

# PUBLIC NEWS



# SPRING FOOTBALL IS BACK IN THE LOU

**SPORTS: HOW THE SEASON PLAYS OUT FOR THE BATTLEHAWKS**

**UNCLE ALBERT: RISE OF THE PASSPORT BROS**

**LETTER RIP: WAS THE CHINESE SPY BALLOON A DISTRACTION?**

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 | IFX

## 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

# TABLE OF CONTENTS



- 3 MAILBAG
- 3 ANDY SINGER
- 4 LETTER RIP
- 5 BEST BET
- 6 CALENDAR OF EVENTS
- 9 COVER/SPORTS
- 13 FINANCE
- 14 PUBLIC NOISE
- 15 MUSIC
- 17 FILM
- 18 EATS/HEALTH
- 19 CLASSIFIED ADS
- 19 COFFEE WITH JESUS
- 19 UNCLE ALBERT

Dear Readers,

St. Louis football fans are going bananas over the return of the XFL BattleHawks and they should be excited!

As of presstime, the St. Louis BattleHawks are undefeated at 2-0 and set for a showdown with the 2-0 D. C. Defenders to see which squad will sit alone on top of the North Division of the XFL. This match could be a precursor to the North Division Championship playoff game in April.

The last time we saw the BattleHawks they were tied on top of the, then, Eastern Division with the D. C. Defenders at 3-2 before the Covid plandemic shut down all things fun. Let's hope there is no repeat of that scenerio. See ya'll in two weeks.

- Ken Petty

## PUBLIC NEWS

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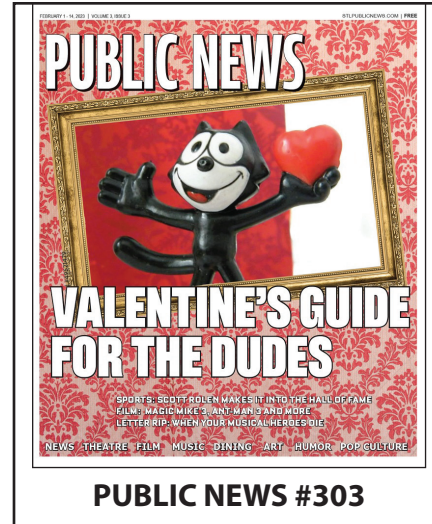
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NO EXIT

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# MAIL BAG



PUBLIC NEWS #303

Hi Ken/Public News,

I'm glad to see a publication covering the XFL BattleHawks. I've noticed that other media outlets are jumping on the bandwagon. Were you guys the first?

*Sadly, we were not the first, but I have heard that we were the most vocal. It's good to get noticed.*

What the hell, Uncle Albert?

Us ladies love Valentine's Day (PN #303) and you reduced it to something like a small date.

I wanted my man to go out and spend a month's salary on me. I feel ripped off!

*Let me ask you a question. What did you do for your man for Valentine's Day? If statistics prove to be true, you spent next to nothing and broke up that following week. Prove me wrong.*

I enjoy the new paper. Will it ever grow beyond 20 pages?



PUBLIC NEWS #304

*Yes it will. The only thing keeping it this small is that one person, for the most part, is putting it together and making sure it looks good enough to attract advertisers.*

*Now that we have five issues in the bag, it should prove well enough that we have a good thing going. Plus, as of the end of February, 9,082 readers seem to agree.*

Readers,

*I have had several emails asking about writing jobs. Yes, we have them, but the way we are going to grow this newspaper is by selling ad space. Until I can get those forward thinking early adapters to join with us, we may just stay this big for a while.*

*Here is how you can help us. Tell your favorite restaurant, watering hole, club, shop, etc to support us by advertising with us. Our rates are very reasonable and we are growing! It's a win-win for everyone!*

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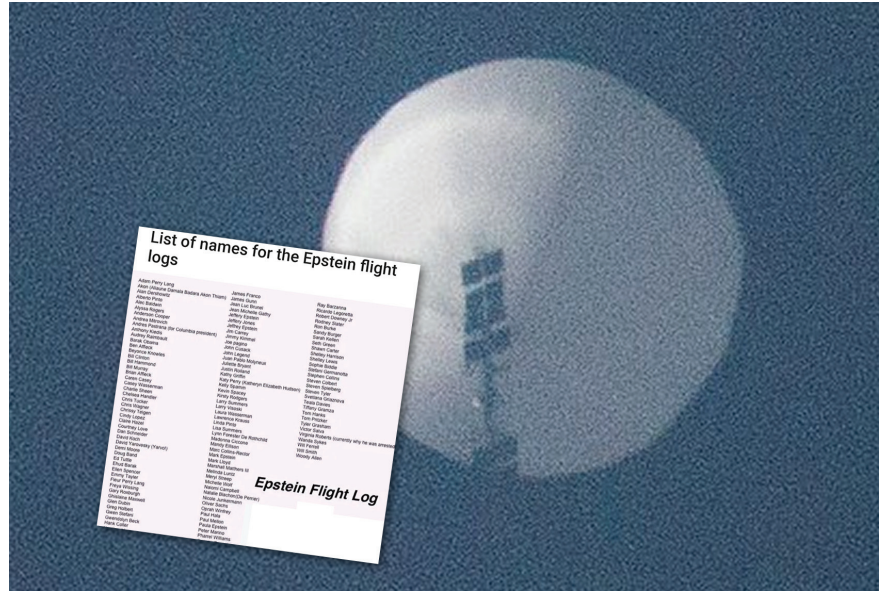
# LETTER RIP

## Chasing Balloons is an Epstein Distraction

Is there any wonder why we don't trust our federal government? Ever since the Johnson administration (Lyndon not Andrew) we need to pay then no attention. You may even be tempted to go back further in our nations history to FDR and his "fake rally of the American people" to pull us into the second World War. Do you really think we had no advanced warning of the impending attack of Pearl Harbor from planes originating from Japan, 4,117 miles away?

We can call bullshit pretty easy now since we have the internet and citizen journalists across the globe to tell us what is what. National governments and their media mainstream puppets lie to us all the time. Yes, these actors will even use the internet to lie to us.

It's about power, keeping it, and profiting from it. Is there any question howt our elected representatives



that earn \$174k/yr leave public service as multi-millionaires having never worked an honest day in their life?

There are still more journalists killed

worldwide for telling the truth than there are politicians. I won't even go into the alleged wrong doings of the Clinton cartel, but the evidence of a

connection is hard to deny.

So what are we to make of things when we are told one thing in order to grab our attention away from the trick. Magicians use this all the time. Diverting your attention from the thing you should be paying attention to in order to fool you.

Be aware. Don't allow yourself to be fooled. Research everything. Know that you know, that you know. Be able to trust your information with your life, because it may come down to that.

Days are slowly becoming more wicked. Keep your inner circle tight. Watch out for and love each other.

That is the best currency that we have. Spend your money on things that will not decay, rot or be stolen. Invest in others and protect each other.

This is the only way we are going to survive this mess.

## 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  
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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



## THE TONY AWARD®-WINNING MUSICAL IS COMING TO ST. LOUIS MARCH 21 – APRIL 2

(St. Louis, MO) – TOOTSIE, the hilarious Tony Award-winning musical, coming to the Fabulous Fox Theatre in St. Louis for a limited two week engagement from March 21 – April 2.

Tickets for Tootsie at the Fabulous Fox are on sale now at MetroTix.com or by calling 314-534-1111. Ticket prices start at \$25. Prices are subject to change; please refer to FabulousFox.com for current pricing. Tootsie is part of the U.S. Bank Broadway Series.

Performances of Tootsie at the Fabulous Fox run March 21 – April 2. Show times are Tuesday through Saturday evening at 7:30 p.m., Saturday afternoons at 2:00 p.m. and Sunday afternoons at 1:00 p.m. There will also be an evening performance at 6:30 p.m. on Sunday, March 26 and matinee performance at 1:00 p.m. on Thursday, March 30.

Call it “musical comedy heaven” (Rolling Stone). Call it “the most uproarious new musical in years!” (The Hollywood Reporter). Call it Tootsie! This laugh-out-loud love letter to the theater tells the story of Michael Dorsey, a talented but

difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. Featuring a hilarious Tony®-winning book by Robert Horn and an outrageously clever score by 2018 Tony-winner David Yazbek (The Band’s Visit, Dirty Rotten Scoundrels), this New York Times Critic’s Pick is “a joyful delight” (The Washington Post) that’s “so packed with punchlines, it should be called a jokebox musical!” (Bloomberg). “In these turbulent times, when the world seems out of balance, we need a place to let the good times roll,” raves Rolling Stone. “Tootsie is it!” Tootsie is based on the story by Don McGuire and Larry Gelbart and the Columbia Pictures Motion Picture produced by Punch Productions and starring Dustin Hoffman. This production of Tootsie was licensed by Music Theatre International. The National Tour of Tootsie is produced and managed by TROIKA Entertainment.

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# CALENDAR OF EVENTS



## INVITATIONAL EXHIBITION

**Invitational Exhibition FREE**  
**Mar. 2 - 31, 12:00 pm to 4:00 pm**  
**McNamee Gallery in Cupples House**  
**3673 W Pine Blvd.**  
**St. Louis, MO 63103**  
**(314) 977-2998**

The Studio Art faculty at Saint Louis University have invited artists to show drawing, sculpture, fibers, costume design, ceramics, jewelry, painting, and photography at McNamee Gallery, the curricular exhibition space of the Studio Art program. This annual exhibit will open with a reception on February 17th from 4:30pm to 6pm in the gallery. Light refreshments will be served, and the reception is free and open to the public.

The exhibit reflects the varied artistic media studied by Saint Louis University students, who are encouraged to attend the reception for the opportunity to meet the artists and engage with them in conversation about their work. The exhibiting artists are Louis Bird, Jim Daniels, Patrice Hill, creator of Inali Jewelry Designs, Nathan Keay, Sarah Knight, Emily Mueller, Lindsay Pichaske, John Sarra, Sean Semones, Sam Watkins, and Kim Wilson.

McNamee gallery is in the lower level of the historic Cupples House on the Saint Louis University campus, accessible directly from West Pine Mall with stairs, or through Cupples House with an elevator, and is open weekday afternoons. Visitors should contact the gallery coordinator, Rick Dunn for

specific opening hours. The exhibit runs until March 31st.

Featured photo by Sarah Knight.

**Presence As Object FREE**  
**Mar. 2 - 10, 10:00 am TO 5:00 pm**  
**Cecille R. Hunt Gallery at Webster University**  
**8342 Big Bend Blvd.**  
**St. Louis, MO 63119**

The seemingly endless possibilities of abstract painting continue to have resonance and relevance to comment on current political climates and contemporary aesthetic discourse. The works in the Presence as Object exhibition focus on approaches to abstraction as a vehicle to explore the construction of painting, as well as its presence as object, and its ability to illuminate the atmospheres and sensations linked to our understanding of the constructed versus natural environments. Artists include: Maryville, Missouri based-German artist Armin Mühsam; Los Angeles-based Kelley Johnson; Kevin Umana Kansas City, Missouri artist; and Shawn Powell from Cleveland, Ohio.

**Narcissus Garden**  
**Laumeier Sculpture Park FREE**  
**Now thru May 14,**  
**12:00 pm TO 7:00 pm**  
**Laumeier Sculpture Park**  
**12580 Rott Road**  
**Saint Louis, MO 63127**  
**(314) 615-5278**

From Feb. 11 to May 14, the Aron-

son Fine Arts Center at Laumeier Sculpture Park will exhibit Yayoi Kusama's Narcissus Garden.

Narcissus Garden is an immersive installation consisting of almost 1,000 spheres with highly polished, reflective mirrored surfaces. As the title suggests, Narcissus Garden presents itself as a human-made garden, acknowledging and embracing the inherent narcissism in the viewer's desire to see themselves reflected within it.

The installation will fill the Whitaker Foundation Gallery, turning the space into an engrossing experience of shape, light and

reflections that will present moments of movement and stillness. The shape of the spheres is also indicative of the sun and moon, and when activated, their surface represents the union of man and nature.

First presented in 1966, Narcissus Garden has been reconfigured anew in recent years. With a multiplicity of meaning and interpretation, this monumental sculptural installation refers back to the fundamental trio of the art object, the natural landscape and the viewer.

This noteworthy and historically important work is a prime example of Kusama's signature motifs of repetition and mirroring to create a sense of infinite space.

The exhibition is free and open to the public, but reservations are recommended.

**Would You Love Me As A Pet?**  
**a juried art exhibit FREE**  
**Now thru Mar. 24, 4:00 pm TO**  
**8:00 pm**  
**Soulard Art Gallery**  
**2028 S. 12th Street**  
**St. Louis, MO 63104**  
**(314) 258-4299**

Would You Love Me As A Pet? – a juried art exhibit. Companion animals fill our lives with friendship and devotion, while animals in the wild inspire us with their natural beauty. See how local artists portray their love for animals. The exhibit is free

and open to the public and will be on display thru March 24. Visit the [www.soulardartgallery.com](http://www.soulardartgallery.com) for additional details and hours.

Throughout the exhibit the gallery will be accepting monetary and supplies for the Stray Rescue animal shelter. For a list of their wishlist for supplies or to donate online please visit their website <https://www.strayrescue.org/> or bring your monetary donation by to the gallery.

The Soulard Art Gallery is a co-op art gallery located in Historic Soulard. With artwork by 13 resident artists, we offer a diverse collection of works, including painting, drawing, 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

**Greater Than the Sum of its Parts Art Exhibit**  
**Mar. 8 - Apr. 29, 8:00 am TO 5:00 pm**  
**Green Door Art Gallery**  
**21 N. Gore Ave.**  
**Webster Groves, MO 63119**  
**(314) 202-4071**

Greater Than the Sum of its Parts, Amazing Art from Pieces and Pixels, features Pysanky by Katherine Alexander, Digital Art by Matt Bryan, Mosaics by Brenda Fra-ser, Assemblage by Nell Kobes, and Mosaics by Virgene Tyrell. The artwork will be on display and available for sale March 8 – April 29, 2023.

Green Door Art Gallery's 36 resident artists will also be exhibiting and selling artwork.

**Art in Bloom 2023**  
**March 3, 10:00 am TO 9:00 pm**  
**Saint Louis Art Museum**  
**1 Fine Arts Dr**  
**St. Louis, MO 63110**  
**(314) 721-0072**

Art in Bloom, the Saint Louis Art Museum's annual celebration of flowers and fine art, returns as an in-person festival in 2023.

Dozens of works from the Museum's collection will be imaginatively interpreted through floral designs by the region's most talented florists.

In addition to the floral displays, the festival includes special ticketed events, family activities, dining and shopping.

Art in Bloom 2023 runs from March 3 to 5, but you can see the flowers first during a special ticketed Art in Bloom preview event on the evening of March 2.

**Jimmy Fike: Edible Botanicals – A Photographic Survey of the Wild Edible Botanicals of North America**  
**March 3, 5:30 pm TO 7:30 pm**  
**Webster University’s Kooyumjian Gallery**  
**Sverdrup Building: Second Floor, West Wing, 8300 Big Bend Webster Groves, MO 63119**  
**(314) 246-7673**

Jimmy Fike’s wonder-filled photographic archive exquisitely depicts North America’s rich trove of wild edible flora. The botanicals transcend scientific illustration– they seem to awaken trying to communicate with the viewer. The plants illustrate a cycle of death and rebirth, psychopomps, guiding viewers through a process of psychological transformation. Mr. Fike’s photography directs viewers to free food that can be used for sustenance. Recognizing plants anew outside the gallery and eating the plants is living art, a dynamic extension to his photographic project.

**CONTINUING**  
**Breathe: A Solo Exhibition by Artist Lauren Younge FREE**  
**Now thru Mar. 15, 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 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**  
**Now thru Apr.9, 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 ac-

tions – repeat throughout the piece. These consecutive, meditative acts were inspired by the temple setting and its arrangement as a sequence of rooms.

**Children’s China – The Magic House**  
**Cost of Admission**  
**Now thru Sept. 30, 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

*see EVENTS page 16*

**PACIFIC BRANCH**

**4:00PM FAMILY MOVIE NIGHT**

Join us for a musical evening as we watch a fun movie starring a crocodile. Feel free to bring your own blankets and pillows. Popcorn will be provided. Family Program. RSVP today: Call 636-257-2712, stop by the branch, or register online.

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**COVER STORY/SPORTS**



**THE BATTLEHAWKS  
& THE XFL FLY AGAIN**

# XFL OPENING WEEKEND DELIVERS WORLD-CLASS PROFESSIONAL FOOTBALL FOR FANS

## DRIVING SIGNIFICANT REACH AND STRONG ENGAGEMENT THROUGH TRADITIONAL, DIGITAL, AND SOCIAL CHANNELS

160 points scored in total (average 40 points per game) with three of the four games decided by four points or less



ARLINGTON, TX — February 22, 2023 — The XFL is pleased to share key fan engagement and gameplay figures from its successful opening weekend (February 18-19), driven by the quality and dynamic nature of its on-field football product, its rules and fan-focused game presentation innovations, and further elevated by the combined strength of XFL, League ownership, and ESPN social media channels. Notably, XFL league and team social media channels gained 4.1M video views in 48 hours, highlighting the importance of the League's content-driven fan engagement strategy.

Rules innovations created a faster-paced game tailored for XFL fans, leading to an average game time of 2 hours and 49 minutes. Across the four games, there was a total of 160 points (average 40 points per game) with three of the four competitions being decided by four points or less. Game highlights include St. Louis's 12-point comeback win against the San Antonio Brahmas with 1:30 left to play using the XFL 4th and 15 conversion rule, and the Arlington

Renegades rallying from a 14-3 halftime deficit, scoring 19 straight points and blocking a 2-point conversion to come out with a win over the Vegas Vipers.

"We were thrilled to see the genuine enthusiasm and overall engagement from fans in-stadium, across digital channels, and tuning into broadcasts throughout the XFL's opening weekend, despite it being a busy sports and holiday weekend. This strong demand reflects the legitimate desire for professional spring football, and the XFL will continue to deliver the dynamic on-field product that fans asked for," said Russ Brandon, XFL President.

Added Brandon, "Equally evident from the breadth of viewership this weekend is the strength of our partnership with Disney and ESPN. Whether it's the linear broadcast, live

streaming capabilities, on-demand programming, or hosting our original docuseries, our partnership enabled us to reach a global audience and captivate the modern fan base. I am proud of our players and coaches for the work they've put in to deliver competitive gameplay for opening weekend. With each week,

player development and competition will only improve and we're excited for what's still to come."

"Our forward-thinking relationship with the XFL gives us the rights to share content in a multitude of ways across our expansive platform to better engage with all viewers where they are in the moment," said Tim Reed, ESPN vice president, programming &

acquisitions. "In addition to unmatched linear game distribution, we are also streaming every game live on ESPN+,

providing fans in-progress highlights on ESPN social channels, streaming a weekly digital pre-game show and showcasing a behind-the-scenes docuseries across platform."

XFL worked in collaboration with its ownership group and Disney/ESPN to drive social media coverage, together generating over 300M impressions and 235M+ video views. Throughout Week 1, XFL league and team social media channels alone had very strong fan engagement, generating 45M impressions, over 5M video views, and over 1.5M engagements, of which 31.3M impressions, 4.1M video views, 1.3M engagements were captured in just 48 hours during weekend games.

On Twitter, #XFL2023 was trending #1 nationally on Saturday, and AJ McCarron (STL QB), and #KaKaw (STL hashtag) were both trending in the top ten nationally on Sunday. Throughout the weekend, users discussed the quality and excitement of the fast-paced gameplay, and commended the accessibility of the XFL's Command Center, where Dean Blandino, Vice President of Officiating and Rules Innovation, provided transparent and thoughtful explanations on rules and penalties.

On linear television, the audience peaked at 2.3M during the San Antonio Brahmas and St. Louis Battlehawks on Sunday afternoon. The average audience across the four games was 1.3M, not including ESPN+ live streaming.

Total attendance across the four home openers in Arlington (TX), Houston (TX), San Antonio (TX), and Washington D.C. was 61,514. San Antonio, a new market for the XFL, sold out of the lower bowl capacity in the Alamodome (24,245).

Ticket sales are strong for the home opener for the St. Louis BattleHawks on March 12 against the Arlington Renegades. At press time, over 30,000 fans are expected for that game. The BattleHawks will spend the last three games of the season at The Dome at America's Center.

Linear broadcast peaked at 2.3M on Sunday afternoon during San Antonio Brahmas vs St. Louis Battlehawks matchup on ABC

Powerful combination of XFL, League ownership, and Disney/ESPN social channels generated over 300 million impressions and 235+ million video views

Over 61,000 total fans in attendance at four weekend games

# THE BATTLEHAWKS DEFEAT BRAHMAS AND SEA DRAGONS ON THE ROAD TO OPEN SEASON 2-0

READY FOR "SHOWDOWN OF THE UNDEFEATED" WITH THE D.C. DEFENDERS



Eight games remain for the BattleHawks regular season with the next game being against the undefeated D. C. Defenders at Audi Field in Washington D. C. Here is how the *St. Louis Public News* sportswriters see the rest of the season panning out for our beloved BattleHawks.

**Sunday March 5, 2023 12pm**

**Opponent: D. C. Defenders**

**Venue: Audi Field**

**Broadcast on FX**

The Defenders feature three of the top five rushing leaders in the XFL; Abram Smith, Ryquell Armstead and former BattleHawks quarterback Jordan Ta'amu. D.C. is only one of the three remaining undefeated teams in the XFL. That will change with this game.

The beer snakeless crowd will be rowdy and the Defenders will respond in kind tossing the BattleHawks their first "L" of the young season. There will be no late game heroics from AJ McCarron and crew. Remember, we get to host D. C. in St. Louis two weeks later.

*D. C. Defenders 20*

*St. Louis BattleHawks 18*

**Sunday March 12, 2023 3pm,**

**Opponent: Arlington Renegades**

**Venue: The Dome at America's Center**

**Broadcast on ESPN 2**

The long awaited home opener for the St. Louis BattleHawks who expect a sell-out crowd of 35,000. It was rumored in certain circles that the BattleHawks brass quit selling tickets for this game after the

300 section filled up. No worries, Those same sources said that it is probable that the upper bowl would be opened for the last three home games during the playoff push.

The Renegades started the season with a defensive battle win over the Vegas Vipers and then got blown out by the Houston Roughnecks in Houston.

In the beginning of the season we had predicted Arlington to end up in the playoffs. With the surge of strength the San Antonio Brahmas have shown, Arlington needs to get better quick.

*St. Louis BattleHawks 24*

*Arlington Renegades 19*

**Saturday March 18, 2023 6pm**

**Opponent: D. C. Defenders**

**Venue: The Dome at America's Center**

**Broadcast on FX**

This is the game that will have everyone's attention. The rematch of game 3, now in front of 35,000 screaming fans. It's just too bad that this is not going to be shown on broadcast television. It would have been the marquee event for the XFL nationwide.

This game will also be the homecoming of former BattleHawks quarterback Jordan Ta'amu. Emotions aside, this matchup will feature fireworks from both sides. Look for records to be broken and 35k fans sent home smiling.

*St. Louis BattleHawks 35*

*D. C. Defenders 24*

**Saturday March 25, 2023 6pm**

**Opponent: Vegas Vipers**

**Venue: Cashman Field**

**Broadcast on FX**

Playing in front of large crowds to one of the smallest will be a shock to the BattleHawks. I'm betting that the St. Louis head coach is going to bench some of his star players to give them a little rest after the huge win over the Defenders, I think Vegas will rise to the challenge and give their fans something to go home happy about.

Don't worry St. Louis. A big game is coming up next.

*Vegas Vipers 17*

*St. Louis BattleHawks 9*

**Saturday April 1, 2023 2pm**

**Opponent: Houston Roughnecks**

**Venue: TDECU Stadium**

**Broadcast on ESPN 2**

This may be a preview of the XFL Championship Game. So far, in the history of the XFL, the Houston Roughnecks are the only team to have never lost a game. If they are coming into this game 6-0, look for Houston to continue their romp through the XFL. Only this time their opponent is going to make them work for it.

*Houston Roughnecks 21*

*St. Louis BattleHawks 20*

**Saturday April 8, 2023 12pm**

**Opponent: Vegas Vipers**

**Venue: The Dome at America's Center**

**Broadcast on ESPN**

Vegas come to town as the weakest of

the North Division rivals. This game will not even be close, in fact, might even be embarrassing for the Vipers. St. Louis will be playing their regulars and Vegas will just pray that the game ends quickly.

*St. Louis BattleHawks 31*

*Vegas Vipers 6*

**Sunday April 16, 2023 2pm**

**Opponent: Seattle Sea Dragons**

**Venue: The Dome at America's Center**

**Broadcast on ESPN**

The Sea Dragons gave the BattleHawks headaches back in week one causing the Hawks to respond with an unbelievable finish. This game will not be that close. Expect the BattleHawks to clinch a playoff spot here, eliminating the Sea Dragons.

*St. Louis BattleHawks 29*

*Seattle Sea Dragons 20*

**Saturday April 22, 2023 11am**

**Opponent: Orlando Guardians**

**Venue: The Dome at America's Center**

**Broadcast on ESPN**

Orlando is the weakest team in the South Division. With St. Louis already clinching, expect a lot of unused Hawk players to get some playing time. This game could go either way. I expect a St. Louis win, but I believe that the Hawks might be a bit generous in this slugfest.

*Orlando Guardians 38*

*St. Louis BattleHawks 31*



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Dwayne Johnson, Dani Garcia and (Garry Cardinale, not pictured) owners of the XFL announced San Antonio being selected as the host of the XFL Championship Game

## SAN ANTONIO NAMED AS HOST OF THE 2023 XFL CHAMPIONSHIP GAME

ARLINGTON, TX – February 19, 2023 – The XFL announced today that the Alamodome, home of the San Antonio Brahmas, has been selected as the host site of its inaugural XFL Championship Game. The XFL's ownership group – Dany Garcia, Dwayne Johnson, and Gerry Cardinale of RedBird Capital – made the announcement before the San Antonio Brahmas home opener against the St. Louis Battlehawks.

The XFL Championship Game will be played on May 13 at 8 p.m. ET and will be broadcasted on ABC.

"We are thrilled to announce that San Antonio and the Alamodome will be the host of this season's inaugural Championship Game," said Dany Garcia, Chairwoman and Owner. "I have been so impressed by the level of enthusiasm and commitment from the fans in San Antonio. We can't wait to bring together the best of the XFL North and XFL South to compete for the Championship title in an event that will celebrate our players, coaches, and the revival of professional football in San Antonio."

"Our inaugural XFL season is officially rolling with our eight teams showing out and representing the passionate fans of their cities," said Dwayne Johnson, Owner. "From now through May, our athletes have their eyes set on the Championship game and we're pumped to bring this historic event to the Alamodome. Plus, on a very personal note, I started my wrestling career in San Antonio, specifically at the Alamodome. This was my very first Royal Rumble.

The city, the fans - San Antonio and the state of Texas helped shape my career."

San Antonio was announced as one of eight cities hosting an XFL team at a press conference on July 24 in Arlington, TX.

"We are proud to partner with Mayor Nirenberg and the Alamodome to bring our inaugural championship to this great city," said XFL President Russ Brandon. "San Antonio knows how to host big events and it will be exciting to see the League's two best teams come together here to celebrate the XFL."

"San Antonio is the perfect spot for the XFL's inaugural championship game, and we are more than ready to host this exciting event," said Mayor Ron Nirenberg. "From the Alamo to the Riverwalk to the city's burgeoning culinary scene, XFL fans will have an array of fantastic entertainment options for championship weekend in San Antonio."

"The Alamodome is built for sports' biggest championships, from Final Fours to bowl games, so hosting the XFL title game here is a perfect fit," said Steve Zito, Interim Assistant Executive Director for San Antonio's Convention Sports & Facilities Department. "For 30 years, the Dome has been home to many of football's biggest moments and memories, and we couldn't be happier to host so many more on one of the sport's biggest stages."

Additional details for the XFL Championship Game, including ticket information, will be announced at a later date

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## Spring Cleaning: Don't Toss That 'Junk,' It May Be Valuable!

(StatePoint) It's time to hit the garage, basement, attic and closets for that age-old task of spring cleaning! Before hauling unwanted possessions to the curb, you may be surprised to learn they might be valuable -- especially if you have sports cards and memorabilia gathering dust.

With prices of sports cards rising in recent years, take time to determine if yours are valuable and how to best sell them.

"Older sports cards and memorabilia aren't just highly collectible; they can be worth lots of money. Recent sales of scarce vintage cards have topped anywhere from thousands of dollars to tens of thousands, even hundreds of thousands. And really rare cards can go higher," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports auction house that helps families identify and sell valuable items.

Crisafulli has assisted people in selling such keepsakes as a grandparent's autograph collection and an uncle's childhood baseball cards, for tens of

thousands of dollars. In one life-changing event, he helped a family determine that a baseball bat that spent decades protecting their home was used by Hall of Famer Lou Gehrig -- and Love of the Game Auctions sold it for almost half a million dollars. Today, that bat could bring more than a million dollars.

The key is understanding what makes old sports collectibles valuable. To help, Crisafulli is sharing some tips:

### Older is Usually Pricier

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be worth a lot of money, especially those depicting stars. Do you have cards of Hall of Famers, such as Mickey Mantle, Babe Ruth, Honus Wagner or Ty Cobb? Even non-stars from the early days of a sport can be worth big bucks, especially if the cards have no creases and retain sharp corners and original gloss.

If you have very old cards from the 1880s through the 1930s, look for

tobacco, gum and candy brands, such as Old Judge, Piedmont, Sweet Caporal, Goudey or American Caramel.

If you want to sell sports items for the most money, consider a specialty auction, such as Love of the Game, which has the expertise to properly research sports ephemera and maintains bidder lists of collectors specializing in sports. More information is available at [loveofthegameauctions.com](http://loveofthegameauctions.com).

### Postcards and Photographs

We all have keepsakes of vacation destinations, but most aren't valuable. However, photographs and postcards depicting sports stars and ballparks can be significant. Look for early "real photo" postcards from the 1900s through the 1940s, which are photographs printed on postcard backs.

As with sports cards, star power matters, so preserve those Babe Ruths as opposed to images of your great grandma's baby cousin once-removed. And when it comes to photos, look for old markings on the back, such as photographer, publication and date stamps.

### Memorabilia

Set aside old advertising posters depicting sports stars and food, tobacco or sporting goods brands. Ads from magazines aren't valuable, but those used as store displays and for other marketing purposes can be pricey. Tin signs from the 1960 and earlier can be highly prized, but reproductions aren't.

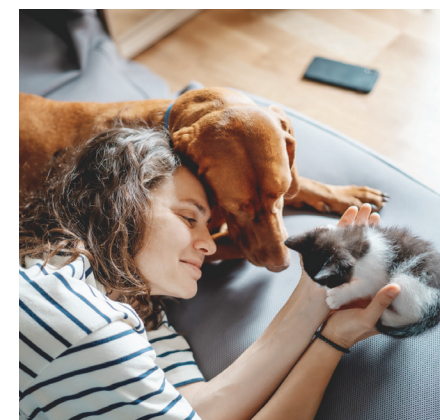
Your family's sporting goods, such as balls, gloves and bats, can be valuable. Pre-1950s uniforms and catcher's masks, helmets and other equipment are highly collected, especially when endorsed by star players. Top condition brings the highest prices, but even used equipment can be valuable.

"The golden rule is the older the sports card or item, the more valuable it usually is. Pre-1975 pieces start to get interesting and are worth researching," says Crisafulli.

Don't just clean out your "junk" this spring, examine it closely to potentially maximize its value.

PHOTO SOURCE: (c) liquidlibrary / Getty Images Plus  
PHOTO CAPTION:

## How to Be a Pet Parent on a Budget



(StatePoint) Whether you are a first-time or veteran pet owner, being a pet parent can be expensive. From daily needs like food, treats and toys to medicines, the costs can add up.

To help stretch your budget, the experts at Dollar General are providing cost-friendly ways to provide for your pet:

### Food to Fuel Your Furry Friend

Fueling your pet with nutritious food doesn't have to break your budget. By stocking up on options available exclusively at select retailers, you can feed your furry family member affordably. For example, Nature's Menu is available only at Dollar General and offers dog and cat food free from artificial colors, flavors or preservatives. Their dry pet food products also include pre and probiotics to support healthy digestion, along with added vitamins, minerals and other trace nutrients and a money-back satisfaction guarantee.

### Hygiene How-To

Having a pup or feline companion comes with responsibility, especially when it pertains to their cleanliness and well-being. To maintain a groomed pet, create a care tote that includes such hygiene essentials as a brush or flea comb, shampoo, nail clippers and puppy pads, which can be used as clean-up tool for both dogs and cats. Also consider using a dual-action topical treatment to help prevent fleas and ticks. Be sure to see a trusted veterinarian for annual checkups and other needs.

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**Plush**  
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**Pop's Nightclub**  
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popsrocks.com  
*3/12 FMP We Are the future youth showcase*  
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*3/18 Skid Row & Buckcherry*  
*3/25 Road To Pointfest Session 1*  
*4/1 Road To Pointfest Session 2*  
*4/7 Scrub*  
*4/8 Road To Pointfest Session 3*  
*4/10 Blaze & ABK*  
*4/14 Road To Pointfest Session 4*  
*4/16 K Camp*  
*4/19 Cold*  
*4/21 Road To Pointfest Session 5*  
*4/22 Pop's Local Showcase*  
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**Julian Lennon  
Jude (2022)**

*File Under: pop, rock*

Calling his seventh album *Jude* was an act of reclamation for Julian Lennon. In a recent interview, the 59-year-old explained that, while 1968 song “Hey, Jude” is “a great chanting song, a favourite Beatles song”, for him it had always been “a harsh reminder of what actually happened in my life, which was that my father [John Lennon] walked out on my mother [Cynthia] and me. That was a truly, truly difficult time.” Paul McCartney wrote the ballad to comfort his bandmate’s six-year-old son (originally calling it “Hey Jules”). John, rather typically, assumed that his bandmate had written it for him, as a blessing on his new relationship with Yoko Ono. No wonder Julian finally changed his birth name – John Charles Julian Lennon – to Julian Charles John in 2020.

Emotional echoes of this complicated public history reverberate through *Jude*’s solid collection of mature mid-tempo rockers and ballads. Lennon’s lyrics repeatedly circle themes of trust betrayed, the slog of survival and a wary yearning for new beginnings. “Save me/ Help me/ I feel I’ve lost control...” he sings, in his

light, nasal graze of a voice on opener “Save Me”. It’s a track that builds from a mournful piano base into a confident crescendo of pounding 4/4 drums and strings swirling up and down Eastern semitones. Lennon says he wrote the song while looking in the mirror during the pandemic. So the lifelong loner (who struggled to make friends at school and still doesn’t consider himself part of the music scene) was pleading with his own reflection for assistance: “You’re the only one I know who lets the darkness come and go inside

There’s more isolation on the romantic “Not One Night” (where he sounds most like his dad), on which he croons of lost love over an elegant cello and simple acoustic strum: “Loneliness has come knocking at my door, but now that don’t phase me any more.” There’s a prowling, 007-style guitar line on “Round and Round” as he laments: “I’ve had enough of sadness and tears, flying solo, counting the years, just killing time.”

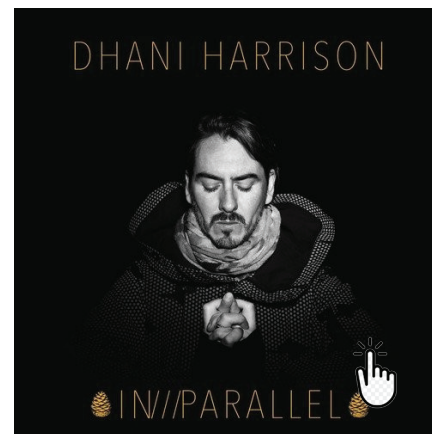
Lennon’s production is clean, steely and a little claustrophobic. The space it conjures is that of a state-of-the-art panic room. Weighty drum beats slot perfectly into place like the bolts of a lock. Keyboard patterns – such as the

one that underpins “Freedom” – have the impersonal repetition of access codes. There’s a smooth, metallic sheen to the guitars. The rolling bass line on “Every Little Moment” feels compressed densely enough to withstand explosives.

It’s not just personal trauma from which Lennon is protecting himself. He also gets political. He’s best known for singing in defence of the planet, after all.

On “Breathe” (surprisingly spacious in mood for such an angry song) he rips into leaders who had lost the trust of their people: “The road ahead is paved with gold/ I can’t believe the lies they’ve told/ There’s no more vision to behold/ We’ve lost it all, we’ve all been sold.”

He’s joined by The Blue Nile’s brilliant Paul Buchanan and French singer Elissa Lauper on “Gaia” for a dreamy fade-out of a finale, complete with the very Beatles-y message that “love finds a way to brighten up the darkest day”. Buchanan’s gnarly keening after the “raging waves, the love we crave” is perfectly balanced by Lauper’s breathy invocations of “le soleil et la lune, le ciel et la terre, ice et la” (even if her parts do sound a bit like the pretentiously whispery voiceover of a perfume commercial... “Jude, pour personne”). There are nods to the Beatles’ mindblown “Because” in both the melody and the vibe. It’s a sad, drifting kind of a song, but the heart Lennon puts into it makes everything feel, briefly, better.



**Dhani Harrison  
In///Parallel (2017)**

*File Under: ambient pop, rock*

Pop culture sells the idea that the human aptitude for art is instant, a birthright. Those who toil in this realm know better: It’s a journey. Making art involves understanding the nature of inspiration, managing influences, building skills,

locating kernels of truth within oceans of static. It takes time. Which perhaps explains why Dhani Harrison, age 39, is just now releasing his first solo album, the mesmerizing *In///Parallel*.

Of course, the son of the late George Harrison has been involved in music for a long time. His band thenewno2 began making music in 2006, and within a few years was playing Coachella and other festivals. He’s done soundtracks for film and TV (Beautiful Creatures, Good Girls Revolt). He’s also worked as co-producer (with Jeff Lynne) of his father’s Grammy-winning posthumous release *Brainwashed*, and played guitar in highbrow company (memorably, “While My Guitar Gently Weeps” during a 2004 Rock and Roll Hall of Fame tribute to his father, featuring Prince, Tom Petty and Steve Winwood).

What Dhani Harrison hasn’t done, until now, is share his own musical vision, the sound he hears in his soul. His path has been about acquiring skills, learning musical languages – and, not incidentally, wrestling with the long shadow of a much-beloved and iconic parent.

Harrison could have done the George tribute circuit forever. Instead, he went searching for what he alone might contribute to the ongoing conversation of rock; *In///Parallel* announces the arrival of an unexpectedly intense artist, whose mission is to tell stories not just with words but cannily developed sonic realms that suggest Can, Pink Floyd and Peter Gabriel.

It takes seconds to sense this. The opener “Never Know” begins with the recollection of a dream, scrambled and out of linear sequence. “When the breath was taken from me I was screaming,” Harrison sings in a faraway, disoriented way, his words made eloquent by the sitar-kissed drone that surrounds him. “In the dream their queen had stolen all my reason ... We were subject to the tussles of our feelings. Good and bad, day or night, rain or snow, all we knew was high and low.”

It’s a song about destiny and choice, and like much of the album, it connects meditation-room insights to vast, expansive, post-rock soundscapes. Harrison is a steady-handed songwriter, adept at short and repeatable pop phrases. But his key distinguishing trait is smoldering atmosphere: These songs move at stately, processional tempos but never

feel slow – stuff is always swirling in the background. They're audio landscapes, vivid in an Out Of Africa kind of scenic way, even when they depend on skittering electronic drums and gorgeously sustained guitars that are too ambient to be described as "leads."

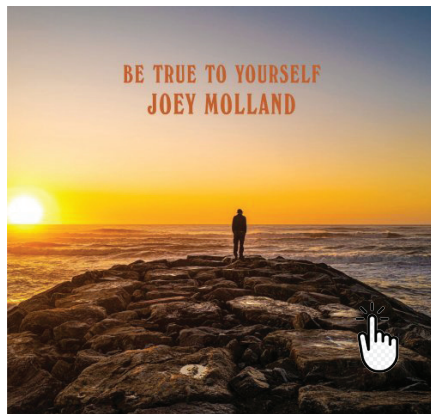
"Never Know" features exotic string orchestrations and beautifully arrayed vocals – there are spirited conversational volleys between Harrison and guest vocalist Mereki, and a choral refrain that sounds just a bit like ELO in its heyday. Other tracks utilize different devices: The strings on "The Light Under The Door" take dervish veers into tense dissonance, while "Downtown Tigers" showcases a lovely, unexpectedly moving multi-tracked Harrison vocal.

There's tons to say about the ways Harrison managed and extended the influence of his father. The very occasional (and almost covert) references to The Beatles – see the harmony clusters woven into "Ulfur Resurrection" and the heart-heavy wordless sighs of "Admiral of Upside Down" – resonate as respectful, musically appropriate nods to an inescapable legacy. They're likely part of Dhani Harrison's necessary process of discovering his "voice" as an artist, a process that will, with any luck, lead to further explorations along the lines of the thoroughly absorbing music he's offering here.

**Joey Molland**  
**Be True To Yourself (2020)**

*File Under: power-pop*

The story of Badfinger is arguably rock's saddest and most tragic tale. But one thing is for certain, the group that practically invented "power pop" was abundantly filled with great talent. Three great songwriters in one band was reminiscent of the group's original label



founders, The Beatles. Perhaps the most unheralded of the three in Badfinger was Liverpudlian guitarist Joey Molland. His songwriting talent started to blossom with the group's finest album, 1971's Straight Up. Molland contributed five songs to the group's fourth platter including "I'd Die Babe," "Sweet Tuesday Morning," and "Suitcase." Joey continued to play and write as Badfinger motored through the '70s recording and touring.

Joey has made several solo albums to critical acclaim but nothing could have prepared us for his latest album. Omnivore Recordings is proud to announce the release of Be True To Yourself, a tour de force pop album by Joey Molland, co-written with producer Mark Hudson (producer of Losst And Found by Harry Nilsson, also available on Omnivore Recordings). The album is filled with delicious pop hooks and features musical contributions from Joey's friends (Julian Lennon, Micky Dolenz, Jason Scheff and Steve Holley). The album is filled with delicious pop hooks and features musical contributions from Joey's friends (Julian Lennon, Micky Dolenz, Jason Scheff and Steve Holley). With front and back cover photography by Julian Lennon, this album is a veritable feast for the eyes and ears! So, sit back and "take it all" in from one of the genre's progenitors... Be True to Yourself by Joey Molland.

from EVENTS page 7

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.

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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.

**Trivia Night Every Tuesday at Steve's Hot Dogs**

**Steve's Hot Dogs**  
**3145 S. Grand Blvd**  
**St. Louis, MO 63118**

Stop in every Tuesday from 7:30 to 9:30 for Trivia Night with Mack and Mace at Steve's Hot Dogs. Stop at the table to sign up. Come back every week, enjoy drink specials while you and your team answer 25 questions of general trivia ranging from 80's TV to modern

day events – anything is game! Highest scoring team takes the crown!

**Coloring STL FREE**  
**Now thru Feb. 14, 2024,**  
**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.

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

**Now thru May 28, 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.



**FOODIE PIC OF THE WEEK**  
**FLATBREAD PIZZA**  
**PIE O MY PIZZA**  
*photo by Ken Petty*





**CREED III**

**Mar 03, 2023**

**Creed III (2023)**

Drama Sport  
Michael B. Jordan, Tessa Thompson, Jonathan Majors, Wood Harris

**Operation Fortune: Ruse de guerre (2023)**

Action Comedy Thriller  
Jason Statham, Aubrey Plaza, Cary Elwes, Hugh Grant

**To the Swordsmith Village (2023)**

Animation Action Adventure  
Zach Aguilar, Kira Buckland, Griffin Burns, Ray Chase

**Sound of Silence (2023)**

Horror  
Lucia Caporaso, Chiara Casolari, Daniele De Martino, Claudio Dughera

**Blueback (2022)**

Drama Family  
Mia Wasikowska, Albert Mwangi, Ariel Donoghue, Radha Mitchell

**Hunt Her, Kill Her (2022)**

Horror Thriller  
Natalie Terrazzino, C Oakley III, Larry Bunton, Philip Zimny

**Palm Trees and Power Lines (2022)**

Drama  
Lily McInerny, Gretchen Mol, Emily Jackson, Quinn Frankel

**God Bless you Al Pacino (2023)**

Comedy  
Roberto Benigni, Renée Taylor, Despina Mirou, Adam Hunter

**No Family Without Blood (2023)**

Adventure Mystery Thriller  
Philip Michael Thomas, Chance the

Rapper, Aaron D. Spears, Michael Emery

**The Year Between (2022)**

Drama  
Steve Buscemi, J. Smith-Cameron, Wyatt Oleff, Emily Robinson

**Please Baby Please (2022)**

Drama Musical  
Andrea Riseborough, Harry Mellin, Demi Moore, Karl Glusman

**Todd Tarantula (2023)**

Drama Mystery Sci-Fi  
David Selby, Nathan Wilson, Kelly Erin Decker, Douglas M. Eames

**Mar 06, 2023**

**Helvellyn Edge (2023)**

Fantasy  
Amita Suman, Ever Anderson, Sam Strike, David Iacono

**Mar 10, 2023**

**Scream VI (2023)**

Horror Mystery Thriller  
Melissa Barrera, Courteney Cox, Jenna Ortega, Jasmin Savoy Brown

**65 (2023)**

Action Adventure Drama  
Adam Driver, Ariana Greenblatt, Chloe Coleman, Nika King

**Champions (2023)**

Comedy Drama Sport  
Woody Harrelson, Kaitlin Olson, Matt Cook, Ernie Hudson

**Luther: The Fallen Sun (2023)**

Crime Drama Mystery  
Idris Elba, Cynthia Erivo, Andy Serkis, Dermot Crowley



**SCREAM VI**

**The Ritual Killer (2023)**

Thriller  
Cole Hauser, Morgan Freeman, Murielle Hilaire, Vernon Davis

**The Magic Flute (2022)**

Adventure Fantasy Musical  
F. Murray Abraham, Iwan Rheon, Jeanne Goursaud, Amir Wilson

**Saturday Afternoon (2019)**

Drama Thriller  
Parambrata Chattopadhyay, Nusrat Imrose Tisha, Manoj Kumar Pramanik, Zahid Hasan

**Mar 14, 2023**

**The Lake (2022)**

Horror Sci-Fi Thriller  
Chakrit Boonkeaw, Naiyana Bumee, Wanmai Chatborirak, Palita Chueasawathee

**Full Time (2021)**

Drama  
Laure Calamy, Anne Suarez, Geneviève Mnich, Nolan Arizmendi

**Mar 16, 2023**

**Still Time (2022)**

Comedy Drama  
Francesca Cavallin, Edoardo Leo, Andrea Purgatori, Barbara Ronchi

**Mar 17, 2023**

**Shazam! Fury of the Gods (2023)**

Action Adventure Comedy  
Helen Mirren, Zachary Levi, Lucy Li, Grace Caroline Currey

**Inside (2023)**

Drama Thriller  
Willem Dafoe, Gene Bervoets, Eliza

Stuyck, Andrew Blumenthal

**Wildflower (2022)**

Comedy Drama  
Alexandra Daddario, Jean Smart, Jacki Weaver, Chloe Rose Robertson

**Leave (2022)**

Horror Thriller  
Alicia von Rittberg, Herman Tømmeraa, Stig R. Amdam, Ellen Dorrit Petersen

**Pinball: The Man Who Saved the Game (2022)**

Comedy Drama  
Mike Faist, Crystal Reed, Dennis Bout-sikaris, Christopher Convery

**A Snowy Day in Oakland (2023)**

Comedy  
Nicole Ari Parker, Evan Ross, Arden Myrin, Roger Cross

**Noise (2023)**

Drama Mystery Thriller  
Sallie Harmsen, Johan Leysen, Ward Kerremans, Jennifer Heylen

**American Cherry (2023)**

Drama Romance Thriller  
Leonor Varela, Matty Cardarople, Larsen Thompson, Hart Denton

**Grainne Uaile: The Movie (2023)**

Action  
Fionnuala Collins, Ciaran Davies, Peter Cosgrove, Patrick Mc Loughlin

**Mar 20, 2023**

**Jimmie and Stevie Ray Vaughan: Brothers in Blues (2023)**

Documentary  
Jimmie Vaughan, Eric Clapton, Jackson Browne, Billy Gibbons



## Are You in a Weight Loss Plateau? 5 Reasons Why the Scale is Stuck

(StatePoint) So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story. While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. **Overeating.** Weight loss is dependent on "calories in" being lower than "calories out." Eating too much for your current activity level and weight could be a reason why the scale is stuck. "Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD. "Plans like Nutrisystem are perfectly portioned to provide the right balance of nutrients at every meal. The program boasts SmartAdapt science, which provides personalized plans

that adapt to your unique metabolism and weight loss goals and help minimize plateaus."

2. **Not Keeping Track.** Overeating, skipping meals and portion control can all be eased if you get more diligent with food tracking.

Take it from the experts: According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80% of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients. This way, when the scale is stuck, you can evaluate where you may be overdoing it. The NuMi app by Nutri-

system is a useful tool to keep your meal plan organized.

3. **Skimping on Protein and Fiber.** Try maximizing protein and fiber in your diet. "Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats -- meaning you'll burn more calories digesting and absorbing high-protein foods. Fiber isn't fully digested, so the calorie contribution from fiber is less than other carb sources," adds Mohr.

4. **Increasing Muscle.** If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale. Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have

more energy. These non-scale victories are just as valuable as a number on the scale.

5. **Other Lifestyle Factors.** Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule. Limit caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

Did you know that chronic stress can halt weight loss? Address your stress with self-care. Try meditation, daily exercise and breathing techniques. You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. **Illness or Injury.** A recent illness or injury can cause increased inflammation that results in water retention. Additionally, injury or illness can decrease daily activity and overall calories burned. Some medications may also stall weight loss. Keep in mind that your overall health should always take precedence over the number on the scale. Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though. Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some grace. If you're doing the work, that's all that matters," says Mohr.

# CLASSIFIED ADS

## Paw-some Accessories

All those accessories that enhance your pet's days and nights don't have to be costly. Consider new water and food bowls, a collar and a bed for a good night's rest after playful days. Next, make playtime a bit more fun with a few new toys from Dollar General's private brand, Forever Pals, which include a variety toy pack for dogs and a feather wand for cats. With these accessories, your pet will be wagging their tail or purring with excitement all day long!

By shopping wisely for all your pet's needs, you can provide them with quality products while stretching your budget in the process.

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## APARTMENTS FOR RENT

**Crestwood**  
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**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

**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 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

**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

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## UNCLE ALBERT THE RISE OF THE PASSPORT BROS

Uncle Albert,  
I need your advice.  
I am a professional [m/35] here in St. Louis, a home owner, making \$230k/yr, widowed with no kids. I work out three times a week so I am in pretty good shape for my age and I dress well.  
The problem is that I would like to get married again but I keep running into a lot of low quality women. I have been hit on by the women I work with. I keep turning them down since most of them are around my age and they are generally single mothers. I have even been propositioned almost daily and have declined them all because I can sense that they see me as a golden ticket to a good life. But I don't want them. I was even brought before the head of Human Resources of my firm with an accusation of sexual harassment because, get this, women are saying that I am ignoring them at business after-hour social functions.


I have heard that Western men looking for a traditional woman would do well to travel to Eastern Europe or even Southeast Asia to find them. Women at work got wind of my queries and have been trying to guilt shame me from going.  
What the hell, Uncle Albert. What should I do?

*Plan your trip and follow this advice. Either region is good for the women you want. Feminism hasn't infected much of those areas. But still, if you find the love of your life, keep her where you found her. If you bring her here to the USA you will see how quickly these foreign brides adopt western women values and everything you tried to avoid will be for nothing.*





*If your job lets you work remotely, then you should do that. You will look like a rock star to a lot of these Eastern women and you can have the pick of the best of them. \$230k a year will last a lifetime in these countries and you can live a pretty nice life and travel the world with your new bride. Never look back.*

*There are studies showing that by 2030 50% of all women, aged 40 and up will be unmarried with no kids. So, let them be. The women you leave behind will have to learn that feminism cost them a good man.*

ST. LOUIS PUBLIC NEWS on 

 **WHEN YOU SEE THIS SYMBOL IT INDICATES AN INTERACTIVE ELEMENT CLICK IT!!!!**

**RFB** Presents **COFFEE WITH JESUS**  
When Things Don't Go Your Way

 I need help with the sermon I'm preparing for this Sunday, Jesus.	 Let's start with the title, Joe: "When Things Don't Go Your Way: How Not to Be a Giant Baby And Throw a Tantrum Over It" is a little much.	 It's a working title, Jesus.	 Good. Work a little harder on it, Joe, because this should be a time for healing, not for salting the wound.
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# pet INSURANCE

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