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# Cultural Daily

Independent Voices, New Perspectives

## Plaiting Desire, Daring, and Dread

Ann Haskins · Thursday, April 3rd, 2025

Pastoral contemporary in a Hollywood canyon; ballet captures Shakespeare in Costa Mesa; crowd-favorite contemporary dance downtown; cultural reflections on contemporary dance in El Sereno, Pasadena, Long Beach, and downtown; art informed dance in Hollywood and downtown; new dance in progress in Atwater Village; dance infiltrated circus in Hollywood; more SoCal dance this week, plus a peek at next week.

### OC dance crosses the border

LA-based choreographers, Jessie Lee Thorne and Bret Easterling, each unveil a local premiere created for the vibrant OC-based contemporary company **Backhausdance**. Company artistic director Jennifer Backhaus contributes her often sly dancemaking with two repertory works to complete the program. Cal State University Long Beach, Martha B Knoebel Dance Theater, 6200 E. Atherton St., Long Beach; Sat., April 5, 2 & 8 pm, \$45-\$65, \$25 students. [Backhausdance](#).



Backhausdance. Photo courtesy of the artists

## With suspicious minds

Like *Othello*, the plot of Shakespeare's *A Winter's Tale* is fueled by jealousy, with the noble Leontes' misreading of his friend's concern for Leontes' pregnant wife unwinding everyone's lives (literally and figuratively). Rest assured choreographer Christopher Wheeldon's ballet version articulates Shakespeare's maneuverings to have everything turn right side out by the end of the third act. Created for Britain's Royal Ballet and the National Ballet of Canada in 2014, **American Ballet Theatre** now brings the ballet to SoCal for five performances. Reviews of the Royal Ballet performances found that in Wheeldon's hands, ballet solved various problematic staging issues in the play while giving a half dozen ballet stars ample dramatic and dance opportunities to make this a winner. ABT found past success with Wheeldon's *Like Water for Chocolate* and before that with his *Alice in Wonderland*. Is this an ABT/Wheeldon three-peat? Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa; Thurs.-Fri., April 3-4, 7:30 pm, Sat., April 5, 2 & 7:30 pm, Sun., April 6, 1 pm, \$44.07-\$157.07. [SCFTA](#).



American Ballet Theatre. Photo by Tristram Kenton

## To the garden

Joni Mitchell exhorted us to get back to the garden. Choreographer Jacob Jonas and the dancers of **Jacob Jonas The Company** are doing just that. Aptly dubbed *Gardening* and set in an outdoor amphitheater, the program offers a series of works in progress, including *Grip*, *Nature Sounds*, *While the IV Drips*, and the second part of *Keeping Score*, the choreographer's first work since returning from brain cancer and grappling with the effort to understand illness. Franklin Canyon, 2600 Franklin Canyon Dr., Beverly Hills; Sat.-Sun., April 5-6, 4 pm (walk at 2:30 pm) \$55. <https://jacobjonas.app.getcuebox.com/o/QB0Q71N5/shows/ZTBLWZZ8>



Jacob Jonas The Company. Photo by Jacob Jonas

## Dancing the gospel

The ever-popular **Alvin Ailey American Dance Theater** returns with two programs, each a combination of new work and repertory favorites. All shows close with the company's signature, Ailey's gospel-infused masterpiece *Revelations*. Program A also includes *Sacred Songs*, *Many Angels*, and *Treading*. Program B includes *Grace*, *Ailey Excerpts*, and *Cry*. Specifics at the website. Based in New York, AAADT currently is in the second year of an exclusive residency, so its annual SoCal visits are exclusively at this venue. Music Center, Dorothy Chandler Pavilion, 135 N. Grand Ave., downtown; Wed.-Sun., April 2-6, 7:30 pm, Sat. & Sun., April 5-6, 2 pm, \$49-\$179. [Music Center](#).



Alvin Ailey American Dance Theater in “Revelations.” Photo courtesy of the artists

### What’s new

Often drawing on her Turkish heritage, the adventurous, contemporary choreographer Seda Aybay and the dancers of her **Kybele Dance Theatre** offer two evenings of new works. Stomping Ground LA, 5453 Alhambra Ave., El Sereno; Fri.-Sat., April 4-5, 7:30 pm, \$25, \$20 students. [Kybele Dance Theatre](#).



Kybele Dance Theater. Photo by Yoshi Taniyama

### Into the theater

Known for presenting minimally staged events in non-traditional venues including parks and libraries, a welcome occasion finds **Benita Bike’s DanceArt** in a more traditional venue with a fully-staged performance of Bike’s contemporary danceworks. This concert includes the premiere

of *From Where I Sit*, and from the repertoire, *Off the Path*, *Aspects of Me*, *Griot Songs*, and *For Rose*. Dancers include Sarah Chan, Lauren Gold, Dakota Merritt, Dalya Modlin, and Emily Wallace. Lineage Performing Arts Center, 920 E. Mountain St., Pasadena; Sat., April 5, 8 pm, Sun., April 6, 3 pm, \$30 in advance, \$35 at door; \$20 students, \$23 at door. [Benita Bike's DanceArt](#).



Benita Bike's DanceArt. Photo by Dean Walraff

## Moving on up

His art installation *Drama 1882* just wrapped at MOCA's Geffen Museum in Little Tokyo. Now, just a few blocks up Bunker Hill, **Will Rawls'** *siccer* provides the artist's dance perspectives on the documentation and distortion of Black bodies. Using stop-action film that serves as a metaphor for gaps in surveillance. The title *siccer* references the Latin word "sic" that usually appears in brackets to indicate incorrect spelling, part of Rawls' exploration of inaccuracies in the depiction of Black bodies. REDCAT, 631 W. 2nd St., downtown; Thurs.-Sat., April 10-12, 8:30 pm, \$27. [REDCAT](#).



Will Rawls. Photo by Jared Sorells

### In the works

Organized by choreographers Kate Wallich, Stephanie Zaletel and Belize Wilhelm, this artist-run collective partners with the venue to “stir up deep dance discourse” in the LA dance community. The changing line up for the monthly Monday events concludes its spring season with contemporary dance through a Filipino-American lens from **Jay Carlon** and contemporary dance fused with street dance through a racial lens from **Tsiambwuom Akuchu**. In its short life, the series has proved a valuable addition to local dance with a preview of what some of LA’s cutting edge choreographers are up to. G-Son Studios, 3218 Glendale Blvd. (enter through the alley), Atwater Village; Mon., April 7, 7:30 pm, \$15. [WIP LA](#).



Jay Carlon. Photo by Nyah Rodriguez

## Shifting to the light

The weekend brings the actual performance of Doug Aitken’s *Lightscape*, but first, a free mid-week rehearsal preview. Aitken sets five dancers moving through a shifting visual and immersive sonic environment that requires dancers to make real time movement responses. The rehearsal includes a Q&A with movement director Daphne Fernberger and LADP dancers Lorrin Brubaker, Jeremy Coachman, Courtney Conovan, Audrey Sides and Hope Spears. *Open rehearsal* at LA Dance Project Studio, 2245 E. Washington Blvd., Arts District; Wed. April 9, noon, free w/reservation at [Tickets](#); Performance of *Lightscape* at Marciano Art Foundation, 4357 Wilshire Blvd., Hancock Park; W April 12, noon & 2 pm, free w/reservation at [Marciano Art Foundation](#).



LA Dance Project and Doug Aitken’s “Lightscape.” Photo courtesy of the artists

## Audience dance

Choreography from **Melissa Carvajal** and **Vicki Liv** enlivens the circus-themed musical *Adanza – Show Me Your Dreams*. Written and directed by Brooke Ferri and Joseph (Jilbér) Ferri, the show promises a new type of musical circus by adding dance and audience participation. Eastwood Performing Arts Center, 1089 N. Oxford Ave., Hollywood; Fri., April 4, 7 pm, Sat., April 5, 3 & 7 pm, \$46. [Adanza](#).





Adanza. Photo courtesy of the artist

### It's a ten

Ten performances, often including dance, each with ten minutes to showcase their talents. **Max 10** at Electric Lodge, 1416 Electric Ave., Venice; Mon., April 7, 7:30 pm, \$10. [Eventbrite](#).



Max 10. Photo courtesy of the artists

***A Peek at Next Week, 4/11 to 4/17***

**Wen Hui & Eiko Otake** — *What is War* at UCLA, The Nimoy, 1262 Westwood Blvd., Westwood; Thurs., April 17, 8 pm, \$38.08. [Eiko Otake / Wen Hui: What is War | Apr. 17, 2025 | CAP UCLA](#).

**Blue 13 Dance Company** at Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre; Sat., April 12, 2 & 7:30 pm, \$12-\$35. [Sierra Madre Playhouse](#).

**Parsons Dance Company** at Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Irvine; Thurs., April 17, 8 pm, \$34-\$130. [Irvine Barclay Theatre](#).

**A.I.M by Kyle Abraham** at The Wallis, 9390 N. Santa Monica Blvd., Beverly Hills; Fri., April 11, 7:30 pm, Sat., April 12, 2 pm, \$75.90-\$86.90. [A.I.M BY KYLE ABRAHAM](#).



A.I.M by Kyle Abraham. Photo courtesy of the artists

**Steph Dai and Sophia Oddi** — *Double Bind* at Highways Performance Space, 1651 18th St.,

Santa Monica; Fri.-Sat., Apr 11-12, 8 pm, \$25.63. [Highways Performance](#).

**Aimar Pérez Galí** with **Daniel Méndez Piña** — *A System in Collapse Is a System Moving Forward* at USC, Joyce J Cammilleri Hall, 3620 McClintock Ave., University Park; Wed., April 16, 7 pm, free w/reservation at [Visions and Voices USC](#).

**Esther Mira** — *Hellas* at The Broadwater Mainstage, 1076 Lillian Way, Hollywood; Fri., 7:30 pm, Sat.-Sun, 2 pm, thru May 11, \$25-\$30, \$20-\$25 students. [Tickets](#).

**Festival Ballet** — *Sleeping Beauty* at Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Irvine; Sat., April 12, 7 pm, Sun., April 13, 2 pm, \$54-\$74. [Irvine Barclay Theatre](#).

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## The Ultimate Guide to Energetic Self-Care for Frequent Travelers

Our Friends · Wednesday, April 2nd, 2025

Travel has its perks—fresh scenery, new connections, a break from routine—but let’s not pretend it doesn’t also mess with your system. Late nights, recycled airplane or car air, sketchy hotel beds, and disrupting your usual rhythm all have a real effect. Even if you’re great at keeping your skin hydrated and your carry-on stocked, energetic overload can still sneak in. You’ve probably felt that heavy, off-center feeling after a long-haul flight or a packed itinerary.

Physical rest helps, but it’s not the whole picture. You’re more than a body in motion. Your energy field gets just as exhausted as your muscles, and ignoring that invisible layer can leave you feeling foggy and drained. Frequent travelers are turning to tools like the [travel-friendly quantum bloc](#), among other wellness and holistic practices, to help stay centered. Whether you’re crossing time zones every month or just trying to stay balanced between layovers, tuning into your energy could change how you recover, recharge, and reset.

### Protecting Your Field in Crowded Spaces

Airports, train stations, and hotels carry the energy of everyone passing through them. You’re not just brushing shoulders with strangers but also soaking up all kinds of moods, stress, and vibes. Your system can register that noise even if you’re unaware of it. Suddenly, you’re irritable or tired for no clear reason.

You don’t need to avoid people to protect yourself. Start with small habits. Use tools that support your field, like grounding mats or small, frequency-based devices that help you maintain your energetic structure. Some travelers use charged crystals, while others prefer items specifically engineered for energetic balance. Whatever you choose, the goal is to stay connected to your baseline instead of blending with every environment you walk through.

## Keep Your Energy Moving—Not Just Your Body

Hours in a cramped seat can leave your physical and energetic systems feeling stuck. Movement matters here—not just for your circulation but for your overall field. Gentle **spine and muscle stretches** in your hotel room, walking barefoot on natural ground when possible, or even quick breathwork before boarding can make a difference.

You don't need a yoga mat or fancy gear. What you need is intention. A few minutes spent consciously moving your body and releasing stagnant energy can shift how you show up. Energy doesn't like being stuck—and neither do you.

## What You Carry Affects How You Feel

Your carry-on might be organized, but have you thought about the energetic frequency of what's in it? Objects can hold and emit energy, and what travels with you can either help or weigh you down. Scents, fabrics, and even the metal in your accessories can influence how grounded or overstimulated you feel.

Keep a few intentional items close. Maybe it's a small, charged object. Maybe it's a wearable energy tool. Avoid stuffing your space with things that feel chaotic or unnecessary. You'll feel lighter—and more like yourself—when your environment supports your frequency.

## Sound and Frequency as Reset Buttons

Music isn't just entertainment—it's vibration. Listening to certain tones, binaural beats, or healing frequencies can help shift you from travel fatigue into alignment. Plug in during your flight or train/car ride, play it in the hotel room, or start your morning with a few minutes of sound to clear your mental fog.

Not all frequencies are created equal. Look for tracks designed to balance brainwaves or support grounding. Sound can also clear energetic gunk picked up during transit. When you're tired of words and screens, let vibration do the work, as **music has indeed healing powers**.

## Energy Hygiene Isn't Extra—It's Essential

Just like you wash your face or brush your teeth, your energy field needs attention, too. Regular travel throws off your natural rhythm. If you don't reset your field, it starts collecting static from everything you interact with.

Try a short visualization before bed. Picture unwanted energy leaving your space. Some people use salt baths or even energy sprays when water isn't an option. You don't need to make it complicated; it must be intentional. Clean energy supports better sleep, easier mornings, and less post-travel fog.

## Reset to Realign

Travel will always bring a bit of chaos. But that doesn't mean you must carry that chaos home. When you support your energetic health as intentionally as your physical one, your entire travel experience shifts. You move through the world with clarity, better boundaries, and less exhaustion. Think of energetic self-care as your secret weapon—it keeps you connected to who you are, no

matter where you land.

*Photo: Kaboompics.com*

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## Becoming An Authority In Your Field By Getting Specialized Knowledge

Our Friends · Wednesday, April 2nd, 2025

No one is born an expert authority. The status is earned over a period of time and requires expertise of having a high level of knowledge in an area in order to be seen as the go-to-person in that particular field.

Not everyone can succeed as someone who is seen as the ultimate source of valued information without developing a strategy to position themselves as an expert.

That said, regardless of the competition there is always space for the best. You can manage perception among individuals you normally come in contact with in your business, from suppliers to customers to see you and seek you out.

Here are some tried and tested ways to become insanely knowledgeable about nearly any subject under the sun.

### Engage In An Online Master's Program

If you are dreaming big about your career goals by striving to become an expert in your field **advancing your knowledge with a master degree** program online will give you the skills to realise your true potential.

Online master degrees offer a flexible **learning experience** of students throughout the world to become leaders by accessing these high quality graduate programs to grow not only professionally, but to be recognised as well.

### Cultivate Expertise

In order to be a pioneer in your field, you must first cultivate a sound knowledge by staying abreast with the latest trends, research and development in that particular field.

Invest time in life-long self-learning through formal education or practical experience to make sure

that what you learn is relevant and comprehensive. This in turn will allow you to offer valuable advice and insight to others.

## Share your knowledge

Write a blog, give a lecture at a conference or make a contribution to industry publications is an ideal way to share your knowledge and expertise which is the key to establish yourself as an authority.

The main object should be to provide something of value to help others solve their problems through your content. This will go a long way in building a reputation as someone who is generous when it comes to sharing knowledge.

## Learn to adapt and innovate

To stay abreast in your field, you should be willing to adapt and innovate. Embrace change and be ready to expose yourself to different perspectives and experiences by reading blogs or podcasts that are outside your field of interest.

By being flexible and open-minded, you can anticipate strategies and trends accordingly to enhance your authority and at the same time ensure that your knowledge evolves with the times.

## What else you can consider

There are a few other **ways to become an authority in your field:**

- Share your interactions and insights with others to establish authority directly.
- Have other authorities point at you to call you an authority.

In the end, whichever method you choose, your aim should be to set yourself apart from the competition. Consider your uniqueness and strive to build that into your overall brand to get good rewards at the end.

*Photo: Mika Photogenius via Pexels*

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## Qualtrics Pricing Explained: Is It Worth the Investment?

Our Friends · Tuesday, April 1st, 2025

For businesses today, understanding customer experiences and feedback is paramount. Data-driven

insights are crucial for success, and specialized survey websites are widely used to collect these insights. While Qualtrics is a great option for businesses, potential users always ask how much it is a cost-effective option. In this article, we will discuss the pricing and decide whether it's worth investing in.

## Understanding the Pricing Model

As you explore survey tools, understanding their pricing model is vital. [Qualtrics pricing](#) is a bit different; it doesn't offer a free or flat-rate pricing model. Instead, it provides a customizable plan for diverse business needs. The cost varies depending on the user base, types of surveys, and features you need. This kind of flexibility guarantees that companies are charged only for what they require.

The starter package may be good enough for smaller enterprises. Typically, an entry-level plan covers basic functionalities such as survey creation, basic data analysis, and limited user accounts. When the business's needs increase, it might have to move to a more advanced package level. This commonly entails added features such as improved analytics, comprehensive reporting, and integration.

## Justifying the Cost of Qualtrics

Many businesses know that Qualtrics' wide range of features justifies its cost. Among them are the advanced survey creation tools. These tools enable users to create visually appealing and engaging surveys, which helps increase response rates. Furthermore, the platform's rich data analytical tools give actionable insights and assist in making better decisions for companies.

They have the potential to integrate with existing systems. This is even better when it comes to CRM systems, social media platforms, and other [data sources](#). With this capability, businesses can aggregate detailed customer experience data and develop strategies that always result in better outcomes.

Also, the platform provides excellent customer support. With a wide variety of resources, including tutorials, webinars, and dedicated support teams, users are always supported. Such a level of assistance ensures that businesses get the most bang for their buck by using the platform's capabilities to their maximum potential.

## Comparing with Alternatives

The survey tools market is very crowded at the moment, and comparing options is helping businesses select a better one. Other platforms are cheaper but don't provide the sophisticated features and support required to support larger teams. This platform is unique in that it provides everything, incorporating the maximization of customization.

Although cost matters, companies must also consider the immediate and future advantages of a good-quality survey tool. A feature-rich platform means accurate data collection, better customer experience, and higher revenue. Evaluating survey tools requires weighing these benefits against the cost.

## Is Qualtrics Worth the Investment?

For many, the price of the platform is justified. Such investment may be justifiable for organizations that are keen to extract enhanced learning from customer feedback and operationalize their processes. The customization feature enables businesses to pay for what they need, thus optimizing cost efficiency.

By contrast, small businesses on a budget might want to try low-cost options first before moving to an end-to-end solution. Before making an informed decision, consider the current needs and future growth potential.

## The Verdict

Qualtrics provides a flexible pricing model to suit different business requirements. Its diverse features, integrations, and good customer support make it a valuable survey tool. Although this tool can have a hefty price tag, the return on investment we can gain is always worth it in the long run.

Companies are required to evaluate their needs, budget restrictions, and overall goals before making a decision. This ensures that the selected survey tool meets current needs and allows for future scaling and success.

## Conclusion

Qualtrics is a great solution for businesses that are serious about understanding their customers. The platform's strength focuses on its adaptability, allowing you to tailor the tool according to your needs, which makes it a more efficient investment. Although budget-conscious businesses may want to explore more economical options, the long-term value proposition of Qualtrics becomes evident as businesses scale and require more detailed insights.

However, the decision completely depends on your organization's priorities. If you need complete data analysis, seamless integration, and responsive customer support, Qualtrics proves its worth. Assess your current needs and future growth to decide whether Qualtrics aligns with your strategic goals so you are investing wisely in your business's future.

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## Rituals Around the World: Unique Ways Cultures Honor Their Departed

Our Friends · Tuesday, April 1st, 2025

Death is a universal experience, yet the ways in which different cultures honor their departed vary widely across the globe. These rituals often reflect deeply held beliefs and traditions, providing



comfort and closure to those left behind. As societies evolve, new practices emerge, blending the old with the new. One such evolving practice is the consideration of **cremation plans**, which have become increasingly popular in many parts of the world.

## Traditional Burial Practices

In many cultures, traditional burial practices are a significant part of the grieving process. For example, in the United States, funerals often involve a wake, funeral service, and burial in a cemetery. Similarly, in many European countries, burial practices are deeply rooted in religious traditions, often accompanied by elaborate ceremonies.

Meanwhile, in countries like Ghana, funerals are vibrant celebrations of life. Coffins are often crafted in shapes that represent the deceased's life or interests, such as a fish for a fisherman or a Bible for a devout Christian. These unique practices highlight the importance of personalization in honoring the dead.

## Cremation and Its Growing Popularity

Cremation has gained popularity in many cultures due to its practicality and environmental considerations. In Japan, where space is limited, over 99% of the deceased are cremated. The ashes are then placed in a family grave or columbarium. This practice reflects the Japanese focus on family and the continuity of ancestral lines.

Similarly, in India, cremation is a traditional practice rooted in Hindu beliefs. The ceremony involves the burning of the body on a funeral pyre, symbolizing the release of the soul from the physical form. This ritual underscores the Hindu belief in reincarnation and the cyclical nature of life and death.

## Unique Cultural Rituals

Beyond burial and cremation, many cultures have unique rituals to honor their dead. In **Mexico, the Day of the Dead** (Día de los Muertos) is a vibrant celebration where families create altars adorned with photos, favorite foods, and mementos of the deceased. This festival reflects a view of death as a natural part of life and a time to remember and celebrate loved ones.

In Madagascar, the Famadihana, or "Turning of the Bones," is a ceremony where families exhume the bodies of their ancestors, rewrap them in fresh cloth, and dance with the remains. This ritual, performed every few years, strengthens family bonds and ensures the deceased's continued blessings upon the living.

## Modern Innovations in Memorialization

As societies become more interconnected, new traditions are emerging beyond cremation and other traditional methods. One such trend is the creation of memorial diamonds, where a portion of the deceased's ashes is transformed into a gemstone. This innovative approach allows families to keep their loved ones close in a tangible and beautiful way.

Another modern practice is the use of digital memorials, where online platforms serve as spaces for people to share memories, photos, and messages. These digital spaces provide a way for those unable to attend physical ceremonies to participate in the grieving process.

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## The Future of Funerary Practices

With the world currently in uncertain times, the way we honor our dead is continually evolving. The growing interest in cremation plans reflects changing consumer priorities, emphasizing sustainability and personalization. As we look to the future, it is likely that funerary practices will continue to adapt, incorporating both traditional elements and modern innovations.

In conclusion, rituals around the world offer a fascinating glimpse into how different cultures honor their departed. Whether through traditional burials, vibrant celebrations, or modern memorials, these practices provide an essential avenue for mourning and remembrance. As we continue to explore and respect these diverse traditions, we gain a deeper understanding of the universal human experience of loss and the enduring bonds of love and memory.

*Images at top (L to R): keesluising49 via Pexels/Canva, Sysoda Chau via Unsplash, Mehmet Turgut Kirkgoz via Pexels*

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## Church

Chiwan Choi · Tuesday, April 1st, 2025

*“Church” is the first piece from [Are You There, Ghost?](#), the newsletter from our Editor Chiwan Choi. He will be writing about his life of ghosts, visions & hallucinations. [Subscribe](#).*



Image from [Irish Dominican Vocations](#) blog.

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it was a sunday. it was a friday. there was a wednesday too, i'm sure. it could have been any day of the week because people seemed to gather any and every day of the week for church.

i was 7. i was 6. maybe 9. because the fact is i don't remember in ages, but in geography. i was paraguay at the time. sometime in 1975 to middle of 1980—my family living in a red house in asunción, paraguay.

my father was very involved with church, always off on some mission trip with the guaraní. i used to look at these photos all the time—color faded snaps of dad wearing the guaraní headgear and belts and standing by the piranha infest waters. there was also a lot of soccer, both the league the korean immigrants there had set up, bunch of middle aged men and their sons running around like some korean-paraguayan soccer version of the bad news bears, while the younger boys like me, not even teens yet, mimicking plays on the sidelines while our mothers cooked the 100 pounds of galbi.

then there was the one day where one of the younger men got upset over a perceived foul in mid-field and was berating a 50 year old man and my father ran up from his spot as a fullback and knocked the angry young man out with his right fist.

it's strange how sudden things happen. one second there is yelling, and the next, violence. everything is always followed by silence in one form or another.

the next day. or three days later. maybe it was a week.

i was on the floor counting and bagging the new buttons dad had made. my mom was on the

rocking chair near me. the young man from the soccer match showed up waving his gun and looking for my father. he wasn't home. my mother told him he could wait. he sat down, gun on lap. and waited. on a chair between my mother and me on the floor counting and bagging buttons.

and waited.

until he left.

\*

i want to talk about church because today is sunday. it has been raining a bit all night. now it's just gray and wet out. there is nothing quite like a gray wet los angeles morning.

i want to talk about a church on a night in paraguay and i will tell you it's a day and i will tell you i am a certain age and i will tell you things that i know i don't remember. it could have been a sunday but sometimes in the way i remember, like now with the sun peeking through the los angeles wet gray, the church feels like a wednesday night gathering.

there was a service happening, a mix of koreans and paraguayos in the congregation. my father is there. i want to tell you that he was the one at the pulpit but would you believe me?

then there was a silence. the one that comes after violence.

and a woman, naked, walking up the center aisle between the sets of pews.

she walked up until she was standing in front of the pulpit. i want to tell you that i remember a terror inside me, but i often feel nothing in the vicinity of death.

she stopped and laid herself face down on the ground, her arms spread out to show us her cross.

\*

i tell my therapist that when i try to remember paraguay i hardly ever see anything except myself—8 or 5 or 6 years old—sitting on the wall in front of our house. i am behind this boy me. i watch as he sits alone staring out into the street, hours and hours at a time, waiting for the sandía man to go by with his horse and carriage full of watermelon, the click clack of hooves on the road made of burning rocks, waiting for the floods, waiting for my father to return from his missions, waiting for the man with a gun, waiting for the dinosaurs from the sugar cane field, waiting for god, waiting for a naked woman showing me how to die, waiting for the post-violence silence, waiting for the pack of wild dogs that roamed our streets, waiting for the fire that ignites on my skin each night.

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(Featured image from [PickPik](#))

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## Alan Catlin: “Grade School Chaperoning Field Trips”

Alan Catlin · Monday, March 31st, 2025

### Grade School Chaperoning Field Trips

After Reading Erin Murphy’s “Vaughn”

There’s one in every class,  
 the kid no one likes.  
 The one who sits in the back  
 of the bus, by herself,  
 her legs crossed at the ankles,  
 looking out the window  
 at nothing, through way out  
 of style glasses frames.  
 The one who doesn’t get the jokes,  
 the homely girl, the one who had no BFF,  
 who has no one to draw heart’s  
 around and pretend she loves.  
 Or he is the overweight, quiet  
 boy, whose parents divorced when  
 no one’s parents did, who knows  
 all the answers but is afraid to  
 raise his hand in class, who the other  
 boys steal money from, who get beat up  
 but knows better than to tell by whom.

Like the girl at Frontier Town who wants  
 to buy something but is so small and  
 shy and unassuming at the back of  
 the souvenir seeking crowd,  
 no one ever sees her. Whose ten-dollar  
 bill I take and asking her if the Indian  
 maiden doll is cool and she shakes her  
 head, yes, shyly smiling and you buy it,  
 give her the change. On the way home  
 she still sits by herself at the back  
 of the bus but now she has a lovely  
 new toy to be with, is smiling instead  
 of aimlessly looking out the window.

Back at school, you can see how much  
 her momma loves her, how glad she is  
 her baby got a new toy.

I know how it feels to be the kid  
 no one likes. No one ever bought me  
 a toy but I got over it.

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*(Featured image from Pexels)*

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## The Future of Shredding: Innovations in Secure Document Destruction

Our Friends · Sunday, March 30th, 2025

We live in a digital age, but paper documents are still quite prevalent, making secure document disposal necessary. Document shredding is a sustainable and secure method of destroying and disposing of paper documents to protect sensitive data.

However, as technology progresses and the demand for more sustainable practices rises, more organisations are investing in eco-friendly [document shredding processes](#) and disposal methods.

### What is Secure Document Destruction?

Secure document destruction refers to the complete destruction of confidential documents to ensure they cannot be reconstructed or accessed. It is essential for data security to prevent data breaches and identity theft. Furthermore, data destruction is necessary for regulatory compliance.

### Importance of Document Shredding

Document shredding is one of the best methods to ensure your confidential documents are completely unreadable and destroyed. Not adhering to proper disposal methods could lead to unauthorised access, data breaches, identity theft and even legal steps such as fines.

Furthermore, your business could suffer financial losses and reputational damage due to unauthorised access to sensitive information.

### How Does Document Shredding Work?

The best method for businesses to shred confidential documents is to employ a document shredding service provider. Service providers pick up documents ready for shredding from your premises and take them to a secure shredding facility where they are destroyed.

There is also the option for on-site shredding, where a service company uses a mobile shredding service to shred documents on your property.

In both cases, you will receive a certificate of destruction, which proves that all your confidential data was destroyed and disposed of responsibly.

## Innovations in Secure Document Destruction

The future of secure document shredding involves technological advancements and security protocols involving eco-friendly solutions.



Documents ready for shredding. Photo: kanchanachitkhamma via Canva

*Here are a few future trends that are innovating secure document shredding as we know it:*

### **Improved Machinery**

Modern shredding machines offer enhanced security and efficiency and lower noise output. They can also handle large volumes of paper documents, ensuring complete document security.

### **AI and Automation**

AI applications are integrated into shredding service applications, allowing intelligent detection of document types followed by automated destruction. AI systems ensure that documents are shredded and virtually impossible to reconstruct.

### **Blockchain Technology**

Block Chain technology is a tamper proof tracking system, where destruction logs provide enhanced security protocols to ensure that all data is securely destroyed.

## **The Future of Document Shredding**

*Future trends in Document Shredding services involve a wider focus on security, efficiency and environmental sustainability:*

- **Sustainability** – Energy-efficient shredding machines are employed to reduce electricity consumption. Zero-waste practices involve recycling all materials for a more sustainable tomorrow.
- **Biometric Authentication** – Future shredding services may incorporate biometric authentication methods for precise security measures. The technology will enhance operational efficiency and reduce costs.
- **On-Demand Mobile Shredding** – Service providers will take mobile shredding to new heights with on-site, on demand shredding opportunities ensuring secure data destruction in real-time.

## Why a Document Shredding Service Provider is the Best Choice

Often, companies choose to shred their own documents and invest in a shredder for their offices.

However, as businesses grow and the need for shredding increases, many commercial shredding machines cannot keep up with the pace. This is in addition to the need for regular maintenance and replacement of expensive machines should they break.

Shredding service providers offer various services to suit your business's unique requirements regardless of its size. Service providers offer secure shredding methods on-site or off-site at regular intervals or on demand.

With a shredding service, you receive a certificate of destruction, which is a security protocol that states your documents are completely destroyed and irretrievable. Their machines use shredding methods that make documents irretrievable, which is not always the case with commercial shredding machines.

## In Conclusion

Technological advancements are driving the future of secure document destruction and shredding services. With enhanced security measures, more efficient shredding, and sustainable practices, the shredding service industry is adapting to more innovative solutions.

As document shredding evolves, staying informed about future trends ensures that you stay ahead of the game by [securing documents shredding processes](#) and promoting a sustainable tomorrow.

Photo at top: Ron Lach via Pexels/Canva

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# Protecting Your Community: How to Respond Effectively to A Hazardous Spill

Our Friends · Sunday, March 30th, 2025

A hazardous spill can happen quickly and unexpectedly. Various industries, such as industrial facilities, laboratories, transportation routes, and even residential areas, could potentially be at risk.

When these hazardous chemicals seep into the air, soil, and nearby water bodies, they pose an immediate risk to human health and the surrounding environment. This is in addition to hazardous chemicals or flammable or explosive agents.

Without a swift and effective **emergency spill response**, a hazardous spill could quickly escalate into something catastrophic and dangerous. One of the most pressing concerns with hazardous spills is how unpredictable they are, causing severe consequences.

Therefore, it is vital to understand all the dangers involved with hazardous spills and always to have a well-structured emergency spill response to maintain and mitigate any dangerous spills.

## The Elevated Dangers of Hazardous Spills

There is no measure of how dangerous and extensive a hazardous spill could be. These chemicals released during spills could have a myriad of effects on human health and the eco-system.

*A few human health concerns may include:*

- Respiratory issues from inhaling chemical fumes and gases.
- Chemical burns.
- Neurological damage from coming into contact with chemicals.
- Skin rashes, and irritation.
- Eye damage.

Besides the damage, a hazardous spill could wreak havoc on humans, and it also affects surrounding air, water bodies, soil and wildlife. Environmental impacts are equally severe, leading to contaminated water and soil, degradation of soil quality and severe health risks for animals.

## Effective Emergency Spill Response Methods for Hazardous Materials

The following emergency spill response methods for hazardous chemicals are crucial for minimising environmental impact and protecting the public's or your employees' health.

These methods involve a systematic approach that includes immediately identifying the substance, assessing the situation, and devising containment strategies to prevent further spreading. Proper clean-up and disposal are necessary, and appropriate techniques and materials must be used to mitigate the situation.

Remember that industries and businesses must train staff on the mitigation steps and proper procedures when a hazardous spill occurs.

Action must be swift and effective, as time is of the essence in an emergency spill response.

## Notification and Evacuation

In the case of a hazardous spill, the first step in the emergency spill response is to notify the relevant parties and to evacuate the area. All individuals in the vicinity of the spill must evacuate the area if necessary.

If the spill requires emergency services, contact them and notify them of the spill. In this case, identifying the severity of the spill and the chemicals is crucial to assessing potential dangers and mitigation steps.

## Assess The Spill

*As mentioned before, when taking any action, it is vital to assess the spill according to the following criteria:*

- The Quantity of the Spill.
- The location of the spill.
- The factors involved include elements in danger.
- The type of chemical.
- Any other chemicals or elements nearby that could cause an effect such as explosion or flame.

Fully understanding the hazards at hand is crucial for determining the appropriate response strategy and the appropriate emergency services to contact.

## Containment Measures

Spill containment measures should already be in place. However, if not, it is vital to establish strategies to contain the spill before it spreads quickly. Containment includes materials and methods of containing the spill.

Absorbent materials, spill booms, or even barriers are ideal for containing chemical spills, especially liquid ones. However, in the event of gasses, all windows and doors in the area must be closed, and the building must be evacuated.

## Personal Protective Equipment (PPE)

In most industrial work settings, employees are required to wear personal protective equipment (PPE). However, in the case of a chemical spill or hazardous spill, regardless of the PPE requirements, all emergency spill response personnel must wear PPE.

Personal Protective Equipment (PPE) such as gloves, masks, goggles, or even respirators are essential to protect individuals against toxic substances.



Hazardous waste removal. Photo: Smederavac via Getty/Canva

## Cleaning and Neutralisation

Only emergency spill response services or personnel must participate in the clean-up and neutralisation process. Other employees and bystanders must be evacuated and moved far away from the area. Suitable neutralising agents are used to render the hazardous chemical neutral.

This is then followed by a thorough clean-up procedure using absorbent materials and safe and neutral cleaning agents. All cleanup materials are then **disposed of correctly** and according to regulatory guidelines.

## Decontamination Process

After cleaning up, a decontamination process follows. This process involves decontaminating personnel, equipment, and areas involved in the spill and response.

It is a necessary step to help prevent further contamination, especially in the event that the emergency spill response was necessary for highly contaminating agents.

## Regulatory Compliance

A business or industry is required by law to complete an Incident report and response procedure with detailed records of the event and the mitigation process. Similarly, a risk assessment must be in place, along with records of all the actions taken and all involved.

This is necessary for residential and industrial areas to comply with local, state, and federal regulations to ensure legal and environmental accountability.

## To Conclude:

It is crucial to have a comprehensive and well-coordinated emergency spill response in place to manage and mitigate hazardous spills effectively.

Understanding the severity of the potential risks to humans and the environment from a hazardous spill makes a spill response strategy necessary.

Hence, by implementing proven response strategies, communities, employers, and employees can help protect public health and preserve the environment while maintaining their own safety.

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## Gluten-Free Protein Bars: A Healthy and Delicious Snack Option

Our Friends · Sunday, March 30th, 2025

In today`s fitness-aware world, many human beings are searching out [protein bars no gluten](#) that offer vital vitamins with out compromising on flavor or quality. Whether you`ve got got celiac disorder, gluten sensitivity, or absolutely choose to keep away from gluten, locating the proper protein bar may be challenging. Fortunately, there are lots of scrumptious and nutritious gluten-loose protein bars to be had that cater to numerous nutritional needs.

This article explores the blessings of gluten-loose protein bars, what to search for while selecting one, and a number of the great alternatives at the market.

### Why to Choose Gluten-Free Protein Bars?

#### 1. Safe for People from Celiac Disease and Gluten Sensitivity

For people with celiac disorder or gluten intolerance, eating gluten can reason critical digestive issues, inflammation, and different fitness problems. Certified gluten-loose protein bars make certain that you could experience a healthful snack without the hazard of gluten contamination.

#### 2. Easier Digestion

Even for the ones with out gluten sensitivity, fending off gluten can now and again cause progressed digestion, decreased bloating, and higher intestine fitness. Many gluten-loose protein bars use purifier elements which can be less complicated at the stomach.

#### 3. High and Best Quality Ingredients

Many gluten-loose protein bars are made with wholesome, natural elements like, nuts, seeds, plant-primarily based which contains totally protein, and herbal sweeteners, making them a more valuable and healthy preference than a few conventional protein bars that incorporate processed additives.

## Key Minerals in Gluten-Free Protein Bars

- **Best and High Quality Protein** – Look for protein reasserts like whey protein isolate, pea protein, brown rice protein, or egg white protein for muscle healing and sustained energy.
- **Healthy and Rich Fats** – Many gluten-loose bars incorporate almonds, cashews, chia seeds, or coconut, which offer vital healthful fat for mind and coronary heart fitness.
- **Fiber-Rich Components** – Fiber from reasserts like oats, flaxseeds, and phylum husk allows with digestion and maintains you feeling complete longer.
- **Low Sugar Element** – So many extraordinary gluten-loose protein bars use herbal sweeteners like honey, monk fruit, or stevia in preference to delicate sugars.

## What to Look for in a Gluten-Free Protein Bar

- **Certified Gluten-Free Label or Stamp** – Make sure that the product has been examined, tested and licensed to be 100% gluten-loose.
- **Minimum Artificial Ingredients** – Avoid bars with synthetic preservatives, colors, or immoderate sugar alcohols.
- **Good Protein Ratio** – If you`re the usage of it for muscle healing, select bars with as a minimum 15-20 grams of protein and a balanced quantity of carbs.

## Best Gluten-Free Protein Bars

### 1. RXBAR

- Made with egg whites, dates, and nuts
- No delivered sugar and excessive in protein
- Flavors like Chocolate Sea Salt and Blueberry

### 2. KIND Protein Bars

- Made with complete nuts and herbal elements
- Gluten-loose and excessive in fiber
- Available in scrumptious flavors like Peanut Butter Dark Chocolate

### 3. Quest Protein Bars

- Low-carb and keto-friendly
- Contains whey protein isolate for muscle healing
- High fiber and coffee sugar

### 4. GoMacro MacroBars

- Plant-primarily based totally protein (vegan and gluten-loose)
- Organic, non-GMO, and made with herbal sweeteners
- Great for people with nutritional restrictions

## Final Thoughts

Protein bars no gluten provides a safe, nutritious, and handy manner to gas your frame even as

keeping off gluten. Whether you want a post-exercise snack, a meal replacement, or an on-the-move strength boost, there are masses of extraordinary alternatives available. By deciding on a bar with terrific protein, herbal ingredients, and coffee sugar, you could revel in the advantages of a healthful and pleasurable snack.

*Photo at top: Anthony McGovern via Getty/Canva*

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## **Gain Brand Awareness When You Invest in a Franchise Business**

Our Friends · Sunday, March 30th, 2025

Trying to get your business name out there can be challenging, but by owning a franchise business, you're getting a brand name that carries a lot of weight and power in the business field. Franchising is a great way to reach your financial dreams and endeavors.

If you're an eager entrepreneur looking to reach your full potential, these lucrative industries make excellent investment opportunities.

Whether you're interested in learning more about [franchise technology solutions](#), optimizing your productivity in your business, or building a connection with your clients, franchising will help you achieve this.

As a franchisee, you'll gain access to the latest development trends and strategies to help grow your company. In this article, we'll explore the top reasons to invest in a trademark company.

### **Streamlined Processes and Strategies**

One of the key benefits of owning a franchise business is that you'll gain the best processes that have been tried and tested. The franchisor has looked into what systems work and which systems don't. This is going to help you grow a competent team that knows how to do their job and which processes to follow.

### **Thorough Digital Marketing Training**

Digital marketing strategies are a necessity for any business looking to succeed in this field. You must learn how to create a digital footprint and get your name out there.

When you become a trademarked owner, you'll be taught all about SEO strategies, keyword analysis, and how to use paid media in your company. This will help you to connect with your

clients and build a presence within the market!

## Help in Spreading the Brands Voice

Marketing and advertising are two very important pillars in any type of business. As a franchisee, you'll be able to get the most creative advertising content and unique marketing processes, and tools that you can use to spread the word about your franchise. With streamlined marketing practices, you'll reach more consumers.

## Detailed Staff Training Sessions

Gaining customer satisfaction can be challenging; this is why it's important to focus on training your workforce. Becoming a franchisee means you'll get all the training materials, handbooks, and manuals to ensure they're knowledgeable and competent.

This is going to keep your consumers coming back to the business and encourage them to tell their friends and families about your franchise.

## Get to Learn From the Best

Running your first franchise will come with challenges and hurdles, especially if you're new to a specific field. This is where your franchisor steps in and assists you. They'll educate you on the best leadership training programs and tools that you can use to elevate your company.

## Understanding Your Clients

You need to know who your main buyers are, what they're looking for, and what they're expecting in terms of pricing. As a franchisee, this knowledge will be handed down to you so that you can better understand your consumers. There are dedicated teams researching consumer trends and behaviors that will benefit your business and help you grow in the field.

## An In-Depth Understanding of the Market

If you want to be successful as a franchisee, you'll need to understand the market. This is where franchising comes into play. Your franchisor will help you identify threats to your business and teach you about the best tools to connect with your customers. This will broaden your perspective on the field and give you insights into which trends and strategies to use.

## Gaining an Established Social Media Presence

Social media is a powerful tool that you can use to connect with your customers.

Platforms like Twitter, Facebook, and Instagram can be introduced for you to answer any questions your clients may have.

This is where you can share any new product offerings and changes. As a franchisee, you'll gain an established social media presence that's going to help put your franchise on the map.

## Like-Minded Peers in the Franchising Space

Franchising is not easy, and there will be times when you'll be unsure of what to do. Luckily,

you'll get to become part of a community of franchisees all working towards similar goals and objectives. Here you can share any issues you're experiencing or try to adopt new strategies to grow your business. This will become a place for community and growth.

## Let's Wrap This Up!

Franchising will open so many doors for you. The key is to stay open to learning new things and understanding your market. As a franchisee, you'll gain the best digital marketing tools and strategies to grow your business. Whether you're looking for an [oil change franchise for sale](#) or a fast food restaurant, you must do your research before making any final decisions. With the right team behind your back, there's no limit to how far you can go.

*Photo at top Gustavo Fring via Pexels*

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## 10 Innovative Battery Solutions for Businesses Across a Variety of Industries

Our Friends · Sunday, March 30th, 2025

From construction and healthcare to hospitality and retail, efficient energy solutions are vital for ensuring smooth workflows and customer satisfaction. As technology advances, battery powered equipment is becoming increasingly common due to its portability, efficiency, and eco-friendliness. Whether you're running a high-tech facility or a small landscaping business, having reliable batteries can make all the difference.

Let's explore ten [battery solutions for businesses](#) in various sectors.

### Lithium-Ion Batteries for Construction Equipment

Lithium-ion batteries have revolutionized the construction industry, powering heavy equipment like forklifts, loaders, and even compact excavators. These batteries are lightweight and durable and provide long operational hours, reducing downtime on job sites.

- **Benefit 1:** Lower maintenance costs compared to traditional fuel-powered machinery.
- **Benefit 2:** Environmentally friendly with zero emissions.
- **Benefit 3:** Rapid charging capabilities for increased productivity.



## Portable Power Banks for Retail Stores

Retail businesses often need portable power solutions to keep devices like card readers, tablets, and digital signage running. High-capacity power banks ensure seamless customer service, even during power outages.

- **Benefit 1:** Avoid lost sales due to equipment downtime.
- **Benefit 2:** Enhanced mobility for pop-up stores or outdoor events.
- **Benefit 3:** Cost-effective and easy to transport.

## Deep-Cycle Batteries for Hospitality Businesses

Hotels, restaurants, and event venues can benefit from deep-cycle batteries for their backup power needs. These batteries are designed to provide consistent energy over extended periods, ensuring that operations continue smoothly during power outages.

With reliable backup power, businesses can maintain essential services, such as lighting, refrigeration, and HVAC systems, protecting customer satisfaction and business operations.

- **Benefit 1:** Reliable backup during blackouts.
- **Benefit 2:** Ideal for powering essential systems like lighting and refrigeration.
- **Benefit 3:** Long lifespan with proper maintenance.

## Solar-Powered Batteries for Eco-Friendly Businesses

By harnessing the power of the sun, these batteries store solar energy, which can then be used to power various business operations. This shift to renewable energy not only lowers your costs but also contributes to a significant reduction in greenhouse gas emissions.

- **Benefit 1:** Significant savings on electricity bills.
- **Benefit 2:** Supports sustainability initiatives.
- **Benefit 3:** Lowers dependence on traditional power grids.

## Battery Solutions for IT and Tech Companies

Data centers and tech offices require uninterrupted power for servers, workstations, and other critical equipment to ensure smooth operations.

UPS (Uninterruptible Power Supply) batteries provide instant power backup in case of outages, preventing data loss and equipment damage. These systems are crucial for maintaining business continuity and minimizing downtime, which can be costly for tech companies.

- **Benefit 1:** Prevents data loss during unexpected power failures.
- **Benefit 2:** Ensures continuous operation of sensitive equipment.
- **Benefit 3:** Customizable capacity for different business sizes.

## Battery-Powered Tools for Service-Based Franchises

Battery-powered lawn equipment is a game-changer for landscaping, gardening, or any [service-based franchise](#). Equipment like trimmers, mowers, and blowers now come with advanced battery options, making them quieter and more efficient.

- **Benefit 1:** Reduced noise pollution compared to gas-powered tools.
- **Benefit 2:** Lower operating costs without fuel expenses.
- **Benefit 3:** Lightweight and easy to handle, enhancing worker efficiency.

## Medical-Grade Batteries for Healthcare Facilities

Hospitals and clinics rely on medical-grade batteries to power essential devices like ventilators, defibrillators, and portable diagnostic equipment. These batteries are designed for reliability, ensuring that critical medical equipment remains operational during power disruptions.

- **Benefit 1:** Ensures patient safety with uninterrupted device operation.
- **Benefit 2:** Compact designs for portable medical equipment.
- **Benefit 3:** Stringent compliance with healthcare standards.

## Forklift Batteries for Warehousing and Logistics

Electric forklifts are powered by industrial-grade batteries, which are ideal for warehousing and logistics businesses. These batteries provide high performance and reduce operational costs, making them a more efficient and sustainable option compared to traditional fuel models.

- **Benefit 1:** Longer runtime for continuous operations.
- **Benefit 2:** Energy-efficient and low maintenance.
- **Benefit 3:** Eliminates the need for expensive fuel.

## Battery Solutions for Food Trucks

Food trucks require reliable battery systems to power cooking equipment, lighting, and refrigeration units. Lithium-ion batteries offer a compact and efficient solution for them, providing long-lasting energy without taking up valuable space.

These batteries also charge faster and have a longer lifespan, making them an ideal choice for food truck operators who need consistent power.

- **Benefit 1:** Silent operation, enhancing the customer experience.
- **Benefit 2:** Portable design for mobile setups.
- **Benefit 3:** Eliminates dependency on noisy generators.

## Rechargeable Batteries for Retail Electronics Sector

Retail businesses selling consumer electronics like phones, laptops, and cameras benefit from rechargeable batteries. These batteries are lightweight and efficient and often come with recycling programs for eco-conscious buyers.

- **Benefit 1:** Higher customer satisfaction with durable products.
- **Benefit 2:** Eco-friendly disposal options for used batteries.
- **Benefit 3:** Compatibility with a wide range of devices.

## Conclusion

Whether you're running a service-based franchise or a high-tech data center, investing in the right battery solutions for your business is crucial for operational efficiency and long-term sustainability. From lithium-ion batteries powering construction equipment to solar-powered systems for eco-

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friendly businesses, there's a solution tailored to every industry. By choosing modern battery solutions, businesses not only save costs but also contribute to a greener future. [Take the next step](#) in optimizing your operations with innovative battery solutions for businesses.

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*Photo at top: ThisIsEngineering*

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## How to Restore Pictures from Computer?

Our Friends · Sunday, March 30th, 2025

Did you accidentally delete pictures from your computer? What if those are important for your business or have some sentimental value? This situation can become devastating if you don't know how to restore pictures from a computer.

Read this blog to know how to recover accidentally deleted photos from your Mac or Windows computer. Moreover, also learn how **advanced photo recovery tool** can help you to recover lost/deleted photos.

## Restore Deleted Images from Windows Computer



Image: Stellar Data Recovery Inc.

Whether you lose photo files due to intentional or accidental deletion, corruption, or virus attack from your Windows PC, you may try the following methods to recover those photos. Moreover, stop using the drive from which you lost your photos in the Mac/Windows system, to prevent overwriting of data, which can reduce the chances of recovery.

### How to Recover Deleted Images from a Computer via Recycle Bin?

The very first place to look for deleted photo files is the Recycle Bin of your Windows system. If the file was recently deleted, you can find it in Recycle bin; however, the file stays in the Recycle Bin for approx. 30 days after which, it is permanently removed from your system. Here's how to restore deleted photos using Recycle Bin:

- Click on Recycle Bin icon to launch it.
- Look for the file you want to recover, right-click on it, and then choose Restore. The file will be restored to its original location.

**Note** – Pictures deleted using **Shift + Delete** key will not go to Recycle Bin as they are permanently erased from the system. To recover these permanently deleted files, you can use back up folder or a reliable photo recovery software.

### How to Recover Deleted Files from a Computer Via File History?

If you are someone who takes backup of their data, you can easily recover your deleted photo files. The File History feature of Windows 10/11 takes an automatic backup of your system data like photos, videos, audio, documents, etc.

However, File History needs to be enabled beforehand to create a backup of your files. Here's how to recover deleted photo files from File History:

- In the Windows Search bar at the bottom-left, type “*File History*.” Next, click Open Present under Restore your files with the File History option in the search result.
- From the File history records, choose the deleted photos you want to recover and click the Restore icon.
- The deleted photo will be restored to its original location.

## How to Recover Deleted Files from a Computer Using Previous Version?

Previous Versions are also called shadow copies that are actually the copies of the files or folders that Windows automatically save as a part of the backup restore point. These copies will be created only when you have enabled the File History feature on your Windows computer.

It means you can utilize Previous Versions to recover deleted photo files from your computer. Here's how to do it:

- Go to the folder in your Windows PC from where you deleted your photos. Right-click on it and select ‘Restore Previous Versions’.
- If there is any restorable version available, select the version you wish to recover. Click Open to view it and Restore to save it.

## Restore Pictures deleted from Mac

There are several methods to recover deleted photos from a Mac. You may restore your image from the Trash bin or if you have a backup, then recover it using Time Machine or iCloud.

### How to Recover Deleted Pictures from a Mac using Trash?

When you delete a file on Mac, it is moved to Trash and it stays there for approx. 30 days. After that period, it is automatically removed from Trash. You can restore these deleted photos from your Mac if you have not emptied the Trash. Here's how to recover deleted photos from the Trash:

- Click on the Trash icon on your Mac system to launch it.
- Search for the photo file you want to recover, right-click on it, and select Put Back to restore the file to its original location.

### How to Recover Deleted Images from a Mac Using a Time Machine?

If you are taking a backup of your Mac using Time Machine, you can easily restore your files. Moreover, if you have emptied the Trash bin, check the Time Machine to recover deleted photos. Here's how to do it:

- Click on the Time Machine icon present at the top of your Mac Home screen and select Enter Time Machine.
- Go back in time to search for the photos you wish to recover.
- Click on the photo and select Restore. Your photos will be returned to their original location.

### How to Recover Deleted Photos from Apple iCloud?

If you have enabled iCloud service to sync and save the backup of your Mac, use this backup to

restore deleted photos. Here's how to restore deleted images from iCloud Photos:

- Go to Safari or any other browser and open icloud.com.
- Login to your account using your Apple ID and password.
- Click on Photos and then select the Recently Deleted option from the sidebar.
- Select the photo you wish to restore and click the Recover option on the top-right. You can even browse the location to save the restored image on your Mac.

## How to Restore Deleted Images from a Computer Via Photo Recovery Software?

If you are without backup or have emptied your Recycle Bin or Trash folder, there is only one way to recover your deleted photos i.e., a deleted photo recovery software like Stellar Photo Recovery. This tool can easily recover permanently deleted photos, videos, and audio from Mac or Windows systems, memory cards, cameras, etc.

Stellar Photo Recovery can even recover deleted images in almost all data loss scenarios, such as accidental deletion, virus attack, formatting, corruption & human errors, etc.

### Here's how to use Stellar Photo Recovery software to restore deleted photos:

- Download and install Stellar Photo Recovery software on your Mac or Windows computer.
- Launch the software and select the location from where you deleted the photo. Click Scan.
- The scan process will begin and once it is completed, you can see the list of recoverable photos and can preview them.
- Select the photo you want to restore and click Recover. Browse and select the location to save the recovered photos.

## Conclusion

Restoring deleted photos can be troublesome if your images are not there in Recycle Bin or Trash or when there's no backup. In such a situation, the safest way to **recover deleted photos from computer** is by using professional photo recovery software, such as Stellar Photo Recovery. This is the best photo recovery tool to recover deleted or lost photos, audio, videos of all popular file formats from any device PC, laptop, smartphone, hard drive, and SD card, etc.

## FAQs

### 1. Can permanently deleted photos be recovered?

Yes, you can recover permanently deleted photos from your PC using robust photo recovery software such as Stellar Photo Recovery.

### 2. Can I recover deleted photos after overwriting?

There is no guarantee that you can recover overwritten photos because overwriting permanently deletes the existing data in most cases. However, Stellar Photo Recovery can help you recover overwritten Photos from your computer.

### 3. How to repair corrupt photos?

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To repair corrupt or damaged pictures, use a reliable image repair tool such as Stellar Repair for Photo.

*Photo: Jakub Zerdzicki via Pexels*

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