WELL SELLS

A LOOK AT CURRENT HEALTH AND WELLNESS CULTURE IN L.A.
BY LINA LECARO
The School provides a safe, loving, and supportive environment that meets you right where you are without pressure or prejudice. The School for the Work isn’t for learning—it’s for unlearning. You’ll spend nine days questioning the fear-based stories you’ve innocently clung to all your life. While immersed in inquiry, you’ll be free to explore life from an entirely new perspective that waits just beyond your story.

Upcoming Events

- **A Mind at Home with Itself**
  Ojai, California + Webcast
  Saturday–Sunday, 25–26 January 2020

- **The Forgiving Mind**
  Los Angeles, California
  Wednesday–Saturday, 11–14 March 2020

To register, visit byronkatie.com/events, call +1 805.444.5799, or email registration@thework.com

© 2020 Byron Katie International, Inc. All rights reserved.
CONTENTS

GO LA...5
Celebrating the King of Rock & Roll’s birthday, a wine tasting showdown, 15 years of Thinkspace, and more to do and see in L.A. this week.

FEATURE...7
A look at the current culture of health and wellness in Los Angeles. BY LINA LECARO.

ARTS...11
A new exhibition showcases arpilleras — textiles born from repression and made from the heart. BY LIZ GOLDNER.

FOOD...15
Angela Means discusses her journey to founding Jackfruit Cafe and mission to uplift her community. BY SHIRLEY JU.

TELEVISION...16
How Lin Shaye’s quirky, creepy characters made for an amazing (and insidious) career path. BY ERIN MAXWELL.

FILM...17
NATHANIEL BELL explores the movies opening this week, including horror below the waves in Underwater.

MUSIC...18
On the verge of a new album, SoCal ska pioneers Hepcat have overcome trials and tribulations. BY BRETT CALLWOOD. Plus our guide to the best music shows in L.A. this week.

ADVERTISING CLASSIFIED...22
EDUCATION/EMPLOYMENT...22
BULLETIN BOARD...23
ON THE COVER: photography by Fab 1

LA WEEKLY (ISSN #192-1940 & USPS 461-370) is published weekly by LA Weekly LP, 724 S. Spring St., Los Angeles, CA 90015. Periodicals postage paid at Los Angeles, CA. Domestic subscriptions: $55 for six months & $90 per year. Postmaster: Send address changes to LA Weekly, 724 S. Spring St., Los Angeles, CA 90015. LA Weekly is available free of charge in Los Angeles County, limited to one copy per reader. Additional copies of the current issue of LA Weekly may be purchased for $1, payable in advance at the LA Weekly office. Outside Los Angeles County; the single-copy cost of LA Weekly is $1. LA Weekly may be distributed only by LA Weekly’s authorized independent contractors or LA Weekly’s authorized distributors. No person may, without prior written permission of LA Weekly, take more than one copy of each LA Weekly issue. For back-issue information call 310-574-7100. The entire contents of LA Weekly are Copyright 2014 by LA Weekly LP. No portion may be reproduced in whole or in part by any means, including electronic retrieval systems, without the express written permission of the publisher, LA Weekly, 724 S. Spring St., Los Angeles, CA 90015.
**HOLIDAY ICE RINK.**

**PERSHING SQUARE**

A WILLY BETTAK PRODUCTION

**THERE'S STILL TIME TO SKATE**

OPEN UNTIL JANUARY 20, 2020
HOLIDAYICERINKDOWNTOWNLA.COM

**POSITIONS WE ARE LOOKING TO FILL**

Food & Beverage Supervisor • Door Personnel • Bartender • Barback • Server • Busser/Runner • Culinary Lead • Line Cook • Prep Cook • Dish Room • Expeditor • Ticket Seller • Box Office Supervisor • Security • Guest Services • Production Coordinator • Stage Manager • Audio/Lighting Engineer • Stagehand • Hospitality • Runner • Premium Experiences Host • Premium Experiences Supervisor • Director of Sales • Event Manager

FOR MORE INFORMATION
THEBELASCO.COM/JOB-FAIR

**Pasadena Bead & Design Show**

January 17 - 19 • Hilton Pasadena

BEADS
GEMS
CLOTHING
JEWELRY
VINTAGE
FINDINGS
ANTIQUITIES

Bring this Coupon for $5.00 Off Admission

Mountain Robbins

Hilton Pasadena 168 S. Los Robles Ave • Online Tickets $8 ($10 at door)
BEADANDDESIGN.COM
GO LA

**FRI 1/10**

**DANCE**

**Just Stringin’ Along**

A bastion for live theater for four decades, over the past four years the Odyssey Theatre also has put out the welcome mat for dance with **Dance at the Odyssey**, presenting five weeks of LA-based, mostly contemporary dance companies. The 2020 fest opens with the stunning String Theory. Led by Holly and Luke Rothschild, this collective of dancers, musicians, choreographers, composers and harp builders forge what its members call “sonic sculpture” with an assemblage of stringed instruments — most striking, visually and auditorally, is its signature giant harp. The evanescent String Theory performs **Layers and Landscapes** with subsequent weekends bringing new works from Acts of Matter sharing the stage with Dance Aegis (January 17-19), then the JA Collective (January 24-26), followed by LA Contemporary Dance Company (January 30-February 2), and the closing weekend is Victoria Marks (February 7-9). Odyssey Theatre, 2055 S. Sepulveda Blvd., Sawtelle; Fri.-Sat., Jan. 10-11, 8 p.m. & Sun., Jan. 12, 5 p.m., $15-$25. odysseytheatre.com.

**SAT 1/11**

**ART**

**It’s A Family Affair**

Hard to believe perhaps, but the elevated street, pop surrealist and urban art emporium **Thinkspace**, with its current exhibition surveying the radical legacy of female artists in the Soviet era, for example, is a powerful group of salient strategies for sublimated resistance. The institution’s public programs are high-minded and timely as well, such as their **In Search of Our Times Lecture Series** — whose next installment is called **The History of Forgetting**, and takes a look at the structures by which history is preserved, or lost. Asking fundamental questions like who decides what to preserve and highlight, by what criteria, structures by which history is preserved, or lost.

**SUN 1/12**

**OPERA**

**Guardians of the Galaxy**

In the world premiere of Long Beach Opera’s new adaptation of composer Henry Purcell and librettist John Dryden’s ancient 1691 opera, **King Arthur**, Chicano comedy collective Culture Clash’s previous comic adaptation of a Purcell work, **The Fairy Queen**, was disappointingly fangless in an unremarkable 2016 LBO presentation, this new production with Musica Angelica should prove more compelling with imposing bass-baritone Cedric Berry and incandescent soprano Jamie Chamberlin in starring roles. Beverly O’Neill Theatre, 300 E. Ocean Blvd., Long Beach; Sun., Jan. 19, 2:30 p.m.; $49-$150. (562) 470-7464, longbeachopera.org.

**FALLING JAMES**

**Remember the Times**

The Wende Museum’s unique dedication to Cold War history, its expansive collection of cultural artifacts, and its presentation of both historical and contemporary exhibitions have become increasingly relevant over the past few years of geopolitics. Their current exhibition surveying the radical legacy of female artists in the Soviet era, for example, is a powerful group of salient strategies for sublimated resistance. The institution’s public programs are high-minded and timely as well, such as their **In Search of Our Times Lecture Series** — whose next installment is called **The History of Forgetting**, and takes a look at the structures by which history is preserved, or lost.
Experience Pacifica
A Comprehensive One-Day Introduction to Pacifica’s Master’s and Doctoral Degree Programs

Join us for our Information/Orientation Day for Spring & Fall 2020 enrollment, and learn about our various degree programs in the tradition of Depth Psychology, informed by the teachings of C.G. Jung, Joseph Campbell, Marion Woodman, James Hillman, and others.

Pacifica is an accredited graduate school offering degrees in Clinical Psychology, Counseling Psychology, Engaged Humanities, and Mythological Studies. The Institute has two beautiful campuses nestled between the foothills and the Pacific Ocean in Santa Barbara. All of Pacifica’s degree programs are offered through low-residential learning sessions that take into account vocational and life commitments.

- Experience Pacifica’s unique interdisciplinary degree programs led by our renowned faculty.
- Tour both of our beautiful campuses, the Joseph Campbell Archives and Research Library.
- Pacifica’s $75.00 application fee will be waived for all attendees.
- Learn how to navigate the admissions and financial aid processes.
- Enjoy breakfast and lunch.

“I attended a Pacifica Experience event and immediately felt a tug in my soul that simply meant: I was home. The rest, as they say, is history. I can easily see now why that professor seemed to truly light up when speaking of Pacifica because now I indeed do the same.”

- William Jones, Clinical Graduate

Now Enrolling for Spring & Fall 2020

Pacifica is accredited by the Western Association of Schools and Colleges (WASC).

Register online at pacifica.edu or call 805.969.3626
Wellness. It represents something we’d all like to achieve — feeling great in mind and body. But the last couple years the word has been co-opted to oblivion, used to tout everything from diet food to plastic surgery to cannabis to vacations. It’s overzealous use has made it a subjective part of the modern lexicon, but its essence in health and happiness is ultimately a positive, and it’s here to stay, especially in L.A. Last year saw a whole festival and week dedicated to the concept and more events are coming in 2020. (Search “wellness” on Eventbrite and see for yourself.)

As the wellness, health and beauty markets have grown and melded here, so too have the stereotypes about our city by association. Yes, many Angelenos treat yoga class like it’s church, eat so “clean” their guts practically squeak, and juice to joke-levels. Some meditate like mad, get carried away with crystals, and even try weird stuff like steaming their vaginas (that bougie-boho lifestyle blog told them it was the hot new thing, after all). But for a lot of us, exploring wellness in L.A. isn’t about all that. When it comes down to it, we might all want smooth skin and a sleek physique, but the wellness trend encompasses more, going beyond achieving any one ideal. It’s about personal goals, both internal and external, and in a city so diverse all it takes is a little delving to discover what works for each individual.

As we head into a new year and new decade, many of us are thinking about exactly this (again). What can we do this year to achieve our best selves? In L.A. there are countless options that’s for sure, some more organically driven than others. From gyms to spas, pilates to pointe classes, sound baths to CBD treatments, supplements to sleep pods, cool-sculpting, fat transferring, colonics, fasicia blasting, reiki, acupuncture and on and on. Wellness and “health” comes in many forms and price points right now.

“It’s beyond the physical,” says Rachael Kester, fitness influencer and L.A. city manager for MINDBODY, a popular app/portal for finding classes and services in the wellness sphere. “Especially for 2020, we have more of a spiritual focus. Yoga and meditation are more popular than ever, and there’s a more well-rounded approach. It’s about how connected you are to what’s around you, the people around you, the earth around you and how to make yourself better through those dimensions.”

Providing consumers with a central, trustworthy resource for self-improvement since 2001, MINDBODY was founded by Rick Stollmeyer in 2001. The California company connects users from around the world to the latest fitness, beauty and integrative health services. Moreover, the platform's integrated software and payments system has been a resource for businesses small and large to market to new clients in a centralized way.

In Los Angeles alone, MINDBODY books over 190,000 classes and appointments at over 3,000 local businesses every month. The company’s research arm just released its trend forecast for fitness, wellness and beauty based on data and insights from 2019, and L.A. leads the way offerings-wise.

MINDBODY’s blog also released an overall forecast for what will be popular in the new year. Some top trends include: “Integrative health” (complementary and alternative medicine, aka CAM), “Emotional wellness” (multidimensional self improvement including fitness classes and wellness treatments that incorporate mindfulness and emotional healing), sleep (“2020 is the year of the nap,” and nap bars and nap pods take the idea to a new level), and “experiential wellness” (immersive trips and experiences that go beyond a class or service and encourage human connection).

Thanks to our sunny weather, hiking and outdoor fitness remains popular in L.A., and it always will. But for many, the convenience offered by indoor spaces seems to make them the preferred choice right now. In researching the options, we’ve noted a few other trends beyond MINDBODY’s index too, including: smaller studios over big gyms, music-driven experiences, incorporation of novel amusements (i.e. how goat yoga became a thing), and the end of the cardio craze with a bigger focus on flexibility.

Specialized classes continue to reign beyond basic yoga. S.M. Stretching, for example, opened this year in L.A., providing low impact workouts centered around deep stretching. “Each class helps students tone the body through muscle reshaping and flexibility advancement,” says the studio’s owner Samira Mustafaeva. “I opened S.M. Stretching to help people achieve their lifelong goal of mastering a proper splits and to fill a missing piece in the fitness industry. Our mission is to help people scale their flexibility limits while educating our students on the importance of stretching in fitness as well as an everyday activity.”

Mustafaeva sees wellness and health as the key to a happy life and a life of longevity, and sees stretching as an essential basis. ”There are many benefits,” she enthuses. “In addition to improved flexibility … increased range of motion and mobility, improved blood flow, better posture, [it] helps with back pain and helps reduce stress and calms the mind.”

Touting a similar approach, Fit & Bendy in downtown L.A. is dedicated to teaching flexibility fitness at all levels, decreasing aches and pains of immobility and improving performance in any physical activity one enjoys, “from running to dance to professional contortion,” says owner Kristina Nekyia, a popular local burlesque dancer.

Nekyia says her goal with Fit & Bendy is to create a space where everyone’s fitness journey is celebrated, and clients choose their own destinations. “We just provide some
RACHEL KESTER'S TOP L.A. MINDBODY PICKS

Camp Yoga: A three-day immersive camp held in various L.A.-adjacent locales with yoga, outdoor activities, wine and more. campyoga.ca.


Cienega Med Spa: Spa services that incorporate nap pods. (Two locations) 375 N. La Cienega Blvd., Beverly Grove; 902 Broadway, Santa Monica. cienegaspacom.com.

Deepen: Offers classes focused on deepening connections with others via group meditations, storytelling dinner parties or a transformational workshops. Various locations, mindbody.io/fitness/studios/deepen.

The Den: Venue hosting classes, workshops and retreats centered on topics such as “Break the Norms,” “Happiness” and “Intention.” (Two locations) 360 S. La Brea Ave., Hancock Park; 12323 Ventura Blvd., Studio City. denmeditation.com/den-meditation-about-los-angeles/.

Unplug Meditation: Hosts a range of meditation classes that may include guided imagery, sound baths, breathwork, aromatherapy and crystal healing – they also have their own app. Various locations, unplug.com/.

ZenStop: A meditation oasis (book at zenstop.co), the Relational Center is based in empathy, providing classes such as “Self-Understanding & Compassion” and “Breathwork and Meditation.” 2717 S. Robertson Blvd., Beverlywood: relationalcenter.org/.

HotBox: Infrared sauna studio touting “sweat in style” modern sauna rituals. 835 S Hill St., downtown. hotboxsaunastudio.com/.

Draya Movement: Offers amazing landscapes projections on its walls during pilates, yoga, breathwork classes and sound baths. 8155 Beverly Blvd., Beverly Grove; drayamovement.com.

HELPFUL TOOLS ALONG THE WAY

“This is particularly important in a city as diverse as Los Angeles. The wellness trend is neither good nor bad in itself, it’s all about the way that it is implemented. There are as many ways to do “wellness” as there are people on this planet, so any wellness program needs to take into account the entire person, who they are, what they want and what works for them. That means that using metrics like weight and body measurements, or how much you can lift, or other arbitrary numbers actually hinders some people from being their most well.”

Despite all the trendy takes out there, classes centered around strength, mobility and breath work are the norm now. “I teach slow controlled movements to provide a counterbalance to our fast-paced, overstimulated world where we spend too much time sitting and not enough time moving,” says L.A. yoga instructor Tiffany Caronia. “My classes move slowly and specifically and address problem areas that go along with working at a desk job. Getting people into their bodies by teaching them to slow down and breathe, move mindfully and learn about how their bodies work, they get more in touch with their specific needs and can make conscious choices as to what works for them.”

Slowing down is important but so is finding something that excites you. National Academy of Sports Medicine-certified celebrity personal trainer, nutritionist and stretching professional Tasha Dixon — says she tries to find a physical activity that her clients used to love — whether it’s dance, hiking, golf,
THE WORLD FAMOUS
Body Electric

TATTOO PIERCING

WE SEE YOU

bodyelectric tattoo.com  323-954-0408

7274 1/2 Melrose Ave. Los Angeles, CA
dodgeball, etc. “I train them to fall in love and excel at those physical activities once again,” she says. “It turns exercise from a chore into something that brings joy to their life and lights up their workouts.”

Of course physical activity alone won’t help one achieve goals for looking and feeling their best. What we ingest is just as important if not more. If the goal is weight loss rather than overall wellness, there’s a myriad of approaches to choose from, from low-carb and keto to fasting and good ol’ low-cal diet plans. The options are endless, with meal delivery services and a bounty of books to choose from on the subject.

But to the credit of the current wellness craze, the emphasis right now doesn’t seem to be solely about getting skinny. That mindset, as we’ve seen time and time again, can be dangerous and lead to eating disorders. Mindfulness and connecting with the spirit within is making a real difference in the self improvement arena, as is the shift towards overall body acceptance in pop culture. Sure, there are still unrealistic ideals to contend with (the surgically enhanced features and curves of the Kardashians, for example) but in general health and beauty has become more individualized. "Wellness is the new black and that's OK with me, it's better than heroin chic for all of us," notes Rynda Laurel, a holistic mental health and recovery advocate and founder of VRVeveryday, a line of all-natural mood balancing supplements for mental health and wellbeing. "There is a lot of attention paid to yoga, fitness, meditation and fad diets, but it's really important to understand nutrition's role in overall wellness and mental states. We are what we eat, but also what we absorb and what is happening within our own biochemistry."

Laurel stresses that paying attention to our own “mental health nutrition” and how that supports all other forms of wellness is a key component to achieving our best selves. She also notes something often left out of the wellness conversation, the fact that it can often be costly. After all, we can’t all afford trainers, intimate studio classes, spas or retreats, not to mention the kinds of procedures and services that make Los Angeles in particular, the beauty capital of the world.

“In L.A. and across the country, I’d like to see a trend of more affordable wellness offerings for people so it doesn’t become something only those with money can strive for,” Laurel points out.

Indeed, in today’s world when making ends meet is a daily challenge for many of us, choosing the best yoga class or sound bath might seem less than important. Luckily, apps like MINDBODY and Groupon offer deals that enable even budget-minded folks to try what’s out there or purchase packages for the stuff we like. You don’t have to be rich, just ready and willing to work at it. Classes and/or training and even beauty treatments create confidence and can serve to kickstart a personal wellness journey that also includes less costly stuff such as exercising at home via apps or videos, eating right and self-guided meditation. According to the experts we spoke to, a combination of these things will work best for most. We must take the motivation that comes with a new year (and new decade) and make it stick with repetition and resolve over the long haul, sans expectations for a quick fix.

“Find a wellness routine that works for you in the long run,” advises Nekai. “When January comes around, everyone wants to ‘get in shape’ and there is some idea that you need to ‘fix’ your body by hitting it hard…people sign up for a gym or a workout program, go too hard too fast, burn out, get injured or tired, then quit. If you approach fitness/wellness with the idea that there is nothing to fix and you are doing things that you enjoy, then you are less likely to get hurt or burn out. This can become a lifelong practice that gives you joy and health. That is true wellness.”
TEXTILES BORN FROM REPRESSION AND MADE FROM THE HEART

The homemade yet finely wrought pieces are both stunningly beautiful and politically significant

BY LIZ GOLDNER

An illustration of a book burning in Chile is one of many arpilleras, or small handmade textiles, created by Chile’s women in the 1970s and ‘80s, on display in Arte, Mujer y Memoria: Arpilleras From Chile, an historically important exhibition on view at the Museum of Latin American Art in Long Beach through March.

The 35 approximately 15x19-inch embroidered depictions of life in the Latin American country in the wake of the General Augusto Pinochet’s 17-year-long regime (which ended in 1990) combine activist themes with delicate handmade needlework. The result is a politically charged show, replete with extensive wall didactics, compelling the viewer to spend time and energy absorbing its important message.

During the Pinochet regime, more than 3,000 people were murdered, tens of thousands were imprisoned, and an estimated 200,000 Chileans went into exile. As a result, most women in the country lost their families’ breadwinners as their brothers, fathers, sons and partners were made to disappear.

To deal with the emotional and financial devastation, women throughout Chile formed arpillera workshops to bond with and support each other, to create and sell their handmade needlework, and to smuggle their creations to the outside world. Introductory material to the exhibition reads in part, “Pinochet remained in power until 1990 and continued to supervise the military until 1998. While officials tried to hide or deny the human rights abuses conducted under his administration, the tangible nature of the arpilleras and the global attention they garnered made it impossible to deny the regime’s horrors and the lives it claimed.”

The embroidered colorful arpilleras, all folkloric in style, were created by women living with daily repression. Their pieces record their travails, while also documenting and denouncing the many human rights abuses occurring in their country — including book burning, a common experience after Pinochet’s coup d’état. The human figures in these pieces are all raised, providing them with three-dimensional aspects.

The textiles, which were sold inexpensively, with prices as low as $10 each, were often the only or main source of income for the women who made them. The arpilleras were provided to this exhibition by MEMCH-LA, Movement for the Emancipation of the Chilean Woman-Los Angeles.

The arpillera titled “There Are Children Searching for Bread in the Trash. Not all Homes Have Running Water” is heartbreaking, with the two-level artwork illustrating children in peasant garb foraging for food, and others bathing each other. The nearby piece, titled “Hope,” visually describes a fantasy world of children happily playing, envisioning a future of peace and justice in Chile.

“Women Demand Justice” displays several proud women holding a banner emblazoned with the word, “Justicia,” while they are being shot at by a tank. In fact, women often demonstrated in the streets of Chile, risking their safety.

“Arrests and Raids” juxtaposes fatigues-clad armed guards and tanks with colorfully dressed women and children, several with their arms up, as they flee their small homes. Pinochet often referred to prisoners as “enemies of the regime” and caused them to disappear, usually indefinitely.

The contrasting “Community Arpillera Workshop” illustrates a multistoried village, comprised of women and children, all colorfully attired, sewing and playing joyfully. In this typical site of resistance, women in Chile were able to share their stories, care for their children and plan for the future.

In “Candlelight Vigil,” nine women dressed in black, holding candles, stand outside of their homes, with numerous stars overhead. They are paying respect to the men in their lives who are dead or who have been disappeared. The contrasting arpillera “Jail” conveys a particularly pernicious scene. Several women stand outside of the local jail or “cárcel,” as they confront an armed guard, while requesting information about their missing loved ones.

One of the largest pieces in this series is “The Protest: Where Are They?” at 24x36 inches. Depicting an expansive community with houses, trees, a road traversing the scene, mountains in the background, a glowing sun and several local citizens, it evokes the panorama-style paintings of Chicano artists Gilbert Luhan and Frank Romero. Yet, this textile also includes signs with pictures of vanished relatives, along with words, with one sign querying, “Where are they?”

Three videos are included in this remarkable exhibition. The two-minute black and white silent 1973 “Bombing of La Moneda” presents an eerie vision of the bombing of a Chilean town. Vivienne Barry’s “Like Wings of Little Birds” (2002) is a nine-minute animated video presenting women similar to those in the arpillera “Women Demand Justice,” described above.

Anthony Rauld’s “Common Thread” (2019) is a 37-minute video documenting the arpillera movement of the 1970s and ‘80s. Presenting the story behind the Movement for the Emancipation of the Chilean Woman-Los Angeles, it includes historic photos of the Chilean women, interviews with veterans of the arpillera movement, along with demonstrations of textile making. This film presents the backdrop and foundation to an exhibition that is both stunningly beautiful and politically significant. Also implicit in this film is that these art pieces — through their homemade yet finely wrought artistry — provide a vision of what might happen to a country and its citizens when a brutal regime takes over.

Arte, Mujer y Memoria: Arpilleras From Chile, is on view at Museum of Latin American Art, 628 Alamitos Ave., Long Beach, through March 29. molaa.org.
A New Marketplace Experience

Come celebrate the lifestyle, community, and culture of CBD with some of the leading brands in the industry. Discover everything you need for your health, wellness, beauty, and pets, and enjoy live entertainment, great food, education, and more.

Green Entrepreneur × LA Weekly

PRESENT

CBD Saturday market

CBD Smoking Lounge by BLUNT TALKS
A New Marketplace Experience

Saturday

Come celebrate the lifestyle, community, and culture of CBD with some of the leading brands in the industry. Discover everything you need for your health, wellness, beauty, and pets, and enjoy live entertainment, great food, education, and more.

PRESENT

January 11 / 12-4pm / Academy LA

Free Admission with RSVP at ENTM.AG/CBDSATURDAY

With Over 20 CBD Brands, Including:

- CANNAJOY
- 19Forty
- ELIXICURE
- WEEDABOMB
- Cannadips
- blooming culture
- Yoga flow courtesy of
- CBD Smoking Lounge by
- Massage Therapy featuring
- fifth & root
- Es Todo Vegan
- Chef Matt
- Nonnie’s Nectar
- LENSIE
- cbdee
- soji health
- alt thirty six
- wod cream
- dee-licious
- PISTILPOINT
- freed
- CAPITAL HEMP
- Pop Cultivate

Massage Therapy featuring

CBD Smoking Lounge by

Yoga flow courtesy of

Cannabis Massage Movement
Infused Oils for Enhanced Healing

LOWELL HERB CO
WE NOW DELIVER!!

EXPERIENCE 24 HOURS OF BEST, AUTHENTIC TRADITIONAL KOREAN FOOD

FEATURED ON
Los Angeles Times
EATER
Business Wire
yelp
food network

Check us out at
@sunnongdan1
@sunnongdan
www.sunnongdan.com

RECOMMENDED BY

Jonathan Gold
LA Times Food Critic

David Chang
Restaurateur

Anthony Bourdain
American chef

KOREATOWN
3470 W. 6th St, Ste 7
Los Angeles, CA 90020
(213) 365-0303
OPEN 24 Hours

SAN GABRIEL VALLEY
927 E. Las Tunas Dr., Ste J
SAN GABRIEL, CA 91776-1661
(626) 286-1234
OPEN 24 Hours

ROWLAND HEIGHTS
18902-A East Gale Ave.
Rowland Heights, CA 91748
(626) 581-2233
OPEN 24 Hours

THE BEST PHO IN K-TOWN!

209 S Vermont Ave
Los Angeles, CA 90004
(213) 381-3300
SUN-THURS: 10 AM - 1 AM
FRI - SAT: 10 AM - 3 AM

PHO LEGEND
A
ngela Means’ Jackfruit Cafe has officially upgraded from inside a doughnut shop on Crenshaw to a spot in COLONY in West Los Angeles. If you recognize the name, Means is best known for her role in Chris Tucker's classic 1995 film Friday, the woman behind the viral phrase “Bye Felicia!” Since then, the actress turned chef has shifted her focus to something meaningful and with a similarly timeless lifespan: veganism.

Her purpose now as a mother and restaurant owner is to spread wellness and educate the masses on the positive effects of leading a vegan lifestyle. What started as a hobby soon turned into a passion, as she longed to make a difference in her own community. With that, Jackfruit Cafe came into fruition as a staple in the city, offering consumers a healthy alternative to the fast food epidemic which plagues our generation. From the tiny doughnut shop, Means turned her business mobile, operating the Jackfruit Cafe food truck and serving thousands of people all over Los Angeles and San Bernardino counties. One year later, she’s embarking on the next phase of her restaurant inside COLONY, the smart-kitchen space. Sharing the space with 25 other restaurant owners, Angela is equipped to handle all orders from dine in to takeout to online ordering. At the end of the day, she’s just excited to bless her community with “food that heals them.”

L.A. Weekly caught up with Means at COLONY a few days after the newly renovated reception area was built. That same night, local artwork was being put up as well.

**FOOD**

**JACKFRUIT CAFE MOVES TO THE COLONY**

Angela Means, the founder of the socially conscious eatery, discusses her journey and mission to uplift her community

**BY SHIRLEY JU**

**Did you think it [the scene in Friday] would become this viral moment?**

I did. When I first read the script, I knew that they wanted Chris Tucker. If it all worked out with him and the rest of the cast — it was cast perfectly. It couldn’t have been cast better. You know history, when I read it, I was like “this script is so tight.” If we get all these Def Jam comments, we’re going to blow this up.

**When did you get into cooking and food?**

I was raised on a farm in Milan, Michigan, so I’ve been cooking for large groups my entire life. My uncle was a farmer and he had a day-care in the summertime, a day camp. We fed 300 kids a day. Sometimes, it was their only life. My uncle was a farmer and he had a day-care in the summertime, a day camp. We fed 300 kids a day. Sometimes, it was their only meal. I remember going to the grocery store and we’d have three baskets just filled with stuff. They always had a sandwich, a piece of fruit and something to drink. Then on special days, he’d make macaroni and cheese with chunks of ham in his big crockpot. He told me, “you have to take care of people, that’s why we’re here.” And we did. Our farm was one of the major farms in the area and my uncle was a pillar of the community, so I started way back when.

When I retired from acting, my son was 3. Once he started sports I did all of the snack shacks. One time Snoop League came to Cal-
QUEEN OF SCREAMS

How Lin Shaye’s quirky, creepy characters made for an amazing (and insidious) career path

BY ERIN MAXWELL

Deep within the Hollywood Hills lies a sprawling ranch house reminiscent of the adobe digs one might find in Santa Fe. The Southwestern-style residence features an open floor plan, highlighted by a tasteful pastel palette. It also features a pair of shriveled latex breasts hanging on an office wall. The wrinkly prosthetic titties, which belonged to Magda, Cameron Diaz’s leathery tanning addict roommate in There’s Something About Mary, aren’t just a piece of strange art, they rep an important moment in the career of Lin Shaye, an actress whose roles have always been quirky, wonderfully odd and even creepy.

Known for her over-the-top roles in Farrelly brothers movies, Shaye has recently evolved into a Hollywood unicorn. At age 76, the veteran actress is a full-fledged leading lady, headlining billion-dollar franchises. From fighting evil spirits to hunting Nazis, Shaye is an unconventional figure who created her own unique Hollywood story.

“Now that I’m 146 years old, I’m in demand,” laughs Shaye. “I love the fact that in a way, I’m defying people’s expectations. It’s great to be my age. I love that I’m 76 years old and I’m proud of it, but that isn’t my focus.”

A product of the New York theater scene, Shaye credits her atypical path as a roadmap to success. It also helped that she had a pushy older brother. “I really have to thank my big brother, Bob, who started New Line Cinema in 1968 in the bedroom of his five-story New York walk-up,” says the actress. “He used to say to everyone who came by, ‘This is Linda, she’s my sister and wants to be an actress. I would just cringe.”

After a few years of playing waitresses and teachers, Shaye caught the eye of the Farrelly brothers, who took a shine to her and put her in hits including Kingpin and Dumb and Dumber. Snaring the Woody Harrelson bowling classic took some convincing, though. “I made my way into their hearts because they thought I was funny. But they didn’t want me for Kingpin. They wouldn’t let me audition for it because the character is described as ‘the angriest, ugliest woman God ever let loose on the planet’; they said, ‘we love your work and we think you’re great, but you’re not right for this.”

So Shaye got to work, developing the character in her bedroom over six weeks. “I bought the outfit...I put Mazola in my hair,” she recalls. “I remembered my mother used to give herself in an egg-white mask, which made her skin all scaly. Then I put some yellow on my teeth and had eyelashes coming out of my nostrils.”

“I drove to Santa Monica, looking exactly as you see in the movie. A parking lot attendant threw himself against the wall when he saw me,” laughs Shaye. “The casting director kept walking by me for a half hour until finally, I said, ‘Rick?’ And he looked down and said, ‘Lin? I thought you were homeless! I was going to call the police.’”

Shaye nabbed the part, traumatizing audiences with her portrayal of Harrelson’s landlady and kicking off a healthy career playing haggard, weird and scary characters for television and film.

“That was a turning point for me because of the proactivity involved,” says Shaye. “You must never let go of that no matter where you get in your profession. Because once you let go of that proactivity and you become passive, you let go of your heart and soul a little bit, which is what makes you an actor. Unless you just want to be an actor to be famous. Then that’s a whole other journey.”

Shaye’s dedication got her where she is today, and it’s led her to a slate of unforgettable roles big and small. Insidious and Ouija movies aside, she’s our most unique scream queen, and a featured role in Showtime’s new sequel, Penny Dreadful: City of Angels, should solidify things, bringing her to TV and keeping her within the supernatural realms fans know. Set in 1938 Los Angeles, the characters revolve around deity Santa Muerte and the Devil, with shape-shifting demons battling amidst the construction of LA’s Arroyo Seco Parkway.

Clearly, Shaye continues to defy expectations, working more than ever in an industry that doesn’t always honor experience. “I think it comes from how you steer your ship. I feel I have a vitality and a sense of humor that belies age. What is fun about getting older is that I have more confidence in who I am and what I think,” she says. “I love finding my character, no matter what. I never really made a distinction between bit player and a big role. I’ve always just been obsessed with storytelling and feeling like I had an ability and talent to step into other people’s lives and live as that character. And that for me, that was always the fun. I become that other person and Lin sort of disappears in the background.”

The septuagenarian’s late-in-life success is significant and it’s not lost on her.

“It’s a great note for Hollywood. I’ve never played the old shopkeeper or a grandma character,” she reveals. “I don’t want to play those roles...I steer clear of them. And now I don’t really get offered them.”

Instead for elderly neighbors and kindly old aunts, Shaye gets offered the chance to play ghost hunters, psychics, stalkers and Nazi hunters. Her next unorthodox role can be found in The Grudge, the scary movie reboot which just came out last week.

“It’s a very current film right now because it is about rage,” Shaye explains. “There is so much bad stuff right now, we are entrenched in rage as a society.”

In terms of future projects and roles, the actress still has “many more mountains to climb,” she insists. “I just gotta keep climbing. But sometimes you gotta remember that it’s good to take a rest and look where you’ve been, then look up and see where you want to go.”

Lin Shaye stars as in ‘The Grudge, in theaters now and on Showtime’s Penny Dreadful: City of Angels, coming in 2020.”
WE ARE THE BLACK THINGS

Also: *Like a Boss* gets its late release

BY NATHANIEL BELL

Welcome to L.A. Weekly’s Movie Guide, your look at the hottest films in Los Angeles theaters this week — from indie art house gems and classics to popcorn-perfect blockbusters and new movies garnering buzz. Check here every week before you make your big screen plans.

**Opening wide**

**Friday, January 10**

*The Informer* comes from Britain courtesy of Warner Bros. Drawing its inspiration from the crime novel *Three Seconds* by Anders Roslund and Borge Hulström, the film involves a reformed criminal (Joel Kinnaman) with special ops training who works for the FBI as an informant. His problem is that his handlers are only slightly less corrupt than the Polish mafia he’s been assigned to infiltrate. Andrea Di Stefano directed this hard-boiled thriller co-starring Rosamund Pike, Clive Owen, Ana de Armas, and Common. Aviron Pictures is the U.S. distributor.

*Like a Boss* was originally slated for release last summer, but Paramount postponed it until now. A brash comedy about two best friends (Tiffany Haddish and Rose Byrne) who create a beauty company but run afoul of a greedy rival (Salma Hayek), the movie goes for broad laughs and easy sentiment. Billy Porter is afforded a scene-stealing role as a gay shop assistant. Miguel Arteta directed from a screenplay by Sam Pitman and Adam D'Agati. His three patients. Jon Avnet directs from a script by Avnet and Eric Nazarian, *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

In *Inherit the Viper* stars Josh Hartnett as a drug dealer specializing in opioids whose sister (Margarita Levieva) doubles as his partner. He wants out of the game, but before he can exit, his younger brother (Owen Teague) gets caught up in the criminal web they’ve spun. This dimly lit thriller directed by Anthony Jerjen features strong work from a solid supporting cast, which includes Bruce Dern in a small but nicely shaded role. *Arena Cinelounge, 6464 Sunset Blvd., Hollywood, Fri., Jan. 10, various showtimes; $16. (323) 924-1644, arenascreen.org.*

*Reality Queen!* is a mockumentary that follows a Paris Hilton–like celebrante (Julia Faye West) who tries to climb back into the media limelight after she’s ousted by the “Kims,” a trio of sisters modeled after the Kardashians. Shot in cinéma vérité style by director Steven Jay Bernheim, this indie comedy features cameo appearances by Denise Richards, Mike Tyson and the late John Witherspoon. *Arena Cinelounge, 6464 Sunset Blvd., Hollywood, Fri., Jan. 10, 7:05 p.m.; $16. (323) 924-1644, arenascreen.org.*

In *The Sonata*, a young and rising musician (Freya Tingley) inherits a sprawling gothic mansion after her estranged composer father (Rutger Hauer) dies under mysterious circumstances. In a subplot that could’ve been dreamt up by Dario Argento, she discovers that the last piece he was working on is a sonata intended to raise the dead and conjure the Antichrist. This florid piece of operatic horror was directed by Andrew Desmond, who co-wrote the screenplay Arthur Morin. *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

In *The Three Christs*, Richard Gere plays the psychiatrist (renamed Dr. Stone) and Peter Dinklage, Walton Goggins and Bradley Whitford are his three patients. Jon Tusk directs from a script by Avnet and Eric Nazarian. *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

**Limited**

**Friday, January 10**

In 1959, psychiatrist Milton Rokeach visited a group of three paranoid schizophrenics at Ypsilanti State Hospital, each of whom believed himself to be Jesus Christ. Rather than isolate them for study or consign them to the shock therapy ward, Rokeach assigned them as hospital roommates, allowing each man to come face to face with their delusion. Empathy and understanding were the key ingredients of this experience which was eventually published in 1964. In the new film, *The Three Christs*, Richard Gere plays the psychiatrist (renamed Dr. Stone) and Peter Dinklage, Walton Goggins and Bradley Whitford are his three patients. Jon Avnet directs from a script by Avnet and Eric Nazarian. *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

Also opening Friday, January 10: *Afterward; The Corrupted; Les Misérables; The Murder of Nicole Bron Simpson; A Shaun the Sheep Movie: Farmageddon*

---

**HAE JANG CHON restaurant**

**WE ARE THE BLACK THINGS**

**FILM**

WE ARE THE BLACK THINGS

Also: *Like a Boss* gets its late release

BY NATHANIEL BELL

Welcome to L.A. Weekly’s Movie Guide, your look at the hottest films in Los Angeles theaters this week — from indie art house gems and classics to popcorn-perfect blockbusters and new movies garnering buzz. Check here every week before you make your big screen plans.

**Opening wide**

**Friday, January 10**

*The Informer* comes from Britain courtesy of Warner Bros. Drawing its inspiration from the crime novel *Three Seconds* by Anders Roslund and Borge Hulström, the film involves a reformed criminal (Joel Kinnaman) with special ops training who works for the FBI as an informant. His problem is that his handlers are only slightly less corrupt than the Polish mafia he’s been assigned to infiltrate. Andrea Di Stefano directed this hard-boiled thriller co-starring Rosamund Pike, Clive Owen, Ana de Armas, and Common. Aviron Pictures is the U.S. distributor.

*Like a Boss* was originally slated for release last summer, but Paramount postponed it until now. A brash comedy about two best friends (Tiffany Haddish and Rose Byrne) who create a beauty company but run afoul of a greedy rival (Salma Hayek), the movie goes for broad laughs and easy sentiment. Billy Porter is afforded a scene-stealing role as a gay shop assistant. Miguel Arteta directed from a screenplay by Sam Pitman and Adam D’Agati. His three patients. Jon Avnet directs from a script by Avnet and Eric Nazarian. *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

In *Inherit the Viper* stars Josh Hartnett as a drug dealer specializing in opioids whose sister (Margarita Levieva) doubles as his partner. He wants out of the game, but before he can exit, his younger brother (Owen Teague) gets caught up in the criminal web they’ve spun. This dimly lit thriller directed by Anthony Jerjen features strong work from a solid supporting cast, which includes Bruce Dern in a small but nicely shaded role. *Arena Cinelounge, 6464 Sunset Blvd., Hollywood, Fri., Jan. 10, various showtimes; $16. (323) 924-1644, arenascreen.org.*

*Reality Queen!* is a mockumentary that follows a Paris Hilton–like celebrante (Julia Faye West) who tries to climb back into the media limelight after she’s ousted by the “Kims,” a trio of sisters modeled after the Kardashians. Shot in cinéma vérité style by director Steven Jay Bernheim, this indie comedy features cameo appearances by Denise Richards, Mike Tyson and the late John Witherspoon. *Arena Cinelounge, 6464 Sunset Blvd., Hollywood, Fri., Jan. 10, 3:05 p.m.; $16. (323) 924-1644, arenascreen.org.*

In *The Sonata*, a young and rising musician (Freya Tingley) inherits a sprawling gothic mansion after her estranged composer father (Rutger Hauer) dies under mysterious circumstances. In a subplot that could’ve been dreamt up by Dario Argento, she discovers that the last piece he was working on is a sonata intended to raise the dead and conjure the Antichrist. This florid piece of operatic horror was directed by Andrew Desmond, who co-wrote the screenplay Arthur Morin. *Monica Film Center, 1332 2nd St., Santa Monica, Fri., Jan. 10, various showtimes; $9-$12. (310) 478-3836, laemmle.com.*

Also opening Friday, January 10: *Afterward; The Corrupted; Les Misérables; The Murder of Nicole Bron Simpson; A Shaun the Sheep Movie: Farmageddon*
HAPPY BIRTHDAY
HEPCAT

Overcoming trials and tribulations, the SoCal ska pioneers get set for a new album

BY BRETT CALLWOOD

O
f the many ska and ska-punk bands that emerged from the SoCal region in the ’90s, Hepcat were far from the most commercially successful. They were, however, one of the more authentic when considering the original Jamaican rocksteady sound. Meanwhile the fanbase that they built through a riotous live show and albums that included the Out of Nowhere debut, Scientific on BYO, and Hellcat releases such as Right on Time and Push ’n Shove, has remained loyal.

On Friday and Saturday, Hepcat celebrates its 20th anniversary with two shows at Alex’s Bar in Long Beach. It’s been a long road to get to here — one that has seen tragedy as well as copious levels of unmitigated joy. They might not have reached those No Doubt–levels of arena-headlining success, but they didn’t get into this to get rich.

“We were swept away in the ’90s ska boom, because all these bands that picked up playing ska all around us, or who had played before us, were suddenly top of the pops,” says singer Greg Lee. “We just kept doing our thing. Like, it’s good for them. A little weird, y’know? But we’ve been on that trip ever since. We’re not following the same motivations as the other bands that we’ve come to know over the years. We came to know this past year when the Pick it Up!: Ska in the ’90s documentary came out and everybody told their stories — No Doubt, Reel Big Fish, all these people told their stories about trying to make it big using ska in the music industry. We didn’t know anybody was about that. We just thought everybody was like us. So there’s nothing that keeps us going — we just are. We started by wanting to play one backyard party a long time ago. That parlayed into a couple of shows, and we kept playing. We love what we do, we love our job.”

Despite there being, in hindsight, differences in objectives, there was a kinship between those ’90s ska bands in L.A and the O.C. Lee says that, even when they didn’t love a band’s music, they loved the people.

“We were almost always friends,” he says. “We all played together and knew each other well. It was a scene. They’re doing their variety of ska and this group of kids loves them, and we’re doing our variety of ska and rocksteady, and we love what we do. It never really was about who liked us — it was about us liking ourselves.”

Naturally, there was a huge crossover with the fans despite the differences. Fans of Save Ferris and No Doubt would often be at Hepcat and Sublime shows, and vice versa. There’s still a scene today, though Lee sees himself as something of an observer.

“Think of it this way — we’re in a very slow moving time capsule and we’re watching people buzz and whiz by us all the time,” he says. “I imagine it must be sort of like the same as the old guys from Jamaica who played ska and rocksteady who are still alive, or lived to see some of the new ska bands, including the two-tone bands. They’re watching them going, ‘Hmm, that’s neat. They’re on the radio, making videos and everything else.’ We’re just watching it happen, not necessarily watching people go by us but watching the whole thing unfold, fold back up, get thrown in the waste can and start back up again.”

In 2007, longtime bassist Dave Fuentes died and then, in 2015, guitarist Aaron Owens also passed away. That was a tragic double-hit for the band, and Lee admits that it was hard to carry on.

“It was super hard, particularly with Dave because I guess we still had some commitments to our record label and we just weren’t really up for it,” he says. “It was very hard — we’re very dear friends with his wife and she had to watch this band continue without her husband being up there on the right-hand side playing bass. We played here and there over the years, and little by little we realized that this is what we do. It’s not our job — it’s a second job, but we do love to do it. We get to play the music we love for the reasons we love it — to see two people get together and actually dance with each other. Not just standing there with a beer and their phone nodding their head to the beat. They actually dance, and we get to create that atmosphere. It’s something special that we all love. Like I said when Dave passed, we lost it for a little while — that understanding. But as Dave would say, why can’t we just play? That’s the banner we run under these days.”

It’s been a hot minute since their last studio release. Besides a live album in 2011 and an Out of Nowhere re-release in 2004, their last album was Push in Shove in 2000. Lee says that they’re about to put that right.

“We have like three records of new material,” he says. “We just need to stop doing all our other crap. We have to finish them. There are a bunch that are done, there’s a bunch on the work table we’ve been messing around with for a number of years. I think our turn is coming soon. Even though I’ve been saying that for a while, right now it feels like it’s very close because it appears that everybody is motivated. We have weekly writing sessions and we meet up quite a bit to talk about what we’re trying to do.”

Lee says that the toxic political climate in this country actually held them back for a minute as they paused to think about what sort of band they want to be going forward.

“In my experience, good music always comes with bad politics,” he says. “But this is a special bad time. You want to say a lot. You want to climb up to the top of a mountain and say ‘Screw this’ and ‘Fuck that,’ and ‘Fuck you if you think of these people that way.’ But we have to pull back and remember that that’s not our thing. Our thing is the politics of people. The politics of people meeting each other and the mechanics of what happens as an after effect of that. We got pulled off of that path for a little while because of politics. I actually think the record we’re working on now would have been done two years ago had all this not come to pass.”

This weekend, we might here one or two of those new songs in Long Beach. Lee says that the two shows will be very different so it’s worth going to both.

“We’re leaning towards one being really old Hepcat stuff that we never play, and the next being newer mixed with really new that nobody’s heard,” he says.

As for the rest of 2020? More work, including getting a new album out. It is, after all, what they love to do.

Hepcat plays with Cutty Flam at 8 p.m. on Friday, January 10 and Saturday, January 11 at Alex’s Bar.
Kidi Band, Jolie Holland
@ Bootleg Theater
With three percussionists and one guitarist, Kidi Band are an unusual local group. All four musicians also sing, giving the songs on their 2016 album, Gimme Gimme, a mesmerizing variety of sonic textures that are woven together cleverly. Tracks range from the disarming folk-pop intimacy of "Babies" to the percussively arty and bluesy vocal collage "Extra Expiration." The aptly titled "Fever Driver" is layered with acoustic guitar over a curiously compelling rhythmic vocal push, whereas "Rooftops" is a stark pop ballad spiked with flourishes of guitar. Kidi Band celebrate the release of a new single on a bill with enchanting folk-pop vocalist Jolie Holland. The Houston native twined her lilting voice together with her former Be Good Tanyas bandmate Samantha Parton's on their 2017 collaboration, Wildflower Blues, a collection of low-key, rootsy ballads that are elevated by the duo's dreamy harmonies. — FALLING JAMES

Three Bad Jacks
@ Gallagher's Pub
Following a successful performance a couple of months ago at the SoCal Hoedown alongside similarly minded 'billy bands such as the Nekromantix and Koffin Kats, Woodland Hills mob Three Bad Jacks will be strutting their stuff in a local bar — a setting that one suspects they're more than comfortable in. According to their Facebook bio, "One of Los Angeles' hardest working bands — and biggest club draws — Three Bad Jacks have been pounding it out, non-stop, since the late 20th century." That admirable work ethic has seen them earn and retain an enviable fanbase, and recent album Pictures and Memories From Home is a banger. You know what you're getting — twangy bass, old rock & roll riffs, leather and slick hair, and some hootin' and hollerin' from frontman Elvis Suissa. — BRETT CALLWOOD

Gates of the West
@ The Roxy
The Gates of the West tribute show at The Roxy brings together a motley assortment of musicians celebrating the 40th anniversary of the U.S. release of The Clash's London Calling album. The romantic 1979 tune "Gates of the West," sung by guitarist Mick Jones about the band's excitement about arriving in New York City, wasn't on London Calling, but it foreshadowed The Clash's evolution from a relentlessly frenetic punk band into a more sonically diverse and pop-minded group. The tribute features MC5 guitarist Wayne Kramer, who was given a shout-out by Jones in The Clash's 1978 B-side "Jail Guitar Doors," an homage to guitar heroes who have gotten in trouble with the law. The lineup also includes less-compelling figures such as Butch Walker, Jakob Dylan and Duff McKagan in lieu of the notable local punk legends who might give this show some real verve and danger. — FALLING JAMES

Femme-Fronted Fest
@ The Hi-Hat
Headlining night one of the Femme-Fronted Fest at Highland Park's ever-awesome Hi-Hat is Jessica Gerhardt, in her words a ukulele—playing, singing and songwriting Catholic feminist, who also claims that the mermaid is her spirit animal. The indie pop artist's influences include St. Vincent, Fiona Apple, Florence + the Machine and the Talking Heads and, if recent single "Morning Moon" is anything to go by, she wears her heart on her sleeve and allows her voice to soar. Also on this bill is Cassandra Violet, Brianna Ibarra and Haleigh Bowers, while Fascinoma, Katie Jo, Astyn Turr and No No Nightshade perform on the Sunday. — BRETT CALLWOOD

The Obsessed
@ Alex's Bar
Maryland band The Obsessed, led by the inimitable Wino, were playing stoner/doom metal before the genre had a name. Not quite as early as Black Sabbath, but this band formed in 1976 as Warhorse and changed their name to The Obsessed four years later. Kinda weirdly, they put out a series of demos before finally releasing their self-titled debut album in 1990. That worked out in their favor though;
When the holidays end, the real fun begins. RARE WHISKEYS · FOOD · LIVE MUSIC · LOCAL VENDORS

WHISKY WONDERLAND

SUNDAY, JAN. 12 • 12PM - 6PM
RARE WHISKEYS • FOOD • LIVE MUSIC • LOCAL VENDORS

It’s time to celebrate! As Long Beach’s own, Roxanne’s Craft Cocktail Bar, heads into its 10 Year Anniversary, we invite you to join us for our 4th Annual Whisky Wonderland: a relaxing getaway filled with some of the tastiest and rarest whiskeys in the world. And don’t worry, we’ll handle the clean up.

TICKET OPTIONS
All tickets include entry & access to the event grounds, live entertainment, food and vendors, and a complimentary beverage, and respective items listed below:

$25 Tasters of Wonderland
- 10 whiskey tastings of your choosing.

$35 Explorers of Wonderland
- Make your own Old Fashion Course: An Intimate Whiskey educational experience with special guest Bartenders.

$50 Vips of Wonderland
- Exclusive access to the Exhibition Room with 5 additional Tasting tickets of the industry’s top-shelf spirits.
- 1 raffle ticket for prizes each session.
- ADD-ON: A personal introduction to the Award Winning Bourbon 33 by Master Distiller Ian from Cutler’s.

Tickets on SALE NOW on EventBrite
For vending inquiries, please email forreststockely@gmail.com

Roxanne’s Wille’s Marie’s

1115 E. WARDLOW RD. LONG BEACH, CA • (562)426-4777

the stoner boom, led by bands such as Kyuss, fully embraced them. The most recent album, Sacred, came in 2017, though the band still kicks ass live. Hard, heavy and single-minded, Alex’s floor will be shaking. Nick Oliveri’s Mondo Generator also play, and Drainage open.—BRETT CALLWOOD

Fishbone
@ ALEX’S BAR
As part of 20th-anniversary shows at Alex’s Bar this weekend, the LBC club hosts Fishbone in an afternoon show. The funk-punk-ska-soul insurrectionists have always been a dazzling, energetic force of nature, and leaders Angelo Moore and John Norwood Fisher have kept the L.A. band thriving through numerous lineup and style changes. In their early days, Fishbone pumped up ska and funk rhythms with a punk-rock drive, but over the years they’ve also expanded their sound with forays into soul-music dreaminess and hard-rock fury. Fishbone are billed with local ska-reggae combo The Delirants at the Sunday matinee, while SoCal ska veterans Hepcat headline the first two nights of the Alex’s Bar anniversary on Friday and Saturday (arrive early on Saturday to catch openers Cutty Flam, a charmingly strange garage-roots-pop local band).—FALLING JAMES

MON 1/13
Maesa Pullman
@ THE LOVE SONG
The local “dream-town mountain siren” Maesa Pullman continues her free Monday-night residency in January at DTLA’s intimate Love Song bar. “I don’t need new eyes to see,” she intones solemnly and slowly on her new single “Death of the Machine.” Her big voice fills the enigmatic song’s empty spaces with a warmth and charisma that charges away the darkness. On earlier releases, such as “Whoa Honey,” Pullman draws from the blues to create a shadowy, torridly dramatic atmosphere that’s sparked by powerful vocals. The acoustic ballad “Again Again” is a comparatively restrained acoustic ballad that showcases the more intimate and vulnerable side of the singer. These singles over the past two years build on the promise and potential of Pullman’s early single “Bells” and 2013 EP Whippoorwill, a set of roosty, rustic interludes. —FALLING JAMES

TUE 1/14
Odetta Hartman, Lucy Arnell
@ RESIDENT
Odetta Hartman’s recent album, Old Rockhounds Never Die, sounds at first like a roots-rock exercise in nostalgia, as she draws her way through countrified folk and blues tunes adorned with violin and banjo. But the New York singer has a lot more on her mind than merely mimicking the past, and she infuses charming tracks like “You You” with indie-rock arrangements crowned with her beguiling vocals. “Widow’s Peak” begins as a dusty, banjo-driven idyll with Hartman’s confessional singing, but it soon shifts into a hazy-dreamy Melanie of acoustic and electronic instrumentation that’s unexpectedly strange and eerily arty. She’s billed at Resident with Lucy Arnell, a local singer from New York who disarms as both a solo performer and as the leader of a band. “The Check (The End of It All)” is a typically atypical grunge-psychedelic interlude from her intriguing upcoming album, Makeshift Starfish. —FALLING JAMES

Luxury
@ MOROCCAN LOUNGE
Los Angeles’ Luxury says that he makes dance music for grownups. “Raw, funky bass-lines plucked with grown-man finesse,” it says on his Facebook page. “A mastery of space disco native only to those who lived through the late ‘70s/early ‘80s. Dust in the glitter that vibrates in the space between string bass, bongo slaps, and guitar jabs — while the steady pulse and astral effects feel beamed in from a more cybernetic future Los Angeles.” That’s what the man born Blake Robin does, and by god he does it well. He’s remixed everyone from Kiss to Madonna, and his most recent release was last year’s “It’s Not Funny,” and yet the man previously known as Baron von Luxxury is only just getting started. —BRETT CALLWOOD

WED 1/15
Potty Mouth, Broken Baby
@ THE SATELLITE
“I only need a little room to fight,” Amber Bollinger declares proudly over a rumble of hard-rock guitars on Broken Baby’s recent single “My Head’s a Television.” Bollinger and co-songwriter Alex Dezen previously revealed promising hints of strangeness on their 2018 self-titled debut album, which ranges from the funky post-punk collisions of “Year of the Fat Man” to the coolly grooving “Pass the Acetone.” “No, Patrick Swayze, you ain’t gettin’ no ride,” Bollinger insists amid the rubbery bass lines of “It’s My Show!” The L.A. duo should provide a lively counterpoint to headliners Potty Mouth, the local punk-grunge band whose 2019 full-length release, SNAIL, was one of the best albums of the year. Potty Mouth’s new single, “Favorite Food,” marries surging power chords with singer Abby Weems’ melodic romantic entreaties. —FALLING JAMES

THU 1/16
Dimebash
@ THE OBSERVATORY
The annual event celebrating the life of Panthera/Damageplan guitarist Dimebag Darrell will return to The Observatory in Santa Ana, and this one might be the biggest yet. It’s been 15 years since we lost the prodigious six-stringer, and it looks like his girlfriend Rita Haney and friend Dave Grohl are going to go big. Last year, Grohl was joined by Slipknot’s Corey Taylor, Anthrax’s Scott Ian and Charlie Benante, Slayer’s Dave Lombardo and Panthera’s Rex Brown for an all-star jam, and we’re expecting names of a similar stature again. But of course, the most important thing is that we don’t forget Dime, the victim of a crazed gunman. Keep listening to his music, and fuck guns. —BRETT CALLWOOD
FEATURING
TINY TEXIE

FRIDAY JANUARY 17TH
2 SHOWS @ 11PM & 2AM
NORTH HOLLYWOOD - DEJA VU SHOWGIRLS
18 & OVER FULL NUDE
7350 COLDWATER CANYON - NORTH HOLLYWOOD
(818) 982-1199

THE 2 LIVE CREW

ONTARIO 21 & OVER FULL BAR
DEJA VU BAR & NIGHTCLUB
5282 W MISSION BLVD - ONTARIO
(909) 627-7006
SATURDAY JAN. 18TH

HOLLYWOOD 18 & OVER FULL NUDE
DEJA VU SHOWGIRLS
6315 HOLLYWOOD BLVD - HOLLYWOOD
(323) 462-4200
SUNDAY JAN. 19TH

$10 OFF ADMISSION
SUBJECT TO AGE RESTRICTIONS • SUBJECT TO MINIMUMS • NOT VALID DURING SPECIAL EVENTS
* EXPIRES 02.15.20 LA WEEKLY
EMPLOYMENT & EDUCATION

Logisticsian (Compton, CA) Maintain & develop positive business relationships with customers’ key personnel involved in, or directly relevant to, logistics activities. Develop an understanding of customers’ needs & take actions to ensure that such needs are met. Manage subcontractor activities, reviewing proposals & developing performance specifications. 40hrs/wk, Bachelor’s degree in Economics or related required. Resume to Ocean Blue Express, Inc. Attn: Sung W Chi, 255 W Victoria St, Compton, CA 90220


Product Mgr, DAS & Small Cells Define, manage & communicate product vision & road-map aligned with company objectives & support by mkt research, data & competitive analysis. Req: MSc in computer engineering/comp sci, foreign equiv. OK, +5 yrs exp in job offered or as a Project Mgr. Engr: Service RF; or req: exp working on innovative licensed, unlicensed & shared spectrum commercial wireless solutions, working knowledge & exp with DAS, IBN. Small Cells, WCDMA, LTE & 5G. Access core & tech, ensure deployment of end-to-end cellular deployments incl unlit & backhaul, fronthaul, radio access, packet core, & functioning knowledge of CBRS & Multifire & their respective uses cases with regards to indoor cellular coverage. 40hrs/wk. Job site: LA, CA. Contact: Bisong Recruitment at jobs@bisong.com. Principals only. US citizen auth rec’d preferred.

Architect Manager – Burbank, CA. Entertainment Partners: Providing leadership on design concepts that impact on costs. Req: Bachelor degree in information systems, computer science, or rel. 5 yrs exp as an associate project manager, associate consultant or related. Exp must include: domain driven design, service oriented architecture and micro architecture. [As] platform and Java technologies, windows and unix/linux or xml/web services; software testing; scripting; network, ms visio, spring and hibernate tools, tom e82, sol server and oracle databases, jenkins, websphe & jboss web/ application servers.

To apply mail resume to: Eli-Dorothy Diamond, Entertainment Partners, 2950 N. Hollywood Way, Burbank, CA 91505

Engineering Help build the next generation of systems behind Facebook’s products. Facebook, Inc. currently has multiple openings in Los Angeles, CA (various levels/types). Solutions Engineer (1359544). Write production-grade code that is scalable and efficient for Facebook products. Mail resume to: Facebook, Inc. Attn: AA-USM, 1 Hader Way, Menlo Park, CA 94025. Must reference title & job code shown above, when applying.

Sales Manager: Research market analytics, ensure dealership meets unit sales, manage pre-owned vehicles. Min Req: 2 yrs exp as Sales Mgr. Sales Director or related. Send resume: Rapid Auto Sales, Inc. 1211 W. El Segundo Blvd., Gardena, CA 90247. Attn: Masoud Tofer AD#LAW14

To apply, submit resume to EAJobs@aem.com and reference ID: 1089.

Graphic Designer: Execute design concepts; bachelor’s degree in Fine Arts, Graphic Design or other related subject, Spikes, Inc. 16680 S. Main Street, Suite A, Gardena, CA 90248

Technology Electronic Arts, Inc. has job openings in Chatsworth, California.

“Senior Combat/Systems Designer (LA435). Work with the design leadership, design team, artists, code, audio, and animation to deliver design systems that epitomize the creative vision of the game. [As] Lead VFX Artist (LA445). Coordinate with Art, Design and Animation to ensure VFX (Visual Effects) match the quality bar and vision for the game.

To apply, submit resume to EAJobs@aem.com and reference ID: 1089.

Lead Dentist sought by Sahawneh Dental Corporation in South Gate, CA to provide general dental treatment as regulated by State & Federal regulatory agencies. DMD or DDS or foreign equiv. + 2 yrs exp. Licensed & Registered w/ CA Dental Board. Resume to Wesley@LocumHire.com. Res#112686, EOE.

Cyclotron Specialist - Los Angeles, CA. Participate in daily production of clinical radionuclides for clinical diagnosis, treatment, research. Operate, maintain cyclotron, rel instruments, facility. Design, construct, assemble cyclotron sub systems. BS, Chemistry in lieu of BS, employer will accept 3 yrs full study towards such degree, +1 yr medical cyclotron exp. In addition, 2 yrs exp w/ medical cyclotron, incl. some sold exp in PET tracer prod (FDG, FLI, FDOPA, NAC, Choline and N15 Ammo- nia), PET isotopes automated synthesis units, Hotcells, Dispersing cell, automated dispensing units & manipula- tor arms; radiopharmaceuti- cal quality control. Aseptic FH/Finish Manufacturing procedures, creation of CIMP documents, SOPs, Quality instruction, environmental monitoring in lab & laboratory setting, clean room gowing qualification, media & ana- lytical instruments (HPLC, GC, TLC, ICS, PEs & Osmometers). To be considered: MUST mail cur or cv to: Christine Yaabal, Keck School of Medicine, Uni- versity of Southern California, 1530 San Pablo St, UH# 8281, Los Angeles, CA 90033 w/ 30 days, mention Job #19289.

Lead Software Engineer sought by The Rubicon Project Inc in Los Angeles, CA to translate business requirements into technical software designs and software de- velopment project plans. Req: BS in CS, Engr. or rel + 2 yrs sfw development exp. Req 2yrs exp w/ Java+, Perl, Python, Java, AWK, Javascript, PHP & Bash. Apply @ www.jobpostingtoday.com 23957.

Marketing Manager, Strategy & Analytics. Provide input into multi-channel marketing strategy based on needs. SEO, SEM, social media, paid & community/influence development, inbound mar- keting, lead generation, email marketing, media, blog, events, etc. Worksite: Culver City, CA. Send resumes to Julian Caso, Steel House, Inc., 3644 Eastern Drive, Culver City, CA 90232.

Pastor, Associate: Apply by mail to Glory Church of Jesus Christ, 1801 S. Grand Ave., Los Angeles, CA 90015, attn: Senior Pastor

Cannawayz.com
SIGN UP ONLINE TO LOCATE BEST OFFERS AND PRICES

VINTAGE HOTWHEELS CARS
LOOKING FOR CARS FROM 1968-1985
COLLECTOR WILL PAY TOP DOLLAR
(562) 708-9069
acmecollectables.com

Injured at work? Workers Comp Law Firm READY TO HELP! For a FREE consultation, please call 310-664-9000 x 101 or text 310-849-5679 Website: www.workinjuryhelp.com

Warning: Making a false or fraudulent claim is a felony subject up to 5 years in prison or a fine up to $50,000 or double the value of the fraud whichever is greater, or by both imprisonment or fine.

Thank you Saint Jude, Saint of the Impossible, EC

LA WEEKLY Bulletin
Get in Shape, Lose Weight, Feel Great

JANUARY 25TH - 26TH • LOS ANGELES CONVENTION CENTER

REIGN TOTAL BODY FUEL PRESENTS THE FIT EXPO™ LOS ANGELES

LEARN FROM THE EXPERTS

150+ FITNESS CELEBRITIES

TONS OF FREE SAMPLES

VISIT OUR GIANT EXHIBIT HALL

✓ Bodybuilding, Powerlifting, Group Exercise and more!

PROMO CODE: LAWEKLYLA20. PROMO CODE EXPIRES AT 8PM PT ON 1/17/20 AND IS ONLY VALID ONLINE

OFFER APPLIES TO ONE ADULT FITEXPO ADMISSION. NOT VALID FOR KIDS OR TWO-DAY ADMISSION TICKETS. EACH PERSON MUST BE PRESENT AND MUST HAVE PHYSICAL COUPON TO REDEEM AT THE DOOR. DIGITAL COUPONS NOT ACCEPTED. PROMO CODE EXPIRES AT 8PM PDT 1/17/20 AND IS VALID ONLINE ONLY AT WWW.THEFITEXPO.COM. SOME EVENTS MAY REQUIRE A SEPARATE TICKET.

LEARN MORE AT WWW.THEFITEXPO.COM

ONLY $20 PER DAY WITH THIS $10 OFF COUPON

SUBWAY® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.