

# Cultural Daily

Independent Voices, New Perspectives

## Justin Hamm: Two Poems

Justin Hamm · Sunday, January 18th, 2026

### *my father tells fat paul he can no longer visit our trailer*

my grandfather's brother he was more myth than man well over five hundred pounds so big and beautiful unmatched tale teller he possessed the warmth of a star the voice of a canyon his laugh was the laugh of a stuttering earthquake and in his tremendous fingers the bass guitar which he played as well as any professional looked like a toy ukulele he had to sit on our living room floor when he visited because we did not own a piece of furniture that would hold him my mother would bring him iced tea sweetened with the pink packets and they would talk about family mostly who got married who stopped calling who still lived up the road who pretended not to know you in the gas station and my father would whistle and shake his head when fat paul told his stories like the one about dusting off a seventy-two ounce steak in texas or the time he stopped a bar fight by slamming two drunks together like clapping erasers and saying now you boys are clean but the truth is our trailer floor sagged beneath his weight we had no money for repairs sometimes no money for lights i remember how dark the trailer could get in the evenings we had to use the kerosene lanterns from grandma and grandpa's and still fat paul sat there on our floor with us back against the wall telling about the time lightning hit the corn silo and turned the sky green my sister giggling at his jokes from the kitchen table me gaping at him like he might be the last real biblical giant on earth i know now my father did not want to say this thing did not want to hurt him or to face the part of family that has nothing to do with wanting and everything to do with what cannot be helped i see him in my mind on the front patio smoking pacing raking his fingers through his dark beard as if he scratched deep enough he could dig up a better answer but he couldn't and he knew he couldn't i think about that now when i am the one who has to decide when it is me holding two impossible options in my hands and pretending i have a real choice and i wonder what it felt like when he finally flicked away his cigarette and walked through the empty lots to run the awful blade of reality through the heart of a man he truly loved

\*

### *at midnight buddy holly's eyes fly open*

and he climbs up out of the cemetery brushing worm dung from his wool-grey suit stage lights abuzz like gnats in a midwestern cornfield the moon in its priestly collar marrying teenage couples for a night all the peggy sues in their funeral dresses spinning slow while buddy hiccups seventy years of songs written in his coffin the crickets chirping all the dead boys combing their greased up

hair again tapping their two toned toes the dance floor white with the faintest milk of heaven and everything reflected back on itself in the high gloss mirror of buddy holly's perfect capped teeth

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(Featured image from [Pexels](#))

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## In the volatile environment of the cryptocurrency market, DL Mining opening the era of zero-threshold BTC?DOGE?ETH&XRP mining on smartphones,Earn \$1K/day easily

Our Friends · Sunday, January 18th, 2026

**DL Mining** Against the backdrop of an increasingly complex global economic situation, the cryptocurrency market has recently seen a long-awaited rebound, with Bitcoin prices rebounding sharply and becoming the focus of market attention. One of the key factors driving this rebound is the significant progress in the negotiations between China and the United States on tariff policies. Driven by the market boom, digital currency investment and mining activities are gradually heating up. Especially for investors who are unwilling to invest in high equipment costs, the cloud mining service provided by DL Mining has become a new option, allowing more people to easily participate in the mining of mainstream digital assets such as Bitcoin, Dogecoin, and Litecoin.

### Get to know DL Mining: A secure FCA regulated platform

DL Mining is a platform regulated by the UK Financial Conduct Authority (FCA), dedicated to providing safe and convenient digital currency cloud mining services to users around the world. Through innovative cloud computing technology, users can easily start mining mainstream digital currencies such as Bitcoin, Dogecoin, Litecoin, etc. on the platform without having to purchase expensive mining equipment, and enjoy stable returns. Users can transfer the mined cryptocurrencies to their accounts at any time and easily exchange them for cash.

### How to easily earn \$8,888 a day through DL Mining?

For investors who want to profit from cryptocurrency mining, DL Mining provides a simple operation process:

1. **Register an account** to start mining: Just create an account on the DL Mining platform and you can get \$20 in experience money to start mining and get 1usd everyday.
2. Choose a suitable mining plan: Choose the most suitable mining plan based on your personal investment amount and risk tolerance. DL Mining's plans are flexible and diverse, supporting small investors to participate, and also providing more competitive solutions for investors with

higher return expectations.

LTC [basic contract]: investment amount: \$100, contract period: 2 days, daily income of \$4, expiration income: \$100 + \$8

LTC [basic contract]: investment amount: \$500, contract period: 5 days, daily income of \$8, expiration income: \$500 + \$37

BTC [classic contract]: investment amount: \$1,000, contract period: 10 days, daily income of \$16, expiration income: \$1,000 + \$160

BTC [classic contract]: investment amount: \$3,000, contract period: 16 days, daily income of \$51, expiration income: \$3,000 + \$816

BTC[Advanced contract]: investment amount: \$10,000, contract period: 35 days, daily income of \$215, expiration income: \$10,000 + \$7525

BTC[Super contract]: investment amount: \$50,000, contract period: 45 days, daily income of \$1250, expiration income: \$52,000 + \$67080

## Why choose DL Mining?

1. No hardware investment required DL Mining adopts the cloud mining model. Users do not need to buy expensive mining equipment, nor do they need to worry about equipment maintenance and management issues. All technical support is provided by DL Mining, allowing users to focus on profits.
2. Regulated platform

DL Mining is a platform regulated by the FCA, which can ensure the security of investors' funds and the transparency of operations, and provide users with a reliable investment environment.

3. Low threshold and simple operation

DL Mining is very simple to operate. Both novice and veteran investors can quickly get started and enjoy a convenient mining experience. Users only need a small initial investment to start mining and get stable daily returns.

4. Considerable daily income: Through DL Mining's cloud mining service, investors can get considerable income every day, and some efficient mining plans can even allow users to easily earn tens of thousands of dollars a day.

## Conclusion

As the cryptocurrency market continues to recover, DL Mining, as a safe platform regulated by the FCA, has become a new choice for many investors with its flexible cloud mining services. Whether it is through a low threshold, no hardware investment model, or a simple and easy-to-use operation method, DL Mining provides users with a convenient and efficient digital currency mining experience. With the increase in market demand, DL Mining will undoubtedly become an ideal platform for more investors to realize wealth appreciation.

Company email: [info@dlmining.com](mailto:info@dlmining.com)

Company website: <https://dlmining.com>

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## Online Ozempic for Weight Loss Via TrimRx: Real Doctors, Real Results, Zero Pharmacy Runs

Our Friends · Saturday, January 17th, 2026

### Weight Loss Programs Go Digital: What Patients Need to Know About GLP-1 Access

Millions of Americans struggle with body weight. The numbers keep climbing. Traditional doctor visits take time. Appointments get delayed. Refills run out. A new model changes how people access weight loss medications like semaglutide. Companies like TrimRx now offer online **ozempic for weight loss** through telehealth platforms. Patients get prescriptions without leaving home.

### How Online Weight Loss Programs Work

The process starts with a simple assessment. Patients answer questions about health history and weight loss goals. A licensed medical provider reviews the information. Qualified candidates move to a telehealth consultation. Doctors discuss medical history during video calls. They review personal or family history of certain conditions. The conversation covers thyroid tumors, medullary thyroid carcinoma, and multiple endocrine neoplasia syndrome.

Approved patients receive a personalized treatment plan. Medication ships monthly to the doorstep. No pharmacy visits required. Support teams monitor progress through unlimited check-ins.

### Understanding GLP-1 Medications

Semaglutide works by copying a natural hormone in the body. The medication regulates appetite and reduces hunger. People feel full faster. GLP-1 medications also manage blood sugar levels. Doctors originally prescribed these drugs for type 2 diabetes. Clinical trials showed significant weight reduction benefits.

The FDA approved for weight loss applications came later. Ozempic semaglutide contains the same active ingredient as other brands. Some providers prescribe ozempic off label for weight

management. Tirzepatide takes a different approach. The drug mimics two hormones instead of one. Studies show enhanced results compared to single-hormone options.

## Medical Screening Requirements

Not everyone qualifies for GLP-1 medications. Providers check for specific health conditions first. Chronic kidney disease requires careful evaluation. Kidney problems may worsen with certain prescription drugs. Diabetic retinopathy needs monitoring. A family history of thyroid cancer raises concerns.

Doctors ask about blood pressure medication use. They review all prescription medication currently taken. Over the counter medicines matter too. Herbal supplements may interact with weight loss drugs. A thorough medical history helps prevent serious allergic reaction risks.

## Expected Results and Timeline

Average weight loss varies by individual. Starting weight influences final outcomes. Most patients see changes in the first few months. How much weight someone loses depends on several factors. Diet and exercise habits play a role. The prescribed dose affects results. Following the dosing schedule matters.

Studies show people lose 15-20% of body weight on average. Weight related medical problems often improve. Blood sugar control gets better. Cardiovascular disease risk drops. Some patients see decreased appetite within days. Others need weeks to feel the full effect.

## Common Side Effects

Upset stomach ranks as the most frequent complaint. Nausea affects many new users. Vomiting and diarrhea may occur. Constipation bothers some patients. Upper stomach pain sometimes develops. Injection site reactions happen occasionally.

Low blood sugar becomes a concern for diabetics. The combination with oral medicines requires monitoring. Blood glucose levels need regular checks. Severe pain in the abdomen signals gallbladder disease. Kidney failure remains a rare but serious risk. Healthcare provider guidance helps manage side effects of ozempic safely.

## Cost and Insurance Considerations

Medication costs run high without coverage. Many insurance provider plans exclude weight loss treatments. Some patients accept insurance through specific programs. Others pay out of pocket. Ozempic covered under certain health insurance plans for diabetes. Weight loss use gets denied more often.

Online platforms often skip insurance headaches. Programs price treatments transparently. TrimRx guarantees pricing stability. Dose increases don't trigger price hikes. Monthly fees stay consistent throughout the weight loss journey.

## Getting an Ozempic Prescription Online

The digital path to weight loss starts with qualification. Patients complete health questionnaires honestly. Doctors review responses carefully. Video consultations replace in-person visits.

Providers can prescribe medications remotely in most states. An ozempic prescription online arrives within days.

Local pharmacy pickup works for some services. Direct shipping proves more convenient for many. The ozempic pen comes ready to use. Instructions guide first-time users. Missed dose guidelines come with every shipment.

## Monitoring Progress Safely

Regular check-ins track changes. Weight measurements get recorded weekly. Blood pressure readings matter. Providers watch for major cardiovascular events. They monitor kidney disease progression. Gastric emptying rates get discussed.

Treatment plans adjust as needed. Some patients need dose changes. Others switch between semaglutide and tirzepatide. A few stop treatment due to intolerable effects. Healthcare teams respond quickly to concerns.

## Long-Term Weight Management

Keeping weight off requires ongoing effort. GLP-1 medications help maintain losses. The drugs regulate blood sugar beyond initial treatment. Appetite control continues with proper use. Patients develop healthier eating patterns. Physical activity becomes easier at lower weights.

Online programs provide sustained support. Regular communication keeps patients accountable. Educational resources teach lifestyle changes. The combination of medication and behavior modification works best. Weight management becomes a sustainable practice.

## Finding the Right Provider

Choosing a program matters. Look for licensed medical providers with experience. Check credentials carefully. Read patient reviews and testimonials. Compare medication costs across platforms. Ask about support availability. TrimRx offers phone and text support seven days weekly. Hours run from 6am to 6pm Pacific time.

Questions about side effects need quick answers. Concerns about allergic reactions require immediate attention. Reliable programs respond fast. They adjust treatment plans when problems arise. Access to real doctors separates quality services from questionable ones.

Online access to GLP-1 medications opens doors. People in rural areas get help. Busy professionals save time. The convenience factor drives adoption. Programs like TrimRx deliver personalized care remotely. Patients receive the same quality treatment found in traditional clinics. The weight loss journey becomes more accessible through online ozempic for weight loss programs. Results speak louder than location.

## Frequently Asked Questions

### Can online for weight loss programs help me lose weight as effectively as in-person clinics?

Online programs deliver the same medications and medical oversight as traditional clinics, with studies showing comparable weight reduction results when patients follow their prescribed treatment plans.

## Why do doctors prescribe ozempic off label for weight management?

Doctors can prescribe ozempic off label because semaglutide demonstrates proven weight loss benefits in clinical trials, even though the FDA originally approved the medication for type 2 diabetes treatment.

## Does insurance coverage typically pay for GLP-1 medications used for weight loss?

Insurance coverage rarely covers GLP-1 medications for weight loss purposes, which is why many patients choose affordable online programs like TrimRx that offer transparent, guaranteed pricing without insurance requirements.

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## Essential Skills Every Aspiring Gaffer Should Master

Our Friends · Saturday, January 17th, 2026

The path to becoming a gaffer isn't just about understanding electricity and knowing which end of a light to point at the actor. It's a unique combination of technical knowledge, creative problem-solving, leadership ability, and interpersonal skills that takes years to develop. For those looking to climb the ladder from set electric to best boy to gaffer, here are the essential competencies you'll want to master.

## Electrical Knowledge That Keeps Everyone Safe

Before anything else, you need to become the electrical safety expert on set. This isn't optional—it's the foundation of the entire job.

You'll want to understand load calculations, how to safely distribute power, the difference between [single-phase and three-phase power](#), and how to read electrical panels. You should know amp draw for every light in your package and be able to calculate whether a location's electrical service can handle your needs without tripping breakers or worse.

Try to get comfortable with tie-in procedures if you're planning to work on larger productions. Make sure you understand proper grounding techniques and know what to do in electrical emergencies. A gaffer who causes a power outage or, worse, creates a safety hazard won't be working for long.

I'd recommend taking formal electrical training or working with experienced electricians to build this knowledge. Production companies are increasingly requiring proof of electrical safety certification, and for good reason.

## The Art of Lighting Ratios and Exposure

Technical knowledge means nothing if you can't create the images the DP envisions. You need to understand how light behaves, how to measure it accurately, and how to create specific moods through careful control of ratios.

You'll want to learn to use a light meter instinctively. Try to understand the relationship between key, fill, and backlight, and how different ratios create different emotional effects, from the flat, even lighting of comedy to the dramatic shadows of film noir.

I'd suggest studying how light interacts with different surfaces. Make sure you understand color temperature and how to match or intentionally contrast different sources. Learn the qualities of hard versus soft light and when each is appropriate.

A great exercise I was inspired to try by Tyler Kashke, a well-known and trusted [gaffer in Denver](#), was to watch films with the sound off and analyze the lighting. You can take screenshots of frames and then create diagrams of where the lights must be placed. This helps to build a visual library in your head of lighting setups that create specific looks.

## Equipment Mastery Across Technologies

The lighting world has transformed dramatically over the past decade, and you'll need to stay current with the tools of the trade.

You should try to become fluent in traditional tungsten fixtures, HMIs, fluorescents, and the growing array of LED technology. Make sure you understand the advantages and limitations of each, and know which fixtures are appropriate for different scenarios and budgets.

Try to stay current with new technologies like RGB and RGBW LEDs, wireless DMX control, and emerging innovations. But don't abandon knowledge of older technologies because you'll still encounter them on sets, and they each have situations where they remain the best choice.

Beyond lights themselves, you'll want to master the grip equipment that shapes and controls them. Flags, cutters, scrims, diffusion, and reflectors – the whole gamut. Make sure you know the differences between single and double nets, solid flags versus cutters, and when to use each modifier.

## Leadership and Crew Management

As a gaffer, you're running a department. This means managing best boys, electricians, and sometimes large crews across multiple units. Leadership skills matter as much as lighting knowledge.

You'll need to learn to delegate effectively. Your best boy electric should be your right hand, handling logistics while you focus on the creative aspects. Try to build trust with your crew through clear communication and consistent expectations.

I'd recommend developing your ability to stay calm under pressure. Productions run into problems constantly, including time crunches, last-minute changes, and the unfortunate equipment failures that keep you on your toes. Your crew takes their cues from you. If you panic, they panic. If you're



solution-focused and unflappable, they'll follow that lead.

Make sure you treat your crew well. Remember their names, acknowledge good work, and take care of them on long days. The best gaffers build reputations not just for great lighting but for being good people to work with. That reputation leads to more work.

## Communication and Collaboration

Gaffers sit at a crucial intersection on set, translating between the DP's creative vision and the electric crew's practical execution.

Learn to ask the right questions. When a DP says they want something "moody," dig deeper. What references do they have in mind? What emotional tone are they going for? What specific lighting ratios or qualities will achieve that?

You may want to develop shorthand communication with DPs you work with regularly, but also be able to work with new collaborators who have different vocabularies and approaches.

You'll also communicate with other departments, [coordinating with grips](#) on light placement and modification, working with production to understand schedule constraints, and collaborating with the art department when practicals will be important to the lighting scheme.

## Problem-Solving Under Constraints

Every production has limitations, from budget to time, available power, or location constraints. Great gaffers are creative problem-solvers who find ways to achieve the desired look regardless of restrictions.

This skill is truly developed through experience, but you can accelerate your learning by seeking out challenging projects. Low-budget productions, where you have to be resourceful, build these muscles faster than well-funded sets (where you can solve everything by throwing money at it).

Try to learn to see solutions instead of obstacles. Can't get power to a location? Consider battery-powered options. Don't have the budget for expensive fixtures? Master bouncing and diffusing more affordable lights.

## The Continuous Learning Mindset

As with all things, having a passion for learning is important for growth. Technology changes, techniques evolve, and visual tastes shift. The best gaffers never stop learning.

To stay in the know, try to stay connected to the industry through forums, workshops, and conversations with other gaffers. Watch everything you can and analyze how it's lit. Experiment with new equipment when opportunities arise.

I'd also recommend building relationships with rental houses so you can stay current on new inventory. Ask questions and have a healthy curiosity about why certain creative choices were made on productions you admire.

## Lighting Your Path Forward

Becoming a gaffer goes beyond having technical competence. You're continually developing a comprehensive expertise that combines both craft and interpersonal skills. Focus on building core competencies while seeking out mentors who can guide your development, and remember that every day on set is an opportunity to learn.

Where the real gap is between a good electric and a great gaffer often comes down to less tangible skills, such as communication, leadership, and creative problem-solving. Master the technical fundamentals, then focus on developing these human skills that will set you apart in a competitive field.

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## Valentine's Lip Balm Gift That Feels Thoughtful

Our Friends · Saturday, January 17th, 2026

Sometimes the most meaningful gifts are the smallest ones. A lip balm may seem simple at first, but it carries a quiet kind of care. It says you noticed something practical, something personal, and you chose it with intention.

**Lip balm** is the kind of gift that fits easily into daily life. It gets slipped into a pocket or bag and reached for throughout the day. Each time it is used, it becomes a small reminder of thoughtfulness and comfort.

### Why lip care makes a great small gift?

Lip care is personal in a gentle way. Lips are sensitive, especially during colder or drier months, and keeping them comfortable makes a real difference. Gifting a nourishing lip balm shows attention to comfort without being overbearing.

Because lip balm is used often, it becomes part of a routine. That everyday usefulness gives it lasting meaning. Unlike gifts that are admired once, lip balm is something she will reach for again and again.

There is also plenty of room to make it feel special. Natural ingredients, soft scents, or simple packaging can turn a basic item into something she enjoys using. Choosing a balm that feels smooth and comforting makes the gift feel considered and kind.

### Pairing lip balm with other Valentine's gifts

Lip balm works beautifully as part of a small, thoughtful set. Pairing it with a candle, a cozy scarf, or a gentle hand cream creates a sense of warmth and care. These items work together to support

comfort and relaxation.

For a self-care-focused gift, lip balm fits naturally alongside skincare essentials. A face mist, body lotion, or a soft towel can turn a few simple items into a calming moment at home.

If she enjoys treats, adding tea or chocolates balances comfort with a little indulgence. The lip balm adds practicality, while the treats add joy. Together, they create a gift that feels complete without being excessive.

A Valentine's gift does not need to be grand to feel meaningful. Sometimes a small, carefully chosen item says everything you want it to.

Shop plant-based self-care at [www.littleflowersoap.com](http://www.littleflowersoap.com)

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## When Music Becomes a Meme: A New Era of Viral Sound

Our Friends · Saturday, January 17th, 2026

The landscape of music consumption has undergone a radical transformation in the digital age. Where once a song's success was measured by radio play and album sales, today's hits are often born in the chaotic, unpredictable world of internet culture. We're living in an era where a fifteen-second clip can catapult an obscure track into global consciousness overnight, and where the line between musical artistry and viral comedy has become beautifully, irrevocably blurred.

### The Soundtrack of Internet Culture

Social media platforms have fundamentally altered how we discover, share, and engage with music. TikTok, Instagram Reels, and YouTube Shorts have created an ecosystem where songs aren't just heard—they're remixed, reimagined, and repurposed into countless variations. A catchy hook or memorable lyric can become the foundation for thousands of user-generated videos, each one adding a new layer of meaning to the original track. This participatory culture has given rise to a unique phenomenon: music that exists simultaneously as serious artistic expression and as raw material for internet humor.

The relationship between music and memes has become symbiotic in ways that would have been unimaginable a decade ago. Artists now create with virality in mind, understanding that a song's potential for memetic transformation can be just as valuable as its musical merit. Meanwhile, older tracks from various eras find new life when they're adopted by online communities and transformed into cultural touchstones. This has created a fascinating cultural moment where **meme songs** have become a legitimate category within the broader music landscape, representing a new

form of shared cultural experience.

## From Earworm to Internet Phenomenon

What makes a song meme-worthy? The formula isn't always obvious, but certain patterns emerge. Repetitive hooks, unexpected musical elements, and lyrics that lend themselves to reinterpretation all increase a track's viral potential. Sometimes it's an unintentionally funny delivery, other times it's a genuinely catchy melody that gets paired with absurd visual content. The magic happens when audio and context collide in ways that resonate with millions of people simultaneously.

Consider how dramatically this has democratized music discovery. Bedroom producers and unsigned artists now have the same potential reach as major label releases, provided their sound catches the internet's notoriously fickle attention. Songs that might never have received radio play in previous eras can accumulate hundreds of millions of streams purely through their association with viral video content. According to **Billboard**, tracks that trend on TikTok often see massive spikes in streaming numbers across all platforms, fundamentally changing how the music industry tracks success.

## The Economics of Viral Sound

This shift has created new economic models within the music industry. Artists who might have struggled to find an audience through traditional channels are now building careers on the strength of viral moments. Streaming revenue, sync licensing for user-generated content, and sudden concert demand can all flow from a single viral hit. The challenge, of course, is sustaining that momentum beyond the initial wave of attention.

Record labels have adapted by actively courting viral potential. Marketing campaigns now include strategies specifically designed to encourage user participation and remixing. Some artists release songs with intentional "meme moments" built into the structure, creating natural points where the music can be clipped, repeated, or transformed. This represents a fascinating evolution in how commercial music is conceived and produced.

## Cultural Impact Beyond the Joke

While it's easy to dismiss meme songs as frivolous, they serve important cultural functions. These tracks become part of our collective vocabulary, providing shortcuts for expressing complex emotions or referencing shared experiences. A few seconds of a familiar meme song can communicate volumes in a comment section or group chat, functioning as a form of cultural shorthand that bonds communities together.

Moreover, the phenomenon has challenged traditional notions of musical value and legitimacy. Is a song that brings joy to millions through humorous videos somehow less valuable than one that's taken seriously by critics? The question itself reveals outdated assumptions about how music should function in people's lives. Entertainment, joy, and cultural participation are legitimate purposes, and meme songs deliver these in abundance.

## The Future of Viral Music

As we look ahead, the integration of music and meme culture will likely deepen. Emerging technologies like AI-generated music and more sophisticated video editing tools will make it even

easier for users to create and share their own musical content. We may see new genres emerge specifically designed for viral consumption, or witness further blurring between music creation and internet culture.

The staying power of specific meme songs varies wildly. Some fade as quickly as they appear, while others become enduring cultural references that persist long after their initial viral moment. What remains consistent is the way these songs reflect our current moment, a time when culture is created collaboratively, when anyone with a smartphone can contribute to the soundtrack of the internet age.

## Conclusion

The rise of music as meme represents more than just a quirky internet trend—it's a fundamental shift in how we create, consume, and share musical culture. In this new era, a song's journey from studio to viral sensation can happen in hours, and the boundary between artist and audience has become wonderfully porous. Whether celebrated or dismissed, meme songs have secured their place in the cultural landscape, proving that in the digital age, any sound can become the soundtrack to millions of moments, both profound and gloriously absurd. The internet has given us a new way to experience music together, and that collective joy—however silly it might seem, is worth celebrating.

*Photo: Freepik via their website.*

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## It's a Natural — NACHMO in Los Angeles

Ann Haskins · Friday, January 16th, 2026

The popular New York program, NACHMO (National Choreography Month), has set down roots here as NACHMO-LA and on February 6 and 7 brings 30 choreographers to the Stomping Ground stage. The 2026 NACHMO-LA choreographers, each night's show details, and ticket link are below.

NACHMO-LA producer Rachel Turner took time from show preparations to talk with Cultural Daily dance writer Ann Haskins about NACHMO-LA and wrangling more than two dozen choreographers.

**Haskins:** What exactly is NACHMO-LA?

**Turner:** NACHMO is a shortened version of National Choreography Month which is January. It's

also the name of the program that began in New York that offers choreographers a creative challenge to create something in a short time period, to create a new work during January's 31 days for performance in February. I participated in NACHMO when I was in DC and it was a way to find community. When I moved here, the program wasn't out here yet. Since I had participated, I thought I would start it here.



NACHMO-LA. Choreographer Stephanie Mizrahi. Photo by Gregory M. Kasumich

**Haskins:** What is involved?

**Turner:** NACHMO is pretty simple. It's meant to kick off the year getting an old idea out of the back of your head and trying something new. Choreographers sign up to create something during the month of January for a showing in February. They sign up, but there isn't a formal application, except to say "This work is new. I haven't started it before January." There is a \$45 earnest money deposit that is refunded after the show unless they fail to show up for the rehearsal or the shows. After the performance, choreographers get photos and a video of their work, plus audience feedback.

We've been doing this for eight years and I'm proud of our track record of selling out every show as we have grown, and especially our recent years being at Stomping Ground. We want to encourage dance lovers to come and be part of this special program. We have our choreographers for this year, but I want to reach out to choreographers who might not be aware of how NACHMO works and the different styles of dance involved, not just contemporary and modern, but also hip hop, ballet, jazz, experimental dance.

**Haskins:** In past years, NACHMO-LA had 15 or more choreographers in each show. How do you keep things from becoming a marathon into the wee hours?

**Turner:** There is a time limitation, no more than seven minutes. It used to be eight minutes, but we found most people doing longer works were about seven minutes, but most do shorter, three to four



minute pieces. Also, choreographers are only guaranteed one night, but they may get both nights. Right now, I think about 30 choreographers have signed up. The time limit and guarantee of a spot in one night has been a way of keeping it from becoming a marathon. Also, for those getting a second show, we do a lottery, and only like five or six people get to perform both nights. That is another way to ensure that the shows don't go on forever.

**Haskins:** Why a lottery?

**Turner:** Opting for the lottery system, rather than trying to choose the best works, is something that comes from NACHMO in New York. Actually in New York City, there's so much dance, it's a lottery to even get to show your work. And not everyone does. So the randomness of a lottery, making sure that no one is adjudicating the best works to show both nights, is another hallmark of NACHMO.



NACHMO-LA. Choreographer Rachel Turner. Photo by Gregory M. Kasunich

**Haskins:** You mentioned that the choreographers get audience feedback.

**Turner:** The audience and its participation are another thing that makes it special. We give the audience several feedback cards. In between each piece, we raise the lights in the house part way so that audience members can write any thoughts and comments. I always encourage the audience to provide feedback, especially if they are not a dancer. We've had people write things like, "Oh, I'm a costume designer and this is something I thought specifically about the costume design." With the entertainment and music industries here, we get an audience that is not just looking at the dancers, and gives feedback in other areas of expertise like costumes or music or staging techniques. I think the ability and opportunity to give feedback shouldn't be a gate kept to those claiming expertise.

I feel like people shy away from their opinions with dance. I've gone to shows with people who aren't dancers, and they're like, 'Oh, well, I don't know dance.' People are very willing to have

opinions on movies and music albums, but feel like dance is on this pedestal and feel they can't talk about it without expertise. They bought a ticket to see the dance and choreography, so they get to voice an opinion about what they're seeing. Then we give the cards to choreographers so they are getting very raw feedback.



NACHMO-LA. Choreographer Rosemary H. Deadmon. Photo by Gregory M. Kasunich

**Haskins:** You participated in NACHMO as a choreographer in Washington DC before moving to LA. When you came, how did you get drawn into starting NACHMO here?

**Turner:** I had only lived here for like three months, and I just kind of started it. I was pleased to find the interest was here to have this low stakes way to create without an adjudication process. I found Studio A which is a great, affordable space. I knew a few people. I posted the event on Facebook and other social media. That first year we had, maybe 12 to 15, choreographers, and maybe a total of 30 dancers. As we grew, we moved to a larger theater, and during the pandemic the 2020 show was in a park. This is our fourth year at the Stomping Ground, and we have grown to about 30 choreographers and around 100 dancers. We hold dancer auditions so that people who don't have dancers lined up to dance for them can meet people, and dancers can find a chance to take part in a short term project.





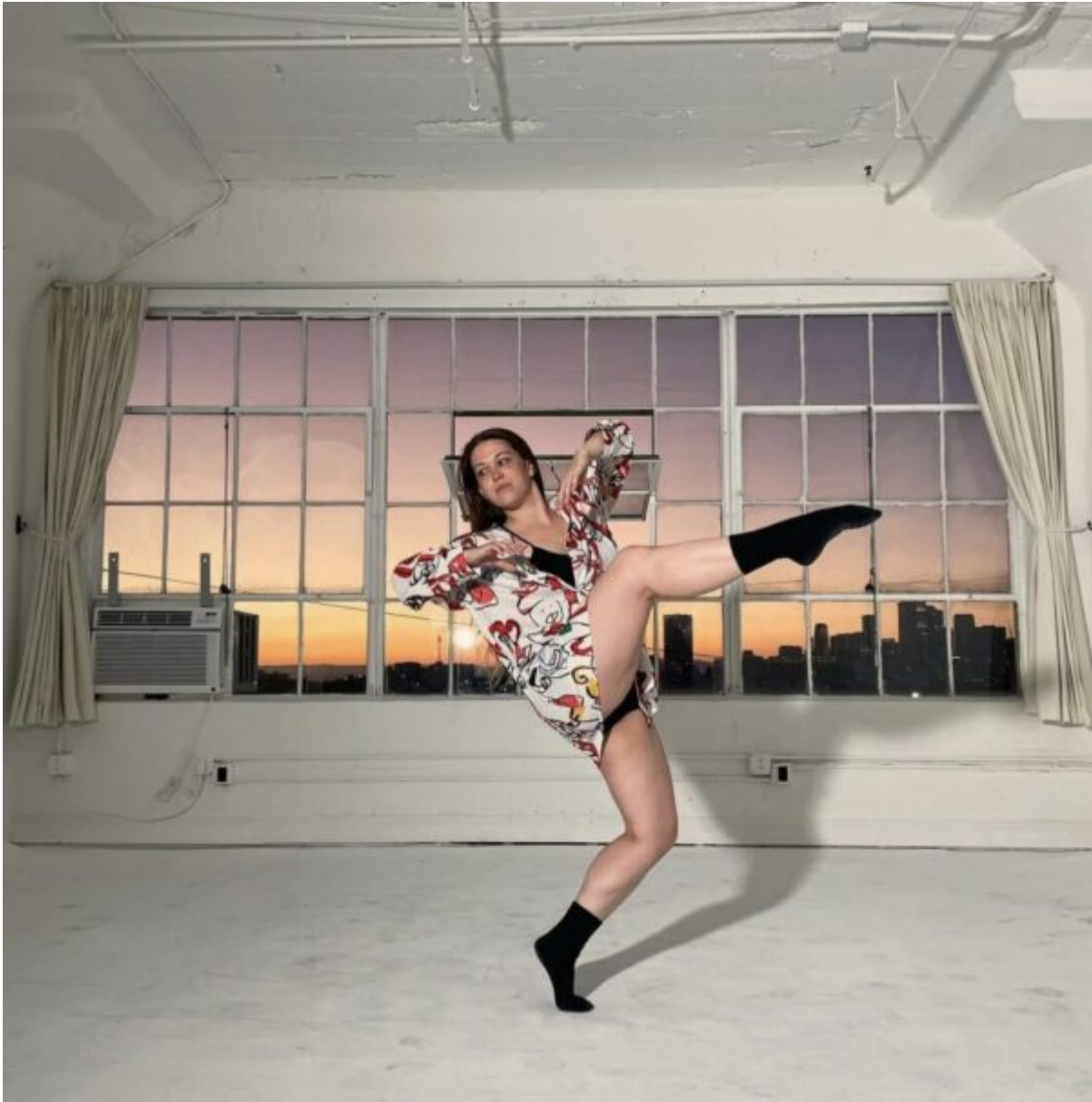
NACHMO-LA. Choreographer Sean Greene. Photo by Gregory M. Kasunich

**Haskins:** Does anyone get paid?

**Turner:** No. It is basically self-funded. We don't receive any money from the national NACHMO. As I mentioned, the choreographers pay a \$45 refundable deposit, sort of like earnest money, that they're going to actually do this. That helps us with making the deposit for the theater and the other upfront costs. In the end, the choreographers get their deposit back, unless they drop out or miss deadlines or theater rehearsals.

**Haskins:** Have you had choreographers return?

**Turner:** Yes. We have a number who come back every year. I feel like there's some people for whom it is their once-a-year choreography thing, that they are maybe more active in dancing or in a totally different career. And then there are people who have used this to start work that they later expanded and finished elsewhere. We have people who've done it a few times and some who've done it almost every year.



Rachel Turner. Photo courtesy of the artist

**Haskins:** Anything else you would like folks to know?

**Turner:** I think for the audience having the opportunity to give feedback, and also, the choreographers getting that type of feedback, are things that make NACHMO special.

This year's choreographers include:

**Fri., Feb. 6:** Alondra Perez, Celine Voskanian, Jill Gregory & Zara Fuerstein, Katarina Smouse, Kristine Dimter, Lindy, Marissa Mahoney, Matthew Kane, Nadine Tran, Nicole Davis, Rachel Turner, Rebecca Aguilar, Sami Flores, Santiago Rivera, Sarah Gibson, and Yari Rivera

**Sat., Feb. 7:** Alice Lousen, Alondra Perez, Amanda Lizarraga, Ayden Grace, Gianna Joudi, Jacob Bowers, Jazz Hayes, Jessica Koe, Jill/Zara, John-Pierre Cardenas, Marissa Mahoney, Nadine Tran, Nicole Craft, Rachel Turner, Rebecca Aguilar, Sami Flores, and Silas Rowland.

**NACHMO-LA** at The Stomping Ground, 5453 Alhambra Ave., El Sereno; Fri.-Sat., Feb. 6-7, 7:30 pm, \$19.36 (includes fees) [NACHMO-LA](#).

## How Education Is Adapting to Support Careers That Focus on Social Impact

Our Friends · Friday, January 16th, 2026

More people today are rethinking what they want from their careers. Instead of focusing only on salary or job titles, you may be looking for work that feels meaningful, roles where you can support others, strengthen communities, and create positive change. Careers in social services, advocacy, and community-based work are drawing increased attention because they align with these values.

As this shift happens, education is changing too. Traditional learning models that require full-time, on-campus attendance no longer fit the needs of many learners, especially those already working or caring for families. People interested in social impact careers often want flexibility, practical experience, and education that connects directly to real-world challenges.

Modern education is responding by becoming more accessible, adaptable, and focused on applied learning. Programs are evolving to support people who want to build skills for helping professions without stepping away from their current responsibilities. This transformation is making it easier to prepare for meaningful careers that focus on people, communities, and long-term social good.

### Expanding Educational Pathways for Social Impact Careers

Education providers are increasingly recognizing that social impact careers require pathways that reflect how people actually live and work. Many learners pursuing these fields are already involved in community work, healthcare, education, or nonprofit roles. They need programs that allow them to keep making a difference while continuing their education.

Flexible learning options are becoming essential. For individuals preparing for roles in social services, counseling, or community advocacy, pursuing an [MSW degree online](#) offers the ability to develop advanced skills while staying engaged with their communities. Programs like this are designed to provide structured coursework, hands-on field experiences, and academic support in a format that works around professional and personal commitments.

This approach reflects a broader shift in education. Instead of asking students to pause their lives to learn, modern programs are integrating learning into everyday reality. That alignment makes it easier to attract people who are deeply motivated by impact but also need practical, flexible options to reach their goals.

### Why Social Impact Careers Require Specialized Education

Careers focused on social impact involve working closely with people during challenging moments in their lives. Whether you're supporting families, individuals, or entire communities, these roles require more than good intentions. They demand training in ethics, communication, assessment,

and problem-solving.

Specialized education helps you understand complex systems such as healthcare, social policy, and community resources. It also prepares you to navigate sensitive situations with professionalism and care. Without proper training, even well-meaning efforts can fall short or cause unintended harm.

Education designed for social impact careers focuses on building both technical knowledge and emotional intelligence. It helps you learn how to listen, respond thoughtfully, and act in ways that respect individual dignity while addressing broader social challenges.

## **The Shift Toward Flexible and Online Learning Models**

One of the most noticeable changes in education is the move toward online and hybrid learning. This shift is especially important for social impact careers, where many students are adult learners balancing multiple responsibilities.

Online education allows you to access coursework without relocating or adjusting your entire schedule. It opens doors for people who might otherwise be excluded from advanced education due to geography, work demands, or family obligations. This flexibility supports a more diverse group of learners, which ultimately strengthens the social impact workforce.

Flexible learning models also encourage lifelong education. As social challenges evolve, professionals can continue learning and adapting without stepping away from their roles. This ongoing development helps ensure that education stays relevant and responsive.

## **Integrating Real-World Experience Into Academic Programs**

Social impact education works best when it connects theory with practice. Modern programs emphasize real-world experience through field placements, community projects, and applied learning opportunities. These experiences help bridge the gap between classroom knowledge and everyday work.

By engaging directly with communities, you gain insight into the challenges people face and the systems designed to support them. This exposure builds confidence and competence, making the transition from student to professional smoother and more effective.

Practical experience also reinforces why education matters. It allows you to see how your skills can directly improve lives, which strengthens motivation and commitment to the field.

## **Preparing Students for Community-Focused and People-Centered Roles**

Social impact careers are built around relationships. Success often depends on your ability to connect with others, collaborate across organizations, and respond with empathy. Education plays a key role in developing these skills.

Programs focused on social good emphasize communication, cultural awareness, and ethical decision-making. They encourage reflection and self-awareness, helping you understand your role within larger systems. This preparation supports both professional effectiveness and personal growth.

When education prioritizes people-centered learning, it helps future professionals approach their work with compassion and clarity rather than burnout or frustration.

## How Education Supports Career Transitions Into Social Impact Work

Many people enter social impact careers later in life, often after working in other fields. Education that supports these transitions recognizes the value of prior experience while providing new frameworks and tools.

Adaptable programs make it easier to shift careers without starting over completely. They allow you to build on existing skills while gaining the specialized knowledge needed for social services or advocacy roles.

This flexibility encourages more people to pursue meaningful work, increasing the number of trained professionals available to meet growing community needs.

## Aligning Education With Evolving Workforce Needs

The demand for trained social impact professionals continues to grow. Communities face complex challenges related to mental health, housing, education, and social equity. Education must keep pace with these realities.

Modern programs are increasingly aligned with workforce needs, focusing on relevant skills and practical outcomes. This alignment helps graduates feel prepared and confident as they enter the field.

By responding to both community needs and learner realities, education becomes a powerful tool for sustainable change.

## The Long-Term Value of Education That Prioritizes Social Good

Education that supports social impact careers offers value beyond job placement. It fosters a sense of purpose, resilience, and connection. Professionals trained in these programs often experience deeper fulfillment because their work aligns with their values.

Over time, this alignment contributes to stronger communities and more effective support systems. When education prioritizes social good, it benefits not only individual learners but also the people and communities they serve.

This long-term perspective helps ensure that **social impact** work remains thoughtful, ethical, and effective.

Education is evolving to meet the growing demand for careers that focus on social impact. By offering flexible learning options, integrating real-world experience, and prioritizing **people-centered skills**, modern programs are making it easier to prepare for meaningful work.

If you're drawn to careers that support individuals and communities, today's educational pathways are designed to meet you where you are. Education is no longer just about credentials. It's about

creating the knowledge, confidence, and compassion needed to make a lasting difference.

*Photo: Cottonbro via Pexels.*

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## Small business deadlines: Key financial dates in 2026

Our Friends · Friday, January 16th, 2026

Running a small business requires much more than just a great idea and goes beyond its daily operations. The financial side to a business is a crucial element that helps a business grow and run successfully.

With 2026 in full swing, it is important as a small business owner to know the key financial dates that you will need to know throughout the year. Planning ahead can help a business owner reduce their stresses and can also help avoid any unknown penalties.

### Key Dates

Knowing the key days and noting them down straight away will help you plan for all financial deadlines of the year.

Some of the key dates to note in 2026 are:

- February 2nd: The deadline for issuing the from W-2 and Form 1099-NEC to intended recipients
- March 16th: Usually on the 15th but altered due to it being a Sunday. This date is the deadline for S-Corporations and Partnerships to file (includes both the form 1120-S and Form 1065).
- April 15th: This date is the deadline for Sole Proprietors and the deadline for C-Corporations
- April 15th: This date is also the deadline for the first quarter of the years estimated tax payment.
- June 15th: Another key deadline date, this one is for the second quarter of the years estimated tax payments.
- September 15th: Another quarterly deadline, this one is for the third quarter of the estimated tax payment.
- October 15th: This date is key for those filing extensions for C-Corps and for individual returns (this includes the form 7004).

Knowing these dates within January of 2026, is key for setting up the years set tone to financial security and coordination. Using the slow period to organise records from the year that has just passed and set things in preparation for annual reporting.

It is important to check as early as possibly, the jurisdiction requirements. As many differ and can require businesses to submit annual summaries for both their employee earnings and any contractor payments early in the year.

Utilising resources will make finances easier throughout the year. These resources can help you find the **best business checks**, to helping you create a filing system to organise your paperwork. All will contribute to the smoothness of the years finances and so that deadlines are met in time and with less stress involved.

## The first quarter tax payment

April is a key month for businesses and their finances. This is the month that many businesses are required to make their first quarterly estimated tax payment for the year (2026).

It can be a good time to also review your small businesses cash flow performance from the first quarter of the year. This can help an owner adjust their budgeting for the next quarter where necessary. It can point out any issues and successes and can help you prep for the remainder of the year to avoid any financial strain.

## Middle of the year

June is where a small **business** will face its second round of estimated tax payments. This is a crucial deadline to help spread tax liability evenly across the year at hand. Again, this month should be used to review the overall status of the finances. As it will give a business owner the ability to make more strategic decisions to plan out the rest of 2026.

## Third Quarter

The third quarter deadline comes in September and missing this payment can result in added interest or even penalties, so it is important to have advance planning with this estimated payment. This also provides the perfect time to plan for the end of the year. Having early preparation on expenses and potential tax deductions can lead to an owner facing some surprise costs and can improve flexibility in their financial department.

## End of the year

In October there comes the administration deadlines in the form of business license renewals and compliance filings pending on your businesses location and industry you are in. ensure that bookkeeping accuracy is to parr and ensure that all records are up to date to make the final end of year reports much more manageable.

Come December where there is the final tax payment estimate. Utilise this time to finalize **end of year** strategies such as purchasing equipment, making any **retirement** contributions, or closing any outstanding invoices. Smarter decisions in December have a positive impact on tax outcomes and the years financial performance.

## Why Tracking Financial Deadlines Matters in 2026

Missing financial deadlines can lead to fines penalties and unnecessary stress. More importantly it can disrupt cash flow and distract from business growth.



By understanding and planning for key financial dates small business owners can stay compliant make confident decisions and focus on building a successful future.

2026 should be a year where small business flourish. Ensuring that all financial deadlines are met will ensure that your small business is making every step to grow in the markets. Remaining relevant and well structured amongst their competitors. If need be, seek professional guidance and get a strategic advantage on your taxes and finances before the deadlines are here.

*Photo: Freepik via their website.*

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## Culture In Motion: What An Igaming Software Provider Can Teach Digital Storytellers

Our Friends · Friday, January 16th, 2026

Culture doesn't live only in galleries and libraries anymore, right? I've seen teams, including **slot game providers**, design moments that feel oddly human. They tune pacing, audio, and micro-surprises so attention doesn't slip away. That same craft can help writers, curators, and artists keep meaning intact online.

### Independent Voices And The Igaming Software Provider Craft

Good cultural writing sounds like someone leaning in, not lecturing from a podium. Online, even a strong idea can vanish behind tabs and notifications. Clear structure keeps the voice steady when attention starts to wander. I borrow a studio habit: make the next step obvious, then reward readers with specifics.

At NuxGame, we talk about “flow” the way a city planner talks sidewalks. You notice potholes, confusing signs, and corners that invite a pause. A cultural essay has the same issue in digital form, so I edit for smooth turns and deliberate stops. When a reader knows where they're headed, they'll follow you into harder territory.

### Micro-choices That An Igaming Software Provider Obsess Over

Small choices build trust faster than big promises on a homepage. A headline that matches the body keeps people from feeling fooled. Short paragraphs give the brain a rest between ideas today. That's not dumbing it down; it's removing obstacles so the meaning can land. When you design for comfort, you're quietly saying, “I've got you,” and most readers relax.



Here's the part many creatives forget: friction isn't always the enemy. A pause can signal, "Lean in, this matters," like silence before a chorus. The key is making that pause intentional, not accidental every time. If someone stops because they're moved, you've won; if they stop confused, you've lost them.

## Rhythm And Restraint: Lessons From Slot Game Providers

Rhythm is the quiet engine beneath every digital story you really enjoy. It lives in load time, image order, and where your eye rests. The best pieces feel effortless, but somebody timed them with obsessive care. When timing drags or jolts, even beautiful work starts to feel like a chore.

In the body of a piece, I keep one question nearby: what's the next clear step? If that answer feels fuzzy, I rewrite until the sentence points somewhere definite. I also trim "too many options" moments, because choice overload makes readers hesitate and drift. One strong cue beats five weak nudges, especially on a phone screen.

Working alongside an **igaming software provider**, I've learned to treat drop-offs as honest feedback. People aren't lazy; they're busy and protective of their time. If they bounce, the story probably asked for too much too soon. The fix is often simpler language, stronger cues, and fewer detours.

Before I hit publish, I do a quick "culture check" on the draft. I read it out loud and listen for stiff spots and jargon. Then I ask whether a curious stranger could follow the thread. If not, I simplify the map while keeping the soul. Those tiny edits usually save a reader from clicking away halfway through.

- Open with one vivid detail, then explain why it matters right now.
- Use headings like signposts, not billboards, and keep them specific.
- Give readers one guided choice, not five options that feel like homework.
- Let images earn their place by adding context, not just decoration.
- End with an invitation to reflect, share, or notice something offline.

These checks sound basic, yet they work because they match how people actually read online. They respect attention without turning the writer into a robot. Better structure doesn't make a voice cold; it makes warmth easier to reach. On a distracted day, that difference can decide whether culture gets remembered or quietly forgotten.

## Digital Storytelling With Slot Game Providers Discipline In Museums And Festivals

Museums and festivals are experts at atmosphere, even when budgets are tight. They know how lighting, sound, and pacing shape what people carry home. Digital storytelling can borrow that sensibility without copying a stage or forcing a tour-guide voice. A well-built page can feel like a guided walk, not a cluttered brochure.

Start with a narrative spine that holds everything together from the first scroll. Then add interaction only when it deepens meaning, not when it adds sparkle. A single "choose your focus" moment can be powerful for hesitant readers. It lets curiosity lead while still honoring the curator's intent and the community behind it.

Community archives have a special challenge: they hold many voices at once. One object can carry a family story, a neighborhood change, and a hard truth. Digital formats can layer those voices gently, like transparent pages. When done well, people don't just learn facts; they feel the weight of memory.

To keep it grounded, write like you speak to a friend. Trade abstract nouns for verbs that move, bite, and breathe. Add specifics—street names, a favorite song, a smell after rain—because specificity carries credibility. If you can picture it, readers can picture it too, and they'll share it.

## Conclusion: Human-Centered Culture Beyond The Igaming Software Provider Label

Technology will keep changing, and that's fine for cultural writers. The bigger question is whether our stories still feel like someone meant them. A good systems mindset prizes flow, feedback, and honest correction in practice. In cultural work, that becomes empathy made visible, not just polish for its own sake.

So if you're publishing on Cultural Daily, aim for hospitality on the page. Guide readers with rhythm, give them room to reflect, and don't overcomplicate the path. Let structure support voice, the way a frame supports a painting. When the writing feels alive, it travels quietly through shares, conversations, and memory.

*Photo: Kerfin7 via Freepik.*

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## How to Pick a Wig Length: Short vs. Long

Our Friends · Friday, January 16th, 2026

Wigs are a total game-changer for switching up your look and showing off your vibe. Whether you're trying out a new aesthetic or dealing with hair loss, **choosing the right wig length** can literally change your whole face—no cap. Stuck deciding between a short cut or long locks? We got you. Let's break down short vs. long wigs so you can choose your main character energy.

### Short Wigs: Easy, Light, & Full of Attitude

Short wigs are low-key iconic for a reason. If you're all about that low-maintenance life but still want to serve looks, here's why short might be your move:

## Low-Key Maintenance

Short wigs = less drama. They take way less time to detangle, style, and wash. Perfect if you can't be bothered with a whole haircare routine or if you're always on the go.

## Comfy & Breathable

They're usually lighter and less bulky, so you can wear them all day without feeling weighed down. Better airflow = less sweating, which is a major win in summer or if you're active.

## Style Variety is Still Big

Don't sleep on short wigs—they're not basic. Think sleek bobs, textured pixies, shaggy layers—you can even explore precise styles like **UNice bob wigs** for that clean, chic look. You can go edgy, soft, or cool-girl effortlessly.

## Perfect for an On-the-Go Vibe

If you're hitting the gym, running errands, or just don't want hair in your face 24/7, a short wig stays out of the way. No constant fixing or tying up.

## Long Wigs: Glam, Versatile, & Extra in the Best Way

Long wigs give main character energy and let you play with so many styles. Want to feel like a vibe or switch it up constantly? Long might be it:

### Endless Style Options

The possibilities are kinda endless. Wear it straight, wavy, curly, in braids, a high pony, a messy bun—you name it. It's like having a whole hair wardrobe in one.

### Instant Glam & Drama

Long hair has that classic glam feel—it's elegant, romantic, and can make any outfit pop. Perfect for events, dates, or just when you want to feel extra.

### Adds Fullness & Length

If your natural hair is thin or short, a long wig gives the illusion of thick, flowing hair. It's a major confidence boost and can totally transform your look.

### Cozy Winter Vibes

Low-key perk: long wigs can keep your neck a little warmer when it's cold. Not a dealbreaker, but a cute bonus!

## How to Choose: What to Keep in Mind

Picking between short and long isn't just about preference—think about these things too:

## Face Shape Matters

Short wigs often work well for round or square face shapes—they add height and balance.

Long wigs can soften longer face shapes or add framing.

But honestly, wear what makes you feel good—rules are meant to be broken.

## Your Lifestyle & Patience Level

Busy schedule? Short wigs are generally easier. Love spending time styling and trying new hairstyles? Long wigs give you more to play with.

## Occasion & Personal Aesthetic

Everyday casual? Short wigs are effortless and cool.

Special events or wanting to make a statement? Long wigs bring the drama.

Your personal style—minimalist, alt, romantic, sporty—should guide you too.

## Comfort is Key

If you get hot easily or hate feeling weighed down, short wigs are usually more breathable. Long wigs can feel heavier, especially in heat. Always prioritize how it feels on your head!

## Bottom Line

At the end of the day, the best wig length is the one that matches your vibe, life, and confidence. Short wigs are chill, practical, and still super stylish. Long wigs let you experiment, feel glam, and change your look on a whim. Maybe try both if you can! Whatever you choose, rock it like it's yours—because it is. You do you.

*Photo: ima.unice via their website.*

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## Into LA Art Show 2

Rick Meghiddo · Thursday, January 15th, 2026

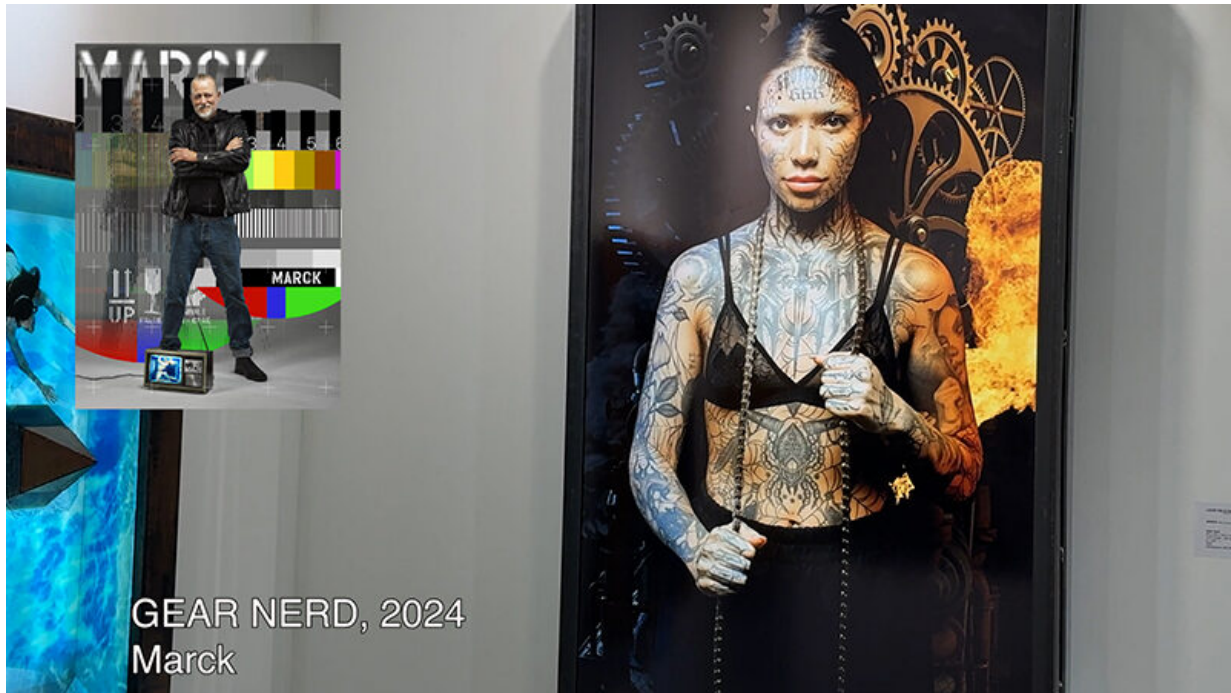
The 2026 LA Art Show annual event attracted more than 90 exhibitors from across the globe to Los Angeles. This year's principal non-commercial focus, DIVERSEartLA—"The Biennials and Art Institutions in the Contemporary Art Ecosystem"—showcased works from seven international biennials.

There were two remarkable installations: La Rueca Forest Memory, created by visual artist Graciela Szamrey and first presented in Cordoba, Argentina, in 1974, and Aguas, conceived by Eugenia Vargas Pereira and curated by Marisa Caichiolo.

The digital installation Land-Escape, which required a headset to view, was impressive. Marcos Ramirez Erre's works stood out for both their visual appeal and political themes.

Among the hundreds of works presented by the commercial galleries, there were a number that caught our attention:

1. The amazing work of Swiss artist Marck's kinetic video-sculptures, presented by the LICHT FELD Gallery, explores the metaphorical barriers faced by women under confinement. Art and technology worked in tandem. The electronics became a means to an end. The medium itself becomes the content and the message.
2. Discovering the artwork of Sonia Payes, an Australian artist recognized for her achievements in sculpture and photography, was remarkable. Her pieces often showcase a recurring female face that represents resilience and transformation, emerging from landscapes or presented as hybrid, post-human figures that evoke both ancient and futuristic qualities.
3. The few works by Israeli artist Avinadav Begin made me want to know more, and it became a discovery once I entered into his website. His work moves between sculpture, painting, fresco, and printmaking. It deals with the connection between material, time, and history in the relationship between the processes of obsolescence and decay and construction, space, and architecture.
4. Esther Mahlangu, a distinguished 90-year-old African artist, has established an exceptional career. Recognized for her striking geometric designs and precise use of color, Mahlangu's works were exhibited at the Pompidou Center in 1989. Her artistic achievements have brought regional cultural traditions to international attention within the fields of art, fashion, and design.



Gear Nerd, 2024 – Marck



Rainborn, 2025 – Yigal Ozeri





Sonia Payes



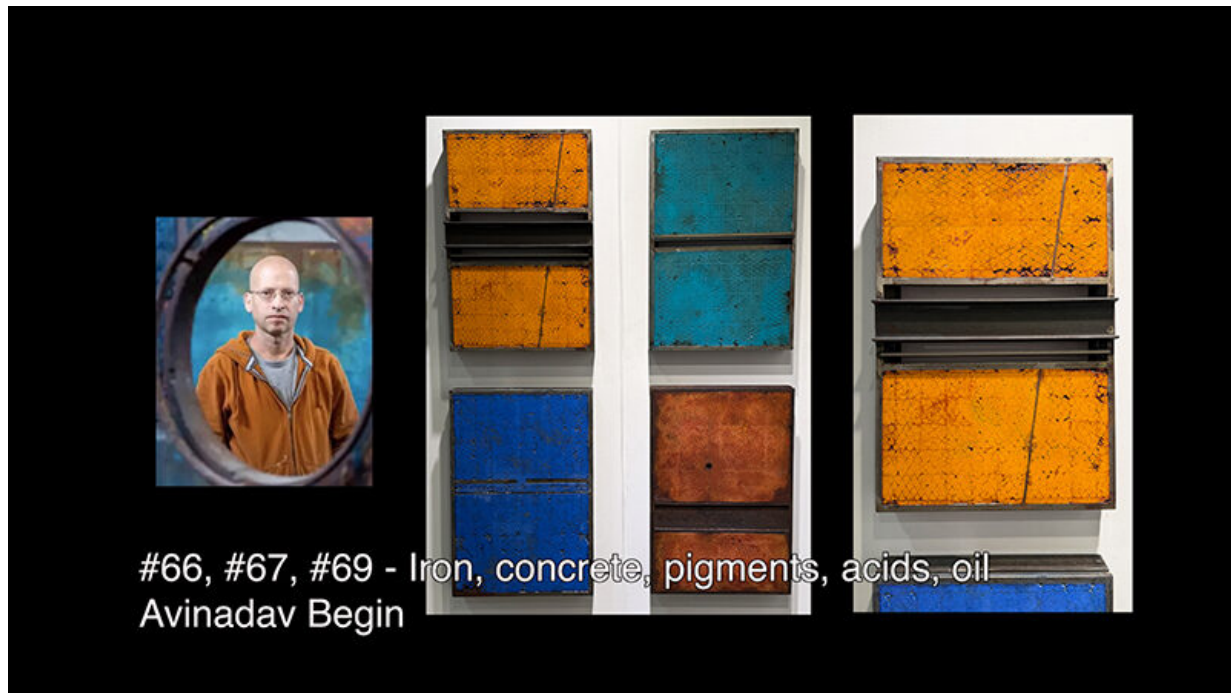
Heads – Sonia Payes



TOP DOG, 2018  
Mel Bochner



Top Dog, 2018 – Mel Bochner



Colored Concrete – Avinadav Begin



Art of Contemporary Africa – Esther Mahlangu





## INCLUDING YOU AND ME Moon Sang Min



Including You and Me – Moon Sang Min



## CANDY BOX, 2021 Peter Anton



Candy Box, 2021 – Peter Anton



MALE PATTERN BADNESS', 1991  
Sylvester Stallone

Male Pattern Badness, 1991 – Sylvester Stallone



Into LA Art Show poster

Posted in [Fine Art](#), [Visual Art](#) | [No Comments »](#)

## Street Smarts

Ann Haskins · Wednesday, January 14th, 2026

Site specific dance in City Hall; LA street dance takeover in Mid-City stage; traditional dancers welcome Japanese guests in Little Tokyo; iconic LA choreographer celebrated in West LA; museum dance in Westwood; healing moves in University Park; movie ranches, rehearsal mishaps, devotion, and musical explorations in West LA dance fest; new choreography in Santa Monica; more SoCal dance this week, plus a peek at next week.

***Live This Week (thru January 22)***



## Taking it from the street

Street dance captures the stage as **Versa-Style Street Dance Company** brings *Versa-Style and Friends — Celebrating the LA Street Dance Community*. For two decades, Jackie Lopez aka Miss Funk and Leigh Foaad aka Breeze-lee, have championed street dance and its proponents, while providing an environment that encouraged finishing school while honing dance skills. Many Versa-Style dancers and Versa-Style Next Generation dancers have gone on to prove their worth professionally and an impressive number go on to college, both evidence of Versa-Style's success. This concert welcomes the company, the Next Generation, and Legacy dancers. Other LA friends taking the stage include Boogie Frantick, Fantaye, Toyin, Femme Fatale, Gbari & Shantel, and Whacking Los Angeles. Having set the standard for staying current on the street while also translating street movement to a stage setting, Versa Style can take a deserved bow when they take the stage. Nate Holden Performing Arts Center, 4718 W. Washington Blvd., Mid-City; Fri.-Sat., Jan. 16-17, 8 pm, Sun., Jan. 18, 3:30 pm, \$30. [Versa-Style & Friends](#).



Versa-Style Street Dance Company Photo courtesy of the artists

## Opening with an LA master

Regarded by many as the premiere West Coast dance film festival, **Dance Camera West** opens its *2026 Festival* with six selected short dance films from the US and the UK, but the real focus of the opening is a celebration of LA-based choreographer David Roussève. Four films he directed will screen, followed by a Q&A, then a separately ticketed, gala celebration honoring Roussève. The website [Dance Camera West](#) has full details on the jam-packed DCW festival that moves among three venues in West LA, Downtown LA, and Los Feliz over a jam-packed four days. Théâtre Raymond Kabbaz, Thurs.-Fri., Jan. 22-23, 7:30 pm, Sat., Jan. 24, 2 pm, \$27.10 (w/fees), Gala honoring David Roussève-Thurs., Jan. 22, 8:45 pm, \$50. [Théâtre Raymond Kabbaz](#). Also at Colburn Zipper Hall, 200 S. Grand Ave., Downtown LA; Sat., Jan. 24, 7 pm, \$25. [Colburn](#). Also workshop and films at Philosophical Research Society, 3910 Los Feliz Blvd., Los Feliz; Sun., Jan.

25, [Dance Camera West](#).



David Roussève. Photo by Rachel Keane

### Behind the movie set

A former movie ranch, now a public park, inspired *Corrigan*, **Hunter Wayne Foster**'s contemplation of what happens behind the scenes of a movie set. Foster's world premiere shares the *Dance at the Odyssey* stage with *For Better or For Worse*, **Camila Arana**'s consideration of devotion from its tenderness to its brutality. Odyssey Theatre 2, 2955 S. Sepulveda Blvd., West LA; Thurs.-Sat., Jan. 15-17, 8 pm, Sun., Jan. 18, 2 pm, \$25 (+\$3 for credit cards). [Dance At the Odyssey](#).



Hunter Wayne Foster. Photo courtesy of the artist

### The 'B's have it

LA-based **Kevin Williamson + Company** team with pianist Hao Huang to bring two new works to *Dance at the Odyssey*. Lester Horton Award-winning Williamson summons an array of characters in *blue* to explore Huang's evocation of compositions by Ryuichi Sakamoto. The second premiere, *beasts*, finds Divya Ahuja, Rian Alcid, and Sasha Marlan-Librett surveying movement that veers from ferocious to frightened. Odyssey Theatre 3, 2955 S. Sepulveda Blvd., West LA;

Thurs.-Sat., Jan. 15-17, 8 pm, \$25 (+\$3 for credit cards). [Dance At the Odyssey](#).



Kevin Williamson. Photo by Taso Papadakis

### In rehearsal

This week's addition to the *Dance at the Odyssey* festival is dance theater ensemble **TAQ Dance** led by Sasha Marlan-Librett. She's a busy woman at this festival, returning with her own work *Cue*, just days after performing in choreographer Kevin Williamson's festival entry. *Cue* takes the audience inside a rehearsal room where four dancers capture the ups and downs of a sometimes fraught process that precedes performance. Odyssey Theatre 3, 2955 S. Sepulveda Blvd., West LA; Thurs.-Sat., Jan. 22-24, 8 pm, \$25 (+\$3 for credit cards). [Dance At the Odyssey](#).



TAQ Dance. Photo by Shasha Marlan-Librett

### City connections

A live site-specific performance is the culminating event in the landmark exhibition encapsulating the four decades-long connection of **Heidi Duckler Dance** with LA architecture, communities, and cultural landscape. Choreographed by HDD Artistic Director Raymond Ejiofor, *Vortex* showcases HDD's dancers, musicians, and performers. The full schedule of activities and performance is at the website. LA City Hall, P. Rio Bridge Gallery, 200 N. Spring St., Downtown LA; Fri., Jan 16, 6-8 pm, \$40. [Heidi Duckler Dance](#).





Raymond Ejiofor of Heidi Duckler Dance. Photo courtesy of the artist

### Centering

Adaptation and endurance are embodied by the dancers of **Centerline Collective** in choreographer Jade Lelievre's new work, *After Ashes*. Composer/musician Louis Nova provided the score. Highways Performance Space, 1651 18th St., Santa Monica; Fri.-Sat., Jan. 16-17, 8 pm, \$25, \$20 students/seniors. [Highways Performance Space](#).

### Japanese guests/LA natives

Special guests from Japan join 26 students of **Wai no Kai** for *Yuubi: Elegance and Grace of Nihon Buyo*. A dozen visiting masters of various elements of Nihon Buyo, Japan's traditional dance are led by Madame Bando Hideko, the daughter of the late Headmaster Bando Mitsugoro IX and master teacher of Bando Hidesomi, an LA native who heads the school of traditional Japanese dance. This concert celebrates the 30th anniversary of Hidesomi's school and includes performances by four of her students who have been awarded their professional stage names by the Headmaster of the Bando-ryu (School) in Japan. JACCC Aratani Theatre, 244 S. San Pedro St., Little Tokyo; Sun., Jan. 18, 1:30-5:30 pm, \$50-\$100. [JACCC Aratani Theatre](#).



Wai No Kai. Photo by Toyo Miyatake Studio

### How she healed

The three part series *How Healing Happens*, an exploration of healing through the arts, is also a first time collaboration of **Patrisse Cullors** and **Rashida Bumbray**. The series includes a workshop, a panel discussion and *A Lineage of (F)Light*, an al fresco performance employing movement, voice, ritual, and sonic textures to celebrate the history and healing heritage of LA's Biddy Mason. A nurse, entrepreneur and philanthropist, Mason has a downtown park named after her at 333 Spring St. The performance acknowledging her is nearby at USC, Fisher Courtyard, Fisher Museum of Art (HAR), USC, 823 W. Exposition Blvd., University Park; Tues., Jan. 20, 6:30 pm, free w/RSVP at [Eventbrite](#).



Will Rawls. Photo by Sarah M Golonka

### Made where?

As part of the biennial *Made in LA*, choreographer **Will Rawls** stages mostly monthly site-specific performances under the banner *Unmade*. The work draws visitors into, around, and outside the museum's galleries. Dancers include Gurmukhi Bevli, Maya Billig, Ajani Brannum, Jeremy De'jon Guyton, Tiara Jackson, and Kensaku Shinohara. Hammer Museum, 10899 Wilshire Blvd., Westwood; Sat., Jan. 17, Sat., Feb. 7 & 28, noon to 4 pm, free. [Hammer Museum](#)

### More new year

For its Lunar New Year celebration, the Wallis Annenberg Center for the Performing Arts offers two family friendly options. Outside, a free festival that includes a dragon dance, while inside, two ticketed performances of *The Great Race (The Story of the Chinese Zodiac)* by the **Honolulu Theatre for Youth** at the Wallis, Lovelace Theatre, 9390 N. Santa Monica Blvd., Beverly Hills, Sat., Jan. 17, 11 am & 2 pm, \$20. [The Great Race](#). Family Fest Lunar New Year (with dragon dance) at the Wallis, outdoor grounds, Sat. Jan. 17, 11 am-2 pm, free w/reservation at [Family Fest](#).





The Peking Acrobats. Tom Meinhold Photography

### On balance

The visiting **Peking Acrobats** bring their artistic gymnastics and breathtaking athletics to town in a show evoking a carnival. Carpenter Center, Cal State University Long Beach, 6200 E. Atherton St., Long Beach; Sat., Jan. 17, 8 p.m., \$38.75-\$58.75. [Peking Acrobats](#)



Shen Yun. Photo courtesy of the artists

### Cautionary return

Presenting itself as “China before communism,” the touring company **Shen Yun** built its

reputation on the athleticism, flexibility, and group precision of its dancers, but dodged questions about its connections with China's banned Falun Gong. More recently, the organization has faced accusations of dancer abuse and a lawsuit alleging child labor violations. In that context, the company tours local venues from now through early February. The Soraya, Cal State University Northridge, 18111 Nordhoff St., Northridge; Thurs., Jan 15, 2 pm, Fri., Jan. 16, 7 pm, Sat.-Sun., Jan. 17-18, 1 pm, \$86-\$186. Also at The Music Center, Dorothy Chandler Pavilion, 135 N. Grand Ave., Downtown LA; Thurs., Jan. 22, 2 pm, Fri., Jan., 23, 7:30 pm, Sat.-Sun., Jan. 24-25, 1 pm, \$91-\$231. Also at Thousand Oaks Civic Arts Plaza, 2100 E. Thousand Oaks Blvd., Thousand Oaks; Fri., Jan. 30, 7:30 pm, Sat.-Sun., Jan. 31-Feb. 1, 1 pm, \$94.40-\$196.95. Also at Long Beach Terrace Theater, 300 E. Ocean Blvd., Long Beach; Fri., Feb. 6, 7:30 pm, Sat.-Sun., Feb. 7-8, 1 pm, \$89-\$218. [Shen Yun](#).



The Wiz. Photo by Jeremy Daniel

### Ease on down the road

Before the cottage industry surrounding the musical and now two film versions of *Wicked*, Frank Baum's book *The Wizard of Oz* fueled the musical and film version of **The Wiz**. The musical theater revival of *The Wiz* arrives at the only SoCal stop on its North American tour. Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa; Tues.-Fri., Jan. 13-16 & 20-23, Sat., Jan. 17 & 24, 2 & 7:30 pm, Sun., Jan. 18 & 25, 1 & 6:30 pm, \$44-\$159. [SCFTA](#).

### *A Peek at Next Week (January 23-29)*

**Dare to Dance in Public** — *Dance at the Odyssey* at Odyssey Theatre 2, 2955 S. Sepulveda Blvd., West LA; Fri.-Sat., Jan. 23-24, 8 pm, Sun., Jan. 25, 2 pm, \$25 (+\$3 for credit cards). [Dance At the Odyssey](#).

**Los Angeles Ballet** — *Celebrating Our Past, Present and Future: 20 Years of Los Angeles Ballet* at The Wallis Center for the Performing Arts, 390 N. Santa Monica Blvd., Beverly Hills; Thurs.-

Sun., Jan. 29-31, 7:30 pm, \$64.90-\$119.90. [Los Angeles Ballet](#).



Los Angeles Ballet. Photo by Reed Hutchinson

**Benita Bike DanceArt** at The Discovery Cube LA, 11800 Foothill Blvd., Sylmar; Sat.,-Sun., Jan. 24-25, 1 pm, free with reservation at [benita@danceart.org](mailto:benita@danceart.org).

**Sa Dance Company** — *Rise* at Musco Center for the Arts, Chapman University, 216 N. Glassell, Orange; Sat., Jan. 24, 7 pm, \$25-\$253. [Sa Dance Company](#).

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## How Online Schools Handle Curriculum, Exams, and Graduation

Our Friends · Wednesday, January 14th, 2026

There is a common misconception that online schools don't follow a structured approach to learning. In reality, reputable online schools have predefined regulations for each sector in addition to a graduation criterion.

If you're planning to enrol your child in an online school, but are concerned about the exact mechanism, we've got you covered. This brief guide explains how online schools handle



curriculum, exams, and graduation. Let's break it down!

## Curriculum in Online Schools

The curriculum in online schools is carefully designed to meet the same quality standards as a traditional school. For instance, **online schools in Washington State** would be accredited by the relevant, state-specific institute. This will ensure your child receives quality education that prepares them for higher education and the workforce.

Core subjects such as Mathematics, English, Science, and Social Studies are required. Whereas, electives include Art, Computer Science, Coding, or Foreign Languages. Your child will gain a well-rounded education.

But how do online schools deliver lectures or teach the aforementioned curriculum? Most schools use digital platforms known as Learning Management Systems (LMS). These platforms normally have two interfaces. The student interface provides access to video lectures, digital textbooks, assignments, and interactive activities.

Most online schools leverage easy-to-use platforms that don't require much technological knowledge.

Delivery methods can include:

- Live classes. Teachers can conduct classes in virtual classrooms.
- Personalised learning. Students can learn at their own pace.
- Interactive engagement. This includes message boards and forums.

## The role of teachers

Teachers play a critical role in online education, especially in curriculum-related matters. They guide students through lessons, give feedback on assignments, and offer support through email. Moreover, teachers can arrange discussion sessions to resolve students' queries, facilitating learning.

## Exams and Assessments

Assessments and exams are tools for online schools to assess students. The following types of assessments are most common:

- Online quizzes and tests
- Projects and essays
- Presentations
- Participation

Assignments help students apply what they have learned in a creative and practical manner.

Then come the exams. Online schools use numerous proctoring methods, including:

**AI proctoring** – software uses eye-tracking mechanisms and keystroke monitoring to prevent cheating.

**Human proctoring** – live invigilators watch via webcam. Students are required to share their surroundings.

Reputable online schools like Virtual Prep Academy leverage security measures, including:

- Secure browsers
- Plagiarism detection tools
- AI detection tools

Students are required to complete the exam under specific guidelines within the given time limit. The time period for grading can vary. Multiple-choice quizzes may be graded instantly by the system. But essays, projects, and open-ended questions are graded by teachers, who provide comments to help students improve.

Students can easily track their grades through their LMS.

## Graduation Requirements

Lastly, most online schools have a credit system. Students earn credit by completing both core and elective courses. Moreover, to graduate, they would also need to pass the final exam and submit the required assignments.

Some online schools also require students to meet attendance or participation requirements. In the end, your child will get an accredited diploma, helping them secure college and university admissions.

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## The games everyone is waiting for in 2026

Our Friends · Wednesday, January 14th, 2026

When assessing some of the most lucrative **areas of business**, gaming is right up there. As a form of entertainment, this beloved pastime has kicked even further on in 2026, with gamers currently having an array of enticing virtual opportunities to get stuck into. However, there is even more to come, with a selection of highly anticipated releases coming to the fore in the coming months.

For gamers, they've never had such a strong selection of titles to tackle. Alongside some undisputed favorites, such as Fortnite, Split Fiction, and **DraftKings slot games** like Cash Eruption Fa Cai Shu, gaming communities everywhere are preparing for a wave of new games that are likely to hog the limelight. In fact, some of the most anticipated releases of 2026 could be some of the biggest games we've ever seen. Below, we highlight just some of them.

## Bradley the Badger

Kicking things off with a PC game many experts predict will record big numbers, Bradley the Badger looks as charming as it sounds. Featuring a comical animal creature and some references to an array of classics from the gaming category of entertainment, the adventures on offer in this platformer are expected to be hard to beat. While a release date hasn't been confirmed yet, Bradley the Badger should be out early this year.

## Crimson Desert

Released on March 19, big things are expected of Crimson Desert. Not only does the game's map look absolutely huge, resulting in even more adventures to embark on, but there are new warriors, an array of weapons, and nasty demons to experience. A game where almost anything could be lurking around the corner, Crimson Desert is expected to do well when it does hit the shelves.

## Ace Combat 8: Wings of Theve

While its release date is currently unknown, Ace Combat 8: Wings of Theve is expected to do well when it does eventually arrive. If you're partial to the odd flight simulator, then this must-play title is worth keeping tabs on. From its relaxing nature to the undoubtedly upgraded graphics, it certainly received a positive reaction when the makers of the game announced Ace Combat 8: Wings of Theve at the [2025 Game Awards](#). As such, many gamers are extremely excited about it.

## Coffee Talk Tokyo

Ever fancied running your very own coffee shop? Well, in Coffee Talk Tokyo you can do exactly that. You have customers to get to know, orders to get right, and a range of issues to address as Tokyo's local population discovers your delicious drinks and treats. Coming to Switch, PlayStation 5, Windows PC, Xbox Series S, and Xbox Series X in early March, Coffee Talk Tokyo might be worth a look.

## 007 First Light

Ever since the golden days of GoldenEye, [James Bond fans](#) have been craving a 007-themed release. Well, in May, 007 First Light arrives to serve up what promises to be a seriously epic package. Just how good it will be remains to be seen, but if you're pining for another GoldenEye 007-like experience, then 007 First Light might just be it.

## Forza Horizon 6

While there have been some changes behind the scenes at Forza Horizon 6, the latest release from this much-loved series is expected to stand out. The king of racing games for many players, a release date hasn't been finalized yet, but this top-notch title promises to gain plenty of attention when it becomes available, especially for gamers seeking high-octane racing action.

Special mention must also go to Grand Theft Auto 6 (November 19), High on Life 2 (February 13th), and Pokémon Pokopia (March 5).

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