

# Cultural Daily

Independent Voices, New Perspectives

## How Proxies Improve Online Security and Privacy?

Our Friends · Thursday, March 26th, 2026

These days, working online or even browsing websites comes with various security concerns. The reason is simple, you always want to be safe and protect your data. And with so many hackers, ransomware and other threats, it's very easy to worry about where your info might end up. That's why using a proxy can be a very good idea. Proxies do a very good job of improving your online privacy and security, and the best part is that you can find a wide array of options to consider.

### Hiding your IP

By hiding your IP, a proxy will help prevent sites from tracking your identity and location. You will also lower exposure to any targeted attacks, which tend to be extremely problematic. And in addition, it will help you enhance anonymity while browsing. It's very important, especially when you access sensitive data or when you do any competitor research, among many others.

### Protecting yourself from cyber attacks

Most cyber attacks will rely on knowing your IP address. That's because they will do network intrusion attempts, brute force login or even DDOS attempts. By masking the IP, you won't have to worry as much about these issues, so take them into consideration. It gives you an added defense layer, and something that will help you in more ways than expected.

### Secure automation and web scraping

Many businesses these days are using automation tools in order to study the market, monitor prices or collect data. However, when you perform many of these requests from the same IP, that will trigger a security issue, and sometimes it might even lead to bans. A proxy will help you, because you can rotate the IP address, prevent detection and distribute these requests over multiple endpoints, something that becomes inherently crucial here.

### Getting past geographical restrictions

There are lots of websites which will restrict content based on where you live. Thankfully, with a proxy, you can get past any of these restrictions without a problem. A proxy lets you access content from any region, and you can also avoid censorship. Plus, you get to maintain your privacy while accessing that restricted content, too, which is crucial.

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## It prevents profiling and tracking

The upside when it comes to proxy usage is the fact that you can easily prevent sites from accessing click behavior, device info or browsing history. A proxy will help you mask your real IP, it also helps with IP rotation and you can also reduce the consistency when it comes to your user identity, something that matters quite a lot.

## It makes public WI-FI usage safer

What we all know about public WI-FI networks is the fact that they are insecure and they can suffer from packet sniffing, man-in-the-middle attacks and other problems. A proxy is better since it reduces the direct exposure of your IP, and it can add an extra barrier against the attackers, which is extremely important.

## Content filtering

These days, you can also use a proxy if you want to filter content and control access to websites. What makes proxies great is they can block unsafe or malicious websites, monitor the internet usage and restrict access to any non-work related platforms for businesses. If you want to ensure that you have excellent content filtering, this is important and you will find it to convey a much better value than expected.

## Preserving anonymity

Staying anonymous online can be tricky these days, but a proxy helps with that. No one can identify your location, which can be handy for researching, journalism, but also for whistleblowers and people that tend to be more privacy focused in general. Being able to hide your identity online can have many use cases, and that's why something like this is totally worth your time and effort.

## Fewer to no data breaches

A data breach happens when the attacker is getting access to an internal system. The role of a proxy is to act as a buffer between servers and users. It also limits the direct exposure of internal networks and it can filter traffic. In doing so, you will be able to prevent vulnerability exploits, and it will make the experience much better than expected.

## Multi-account management

There are times, such as managing social media accounts, when you need to have multiple IPs. And that's because a lot of the time, platforms will restrict multiple accounts having access from the same IP. They could even ban you. So the best approach here is to have a separate IP for each account. That's where a proxy tends to be the best option, and it can help you save a huge amount of effort and time.

## Better DNS privacy

There are proxies which can handle DNS requests. That will prevent your ISP from knowing what websites you are visiting, and that can be a very good idea. It's because ISPs will log browsing activity, and the data can be shared or sold without your consent. On top of that, privacy is compromised, and that's why you want to address it in a way that's very consistent and

comprehensive.

## Controlling access to the internal systems

Some companies are using a proxy because they want to have complete control over their own, internal systems. That means employees need to use a proxy to access the company system. And for the company, that's great because they can monitor access and restrict it as they see fit. That way, only the authorized users are able to interact with sensitive data, and that's extremely important to keep in mind here.

## Data protection compliance

These days, you must comply with various regulations, be it HIPAA or GDPR. The role of a proxy here is obvious, because you can mask the user identity, control the data flow, and also enhance the privacy measures. Granted, this is not a complete solution, but it will help improve your compliance with these regulations.

It's clear that using the **best proxy** will help you improve the way you maintain your online security. And in the end, it will help streamline the process much easier, while ensuring that you have an effective way of sharing and accessing content at your own pace.

*Photo: Freepik via their website.*

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## How to Choose a Reliable Forex Broker

Sam Shemin · Thursday, March 26th, 2026

Picking your forex broker isn't a simple process, and a lot of the decision-making is personal. It will depend on your strategy, on your choice of currency pairs, and on the amount you wish to invest in the platform. When you're weighing up your options, reliability should come to the fore, but what does a reliable forex broker look like?

You should be looking for a broker that is backed by regulatory agencies, has favourable spreads for your strategy, and has positive reviews from other traders who have used the platform before. Without doing your due diligence, you could be caught out by a broker engaging in inappropriate activities, which could affect your success in forex trading.

## A regulated broker is a reliable broker

The first point on your checklist should be to assess whether your shortlisted platforms are regulated. Most forex brokers are affiliated with a large bank or lending institution because of the large amounts of capital required to operate and the leverage they offer traders.

You must ensure your investment is protected by the broker. This not only reduces the risk you're taking with your money but also offers you the security that your money is protected by a reputable platform.

A sensible approach would be to decide which currency pairs you are most likely to focus on trading, and then check that the financial authorities that protect the currency you are trading have registered your forex broker with their relevant regulatory agency. This way, you can be confident in your transactions being as secure as possible.

## **Take a free trial to test the built-in tools**

A reliable forex broker is one that gives you all the tools to succeed. Of course, they can't control the markets or advise you on your trades directly, but what they can provide their customers with is a variety of handy tools that can influence the way you trade. You can usually discover these by taking a free trial, where you don't invest any money, but you can make paper trades to understand how the platform works and what insights you get from the broker.

Top-rated brokers will provide analytical tools and charts to show the latest trends in currency pairs, allowing you to quickly focus on the ones that align with your strategy and understand how the market is sitting. You are often also provided with real-time news and up-to-the-second data as to what is **influencing the currency market** and what trends might be expected.

This all ties in with an economic calendar, which you should be using as your number one reference point to understand when and why the market in your chosen currency pairs would be expected to move. Whilst you can do some of this work for yourself, the most reliable forex brokers make it all available to use, built into their apps and web platforms.

## **The lower the spread, the better it is for your investment**

The best and most reliable forex brokers offer competitive spreads on the most popular currency pairs. FX brokers don't charge commission on each trade you make; instead, the platform makes its money based on the spread, which is the difference between the price at which a currency can be purchased and at which it can be sold, at any point in time. Spreads differ from broker to broker, and they can also be wildly different across the range of currency pairs offered.

Before you choose the platform in which to place your investment to begin forex trading, make sure you compare the spread prices across your shortlisted platforms for your top currency pairs, as this can make a huge difference to the amount of profit you're able to make on your investment. A lower spread means less cost to you in trading your currency and a more reliable forex broker to invest in.

## **A reliable forex broker provides competitive leverage options**

When it comes to giving your investment the most flexibility, you should also be considering the leverage offered to you by your shortlisted brokers. In the simplest terms, because the financial markets move in such small increments, forex brokers provide a ratio between the total capital

made available to you and the actual capital you invest. Effectively, a forex broker lends you money to trade with to make a profit of more than just a few cents per transaction.

You can earn a significantly larger profit with more leverage, but this also leaves you open to much bigger losses too. Usually, reliable brokers offer leverage of 250:1, in which you are lent \$250 for every \$1 you invest with the broker into forex trading. The amount of leverage you are offered by the platform depends on how much you commit in equity. Some brokers offer extremely competitive leverage for those who are able to invest well with them. **Exness broker** is one such example, as they offer a maximum leverage of 2000:1, available by default, for those investing up to \$30,000 (USD) on the platform.

## Read first-person reviews to avoid broker red flags

The final aspect of due diligence that you should do before committing to a forex broker is reading first-person reviews from other traders who have experience on each platform. This is the only way to discover if brokers are using inappropriate tactics to suppress the potential success of their customers, as there is currently no organisation that reports upon such activity by brokers, nor is there a blacklist of poor-reputation brokers either.

In order to avoid brokers who engage in such activities, you should be looking at reviews of each platform closely for any reports of sniping and hunting. This is where a broker sells or buys your currency trade earlier than your pre-agreed positions when you made your initial trade.

## Put your strategy above a broker's profits

Sniping and hunting activities increase the profits the platform makes, and it doesn't respect your strategy and your entry/exit points that you put into your **stop-loss orders**, even if you have the required equity to cope with an unexpected drop. Some brokers will choose to liquidate your position on a marginal call at the low end of your stop-loss position, even if it was a sudden drop, which could then rebound to a historically high position.

The only way to ensure that you are selecting a broker that does not engage in activities such as these, affecting your capital, is to read the first-hand reviews from other investors. Reading the reviews will give you the confidence that you can operate your strategy as you wish, and not as the broker wishes, ensuring that you have chosen a reliable forex broker for your investment.

*Photo: DC Studio via Freepik.*

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# How to Compare New Home Listings in Myrtle Beach

Sam Shemin · Thursday, March 26th, 2026

Many buyers feel confused when reviewing multiple home listings at once. Price differences, design variations, and unclear descriptions can make it hard to choose the right property. Without a clear method, buyers may overlook key details or make rushed decisions.

A structured comparison can simplify the process and improve results. Buyers exploring **Myrtle Beach new homes for sale** need to focus on important factors that influence value and comfort. Clear evaluation helps avoid mistakes. Read this article to gain more knowledge and check these factors before making a decision.

## Compare Pricing Across Similar Listings

Price is one of the first factors buyers notice, but it should be evaluated carefully. Comparing similar homes in Myrtle Beach helps determine if a listing is fairly priced. Buyers should look at size, location, and features when reviewing prices. Accurate comparisons provide a realistic view of market value. Therefore, buyers can avoid overpaying and identify homes that offer better value for their budget.

## Review Property Size and Layout

Property size and layout influence how well a home fits daily needs. Buyers should compare square footage, number of rooms, and overall design. A **well-planned layout** supports comfort and usability. Each home may offer different advantages in space usage. Hence, reviewing layouts helps buyers choose properties that match their lifestyle and long-term requirements.

## Evaluate Location and Neighborhood Quality

Location plays a major role in property value and living experience. Buyers should compare neighborhoods based on access to amenities, schools, and transportation. Quiet areas may offer more comfort. A well-located home provides better convenience and future value. Therefore, understanding neighborhood differences helps buyers make informed decisions.

## Assess Construction Quality and Features

New homes may vary in construction quality and included features. Buyers should compare materials, finishes, and structural elements across listings. High-quality construction improves durability. Additional features, such as modern kitchens or energy-efficient systems, add value. Hence, evaluating construction details ensures buyers select homes that meet their expectations.

## Check Builder Reputation and Track Record

Builder reputation reflects the quality and reliability of a property. Buyers should review past projects and customer feedback before making a decision. A trusted builder delivers consistent results. Reliable builders reduce the risk of issues after purchase. Therefore, checking builder history helps buyers feel confident in their choice.

## Analyze Market Demand and Listing Trends

Market trends provide insight into property value and buyer interest. Buyers should observe how long homes stay on the market and how prices change over time. This information helps identify strong listings. The demand for Myrtle Beach new homes for sale reflects steady interest in the area. Hence, understanding these trends helps buyers select homes with better investment potential.

## Consider Long-Term Value and Future Plans

Long-term value plays a key role in property decisions. Buyers should consider future development, resale potential, and neighborhood growth. These factors influence property appreciation. A forward-looking approach supports better investment outcomes. Therefore, evaluating future value helps buyers choose homes that meet both current needs and long-term goals.

Comparing new home listings in Myrtle Beach requires a clear and structured approach. Buyers should evaluate pricing, layout, location, and construction quality before making a decision. Builder reputation and market trends also influence property value. A focus on long-term potential helps ensure a smart investment. Buyers who follow a careful comparison process can avoid common mistakes and choose a home that provides both comfort and lasting value.

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## How To Prevent HR Burnout in 2026

Our Friends · Thursday, March 26th, 2026

HR is responsible for managing employees and solving everyone's problems. But who takes care of them?

While dealing with the needs of the entire team, their own often get sidelined. As a result, a lot of HR teams become overwhelmed, overworked and ultimately, burned out.

As one of the key departments in a business, your HR team deserves more attention. Here's how you can support the people who support everyone else.

### Keep Workloads Realistic

From sourcing talent to interviewing, hiring, onboarding and training them, HR teams have a lot on their plate.

Not to mention the everyday work like payroll, leave management, performance evaluation and others, which also takes hours.

That's why it's no surprise that a whopping **98% of HR professionals** are burnt out.

The first and most important step towards supporting your HR team is to manage their workloads.

This can easily be done by outsourcing routine admin tasks such as payroll to service providers like **payroll service australia**.

Since payroll processing is a big, time-consuming responsibility, your HR team will thank you for taking it off their hands.

## Offer Mental Health Resources

HR professionals have highly stressful jobs. They navigate workplace conflicts, legal issues and high-stakes responsibilities like employee retention on a daily basis.

These take a huge toll on their mental health. Recent events like the **Great Resignation** have also added to their stress.

Needless to say, HR teams need mental health support more than ever.

To do this, you can offer free access to counseling or therapy services. You can even book training sessions with coaches who specialize in stress management and **emotional resilience**.

Peer support groups are another great option. They allow your HR team to talk to like-minded individuals and help each other through difficulties.

## Encourage Healthy Boundaries

Who steps in when there are disputes between employees or someone isn't performing well? Your HR team. They are pretty much the point person for all kinds of troubles in the workplace.

This often means people reach out to them after work hours. Or expect them to be available, even during time off.

This is a major cause for burnout. To avoid this, you can encourage your HR team to set strict personal boundaries.

Ask them not to respond to calls or emails once the day's over and completely disconnect from work during holidays.

## Appreciate Your HR Team

You already know just how much your HR team does for you. Running a business without them would be impossible.

So if you don't already, express your gratitude for their efforts.

Appreciation goes a long way in making employees feel valued. It keeps them motivated and engaged, which prevents burnout.

There are many ways to show your HR team you care. Praise them for good performance, celebrate

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their milestones and reward them with cash or gift cards whenever possible.

## Foster a Supportive Work Environment

A lot of workplaces treat burnout like a taboo and avoid saying the big, bad B-word. But to truly resolve and prevent HR burnout, you must first acknowledge it.

Your teammates should feel comfortable enough to come up to you and share their issues. They shouldn't worry that they may be judged or dismissed.

To create such a space, check in with your HR team regularly. Ask them how they're feeling, listen to their concerns and show empathy.

And of course, if they say something needs changing, then take action!

## Conclusion

HR teams play a huge role in keeping your workplace positive and your employees happy.

It's your job to ensure that these hard-working professionals are well-supported as well.

If they become burned out, the entire organization will suffer. By taking the right steps, you can help your HR team stay stress-free and engaged.

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## Best CBD Dental Chews for Anxious Dogs: A 2-in-1 Solution

Our Friends · Thursday, March 26th, 2026

### Top CBD Solutions for Dental Needs and Anxiety in Dogs

Dog health involves mental state and mouth hygiene. Many canines face stress due to car rides or loud noises. Furthermore, plaque buildup occurs on teeth over time. Thus, dog owners search for treats that address these dual needs. This search leads to innovative animal care options. Proper care helps dogs feel relaxed and maintain fresh breath.

CBD dental chews simplify care by addressing oral hygiene and relaxation together. They support clean teeth and healthy gums while helping dogs feel relaxed during travel. Chews with natural ingredients fit easily into daily routines. Choosing a trusted product ensures dogs get oral and calming support together.

This article highlights the top options for dogs. Brands like **Kradle** provide a popular choice for dogs needing oral care and calmness. Each chew features simple administration and pet-friendly flavors.

## Why Dogs Need Both Calming Support and Dental Care

Dogs face stress in various situations. Car rides, separation, new environments, and loud noises often cause tension. Stress affects their behavior and comfort. Calming support helps dogs remain steady during these moments. Natural ingredients in chews can provide gentle support. Simple routines with calming treats make transitions easier.

Dental care remains essential for overall comfort. Plaque and tartar buildup can make chewing uncomfortable. Bad breath and sensitive gums reduce the enjoyment of meals and treats. Regular attention to teeth and gums keeps dogs more comfortable. Chews with textured surfaces assist in maintaining cleaner teeth.

Combining calming support and dental care benefits dogs in two ways. Chews that include natural ingredients support relaxation and oral hygiene simultaneously. For this reason, owners seek products for two purposes at once. This dual approach saves time for busy people.

## Top CBD Dental Chews for Anxious Dogs

### 1: Kradle (CBD Sleepy CLEANZzz Dental Hard Chew)

This is our top pick because it is the only product on our list specifically designed to solve both problems at once. It turns a daily chore into a soothing bedtime routine, making it the perfect solution for anxious dogs.

The hard texture and ridges help clean teeth as dogs chew. Infused CBD and botanicals in the BotaniTek™ formula promote calmness and restful sleep. Dogs can enjoy flavors while receiving support. This combination creates a simple solution for anxious dogs.

Customer Testimonial: “My dog gets so stressed with brushing, but he loves these before bed. His breath is better and he seems so much calmer at night. It’s a win-win!”

Transform your dog’s dental care into a calming nightly ritual with Kradle CBD Sleepy CleanZzz.

## Excellent Traditional Dental Chews (That Don’t Calm)

### 2. Greenies Dental Treats

Greenies Dental Treats offer a veterinarian-recommended formula. It is a unique texture that promotes clean teeth. It also helps reduce plaque, tartar, and bad breath. Dogs enjoy chewing while benefiting from the shape and surface of the treat. This treat works as an effective tool for oral care for non-anxious dogs.

### 3. OraVet Dental Hygiene Chews

OraVet Dental Hygiene Chews is a unique science-backed dental choice for dogs. It creates a protective barrier on teeth. This barrier helps block plaque-causing bacteria from attaching to

surfaces. Each chew supports cleaner teeth and fresher breath.

## Excellent Calming Chews (That Don't Clean Teeth)

### 4. HolistaPet Calming Chews

HolistaPet Calming Chews provide support for general **anxiety in dogs**. Broad-spectrum CBD and calming botanicals help soothe nerves. The soft texture does not assist with dental care. Dogs enjoy flavors while receiving calming support.

### 5. Honest Paws Calm Bites

Honest Paws Calm Bites offer USDA-certified organic ingredients. These bites focus on relaxation and stress management. But the soft chew lacks the texture needed for teeth care.

## How to Choose the Right CBD Dental Chews for Your Dog

### • Texture Matters

Chew texture affects comfort and effectiveness. Firm chews suit adult dogs with strong teeth. Soft chews work well for puppies or dogs with sensitive gums. Consider your dog's age and dental condition. Choose a texture that fits daily routines. Dogs respond better when chews match their needs.

### • Flavor Preferences

Dogs respond to flavors such as peanut butter, chicken, and beef. Select a flavor that encourages chewing and enjoyment. Variety can help maintain interest in daily treats. Taste influences acceptance of dental chews. Chews with appealing flavors integrate easily into routines. Owners can rotate flavors for variety.

### • Daily vs Occasional Calming Needs

Some dogs benefit from daily support, while others need occasional use. Determine how often calming support fits routines. Chews should match stress levels and activity schedules. Consistent administration enhances comfort. Owners can plan for travel, new environments, or busy days. Chews provide flexible options.

### • Natural Formulas and Transparent Ingredients

Ingredients should come from natural sources and avoid unnecessary additives. Clear labels help owners understand contents. Botanical extracts and broad-spectrum CBD provide gentle support. Natural chews suit sensitive dogs. Transparent formulas encourage trust and proper administration. Each chew should offer simple, safe ingredients.

### • Third-Party Testing and Clean Labeling

Independent testing confirms the quality and accuracy of content. Clean labeling ensures clarity on

amounts and sources.

### 3 Tips for a “Fear-Free” At-Home Dental Routine

Below are a few easy dental care tips that help create a calm and stress-free routine at home. These points focus on taste preference, gentle introduction, and positive reinforcement to support better oral care for dogs.

- **Choose the Right Flavor**

When it comes to taste, flavor plays an important role. Therefore, it becomes important to select the product with a flavor that your dog loves. This simple choice turns dental sessions into treats.

- **Start Brushing with Your Finger**

Dogs’ gums are too soft. So, before introducing a brush tooth, try cleaning their gums using a finger first, gently. This creates a calming and stress-free dental care.

- **Praise, Praise, Praise**

Keep dental sessions short. Just 30 seconds of cleaning is enough. Also, end each cleaning session with praise, a favorite toy, or a small treat. This builds a positive association with dental care.

### Conclusion: The Smart Solution for a Common Struggle

CBD dental chews provide a practical solution for dogs. They combine oral care and calming support in one treat. Chews with firm texture clean teeth while soft botanicals encourage relaxation. Daily routines become simple without extra steps. Brands like Kradle exemplify a 2-in-1 solution that addresses common struggles.

Choosing the right chew depends on texture, flavor, and frequency. Natural formulas with transparent ingredients ensure simple administration. Third-party testing and clean labels help maintain confidence in quality. Dogs enjoy flavors while receiving support for their teeth and calmness. Chews fit smoothly into daily routines. This combination creates a convenient and effective approach to care.

*Photo: Freepik via their website.*

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## Escapades

Ann Haskins · Thursday, March 26th, 2026

Spanish influences in Northridge; “escape” artists in Lincoln Heights; contemporary dance in Westwood, Long Beach, Carson, and Downtown LA; contemporary ballet downtown; dance and puppets in Pasadena; more SoCal dance this week, and a peek at next week.

### *Live This Week (thru April 2)*

#### The first of two

Having expanded from its Orange County base to a Southern California profile, **Backhausdance** brings a quartet of works reflecting where it is as it celebrates its 23rd anniversary. The program includes world premieres from alum Zachary Ryan Schlegel who is now with New York’s Shen Wei Dance Arts, and also from Megan Doheny and Ilya Nikurovoh who are known as “Out Run the Bear,” the return of *Everywhere but Here* from Tommie-Waheed Evans, and a new work from founder/artistic director Jennifer Backhaus and long-time collaborator Amanda Kay White. At Martha B. Knoebel Dance Theater, Cal State University Long Beach, 6200 E. Atherton St., Long Beach; Sat., March 28, 2 & 7 pm, \$48.75-\$69.75, \$27.75 student. **Backhausdance**. Also at LA Dance Project, 2245 E. Washington Blvd., Downtown Arts District; Sat., April 18, 8 pm, \$38.25. **Backhausdance**.



Backhausdance. Photo courtesy of the artists

#### Mesmerizing

From jaw-dropping appearances in the Emmy Awards, Grammy Awards, and *America’s Got Talent*, to years of world wide tours, the breathtaking, split second choreography of artistic director Jacques Heim and his LA-based **Diavolo/Architecture in Motion** has earned popular and critical acclaim. The company is home, reprising one of its signature works, *Escape*, with the dancers and gymnasts in a visceral exploration of individuals trying to break free. The tv appearances may have spread the word, but can’t begin to capture the interplay of the movers and crescendo of powerful

movement in a live Diavolo performance. At L'Espacio Diavolo, 616 Moulton Ave., Lincoln Heights; opens Sat., March 28, then Fri.-Sat., 8 pm, Sun., 6 pm, thru Sun., June 14, \$39. [Diavolo-Veterans Project](#).



Diavolo/Architecture in Motion. Photo courtesy of DAIM.

### **For real**

Spanish choreographer Gustavo Ramírez Sansano was recruited to bring authenticity to *CARMEN.maquia*, **Ballet Hispánico**'s reconsideration of the alluring, doomed temptress set to musical excerpts from Bizet's opera. At the Soraya, Cal State University Northridge, 18111 Nordhoff St., Northridge; Sat., March 28, 8 pm, \$46-\$94. [Ballet Hispánico](#).



Ballet Hispánico. Photo by Paula Lobo

### **Moving to the law**

Five dancers capture how “the Milly Rock,” the viral move by rapper *2 Milly* triggered a copyright lawsuit against a video game company. US-born, Switzerland-based choreographer **Jimmy Nedd** brings *from rock to rock... aka how magnolia was taken for granite* to UCLA Freud Playhouse, UCLA, MacGowan Hall, 245 Charles E Young Dr. East, Westwood; Sat., March 28, 8 pm, \$38.08. [Jimmy Nedd](#).



Jimmy Nedd. Photo courtesy of the artists

### Revelatory

Of course, the gospel-infused *Revelations* will close every show as **Alvin Ailey American Dance Theater** brings two programs with several new works. This visit marks the third year of its Music Center residency. Program A (Wed., Fri., Sat. mat., and Sun. eve.) includes a company premiere in *Blink of an Eye*, an LA premiere in *Difference Between*, plus *A Case of You* (plus *Revelations*). Program B (Thurs., Sat. eve., and Sun. mat.), has two LA premieres: *The Holy Blues* and *Embrace* (plus *Revelations*). More details at the website. At the Dorothy Chandler Pavilion, Music Center, 135 N. Grand Ave., Downtown LA; Wed.-Fri., March 25-27, 7:30 pm, Sat.- Sun, March 28-29, 2 & 7:30 pm, \$44-\$184. [Alvin Ailey American Dance Theater](#).



Alvin Ailey American Dance Theater. Photo by Paul Kolnik

### **Ballet double bill**

Continuing its commitment to ballets by George Balanchine, **American Contemporary Ballet** offers final performances of a double bill with live music under the banner *Balanchine: Twin Masterpieces*. ACB touts that these have never been performed together before, a fact that may reflect the ballets' structural similarities. Set to Bach's *Concerto for Two Violins*, Balanchine's *Concerto Barocco* captures Bach's first and second violins in two female dancers with the corps articulating the orchestra. Created in 1941, a time Balanchine's fledgling ballet company was shy on male dancers, *Barocco* has a cast of 11 women and one man called upon for strong partnering skills in the middle movement. With music by Leo Delibes, Balanchine created *La Source* in 1961 as a pas de deux for Violette Verdy and John Prinz, and later expanded the work, surrounding the duo with an all-female corps de ballet. The company includes several seasoned dancers including Maté Szentes and Madeline Houk, who know their Balanchine. At the ACB Studios, Bank of America Plaza, 333 S. Hope St., Downtown LA; Thurs.-Sat., 8 pm, thru Fri., March 27, \$65-\$140. American Contemporary Ballet.



Maté Szentes and Madeline Houk of American Contemporary Ballet. Photo by Anastasia Petukhova

### Hear that?

Under the banner *Echoes of Expression*, dance students of **CSU Dominguez Hills** offer new choreography with guests, Mosaic Dance Company and the Moorpark College Dance Department. At the University Theatre, Cal State University Dominguez Hills, 1000 E. Victoria St., Carson; Thurs.-Sat., March 25-28, 8 pm, \$15-20. [Echoes of Expression](#).



Drum Tao. Photo by Kaiki

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### **A Japanese beat**

Taiko drums from Japan as **Drum Tao** returns to the stage at Luckman Fine Arts Complex, Cal State University LA, 5151 State University Dr., East LA; Sat., March 28, 8 pm, \$54-\$103. [Drum Tao](#).

### **Sips and solos**

While known for its programming that showcases solo theatrical performances, **LA Women's Theatre Festival's** title belies the strong involvement of dancers and choreographers in its membership and celebrations. The opening champagne reception for this year's fest honors two LA women in dance—Vannia Ibarguen and the late Carmen de Lavalade, and the program includes a performance by Sona Lewis. At Barnsdall Park, 4800 Hollywood Blvd., Hollywood; Thurs., March 26, 6:30 pm, \$60 (2 for \$100). [LA Women's Theatre Festival](#).



Carmen de Lavellade Photo by Julieta Cervantes

### How they move

With a cast of 483 handmade puppets, **Hamid Rashmanian's** *Song of the North* enacts an epic,

family-friendly Persian tale of love and heroism. At Pasadena Playhouse, 39 S. El Molino Ave., Pasadena; Sat., 2 & 7 pm, Sun., 2 pm, thru March 29. \$29-\$42. [Hamid Rashmanian's Song of the North](#).

### ***A Peek at Next Week (April 3-9)***

**Mythili Prakash** — *She's Auspicious* at the Broad Stage, 1310 11th St., Santa Monica: Sat., April 4, 7 pm, \$40-\$75. [She's Auspicious](#).

**Silvia Gribaudi with Claudia A. Marsicano** — *R.OSA – 10 Exercises for New Virtuositites* at Théâtre Raymond Kabbaz, 10361 W. Pico Blvd., West LA; Thurs., April 9, 8 pm, free with RSVP at [Théâtre Raymond Kabbaz](#).

**Donna Sternberg & Dancers** — *In the Garden* at Miles Memorial Playhouse exterior, 1130 Lincoln Blvd., Santa Monica; Sat., April 4, 3 pm, \$17.85. [Donna Sternberg & Dancers](#).



Donna Sternberg & Dancers. Photo courtesy of the artists

**Los Angeles Choreographers & Dancers with CHAMPS Dancers** at CHAMPS Blackbox Theater, 6842 Van Nuys Blvd., Van Nuys; Thurs., April 9, 3:30 pm, free with reservation at [CHAMPS Blackbox Theater](#).

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CHAMPS Charter High School.

**Heidi Duckler Dance** — *4D Dance Films* at Bendix Building Rooftop, 12065 Maple Ave., Suite 1101B, Downtown LA Arts District; Fri., April 3, 7 pm, \$10. [4D Dance Films](#).

Posted in [Theatre](#), [Music](#), [Dance](#), [Performing](#) | [No Comments](#) »

## Significance of Buying Puppies Raised in Open and Responsible Breeding Environments

Our Friends · Wednesday, March 25th, 2026

The journey of welcoming a puppy into a home begins with excitement and thoughtful consideration. Early experiences shape how a young dog behaves, responds, and bonds with people over time. Care, space, and human interaction during the first weeks create a strong base for lifelong well-being.

Searches for a [puppy for sale](#) can bring many options, yet quality should always take priority over convenience. Attention to breeding conditions helps ensure a healthy and well-adjusted companion. Open and responsible environments support balanced growth and provide reassurance for future owners.

### Early Living Conditions Influence Development

A puppy's surroundings during its first weeks have a lasting impact on behavior and adaptability. Clean, spacious environments allow freedom of movement, which supports physical growth and coordination. Exposure to natural light and varied surroundings builds curiosity and reduces fear.

Interaction with littermates and gentle human contact play an important role in shaping temperament. These early connections teach communication and help establish trust. Puppies raised in such conditions tend to transition smoothly into new homes.

### Features of Responsible Breeding Practices

#### Ethical Care Standards

- Adequate space that allows puppies to move freely and explore.
- Regular health check-ups supported by veterinary guidance.
- Balanced feeding routines that promote steady growth.
- Responsible breeding methods that prioritize the well-being of parent dogs.

#### Environmental Advantages:

- Fresh air circulation that supports stronger immunity.
- Exposure to soft sounds that prepare puppies for everyday life.
- Access to clean surroundings that reduce [common puppy illnesses](#).

- Opportunities for play that encourage natural behavior.

## Health Advantages Linked to Open Environments

Puppies raised in open and hygienic spaces benefit from stronger physical development. Clean surroundings reduce the likelihood of infections and support a healthier immune system. Regular care and attention further enhance growth during this critical stage.

Adequate space allows natural movement, which strengthens muscles and improves coordination. Stress levels remain lower when puppies grow in calm and well-maintained conditions. These benefits contribute to long-term health and reduce the chances of early complications.

## Choose the Right Puppy with Confidence

### Key Aspects to Observe:

- Active behavior that reflects curiosity and alertness.
- Clear eyes and a healthy coat that indicate proper care.
- Comfortable interaction with people and surroundings.
- Clean living spaces that reflect responsible practices.

### Make a Thoughtful Selection

- Visit the location to understand the puppy's upbringing.
- Ask detailed questions about health and diet history.
- Take time when evaluating a puppy for sale to ensure suitability.
- Focus on ethical environments that prioritize care and transparency.

## Importance of Authentic Sellers

Trustworthy sellers play a crucial role in ensuring a positive adoption experience. Clear communication about the puppy's health, lineage, and upbringing builds confidence and transparency. Authentic sellers maintain ethical standards and provide accurate information without hesitation.

A reliable source ensures that puppies come from responsible breeding environments rather than overcrowded or neglected spaces. This level of honesty helps buyers make careful decisions without uncertainty. A well-informed choice leads to a stronger bond and fewer concerns after adoption.

Careful attention to breeding environments thus leads to healthier and happier companions. Responsible practices create a solid start that supports emotional and physical well-being. A thoughtful decision ensures a joyful and lasting relationship with a beloved pet.

*Photo: Freepik via their website.*

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## How a Dentist in Winnipeg Helps Restore Missing Teeth With Modern Solutions

Our Friends · Wednesday, March 25th, 2026

A healthy smile can improve both confidence and daily comfort. When a person loses one or more teeth, even simple activities like chewing or speaking may feel difficult. Many people now look for dependable ways to restore their smile with solutions that feel natural and last long.

In Winnipeg, patients receive thoughtful care that focuses on both function and appearance. A skilled **dentist in Winnipeg** carefully examines each case and recommends treatments that match individual needs. With modern methods and a patient-centered approach, people can regain a complete smile. This article explains how dental professionals restore missing teeth using advanced solutions and personalized care.

### The Impact of Missing Teeth on Daily Life

Tooth loss can affect several parts of everyday life. It changes the way a person speaks and eats, and it can also influence facial shape over time. When gaps remain untreated, nearby teeth may shift out of position, which can lead to further complications.

People in Winnipeg who seek timely care often avoid these issues. Professional treatment helps maintain alignment and improves overall oral health. As a result, patients feel more confident in social situations and enjoy better comfort while eating their favorite foods.

### Modern Treatment Options for Tooth Replacement

Dental care has improved greatly, offering several effective ways to replace missing teeth. Each option serves a different purpose, and a professional selects the best one after a detailed evaluation.

#### Common solutions include:

- **Dental Implants:** These provide a strong and stable foundation by acting like natural **tooth roots**. They support crowns that blend well with surrounding teeth.
- **Bridges:** These fill gaps by attaching artificial teeth to nearby natural teeth, creating a seamless look.
- **Dentures:** These offer a practical option for those who need to replace multiple or all teeth, with designs that focus on comfort and fit.

Residents of Winnipeg benefit from these advanced options, which help restore both appearance and function in a reliable way.

### Tailored Treatment Plans for Individual Needs

Each patient has unique dental conditions, and a one-size approach does not work for everyone.

Dental professionals take time to study oral health, bone structure, and personal preferences before suggesting a solution.

In Winnipeg, this personalized approach ensures better outcomes. Patients receive clear explanations about procedures, recovery time, and expected results. This level of attention helps build trust and allows individuals to make informed decisions about their care.

## Modern Tools That Enhance Accuracy

Dental clinics now use advanced technology to improve precision and comfort. Digital scans and imaging tools allow professionals to plan treatments with greater detail. These tools help reduce guesswork and improve the fit of restorations.

Patients can benefit from shorter procedure times and smoother recovery periods. Accurate planning also ensures that replacements feel natural and function properly. This focus on precision leads to long-lasting and satisfying results.

## Long-Term Advantages of Professional Care

Replacing missing teeth supports more than just appearance. It helps maintain jaw structure and prevents further dental issues. Proper treatment also reduces strain on remaining teeth and improves daily comfort.

A trusted dentist in Winnipeg provides guidance on maintaining these restorations through regular checkups and proper hygiene. Patients in Winnipeg who follow these recommendations enjoy durable results and better oral health over time.

Modern dental solutions offer dependable ways to restore missing teeth and improve overall quality of life. With expert care and advanced methods, patients regain comfort, function, and confidence in their smile. These advancements continue to support healthier smiles for people seeking lasting results.

*Photo: prostooleh via their website.*

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## How to Organize the Ultimate Family Vacation

Sam Shemin · Wednesday, March 25th, 2026

Have family vacations started to feel more stressful than relaxing lately? Many households face

that problem today. Busy schedules, rising travel costs, and constant phone notifications compete for attention. Planning a trip can feel like solving a complicated puzzle. Parents try to satisfy everyone while still keeping the trip enjoyable. Children want excitement, and adults often hope for rest. The result can become an exhausting planning process before the trip even begins.

Travel trends show families now value shared experiences more than material things. After years shaped by remote work and digital overload, many families want real connection. A thoughtful vacation can provide that chance. It allows people to step away from routine and spend meaningful time together. Popular destinations such as Panama City Beach show how beaches, entertainment, and family activities attract travelers seeking balance. Families can relax, explore, and enjoy memorable experiences in one place.

The perfect trip does not happen through luck. It usually begins with simple planning and clear expectations. Families who prepare together often enjoy smoother travel days and fewer disagreements. A strong plan also leaves room for spontaneous discoveries. That combination makes vacations feel both organized and exciting. In this blog, we will share practical strategies families can use to plan meaningful trips, reduce travel stress, and create lasting vacation memories together.

## Choose Activities That Create Shared Moments

Family vacations usually feel more memorable because of shared moments rather than packed itineraries. So when exploring [Panama City Beach attractions](#), focus on experiences that everyone in the family can enjoy together.

Interactive experiences often work best for mixed age groups as children enjoy the action while adults relax and watch the story unfold. One standout example is the Pirates Voyage Dinner & Show. Guests experience pirate ships, daring stunts, lively music, and a full dinner served during thrilling performances. Families do not simply sit and watch; they step into a story that feels like a movie scene happening right in front of them.

Another simple activity is planning a relaxed family picnic outdoors. Pack sandwiches, fruit, and snacks, then find a scenic spot where everyone can sit together. Kids can run around, play simple games, or explore nearby while adults enjoy the peaceful setting. The atmosphere feels casual and easy, therefore, conversations flow more naturally. These quiet moments often become the memories families talk about long after the trip ends.

## Keep Travel Logistics Simple

### Smart Planning Prevents Vacation Burnout

Travel logistics can quietly transform a relaxing vacation into a stressful marathon. Airports, crowded attractions, and long drives create fatigue quickly. Families sometimes try to schedule too many activities each day. That pressure often leaves everyone exhausted.

**Social media** often encourages packed travel schedules. Travelers feel pressure to visit every attraction in one trip. Families rarely enjoy that pace for long. Children especially need quiet time during busy days.

A smarter strategy focuses on balance. Choose one major activity each day and allow space for

relaxation. That structure prevents the schedule from becoming overwhelming. A peaceful morning walk or quiet café break can restore energy.

Flexibility also reduces frustration when plans change. Weather shifts, traffic delays, and unexpected crowds appear during most trips. A flexible schedule absorbs those surprises easily. Families stay relaxed because the day still offers enjoyable options.

## **Pack Like a Strategist, Not a Tourist**

Packing mistakes often create unnecessary stress during family vacations. Overpacked suitcases lead to heavy luggage and cluttered hotel rooms. Underpacking creates emergency shopping trips for forgotten items. Both situations waste time during the trip.

Smart travelers begin packing several days before departure. Early preparation allows families to notice missing items calmly. It also prevents rushed packing late at night. That extra time improves organization.

Weather forecasting tools now offer reliable travel predictions. Families can check conditions before choosing clothing and gear. Therefore, packing becomes more efficient and practical. Travelers arrive prepared without carrying unnecessary items.

Children benefit from thoughtful packing as well. Familiar comfort items help young travelers adjust to new places. A favorite book or small toy can transform a long travel day. These small objects provide emotional stability.

Efficient packing keeps attention on experiences rather than logistics. Families spend less time managing luggage and more time enjoying activities. The vacation feels lighter and more enjoyable from the beginning.

## **Create Time for Real Family Connection**

Modern travel often competes with constant digital distractions. Smartphones capture photos, manage reservations, and provide directions. These tools are helpful but easily become overwhelming. Families sometimes spend more time on screens than with each other.

Many travelers now set small technology boundaries during vacations. Phones remain silent during meals or special activities. This rule helps everyone stay present during shared experiences. Conversations become more natural and engaging.

Children respond strongly to this change in attention. They notice details in their surroundings instead of scrolling through apps. Parents also become more relaxed and observant. The trip begins to feel slower and more meaningful.

Technology still plays an important role in travel planning. Navigation apps and booking platforms simplify many tasks. The key lies in balance. Use devices when necessary, therefore, protecting moments that deserve full attention.

## **Preserve the Memories After the Trip** **Capture Stories, Not Just Photos**

**Digital cameras** allow travelers to take thousands of photos easily. Yet many families struggle to remember the stories behind those images. Photos alone cannot capture every emotion or detail. A simple reflection habit can preserve those memories better.

Some families keep short travel journals during vacations. Children draw pictures while adults write brief notes about the day. These reflections capture feelings and surprises. They also preserve funny moments that photos might miss.

After returning home, families can organize their memories creatively. A scrapbook, slideshow, or printed album becomes a shared project. Therefore, the vacation continues bringing joy long after the trip ends. These projects also encourage storytelling during family gatherings.

Travel memories often shape family identity over time. Children grow up hearing stories about past adventures. Those stories create a sense of connection and belonging.

## Let the Trip Inspire Future Adventures

The excitement of a successful vacation often sparks ideas for future travel. Families discuss favorite moments during the journey home. Children ask when the next adventure will begin. That enthusiasm provides the perfect opportunity for early planning.

The ultimate family vacation does not require luxury resorts or complex itineraries. It begins with thoughtful preparation and shared enthusiasm. Balanced planning allows space for discovery and relaxation. When families approach travel with curiosity and cooperation, every journey becomes meaningful. The next unforgettable vacation may start with a simple conversation around the dinner table tonight.

*Photo: Mathew Risley via shutterstock.*

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## Close the Gap: Capture Emotional Stage Detail with OPPO Reno15 5G

Our Friends · Wednesday, March 25th, 2026

Everyone knows the panic of buying concert tickets online. You finally get past the loading screen for a huge show at Thunder Dome or Rajamangala, but the only seats left are in the very back row. You spend the night watching a tiny figure on the stage and recording blurry, pixelated videos. In January 2026, OPPO launched the **OPPO Reno15 5G** in Thailand to fix this exact problem. It brings serious zoom hardware to a more accessible price point, letting you turn that distant back-

row seat into an immersive, up-close experience. The OPPO Reno15 Pro Max, Reno15 Pro 5G, and Reno15 F 5G are also available in Thailand.

### 3.5x Telephoto Vibe Portrait Lens

Standard phone cameras usually force you to use digital zoom right away, which instantly ruins the photo quality. The OPPO Reno15 5G steps up by including a dedicated 3.5x Telephoto Vibe Portrait lens. This actual optical hardware draws the world nearer with professional clarity before the digital cropping even kicks in.

If you look at the 2026 lineup, the OPPO Reno15 F 5G drops this telephoto lens to use a macro sensor. So, if you go to a lot of live shows and need to zoom in on the stage, stepping up to the standard Reno15 5G is the smartest move for your money.

### 120x Digital Zoom Pushes the Limits

Sometimes the stage is just ridiculously far away, even for a good optical lens. When you are sitting in the highest upper tiers, the software lets you push the zoom all the way up to 120x. It cleans up the image data so you can see the unseen and actually feel the faraway emotion of the performance. You can catch the exact moment the singer smiles at the crowd or see the intricate details of their stage outfits, grabbing moments that distance normally conceals.

### 4K HDR Video Handles Crazy Lighting

Concert lighting is an absolute nightmare for normal phone cameras. Bright lasers, dark shadows, and sudden pyrotechnics usually confuse the sensor, leaving you with blown-out, overexposed videos. The OPPO Reno15 5G records in 4K HDR to handle these extreme lighting shifts naturally. It helps capture stage moments in breathtaking detail, maintaining vivid clarity and dynamic colors, even when the stage strobes are flashing during a heavy guitar solo.

### 1200nits Brightness for Outdoor Festivals

If you are at an outdoor music festival like Big Mountain in the middle of the afternoon, the Thai sun usually makes your phone screen look completely black. You end up guessing what you are recording because the front glass just reflects your own face. The **OPPO** Reno15 5G fixes this with a display that hits up to 1200nits (typical) in High Brightness Mode (HBM). While the more expensive Pro models push slightly higher to 1800nits, this 1200-nit panel still cuts right through the glare. It provides excellent screen visibility so you can frame your zoomed shots easily in bright outdoor stadium environments.

### Breaking the Distance Barrier

A bad ticket zone should not ruin your memories of a great live show. The OPPO Reno15 5G gives you the lenses and the smart video software to significantly bridge the physical gap between you and the stage. You walk away with incredible footage that actually captures the energy of the night, proving that distance is less of a barrier to experiencing the show.

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## AND CULTURE

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### Barbara Ungar: Three Poems

Barbara Ungar · Wednesday, March 25th, 2026

#### Bow to Infinite Moths

The hot water pipe somehow unfroze.  
All the snow rose back into cloud. This year  
whimpers to a close.  
A memory you'd sent long ago appears—  
a flock of luna moths flying into the dark.  
The Polyphemus moth you found in the woods  
and brought me in a plastic take-out ark  
still sits on the piano—I really should  
have it mounted. All I want  
is to see and hear you again, the way  
Heathcliff cares only to be haunted  
by Catherine. Mad, but I pray  
you will manifest and tell me how you are.  
I write into the dark and hope you hear.

\*

#### Trigger Warning

I wake up screaming. Just a glimpse of his  
Jabba-the-Hutt bod between the sheets  
was enough for me to snap  
shut the newspaper and my legs.  
Lying back in a combo of boredom  
and loathing, was I Melania?  
No, I was reading. The paper.  
I endured it like the end of marriage—  
for the kids, thinking of England. No,  
of America. It occurs to me that I was  
America, letting myself be eaten  
by a slobbering hog, letting my  
emotional life be run by Fox news.  
It occurs to me that we are all  
in the Epstein files. That I, too,

am America, an abused wife. It occurs  
to me that I should stop reading  
spy fiction before bed, specifically *Life  
After Life*, in which our heroine shoots  
Hitler, having to endure many lives  
*Groundhog-Day*-style before she gets it  
right. *Amor fati*. Why didn't I kill him?  
(I had the chance.) (But no gun.)  
All the women I know fantasize about it.  
There was another woman there, hovering,  
anxious or jealous, Ghislaine? There was  
a plane, some secret mission . . . Please  
let this not be a recurring dream.  
But it is. We wake to the same  
nightmare every day. Enough. America  
let's put our shoulders to the wheel.  
*All hands and the cook on deck!*

\*

## Portrait of the Wind

Who has seen the wind  
  
that great djinn  
whirl around the world  
  
and throughout interstellar space  
  
we see light shift around the room  
as the branches of the pines stir  
  
or blue flutings in snow  
  
trailing wings or  
tresses of a goddess  
manes and tails of last night's horses  
  
Our marks are small—cat or rabbit  
bird or girl—the wind  
wipes them clean  
  
like an Etch-a-Sketch  
flipped over  
or death's fat eraser  
  
Where do the dead go  
  
they retract into us like leashes

or rewind into the past  
where they spiral  
inviolable as the wind

Today's your yahrzeit  
"year-time"

Who has seen time

we see only  
its tracks on our faces

these tears drawn by the wind

\*\*\*

*(Featured image from Pexels)*

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## Benefits of Using Crypto in Gambling and Choosing Crypto at FoxSlots Casino

Our Friends · Tuesday, March 24th, 2026

In a world where digital innovation shapes how we spend our free time, the blend of culture and technology has reached an exciting peak. For the savvy gamer, the move towards decentralized finance is more than just a passing fad; it's a significant leap in how we enjoy online entertainment. As we navigate the intricate landscape of today's digital life, the emergence of **FoxSlots casino** highlights this transformation, providing a perfect mix of classic gaming thrills and state-of-the-art financial security.

### The Cultural Shift Toward Crypto Gambling at FoxSlots

Embracing digital assets in gaming isn't just a tech decision; it's a cultural shift. Today's players prioritize transparency, speed, and independence. When you dive into Foxslots casino overview, you're joining a worldwide movement that puts the power back in the hands of the players. Unlike traditional platforms, a FoxSlots crypto casino cuts through the red tape often tied to old-school banking, creating a more fluid and creative gaming experience.

### Why Choose a Licensed FoxSlots Casino?

At the heart of any digital interaction lies security. A licensed FoxSlots casino guarantees that while the technology is cutting-edge, the protections are rooted in strict regulatory standards. This balance is essential for players who want to reap the rewards of blockchain without sacrificing safety. The official FoxSlots casino website offers a secure space where the "provably fair" nature

of blockchain games meets the dependability of a regulated operator.

## Benefits of Using Crypto at FoxSlots Casino

There are plenty of reasons to embrace cryptocurrency for your gaming adventures. Right from the moment you log into FoxSlots, you can feel the difference. Let’s dive into the perks of using crypto at FoxSlots Casino that are changing the game:

- **Near-Instant Transactions:** Say goodbye to waiting 3-5 business days for your withdrawals. FoxSlots harnesses the power of blockchain technology to get your winnings into your wallet in just minutes.
- **Enhanced Privacy:** With your FoxSlots casino login, you can enjoy a greater level of anonymity since crypto transactions don’t require you to share sensitive banking information with anyone else.
- **Lower Fees:** By cutting out the middleman banks, FoxSlots Casino can provide better returns and lower transaction fees.
- **Global Accessibility:** No matter if you’re in Los Angeles or London, the FoxSlots experience is seamless and knows no borders.

## A Closer Look: FoxSlots Casino Review of Payment Efficiency

When you read any FoxSlots casino review, the efficiency of the cashier system stands out. The incorporation of various digital currencies creates a personalized financial experience. Here’s a look at how FoxSlots Casino manages different payment methods to help you make an informed choice.

Feature	Traditional Banking	FoxSlots Crypto Casino
Deposit Speed	10–30 Minutes	Instant
Withdrawal Time	2–5 Days	0–2 Hours
Transaction Fees	\$2–\$10	Minimal (Network Gas)
Anonymity	Low	High
Global Access	Restricted by Region	Universal

## Registration and FoxSlots Login: A Smooth Start

Diving into the world of Fox Slots is all about simplicity. The FoxSlots casino login process is designed to whisk you into the action without any unnecessary hold-ups.

### Step-by-Step: Enjoying FoxSlots Casino

1. **Head over to the official FoxSlots casino website:** Make sure you’re on the secure, encrypted site.
2. **Quick Registration:** Fill in some basic info to set up your account.
3. **FoxSlots login:** Use your secure credentials to access your dashboard.
4. **Deposit Crypto:** Pick your favorite cryptocurrency (BTC, ETH, USDT) to fund your Fox Slots session.
5. **Start Playing:** Check out the “Games” section and dive into a treasure trove of top-notch slots and table games.

“The shift from traditional fiat to a crypto casino environment at FoxSlots is often highlighted by

users as the most significant enhancement to their online gaming experience, with peace of mind and speed being the key factors.” — [overview of Foxslots crypto casino](#) at a website.

## Games and Fair Play at Fox Slots

At the core of FoxSlots is its impressive game library. From cinematic video slots to live dealer experiences that capture the vibe of a real casino, the options are endless. As a crypto casino, many games employ “Provably Fair” algorithms, meaning you can verify the randomness of every spin or deal on the blockchain—no need to just take the house’s word for it.

## Strategic FoxSlots Casino Overview

Whether you’re in for a casual gaming session or ready to tackle high-stakes strategies, the FoxSlots casino for crypto has something for everyone. The platform’s dedication to fair play is backed by its licensing, ensuring that the “Fox Slots” brand stands for integrity in the digital age.

## Conclusion: The Future is FoxSlots

As we head deeper into 2026, the lines between “online gambling” and “crypto gambling” are becoming increasingly blurred. Platforms like FoxSlots aren’t just an option anymore; they’re quickly becoming the norm. With top-notch security, super-fast payouts, and a strong commitment to user satisfaction, it’s no wonder that so many players are flocking to FoxSlots casino.

We’re witnessing a cultural shift. By opting for a licensed FoxSlots casino, you’re embracing a future where your entertainment is as smart, secure, and sophisticated as the technology behind it.

## FAQ: Frequently Asked Questions about FoxSlots

1. Is FoxSlots casino safe for crypto transactions?

Absolutely! The official FoxSlots casino website employs advanced SSL encryption and blockchain protocols to guarantee that every transaction is secure and unchangeable.

1. What cryptocurrencies can I use at FoxSlots?

The FoxSlots crypto casino accepts a variety of cryptocurrencies, including Bitcoin (BTC), Ethereum (ETH), Litecoin (LTC), and stablecoins like USDT.

1. How do I log into FoxSlots if I forget my password?

No worries! Just head over to the FoxSlots login page and click on “Forgot Password” to get a secure reset link sent to your registered email.

1. Can I play FoxSlots casino on my mobile device?

Definitely! The FoxSlots casino platform is fully optimized for mobile browsers, providing a top-notch experience on both iOS and Android without needing a separate app.

*Photo: wirestock via Freepik.*

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## How to Reduce False Flags in Online Exam Proctoring

Our Friends · Tuesday, March 24th, 2026

Online assessments are now widely used by universities, certification bodies, and training providers to deliver exams at scale. As a result, remote proctoring technology has become essential for maintaining academic integrity in digital testing environments. These systems monitor sessions using tools such as computer vision, behavioural analytics, and AI-based anomaly detection. While effective at identifying potential misconduct, they can sometimes generate false flags when normal candidate behaviour is misinterpreted. Reducing these inaccuracies requires proper system configuration, candidate preparation, and well-designed monitoring practices.

### Configure Proctoring Sensitivity and Behaviour Rules

False flags often occur when monitoring systems interpret routine candidate movements as suspicious behaviour. **Automated proctoring platforms** typically analyse actions such as gaze direction, head movement, background noise, and device activity. When sensitivity thresholds are too strict, even harmless actions like briefly looking away from the screen may trigger alerts.

Institutions implementing proctoring software for online exams often address this issue by refining behavioural detection settings. Adjusting these parameters allows the system to recognise natural human behaviour while still identifying meaningful irregularities. Proper calibration helps ensure that alerts focus on genuine risks rather than everyday exam behaviour.

### Provide Clear Candidate Preparation Guidelines

Candidate unfamiliarity with proctoring requirements is another common cause of false alerts. Students who do not fully understand how monitoring works may unknowingly trigger system warnings through camera positioning, lighting issues, or workspace setup.

Providing clear instructions before the exam allows candidates to prepare an appropriate testing environment. Guidance typically includes positioning the webcam correctly, maintaining consistent lighting, and keeping the desk free from unrelated materials. These simple steps help ensure that monitoring systems can accurately identify the candidate throughout the session.

When candidates understand how remote proctoring functions, they are less likely to perform actions that could be misinterpreted by automated monitoring systems.

## Use Environment Checks Before the Exam Begins

A structured environment verification process before the exam can significantly reduce false alerts during the session. This step usually involves candidates using their webcam to show their surroundings so the system can confirm that no unauthorised materials or individuals are present.

This process supports environmental verification, which establishes a baseline of the candidate's testing space. Once the system understands the normal conditions of the environment, it becomes easier to detect genuine irregularities during the exam.

### Improve AI Training With Real Exam Behaviour

Many monitoring systems rely on automated behaviour analysis to detect potential misconduct during online exams. However, these systems can sometimes generate false alerts. A **study on webcam-based exam proctoring reports** that students may experience “anxiety and fear of being wrongly flagged during online proctoring”, reflecting concerns about how automated monitoring tools interpret normal behaviour.

Modern proctoring platforms aim to reduce these issues by refining how behavioural signals are analysed during exam sessions. Rather than relying on isolated events, monitoring systems increasingly analyse patterns of behaviour across the exam timeline to identify genuine irregularities.

By improving behavioural pattern recognition, monitoring software becomes more accurate in identifying real anomalies while ignoring harmless actions that occur during normal exam participation.

## Combine Automated Monitoring With Human Review

Automated monitoring tools are effective at identifying unusual patterns, but they cannot fully interpret human behaviour without context. For this reason, many institutions rely on a hybrid approach that combines AI detection with trained human reviewers.

When alerts are reviewed by exam administrators, contextual factors become easier to interpret. A candidate briefly turning away from the screen may simply be thinking, stretching, or adjusting their position rather than attempting misconduct. Human review ensures that flagged incidents are assessed fairly, reducing the risk of legitimate behaviour being incorrectly classified as a violation.

## Creating Fairer and More Reliable Online Proctoring

Reducing false flags in online exam proctoring requires a balanced approach that combines intelligent technology with thoughtful implementation. Proper system calibration, clear candidate guidance, environment verification, improved AI training, and human oversight all contribute to more accurate monitoring outcomes. When these elements work together, educational institutions can maintain strong assessment security while ensuring that legitimate candidate behaviour is not unnecessarily flagged during online exams.

Photo: Proctoring via their website.

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## **From Punk to MoMA: How Zines Became Institutional Art and What it Means for Makers**

Our Friends · Tuesday, March 24th, 2026

In 2019, the Museum of Modern Art became the first major institution to acquire a collection of zines. More than 2,500 titles in the library. They are cataloged and available to researchers with the museum's Bauhaus ephemera and Fluxus books. But this was not a novelty purchase. The curators at MoMA argue that zines are legitimate primary sources to learn about contemporary culture.

Other institutions have reached the same conclusion. The Getty Research Institute has collected over 4,000 zines and, in 2021, set aside an acquisitions budget specifically for them. With over 10,000 individual titles, Barnard College's zine library is the largest academic zine collection in the United States.

These institutions have acquisitions committees with professional budgets. Their decision to collect zines reflects how the attitude of cultural institutions toward artistic practice has changed with time.

### **How many graduate programs now accept zines as serious academic work?**

More than 60 MFA programs in the United States accept artists' books and zines as thesis-level creative work, according to a 2024 survey conducted by the College Art Association. Examples of schools offering such programs include Rhode Island School of Design, California Institute of the Arts, School of the Art Institute of Chicago, and Pratt Institute.

This turnaround recalls an idea that took decades to penetrate. A zine is not a smaller or less serious publication. For many artists, the format is integral to their art itself. The limitations of the medium are part of the message.

That means production quality is more important now than it ever was. In a thesis exhibition, Zines are usually displayed with sculpture and video installations. The work itself must echo the artist behind it.

### **What does institutional collection demand from zine production?**

When museum archivists consider zines for possible inclusion in permanent collections, they pay

attention to practical factors such as paper quality, binding strength, and printing consistency. These are the same kinds of standards used for any printed item expected to last through years of handling. What was started to push back against institutional gatekeeping is now evaluated using the same archival standards applied by museums and libraries.

**Zine printing services** like HelloPrint attempt to fill this production gap, with saddle-stitched or perfect-bound zines printed on archival-grade paper and other features that generally appeal more to individual artists or small collectives in smaller runs. For work that may end up in archives or libraries, a few technical details are important.

Color consistency is super critical in photography and illustrations. A heavyweight binding allows copies to potentially survive multiple uses in library collections. An acid-free paper makes inevitable yellowing over time less likely.

That's not to say that zines need to appear corporate, or that they have to abandon the visual character of the medium. All that being said, the point of this is just to make work that lasts. A zine printed on stable paper and solidly bound might still reside in archives and private collections decades later. One that's printed on brittle paper with flimsy staples is much less likely to survive.

## **Has the market for artists' books actually grown?**

The global market for artist's books hit \$473 million in 2024, according to Artsy's annual report. Printed Matter's New York Art Book Fair drew 370 exhibitors and 35,000 visitors in 2025. The three-day event generated an estimated \$8.5 million in sales, with individual zines and artists' books routinely priced between fifteen and fifty dollars. Limited editions command prices exceeding \$200.

For emerging artists not working through traditional galleries, professionally printed zines are usually the most affordable way to get physical work into collectors' hands, gallery waiting rooms, and museum shops. The economics tend to work better with smaller print runs instead of the large minimums required for traditional offset printing. This gives artists a chance to test how the work is received with a limited batch before deciding whether to print more copies.

## **Where does institutional acceptance leave the zine's original ethos?**

Zines were born in part as a way to resist institutional validation. Now the institutions themselves collect them, study them and even develop graduate seminars around them. Rather than co-optation, many view this as acknowledgment that the form succeeded at what it was trying to do: make room for voices and perspectives that mainstream publishing often neglected.

Creators who realize that high-quality paper printing can be used to reinforce their artistic vision rather than compromise it are more likely to produce work that survives in museum archival collections and private vaults. The idea travels through time, supported by the physical object. The idea can go along with it when the object is forced to persist.

*Photo: Freepik via their website.*

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## Essential Features to Look for in Network Monitoring Tools

Our Friends · Tuesday, March 24th, 2026

Reliable digital infrastructure depends on consistent performance, clear visibility, and accurate operational data. Administrators require tools that track device activity, detect faults, and reveal traffic patterns across the network. Monitoring platforms gather technical data that helps teams maintain stability, reduce downtime, and resolve operational issues before they affect users.

Organizations rely on **network monitoring** systems to observe device behavior, measure performance metrics, and detect disruptions across connected environments. These tools collect data from routers, switches, servers, and other components to maintain visibility of operational status. Continuous data collection supports troubleshooting, capacity planning, and infrastructure maintenance.

### Core Monitoring Capabilities

Effective monitoring tools focus on visibility and data accuracy. These functions provide administrators with the information needed to maintain network stability and diagnose operational problems.

### Real-Time Performance Tracking

Real-time monitoring collects operational metrics as network activity occurs. Performance indicators such as latency, bandwidth utilization, and packet loss reveal how traffic moves through the infrastructure.

Immediate visibility into these metrics helps identify congestion, faulty devices, or service interruptions. Early detection allows teams to respond quickly and maintain consistent network availability.

### Automatic Device Discovery

Device discovery identifies every connected component within the infrastructure. The system scans the network, records device details, and maps connections between components.

This feature supports operational awareness through:

- Identification of newly connected devices
- Detection of unauthorized hardware
- Creation of an accurate network topology map

Updated device inventories help administrators maintain clear visibility of infrastructure assets.

## Performance Data Collection

Monitoring platforms gather detailed statistics from network devices and store operational data for analysis. These metrics reveal device activity and system conditions across the environment.

Commonly collected information includes:

- CPU utilization levels
- Memory usage statistics
- Network traffic volume
- Device availability status

Accurate performance data helps identify bottlenecks and maintain stable connectivity.

## Operational Intelligence And Reporting

Collected metrics become valuable when systems convert raw data into structured insights. Monitoring platforms provide reporting and alert mechanisms that support daily operations.

## Alerting And Notification Systems

Alert systems notify administrators when unusual conditions occur within the network. Threshold rules trigger alerts when performance values exceed defined limits.

Common notification functions include:

- Event-based alerts for device failures
- Threshold notifications for traffic spikes
- Escalation alerts for unresolved incidents

Prompt alerts allow technical teams to address operational problems before service disruptions occur.

## Historical Reporting And Analysis

**Historical reports** store performance records over time and display long-term activity patterns. These reports provide insight into recurring issues, traffic growth, and system utilization trends.

Historical analysis supports infrastructure planning and helps administrators identify capacity limits before they affect operations.

## Configuration And Change Visibility

Configuration monitoring records device settings and detects changes made to network components. This visibility helps maintain accurate documentation of system configurations. Change tracking assists administrators in identifying unauthorized modifications and maintaining operational consistency across the infrastructure.

During routine operations, network monitoring platforms provide centralized visibility into device

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activity, traffic behavior, and performance conditions. Continuous monitoring ensures that administrators receive timely insights that support maintenance and troubleshooting tasks.

Reliable monitoring tools combine real-time data collection, automated discovery, alert systems, and detailed reporting. These capabilities allow administrators to observe network behavior and maintain infrastructure stability. Clear visibility into operational conditions enables teams to detect faults quickly, maintain service continuity, and manage growing network environments with confidence.

*Photo: DC Studio via Freepik.*

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