

# valley

magazine

## Dining in Style

Our annual Restaurant Guide delivers the dish on Valley dining.

## HOME & REMODELING

Is it better to fix up or trade up in today's volatile real estate market?

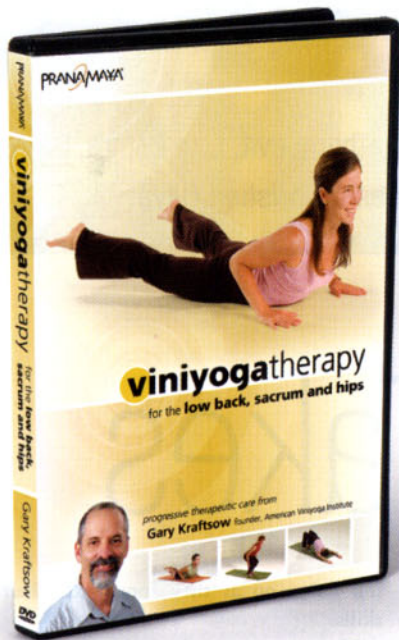
## VALLEY PERFORMING ARTS CENTER:

### FROM DREAM TO REALITY

CSUN breaks ground on its new \$125 million arts venue.

steve  
carell

Taking a break from "The Office," this charismatic funnyman hits the big screen in a classic comedy remake of "Get Smart."



## HEALTHY BACK TALK

Back pain is an equal-opportunity malady: It afflicts those of different ages, sexes, incomes, races and fitness levels. In fact, 8 out of 10 Americans already have or are expected to experience back problems. Taking medications can ease the pain temporarily, but a natural, long-term solution is the “Viniyoga Therapy for the Low Back, Sacrum and Hips” DVD. Created by Gary Kraftsow, founder of the American Viniyoga Institute, the DVD includes a discussion of back

pain, instructions for safely performing postures and movements, focused practice for hips and low back and integrated practice to sustain strength and stability. Kraftsow, who is considered a leading yoga therapist having spent more than 30 years devoted to the practice, recommends spending just minutes a day to avoid injury and back pain. The two-hour DVD (available at [www.paranamaya.com](http://www.paranamaya.com) for \$24.95) also features an English subtitle option and bonus MP3s for audio-only classes.

## A TASTIER TOMATO—ANY WAY YOU SLICE IT

An ordinary tomato may be lovely to behold, but all too often what lies beneath that rosy exterior is a bland and disappointing fruit. Yes, fruit! Are you truly satisfied with the tomatoes you’ve been putting in your salads, sandwiches and stews? If not, look for Dulcinea Rosso Bruno premium vine-ripened tomatoes at your local Vons, Ralphs and Pavilions. Just so you know, the Rosso Bruno is not red like a traditional tomato, but a rich brown color with hints of green. Grown in British Columbia and California greenhouses, the tomatoes ripen naturally on the vine. The tomatoes, which retail for about \$3.99 per pound, are also higher in fiber (2g vs. 1g) than regular tomatoes and contain more vitamin A (45 percent DV vs. 15 percent). Derived from a combination of wild European tomatoes, Rosso Bruno’s sweet, robust flavor is certain to grow on you.



## LET THE GAMES BEGIN

Playing around takes on a whole different meaning when referring to *Likewise!*, the mind-provoking party game from Buffalo Games ([www.buffalogames.com](http://www.buffalogames.com)). In this game, it pays for everyone to think alike—the more answers that match, the better it is for your team. When Description and Subject cards are randomly paired, players write down the first thing that comes to mind on full-size dry erase paddles. Pairs such as “Smelly/City,” and “Exotic/Car” bring to mind any number of logical and laughable answers. Designed for everyone ages 12 and older, *Likewise!* is far more engaging than watching TV game shows and provides hours of wholesome entertainment. Priced at \$24.99, the game can be played with three to six players.



## RECYCLING IS JUST YOUR BAG

Recycling can be a beautiful thing; just take a look at Rebagz to see what we mean. Made from recycled plastic juice packs and nylon rice sacks, the totes, mini bags and messenger bags are fun,

mini bags and messenger bags are fun, funky and attractive enough to rival designer handbags. Marty Stevens-Heebner came up with the idea of the bags while on a trip to the Philippines, where she observed juice packs being cut into strips and weaved into various items. Her company, Half the Sky Designs, Inc., is committed to employing workers in accordance with fair trade practices. With retail prices ranging from \$24 to \$90, the bags can be used as a shopping tote and to hold sports gear, cosmetics, baby items and even laptops. Rebagz are available at Skyblupink in Burbank and can be ordered at [www.halftheskydesigns.com](http://www.halftheskydesigns.com).

