

Cultural Daily

Independent Voices, New Perspectives

Popular Ways to Consume Delta-8 THC

Our Friends · Thursday, March 6th, 2025

The cannabis plant contains a wide range of compounds, each with unique effects. One cannabinoid that has gained traction in recent years is delta-8 THC. While it shares similarities with delta-9 THC, the primary psychoactive compound in weed, its effects are considered milder and more manageable for many users. As interest grows, so does the variety of ways to consume it.

From disposable vapes to edibles, smoke shops, and dispensaries now offer an array of options. However, with evolving regulations, product safety concerns, and varying effects, choosing the right method requires some knowledge. This guide breaks down everything you need to know about consumption methods, legal status, and potential risks.

What Sets Delta-8 THC Apart?

Delta-8 THC is a cannabinoid derived from hemp, a legal distinction made possible by the Agricultural Improvement Act, also known as the 2018 Farm Bill. This federal law allows hemp-derived compounds, provided they contain less than 0.3% delta-9 THC. Since delta-8 THC occurs in small amounts naturally, manufacturers use a conversion process from CBD to produce it in larger quantities.

While delta-8 products produce psychoactive effects, they are generally less intense than those from delta-9 THC. Many users report experiencing mild euphoria, relaxation, and pain relief without overwhelming intoxication. This makes it an appealing option for those who want the benefits of cannabis without extreme potency.

How Does It Compare to Delta-9 THC and CBD?

Understanding how delta-8 THC differs from other cannabinoids is key to choosing the right product.

- **Delta-9 THC:** Found in marijuana, this compound is responsible for the strong psychoactive effects associated with weed. Delta-8 THC interacts with the same receptors in the brain but in a way that produces a smoother, more clear-headed high.
- **CBD:** Unlike THC products, CBD does not produce a noticeable high. It's widely used for relaxation, stress relief, and inflammation reduction. Delta-8 THC offers a middle ground—delivering mild psychoactive effects alongside therapeutic benefits.

Each compound has unique properties, but delta-8 THC is gaining recognition for providing a

functional, balanced experience without excessive sedation or paranoia.

Legal Status Across the United States

Despite being federally legal under the 2018 Farm Bill, state laws vary. Some have explicitly banned delta-8 THC, while others allow its sale under specific conditions.

Where It's Legal

States where delta-8 products are legally available include:

- Texas
- Florida
- Ohio
- Pennsylvania
- Kentucky
- Wisconsin
- South Carolina
- Many others with limited restrictions

However, some states allow sales but impose regulations on labeling, potency limits, and lab testing to ensure public health safety.

Where It's Restricted or Banned

Some states have taken a stricter stance, banning or heavily regulating its sale. These include:

- California
- New York
- Colorado
- Nevada
- Washington
- Oregon

The reasoning behind these bans varies. Some states cite public health concerns, a lack of regulation, and the potential presence of harmful substances like heavy metals in low-quality products. Always check local regulations before purchasing.

Popular Methods of Consumption

With various ways to consume delta-8 THC, users can choose a method that best suits their needs. Here's a look at the most common options:

1. Vaping (Fast-Acting & Convenient)

Vape pens, THC pens, and 510 thread batteries make inhalation one of the quickest ways to experience the effects. Available as disposable vapes or refillable vape cartridges, these devices heat the oil, creating an inhalable vapor.

- Onset Time: Immediate to a few minutes
- Duration: 1-3 hours

- Pros: Fast-acting, portable, available in multiple flavors
- Cons: Possible lung irritation, requires battery maintenance

Gas stations, online smoke shops, and head shops frequently carry Delta 8 THC vape pens and rechargeable vape pens, but the quality varies. Always look for lab testing to ensure purity and potency. Some online smoke shops offer vape pens with good reviews, free shipping, discounts, and a diverse selection. [Reviews over at Mind Vapes](#) also provide insight into the best options available.

For long-term use, purchasing Delta 8 THC oil or extract separately from vape pens is a more sustainable option. Many Delta-8 THC devices come with a warranty, and manufacturers typically handle replacements for defects.

Certain vape pen batteries including Penjamin are exceptionally discreet and compact.

2. Dabbing (Concentrates & Wax)

Dabbing involves heating delta-8 concentrates using a dab rig or e-rig. These high-potency extracts deliver powerful effects quickly.

- Onset Time: Immediate
- Duration: 1-3 hours
- Pros: Potent, efficient, minimal waste
- Cons: Requires specialized equipment, not beginner-friendly

For experienced users, dabbing offers one of the strongest methods of consumption.

3. Smoking Delta-8 Flower (Infused Hemp Buds)

Delta-8 flower is hemp flower coated in delta-8 distillate. It's smoked like traditional cannabis.

- Onset Time: A few minutes
- Duration: 1-3 hours
- Pros: Familiar experience for cannabis users, no additional equipment needed
- Cons: May be harsh on the lungs, less potent than concentrates

This option is popular among those who enjoy the act of smoking and want a mild, relaxed effect.

4. Edibles (Long-Lasting & Potent)

Edibles, including gummies, chocolates, and infused snacks, provide a discreet and powerful alternative to inhalation.

- Onset Time: 30-90 minutes
- Duration: 4-8 hours
- Pros: Long-lasting, easy to dose
- Cons: Delayed effects, can be overwhelming if overconsumed

Because edibles pass through the digestive system, the effects can be stronger and more prolonged than other methods.

5. Tinctures & Oils (Sublingual for Fast Absorption)

Tinctures are placed under the tongue for quick absorption into the bloodstream.

- Onset Time: 15-45 minutes
- Duration: 4-6 hours
- Pros: Precise dosing, faster than edibles
- Cons: Taste may be unpleasant

Tinctures are an excellent choice for those who want control over their dosage without inhaling vapor or smoke.

Things to Consider Before Using

1. Start with a Low Dose – Effects can vary based on metabolism, body weight, and tolerance. Begin with a small amount and adjust as needed.
2. Check for Lab Testing – Third-party testing ensures delta-8 products are free from contaminants like heavy metals and pesticides.
3. Understand Potential Side Effects – While milder than delta-9 THC, some users report dry mouth, dizziness, or drowsiness.
4. Be Aware of Drug Testing – Standard tests often detect THC metabolites, meaning delta-8 THC use can result in a positive test.
5. Know Your State Laws – Just because federal law allows it doesn't mean it's permitted everywhere. Research local restrictions before purchasing.

Final Thoughts

As the cannabis industry evolves, alternative THC products like delta-8 THC are expanding options for consumers. Whether you prefer the rapid effects of **THC vape devices**, the long-lasting impact of edibles, or the potency of dabbing, there's a method to suit every preference.

However, with an unregulated market, it's essential to prioritize safety by purchasing from reputable sources. Checking for lab testing, understanding legal status, and dosing responsibly ensures a positive experience. Whether sourced from dispensaries or online retailers, informed choices lead to a safer and more enjoyable journey into cannabis-derived products.

Photo by Alexander Grey via Pixabay

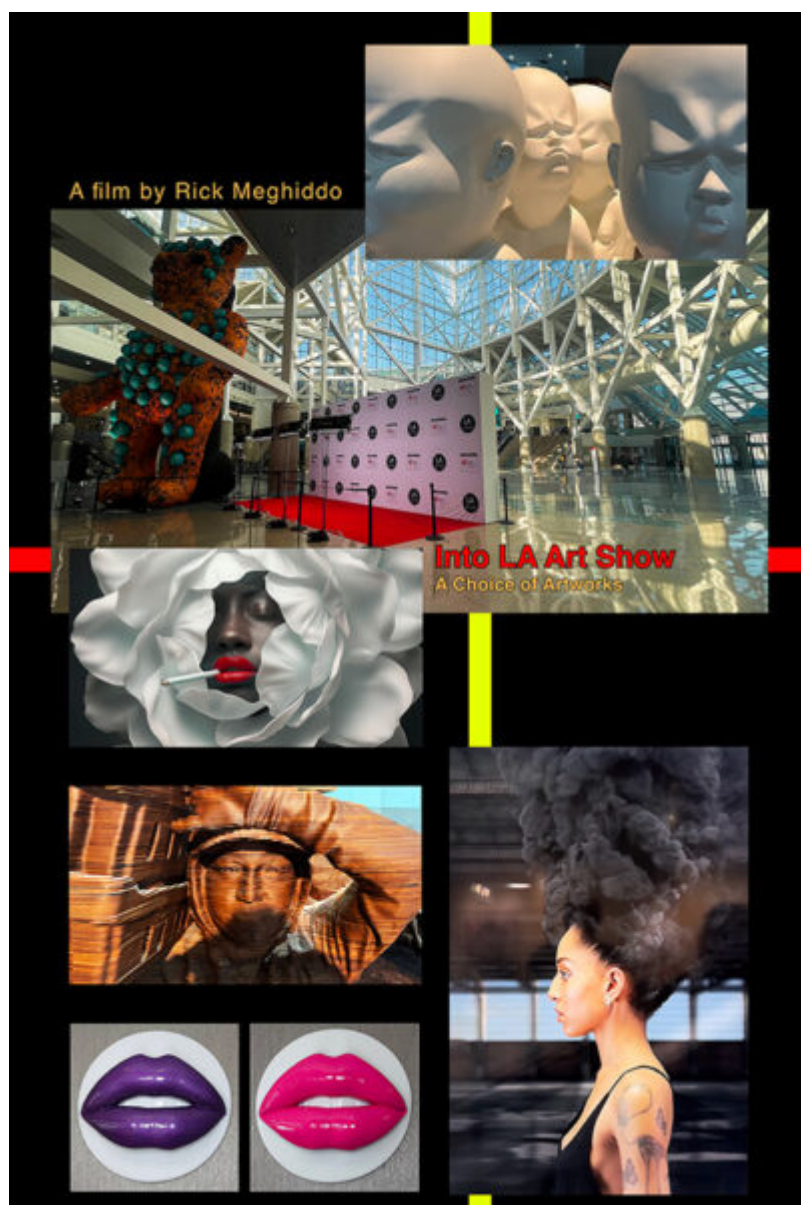
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Into LA Art Show

Rick Meghiddo · Thursday, March 6th, 2025

The [LA Art Show of 2025](#) was the best of its genre that we have seen in years. We noticed a rise in the general quality of the art exhibited. The short documentary included here shows the works of a few artists of which we knew nothing about before our visit.



Into LA Art Show – Poster

The work that immediately caught my attention was “The Birth of the Niamand,” by Slovak artist Viktor Frešo, presented by the Danubiana Museum in Bratislava, Slovakia. I was also unaware of this institution’s existence. I was lucky to meet Frešo at the site. Although he seemed reclusive, he agreed to make a short statement on camera.



Viktor Freso



The Birth of the Niamand

There were other uplifting surprises. “The Journey,” by Guillermo Bert, showed 20 highly detailed, life-sized laser-cut wood sculptures honoring an army of immigrant heroes.



The Journey

The discovery of video sculptures by the Swiss artist Marck reminded me of Bill Viola's work. Marck's work is striking, particularly the one named "Black Hair," which shows a woman whose hair is fuming.



Black Hair

Another surprise were the images created without using a camera through text-to-image AI software. Jerry Weber creates compelling images that hover between abstraction and reality.

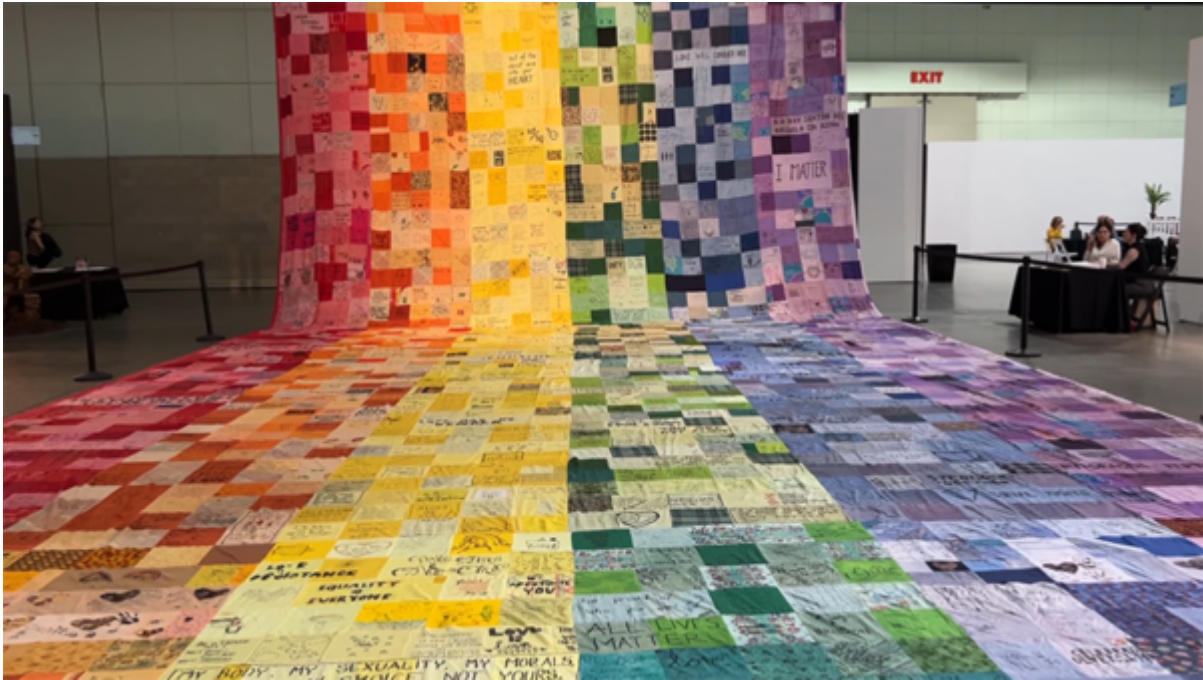


AI-generated image, by Jerry Weber

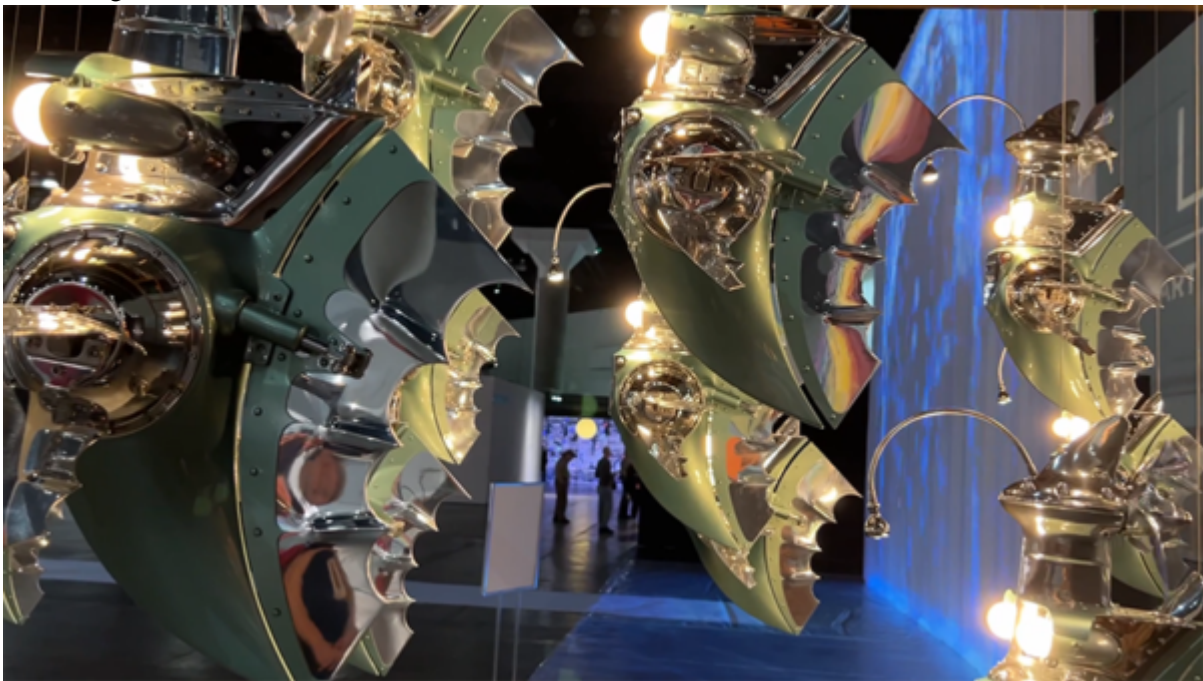


AI-generated image, by Jerry Weber

Three works by four Argentinean artists were remarkable: a 120-foot long textile that commemorates LGBTQ communities by the duo Leo Chiachio and Daniel Giannone; Cristian Castro's 27 deep-sea robotic fishes made out of discarded components to remind us of ocean pollution; and Luciana Abait, large-scale "Agua / Water", a projected waterfall to foster a poetic awareness of water as a sacred resource for humanity, some details of which show as a background to the credits in my film.



Pride Flag



27 Peces



Agua / Water – Luciana Abait

I found creative humor in the work of two artists: Farad Harouni's "Lips" and Antuan Rodriguez's interactive installation of punching bags.



Parted Lips



Right & Left

Two contrasting artworks in painting were Walter Erra Hubert multi-layered abstractions and German artist Anton Hoager's "Stop Smearing," a skillfully painted work of social criticism.



Paintings by Walter Erra Hubert



Stop Smearing

Carol Bodlander brings a narrative that blends elements of classical mythology, astronomy, and indigenous wisdom traditions.



Nature-inspired objects

Our selection included the Korean artists Han Ho, who made a massive nine-part multi-media panel inspired by Michelangelo's Last Judgement, and Anese Eun Cho, who created playful designs.



The Last Judgement



The Second Floor

An additional surprise was to meet Marisa Caichiolo, curator of several of the works exhibited. After a brief conversation, we realized that we have common friends. Caichiolo is the founder of Building Bridges International Art Foundation, conceived to be a platform for critical thinking and researching.



Marisa Caichiolo – Curator

Stacking the Deck: A Player's Guide to Winning at Online Blackjack

Our Friends · Thursday, March 6th, 2025

Online blackjack isn't purely a game of luck—strategy plays a major role in increasing your chances of winning. While the dealer has a mathematical edge, smart players use calculated moves to minimize losses and maximize profits. Understanding optimal decision-making, bankroll management, and betting techniques can shift the odds in your favor. This guide breaks down the key strategies to improve your blackjack game and boost your winnings.

Mastering Basic Strategy: The Foundation of Consistent Wins

Every winning blackjack player starts with basic strategy. This mathematically proven system determines the best move in every situation, whether to hit, stand, double down, or split. Mastering these fundamental decisions reduces the house edge, ensuring that every play is made with maximum efficiency.

Understanding the Blackjack Strategy Chart

- **Charts Dictate Optimal Moves** – Players follow a set chart based on their hand and the dealer's upcard.
- **Hard Hands vs. Soft Hands** – Knowing when to hit or stand depends on whether an ace is in play.
- **Memorization vs. Quick Reference** – Some players commit the chart to memory, while others use printable guides.

A blackjack strategy chart is like a roadmap—it tells you exactly how to play every hand based on probabilities. These charts are built using millions of simulated hands, eliminating guesswork and emotional decisions. Following them consistently leads to better long-term results.

Hard hands contain no aces or have aces that only count as 1, making them riskier to play. Soft hands, which contain an ace valued at 11, offer more flexibility and require different decision-making. Understanding this distinction helps avoid costly mistakes.

Some players memorize the chart for instant recall, while others keep a printed reference nearby. Online blackjack allows players to use charts without penalty, making it easier to stick to optimal strategy without relying on memory alone.

When to Hit, Stand, or Double Down

- **Hitting on Low Totals** – Hitting is the only viable option if your hand is 8 or lower.
- **Standing on Strong Hands** – When holding 17 or higher, standing is almost always the best move.
- **Doubling Down on Advantageous Hands** – If the dealer shows a weak upcard, doubling down increases profit potential.

Hitting is necessary when holding a low total, as there's minimal risk of busting. Drawing another card is always recommended if a player has 8 or lower. Even with totals of 12-16, hitting is often the right call unless the dealer's upcard suggests a high probability of busting.

Standing is correct when holding a strong hand of 17 or higher. At this point, the risk of busting outweighs the potential benefits of drawing another card. If the dealer's upcard is weak, standing allows them to take the risk instead.

Doubling down is a powerful tool that lets players double their bet when the odds are in their favor. A good example is holding 11 against a dealer's weak card like 5 or 6. Since the chances of drawing a 10-value card are high, doubling down can significantly increase potential winnings.

Splitting Pairs and Avoiding Costly Mistakes

- Always Split Aces and Eights – These two pairs give players the best opportunities to improve their hands.
- Never Split Tens – A 20 is already a strong hand, and splitting weakens its value.
- Situational Splits – Some pairs should only be split against weak dealer upcards.

Splitting aces maximizes the chance of drawing a 10 and forming two strong hands. Splitting eights prevents players from being stuck with 16, one of the worst hands in blackjack. These basic rules improve long-term profitability.

Many beginners make the mistake of splitting tens, thinking it increases potential winnings. In reality, breaking up a 20 reduces the likelihood of winning since 20 is already a powerful hand. Keeping the 20 intact is almost always the right decision.

Some pairs, like 2s, 3s, or 6s, should only be split under specific conditions. If the dealer shows a weak card, splitting can be advantageous. However, if the dealer's upcard is strong, it's often better to hit instead of splitting.

Advanced Betting Techniques: Maximizing Profits While Managing Risk

The basic strategy helps minimize the house edge, but advanced betting techniques can further improve profitability. Proper bankroll management, progressive betting strategies, and recognizing favorable situations are key to long-term success.

Bankroll Management for Online Blackjack

- Set Betting Limits – Avoid chasing losses by sticking to predetermined betting amounts.
- Use a Session Budget – Decide in advance how much you're willing to risk per session.
- Adjust Bets Based on Performance – Increase bets during winning streaks but stay disciplined after losses.

Successful blackjack players never bet recklessly. Setting betting limits prevents emotional decision-making and ensures that bankrolls last longer. Without proper limits, a losing streak can quickly deplete funds.

Using a session budget helps control spending. Before starting a game, players should decide how much they're willing to risk. Whether it's \$100 or \$1,000, sticking to a set budget prevents

unnecessary financial strain.

Adjusting bet sizes based on performance is another important tactic. When on a winning streak, slightly increasing bets can maximize profits. However, it's best to return to the minimum bet after a loss to avoid rapid bankroll depletion.

Martingale vs. Paroli: Understanding Progressive Betting Systems

- Martingale System – Doubles the bet after every loss to recover previous losses.
- Paroli System – Increases bets after wins instead of losses, reducing risk.
- Flat Betting Approach – Maintains a consistent bet size to manage variance.

The Martingale system is one of the most well-known betting strategies. It involves doubling bets after every loss, aiming to recover previous losses once a win occurs. While effective in theory, it requires a large bankroll and carries high risk. A long losing streak can lead to massive bets.

The Paroli system takes a different approach. Instead of chasing losses, it increases bets after wins. This method minimizes risk while capitalizing on winning streaks. Players who prefer a safer strategy often lean toward Paroli over Martingale.

Flat betting is another approach that maintains a consistent bet size regardless of outcomes. While it doesn't maximize winnings as aggressively as progressive systems, it helps protect bankrolls from drastic swings. This method is best for players prioritizing steady, controlled gameplay.

Card Counting in Online Blackjack: Does It Work?

- Card Counting Relies on Deck Tracking – Online games use random shuffling, making traditional counting ineffective.
- Live Dealer Games Provide Some Opportunities – Single-deck and manually shuffled games allow for card tracking.
- Alternative Advantage Play Techniques – Betting strategies based on dealer patterns can provide small edges.

Card counting, a technique used in physical casinos, is largely ineffective in online blackjack. Since virtual games use automated shuffling after each hand, tracking high and low cards becomes impossible.

Live dealer blackjack, however, provides some room for advantage play. Card-counting strategies can be applied if the game uses a single deck or manual shuffling. While not as effective as in traditional casinos, observant players can gain minor edges.

Other advantage play techniques involve recognizing dealer tendencies and game-specific quirks. Some online platforms use consistent dealing patterns, which sharp players can exploit. While these methods won't guarantee success, they can slightly shift the odds.

Final Thoughts: Playing Smart for Long-Term Success

Winning at the **best online blackjack real money** platforms isn't about getting lucky—it's about making smart, calculated decisions. Players can minimize losses and maximize wins by mastering basic strategy, using effective bankroll management, and applying the right betting techniques.

Online blackjack remains one of the few casino games where strategy can significantly impact results. With the right approach, players can stack the deck in their favor, ensuring a more profitable and enjoyable experience.

Photo by Drew Rae via Pexels

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Welcomed Border Crossings

Ann Haskins · Wednesday, March 5th, 2025

Mexico's most prestigious folkloric company tours Northridge, Long Beach, and Costa Mesa; a Canadian contemporary company with SoCal roots in Santa Monica; new contemporary dance in Santa Monica and Sylmar; classical and contemporary ballet in Malibu, downtown, and Glendora; Women's Day gets a 3-day fest in Frogtown; more SoCal dance this week, plus a peek at next week.

Live This Week

You can go home again

The Montreal-based dance troupe **RUBBERBAND** arrives with *Second Chances*, choreographed by artistic director Victor Quijada. His work is known for capturing the energy of hip hop, the refinement of classical ballet, and the angularity of contemporary dance. The new work draws on Quijada's experience as a first-generation Mexican American growing up in LA, eventually settling in Canada, and tackling issues of identity and homeland, belonging and displacement. The BroadStage, 1310 11th St., Santa Monica; Sat., March 8, 7:30 pm, Sun., March 9, 2 pm, \$40-\$85. [The BroadStage](#).



Rubberband Dance. Photo by Bill Hebert

A welcome border crossing

Mexican folkloric dance is so prevalent today, it is hard to capture the impact of **Ballet Folklórico de México de Amalia Hernández**, when it first appeared and presented regional Mexican dances in a concert setting. The name was expanded to reference the visionary founder and distinguish it from the plethora of folkloric efforts it spawned. The celebrated company stops off at three local venues with its repertoire, including its consideration of ancient Aztec movement in the audience-pleasing *Deer Dance*. The Soraya, Cal State University Northridge, 18111 Nordhoff St., Northridge; Fri., March 14, 8 pm, Sat., March 15, 1pm, \$49-\$98. [The Soraya](#). Also at Luckman Fine Arts Complex, Cal State University Los Angeles, 5151 State University Dr., East LA; Sun., March 16, 3 & 7 pm, \$35-\$85. [Ticketmaster](#). Also at Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa; Sat., March 22, \$32.77-\$77.97. [SCFTA](#).



Ballet Folklórico de México de Amalia Hernández. Photo courtesy of the artists.

Putting new feet forward

The second week of *New Shoes 2025* is jam-packed with new choreography and innovative approaches to dance. Week 2 includes Beth Huelsenbeck's *WYRD*, Josie J & Wendy Zhuo in *por tai*, Lindsay Lykins' *Infinite Circuit*, and Northern Star Dance Company's *Polaris*. Highways Performance Space, 1651 18th St., Santa Monica; Fri.-Sat., Feb. 28-March 1, 8 pm, \$25.63. [New Shoes Week 2](#).



New Shoes 2025. Photo courtesy of the artists

No longer a mystery

Known for its programs designed to demystify the art of dance and dance-making, **Benita Bike's DanceArt** always brings a blend of dance and discussion. LA Mission College, AMP Theater, 13356 Eldridge Ave., Sylmar; Wed., March 12, 2 pm, free. [Benita Bike's DanceArt](#).



Benita Bike's DanceArt. Photo by Dean Walraff

Jazzy homecoming

Two works from **American Contemporary Ballet**'s repertoire are reprised on different nights over four weekends. Jazz music and the world it lives in is the subject of *Jazz*, while *Homecoming* pays tribute to high school and marching bands. In addition to the choreography from artistic director Lincoln Jones, each evening involves refreshments and live music. ACB Studios, Bank of America Plaza, 333 S Hope St, Suite C-150, downtown; Jazz Fri., March 7, 14, 21, & Thurs., March 13 & 20, 8 pm, Homecoming Sat., March 8, 15, & Thurs.-Sat., March 27-29, 8 pm, \$65-\$140. [American Contemporary Ballet](#).



American Contemporary Ballet. Photo by Anastasia Petukhova

Too much for only one day

Hosted by **MashUp Dance Company**, the *International Women's Day Dance Festival* offers three days of performances, workshops, and social events. The opening day kickoff party features performances by the host company and guest Indigo Dance Company. Day 2 offers a *Choreographers Showcase* with two performances from choreographers Hannah Millar, Ashton Titus, Tory Gorny, Jennifer Vieweg, Mary Ann Chavez, Genevieve Carson, Sam Chavez, Kate Myers, and GiGi Todisco. A full line up of events and tickets at the website: [MashUp Dance Company](#). *Kick Off Party* at the Pickle Factory, 2828 Gilroy St., Frogtown; Fri. March 7, 7 pm, \$40. [Tickets](#). *Choreographers Showcase* at Stomping Ground LA, 5453 Alhambra Ave., El Sereno; Sat., March 8, 3:30 & 7:30 pm, \$30. [Tickets](#).



MashUp Contemporary Dance Company. Photo courtesy of the artists

Professional polishing

Members of the **American Ballet Theatre Studio Company** are aged 17 to 23, promising dancers gaining polish and experience that often lead into the main company. The scheduled program includes Jerome Robbins' *Interplay*, George Balanchine's *Tarantella*, *Black Swan pas de deux* from *Swan Lake*, and contemporary works by Yannick Lebrun and Houston Thomas. Pepperdine University, Smothers Theatre, 24255 Pacific Coast Hwy., Malibu; Thurs., March 13, 7:30 pm, \$25-\$53. [Pepperdine](#). Also at Citrus College, Haugh Performing Arts Center, 1000 W. Foothill Blvd., Glendora; Sun., March 16, 2 pm, \$24-\$48. [Haugh PAC](#).



American Ballet Theatre Studio Company. Photo by Erin Baiano

More than just dance

Gala season is starting for SoCal dance companies offering performance and more. While social, these events fund company dancers and future performances beyond ticket sales. The OC-based contemporary company **Backhausdance** hosts its *Spring Fête* with new choreography from artistic director Jennifer Backhaus, plus cocktails, dinner, and live music for guests' dancing. The Pacific Club, 4110 MacArthur Blvd., Newport Beach; Sat., March 8, 7:30 – 10 pm, \$275 & up. [Backhausdance](#).



Backhausdance. Photo courtesy of the artists

Influential events

Originally commissioned for the Egyptian Pavilion at the 2024 Venice Biennale, the film installation *Drama 1882* from **Wael Shawky** considers the events that countered a revolt against European colonial influence, resulting in Britain cementing its control of Egypt for another seven decades. Adapting the storied events into the form of an opera and performed in classical Arabic, Shawky choreographed, wrote, scored, and directed. This event is the latest in the museum's *Wonmi's WAREHOUSE Programs*. Related events include a conversation with Shawky and

assistant curator Alex Sloane on Sat., Feb. 22 at 3 pm. WAREHOUSE, MOCA Geffen Contemporary, 152 N. Central Ave., Little Tokyo; Thurs. – Sun., thru March 16, 11 am, free w/reservation at [Tickets](#).



Wael Shawky. Photo courtesy of the artist.

The last of “friends”

Directed by legendary choreographer Matthew Bourne, with additional choreography from Stephen Mear, *Stephen Sondheim’s Old Friends* is headlined by Bernadette Peters, Lea Salonga, and a lineup of British and American musical theater luminaries. Perhaps because of Bourne’s long relationship with the Center Theater Group, LA nabbed the U.S. premiere before this Sondheim celebration goes to Broadway. Catch this stunner before it moves east. Music Center, Ahmanson Theatre, 135 N. Grand Ave., downtown; Tues.-Fri., 8 pm, Sat., 2 & 8 pm, Sun., 1 & 6:30 pm, thru March 9, \$25 – \$195.50. [CTG](#).



Bonnie Langford, Bernadette Peters, Lea Salonga and the company of Stephen Sondheim's *Old Friends*. Photo by Danny Kaan

A Peek at Next Week

Ballet Hispánico — *Carmen.maquia* at the Carpenter Center, 6200 E. Atherton St., Long Beach; Sat., March 15, 8 pm, \$55. [Carpenter Center](#).

BODYTRAFFIC — *This Reminds Me of You* at BODYTRAFFIC Studios, 3435 Wilshire Blvd., Suite 200, Koreatown; March 18-19, 7pm, free with reservation at [BODYTRAFFIC](#).



BODYTRAFFIC. Photo courtesy of the artists

Luis Bravo's Forever Tango — Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Irvine; Fri., March 14, 8 pm, \$39-\$135. [Irvine Barclay Theatre](#).

Blue 13 Dance Company — *Bollywood is Gay!* at LA LGBT Center, 1118 McCadden Pl., Hollywood; Sat., March 15, 8 pm, \$29-\$60. [Tickets](#).

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The Best Tips for First-Time Users of Eyelash Extension Starter Kits: Top 6 Requirements

Our Friends · Wednesday, March 5th, 2025

Starting with eyelash extensions can feel like a big step for beginners, but it doesn't have to be overwhelming. New users might be curious about using **eyelash extension starter kits** effectively. Understanding the basics is key to a successful DIY lash experience. This knowledge will help them make the most out of their kits.

These starter kits are designed to include the requirements for attractive results. They offer products needed to start a DIY lash journey, giving beginners the tools to create stunning lash looks safely and easily. By starting with a well-equipped kit, beginners can focus on developing their technique with confidence.

Invest in Quality Tools to Guarantee Precise Application

Quality tools are important for getting the best results when applying eyelash extensions. Using good tweezers with a comfortable grip helps in picking up and placing lashes with accuracy. This makes the whole process simpler and more efficient.

A well-made adhesive is another important item. It should have a quick drying time and a stronghold to keep the lashes in place. The right adhesive makes a big difference in the durability of the extensions.

Tweezers, scissors, and brushes are other tools that can aid in the application process. Each tool helps to adjust and position lashes for a polished finish. High-quality options can help achieve a neat and clean look.

Having a good set of tools also helps build confidence for first-time users. With practice, precision and speed will naturally improve. Focus on finding tools that are easy to use and comfortable for long periods of application.

Cleanse the Eye Area Thoroughly Before Starting

Before applying eyelash extensions, it's important to start with a clean eye area. This helps the extensions bond better and last longer.

Use a gentle, non-oil-based cleanser to remove any makeup, dirt, or oils. Oil-based products can weaken the adhesive, causing the extensions to fall off prematurely.

For a better cleaning experience, consider using a lash extension cleanser designed specifically for this purpose. These cleansers help maintain the extensions while thoroughly cleaning the lashes.

After cleansing, guarantee the eye area is dry and free from any residues. This clean base will provide a better foundation for applying extensions and help achieve a more natural look.

Practice Glue Dipping for Effective Adhesion

Learning the right glue dipping technique is important for beginners using eyelash extension kits. Start by using a small bead of adhesive, which can help control the amount used. Dip only the base of the lash extension in the glue to avoid using excess adhesive.

Guarantee the glue bead is consistent in size with each dip. Consistency helps maintain the balance between too much and too little glue, which is important for good adhesion. If the adhesive amount is inconsistent, it can impact how well the lashes stick.

Practicing different glue dipping methods may improve retention. Watching instructional videos can provide visual examples of proper techniques. This hands-on practice can lead to better results and more natural-looking extensions.

Lastly, having patience through practice helps build confidence in applying the extensions correctly. Each attempt provides valuable experience, contributing to smoother and more efficient applications over time.

Focus on Isolation Techniques to Avoid Clumping

Isolation is a key step in applying eyelash extensions. It involves separating each natural lash before adding an extension. This step helps prevent clumping and sticking. Using proper isolation ensures that each extension attaches individually to a natural lash.

Using tweezers specifically designed for isolation can make the process smoother. They allow for precise separation by gently spreading the lashes apart. An angled approach with the tweezers improves grip and helps in isolating lashes more effectively.

Timing plays a significant role in mastering isolation techniques. Beginners can practice by timing their sessions to track improvement.

Avoid placing extensions too close to heat sources, as this can lead to clumping. Practicing on a pair of strip lashes can build skill and confidence in handling isolation tools. The correct technique ensures a clean finish, minimizing the chance of lashes sticking together.

Use Single Eyelash Applications for a Natural Look

For a natural appearance, applying single lashes is key. This method focuses on adding individual lash extensions to the natural lashes. It creates a more subtle effect compared to strip lash applications.

When selecting lash extensions, it's a good idea to choose ones that are only 1 or 2 millimeters longer than your own lashes. This length helps keep the look natural and blends well with your existing lashes.

Another tip is to avoid using too much curl. A gentle curl mimics natural lashes better. Tools such as tweezers are helpful for precisely applying each lash.

Practicing with a beginner's lash extension kit can build confidence. Some kits include helpful tools like a mannequin head for practice. Though practice takes time, the results are worth it for a natural and attractive look.

Choose a Kit with Step-by-Step Instructions

When starting with eyelash extensions, having clear instructions is key. A beginner might find it easier to work with a kit that offers simple, step-by-step guidance. This helps in understanding the application process better and reduces the chances of mistakes.

Many users appreciate kits that include a manual or video tutorial. These resources provide visual and written tips on how to use the tools and apply the lashes correctly. Having access to different types of guidance can make the experience smoother.

It's also important to consider the quality of the tools included in the kit. User-friendly tools combined with step-by-step instructions can improve the learning process. Beginners should look for these features to make their first-time experience more enjoyable and successful.

Conclusion

Starting with eyelash extension kits can be exciting yet a bit challenging. Beginners should focus on basic tips to make the most of their experience.

Using eye patches correctly and applying the right amount of adhesive are simple steps that go a long way. These help in making the application process smoother and more effective.

Cleaning the extensions with non-oil-based products is important for maintenance. This helps the lashes last longer.

These starter kit tips aim to guide beginners in achieving natural and professional results. With practice, using eyelash extensions can become an effortless routine.

Photo by TUBARONES PHOTOGRAPHY via Pexels

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What Happens When You Grow Cannabis Under Blacklight or UV?

Our Friends · Wednesday, March 5th, 2025

Growing plants requires light water and nutrients to thrive, and cannabis is no exception. Light plays a crucial role in a plant's development as it influences growth, potency, and overall health. Many growers experiment with different lighting techniques to improve their yields and potency, which leads to questions about the effects of blacklight and ultraviolet (UV) light on cannabis plants.

Does Blacklight Help Cannabis Grow?

Although blacklight does not directly improve plant development, it can influence certain characteristics. Some growers report that exposure to it leads to slight changes in pigmentation, but its overall impact on potency is minimal.

If the goal is to increase cannabinoid production, blacklight alone will not be sufficient. Instead, a more effective approach is to use a mix of standard grow lights with additional UV-B

supplementation. However, there are cases where blacklight might be useful in small amounts. Some breeders, including those buying from the [Barney's Farm](#) seed bank, have explored how different lighting conditions affect the development of trichomes and terpenes, with certain genetics responding better to UV exposure than others.

The Science Behind UV Light and Plant Growth



Image by Thanasis Papazacharias from Pixabay

Ultraviolet light is a type of electromagnetic radiation beyond the visible spectrum. It is divided into three categories: UV-A, UV-B, and UV-C, each of which affects plants differently.

- **UV-A (320–400 nm)** is the least harmful and can stimulate certain pigments in plants and affect coloration and minor growth responses.
- **UV-B (280–320 nm)** is more intense and triggers stress responses in plants, which can lead to an increase in cannabinoids and terpenes.
- **UV-C (100–280 nm)** is highly destructive and can damage plant cells, which makes it unsuitable for cannabis cultivation.

Blacklight emits mostly UV-A radiation, which is not particularly useful for plant growth. Unlike full-spectrum grow lights, blacklights do not provide the red and blue wavelengths required for photosynthesis. Without these essential spectrums, cannabis plants may struggle to grow.

UV Light and Trichome Production

One of the most significant benefits of UV-B exposure is its ability to increase trichome production in cannabis plants. Trichomes are tiny, resin-filled structures found on the buds and leaves. They contain THC, CBD, and terpenes. Many growers looking to enhance resin production and potency carefully select genetics suited for UV exposure, which makes it essential to [buy cannabis seeds](#) from reliable sources that offer strains known for their trichome density and resilience.

Cannabis plants naturally develop trichomes as a defense mechanism. In nature, plants exposed to higher levels of UV radiation often produce more trichomes to protect themselves from excessive sunlight. Studies suggest that controlled UV exposure in indoor grows can lead to higher cannabinoid content and make the plant more potent.

Growers looking to maximize trichome production often introduce UV-B light during the flowering phase. This technique is commonly used to replicate natural sunlight conditions and push the plant to produce more resin. However, improper UV exposure can damage the plant, so careful adjustments are required.

How to Use UV Light in Cannabis Cultivation



Photo by Hendrik Schuette via Unsplash

1. **Use UV-B light in moderation:** A few hours of UV-B exposure per day during the flowering stage can improve resin production.
2. **Limit exposure time:** UV-B should only be introduced gradually to prevent excessive plant stress.
3. **Combine it with full-spectrum lighting:** Standard grow lights provide the necessary wavelengths for growth, while UV-B acts as a supplement.
4. **Monitor plant health:** Watch for leaf curling, discoloration, or slowed growth, which are signs of too much UV exposure.
5. **Adjust based on strain genetics:** Some strains handle UV exposure better than others, so strain selection is crucial.

Top Concerns of Using Blacklight or UV for Growing Cannabis

- Blacklight (UV-A) does not significantly impact growth or potency, which makes it unnecessary for most growers.

- UV-B light can enhance cannabinoid production and trichome density when used correctly.
- Overexposure to UV can damage plants, so it should always be controlled.

Final Thoughts

Experimenting with different light sources can help growers optimize their results. While blacklight does not contribute much to plant growth, UV-B has been shown to enhance trichome production under controlled conditions. Understanding how light affects cannabis allows growers to make informed decisions for healthier plants and quality yields.

Photo by Michael Fischer via Pexels

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How to Choose the Perfect-Fitting Prescription Glasses for Men Online: Expert Tips and Considerations

Our Friends · Wednesday, March 5th, 2025

Choosing prescription glasses online might feel tricky, but it doesn't have to be with the right guidance. Understanding your face shape is key to selecting glasses that fit well and complement your appearance. Look for glasses that match your personal style and feel comfortable to wear. Virtual try-ons give you a good idea of how different frames will look on you, which helps narrow down your choices. Accurate frame measurements are important, so knowing your frame size and Pupillary Distance guarantees a better fit. With the array of options available, you can find stylish glasses that match your needs and preferences.

When buying glasses online, start by getting a clear prescription from an optometrist. This step is important to guarantee your glasses will correct your vision properly. Browse through different styles and frame materials to find something that suits your look. Reading customer reviews from various online retailers can give you insight into the quality and durability of glasses. You should also consider lighter frames if you plan to wear your glasses for long periods. With thoughtful consideration, you can find glasses that look good and feel right.

Confidence in your choice of glasses comes from knowing you made the right decision. Look for online retailers that offer returns or exchanges in case the glasses don't fit perfectly. Don't rush this decision, as taking time can lead to a pair that you love wearing every day. Glasses that are well-suited to your face and lifestyle can improve your vision and style. Whether you need everyday frames or something for special occasions, the right pair is out there waiting for you. Take this journey step by step and enjoy the process of finding glasses that make you feel confident and comfortable.

Understanding Prescription Glasses

Deciding on prescription glasses involves several key factors. Key details include knowing how to read your prescription and what different lens types and coatings mean for your wear. These elements help you make well-informed decisions.

Interpreting Your Prescription

Grasping your eyeglass prescription is necessary for buying the right glasses. It contains specific numbers that indicate how lenses should be crafted to correct your vision. Key elements include: Sphere (SPH) corrects nearsightedness or farsightedness, Cylinder (CYL) addresses astigmatism, and Axis determines the lens orientation for astigmatism.

Prescriptions might also list an Addition (ADD) value used in multifocal lenses. Become familiar with these terms to understand better what you need. When you're ready to [find prescription glasses for men online](#), understanding these numbers helps you make the best choice for your vision needs.

Lens Types and Coatings

Choosing the right lens type and coating is as important as knowing your prescription. There are several lens types, such as single vision, bifocal, and progressive lenses, each serving different needs. Single-vision lenses are for one field of vision, while bifocals and progressives help with multiple fields, including reading and distance.

Coatings also improve your experience. Anti-reflective coatings reduce glare from screens and headlights. UV protection coatings guard your eyes from harmful rays. Scratch-resistant coatings increase durability. When you [buy prescription glasses online](#), consider these factors to improve comfort and functionality. Your choices depend on lifestyle needs and personal preferences.

Selecting the Right Frame

Choosing frames for prescription glasses can be simplified by focusing on necessary aspects like [face shape](#), frame materials, and overall comfort. These elements help guarantee that the glasses look good and feel good throughout the day.

Measuring Your Face Shape

Understanding your face shape can guide you in choosing frames that complement your features. Common face shapes include round, square, oval, and heart.

To determine your shape, use a dry-erase marker to trace your face on a mirror. For round faces, angular frames can add balance, while rounder frames can suit square faces. Each shape has frames that highlight facial features nicely. Focus on styles that suit you rather than just following trends, and you'll find frames that improve your look.

Considering Frame Materials

The material of your frames affects their weight, durability, and appearance. Lightweight options like titanium are great for daily wear, while materials like acetate offer a variety of colors and

designs.

Choose materials that match your lifestyle. If you're active, flexible frames like those with spring hinges might be more suitable. Some materials also offer hypoallergenic properties, which is helpful if you have sensitive skin. Check out different options to find the right blend of style and function for your needs.

Assessing Comfort and Fit

Comfort is just as important as style when choosing glasses. Frames should sit comfortably on your nose and fit well around your ears without being too tight or loose. A good fit means they won't slide down your nose or cause pressure.

Adjustable nose pads can help customize the fit, allowing you to tweak the glasses until they feel right. If you plan to wear them all day, check how they feel when you move your head. A trial period at home can be quite helpful, allowing you to assess how they feel during different activities.

Conclusion

Choosing the perfect prescription glasses online can feel challenging, but it becomes easier with the right guidance. Focus on accurate measurements like your frame size and pupillary distance to get a good fit. Use online tools, such as virtual try-ons, to see how different styles look on your face.

Consider your personal style and comfort when selecting frames. These are equally important for daily wear. You will likely find a pair that suits both your functional needs and aesthetic preferences. You can confidently select glasses that meet your needs and style by following these steps.

Photo by Siêu M?u Hoàng Hôn via Pexels

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SpeedAU Casino: Experience Top-Tier Gaming

Our Friends · Wednesday, March 5th, 2025

Looking for an exciting online casino tailored for Australian players? **SpeedAU** delivers a diverse gaming experience, including slots, live casino, sports betting, and virtual games. With secure transactions, fast payouts, and lucrative bonuses, this Curacao-licensed platform is quickly

becoming a go-to destination for gamblers in 2024.

? Why Choose SpeedAU?

SpeedAU stands out in the crowded online gaming industry with its rich selection of games, seamless user experience, and rewarding promotions. Here's why players are flocking to this platform:

- ? Massive Game Selection – Over 3,000+ games from top-tier providers like Pragmatic Play, NetEnt, and Microgaming
- ? Live Dealer Action – Play blackjack, baccarat, and roulette with professional dealers
- ? Sports Betting & Virtual Games – Bet on football, horse racing, cricket, rugby, and more
- ? Exciting Bonuses & Cashback Deals – Welcome bonus, daily promotions, and a rewarding VIP program
- ? Flexible Payment Methods – Supports Visa, MasterCard, PayID, Bitcoin, Ethereum, and more
- ? Fast & Secure Payouts – Withdraw winnings in as little as 1 hour
- ? 24/7 Customer Support – Access help via live chat, email, and social media

Interested? Well, there's more where this came from! Come on and take a look.

? Game Collection – Slots, Live Casino & More

SpeedAU Casino caters to every type of gambler, whether you enjoy classic slots, card games, or sports betting.

? Pokies & Slots:

Enjoy a diverse collection of classic and modern slot games featuring high RTPs, multipliers, and free spins. Some player-favorites include:

- Pyramid of Flames – An Egyptian adventure with hidden treasures
- Sugar Boom – A candy-themed slot with cascading reels
- Sweet Bonanza & Starlight Princess – Popular high-volatility slots with massive win potential

? Live Casino:

Experience real-time casino action with professional dealers in:

- Blackjack – Beat the dealer with strategic play
- Roulette – Try your luck on red or black
- Baccarat – A fast-paced card game for high-rollers

Place bets on A-League, EPL, Big Bash League, NRL, and even eSports like Dota 2 & CS:GO. And for something unique, SpeedAU offers fishing games like Lucky Fishing and Big Catch, where players can reel in exciting rewards.

? Bonuses & Promotions – Boost Your Bankroll

SpeedAU Casino generously rewards both new and loyal players.

? Welcome Bonuses:

- AU\$30 No-Deposit Bonus – Free bonus upon registration

- 50% Welcome Bonus – Get a 50% match on your first deposit
- Deposit AU\$50, Get AU\$50 – Extra playing power for new users

? Daily & Weekly Rewards:

- 10% Daily Slot Bonus – Extra funds for slot lovers
- 20% Daily First Deposit Bonus – Boost your bankroll every day
- 5% Weekly Cashback – Get a refund on your losses
- 0.1%-0.3% Daily Rebate – Earn back a percentage of your bets

? VIP Program & Tournaments:

Loyal players can level up in SpeedAU's VIP system to unlock:

- Exclusive Monthly Bonuses (Up to 888 AUD)
- Birthday Rewards (Up to 1,888 AUD)
- Level-Up Bonuses & Personal Account Managers

Regular tournaments let players compete for massive prize pools across slots, card games, and fishing events.

? Payment Methods – Fast & Flexible

SpeedAU ensures quick and hassle-free transactions with a range of secure payment options:

Payment Method	Deposit Limits	Withdrawal Time
Visa/MasterCard	\$20 – \$5,000	Instant Deposit
PayPal	\$20 – \$5,000	Up to 1 hour
Skrill/Neteller	\$20 – \$5,000	Up to 24 hours
Crypto (BTC, ETH, USDT)	\$20+	Instant
Bank Transfer	\$50 – \$10,000	1-3 Business Days

Minimum deposit: \$10 – perfect for casual and high-stakes players alike.

? Security & Licensing – A Trusted Platform

SpeedAU operates under a Curacao gaming license, ensuring a fair and transparent gaming experience. The platform is secured with SSL encryption, safeguarding player transactions and personal data.

? Responsible Gaming: Players can set deposit limits, wager limits, and self-exclusion options to maintain control over their gambling habits.

? The Player Experience – What to Expect at SpeedAU

A great online casino isn't just about the games and bonuses—the overall experience matters just as much. At SpeedAU, players will find an intuitive and well-structured website that makes it easy to navigate through different sections, whether they want to jump into a quick game, check their account, or claim a promotion.

? Seamless Gameplay

Thanks to SpeedAU's cutting-edge technology, all games load quickly and smoothly, whether on a desktop or mobile device. The casino's lightweight interface ensures minimal lag, even for high-graphic live dealer games.

? Customization & Personalization

SpeedAU allows players to customize their gaming experience, offering personalized game recommendations, notification preferences, and deposit limit settings. The VIP program also tailors exclusive offers based on individual gaming habits.

? SpeedAU vs. Other Online Casinos – How Does It Compare?

With so many online casinos competing for Australian players, how does SpeedAU stack up? Let's compare it to some of the top competitors in the market.

Feature	SpeedAU Casino	Competitor A	Competitor B
Game Selection	3,000+ games	~2,000 games	~2,500 games
Live Casino	? Yes	? Yes	? Yes
Sports Betting	? Yes	? No	? Yes
Bonuses & Promotions	? Extensive offers	? Limited offers	? Decent
Crypto Support	? Yes (BTC, ETH, USDT)	? No	? Only Bitcoin
Withdrawal Speed	? 1-72 Hours	? 2-5 Days	? 1-3 Days
VIP Program	? Yes	? No	? Yes
Customer Support	? 24/7 Live Chat	? Email Only	? 24/7
Mobile Compatibility	? App & Mobile Site	? Only Mobile Site	? App Available

? Verdict: SpeedAU excels in game variety, withdrawal speed, and payment flexibility—especially with its crypto-friendly options and instant deposits. Unlike many competitors, it combines casino gaming with sports betting, making it an all-in-one platform for Australian players.

? Exclusive Features That Make SpeedAU Stand Out

With so many gaming platforms available, SpeedAU brings a few extra elements that set it apart.

? Instant Withdrawals for VIP Players

While most casinos take days to process withdrawals, SpeedAU offers instant cashouts for high-tier VIP players using crypto or e-wallets. This feature is especially valuable for high-rollers who need fast access to their winnings.

? A Global Yet Local Approach

Though SpeedAU serves a global audience, it is highly tailored to Australian players. From supporting AUD deposits to featuring Aussie-friendly payment methods like PayID and BPAY, it ensures a localized gaming experience.

? 24/7 Customer Support – Always Here to Help

Need assistance? The SpeedAU support team is available 24/7 via:

? Live Chat – Instant help for urgent queries

? Email Support – Get detailed assistance for complex issues

? Social Media (Telegram, Facebook, Instagram) – Stay updated with the latest news & promotions

Just call us if something bothers you!

? Conclusion – Is SpeedAU Worth It?

Absolutely! SpeedAU login page combines a massive game selection, secure transactions, enticing bonuses, and reliable support to create an exceptional gambling experience. Whether you're a casual player or a high-roller, this platform delivers excitement, rewards, and reliability.

AI image courtesy of cosmomedia

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Virtual Galleries Are Booming—Is This the Future of Art Collecting?

Our Friends · Wednesday, March 5th, 2025

Art has always found a way to evolve alongside technology, but in recent years, the shift has been dramatic. Digital exhibitions, once a novelty, are now reshaping the way collectors, artists, and enthusiasts engage with art. While traditional galleries still hold their prestige, online platforms are creating an entirely new market—one that's faster, more inclusive, and increasingly immersive. Virtual galleries aren't just about convenience; they're transforming the very idea of what it means to collect and experience art.

The Rise of Virtual Galleries

For decades, the art world has been synonymous with high-end auction houses, exclusive gallery openings, and collectors jetting between international fairs. But now, digital spaces are changing that landscape. Online platforms allow artists to showcase their work to a global audience without the constraints of geography, gallery representation, or the high costs of physical exhibitions.

Major art institutions and independent creators alike have embraced the shift, hosting virtual exhibitions that allow visitors to explore meticulously curated collections from their devices, or show up as a **virtual avatar**. Some replicate the feeling of a physical gallery with sleek 3D

renderings, while others lean into the limitless possibilities of digital space, creating environments that could never exist in real life. This new way of exhibiting art is democratizing access, giving emerging artists an opportunity to be seen without waiting for a gallery's approval.

Where Art Meets Technology

One of the biggest drivers of this shift is the seamless integration of **art and technology**. High-resolution imaging, augmented reality (AR), and virtual reality (VR) are pushing digital exhibitions beyond static images on a screen. Some platforms now allow collectors to “walk” through galleries, view pieces in extreme detail, and even place works in their own living spaces through AR before making a purchase.

Artists are also experimenting with interactive and generative digital art, where pieces evolve over time or respond to viewer engagement. This level of innovation is creating a whole new dimension to collecting, making it about more than just ownership—it's about experience. The ability to interact with art in this way is drawing in audiences that might never have considered themselves collectors before.

The Shift in Art Collecting

For centuries, collecting art has been about tangible works—paintings, sculptures, and prints that could be physically displayed. But as digital art gains legitimacy, so does the idea of owning pieces that exist entirely online.

This shift is being fueled by blockchain technology, which has made digital ownership verifiable. Collectors can now buy, sell, and trade digital works with proof of authenticity, opening up a market that was previously limited by concerns about duplication and fraud.

At the same time, using AI to **translate video subtitles** in virtual art talks and exhibitions is making these experiences accessible to a global audience. With real-time translations, art lovers can engage with content in any language, further breaking down barriers between artists and collectors.

The Power of Immersive Experiences

One of the most exciting aspects of virtual galleries is their ability to create experiences that go far beyond what a physical space allows. Imagine stepping into a digital exhibition where paintings shift as you move closer, sculptures respond to your gaze, or entire environments change based on the time of day.

And in some spaces, viewers can even become part of the artwork themselves. Through motion tracking and interactive design, visitors can influence digital compositions simply by existing within them. This level of engagement adds an entirely new layer to the art experience, making it more personal, more dynamic, and ultimately more meaningful.

Are Traditional Galleries at Risk?

With the rise of virtual galleries, many wonder if **brick-and-mortar institutions** are becoming obsolete. But rather than replacing them, digital spaces seem to be complementing the physical art world. Many galleries and museums are adopting hybrid models, offering both in-person and

virtual exhibitions to reach a broader audience.

Collectors still value physical pieces, and for many, nothing compares to seeing a work of art in person. But the convenience, accessibility, and creative possibilities of virtual galleries are undeniable. What we're seeing isn't the death of traditional galleries—it's an expansion of the art world into spaces that never existed before.

The Future of Art Collecting

Virtual galleries aren't just a trend; they're a fundamental shift in how we experience and collect art. As technology continues to evolve, these spaces will only become more immersive, interactive, and innovative.

For artists, it means new ways to share their work without traditional gatekeepers. For collectors, it's an opportunity to engage with and own art in ways that were never possible before. And for the art world as a whole, it signals a future where creativity is no longer bound by walls but is instead limitless, accessible, and constantly evolving.

Photo by Steve Johnson via Pexels

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Comparing CBD and THC Hardware in Online Head Shops

Our Friends · Wednesday, March 5th, 2025

The rise of the hemp and cannabis industries has driven a surge in demand for vaporization hardware. As regulations evolve, more consumers turn to dry herb vaporizers, cart pens, and dab rigs for a controlled, smoke-free experience.

Online retailers, including [kings-pipe.com](#), have expanded their inventory to accommodate the growing variety of vaping devices tailored for both tetrahydrocannabinol (THC) and cannabidiol (CBD) users. While these active ingredients come from the same plant family, their hardware needs, pricing, and consumer preferences differ significantly.

Understanding these differences is key for buyers looking to invest in quality vaping products and for businesses aiming to stay ahead of market trends.

Product Categories: Devices for Different Consumption Needs

Whether it's oil, flower, or concentrate, vaporizer technology has evolved to support a range of

cannabis-derived products. While vape pens and e-rigs cater to various users, their technical features are often designed for specific compounds.

Hardware Used for Cannabidiol (CBD) Products

- 510 thread batteries – Designed for CBD vape cartridges, offering a discreet, portable solution.
- Dry herb vaporizers – Allow users to inhale cannabinoid-rich vapor from hemp flower without combustion.
- Dab pens – Used for wax, shatter, and crumble, creating an experience similar to dabbing without a torch.
- Portable vape devices – Lightweight, refillable, and designed for oil-based inhalation.
- Glass pipes and silicone bongs – Preferred by those who enjoy traditional smoking methods.

Devices Optimized for THC Concentrates and Flower

- High-end herb vaporizers – Advanced heating elements in brands like Pax or Storz & Bickel deliver precise temperature control.
- E-rigs and dab straws – Common for THC extracts, providing an intense, filtered vapor hit.
- Percolator bongs – Designed for cooler, smoother filtration when using high-dose concentrates.
- Smart vaporizers – Equipped with Bluetooth connectivity, allowing customized heat settings.
- Concealed cartridge vapes – Discreet 510-thread batteries with adjustable voltage settings.

Market Insights:

- The cannabis vaporizer industry reached \$5.7 billion in 2024 and is expected to hit \$38.6 billion by 2037.
- In the United States, the CBD vape market was valued at \$6.56 billion in 2022, projected to grow significantly by 2031.

Price Points: Cost of Entry vs. High-Tech Innovations

The price of vaporization hardware varies based on build quality, heating technology, and battery capacity. While budget-friendly vape pens dominate the entry-level market, high-end models with precision controls cater to experienced users.

Pricing for CBD-Compatible Devices:

- Basic 510 thread batteries: \$10 – \$40.
- Dry herb vaporizers: \$50 – \$150.
- Dab pens and wax vaporizers: \$30 – \$120.

Cost of Advanced Devices for THC Concentrates:

- Premium dry herb vaporizers: \$200 – \$500+.
- E-rigs and smart dabbing systems: \$100 – \$400.
- Percolator bongs and artisan glassware: \$80 – \$300.

Buying Trends:

- Users of tetrahydrocannabinol (THC) devices tend to invest in high-tech vaporizers with temperature adjustments.
- Those purchasing cannabidiol (CBD) hardware prioritize affordable, beginner-friendly options.

Consumer Behavior & Market Growth

Consumer demand for vaporizers, cartridge batteries, and portable rigs continues to expand. Both casual users and medical patients are driving sales, with THC concentrate vaporizers holding a 40% market share among vaporization devices.

What CBD Users Prefer:

- Typically seek low-heat vaporizers to preserve cannabinoids and reduce adverse effects.
- Commonly use devices for wellness applications, including stress relief and neuropathic pain management.
- Increasing interest in disposable vapes and hybrid cartridges due to convenience.

How THC Consumers Shop:

- Often purchase smart vaporizers with app-controlled settings for precise dosage.
- Greater willingness to invest in dab rigs and induction-heated e-rigs.
- Heavy focus on temperature-controlled devices to preserve terpenes and flavor profiles.

Market Expansion:

- The global vaporizer industry is expected to reach \$182.64 billion by 2030.
- In the U.S., sales of THC vaporizers rose 35% year-over-year due to legalization efforts.

Regulations & Legal Landscape

FDA Oversight on CBD Devices

- The Food and Drug Administration (FDA) does not regulate vaping devices for hemp-derived extracts under dietary supplements.
- However, lack of FDA approval means manufacturers must comply with state-level laws.

Restrictions on THC Vaporizers

- The Controlled Substances Act still classifies **tetrahydrocannabinol (THC)** as a Schedule I compound.
- Some states ban flavored cannabis vapes due to concerns over youth usage and side effects.

Innovations in Vaping Technology

Both CBD and THC vaporization hardware have seen rapid advancements. While early vape pens were basic, single-temperature devices, today's models offer customizable settings, terpene preservation, and precision dosing.

Emerging Trends:

- Wireless charging stations for vaporizers.
- AI-powered dosing for customized cannabinoid absorption.
- Self-cleaning atomizers to prevent residue buildup.

Future Expectations: Where the Market Is Headed

Projections for CBD-Compatible Devices:

- More compact, hybrid vaporizers that support both dry herb and oil.

- Increased affordability due to growing competition among manufacturers.

Innovations in THC Vaporization Technology:

- E-rigs with built-in extraction features, eliminating the need for separate tools.
- Luxury vape brands emerging with high-end materials like titanium and quartz.

Conclusion: The Shift Toward Smart Vaporizers

The demand for high-quality vaping devices is accelerating. While CBD vaporizers cater to those seeking wellness applications, THC-compatible rigs continue to dominate premium vaporization markets.

Online headshops play a key role in providing access to advanced hardware, from 510 thread batteries to portable dab rigs. As technology advances, expect even greater customization, safer heating methods, and better efficiency in the years ahead.

Photo by Pavel Danilyuk via Pexels

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The Power of Malachite Stones and How They Can Help Facilitate Healing

Our Friends · Wednesday, March 5th, 2025

Malachite is a striking green crystal that has been valued for centuries for its ability to promote transformation and well-being. Many believe that this stone holds deep spiritual energy, allowing it to support emotional balance, physical wellness, and personal growth. Those who incorporate malachite into their [healing stones collection](#) often experience a profound shift in their energy, helping them overcome challenges and embrace positive change. This gemstone has been used in various cultures throughout history, revered for its perceived ability to protect against negative influences and guide individuals toward self-discovery.

The Protective and Transformative Energy of Malachite

Known as the stone of transformation, many believe that malachite can shield individuals from negativity while encouraging inner strength. This vibrant crystal is thought to absorb harmful, dark energies, creating a protective barrier around the wearer. Many people use malachite to break unhealthy patterns, release emotional blockages, and step into a more empowered version of themselves.

Beyond its spiritual significance, malachite encourages change by fostering self-awareness. Those seeking personal growth often turn to this stone to support major life transitions. By holding or wearing malachite, individuals may feel more confident in facing challenges and making decisions that align with their highest good. The deep green hues of malachite are often associated with the heart chakra, reinforcing its reputation as a stone that helps individuals cultivate inner peace while letting go of past wounds.

The Physical Healing Benefits of Malachite

Many believe that malachite offers a variety of physical healing properties that can support overall wellness. It has long been associated with detoxification, circulation, and pain relief. Practitioners of crystal healing often recommend malachite for those dealing with inflammation, joint discomfort, or menstrual cramps.

Some of the ways malachite is used for physical healing include:

- Supporting immune function by encouraging the body to release toxins
- Helping ease muscle tension and joint pain when placed directly on the affected area
- Encouraging deep, restorative sleep when kept near the bed
- Enhancing circulation, which may aid in reducing fatigue and improving vitality
- Supporting hormonal balance, particularly for those experiencing menstrual discomfort

Because of its perceived detoxifying properties, some believe that malachite may help the body eliminate environmental pollutants. While not a substitute for medical treatment, this stone is often incorporated into **holistic wellness routines** to complement other healing practices.

Emotional and Mental Well-Being with Malachite

Beyond its physical effects, malachite is valued for its ability to foster emotional healing. Those struggling with anxiety, self-doubt, or past trauma may find comfort in this powerful stone. By working with malachite, many individuals experience a renewed sense of confidence and emotional resilience.

One of its most well-known properties is its ability to release deep-seated fears. This makes it a popular choice for those looking to move past limiting beliefs and embrace a more fulfilling life. Whether carried in a pocket, worn as jewelry, or used in meditation, malachite's energy is believed to encourage emotional clarity and stability.

Additionally, malachite is thought to help individuals establish healthier emotional boundaries. By absorbing negative energy and reinforcing inner strength, this stone may provide support for those navigating difficult relationships or stressful situations. **Many believe** that working with malachite regularly can lead to increased self-awareness and a much-improved ability to handle emotional challenges with grace.

How to Use Malachite for Maximum Benefit

To fully experience the benefits of malachite, it is important to use it with intention. There are multiple ways to incorporate this stone into a daily routine, allowing its energy to support healing and growth.

Wearing malachite as jewelry keeps its energy close, promoting continuous protection and balance throughout the day. Many people also place malachite near their workspace or in areas where they seek focus and clarity. Meditating with this stone can help individuals connect with their intuition and release emotional blockages. Some choose to sleep with malachite under their pillow to encourage restful sleep and insightful dreams.

It is important to cleanse malachite regularly, as it absorbs negative energy. Running it under lukewarm water, smudging it with sage, or placing it on a selenite charging plate can help maintain its effectiveness. Avoid prolonged exposure to water, as this can damage the stone's surface. Some individuals prefer to charge malachite under the moonlight, believing that this enhances its spiritual properties and restores its natural vibrancy.

Experience the Healing Power of Malachite Today

For those seeking transformation, balance, and protection, malachite serves as a valuable ally. This vibrant green stone offers both physical and emotional benefits, making it a cherished tool for those on a healing journey. Whether used in meditation, worn as jewelry, or placed in a sacred space, malachite continues to be a powerful resource for those looking to enhance their well-being. Start working with malachite today and discover the ways it can support growth and renewal in all areas of life. By incorporating this stone into your daily routine, you may find yourself feeling more grounded, empowered, and ready to embrace positive change.

Photo by Alexander Grey via Pexels

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The Top Ways To Generate Income From Your Email List

Our Friends · Tuesday, March 4th, 2025

In an age where digital marketing reigns supreme, the email list remains a potent tool for driving revenue. Savvy marketers and business owners understand that a well-maintained email list can become a revenue-generating asset. With the right strategies and execution, you can turn your list into a reliable stream of income. Keep reading to uncover the key tactics that will help you effectively monetize your email audience.

Monetizing Expertise Through Exclusive Email Content and Courses

Packaging your expertise into exclusive email content or educational courses can create a premium revenue stream. By offering specialized knowledge through insightful newsletters, in-depth guides,

or comprehensive online courses, you tap into subscribers' desire for advanced tactics. This exclusivity not only fosters community but also allows you to charge more, effectively helping you **monetize email list**.

Course launches, in particular, can drive significant revenue spikes when paired with a strategic email campaign. Building anticipation through testimonials and free samples enhances perceived value, leading to higher enrollment and earnings. Exclusive content boosts your authority, which can indirectly increase revenue through affiliate products, sponsored content, or direct promotions.

Harnessing the Power of Targeted Email Campaigns for Revenue Growth

Targeted email campaigns are designed to drive revenue growth by delivering personalized messaging to specific segments of your audience. By segmenting your email list, you can deliver targeted content that resonates with your audience, leading to higher open rates and improved conversion rates. These campaigns are effective in addressing subscribers' needs and interests, positioning your product or service as the best option.

Data collection is crucial for creating segmented lists that reflect your subscribers' unique identities. Engaging content, such as educational pieces, tips, and industry insights, can also set the stage for product recommendations, reinforcing trust and driving sales. This strategic approach ensures that every email sent reinforces trust and drives sales.

Crafting Irresistible Offers and Promotions to Drive Email Sales

An effective promotional email captivates the recipient's attention and compels action by creating offers that meet their interests and needs while conveying urgency. Personalization and combining value with scarcity can enhance the effectiveness of email marketing campaigns. Clear calls to action and visually appealing graphics are crucial for a compelling message.

The email's design should be intuitive and visually appealing to ensure readers can easily digest the message and identify the value proposition. Tracking campaign performance and analyzing key metrics allows for optimization of future promotions. Continuous refinement of offers will drive sales and subscriber satisfaction, cementing the role of promotions in email monetization strategy.

Advancing Your Earning Potential with Affiliate Marketing via Emails

Affiliate marketing is a powerful strategy that can be effectively integrated into your email list. By blending affiliate offers with your existing content, you can introduce your audience to products and services that provide mutual benefit. Choosing partners and offers that align with your readers' interests and values is crucial for maintaining trust and engagement.

Transparency is essential in building trust and ensuring your recommendations are trustworthy. An effective affiliate marketing approach involves incorporating affiliate links within your existing content, resulting in higher click-through rates without disrupting the user experience. Balancing affiliate revenue with delivering the content subscribers have signed up for is crucial for sustained engagement.

Leveraging Automated Email Sequences to Enhance Subscriber Value

Automated email sequences are a powerful tool that nurture and convert subscribers, providing consistent touchpoints throughout their journey. These sequences can boost the lifetime value of each subscriber and can be personalized by triggering emails based on specific actions or behavioral cues. For instance, a subscriber viewing a product page can receive a targeted email showcasing related items or a time-sensitive discount.

Drip campaigns are another example of automated sequences that maintain engagement and drive sales by delivering carefully curated content over time. Marketing automation tools provide robust analytics to optimize future sequences, ensuring each email is more effective than the last, solidifying automation as a cornerstone of monetization strategies.

Overall, email lists can be a valuable revenue channel when used wisely. By focusing on value, personalization, and strategic content delivery, you can enhance the profitability of your email marketing efforts and establish a competitive edge in the digital landscape. By implementing targeted campaigns and exclusive content, you can transform your list into a wealth-generating asset.

Photo by Anastasia Shuraeva via Pexels

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Resources for Caregivers of Family Members With Alzheimer's

Our Friends · Tuesday, March 4th, 2025

Acting as a caregiver for a family member with Alzheimer's disease can be a profoundly challenging and emotional journey. Understanding the illness, accessing care options, finding emotional support, and managing legal and financial affairs are critical elements of the caregiving process. Resources to aid in these facets are available, but often care providers may not know where to start. In this article, we explore comprehensive guidance and support networks available to those caring for loved ones afflicted by this debilitating condition.

Understanding Alzheimer's Disease: A Guide for Family Care Providers

Alzheimer's disease is a progressive neurological disorder that results in the loss of memory, reasoning, and critical cognitive functions. As care providers, it's crucial to understand the stages of Alzheimer's disease and how they influence behavior and care needs. Recognizing the early

signs can equip family members with valuable time to plan for the future.

Grasping the medical component of Alzheimer's disease is just the beginning. Families should also familiarize themselves with daily care strategies that can help manage symptoms. Simple routines and a safe home environment can significantly impact a loved one's quality of life.

Resources such as the [Fisher Center for Alzheimer's](#) provide invaluable information regarding research, treatment, and caregiving advice tailored to Alzheimer's disease. Educating oneself through such platforms can demystify many aspects of care and prepare care providers for the road ahead.

Community Resources and Support Networks for Alzheimer's Caregivers

Beyond personal support, community resources play a critical role in assisting caregivers of those with Alzheimer's. Local organizations, such as the [Family Health Center](#), often provide programs and services specifically designed for dementia patients and their care providers.

Respite care services can be lifesaving for care providers in need of a break. Whether it's through an adult day care center or temporary in-home care assistance, taking time to rest and recharge is crucial for maintaining the caregiver's health and well-being.

Alzheimer's advocacy organizations can be powerful allies. They offer a wealth of resources, from educational materials to insights on policy changes that can affect care. Participation in fundraising events and awareness campaigns can also be a form of support, uniting care providers in a common cause.

In-Home Support and Assisted Living

When caring for someone with Alzheimer's, deciding between in-home care and assisted living facilities is a significant crossroads. Both have their pros and cons, which should be weighed considering the patient's state and family circumstances. In-home care allows for a familiar environment but requires more hands-on management, whereas assisted living provides professional assistance in a dedicated setting.

Exploring in-home support services can be a feasible option for many, offering a semblance of independence to the patient while alleviating some burden from the caregiver. Assistance ranges from part-time help from medical professionals to full-time aid, depending on the level of care needed.

Conversely, assisted living may become necessary as Alzheimer's disease progresses. Facilities specializing in memory care can offer structured support tailored to the unique challenges of dementia. They often feature specialized programs and staff trained in dementia care, offering peace of mind to family members.

Emotional Support for Care Providers: Coping with the Challenges

The role of an Alzheimer's caregiver is often as emotionally taxing as it is physically demanding. Acknowledging [feelings of stress](#), grief, and exhaustion is paramount to a caregiver's emotional

well-being. Emotional support can be found through therapy, support groups, and caregiver networks.

Support groups, in particular, can serve as an important outlet. They allow care providers to share experiences and coping strategies, and to feel understood in a judgment-free space. Online forums and local meetups are both excellent resources for finding community and support.

Legal and Financial Planning Tools for Alzheimer's Care

Legal and financial planning are imperative for any family facing Alzheimer's. It ensures that the wishes of the person with Alzheimer's are respected and that the family is prepared for the financial implications of long-term care. Essential documents include powers of attorney, advance directives, and a thorough estate plan.

On the financial side, it's crucial to understand the costs associated with different care options and how to budget for the long term. This may involve tapping into savings, investments, or retirement funds, as well as assessing eligibility for Medicaid, Medicare, or other benefits.

Overall, Alzheimer's care providers do not have to face their journey alone. A myriad of resources is available to support them through every step, from understanding the disease to making informed care decisions and managing the emotional, legal, and financial complexities of caregiving. By tapping into these support systems, care providers can find the strength and guidance needed to navigate this challenging path with their loved ones.

Photo by Andrea Piacquadio via Pexels

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A Visit With Warhol Superstar Gerard Malanga

R. Daniel Foster · Tuesday, March 4th, 2025

Revisiting a legendary past, and one as alluring and dynamic as Andy Warhol's Factory era, is strewn with landmines. One explosive fact is that most of Warhol's superstars are dead. Edie Sedgwick. Candy Darling. Billy Name. Ultra Violet. Donyale Luna. Paul America. Ondine. Brigid Berlin. Andrea Feldman. Mario Montez. Jackie Curtis. Holly Woodlawn. All of them are gone, along with their recollection of that unprecedented era, albeit much has been preserved in vast Warhol archives.

Warhol, ever his own brand ambassador, saw to that.



Stills from Andy Warhol: Portraits of the Artist as a Young Man, 1964-1965. © Gerard Malanga / Courtesy The Waverly Press.

Among others, a key Warhol superstar remains: [Gerard Malanga](#), Warhol's chief assistant and collaborator for seven years during the 1960s. Malanga was Warhol's *Screen Tests* cinematographer, the eye behind the camera for nearly all of the approximately 500 three-minute films. *Screen Tests* were revealing portraits of visitors to the Factory studio, some of them famous. Malanga also co-directed, edited, and starred in several of Warhol's films, and helped with the Factory's operation, as well as contributing to its prodigious output.

Malanga famously put Warhol in front of the camera for a filmic portrait, mimicking a *Screen Test*. It's among the most remarkable cuts of film in the Warhol archives: *Andy Warhol: Portraits of the Artist as a Young Man* (1964–1965).

The film, along with three others, drew me to Pittsburgh in mid-December 2024. The Pittsburgh Cultural Trust [presented Malanga's 16mm works](#), newly transferred to 4K, in a world premiere at the Harris Theater. Pittsburgh is Warhol's birthplace.

Malanga, 81, was present, so the weekend was an opportunity to brush against the Warhol mystique, view some outstanding historical cinema, and hang out with one of the Factory's star

players.



Salvador Dalí & Gerard Malanga in a sequence from *Film Notebooks*, the Factory, 1966. © Gerard Malanga / Courtesy The Waverly Press.

A Teacher Sparks Malanga's Inner Poet

On the day of the screening, I met Malanga at a cafe in Pittsburgh's downtown Cultural District, a 14-block stretch of art galleries, theaters, and restaurants. Seated when I entered, Malanga wore a tweed jacket, fedora, crimson tie, and loafers without socks. A walker was placed next to him. I noted a medal pinned to his jacket that honored him as a Chevalier of Arts and Letters, awarded by the French Republic for his life's work. That work includes art created with Warhol, his poetry, and photographs of such notables as Robert Mapplethorpe, Iggy Pop, Allen Ginsberg, William Burroughs, and Roman Polanski.

Malanga started writing poems as a teenager, and has since published 27 books. While studying graphic art as a young man, he believed he would graduate and get a job on Madison Avenue, but a chance teacher, Daisy Aldan, sparked his interest in poems.

“We were reading Mallarmé, Baudelaire, Rimbaud, Lautréamont,” Malanga recalled. “She also had real poets come into our class: Anaïs Nin, Kenward Elmslie. I was fascinated. I moved from my desk in the back of the room to the front.”



From left: Andy Warhol, Nico, Danny Williams, Maureen Tucker, Sterling Morrison, Mary Woronov, Paul Morrissey, Lou Reed, John Cale, and Gerard Malanga (kneeling), Los Angeles, 1966.. © Gerard Malanga / Courtesy The Waverly Press.

Writing poetry became a constant in Malanga’s life, his singular passion.

On the subject of Warhol and his Factory days, Malanga was subdued, and in some ways detached, as if his extraordinary life had happened to someone else. I suspected I wasn’t going to get much about the countercultural excess, chaos, celebrity worship, and amphetamine-fueled free-for-all that is the legend of the Warhol Factory era.

Also seated at the table: [Anastasia James](#), a leading Warhol scholar and Pittsburgh Cultural Trust’s director of galleries and public art.

“Gerard is not nostalgic about his past,” James later told me. “Many of the other superstars mythologize a bit. Gerard doesn’t. It’s a straight remembrance, straight facts.”

Malanga Is as Close as You Can Get to Warhol

A Warhol scholar for two decades, James credits Malanga as crucial to her work. “He has been as close as I can get to Warhol,” she said. “I’ve gotten statements from him that I haven’t gotten from anyone else.” James has collaborated with Malanga for a dozen years, chronicling how his influence was integral to molding the Factory aesthetic.

Seated at the cafe next to James: her husband Dagon James, owner of [The Waverly Press](#). He handed me a copy of the recently published *Gerard Malanga’s Secret Cinema*, which documents nearly every movie Malanga created from 1964-71. About 200 photos are paired with Malanga’s film notes and recollections. The Waverly Press book, compiled and edited by Anastasia and Dagon James, was an extraordinary undertaking given that Malanga’s films were dispersed and needed to be tracked down.

Many of the films included in the book are of visits to the Factory—by Bob Dylan, Edie Sedgwick, Mary Woronov, Salvador Dalí, Jack Smith, Loulou de la Falaise, Candy Darling, Roger Vadim, Jane Fonda, and the Velvet Underground, among others.



Agneta Frieberg driving for a weekend with Gerard at Morty & Lita Hornick's estate in New City, NY, 1969. © Gerard Malanga / Courtesy The Waverly Press.

"I Just Had Fun Doing It."

Back at the cafe, Malanga said he never considered himself as a documentarian when working with Warhol. Film and photography "just seemed the natural thing to do," he said. "I wasn't doing it for any ulterior motive or career-building move. I just had fun doing it." Malanga, however, possessed an archival consciousness, a term writer and artist Charles Henri Ford ascribed to him. "That was a very good characterization of what I was doing," said Malanga, who lives in the Hudson Valley region.

It was Ford who introduced a 20-year-old Malanga to Warhol.

"Charles knew I had experience in silk screening," Malanga said. "I had a summer job, working for a successful textile chemist, Leon Hecht. He taught me how to silkscreen—we were silk screening 30 yards of fabric, cutting it up to make rooster ties which were very popular at the time."

Knowing his silk-screening experience, Warhol turned to Malanga at a poetry reading reception and asked, “Well, when can you come and work with me?” Malanga recalled. “Two days later on a Tuesday, I went to work with Andy. The first thing we silk-screened was Elizabeth Taylor’s silver portrait.” *Silver Liz* now resides at Pittsburgh’s Andy Warhol Museum, among numerous Elizabeth Taylor works Warhol created in the early 1960s.



Still photograph of Marie Menken & Gerard Malanga filming a scene from “The Gerard Malanga Story” reel in *The Chelsea Girls*, 1966. © Gerard Malanga / Courtesy The Waverly Press.

“I got there on time, it was a bright sunny day,” Malanga recalled. “Andy was renting a studio, an old building that used to be a firehouse on 87th between 3rd and Lexington Avenues.”

After finishing up with *Silver Liz*, Warhol and Malanga went to his mother’s house for lunch, two blocks away.

“The first thing out of Julia’s mouth was, ‘You are Andy’s younger brother.’” Malanga said. “Andy was practically laughing his head off in the background. I was sort of blessed by his mother, you know? She was absolutely wonderful; I got along so well with her. She had a great sense of humor and was smart as a whip. A very talented lady, an artist in in her own right.”

Julia Warhola (Warhol shortened his name in 1949) was born Júlia Justína Zavacká, and was raised by a peasant family in a village in what’s now known as Slovakia. After marriage, she emigrated to the United States in 1921. Malanga’s extensive recollections of Julia Warhola are found in a [2015 interview](#) with Berkshire Fine Arts.

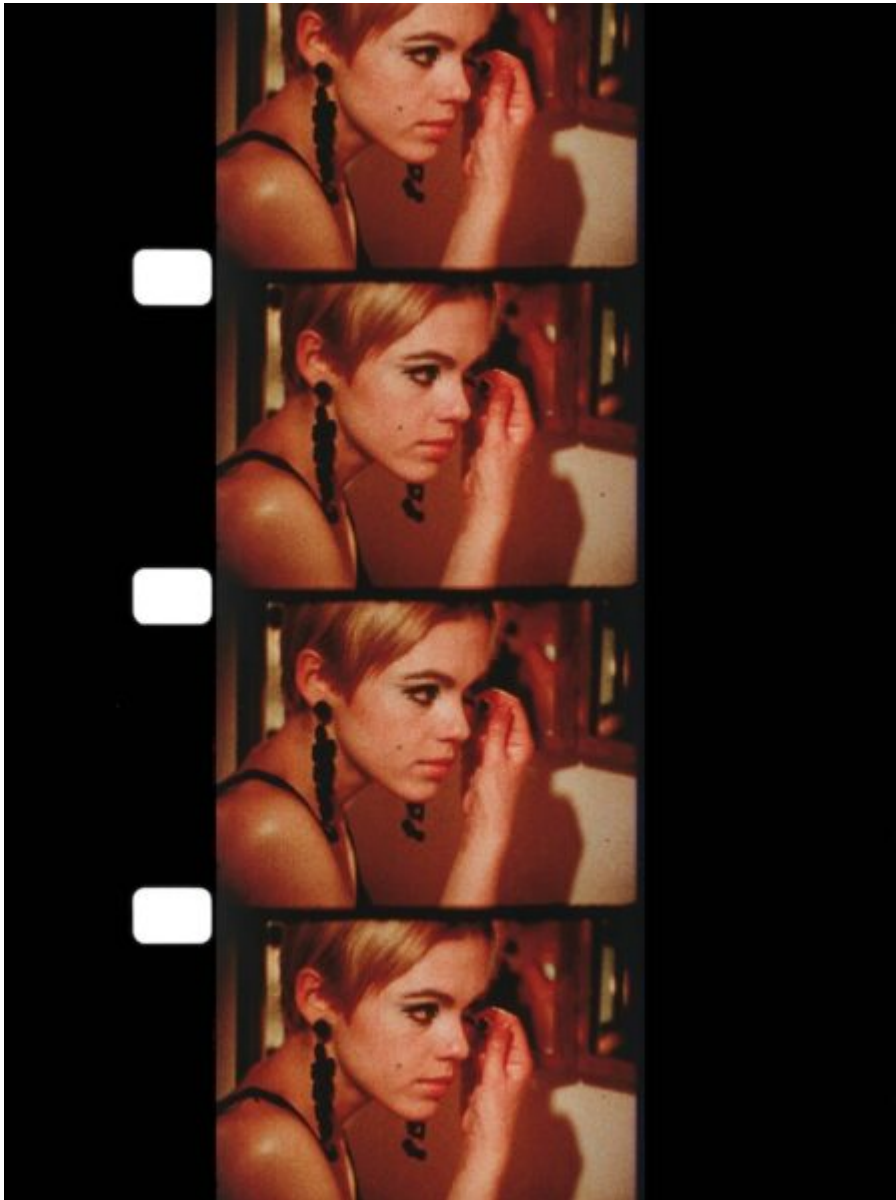
A Summer Job Became a Life-Defining Decade

Malanga faced a crossroads in the fall of 1963: end his summer job with Warhol and go back to school, or join the rising artist in Los Angeles for his second show at the Ferus Gallery on North La

Cienega Boulevard. The exhibit featured 23 Elvis canvases, including *Double Elvis*.

“I told myself that lots of people take a semester off,” Malanga recalled. “And so, I could do the same thing. Why not?”

Warhol, Malanga, Wynn Chamberlain, and Taylor Mead left for Los Angeles on September 24, 1963, the road trip taking four days, according to the website Warholstars. The previous year, Warhol had the first exhibition of *Campbell's Soup Cans* at Ferus, with five of the canvases selling for \$100 each, according to the Ferus Gallery website. The series became the defining symbol for pop art. They now sell for millions, with a top price of \$11.776 million for *Small Torn Campbell's Soup Can (Pepper Pot)*, purchased by Eli Broad. The painting can be viewed at the Broad Museum in downtown Los Angeles.



Stills of Edie Sedgwick filmed by Malanga, 1965. © Gerard Malanga / Courtesy The Waverly Press.

Seven years after the trip, which included filming an outré Tarzan and Jane film, Malanga was still working at the Factory, his summer job turned into a life-defining era. He left the Factory in 1970 to pursue his photography and other passions.

After returning to New York from Los Angeles, Warhol learned his lease would not be renewed on his firehouse studio space. “We spent over a month looking, in mid-October 1963,” Malanga said. “The clock was ticking; we had to find space. Andy and I hoofed the sidewalks, just searching.”

Warhol found a factory space across from the YMCA on East 47th Street, “which wasn’t a very arty spot, but I went along with it,” Malanga said. “Sure enough, it turned out to be ideal.” The space, a former hat factory, would be Warhol’s work studio for four years. “There was no electricity,” Malanga said. “There was a toilet, a sink, a broken mirror. That’s about it.”

Around the same time, Warhol and Malanga went to a party thrown by Billy Name at his East Village apartment. “He had sprayed his apartment silver, most of it,” Malanga said. “Andy liked that, so Billy came over a few weeks later and sprayed the studio silver.”

Warhol’s famed Silver Factory was born.



Bob Dylan and Gerard Malanga at the Factory, 1965. © Gerard Malanga / Courtesy The Waverly Press.

Was Malanga the Silver Factory Stud? “Not Exactly.”

Before Malanga's films were screened at the Harris Theater, I joined Malanga and Anastasia and Dagon James at a Thai restaurant. Archivists from the Andy Warhol Museum also joined us. I caught whiffs of gossip, the usual politics that surround large institutions, marveling at careers wholly built around the star, nearly 40 years after his death.



Gerard Malanga with the author. Photo: R. Daniel Foster

An image came to mind: Warhol's white-hot career as an explosion in space that happened more than half a century ago. The blast's aftermath continues to fall to earth—scholars, archivists and younger generations are still examining, analyzing, and musing about the shock wave that Warhol created.



Malanga & Donovan Leitch at the Factory in Gerard Malanga's Film Notebooks, 1966. © Gerard Malanga / Courtesy The Waverly Press.

At dinner, I turned to Malanga, bringing up a [Victor Bockris interview](#) I had read. Bockris stated that the Factory was always run by a “triangular power group,” the first being Ondine, Billy Name, and Malanga. He also termed Malanga as “the Silver Factory’s stud.” A bemused look crossed Malanga’s weathered face. “Not exactly,” he said. “That’s a little misleading.”

The Internet is strewn with scores of Warhol superstar interviews. As Anastasia James mentioned, some Factory players veer to mythologizing. But from photos, it’s undeniable that Malanga was a looker, one of the beautiful people Warhol drew to his inner circle. “He was unbelievably beautiful,” Bockris said. “The sort of beauty that he had, in his sort of Renaissance face, was drop dead sexy.”



Jane Fonda, Candy Darling, and Andy Warhol, 1969. © Gerard Malanga / Courtesy The Waverly Press.

Disrupting the “Trope of the Lone Auteur”

After dinner, we walked to the 1931 Harris Theater on Liberty Avenue; the venue is operated by the Pittsburgh Cultural Trust, which reopened the building in 1995 after extensive renovations.

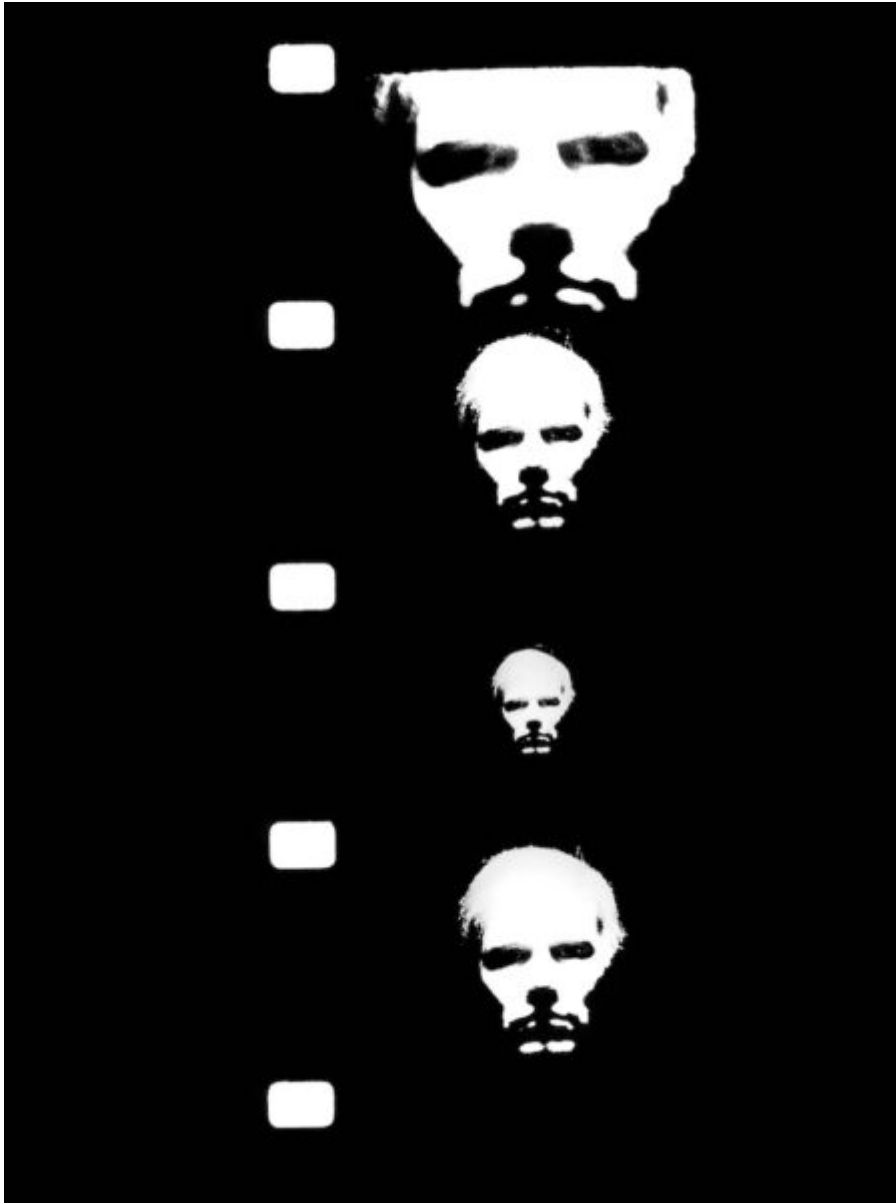
An assistant pushed Malanga in a wheelchair, cautious of rutted ice edging sidewalks. Malanga parked himself in front of the Harris marquee, ablaze with lettering: SECRET CINEMA WITH GERARD MALANGA. He snapped a few photos with his phone. It was a moment to memorize. I sensed the Warhol shock wave, the improbable blast of genius that still reverberates. Malanga adjusted his fedora, wheeling his chair back to get another angle, ever cued to visual aesthetics. There are only a handful of Warhol superstars left: Geri Miller, Viva, Max Delys, Baby Jane Holzer, Joe Dallesandro, and a few others. And then there is Gerard Malanga, who given his Factory stature, seems to now embody the bulk of the Warhol legacy.



Gerard Malanga at the Harris Theater for the screening of his films. Photo: R. Daniel Foster

Inside, nearly 200 seats filled the narrow space, some of them occupied by those in their 20s and 30s. It was gratifying to see a younger generation interested in Warhol—enough that they would come out on a cold winter's night to meet one of his star collaborators. And to see his films.

After introductions, the films rolled, offering a glimpse into the 1960s New York avant-garde scene. *The Filmmaker Records a Portion of His Life in the Month of August, 1968* included bikini-clad women frolicking in a field, soon becoming topless, and finally naked. *Film Notebooks, 1964–1970* was a restored compilation of footage from Malanga's personal archive. It's a document of Factory moments with Bob Dylan, Edie Sedgwick, and Salvador Dali, along with a performance by the Velvet Underground. Malanga's unique eye was evident, the way he lingered on Dylan's hands, how his shots were invariably unpredictable.



A still from *Andy Warhol: Portraits of the Artist as a Young Man*, 1964-1965. © Gerard Malanga / Courtesy The Waverly Press.

The third standout film was *Andy Warhol: Portraits of the Artist as a Young Man* (1964–1965). The 21-minute reel consists of seven three-minute sequences reminiscent of Warhol's *Screen Tests*. Warhol is the subject. The work is a rare unvarnished look into his persona. Warhol is seen in semi-profile, light sharply edging his face, which eventually bleaches to white. Through Malanga's lens, he looks like a god. Another segment shows him in sunglasses, his eyes barely visible, looking boyish with pouty lips.

In another segment, Malanga downlights Warhol's face. The camera zooms in and out, a technique accomplished by shooting one frame at a time. "A trick of the eye," Malanga later explained in a Q&A session. "I discovered the effect by chance."

As the image seemingly strobos, the effect grows hypnotic. Warhol's face shifts and morphs, resembling a skull or perhaps a monkey-like mask. It's a drastic contrast to the previous segment where Warhol looked Olympian. Here, Warhol at times turns grotesque.



Gerard Malanga preparing to shoot a scene for his Techniscope movie, *The Recording Zone Operator*, Rome, Winter, 1968. © Gerard Malanga / Courtesy The Waverly Press.

The film was shot as Warhol was fully becoming a pop artist, leaving his illustrator career behind. “You see his confidence emerging,” James said. “For me, it’s one of the most revealing and intimate portraits of Warhol that exists.”

The film alters the “trope of the lone auteur,” James said—the idea that a singular artistic vision produces a body of work. “Malanga’s films disrupt this assumption.” Boundaries of authorship are challenged, “demonstrating that two artists could engage in a collaborative relationship” while serving Warhol’s legacy and also being true to Malanga’s aesthetic. “Warhol never created a ‘self-portrait’ *Screen Test*, which he could have easily done,” she added. “Instead, he willingly became the subject of Malanga’s film.”



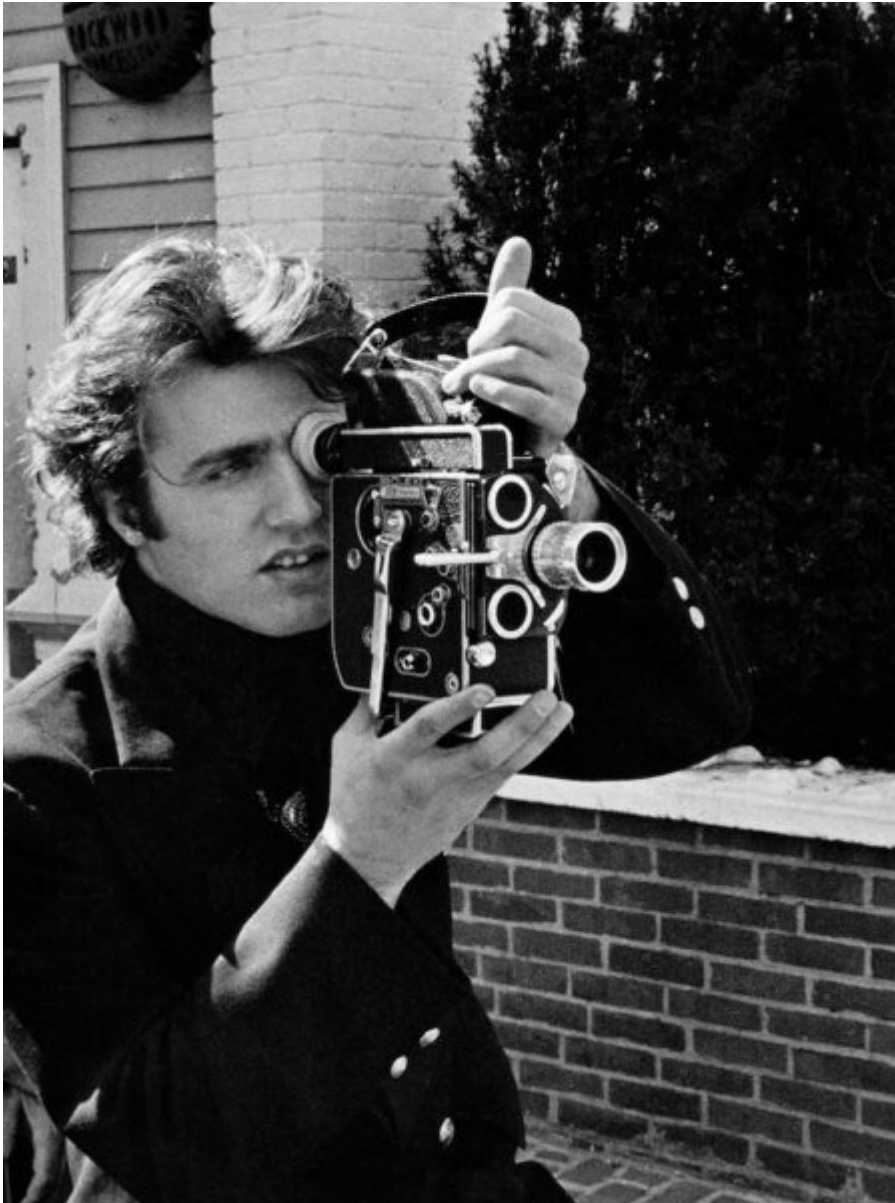
Gerard Malanga with a guest at his Harris Theater screening. Photo: R. Daniel Foster.

A Struggle for Recognition

The next morning at breakfast, I asked Malanga what he thought about the screening. “It was okay,” he said, ever reticent to reveal more of his thoughts. Through the weekend, I had a strong sense that he felt marginalized. I wasn’t sure if he simply believed he had never gotten his due, or if it was actual, that he had never been fully recognized in proportion to his Factory contributions.

Anastasia James filled me in.

“Gerard has really been marginalized in cultural history,” she told me. “All the collaborators in the Factory, they’re not often acknowledged, and there’s a variety of reasons for that. Even now decades later, Gerard struggles for recognition.”



Gerard Malanga filming *Preraphaelite Dream*, 1968. © Gerard Malanga / Courtesy The Waverly Press.

James first met Malanga in 2013 during an exhibition of Warhol's "The 13 Most Wanted Men," a commission for the 1964 World's Fair that sparked a scandal given its subject: enlarged mug shots of NYPD's most wanted criminals. Fair officials painted it over.

"We hit it off, and as I worked with Dagon, Gerard was always a part of what I was doing," James said. She and her husband view their new book, *Gerard Malanga's Secret Cinema*, as the completion of a trilogy of volumes about Warhol superstars, the others being *Brigid Berlin: Polaroids* and *Billy Name: The Silver Age*.

In many ways, the pair are Malanga's champions.

"Warhol had an overwhelming persona that eclipsed most of his collaborators," Anastasia James said. After the Andy Warhol Foundation and the Andy Warhol Museum were established, "it reinforced his genius, and sidelined his collaborators." In essence, the word "assistant" implies a lesser role, she added. "But they were contributors in their own right."



The book cover for Gerard Malanga's *Secret Cinema*, compiled and edited by Dagon James and Anastasia James. © Gerard Malanga / Courtesy The Waverly Press.

After the films concluded, I noticed a shy woman in her 20s holding a bouquet of flowers. She was edged into a corner of the lobby, waiting for the right moment to approach Malanga who greeted guests. After about ten minutes, she found her opening and rushed to him, pushing her bouquet into his arms. She expressed how much his films meant to her, and what a rare experience the night had been.

For a moment, the simple gesture of gratitude—for a man who helped Warhol become a supernova artist—seemed enough.

[Anthology Film Archives](#) in New York City will screen Malanga's films on May 10, paired with a selection of Roger Jacoby's films. In coordination with the Malanga Harris Theater screenings, Pittsburgh's Wood Street Galleries showed [three newly restored films](#) by Roger Jacoby, a gay experimental filmmaker who died from AIDS in 1985.

How 3D Medical Animation Can Reduce Anxiety Before Surgery

Our Friends · Tuesday, March 4th, 2025

Medical patients experience fear and uncertainty primarily due to the major nature of their upcoming surgical procedure. Anesthesia or incisions involved surgeries lead patients to experience high levels of anxiety. Most surgery patients have concerns about postoperative complications and recovery time together with their hope for positive surgical results. People develop these anxieties because they lack information regarding both surgical procedures and their successive operational steps.

The Role of Visual Learning in Patient Understanding

Healthcare consumers find it difficult to understand medical jargon and explanatory information delivered by doctors during clinical visits. The verbal information doctors provide proves beneficial yet insufficient for explaining the full surgical process to patients. Visual learning methods demonstrate their effectiveness by producing clear understanding of such content.

Medical animation acts as an effective facilitator which connects the understanding process of patients with medical professionals. The detailed accurate visual representations let patients view actual procedural demonstrations followed by area-specific illustrations regarding body impact areas and anticipated surgical effects. The visual images in animation present understandable versions of hard-to-grasp information which improves patient knowledge about their medical interventions.

How 3D Medical Animations Improve Clarity

Patient education succeeds to an advanced level through 3D medical animations that enable interactive immersive presentations of surgical procedures. 3D animations showcase an authentic dynamic version of bodily structures through their three-dimensional human body representation. Patients view surgical techniques through multiple perspectives because this visual representation gives them better understanding of upcoming surgical experiences.

The step-by-step procedural guides within **3D medical animations** provide patients with visual footage of their surgical steps to reduce their doubts. Patients develop control and confidence regarding their surgery when the procedure plays out in a step-by-step visual presentation. The reduction of patient anxiety from increased knowledge results in better preoperative mental state.

Building Trust Between Patients and Surgeons

Creating strong relationships between doctors and patients creates essential conditions which let patients feel at ease during treatment. Healthcare provider trust affects how much patients feel comfortable about their future surgical procedure. The most effective method for establishing trust

requires medical professionals to deliver precise information alongside educational materials to their patients.

The trustworthy bond between surgeons and their patients becomes stronger due to the implementation of 3D medical animations. Visual aids help surgeons showcase their medical skills and resolve all patient concerns regarding their procedure. Medical patients develop confidence about their healthcare providers because professional surgical explanations build their perception of expertise.

Reducing Preoperative Stress Through Knowledge

The absence of surgical information induces unwanted stress during the preoperative period. The unclearness about their surgical procedure causes patients to develop fearful worst-case predictions which results in elevated anxiety levels. The reduction of preoperative stress depends heavily on delivering detailed information which is easy to understand.

Hospitals and clinics can build up their pre-surgical care through the use of medical animation during patient consultations. Visual explanation content enables patients to feel less anxious and builds their preparedness when undergoing medical procedures. The information enhances their comfort level because understanding both the processes and their purpose leads to reduced anxiety.

Enhancing Patient Decision-Making

Medical procedures require patients to have complete knowledge about their treatment choices between options. The lack of certainty regarding available treatment methods makes some patients doubt whether to proceed with surgery. Patients who receive trustworthy healthcare information choose their treatments with better confidence.

Youthful patients who watch 3D medical animations find increased knowledge gives them better capability to make educated medical choices. Visual representation of procedure benefits and risks enables patients to formulate better questions so they can have significant discussions with doctors. Such implementation allows patients to maintain confidence in their medical decisions while reducing their anxious feelings.

A Positive Impact on Recovery

A patient's recovery process will respond directly to pre-surgical anxiety reduction methods. Strong stress increases both the vulnerability of one's immune system and delays the time needed to recover from surgery. Surgery recovery becomes smoother for those patients who approach the procedure with controlled emotions and sufficient knowledge about the process.

After surgery medical animations remain effective for explaining the recovery journey to patients. The adoption of post-operative care instructions by patients becomes more achievable when they understand how they should care for themselves following their operation. Such practices create superior patient recovery results while lowering the chance of adverse events which ultimately delivers improved care satisfaction to individuals.

Conclusion

The anxiety that many patients experience before surgery can be addressed effectively when

providers deliver sufficient visual medical animations that detail surgical procedures. These animations enhance surgical experiences through better patient comprehension together with enhanced healthcare provider trust relations and stress reduction both before surgical procedures.

Users exposed to trustworthy visual information about their procedures develop higher confidence levels in addition to feeling better prepared for medical operations. Medical animations create a significant transformation in patient surgical approach which results in enhanced treatment outcomes together with improved physical health.

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