

# PUBLIC NEWS



# VALENTINE'S GUIDE FOR THE DUDES

**SPORTS: SCOTT ROLEN MAKES IT INTO THE HALL OF FAME**  
**FILM: MAGIC MIKE 3, ANT-MAN 3 AND MORE**  
**LETTER RIP: WHEN YOUR MUSICAL HEROES DIE**

**NEWS THEATRE FILM MUSIC DINING ART HUMOR POP CULTURE**



# 2023 SEASON SCHEDULE

**WEEK 1**  
SUNDAY, FEBRUARY 19  
AWAY

**2:00PM | CT | abc**

**WEEK 2**  
THURSDAY, FEBRUARY 23  
AWAY

**8:00PM | CT | FX**

**WEEK 3**  
SUNDAY, MARCH 5  
AWAY

**12:00PM | CT | FX**

**WEEK 4**  
SUNDAY, MARCH 12  
HOME

**3:00PM | CT | ESPN 2**

**WEEK 5**  
SATURDAY, MARCH 18  
HOME

**6:00PM | CT | FX**

**WEEK 6**  
SATURDAY, MARCH 25  
AWAY

**6:00PM | CT | FX**

**WEEK 7**  
SATURDAY, APRIL 1  
AWAY

**2:00PM | CT | ESPN 2**

**WEEK 8**  
SATURDAY, APRIL 8  
HOME

**12:00PM | CT | ESPN**

**WEEK 9**  
SUNDAY, APRIL 16  
HOME

**2:00PM | CT | ESPN**

**WEEK 10**  
SATURDAY, APRIL 22  
HOME

**11:00AM | CT | ESPN**



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Dear Readers,

It's three in a row for the new fangled *St. Louis Public News*. We've redone the website to include all the back issues in just one click. Check it out!

Seeing that it's soon to be Valentine's Day, I thought it would be important to revisit some of those tried and true traditions updating them for the new era of (cough) feminist equality (cough). It's not that I think there is a lack of equality between the sexes, but that it is over-hyped to the extreme in the mainstream media. You gotta wonder what their agenda really is since the mainstream media has been pushing this bullcrap on us for years.

I'm sure you're as sick of it as I am.

- Ken Petty

## PUBLIC NEWS

The St. Louis Public News is published every other Wednesday and distributed on our website and through our digital partners.

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We are always looking for good team members. Send us your resume.

EDITORIAL CHAIRMAN: KEN PETTY  
MUSIC EDITOR: MARK CRAMPTON

CONTRIBUTING WRITERS:  
STEVEN AUGER, AUTUMN JONES,  
MEGAN KETHERSIDE, ANNA 'PINION'  
PENA, LISA ROHUS, ANDY SINGER,  
'UNCLE' ALBERT WINTERS

PHOTOGRAPHY, GRAPHICS/LAYOUT,  
ADVERTISING EXECUTIVE:  
KEN PETTY

DISTRIBUTION PARTNERS: ISSUU,  
flipHTML.com and PRESS READER

info@stlpublicnews.com  
314-665-0221  
www.stlpublicnews.com

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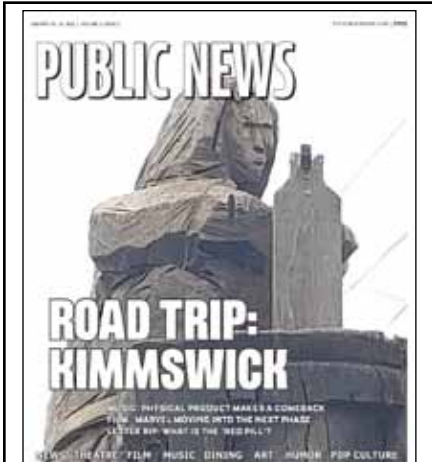
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# MAIL BOX



PUBLIC NEWS #301



PUBLIC NEWS #302

Hi Ken/Public News,

I used to follow you in Houston when you had the *Public News* there. Are there any plans to resurrect that paper?

Wow, tempting.

I enjoyed my time in Houston and miss the people there. I still keep in touch with a handful of the advertisers and readers through Facebook. However, at this time there are no plans to resurrect the title in the foreseeable future. But... never say never.

Public News,

Are you going to cover the Mardi Gras celebration in Soulard?

Yes, we will be there in some form or fashion.

Public News,

Are you looking for writers? Are you looking for anything like that?

Sure, only if you're good and can self-edit.

I have a gripe. A Webster Groves restaurant charged us a tipping fee for a takeout order. I think that it takes some brass balls for them to pull a stunt like that.

I'm sure that it was not intentional on the part of the business, but rather on the part of an unethical employee. I would give the restaurant a call and express your concern to the owner instead of sending a letter to the editor.

Do you or would you cover local bands?

Yes! That is what our *Public Noise* page is all about. Make sure you get us those press releases on time for publication. Photos are a plus!

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# LETTER RIP

## When Your Musical Heroes Die

David Crosby, the “C” in CSNY (aka Crosby Stills Nash and Young), has died. He was only 81.

Only 81. Those two words echo in my mind. Heroes don't die at 81. Heck, I thought heroes lived forever.

Then I remembered John Lennon, dead at only 40 in 1980. George Harrison, dead at 58 in 2001. Whoa, half of the legendary Beatles gone before they hit 60. Luckily we still have Sir Paul McCartney, 80, and Sir Ringo Starr, 82, touring and making fans smile as they travel back in time.

Do you realize how many musical heroes are in their 80s?

Paul Simon and Art Garfunkel are both 81 years old, Simon & Garfunkel are retired whereas the 82-year old Bob Dylan is still going strong.

David Crosby's CSNY band mate Graham Nash is 80 years old. Cliff Richard, of the Shadows fame, is 82. Brian



DAVID CROSBY

Wilson, the mastermind genius behind the Beach Boys is 80. Tina Turner and Dionne Warwick are 83 and 82 respectively. The granddaddy of them all has to

be Willie Nelson at 89.

Not only are musicians that we grew up with are hitting the 80 year mark, so are a lot of actors.

Morgan Freeman and Jack Nicholson are both 85 years old. Michael Caine is 89. Clint Eastwood is 92 and still putting out some spectacular movies. Robert Redford is 86 and is still making movies as well as the 80 year old Harrison Ford, Alan Alda (aka Hawkeye Pierce) is 87.

Shirley MacLaine is 89 years old. Julie Andrews is 87 and Carol Burnett turns 90 in April,

So why am I making notice of all these octogenarians? It's because we may not have them very much longer and I think it behooves us to enjoy and give accolades to the body of work that they had accumulated over a lifetime and that they will leave behind for generations to enjoy.

Let's not wait until our heroes are gone before we praise what they have done.

Let's do it now while they are still with us. In the meanwhile I'm going to play *Band on the Run* and the *Ringo* albums.

## Pacific Power of The Purse

3/2/23

5:30 p.m.

Pacific Eagles Hall  
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Franklin County Area  
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The Power of the Purse events offer great opportunities for women to lend their support to United Way, help those in need, and have a great night out at the same time!



# BEST BET



## The Muny Announces Its 105th Season!

The Muny announced its captivating seven show lineup for its 105th Season. The season, bursting with premieres, comedies, romance and magic, opens June 12, 2023 and runs through August 20, 2023.

The season kicks off on a high note with the Regional and Muny premiere of *Beautiful: The Carole King Musical* (June 12 – 18); followed by the magical Muny favorite, *Disney's Beauty and the Beast* (June 22 – 30); *Chess* makes its Muny premiere in July in partnership with the World Chess Hall of Fame and Saint Louis Chess Club (July 5 – 11); the epic love story, *West Side Story* returns to the Muny stage (July 15 – 21); also returning to the stage after over a decade is the comedy to die for, *Little Shop of Horrors* (July 25 – 31); the long awaited Muny premiere of *Rent* finally arrives (August 4 – 10) and the grand finale of the season is the divine musical comedy *Sister Act* (August 14 – 20).

“Our 105th season is epic, thrill-

ing and promises another great summer of memories for our incredible Muny audiences,” said Muny Artistic Director and Executive Producer Mike Isaacson. “It’s an adventurous season that offers something for everyone, and we’re already hard at work to create seven spectacular productions.”

“One of the greatest gifts we have is the opportunity to ask our audience what productions they want to see each year and from my earliest days as an usher and still now I am always excited by our audience’s energy around the season survey,” said Muny president and CEO Kwofe Coleman. “That excitement is doubled and the relationship with the audience only deepened in a year like this where we will be presenting so many of the most requested productions from the survey. Season 105 will be a thrilling journey that we cannot wait to go on with our audience.”

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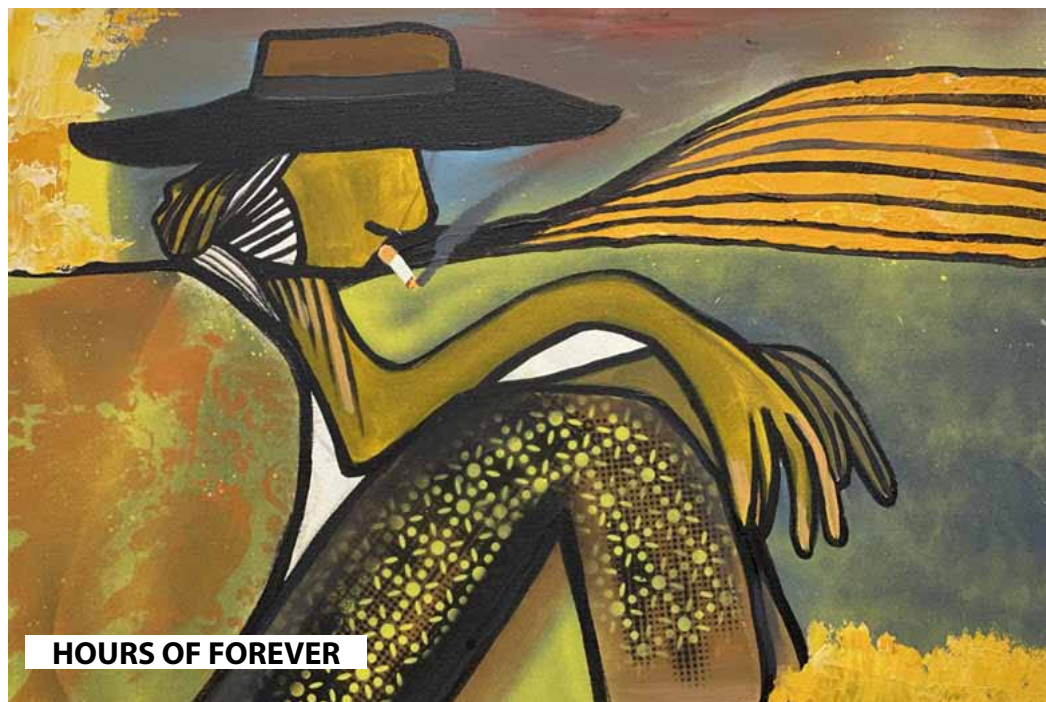
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# CALENDAR OF EVENTS



**HOURS OF FOREVER**

**Ben Brough: Hours of Forever FREE**  
**Feb. 1 - Mar. 4, 11:00 am TO 5:00 pm**  
**Bruno David Gallery**  
**7513 Forsyth Boulevard**  
**St. Louis, MO 63105**  
**(314) 696-2377**

Bruno David presents “Hours of Forever”, an exhibition of recent work by Ben Brough. This is the artist’s second solo exhibition with the gallery. “Hours of Forever” is a collection of paintings and works on paper made during a turbulent moment in time illustrating calamity capsized during rough seas catapulted to an old found beauty inspired by a wide range of guidance from the voice and lyrics of songs, the over spray of paint resembling the dust from the long, lonely road and imagery borrowed from the great American west. Featuring a sweeping cast of musicians, pin up beauties, Mexican maidens and the ghosts of muses whose voice and stature give a sense of comfort, pleasure and a dash of toughness to carry themselves to gaze back at the viewer and force to see the person within. In his text about this series, Ben said “The image and language of a song can relieve an era.”

Ben Brough was born in California and raised in Hawaii. He lives and works in Los Angeles.

**William Morris: re:memory**  
**Feb. 1 - Mar. 4, 11:00 am TO 5:00 pm**  
**Bruno David Gallery**  
**7513 Forsyth Boulevard**

**St. Louis, MO 63105**  
**(314) 696-2377**  
 German historian and philosopher Wilhelm Dilthey believed historicity identifies human beings as unique and concrete historical beings. It places each of us within the context of a time and space. Film acts as both a document and an artifact, a placeholder for memory. It recalls and isolates facets of the human experience.

“re: memory” references youthful endeavor as depicted by a generations-old visual medium. Given time, these images resound with great depth. This work is a collage of found film imagery from the 20th century, more specifically, the 1930s, 1940s, 1970s, and 1980s. The superimposition of several film sources appearing at once creates an ever-shifting, impossible two-dimensional space.

The story is in the editing, but don’t expect a linear narrative. An original score by percussionist Henry Claude adds post-tonal serialism.

William Morris lives and works in St. Louis, Missouri. He received a M.F.A. in Video Art at the School of the Art Institute of Chicago and a B.F.A. from Sam Fox School of Arts, Washington University in St. Louis.

**CONTINUING**  
**Cling II: A Carescape**  
**FREE**  
**Feb. 1 -3, 8:00 am TO 3:00 pm**  
**High Low**  
**3301 Washington Ave.**

**St. Louis, MO 63103**  
**(314) 533-0367**

In *Cling II: A Carescape*, Amy Reidel uses abstract and figurative imagery to illuminate facial expressions, details and patterns, inspired by the poignant emotions shared between family members, the often-disregarded health issues of women and objects of lineage and domesticity.

In this exhibition, Grandma’s scarves and decorative rugs merge with darling baby and scared caregiver figures in an absurd representation of home and a rapidly declining climate-scape.

*Cling II: A Carescape* will be on view at High Low, in the gallery and café, until Feb. 3. Walk-in gallery hours are every day from 8 a.m. to 3 p.m.

**Day & Dream in Modern Germany, 1914-1945 FREE**  
**Feb. 1 - 26, 10:00 am to 5:00 pm**  
**Saint Louis Art Museum**  
**1 Fine Arts Dr**  
**St. Louis, MO 63110**  
**(314) 721-0072**

In the dramatic years between the two world wars, German art ranged from an activist realism to a utopian idealism. This exhibition presents a selection of work that questions the relationship among art, the visible world, and contemporary society. It features prints, photographs, drawings, and watercolors by some of the most celebrated artists of their generation selected from the Museum’s collection and from local museums.

In the first half of the 20th century, German art took a dizzying array of forms, from the bold abstraction of German Expressionism to the clinical hyperrealism of New Objectivity. This artistic diversity was a product of the momentous events shaping the lives of artists working in Germany. Two world wars, political revolution, crippling unemployment, and historic hyperinflation plunged everyday Germans into an endless cycle of existential threats.

The show’s title is inspired by

a highlight of the exhibition, Max Beckmann’s 1946 lithographic portfolio *Day & Dream*. Made at the end of his wartime exile in Amsterdam, only a year before he immigrated to St. Louis, the 15 prints of *Day & Dream* take viewers on a Surrealistic tour of Beckmann’s dream world, populated by kings and lovers, soldiers and athletes, blended seamlessly with scenes from his life in exile.

More than half of the works in this exhibition are making their SLAM debut. Visitors will experience art by Renée Sintenis, the first female sculptor admitted to the Berlin Academy of Arts; fascinating images of magnified plants from Karl Blossfeldt’s pioneering photo book *Art Forms in Nature*; and Walter Gramatté’s illustrations for a 1925 edition of Georg Büchner’s novella *Lenz*, a tour de force of psychological portraiture and part of a large recent gift from the artist’s estate.

*Day & Dream in Modern Germany, 1914-1945*, is curated by Melissa Venator, the Andrew W. Mellon Foundation Fellow for Modern Art.

**Great Rivers Biennial FREE**  
**Feb. 1 - 12, 10 am to 5 pm**  
**Contemporary Art Museum St. Louis**  
**3750 Washington Blvd.**  
**St. Louis, MO 63108**  
**(314) 535-4660**

Part of the Contemporary Art Museum St. Louis’ fall/winter exhibition, “Great Rivers Biennial” is a biannual collaborative initiative between the museum and the Gateway Foundation designed to foster artistic talent in the greater St. Louis metro area.

More than 105 applicants vied for a spot in this year’s “Great Rivers Biennial,” and the three winners – Yowshien Kuo, Yvonne Osei and Jon Young – each received \$20,000 in unrestricted prize money and a place in the main gallery. Although “Great Rivers Biennial 2022” didn’t have a theme, all three of the artists gravitated toward questions of national and personal identity.

In the exhibition, which runs through Feb. 12, 2023, the artists collectively show multi-component sculptures, large-scale paintings and an immersive installation featuring video and photography.

**Fabricating Empire: Folk Textiles and the Making of Early 20th-Century**



**Austrian Design FREE**  
**Feb. 1 - Mar. 15, 10 am to 5 pm**  
**Saint Louis Art Museum**  
**1 Fine Arts Dr**  
**St. Louis, MO 63110**  
**(314) 721-0072**

Fabricating Empire examines the relationship between the development of Central European folk costume and Austrian modern design, especially the textile department of the Wiener Werkstätte, or Vienna Workshops.

Taking a sociopolitical look at this rich story of design, the exhibition highlights the importance of visual traditions within Central Europe on the development and success of modern textile design in Austria and the impact of imperial Austro-Hungarian initiatives supporting the applied arts.

The exhibition considers new scholarship that suggests the imperial government was at the center of promoting and appropriating folk art across the empire as it attempted to create an all-embracing identity for its diverse subjects and fragmented territories. Exploring issues of appropriation, nationalism and colonization, Fabricating Empire

presents a nuanced view of an enterprise that influenced generations of designers, from Paul Poiret and Josef Frank to Ettore Sottsass.

The exhibition will feature several recent acquisitions, including four never-exhibited printed textiles, as well as loans of primarily early 20th-century folk dress and a 1913 portfolio of modern pattern designs from the St. Louis Public Library's Steedman Architectural Collection.

**The Art of Water – a juried art exhibit FREE**  
**February 1 -17**  
**Soulard Art Gallery**  
**2028 S. 12th Street**  
**St. Louis, MO 63104**  
**(314) 258-4299**

The Art of Water – a juried art exhibit. See how local artists create artwork which incorporates water. The exhibit is free and will run through February 17.

The Soulard Art Gallery is a co-op art gallery located in Historic Soulard. With artwork by 14 resident artists, we offer a diverse collection of works, including painting, drawing, ceramics, sculpture,

photography, and jewelry. We also host a local artists group exhibition in our main gallery every month for artists to submit their work for display.

Gallery hours are Thursdays 4-8pm, Fridays and Saturdays 12-8pm and Sundays 1-5pm

**Thursday Night Trivia at City Foundry FREE**  
**Every Thursday, 7:00 pm TO 9:00 pm**  
**City Foundry**  
**3700 Forest Park Ave.**  
**St. Louis, MO 63108**

Quest Trivia runs trivia nights at City Foundry every Thursday from 7 to 9 p.m.

Meet under the Sand Tower, think of a team name and warm up your brain because the competition is fierce!

Prizes kindly donated by 4 Hands Brewing Co.

**Breathe: A Solo Exhibition by Artist Lauren Younge FREE**  
**Feb 1. - Mar. 10, 9 am to 9 pm**  
**COCA – Center of Creative Arts**  
**6880 Washington Ave.**  
**St. Louis, MO 63130**

Breathe is a collection of large-scale abstract paintings created through the unconscious combination of bold colors and free movement. Artist Lauren Younge uses acrylics to design irregular patterns that could motivate unexpected associations and memories in her audience. To do that, the exhibition encourages viewers to take a moment of breathing to reflect on the works of art and their own lives; to find a moment or memory that makes them feel joy; to decide what they see and what seems to them, in the pieces, beautiful and comforting. In a present of overworking, high stress and anxiety levels, Younge believes art witnessing can encourage a pause. Because of this, Breathe includes an interactive experience of journaling, where visitors share an intimate moment of gratitude and rest.

Lauren Younge is drawn to the unrestricted expression of abstraction. She sees art as an outlet for relieving stress and translating difficult thoughts and emotions. As an artist, she creates in the moment by using as materials the spirit and energy of her authentic emotional life. The result is an unintentional body

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of work, created almost by accident. Because her intentions are never set in stone, people's perception of her work is not either.

Millstone Gallery is open during COCA's regularly scheduled business hours.

**Samson Young: Sonata for Smoke FREE**

**Feb. 1 - Mar.1, 10 am to 9 pm**  
**Saint Louis Art Museum**

**1 Fine Arts Dr**  
**St. Louis, MO 63110**  
**(314) 721-0072**

Hong Kong-based artist Samson Young's practice centers on installation-based work stemming from sound and music. He interweaves cultural paradigms across media while focusing on poetic translations between the sonic and the visual.

Young has a doctorate in music composition from Princeton University, and his studies inform his artworks and their relationship with musical history. He often examines the difficulty of translating visual and aural material cross-culturally.

Through his work, Young asks us to ponder how cultural conditioning might affect aesthetic reception and challenges inherent assumptions about art being a universally shared or neutral experience.

The 2021 video *Sonata for Smoke* is a meditation on the symbolic and impermanent nature of smoke. Throughout the video, Young captures the ephemerality of smoke – in particular, the various sounds that accompany its fleeting appearance. He also references

the religious significance of smoke through incense burning.

*Sonata for Smoke*, created as part of an exhibition organized and conceived while Young was an artist in residence at the Ryosoku-in Temple in Japan, consists of a sequence of actions and images that progress with forward motion across time and space, creating a sense of directionality. However, certain motifs and choreographies of events – including ritualistic sounds and actions – repeat throughout the piece. These consecutive, meditative acts were inspired by the temple setting and its arrangement as a sequence of rooms.

**Mona Chalabi: Squeeze FREE**

**Feb. 1 - Feb. 12, 10:00 am TO 5:00 pm**  
**Contemporary Art Museum**

**3750 Washington Boulevard**  
**St. Louis, MO 63108**  
**(314) 535-4660**

Data journalist, illustrator and writer Mona Chalabi presents a large-scale exhibition on the Contemporary Art Museum St. Louis' Project Wall.

Chalabi's work is informed by statistics gathered on politics, human rights, demographics, COVID-19 infections, climate change and many other topics. Finding truth in numbers through journalism, she makes that truth easier to digest with illustrations. "My job is to take a story, zoom out and provide context for readers," Chalabi says. "The thing that excites me about data is the scale of it. Data gives you a new frame of understanding."

**PUBLIC NEWS GETS READ.  
YOUR AD SHOULD TOO!**



# VALENTINE'S DAY GUIDE FOR THE DUDES

by "Uncle Albert" Winters



**F**ace it gentlemen, cuffing season ends, as usual, on Valentine's Day. It is the time mark where women don't need us men anymore to keep them safe and warm during the cold nights between Thanksgiving and Valentine's Day.

Valentine's Day is the royal "kiss off" where women expect their men to go all out in expressing their undying love. Before she ditchs him to prepare for Spring Break and her Hot Girl Summer.

I know it is going to be sad and heartbreaking, but your old Uncle Albert has the remedy to cure the post cuffing season blues in style.

Don't go nuts on Valentines Day for any woman. I would put a spending limit on the day. Statistics show that men spend about \$160 on Valentine's Day whereas women will spend only \$35. Why are women so cheap? Don't they also love their men?

Here is the sad answer. They don't. Men love unconditionally. Women love opportunistically. Men are the hopeless romantics. Women are not. So take this truth to heart... she's not yours, it was just your turn. She will always be out looking for the bigger better deal. It's called hypergamy and it's wired in the DNA of every woman since the beginning of time. Once you understand this, you will avoid being hurt from being blind

sided.

With all that being said here is my Valentine's Day Guide For The Dudes.

## Flowers

Women love flowers, especially dead roses. (Come on man, those flowers start dying the minute they are cut from the bush)

Don't waste money on buying a dozen red roses. Those roses smell nice for a week and then they're tossed in the trash. Not a good use of money.

Instead, just buy one rose. Just one. And make sure it is any color but red. Peach and pink roses are perfect as they convey the thought, "I like you, but you can be replaced in a New York minute, if need be". White roses signal purity or religious overtones. Yellow roses signal friendship and should be avoided at all costs unless it is your intent to be placed in the forever friend zone.

Just keep in mind that she is dumping you soon after Valentine's Day, so spend accordingly.

## Candy

It's always expected to offer some

sort of chocolate on Valentine's Day. Dark Chocolate is a known aphrodisiac. Chocolate covered strawberries send a very sexy message to the receiver. Google it.

Dark chocolate is the most bitter of the bunch, which means it matches well to fruit that is extra sweet. Great examples are banana, mango, figs, pears, and, of course, strawberries. That punch of sweetness will balance the bitterness and leave you with a harmonious bite. God, who writes this stuff for Google?

Valentine's Day brings a sea of bright pink and red decorations, love-themed teddy bears and heart-shaped chocolate. But why are strawberries so often linked with romance? There's plenty about strawberries that make them enticing, but let's face it – they even look like little bright red hearts.

Next to chocolate, strawberries are one of the most widely known aphrodisiacs. In fact, chocolate-covered strawberries were originally paired together because they're two of the world's most famous aphrodisiacs. Today chocolate-covered strawberries are a common Valentine's Day treat, and are often found on buffet tables at weddings.

So, skip candy and go for the dark chocolate covered strawberries.

## Dinner

You don't need to go crazy for dinner but it is a safe bet that the McDonalds dollar menu is off the table, Family restaurants are out. It's hard to be romantic with other people's kids running around and ruining the mood. So it is a solid "no" on Chucky Cheese.

Uncle Albert advises going and supporting a locally owned high end restaurant where two can enjoy a tasty meal and the pleasant atmosphere for under \$60 including tip.

## Getting Lucky

This is it gents. This is the end game. Getting laid. If this is the last hurrah for you both together, it wouldn't hurt to go out with a bang or two. Just make sure it's consensual and use a jacket on your jimmy. You don't want her knocking on your door come November with a baby in tow. It's about closure and moving along while keeping the memories fresh and alive for days, weeks or months to come.

And who is to say that this cuffing thing needs to end at this point? I know of a man who engaged in a one night stand and got smitten for life. Yes, that is my story. My wife was a one night stand that turned into a lifetime with three kids and two grand kids, Take care gents.

# TECHNOLOGY



## How Technology Will Transform Shopping in 2023 and Beyond

(StatePoint) Above all, consumers value convenience, speed and good deals, according to new research by Sensormatic Solutions, and they can expect retailers to deliver these benefits in 2023.

In the recent survey, respondents cited stocked shelves (64%), quick and easy checkouts (63%), and discounts or sales (63%) as the top three contributors to positive shopping experiences.

With 42% of respondents either very likely or moderately likely to abandon their shopping trip due to a long checkout line, omnichannel fulfillment options – from self-checkout to buy-online-pickup-in-store (BOPIS) – are gaining widespread adoption by both retailers and customers, alike. Self-checkout for example, once a novelty, is now viewed as a way to complete a transaction more quickly, easily and privately than traditional checkout. In fact, nearly one-third of

respondents said they will use self-checkout more often in 2023, with over half (52%) of respondents citing their main reason for doing so is because it's quicker. Likewise, options like curbside pickup and BOPIS are being employed by customers more frequently, with 63% of respondents noting convenience as their primary reason for using these services.

At the same time, retailers are embracing B2B technology to improve the in-store experience. Shopper traffic data is helping retailers optimize staffing and reimagine floor layouts to mitigate crowding and encourage browsing, while inventory intelligence is helping customers find what they need, when they need it.

The survey also reveals that shoppers are eager to embrace the next big thing: 63% of respondents said they would like to see retailers implement interactive mobile apps to better blend in-store and online experiences, and

many shoppers said they would like to see retailers implement virtual reality (24%) and augmented reality (17%).

“Shoppers are eager to try new options and explore the benefits of digitalization. They are seeking convenience to pursue better in-store experiences, while simultaneously thinking about their carbon footprint in relation to where they shop,” said Kim Melvin, global leader of marketing and communications, Sensormatic Solutions. “When it comes down to it, shoppers want safer, quicker, and more affordable and sustainable options.”

Along these same lines, consumers are still invested in what retailers are doing for the sake of the environment, with 69% noting that it is important to them that retailers continue to improve environmental performance and energy management in their stores. Consumers are looking for this to happen with the following changes:

less plastic and packaging waste (62%), recycling bins for shoppers and employees to use (42%), and increased sustainable product and brand options (41%).

Further, consumers are planning to create their own sustainable habits in 2023, with 39% buying more items in-store to reduce shopping trips, 38% shopping in-store more often to eliminate packaging waste, and 33% shopping at thrift stores more often.

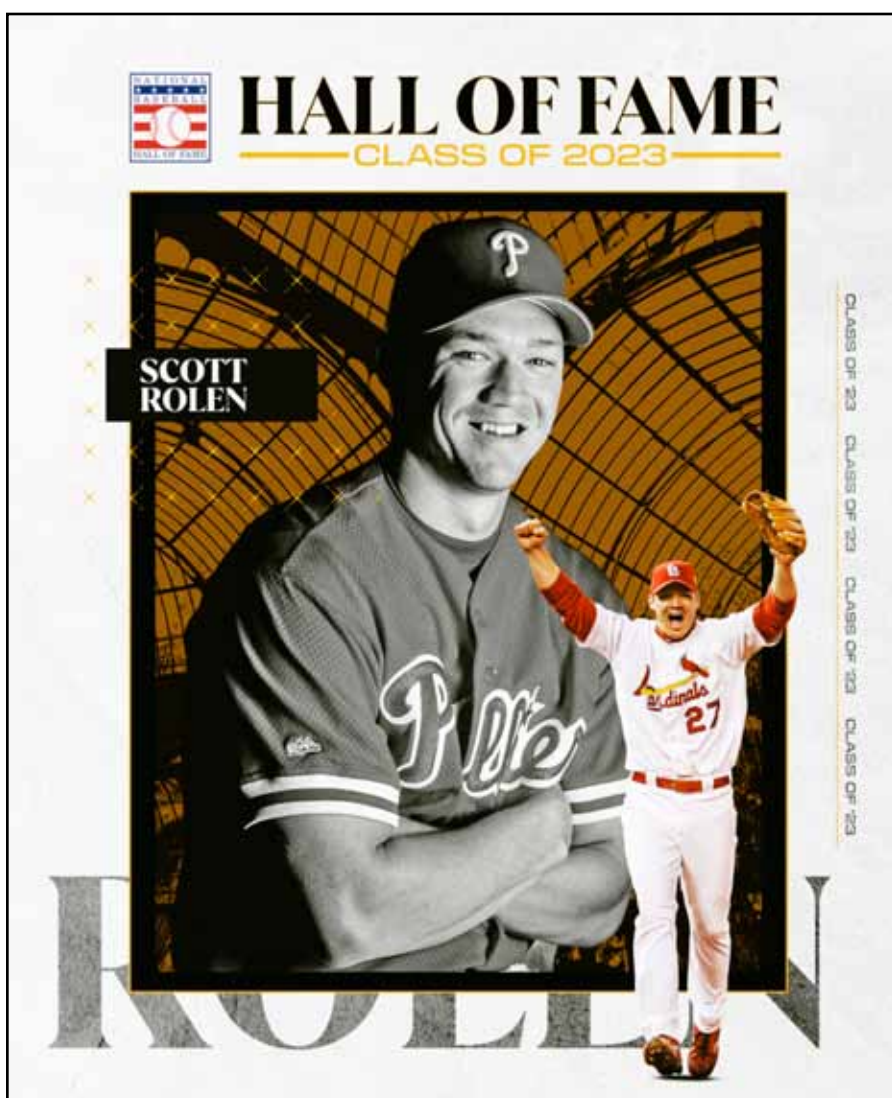
What's clear from these trends and insights is that the industry's march toward more sustainable, flexible, streamlined and efficient operations is just beginning.

To learn more about the evolving retail industry, as well as how emerging technology can help stores meet customers' expectations in the 2023, visit [sensormatic.com](https://sensormatic.com).

PHOTO SOURCE: (c) Gorodenkoff



# SPORTS



## Card's Scott Rolen Elected to Baseball's Hall Of Fame

Members of the 2006 Major League Baseball Champion St. Louis Cardinals have begun the slow walk into the Baseball Hall of Fame in Cooperstown, New York.

Third basemenm Scott Rolen, started the march to Cooperstown that will certainly include Albert Pujols, Yadier Molina and Adam Wainwright from the same squad of teammates.

Rolen, a standout three-sport athlete at Jasper (Ind.) High School in baseball, basketball and tennis, was originally drafted and signed by the Philadelphia Phillies in the second round of the 1993 MLB Draft. He played in 325 minor league games before making an instant impact in the Major Leagues with his debut on August 1, 1996 versus the Cardinals, starting and playing both ends of

a doubleheader at Veterans Stadium.

The following season, Rolen won the 1997 Rookie of the Year Award in the National League, batting .283 with 21 home runs, 92 RBI, 35 doubles, three triples, 93 runs scored and a .377 on-base percentage. He led the Phillies in games played (156), runs, home runs, RBI and tied for the team lead with a career-high 16 stolen bases. Rolen was the first Phillies player to win rookie honors since Dick Allen in 1964.

The slick-fielding third baseman would go on to play 17 seasons in the majors covering 2,038 games while earning eight Rawlings Gold Glove Awards, fourth-most all-time among third basemen only to Hall of Famers Brooks Robinson (16), Mike Schmidt (10) and current Cardinals third baseman Nolan Arenado (10).

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## How to Turn Your Finances Around in the Months Ahead

(StatePoint) Many consumers are feeling financial strain after a challenging economic year in 2022. One in three Americans say they are struggling to get by or are in trouble financially, according to Lincoln Financial Group's Consumer Sentiment Tracker. The study also found that people aren't necessarily seeing any relief in sight, with 76% believing factors like inflation, market volatility and debt will worsen.

However, there are a few bright spots.

Those who had specific financial goals last year were two to three times more likely to say various aspects of their personal finances improved. They were also three times more likely to say they did a great job on their overall financial wellness last year and twice as likely to be optimistic about their finances in 2023. So where should you start in creating and reaching your own financial goals?

"Lincoln's research underscores the

importance of taking a definitive approach," said Ed Walters, senior vice president, Lincoln Financial Network, the wealth management arm of Lincoln Financial Group. "While financial goals don't need to be complicated, you should be able to easily track and monitor your progress. Consumers' wallets are stretched thin with many competing financial priorities, so now is a great time to get back to the basics."

Lincoln Financial Group recommends setting these three goals to help turn your finances around in the months ahead:

**1. Develop and stick to a budget.** Keep it simple. Start with fixed expenses like mortgage, rent, savings and car payments, then move to the more flexible expenses like groceries and entertainment. Instead of establishing a fixed amount, bucket the flexible expenses together and adjust how you allocate your money monthly to address your needs and plans for that month. Tap into budgeting calculators and other expense management tools.

**2. Save some money from every paycheck.** Now that you have a simple

budget in place, take a few minutes to review those monthly expenses, from mortgage and car payments to morning coffee. Cutting a little bit here and there may reveal extra money to set aside. Those funds can be put toward an emergency savings account, employer-sponsored retirement plan or college fund, or be used to prioritize investments. You'll be surprised how quickly a little bit adds up over time.

**3. Work with a financial professional.** Lincoln's study found consumers who are advised by financial professionals are more successful in meeting their goals. A financial professional can help tailor a holistic plan to your specific needs, as well as educate you about various insurance and retirement solutions.

"It's important that you're honest with yourself about where you are financially and what your goals are," said Walters. "With a little discipline, knowledge and guidance, you can have a strong financial year and see long-lasting results."

*PHOTO SOURCE: (c) Kerkez / iStock via Getty Images Plus*

## Get Away Without Going Away

### 5 family staycation ideas that won't break your budget

(eLivingtoday.com) Family vacations are a great way to bond and take a step back from the hectic schedules that accompany everyday life, but sometimes time or money (or both) make planning an elaborate trip a non-starter.

However, a staycation - a vacation you take right in your hometown (or nearby) - can be much less expensive and fit into nearly any amount of available time with the added bonus of skipping out on potentially stressful travel.

Consider these staycation ideas to take advantage of your local area's attractions

and prove you don't have to go far to spend quality time together.

**Visit local landmarks.** Just because it's not a traditional vacation doesn't mean you can't pretend to be tourists. Start by visiting the places you recommend to friends and family from out of town or pick up a city guidebook to uncover hidden spots you may not even know exist. Make a plan to seek out historic sites, visit local landmarks like museums or try an out-of-the-way restaurant (or two) you've never eaten at before.

**Camp out in the backyard.** Camping

doesn't have to be done far from home. In fact, it can be done right in your own backyard. Pitch a tent to sleep under the stars and plan a night full of traditional camping activities like roasting s'mores, telling spooky stories by flashlight and trying to identify stars and constellations.

**Set up a picnic in the park.** Pack a basket with sandwiches, fruit and other treats and head to the park. You can enjoy a casual meal then take advantage of the open space for a family walk or game of tag before retreating to the playground to let the little ones expel any leftover energy.

**Have a home spa day.** If you're looking for some relaxation but don't want to

splurge on the full spa treatment, plan an at-home oasis instead. Light some candles, run a bubble bath and break out the facial masks and fingernail polish.

**Visit an amusement park.** No matter where you live, there's probably an amusement or water park within driving distance. A quick online search before you arrive can help prepare a strategy for hitting the most popular thrill rides and waterslides while skipping those that may not provide quite the same entertainment value.

Find more tips and tricks for enjoying family time together at eLivingtoday.com.

*Photo courtesy of Getty Images #14870 Source: eLivingtoday.com*

# PUBLIC NOISE

## **1860's Saloon & Hardshell Café**

1860 S. Ninth, 314-231-1860  
soularddining.com  
*Open Mic Night Every Tuesday in the 1860 Saloon*  
2/1 *Live at 1860s! Pat White, 8pm – midnight, no cover*  
2/2 *Music: Travelin' Lite Mike, 8-midnight, no cover*  
2/3 *Curt Copeland & the Consequences, no cover, 9-1 a.m.*  
2/4 *Tim Perry & the Soulard Stumblers, no cover, 9-1 a.m.*  
2/10 *The Hamilton Band, 9-1 a.m. in the Saloon*  
2/12 *That Girl Band 8-midnight in the Saloon*

## **2720 Cherokee**

2720 Cherokee, 314-276-2700  
2720cherokee.com

## **Ameristar Casino's Bottleneck Blues Bar**

1 Ameristar, 636-940-4966  
ameristar.com

## **Atomic Cowboy/The Fox Hole**

4140 Manchester, 314-775-0775  
atomiccowboystl.com

## **BB's Jazz, Blues and Soups**

700 S. Broadway, 314-436-5222,  
bbsjazzbluessoups.com

## **Baha Rock Club**

305 N. Main, St. Charles,  
636-949-0466  
baharockclub.biz

## **Beale on Broadway**

701 S. Broadway, 314-621-7880,  
bealeonbroadway.com

## **Blanche M. Touhill Performing Arts Center**

1 University, University of Missouri–St. Louis, 314-516-4949  
touhill.org

## **Blueberry Hill's Duck Room**

6504 Delmar, 314-727-4444,  
blueberryhill.com/events/duck  
2/3 *The Late Greats with Jack Knife Power Bomb*  
2/4 *Euphoria with Parrotfish, Malibu '92*  
2/7 *Magic City Hippies with Capyac*

2/11 *Dawson Hollow*  
2/15 *Dan Navarro*  
2/17 *The Ricters with The Red Lens, Misplaced Religion, Daisy Chain*  
2/18 *Arlie*  
2/24 *Keller Anderson with J. Cab*

## **Broadway Oyster Bar**

736 S. Broadway, 314-621-8811  
broadwayoysterbar.com

## **Casa Loma Ballroom**

3354 Iowa, 314-664-8000,  
casalomaballroom.com

## **Cathedral Basilica of St. Louis**

4431 Lindell, 314-533-7662,  
stlcathedralconcerts.org

## **Charlack Pub**

8334 Lackland, 314-423-8119).

## **Cicero's**

6691 Delmar, 314-862-0009,  
ciceros-stl.com

## **Club Viva**

408 N. Euclid, 314-361-0322,  
clubvivastl.com

## **The Crack Fox**

1114 Olive, 314-621-6900  
crackfoxbar.com

## **El Leñador**

3124 Cherokee, 314-771-2222,  
lenador.com

## **Ethical Society of St. Louis**

9001 Clayton, 314-991-0955  
ethicalstl.org

## **Fast Eddie's Bon Air**

1530 E. Fourth, Alton, Ill.,  
618-462-5532,  
fasteddiesbonair.com

## **The Firebird**

2706 Olive, 314-535-0353  
firebirdstl.com.

## **Foam**

3359 S. Jefferson, 314-772-2100  
foamstl.com.

## **The Focal Point**

2720 Sutton, 314-560-2778

thefocalpoint.org

## **Fubar**

3108 Locust, 314-289-9050,  
fubarstl.com

## **The Gramophone**

4243 Manchester, 314-531-5700  
thegramophonelive.com

## **Hammerstone's**

2028 S. Ninth, 314-773-5565  
hammerstones.net)

## **Highway 61 Roadhouse & Bar**

34 S. Old Orchard, 314-968-0061  
hwy61roadhouse.com

## **Jazz at the Bistro**

3536 Washington, 314-534-3663  
jazzstl.org

## **Lemmons**

5800 Gravois, 314-481-4812,  
myspace.com/lemmons

## **Lemp Neighborhood Arts Center**

3301 Lemp, 314-771-1096,  
lemp-arts.org

## **The Loretto-Hilton Center for the Performing Arts**

130 Edgar, 314-961-0644,  
opera-stl.org

## **The Luminary Center for the Arts**

4900 Reber, 314-807-5984,  
theluminaryarts.com

## **McGurk's Irish Pub**

1200 Russell, 314-776-8309,  
mcgurks.com  
2/1-4, *Alan Murray*  
2/5, *Falling Fences*  
2/7-11, *JigJam*  
2/12, *Falling Fences*  
2/14-18, *JigJam*  
2/21-25, *JigJam*

## **Off Broadway**

3509 Lemp, 314-773-3363  
offbroadwaystl.com

## **Old Rock House**

1200 S. Seventh, 314-588-0505  
oldrockhouse.com

## **The Pageant/Halo Bar**

6161 Delmar, 314-726-6161

thepageant.com

2/2 *Greensky Bluegrass with Holly Bowling*  
2/4 *Joe Pera*  
2/7 *Parkway Drive with Memphis May Fire, Cur Rents*  
2/11 *Small Town Murder with Comedians James Pi etragallo and Jimmie Whisman*  
2/14 *Noah Kahan with Jack Van Cleaf*  
2/16 *Cory Wong feat. Victor Wooten and special guests Trousdale*  
2/23 *Welcome to Night Vale: The Haunting of Night Vale with Danny Schmidt*  
2/24 & 25 *Celebration Day - A Tribute to Led Zeppelin*  
2/26 *Bush with Devora*

## **Plush**

3224 Locust, 314-535-2686  
plushstl.com

## **Pop's Nightclub**

401 Monsanto, Sauget, Ill.,  
618-274-6720,  
popsrocks.com

## **Powell Hall**

718 N. Grand, 314-533-2500,  
stlsymphony.org

## **Russell E. and Fern M. Hettner Center for the Arts**

400 N. Alton, Lebanon, Ill.,  
618-537-6863, mckendree.edu

## **Schlafly Bottleworks**

7260 Southwest, 314-241-2337  
schlafly.com

## **Schlafly Tap Room**

2100 Locust, 314-241-2337  
schlafly.com

## **The Shanti**

825 Allen, 314-241-4772,  
soulardshanti.com)

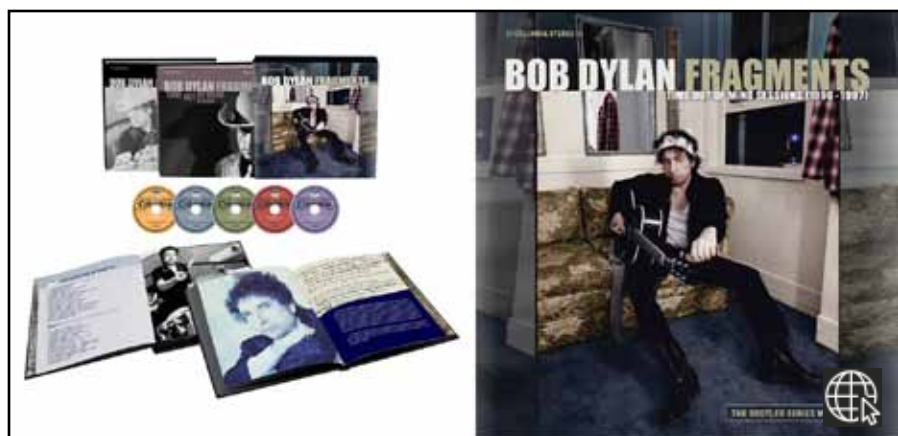
## **Sheldon Concert Hall**

3648 Washington, 314-533-9900,  
thesheldon.org

## **Sky Music Lounge**

930 Kehrs Mill, 636-527-6909,  
skymusiclounge.com





## Bob Dylan – Fragments: Time Out of Mind Sessions (1996-1997): The Bootleg Series vol. 17 (2023)

Bob Dylan Fragments The last volume of Bob Dylan's Bootleg Series, 2021's Springtime in New York, chronicled the singer-songwriter at the outset of the 1980s. On January 27, 2023, the seventeenth volume of the long-running series will arrive, this time exploring the creation of Dylan's thirtieth studio album. Fragments: Time Out of Mind Sessions (1996- 1997) takes a deep dive into the three-time Grammy Award-winning album which was perceived by many as a comeback after a string of lackluster or uninspired LPs.

The 1990s found Bob Dylan in choppy waters. He opened the decade with *Under the Red Sky*, an atypically star-studded set (guests included George Harrison, Elton John, Slash, David Crosby, Bruce Hornsby, Stevie Ray Vaughan, and Jimmie Vaughan) which was criticized for lightweight material such as "Wiggle Wiggle." Two sets of traditional folk songs and covers (*Good as I Been to You* and *World Gone Wrong*) followed, leading some to question whether Dylan's muse had abandoned him. *Time Out of Mind* proved, categorically, that his mastery of the craft was still intact.

In early 1996, a little over two years after the release of *World Gone Wrong*, Dylan began writing original material once again. In August, he entered Oxnard, California's Teatro Studio with producer-musician Daniel Lanois (with whom he had collaborated on 1989's well-received *Oh Mercy*), bassist Tony Garnier, and drummer-percussionist Tony Manguarian to record a clutch of original demos in sessions which

stretched into October. Dylan was heartened enough by the results to move to Miami's famed Criteria Studios in January 1997 to begin recording for a new album. Session players would be joined there by members of his touring band including Bucky Baxter (acoustic guitar, pedal steel), Duke Robillard (guitar, electric Gibson L-5), Robert Britt (Martin acoustic, Fender Stratocaster), Cindy Cashdollar (slide guitar), Tony Garnier (bass guitar, upright bass), Augie Meyers (Vox organ combo, Hammond B3 organ, accordion), Jim Dickinson (keyboards, Wurlitzer electric piano, pump organ), and drummers Jim Keltner, Brian Blade, and David Kemper.

Dylan knew when inspiration had struck him. Upon its release on September 30, 1997, *Time Out of Mind* captivated critics and fans alike. Its dark, atmospheric sound was inspired by the early blues musicians Dylan cherished and was singled out by many for praise; the evocative cover photo was taken by Lanois in the studio. In addition to such latter-day Dylan classics as "Love Sick," "Cold Irons Bound," and "Not Dark Yet," the album introduced "Make You Feel My Love." An unusually straightforward ballad in traditional song form, it immediately attracted the ear of singers everywhere and has since been recorded by Billy Joel, Garth Brooks, Neil Diamond, and Adele – a few of the approximate 450 singers to have covered it.

Despite the album's enormous success, Dylan has expressed dissatisfaction with the spooky sound created by Daniel Lanois. Disc One of Fragments premieres a new mix of the original LP by Michael H. Brauer at Brauer Sound Studio which aims to restore the in-studio ambiance and immediacy. Liner notes author Steven Hyden explains, "The album itself has been remixed to sound more

like how the songs came across when the musicians originally played them in the room, without the effects and processing that Lanois applied later. It's not meant to replace the *Time Out of Mind* that won all of those Grammys a quarter-century ago; it's a reimagining, an alternate view of a great work of art. If the original album remains mythic and enigmatic, this *Time Out of Mind* puts you in close proximity to the players." The *Time Out of Mind* (2022 Remix) disc will also be available digitally as remixed into "immersive audio."

The second and third discs of the box set present over two dozen session takes and alternates including four original songs that didn't make the 1997 track listing: "Dreamin' of You" and "Red River Shore" from the Teatro sessions and "Marchin' to the City" and "Mississippi" from Criteria (the latter of which would be re-recorded for 2001's seminal *Love and Theft*). A fifth previously unreleased song from the Teatro sessions, the Scottish folk tune "The Water Is Wide," is also featured.

Disc Four of Fragments turns the spotlight onto Dylan's live performances from 1998-2001 in which he revisited and reimagined the *Time Out of Mind* songs with sympathetic touring bandmates Larry Campbell (guitar, mandolin, pedal steel, and slide guitar), Bucky Baxter (pedal steel and slide guitar, 1998-1999), Charlie Sexton (guitar, 2000-2001), Tony Garnier (bass) and David Kemper (drums). All of the live tracks on Disc Four are previously unreleased save "Make You Feel My Love" (May 21, 1998, Los Angeles) which was included on the "Things Have Changed" maxi-single.

The fifth and final disc reprises a dozen tracks from *The Bootleg Series Vol. 8: Tell Tale Signs: Rare and Unreleased 1989-2006* including different studio versions of the original album's four outtakes as well as an alternate of "Can't Wait" and live versions of "Tryin' to Get to Heaven" and "Cold Irons Bound."

## MORE PUBLIC NOISE

### Stagger Inn Again

104 E. Vandalia, Edwardsville, Ill., 618-656-4221, [staggerinagain.com](http://staggerinagain.com)

### Ten Mile House Tavern

9420 Gravois, 314-638-9082

### The Wine Press

4436 Olive, 314-289-9463 [stlwinepress.com](http://stlwinepress.com)

### The Wood

2733 Sutton, 314-781-4146 [thewoodstl.com](http://thewoodstl.com)

[stlpublicnews.com](http://stlpublicnews.com)





## Party-Worthy Wine Pairings Perfect for Easy Entertaining

(Family Features) Red or white, sweet or dry, wine lovers are often entertainers at heart. When inviting guests to share your personal favorites, nothing enhances a tasting get-together quite like complementary snack and wine pairings.

The next time you find a wine party on your schedule, consider these simple yet delicious recommendations from sommelier and founder of “The Lush Life,” Sarah Tracey,

who partnered with Fresh Cravings to create “Dips and Sips.” Aimed at reinventing wine and cheese parties, the movement focuses on simplistic recipes, easy dip pairings and suggested wines.

“When I entertain at home, I’m always looking for ways to impress my friends with fresh, creative bites I can pair with wine,” Tracey said. “My favorite hack is finding great products with high-quality ingredi-

ents then creating simple, elevated ways to serve them. The less time I spend in the kitchen, the more time I get to spend with my guests.”

Tracey relies on the versatility of Fresh Cravings’ array of dip options and crowd-pleasing, bold flavors worth celebrating. With authentic-tasting chilled salsas offering a vibrant alternative to soft, dull blends of jarred salsa and flavor-filled hummus made with premium ingredients like Chilean Virgin Olive Oil, these dips elevate both traditional and reinvented recipes.

For example, Tracey’s recipes for Polenta Rounds with Pico de Gallo Salsa and Crab, Spiced Butternut Squash Naan Flatbreads, Cheesy Tortilla Cutouts with Salsa and Hummus-Stuffed Mushrooms offer flavorful, easy-to-make appetizers that can make entertaining easy and effortless. Plus, these crave-worthy morsels are just as tasty and approachable for guests choosing to skip the wine.

Find more recipe and pairing ideas perfect for enhancing your next party at [FreshCravings.com](http://FreshCravings.com).

### Hummus-Stuffed Mushrooms

*Recipe courtesy of Sarah Tracey*  
Total time: 15 minutes  
Servings: 6

Nonstick olive oil spray  
16 ounces cremini mushrooms, stems removed and gills scooped out  
salt, to taste  
pepper, to taste  
1 container Fresh Cravings Classic Hummus  
1 jar manzanilla olives stuffed with pimientos, cut in half  
1 jar roasted red pepper strips  
Oregon Pinot Noir

Preheat oven to 375 F. Prepare sheet pan with nonstick olive oil spray. Place mushroom caps on sheet pan, spray with olive oil and season with salt and pepper, to taste. Roast 7-8 minutes then let mushrooms cool to room temperature. Fill each mushroom cap with hummus and top each with one olive slice. Thinly slice roasted red pepper strips and arrange around olive slices. Pair with lighter bodied pinot noir with cherry tones from Oregon.

### Cheesy Tortilla Cutouts with Salsa

*Recipe courtesy of Sarah Tracey*  
Total time: 20 minutes  
Servings: 6

Nonstick cooking spray  
6 large flour tortillas  
16 ounces pepper jack cheese, grated  
1 can (4 ounces) green chiles, drained  
1 bunch fresh cilantro, finely chopped  
1 container Fresh Cravings Restaurant Style Salsa, Medium  
New Zealand Sauvignon Blanc

Preheat oven to 350 F. Prepare sheet pan with nonstick cooking spray. Place large flour tortilla on sheet pan. Top with handful of grated cheese. Sprinkle chiles on top of cheese layer. Add chopped cilantro. Sprinkle with additional cheese. Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas. Cut out desired shapes with cookie cutters. Serve with salsa and pair with sauvignon blanc from New Zealand with zest and zing.

### Spiced Butternut Squash Naan Flatbreads

*Recipe courtesy of Sarah Tracey*  
Total time: 25 minutes  
Servings: 6

1 1/2 pounds butternut squash  
2 tablespoons olive oil  
1 tablespoon maple syrup  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
salt, to taste  
pepper, to taste  
1 container Fresh Cravings Roasted Garlic Hummus  
1 package mini naan dippers  
1 bunch fresh rosemary, minced  
La Vieille Ferme Rosé

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks. Toss squash with olive oil, maple syrup, cumin and chili powder. Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes. Spread hummus on naan dippers and top each with squash and fresh rosemary. Pair with deeper, savory and earthy rosé.

### Polenta Rounds with Pico de Gallo Salsa and Crab

*Recipe courtesy of Sarah Tracey*  
Total time: 30 minutes  
Servings: 6

*see EATS on page 18*





**ANT-MAN & THE WASP**

**Ant-Man and the Wasp: Quantumania**  
February 17, 2023

The official kick off of phase 5 of the Marvel Cinematic Universe finds Scott Lang (Paul Rudd) and Hope Van Dyne (Evangeline Lilly), Hank Pym (Michael Douglas), and Janet Van Dyne (Michelle Pfeiffer) exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that will push them beyond the limits of what they thought was possible.

**Magic Mike's Last Dance**  
February 10, 2023 | R

“Magic” Mike Lane (Channing Tatum) takes to the stage again after a lengthy

hiatus, following a business deal that went bust, leaving him broke and taking bartender gigs in Florida. For what he hopes will be one last hurrah, Mike heads to London with a wealthy socialite (Salma Hayek Pinault) who lures him with an offer he can't refuse. . .and an agenda all her own. With everything on the line, once Mike discovers what she truly has in mind, will he—and the roster of hot new dancers he'll have to whip into shape—be able to pull it off?

**Full Time**  
February 3, 2023 | NR

Julie (Laure Calamy) can't catch a break. For a single mother raising two



**MAGIC MIKE'S LAST DANCE**

children in the suburbs of Paris but working in the city, the commuter train is a lifeline—and it's suddenly been severed during the latest transit strike. Without the train, Julie can't get to her job as the head maid at a five-star hotel—or to the interview for a better job she has lined up. Out of desperation, Julie turns to neighbors and her own gutsy resourcefulness to get to work and barely makes it back in time to pick up her kids before bedtime. Worse yet: it's only Monday. Julie is at her breaking point and soon finds herself bending the rules to stay afloat in a ruthless society as her responsibilities pile up.

**Huesera: The Bone Woman**  
February 10, 2023 | Not Rated

Valeria's (Natalia Solián) joy at becoming pregnant with her first child is quickly taken away when she's cursed by a sinister entity. As danger closes in and relationships with her family become fractured, she's forced deeper into a chilling world of dark magic that threatens to consume her. A group of witches emerge that could be her only hope for safety and salvation, but not without grave risk

## CURRENTLY SHOWING

**Alice, Darling [NR]**

Anna Kendrick is Alice in this taut thriller about a woman pushed to the breaking point by her psychologically abusive boyfriend, Simon. While on vacation with two close girlfriends, Alice rediscovers the essence of herself and gains some much-needed perspective. Slowly, she starts to fray the cords of codependency that bind her. But Simon's vengeance is as inevitable as it is shattering – and, once unleashed, it tests Alice's strength, her courage, and the bonds of her deep-rooted friendships  
*Anna Kendrick, Christina Piovesan, Mary Nighy, Katie Bird Nolan, Noah Segal, Lindsay Tapscott*

**Bezoz: The Beginning [R]**

Bezoz chronicles the true-life story of Jeff Bezos—a humble yet awkward entrepreneur on his mission to create Amazon, the world's largest e-commerce company, and turning

himself into the richest man in the world  
*Kevin Sorbo, Armando Gutierrez, Eliana Ghen*

**Blaze [NR]**

After accidentally witnessing a violent crime, a young girl is left catatonic with shock, and struggles to make sense of what she saw, ultimately finding renewal in the inestimable world of her own imagination  
*Julia Savage, Simon Baker, Josh Lawson, Del Kathryn Barton, Huna Amweero, Yoel Stone*

**The Old Way [R]**

Academy Award® winner\* Nicolas Cage stars in his first-ever Western as Colton Briggs, a cold-blooded gunslinger turned respectable family man. When an outlaw and his gang put Colton and his family in peril, Colton is forced to take up arms with an unlikely partner — his

12-year-old daughter (Ryan Kiera Armstrong) — in this action-filled film that builds toward its fateful showdown with pulse-pounding suspense.

*Nicolas Cage, Ryan Kiera Armstrong, Clint Howard, Abraham Benrubi, Noah Le Gros, Carl W. Lucas, Brett Donowho, Nick Searcy.*  
1 hour, 35 minutes

**The Plane [R]**

In the white-knuckle action movie *Plane*, pilot Brodie Torrance (Gerard Butler) saves his passengers from a lightning strike by making a risky landing on a war-torn island - only to find that surviving the landing was just the beginning. When most of the passengers are taken hostage by dangerous rebels, the only person Torrance can count on for help is Louis Gaspare (Mike Colter), an accused murderer who was being transported by the FBI. In order to

rescue the passengers, Torrance will need Gaspare's help, and will learn there's more to Gaspare than meets the eye.

*Gerard Butler, Oliver Trevena, Remi Adeleke, Mark Vahradian, Lilly Krug, Marc Butan, Alan Siegel, Tony Goldwyn, Daniella Pineda*  
1 hour, 47 minutes

**A Man Called Otto [PG-13]**

The story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down.

*Marc Forster, Tom Hanks, David Magee, Gary Goetzman, Rita Wilson, Manuel Garcia-Rulfo, Mariana Treviño*

see FILM on page 19



## 8 Morning Habits That Can Improve Your Whole Day

*Get ready to take on the day by adopting just a few quick and easy morning habits.*

by Catherine Santino

Mornings can be hard! Even if you're the envy of all night owls and one of those people who actually enjoys getting up early, it can be a challenge to organize your time in a way that sets you up for success. You may be too busy to plan ahead or take the time to eat a wholesome breakfast — simple things that can make a world of difference throughout the day.

By adopting just a few quick and easy morning habits, you can reduce stress levels and boost productivity in your everyday life. Try out these eight tips this week and see just how much better you feel!

### 1. Wake Up (Just a Little Bit) Earlier

You don't need to wake up at 5 a.m. to

get a jumpstart on the day! Try setting your alarm just five or 10 minutes earlier than you normally do. This way, you can give yourself some extra time to make a coffee or catch up on the news.

### 2. Drink Water

By the time you wake up in the morning, your body has already gone several hours without water. Making this high time to hydrate! You can boost your hydration and energy levels by drinking a big glass of water right when you wake up. Try adding some lemon (or a dash of apple cider vinegar) for more flavor.

### 3. Eat Breakfast

We've all heard it before: Breakfast is the most important meal of the day! And

it's true. Starting your morning off with a nutritious meal sets the tone for the rest of the day. Not only can a balanced breakfast energize you, it'll encourage you to continue making healthy choices. Even something quick — like a cup of Greek yogurt or a piece of toast with almond butter — can be the perfect way to start a day of healthy eating.

### 4. Get Moving

This doesn't have to mean going for a five-mile run or putting in an hour at the gym every morning. Even doing some stretches when you first leave the comfort of your cozy bed can get your blood flowing and help you wake up faster.

### 5. Tidy Your Space

The last thing you need after a long day at work is a mess waiting for you. Quick and easy morning habits like making your bed and rinsing the breakfast dishes can make your evening a whole lot more relaxing. When you come home at the end of the day, you'll have that much less on your mind.

### 6. Meditate

Simply taking five minutes in the morning to breathe deeply and clear your head can put you in the right mindset to start your day. Try meditating on your own, or consider using a guided meditation app like Headspace to get you started.

### 7. Listen to Music

Throwing on your favorite playlist while you shower or listening to a podcast while you get ready is a great way to stimulate your mind and motivate you. Plus, all that dancing can activate your muscles and get them warmed up for the day ahead.

### 8. Make a Plan

You don't need to have every minute scheduled, but sketching out a rough idea of what your day looks like — and what you need to achieve — can help you stay on track. Make a list of goals for the day (even small ones count), plan out meal times, schedule a gym session and make sure to take some time for yourself somewhere in between.

Now, you're ready to take on the day. Get after it and have some fun!

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*from EATS on page 16*

1 tube (16 ounces) prepared polenta  
nonstick cooking spray  
salt, to taste  
8 ounces jumbo lump crabmeat  
1 container Fresh Cravings Pico de Gallo Salsa, Mild  
1 bunch fresh mint, finely chopped  
Mateus Rosé

Heat oven to 400 F.

Slice polenta into 1/4-inch thick rounds. Arrange on baking sheet sprayed with nonstick cooking spray and bake 20-25 minutes until golden brown and crispy. Sprinkle with salt, to taste, and let cool.

Combine jumbo lump crabmeat with salsa. Top each polenta round with crab salsa mixture.

Garnish with finely chopped fresh mint and pair with vibrant, fruity rosé.



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# CLASSIFIED ADS

from FILM on page 17

**House Party [R]**

Aspiring club promoters and best buds Damon (Tosin Cole) and Kevin (Jacob Latimore) are barely keeping things together. Out of money, down on their luck and about to lose the roofs over their heads—and freshly fired from their low-lift jobs as house cleaners—the pair needs a huge windfall to make their problems go away. In a ‘what the hell?’ move, they decide to host the party of the year at an exclusive mansion, the site of their last cleaning job, which just happens to belong to none other than LeBron James. No permission? No problem. What could go wrong? *LeBron James, Maverick Carter, Tosin Cole, Jorge Lendeborg Jr., DC Young Fly, Allen Maldonado, Melvin Gregg*  
 1 hour, 40 minutes

**The Devil Conspiracy [R]**

A powerful biotech company launches a breakthrough technology allowing them to clone history’s most influential people with just a

few fragments of DNA.  
*Alice Orr-Ewing, James Faulkner, Joe Anderson, Kevan Van Thompson, Nathan Frankowski, Michael Emerson, Eveline Hal*  
 1 hour, 51 minutes

**When You Finish Saving The World [R]**

Set over three decades, Nathan is a father learning to connect with his newborn son. Rachel, a young college student, seeks to find her place in a relationship and in life. And Ziggy is a teenager hoping to figure out where he came from, and where he’s headed.  
*Emma Stone, Jesse Eisenberg, Julianne Moore, Finn Wolfhard, Alisha Boe, Dave McCary, Jay O. Sanders, Billy Bryk*

**Women Talking [PG-13]**

A group of women in an isolated religious colony struggle to reconcile their faith with a series of sexual assaults committed by the colony’s men  
*Brad Pitt, Sarah Polley, Frances McDormand*

APARTMENTS FOR RENT

HOMES FOR RENT

HOMES FOR SALE

COMMERCIAL PROPERTY

LAND FOR SALE

HELP WANTED

AUTOS FOR SALE

TRUCKS FOR SALE

ITEMS FOR SALE

PETS

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COMMUNITY

PERSONALS

## UNCLE ALBERT

### SINGLE MOM RESPONDS & DELUSIONAL MODERN WOMEN

Uncle Albert,  
 I’m quite offended by your reply/advice to a man who was dating a single mom.  
 It’s not our fault that we are single moms. The men who knocked us up were not good men, generally unemployed or working under the table to make a living. Single moms have big hearts and love to help men who got a raw deal from their exes.  
 I would agree that I do need financial help with raising my kids and making sure that they have everything the other kids have. But again, it’s not my fault that I have such a big heart.

*Let me lay down a few facts for you. Firstly, women are the gatekeepers to sex whereas the men are the gatekeepers to relationships. You were willing to give sex to these men in the hopes that they would commit to you. How did that work out? You proved that most single moms are worthy of, no more than, a quick pump and dump. And, by your own admission, these men are flighty when it comes to the power of the wallet. What’s theirs is theirs and there ain’t gonna be no sharing with a momma with three kids and no baby daddies pitching in.  
 Sad to say, but you made your bed (multiple times) and now you have to sleep in it. If you want to keep warm at night, may I suggest you adopt a dog.*






Uncle Albert  
 I am a 35 year old never married woman, with no kids looking for a man. Six foot-two or taller, working at a professional level career making six figures, also never married and with no kids. Has a nice house in a nice neighborhood and drives a nice car. Where are these men?

*Lady, these men exist only in your mind, You might want to lower your expectations a tad to have a shot at a decent man in real life.*



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<p><b>RFB</b> Presents <b>COFFEE WITH JESUS</b> Desperately Corrupt</p> 	 <p>I wonder, Jesus, do you agree with Shakespeare that, "The heart is deceitful above all things and desperately corrupt. Who can know it?"</p>	 <p>Eloquent, wasn't he? Except that wasn't Shakespeare, Kevin. It was me. By way of Jeremiah. So, yeah, I'd have to agree with that statement.</p>	 <p>Oh... But it has so much more credibility if people think it came from Shakespeare.</p>	 <p>Oh, for sure, Kevin. Because who would trust the creator of the human race to understand human character?</p>
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