

# Cultural Daily

Independent Voices, New Perspectives

## Vermiglio

Elisa Leonelli · Thursday, November 14th, 2024

The Italian movie *Vermiglio* premiered at the Venice Film Festival, winning the Grand Jury Prize or Silver Lion “for its ability to portray the rural Italy of the past, while conveying emotions and themes that are universal and still relevant in the present day.” It was selected as Italy’s entry for International feature at the Academy Awards.

I saw it at the AFI Film festival in Hollywood, met writer-director [Maura Delpero](#) during and after the post-screening Q&A. *Vermiglio* will play in theaters in December. [Watch the trailer](#) with English subtitles.



Director Maura Delpero with the Silver Lion she has won this year at the Venice Film Festival  
(Photo: Andrea Avezzi/ La Biennale di Venezia foto ASAC)

*Vermiglio* is the name of the small village in the Italian Alps, Trentino-Alto Adige region, where the director’s grandparents raised their ten children.

**Q: What inspired you to make such a personal movie, about your family’s history?**

A: The inspiration for the film has been the most private one could ever imagine, because it has to do with the death of my father, who passed away in 2019. I came to LA and went to a lot of other festivals, I was traveling all around the world to introduce my first movie, *Maternal*, trying not to think about it. Then COVID came and it asked me to stop, and by stopping all this grief about my dad came out, so one night I had a beautiful dream about a little boy visiting me, who was my father. He resembled a photo of him I knew, when he was about 6 years old, playing in his childhood home in Vermiglio with his siblings, my aunts and uncles. So I began to write as a private way of overcoming this grief, but then I felt that there was something more there, more and more images came to me, so I thought, maybe there's a film there.



**Q: Why did you choose to set the story during the course of four seasons, in the years 1944 and 1945, before and after World War II?**

A: The period was suggested by this inspirational dream, because my father was little in those years. But I also found that it was particularly interesting to place the film in those transitional moments, the war and the peace, because it allows us to look at a recent past that still dialogues with us, it's not an ancient, exotic past, it's really the day before yesterday. You can see that the mother is my grandmother, the one who gave birth to my father, so there's still a relation, an inner dialogue. And you can feel it overall in all the female characters, that they are absolutely ancient, they belong to the codes of the period, which was a patriarchal society, but they are already willing to have an auto-determination. Of course, they cannot put it into action, because it's impossible, but you can feel it. For example, Lucia, the main character, begins as an old-fashioned country girl,

and through this tragedy, through the necessity of staying alive, she turns into a woman of our times, because she says goodbye to her childhood to go to work, and goes alone to the city. So she's kind of a metonym of this passage of time, look at what this woman is doing, why is she not in the kitchen, giving birth to ten children? I wanted to make a film that could go from the past to the modern, from the village to the city, from community to individuality.



Vermiglio-Pietro, Lucia © Cinedora

**Q: The father seems like an unusual man, an elementary school teacher in a small mountain town, with progressive ideas and cultural ambitions, despite never praising his wife's role as the mother of his ten children.**

A: Yes, he's a very strange figure, and he's inspired by my grandfather, because his roots are that of a peasant, but we never knew why he had this cultural interest, trying to get books and records to come from the city, like culture arriving to the top of the mountain. He's both ancient and modern, he's an outsider, because of his pedagogy; while at that time a teacher was hitting your fanny, he brings culture to the school, but at the same time he's really an old-fashioned pater familias. So he's a mixed character, that's why it was difficult to find the right actor. I spent a lot of time in the place with Tommaso Ragno, because most of the actors come from the area, but I asked him to come and stay in the bars with the people, because I was always telling him, you're special, you have this particularity, but you come from there, you're still a mountain man. So we worked a lot on this ordinary man that has something extraordinary.





Vermiglio-Ada © Cinedora

**Q: For me, since I was born in Italy only a few years after World War II, I recognized the struggle of Ada, Lucia's teenage sister, who feels guilty about her sexual desires, punishes herself by eating chicken shit, goes to confession to talk to the priest, but ends up choosing to become a nun.**

A: That's part of the life at that time, but also it's part of the gender, because Ada shares with the father the same erotic book, but for him watching that book means smoking a cigarette, for her it means eating chicken poop. So it's different, she doesn't allow herself to feel desire, because it's a Catholic world, in which female desire is not even imagined. You cannot talk about these things in this time, you cannot even tell clearly that you have menstruation (as younger sister Flavia does), because you think that your body is dirty. Ada does not want to marry because, when she gets pregnant and has a child, for forty days she cannot go to the church, the only place where she is listened to, which is incredible, you give birth and it's painful, and you also have to stay home, because you're told that you're dirty. Ada is very intense, but she cannot say or express what she wants, she's interesting because she has a lot of inner life, more than the others. The only other moment in which we can see her expressing a little bit more is when she meets Virginia, and there's this sexual attraction, but for me it's more a matter of solitudes, of outsiders that meet and find their place in a society in which it's difficult to find your own place. At the end Ada respects the codes of the time, but paradoxically she finds her freedom in the cloister, she finds what Virginia Woolf would have named "a room of her own," in a place that now we consider kind of a prison, but for her it's freedom, because otherwise she would maybe have married and had children, she couldn't have studied, and would not have been allowed to smoke at all. So in a way she is a very modern character, all her struggle has to do with the time, her gender and her intensity.



I will note that *Maternal*, the first feature film by Maria Delpero, was inspired by her own experiences as a teacher in Buenos Aires hogars, homes for teenage mothers often administered by nuns in Argentina.

I was aware of the Latin American tradition of *Cuarantena*, 40 days of post-partum bonding between mother and baby, but I never heard that it was practiced in Italy, where Quaresima refers to the 40 days of *Lent*.

One particularly lovely scene of *Vermiglio* for me, a classical music and opera lover, was when the teacher plays *The Four Seasons* violin concerto by Antonio Vivaldi for his young students, as a learning tool to appreciate the power of music.

Cineteca di Bologna presented an *homage to Maura Delpero* on November 7-8 by screening her two features and her two documentaries: *Signori professori* (2008), *Nadea e Sveta* (2012).

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# The 5 Best Outdoor Lighting for Garages, Shops, Backyards, and Parking Lots

Our Friends · Thursday, November 14th, 2024

After Halloween, the nights seem to come quicker, and adding an outdoor light to your garage or parking lot is crucial to improving safety during nighttime activities. Creating an effective lighting environment for outdoor areas like garages, stores, backyards, and parking plenty is essential for each capability and protection. With so many lighting fixture alternatives available on the market, choosing the best outside lights can be an assignment.

This article covers the pinnacle selections in outside lights, along with the fine **LED area lights**, flood lighting, and motion sensor lights to match numerous light situations. These pointers will help you reap the surest visibility, sturdiness, and performance for your outdoor areas.

## 1. Hyperlite Mars Series LED Flood Lighting

Features:

- High-lumen output for powerful illumination
- Integrated photocell for automatic on/off functionality
- Weather-resistant design suitable for outdoor use

Recommendation Reason: The Hyperlite Mars Series LED Flood Light is ideal for illuminating big areas which includes garages and backyards, specifically in low-mild situations. This light offers a power-efficient LED floodlight with excellent brightness, and the built-in photocell mechanically adjusts to lighting conditions, making it a handy desire for maintaining visibility and safety at night. Its durability and green electricity use make it a standout option for diverse light situations.

## 2. Hope Series Parking Lot Lighting

Features:

- High power output tailored for large open spaces
- Robust, weatherproof construction
- Adjustable mounting for versatile positioning

Recommendation Reason: Designed specifically for parking lots, the Hope Series provides powerful and wide-reaching illumination. Its advanced LED technology minimizes energy consumption while offering consistent light coverage. This series is highly recommended for parking lot lights, as well as for pole barn lighting or any area that requires reliable outdoor lighting. With its ability to withstand harsh weather, this option is a great long-term investment for large outdoor spaces.

## 3. Sirius Series LED Flood Lights

Features:

- Precision optics for focused lighting areas
- Energy-efficient LEDs

- Suitable for both commercial and residential applications

**Recommendation Reason:** For those looking to enhance outdoor security, the Sirius Series LED Flood Lights offer strong, directed illumination. These lights are well-suited for a range of outdoor environments, including backyards and garages, where focused light can help with visibility and safety. The energy efficiency and versatility of the Sirius Series make it an excellent choice for home and business owners who want reliable outdoor flood lights.

#### 4. Moon Series LED Wall Pack Lights

**Features:**

- Sturdy wall-mounted design
- High efficiency and longevity
- Provides a soft, even distribution of light

**Recommendation Reason:** Wall pack lights are essential for creating a well-lit perimeter around buildings, and the Moon Series LED Wall Pack is an excellent option. Its design allows it to be mounted securely on walls, making it ideal for garages and shops where light needs to be evenly distributed along the exterior. This option also works well as a motion sensor light, enhancing security by illuminating areas when movement is detected. Its efficiency and sleek design make it an ideal addition to any lighting environment.

#### 5. Hyperlite Post Top Lighting

**Features:**

- Safe to Install and Use
- Stylish and warm, can add a sense of atmosphere to the backyard garden
- IP65 Waterproof, ETL Listed & 3 Year Warranty

For open, high-ceiling spaces such as pole barns, these LED area lights provide a high level of illumination while keeping energy costs low. They are designed to cover large spaces with bright, uniform light, ensuring safety and ease of use in areas that require intense lighting.

### Choosing the Right Outdoor Lighting for Different Situations

When selecting outdoor lighting for garages, shops, backyards, and parking lots, it's essential to consider factors like brightness, coverage, weather resistance, and efficiency. The five products recommended here offer a range of features to suit different lighting situations:

- Flood Lights like the Hyperlite Mars and Sirius Series are perfect for bright, focused illumination in large areas.
- Parking Lot Lights such as the Hope Series are designed for wide spaces, providing broad and powerful light coverage.
- Wall Pack Lights offer effective perimeter lighting, ideal for security purposes around buildings.
- Pole Barn Lights are perfect for illuminating larger, high-ceilinged areas with minimal power consumption.

Each lighting type and design brings unique benefits, from creating a welcoming environment with

well-distributed outdoor garage lights to enhancing safety with LED flood lights and motion-sensor lighting. When choosing your outdoor lighting, consider the layout and specific needs of your space to ensure you get the best performance and value.

## Conclusion

Selecting the right outdoor lighting for your garages, shops, backyards, and **led area lights** can make a significant difference in both safety and aesthetics. The recommended options, from the Hyperlite Mars Series LED Flood Light to the Moon Series LED Wall Pack, provide efficient, reliable, and versatile solutions tailored to various outdoor lighting needs. Whether you're looking for powerful LED flood lights to brighten wide-open spaces, parking lot lights to cover large areas, or wall-mounted lights to secure building exteriors, each product brings unique benefits suited for different lighting environments. By investing in high-quality, energy-efficient outdoor lighting, you can enhance visibility, ensure security, and create an ideal lighting environment for any outdoor setting.

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## Roof Repair Costs in Corvallis: What Homeowners Need to Know

Our Friends · Thursday, November 14th, 2024

For Corvallis homeowners, understanding roof repair costs is a **useful source** of preparation, especially when the unpredictable Pacific Northwest weather is involved. Whether you've noticed a missing shingle, a pesky leak, or signs of more serious damage, you're likely considering how much roof repairs will cost. The expense can vary widely based on several factors, including roof materials, the extent of damage, and labor rates in your area.

### Typical Roof Repair Costs in Corvallis

The cost of roof repair in Corvallis can range from as low as \$300 for small fixes to upwards of \$5,000 for extensive repairs. For minor repairs like replacing a few shingles or sealing a small leak, you might expect to spend between \$300 and \$1,000. However, if there's significant structural damage or if the roof has reached its typical lifespan (usually 20-30 years for asphalt shingles), the costs can climb steeply. These costs are on par with what homeowners pay nationwide, but local labor rates and climate can sometimes add a small premium.

### Factors Influencing Roof Repair Costs

1. **Type of Roof Material** Corvallis residents use a variety of roofing materials, each with unique



repair costs. Asphalt shingles, the most common choice, are relatively inexpensive to repair, with costs averaging around \$5 to \$10 per square foot. Metal roofing tends to be pricier due to higher material costs, reaching \$10 to \$15 per square foot, and is more complex to repair, often requiring specialized contractors. Tile and slate, often used for their longevity and aesthetics, are even more costly to repair, sometimes reaching \$20 to \$30 per square foot.

2. **Extent and Complexity of the Damage** Roof damage varies from superficial issues like shingle wear to deep, structural issues like water damage that has seeped into the roof deck. The latter often requires a more involved (and therefore costly) repair. Minor repairs may involve replacing a few shingles or flashing around a chimney, costing several hundred dollars. However, water-damaged underlayment or sagging roof sections can multiply the cost, as these repairs are labor-intensive and may require new structural support.
3. **Roof Accessibility and Slope** Roofing contractors may charge extra if your roof is difficult to access, especially if steep slopes or multiple stories are involved. Roofs with a slope greater than 30 degrees are considered more hazardous and challenging to repair. For these roofs, expect additional labor costs due to the need for safety equipment and extra crew time.
4. **Weather Conditions and Seasonality** Weather conditions in Corvallis can influence repair timelines and costs. The wet winter months create more demand for roofing services, potentially leading to higher labor costs. Scheduling repairs in the summer or early fall can often result in lower prices and faster project completion.
5. **Permits and Inspection Fees** In Corvallis, specific repair projects require permits, particularly those affecting a large portion of the roof or altering structural elements. Permit costs are typically in the \$50 to \$150 range, and inspections might add to the overall expense. Your roofing contractor can advise you on what permits are necessary for your project.

## Common Roof Repair Types and Costs

Roof repairs can vary significantly in terms of materials, techniques, and labor. Below are some common repairs and their typical costs:

### 1. Shingle Replacement

Asphalt shingles are affordable and easy to replace, with individual shingle replacement costs ranging from \$150 to \$400, depending on the quantity. For roofs with significant shingle damage, you may need to budget closer to \$1,000.

2. **Fixing Roof Leaks** Leaks are among the most common issues homeowners face. Repairing small leaks costs between \$300 and \$800, depending on the source and extent of damage. Leaks at flashing points (like chimneys and skylights) often require re-sealing, while more serious leaks may need new shingles or underlayment installation.

3. **Replacing Flashing** Flashing is vital to prevent water from entering at roof joints and penetrations. Replacing flashing costs between \$200 and \$500, depending on the materials used and the complexity of the roof. Regular inspection of flashing can prevent costly water damage and leaks.

4. **Repairing Gutter Systems** While not strictly part of the roof, gutters play a crucial role in maintaining roof integrity by directing water away from the home. Basic gutter repairs or replacements generally cost between \$150 and \$400. For seamless gutter systems or custom configurations, costs can reach up to \$1,200.

5. **Structural Repairs** Extensive water damage, rot, or sagging in the roof deck may require structural repairs. Such issues can cost between \$1,500 and \$5,000, depending on the extent of the damage. For severe issues, contractors might need to install new rafters, which adds to the overall cost.

## How Roof Material Affects Repair Frequency

1. **Asphalt Shingles** Asphalt shingles generally last 20 to 30 years, but may require periodic maintenance and minor repairs every 5 to 10 years due to cracks, curling, or granule loss.
2. **Metal Roofing** Metal roofs can last 40 to 70 years with minimal maintenance. However, if rust develops, repairs may be costly and involve sealing or even panel replacement.
3. **Tile and Slate** Tile and slate are extremely durable, lasting 50 to 100 years or more. While these materials are resistant to weathering, individual tiles may crack or break, often from impact damage, requiring specialized repair.

## DIY vs. Professional Repairs

Basic tasks, like replacing a few shingles, can be handled by some homeowners with the proper safety equipment and tools. However, more complex repairs should be left to licensed professionals. Attempting major roof repairs without experience can lead to injury and further damage, ultimately increasing the repair costs. Furthermore, professionals can identify potential issues beyond the surface, which may save homeowners money in the long run by preventing future problems.

## Tips for Keeping Roof Repair Costs Down

- **Routine Maintenance:** Simple maintenance tasks like clearing gutters, inspecting flashing, and removing debris can prevent costly repairs.
- **Act Promptly:** Addressing minor issues early can prevent them from becoming major repairs.
- **Schedule Inspections:** Professional inspections, especially after major storms, can help catch potential issues before they escalate.

## Conclusion

For Corvallis homeowners, understanding roof repair costs and preparing for eventual repairs is essential to protect your investment. While some repairs are manageable, complex issues often require a professional. By taking care of minor issues early and scheduling regular inspections, you can extend the life of your roof and avoid costly, unexpected repairs.

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## Effortless Chic: The Bèis Backpack in Beige

Our Friends · Thursday, November 14th, 2024

Traveling, commuting, or running errands in style requires a bag that is as functional as it is fashionable. The Bèis Backpack in Beige is the ultimate blend of elegance and utility, designed to

complement any outfit while meeting the demands of an on-the-go lifestyle. Its minimalist aesthetic, spacious compartments, and thoughtful features make it a must-have addition to any wardrobe. Here's why this backpack from Bèis stands out as a chic and practical choice for every occasion.

## The Perfect Bag For Any Occasion

The Bèis Backpack in Beige is more than just a bag—it's an all-in-one solution for your daily needs, whether you're heading to the office, traveling, or simply enjoying a day out.

- **Stylish Versatility:** With its sleek and neutral design, the Bèis **backpack** seamlessly transitions between settings, making it perfect for both casual and professional environments. The beige color is modern, sophisticated, and pairs effortlessly with any wardrobe, adding a touch of understated elegance to every outfit.
- **Ideal for Travel:** Designed with travelers in mind, this backpack is part of Bèis's **womens travel bags** collection, built to withstand the demands of frequent trips. It provides ample space for essentials, including tech devices, toiletries, and extra layers, while fitting comfortably under an airplane seat, making it the perfect carry-on companion.
- **From Office to Weekend:** The Bèis Backpack isn't just for travel—it's equally suited for the workplace or a weekend adventure. With a spacious interior and organized compartments, it can handle everything from work essentials to gym clothes, giving you one bag for every part of your day.

## Unpacking The Bèis Backpack

The Bèis Backpack in Beige is thoughtfully designed to ensure functionality without sacrificing style. Its impressive range of features sets it apart from other bags, making it a true game-changer for anyone seeking a reliable, multipurpose travel backpack.

- **Spacious, Organized Interior:** The backpack offers a roomy main compartment with strategically placed pockets to help you stay organized. There's plenty of space for everything you need on a daily basis, from notebooks and water bottles to chargers and snacks. Plus, the well-placed compartments allow you to quickly locate what you need without the hassle.
- **Laptop-Friendly Design:** For professionals and students alike, the Bèis Backpack includes a padded laptop sleeve that fits most standard-sized laptops. This feature ensures that your device stays secure and protected, making it ideal for work commutes or study sessions at the local café.
- **Comfort-Focused Details:** Built with comfort in mind, this **travel backpack** features padded shoulder straps that evenly distribute weight, making it comfortable to wear for long periods. The lightweight structure ensures that even when it's full, it won't strain your shoulders, making it an ideal choice for city explorers and travelers alike.
- **Durable and Stylish Exterior:** Crafted from high-quality materials, the Bèis Backpack is built to last. Its sturdy construction and durable fabric make it resilient against everyday wear and tear. The beige color, combined with the elegant yet minimalist design, keeps it looking chic and fresh for years, even with regular use.
- **On-the-Go Accessibility:** For those always on the move, this backpack offers easy-access exterior pockets, perfect for essentials like your phone, passport, or keys. These pockets provide secure yet convenient storage, allowing you to keep important items within reach.

The Bèis Backpack in Beige isn't just a bag; it's a statement piece that brings together form and function. Whether you're looking for something to enhance your travel experience, a stylish option

for work, or simply a reliable daily companion, this backpack delivers on all fronts. As part of Bèis's collection of womens travel bags, it embodies the brand's commitment to creating pieces that are equal parts style and practicality.

So, if you're ready to elevate your accessory game with a bag that can handle every aspect of your life, look no further than the Bèis Backpack in Beige. Effortlessly chic and highly functional, this backpack is truly the perfect choice for any occasion.

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## 8 Essential Tips for Flower Arrangement Beginners

Our Friends · Thursday, November 14th, 2024

Flower arranging is both a timeless art and a rewarding hobby that can instantly brighten a room, uplift your spirits, or make any occasion memorable. While mastering the perfect floral arrangement may seem challenging to beginners, the proper techniques and a touch of creativity can turn a simple bunch of flowers into a stunning masterpiece. Whether you aim to enhance your home's aesthetic, gift someone a thoughtful creation, or simply indulge in a relaxing activity, these essential tips will guide you to success with flower arranging. The charm of crafting **farm-fresh flower bouquets** lies in the blooms and the artistry you bring to each unique creation.

### Choose the Right Flowers and Greens

Every floral designer has a story to tell about creating a beautiful floral design by choosing the right flowers and greens to use. Choose flowers of different colors, forms, and sizes, including greens and filler flowers. For instance, high flowers such as delphiniums or snapdragons may enhance the height, and full flowers such as roses or carnations can be used in the middle as they are attractive. The availability of plants like eucalyptus or ferns also gives texture and contributes to the spaces between the flowers, making them look fuller.

Carefully choose flowers depending on the event and the kind of atmosphere you wish to create. A subtle hue makes for a pastel look, while a vibrant hue makes for a loud look. Just remember that different flowers wilt at different rates; thus, choosing flowers with similar rates of wilting will keep your flowers fresh for longer.

### Prepare and Care for Your Flowers

It is important to note that before arranging, one must have well-arranged and well-taken flowers. First, remove the **stems at an angle of 45 degrees** using clean and sharp scissors or a knife to increase the surface area of the stem that comes into contact with water. Trim off any leaves or

foliage parts that are going to be submerged in the water in your vase since this water promotes bacterial growth and shortens the vase life of your flowers.

Flowers need fresh water to maintain their color and appearance. Replace the water in your vase every 48 hours and trim the stems before placing the flowers in water again. You can extend the lifespan of your flowers by adding a floral preservative or a solution you prepare using sugar, vinegar, and bleach to the water.

## Select a Suitable Vase or Container

The type of vase or container you choose to hold your flowers is essential in determining the general outlook of the floral arrangement. For the first time, one should use clear glass vases to see how the stems are placed and support the flowers. Consider the size of your chosen vase relative to the flowers: a large opening is ideal for a more casual and informal arrangement, and a narrow neck is appropriate for supporting long-stemmed flowers.

Clean your container to prevent bacteria growth, which can damage the flowers. Depending on whether you've chosen a contemporary or traditional vase form, your flower bouquet will look different and achieve the intended atmosphere.

## Establish a Solid Base

Starting with a good foundation or structure is central to designing a firm and beautiful structure. First, organize your greenery to build a block and place your focal flowers randomly to create height in the arrangement. Placing the flowers at different angles gives the feeling of natural movement and flow.

One trick that is common with florists is interlocking stems or putting some floral foam that will hold the flowers in position. This retains the flowers' positioning, and the water supply is constant, especially for complex or extensive floral arrangements.

## Mind the Proportions

Equity and symmetry are the two most basic principles of floral arrangement design. To achieve an aesthetic appearance, you should ensure that your flowers are about 1.5 times the height of the vase. Excessive flowers in the arrangement can crowd the flowers, while low numbers give the arrangement a ragged look.

The balance should be maintained by matching big and small flowers and evenly splitting the color. The former is formal and precise, while the latter is wild and free, or at least looks that way. Don't be afraid to try and discover what kind of writing suits you.

## Pay Attention to Color Harmony

Flower arrangement is highly influenced by color in terms of impact. Using a single hue is rather balanced and calming, though the shades opposite each other on the color wheel look intense and charged. Use a color wheel as a guide: this means that whereas analogous colors, which are adjacent to the wheel, give a harmonious effect, complementary colors, which are opposite the wheel, give contrast effects.



When applying the colors in different areas, it is advisable to consider that soft colors create harmony and give a sense of relaxation, while bright colors create an impression of attraction. Do not have too many colors in the arrangement to avoid looking cluttered.

## Layer for Texture and Interest

Notably, most great flower arrangements are instead layered in terms of texture. Employ flowers with different petal textures and forms, and try to combine tender peonies with tender lilies and strict succulents. Different stem heights also add to the overall texture and depth of your arrangement rather than making it look plain.

For additional flair, other non-floral items like twigs, fruits, or decorative stones may also be included. These extra little things help your arrangement stand out and be immediately recognizable.

## Practice and Patience

It is a delicate profession that requires skill and time to develop the best design. Feel free to make changes with flowers as often as needed to create the picture you like. Just as necessary, remember that no deal is everlasting, and each try and mistake brings the opportunity for improvement. Eventually, you'll have a unique style and become more assertive in your choices.

## Conclusion

Flower arrangement is a very fulfilling job that involves creativity and a love for flowers. By selecting flowers, taking proper care of them, thinking about proportions, and using imagination, anyone can create beautiful flower arrangements that lighten up any room. Grab some blooms, free your imagination, and just love the idea of creating beauty out of flowers. With time and a little creativity, you can turn simple flowers into great heaped bouquets that will be uniquely yours.

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## Exploring the Immune-Supporting Properties of Elderberry Gummies with Vitamin C, Honey, and Zinc

Our Friends · Thursday, November 14th, 2024

In recent years, there has been a surge in interest aimed at supporting the body's immune defenses. One particularly intriguing avenue of exploration is the immune-supporting potential of **elderberry gummies** supplemented with vitamin C, honey, and zinc. These chewable supplements have garnered attention for their convenience and palatability, offering a pleasant-tasting

alternative to traditional pills or syrups.

Elderberry, long revered for its immune-supportive properties, is combined with vitamin C, honey, and zinc. Together, this combination forms a blend that captures the curiosity of health-conscious consumers seeking ways to support their immune systems.

As we discover more about the synergistic effects of these ingredients, the potential benefits of elderberry gummies with vitamin C, honey, and zinc are coming to light, offering a promising avenue for those looking to support their immune health.

## Understanding Elderberry Gummies

Elderberry gummies are chewable supplements crafted from elderberry extract, which is derived from the fruit of the elderberry plant, scientifically known as *Sambucus nigra*. Elderberry extract is typically combined with other ingredients, such as gelatin or pectin, to create these gummies to form a chewy, bite-sized supplement.

The key ingredients found in **elderberry gummies** include:

- **Elderberry Extract:** Elderberries are rich in antioxidants, particularly flavonoids like anthocyanins, which possess immune-supportive properties.
- **Vitamin C:** Vitamin C, also known as ascorbic acid, plays a central role in supporting immune health.
- **Honey:** Honey has been used for centuries to soothe sore throats.
- **Zinc:** Zinc is an essential mineral that plays a vital role in immune health.

Each of these ingredients contributes to the potential immune-supporting properties of elderberry gummies. By combining elderberry extract with vitamin C, honey, and zinc, these gummies offer an approach to supporting immune health, making them an option for individuals looking to support their immune health.

## Immune-supportive Properties of Elderberry

Elderberries are packed with antioxidants, particularly flavonoids like anthocyanins, quercetin, and rutin.

The presence of antioxidants and flavonoids in elderberries makes them a valuable resource for supporting immune health. It is likely a popular choice for individuals seeking ways to support their immune health.

## Synergistic Effects of Vitamin C, Honey, and Zinc

**Vitamin C and Elderberry:** Vitamin C is renowned for its role in supporting immune health. When combined with elderberry, vitamin C may support the immune-supporting effects of elderberry extract.

**Honey:** Honey has been valued for centuries for its immune supporting properties. It contains natural sugars and enzymes that make it an effective support for soothing sore throats. When incorporated into elderberry gummies, honey complements the immune-supporting properties of elderberry extract, offering a pleasant-tasting way to support immune function.

**Zinc:** Zinc is an essential mineral that plays a central role in immune function. It is involved in various processes in the body . When combined with elderberry extract and other ingredients in gummy form, zinc contributes to the immune-supportive benefits of the supplement.

## **Incorporating Elderberry Gummies into Your Routine**

### **Recommended Dosage and Potential Side Effects**

The recommended dosage of elderberry gummies may vary depending on the specific product and formulation. It's important to follow the dosage instructions provided on the product label or consult with a healthcare professional for personalized guidance.

If you have any underlying health conditions or are taking medications, it's advisable to consult with a healthcare provider before starting any new supplement regimen.

### **Incorporating into Daily Routine for Better Immune Support**

To reap the immune-supporting benefits of elderberry gummies, consider incorporating them into your daily routine in the following ways:

- Take elderberry gummies as directed, either with or without food, depending on the product instructions.
- Consistency is key. Incorporate elderberry gummies into your daily routine by taking them at the same time each day to establish a habit.
- Pair elderberry gummies with other immune-supportive habits, such as eating a balanced diet rich in fruits, vegetables, and whole grains, staying hydrated, getting regular exercise, managing stress, and getting enough sleep.
- Keep elderberry gummies readily available by storing them in a convenient location, such as your kitchen counter or desk drawer, to serve as a daily reminder to take them.
- Consider incorporating elderberry gummies into your morning or evening routine, whichever works best for you. You may take them alongside other supplements or medications you may already be taking.
- If you have any concerns or experience adverse effects, discontinue use and consult with a healthcare professional.

By following these tips and incorporating elderberry gummies into your daily routine thoughtfully, you may harness their immune-supportive properties to support your overall health and well-being effectively.

## **Conclusion**

When elderberry gummies are combined with other nutrients like vitamin C, honey, and zinc, they may be able to support the immune system. Whether you're looking to support immune health during cold and flu season or maintain vitality throughout the year, elderberry gummies offer a convenient option for immune support. Prioritise your well-being and support your body's defences with the goodness of elderberry gummies.

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## AND CULTURE

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### Bracing for Your Second Wind (It Will Come)

Ann Haskins · Wednesday, November 13th, 2024

Science meets dance in Hollywood and Palms, a jazzed anniversary celebration in West Adams; new contemporary choreography in Pasadena, Hollywood, and downtown; a flamenco/folklorico blend in Venice, Kabuki-infused Sondheim in Little Tokyo, more SoCal dance this busy week, and a peek at next week.

***Live This Week  
(through November 21)***

#### Rhythmic moves

To mark its 30<sup>th</sup> anniversary exploring jazz dance as a vital thread in jazz music, **JazzAntiqua Dance & Music Ensemble** celebrates with new works by artistic director Pat Taylor, Bernard Brown, Tashara Gavin-Moorehead and company members. The banner is *Ritual of Rhythm*. The party is at Nate Holden Performing Arts Center, 4718 W. Washington Blvd., West Adams; Sat., Nov. 16, 8 pm, \$30. [Ebony Rep. Tickets](#).





JazzAntiqua Music & Dance Ensemble. Photo by Malcolm Ali

## Maybe hip hop can explain AI

The mysteries surrounding Artificial Intelligence may get some clarification as **Donna Sternberg & Dancers** tackle the subject of AI in its positive and negative potentialities. For the sixth and latest edition of *Awe and Wonder*, choreographers again were partnered with scientists to create danceworks illuminating aspects of this topical scientific issues. For *AI and the Metaverse*, Sternberg enlisted scientists Yajie Zhao, David Nelson, Aiichiro Nakano, and Shrikanth Narayanan, who work in the realms of AI, digital evolution, and beyond. The scientists were paired with choreographers Tai White (hip-hop), Aubre Hill (Middle Eastern), Wilfried Souly (African), and Sternberg (contemporary). Find out what they found. Turning Point School, 8780 National Blvd., Culver City; Sat., Nov. 16, 8 pm, Sun., Nov. 17, 3 pm, \$30, \$25 students/seniors pre-sale, \$35, \$30 students/seniors at door. [Donna Sternberg & Dancers](#).



Donna Sternberg & Dancers. Photo courtesy of the artists

## Rooted feelings

In *Resonance*, the subject is empathy, considered in dance works commissioned by **LA Dance Project**. For the project, choreographers Bobbi Jene Smith, Or Schraiber, Francesca Harper, and



Rauf Yasit collaborated with research scientists to consider the biological basis of empathy. The performance is followed by an audience discussion. Part of the Getty's PST exploration of science and art. Barnsdall Park 4800 Hollywood Blvd., Hollywood; Fri.-Sat., Nov. 15-16, 1 pm, free w/reservation at [LA Dance Project](#).



Bobbi Jene Smith. Photo courtesy of the artist

## Getting started

In an ongoing effort to cultivate young choreographers, **Nancy Evans Dance Theatre**'s program, *The Inner Voices Project*, mentors new works from concept to production. This time, the result is five premieres from Sophia Bernardo, Alice Lousen, Jackie Pierce, Jacob Schmieder-Hacker, and Mairi Tahmizyan. Guest artists Sadie Brown, Thomas Ng and trainee Julie Turner, join the NEDT dancers for the performance. ARC Pasadena (A Room to Create), 1158 E. Colorado Blvd., Pasadena; Sat., Nov. 16, 8 pm, Sat., Nov. 17, 4 pm, \$25, \$20 students/seniors. [Nancy Evans Dance Theatre](#).



Nancy Evans Dance Theatre. Photo courtesy of the artists

## Just for Now

This year's **New Original Works (NOW) Fest** continues for two more weeks. Week 2 includes **Tijuana Dance Company** exploring the border city's nightlife in *Salón México*, **Ajani Brannum**'s *CONGRESS* with five performers who move, speak, and sing as themselves and their patriarchal predecessors, and **Sophia Cleary**'s *Read the Room* as rehearsal interactions become a metaphor for contemporary blurring of fact and fiction. Week 3 brings Bret Easterling and Kensaku Shinohara. More on them next week. Full festival info for each week at the website. REDCAT, Disney Hall, 631 W. 2nd St., downtown; Thurs.-Sat., Nov. 14-16, & 21-23, 8:30 pm, \$25, \$20 students. [REDCAT](#).



Tijuana Dance Company. Photo courtesy of the artists

## Fusion dance

Mexican folkloric dance meets Spanish flamenco as **Corina del Sol** unveils *Frida & Flamenco*. Electric Lodge, 1416 Electric Ave., Venice, Sun., Nov. 17, 6 pm, \$30. [Eventbrite](#).



Sen?ora Corina Del Sol. Photo by Sari Makki

## Not a retreat

With a focus on the “el desmadre” (the messiness) that is their first-generation Mexican American

experience, **Primera Generación Dance Collective** brings their newest, *NOStalgia POP*, to the *!Hay Festival!*, co-presented by ShowBox LA. Full details at the website. Joshua Tree Retreat Center, 59700 29 Palms Highway Joshua Tree; Fri., Nov. 15, 7 pm, Sat., Nov. 16, 2 pm, \$9.85-\$17.85. [Eventbrite](#).



Primera Generacion Dance Collective. Photo by Steve Rosa

## Booker prize to puppetry

The master puppeteers of **Handspring Puppet Company** who created *War Horse*, joined forces with **Cape Town's Baxter Theatre** to create *Life & Times of Michael K*. Based on the 1983 Booker Prize winning novel by Nobel Laureate J.M.Coetze, the story follows a humble man on an epic journey. Wallis Annenberg Center for the Performing Arts, Bram Goldsmith Theater, 9390 N. Santa Monica Blvd, Beverly Hills; Thurs.-Sat., Nov. 21-23, 7:30 pm, Sat.-Sun., Nov. 22-23, 2 pm, \$39-99. [The Wallis](#).





Life & Times of Michael K. Photo by Fiona McPherson

## Just dreaming

The recurring rooftop soiree *Truth or Consequences* from **Heidi Duckler Dance** opens the fall/winter season with an exploratory opera, *Life Cycle of a Fever Dream*, from Julia Edith Rigby. The Bendix Building, 1206 Maple Ave., Suite 1100B, downtown; Sat., Nov. 16, 4-6 pm, \$35. [Heidi Duckler](#).



LA Opera's "Romeo and Juliet." Photo by Robert Millard

## Opera moves

Known for her contemporary troupe *Hysterica*, Kitty McNamee has been a frequent choreographer for **LA Opera**, including the 2005 and 2011 productions of Gounod's *Romeo & Juliet*. This time



McNamee is directing the opera that has the chorus and leads dancing as well as singing. Music Center Dorothy Chandler Pavilion, 135 N. Grand Ave., downtown; Thurs. Nov. 14, 7:30, Sun., Nov. 17, 2 pm, Wed. & Sat., Nov. 20 & 23, 7:30 pm, 7:30 pm, \$33.50-\$400. [LA Opera](#).



Kit DeZolt as Commodore Matthew Perry performing "Lion Dance." Photo by Teolindo.

## Back to the overtures

When **East West Players** chose Stephen Sondheim's *Pacific Overtures* for the 50th anniversary of the show's Broadway premiere, it also lured back former artistic director Tim Dang who directed the show when EWP moved to its current mid-sized theater in Little Tokyo. Dang not only brings a background in dance, he brought in three additional choreographers, Broadway dancer/choreographer Yuka Takara, Kabuki consultant Kirk Kanesaka (aka Ganky? Nakamura), and fight director Amanda Noriko Newman. The show continues EWP long history presenting Sondheim in a theater sized to allow audiences to see the full show and still hear every precious lyric. David Henry Hwang Theater in the Union Center for the Arts, 120 Judge John Aiso St., Little Tokyo; Thurs., Fri. & Mon, 8 pm, Sat. 2 & 8 pm, Sun. 5 pm, thru Dec. 1. \$15-\$74. [East West Players](#).

## Back on the Beach

The granddaddy of all the cirques, **Cirque du Soleil**, returns with its signature tent and the show *Kooza*, brimming with acrobats and clowns. The two month run offers lots of time to catch the show, maybe more than once? Under the Big Top at Santa Monica Pier, 1550 Pacific Coast Hwy., Santa Monica; thru Sun., Jan. 5, \$58-\$344. Details on the many dates and times at the website. [Cirque du Soleil](#).



Cirque du Soleil. Photo courtesy of the artists

## Teasing

The title says it all: *The Empire Strips Back: A Burlesque Parody*. The show returns after its 2022 run at this venue. The Montalbán Theatre, 1615 Vine St., Hollywood; Thurs., 7:30 pm, Fri., 7 pm, Sat., 7 & 9:30 pm, Sun., 4 pm, thru Dec. 1. \$44-\$109. [The Empire Strips Back](#).

### ***A Peek at Next Week (November 22-28)***

**Urban Bush Women** at the Music Center, Mark Taper Forum, 135 N. Grand Ave., downtown; Fri, Nov. 22, 7: 30 pm, Sat., Nov. 23, 2 & 7:30 pm, Sun., Nov. 24, 2 pm, \$33-\$70. [Music Center](#).

**Little Women Ballet** Heritage Square Museum, 3800 Homer St., Montecito Heights; Fri.-Sun., Nov. 22-24, 6:30 pm, Sat.-Sun., Nov. 23-24, 3 pm, \$60. Details at [Little Women Ballet](#). [Tickets](#).



Little Women Ballet. Photo courtesy of the artists

**Caleb Teicher & Conrad Tao** — *100<sup>th</sup> Anniversary of Rhapsody in Blue* at Segerstrom Center for the Arts, Concert Hall, 600 Town Center Dr., Costa Mesa; Sat., Nov. 23, 8 pm, \$42.94-\$99.44 [SCFTA](#).

**Rudy Perez Retrospective** — *Celebrating the late postmodern legend's 95<sup>th</sup> Birthday* at Highways Performance Space, 1651 18<sup>th</sup> St., Santa Monica; Sun., Nov. 24, 3 pm, \$25, \$20 students/seniors. [Highways](#).

**Ballet BC** at the Soraya, Cal State University Northridge, 18111 Nordhoff St., Northridge; Sat., Nov. 23, 8 pm, \$48-\$118. [The Soraya](#).

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# Cho-Liang Lin on How Music Education Has Evolved

Our Friends · Wednesday, November 13th, 2024

Want to play guitar? There's an app for that. How about the piano? Check out YouTube. You can even find music lessons on TikTok. Music education, especially in the classical genre, has undergone significant transformations over the past few decades. The rise of technology, from social media platforms to advanced learning tools, alongside the shift in global musical influences and the shifting performance landscape, have reshaped how students are trained and how they build careers. Starting his music education at age 5, renowned violinist **Cho-Liang Lin** has seen it all — and is happy to share his well-earned insights.

“Nowadays, it's really incredible,” he notes. “I find students very easily distracted. There are so many things out there on the internet, whether it's YouTube, texting, or reading up on whatever gossip they wish to catch up on. When I was their age, there was nothing to distract me. There was no phone, no cellphone, not even email or even fax. I just had to do everything. I had to go to a pay phone and make a phone call. And so once I walk into a practice room, I do nothing except practice.”

## From Rigid to Holistic Training

**Classical music education** has traditionally emphasized technical mastery, demanding students focus extensively on perfecting their craft through rigorous practice. This approach, deeply rooted in centuries of tradition, prioritized discipline and technical precision above all else. Lin's experience growing up in Taiwan exemplifies this traditional approach, but he realizes he's dealing with a different generation: “I try to get my students to focus as much as I can to only play the violin for one hour. If you just do quality practicing for one hour, that's better than two hours of wandering around, like texting somebody for three minutes and then practicing another five minutes, and then back to texting for three minutes. That's pretty useless. So I try to apply my own life experience about how to deal with modern technology but with the old-time principles of teaching and analysis.”

While technical excellence remains fundamental, modern educators equally emphasize creativity, emotional intelligence, and industry navigation skills. Cho-Liang Lin, now teaching at **Rice University** in Houston, has adapted his methods to reflect this balance, fostering development of both musical ability and personal growth. This transformation acknowledges that successful musicians need more than just technical proficiency to thrive in today's complex musical landscape.

The shift toward holistic education is strongly supported by empirical evidence. Research from the **National Endowment for the Arts** shows that students engaged in integrated music programs — combining theory, history, and performance — achieve greater success in music and other fields. These comprehensive programs develop critical thinking, collaboration, and innovation skills that are increasingly valued in today's music industry. The integration of various musical elements helps students understand the broader context of their art form and its connection to other disciplines.

## The Role of Technology in Classical Music

Technology has revolutionized music education. The internet provides unprecedented access to

resources and learning opportunities, allowing students to study with top musicians worldwide. Digital tools have transformed how students learn, practice, and perform music, creating new possibilities for musical expression and education. Lin, who has witnessed this technological transformation, integrates modern tools while maintaining traditional values.

But, says Cho-Liang Lin, there's no getting around the fact that "you have to play so well to be recognized. Nowadays, of course, people utilize internet platforms to [gain fame](#). I mean, we all know that, but even in the classical world, it's very prevalent. So if you put on a good Instagram and you do pop stuff or you can do short two-minute videos playing a quartet version of a Beatles hit song and stuff like that, people want you, they think that it's really, really good.

"But I didn't grow up in that world. In the world I grew up in, what really counts is your quality of playing, your integrity as a musician, and your ultimate skill as a violinist. Those are the most important things. But to that, the world has changed a lot."

Indeed it has. Microsoft's research reveals that average human attention spans have decreased to just eight seconds due to increasing technology use, presenting new challenges for focused practice and learning. Educational institutions must now develop strategies to help students maintain concentration and dedication in an increasingly connected world.

Despite these hurdles, technology has significantly enhanced music education. Recording tools, virtual lessons, and online resources have democratized access to musical training. The COVID-19 pandemic accelerated this trend, with programs like Lin's embracing virtual platforms to reach students globally. This fusion of tradition and technology has enriched the learning experience, though educators must carefully balance technological benefits with the need for focused practice and personal interaction. The integration of digital tools has also enabled new forms of musical collaboration and performance that were previously impossible.

## The Realities of a Musical Career

Today's competitive music industry demands more than technical proficiency. Musicians must understand business aspects, from contract management to effective self-marketing. The modern musician needs to be both an artist and an entrepreneur, capable of building and maintaining a sustainable career in an evolving industry. Cho-Liang Lin integrates these practical skills into his teaching and advice: "You need to know how to market yourself, how to negotiate contracts, and how to build relationships within the industry."

Leading institutions, including Lin's alma mater, Juilliard, and the Royal Academy of Music, now offer arts management and business courses, preparing students for industry challenges. These programs recognize that artistic excellence alone is no longer sufficient for career success in the modern music industry.

Lin's summer programs in his [native Taiwan](#) exemplify this comprehensive approach, combining technical training with professional development in collaboration, communication, and networking. This preparation equips students for diverse career paths in [orchestras](#), chamber ensembles, and beyond. The programs also emphasize the importance of adaptability and resilience in building a sustainable musical career.

## Cho-Liang Lin: Young Musicians Are 'Just Bombarded'



Music education's evolution reflects broader societal and technological changes while preserving musical excellence. Through Lin's insights, we see how modern music education successfully balances traditional mastery with contemporary demands, preparing students for successful careers in an evolving industry. This transformation represents both challenges and opportunities for the future of classical music education.

But there's still work to do. Observes Lin: "They're not aware, these young players; they don't know who Fritz Kreisler was. They don't have any idea who Jacques Thibaud was. These are great violinists who were lionized in their time. And so what is a pity is that they don't know where their style evolves from. In other words, there's a constant evolution of style playing. And so you have to know where you come from, and it's really fun to know. It's like if you want to be a visual artist, I mean, if you want to be a painter, for instance, it would be really nice for you to learn something about the Flemish school, the Renaissance school, this and that school, and figure out where your roots come from.

"And so a lot of young musicians, because they go on YouTube and they listen to performances by the hottest new name in the business, and they don't really know what I call immortal performances from the past. And I don't blame them in some ways because there are so many new posts on YouTube. I can just imagine how they feel inundated with so much information. They're just bombarded to no end.

"But the thing is, I would like young musicians to be at least curious about it. Of course, [there are] plenty of great players today, still playing great concerts and all that. But I really miss that lineage that you could feel. I could feel even from recordings that there's a school of training that's clearly say from France or training from Germany, training in America, training from Russia. And those lines are all blurred nowadays. So it's very hard to discern a particular style, and that's what I miss the most."

### **Bio:**

Cho-Liang Lin, born in Taiwan, is an internationally acclaimed violinist with a distinguished career spanning over four decades. He made his debut at the age of 19 with the New York Philharmonic, and since then, he has performed with major orchestras worldwide, including the Los Angeles Philharmonic, the London Symphony Orchestra, and the Philadelphia Orchestra. Lin is celebrated not only for his exceptional technique and expressive playing but also for his contributions to music education.

As a former faculty member at Juilliard and currently at Rice University's Shepherd School of Music, Lin has been dedicated to nurturing the next generation of musicians. He has also served as the artistic director of prestigious festivals like the La Jolla Music Society SummerFest and Hong Kong International Chamber Music Festival, where he actively commissioned new works to expand the violin repertoire.

Lin's career also includes numerous recordings for labels such as Sony Classical and Naxos, earning Grammy nominations and critical acclaim for his interpretations of both classical and contemporary works. His long-standing commitment to teaching, performing, and promoting contemporary music solidifies his influence in the world of classical music.

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FROM CHO-LIANG LIN**

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