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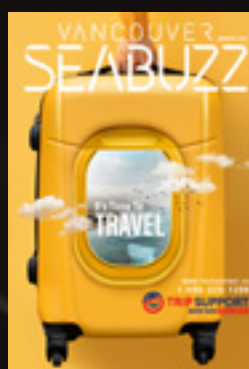
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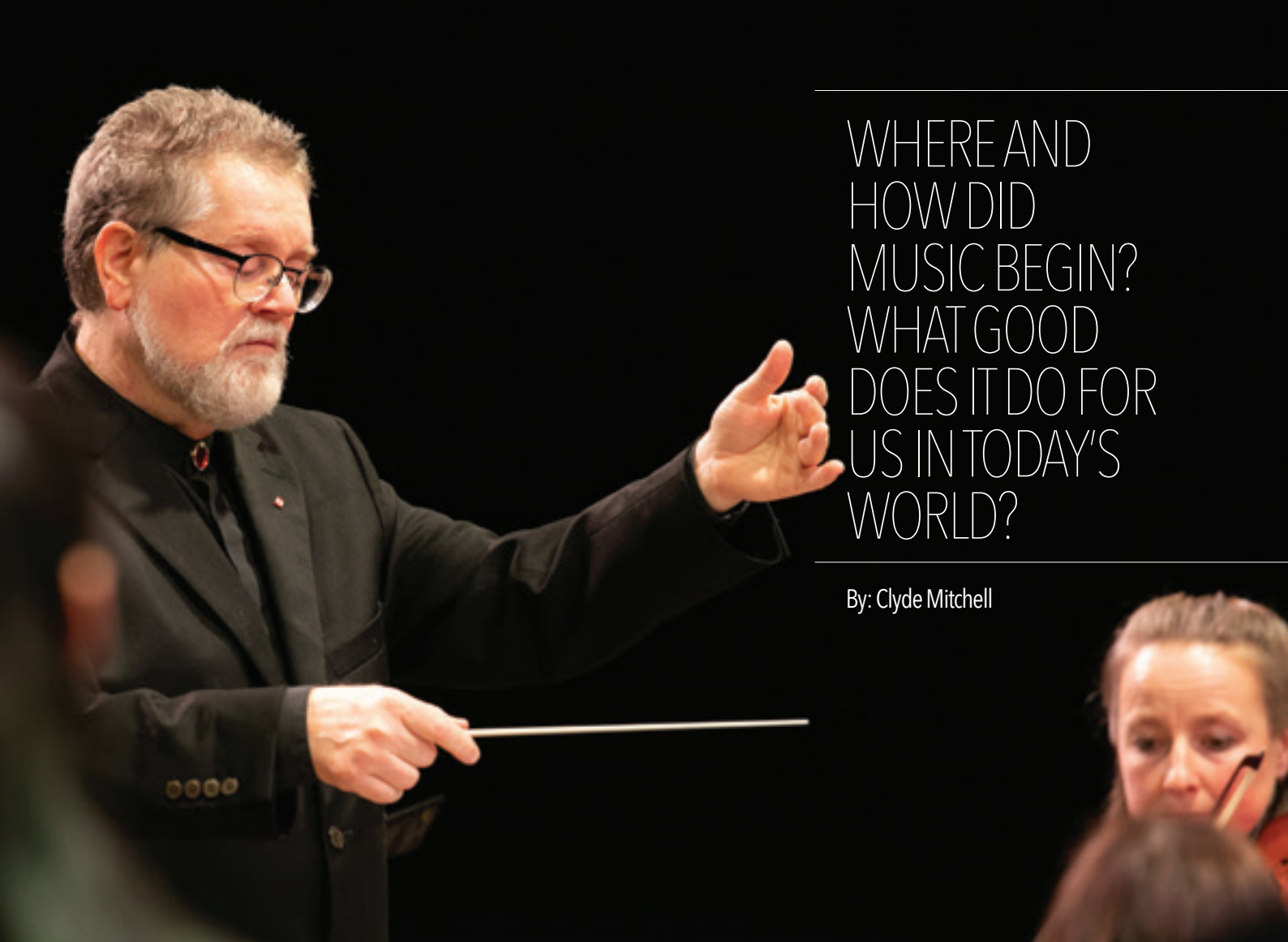
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# WHERE AND HOW DID MUSIC BEGIN? WHAT GOOD DOES IT DO FOR US IN TODAY'S WORLD?

By: Clyde Mitchell

What a loaded couple of questions! Maybe we should all get a strong cup of tea and set aside a few hours to chat. The answers will be different for all of us. Do you remember the first time you or a friend or a loved one played an instrument or heard an orchestra or band or choir? Do you remember the first time you wanted to hear live music instead of those funny and tinny sounds coming out of your radio?

OK, I'll go first. I'm the Conductor of a wonderful professional orchestra called Lions Gate Sinfonia here on the North Shore, but where did it begin for me? At home. My parents were both deeply involved in music through our little church where I grew up – a little town called Orlando, Florida. Yes, I was born and raised in the land of Mickey and Minnie Mouse, but we were there first! Mom and Dad had grown up in small towns in rural West Virginia, the U.S. state made famous by the John Denver song "Country Roads" with the famous line: Almost Heaven: West Virginia. My parents were heavily involved in their little churches, since there was no other social outlet other than school. After they got married and moved to Florida, Mom played piano and Dad led the choir, and my sister and I were surrounded by music 24/7. Mom was the neighbourhood piano teacher, but I was too busy playing baseball outside to think about that music stuff until... Until I decided ON MY OWN that I wanted to know what these cool, fun, pleasant sounds were all about. I took piano lessons from my own Mother, but quickly switched to the organ, then trumpet in the school band, and finally the most beautiful instrument known to humankind, the French Horn.



I didn't know anything about making a living as a musician, but I knew FOR SURE that I wanted to be deeply involved in creating those amazing sounds that I heard when I got to hear a Symphony Orchestra for the first time. I'll never forget getting to go on a big yellow school bus to downtown Orlando to hear our local orchestra, and they played the Firebird by some guy named Stravinsky and MAN ALIVE I WANTED TO DO THAT! (This is why I will always be proud of Lions Gate Sinfonia's first concert in October of 2000: an educational concert that introduced lots of young people to the sounds of an orchestra. This is a tradition I will maintain forever, as I believe everyone should have the opportunity to hear live music made by professional musicians!)

I went the usual route of a naïve kid with no idea of how things really worked: I followed my heart and first love, which was music. In our school bands, I gradually rose through the ranks, and was always the assistant to the director and the teacher's pet and the Drum Major of the marching band. As students, we were encouraged to find our passion and develop our skills and talents, and I realized I was actually really good at and very interested in music. Still learning the ropes and getting to know who these Mozart and Beethoven and Tchaikovsky characters were, I went to university and majored in music performance. That was the beginning of a lifetime of learning about the great musical masterworks and creators. Since then I have been very fortunate to have an enjoyable career in music, and have played and conducted in many countries around the world. It's a funny

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thing – after 4 degrees from 4 different universities I sometimes feel like I am starting to get the hang of this music business. I'll keep you posted and let you all know how my learning progresses...

Music is often called the “Universal Language.” That means that humankind has always been able to communicate without needing words and speech. Think of the sweet sounds of a guitar strumming away and accompanying the sounds of nature. Imagine a solitary flutist serenading the patrons of a little coffee shop. Try to hear in your mind the sound of a full symphony orchestra blasting away in a big fanfare to the New Year. Sure, words are wonderful and can be very specific when detailing our thoughts about love or death or sadness or great joy, but just hearing a single drumbeat can conjure images of a parade or funeral or an army ready to charge. You probably know the saying, “A picture is worth a thousand words.” Multiply that by a million and hear a troubadour sing about our homeland or her lost love or his brother who died in war. That picture in your mind can only be duplicated by thousands of pages of printed words. Early humans knew this instinctively, and could communicate across vast distances with the sounds of blowing a ram’s horn or heavy sticks beating against hollow logs. Without using words, how could we communicate love, or danger, or sadness, or joy? We found ways with this thing called “music.” I don’t speak a word of Korean, but I can feel the depth of unrequited

trips to see our stunning Art Galleries, we are somehow happier knowing such institutions exist to display and preserve humankind’s expressions and emotions. Even when we don’t attend every theatrical drama or ballet recital produced in one of our local theatres, our community is better for their presence. When we don’t attend our local orchestra’s performance of Beethoven’s mighty 5th Symphony or Stravinsky’s Firebird, we are richer because these things exist. I remind you of the quote attributed to Winston Churchill. When asked to cut funding to the Arts to support the war effort, he answered “Then what would we be fighting for?”

People have made music to communicate and entertain for millennia. Over the last few centuries we graduated from rough, hand-hewn instruments such as animal horns, logs, and conch shells to violins and trumpets and even electric pianos. Thanks to all the inventors from Stradivarius to Moog to our local music stores for creating and distributing instruments for us to play! Crude original pianos and harps and cellos and other string instruments were given tremendous make-overs in the 15th and 16th centuries, and the surviving specimens are now priceless. Woodwind instruments are so called because they were originally made of hand-carved wood, and were activated by the player’s breath. Each succeeding generation, however, had refinements such as additional bored out holes that could be covered



love in the folksong “Arirang.” My understanding of Latin is really limited, but when I hear the famous Dies Irae in Mozart’s Requiem, I know this is about a pretty serious day of reckoning with a higher power! Having visited Spain, and with my barely passable knowledge of Spanish, I can feel the beauty and serenity of scenes from Concierto de Aranjuez, the Concerto for Guitar by Joaquin Rodrigo describing the sights and sounds of the small town where Spanish Royalty would go to escape the heat and hustle-bustle of Madrid.

Music and the Arts have always had a special place in our lives and in civilisation. The great Greek and Roman educators and philosophers knew that languages, drama, dance, the visual arts, and music were important parts of who we are as humans. We are better off when we know Art surrounds us. Even when we don’t make regular

and uncovered by the player’s fingertips, special keys acting as extensions of the fingers that allowed further reaches to get more notes, and having instruments made out of other materials or in a much more refined manner. Forerunners of today’s horns and trumpets and trombones were hand-forged metal instruments of brass, copper, and bronze, and they have been improved (thanks to the Industrial Revolution) by being made by skilled craftsmen with precision machinery. Percussion players these days are almost required to own a truck to carry around today’s myriad of instruments that produce a sound by being struck. (Yes, that is the definition of a percussion instrument!) Coming from their simple origins of thumping on a hollow log, through bouncing their hands off an animal skin stretched over a bowl, to taking a piece of steel and shaping it into a triangle, percussionists play dozens, if not



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hundreds of instruments. We could fill the rest of this page with a list of recognized percussion “toys,” as my percussionist friends call them: Tambourine, Timpani, Xylophone, Castanets, Snare Drum, Bass Drum, Tom Toms, Tam Tams, Gongs, Cymbals, Maracas, Claves, Bird Whistles (believe it or not!), Vibra-Slap (google that one!) and Cannons (you’ve heard of Tchaikovsky’s 1812 Overture, yes?!!)

These are just the common ones from the standard four families of instruments (Strings, Woodwinds, Brass, and Percussion) that I get to work with on a regular basis. There are dozens of other gadgets and gizmos that produce sounds that can also be called Musical Instruments. They all create unique noises, and when they are put together in clusters or clumps or groups, they can be called a Symphony or Sinfonia. Don’t even get me started on non-standard instruments and voices – there are so many more we need to learn about and listen to!!!

A standard orchestra starts with a group of string instruments, and depending on what sounds a composer wants, we can also employ a variety of woodwinds, brass, and percussion. It is always fun to go to a symphony concert and see what instruments are being used, and to hear how they sound in various combinations. Often, we will encounter a soloist who will take a leading role in the musical presentation, and that person usually sits or stands out front of the other players. The next time you go to a concert, see if there is a piano placed in front of the orchestra, or a space set aside for a solo violin player. There is usually a conductor, too. Somebody has to take charge and decide what we are going to play, and how fast or slow it should go, and how loud or soft the players should play. Sure, a composer has already provided sheet music for the players, and the notes are arranged in certain rhythms, and there are approximate directions for volume and speed, but the conductor’s job is to make sure everybody agrees on the infinitely varying degrees.

A standard concert by an orchestra will usually consist of three or four broad types of music. First, a short, lively piece might serve as an opener that sets the mood for the rest of the performance. Next, a soloist will present a musical essay in several contrasting movements (like chapters of a book) that will generally be 1) majestic and robust, 2) slow and song-like, and 3) fast and powerful that will serve to bring the house down, and the audience to their feet. There might then be an orchestral rendition of a big, long, important masterwork by a respected composer – usually called a Symphony. Another common type of music is that for orchestra combined with a chorus. You probably have heard of Oratorio, where the chorus and a few solo singers tell a story or describe a composer’s feelings about a certain subject. It’s kind of like an opera, except an oratorio is usually about more serious or sacred subjects, and nobody gets stabbed or shot like often happens in operas!

I’ve been very fortunate to travel to many cities and countries sharing music with people from all walks of life and with varying levels of musical knowledge and background. My favourite thing to do, however, is to present music of my favourite composers to my favourite audiences played by my favourite musicians in my favourite theatre at home on the North Shore. I invite you all to come to a live concert and see and hear and experience what all the fuss is about. When you hear a Chopin Piano Concerto or Mozart Symphony or sweet little Canadian folk song, you’ll be hooked. Come to a **Lions Gate Sinfonia** concert and say Hello. We’ll talk. I’ll happily answer your questions, and I’d love to hear YOUR musical story!



I’ll close with one of my favourite quotes about Music and the Arts. From the ancient Greek philosopher Plato: “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”



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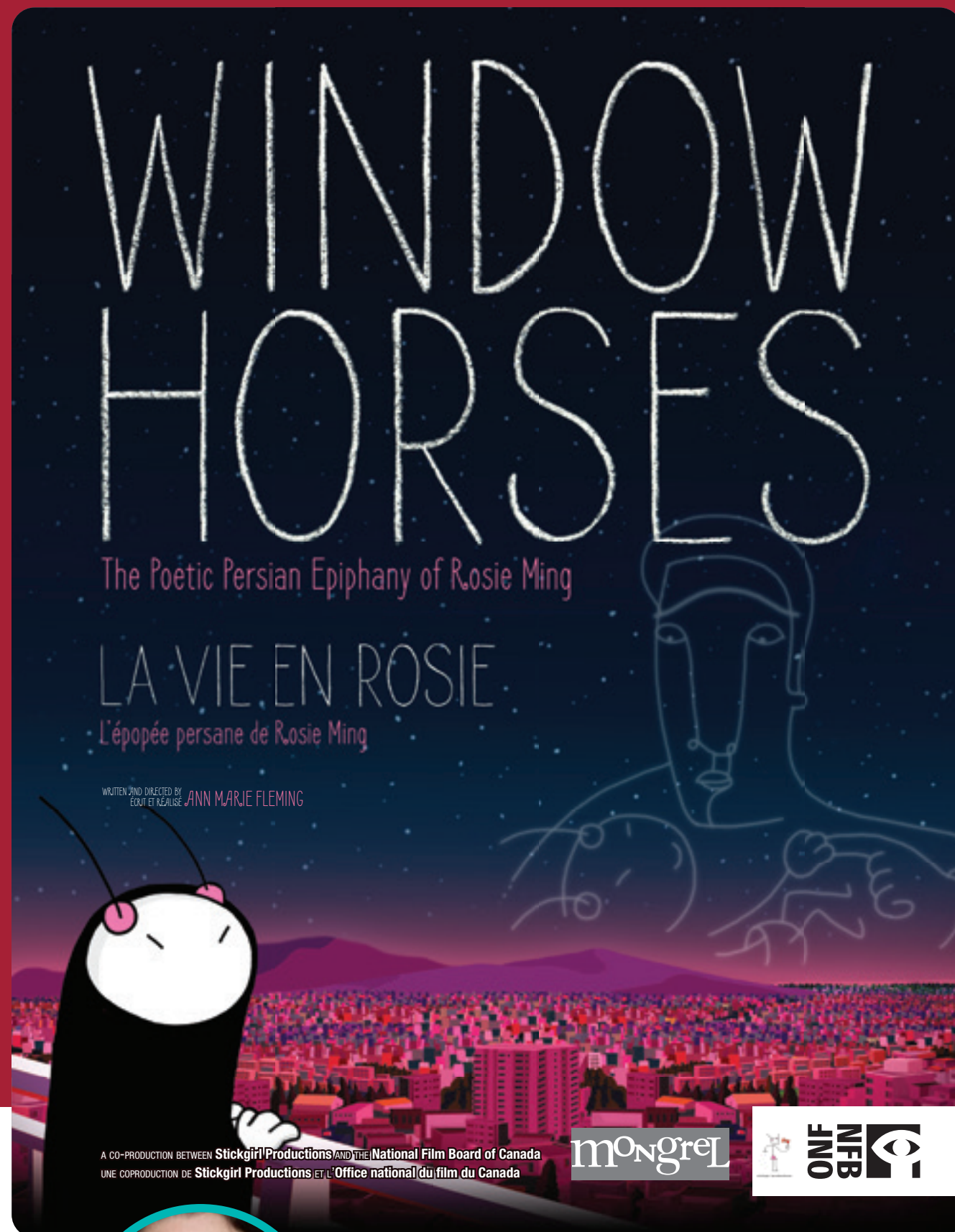
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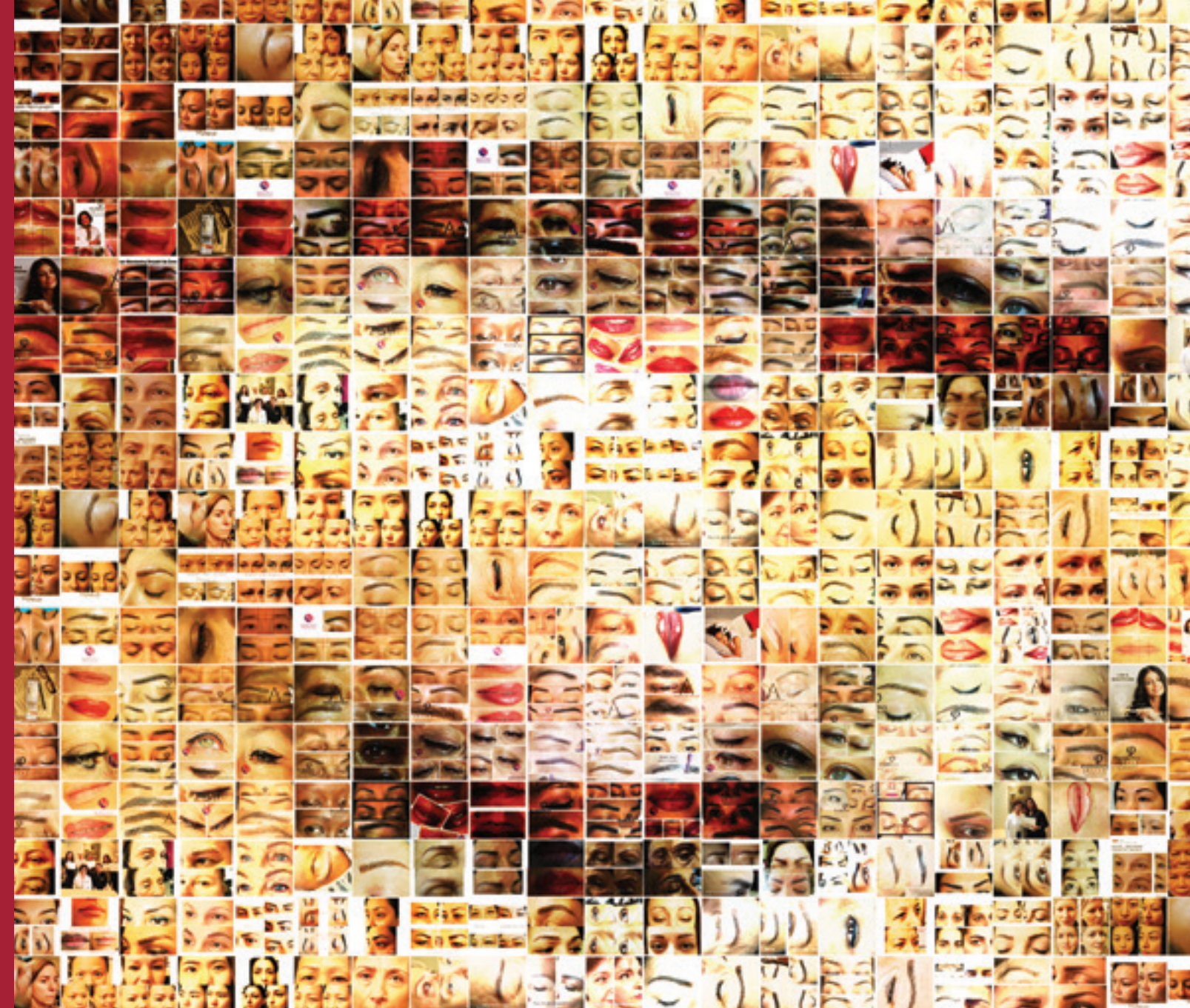






**Ann Marie Fleming** is an award-winning Canadian independent filmmaker, writer, and artist. Born in Japan to Chinese and Australian parents, Fleming creates work that addresses themes of family, identity, history, and memory. She adapted her 2003 animated documentary *The Magical Life of Long Tack Sam* into an Eisner Award-nominated graphic novel in 2007,

and has followed with a number of acclaimed short films, including *I Was a Child of Holocaust Survivors* (2010), *Big Trees* (2013), and the animated web-series *My Place* (2009) for Discovery USA's Planetgreen.com. Her latest project is *Window Horses*, a feature-length animated film about a young Canadian poet discovering her family history.



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# WINDOW HORSES

*The*  
Poetic Persian Epiphany  
of Rosie Ming

## Synopsis

Written and directed by award-winning filmmaker Ann Marie Fleming, **Window Horses** is a feature animation about love—love of family, poetry, history, culture.

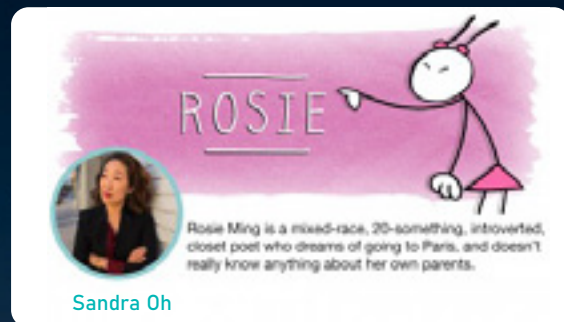
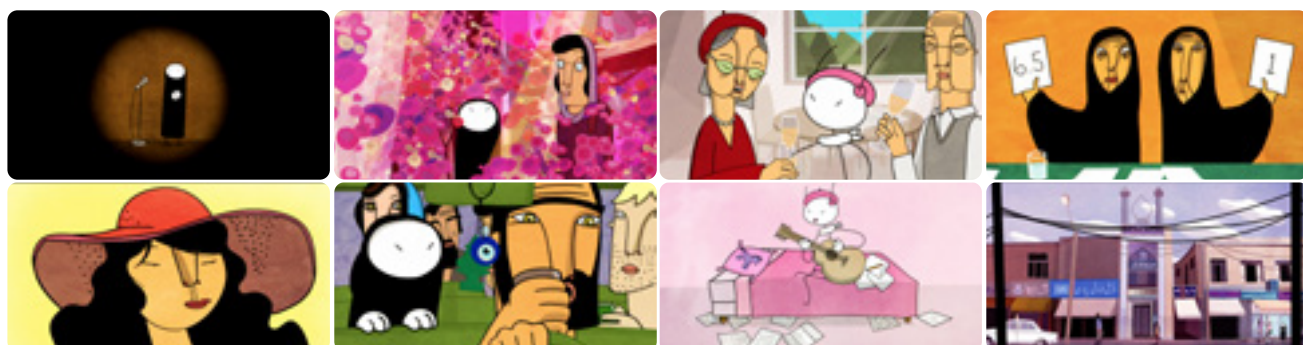
Rosie Ming, a young Canadian poet, is invited to perform at a poetry festival in Shiraz, Iran, but she'd rather go to Paris. She lives at home with her over-protective Chinese grandparents and has never been anywhere by herself. Once in Iran, she finds herself in the company of poets and Persians who tell her stories that force her to confront her past: the Iranian father she assumed abandoned her and the nature of poetry itself. The film is about building bridges between cultural and generational divides. It's about being curious. Staying open. And finding your own voice through the magic of poetry.

The film's voice actors include Sandra Oh (Rosie), Ellen Page (Kelly, Rosie's best friend), Don McKellar (a young poet named Dietmar), Shohreh Aghdashloo (Mehrnaz, a professor at the University of Tehran) and Nancy Kwan (Gloria, Rosie's overprotective grandmother). More than a dozen animators, including Kevin Langdale, Janet Perlman, Bahram Javaheri and Jody Kramer, worked on the film with Fleming.

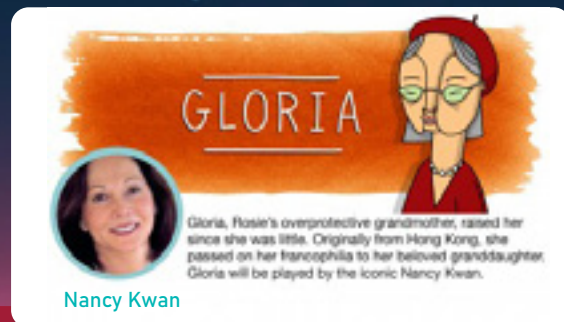
## The Style

This is a film filled with poetry and stories. While the narrative of the film is presented in one particular style, the poems and histories are created by different artists, to both accentuate and blend the myriad differences in cultures, philosophies, time frames and poetry. It is a film about identity and the imagination.

**Window Horses poems come to life with multiple beautiful animation styles.**



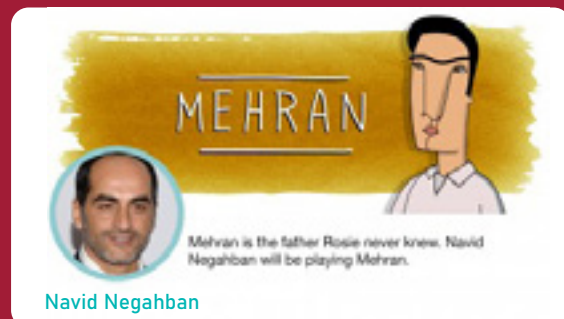
Sandra Oh



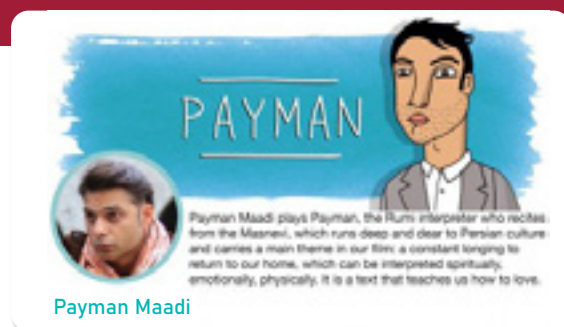
Nancy Kwan



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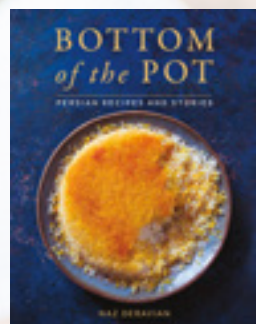
Gum disease, (Periodontology)





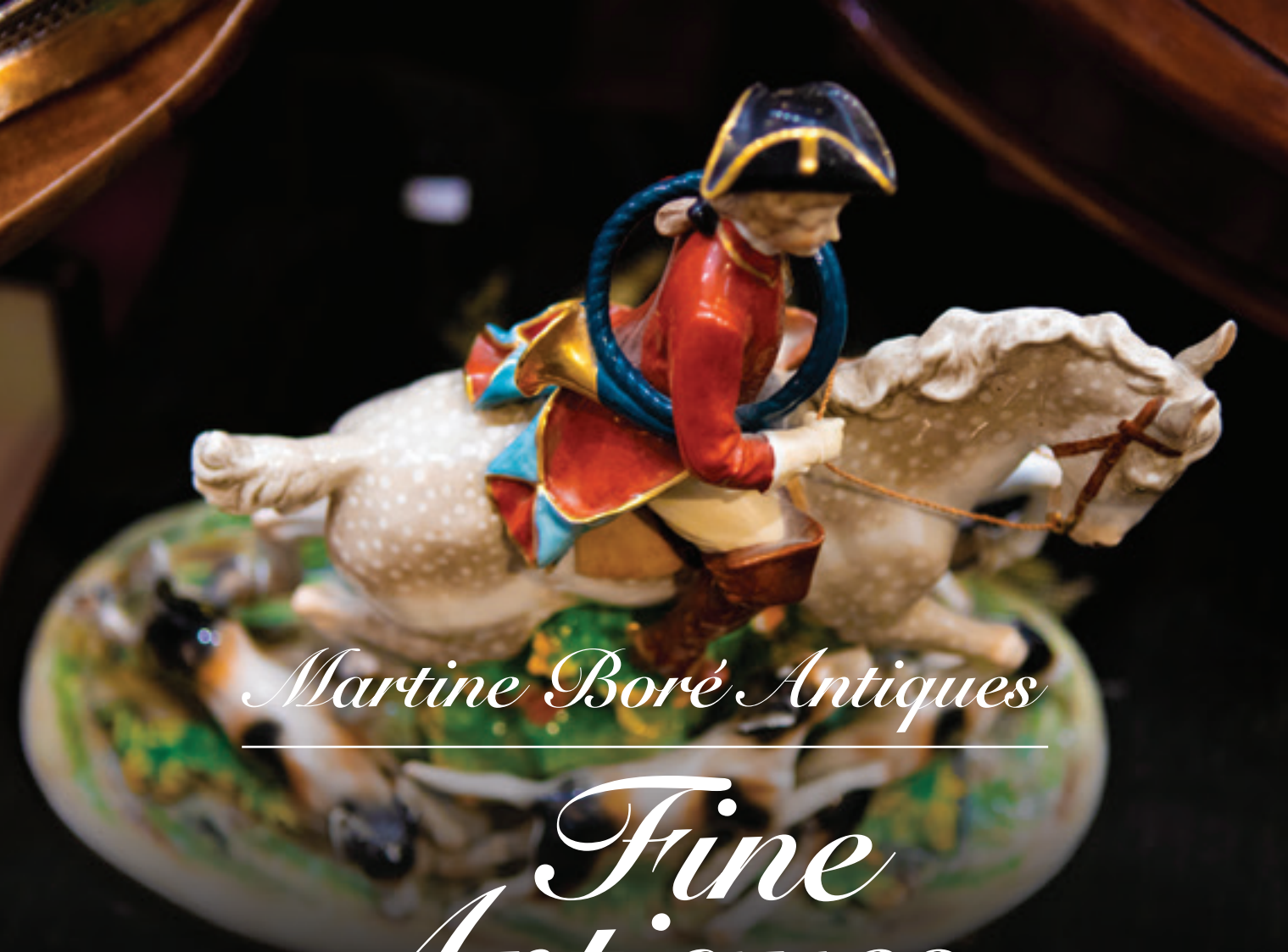
# NAZ DERAVIAN

Naz Deravian is the author of *Bottom of the Pot: Persian Recipes and Stories*. She is a Los Angeles-based writer and regular contributor to *The New York Times* food section.



Her work has been nominated for a James Beard Award and she has contributed to *The Washington Post*, *The Atlantic*, *The Los Angeles Times*, and *San Francisco Chronicle*, among other publications. *Bottom of the Pot* was the recipient of The IACP Julia Child First Book Award,

presented by The Julia Child Foundation for Gastronomy and the Culinary Arts. *Bottom of the Pot* was a Taste Canada Gold Award winner for best regional cookbook, as well as the 2018 Food52 Piglet Award winner. In 2020 Naz was featured in Padma Lakshmi's Hulu show, *Taste the Nation*. She was born in Iran, grew up in Canada and now lives in Los Angeles with her husband and two children.

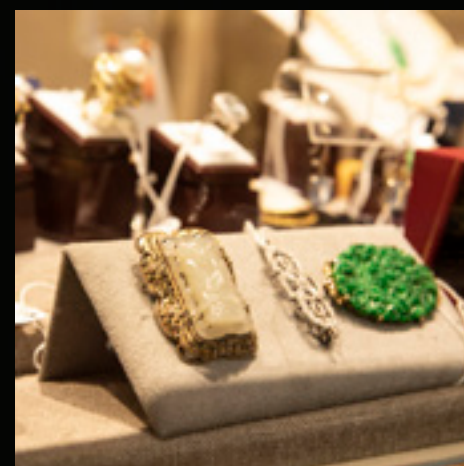


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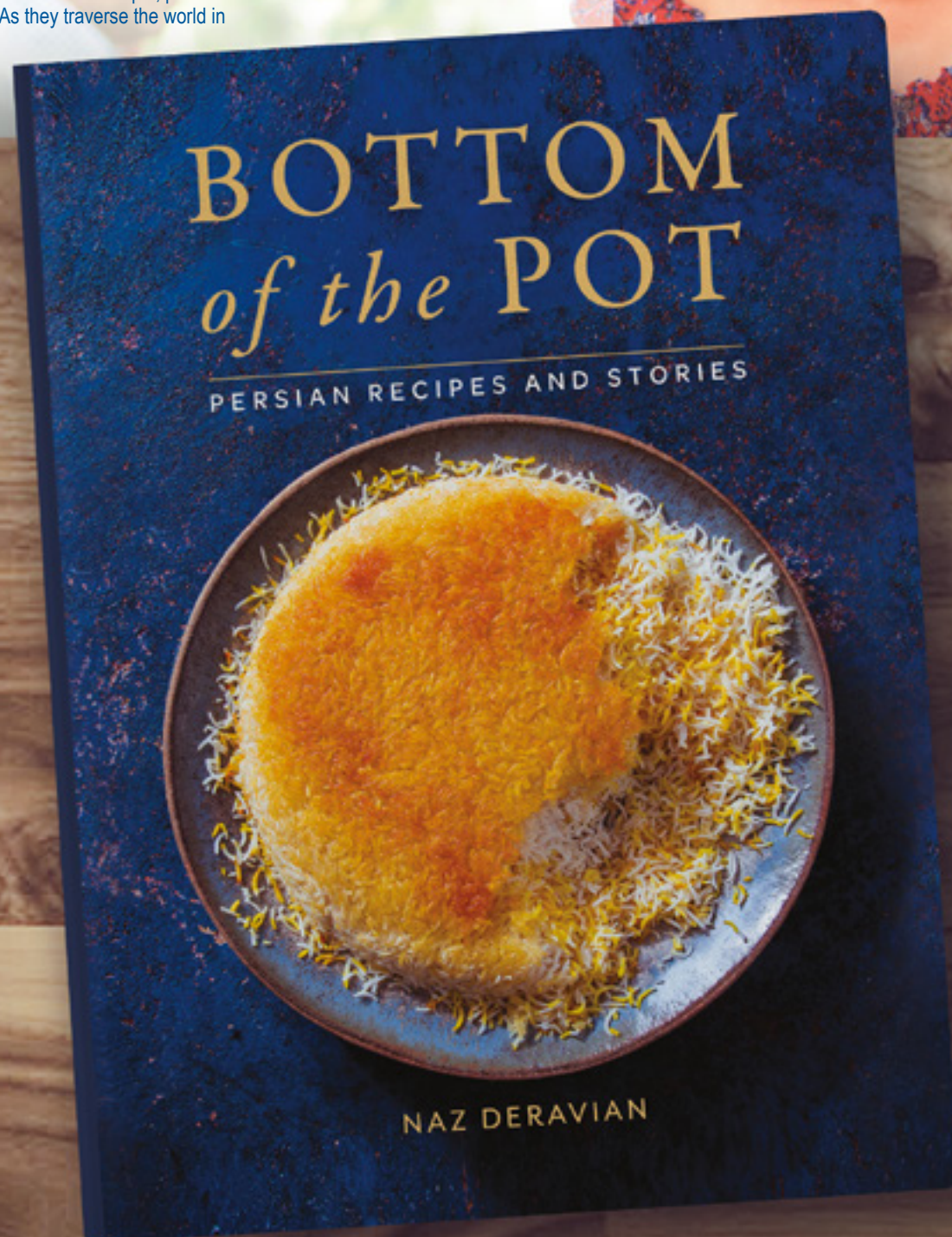


Naz Deravian lays out the multi-hued canvas of a Persian meal, with 100+ recipes adapted to an American home kitchen and interspersed with Naz's celebrated essays exploring the idea of home.

At eight years old, Naz Deravian left Iran with her family during the height of the 1979 Iranian Revolution and hostage crisis. Over the following ten years, they emigrated from Iran to Rome to Vancouver, carrying with them books of Persian poetry, tiny jars of saffron threads, and, always, the knowledge that home can be found in a simple, perfect pot of rice. As they traverse the world in

search of a place to land, Naz's family finds comfort and familiarity in pots of hearty aash, steaming pomegranate and walnut chicken, and of course, tahdig: the crispy, golden jewels of rice that form a crust at the bottom of the pot. The best part saved for last.

In her debut cookbook, Bottom of the Pot, Naz, now an award-winning writer and passionate home cook based in L.A., opens up to us a world of fragrant rose petals and tart dried limes, music and poetry, and the bittersweet twin pulls of assimilation and nostalgia. In over 100 recipes, Naz introduces us to Persian food made from a global perspective, at home in an American kitchen.



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Written by  
Saeed Azimi

# Dream in Dream

Illustrated by  
Golnoush Behmanesh

Once upon a time, I, Chuang Chou, dreamt I was a butterfly, fluttering hither and thither, a veritable butterfly, enjoying itself to the full of its bent, and not knowing it was Chuang Chou. Suddenly I awoke, and came to myself, the veritable Chuang Chou. Now I do not know whether it was then I dreamt I was a butterfly, or whether I am now a butterfly dreaming I am a man. Between me and the butterfly there must be a difference. This is an instance of transformation.

Zhuangzi ( 369 BC - 286 BC )  
classic Chinese philosopher



The boy came out of the house and took a walk on the prairie. The grass was still wet from the morning drizzle and the sky looked very blue. He spotted a butterfly going from flower to flower, an eagle soaring high in the sky, a fish swimming in the river, a bunny hopping around, and a playful deer running. He sat under a tree and closed his eyes and soon after he fell asleep.

He dreamt about the butterfly. It came near him, sat on his shoulder and fell asleep. The

butterfly dreamt about the eagle. It flew to the top of a tall tree and fell asleep. The eagle dreamt about the fish. It swam deep to the riverbed and fell asleep. The fish dreamt about the bunny. It jumped behind a bush and fell asleep. The bunny dreamt about the deer. It ran under a tree and fell asleep. The deer dreamt about the boy who was playing a flute and the butterfly, the eagle, the fish, the bunny and the deer were sitting around him and were listening to his soft and calming melody. Suddenly the boy stopped

playing, gazed at the distance and shouted: "HUNTERS! HUNTERS! RUN! RUN!"

The deer ran away from the bunny's dream and disappeared into the woods. The bunny ran away from the fish's dream and went to a hole. The fish ran away from the eagle's dream and hid in the riverbed. The eagle ran away from the butterfly's dream and flew high to the sky. The butterfly ran away from the boy's dream into the flowers.

The boy woke up. The prairie was calm and quiet. There were no hunters. He looked around and felt a nice breeze on his face, took a breath in relief, picked up his flute and started playing. The butterfly came near from the flowers, the eagle flew down from the sky, the fish swam up from the riverbed, and the bunny ran close from his hole and the deer walked to him from the woods. They sat around him and listened to his soft and calming melody.







# THE FIRST BILL OF HUMAN RIGHTS

Written by  
Mehrnoush Shahbandi

Looking through the history of ancient dynasties, we come across the names of rulers and conquerors among which, the Persian Emperor, Cyrus the Great is the only name that is accompanied by mercy and tolerance; the concepts which modern Man yet needs to work on.

Cyrus the Great (ca 590 - ca 529 B.C.) ruled the Achaemenid dynasty and expanded his ancestral kingdom to a powerful empire. He integrated all Iranian tribes and used their incredible skill at fighting on horseback to build a powerful army. His triumph in the city of Babylon is a historical turning point which



marked a significant milestone for Man. This victory manifested not only his brilliant military talents but also his compassion and forbearance towards the ones he defeated. He freed the slaves, announced sanctuary for captivated Jews and let them return to their



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promised land. He declared the freedom of religions for all nations and ingrained the first human initiation for racial equality. He recorded his compassion decrees on a baked-clay cylinder in the Akkadian cuneiform script and created the first human rights in history. It spread to India, Greece and Rome and became the source of asserting individual rights in the world. It was later translated into the six official languages of the United Nations and became the origin of the Universal Declaration of Human Rights.



Cyrus Cylinder is a 10-cetimeter, barrel-shaped cylinder of baked-clay with 22.5 centimeters at its maximum diameter. It was excavated in separate fragments. First pieces were discovered in 1879 during the British Museum's excavation in Mesopotamia. Cyrus Cylinder is in the ownership of the British Museum and has been loaned four times to other countries for special occasions and public displays; two times to Iran, one time to America and one time to Spain.

Cyrus Cylinder is the first scrip of the rights of communities and how nations and communities

should be protected. It has been a guideline for influential leaders in the world. Thomas Jefferson is said to have owned two copies of Xenophon's book Cyropaedia, Cyrus's biography. There is a replica of the Cylinder in the United Nation's headquarter in New York. The Cylinder speaks of Cyrus's numerous acts of compassion and mercy which was unheard of in a time when conquerors seized the invaded countries and murdered men and owned women and children. "The heritage of Cyrus was the heritage of human understanding, tolerance, courage, compassion and, above all, human liberty" ("Cyrus Cylinder", 2021).\*

\*Princess Ashraf Pahlavi, October 14th, 1971.

Cyrus Cylinder. (2021, May 15). In *Wikipedia*. [https://en.wikipedia.org/wiki/Cyrus\\_Cylinder](https://en.wikipedia.org/wiki/Cyrus_Cylinder)



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**Ali Araghi** is an Iranian writer and translator and the winner of the 2017 Prairie Schooner Virginia Faulkner Award for Excellence in Writing. His writing and translations have been published in *The New Yorker*, *Prairie Schooner*, *Fifth Wednesday Journal*, and *Asymptote*, among others.

His debut novel, *The Immortals of Tehran*, was published in April by Melville House. As a PhD student of Comparative Literature at Washington University in St. Louis, he is working on English translations of Persian literature. He lives in St. Louis.

**Hardcover:** 400 Pages  
**ISBN:** 9781612198187  
**Publisher:** Melville House  
**Language:** English  
**Publication Date:** April, 2020

## THE IMMORTALS OF TEHRAN

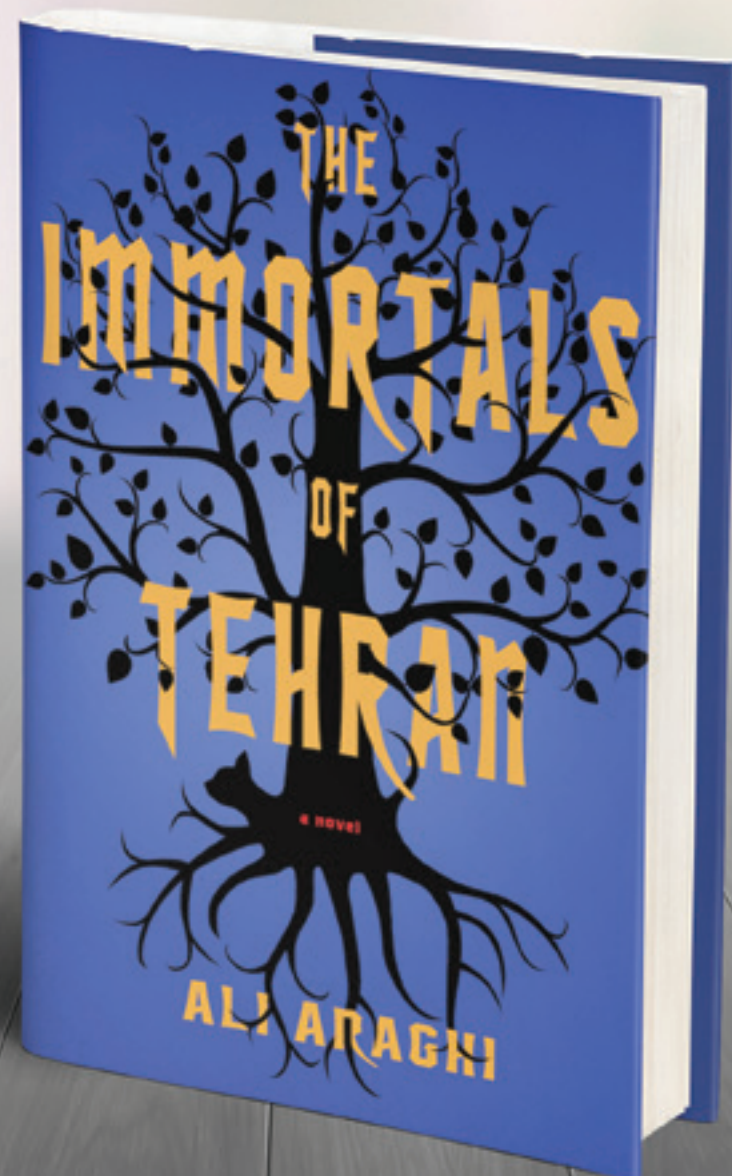
Ahmad Tokash-Vand spends his childhood in the apple orchards of his grandfather, Khan, until one day his father, Nosser, decides to shoot at the flying Russians spying in the Iranian sky. Nosser's death takes the boy to his great-great-great-great-grandfather, Agha, who has a tale for him about a centuries-old family curse.

A few years later, Ahmad is growing up in the capital city of Tehran, working in a forge, pounding white-hot iron with a hammer and developing an interest in poetry and politics. His poems begin to attract readers and cause controversy. So powerful is his verse that it gives off light. But Ahmad also suspects something interfering with him and his family and wonders whether the mythical curse he heard from Agha is indeed at work.

In a context of famine, loss, and political turmoil, Ahmad's life is anything but monotonous. He becomes a member of the parliament, fathers two determined daughters, and ends up in the heart of the demonstrations that eventually result in the overthrowing of the Shah.

Far from being the story of one protagonist, *The Immortals of Tehran* showcases a large cast of characters at the center of which is the Tokash-Vand family. Agha is a centuries-old teller of stories who lives in a plane tree. The hard-working Pooran, Ahmad's mother, tries to single-handedly keep the family from falling apart. Khan is the patriarch of the Tokash-Vands. His wealth comes from his apple orchards in Tajrish and Damavand and his goal is to provide a better life for his family, especially for his grandson, Ahmad, and to protect him against the curse. Ahmad's teenage daughter, Lalah sneaks out of the house, makes Molotov cocktails for the revolutionaries and falls in love with one of them.

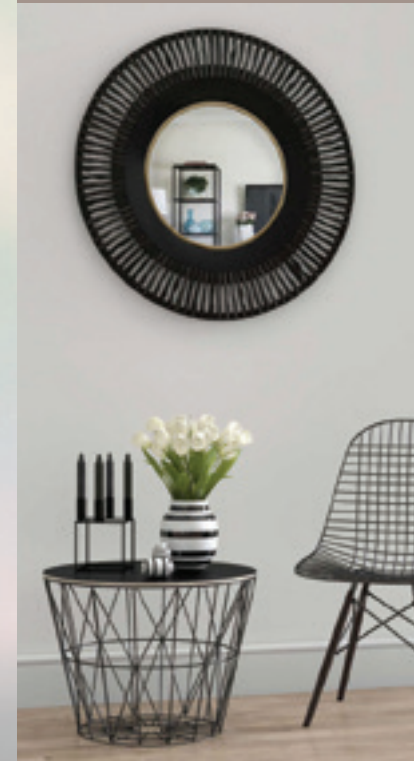
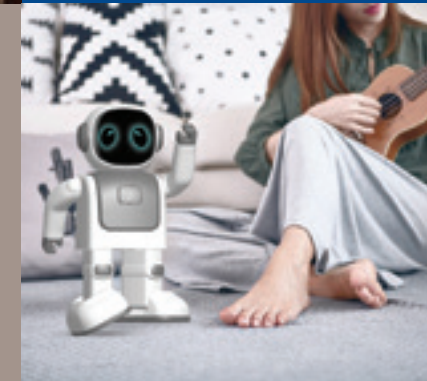
The lives of these characters weave tightly together to create the tapestry of the novel. *The Immortals of Tehran* tells the stories of a family—by metaphor, a people—whose members cause and endure the historical events that pan out between the 1941 invasion of Iran by the Anglo-Russian forces and the 1979 Revolution. The fictional universe the novel creates to tell these stories is one where the real lives in a comfortable symbiosis with the magical. A wedding gown blooming with the sound of Maestro Shahnaz's music, or a fifteen-year winter becomes an unquestionable reality of this world in a way that is reminiscent of Gabriel García Márquez's *One Hundred Years of Solitude*.



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# SAATCHI & SAATCHI

Fine Jewellery  
Since 1925

The doors of Saatchi & Saatchi Fine Jewellery first opened up on Robson Street on April 16, 1989. With five generations in the jewellery business, Mr. Ali Saatchi opened his first Vancouver location alongside his youngest son, Julio, and only daughter, Dina. Julio began working in the family business at the age of 17, coming into work after school and on the weekends. He was dedicated to helping his father's business flourish, and together the team of three worked tirelessly to get to where they are today. In July 2016, Julio took over the family business from his father and continues to work alongside his sister. What started out as a small store, will now be celebrating its 29-year anniversary in this coming year. Saatchi & Saatchi Fine Jewellery has a client base of tourists, as well as many locals who continue to come since the business' initial opening. Julio shares many fond memories with past and present customers. In particular, he tells the story of a couple who he originally met in 1992, who came to the store to buy their engagement and wedding rings. 23 years later, the son of that couple came in to buy his engagement rings for him and his partner. The company slogan "Let us create your family tradition" rings true! Julio explains that customers have become like family. From meeting a client's first-born child to then helping find their perfect graduation gift, the store holds many longtime customers.

Saatchi & Saatchi Fine Jewellery specializes in fine jewellery diamonds, precious stones, gemstones, gold, and silver. They travel around the globe to attend all major jewellery shows in order to bring their customers the most exquisite, one of a kind, and latest jewellery designs. This year, the jewellery store launched their brand new line of Saatchi Swiss watches.

From his hard-working beginnings of balancing his life with the family business, Julio has been able to successfully carry on the legacy of five generations and continues to be an inspiration for his children to do the same.





*Lions Gate Youth Orchestra (LGYO) is a unique North Shore youth musician mentorship program, providing valuable experience for students wanting to build their musical experience beyond the bandroom. LGYO provides weekly rehearsals, one-on-one mentorship, sectionals training, performance opportunities, and much more.*

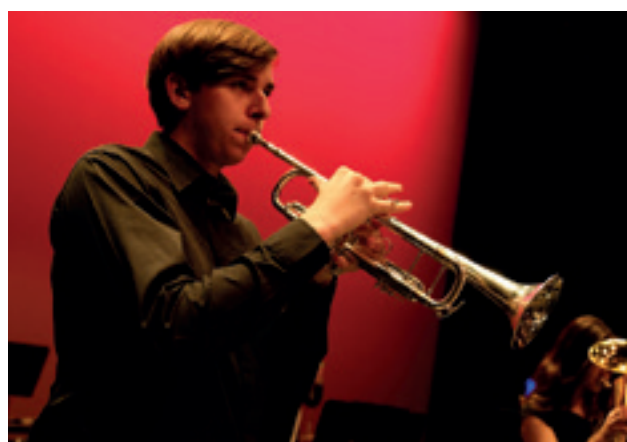
Re-opening our LGYO in the fall of 2021 was challenging. There were many new safety details to navigate, while finding ways to share live music in a struggling industry. Luckily, our excitement at finally having the chance to connect creatively again carried us through. Starting the season with just a small group of 7 dedicated students, we grew to a vibrant group of 30.

Students from across the city all joined to rehearse as a team and bring their efforts back to the stage for live performances. Together we played at the Kay Meek Theatre, Centennial Theatre, and Mount Seymour United Church, playing work from Vivaldi, Brahms, Chopin, and much more. We had opportunities to work with local and international professionals and educators, in community events such as the annual Seylynn Strings Festival. The creativity and flexibility of our youth brought energy and inspiration to their mentors, culminating in an exciting Side-by-Side performance with Lions Gate Sinfonia in May 2022.

The Lions Gate Youth Orchestra was inspired in 2010 by the youth themselves; their capacity for leadership, teamwork, mentorship, and performance. In this past year, we have seen their capacity for transformation and resilience more than ever - and the power of music to unite a community.

We are so grateful for our musical youth and the professionals who support them, and we're excited for an even greater season this coming year. If you would like to learn more, donate, or join us, visit us online!

After a 2 year-hiatus from COVID-19, music brought our community back together



We are still accepting students!

JOIN US / LEARN MORE:

[www.lionsgateyo.com](http://www.lionsgateyo.com)

instagram: [@lionsgateyouthorchestra](https://www.instagram.com/lionsgateyouthorchestra)

A large poster for the Lions Gate Youth Orchestra. At the top, the letters 'LGYO' are in a large, white, serif font. The 'L' and 'G' have a stylized bridge structure integrated into them. Below the letters, the words 'LIONS GATE YOUTH ORCHESTRA' are written in a smaller, white, sans-serif font. The background of the poster is a black and white photograph of a young woman playing a flute. In the bottom left corner, there is a teal-colored triangle containing the text 'JOIN NOW' in white. In the bottom right corner, there is a teal-colored triangle containing the text 'AUDITION ONLINE' in white. At the bottom center, there is a teal-colored triangle containing the text 'VISIT US ONLINE TO LEARN MORE:' in white, followed by the website and social media handles 'www.lionsgateyo.com / @lionsgateyouthorchestra' in white.



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## Wake Up to a Pleasant Breakfast

If you are one of those people who care about their health, you shouldn't miss the most important meal of the day, your breakfast! Studies show that breakfast-eaters improve their physical and brain functionality when they ingest their morning meal regularly. There are countless benefits in eating a well-prepared breakfast and start a productive day.

### Fuel Your Empty Tank

No engine starts working without fuel, neither does your body. To push your body to have a great start you need to take some minutes to provide fuel for it. Working on an empty stomach leaves you with feelings of fatigue and out-of-sorts.

### Boost Your Brain Power

Studies suggest that eating breakfast can help children to be more alert with better concentration and memory, to have stronger problem-solving ability and higher test scores, and of course, to have a happier mood. For adults, eating breakfast means to be more active and consequently more productive which totally ends up being more successful.

### Improve Your Metabolism

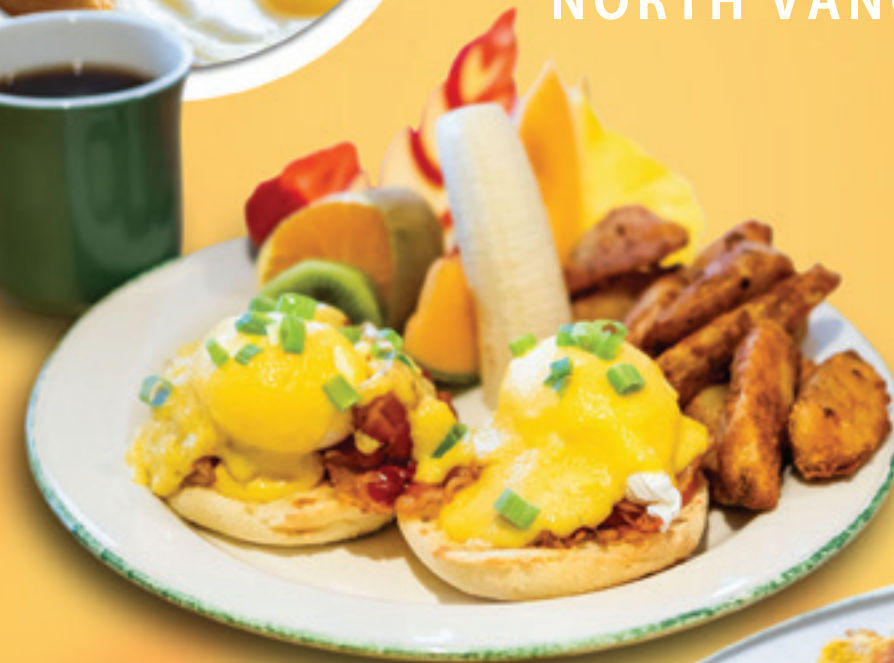
A nutritious breakfast helps regulate insulin levels. A whole-grain meal in the morning including cereals, bread, dairy products, and fruits facilitates metabolism. It is proven that children and adults who eat breakfast on daily basis are less possible to suffer from overweight or obesity. At the same time not being overweight can guarantee a healthy heart. Taking enough soluble fiber reduces the cholesterol level in the blood and prevents heart diseases.

All in all, to have a better body shape, healthier heart, stronger bones, and smoother digestion, try to start your day with breakfast. It doesn't have to be big; it only needs to be complete.

Written by Maryam Khalighi



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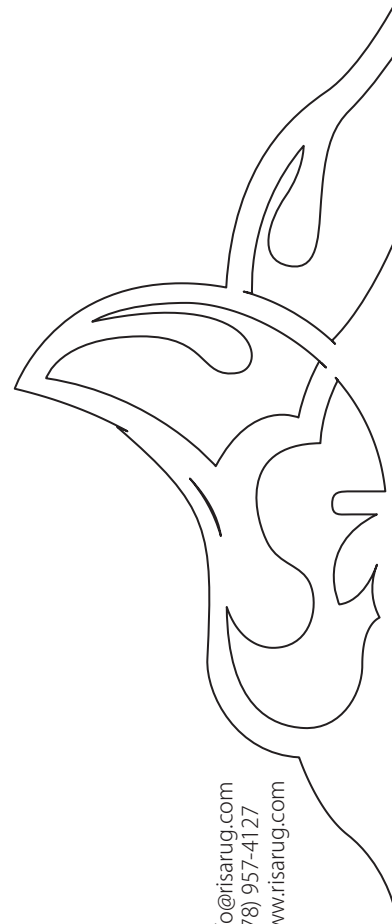
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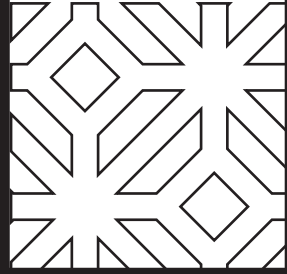




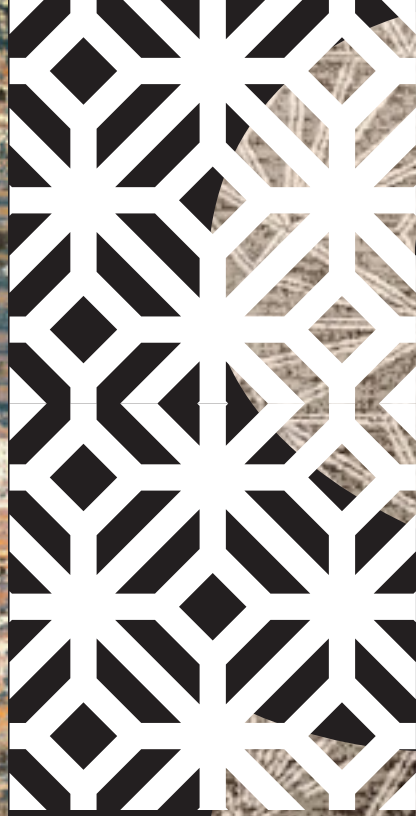
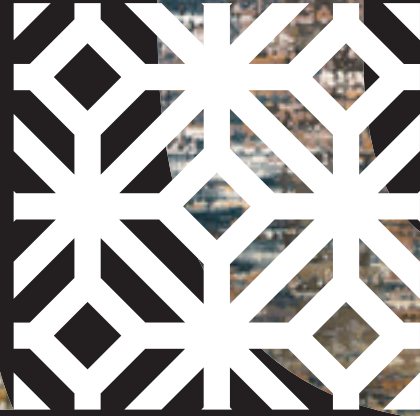
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