

# PUBLIC NEWS

# MARDI GRAS 2023

**TECHNOLOGY: HOW TO PROTECT YOUR HOME WHILE TRAVELING**

**FILM: THE JESUS REVOLUTION**

**LETTER RIP: DATING IS DEAD, STICK A FORK IN IT**

**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,

We continue to evolve. Growing and learning what works and what does not work.

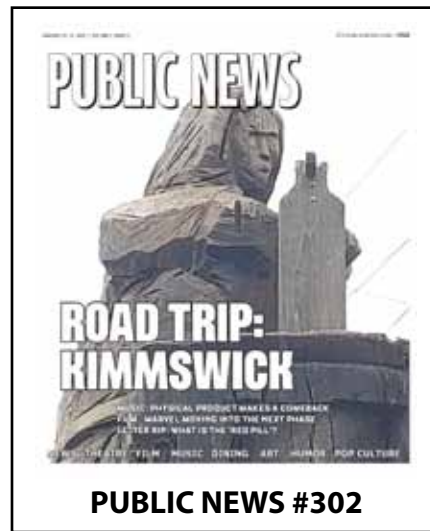
For example, we have been using a little world icon to indicate what images and ads were interactive. Sometimes that image was too hard to see. So, we changed it to an easy to see 'finger click' icon.

Now you can see movie trailers and hear album samples easily, as long as you are looking at the newspaper on issue or if you download a copy. We are working on doing that on our flipbook too. Issue downloads are coming.

See you all in two weeks!

- Ken Petty

# MAIL BAG



PUBLIC NEWS #302

Loved the Valentine's Day Guide for Dudes (PN #303). Wasn't expecting how it ended. Good for Uncle Albert.

*Heck Yeah, He figured you guys might have enjoyed a glimpse into his own story. There is more to the man than meets the eye. Keep watching his column that appears on the Classified Ad page.*

What is the deal with the Road Trip: Kimmswick issue (PN #302)? Just a



PUBLIC NEWS #303

photo montage and that's all?

*Yes. Unfortunately the town's people aren't much for talking (or returning phone calls and emails asking for comments). There were a lot of very nice people and they had very unique stories. I wish I could tell it. But as it was, we ended up taking photos that exhibit some of the cool things we discovered in the town, like the Level-High Apple pie at the Blue Owl (see below).*

## PUBLIC NEWS

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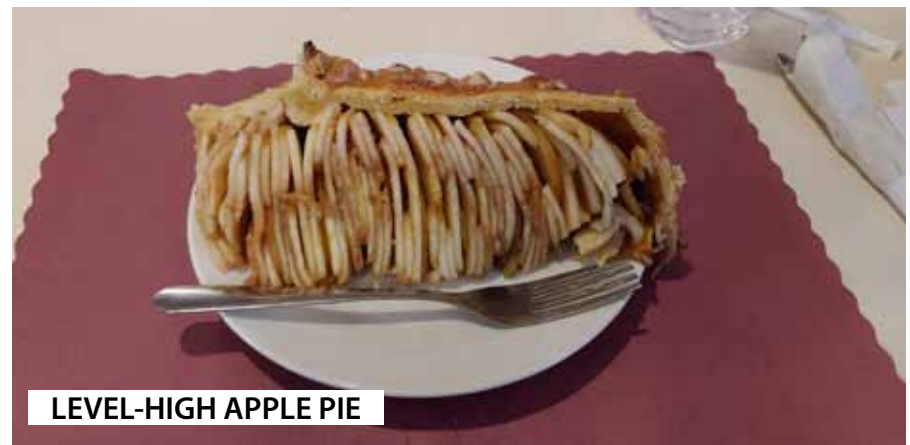
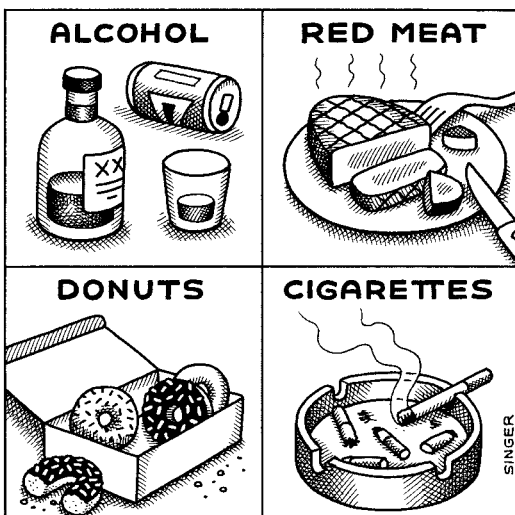
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# LETTER RIP

## DATING IS DEAD, STICK A FORK IN IT!

Our society is doomed. Marriage rates are down, significantly. Men quit approaching women in order to avoid being 'Me Too'd'. In fact, men gave up pursuing relationships altogether.

There is a philosophy that has risen in internet chat rooms and spaces where men are sharing their horror stories about female nature, the family court system and getting "divorce raped." They have opted out of society in order to work on creating the best version of themselves for themselves. The philosophy is called MGTOW (aka Men Going Their Own Way). For the sake of clarity it is not a movement. It is an organic reaction to radical feminism that created the "I don't need no man" narrative among modern women.

Women, on the other hand, continue to seek the top .01% of men. Men who have the six "6's": Six-foot tall, six pack abs, six figure incomes, 600 horsepower vehicle, 6 months from their last rela-



tionship and at least six inches south of the belt line.

On top of that, modern women expect men to provide and protect (be traditional) while women just want to be like a man. Demand equal pay for unequal work (a future Letter Rip column that

will blow that notion right out of the water) And what are women bringing to the table?

Woman want the 6 sixes, men just want a woman that meets the 5 "F's"; Fit, Feminine, Faithful, Friendly and Fertile. Women shame men for having these

preferences and then ignore men for not meeting their 'standards'. Only after being rejected by the top .01% of men do these women start looking for those outside their standards for a man who will look over, protect and provide for them.

Now men are not giving women the time of day even at the workplace. These men are protecting their job from false accusation. Recently, we have reports of women taking men before Human Resources complaining that men are ignoring them and their advances to "just being professional."

Dammed if you do and dammed if you don't. Women want the power and authority of men without the accountability.

It appears that men are going to have to take the lead and give women what they want and let those chips fall where they may. Men will just stand by and wait for the ladies to yell for a bail out. Men to the rescue, as always.

### Pacific Power of The Purse

3/2/23  
5:30 p.m.  
Pacific Eagles Hall  
707 Congress Pkwy

Tickets \$30  
For ticket information, call  
Dennis Oliver  
636-257-5925  
or  
Franklin County Area United Way  
636-239-1018

Proceeds benefit Franklin County  
Area United Way



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



## Age of Armor: Treasures from the Higgins Armory Collection at the Worcester Art Museum

The Higgins Armory Collection at the Worcester Art Museum is the nation's second largest collection of arms and armor, including more than 1,500 objects ranging from ancient Egypt to 19th-century Japan but with particular strengths in suits of steel armor from medieval and Renaissance Europe.

Age of Armor: Treasures from the Higgins Armory Collection at the Worcester Art Museum presents highlights from the collection in a major survey of defensive armor in Europe from its origins in the 1300s to today.

The exhibition begins with an ancient Greek helmet to demonstrate armor's long history in Western civilization and includes superb helmets from Japan, India and Sudan to suggest the universality of armor as a defensive tool and a medium for artistic virtuosity. The heart of the exhibition is the gloriously decorated armors – including several full suits – produced by Renaissance craftsmen in the 1500s.

Age of Armor embraces recent

scholarship in which parallels are drawn between the design of these suits and clothing fashions to make the point that armor is clothing.

Basic forms of plate armor have inspired designers and creators throughout time and into the late 20th century, and the Saint Louis Art Museum's presentation of this exhibition will add examples of modern defensive gear developed by the U.S. Army as well as representations of armor from Hollywood films.

Additionally, the exhibition will include depictions of armor in other artworks from the Saint Louis Art Museum collection, including paintings by Lucas Cranach the Elder, prints by Albrecht Dürer and rarely exhibited Flemish tapestries.

The Saint Louis Art Museum will celebrate Age of Armor with a free, public preview starting at 4 p.m. on Feb. 17.

The exhibit will run through April 16.

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# CALENDAR OF EVENTS



COLORING STL

**Children's China – The Magic House FREE**  
**Feb 15 - April 2, 10:30 am To 5:00 pm**  
**The Magic House, St. Louis Children's Museum**  
**516 S. Kirkwood Rd.**  
**St. Louis, MO 63122**  
**(314) 822-8900**

Take an overseas adventure in this immersive exhibit that transports families to China, a country where a quickly changing modern lifestyle intersects with ancient values. Explore what life is like for children in China today through six immersive environments, including a school, a traditional neighborhood market and the Great Achievement Hall.

Children can take on the role of a researcher at the panda reserve to better understand how the people of China are caring for this endangered species, participate in a daily dragon parade led by a traditional dragon headdress and celebrate the annual holiday National Teachers' Day while learning to write "Thank you, teacher" in Chinese characters.

Created by The Magic House, Children's China is a nationally traveling exhibit designed to increase understanding of the Chinese culture.

**Xavier Riddle and The Secret Museum: The Exhibit at The Magic House FREE**  
**Feb. 15 - Apr. 2, 10:30 am TO 5:00 pm**  
**The Magic House, St. Louis Children's Museum**

**516 S. Kirkwood Rd.**  
**St. Louis, MO 63122**  
**(314) 822-8900**

Who's that kid that can travel through time? It's you!

Follow the adventures of three friends as they travel back in time to learn from real-life inspirational heroes when they were kids.

Based on the popular PBS KIDS TV series, *Xavier Riddle and The Secret Museum*, the brand-new exhibit at The Magic House, which opens on Feb. 4, will allow families to sneak through a hidden passage to The Secret Museum and use a hologram to unlock three different times in history to meet famous figures. Uncover a dinosaur skeleton with paleontologist Mary Anning, explore a secret garden with botanist George Washington Carver and look at x-rays with chemist Marie Curie.

In the Hall of Heroes, you can also learn the traits of a hero and how you can be a hero today.

**Coloring STL FREE**  
**Feb. 15 - Apr. 2, 10:00 am to 5:00 pm**  
**Missouri History Museum**  
**5700 Lindell Blvd**  
**St. Louis, MO 63112**  
**(314) 746-4599**

St. Louis is a kaleidoscope of architecture, filled with structures of every age, shape, and size. In Coloring STL, Missouri History Museum visitors will interact with these fascinating buildings in a way they never have before—by coloring them, right on the walls.

From downtown's iconic landmarks to the very homes we live in to buildings now erased from the landscape, this interactive exhibit will delve into the stories of more than 50 local structures, all of them waiting to be filled with color. Visitors will also get an up-close look at dozens of artifacts and learn about the dreamers and designers who used the materials beneath our feet to leave their mark on the city.

So let's get coloring! We'll provide the history. You provide the imagination.

**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 FREE**  
**Feb. 15 - 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**  
**Day & Dream in Modern Germany, 1914-1945 FREE**  
**Feb. 15 - 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 Bien-

ennial," 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. 15 - 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 ex-**

**hibit FREE**  
**February 15 -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. 15 - Mar. 10, 9 am to 9 pm**  
**COCA – Center of Creative Arts**



**FEB 25**

**PACIFIC AUX. #3842 PRESENTS**

**DEATH**  
*of a Blackheart*  
**Murder Mystery Dinner Party**

**Doors open at 5pm**  
**Dinner starts at 6**  
**catered by B & B catering**  
**Wear your pirate gear; dressing up is highly recommended.**

Cost is \$30 each or \$240 for a table of 8 in advance.  
\$40 each at the door.  
contact Kim W at kimisthe1@gmail.com  
or contact Kim N at kimnoe72@gmail.com

**Pacific Eagles Large Hall 707 W. Congress St. Pacific**



**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 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. 15 - 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.

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.

**Trivia Night at the MOVIES**  
Saturday, March 4, 6:00pm  
Union City Auditorium  
\$20 per person or \$160 per table

Join the Scenic Regional Library Foundation for a "Night at the Movies" fundraising trivia night! Prize for the winning table is \$200. Prizes will be given for the best decorated table (movie theme) and best outfit (famous actor or actress).

To register for the event, visit [bit.ly/TRIVIA\\_REGISTRATION](http://bit.ly/TRIVIA_REGISTRATION), or scan the QR code below. Payment can be made by cash or check at any branch, at the door, or via Venmo to @ScenicRegLibrary-Foundation (QR code below).

Scenic Regional Library Foundation Trivia Night Fundraiser

**Pacific Lions Club and The Tri County Senior Center**

**All you can eat Pancake Breakfast**

February 26th, 2023  
7:00 — 11:00 a.m.  
Adults \$10.00—Kids \$6.00

Pancakes, Biscuits, Gravy, Sausage, Eggs, Juice, Milk & Coffee

**1<sup>st</sup> Responders Eat Free!**

**Tr County Senior Center**  
800 West Union,  
Pacific, MO

**SILENT AUCTION LOTTO BOARD & OTHER FUN GAMES!**

★★★★ 10 PER TABLE  
★★★★ \$200 PER TABLE

**SATURDAY, FEBRUARY 18**

**TRIVIA NIGHT**

DOORS OPEN AT 6:00 - TRIVIA STARTS AT 7:00  
ST. BRIDGET'S GYM - BRING DRINKS & SNACKS  
MUST BE 21 TO ENTER

**MICHELLE REED** PLEASE REACH OUT TO SAVE A TABLE OR DONATE  
314-568-6282

**CODY KELLEY**  
636-675-2081



## GRAND PARADE PRO TIPS

**1. Arrive early.** You may even want to book a nearby hotel room for Friday and Saturday to eliminate parking hassles and ensure you have plenty of time. Several hotels offer shuttles to and from or provide access to plenty of cabs.

**2. No cans, no coolers, no bottles, no backpacks. No exceptions.** For public safety reasons, these items are not allowed in the Soulard festival zone. If you do somehow manage to have these items in the festival zone, you will be asked to dispose of them immediately.

**3. Dress for the weather.** St. Louis weather is notoriously fickle, so plan appropriately. The Grand Parade rolls on, rain or shine, and you'll be on your feet a lot, so wear comfortable shoes.

**4. Use the port-a-potties.** There are thousands of portable restrooms located throughout the festival zone. The police will ticket you for, let's say, using alternate outdoor methods. If you can't find one, you're not really looking.

**5. Don't drive.** There is no non-resident parking in the Soulard neighborhood on Grand Parade Day, and parking in nearby neighborhoods is very scarce. Take a shuttle, a taxi, a ride-share service, and, if you must drive, have a designated driver and expect a long walk.

**6. Respect our neighborhood.** As one of the oldest residential and entertainment districts west of the Mississippi, Soulard is recognized as a national historic jewel. Be respectful of the neighborhood and its residents—treat our neighborhood as if it is yours.

**7. Outdoor sales in Soulard end early at 7:00 p.m.** Soulard's bars and restaurants also close early on the inside, at 11:30 p.m.



SOULARD, Mo.— The 21st annual Mayor's Ball on Friday night and Saturday's 44th annual Bud Light Grand Parade mark the apex of Soulard Mardi Gras in St. Louis. Grand Parade weekend typically brings thousands of people to the City of St. Louis, fills hotel rooms, and supports restaurants and other establishments throughout the region.

Nearly 25% of Grand Parade Day visitors come from outside the St. Louis region, making a significant contribution to the \$20 million that Soulard Mardi Gras generates each year for the regional economy. The many not-for-profit organizations that benefit from Grand Parade Day and the Community Improvement Grants funded by Mayor's Ball proceeds in 2023 will add to the more than \$1.3 million in charitable contributions made by Soulard Mardi Gras in the past 20 years. More information is available at [stlmardigras.org](http://stlmardigras.org) and on Facebook, Twitter, TikTok, and Instagram @STLMardiGras.

### **APEX WEEKEND EVENT DETAILS** **Friday, FEB. 17 / MAYOR'S MARDI GRAS BALL**

The Mayor's Ball, which *ALIVE Magazine* and the *Riverfront Times* have called the "social event of the season," is a must-attend gala that combines the elegance of the setting with the striking

visuals of Mardi Gras. It features fine cuisine, cocktails, dancing, and entertainment ranging from traditional to spectacular, including live music from one of St. Louis's most popular cover bands, Dirty Muggs.

The 21st Mayor's Ball will once again grace the Midway at St. Louis Union Station. With its soaring glass roof, brick arches, and spacious atrium, the Midway provides a spectacular venue—especially when given the Mayor's Ball design and production treatment.

This charitable event is hosted by the Mardi Gras Foundation, and proceeds benefit Community Improvement Grants. The Ball has enabled more than \$600,000 in grants to Soulard and Downtown. Tickets are available at [stlmardigras.org](http://stlmardigras.org).

Time: 7:00 p.m. to Midnight  
The Midway at St. Louis Union Station  
Admission: \$150

### **Friday, FEB. 17 / THE OFFICIAL MAYOR'S BALL AFTER PARTY**

After you party at the Mayor's Ball, continue the fun at the first-ever Mayor's Ball Mardi Gras After Party!

Proceeds from After Party ticket sales benefit STL College Kids, a non-profit helping St. Louis students pay for college. Tickets are available online.

Time: 10:00 p.m. – 2:00 a.m.  
City Hall Rotunda  
Admission: \$75 and Up

### **Saturday, FEB. 18 / BUD LIGHT GRAND PARADE "That's Entertainment!"**

What started as a two-block march up Russell Blvd. in 1980 is now the event of the season, and one of the biggest Mardi Gras parades in the nation. The Bud Light Grand Parade is a dazzling show with more than 80 entries in 2023, including scores of floats, marching and riding Krewes, throwing more than 15 million beads along a route from Busch Stadium to the Anheuser-Busch brewery.

Parade Starts: 11:00 a.m.  
Soulard Neighborhood  
Theme: That's Entertainment!  
Free Event

### **Saturday, FEB. 18 / RUE DU CIRQUE**

The fun doesn't have to stop at the Bud Light Grand Parade. Join us at the post-parade Rue du Cirque street party and play games, smash world records, and win prizes! All afternoon long, we'll be partying with our street party emcee and live music.

Saturday, February 18, 1:00 p.m. (or after the Grand Parade, whichever is later) – 5:00 p.m.  
South 7th Street (the Grand Parade route) between Geyer Avenue and Allen Avenue  
Free Event



# TECHNOLOGY



## How to Protect Your Home and Valuables When You Travel

(StatePoint) Whether you're visiting your in-laws or taking a tropical vacation, you likely leave your house and the majority of your belongings unattended while you're gone. Recent research suggests that if you're like many Americans, you may not be doing enough to protect your assets when you hit the road.

According to a study conducted by The Harris Poll on behalf of Selective Insurance, 59% of U.S. homeowners have a home security system or device, yet less

than half (49%) use one to protect their unoccupied homes when they are on vacation.

However, most homeowners do take some safety measures before departing for extended periods. For instance, 68% lock all their windows when they leave town. Additional precautions include having someone check their home (61%), setting lights on a timer (39%), shutting off water (21%), and hiring a house sitter (13%).

Nevertheless, risk experts say you're best off with a system that monitors for break-ins and other mishaps, including fire and flooding from storms or leaky pipes.

"Vacations are a great time to create new memories, but they are quickly forgotten if you return to a damaged or burglarized home. Taking sensible home safety preparations before leaving is as important as packing the right items in your suitcase," says Allen Anderson, senior vice president of Personal Lines at Selective Insurance. "Our research shows that home security systems and devices are widely under-used across the country, but they are powerful tools to mitigate against unoccupied home theft, fire and water leaks."

According to Anderson, here are some steps you can take before traveling for greater peace of mind:

- Install and use a smart home security system or device. Doing so provides a vital line of defense and could save you money. Many insurers, including Selective Insurance, will provide a homeowners policy discount to policyholders with a professionally monitored security system.
- Lock your garage and all of your doors and windows – and double-check them.
- Install outdoor lights. Use an automatic timer to set your interior and exterior lights and give your home the appearance of occupancy.
- Stop your mail, package and news deliveries.
- Stow away your valuables.
- Consider waiting until you return from your trip to share vacation photos to social media, or use privacy settings to control who sees your posts.
- Unplug all unnecessary electronics.
- Bring all house keys with you, or leave one with a trusted friend to check up on your home while you're gone.
- Turn off your water! Some of the most frequent and costly homeowners' claims are due to water damage.

For more home protection tips, visit [selective.com](https://selective.com).

As you make your travel arrangements, think beyond airline tickets and hotel bookings. Be sure that your plans also include home protection in your absence.

PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images Plus  
PHOTO CAPTION:

## How to Prevent Being a Victim of Scams and Fraud

(Statepoint) Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million.

Identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud.

"The more that we can get this information out there the better," Kerskie recently told T-Mobile Stories, "Unfortunately when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email and

phone calls. The most recent trending scams are occurring using person-to-person payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money within moments.

The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in their scams.

Criminals also try to access your informa-

tion in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information secure.

Kerskie says there are ways to keep scammers and fraud at bay.

**Prioritize Privacy:** Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and for pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats.

**Use Available Resources:** Take advantage of the free anti-fraud safeguards offered by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID,

scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

**Validate or Eliminate:** Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders' validity, throw it away, block the phone number or email address and report it as spam or junk mail.

As potential cyber threats and fraud evolve, it's important to understand how they work. Doing so will help you stay safeguarded and protected.

PHOTO SOURCE: (c) tsingha25 / iStock via Getty Images Plus



## BATTLEHAWKS ADD QB WILKINS TO ROSTER



**MANNY WILKINS**

The St. Louis Battlehawks announced the addition of former Green Bay Packer quarterback Manny Wilkins to the team. The move completes the Battlehawks 51-player roster.

The fifth all-time leading passer in Arizona State history, Wilkins threw for over 8600 yards and rushed for over 1000 yards with 62 total touchdowns for the Sun Devils. Signed as a rookie free agent in 2019, Wilkins spent the entire season on the Green Bay Packers practice squad.

“We are excited to add Manny as a complement to our quarterback corps,” said Head Coach Anthony Becht. “He’s been on our radar going back to the summer

showcase in Arizona and we also had him in for our private workout in October. Manny brings a lot of professional experience and has the ability to impact a game with both his arm and on the ground.”

Wilkins will wear #5 for the Battlehawks.

The Battlehawks begin their season on Sunday, February 19, when the team travels to San Antonio to battle the Brahmas at 6pm CT on ABC. The team will play two more road games before returning to St. Louis for its home opener on Sunday, March 12 at 2pm CT to face the Arlington Renegades at The Dome at America’s Center.

Tickets for the St. Louis Battlehawks Kickoff Game, as well as single game, premium and season ticket packages, are available now at [XFL.com/tickets](http://XFL.com/tickets) or by contacting [tickets@xflbattlehawks.com](mailto:tickets@xflbattlehawks.com). Season ticket packages being at just \$25 per game. Download the XFL app for additional gameday information.



### St. Louis Public News Predicts

#### North Division

	W-L
DC Defenders	7-3
St. Louis BattleHawks	6-4
Seattle Sea Dragons	5-5
Vegas Vipers	2-8

#### South Division

	W-L
Houston Roughnecks	8-2
Arlington Renegades	5-5
Orlando Guardians	4-6
San Antonio Brahmas	3-7

## ST. LOUIS BATTLEHAWKS ENLIST RENEWAL BY ANDERSEN TO HELP CUSTOMIZE GAMEDAY



The St. Louis Battlehawks and Renewal by Andersen announced today a renewed, multi-year partnership continuing Renewal by Andersen as the team’s official and exclusive window and door replacement provider. Renewal by Andersen and the Battlehawks will also collaborate to deliver fans with unique content and entertainment during the teams’ home games at The Dome at America’s Center.

“The gameday experience for our fans is of the utmost importance,” said Brandon Williams, Vice President of Business and Event Operations for the St. Louis Battlehawks. “Renewal by Andersen specializes in innovation and customization, and we’re excited to partner with a local industry leader to help provide fun and unique entertainment

for our fans.”

A sponsor of the Battlehawks in 2020, Renewal by Andersen will again work with the team to develop custom in-game content. The company will also be the presenting sponsor of the Battlehawks “Window of Giving,” a community initiative furthering Renewal by Andersen’s commitment to the betterment of our St. Louis region.

“Renewal by Andersen of St. Louis is proud to return as the official window replacement partner of our homegrown Battlehawks. As a locally owned and operated company, we have strong ties within the community and look forward to building upon them with the Battlehawks and their fanbase,” said Austin Birner, Renewal By Andersen Regional Vice President.

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## Women Business Owners are Optimistic About the Future

(StatePoint) Even as they ride out inflationary pressures, supply chain disruptions and economic uncertainty, women owners and executives of small and mid-size majority-women-owned businesses have an optimistic outlook about the near-term future of their businesses, according to a recent survey.

The PNC Bank survey found that women business owner (WBO) expectations for their own companies remain strong, with 41% feeling highly optimistic -- up from 29% in the fall of 2020 but down from 67% in the fall of 2021 -- while the share of those feeling pessimistic has held constant at just 1%.

The survey also indicated that more than eight in 10 women business owners are very confident about their future success and nearly half say it comes from their own hard work and drive. Similarly, 79% of WBOs are very satisfied with their role as a business owner or leader compared to 67% of men business owners (MBOs).

“We are seeing a new pattern of self-empowerment among women business owners that is very encouraging,” said

Beth Marcello, director of PNC Women’s Business Development. “Their own hard work to survive the pandemic is the source of their confidence and optimism today.”

The survey suggests that women have a take charge, can-do attitude. When it was difficult to find employees, 49% of WBOs versus one-third of MBOs say that they or their managers stepped in to cover open staff hours themselves. Additionally, they’re focused on growth: 81%

surveyed are Woman Business Enterprise-certified, 73% market their certification, and 88% say that certification has been a helpful business development tool.

“For the first time, we have evidence of increased financial confidence among women business owners. They are two times more likely than men to say they’re considering a new loan or line of credit to support business growth,” said Marcello. “They are monitoring their cash position and have a cash reserve,

but they’re investing excess cash rather than stockpiling it; they are continuing to leverage the increased efficiency of the digital financial tools they migrated to during the pandemic; and they are confidently increasing pricing as the economy allows for it.”

### Meeting the Challenges

While WBOs have concerns about inflation, profitability and the supply

chain, they believe they’re prepared for these challenges. Although similar portions of WBOs and MBOs experienced supply chain issues in the past year, 79% of WBOs believe they have the right amount of inventory they need to succeed.

WBOs also intend to maintain or expand on policies they initiated during the pandemic, including allowing flexible work arrangements (48%), increasing compensation (38%) and implementing employee health or safety enhancements (33%). WBOs are more likely than MBOs to adopt Corporate Social Responsibility policies or practices, including gender pay equity (34% vs. 9%) and diversity and inclusion (29% vs. 14%). These disparities could be an indication of why fewer WBOs (30%) than MBOs (43%) are finding it harder to hire new staff compared to six months ago.

Identifying and addressing challenges faced by women financial decision makers is a component of PNC’s Project 257: Accelerating Women’s Financial Equality, an initiative to help close the 257-year economic gender gap. More information about these efforts as well as helpful resources for women financial decision makers can be found at [pnc.com/women](https://pnc.com/women). To connect with Project 257, follow PNC on social media: Facebook, Instagram, LinkedIn and Twitter.

While the pandemic created new economic challenges, many with lasting effects, women business owners largely overcame these obstacles, taking away lessons that have inspired their optimism and confidence today.

## 6 Things to Consider Doing if You Can’t Pay Rent This Month



(StatePoint) The average national rent surpassed \$2,000 for the first time ever in 2022, which has made keeping up with rent payments challenging for millions of people across the United States. In fact, a recent Freddie Mac survey found that 70% of renters are concerned about making their rent payment in the short term.

If you’re among those struggling

to pay rent, there is good news: many resources exist to help renters remain in their homes.

Here are six actions you can take to help keep you in your rental:

**1. Contact Your Landlord.** If you know you will be unable to pay your rent, contact your landlord in writing

see RENT on page 19

# PUBLIC NOISE

## **1860's Saloon & Hardshell Café**

1860 S. Ninth, 314-231-1860  
soularddining.com  
*Open Mic Night Every Tuesday in the 1860 Saloon*

## **2720 Cherokee**

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

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

1 Ameristar, 636-940-4966  
ameristar.com  
*2/28 Shamrock FC 343*  
*3/24 Great White & Slaughter*  
*3/31 & 4/1 A Night of Queen*  
*4/28 Grits & Glamour*  
*5/6 Evil Woman - The American ELO*  
*5/19 Rumours - A Fleetwood Mac Tribute*  
*6/2 Morris Day: Last Call*

## **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  
*Closed for renovations*

## **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  
*2/15 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).

## **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  
*2/15 Open Mic Night*  
*2/16 Chasing The Milky Way*  
*2/17 Pocket Strut*  
*2/18 Common Ground*  
*Zydeco Crawdaddies*  
*Kent Ehrhardt & The Blue Moon Band*  
*2/21 Kevin Babb*  
*2/21 Zydecco Crawdaddies*  
*2/24 Charles "Skeet" Rodgers & The Ice Band*  
*2/25 120 Minutes*

## **Jazz at the Bistro**

3536 Washington, 314-534-3663  
jazzstl.org

## **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  
*2/14-18, JigJam*  
*2/21-25, JigJam*  
*2/26 Falling Fences*

## **Off Broadway**

3509 Lemp, 314-773-3363  
offbroadwaystl.com  
*2/16 Lobby Boxer w/Origami Button*  
*Origami Button • Snack'd Out • The Public*  
*2/17 The Fall of Troy 20th Anniversary Tour*  
*Portrayal of Guilt • Satyr • Zeta*  
*2/18 Arkansauce*  
*The Screechin' Halts*  
*2/19 The Sadies*  
*Cyanides*  
*2/22 Willi Carlisle w/Adeem the Artist*  
*Adeem the Artist*  
*2/23 Joslyn & the Sweet Compression*

*Samantha Clemons*

*2/24 Mattie Schell & Friends: American Beauty & Stage Fright*  
*2/25 Scott Mulvahill & Ben Sollee*  
*Ben Sollee*  
*2/28 105.7 The Point Presents Giovannie & the Hired Guns*  
*Slade Coulter*  
*3/2 Good Looks*  
*3/3 Luminal, Nine Volt, With Glee*  
*Nine Volt • With Glee*  
*3/4 Chris Gethard*  
*3/10 John "Papa" Gros*  
*3/11 The Lemon Twigs*  
*Slugbug*

## **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. Hettenhausen 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  
*no longer offering live music*

## **Sheldon Concert Hall**

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

## **Sky Music Lounge**

930 Kehrs Mill, 636-527-6909,  
skymusiclounge.com  
*2/17 Side Hustle*  
*2/17 Sugar Ray Charles*  
*2/18 Shangrila*  
*2/18 Chad Becker*  
*2/24 Ghost Kitchen*  
*2/24 FIRE*  
*2/25 Flyover State*  
*2/25 Scarecrow Joe*

## **Stagger Inn Again**

104 E. Vandalia, Edwardsville, Ill.,  
618-656-4221,  
staggerinagain.com





**Inger Nordvik**  
**Hibernation**

*Style: chamber pop, indie-folk*  
Nick Drake and Joni Mitchell. Two artists for whom the greatness of their recordings is indirectly proportionate to the awfulness of most musicians they've influenced. The former has inspired a phalanx of open-mic wraiths mumbling about how lonely they are, and the latter unintentionally gave the green light to enough tastefully pretty tunes about self care and nature rambles to sap the life from any coffee shop employee. It seems almost wilfully wrong-headed to think that these elements were what made Drake and Mitchell great – it's like a Numanoid proselytizing recreational aviation and '80s Tory policy.

On Inger Nordvik's second album of folk-flecked piano songs a very clear line can be traced back to Mitchell, but she and her band is unusual in picking just the right elements to bounce off. Sure, the songs are succinctly jazzy and the vocals sweetly breathy, but like Mitchell's best work there's a knottiness to the playing and a sophisticated complexity to the arrangements: take the clockwork construction under Go Back's exquisite vocal line, or the arco bass acting as a sinister undertow to the calm limpid surface of Waiting.

The entire band is outstanding, but special praise must go to drummer and percussionist Ola Øverby. In contrast to the bounce he supplies to the cocktail-umbrella urban pop of Fieh, he brings a twitchy precision to Hibernation, from the delicate ride taps on Secret that make it sound as though the kit has been caught in a warm spring rain to the uptight buttoned-down fills of album opener Denial – which sounds like Fleetwood Mac's The Chain migrating from a blustery tundra to a humid

afternoon on the Ganges plain in three minutes.

Listening to Hibernation is like leaping between icy coolness and inviting warmth, possibly reflecting the songs' genesis in a small cabin on the snowy northern coast of Norway. The title track opens with a glacial post-rock billow before being thawed by toasty bass, ending up like a strange optimistic cousin of Radiohead's Pyramid Song that could give you a cosier glow than radioactive Ready Brek. Nordvik's voice is similarly quite lovely, and full of different characters, sweetening the gruff sincerity of Mark Eitzel, tempering the kooky artistry of Stina Nordenstam, freshening the cool detachment of Sheila Chandra, and recalling Jeff Buckley without his pervasive miasma of smugness.

Amongst these riches, the album does occasionally tip over into a cute refinement, such as on closing track Ask You which the ears enjoy but which dances away from memory, and It Follows slightly mars its wholesome earthy groove – imagine someone had crocheted a Portishead song – with a somewhat precious lushness. But, overall Hibernation is the sort of delightful flora where the delicate leaves and complex tendrils turn out to be as gorgeous as the flowers.



**Afternoon Bike Ride**  
**Glossover**

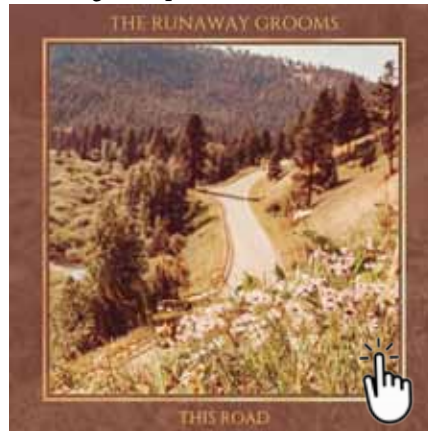
*Style: indie-pop, lo-fi*  
Having released their playful and collaborative self-titled debut in 2021, Montreal's afternoon bike ride glide along joyfully with Glossover. This new record sees the trio defining their sound and refining their purpose through a soft palette of lo-fi guitars, silky harmonies, and sentimental soundscapes. Much like a forest path, Glossover is never the same twice, and it induces awe

through the subtlety of its variations.

Glossover glows with the comforts of friendship and finds afternoon bike ride manifesting the obvious security they feel as a group, inviting the listener into that space of ease and understanding. Much like Florist's self-titled masterpiece from last year, afternoon bike ride manage to capture this feeling of friendship (with the help of a few carefully chosen collaborators) through songs that highlight their experimental creation process. It feels as though you're listening to the song compose itself in real time, with each cozy dalliance falling effortlessly into place.

In "Before We Don't Have Time," field recordings and vocal harmonies softly twist into streams of electronics and brass. "When We Were the Same" fades out, only to re-emerge with a scrappy acoustic recording, raucous vocals, and the loudest electric guitars on the record – which fall into laughter and gentle synth swells with grace. Though not shy about sticking to pop structures here and there, glossover shines most when it follows its own path.

While the album often feels airy, it's musically and thematically grounded in a subtle but inevitable conflict: the passing of time. Sonically, the album manages to sound both timeless and familiar, with tracks like "Nothing in Particular" borrowing affectionately from early-2000s pop production (think Soccer Mommy's "Circle the Drain"), and the regular use of lo-fi sounds and fluttering vintage synths, all blending together into a nostalgic soup.



**The Runaway Grooms**  
**This Road**

*Style: psychedelic rock*  
The Runaway Grooms is a band that resides in Colorado, but has its beginnings in Massachusetts. Amon Tobin

and Justin Bissett grew up across the street from each other in Northborough, Massachusetts. Of the longtime musical partnership, Tobin said, "We both grew up liking the Dead, and have always enjoyed experimenting with music in ways that are unconventional."

You don't have to hear a lot of the band to know that experimentation is still a big part of the band's ethos. On their 2020 album Tied to the Sun, rootsy rock songs prominently feature mandolin and harmonica. You'll also hear songs that sound heavily influenced by jam bands like Phish. The band has added Zac Cialek (lap steel), Cody Scott (keyboards), and Zachary Gilliam (bass) and continues to expand its sound on the new EP This Road. "All five of us come from different musical backgrounds, and we all write together. This adds to the depth and variety of our sound." He's not wrong. The new EP might only be five songs, but the band uses those songs to cover a good amount of ground.

You don't really need to go beyond the opening track "Jenny" to realize that the band is pretty comfortable with musical experimentation. It begins with a piano intro that bleeds in to some psychedelic guitar sounds. It is a pretty mellow tune that is sure to delight fans of jam bands. It builds to a ripping instrumental that might bring some classic psychedelic bands like Cream to mind.

And that's just the beginning of a musical journey that weaves not only psychedelia but also funk just listen to the bass in "Mr. Ford") and some song structures that seem as unpredictable and offbeat as Frank Zappa's. Meanwhile, "Here I Come Again" is a groovy organ-driven tune that will make you want to kick off your Birkenstocks and boogie like you're at your favorite festival. And at more than seven and a half minutes, it gives you plenty of opportunity to boogie.

The EP closes with "Heartwork," a song that encourages self-examination. The melody is twangy and the notes are given plenty of room to breathe. It's really the perfect tempo and mood for a song that delivers a positive message. All of the lyrics carry some weight, but you especially feel it when you hear, "In the end, it's only you who's got to want to make a change." It's a musical pep talk



that we could all use at times.

This Road by The Runaway Grooms is only five songs, but those five songs deliver two important things to the listener. First, it shows the listener just how much this band can accomplish sonically in a limited amount of time. The other thing this album accomplishes is to leave the listener wanting more of the musical meanderings this band provides. It may not be easy to classify The Runaway Grooms, but it is easy to like them.



**Brad Allen Williams**  
**œconomy**

*Style: electronic, jazz*

Guitarist Brad Allen Williams is known for his work as a hired gun for soul rocker Brittany Howard and jazz/funk drum genius Nate Smith, so you think you

know where he's coming from when he straps on his ax. For his first solo album œconomy, however, Williams journeys in another direction entirely. Joined by eclectic drummer Mark Guiliana (Donny McCaslin, St. Vincent, Avishai Cohen) and a string quartet, the guitarist plugs his instrument into synthesizers and boards of electronics, creating a fascinating series of soundscapes that seem to have dropped in from another reality entirely. Waves of distortion and the pound of industrial percussion power "Paean" and "Boomer" while floating on dreamy textures and occasional acoustic guitars. The sample-heavy "Her Sidebar (Yield)" glitches like a vinyl record with a faulty needle, while the lush "Tecnologia" drifts on a sea of string arrangements. "Conomy" supports twanging guitar and chiming synths over a foundation of burbling drum 'n' bass, while "An Artifice" conjures dreams of a tangerine color – at least until Williams unleashes his prodigious jazz chops in bursts of blue.

Williams and producer Pete Min have keen ears for juxtaposing sonics from different traditions without sounding jarring, and œconomy shows that his musicality refuses to be confined to a single box.



**The Brisket Skillet**  
**Pupillo's Wicked Chicken Cafe**  
**Photo by Ken Petty**

# EATS



Orange Shrimp Quinoa Bowls

## Enjoy Better-for-You Foods Focused on Flavor

(Family Features) From salads and snacks to breakfast, lunch and dinner, rounding out a full menu of healthy meals shouldn't be a chore. In fact, you can still enjoy your favorite flavors and tickle your taste buds with nutritious recipes that capitalize on powerful ingredients you actually want to eat.

A fruit-forward breakfast is a nutritious way to start your morning, and a fresh twist on pasta salad can make lunches or your evening side an enjoyable way to stay on track. Bowls filled with grains, veggies and a favorite protein are all the rage, and this seafood-fueled version is no exception when you're craving a combination of your personal favorites.

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting Culinary.net for more recipe inspiration.

### Eat Smart with Seafood

No matter if you're searching for a healthy family dinner, a quick lunch at home or an easy idea to meal prep for the week ahead, these Orange Shrimp Quinoa Bowls are perfect for seafood lovers who also enjoy a hint of spice. Fresh, healthy and full of deliciously prepared shrimp, these bowls are also loaded with

mushrooms, peppers and cucumbers.

The homemade sauce is light with a sweet yet spicy vibe. Resting over a cup of steamy quinoa for a filling base of healthy grains, it's a quick and easy recipe you can customize with favorite toppings like sesame seeds and cilantro.

Find more wholesome, health-forward recipes at Culinary.net.

### Orange Shrimp Quinoa Bowls Servings: 2

- 1 cup quinoa
- 1 cup orange juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 4 tablespoons vegetable oil
- 1 tablespoon lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled, deveined and tails removed
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 cucumber, sliced into half moons
- 5 green onions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

Cook quinoa according to package





Pesto Pasta Salad

instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.

## Start the New Year with a Savory Salad

Starting the new year with fresh intentions, whether you're trying to reset for 2023 or simply add more greens to your meals, begins with delicious, nutritious and easy recipes.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express provides plenty of inspiration, information and incentives to help you achieve your goals. For example, this Pesto Pasta Salad features red lentil rotini and Twisted Pesto Caesar Chopped Salad Kits loaded with a fresh blend of crisp iceberg and green leaf lettuces, crunchy garlic brioche croutons, Parmesan cheese and creamy

pesto dressing. Add fresh grape tomatoes and toasted walnuts for a simple side or easy lunch that can be made ahead of time.

Discover more fresh recipe ideas at [FreshExpress.com](https://www.freshpress.com).

### Pesto Pasta Salad

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 6

- 1 quart cooked red lentil rotini
- 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grape tomatoes, halved
- 1/2 cup walnuts, toasted

Prepare red lentil rotini according to package directions; cool 15 minutes.

In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.

In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic brioche croutons and shredded Parmesan cheese from salad kits and walnuts.

Substitution: Traditional rotini can be used for red lentil rotini.



## Here's Your Guide to Positive Thinking at the Gym

Mental strategies like self-affirmation can help you find your "Zen" during a challenging workout.

by Mary Lambkin

You already know that working out challenges your body — but it also challenges your mind! Finding the mental energy (and strength) to make it to the gym can sometimes be a battle, so simply showing up should be considered an accomplishment. If you've ever braved the gym at sunrise or fought to ignore the temptation of their couch after a long day at the office, you know all too well that sticking to a gym routine takes discipline and commitment. Enter: your guide to positive thinking.

In order to make the most of your workout — and find the motivation you need to keep coming back to the gym again and again — you've got to train your mind as much as you train your body. Use this guide to positive thinking to help you feel inspired and pursue your fitness goals.

### First, What Is Positive Thinking?

Positive thinking is simple. Known scientifically as "optimism bias," it means you approach situations with hope and confidence, rather than fear and doubt. Not only can positive thinking help you get the most out of your workout, it can lead to better health, a longer life, and overall greater well-being!

Your Guide to Positive Thinking

By simply shifting your thoughts to focus on the positive rather than the negative, you could overcome challenges at the gym and embrace other life situations with less stress. Here are five techniques that can help you remember to look on the bright side.

### 1. Visualize a Strong End Result

Visualization is a psychological tool that is used by a number of athletes across all sports. Before (or during) a workout, picture a strong end result to help power through each

see *FITNESS* on page 18

## TIPS FOR STAYING POSITIVE AT THE GYM



from *FITNESS* on page 17

movement. For example, if you're running on the treadmill, imagine hitting the stop button on the machine and wiping your face with a towel after successfully finishing the exercise. This may be just the motivation you need to get started in the first place!

### 2. Think About How Far You've Come

If you're stuck in a mental plateau or have hit a rut in your running routine, look back at the progress you've made — this can help you find the inspiration you need to keep moving forward. Try looking at old photos from your pre-workout days when you had less energy or reviewing your workout logs from months ago. Once you remind yourself how far you've already come, you'll find encouragement to go further!

### 3. Adopt a Mantra

Don't underestimate the power of positive words! You can combat negative thoughts by repeating an optimistic mantra over and over during a tough workout. According to the Association for Psychological Science, by repeatedly practicing self-affirmation, you can increase performance and reduce stress.

Try a few different mantras over

the course of two weeks to find one that works for you. Some good ones to experiment with are "I can do this," "I am strong," "I'm doing this for me," or even "I can keep going."

### 4. Immerse Yourself

Find the "Zen" in your workout by freeing your mind of stressful or negative thoughts and immersing yourself in the rhythm of an easy distraction — like your form, the number of reps/sets/seconds in your exercise, your music, a TV show, or the sound of your footsteps or breath. If you can allow your mind to wander somewhere else during a workout, you won't let it get bogged down with negative thoughts.

### 5. Take It One Step at a Time

Instead of focusing on the number of minutes or exercises left in your workout, re-calibrate your expectations by focusing on a number of small and easily achievable milestones. For example, instead of thinking "I still have a mile left on the treadmill; how will I ever make it?" tell yourself "I'm going to run this mile as well as I can" five times. Take your workout one step at a time — you might just surprise yourself with how far you're able to go by staying positive!

As always, please consult with a physician prior to beginning any exercise program.

# FILM



## JESUS REVOLUTION [not rated] February 23, 2023 120 minutes

*Starring: Ally Ioannides, Anna Grace Barlow, Jackson Robert Scott, Joel Courtney, Jolie Jenkins, Jonathan Roumie, Julia Campbell, Kelsey Grammer, Kimberly Williams-Paisley, Nic Bishop, Nicholas Cirillo*

In the 1970s, Greg Laurie (Joel Courtney) is being raised by his struggling mother, Charlene (Kimberly Williams-Paisley). Laurie and a sea of young people descend on sunny Southern California to redefine truth through all means of liberation. Everything changes when Laurie meets Lonnie Frisbee (Jonathan Roumie), a charismatic hippie-

street-preacher, and Pastor Chuck Smith (Kelsey Grammer) who have thrown open the doors of Smith's languishing church to a stream of wandering youth.

What unfolds becomes the greatest spiritual awakening in American history. Rock and roll, radical love, and new-found faith lead to a Jesus Revolution that turns one counterculture movement into a revival that changes the world.

*Directors: Jon Erwin, Brent McCorkle  
Producers: Greg Laurie, Jon Erwin, Kevin Downes, Andrew Erwin, Josh Walsh, Daryl C. Lefever, Jerilyn Esquibel  
Screenplay: Jon Erwin, Jon Gunn  
Production companies: Lionsgate, Kingdom Story Company  
Distributed by: Lionsgate*

## CURRENTLY SHOWING

### 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 [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 [not rated]

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



# CLASSIFIED ADS

from RENT on page 13

to explain your situation. Your landlord may be able to offer you such options as changing the date rent is due each month, lowering rent payments or creating a repayment plan.

**2. Consider More Affordable Apartments.** Finding a less expensive apartment may be the right solution if you anticipate having regular trouble paying your rent. However, with rents on the rise everywhere, this can be a challenge. As you start your search, remember to factor in the fees and moving expenses you might incur. Moving within your building or to another property managed by the same company may be one way to avoid onboarding fees.

**3. Find a Roommate.** If you have the space, taking on a roommate can significantly reduce your monthly rent and utility expenses. Make sure to follow the terms of your lease when adding a roommate to any apartment. This could include having them sign a formal lease.

**4. Access Short-Term Rental Assistance.** Local housing authorities and some national organizations have short-term rent relief funds you can apply for to help cover the cost of rent while you get back on your feet.

The Consumer Financial Protection Bureau (CFPB) has a list of assistance programs for renters.

**5. Understand Eviction Protections.** Be aware of the eviction protections you're eligible for should you be unable to pay rent. The CFPB has a list of states with protections in place that prevent landlords from evicting renters for failure to pay rent.

**6. Work with a Renter Resource Organization.** There are many non-profit Renter Resource Organizations throughout the country that can assist you if you are facing a housing-related challenge. These entities provide services and resources to help you maintain housing, including eviction prevention and landlord-tenant mediation. They also can assist you in locating alternative housing and provide financial planning advice. Services offered may vary by provider. To find an organization that can help you with your situation, contact Freddie Mac's Renter Hotline at 800-404-3097.

For more information about renting, including resources to help you determine how much you can afford, visit My Home by Freddie Mac at [myhome.freddiemac.com](http://myhome.freddiemac.com).

## APARTMENTS FOR RENT

### Crestwood

2bdm, 1bath refurbished, 925/sqft, c/a and h, no pets. \$1050/mo text 314-334-3900

### Hazelwood

2bdm, 1.5bath refurbished, 950/sqft, c/a and h, no pets. \$1075/mo text 314-334-3900

### Kirkwood

Downtown location Studio 1br, 1bath, 450/sqft c/a and h, pets ok \$650/mo text 314-334-3900

## HOMES FOR RENT

## HOMES FOR SALE

## COMMERCIAL PROPERTY

## LAND FOR SALE

## HELP WANTED

### Green Dining Alliance Program Intern

The GDA Program Intern's primary focus will be to support GDA audits and outreach to new restaurants. Additional initiatives include working with the GDA Manager to communicate updates, restaurant news and events, sustainability news, and general information about the GDA in print or social media. Opportunities exist to focus on projects specific to the Intern's unique skill set and interests. The candidate should be prepared to work independently with support from the GDA Program Manager. This is a part-time, unpaid internship. Apply at: 4125 Humphrey St, St. Louis, MO 63116 314-282-7533 [info@earthday-365.org](mailto:info@earthday-365.org)

### Communications and Marketing Manager

The Communications & Marketing Manager is responsible for enhancing earthday365's brand presence in the community through marketing and promotion, with the opportunity to manage

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**Your Boxed and Highlighted  
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\$30/issue**

high-impact regional messaging campaigns on key environmental issues. The primary focus of this role will be to manage the development of all communication and marketing materials that support earthday365's programs, events, and fundraising efforts. The position is full-time, salaried (\$40,000), and offers a full suite of benefits. Position is open until filled.

Apply at: 4125 Humphrey St, St. Louis, MO 63116  
314-282-7533  
[info@earthday-365.org](mailto:info@earthday-365.org)

### ROG Recycling Ambassador

Want to jumpstart a career in sustainability or the environmental movement? earthday365 is hiring seasonal, part-time, paid (\$15/hour) Recycling Ambassadors for our Recycling On the Go program. Position includes opportunities for outreach booth educational engagement as well as event composting and recycling at outdoor events and festivals. Please apply at 4125 Humphrey St, St. Louis, MO 63116 314-282-7533 [info@earthday-365.org](mailto:info@earthday-365.org)

## AUTOS FOR SALE

## TRUCKS FOR SALE

# UNCLE ALBERT BE CAREFUL OF THOSE LIVE TIKTOKS

*Ladies and Gentlemen,*

*There is nothing I hate more than thirst traps on TikTok.*

*Why, you ask? Because men are tempted, because of their biology and hormones, to be led like lambs to the slaughter (talking to the ladies, via your Instagram and Only Fans account) so you can fleece them dry. Yes, the double entendre was intentional. Shame on you ladies.*

*Most men, who were raised in single mother households, did not have a masculine role model growing up. These men can't tell if you ladies have pure intentions or if you intend to lead them on for filthy lucre's sake. Don't fall for these traps, gents. Men are suckers for these loose women, who dangle a chance to meet up in person if you buy their monthly nude pic/video memberships. We call these guys simps for a reason.*

*These men cannot seem to think logically nor keep their biology in check, Gentlemen, it is up to us to stop the moral decay in our society. Stop supporting these women with your attention, validation and money.*

*With love, from your Uncle.*

ST. LOUIS PUBLIC NEWS on 

**RFB** Presents  
**COFFEE WITH JESUS**  
Out of the Blue  
© Radio Free Babylon

I felt the urge just out of the blue to talk to an old friend. And later he told me I called at a low point in his life when he really needed someone, Jesus.

Cool how those things happen, isn't it, Carl?

You USED me, Jesus!  
That's awesome!  
Do it again!

Stay useful, Carl.

**Affordable**

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Pets are family – they fill our days with love and joy.

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For complete details, including costs and limitations, please contact us. Product not available in all states.

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