

# PUBLIC NEWS



## ROAD TRIP: KIMMSWICK

UNCLE ALBERT: SINGLE MOMS AND HIGH BODY COUNTS  
FILM: BEZOS, WOMEN TALKING AND MORE  
LETTER RIP: BEING HOMELESS IS A CRIME?

NEWS THEATRE FILM MUSIC DINING ART HUMOR POP CULTURE

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Dear Readers,  
Wow!

A healthy handful of you chimed in to help the St. Louis Public News. You mentioned that you did not know that our ads and some photos were interactive. They are! I understand how you would miss that. So... I have added a little globe with an arrow at the bottom right corner of every image that is interactive. Thanks Ed for the suggestion.

We have grown some too, from 12 to 20 pages. We have also won over some solid readers, over 4,500 of you! Welcome to the digital press! Thank you for joining us on our ride.

See you all in two weeks!

- Ken Petty

[stlpublicnews.com](http://stlpublicnews.com)

## PUBLIC NEWS

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NO EXIT

© Andy Singer

IN WINTER, WE MISS THE RODEOS.  
SO WE COMPETE TO SEE HOW  
QUICKLY WE CAN PUT A SWEATER  
AND BOOTIES ON THE DOG.



# MAIL BOX



Hey guys,

Heard about this new digital newspaper in Washington (PN #201) and only saw one copy. What happened?

*Thanks for the note. Franklin County, as beautiful as it is and as wonderful the people are, the business communities are closed and a tad cliquish. Honestly, I felt that they were proud to have us there, but would not support the effort, so we pulled up our stakes and headed back to our old homestead and audience, St. Louis.*

*We will still cover Franklin and Gasconade Counties, just not as their own newspaper. They can keep the Missourian.*

I'm sorry to hear of the passing of Mr. Crampton (PN #301). I went back to read his articles in the Public News archives. I



enjoyed his 'voice' and know that he will be missed.

I was wondering what happened to you guys. I haven't seen your publication in the racks for a while. I think going download/digital is smart. I noticed that the RFT doesn't hardly get picked up anymore.

On a side note, you should make it more obvious that some of the Public News is interactive, especially the Film section. I'm looking forward to see where this project goes.

*Thanks for the note and the feedback. There had been a lot going on, aside from Covid and government shutting down small business in the name of the 'greater good'. We were smarter than that. Remember Monkey Pox? Yeah, Fizzel poof!*



# LETTER RIP

## SO, NOW BEING HOMELESS IS A CRIME?

In the state of Missouri, as of the first of the year, it is a Class C misdemeanor to sleep on state-owned land. This includes streets, parks, and underneath bridges and overpasses.

There are four main types of homelessness. They are rough sleeping, statutory homelessness, hidden homelessness and people at risk. The most severe and visible of homelessness is rough sleeping.

There are some concerns that a majority of the homeless are going to be single moms. But this is not the case. For every 15 shelters for women (and their children) there is one shelter for men. In 2020, a study was conducted that showed an estimated 69.6% of the homeless are men.

Rough sleeping is typically associated with sleeping outside in a place not designed for living, such as an empty building or car.

Missouri is ranked 20th with 6,527



homeless. Illinois is ranked 11th with 10,431.

Student homelessness is even worse. There are 34,029 homeless students in the state of Missouri, ranked 10th overall, while the Illinois student homeless is

54,237 and is ranked 5th overall.

Cities in Missouri that refuse to support or enforce the homeless ban risk being sued by the Missouri Attorney General.

Sarah Owsley, director of policy and advocacy for Empower Missouri, which

advocates on behalf of low-income residents, said there is “nowhere in Missouri that has adequate shelter beds to meet the needs for people who are currently outdoors,” and many areas have no available beds at all.

Missouri House Minority Leader Crystal Quade, D-Springfield, filed a bill to repeal the homelessness law. She said “folks already having a hard time engaging in society — adding fines on top...is not going to improve that situation.”

The law also prevents some state and federal funds from being used for permanent supportive housing, instead diverting it to temporary housing and substance use and mental health treatment — in an effort its supporters said would be more effective than focusing on affordable housing.

I would suggest making some noise with your assembly person and get this law repealed.



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# BEST BET

## Harper Lee's TO KILL A MOCKINGBIRD coming to the Fox Theatre February 28



(St. Louis, MO) – The complete cast is announced for the First National Tour of the history-making production of *To Kill a Mockingbird*, Academy Award® winner Aaron Sorkin's new play, directed by Tony® winner Bartlett Sher and based on Harper Lee's classic novel. The production is scheduled to play a multi-year national tour across North America that will include a two week run in St. Louis at the Fabulous Fox Theatre February 28 – March 12. For more information, please visit [www.tokillamockingbirdbroadway.com](http://www.tokillamockingbirdbroadway.com)

Starring in the critically acclaimed production are Emmy Award®-winning actor Richard Thomas as Atticus Finch, Melanie Moore as Scout Finch, Jacqueline Williams as Calpurnia, Justin Mark as Jem Finch, Yaegel T. Welch as Tom Robinson, Steven Lee Johnson as Dill Harris and Mary Badham (Oscar®-nominated for the role of "Scout" in the feature film) as Mrs. Dubose. They are joined by Joey Collins as Bob Ewell, David Manis as Judge Taylor, Luke Smith as Horace Gilmer, Arianna Gayle Stucki as Mayella Ewell,

see MOCKINGBIRD page 10

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# CALENDAR OF EVENTS



**CLING II: A CARSCAPE**

## **Cling II: A Carescape**

**FREE**

**Jan. 18 - Feb. 3, 8:00 am TO 3:00 pm**

**High Low**

**3301 Washington Ave.**

**St. Louis, MO 63103**

**(314) 533-0367**

In *Cling II: A Carescape*, Amy Reidel uses abstract and figurative imagery to illuminate facial expressions, details and patterns, inspired by the poignant emotions shared between family members, the often-disregarded health issues of women and objects of lineage and domesticity.

In this exhibition, Grandma's scarves and decorative rugs merge with darling baby and scared caregiver figures in an absurd representation of home and a rapidly declining climate-scape.

*Cling II: A Carescape* will be on view at High Low, in the gallery and café, until Feb. 3. Walk-in gallery hours are every day from 8 a.m. to 3 p.m.

## **Day & Dream in Modern Germany, 1914-1945**

**FREE**

**Jan. 18 - Feb 26, 10:00 am to 5:00 pm**

**Saint Louis Art Museum**

**1 Fine Arts Dr**

**St. Louis, MO 63110**

**(314) 721-0072**

In the dramatic years between the two world wars, German art ranged from an activist realism to a utopian idealism. This exhibition presents a selection of work that questions the relationship among art, the visible world, and

contemporary society. It features prints, photographs, drawings, and watercolors by some of the most celebrated artists of their generation selected from the Museum's collection and from local museums.

In the first half of the 20th century, German art took a dizzying array of forms, from the bold abstraction of German Expressionism to the clinical hyperrealism of New Objectivity. This artistic diversity was a product of the momentous events shaping the lives of artists working in Germany. Two world wars, political revolution, crippling unemployment, and historic hyperinflation plunged everyday Germans into an endless cycle of existential threats.

The show's title is inspired by a highlight of the exhibition, Max Beckmann's 1946 lithographic portfolio *Day & Dream*. Made at the end of his wartime exile in Amsterdam, only a year before he immigrated to St. Louis, the 15 prints of *Day & Dream* take viewers on a Surrealistic tour of Beckmann's dream world, populated by kings and lovers, soldiers and athletes, blended seamlessly with scenes from his life in exile.

More than half of the works in this exhibition are making their SLAM debut. Visitors will experience art by Renée Sintenis, the first female sculptor admitted to the Berlin Academy of Arts; fascinating images of magnified plants from Karl Blossfeldt's pioneering photo book *Art Forms in Nature*; and Walter Gramatté's illustrations for a 1925 edition of Georg Büchner's novella *Lenz*, a

tour de force of psychological portraiture and part of a large recent gift from the artist's estate.

*Day & Dream in Modern Germany, 1914-1945*, is curated by Melissa Venator, the Andrew W. Mellon Foundation Fellow for Modern Art.

## **Great Rivers Biennial**

**FREE**

**Jan. 19 - Feb 12, 10 am to**

**5 pm**

**Contemporary Art Mu-**

**seum St. Louis**

**3750 Washington Blvd.**

**St. Louis, MO 63108**

**(314) 535-4660**

Part of the Contemporary Art Museum St. Louis' fall/winter exhibition, "Great Rivers Biennial" is a biannual

collaborative initiative between the museum and the Gateway Foundation designed to foster artistic talent in the greater St. Louis metro area.

More than 105 applicants vied for a spot in this year's "Great Rivers Biennial," and the three winners – Yowshien Kuo, Yvonne Osei and Jon Young – each received \$20,000 in unrestricted prize money and a place in the main gallery. Although "Great Rivers Biennial 2022" didn't have a theme, all three of the artists gravitated toward questions of national and personal identity.

In the exhibition, which runs through Feb. 12, 2023, the artists collectively show multi-component sculptures, large-scale paintings and an immersive installation featuring video and photography.

## **Fabricating Empire: Folk Textiles and the Making of Early 20th-Century Austrian Design**

**FREE**

**Jan. 17 - Mar. 15, 10 am to 5 pm**

**Saint Louis Art Museum**

**1 Fine Arts Dr**

**St. Louis, MO 63110**

**(314) 721-0072**

*Fabricating Empire* examines the relationship between the development of Central European folk costume and Austrian modern design, especially the textile department of the Wiener Werkstätte, or Vienna Workshops.

Taking a sociopolitical look at

this rich story of design, the exhibition highlights the importance of visual traditions within Central Europe on the development and success of modern textile design in Austria and the impact of imperial Austro-Hungarian initiatives supporting the applied arts.

The exhibition considers new scholarship that suggests the imperial government was at the center of promoting and appropriating folk art across the empire as it attempted to create an all-embracing identity for its diverse subjects and fragmented territories. Exploring issues of appropriation, nationalism and colonization, *Fabricating Empire* presents a nuanced view of an enterprise that influenced generations of designers, from Paul Poiret and Josef Frank to Ettore Sottsass.

The exhibition will feature several recent acquisitions, including four never-exhibited printed textiles, as well as loans of primarily early 20th-century folk dress and a 1913 portfolio of modern pattern designs from the St. Louis Public Library's Steedman Architectural Collection.

## **The Art of Water – a juried art exhibit**

**FREE**

**January 19 - February 17**

**Soulard Art Gallery**

**2028 S. 12th Street**

**St. Louis, MO 63104**

**(314) 258-4299**

The Art of Water – a juried art exhibit. See how local artists create artwork which incorporates water. The exhibit is free and will run through February 17.

The Soulard Art Gallery is a co-op art gallery located in Historic Soulard. With artwork by 14 resident artists, we offer a diverse collection of works, including painting, drawing, ceramics, sculpture, photography, and jewelry. We also host a local artists group exhibition in our main gallery every month for artists to submit their work for display.

Gallery hours are Thursdays 4-8pm, Fridays and Saturdays 12-8pm and Sundays 1-5pm

## **Thursday Night Trivia at City Foundry**

**FREE**

**Every Thursday, 7:00 pm TO 9:00 pm**

**City Foundry**

**3700 Forest Park Ave.**

**St. Louis, MO 63108**

Quest Trivia runs trivia nights at City



Foundry every Thursday from 7 to 9 p.m.

Meet under the Sand Tower, think of a team name and warm up your brain because the competition is fierce!

Prizes kindly donated by 4 Hands Brewing Co.

**Breathe: A Solo Exhibition by Artist Lauren Younge FREE**

**Jan. 20 - Mar. 10, 9 am to 9 pm**

**COCA – Center of Creative Arts**

**6880 Washington Ave.**

**St. Louis, MO 63130**

Breathe is a collection of large-scale abstract paintings created through the unconscious combination of bold colors and free movement. Artist Lauren Younge uses acrylics to design irregular patterns that could motivate unexpected associations and memories in her audience. To do that, the exhibition encourages viewers to take a moment of breathing to reflect on the works of art and their own lives; to find a moment or memory that makes them feel joy; to decide what they see and what seems to them, in the pieces, beautiful and comforting. In a present of overworking, high stress and anxiety levels, Younge believes art witnessing can encourage a pause. Because of this, Breathe includes an interactive experience of journaling, where visitors share an intimate moment of gratitude and rest.

Lauren Younge is drawn to the unrestricted expression of abstraction. She sees art as an outlet for relieving stress and translating difficult thoughts and emotions. As an artist, she creates in the moment by using as materials the spirit and energy of her authentic emotional life. The result is an unintentional body of work, created almost by accident. Because her intentions are never set in stone, people's perception of her work is not either.

Millstone Gallery is open during COCA's regularly scheduled business hours.

**CONTINUING**

**Samson Young: Sonata for Smoke FREE**

**Jan. 18 - Mar. 1, 10 am to 9 pm**

**Saint Louis Art Museum**

**1 Fine Arts Dr**

**St. Louis, MO 63110**

**(314) 721-0072**

Hong Kong-based artist Samson Young's practice centers on installation-based work stemming from sound and music. He interweaves cultural paradigms across media while focusing on poetic translations between the sonic and the visual.

Young has a doctorate in music composition from Princeton University, and his studies inform his artworks and their relationship with musical history. He often examines the difficulty of translating visual and aural material cross-culturally.

Through his work, Young asks us to ponder how cultural conditioning might affect aesthetic reception and challenges inherent assumptions about art being a universally shared or neutral experience.

The 2021 video Sonata for Smoke is a meditation on the symbolic and impermanent nature of smoke. Throughout the video, Young captures the ephemerality of smoke – in particular, the various sounds that accompany its fleeting appearance. He also references the religious significance of smoke through incense burning.

Sonata for Smoke, created as part of an exhibition organized and conceived while Young was an artist in residence at the Ryosoku-in Temple in Japan, consists of a sequence of actions and images that progress with forward motion across time and space, creating a sense of directionality. However, certain motifs and choreographies of events – including ritualistic sounds and actions – repeat throughout the piece. These consecutive, meditative acts were inspired by the temple setting and its arrangement as a sequence of rooms.

**St. Louis Sound FREE**

**January 18-21, 10:00 am TO 5:00 pm**

**Missouri History Museum**

**5700 Lindell Blvd**

**St. Louis, MO 63112**

**(314) 746-4599**

St. Louis just can't stay quiet. The region has produced legends who are on a first-name basis worldwide, like Ike & Tina, Miles, Chuck, and Nelly. It's been home to the "Velvet Bulldozer" Albert King, the

"Black Venus" Josephine Baker, and the original "king" of pop music, Scott Joplin. And don't forget world-class songwriters like John Hartford, Jay Farrar, Jeff Tweedy, and Willie Mae Ford Smith. Few cities anywhere can claim so many leading lights in such a wide range of style.

It's time for St. Louis to raise a loud voice about its contributions to American popular music. This exhibit serves as your introduction to that music—it can't cover everything, but inside you'll find familiar tunes, deeper cuts, and a new musical outlook on the city you love. So lend the city your ears. We guarantee you'll hear something incredible.

**Mona Chalabi: Squeeze FREE**

**Jan, 18 - Feb, 12, 10:00 am TO 5:00 pm**

**Contemporary Art Museum**

**3750 Washington Boulevard**

**St. Louis, MO 63108**

**(314) 535-4660**

Data journalist, illustrator and writer Mona Chalabi presents a large-scale exhibition on the Contemporary Art Museum St. Louis' Project Wall.

Chalabi's work is informed by statistics gathered on politics, human rights, demographics, COVID-19 infections, climate change and many other topics. Finding truth in numbers through journalism, she makes that truth easier to digest with illustrations. "My job is to take a story, zoom out and provide context for readers," Chalabi says. "The thing that excites me about data is the scale of it. Data gives you a new frame of understanding."

For her exhibition at CAM, Chalabi focuses on endangered species of plants and animals, some of which are so close to extinction that every remaining member can fit on a New York subway car – if they squeeze,

**Pianos For A Purpose**  
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# 2023 SEASON SCHEDULE

**WEEK 1**  
SUNDAY, FEBRUARY 19  
AWAY



2:00PM | CT | **abc**

**WEEK 2**  
THURSDAY, FEBRUARY 23  
AWAY



8:00PM | CT | **FX**

**WEEK 3**  
SUNDAY, MARCH 5  
AWAY



12:00PM | CT | **FX**

**WEEK 4**  
SUNDAY, MARCH 12  
HOME



3:00PM | CT | **ESPN 2**

**WEEK 5**  
SATURDAY, MARCH 18  
HOME



6:00PM | CT | **FX**

**WEEK 6**  
SATURDAY, MARCH 25  
AWAY



6:00PM | CT | **FX**

**WEEK 7**  
SATURDAY, APRIL 1  
AWAY



2:00PM | CT | **ESPN 2**

**WEEK 8**  
SATURDAY, APRIL 8  
HOME



12:00PM | CT | **ESPN**

**WEEK 9**  
SUNDAY, APRIL 16  
HOME



2:00PM | CT | **ESPN**

**WEEK 10**  
SATURDAY, APRIL 22  
HOME



11:00AM | CT | **ESPN**



# COVER STORY/ART





David Christopher Wells as Sheriff Heck Tate, Jeff Still as Link Deas, Liv Rooth as Miss Stephanie, Travis Johns as Boo Radley and ensemble members Morgan Bernhard, Denise Cormier, Christopher R Ellis, Stephen Elrod, Glenn Fleary, Maeve Moynihan, Daniel Neale, Dorcas Sowunmi and Greg Wood.

Yaegel T. Welch, Steven Lee Johnson, David Manis, Luke Smith, Jeff Still, Liv Rooth and Glenn Fleary join the tour from the Broadway production.

Tickets for *To Kill a Mockingbird* at the Fabulous Fox are on sale now at MetroTix.com or by calling 314-534-1111. Ticket prices start at \$29. Prices are subject to change; please refer to FabulousFox.com for current pricing. *To Kill a Mockingbird* is part of the U.S. Bank Broadway Series.

Performances of *To Kill a Mockingbird* at the Fabulous Fox run February 28 – March 12. Show times are Tuesday through Saturday evening at 7:30 p.m., Saturday afternoons at 2:00 p.m. and Sunday afternoons at 1:00 p.m. There will also be an evening performance at 6:30 p.m. on Sunday, March 5 and matinee performance at 1:00 p.m. on Thursday, March 9.

*To Kill a Mockingbird* holds the record as the highest-grossing American play in Broadway history. It began performances on November 1, 2018, at the Shubert Theatre and played to sold-out houses until the Broadway shutdown in March 2020. On February 26, 2020, *To Kill a Mockingbird* became the first-ever Broadway play to perform at New York's Madison Square

see MOCKINGBIRD page 14

# TECHNOLOGY



## New Year, New Tech: Top 5 Upgrades You Need in 2023

(Statepoint) 2023 is off to a roaring start, and according to a recent YouGov poll, 37% of Americans have set a goal to accomplish this year. Whether you made a resolution or not this year, upgrading your tech can help you be more productive. Here are several ways to refresh and update the tech in your life this year.

**1. Reset Passwords:** With cyber fraud and security threats always present and ever changing, it's a good periodic practice to set new passwords on all your accounts. From social media accounts to bank accounts, make it a habit to reset your passwords every few months to prevent fraudulent activity.

**2. Upgrade Your Smartphone:** The average American is forecasted to keep their smartphone for more than two and a half years, according to Statista. However, more regular upgrades may benefit you. Upgrading your smartphone will allow you

to utilize enhanced security features, better battery life, faster performance and the latest 5G network. And with T-Mobile, you can get the best of both worlds without breaking the bank: America's largest, fastest and most reliable 5G network, and the full potential of the latest Samsung Galaxy A14 5G smartphone. Samsung's most affordable device yet, it packs a punch with a 5000mAh battery, 15W fast charging, 13 megapixel front-facing camera and triple-lens rear camera. Check out an unboxing video at [www.youtube.com/watch?v=wXx-S7xHo74](https://www.youtube.com/watch?v=wXx-S7xHo74)! Also, for a limited time, new and existing T-Mobile customers can get the Samsung Galaxy A14 5G for free with 24 monthly bill credits when adding a line on a qualifying plan in stores and online at [www.t-mobile.com/cell-phones/brand/samsung](https://www.t-mobile.com/cell-phones/brand/samsung).

**3. Purge and Delete:** If a new smartphone isn't in the budget

quite yet, there are a few ways you can refresh your phone to give it new life and improve performance. First, remove all large files taking up space. Next, clear your storage and internet browser history to speed up your phone. Apps that track your activity tend to drain your battery life. Delete apps you haven't used in more than six months. If you're still at full storage, try uploading items to a cloud provider or your computer and reset your smartphone.

**4. Enhance Your Network Experience:** The network your phone uses may need a major upgrade, and now there's a way to test out another wireless provider's network before making the switch. T-Mobile's Network Pass allows you and your family to keep your current wireless provider, compatible phone and phone number and try out T-Mobile's network free for three months. You'll get access to T-Mobile's largest 5G network and the ability to compare your network performance to pick the best carrier for you. The best part, it all can be done online via an app, without having to go into a store.

**5. Revamp Your Workspace:** Whether your workspace is a traditional desk from home or the office, on your feet or in a vehicle, make sure you have all the necessary tools to help you work smarter, not harder this year. Upgrade your workspace setup to be more ergonomically friendly – making sure your head and neck are straight, you have a chair with lumbar support and your computer monitor is about an arm's length away. Invest in a Bluetooth headset and get your work apps connected to your smartphone so you can take calls and send important documents on the go.

Give your tech an upgrade and you'll see success throughout the year.

PHOTO SOURCE: (c) JLco - Julia Amaral / iStock via Getty Images Plus





# ESPN Reveals Commentator Teams for XFL 2023 Kickoff Season Led by Platform’s Signature College Football Voices

ESPN announced its commentator teams for the upcoming 2023 XFL kickoff season, beginning Feb. 18.

Key details:

- Features four teams of signature voices across ESPN’s roster of industry-leading football experts.
- Each team includes a play-by-play commentator and analyst in the booth plus a reporter and the return of the sideline analyst on the field. The sideline team will provide a unique vantage point for analysis and added access for fans throughout the game.
- Teams will cover every game each weekend across ESPN, ESPN2, ABC and FX. All games will also be available live on ESPN+.
- One or more games each week, including the XFL Playoffs and Championship Game, will also be available in Spanish on ESPN

Deportes. ESPN Deportes’ commentator team will also be announced in the coming weeks.

“Each ESPN team brings extensive expertise and their backgrounds in college football make them incredibly informed about the players who will be stars at the pro level in the XFL,” said Steve Ackels, ESPN vice president, production. “This talented group of voices, combined with the many on-field production innovations we have planned for this season, will provide fans with unprecedented access to all facets of the XFL.”

ESPN, ABC and FX’s full XFL 2023 kickoff season telecast schedule was announced last week. Commentator game assignments will be announced soon.






















# XFL BattleHawks Game Day Tickets Go On Sale

St. Louis, Missouri – XFL single-game tickets are on sale in each market. Fans can purchase tickets for all five of the St. Louis Battlehawks home games at [XFL.com/tickets](https://www.xfl.com/tickets). The Battlehawks will play their home games at The Dome at America’s Center.

The 2023 XFL season will begin with three road games for St. Louis before the home opener on Sunday, March 12th against the Arlington Renegades (3 p.m. CT on ESPN2). The Battlehawks will also play home games Saturday, March 18th vs. DC Defenders (6 p.m. CT on

FX), Saturday, April 8 vs. Vegas Vipers (12 p.m. CT on ESPN), Sunday, April 16 vs. Seattle Sea Dragons (2 p.m. CT on ESPN), and Saturday, April 22 vs. Orlando Guardians (11 a.m. CT on ESPN).

**ABOUT XFL**  
The XFL’s ownership group, led by Dany Garcia, Dwayne Johnson, and Gerry Cardinale’s RedBird Capital Partners, is building a fan-first, fast-paced global professional football league with innovative rules and enhanced 360 game experience.

2023 SEASON SCHEDULE		<b>WEEK 1</b> SUNDAY, FEBRUARY 19 AWAY		2:00PM   CT   
		<b>WEEK 2</b> THURSDAY, FEBRUARY 23 AWAY		8:00PM   CT   
		<b>WEEK 3</b> SUNDAY, MARCH 5 AWAY		12:00PM   CT   
		<b>WEEK 4</b> SUNDAY, MARCH 12 HOME		3:00PM   CT   
		<b>WEEK 5</b> SATURDAY, MARCH 18 HOME		6:00PM   CT   
		<b>WEEK 6</b> SATURDAY, MARCH 25 AWAY		6:00PM   CT   
		<b>WEEK 7</b> SATURDAY, APRIL 1 AWAY		2:00PM   CT   
		<b>WEEK 8</b> SATURDAY, APRIL 8 HOME		12:00PM   CT   
		<b>WEEK 9</b> SUNDAY, APRIL 16 HOME		2:00PM   CT   
		<b>WEEK 10</b> SATURDAY, APRIL 22 HOME		11:00AM   CT   

 <p>Mac Lou Sam, International.</p> <p>Member F.B.C. <span style="float: right;">Since 1993</span></p>	<p><b>(636) 529-1146</b></p> <p><b>For Service or Quote</b></p> <p><a href="mailto:sales@mlsitrades.com">sales@mlsitrades.com</a></p>
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## 5 Interviewing Tips to Help You Land a New Job

(Family Features) With so many job openings these days, you may think you'll have an easy time sliding into a new role. Not so fast. Because of the huge number of options available and plenty of workers contemplating changes, you're likely to encounter some competition to land the job you want. A solid interview can help you close the deal.

Consider these five tips to help you make a great impression and land the job of your dreams:

**1. Prepare, prepare, prepare.** Avoid thinking of the interview as your first step toward a new job. Once you set the appointment, it's time to take a deeper dive to learn as much as you can about the company and position. Ideally, you did some of this legwork when you created a custom resume and cover letter, but for the interview, you need to know more. After arming yourself with all the information you can, practice answers to questions you expect the interviewer to ask.

**2. Decide what the interviewer should know about you.** Using the job description as a guide, create a list of points you want to communicate to show how your experience and knowledge fit the role. During the interview, pay attention to

opportunities for sharing these details about your skillset. Most interviewers will give you the opportunity to add information you haven't covered; use this time to deliver a succinct summary of how you can succeed in the position.

**3. Create your own list of questions.** An interview isn't just about determining whether you're a fit for a job; you also need to decide whether the job is a fit for you. Think about what you need to know in order to feel confident accepting an offer. You might organize your thoughts by considering what is essential in a new job and what aspects are "nice to have."

**4. Present yourself as a winning candidate.** Impressions are everything when it comes to interviews. Dress to impress with well-fitted clothing appropriate for the job and practice good grooming habits, including details like trimming your nails and minimizing distractions like pet hair. Arrive early enough that you're not rushed or flustered when you check in for your appointment. Use good posture, a firm handshake and a clear, confident voice. Speak authoritatively but respectfully and try to make the interview a comfortable, conversational exchange.

**5. Leave a lasting impression.** Before

## New Year's Resolutions for Business Owners

(SPM Wire) New Year's resolutions aren't just for individuals and families. Businesses can benefit from them as a method to reflect and set themselves up for improvements in the months ahead.

Here are a few ways small business owners can get their enterprises on a better track in the new year:

• **Hit the books smarter:** Get your records in better shape by making sure to put in effect a process of checks and balances, whereby at least two sets of eyes hit your books every month or at least every quarter. Now is also the time to update balance sheets, generate income statements and compile cash flow statements.

• **Be more positive:** Foster a more positive work environment for in-house employees, as well as those

who work from home or frequently are on the road for your business. Encourage real feedback and actually listen to what employees have to say. Be kind and encourage kindness among team members.

• **Be goal oriented:** Evaluate the past year and be honest in asking yourself if your business met its goals. Clearly define new ones and make sure your entire team knows what these goals are. Create a plan with measurable benchmarks and with regular staff check-ins where your team honestly reviews monthly, quarterly and yearly goals together. Define goals and create a platform for your entire team to transparently benchmark their successes and failings.

The new year is the perfect time to reassess your company and to set it up for increased success in 2023.

you end the interview, ask for clear insight on the next steps in the process. Within 24 hours, send follow-up messages to each person you met with. Thank them for their time and include references specific to your conversation, such as elaborating on a question or reiterating a key point. This shouldn't be a copy-paste message, but rather a tailored one to each individual. Close by

reiterating your interest and how your skills are a fit.

Find more advice for handling personal and professional challenges at [eLiving-today.com](http://eLiving-today.com).

*Photo courtesy of Getty Images #15612*  
Source: Family Features



from MOCKINGBIRD page 10

Garden, in front of approximately 18,000 New York City public school students, also marking the largest attendance at a single performance of a play ever in world theater. The production resumed performances on October 5, 2021 and concluded its run at the Shubert Theatre on January 16, 2022. To Kill a Mockingbird is currently running at the Gielgud Theatre in London's West End.

Set in Alabama in 1934, Harper Lee's enduring story of racial injustice and childhood innocence centers on one of the most venerated characters in American literature, small-town lawyer Atticus Finch. The cast of characters includes Atticus's daughter Scout, her brother Jem, their housekeeper and caretaker, Calpurnia, their visiting friend Dill, and a mysterious neighbor, the reclusive Arthur "Boo" Radley. The other indelible residents of Maycomb, Alabama, are Bob Ewell, Tom Robinson, prosecutor Horace Gilmer, Judge Taylor and Mayella Ewell.

To Kill a Mockingbird is designed by Miriam Buether, with costumes by Ann Roth, lighting by Jennifer Tipton, sound by Scott Lehrer and an original score by Adam Guettel. Musical direction is by Kimberly Grigsby, hair & wig design by Campbell Young Associates, casting by The Telsey Office, and design adaptation and supervision by Edward Pierce. The national tour is produced by Barry Diller.

# PUBLIC NOISE

## 1860's Saloon & Hardshell Café

1860 S. Ninth, 314-231-1860  
soularddining.com

## 2720 Cherokee

2720 Cherokee, 314-276-2700  
2720cherokee.com

## Ameristar Casino's Bottleneck Blues Bar

1 Ameristar, 636-940-4966  
ameristar.com

## Atomic Cowboy/The Fox Hole

4140 Manchester, 314-775-0775  
atomiccowboystl.com

## BB's Jazz, Blues and Soups

700 S. Broadway, 314-436-5222,  
bbsjazzbluessoups.com

## Baha Rock Club

305 N. Main, St. Charles,  
636-949-0466  
baharockclub.biz

## Beale on Broadway

701 S. Broadway, 314-621-7880,  
bealeonbroadway.com

## Blanche M. Touhill Performing Arts Center

1 University, University of Missouri-St. Louis, 314-516-4949  
touhill.org

## Blueberry Hill's Duck Room

6504 Delmar, 314-727-4444,  
blueberryhill.com/events/duck

## Broadway Oyster Bar

736 S. Broadway, 314-621-8811  
broadwayoysterbar.com

## Casa Loma Ballroom

3354 Iowa, 314-664-8000,  
casalomaballroom.com

## Cathedral Basilica of St. Louis

4431 Lindell, 314-533-7662,  
stlcathedralconcerts.org

## Charlack Pub

8334 Lackland, 314-423-8119).

## Cicero's

6691 Delmar, 314-862-0009,  
ciceros-stl.com

## Club Viva

408 N. Euclid, 314-361-0322,  
clubvivastl.com

## The Crack Fox

1114 Olive, 314-621-6900  
crackfoxbar.com

## El Leñador

3124 Cherokee, 314-771-2222,  
lenador.com

## Ethical Society of St. Louis

9001 Clayton, 314-991-0955  
ethicalstl.org

## Fast Eddie's Bon Air

1530 E. Fourth, Alton, Ill.,  
618-462-5532,  
fasteddiesbonair.com

## The Firebird

2706 Olive, 314-535-0353  
firebirdstl.com).

## Foam

3359 S. Jefferson, 314-772-2100  
foamstl.com).

## The Focal Point

2720 Sutton, 314-560-2778  
thefocalpoint.org

## Fubar

3108 Locust, 314-289-9050,  
fubarstl.com

## The Gramophone

4243 Manchester, 314-531-5700  
thegramophonelive.com

## Hammerstone's

2028 S. Ninth, 314-773-5565  
hammerstones.net)

## Highway 61 Roadhouse & Bar

34 S. Old Orchard, 314-968-0061  
hwy61roadhouse.com

## Jazz at the Bistro

3536 Washington, 314-534-3663  
jazzstl.org

## Lemmons

5800 Gravois, 314-481-4812,  
myspace.com/lemmons

## Lemp Neighborhood Arts Center

3301 Lemp, 314-771-1096,  
lemp-arts.org

## The Loretto-Hilton Center for the Performing Arts

130 Edgar, 314-961-0644,  
opera-stl.org

## The Luminary Center for the Arts

4900 Reber, 314-807-5984,  
theluminaryarts.com

## McGurk's Irish Pub

1200 Russell, 314-776-8309,  
mcgurks.com

## Off Broadway

3509 Lemp, 314-773-3363  
offbroadwaystl.com

## Old Rock House

1200 S. Seventh, 314-588-0505  
oldrockhouse.com

## The Pageant/Halo Bar

6161 Delmar, 314-726-6161  
thepageant.com

## Plush

3224 Locust, 314-535-2686  
plushstl.com

## Pop's Nightclub

401 Monsanto, Sauget, Ill.,  
618-274-6720,  
popsrocks.com

## Powell Hall

718 N. Grand, 314-533-2500,  
stlsymphony.org

## Russell E. and Fern M. Hettenhausen Center for the Arts

400 N. Alton, Lebanon, Ill.,  
618-537-6863, mckendree.edu

## Schlaflly Bottleworks

7260 Southwest, 314-241-2337  
schlaflly.com

## Schlaflly Tap Room

2100 Locust, 314-241-2337  
schlaflly.com

## The Shanti

825 Allen, 314-241-4772,  
soulardshanti.com)

see Venues on page 18





## Nu Genea – Bar Mediterraneo (2022)

Does this already qualify as a concept album? With Bar Mediterraneo, the Neapolitan duo Nu Genea is trying to create an acoustic place of encounter where strangers do not remain strangers to each other for long, but quickly enter into conversation and happily exchange ideas. That makes you think of Café del Mar, of course, and sounds rather cheesy. But what you have to know is that this courage for an unbridled affirmation of life without a double bottom is, in a way, the core activity of the duo made up of Massimo Di Lena and Lucio Aquilina. Exuberant, full-bodied eighties synths, non-European instruments like the Ney in 'Gelbi', which seems like an Ahmed Fakroun number with Tunisian vocals and a heavy funk groove, and an uncompromising sepia sound propagate carefree and international lightness. 'Marechià' also features a guest singer, Célia Kameni, but this time with French vocals. This plurilateral approach is systematic; after all, the Bar Mediterraneo is meant to be a refuge for everyone, regardless of where you are from. This almost provocative naivety may be alienating on a conceptual level, but musically it makes perfect sense – and is fun: Tracks like the captivating 'Praja Magia' are immediately compelling and, with their gossamer melancholic note, transport a late summer feeling that is also inherent in some 'Habibi Funk' compilations, for example.



## Liela Moss – Internal Working Model (2023)

With a long and extensive career in the music industry, it is no wonder that Liela Moss is still releasing exceptional and innovative music. Internal Working Model is Moss' third studio record, her first in nearly three years. The result is a record packed with dark timbres, infectious melodies and immaculate production, an almost experimental art-pop record hiding beneath the traditional pop sensibilities of razor-sharp choruses and dancefloor-ready rhythms.

Opener 'Empathy Files' is a droning, trip-hop laden cut, emblazoned with velvet vocal work. Crushed drums and pulsating synthesizers dominate the low-end, hinting at an almost-industrial club motif; if the groove was sped up it would not feel out of place in a Berlin rave hangar. Piano ballad 'Ache in the Middle' is a sombre breath on the record, a timeout from the heavy-synth nature of much of the album. It fea-

from Venues on page 17

**Sheldon Concert Hall**  
3648 Washington, 314-533-9900,  
thesheldon.org

**Sky Music Lounge**  
930 Kehrs Mill, 636-527-6909,  
skymusiclounge.com

**Stagger Inn Again**  
104 E. Vandalia, Edwardsville, Ill.,  
618-656-4221,  
staggerinagain.com

tures French artist Jehnny Beth, who gifts some stellar vocals throughout the track. Smatterings of plucky keys and synths flutter in the background as the track grows and evolves.

Though there is cohesion to the record, every track shapeshifts and mutates, Moss dipping her toes into every genre pool but knowing exactly how to refine each one to her own distinct sound. 'New Day' builds on a textural sonic landscape, lo-fi aesthetics and organic grain rattling between the speakers. It is reminiscent of Bjork – which is by no means a bad comparison to make. The genre-fluidity of records like 'Internal Working Model' make for an incredibly compelling and captivating listen, without being a project which feels directionless or confused.

This third record delivers a darker edge than previous effort, 2020's 'Who The Power'. The gloss of said album is traded for heavy, crushing tones, but Moss consistently retains her pop power and dazzling songwriting prowess. 'Internal Working Model' will crash out of your speakers, a melodic behemoth of industrial-tinted art pop. Moss' vocals and harmonisations with herself are a masterclass, supported by creative and tasteful production. Modular synthesis and glitchy-yet-organic drums are the engine of the record, the outcome being Moss' best studio effort to date.

**Ten Mile House Tavern**  
9420 Gravois, 314-638-9082

**Way Out Club**  
2525 S. Jefferson, 314-664-7638,  
myspace.com/wayoutclub

**The Wine Press**  
4436 Olive, 314-289-9463  
stlwinepress.com

**The Wood**  
2733 Sutton, 314-781-4146  
thewoodstl.com



## Jake Swamp and the Pine – Simpson & Banks (2022)

Boston-based Drew Zieff has an ambitious attitude to his music – as Jake Swamp and the Pine he alone wants to blend the ruckus and energy of a full band balanced with being able to create an intimate singer-songwriter space and the ten tracks here impressively answers this goal. His intention in creating this group is captured by a highly personal feeling he wants his music to achieve – “At the end of a long day traversing the White Mountains, when the sun has laid down behind the horizon and the shush of the forest descends, there's a certain feeling that builds around the campfire”. He's “One Dude. One Beard. 6 Strings”. Zieff has also worked with Don Mitchell of Darlingside.

The album kicks off with lead track 'Drive, Drive, Drive', which starts with a lovely acoustic solo feel but gradually builds to the band sound combined with a lovely hook-laden tune. A great start. Things continue in a winning way with 'Cigarettes and Coffee' with more gloriously atmospheric vocals from Zieff and a lovely pounding bass.

There's a strong Avett Brothers feel to Zieff's passionate, emotive and classy songs and things continue in impressive fashion with 'Empty Stomachs and Bloodshot Eyes' with a driving drum beat augmenting the tune and some choice 'whoah oh's' adding to the strong effect of the song. Another highlight is 'Don't Be Afraid of Sundays', again starting with acoustic guitar and percussion, before building with more guitars and yet another wonderfully memorable tune.

IF YOU SEE THIS



ON AN IMAGE  
OR AD,  
IT MEANS THE  
IMAGE OR AD IS  
INTERACTIVE

# EATS



## Brunch Made Easy

(Family Features) Gathering friends and family doesn't need to be fancy. With its prime positioning between breakfast and lunch, brunch is a more casual and lighter alternative to the typical dinner party.

When charged with hosting a mid-day gathering, a little pre-planning can go a long way toward ensuring your brunch get-together is as simple as it is scrumptious.

Get creative with decor. When prepping your table, think outside the box. Opt for unexpected serving dishes such as tartlet tins and vases, and trans-

fer syrups and jams from their everyday containers to glass bowls or creamers. Fresh flowers and produce can add natural pops of color to the table and a bowl of fruit can make for an eye-catching centerpiece.

Plan a variety of dishes. Make sure you have a mix of both sweet and savory dishes on the menu that can please a wide variety of palates. Earmarking some recipes that can be made ahead, like pastries and casseroles, can be a simple way to avoid waking up extra early to prepare. Save the morning of your event for dishes that are best served fresh, like this Herbed Spanish Omelet, which features potatoes; fresh, spring herbs; and red onions, and packs protein, B-vitamins and cancer-protective phytochemicals.

Serve it buffet-style. Setting your spread out on the counter and allowing guests to help themselves not only makes it easier for the host to mingle, but it allows guests to customize their meals as they wish and gives the gathering a more casual vibe. Try themed stations, such as a coffee or mimosa bar, parfait bar or bread bar, in addition to more traditional dishes to let guests take the customization to the next level.

For more brunch ideas and recipes, visit [Culinary.net](http://Culinary.net).

### Herbed Spanish Omelet

Reprinted with permission from the American Institute for Cancer Research  
Servings: 4

1 pound potatoes, peeled and diced or shredded  
water  
2 tablespoons extra-virgin olive oil  
1/2 cup diced red onion  
2 cloves garlic, minced  
4 large whole eggs, lightly beaten  
2 egg whites, lightly beaten  
2 tablespoons finely chopped fresh parsley  
2 tablespoons finely chopped fresh basil  
2 tablespoons finely chopped fresh chives  
salt, to taste (optional)  
fresh herb sprigs, for garnish (optional)

Place potatoes in large pan. Cover with water. Bring to boil and cook, uncovered, 3 minutes. Remove from heat. Cover and let stand about 10 minutes, or until potatoes are tender. Drain well.

In deep, 10-inch nonstick skillet over medium heat, heat oil. Add onion and garlic. Cook about 8 minutes, stirring occasionally. Add potatoes and cook 5 minutes.

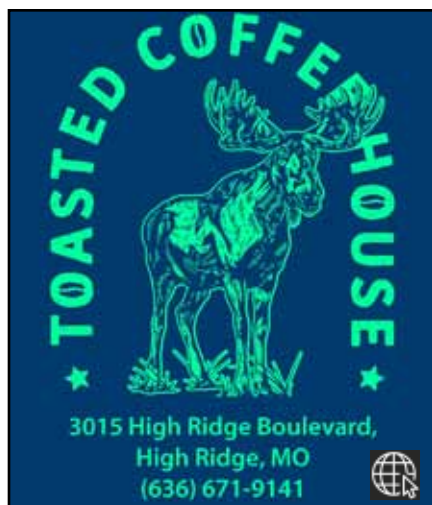
Combine whole eggs and egg whites. Stir in parsley, basil and chives. Season with salt, to taste, if desired. Pour mixture over potatoes in hot skillet. Reduce heat and cook, uncovered, about 10 minutes, or until bottom of omelet is golden.

If desired, brown top under toaster oven. Garnish with fresh herb sprigs, if desired.

Nutritional information per serving: 260 calories; 12 g total fat (2 g saturated fat); 28 g carbohydrates; 11 g protein; 2 g dietary fiber; 106 mg sodium.

Photo courtesy of Getty Images  
#13139

Source: [Culinary.net](http://Culinary.net)







**WOMEN TALKING**

**Alice, Darling [NR]**

Anna Kendrick is Alice in this taut thriller about a woman pushed to the breaking point by her psychologically abusive boyfriend, Simon. While on vacation with two close girlfriends, Alice rediscovers the essence of herself and gains some much-needed perspective. Slowly, she starts to fray the cords of codependency that bind her. But Simon's vengeance is as inevitable as it is shattering – and, once unleashed, it tests Alice's strength, her courage, and the bonds of her deep-rooted friendships

*Anna Kendrick, Christina Piovesan, Mary Nighy, Katie Bird Nolan, Noah Segal, Lindsay Tapscott*

**Women Talking [PG-13]**

A group of women in an isolated religious colony struggle to reconcile their faith with a series of sexual assaults committed by the colony's men  
*Brad Pitt, Sarah Polley, Frances McDormand*

**When You Finish Saving The World [R]**

Set over three decades, Nathan is a



**BEZOS: THE BEGINNING**

father learning to connect with his newborn son. Rachel, a young college student, seeks to find her place in a relationship and in life. And Ziggy is a teenager hoping to figure out where he came from, and where he's headed.

*Emma Stone, Jesse Eisenberg, Julianne Moore, Finn Wolfhard, Alisha Boe, Dave McCary, Jay O. Sanders, Billy Bryk*

**Blaze [NR]**

After accidentally witnessing a violent crime, a young girl is left catatonic with shock, and struggles

to make sense of what she saw, ultimately finding renewal in the inestimable world of her own imagination  
*Julia Savage, Simon Baker, Josh Lawson, Del Kathryn Barton, Huna Amweero, Yoel Stone*

**Bezos: The Beginning [R]**

Bezos chronicles the true-life story of Jeff Bezos—a humble yet awkward entrepreneur on his mission to create Amazon, the world's largest e-commerce company, and turning himself into the richest man in the world  
*Kevin Sorbo, Armando Gutierrez, Eliana Ghen*

## CURRENTLY SHOWING

**The Old Way [R]**

Academy Award® winner\* Nicolas Cage stars in his first-ever Western as Colton Briggs, a cold-blooded gunslinger turned respectable family man. When an outlaw and his gang put Colton and his family in peril, Colton is forced to take up arms with an unlikely partner — his 12-year-old daughter (Ryan Kiera Armstrong) — in this action-filled film that builds toward its fateful showdown with pulse-pounding suspense.

*Nicolas Cage, Ryan Kiera Armstrong, Clint Howard, Abraham Benrubi, Noah Le Gros, Carl W. Lucas, Brett Donowho, Nick Searcy.*

*1 hour, 35 minutes*

**The Plane [R]**

In the white-knuckle action movie *Plane*, pilot Brodie Torrance (Gerard Butler) saves his passengers from a

lightning strike by making a risky landing on a war-torn island - only to find that surviving the landing was just the beginning. When most of the passengers are taken hostage by dangerous rebels, the only person Torrance can count on for help is Louis Gaspare (Mike Colter), an accused murderer who was being transported by the FBI. In order to rescue the passengers, Torrance will need Gaspare's help, and will learn there's more to Gaspare than meets the eye.

*Gerard Butler, Oliver Trevena, Remi Adeleke, Mark Vahradian, Lilly Krug, Marc Butan, Alan Siegel, Tony Goldwyn, Daniella Pineda*

*1 hour, 47 minutes*

**A Man Called Otto [PG-13]**

The story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively

young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down.

*Marc Forster, Tom Hanks, David Magee, Gary Goetzman, Rita Wilson, Manuel Garcia-Rulfo, Mariana Treviño*

**House Party [R]**

Aspiring club promoters and best buds Damon (Tosin Cole) and Kevin (Jacob Latimore) are barely keeping things together. Out of money, down on their luck and about to lose the roofs over their heads—and freshly fired from their low-lift jobs as house cleaners—the pair needs a huge windfall to make their problems go away.

In a 'what the hell?' move, they decide to host the party of the year

at an exclusive mansion, the site of their last cleaning job, which just happens to belong to none other than LeBron James. No permission? No problem. What could go wrong?  
*LeBron James, Maverick Carter, Tosin Cole, Jorge Lendeborg Jr., DC Young Fly, Allen Maldonado, Melvin Gregg*

*1 hour, 40 minutes*

**The Devil Conspiracy [R]**

A powerful biotech company launches a breakthrough technology allowing them to clone history's most influential people with just a few fragments of DNA.

*Alice Orr-Ewing, James Faulkner, Joe Anderson, Kevan Van Thompson, Nathan Frankowski, Michael Emerson, Eveline Hal*

*1 hour, 51 minutes*



## 4 Basic Stretches for Arms and Shoulders

Stretching can improve your flexibility and range of motion, as well as increase blood flow to your muscles!

by Steven Auger

If you love going to the gym, you might be tempted to jump right into your workout after arriving. But wait! Do you stretch first?

It's important to resist the urge to dive right into a sweat session; instead, you should take some time to stretch your muscles. According to Mayo Clinic, stretching can improve your flexibility and range of motion, as well as increase the blood flow to your muscles. It can also reduce your risk of injury!

If you plan on doing some strength training, it's important to perform a few stretches for arms and shoulders before you pick up those dumbbells (and after you put them down). Beginner Stretches for Arms and Shoulders

There's nothing like the satisfac-

tion of crushing your upper-body workout. Whether you just powered through a shoulder or arm routine — or you're just about to — show those muscles some love with the following four basic stretches.

### 1. Biceps Stretch

A good beginner's stretch for the arms, especially after a challenging strength-training workout that involved a lot of curls, is the standing biceps stretch. To perform this movement, you should start in a standing position with your hands clasped together behind your back. The palms of your hands should be facing each other and your arms should be straight. Now, keeping your fingers intertwined, rotate your hands so that your palms face downward. Next, raise your arms slowly until you feel a stretch in the biceps. Hold this pose for five deep breaths before releasing.

### 2. Triceps Stretch

OK, now that you've stretched your biceps, time to show the triceps a little TLC! To stretch these muscles, move one of your arms across

your chest toward the opposite shoulder. Then use your free hand to pull the elbow of your crossed arm closer to the body, toward the shoulder. Hold this stretch for 10–20 seconds. Afterward, repeat the same maneuvers with the opposite arm.

An alternative to this move — but one that still provides a great triceps stretch — is to raise one arm over your head and bend the elbow so that the hand is positioned behind your neck. Then use your free arm to hold the stretching elbow in place. Hold the pose for 10–20 seconds before repeating with your other arm.

### 3. Shoulders Stretch

Tight shoulders are never fun. They can cause back, neck, and upper-body stiffness. To avoid this, keep your shoulders flexible and loose by performing shoulder rolls. All you need to do is maintain good posture (while either seated or standing) and roll your shoulders up, back, and down 10 times. Afterward, move your shoulders in the reverse direction — up, forward, and down — for another 10 reps.

### 4. Wrist Stretch

Sure, you recognize the importance of stretching muscles like the biceps

and triceps, but don't neglect those wrists! Aside from the work you put in at the gym, you use the muscles in your wrist for a lot of different activities outside of the gym — like typing, writing, or carefully transporting a cup of coffee — so it never hurts to give your wrists a good stretch.

There are two ways to stretch the wrist: extension and flexion. Both can be performed from either a standing or seated position.

For wrist extension, extend one arm straight in front of you at shoulder-height. With your free hand, grab the fingers on your extended arm (above the palm) and pull them back toward you until you feel a slight stretch on the bottom of your forearm and wrist. Hold this pose for 30 seconds, then switch arms.

For wrist flexion, extend one arm straight in front of you at shoulder-height. Use your free hand to press your extended hand down, until the fingers point toward the floor. You should feel the stretch on the top of your forearm and the wrist. Hold this stretch for 30 seconds, then switch arms.

No matter if it's weights or cardio on your gym agenda, your workout isn't complete until you've thanked those muscles with a good stretch! As always, please consult with a physician prior to beginning any exercise program.



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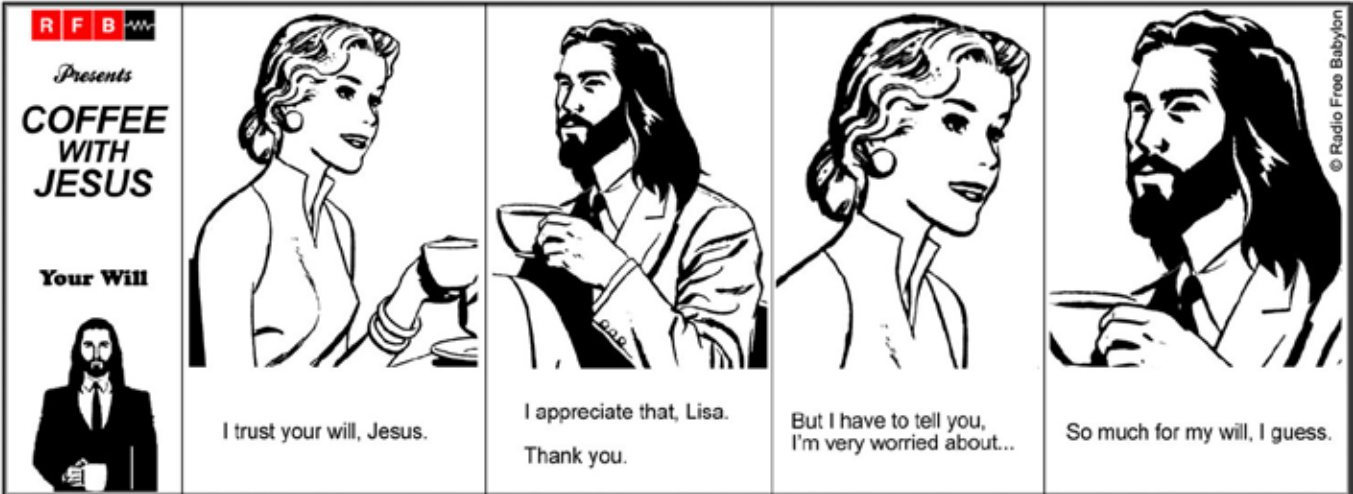
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## UNCLE ALBERT SINGLE MOMS AND HIGH BODY COUNTS

Uncle Albert,  
I've [M/29] been seeing this woman  
[F/24]for the last couple of months and  
it's amazing. She is fantastic in every  
way... except in one area.  
She's got three kids from two different  
baby daddies that she kept a secret from  
me up until last weekend. She never fes-  
ses up and now I don't know what to do.  
Help Me.

*So you made the unwittingly dumb mis-  
take of getting with a woman who kept  
secrets. Strike one. Then you discover that  
she is a single mom, at 24. Strike two.  
AND with two baby daddies. Strike three.  
You didn't mention if she was married  
when she had the kids or even if she was  
widowed at some point. But at 24 I kinda  
doubt she was widowed.  
Let me break this down. Any divorced  
woman, of any age, is a bad investment  
for any man. But a woman with kids at  
home is even worse. She is looking for a  
bail out. She wants to be a stay at home  
mommy while you work your bones to  
the nub to provide for a woman who has  
a history of bad decisions and three kids  
that are not your own, biologically.  
And here is the kicker, you will have all  
the responsibility and none of the author-  
ity. Talk about being emasculated. Come  
on man, grow a pair. You have the pick of  
the litter at your age so why are you try-  
ing to be Captain Save-a-Hoe? Ditch the  
woman who can't keep her knees together  
and find a better girl. You know, with no  
kids.*

Dear Uncle Albert,  
My girlfriend has a body count of 29  
and she is only 19 years old. Should I be  
worried?  
Worried, nope. Out of there, yep.



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