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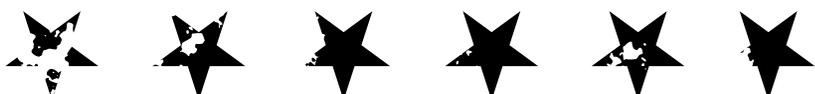
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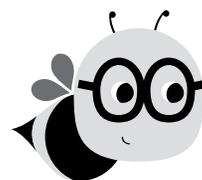
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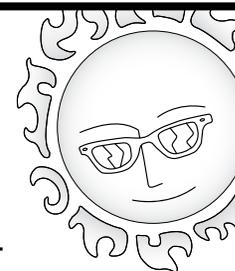
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BEHIND *THE HUNGER GAMES*

In this inside look at the year's most anticipated film, the cast dishes on what it was like onset, their costumes, the violence and more.

BY ARIEL PAREDES



Murray Close

Katniss Everdeen (Jennifer Lawrence, left), Peeta Mellark (Josh Hutcherson, center) and Cinna (Lenny Kravitz, right) in *The Hunger Games*.

AUTHOR SUZANNE COLLINS penned *The Hunger Games* in 2008, unaware that it would become a national bestseller and phenomenon. However, producer Nina Jacobson knew instantly that this was a book she wanted to get her hands on and turn into a movie.

"I couldn't put it down and [I couldn't] stop thinking about it," effused Jacobson. "I couldn't bear the thought of not being the producer of it; I felt very protective. I wanted the chance to be the champion for this book."

The novel takes place in the future in what was formerly North America, where Panem has become the Capital surrounded by 12 outlying districts. As punishment for a former uprising, the Capital holds a reaping each year that requires a male and female "tribute" from each district to compete in the annual Hunger Games, a fight to the death in which only one tribute survives.

Katniss Everdeen, played by Jennifer Lawrence (*Winter's Bone*), volunteers to take the place of her younger sister when she is chosen to represent their district, and prepares to compete along with fellow tribute Peeta (*The Kids are All Right* star Josh Hutcherson). Once taken to the Capital and thrown into the games, Katniss must use her wits, skills and adaptability to outsmart the other competitors and survive.

Sitting down with the cast, you immediately get a strong sense of their comradeship and pride. Liam Hemsworth, who plays Gale, joked, "Josh and I had an eye connection, and it was nice, great fun." Chuckling, he continued, "Seriously though, I had also met with Jennifer a couple times before we started shooting, and she is very easy to be around, and also very unpredictable which keeps you on your toes. She is an amazing actress," he gushed.

This sense of friendship and playfulness among the cast members led to a lot of pranks, both on and off the set.

"We all got along really well and were like a big family," said Alexander Ludwig, who plays the cunning Cato. "Amandla [Stenberg] (Rue) is such a prankster, hiding my clothes and making jokes all the time."

However, it wasn't all fun and games; because this book holds such a special place with so many fans, the pressure to live up to their expectations was intense.

Lawrence reflected, "It did give me pause; it was a scary and terrifying thing. I gave myself three days before I said yes, and combed through every doubt. I knew that I said yes without a doubt in my mind, and I haven't looked back."

Director Gary Ross also knew very quickly that he wanted to be involved in the project. "I threw my hat in the ring, and became hell-bent on making the movie," he said—and his determination paid off. "I don't think I've ever enjoyed my job more. I loved directing this movie and had a blast, because I personally connected with the material. When I finished the books, I had a really clear sense of how I wanted the movie to look."

Ross had nothing but kind words to say about his star: "Jennifer is so confident and self-possessed, and very candid. It was a wonderful synergy of her into Katniss's character."

While Ross knew right away he wanted Lawrence as Katniss, the casting news caused some dissent among fans due to her blonde-hued hair. Lawrence took it all in stride, joking, "My hair can be dyed, and I thought it was funny. Maybe people thought I would be blonde wearing red lipstick and fighting in heels!"

One person who was decked out in full makeup and elaborate costumes every day onset was Elizabeth Banks, a professed huge fan of the book, who plays Effie Trinket.

"I wanted her clothes to be oppressive, because she's a horrible person and very vain," she explained. "I wanted the costume to work on me as an actress, [but] I got heat exhaustion on the third day of filming! I did have the best makeup though."

Chiding Banks, Lenny Kravitz, who plays Katniss's stylist Cinna, jumped in, joking that Stanley Tucci's character, Caesar Flickerman, may have had the better makeup.

"Stanley was great though! Those teeth, I was like whoa!" he said, to which Banks agreed, "True, true."

While many of the characters had unique costumes, others felt left out.

"I wore pants and a shirt," said Kravitz. "When I saw them, I was like, 'Damn.' I did think it was a great choice for the character though."

Wes Bentley, who plays head Game-maker Seneca Crane,

rocked a serious beard for his role. "The beard alone took about three hours with all the design," he said.

While the cast freely discusses their costumes now, fans were unable to get a sneak-peak no matter how hard they tried. "I wore a giant cloak to and from the set," grinned Banks.

"Fans could not get on the set, it was like the military," added Kravitz.

In addition to the costumes and the set, another buzzed about topic was if the violence of the book would be accurately portrayed. Lawrence commented, "I was concerned they were going to water down the violence, and if you do that, then you water down what sparks the revolution. We agreed that we wouldn't make a watered-down version of Suzanne's books."

Hutcherson added, "The brutality is important, and there is such a disconnect with what is really happening."

As for *The Hunger Games'* mass appeal, the producer, the director and the actors all talked about how and why people connect so deeply with the story.

"It's a very contemporary book, and speaks to the divisions between the 99 percent and the 1 percent, and to young people and their anxieties about a future that awaits them," Jacobson commented.

Ross agreed, explaining, "This is also a very gender-blind story, and that's why people are drawn to this equally."

Echoing those sentiments, acting legend Donald Sutherland (President Snow) said, "I didn't know anything about the books or the buzz, but I read the script and I felt I had read something that could quite possibly be a game changer, [with the ability] to mobilize, catalyze and activate a generation of young people that has been dormant."

Fans of *The Hunger Games*, both diehard and new, started the countdown to the release of the film months ago. Set to hit theaters on March 23, everyone is waiting with bated breath to see how the much-anticipated movie will be received.

However, the movie has already received the approval of the person Jacobson was most concerned about: "Getting Suzanne's blessing was a huge relief, and made me so happy," she said.

May the odds be ever in the favor of everyone involved in *The Hunger Games*, and here's hoping they will all be able to breathe a sigh of relief on March 24.

Rolling Stone®

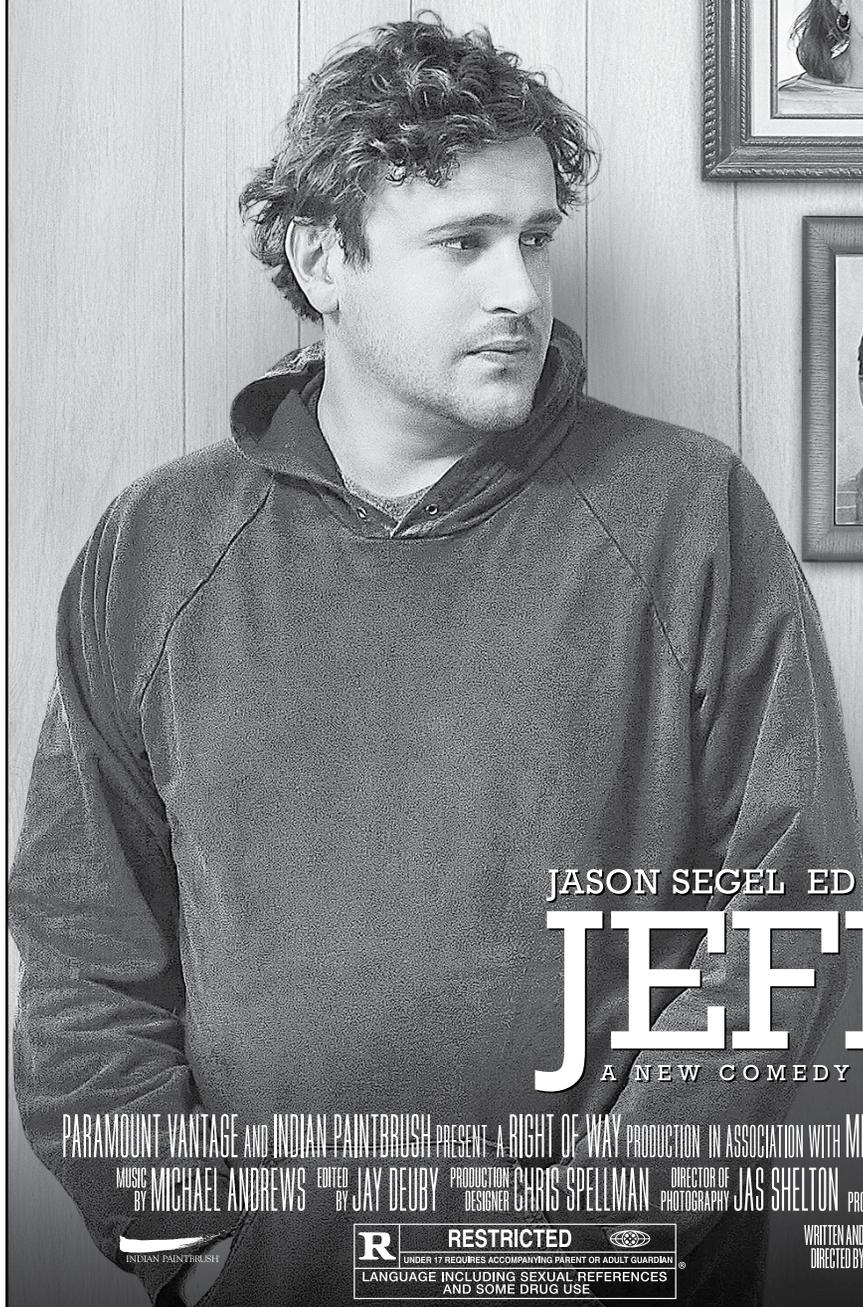
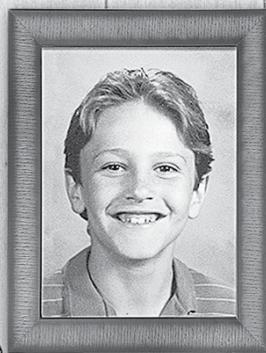
Peter Travers

“Segel, Helms and Sarandon are
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JASON SEGEL GETS SERIOUS



The Weinstein Company

Jeff (Jason Segel) and Pat (Ed Helms) in *Jeff, Who Lives at Home*, from Paramount Pictures and Indian Paintbrush.

***Jeff, Who Lives at Home* is a close look into the consciousness of relationships and fate.**

BY SABINA IBARRA

Jeff, Who Lives at Home opens with Jeff (Jason Segel) philosophizing that things happen for a reason. This view is solidified in his mind by M. Night Shyamalan's film *Signs*, in which Dakota Fanning's refusal to drink water throughout the movie results in a home covered in glasses of water, which ends up being the key to destroying the alien invaders threatening Earth.

In this opening scene, Jeff is sitting in his basement, smoking from his bong like every other day in his life, when he gets a call for someone named Kevin and takes this phone call as a sign.

"What if there is no wrong number?," he ponders in the film. "Maybe it's always the right number."

His ruminations are temporarily interrupted by his mother (Susan Sarandon), who asks him to buy wood glue, so Jeff is forced to leave his basement to accomplish this seemingly easy task. However, his simple plan is derailed when he spots a man in a jersey with the name "Kevin" on it.

Following "Kevin," Jeff embarks on an offbeat adventure to see where the name leads him.

The film is the latest brainchild of writing/directing duo the Duplass Brothers, who tell the tale of a man who is motivated by an intrinsic belief to follow whatever signs present themselves. Mark Duplass describes Jeff as the type of person who is constantly theorizing the nature of the universe.

"He is 30 years old and he is living in his mom's basement, but in a way there's an argument to be made that Jeff has more integrity than any of us," says Mark. "He believes his life is meant for grand things, and he won't settle. Jeff is waiting for glory."

Segel, who is known for his roles in huge projects such as the ever-popular TV show "How I Met Your Mother," brings out the realism in *Jeff*, taking a slightly different approach to being comedic in this film.

"I was just born hilarious," he jokes, "but beyond that this movie was a no brainer for me. It was so well written. It's funny because by nature we're a little bit funny, [but] the goal was to be honest on this one."

This realism in the movie is used to demonstrate that in life, the funny often comes from how people react to situations they are thrown into by not-so-funny circumstances.

Such is the case when Jeff's brother Pat (Ed Helms) becomes entangled in his younger sibling's adventure by happenstance after a spat with his wife (Judy Greer). While he tries to get Jeff back on track to get the wood glue, they run across his wife on a lunch date with a co-worker. This revelation brings out Pat's desperation to find out the truth by following her and confronting her.

Helms said he finds the scenes that deal with the complicated relationship between him and his on-screen wife to be therapeutic on a certain level. "I really love exorcising those icky feelings we all have about love," he explains. "It's tapping into real things, real emotions and experiences. It's exciting and fun, but also has some sort of healing property."

The realism in the film is aided by the Duplass brothers' signature style of extreme zooms and close-ups. Jay Duplass, who mostly handles the camera, explains the documentary-like feel is a means to capture the cast's authentic experiences.

"I just shoot what I want to see," says Jay. "With great actors, they truly have to be having those moments when things are happening for real."

Mark elaborates: "The core and the heart of this movie are all the subtle nuisances, the tragically comedic things that are running through their minds and their faces, so for us, the closer the better."

The genuine performances in *Jeff, Who Lives at Home* celebrate the unexpected moments in life that bring people closer together. As Helms put it, "Every day is unforgettable, full of chaos and excitement."

Jeff, Who Lives at Home releases March 16.

ATTENTION ALL FILM LOVERS!

The USC School of Cinematic Arts' "Out of the Box [Office]" screening series is a chance to see the latest international, documentary and independent films for free! Upcoming screenings include:

March 19

In Search of Haydn

Ray Stark Family Theatre, 3 p.m.

Award-winning filmmaker Phil Grabsky's biographical account of the life of Haydn is a visual and aural extravaganza. Through intimate and revealing interviews with experts, and detailed extracts from Haydn's personal letters, the audience gains tremendous insight not only into Haydn's music, but an appreciation of the artist himself. The emphasis of the film, as with Grabsky's previous films, is on the performance – and interpretation – of Haydn's music, with performances from the world's greatest musicians and orchestras.

For more info and reservations: <http://cinema.usc.edu/events/event.cfm?id=12399>



Sami Gayle and Adrien Brody in *Detachment*, distributed by Tribeca Film.

Alamy/ALC

March 21

Detachment

Ray Stark Family Theatre, 7 p.m.

Director Tony Kaye's (*American History X*) long-awaited film *Detachment* stars Academy Award winner Adrien Brody as Henry Barthes, a substitute teacher who conveniently avoids any emotional connections by never staying anywhere long enough to form a bond with either his students or colleagues. A lost soul grappling with a troubled past, Henry finds himself at a public school where an apathetic student body has created a frustrated, burned-out administration. Inadvertently becoming a role model to his students, while also bonding with a runaway teen who is just as lost as he is, Henry finds that he's not alone in a life and death struggle to find beauty in a seemingly vicious and loveless world.

For more info and reservations: <http://cinema.usc.edu/events/event.cfm?id=12467>

For a full list of screenings and more information, visit <http://cinema.usc.edu/events/event.cfm?id=12324>.

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MARCH (CD) MADNESS

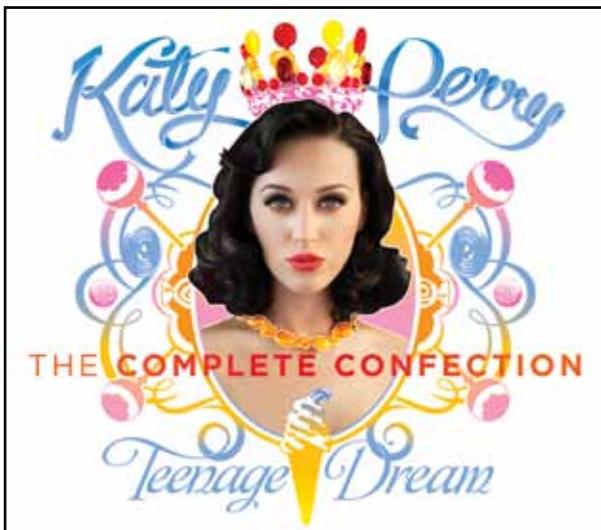
Rack up the points with this winning bracket of new releases.

BY KEVIN WIERZBICKI

WHILE YOU'RE WRAPPED UP IN ALL THE HOOPS ACTION THIS MONTH, don't forget that there's plenty of "hoopla" going on in the music world in March too. Here's a rundown of some new releases that'll help you score big.

Released in early March:

- Balkan Beat Box *Give* (Nat Geo Music) Mediterranean-inflected globalized electronica.
- Barren Earth *The Devil's Resolve* (Peaceville) Sophomore release from Finland's definitive folk death metal act.
- Biipiigwan *Nibaak* (Handshake Inc.) Sludge for fans of Neurosis and Isis.
- Bowerbirds *The Clearing* (Dead Oceans) Hear the new music when the 'birds nest at the Troubadour April 7.



Katy Perry's *Teenage Dream: The Complete Confection* drops March 27.

- Del Castillo *Infinitas Rapsodias* (Smilin' Castle) Austin-based Latin blues rock.
- Every Time I Die *Ex Lives* (Epitaph) Very heavy, but also layered and melodic.
- Freshman 15 *Here's to Feeling Good* (Standby) Pop-punkers make a big splash with this digital-only release.
- King Magnetic *Everything's a Gamble Vol. 3* (King Mag) Solo release from the Army of the Pharaohs member.
- The Melvins *The Bull & the Bees* (Scion AV) Get your free copy at facebook.com/scionav.
- RPWL *Beyond Man and Time* (Gentle Art of Music) A concept album from German art rockers.
- SoSaLa *Nu World Trash* (DooBeeDoo) New York avant jazz mashed up with Persian-flavored world music.

March 20:

- Scissormen *Big Shoes: Walking and Talking the Blues* (Vizztone) This CD + DVD set contains a documentary film and soundtrack from the Nashville group.
- Choir of Young Believers *Rhine Gold* (Ghostly International) *The Onion* calls them majestic and haunting.
- Marshall Catch *Make Noise* (Self-released) Debut E.P. from the Montana rockers.
- Pat Mastelotto *Recidivate* (7d Media) Drum wizardry with guests from Porcupine Tree and King Crimson.
- Lee Ranaldo *Between the Times and the Tides* (Matador) Solo effort from Sonic Youth guitarist.
- Paul Van Dyk *Evolution* (Vandit) DJ/electronica artist enlists guests Owl City, Fieldwork and Sue McLaren.

March 27:

- Borknagar *Urd* (Century Media) Avant-garde metal from Norway.
- Sandy Bull & the Rhythm Ace *Live 1976* (Drag City) This folk/experimental guitarist was way ahead of his time.
- Felix Cartal *Different Faces* (Dim Mak) Maja Ivarsson of the Sounds guests on this set of dance music.
- Flying Colors *Flying Colors* (Music Theories) Super-group includes members of Spock's Beard and Dream Theater.
- Modern Day Escape *Under the Gun* (Standby) Rock 'n' roll 2.0.
- Mairi Morrison & Alasdair Roberts *Urstan* (Drag City) Scottish duo performs traditional Gaelic tunes.
- Katy Perry *Teenage Dream: The Complete Confection* (EMI) Includes three new songs and previously unavailable alternate versions.
- The Veer Union *Divide the Blackened Sky* (Rocket Science Ventures) This alt/heavy rock band from Vancouver has commercial appeal.



CD Reviews

GRAFFITI6

Colours
(Capitol)

BY KEVIN WIERZBICKI

GRADE: B+

VH1 seems to be pretty good with a crystal ball; the outlet's "You Oughta Know" franchise looks at emerging musicians and predicts which ones will become big stars, and has in the past correctly picked dozens of now-prominent artists including Adele, John Legend and the late Amy Winehouse. Now, VH1 has singled-out Graffiti6 as being the latest act that "you oughta know," and that means that the group is most likely on their way to the big time. But there's really no psychic ability involved in VH1's advisement; anyone with at least one good ear can tell you there's something special going on with *Colours*, an album packed with solid pop tunes powered by the soulful vocals of Jamie Scott. "Stone in My Heart" is a gospel-



Jamie Scott gives soul a pop twist as lead singer of Graffiti6.

tinged dance track, where Scott's vocals are multi-tracked into a soaring and slightly psychedelic cooing that starts and stops throughout the song, mimicking the status of the love

relationship he's singing about. Fellow Brit group Spiritualized has performed this type of psych/soul/pop for years without breaking into the mainstream; Scott and Graffiti6, however, understand what it takes to get on the pop charts, and load up their songs with hooks. While they have some adventurous arrangements, they don't let things get too free-form for modern radio. "This Man" hearkens back to Marvin Gaye, and the perky and optimistic hit single "Free" also demonstrates how the '60s soul sound can be very contemporary when adapted by the right voice. And in Scott, Graffiti6 certainly has the right voice; a good thing because it appears they'll soon be tagging everything in sight.

Colours is available now.

SNOOP DOGG & WIZ KHALIFA

Mac & Devin Go To High School
(Atlantic)

BY ARIEL PAREDES

GRADE: B

It's rare to have the soundtrack come out before the film, but that is the case with this collaborative new effort from Snoop Dogg and Wiz Khalifa. Their album, entitled *Mac & Devin Go To High School*, is also the title of their upcoming film, due out later this year.

It's clear to anyone who listens to the album that one thing is on their minds, and that thing is weed, with track titles that include, "You Can Put it in a Zag, I'mma Put it in a Blunt" and "French Inhale," which features Mike Posner's smooth vocals. Surprisingly, the rappers actually manage to pull 12 tracks very nicely out of a single topic.

"I Get Lifted" has a smooth flow that blends both their East Coast and West Coast musical styles. The most popular track from the album, "Young, Wild & Free," features Bruno Mars on the recurring hook, and has an upbeat, accessible pop



Wiz Khalifa teams up with Snoop Dogg for the stoner movie soundtrack.

Darren Arkenman

sound to it.

Overall, the album has a laidback vibe, and pleasantly blends these two artists together. Well-honed vocals are laid down on different tracks, giving it a rich and ambient feel. Snoop Dogg and Wiz Khalifa definitely pull from their own experiences with this soundtrack, and from what we know about the upcoming stoner film, it complements it well. There aren't any songs that stand out as a new anthem for the year, but it is a solid effort.

Mac & Devin Go To High School is available now.

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IN THEATERS MARCH 30

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LIFE LESSONS FROM “REVENGE”

I HAD MY DOUBTS about the ability of a primetime soap to make a successful comeback. With “Desperate Housewives” on its way out this season, I was concerned that a juicy, adult serial wouldn’t make an impact in the 2010s, especially on network television. And I’m not talking about a drama that involves doctors, lawyers, Upper West Side rich kids or bloodsucking hotties. I’m referring to a straightforward sudser, chock-full of sex, bitchy vixens and old-fashioned backstabbery. A more meticulously plotted “Melrose Place.” A dishier “Dynasty” people could tweet about... You know what I’m talking about: “Revenge.”

ABC’s “Revenge” has been quite the surprise: a thrilling, soapy ride that just gets better with every episode. It seems to have avoided the mistakes of its predecessors, and is now delivering twist after turn after twist. And let’s hope it isn’t a one-trick (or one-season) pony. While “Revenge” may have learned a few lessons from the soaps of yesteryear, I’ve learned a few of my own from the drama that continues to prove rich white people have some effed-up problems:

1. Hire security for your parties. This covers all charity events, birthday soirees, lavish holidays and intimate family dinners. And it’s not just a matter of dealing with party crashers. This is for those run-ins with crazy, gun-toting social climbers...or your husband’s ex-mistress...or the pissed-off brother of your daughter’s boyfriend.

2. If you feel like you’re being watched, you are. If you’re a particular person of interest, whether it’s because you’re hiding something or holding the key to a long-buried secret, chances are someone is keeping tabs on you. That China doll sitting on the fireplace mantle? Yep, it’s a hidden camera.



Don’t cross Grandpa - he just might blackmail you.

BY HIKO MITSUZUKA

3. Are you an only child? Think again... because meet your long-lost sibling!

4. Give the peeping rich bitch next door a show every so often, especially if it involves her smokin’ hot son.

5. Don’t cross Grandpa. He might just come back to blackmail you.

6. Mistresses are hard to kill. Forget about pushing them off the ledge of a high-rise. It Won’t Work.

7. Trust your dog. If your pet takes a strong liking to the new girl in town, choose her and not the trashy wench posing as your childhood crush.

8. Befriend a prison warden who looks like CCH Pounder. Girl will hook you up once you’re out of the slammer and starting a new life.

9. Sign up for self-defense lessons with a Japanese mentor. This dude will *Kill-Bill* your ass ‘til it hurts. He’ll also prove to be a valuable ally when he strikes a business deal with your fiancé.

And finally...

10. The truth will come out. No matter how deep you bury it, that sh*t will be exposed. So brace yourself for the consequences, or plan a clever getaway so no one can find you...until you decide to pop up for a surprise appearance in the season finale.

“Revenge” airs Wednesday nights at 10 p.m. on ABC.

For more of my pop cultural ramblings, check out TheFirstEcho.com and HotterInHollywood.com, and follow me on Twitter (@[TheFirstEcho](https://twitter.com/TheFirstEcho) and @[HotterInHwood](https://twitter.com/HotterInHwood)).

WHO IS JONNY “THE UNIT” MANFRE?

The New Jersey native unwittingly became a cameo star in this season of “Jersey Shore.”

BY GABRIELLE OLYA

AS MTV’S “JERSEY SHORE” STARTED ITS FIFTH SEASON, one name had become synonymous for “drama:” “Unit.” So who is the man behind the nickname, who supposedly is the sole witness to the infamous hook-up between Mike “The Situation” and Snooki? We’ll let him tell you in his own words.

Campus Circle: Did you grow up going to the Jersey shore?
Jonny “The Unit”: I’m originally from New Jersey, so I was always either in Belmar or Seaside [Heights]. That was always really good times. I spent a lot of shirtless days out there, chasing down girls. That’s pretty much what we would do: working out all year long and showing it off during the summer.

CC: How did you end up on “Jersey Shore?”
JTU: I got sucked into it because of something that happened outside of the filming: the notorious hook-up between Mike and Snooki. When Season 5 was filmed, Season 4 hadn’t come out yet, so I didn’t realize my name would be mentioned so much in that season. I was just hanging out doing me, just kicking it with my boy and just having a good time, and next thing you know, Season 4 came out, and all that intrigue in that part of the storyline came out, including me. It was a pleasant surprise I’d say.

CC: So do you have plans to do more reality TV after the season wraps?
JTU: There’s certainly plans for reality TV in my future. We

have some ideas going on right now. A reality show is going to happen.

CC: What do you do when you’re not filming the show?
JTU: I have a fitness project I’m working on that’s really close to being kicked off on my Web site, thinkfitness.com. The first stage of the project, which will be the e-book and the Web site, will be out probably within a month or so, and it’s going to be awesome. It’s for the “GTL” generation, the people out there that are all about working out. It’s not just ‘eat this’ and ‘drink that’ and ‘work out like this,’ it’s also a philosophy and mind-state of fitness. I’m also doing some music; I started recording hip-hop and rapping a little more than a year ago. I’m always working. From morning to night, I’m on the grind.

CC: We have to ask, where did that nickname come from?
JTU: The nickname started when I was travelling with Mike and his brother Mark, doing club appearances. You go to these towns, you meet girls, you exchange numbers, they send you pictures, you send them pictures back. We were in Minnesota, and I showed Mark [a photo of a girl on my phone], and he took a look at that, and then he scrolled through my phone, and he happened to see the picture that I was sending back to the girls. I don’t know what the hell he was looking for, but he found me! The next thing you know, we’re at a dinner before a club appearance, and there was a reporter there. She was like, ‘You’re “The Situation,” you’re “The Man” [to Mark], so what’s your name?’ And Mark was like, ‘That’s “The Unit.” He’s got a mini-baseball bat in his pants!’ And the name stuck like glue.



CC: You’re a Rutgers’ graduate yourself, so any advice for current college students?

JTU: I have three pieces of advice: 1) Figure out what you want to do and go for it. When you figure it out go big. Don’t cut yourself short. 2) Don’t chase money, chase your goals. I like to say, ‘Dreams are for sleepers but goals are for winners.’ Chase your goals and the money will come with it. 3) Read *Think and Grow Rich* by Napoleon Hill. It made quite an impact on my life.

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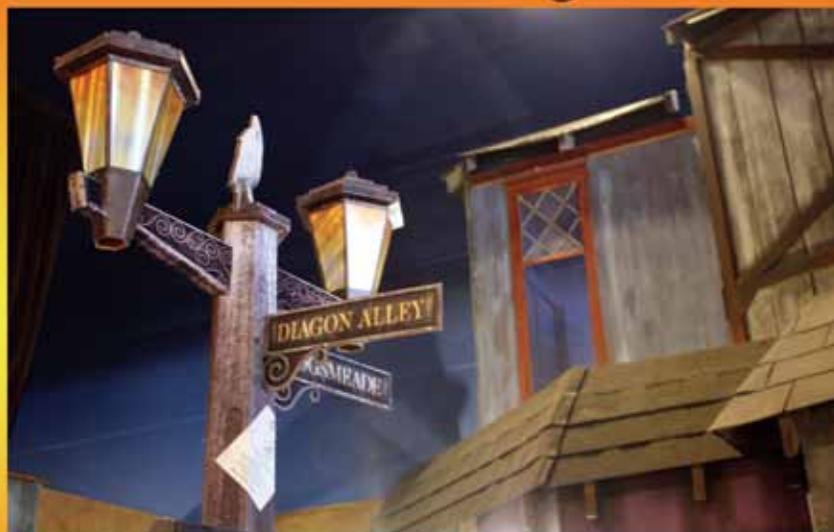
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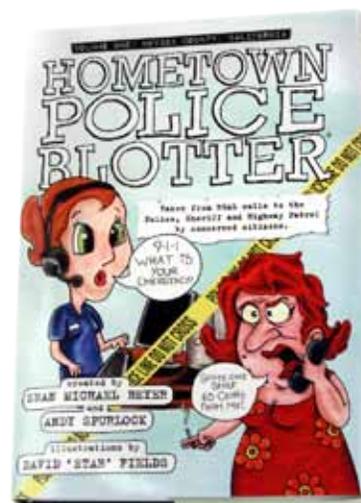
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SAT • MAR 17

ART



Enjoy art, food and airplanes at the Santa Monica Airport ArtWalk.

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facebook.com/pages/Santa-Monica-Airport-Artwalk/163305183278

There is a little something for everyone at this year's event, where 60+ resident artists open their doors and invite visitors inside. The Museum of Flying is open and will be offering free mini-tours every half hour, along with live music from Cliff Wagner & the Old #7. Plus, there's a composting demo at the demonstration garden, as well as food trucks and two great restaurants on site. It's a day of culture, art, food and airplanes.

When Saturday, March 17, 2012

Times Noon

Prices Free

FRI • MAR 16

FILM

Alien: The Director's Cut
The Nuart
11272 Santa Monica Blvd., Los Angeles
landmarktheatres.com
Cyberspace is abuzz about whether or not Ridley Scott's upcoming 2012 release, *Prometheus*, is a prequel to this classic.
When Friday, March 16, 2012
Times 11:59 p.m.
Prices \$10.50

COMEDY

Jerry Seinfeld
The Pantages
6233 Hollywood Blvd., Los Angeles
jerryseinfeld.com
Did you know his eponymous TV show was nominated for almost 70 Emmys and won 10?
When Friday, March 16, 2012-Saturday, March 17, 2012
Times 7 & 9:30 p.m.
Prices Tix start @ \$59

SPORTS

L.A. Marathon Weekend
lamarathon.com
Run, volunteer or just cheer on the runners at one of the largest races in the world, which starts at Dodger Stadium and concludes at the Finish Line Festival at the Santa Monica Pier, a carnival of music, food and fun. The weekend's festivities also include the L.A. Marathon Expo at Dodger Stadium featuring interactive exhibits, live entertainment, the Official L.A. Marathon Merchandise Store, product trials and all things marathon.
When Friday, March 16, 2012-Sunday, March 18, 2012
Times The expo is Fri. from 10 a.m.-7 p.m. and Sat. from 9 a.m.-6 p.m. Marathon is Sunday at 7 a.m.

SAT • MAR 17

SCAVENGER HUNT

St. Paddy's Old Town Treasure Hunt
Pasadena
outoftheboxevents.com
Press your luck this St. Patrick's Day as you seek out treasures and secrets along little-known alleyways and ever-green locations. Teams of two to six people. Starting point will be revealed

upon registration. No prior knowledge of Pasadena required. Celebration in partnership with the Old Town Pub. Must be 21 or older.
When Saturday, March 17, 2012
Times 11 a.m. & 2 p.m.
Prices \$25 per person

DRINK

St. Paddy's Day Pub Crawl
Long Beach
bigredbus.com
Ticket includes a big Irish breakfast before cruising the coastline on a topless double-decker bus to three Irish pubs with no lines or cover charge, plus drink specials, St. Paddy's day swag for all passengers and more surprises on-board. Pick up at the Seaport Marina Hotel Lobby (6400 East PCH, Long Beach).
When Saturday, March 17, 2012
Times Breakfast at 8 a.m., Boarding at 9:45 a.m.
Prices \$35

DANCE

Swan Lake
Alex Theatre
216 N. Brand Blvd., Glendale
losangelesballet.org
Los Angeles Ballet presents the legendary classic, "Swan Lake" - the abiding tale of a Swan Queen, a prince, an evil spell and an eternal love, choreographed by Los Angeles Ballet Artistic Directors Colleen Neary and Thordal Christensen, to Tchaikovsky's rapturous score.
When Saturday, March 17, 2012; Also at the Carpenter Performing Arts Center, 6200 Atherton St., Long Beach, on Saturday, March 24, 2012
Times 7:30 p.m.
Prices Tix start @ \$24

SUN • MAR 18

FILM

Cameron Crowe Double Feature
New Beverly Cinema
7165 Beverly Blvd., Los Angeles
newbevcinema.com/calendar.cfm
Who can forget John Cusack's boom box serenade in *Say Anything* or Kate Hudson's Oscar-nominated performance in *Almost Famous*?
When Sunday, March 18, 2012-Monday, March 19, 2012
Times 7:30 p.m.
Prices \$8

MUSIC

Grey's Anatomy: The Songs Beneath the Show
Royce Hall @ UCLA
245 Charles Young Dr., Los Angeles
uclalive.org
The cast of ABC's hit drama perform in this live musical celebration to benefit The Actors Fund. They will perform selected songs from last season's Musical Event, as well as additional music from the "Grey's Anatomy" songbook.
When Sunday, March 18, 2012
Times 8:00 p.m.
Prices Tix start @ \$55

BOOK SIGNING

Kristi Yamaguchi
Barnes & Noble @ The Grove
189 Grove Drive, Los Angeles
barnesandnoble.com
The Olympic gold-medalist signs her children's book, *It's a Big World, Little Pig!*
When Sunday, March 18, 2012
Times 5:00 p.m.

TOURS

Millard Sheets: A Legacy of Art and Architecture
Claremont/Pomona
lac.laconservancy.org/sheets
A native of the Pomona Valley, Sheets (1907-1989) was a nationally renowned and highly influential artist with the California School of painting. He helped found the Otis Art Institute, and served as the director of the Scripps College Art Department for 19 years. The Los Angeles Conservancy will offer a special, one-time-only tour showcasing the art and architecture of Millard Sheets in the Claremont and Pomona area.
When Sunday, March 18, 2012
Times 11:30 a.m.
Prices \$30, \$15 w/ student ID

MON • MAR 19

FILM

Reel Talk With Stephen Farber
Regent Theatre Westwood
1045 Broxton Ave., Los Angeles
landmarktheatres.com/ReelTalk/ReelTalk_Spring2012.htm
See a rich mix of this spring's most exciting movies, including top offerings from the indie film scene and festival circuit, the best in foreign cinema, and even a classy studio film or two. Then meet the filmmakers and stars in revealing discussions after the screenings. And don't miss out on the extras that make this series the best in town—weekly raffles and possible bonus screenings (FREE to series passholders).
When Monday, March 19, 2012-Monday, May 14, 2012
Times Mondays at 7:00 p.m.
Prices \$22 each

TUES • MAR 20

THEATRE

Rock of Ages
The Pantages
6233 Hollywood Blvd., Los Angeles
broadwayla.org
In 1987 on the Sunset Strip, a small town girl met a big city rocker — and in L.A.'s most famous rock club, they fell in love to the greatest songs of the '80s.
When Tuesday, March 20, 2012-Sunday, March 25, 2012
Times Tues.-Fri. at 8 p.m., Sat. at 2 & 8 p.m.,

THUR • MAR 22

PARTIES



The Hunger Games Release Party

Whimsic Alley
5464 Wilshire Blvd., Los Angeles
facebook.com/whimsicalley

Whimsic Alley will be hosting a release party for the much-anticipated film, which culminates with a midnight showing. Attendees will be separated into one of the 12 districts, where they will partake of food samplings from each district, witness the lottery selection of the 24 tributes, and then watch them compete (prizes include the right to continue living). The event also includes a fully-hosted open bar. After the festivities, guests will be transported to and from the theater, in style, on the Capital bus. Elegant or outrageous dressing up is heartily encouraged.

When Thursday, March 22, 2012
Times 8:00 p.m.
Prices \$98 (includes ticket and gift card)

Sun. at 1 & 6:30 p.m.
Prices Tix start @ \$25

WED • MAR 21

COMEDY

D.L. Hughley
Comedy & Magic Club
1018 Hermosa Ave., Hermosa Beach
symfonee.com/comedymagic/attractions
One of the "original kings of comedy," his latest one-hour comedy special, "Shocked and Appalled," recently aired on Comedy Central.
When Wednesday, March 21, 2012
Times 8:00 p.m.
Prices \$30

THUR • MAR 22

COMEDY

Celebrity Autobiography: The Music Edition
Grammy Museum
800 W. Olympic Blvd., Los Angeles
grammymuseum.org
Outrageous and true music memoirs will be acted out live on stage by 10 of today's funniest performers. Artists currently scheduled to appear include: Illeana Douglas, Will Forte, Florence Henderson, Laraine Newman, Lainie Kazan, Eugene Pack, Dayle Reyfel, Fred Willard and Rita Wilson. After the show, the cast will take audience questions.
When Thursday, March 22, 2012
Times 8:00 p.m.
Prices \$45

SPORTS

L.A. Kings Student Night
Staples Center
1111 S. Figueroa St., Los Angeles
kings.nhl.com
Get discounted tickets with your student ID

when the Kings take on the Blues.
When Thursday, March 22, 2012
Times 7:30 p.m.

FRI • MAR 23

FILM

9 to 5 / Moonstruck
Aero Theatre
1328 Montana Ave., Santa Monica
americancinemathequecalendar.com
Big hair, big personalities and big laughs courtesy of Cher, Jane Fonda, Dolly Parton, Lily Tomlin and company in this '80s double feature.
When Friday, March 23, 2012
Times 7:30 p.m.
Prices \$11, \$9 w/ student ID

SAT • MAR 24

BOOK SIGNING

Duff McKagan
Book Soup
8818 Sunset Blvd., West Hollywood
booksoup.com
One of the founding members of Guns N' Roses and Velvet Revolver shares the story of his rise to—and typical fall from—the pinnacle of fame and fortune in his book, *It's So Easy: And Other Lies*.
When Saturday, March 24, 2012
Times 4:00 p.m.

PARTIES

Expansion
Hummingbird Nest Ranch
2940 Kuehner Dr., Santa Susana
xpnsn.com
Explore the advancement of music and art with a night of both underneath the stars.
When Saturday, March 24, 2012
Times 9:00 p.m.
Prices Tix start @ \$10

MUSIC

Gay Men's Chorus: Mighty Pipes
First Congregational Church of Los Angeles
540 S. Commonwealth Ave., Los Angeles
gmcla.org
An eclectic program of organ and choral music that melds classical works and glam rock to showcase the chorus' considerable vocal versatility. Songs include "Papa's Prayer," a mash-up of "Papa Was a Rolling Stone" and "Like a Prayer."
When Saturday, March 24, 2012-Sunday, March 25, 2012
Times Sat. at 8 p.m.; Sun. at 3 & 7 p.m.
Prices Tix start @ \$15

TUES • MAR 27

THEATRE

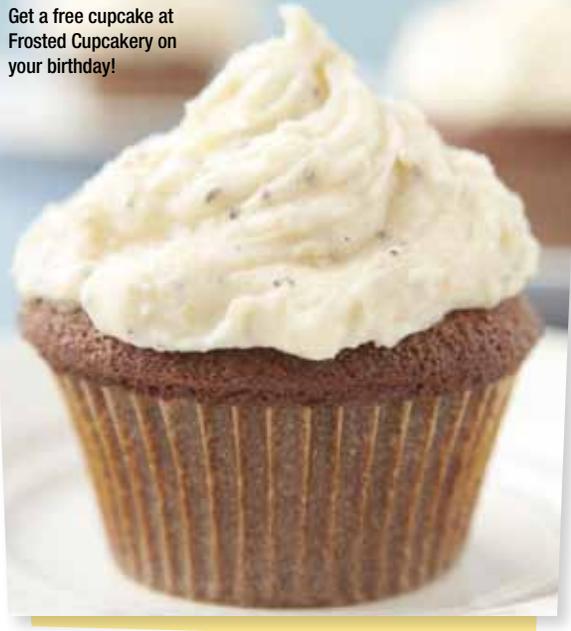
Mamma Mia!
The Pantages
6233 Hollywood Blvd., Los Angeles
broadwayla.org
The smash-hit musical combines ABBA's greatest hits, including "Dancing Queen," "S.O.S.," "Super Trouper," "Take A Chance on Me" and "The Winner Takes It All," with an enchanting tale of love, laughter and friendship.
When Tuesday, March 27, 2012-Sunday, April 8, 2012
Times Tues.-Fri. at 8 p.m., Sat. at 2 & 8 p.m., Sun. at 1 & 6:30 p.m.
Prices Tix start @ \$25



HAPPY BIRTHDAY TO YOU...

IF YOU LIKE FREE STUFF,
THEN YOU'LL LIKE THIS LIST TOO!

Get a free cupcake at Frosted Cupcakery on your birthday!



David O. North/AMCT

If your birthday is coming up, or if you just want to plan ahead, you should take advantage of the numerous restaurants, stores and entertainment venues that offer freebies to you just for being born!

BY GABRIELLE OLYA

FOOD

IHOP

Multiple locations

Start your birthday off right with a free meal at IHOP. Sign up to get your pancakes on the house: http://ihopcorp.fbmta.com/members/UpdateProfile.aspx?Action=Subscribe&_Theme=30064771093&InputsSource=W

Hooters

Multiple locations

Whether you like your wings breaded or "naked," mild, medium or hot, you can get 10 free on your birthday! Just sign up for the Hooters eClub: <https://www.hooterseclub.com/>

The Counter

Multiple locations

Enjoy a free shake the week of your birthday at this build-your-own-burger joint by signing up online at <http://www.thecounterburger.com/culture/>

Baskin-Robbins

Multiple locations

Treat yourself to one of Baskin-Robbins' many delicious ice cream flavors with a free scoop and discounts on cake for your special day. Sign up at https://www.baskinrobbins.com/BDayClub/RegisterInfo1.aspx?icid=bdc_000066

Benihana

Multiple locations

Dining and entertainment go hand-in-hand at Benihana. Receive a \$30 gift certificate to use towards their savory Japanese cuisine during your birthday month by registering online at <http://profile.benihana.com/registration/>

Black Angus Steakhouse

Multiple locations

Who doesn't like steak—especially when it's free? Indulge your carnivorous side with a free steak dinner (with purchase of another entrée) to celebrate your new year. Sign up at <http://www.blackangus.com/primeclub/>

Frosted Cupcakery

1200 N. Highland Ave., Los Angeles, CA

4817 E. 2nd St., Long Beach, CA

Nothing's sweeter than a free birthday cupcake! Just stop by either of Frosted Cupcakery's locations and show your ID to receive your complimentary treat.

Red Robin

Multiple locations

Indulge yourself with a free burger at Red Robin by signing up online at <http://www.redrobin.com/eclub/default.aspx?AspxAutoDetectCookieSupport=1>

Wing Stop

Multiple Locations

After you've enjoyed a free burger at Red Robin, head to Wing Stop to receive free French fries to complete the meal. Just sign up online: http://wingstop.com/email_club.aspx

Baja Fresh

Multiple locations

If you're in the mood for Mexican, don't miss out on your free birthday burrito at Baja Fresh. Sign up online (and receive a free taco today) at <https://secure.murgent.com/emopt/index.php?id=8339>

Jersey Mike's

Multiple locations

Get a free sub and drink at Jersey Mikes in honor of turning a year older. Sign up online: <http://www.jerseymikes.com/emailclub/>

ENTERTAINMENT

Medieval Times

7662 Beach Blvd., Buena Park, CA

Birthday lords and ladies can enjoy a free feast and free entrance to the tournament by joining their online club at <http://www.medievaltimes.com/buenapark/celebrations.aspx>

One Colorado Pasadena Movie Theater

42 Miller Alley, Pasadena, CA

See a movie for free during your birthday week! Simply stop by the concierge at this luxury theater after becoming a member online

at <https://www.ipictheaters.com/become-a-member.aspx> to redeem your complimentary ticket.

Big Bear Mountain Resorts

880 Summit Blvd., Big Bear Lake, CA

Does your birthday fall during the winter? Take advantage and ski or ride for free on your birthday at Big Bear! Simply present a valid photo I.D. on your actual birthday to the Guest Services Office.

Ice House Comedy Club

24 N. Mentor Ave., Pasadena, CA

Make sure your birthday is full of laughter this year. Go to the Ice House Comedy Club during your birthday week to receive two free admissions, a party favor, a free piece of cake and have your name announced during the show! In addition, bring up to 25 guests for only \$7/person. For reservations, call (888) 696-2037.

CLOTHES & BEAUTY

American Eagle/Aerie

Multiple locations

Get a new outfit to rock on your birthday with a 15 percent off coupon to use during your birthday month at American Eagle or Aerie stores. Sign up for their rewards club online at <http://www.ae.com/web/myaccount/aerewards.jsp>

DSW

Multiple locations

Shoe lovers can receive a \$5 birthday certificate by signing up online: https://www.dsw.com/dsw_shoes/user/rewardsLanding.jsp

Sephora

Multiple locations

Beauty Insider members receive a complimentary birthday gift each year! Sign up online at <http://www.sephora.com/beautyinsider/index.jhtml>

Smashbox Cosmetics

Want even more make-up swag? Sign up for a free birthday gift set from Smashbox by signing up at <https://www.smashbox.com/account/loyalty/join.tmpl>

LET'S TALK ABOUT SEX...

BY MARVIN VASQUEZ

SIGH. SEX – ONE OF MY FAVORITE TOPICS TO TALK ABOUT. HMMM...I WONDER WHY.

According to sex-pert Silvia Olmedo, it's because I'm a guy. Apparently, a man cannot obtain sex as easily as a woman can, which is why we men think about the subject more often.

Though I prefer sleeping, eating and attending concerts and sports events over doing the deed –really, I do—chatting with this acclaimed Spanish sexologist (who is also a psychologist) has changed my perspective on how to deal with relationships and, yes, sex – the hunger for it, its wit, and even the process.

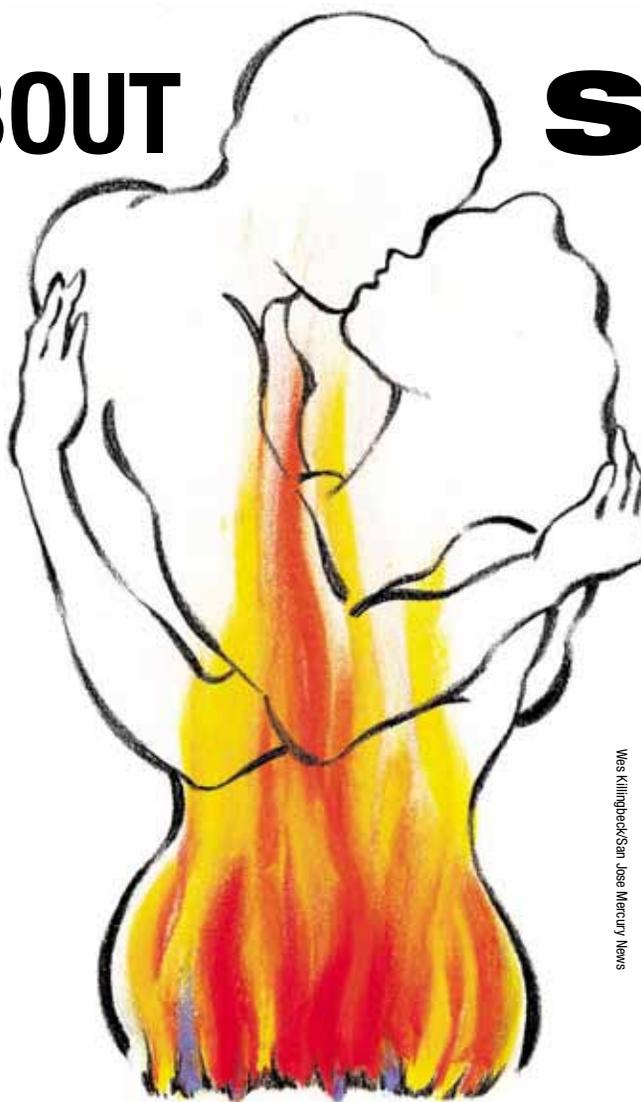
"Most of us have the wrong idea about love and sex," she eloquently states. "I did my research on the chemistry of love, how long it lasts, how we fall in love and why people do not like to talk about sex."

Olmedo brings an extensive amount of knowledge on the subject from her experiences from all over the world, including her work in Spain, Mexico, the U.K., the Netherlands, Australia and now the U.S. A simultaneous native of Santa Monica and Mexico City, Olmedo recently published *Los Misterios del Amor y el Sexo* (*The Mysteries of Love and Sex*).

"This book has everything you can think of about love and sex," she says. "And I, scientifically, gave answers."

One of the prominent topics she discusses in the book is the length of time a couple is in love with one another; according to Olmedo, chances are that feelings of love disappear after a year and half, which could lead to a potential break up.

Another intriguing subject Olmedo covers is that of infidelity and the act of continuing a relationship if it occurs.



Olmedo shares her expertise on love, relationships, sex and infidelity.

...with sex and relationship expert, Silvia Olmedo.

She suggests six things: 1) Take time to make that decision, 2) talk about the incident and discuss all details involved, 3) ask yourself if you actually can forgive the person who committed the unfaithful act, 4) do not play the victim, 5) be positive and 6) think of moving past the infidelity as a new chapter in your current relationship.

What about masturbation? Yes, Olmedo writes about that as well. In her book, she explains that in order to enhance the orgasm stage, women must and should explore their genitalia on their own. This is pivotal to knowing how to be fully pleased (if that ever does actually occur) by their partner. Although men masturbate more often, women need to execute this too to ensure themselves ultimate pleasure.

"I always give metaphors for men and women," says Olmedo. "Men are like pianos, and if you press a key, you will be able to play a melody; they're very easy to predict in terms of sexual pleasure...but women are very different in terms of sex; they are more like cellos. Women need to be cued every day."

Olmedo is intelligent in her own way; she is unique, she is extremely attractive, her voice is pleasant, and she knows what she is saying. She has done a lot of research in the area of love and sex. And she has a message for all of us young adults.

"First, before you love anyone else, you have to love yourself," Olmedo shares. "Always practice safe sex. Do not be pressured into sex. Do not rush it. It is not a question of numbers...do it when you're ready. You are cool when you are yourself?"

Los Misterios del Amor y el Sexo is available now.

INSTAGRAM CRAZE: USERS SHARE PHOTOS AT THEIR FINGERTIPS

BY NICK FOLEY
CAPITAL NEWS SERVICE (MCT)

STEPHANIE WALKER STUMBLED ACROSS A PHOTO-SHARING APPLICATION for her iPhone while scrolling through her Twitter feed one day and decided to download it.

The "app," called Instagram, transformed her ordinary photo into something quirky and unique. Now, she's hooked.

"I figured I'd give it a try, and it's growing on me," said Walker, a senior kinesiology major at the University of Maryland. "I really like the idea that you can alter the pictures after you take them. ... You can be really creative."

This newest social media craze — available for free in the mobile App Store — allows users to edit photos taken on their smartphone cameras using a variety of filters — from sepia tones to 1970s-inspired hues — which transform ordinary snapshots into professional-quality photos. Users can then share these pictures via Instagram, as well as through their Twitter and Facebook accounts.

"I haven't come across a boring picture yet," said Walker. "Somebody could take a picture of a leaf, change it and it'd still look cool."

The application launched in October 2010 and quickly gained 1 million followers in less than three months. It reached 10 million users by September and now boasts 15 million. In December, Apple awarded it "iPhone App of the Year."

According to the company's website, co-founders Kevin Systrom and Mike Krieger envisioned a "fast and efficient" photo-sharing service that challenged the assumption that "taking interesting photos takes a big bulky camera and a couple years of art school." They then raised \$500,000 from Andreessen Horowitz and Baseline Ventures, as well as another \$7 million investment from Benchmark Capital.

The company did not return messages seeking comment.

The secret to the brand's success is its marriage of smartphone technology and social media, according to Chris Harris, who teaches a digital marketing course at Johns Hopkins University. As an iPhone app, Instagram brings a unique flavor to the social media craze normally dominated by websites.

"The smartphone opens up everything," Harris said. "We're able to ... get to where we want to be in the palm of our hands, and you couple that with the whole social media revolution, and Instagram really hit on something."

However, everyday users aren't the only ones latching onto Instagram — various news outlets, companies and political figures have downloaded it, too. President Obama joined the application Jan. 2, hinting at a desire to embrace emerging forms of social media as the 2012 election draws closer.

Instagram hasn't announced plans to bring the application to the Android or Blackberry platforms, and is instead "working on making the iPhone experience as solid as possible," according to its website.

But Harris said the company should work to expand its services if it hopes to be sustainable in the future.

"There's almost a sense of pride that it's available on the iPhone," he said. "Don't pigeonhole yourself ... the iPhone is not the entire market."

And in the fast-paced, fickle world of social media, other brands — such as Pinterest, an online pinboard where users can share photo collections using themes — could quickly usurp Instagram by incorporating some of its features into its software, Harris added.

"The chances are that there are other apps that will take the best of Instagram ... and essentially add it into their offerings in the social media revolution," he said. "There's no

guarantee that Instagram will be this popular a year from now."

Another University of Maryland student, junior psychology major Sophie Jablonsky, said that as an avid photographer, Instagram simplifies her craft.

"I thought, 'This is a really great way to take pictures easily and then show them to people,'" she said. "That's one of the things that's so great about it: You can take something completely mundane and stationary and make it into something artistic."

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ZUMBA ON THE MOVE IN THE FITNESS WORLD

BY CAMMY CLARK
MCCLATCHY NEWSPAPERS (MCT)

BUT THIS WASN'T JUST ANOTHER WILD SOUTH FLORIDA PARTY. It was a special Zumba class for charity, led last month by the creator of the global craze, Alberto "Beto" Perez.

The charismatic Colombian in cargo pants — who has become a rock star in the fitness world — climbed onto the roof of a Chevy minivan that doubled as a stage. He demonstrated salsa steps, the merengue march and many other Latin-inspired dance moves — all while also cueing the drummer and the Bongo player.

For an hour, 75 of his adoring fans — and even the minivan — moved to the beat.

"Everybody loves it; everybody has fun," Perez said while posing for pictures with his Zumba faithful, some who traveled from as far as Canada.

Two days later, Perez flew to New York to appear on the TV morning show "Live! with Kelly." "You must be so rich by now," host Kelly Ripa gushed to Perez, 41.

Perez' Zumba classes, with the motto "Ditch the Workout, Join the Party," were strictly a South Florida phenomenon 10 years ago. Today, Zumba Fitness has become the largest branded fitness program in the world, with about 12 million people taking Zumba classes weekly at 110,000 locations in at least 125 countries, according to company spokeswoman Allison Robins.

The private company won't reveal information about the company's finances or its net worth. But at a time when most of the world is struggling economically, Zumba Fitness' empire appears to be flourishing. It is doing so on the strength of a growing army of certified instructors who spread the Zumba gospel to such distant outposts as Iceland, Papua New Guinea, Nepal and even Afghanistan — at the Kabul Community Center.

Zumba instructor Liz Ramirez, a U.S. Foreign Service officer with the U.S. Agency for International Development, said in an email that she teaches classes in the heavily guarded U.S. Embassy Compound that was attacked in September.

"In an environment like this, Zumba has been my lifeline," Ramirez said. "It provides me with a creative outlet ... a needed balance to the challenges and demands of the workplace. The music is upbeat and the environment is supportive."

And you don't have to be in a war zone to need a stress reliever. Florida Keys attorney Dorothy Harden discovered Zumba classes two months ago and is hooked. "It feels like exercise because you are sweating, but it's so much fun you forget you're exercising," she said. "You get your inner-dance on. And now I can fit into my clothes from college."

Many fitness crazes have come and gone: barefoot running, hula hooping, Nordic tracks and strip aerobics, once a favorite of Carmen Electra. Staying power is tough in the ever-evolving fitness industry. John Figarelli, founder of the National Fitness Hall of Fame Museum and author of *The*

On a **ROOFTOP PARKING LOT**, with temperatures
in the **CHILLY LOW 50s**, a **CROWD** of all ages
SHIMMIED and **SHOOK**, **SWEATED** and **SMILED** as
DJ Francis played an **ECLECTIC MIX** of dance music.



History of Fitness: Fads, Gimmicks and Gadgets, said: "I think the owners of Zumba did a great job of getting it going from a business standpoint."

Zumba Fitness does not charge gyms to carry its classes. Instead, it trains instructors and gives them the license and use of the trademark if they join the Zumba Instructor Network.

"We're helping the instructors to become entrepreneurs and make a living out of it," said company co-founder Alberto Aghion, a Florida International University alum who last year entered the school's Entrepreneurship Hall of Fame.

It's a sound strategy, said Figarelli, whose book covers 100 years of working out, from 1900 to 2000. "Most group exercise instructors will just go with the next popular class. But if Zumba is your business, instructors will stay with that."

Ensuring instructors are successful has become the company's main mission. "We have three people who all they do is call up gyms all day and try to find instructors employment," said company co-founder Alberto Perlman.

The company has made Zumba instructors easy to find, with a worldwide listing that includes all of their network instructors' classes regularly updated on the company's website. Instructors also receive new music and choreography about every two months. The music department now creates music just for Zumba classes, with original songs that include Zumbalicious, Que Te Mueve and Caipirinha, which was a No. 1 song in Israel.

Zumba Fitness makes its money on its instructors academy, instructors courses, monthly fee for instructors in their network and on all its brand merchandise. The company has built its own line of hip, colorful clothing and footwear, workout DVDs, two video games, original music and a lifestyle magazine, *Z-Life*.

Zumba Fitness' success also stems from its ability to reach all ages. A few years ago Joy Prouty, 70, a former Rockette at

Radio City Music Hall in New York, suggested classes geared for her generation. The result: Zumba Gold.

Aqua Zumba, called a "pool party," Zumba Toning and Zumbatomic for Kids followed.

For the first time, Zumba made the American College of Sports Medicine's top 10 Worldwide Fitness Trends, coming in at No. 9 in the 2012 survey. It is ahead of yoga, boot camp, outdoor activities and spinning.

"Zumba is kind of interesting," said Walter R. Thompson, professor of exercise science at Georgia State University and lead author of the trend survey. "It's been on the survey list for the past three years and never got any traction. At the urging of my Zumba instructor friends I left it on the survey list and lo and behold it's No. 9."

It's not clear yet if Zumba will have a long shelf life or be added to the long list of exercise fads, Thompson said. He will follow it to see if it stays on the world trend survey list for the next few years.

"I hope it stays around," Thompson said. "It's motivating a lot of people to exercise."

That was the case for Colombian Tatiana Ward, who attended Perez's Coral Gables rooftop class with her 67-year-old aunt. Ward said she lost 40 pounds with Zumba classes and now is an instructor who owns Cumbia Fitness in Keokuk, Iowa, pop. 6,000. "We only have three Hispanics in the whole town and Zumba is still huge there," Ward said. "The Latin rhythms are new to them and hypnotic. They love it. Love the energy. People of all size and ages come and feel welcome."

The high-calorie burning classes featured many dancing styles, including the mambo, tango, reggaeton, hip-hop and belly dancing.

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Time to fill out your March Madness bracket!

WHO DO YOU THINK WILL BE THE NEXT NCAA CHAMPS?

2012 NCAA men's basketball tournament

SOUTH March 13

- 16 Miss. Valley St.
- 16 W. Kentucky

WEST March 13

- 14 BYU
- 14 Iona

FIRST ROUND

Dayton, Ohio
March 13, 14

MIDWEST March 14

- Lamar 16
- Vermont 16

MIDWEST March 14

- California 12
- South Florida 12

SOUTH

EAST



© 2012 MCT

PEANUT BUTTER QUESADILLAS

A new spin on the classic PB&J



SEAN MICHAEL BEYER

BY SEAN MICHAEL BEYER

MOST OF US GREW UP EATING MOM'S PB&J SANDWICHES, and though they are a staple, after a while, they fall into the "same ole, same ole" category. That's why I decided to put my own twist on the traditional peanut butter and jelly sandwich.

Jazz up the lunchtime classic with a South of the Border version, using jelly, jam, preserves or whatever else you like as dipping sauces, and enjoy with potato chips and pickles if you're feeling really adventurous. Who didn't put pickles or chips in their peanut butter sandwich at school, right?

I guarantee after you try these, you'll make a batch and take it to your next party!

*Sean Michael Beyer is a freelance writer, graphic artist and The Guerrilla Culinarian.
Recipe suggestions, comments, feedback: food.editor@campuscircle.net*

PEANUT BUTTER QUESADILLAS

AS SEEN IN CAMPUS CIRCLE

Prep Time: 10 mins Cook Time: 5 mins
Yield: 16 Triangle Wedges

Main Ingredients:

1 cup room temperature Peanut Butter (old-fashioned is best, without added sugar)
4 Burrito-sized Tortillas

Optional Sauces and Sides:

3, 1/4 cup portions of different Jellies, Jams or Preserves (strawberry, grape, raspberry, whatever you like)
Banana Purée (recipe below)
Nutella
Handful of regular Potato Chips
Sliced Dill Pickles

Directions:

Take one tortilla and spread half the peanut butter out to about a half an inch from the edges. Place a second tortilla on top like a sandwich. Repeat with the remaining tortillas. Over medium heat, place a dry skillet large enough for your tortilla (this can also be done on the BBQ over low heat, which gives those cool grill marks like in my photo). Once hot, place one of your tortillas on the skillet and cook for a minute or two, so it just begins to brown. Keep an eye on it. Using a spatula underneath and your fingers on top, carefully flip it over and continue cooking for another minute or so. The peanut butter should have just begun to melt. Remove from the pan, and set aside to cool. Repeat with the other tortillas. Once cooled, grab a chef's knife, cut the tortillas in half, then half again and finally cut into triangle wedges. To serve, layer on a platter or large clean cutting board, put your dipping sauces into little bowls and spread the chips and pickles nearby.

For this recipe and more good grub:

<http://theguerrillaculinarian.blogspot.com>

Banana Purée Recipe

Ingredients:

One large banana, roughly chopped, 1/2 Teaspoon lemon juice
and 1 Teaspoon sugar or 1/2 teaspoon honey

Directions:

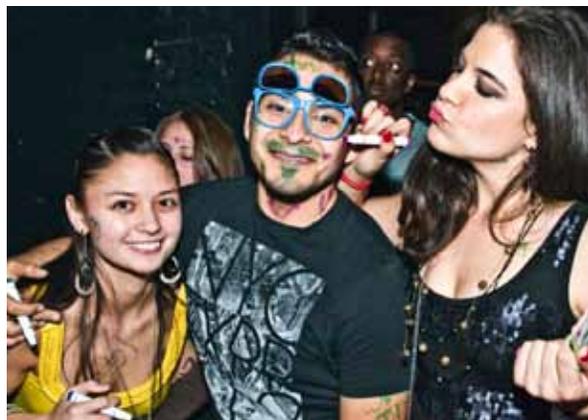
Put everything in a blender or food processor and blend until smooth. Keep covered in the fridge if not using right away to keep the bananas from turning a yucky gray color.

CULTURE

REBEL BINGO: NOT YOUR GRANDMA'S BINGO GAME

BY TAMEA AGLE

The underground gathering spreads from London to L.A.



I FOUND OUT ABOUT THE REBEL BINGO CLUB a few months ago, after I noticed the disco ball addition to a good friend's home –her prize for winning the classic-turned-underground party game. When I was invited to come shoot the hilarity, I jumped at the chance to possibly get a disco ball of my very own, or at the very least, to get a photo of someone else winning something as random and fantastic.

Rebel Bingo is a one-of-a-kind event, where people dance, draw on each other, dress like Alex DeLarge of *A Clockwork Orange*, and party in what can only be described as the love child of the Electric Daisy Carnival and a bingo club.

Walking around the two rooms and outdoor area of the venue, I was greeted by people painted in marker –and by then end my arms were covered in it myself. (In fact, for the next day and a half, my arm still said, "HI!" in bright purple marker.)

Started in the basement of a church in London by a couple of event promoters, the party has come to Los Angeles and has gained a well deserved following. Why wouldn't it? In its essence, all Rebel Bingo entails is dressing up to play an innocent game your grandmother plays, but this version comes along with sexy hosts, drinking, dancing, and many fascinating characters. I think nights like these are what we all meant when we said we never wanted to grow up.

While I didn't win a disco ball (this time, the grand prize winner took home an old school boom box), I did leave with some fantastic photos.

To find out more about Rebel Bingo and to buy tickets to the next event, taking place March 31 in Los Angeles, visit <http://www.rebelbingo.com/>.

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Thordal Christensen & Colleen Neary
Artistic Directors

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Victoria Looseleaf, Los Angeles Times

March 4, 2012



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MARCH 4 2:00 PM
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www.uclalive.org

MARCH 10 7:30 PM
REDONDO BEACH
PERFORMING ARTS CENTER
www.redondo.org

MARCH 17 7:30 PM
ALEX THEATRE
www.alextheatre.org

MARCH 24 7:30 PM
CARPENTER
PERFORMING ARTS CENTER
www.carpenterarts.org

MARCH 31 7:30 PM
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PERFORMING ARTS CENTER
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