunday tours are by reservation, adults, $22; ages 2-12, $12; ages 2 and under, free. Also the Farm Sanctuary's Southern California Shelter (https://www.farmsanctuary.org/) in Acton, where rescued cows, pigs, chickens, turkeys and other farm animals live out their lives in peace and comfort. Remember those cows that escaped from a truck on the freeway? Two live here. Tours are offered Friday through Sunday. Reservations required. Adults, $15; ages 4-12, $8; ages 3 and under free.

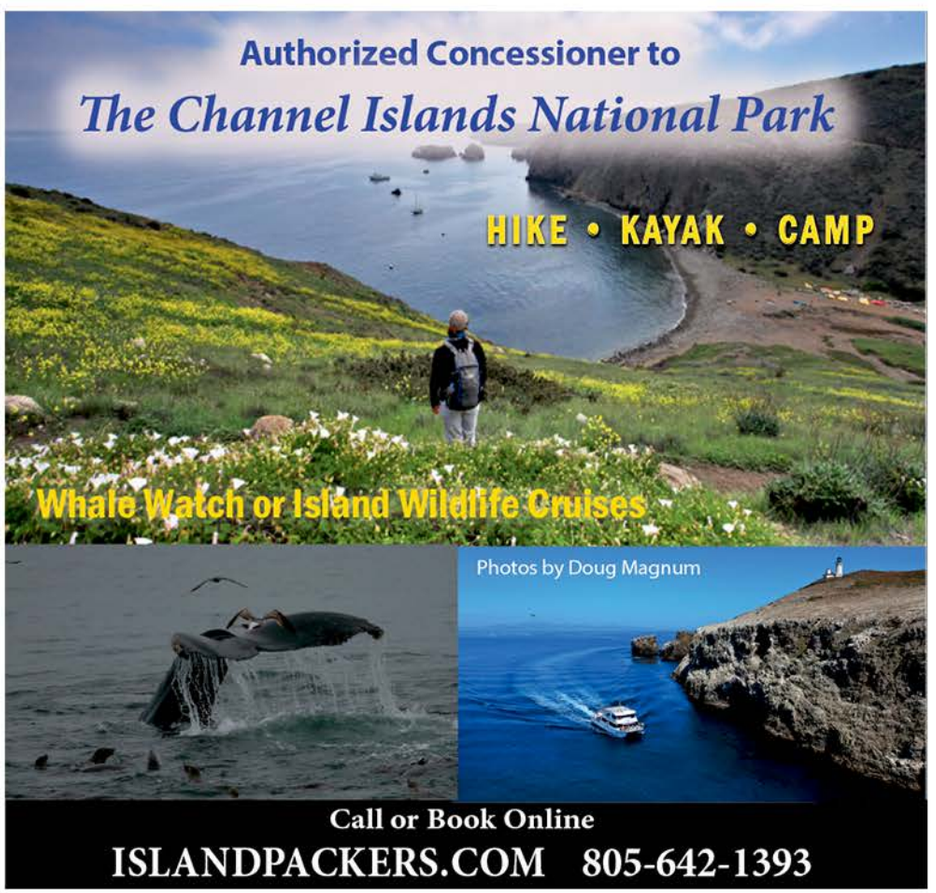



Family surprises await at the California Science Center (https://californiasciencecenter.org/) in LA. The mighty space shuttle Endeavor and all permanent exhibits like "Fire! Science & Safety," with live demos – yikes – are free and don't require a reservation. The new world premier "Angkor: The Lost Empire of Cambodia" and "Angkor 3D" on the seven-story IMAX screen is $19.95, adults; $12.95, ages 3-12. Who knew? At The Huntington Library, Art Museum, and Botanical Gardens (https://www.huntington.org/) in San Marino The Children's Garden delights everyone with whimsical interactive displays like magnetic sand – what?! – vortex water bells and a prism tunnel. (Along with the Gutenberg Bible and acclaimed American and European art from the 15th to 20th centuries.) Closed Tuesdays. Adults, $25 to $29; students, $21 to $24; ages 4-11, $13.

Family Overnight Oh My!

Treat the family to a getaway they'll never forget. At The Estate (https://elsewherecalifornia.com/), a quirky/posh private gated estate in the rural Santa Monica Mountains 10 minutes from the beach. Pet the pink llama! Enjoy free-roaming deer and clucking chickens. Stay in a gypsy wagon – really. Or maybe The Black Villa (sleeps seven) or The Great Hall of Infinite Proundry. Choose from nine creative accommodations averaging $619, $674 and more per night through Airbnb. Have fun!



# Valley Scene Magazine

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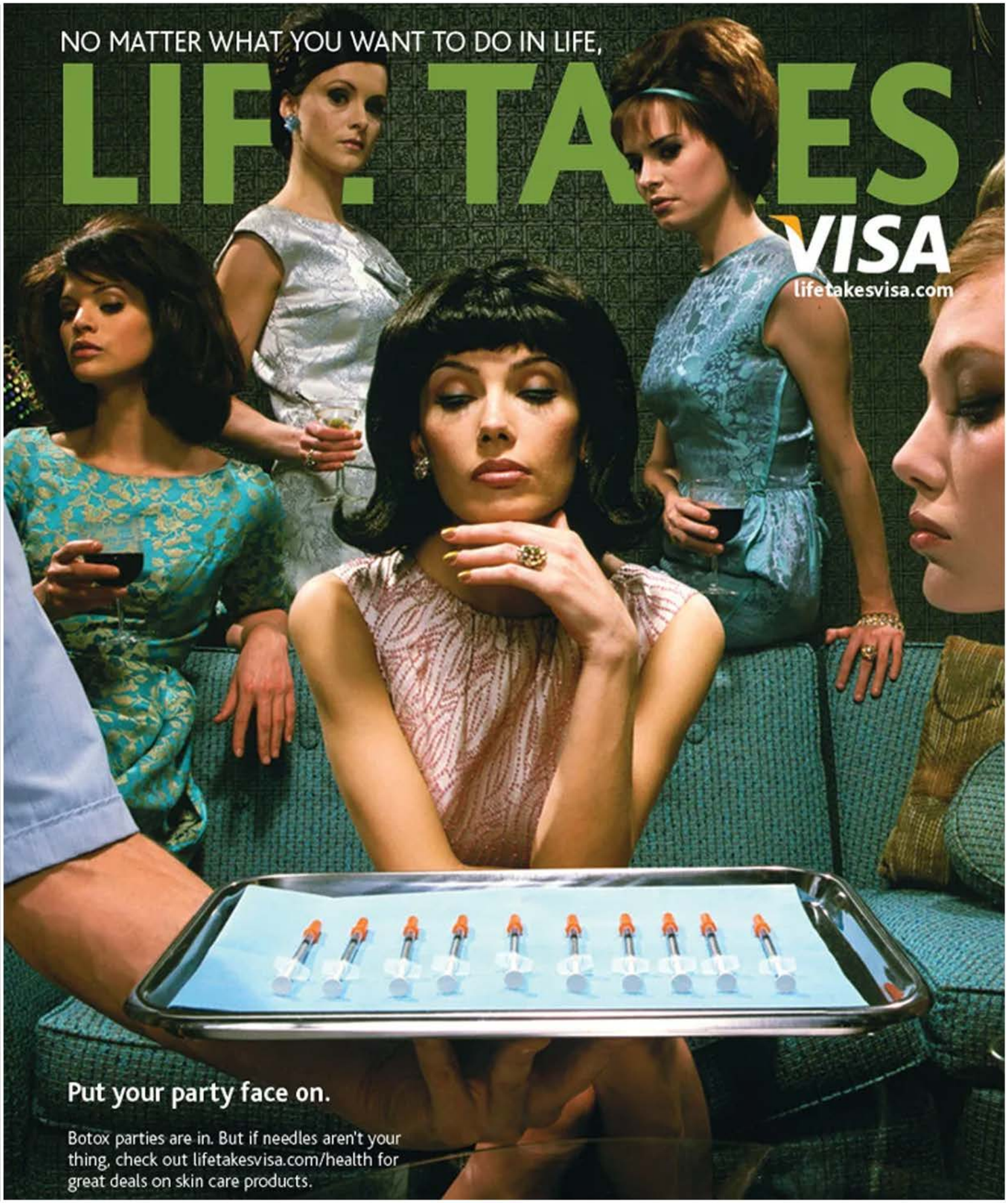
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6520 Platt Ave Suite 336
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Torrential Publishing publishes Valley Scene Magazine every other Friday. 1 copy per person.

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# ESCAPE TO VENTURA HARBOR

## FIND YOUR SEASIDE AT VENTURA HARBOR VILLAGE, WHERE SUN, SAND AND SEA MEET TO CREATE A PERFECT COASTAL GETAWAY

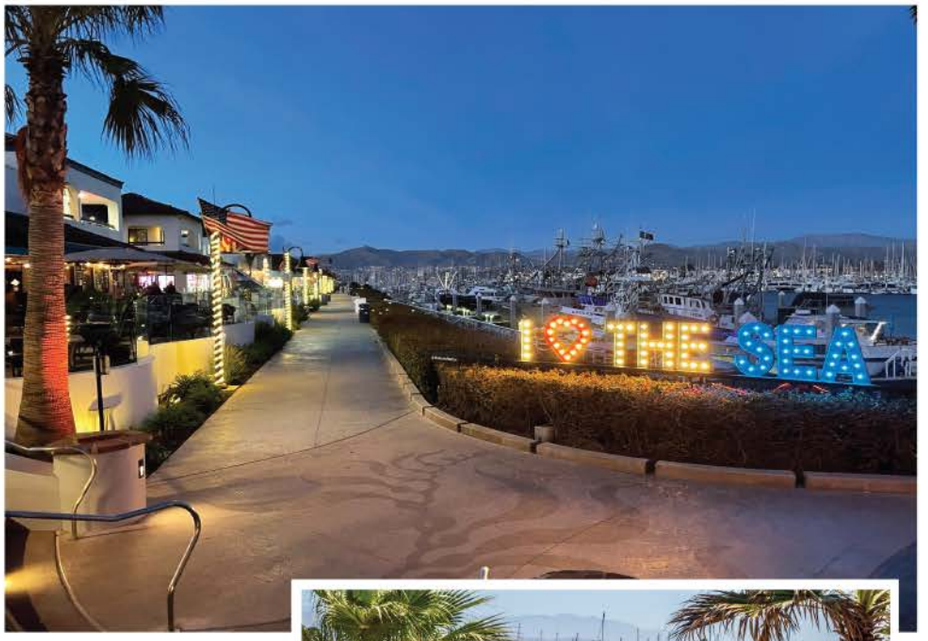
By Staff Writer

The chemistry of sun, sand and sea converge for "Find Your Seaside" - this year's summer theme at Ventura Harbor Village. From a summer music series to magical moments on the water, new photo opps and tasty summer treats, this postcard-perfect destination makes for an ideal midweek or weekend daycation/get-away. What's more, admission and parking are complimentary all summer long. www.venturaharborvillage.com

Read on as Ventura Harbor Village shares a Top 2022 Summer Bucket List picks that will give visitors from near and far something to "wave" about.

Kick off positive summer vibes with a weekly sea-inspired soundtrack with DJ Seaside Saturdays and Live Steel Drum Sundays from Noon -3 p.m. through Labor Day at Ventura Harbor Village Promenade Stage.

"Seas" the day and jump aboard an Island Packers boat to embark on a half-day awe-inspiring Summer Whale Watching Excursions through September 1, 2022.







Cool off on the glistening sea with Ventura Boat Rentals. Visitors can rent kayaks, stand up paddle boards, and electric boats to either paddle or cruise the marina waters.

Dive into summer fun at Ventura Dive & Sport, everything for novice to expert enthusiasts.

Hip and trendy fashion is not far from reach and Ventura Harbor Village's retail has everything from swimwear to board shorts at Ventura Swimwear, and hip and trendy summer apparel at Barefoot Boutique and Anja's Boutique and Hats Unlimited.

After a day of sun and fun, pull up a chair at one of Ventura Harbor Village's top seaside restaurants to enjoy fresh seafood from Fish "N" Chips and clam chowders at popular Andrias's Seafood Restaurant & Market and Brophy Bros Clam Bar & Restaurant, fish tacos at Baja Bay Surf N Taco, and fresh fish from Wild Local Seafood.

Top off a delectable meal with a choice of several sweet treat shops. Coastal Cone Ice Cream made history in 2018 by being the first ice cream shop in the U.S. to introduce the signature Taiyaki fish cone. Other favorites include Sugar Lab Bake Shop and Top This Chocolate.

Head into one of several popular after dark entertainment zones.

The Ultimate Escape Rooms provide a choice of escapes: The Attic, Wizard's Lair, and Twisted Tales.

Create memorable moments as the sun sets with live music & entertainment at the Boatyard Pub, Copa Cubana, Margarita Villa, 805 Bar & Grilled Cheese, The Greek Mediterranean Steak & Seafood, where diners can also witness performances by Greek dancers in addition to comedy shows.

Drift off into the sunset and ride on one of Ventura Boat Rentals specially-lit nighttime dragons, ducks, or swan pedal boats for a one-of-a-kind magical experience on the water every weekend.

When the temperature soars, there is no better place to beat the heat than at the beach, and Ventura Harbor's two beaches Harbor Cove Beach and Surfer's Knoll Beach are a perfect way to cool off.

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Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature.*All activities are pre-assigned and rotate on a daily basis.
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# Elvis

By Contributing Writer

The life of Elvis Presley is not something that fits neatly into a biopic. It was going to take a director as wild as Baz Luhrmann to evoke the King's 42 years. Luhrmann knows better than to adapt a Wikipedia page when it comes to a larger-than-life star whose legend has only intensified after his death. Plus, he found a perfect star in Austin Butler.

With " Elvis," Luhrmann and Butler have created a maximalist opera of contradictions, styles, truths, myths, memories and headlines. It doesn't explain, apologize or concern itself with logic. Dates and locations fly by with little fanfare. No one who doesn't already know the facts of Elvis Presley's life is going to ace any trivia after this film. It sidesteps significant things like the fact that he met Priscilla (Olivia DeJong) when he was 24 and she was 14. His Hollywood career is summed up in a quick montage that ends with Tom Hanks' Colonel Tom Parker saying "we had a lot of fun."

Because there are other moments that Luhrmann deem more important — Elvis' early acts of rebellion, the death of his mother, the assassinations of the Rev.



Martin Luther King Jr., and John and Robert Kennedy, the 1968 leather-clad comeback special and the gilded cage of his Las Vegas residency, among them.

And still, this extravaganza takes you from cradle to grave (and beyond). It is propelled by Butler's portrayal of Elvis from age 17 on, capturing his ascent from a scrawny truck driver and occasional singer to being the most famous man in the world. Parker, Elvis' controversial manager and promoter, may not have known much about music, but he saw what Elvis did to an audience and knew there was money to be made off this kid.

The story is actually first framed as the morphine memory of Parker, who is dying in a hospital room overlooking the Las Vegas strip two decades after Elvis passed. Parker tells the audience that he is not the villain. This is surely his prerogative and probably something he believed to be true despite all the evidence to the contrary. And yet even under mountains of prosthetics and a strange accent it is still Tom Hanks. You may second guess yourself, or understand why Elvis second-guessed himself.

Though the film is flimsy with biographical facts, it does put Elvis's Mississippi and Beale Street influences front and center. We see him soak up juke joints and rapture in the Pentecostal revival tents to the work of Black artists like B.B. King (Kelvin Harrison Jr.), Big Mama Thornton (Shonka Dukureh), Sister Rosetta Tharpe (Yola), Little Richard (Alton Mason) and Arthur "Big Boy" Crudup (Gary Clark Jr.).

It's all presented without commentary, judgment or introspection. Is it daring the audience to make their own conclusions? It's consistent with a movie where "Dr. Nick" and his pills appear. And, again, "Elvis" seems to be more about getting you on a gut, emotional level.

Perhaps one of the most striking things about "Elvis" is how restrained it is. This could have been a fever dream, full of rhinestones and dizzying camera. There is some of that, certainly. But Luhrmann reserves that chaotic energy for the stage, and more specifically Elvis's person.

# Minions: Rise of Gru

By Contributing Writer

For a not small segment of the audience for "Minions: Rise of Gru," only one thing needs to be said. The Minions are in it.

Five films and 12 years into the "Despicable Me" series, the appeal of the bug-eyed, overall-wearing, banana-yellow henchmen horde is overwhelming. They have swarmed the planet like that human mob in "World War Z," spreading a happy cartoon plague that long ago became endemic. The Minions are one of the great second-banana success stories.

And the franchise's latest installment, "Minions: Rise of Gru," is smart enough not to reinvent the wheel — even if trying to do so might sound like the kind of job the Minions would love to get a crack at. The outline of the film is a sequel to 2015 "Minions" and "Despicable Me" prequel for Gru (Steve Carell), who here is an 11 3/4-year-old aspiring supervillain. But the coming of age belongs less to Gru than his little army of sidekicks who once again steal the show as they establish their undying allegiance to "Mini Boss."

The perfunctory storyline centers on Gru reaching for his diabolical dreams, and proving his mettle to an evildoer group called the Vicious 6. We're in 1976 California. The Vicious 6 has jettisoned its founder, an aged nunchuck-wielding criminal named Wild Knuckles (Alan Arkin, a voice so distinctive that it pierces even something this cartoonish). Its new leader, the disco-styled Belle Bottom (Taraji P. Henson), takes possession of a powerful amulet and then holds auditions for new members in the Vicious 6's San Francisco secret lair beneath a music store called Criminal Records. With hair neatly combed, Gru shows up seeking his big break only to be immediately dismissed as a mere child. In the fallout, Gru and the Minions sneak off with the amulet.

I'm sure you're just dying to know the fate of that amulet. Thankfully, "Rise of Gru" knows that its MacGuffins are nothing but Minion fodder. More than any previous film, this one feels engineered to enable as much slapstick hijinks for the yellow ones as possible. The plot is mostly just a mechanism for Minion mayhem, allowing them the opportunity to pilot an airliner, learn kung fu from an acupuncturist (Michelle Yeoh) and repeatedly pronounce "San Francisco."




It's not a recipe for the greatest movie ever, necessarily, but a far worse sin, in this world of Minion domination, would be to skimp on screen time for the little guys. "Rise of Gru," directed by franchise veteran Kyle Balda, supplies a brisk and breezy 88-minute Minion morsel to keep the pipsqueak masses sated before the next "Despicable Me" movie. After singling out the trio of Kevin, Stuart and Bob (all voiced by Pierre Coffin), the plump and talkative Otto gets introduced this time.

Along the way, there are plenty of '70s needle drops, from the Ramones to Sly and the Family Stone, and even a Linda Ronstadt reference. There's plenty of affectionate period detail, too, including a Tupperware party and a trip to the movies to see "Jaws." (The Minions laugh their heads off.) "Rise of Gru" likewise at moments adopts a Blaxploitation vibe or a James Bond opening credit sequence.

If anything, the Minion craze has proven the timeless versatility of the googly-eyed henchmen — a cartoon concoction of childlike slapstick simplicity and eminent pliability. It's enough to make you curious to imagine the Minions in subsequent decades — on Wall Street in the '80s, maybe, or head banging at a Nirvana concert in 1990s Seattle.

# Triple Threat Weekend!

## Musical Tributes at the El Portal Theatre

By Pam Froman

You can spend a weekend listening to the greats – music from Queen, KIIS, and the iconic John Denver at the El Portal Theatre this July 22, 23, and 24. Check out tribute bands Bohemian Queen, KISSED Alive, and Jim Curry.

Bohemian Queen is a true-to-life Queen tribute band. It comprises Los Angeles's finest players and voices, coming together to bring to life a classic catalog of songs and melodies and to deliver the same level of detailed showmanship that has dazzled arenas and stadiums. This tribute to Queen displays the unique, dynamic musicianship and showmanship of classic Queen. They will be on stage Friday, July 22, at 8 p.m.

KISS is no ordinary rock band – they have broken all the rules and had a blast doing it! KISSED Alive honors this legacy by performing material from the band's entire catalog - from the first album to the most recent releases. You'll get to check out the classic costumed characters - Spaceman, Demon, Starchild, and Catman! This performance takes place Saturday, July 23, at 8 p.m.

John Denver's music represents a great slice of Americana. Join El Portal's favorite Jim Curry and his band as they perform the heartfelt music of the legendary John Denver. Scenes and videos of nature are synchronized to each song, for an evening that will fill up your senses! This is a great family show for all ages. Join Jim Curry on Sunday, July 24, at 7 p.m.

The El Portal Theatre is located in the heart of the NoHo Arts District – a dynamic three-theatre performing arts complex featuring the 360-Seat Debbie Reynolds MainStage, 96-Seat Monroe Forum, and the award-winning Stuart Roger's 42-Seat Theatre Tribe.



The El Portal Theatre was built in 1926 as a Vaudeville and Silent Movie House in anticipation of "TALKIES" which were right around the corner in the early 30s. Since its reopening and redevelopment in the NoHo Arts District in 2000 the historic El Portal Theatre has featured musicals, plays, dance, educational arts programs, and unique acts from around the world. Celebrities including Dick Van Dyke, Debbie Reynolds, Bea Arthur, Jimmy Kimmel, Billy Goldenberg, Kitty Carlisle Hart, Jo Anne Worley, Fritz Coleman, Smokey Robinson, Rene Taylor, Joe Bologna, Rachel Bloom, James Corden, Charles Nelson Reilly, Sam Harris, Neil Patrick Harris, Sally Struthers, Kate McKinnon, Carol Lawrence, Joe Campenello, Fred Savage, Leslie Jones, Todrick Hall, Ruta Lee, Matt Walker, Beth Kennedy, Bobby Creighton, Ron Dante, Adrienne Barbeau, Jamie Lee Curtis, and many more have starred on the MainStage.

The El Portal Theatre is frequently called the Jewel in the North Hollywood Crown — and boasts a three-sided marquee facing the boulevard that has been a location many times for film and television shoots.

Tickets for Bohemian Queen are $49 (Center Section) and $39 (Side Sections). Tickets for KISSED Alive are $49 (Center Section) and $39 (Side Sections). Tickets for Jim Curry and his band are $49 (Center Section) and $39 (Side Sections). Want to see all three of these amazing musical performances? Buy a Festival Pass for all three shows for $90.

The El Portal Theatre is located at 5269 Lankershim Blvd. in North Hollywood. For tickets, contact the Box Office at (818) 508-4200, or log onto www.elportaltheatre.com for more information.




# THE BENEFITS OF AI

By Contributing Writer

There are many ways to define artificial intelligence, but the more important conversation revolves around what AI enables you to do.

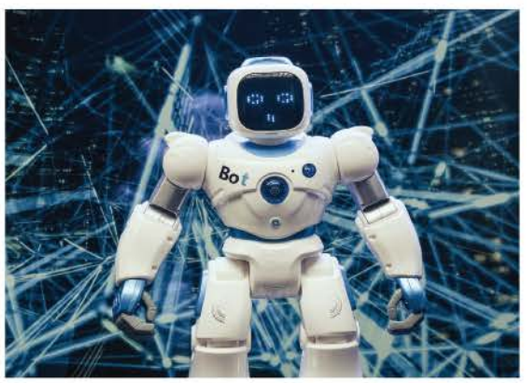
**End-To-End Efficiency**

AI eliminates friction and improves analytics and resource utilization across your organization, resulting in significant cost reductions. It can also automate complex processes and minimize downtime by predicting maintenance needs.

Improved accuracy and decision-making: AI augments human intelligence with rich analytics and pattern prediction capabilities to improve the quality, effectiveness, and creativity of employee decisions.

**Intelligent Offerings**

Because machines think differently from humans, they can uncover gaps and opportunities in the market more quickly, helping you introduce new products, services, channels and business models with a level of speed and quality that wasn't possible before.






**Empowered Employees**

AI can tackle mundane activities while employees spend time on more fulfilling high-value tasks. By fundamentally changing the way work is done and reinforcing the role of people to drive growth, AI is projected to boost labor productivity. Using AI can also unlock the incredible potential of talent with disabilities, while helping all workers thrive.

**Superior Customer Service**

Continuous machine learning provides a steady flow of 360-degree customer insights for hyper personalization. From 24/7 chatbots to faster help desk routing, businesses can use AI to curate information in real time and provide high-touch experiences that drive growth, retention and overall satisfaction.

AI is used in many ways, but the prevailing truth is that your AI strategy is your business strategy. To maximize your return on AI investments, identify your business priorities and then determine how AI can help. Identify your business priorities and then determine how AI can help.

**The Future Of AI**

According to Accenture's report, AI: Built to Scale, 84 percent of business executives believe they need to use AI to achieve their growth objectives. However, 76 percent acknowledge struggling with how to scale AI across their business. Until now, there hasn't been a blueprint to getting past proof of concept into production and scale, a transition many struggle to make. At this inflection point, it's imperative businesses take the necessary steps to scale successfully.

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**Define Your Business Value**

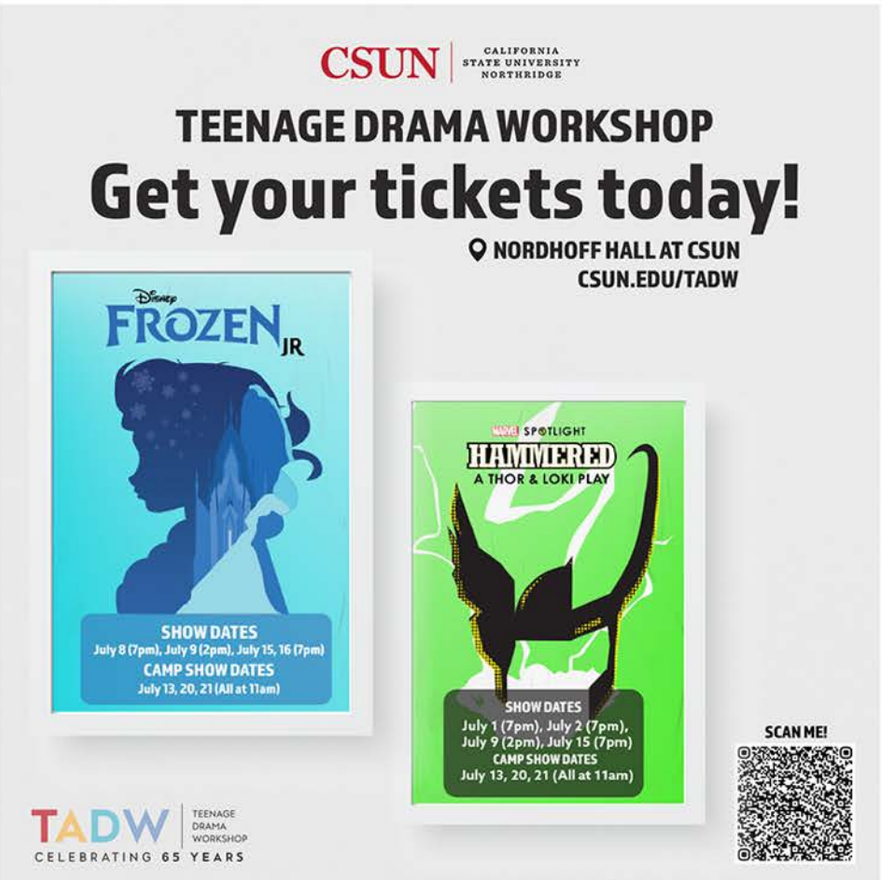
There are countless ways to use AI. How do organizations decide what to focus on? To scale successfully, start by defining what value means to your business. Then assess and prioritize the various applications of AI against those strategic objectives.

**Rework Your Workforce**

The growing momentum of AI calls for a diverse, reconfigured workforce to support and scale it. Despite early fears that artificial intelligence and automation would lead to job loss, the future of AI hinges on human-machine collaboration and the imperative to reshape talent and ways of working.

**Establish Governance And Ethical Frameworks**

Organizations must design their AI strategy with trust in mind. That means building the right governance structures and making sure ethical principles are translated into the development of algorithms and software. Applying these factors successfully can help organizations unlock value and stay competitive. AI is no longer simply a "nice to have", but is critical for business' future.






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**July 23 - August 21, 2022**

**ARTS presents**




**Oct 8 - Nov 26, 2022**

**SVCAC presents**




**Nov 19 - Dec 23, 2022**

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**SVCAC presents**

*Back by Popular Demand!*
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*in the nation!*



**Raymond Michael in Blue Christmas**
**Holiday Concert**
**Sunday, December 11 at 7:30 pm**



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**Concerts - Adults $35 Seniors/Students $32 Children 12 and Under $30**




**Wednesday, July 13 at 7:30 pm**



Taylor Made Tapestry
a tribute to
james taylor
and carole king

**Wednesday, August 17 at 7:30 pm**

Deja Vu
a tribute to crosby, stills,
nash and young

**Wednesday, Sept 21 at 7:30 pm**

**Tickets Available Online at www.simi-arts.org**

# ALMANAC BEER CO. RELEASES NEW YEAR-ROUND WEST COAST PALE ALE

By Contributing Writer

*An Easy-Going West Coast Pale Ale Dry-Hopped with Simcoe and El Dorado With Just the Right Balance of Hop Bliss, Refreshing Citrus Aromas, and a Clean Finish*

Northern California's farm-to-barrel craft beer pioneers Almanac Beer Co. expands its year-round fresh beer portfolio with a new West Coast pale ale honoring a style that put California craft beer on the map. FLOW Pale Ale (5.5% ABV) fits right into the Almanac family of fresh beers available 12 months of the year along with fan-favorites LOVE Hazy IPA, LOUD! Hazy DIPA, and TRUE Kölsch. FLOW Pale Ale takes a classic West Coast style and brews it for the modern drinker who loves to kick back a cold one (or three!) after a day of kayaking, lazy river rafting, or hitting the mountain biking trails.

The Chevron mosaic label design of FLOW Pale Ale (pictured below) pops with just as much punch as when opening a 16 oz. can on the beach. The golden hour glow of a California sunset with hues of turquoise reflecting off of the ocean water composes the FLOW color palette. Dry-hopped with Simcoe and El Dorado, FLOW is full of character with a super light body.




"Nothing hits the spot quite like a refreshing West Coast pale ale! As the beer style that originally captured my heart, I decided it was time to create a worthy Almanac version. It took over a year of R&D before we nailed the final recipe, but we couldn't be more excited about the result. FLOW is all about balance. It's got a huge hop aroma and is bursting with notes of juicy lemon, ripe melon, and fresh berries and pine. The bitterness is restrained, the finish is clean, and the body is light and crisp. FLOW is a simple beer, and it's just plain delicious." -Damian Fagan, Founder & CEO, Almanac Beer Co.

Almanac beers can be enjoyed at their beautiful 30,000 square feet Alameda Island brewery and taproom (and their outdoor beer garden) located inside a refurbished former airplane hangar (originally built in 1942). FLOW Pale Ale and an array of delicate and crisp lagers, complex barrel-aged sours, decadent stouts, and aromatic hazy IPAs are available in stores and on draft throughout Northern and Southern California, as well as select states across the country. For online purchases within California, please visit their digital store: almanac-beer.com/shop/beer.

For more information, please visit:
almanacbeer.com
instagram.com/almanacbeer
facebook.com/almanacbeer
twitter.com/AlmanacBeer

About Almanac Beer Co.

Almanac was launched in 2011 by Damian Fagan and Jesse Friedman, two avid homebrewers who bonded over their mutual appreciation for California farmer's markets. They set out to brew beers inspired by California's rich agricultural bounty, and brewed their first beer -- a Belgian-style golden ale aged in Sonoma County Zinfandel barrels with Sonoma County blackberries. Our name, Almanac, refers to the Farmer's Almanac, a reference guide for farmers that has been published every year since 1818. Our motto, Farm to Barrel, was adopted to reflect our passion for brewing barrel-aged beers that showcase ingredients from California farms. All of our beers are brewed, aged, and packaged at our 30,000 square feet brewery on the former Alameda Point Naval Airbase on beautiful Alameda Island. Our portfolio of beers spans the gamut from delicate oak-aged lagers, to nuanced barrel-aged sours, decadent stouts, and of course, hazy IPAs.



# SUMMER FOOD AND WINE PAIRINGS

By Julia Stafford

In California wine country, we like to do things a little differently. Here, firing up the grill for Independence Day calls for a special holiday menu that combines the Golden State's bounty of farm-to-table produce and California's world-class wines.

Vibrant and healthy dishes like grilled halibut tacos with spicy homemade salsa, and grilled nectarine salad studded with sweet summer corn are colorful and celebratory. These lighter options pave the way so one can enjoy classic Fourth of July activities from hiking and biking to getting out on the water — all mainstays of the California lifestyle.

Here are a few recipes and wine pairings to help celebrate the Summer in California wine country style.

Any kind of fish, or even shrimp, works well for these grilled tacos. We especially love Pacific halibut because it's lean, flaky and easy to grill. Offer the salsa separately so lovers of spicy food can add as much as they like. Pair with California Sauvignon Blanc or rosé.





Heirloom Tomato and Feta Salad with Champagne Vinaigrette

Juicy heirloom tomatoes share the plate with mild, creamy feta cheese and a hint of fresh mint. Pair with California Sauvignon Blanc or Riesling

Parsley adds a bright lift of flavor to the smoky grilled eggplant in this Mediterranean-style salad. Versatile and satisfying, this could serve as a main dish or as a side. Pair with California Merlot or Chardonnay. Of course, a pale champagne is also a nice brunch paring as well.



Grilled Peaches Drizzled with Aged Balsamic Reduction

Sweet, smoky, sharp and creamy, this easy-to-make dessert can also be served cold on a hot summer day. Pair with California Pinot Noir or Viognier.

Grilled Nectarine Salad with Arugula, Prosciutto, and Corn

Grilling heightens the sweetness of California nectarines, peaches and plums, and it lightly caramelizes the fruits' natural sugars. For this stunning salad, you can use nectarines alone, or a combination of stone fruits. Expecting vegetarian guests? Just omit the prosciutto for equally delicious results. Pair with California Muscat/Moscato or rosé.

For more recipes and wine pairing ideas, visit Discover California Wines



# Keto Diet Plan: Say Yes to Fitness and No to Fat

By Contributing Writer



The Keto diet has gained immense popularity when it comes to fat loss. Here, we will explore its benefits.

**Ketogenic Diet**

Keto Diet is a great way to manage fitness and immunity at once. Keto Diet is a low carb diet. The idea is to gain as much as calories possible from protein and fat compared to carbs. All carb restrictions are done to get ketosis. A metabolic state in which your body uses the fat for fuel instead of carbs. To achieve this the diet reduces your carb intake which limits the body's supply of glucose.

**Types of Keto Diets**

There are several versions of the Ketogenic diet:

High Protein Ketogenic Diet: This diet is high in protein intake. The ratio of this diet goes like 35% protein, 5% carbs and 60% fat.

Standard Ketogenic Diet: This is an effective and most commonly used diet plan. The ratio that it follows is 20% protein, 10% carbs and 70% fat.

Cyclical Ketogenic Diet: A alternate days like 5 Ketogenic days and 2 high carb days.

Targeted Ketogenic Diet: A plan where you add carbs around workouts.



**How Does the Whole Mechanism of Ketosis Work?**

When your body's carbs intake per day is reduced to 50 grams your body will eventually get empty on fuel. This takes typically 3 to 4 days. After that, the body starts to break down protein and fat for energy.

**People Who Use It**

This diet plan is usually pursued by people who want to lose weight or have some specific health conditions.

**What to Eat on a Keto Diet?**

Do you ever wonder about the people who follow this diet and what they actually eat? To answer that question we have mentioned some of the most consumed food in a Ketogenic diet

Eggs: One of the best sources of raw protein due to their rich nutrition. Each egg contains less than 1 gram of carbs and about 6 grams of protein. They have been shown to trigger hormones that increase the feeling of fullness. Antioxidants lutein and zeaxanthin also promote good eye health.

Peppers: If you love spicy food then here's a piece of good news. Peppers have made it to the list. There are several varieties and all of them are appropriate. They are considered to be food but treated as vegetables in cooking.

Cheese: Cheese is one of the best Keto diet foods. There are various types and most of them are very low in carbs and high in fat. So you use them to prepare healthy, yummy Keto dishes.

Seafood: Seafood is great to add to the Keto diet. There are some specific fishes that are great like Salmon and other fish, as they are nearly carb-free and rich in potassium, selenium and B vitamins. Other fishes like Mackerel, Sardines have high omega-3 fats and are considered very helpful for people with lower insulin levels or obesity.

Green Leafy Vegetables: Greens are essential for Keto since green leafy veggies are extremely low in carbs and rich in minerals, vitamins and antioxidants.

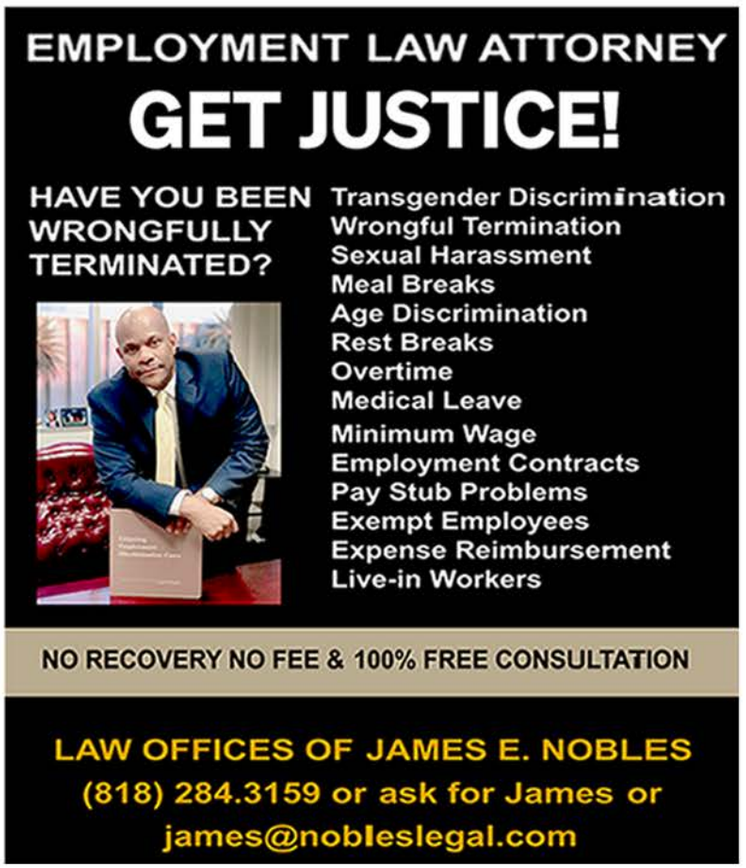
**Risks**

This diet can also lead to health issues. Some of them are given below:

Stress Out the Kidney: High-fat foods like eggs, meat and cheese are the staples of the Keto diet. Eating a lot of these foods would stress out your kidneys.

Constipation: Food eliminated in this diet are starchy veggies, whole grains and beans, as they provide too many carbs. Continuing this diet for a long time can cause you to end up with digestive issues or constipation.

Nutrient Deficiencies: Another issue with this diet is nutrient-dense foods like fruits, whole grains, and legumes are foods being restricted.






# Types of Chemical Peels

By Contributing Writer



If you are happy with your skin, you are a member of a very small group. Most people are very unhappy with the condition of their skin. No matter how minor, these people look in the mirror and see only see imperfections such as dull, acne prone, and aging skin. Sometimes the mental anguish that some people suffer from such imperfections can send people to a dermatologist for help. For mild conditions dermatologists commonly recommend a chemical peel. As you would expect from the name, a chemical peel involves using chemicals to "peel" the top layer of the skin. The result is the elimination of unwanted skin conditions.

A chemical peel can improve a variety of skin conditions. If you decide to have a chemical peel,Guest Posting your dermatologist will recommend one of three types of chemical peel, each corresponding to a specific level of treatment. The three types of chemical peel include light, medium, and deep. Depending on the condition of your skin your skin specialist will recommend a particular treatment. Just as you would imagine, the level of treatment generally coincides with the seriousness of the skin condition. The major exception is skin color. Regardless of the skin condition, darker skin is reported to obtain better results.

The main ingredients in a light or superficial chemical peel are alphahydroxy acids. Dermatologists recommend a light or superficial chemical peel for minor skin conditions such as aging spots, fine wrinkles, sun damage, dull skin, and minor acne. The chemical peel is left on the skin for on a few minutes for a light peeling effect. This level of treatment generally provides quick results and requires fewer treatments for optimal results. A skin specialist usually recommends cleansing products for the individual to use on a regular basis while they are undergoing chemical peel sessions. These products are beneficial because they help to ensure the skin's new surface is sustained.

Trichloracetic acid is the active component in a medium chemical peel. This level of treatment is suitable for darker skin and for conditions such as mild acne, uneven skin tone, and fine lines. The medium chemical level is beneficial in that you won't require a subsequent session for up to two years. Since this level of treatment is somewhat intense, it is recommended that a skin care regimen is adopted to ensure the skin's renewal process is maintained. You may also have to wear a sunscreen at first since your skin will become more sensitive to the sun.

Although the deep level of chemical peel involves spreading phenol on the skin. The chemical phenol is capable of treating very serious skin condition. Excessive skin damaged skin is characterized by skin that is rough and very coarse. The deep level of chemical peel can smooth out this skin and provide a significant improvement. Phenol may cause a bleaching effect so it may not be suitable on very dark skin. In addition, it is primarily used on the face.

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# The warm waters of the Caribbean are calling.

By Contributing Writer



The islands of the Caribbean are a true haven of sunshine, sandy beaches, fascinating culture, and delicious cuisine. Seeing this part of the world on a Cunard voyage is an extraordinary experience. To help illuminate the joys of a Caribbean voyage, we've answered some of the most commonly asked questions below.

1. When is the best time to go?

Sailing in the Caribbean is a joy at any time of year, however the winter months of November, December, and January are among the most comfortable weather-wise. At this time the temperature during the day sits at roughly 82 degrees, and the rainy season, which is generally from around June to October, has passed. The cooler temperatures at night during these months are also an advantage because they make sleeping all the more comfortable.

2. Which places are the best to visit?

The Caribbean islands offer a whole host of fascinating places to visit, from lesser-known local highlights to UNESCO World Heritage sites. In Antigua, see the historic Nelson's Dockyard, dating back to the 18th century. Climb or simply enjoy the view of the majestic Pitons in St Lucia and absorb the energy and unique atmosphere at Oistins Fish Fry in Barbados. For a slower paced day, find idyllic white sandy beaches on every island where you can relax and enjoy the sunshine.

3. What shore experiences can I do in the Caribbean?

Whether you're looking for an action-packed day of exploration, or you're longing for a sun lounger with your name on it, find a Caribbean shore experience to suit with Cunard. One of the best ways to see the highlights is on a Jeep safari tour. These are available on most islands and offer an easy way of seeing as much as possible. Other favorites include Treasure Point snorkeling in Tortola, river tubing in Dominica, and dolphin watching in St Lucia.

4. What is the currency in the Caribbean?

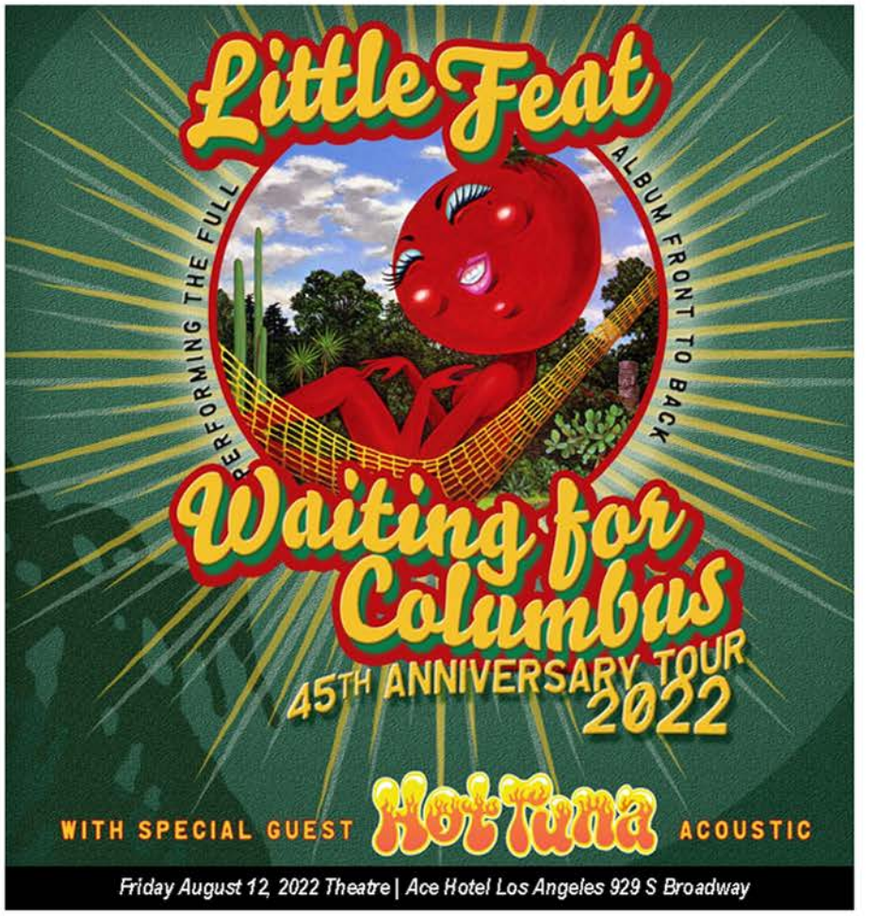
Each island of the Caribbean has its own local currency, however most of the bigger establishments including some restaurants, shops, and museums, do accept the US dollar. Should you wish to purchase souvenirs from stalls or smaller vendors or try some local cuisine at a family-owned restaurant, it might be considered wise to exchange some funds to the local currency. Most islands use their own dollar, such as the Bahamian dollar (BSD), with a few exceptions.

Finally...5. What should I pack for the Caribbean?

There are a few must-pack items to bring on a Caribbean voyage that will help ensure you have the best experience. As a sunny destination, it's wise to bring a high factor sunscreen, after-sun or aloe vera gel, a sunhat, and sunglasses. Where footwear is concerned, consider bringing comfortable walking shoes as well as sandals or flipflops, so that you can explore the islands with ease. A lightweight raincoat can also be helpful, in case of unexpected showers.

More info. www.bvitourism.com



# CHEECH MARIN
## CENTER FOR CHICANO ART

By Contributing Writer

Tres Papalote® (TP), a brand known for its quality mezcal, is featuring Chicano art on its labels thanks to their partnership with brand ambassador Cheech Marin. Cheech, an American comedian, actor, narrator, and writer, often uses his celebrity status to call attention



to Chicano art, which he believes is under-represented in the art world. As the owner of the world's largest collection of Chicano art, Cheech has recently partnered with the Riverside Art Museum (RAM) in the creation of the Cheech Marin Center for Chicano Art & Culture, which opened on June 18, 2022.

Cheech Marin is a man of many talents. He first gained recognition throughout the 1970s and 1980s for his unique and contagious comedy style. Since that time, Cheech has retained his celebrity status and has proved to be an avid supporter of Chicano art.

As a brand ambassador for TP, Cheech has brought along with him his love for Chicano art and used this partnership as an opportunity to continue to bring awareness to this under-represented demographic. One way that Cheech has brought his passion for quality mezcal and his love of Chicano art together is by working with TP to showcase art from three Chicano artists on bottles of TP mezcal.

The first of the three artists, Jamie Zacarias, is a well-known up-and-coming Chicano artist who created the label for the Cupreata Expression. Zacarias will be donating four framed and numbered giclee prints of Papa Agave with signed papers to the Cheech Marin Center for Chicano Art & Culture. Two of these prints will be entered into the silent auction while the other two will be offered for sale in the museum's gift shop. Zacarias is well acquainted with Cheech and his Chicano art center, as he is often featured as an up-and-coming artist in the Chicano art arena.

In addition to the Papa Agave art by Jamie Zacarias, two other Chicano art pieces are being featured on bottles of TP. The De la Torre brothers created Koo-Koo man who is featured on the Espadin label and Marcel Alcala is responsible for the wonderful art of Senor Mexicano.

As the owner of the largest Chicano art collection in the world, Cheech also helped the RAM put together a Chicano art exhibit back in 2017. It was this exhibition that helped to form the





idea of a public-private partnership between RAM, the City of Riverside, and Cheech, in which Cheech would donate some Chicano art pieces from his private collection to the RAM to help establish the Cheech Marin Center for Chicano Art & Culture.

The Cheech Marin Center for Chicano Art & Culture is located in a 61,420 square foot center in Riverside's historic downtown and showcases hundreds of pieces of Chicano art. The intention of the center is to be the epicenter of Chicano art, helping to bring awareness and create a following for Chicano artists of all kinds, including painters, sculptures, photographers, and video artists. Students and faculty from five local colleges and universities will utilize the Cheech art center to learn and research Chicano art while the museum will focus on art education and visitor engagement for all ages. The Cheech Marin Center for Chicano Art & Culture aims to be the hub and destination for Chicano art throughout the United States. For more information on the Cheech Marin Center log onto www.riversideartmuseum.org

If you would like to learn more about the mezcal brand that Cheech Marin so proudly partners with, see the Chicano art labels, or find TP mezcal in a store near you, please log onto www.papalotemezcal.com

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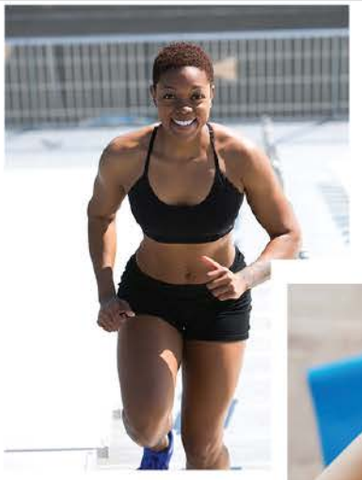
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**jawscleans.com**

# Tracking Your Fitness

By Contributing Writer





You have decided get into shape and regular workouts have become your routine. Still, after one or two weeks, you don't see wishful results in the mirror and stepping on the scale confirms it. For that reason, you give up, abandon set goals and return to a sports lifestyle only when a certain time passes. Break this circle!

Changes are not a matter of one week. It takes time to progress, so you should gain patience and keep motivated The best solution is results-tracking.

Body alterations and how you feel are the greatest motivators for moving ahead. By tracking your fitness, reaching goals significantly rises. Our key task is to identify fitness progress measuring are the most worth incorporating.

**Keeping a Workout Journal**

Tracking your fitness may be easy with steady journal keeping. Noting your exercising and meals is not time-consuming, but will give a clear vision. Do it the most convenient way for you. It can be a notebook, notes on your device, or even Excel spreadsheets.

Be precise with writing down workouts. Include what exercises you did with sets and reps number. If your workouts were strength, fix the used weight. In case you did running, record miles and performance time. No less important is the well-being after physical activity. Point out how you feel after the workout: exhausted or energized.

The journal is also perfect for diet tracking. Exercising is requisite, but loses its sense without proper nutrition. You will succeed only by blending the two. Still, be careful, since tracking daily may turn into obsessive calorie counting. To avoid this, analyze your eating habits and based on them, exclude or include specific products in meals.

**Fitness Trackers or Apps**

Living in the modern world, we benefit from various tech, and it relates to fitness . Track results with apps on your phone. There is a variety to choose from.

Still count your steps and manually monitor your heart rate? Stop doing this. Such measurements are effortless with a fitness tracker. Your workout progress control will become a pleasure. The X-wrist app empowers you to make healthy choices. Its AI-based building system will allow you to log meals, set diet goals and plan nutrition. What's more, this tracker may monitor your sports activity both at home and in the gym. You can also record workouts and create upcoming exercises.

**Clothes Fitting**

An appealing mirror look can be the highest motivation. The best way to get inspiration is by trying clothes on. Find a pair of jeans you have strived to fit into and dress them. Wearing jeans will give an insight into how successful your sports accomplishments are and how far you are from goals.

Pay attention to your feelings: whether clothing sits looser or tighter. Pick one specific piece of clothing and measure your progress in it monthly.

**Taking Measurements**

Scale figures may be deceiving, so keep in mind muscles weigh more than fat. So it is significant to explore gradual changes.

Steer clear of daily measurements. Record your neck, shoulders, waist, biceps, chest, thighs and hips sizes with a tape measure weekly, no sooner. Moreover, the time and conditions of measurements play an important role, so be sure they are the same every time.

**Blood Pressure Check**

Fitness progress means more than an attractive body. No matter what goals you pursue: losing weight or gaining muscles, your blood pressure can present you with the overall picture. Heart health depends on blood pressure which is influenced by physical activity, nutrition and stress levels.

With regular workouts, both your body and cardiovascular system stand stronger. Blood pressure can be a pointer for diminishing heart and chronic disease risks. A blood pressure watch is the best decision.

**Progression Photos**

Some may consider post-workout photos a waste. However, it is a valuable experience. Every day mirror-looking may change our body perception. Still, it can be challenging to trace the ultimate progress, so pictures come in handy. Taking photos weekly will show you incredible differences.

All you need is to picture within the same conditions, light and angles. Remember that daily weight is floating and the photo taken in the morning will differ from one after the meal. Lighting is also key. Poor light can generate shadows and emphasize drawbacks, hiding results.

After taking pictures, don't compare them to two days ago. The most appropriate checking frames are from four to six weeks.

**Final Words**

Being fit is not always a synonym for muscular body. It is about health, well-being and fulfillment.



# Tips: Parakeet Talking Training

By Contributing Writer



Parakeet Talking Training

A parakeet needs to hear lots of human speech if he's ever going to talk (and we use 'he' because it is usually the male birds that learn to talk). The bird will have more chance of learning if he's been finger-trained first. At this point he'll be very comfortable in your presence, and will eagerly listen to everything you have to say.

Some parakeets seem to prefer voices in a higher register - i.e. women and children rather than men. If you're a male, and you're the only one teaching the parakeet, try using the top end of your range!

***Tips for teaching them to talk:***

• Your parakeet will need to be happy in his surroundings before you can start teaching him; although a general background of human voices will always be useful, even in the first few days after bringing the pet home. Watch your bird to check out his mood – when he's sitting on the perch, slightly fluffed up, chattering busily to himself, it means he's in a receptive mood for talking.

• Mornings are a good time for a quick talking lesson; or in the evening when he's had some food and is settling in for a good chatter before bedtime.

•You will need to repeat your chosen words many times, with your face close to the cage. The parakeet will watch you as you speak, and his might dilate as you speak. That's a good sign, and it means he finds the sounds stimulating.

•The parakeet's name is the best starting point. You can then use it in phrases such as "Hello Mango!" and "Mango's a good boy!" (replacing 'Mango' with your pet's actual name, of course!)

•Training sessions should last no more than to 10 or 15 minutes, with one in the morning and one in the evening. You can throw in a quick "Hello mango!" whenever you pass the cage, of course.

•During the focused training sessions, limit other sounds and distractions in the room.

•When teaching, repeat the words you're teaching, but find time for a proper chat with the parakeet too, returning to the core phrases regularly.

•Keep the training sessions interesting, repeating the words with feeling rather than in a monotone. Parakeets will respond to a lively voice more than a monotone or whisper. But don't shout, because that will only scare the bird.

•Talk to the parakeet whenever you interact with him, with phrases like "good morning" and "good night", and lots of hellos at other times. When replenishing the seed tray, say something like "Where's your food?", and say things like "Good boy!" when he hops onto your finger. Keep talking, and he will soon come to associate sounds with the various activities and times of day.

•As soon as your parakeet makes speaks some words, repeat them back.

•Once the bird has mastered a word or phrase, concentrate on the next one. It takes him time for a parakeet to build a repertoire of words, so be patient.

•The parakeet can be rewarded with a favourite treat the first few times he says his first words, as encouragement. But don't make this a habit as time goes on, or the bird will talk simply to get the treat, and will then squawk angrily, rather than talk, if it fails to appear!

•Avoid showing impatience or anger, whether in word or gesture – that will make the parakeet associate the lessons with something unpleasant, and will certainly not encourage his talking skills.

Advanced Parakeet Talking Training

Going beyond a few words and phrases is for committed trainers only, as it takes time. The next level involves getting the parakeet to associate certain sounds with certain situations and moods.

Start by naming all the things your parakeet interacts with – toys, perches, items of food. Introduce people as they enter the room, and comment on everything. Play some favorite songs, joining in with the words. If the bird has a natural instinct for mimicry, some of this will sink in.

Not many birds become super-talkers, and many simply take the new words and phrases and mash them into a parakeet gobbledegook! But some birds seem to 'get it', and if you have one of these, you're a very lucky owner indeed. It's pretty mind-blowing when parakeets reach the stage where they can actually tell you things. But, we have to emphasize, it's very rare!

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# Building a Custom Wine Cellar



By Contributing Writer

A wine cellar is an indispensible part of any fervent wine collector's house. This is the place they exhibit their marvelous collection of wine. A wine cellar is an extraordinary inclusion to the elegance of the existing décor of your home. This is not merely a place for storing your wine; but also an introduction to your sense of sophistication. A glass of superior quality wine is the best thing you can offer to delight a guest visiting your home. And the quality of your wine depends on the accuracy of the steps you take to preserve them. It requires a penetrating strategy to build a perfect wine cellar where your wine can be stored and displayed while keeping their constitution intact.

**Catching the Right Outfits**

A wine cellar comprises of wine racks, cooling units and cellar doors. The charm and standard of your storage depend on how wisely you select these components. From formulating the design to giving it a final touch of culmination, leading wine cellar companies take complete responsibility of creating a flawless cellar for their dignified clients. For that purpose, they provide a wide range of high quality wine cellar furniture.

Wine racks are the most vital element of an ideal custom wine cellar. These racks are used for storing the wine bottles in an elegant way, adding aesthetic quotient to your property. Regardless your budget, wine cellar companies offer you varieties of different shapes and sizes of wine racks to serve your purpose. If you have a complication of small space, they have wall mounted racks that take meager expanse of room to be installed.

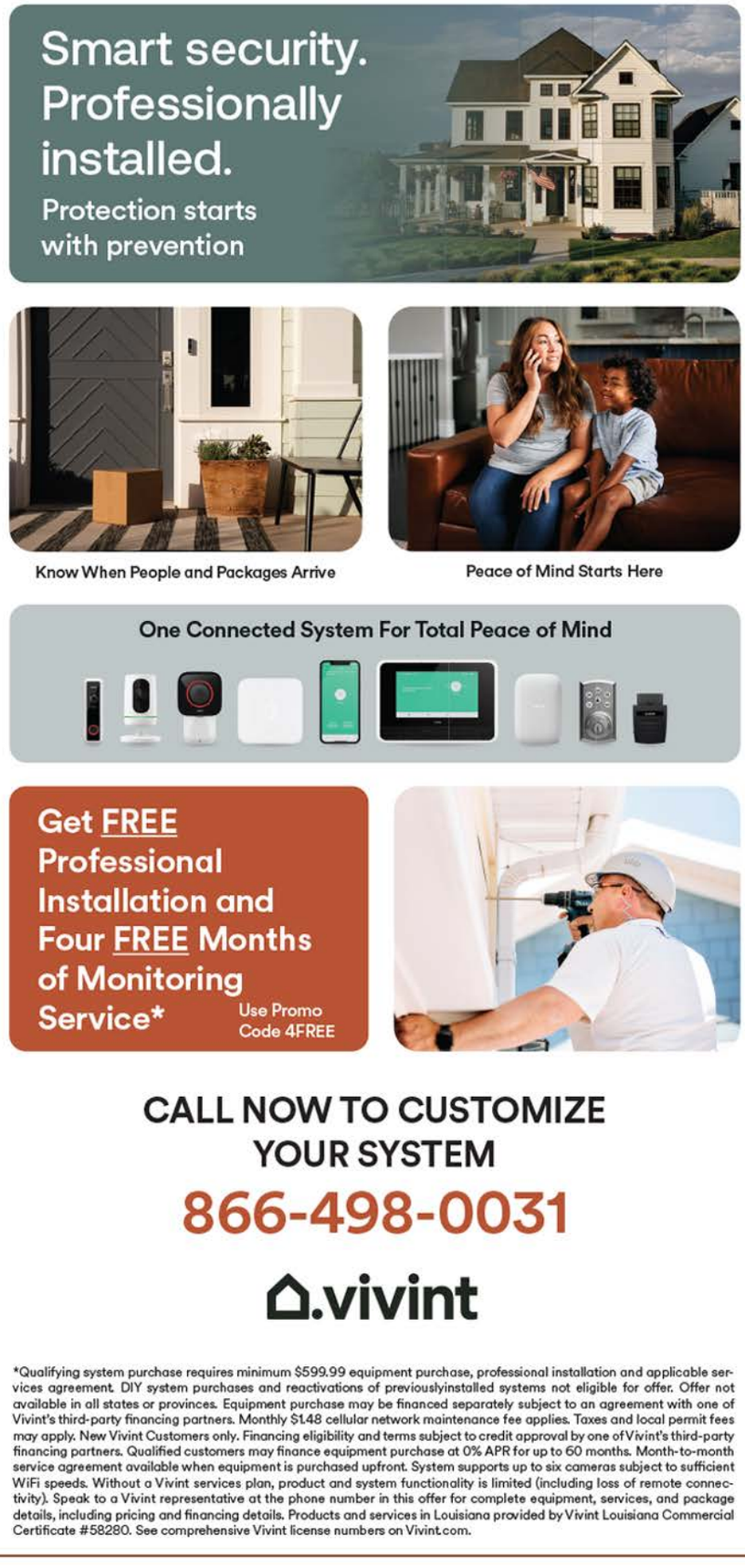
**The Extraordinary Cooling Units**

Everybody likes the thrilling chill of a sip of fresh wine. And the best way to converse your wine is by installing a wine cellar cooling unit. These cooling units are essential for keeping the quality of your wine intact. For your convenience, companies providing wine cellar furniture take hold of the reservoir of cooling units as well. These cooling units not only confirm perfect temperature and humidity to your wines, they also help in maintaining an ideal environment within the cellar. Some of the most efficient cooling systems available in the mart are –Whisperkool, Breezaire, Wine Mate, and Split System. These cooling systems are available in different shapes and sizes. So, chose the relevant wine cellar cooling unit for you depending on your budget and requirement.

**Don't Underrate the Door Design**

When we talk about wine cellar furniture, the picture of the cellar door instantly comes to our eyes. The prodigious quantum of your wine cellar reclines on the design of the door you select for it. Along with emphasizing the aesthetic feel of the existing décor of the site, wine cellar doors contribute in maintaining an ideal environment within the cellar. Leading wine cellar manufacturers offer both traditional and modern designs of cellar doors in affordable prices. You can go for exquisite wooden doors or there are some other material too including glass, etched glass, iron, or combination of different elements. All these materials are extremely high in quality. This outfits that add to the elegance of your custom wine cellar are crafted by expert craftsmen and hence undoubtedly they are flawless.

So, now it is quite effortless for you to construct your dream wine cellar you've have been contemplating, since, excellent wine cellar companies are there to provide you with the best equipments ever.



# NEWS OF THE WEIRD

By Andrews McMeel Syndication

## Top Stories

"Biff, schedule my Botox injection. The drive to the Hamptons is too much to bear." According to Insider, New Yorkers who battle weekend traffic to their Long Island enclaves are rushing to urologists for a cure for "Hamptons bladder": prostate artery embolization for men, which reduces the size of the prostate, and "bladder Botox," which decreases urinary frequency for women. "They come out to the Hamptons and have to stop four or five times on the way, but can't find a restroom," said Dr. David Shusterman, a Big Apple urologist. "When they're in a car with a bunch of people, they're embarrassed because they have to go to the bathroom every hour. I've lost three friends because I'm the driver and refuse to stop for them." One happy customer said he's "like a kid" after the procedure. "There's no dread now."

Bright Idea

During a flight from Detroit to Denver on June 25, an unidentified passenger was reprimanded by a flight attendant and other passengers after he AirDropped a sexually explicit photo of himself to all the other passengers, the New York Post reported. One passenger, @DaddyStrange333, posted a video to TikTok documenting the incident; in the video, the flight attendant asks the man, "Why are you doing that?" "Just having a little fun," he replies. His fun came to an abrupt end when the flight landed and FBI agents escorted him off the plane. A Southwest Airlines spokesperson confirmed that the "unfortunate incident" occurred and that the airline "maintains zero tolerance for this obscene and unacceptable behavior."

Someone's Sleeping on the Couch

Colombian cyclist Luis Carlos Chia won a stage of the Vuelta a Colombia race on June 5 and threw his arms out wide to celebrate after crossing the finish line, Canadian Cycling reported. But he was immediately forced to grab the handlebars again in an attempt to avoid hitting a group of photographers -- among whom was his wife, Claudia Roncancio. Chia struck his wife with his bike, knocking her to the ground, where she lay unconscious as medical staff attended to her. "I don't understand why she didn't get out of the way," Chia said after the accident. Roncancio needed four stitches and was kept under observation in a local hospital, but she is reportedly recovering.

News That Sounds Like a Joke

Feel like you're forgetting something? That must have been how tennis pro Ugo Humbert of France felt when he turned up at Number Two Court at Wimbledon on June 29 without a key piece of equipment for his match against Norway's Casper Ruud -- his rackets. Reuters reported that Humbert, 24, had to tell the umpire, "I don't have any rackets -- sorry for that." Fortunately for him, someone turned up with three rackets in just a few minutes, and after losing his first set, Humbert won the match. [Reuters,

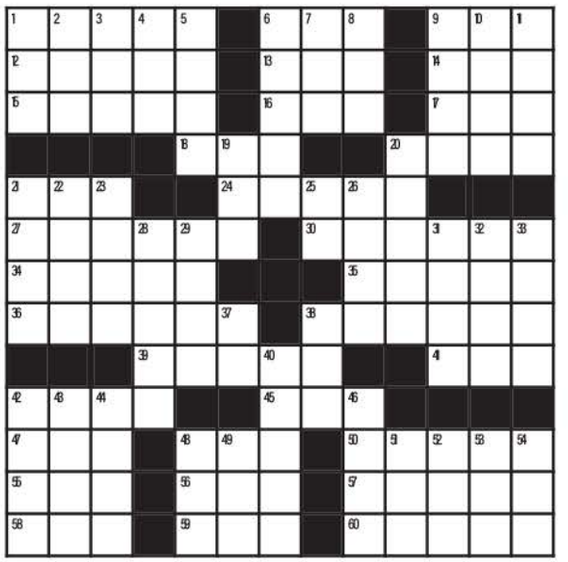
When Thanh Ha, 54, allegedly set fire to his boss's house in early May, he had a perfectly understandable reason: "Spirits" told him to do so, he told deputies. According to WFLA-TV, Ha was arrested on June 29 in Pinellas County, Florida, on second-degree arson charges. Authorities say surveillance cameras caught him riding a bike to his boss's new St. Petersburg home, securing his bike to a nearby stop sign and approaching the home on foot while trying to cover his face with his shirt. Five minutes later, he can be seen running back to his bike and riding away. Ha also told deputies he was not upset with his (presumably former) employer.

When fire erupted on June 26 at the Church of St. Basil the Great in Pargolovo, Russia, parishioners first assumed it was faulty wiring that had sparked the blaze, Oddity Central reported. Damage to the outside was considerable, and some thought it was a divine message that they should build a bigger, more beautiful church. As it turns out, however, neither of those explanations was valid. Instead, a 36-year-old local man who was tired of his wife donating all their money to the church allegedly splashed the walls of the church with gasoline and, checking to make sure no one was inside, lit the match. "He worked 24/7, they have four children and his wife works at the church. Everything he earned, she brought to temple," a Russian newspaper reported. "Because of this, they had a conflict." The man admitted his guilt but was allowed to await sentencing at home. [

# CROSSWORD

Print this Page! Ctrl + P

Crossword by Myles Mellor



Across

1. Model and actress, the face of Dior in 2012 , Mila ____
6. Hint
9. Tie the knot
12. Soccer 2006 Word Cup winners
13. Practice
14. A mimic
15. Carpentry joint
16. Didn't hold
17. Insult, in slang
18. Atlantic catch
20. Gun's recoil
21. Genesis vessel
24. Poplar variety
27. Cliched movie ending
30. Worthy principles
34. Maui greeting
35. Full range
36. Firecracker
38. Louisiana dance music
39. Plant life
41. Fresh, in terms of paint
42. Open, as an envelope
45. Decide
47. Featured
48. Stat for Clemens
50. Reddish -brown
55. Engine need
56. Beano's target
57. French love
58. Ironic
59. Universal time
60. Hospital figure

28. Mine tunnel
29. ____ Grey
31. "Right on!"
32. Time magazine cofounder
33. Stash
37. A can ___ person
38. Microwave
40. Rake over the coals
42. Furnished with footwear
43. Retreat
44. One way to stand by
46. Holier ____ thou
48. Easter item
49. LA player from the 80's
51. Running bird
52. Fish -fowl connection
53. Some fraternity men
54. It often appears to the right of you

Down

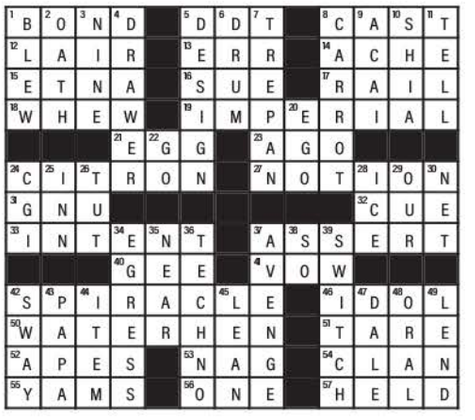
1. Hobby shop buy
2. Beehive state native
3. Curry side
4. L____ and Stitch
5. Lip -____
6. Cottage cheese, i.e.
7. Dos Passos trilogy
8. Day's end, in poetry
9. Dry riverbed
10. Monumental
11. Writing surface
19. Granola bit
20. Work the dough
21. "By yesterday!"
22. Hold sway over
23. Nautical measure
25. Circumference ratio
26. Nervously irritable

## DAD JOKES

What do you call a pudgy psychic?
-A four-chin teller



From June 24







# COSTLY COFFEE

By Contributing Writer

What are the most expensive coffees in the world? It's made by elephants, literally. The Black Ivory Coffee Company in Thailand feeds elephants with Arabia beans. The excreted beans are then roasted and processed into coffee, the perfect brew to wake you up. If elephant dung isn't your thing, no worries. Here are other expensive coffee brands.

**Hawaiian Kona Coffee – $34/pound**

This coffee has fantastic flavor and unique taste. It is made of a rare variety of beans. In addition, this coffee is in short supply. To enjoy the complete Hawaiian coffee experience, ensure you buy 100% Kona coffee.

**Los Planes Coffee – $40/pound**

Finca Los Planes coffee is cultivated on a farm in El Salvador. This coffee won second place at the 2006 Cup of Excellence and sixth place in 2011. Popular flavors include brown sugar threads and tangerine with caramel.

**Starbucks Quadriginoctuple Frap – $47.30/cup**

This is Starbucks's most expensive coffee. It commands a high price because it is produced in limited quantities and includes flavored ingredients such as 48 mocha frappucino with vanilla chips, caramel ice cream, two bananas, strawberry, caramel blues top, protein powder, pizza powder, and soybean mocha mattress.




**Fazenda Santa Ines – $50/pound**

The highlight of this coffee is its fruity and sweet flavor. It is cultivated near the Mantiquera mountains in Brazil and its production dates back more than hundred years. This coffee is patronized by a large number of people around the world.

**Jamaican Blue Mountain Coffee – More than $50/pound**

This coffee is cultivated in the Jamaican Blue mountains. This area is characterized by heavy rainfall and therefore water is abundant. The coffee beans are processed after picking and sent to other places. This drink has a characteristic mild taste that lacks bitterness. It is popular in Japan.

**Saint Helena Coffee – $79/pound**

The great Napoleon Bonaparte was an ardent fan of this coffee . The drink has flourished since then. Saint Helena is located in the middle of the Atlantic Ocean. Therefore, transportation costs are high. However, lovers of this brand are more than willing to shell out the high price as the drink has a high-quality, fragrant caramel flavor with hints of citrus.

**Kopi Luwak – $160/pound**

This coffee is made in Indonesia by Asian palm civets. These animals consume coffee cherries and ferment them during digestion. Then they deposit the coffee beans in their feces where they are collected and processed. The unique delicious taste of this coffee is because of the enzymes secreted by the civet during digestion.

**Hacienda La Esmeralda – $350/pound**

This coffee has won numerous awards in worldwide coffee contests. It is cultivated on Mount Baru in Panama in the shade of guava trees. This rare coffee delicacy offers a once-in-a-lifetime experience for connoisseurs with its fantastic taste and rich flavor.

**Finca El Injerto Coffee – $500/pound**

Finca El Injerto Coffee is expensive because it is made from rare, rich, small beans. The grain quality is improved by washing them in a single channel and breaking them twice.

**Black Ivory Coffee – More than $500/pound**

This coffee is made from Arabica beans by the Black Ivory Coffee Company in Thailand. It is prepared by elephants that consume the Arabica coffee beans and process them during digestion. Their stomach acid breaks down the bean proteins and provides a characteristic robust flavor. Only a small amount of beans are available at any time.











# HELPFUL TIPS TO MAKE BABY SLEEP FAST



By Contributing Writer

A baby's nap time is a blissful break that parents wait for in order to rest or do some work. However, sometimes an infant's bedtime doesn't come soon enough. Here are some tips to make your little one sleep fast.

The last thing you want when you are tired is a baby who is not ready to sleep. This can lead to frustration especially when you have been sleep deprived for days, exhausted, and have work that is piling up more and more each day. As a parent, you can't just complain. You need to find solutions to make the situation better.

Although you can't force an infant to sleep, there are ways to help them sleep fast.

**Swaddling.** According to studies, wrapping a baby in a blanket makes them sleep longer because it mimics their environment in the womb. It keeps them warm, comfortable, and feeling secure. It also protects them from their natural startle reflex which can wake them up easily.

**Turn off lights or use dim light during bedtime.** Making this a routine helps babies figure out that lights off means it's time to sleep. Turning off lights or using dim lights for few minutes before bedtime helps baby calm and doze off fast. This is because a dark room has less distraction than a bright lit room. It's good to practice this routine at the same time every night for the infant to learn a regular bedtime schedule.

**Give a warm bath.** A warm bath is a soothing activity for infants. It promotes good blood circulation, cools down their body temperature, makes them calm, and fall asleep easily.

**Massage.** Just like in adults, a body massage helps babies relax. In fact, research suggests that babies who receive regular massage sleep longer at night than infants who don't. This means that baby massage can help little ones' circadian rhythms or body clock to be on track. That is being more active during the day and having more sleep at night.

**Sing lullabies or play soothing music.** Gentle sounds makes babies feel relax and calm making them sleep fast. You can continue playing white noise even when your little angel is fast asleep to encourage longer rest period.

Try these tips to help your baby sleep quickly and soundly especially at night. Aside from the tips, it's also important to avoid active games and screen time at night. These activities can make infants more active and difficult to fall asleep.



# TEACHING KIDS TO BUILD ELECTRONICS

By Contributing Writer



Electronics is one of the essential foundational skills that children should learn as it is imperative to understand before moving on to other exciting computing and robotic projects. However,Guest Posting teaching this to children is complex, and many robotics products have electronic components that are relatively modular, allowing them to fix the parts without having to comprehend the electronics.

The world of electronic toys is intriguing for interested children. Learning how to wire and construct essential gadgets leads to discovering a new hobby or interest that leads to a career path. They broaden their horizons and become aware of the concepts behind the tools they use along the way. The following recommendations for teaching how to play with electronic toys can get them started in the right direction:

**Show Them Circuit Diagrams**

Circuits are the foundations of all electrical devices, no matter how simple or complex they are. Hence, circuit diagrams are a natural spot for a child to begin their electronic education. These show how the different components get connected. Children refer to diagrams when following instructions and, therefore, interpret them thoroughly.



Show them what each symbol on a circuit diagram signifies. The battery gets represented by parallel lines, the resistor by a zigzag line, and a triangle representing the LED lights. Kids recognise them so that they build circuits using diagrams.

**Teach Them Electronics Designs**

Teach your child the basic electrical ideas to help them understand the concept beyond circuit schematics. Explain the function of resistors and discuss concepts that are not as tangible. Speak to them about voltage and electric currents, for example.

Demonstrate how to use Ohm's law to make calculations and explain choosing a resistor for an LED light in a circuit. An important technique for building electronics for kids is how they work in real life as you introduce topics. This way, you can make learning enjoyable.

**Utilise Electronic Hobby Kits**

Robots for kids hobby kits are essential equipment for all ages. You can buy one to get some of the components to make some fantastic working devices. Electronic hobby kits have wires, tools, and even computers to help you take your electronics projects to the next level.

Once you have a kit, you find step-by-step instructions for building devices online. These help students learn about electronics and understand ideas more efficiently while also applying what they have learned.

**Buy A Soldering Kit And Iron**

For kids, a breadboard and a simple electronics kit are also fantastic learning tools. However, more complicated projects necessitate the use of advanced tools. Those serious about electronics should invest in soldering equipment. Use them to repair and construct electronics. When children get involved, you may need to oversee any soldering, although most include a simple printed circuit board and a few components for you to practise with.

These are a few of the entertaining ways to teach your children about electronics. If they are interested, these pointers help you get started.




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# THE TOP WOMEN'S FASHION ACCESSORIES TO LOOK FOR THIS YEAR





By Contributing Writer

Many of us tend to focus on clothing, and we may not spend nearly as much time selecting accessories. Nevertheless, accessories either make or break a look.

As Iris Apfel, the fashion icon, explained, "My mother knew if you bought a couple of really good architectural outfits and put your money into accessories, you could create a million different looks."

Fortunately, you've got many excellent options to stay on-trend this year, from minimalistic gold necklaces and bracelets to silk headscarves. Keep reading as we go over the latest trends so that you always feel amazing about your appearance.

**Women's Accessories**

Have you given up on accessories out of habit? Or do you feel the ones you have are outdated? If so, we get it.

But that doesn't mean you should stop accessorizing altogether. After all, you'll never look truly polished without adding a little bling back into the mixture.

From standout bags to stunning turquoise jewelry, the right items will take you from 0 to 100 in no time. You'll also want to explore the potential of hot items such as candy-colored totes and big canvas beach bags.

As for shoes? Keep it polished in loafers and mules. And there's nothing like a fantastic pair of clogs to tie an outfit together with a little free-spirited appeal.

Headscarves are also enjoying a welcomed heyday with many vibrant new styles to choose from. Whether you wear them tied to your bag, as a shirt, or on your head, they provide the dazzle that makes heads turn.

We're also in love with rectangular sunglasses. These uber-modern and minimalistic items provide polish for just about any outfit. Yet, they also give that sense of flair and sophistication that exudes plain, old-fashioned coolness.

**More of the Latest Accessories**

What else should you be on the lookout for when it comes to fashion accessories? Oversized bags are the perfect finish to any wardrobe. They come with the ability to store just about anything your heart desires, too.

The same goes for canvas beach bags. And don't assume you've got to be in full sandcastle mode to sport one. These items are trending from coast to coast (and plenty of places in between). So, don't let a lack of surf keep you from embracing this trend.

Gold statement earrings remain a timeless classic we're seeing splashed across magazine covers and don't forget about turquoise jewelry. Nothing says Boho better. What's more, turquoise will make your outfits look both eclectic and sophisticated.

**Women's Fashion Accessories**

As you can see, you've got plenty of options when it comes to pulling outfits together with the perfect jewelry, bags, shoes, and glasses. Women's fashion accessories have never looked more sophisticated, luxurious, and vibrant. From rectangular sunglasses and silk headscarves to gold accents and turquoise pieces.






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