

Cultural Daily

Independent Voices, New Perspectives

Do Guitar Bridge Saddles Make a Difference?

Our Friends · Sunday, October 20th, 2024

If you look at a guitar, it not only consists of a single part but is also a combination of many other things, such as strings, pickups, and body. Then there are the small pieces that hold your strings at the bridge; what about them? This is, in fact, a thread on **guitar bridge saddles**! Despite their humble size, these components are important to the guitar's tone and ease of playability. The bridge saddles of your guitar may be the unsung heroes of your setup, whether you play acoustically or electrically.

Guitar Bridge Saddles?

For the benefit of those who may need to be made aware of the term, the little, sometimes rectangular, parts that hold your guitar strings in place at the bridge are known as guitar bridge saddles. Electric guitars have adjustable necks, allowing you to change the instrument's intonation, string spacing, and height. Their main task is to shift the strings' vibrations to the player's body, and they usually just have one piece that fits within the acoustic guitar's bridge.

But do they have any bearing? Yes, basically. Now, we can find out why.

The Right Material

The material of the bridge saddles determines the overall tone of your music. Bone, plastic, and Tusq are the most conventional acoustic guitar materials, while steel, brass, and titanium are more commonly used for electric guitars. The tone features also depend on the material.

Steel is a popular electric guitar tone for those who like their notes to be sharp and cutting. It is vibrant and incisive. Brass, with its mellow warmth, is ideal for aged and rounded tones.

The materials decide how much sustain you get and whether your tone is bright or warm. If you are looking for a more aggressive and pointed tone, steel saddles are the way to go, while brass saddles produce a fuller, warmer tone with more sustain.

2. Finding Your Perfect Pitch

Have you ever considered how specific notes sound slightly off when played higher on the neck, even when your guitar is perfectly in tune? When that happens, bridge saddles come in handy. Adjustable electric guitar saddles allow you to fine-tune intonation and maintain tuning along the fretboard.

Adjusting the saddle could decide if your guitar has problems keeping in tune. Envision yourself performing an exquisite lead solo. However, each note seems slightly off. One way to solve these issues is by using an adjustable bridge saddle, which compensates for the natural pitch differences between the strings.

The Comfort Factor in Playability and Action

Another factor is how the saddles on your guitar feel when you hold it. Raising or lowering them causes a change in the action, which is the distance between the strings and the fretboard. For fast shredding or fluid, rhythmic playing, a reduced action on your guitar can make it easier to perform. The risk of fret buzz increases if the setting is too low. However, a stronger grip is required for higher action, which might result in a more distinct tone and longer sustain.

Bridge saddles are a must-have for perfect mobility that suits your playing style. If you favor quick riffs or delicate fingerpicking, adjusting the saddles on your guitar will make it seem more like an



extension of your body.

String Spacing

Is there ever a moment when you feel uneasy when you go for a guitar? It could be that your fingers are cramping together, or you cannot select the right string. The most important consideration is using bridge saddles to establish string spacing. You can tweak the string spacing on some guitars to find the perfect fit for your playing style. This is true with electric guitars that have adjustable bridges.

Precise string spacing necessitates both comfort and accuracy. Whether you are playing with a pick, a hybrid, or your fingers, each note will be audible thanks to properly spaced strings. It also stops the nearby strings from being accidentally muted.

The Importance of a Long Service Life

In addition to impacting your guitar's intonation, tone, and playability, the saddles' material and artistry can affect the guitar's durability. Because of their decreased friction structure, saddles made of materials like graphite or Tusq are less prone to breaking strings. A fantastic bonus for fast-playing guitarists or those who bend the string regularly. Steel and brass, on the other hand, are famously strong materials that can endure a lot of wear.

Regular saddle repair can also reduce the frequency of visits to the guitar tech. Making small tweaks to your guitar's action and intonation, or even just cleaning it well, will keep it functioning at its best for years.



The little things add up.

As is often the case with guitars, the smallest details can have the most noticeable impact. These can greatly affect the bridge saddle and the guitar's sound, feel, and playability. A good saddle configuration is important for being more comfortable while playing, improving your intonation tone, or both.

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Boardroom & Beyond: Work Totes for Modern Professionals

Our Friends · Saturday, October 19th, 2024

In today's fast-paced world, professionals need bags that can keep up with their busy schedules while still reflecting their personal style. The days of choosing between fashion and function are long gone—modern work totes are designed to handle both. BEIS, a brand known for its innovative and stylish travel accessories, offers a range of **laptop tote bags** that are perfect for professionals who need a reliable, stylish companion for both work and travel. Whether you're heading to the boardroom or catching a flight for a weekend getaway, BEIS work totes are designed to fit seamlessly into your lifestyle.

Where Style Meets Practicality

The BEIS **laptop tote bag** collection is crafted to meet the demands of the modern professional without sacrificing style. These bags are spacious enough to carry all your essentials—from laptops and notebooks to chargers and personal items—while still maintaining a sleek, fashionable appearance. With dedicated compartments for laptops and other tech accessories, these totes keep you organized and prepared for any work situation.

Designed with versatility in mind, BEIS totes are perfect for transitioning from a day at the office to after-hours events. The minimalist yet chic design of these bags ensures that they complement any outfit, whether you're in business attire or something more casual. The high-quality materials used in these bags ensure durability, making them reliable for daily use and frequent travel. For professionals who value both style and practicality, BEIS work totes are the ideal solution.

In addition to their practical design, BEIS totes are available in various neutral tones that blend seamlessly with any wardrobe. The understated elegance of these bags means you can take them from the boardroom to an impromptu weekend trip with ease. Pair your tote with **the weekender bag** for a complete travel set that ensures you're always prepared, whether for work or play.

Versatility Upgraded

What truly sets BEIS work totes apart is their versatility. These bags are more than just work essentials—they can easily transition into travel bags for short trips or weekend getaways. With multiple compartments, including pockets for laptops, chargers, water bottles, and more, BEIS totes are designed to handle whatever your day throws at you. The structured interior ensures that everything stays in place, reducing the hassle of rummaging through your bag during a busy day.

For those who travel frequently, the BEIS tote also pairs perfectly with their collection of **weekender bags**. The combination of a laptop tote and a weekender ensures that you're fully equipped for any trip, whether it's a quick business meeting out of town or a weekend escape. The sleek design of both bags offers a cohesive look that is both professional and stylish, making it easier than ever to transition between work and leisure.

The durability and thoughtful design of BEIS totes mean that you can use them for a variety of purposes beyond the office. Whether you're heading to the gym, running errands, or packing for an overnight stay, BEIS work totes adapt to your needs. The versatility of these bags makes them an essential part of any modern professional's wardrobe, offering a functional yet fashionable solution for everyday life.

For the modern professional, a laptop tote bag that combines style, functionality, and versatility is a must. BEIS work totes offer all of this and more, ensuring that you're always prepared for the demands of your busy life—both in the office and beyond. With spacious compartments, sleek designs, and high-quality materials, these totes are perfect for daily use and travel. Pair your work tote with the weekender bag for a complete travel set that offers the perfect blend of practicality and style. Whether you're heading to a meeting or planning a weekend away, BEIS bags have you covered.

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Dirty Laundry: It All Comes Out in the Wash

David Sheward · Thursday, October 17th, 2024

The cast list for Mathilde Dratwa's *Dirty Laundry* at the WP (Women's Project) Theater, gave me pause. Three female characters are listed as Blue, Red, and Green. The remaining personae are Me, My Dad, and Another Woman. This generic designation on the single-sheet program (a full program is available digitally) struck me as potentially pretentious. But once the play started, the mysterious names made some sense and Dratwa's moving, clever work unfolded, skillfully and compassionately depicting the messy, difficult business of family relations.



Lakisha May, Sasha Diamond, Mary Bacon, and Amy Jo Jackson in *Dirty Laundry*.

Credit: Victoria Terranova

The play begins with a seemingly mundane phone conversation between Me (Lakisha May) and My Dad (Richard Masur) as the latter requests his estranged daughter to give him instructions on the simple task of washing his laundry. The action is narrated by the three characters named for different colors, though costume designer Lux Haac does not outfit them in corresponding hues (Her clothing choices are otherwise spot-on). Gradually, it's revealed the mother has recently died, that she took care of all the household chores and that the father had been engaged in a long-term affair with Another Woman (Constance Shulman). The daughter is freshly furious about the infidelity as the three narrators, each representing a different aspect of her personality, explain. The metaphor of the dad's confusion and the daughter's impatience in this exchange over laundry is a perfect metaphor for their strained relation.



Sasha Diamond, Mary Bacon and Constance Shulman in *Dirty Laundry*.

Credit: Victoria Terranova

As with the strange names, having a trio of commentators raised my critical antennae. Normally, the playwright should show us her themes and intentions, rather than telling us through surrogates. One such narrator usually spells trouble, three sets off all sorts of alarm bells warning of weak dramaturgy. But Dratwa uses the device adroitly, employing the color-coded characters to highlight Me's interior conflicts. Blue (Mary Bacon) is the writer, consulting a notebook and calmly ordering and offering insight into the events. She is the most motherly of the three. Red (Sasha Diamond) embodies the emotions, reacting with rage to her father's actions. Green (Amy Jo Jackson) is the intellectual, rational side of the daughter, offering medical and psychological motivations. She also enacts male figures such as the daughter's empathic husband and a chilly professional doctor caring for the mom. (Ironically, the dad is also a doctor, clinically detailing his wife condition, further alienating the daughter.)

The action is relayed out of chronological order, but the back-and-forth timeline makes emotional

and narrative sense as the fractured connection between father and child is examined and slowly heals. Rebecca Martinez's direction keeps the disparate scenes flowing smoothly and clearly so that there is no confusion. She adeptly juggles the conflicting intentions of the characters, conveying the awkward, uncomfortable mash-up of love, hatred, and grief.



Richard Masur, Sahsa Diamond, Mary Bacon, Constance Shulman, and Amy Jo Jackson in *Dirty Laundry*.

Credit: Victoria Terranova

The best example of these multiple-motive set pieces comes during the memorial service for the mother. While Me is delivering heartfelt tribute, expressing her parent's sterling qualities as a teacher and mother, Red is simultaneously venting her anger at her dad, even going into the audience searching for Another Woman. The twin strands produce a volatile volcano of emotions, erupting with devastating force. May as Me and Diamond as Red deliver powerful performances here and throughout the play. Masur as My Dad is silent throughout this explosive scene, but you read volumes in his body language and expression. These eloquent actors, along with Bacon, Jackson, and Shulman beautifully convey the complex warring objectives of their characters in this surprisingly affecting family drama.

***Dirty Laundry* — Oct. 6–27. WP Theater, 2162 Broadway, NYC. Running time: One hour and 40 mins. with no intermission. wptheater.org.**

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The Convenience of Portable Tankless Water Heaters for

Camping in Canada

Our Friends · Thursday, October 17th, 2024

For outdoor enthusiasts, camping is an opportunity to reconnect with nature, enjoy the serenity of the wilderness, and escape from the hustle and bustle of daily life. However, comfort and convenience are still essential, even in the great outdoors. One area where modern technology has made camping more comfortable is in the provision of hot water. Enter the **portable tankless water heater**, an essential piece of gear for campers who want the luxury of hot water while staying in remote locations. For campers in Canada, where temperatures can drop significantly, having access to warm water can make all the difference in enjoying an outdoor experience. That's why the **camping water heater Canada** market has grown, offering solutions for outdoor adventurers looking for reliable hot water systems.

In this article, we will explore the benefits, uses, and importance of **portable tankless water heaters**, especially for camping in Canada. We'll look at how these devices can elevate your outdoor adventures and why they are becoming a must-have for modern campers.

What Is a Portable Tankless Water Heater?

A **portable tankless water heater** is a compact device that heats water on demand, meaning it only activates when you need hot water. Unlike traditional water heaters that store heated water in a tank, these tankless units heat the water as it passes through the system, providing a continuous flow of hot water without requiring a large storage tank.

These heaters typically run on propane or electricity, making them ideal for outdoor use where conventional power sources are unavailable. The portability factor comes from their lightweight design and compact size, which allows campers to easily transport them to campsites or remote locations. This is particularly useful for activities such as camping, RV trips, or any outdoor adventure where hot water is not readily accessible.

Benefits of Using a Portable Tankless Water Heater for Camping

For those who enjoy camping in the Canadian wilderness, the weather can sometimes be unpredictable, with cold mornings or cool nights even during the summer. Access to a **camping water heater Canada** can provide the comfort of hot showers, making the overall camping experience more enjoyable. Here are some key benefits of using a portable tankless water heater:

1. Convenience and Comfort

Camping in Canada's rugged and often chilly environments can make the experience uncomfortable, especially when it comes to washing dishes or taking a shower in cold water. A **portable tankless water heater** provides a solution by giving you instant hot water whenever you need it. Whether you're rinsing off after a long day of hiking or cleaning up your gear, having access to warm water can add a significant level of comfort to your outdoor adventures.

The convenience of a tankless system is unmatched, as it eliminates the need to heat water over a campfire or on a stove. The heater simply connects to a propane tank, heats water instantly, and delivers it through a hose or faucet. This ease of use ensures you spend less time preparing and more time enjoying your camping trip.

2. Compact and Lightweight Design

When packing for a camping trip, space and weight are always important considerations. One of the main advantages of a **portable tankless water heater** is its compact size and lightweight design. These devices are easy to transport, whether you're hiking to a remote location or loading up an RV. Their portability makes them ideal for campers who want the luxury of hot water without the hassle of lugging around heavy equipment.

Most models are designed to be user-friendly and can be set up in just a few minutes. They often come with built-in handles or straps, making them easy to carry to and from your campsite. This compact design ensures that you can take a **camping water heater** with you on even the most remote camping trips in Canada, where access to amenities is limited.

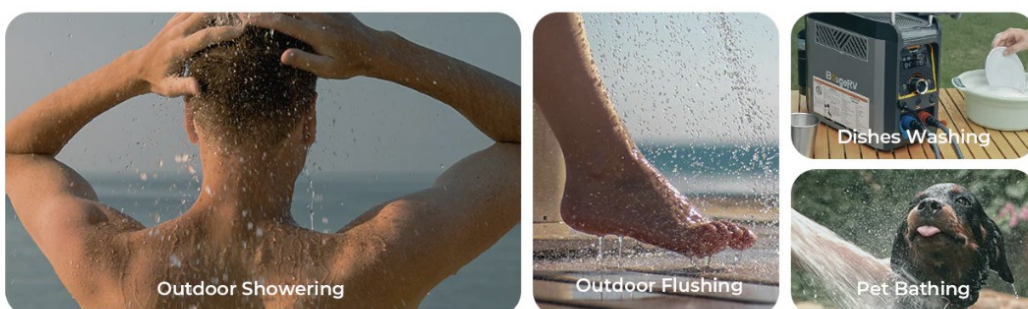
3. Energy Efficiency

Another key benefit of a **portable tankless water heater** is its energy efficiency. Traditional water heaters with tanks continuously heat and store water, which can lead to wasted energy. In contrast, tankless heaters only heat water when it's needed, reducing energy consumption and saving fuel. This is especially important for eco-conscious campers who want to minimize their environmental impact while enjoying the great outdoors.

In Canada, where environmental conservation is a priority for many outdoor enthusiasts, using an energy-efficient **camping water heater** aligns with sustainability practices. Additionally, because these heaters typically use propane, they are highly efficient and capable of providing hot water for extended periods with minimal fuel consumption.

4. Versatility and Multiple Uses

ALL-IN-ONE SOLUTION FOR OUTDOOR CLEANING NEEDS



The versatility of a **portable tankless water heater** makes it a valuable addition to any camping setup. Beyond providing hot showers, it can be used for a wide range of tasks, including washing dishes, cleaning camping gear, or even providing warm water for cooking. For those camping in cold regions of Canada, having warm water available for washing hands or rinsing off gear can be particularly useful.

Many models come with adjustable temperature settings, allowing you to choose the level of warmth that best suits your needs. This adaptability makes these heaters perfect for diverse camping activities, from a family RV trip to more rugged, remote backpacking adventures.

5. Safety Features

Modern **portable tankless water heaters** are equipped with safety features that make them reliable for outdoor use. Common safety features include automatic shut-off systems, which stop the heater from running when the water flow ceases or when the water temperature exceeds a certain threshold. Overheating protection and flame failure sensors are other safety measures that ensure the heater operates efficiently without posing any danger.

For campers in Canada, safety is always a priority, especially when using propane-based equipment. Portable tankless water heaters designed for camping typically meet strict safety standards, ensuring that you can use them without worry, even in remote locations far from immediate help.

Why Portable Tankless Water Heaters Are Ideal for Camping in Canada

Camping in Canada can take you through diverse landscapes, from forested trails in British Columbia to the tundras of the Yukon, and each region brings unique challenges. The cold Canadian climate, especially in the early mornings or late evenings, makes access to warm water an essential part of enjoying a camping trip. A **camping water heater Canada** not only ensures you stay comfortable in cooler temperatures, but it also allows you to maintain basic hygiene in a remote setting.

Moreover, the portable nature of these water heaters means that they can be taken on a variety of outdoor adventures, whether you're camping by a lake in Ontario or traversing the Rockies in Alberta. Their adaptability and convenience make them ideal for all types of camping, from family trips to solo expeditions.

Conclusion

A **portable tankless water heater** is a game-changer for campers who want the comfort of hot water in the great outdoors. Whether you're camping in the remote wilderness of Canada or enjoying a weekend getaway in an RV, these heaters provide an efficient, reliable, and convenient solution to your hot water needs.

With their compact design, energy efficiency, and multiple safety features, portable tankless water heaters are becoming an essential tool for modern camping. They allow you to experience the beauty of nature while still enjoying the comforts of home, making your outdoor adventures more enjoyable and stress-free. If you're planning your next camping trip in Canada, investing in a **camping water heater Canada** can elevate your experience and ensure that you stay warm and comfortable, no matter where the road takes you.

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Enhancing Your UTV Experience with 2024 RZR XP 1000 Accessories and UTV Windshields

Our Friends · Thursday, October 17th, 2024

The world of off-road adventures has continued to evolve, and with it, the need for customized upgrades and accessories to enhance performance, safety, and comfort. The **2024 RZR XP 1000** is one of the most anticipated UTVs of the year, bringing power, durability, and versatility to those who enjoy exploring challenging terrains. However, even the most advanced UTVs can benefit from additional features and upgrades. Among the most essential are **2024 RZR XP 1000 accessories** and **UTV windshields**. These additions not only protect you from the elements but also help improve overall performance and riding comfort. In this article, we'll explore why these accessories are so important and how they can make a significant difference in your off-road experience.

Why Accessories for the 2024 RZR XP 1000 Matter

UTVs are designed to tackle rough terrains, from muddy trails to rocky hills. While the **2024 RZR XP 1000** is engineered to handle these conditions, adding specific accessories can further enhance its capability, safety, and convenience. Whether you're a recreational off-roader or using your UTV for more work-related tasks, customizing your ride with the right accessories ensures that your vehicle meets your exact needs.

1. Increased Utility and Functionality

The **2024 RZR XP 1000 accessories** available for this model can dramatically increase its functionality. Cargo racks, storage boxes, and tool mounts allow you to bring everything you need for your adventures or work, without compromising on space or safety. For those who enjoy camping trips or multi-day off-road excursions, having sufficient storage for gear and supplies is crucial.

Additionally, accessories such as winches, spare tire carriers, and hitch receivers are essential for those who traverse rugged, unpredictable terrain. A winch, for example, can be a lifesaver when your UTV gets stuck in deep mud or when navigating steep inclines. These tools ensure that you are prepared for any challenges the outdoors may throw your way, and that you can recover quickly from difficult situations.

2. Improved Comfort and Safety

Off-roading isn't always a smooth ride, and the right accessories can make your UTV experience much more comfortable. Upgrades like improved seating, harnesses, and interior storage options can help you stay comfortable even during long rides. Heated seats or adjustable steering wheels might seem like luxury items, but they can make a big difference, particularly when you're out in unpredictable weather or over rough terrain.

Safety accessories like roll cages, bumpers, and harnesses can protect both you and your vehicle. These additions not only prevent damage to your UTV but also keep you and your passengers safe from sudden impacts or rollovers, which are risks associated with more extreme off-roading. Having these safety measures in place allows you to explore with peace of mind, knowing your UTV is equipped to handle challenging situations.

The Importance of a UTV Windshield



A [UTV windshield](#) might seem like a minor upgrade, but it plays a vital role in enhancing your comfort, safety, and overall riding experience. Whether you're using your UTV in hot, dry conditions or tackling muddy and wet trails, a windshield is an essential accessory that can dramatically improve the quality of your ride.

1. Protection from the Elements

One of the primary reasons for installing a **UTV windshield** is the protection it provides from environmental elements. When you're out riding at high speeds, dust, debris, bugs, and even rain can quickly become a nuisance. A windshield acts as a barrier, protecting you from these distractions and allowing you to focus on the terrain ahead.

In colder weather, a windshield can shield you from chilly winds, ensuring you stay warmer during long rides. It's especially beneficial during winter months or early morning excursions when temperatures can drop significantly. Combined with other enclosures or accessories, a windshield can help create a more controlled, comfortable environment within your UTV, allowing you to ride comfortably regardless of the weather conditions.

2. Safety Enhancement

Windshields do more than just protect you from dirt and wind—they also add a layer of safety. Riding at high speeds or navigating rocky trails can sometimes lead to flying debris like small stones or branches, which can cause injury or damage if they hit you directly. A windshield minimizes this risk by acting as a shield between you and the potential hazards of off-roading.

In some cases, windshields also improve visibility by keeping dust and rain off your face, allowing you to maintain a clear line of sight. Some models come with wipers or vents, ensuring that you

can easily adjust to changing conditions and maintain a safe view of the trail ahead.

3. Choosing the Right UTV Windshield

Not all **UTV windshields** are the same, and choosing the right one depends on how and where you plan to use your 2024 RZR XP 1000. Here are the most common types:

- **Full Windshields:** These offer complete protection from wind, dust, and debris. They're ideal for colder climates or when you want maximum coverage from the elements.
- **Half Windshields:** A great option for warmer climates or when you want protection from debris while still allowing air circulation. Half windshields protect the lower half of the cabin, which is often enough to keep out most dirt and rocks while allowing fresh air in.
- **Flip-Up or Folding Windshields:** These versatile windshields can be adjusted according to the weather or trail conditions. When fully upright, they provide the protection of a full windshield. But when you want more airflow, they can be folded down or opened up for better ventilation.
- **Vented Windshields:** These come with small adjustable vents that let you control the airflow within the UTV. This can be especially useful if you're riding in an area where the temperature can fluctuate throughout the day.

Why Invest in 2024 RZR XP 1000 Accessories and UTV Windshields?

Off-roading is an exhilarating experience, but it comes with its challenges. Customizing your 2024 RZR XP 1000 with accessories and a windshield helps you maximize the potential of your vehicle while ensuring comfort and safety. Here are a few reasons why these investments are worthwhile:

1. Enhanced Versatility

With the right **2024 RZR XP 1000 accessories**, your UTV can tackle a wide range of tasks. From towing equipment to carrying camping gear, or even hunting supplies, you can easily adapt your vehicle for work or recreational use. Accessories like storage racks, winches, and improved seating turn your UTV into a versatile tool capable of handling different challenges with ease.

2. Increased Protection

Windshields and safety accessories go a long way in protecting both you and your UTV from potential harm. A sturdy windshield ensures that dirt, rocks, and branches stay outside the cabin, reducing the risk of injury or equipment damage. Meanwhile, accessories like bumpers, skid plates, and roll cages keep your vehicle protected from potential impacts.

3. Better Riding Experience

Adding both performance accessories and a UTV windshield improves your overall riding experience. You'll be able to enjoy longer rides without feeling fatigued from exposure to wind or debris, and you can rest easy knowing that your UTV is equipped to handle the toughest terrains. Accessories designed for comfort, such as upgraded seats and steering wheels, ensure that your time spent in the UTV is not only functional but also enjoyable.

Conclusion

The **2024 RZR XP 1000** is a high-performance vehicle designed for off-road enthusiasts and professionals alike, but its capabilities can be greatly enhanced with the right accessories. By

investing in **2024 RZR XP 1000 accessories** and a quality **UTV windshield**, you can protect yourself from the elements, improve safety, and increase the functionality of your UTV. Whether you're tackling rocky trails, embarking on a long camping trip, or using your UTV for work, these upgrades will ensure that every ride is comfortable, safe, and enjoyable.

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Gamble Gamboling

Ann Haskins · Wednesday, October 16th, 2024

Devilish dance in Hollywood and Beverly/Fairfax; site-specified sorties in Pasadena; Big Apple ballet in Orange; memories amok in Santa Monica; hip-hop battles in Burbank; dance leaders confer in Lincoln Heights and El Sereno; more SoCal dance this week, plus a peek at next week.

Live This Week

Time travel

Venture into the 1950's to 1999 as the dancers and storytellers of **Lineage Dance** unveil a site-specific performance series at the historic Pasadena edifice known as the Gamble House. In *A Matter of Time*, the audience follows the dancers through the house, as each room tells a tale of that era's important cultural, political and historical events. The Gamble House, 4 Westmoreland Pl., Pasadena; Mon. Oct 21, Thurs., Oct. 24, Sat.- Sun., Oct. 26-27, Wed., Oct. 30, Fri.-Sun., Nov. 1-3, 7 pm, \$75, \$45 students & seniors. [Lineage Dance](#).



Lineage Dance Company. Photo by Steven Hwan

Contemporary ballet by George Balanchine, William Forsythe, and Robert Garland are among the repertoire New York's celebrated **Dance Theatre of Harlem** brings for this visit. Musco Center, Chapman University, 415 Glassell, Orange; Thurs., Oct. 24, 7:30 pm, \$45.50-\$83. [Musco Center](#).



Dance Theatre of Harlem. Photo by Rachel Neville.

A conference with dancing

Performances by LA 's **Contra-Tiempo Dance Theatre**, **Brockus Project Dance**, **Vidya Patel**, and **Ephrat Asheire**, plus dance films, panels and workshops are on tap as LA hosts dance leaders from across the U.S. for the 2024 **Women in Dance Leadership Conference**. Events occur at several venues, including the Stomping Ground, 5453 Alhambra Ave., El Sereno; Brockus Project, and Diavolo Studios, both at 618 Moulton Ave., Lincoln Heights; Thurs.-Sat., Oct. 17-19, various times. Full conference schedule including performance locations, dates, times, and prices are at [Women in Dance](#).



Contra-Tiempo Dance Theatre. Photo courtesy of the artists

Minding the gap

In its immersive, multi-media work *Gasket*, the **G?R Collective** considers a conceptual “gasket” that seals past and present memories, but remains prone to leak or rupture, and what happens when that occurs. The two part event begins as audiences encounter an installation with ruins of a forgotten world and in the next space untangle the before and after of the encounter of the first kind. Highways, 1651 18th St., Santa Monica; Fri.-Sat., Oct. 18-19, 8 pm, \$20. [Highways Performance](#).



G?R Collective. Photo courtesy of the artists

Nonchalant

Four artists offer works in process, presented by **LA Performance Practice** under the banner *Casual*. The two dance entries are an ensemble dance from Victoria Marks titled *A Deer Walks Into a Dance* and a solo dance from Cayla Mae Simpson titled *Phoenix*. The evening also includes a multi-media performance from CadeMoga with Jack Ironstone and live music from Anuj Bhutani. Note: A corrected media release says the date is Friday, but the ticket link still says Saturday. No response from LAPP at press deadline. LGBT Center 1118 N. McCadden Pl., Hollywood; Fri., Oct. 18, 8 pm, \$10-\$49. [Tickets](#).



Victoria Marks. Photo by Jingqiu Guan

A sequel

Led by Yaron Lifschitz, the ten member Australian cirque troupe, **Circa**, returns with a new installment of *Humans 2.0*. Wallis Annenberg Theater, 9390 N. Santa Monica Blvd., Beverly Hills; Fri., Oct. 18, 7:30 pm, Sat., Oct. 19, 2 pm, \$39-\$99. [The Wallis](#).



Circa. Photo by Yaya Stempler

Dance in a blend

Taking inspiration from author William S. Burroughs, **Black Lodge** is a three part event blending industrial rock, classical strings, dance, theater, and film. The story, screenplay and film/stage direction is by Michael VQ, with the opening segment *BARDO* created and directed by Sandra Powers. United Theater on Broadway, 929 S. Broadway, downtown; Sat., Oct. 19, 6:30 pm, \$47.78-\$71.28. [Tickets](#).



Benita Bike's DanceArt. Photo by Dean Walraff

Into the night

The contemporary company, **Benita Bike's DanceArt**, offers a free performance as part of *ARCNight Pasadena*. ARC Pasadena, 1158 E. Colorado Blvd., Pasadena; Fri., Oct. 18, 6 pm, free.

City of Pasadena. Info on the company at [DanceArt](#).

Skirmishes

The *Hip Hop 1 v 1 Battle* this week is the fourth event lead-up to the **2025 Versa Style Dance Company Festival** next May. The victor automatically qualifies for the festival without competing in the preliminaries. Mihran K. Studios, 135 N. Victory Blvd., Burbank; Fri., Oct. 18, 8:30 pm, \$15 (to watch or compete). [Versa Style Dance](#).



Versa-Style Dance Company. Photo courtesy of the artists

Nightclub museum preview

The company of Trisha Brown brings the late choreographer's *Floor in the Forest* (1970) to a nightclub stage in the second of three Tuesday previews of the Performing Arts Museum. Under the banner **21 & Over**, this preview series samples the dance, art, music, opera, nightlife, rave culture to be showcased at the museum when it opens next year. Along with Trisha Brown, the evening's other performers are Carmina Escobar, Terence Koh, Linda Mary Montano, Guillermo Gómez-Peña & Balitrónica (La Pocha Nostra) with Sarah Stolar, and Elliot Reed, with host Miss Barbie-Q. The final line up next week has Rocío Boliver (La Congelada de Uva), Nao Bustamante,

Patrisse Cullors, Hugo Hopping, and Keioui Keijaun Thomas, with host Dynasty Handbag. Catch One, 4067 W. Pico Blvd., Arlington Heights; Tues., Oct. 22, 8 pm-12 am, \$38.27. [Tickets](#). Also Tues., Oct. 29, 8 pm-12 am, \$38.27. [Tickets](#).

Seasonal spooky #1

For the Halloween season, **American Contemporary Ballet** puts three of artistic director Lincoln Jones' ballets in rotation, two each 90-minute show. *Inferno* rifts on Dante's poem, *Rite* takes on Stravinsky's *Rite of Spring*, and *Burlesque* is just that. Which shows are which night are at the website. These performances also mark ACB's move to a new venue. CBS Television City, 7800 Beverly Blvd., Beverly-Fairfax; Fri.-Sat., Oct. 18-19, 25-26, Thurs., Oct. 17, 24 & 31, 8 pm, \$65-\$140. [ACB](#).



American Contemporary Ballet. Photo by Jared Zagha

Seasonal spooky #2

The Devil made them do it in **Blood/Love: A Vampire Popera**. The immersive rock musical is in residence this month at the aptly named Crimson, a Hollywood pop up gothic nightclub. Running through November 2, the vampire-meets-rock-star event injects a devilish romance into the spooky season. The Crimson, 6356 Hollywood Blvd., First Floor, Hollywood; Thurs.-Sat., thru Sat., Oct. 19, 7 & 9:30 pm, then, Wed.-Sat, Oct. 23-Nov. 2, 7 & 9:30 pm, \$59-\$119. [Blood/Love](#).



Blood/Love. Photo by Graham Washatka

Taking flight

Commissioned by the Latino Theater Company, *A Girl Grows Wings*, from **Organización Secreta Teatro (Secret Organization Theater)**, blends dance with theater, video, sound design and live music in a wordless tale of an immigrant who blooms despite obstacles. Written by Marisela Treviño Orta, the work is directed by Rocío Carrillo. LA Theatre Center, 514 S. Spring St., downtown; Thurs.-Sat., Oct. 17-19, 8 pm, Sun., Oct. 13 & 20, 4 pm, \$10-\$45. [Latino Theater Co.](#)



Organización Secreta Teatro. Photo by Erika Gomez

Another *Swan* swims through

For the second time in a month, a touring company stops off at various local venues with a production of *Swan Lake*. The identity and other information about the new arrival, **ICBT Pace Ballet** is rather opaque, but suggests they once boasted about their Russian roots and now emphasize the dancers' home countries, most of which were once part of the former Soviet Union. Good dancers and good ballet deserve an audience and attention wherever they are from, yet the lack of transparency is troubling. There's enough disinformation and redirection in politics without it bleeding into ballet. The Alex Theater, 216 N. Brand Blvd., Glendale; Thurs., Oct. 17, 7 p.m., Fri., Oct. 18, 2 & 7 pm, \$71-\$169. [Ticketmaster](#). Also at La Mirada Theatre, 14900 La Mirada Blvd., La Mirada; Sun., Oct. 20, 2 & 7 pm, \$15.40-\$121. [Tickets](#).



ICBT Pace Ballet. Photo courtesy of the artists

Trending

Among the day-long events connected with *Behind the Scenes of K-pop*, look for USC's **Spade A Dance** at 1:15 pm. Check the link for a complete schedule. Free with reservations which are full as of press time, but one can join the waiting list at the link. Annenberg Auditorium, USC Annenberg School for Communication & Journalism, University Park; Fri., Oct. 18, 9:45 am to 5 pm, free with reservation at [Visions and Voices USC](#).

Somber swirls

Suchi Branfman and her collaborators at **Dancing through Prison Walls** offer a free performance of *Vortex: Swirling Centers of Energy*. The event is part of the day-long 2024 Taste of Soul Festival. Lula Washington Dance Theater, 3773 Crenshaw Blvd., Crenshaw; Sat., Oct. 19, 1 pm, free. Info on festival at [Taste of Soul LA. Dancing Through Prison Walls](#).



Suchi Branfman's "Dancing Through Prison Walls." Photo by [Ciro Hurtado](#)

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](#).



The Empire Strips Back. Photo courtesy of the artists

A Peek at Next Week (October 25-31)

LA Dance Project Presents — *Launch:LA 4* at LA Dance Project, 3325 E. Washington Blvd., Arts District; Fri., Oct. 25, 8 pm, Sat., Oct. 26 2 & 8 pm, Sun., Oct. 27, 6 pm, \$25, \$20 seniors & students. [LA Dance Project](#).



LA Contemporary Dance Company. Photo courtesy of the artists

L.A. Contemporary Dance Company (LACDC) — *where the water is warm* at the Gloria Kaufman Performing Arts Center, 3200 Motor Ave., Cheviot Hills; Fri.-Sat., Oct. 25-26, 7:30 pm, \$25-\$65. [where the water is warm](#).

State Street Ballet — *Scheherazade* and *The Firebird* at the Granada Theatre, 1214 State St., Santa Barbara; Sat., Oct. 26, 7:30 pm, Sun., Oct. 27, 2 pm, \$35-\$125. [Tickets](#).

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How QR Codes Are Revolutionizing the Music Industry

Our Friends · Wednesday, October 16th, 2024

Music has always been a powerful medium for connecting people, but with the rise of technology, how artists, producers, and fans engage with music are evolving rapidly. One technology that has become increasingly valuable in the music industry is QR codes.

These small, scannable codes are offering musicians, venues, and fans an easier way to share, promote, and access music. Whether it's promoting an upcoming tour, sharing new tracks, or offering behind-the-scenes content, QR codes have quickly become an essential tool in modern music marketing and distribution.

The versatility of QR codes makes them an ideal solution for musicians looking to reach wider audiences. With a [free online QR code generator](#), artists and their teams can create custom codes

that link directly to streaming platforms, ticket sales, exclusive content, and even merchandise stores. This not only simplifies the fan experience but also provides musicians with a direct and efficient way to engage with their audience.

Innovative Uses of QR Codes in the Music World

QR codes are being used in a wide range of creative ways throughout the music industry. Here's how musicians, venues, and fans are benefiting from this technology:

- access to new music – artists can generate a free QR code that links directly to their latest album or single, and fans can scan the code from a poster, flyer, or social media post and be taken instantly to streaming platforms where they can listen to the music;
- concert and tour information – a qr code maker can help musicians promote their tours and concerts, and by placing QR codes on promotional materials, artists make it easy for fans to find tour dates, buy tickets, or add the event to their calendars;
- exclusive content – using a qr generator free, musicians can share exclusive behind-the-scenes content or unreleased tracks with fans, and this helps build stronger connections between the artist and their audience, creating a sense of exclusivity and loyalty;
- merchandise sales – QR codes can be used to link fans directly to online stores selling merchandise, so by scanning a code at a concert or on a social media post, fans can instantly purchase t-shirts, vinyl records, or other memorabilia;
- interactive album art – some artists are getting creative by incorporating QR codes into their album art, so when fans scan the QR code, they're taken to special content like music videos, artist interviews, or digital booklets that accompany the album;
- crowd engagement at live events – at concerts, QR codes can be placed throughout the venue to engage the audience, so fans can scan the code to participate in live polls, download setlists, or interact with the band in real time.

These examples illustrate just how impactful QR codes can be in enhancing the overall music experience, both for artists and their fans.

Embracing QR Codes: The Future of Music Promotion

As QR codes continue to rise in popularity, they're becoming an indispensable tool for musicians looking to grow their careers and reach new audiences. With a free online generator, artists can create custom codes for all aspects of their business, from sharing music to promoting shows and selling merchandise. Platforms like me-qr.com make it simple to generate and manage QR codes that are tailored to the unique needs of musicians and the music industry.

In conclusion, QR codes are opening up new opportunities for musicians and fans alike. By making it easier to share and access music, promote events, and engage with audiences, they are becoming an essential part of how music is experienced today. Whether you're an artist looking to promote your work or a fan eager to connect more deeply with your favorite musicians, QR codes are bridging the gap between the physical and digital music worlds in a way that's both exciting and efficient.

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What to Do in a Cardiac Arrest Emergency

Our Friends · Wednesday, October 16th, 2024

Cardiac arrest is a critical medical emergency that requires immediate action. When a person's heart stops beating, every second counts. Knowing what to do in such a situation can mean the difference between life and death. Here's a step-by-step guide on how to respond effectively in a cardiac arrest emergency, emphasizing the importance of being **CPR certified**.

Recognizing Cardiac Arrest

The first step in responding to a cardiac arrest is recognizing the signs. A person experiencing cardiac arrest may suddenly collapse, lose consciousness, and stop breathing or breathe abnormally. Common indicators include:

- Sudden loss of responsiveness
- No normal breathing
- Skin may appear pale, bluish, or ashen

If you observe these signs, it's crucial to act quickly.

Call for Help

As soon as you suspect cardiac arrest, call for emergency medical services (EMS) immediately. If you are not alone, instruct someone else to make the call while you begin CPR. Providing the dispatcher with clear information about the situation can help expedite emergency response.

Start CPR

Cardiopulmonary resuscitation (CPR) is essential in maintaining blood flow to the brain and other vital organs until emergency services arrive. Here's how to perform CPR:

1. **Position the person:** Lay the person flat on their back on a firm surface.
2. **Check for breathing:** If the person is not breathing or only gasping, begin CPR.
3. **Perform chest compressions:**
 - Kneel beside the person.
 - Place the heel of one hand on the center of the chest, between the nipples, and the other hand on top.
 - Keep your elbows straight and use your body weight to push down hard and fast—at a rate of 100 to 120 compressions per minute. Compress to a depth of about 2 inches.
4. **Give rescue breaths** (if trained):
 - After 30 compressions, give 2 rescue breaths.
 - Ensure the airway is open (tilt the head back slightly).
 - Pinch the nose and cover the person's mouth with yours, giving a breath that lasts about 1 second. Watch for the chest to rise.

- Repeat the cycle of 30 compressions followed by 2 breaths until help arrives or the person shows signs of life.

Note: If you are not CPR certified, you can still perform hands-only CPR (chest compressions without breaths), which is highly effective for adult cardiac arrest victims.

Use an AED

If an Automated External Defibrillator (AED) is available, use it as soon as possible. These devices are designed to be user-friendly and provide voice prompts to guide you through the process:

1. **Turn on the AED** and follow the instructions.
2. **Attach the pads** to the bare chest of the person, as indicated on the pads themselves.
3. **Ensure no one is touching the person** and press the shock button if advised by the AED.
4. **Continue CPR** until emergency responders arrive.

Stay Calm and Provide Information

While performing CPR and using the AED, it's crucial to stay calm. Continue the process until professional medical help arrives or the person shows signs of recovery (e.g., starts breathing normally or regains consciousness).

The Importance of Being CPR Certified

Being CPR certified equips individuals with the knowledge and skills necessary to act decisively in a cardiac arrest emergency. Training courses, such as those offered by Coast2Coast, provide essential education on CPR techniques and the use of AEDs. Coast2Coast partners with the Canadian Red Cross to deliver high-quality training, ensuring participants are well-prepared for real-life emergencies.

A Serious Medical Emergency

Cardiac arrest is a serious medical emergency that requires immediate action. Knowing how to recognize the signs, call for help, and perform CPR can save lives. Being CPR certified enhances your ability to respond effectively, making it a valuable skill for everyone. With organizations like Coast2Coast providing accessible training, individuals can gain the confidence and skills needed to handle cardiac emergencies and make a profound difference in someone's life. Don't wait—get trained, stay prepared, and be ready to act when it matters most.

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Solana's Price USD During Bear Markets: Is It Resilient?

Our Friends · Wednesday, October 16th, 2024

In the world of cryptocurrency, price volatilities are a fact of life: a bull market will push up prices to all-time highs while a bear market is likely to see prices drop sharply. Solana is one of the rising stars when it comes to crypto space, thanks to its high speed and scalable blockchain.

But does Solana hold up in bear markets, where confidence in the market is at all-time lows and almost all assets tank? In this article, we'll take a look at the resilience of **Solana price USD** during slumps in the market and what drives its stability or volatility.

Understanding Solana's Growth

Launched just a few years ago, Solana is a decentralized **blockchain** with high throughput and low transaction fees that has witnessed tremendous growth. The native token of the platform, SOL, is now one of the most popular cryptocurrency tokens in the market, competing with Ethereum and other big guns in the blockchain space. The ability for Solana to process thousands of transactions per second (TPS) at a fraction of the cost of Ethereum has lured decentralized finance (DeFi) projects, non-fungible tokens (NFTs), and developers across the crypto ecosystem.

As Solana's adoption spikes during bull markets, these increased **investors** are heading to the blockchain for its technical advantages, directly leading to the crypto's price increase. Although, Solana's price has also been affected by the broader market conditions, like every other cryptocurrency. Solana's performance is always put under the microscope during bear markets when sentiment switches to caution and fear.

Previous Bear Markets for Solana

We need to take a look at how Solana performed during previous downturns to understand just how resilient its price was in a bear market. It is one of the **cryptocurrencies** that often follow broader market trends alongside Bitcoin and Ethereum. Therefore, in general, whenever Bitcoin falls, other markets, including Solana, also follow.

Just like the majority of the crypto market, Solana sunk in the bear market of 2022 after it had some dramatic highs from the previous year. When 2022 came around, SOL had plummeted to under \$30 from an all-time high of nearly \$260 in late 2021 as the market took a nosedive. However, this wasn't a one off for Solana, rather it mirrored the wider trend for cryptocurrency values in the bear market.

Yet those price drops didn't stop its underlying technology or ecosystem from developing. Another reason why many investors and developers remain optimistic about Solana's long-term potential is its ability to boast such resilience regarding technology during market downturns.

Solana's Resilience in Bear Markets in Factors

Several factors can influence how resilient Solana's price is during bear markets:

1. Adoption and Ecosystem Growth

This is also why Solana remains somewhat resilient in bear markets: the ecosystem continues to

grow. As a high-speed network, it has become a hub for DeFi applications, NFT platforms, and other projects based on the blockchain. The demand for the SOL token is sustained in the bear market by developers even building on Solana.

To the extent dApps and platforms start adopting Solana's blockchain for their dApps and platforms, this will create utility for SOL. This token has the utility to cushion the price once the coin isn't trading well, as the token is still being used within the ecosystem even if investor sentiment is poor.

2. Institutional Support

We have seen a lot of institutions coming into Solana and their interest has been quite instrumental in terms of performance. The credibility of the network comes from projects building on its blockchain, which have been backed by major investment firms and venture capital funds. During bear markets, this backing from institutions can assist in stabilizing the price as large investors tend to hold onto their position for longer and may look at bear markets as buying opportunities.

3. Opportunities for Staking and DeFi

Holders can earn rewards by staking their Solana and contributing to the network's security using Solana's staking. This feature helps to increase long-term SOL holding, minimizing circulating supply on exchanges and reducing price volatility during bear markets. To add, Solana's DeFi makes it possible for users to generate yields and liquidity from other coins on SOL which also offers incentives to hold onto the token instead of selling during the market downturns.

4. Aggregated Information

Solana is like all other cryptos in that its value is closely tied to market sentiment. External events such as regulatory changes, macroeconomic factors, or global uncertainties often cause bear markets. Like the broader market, Solana's price is not immune and will react strongly during a significant market dip, with the SOL price bottoming out.

But Solana's community of developers, investors and users is among the most active in the crypto space. This community engagement and ongoing development can help Solana get through market downturns better than other cryptocurrencies.

Conclusion: Solana Is A Resilient Asset

Like any cryptocurrency, Solana's price in USD in bear markets is affected by a number of different things. It saw big price dips in previous downturns. Still its vitality stems from its technology, the momentum of its ecosystem and the utility of the SOL token in DeFi, staking and NFTs.

Of course, no asset is entirely immune to the swings of a bear market, but Solana's unique blend of technological innovation, institutional support, and active development community makes it one of the more resilient assets in the cryptocurrency space. With the market maturing, its ability to keep up its relevance and continue growing (even during hard times) will be key to its long-term success.

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