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▶ SEPTEMBER 2 - 15, 2022 VOLUME 23 NO. 12



ME TIME

TECH TALK



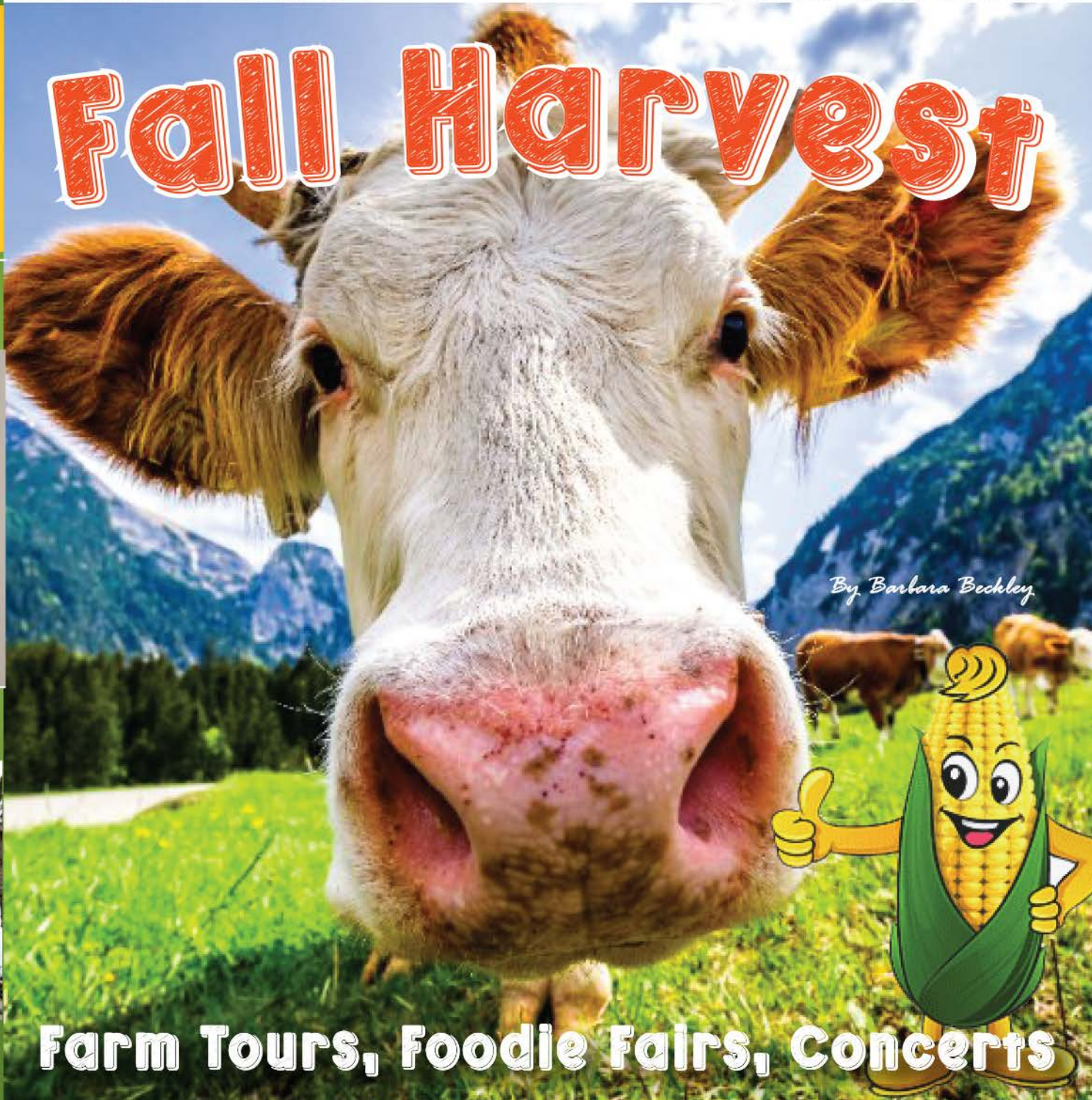
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FASHION



**RIISING FASHION STAR
D'MONTE WASHINGTON**



Fall Harvest

By Barbara Beckley



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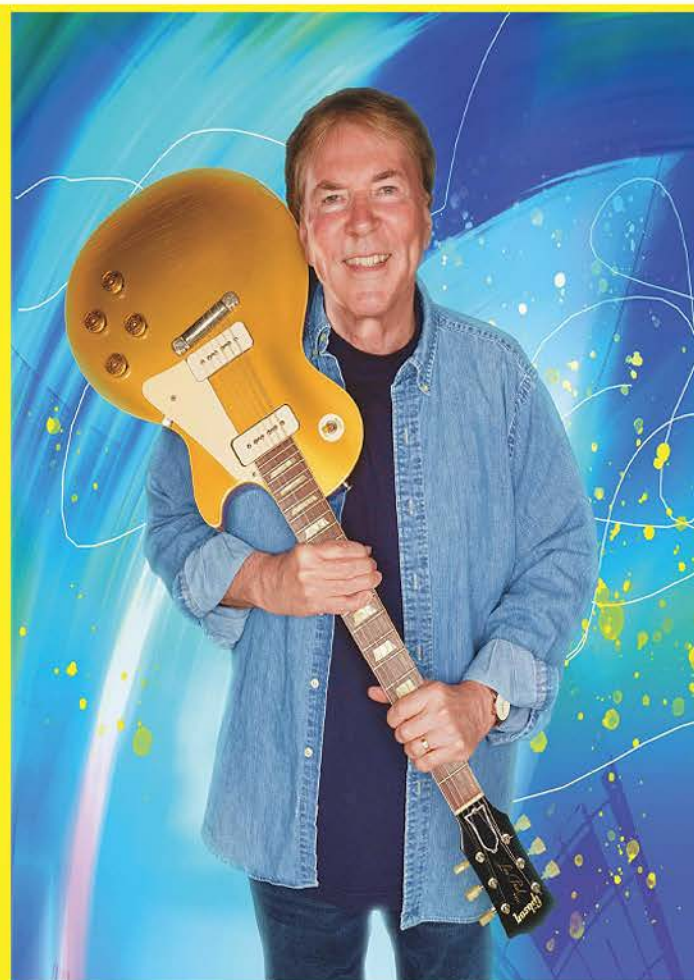
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Visions and Values Jewish Life from Antiquity to America At The Skirball Center

By Lou Jablon

This exhibit features changing displays of works from the Skirball's permanent collection of Judaica—one of the largest in the world—this historically illuminating exhibition chronicles the struggles and achievements of the Jewish people over a span of four thousand years.

Travel through the many lands and civilizations where Jews have lived and discover how ancestral visions continue to shape modern values. The Visions and Values galleries—Beginnings, Journeys, Holidays, Lifecycle, Synagogue, Passage to America, Nation of Immigrants, Struggle and Opportunity, the Holocaust, the State of Israel, and At Home in

America—take the visitor on an unforgettable voyage of learning and discovery.

How have you been a good friend or community member lately? Stop by the Visions and Values title wall to submit your response to the Skirball's tzedek box. A fresh take on traditional tzedakah boxes, tzedek boxes encourage direct service by holding onto good deeds rather than charitable donations. Entries to the Skirball's tzedek box will be shared in the spring to celebrate a new Jewish holiday called Yom HaTzedek, or "Day of Justice," which began in 2018.

This reflective activity is inspired by



ZAHRYZ, a tzedek box created by contemporary artist Tobi Kahn. Also on display outside Visions and Values, this recent Skirball acquisition is comprised of seventy pieces of wood, representing the seventy nations of the world as referenced in the Hebrew Bible (Old Testament). Notice the box's vibrant blue hues, which suggest sky, water, and the greening Earth..

Included with general admission
\$12 General
\$9 Seniors, Full-Time Students with ID, and Children over 12
\$7 Children 2–12*
FREE to Members and Children under 2
FREE to all on Thursdays
Buy Tickets: <https://www.skirball.org/exhibitions/visions-and-values>

The original Immersive Van Gogh Exhibit is now open at the former Amoeba Music building!

Immersive Van Gogh Exhibition

www.immersivevangogh.com

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Fall Harvest

Farm Tours, Foodie Fairs, Concerts

By Barbara Beckley

Don your cowboy boots and gardening gloves. Break out the wine glasses. Hipster harvest happening are here! Hit the farms for U-Pick goodies from pump-

kins to apples, hay-bale mazes and schmoozing with cutie-pie farm critters. Harvest edibles and collectibles from LA's one-of-a-kind street fairs. Romp and stomp with country greats from Tim McGraw to the legendary Headless Horseman of Sleepy Hollow!

Farmer's Delight!

First stop. Underwood

Family Farms (<https://www.underwoodfamilyfarms.com/>) in Moorpark – celebrating its 25th!!! “Fall Harvest Festival,” October 1 to October 31, 9 a.m. – 6 p.m., daily. Featuring a Gigantic Pick-your-own Pumpkin Patch, games, rides, photo ops, food, drink and more across 50 acres!

Plus five themed weekends featuring live bands, live performers and roaming entertainment, animal shows, pig races, and fun demos. New this year – get a sneak peek during the Fall Harvest Preview Weekend, September 24 & 25, rocking with pig races, animal shows, games, rides and the first pumpkins of the season. \$10 at the gate only! Also Preview Week, September 25 – 30, \$7 at the gate. Choose your favorite weekend or party at them all. “Friends of the Farm Weekend,” October 1 & 2, honoring our public safety friends; “Farm Country Weekend,” October 8 & 9; “Antique Tractor Weekend,” October 15 & 16; “Wild West Weekend,” October 22 & 23; “All About Pumpkins Weekend,” October 29 & 30.

Any day of the week, it's a farm-fun free-for-all (included with admission) of Giant Spiders, Hay Pyramids, tractor-drawn wagon rides, Corn Maze, Farmer Craig's Chicken Show – don't want to miss this! – Pumpkin House, Corn Stalk Labyrinth on October 10,

Giant Tractor displays, Harvest Basket, Misting Tunnels, Pumpkin displays, Animal Center, play equipment, Cotton Harvester & Combine Slides, Fun Hill with Tunnels and the Wooden Firetruck, Wooden Train and Wooden School Bus. Pull Wagons & Wheelbarrows for your tiny tots are available. Weekday admission is \$14 at

goat milking, wool spinning, iron forging, pig races, festival food, concessions and live entertainment.

Ticketed activities include the Straw Bale Maze, \$6; live Pony ride, \$10; Farm Animal Visit, \$5; Straw Bale Maze, \$6; wagon ride, \$5; the super cute Farm Train with three barrel cars: a pig, a cow and a horse, \$7; Farm Crafts

including pumpkin decorating, \$5-\$10; Giant Slide, \$7; Horse Farm Walk (on a live horse around the entire farm), \$25. Purchase a Weekend Wristband for \$50 or Weekday Wristband for \$30. Both include most activities. But there's more! Learn how to gather eggs, milk a goat and take care of chickens, ducks, peacocks, pot belly pigs, and feed and brush goats, sheep, bunnies and cows in an “Animal Care” Class, November 1 – December 17, Mondays, 10 – 11 a.m.; Tuesdays, 11:30 a.m. – 12:30 p.m.; Wednesdays, 4 – 5 p.m. Ages 3 and older. \$35 per class or \$180 for all six. Sheer a sheep yourself and spin thread on a drop-spindle in the “Introductory Wool Spinning” class,

September 10 and 17, 9 – 10:30 a.m. Ages 7 and up; \$35. Make a fabric pumpkin for Fall decoration in the “Hand Sewing & Stitching” class, September 10, 10:30 a.m. – noon. \$35. Learn how to make goat cheese – from scratch in your kitchen! In the “Basic Goat Cheese Making” class, September 17, 10 a.m. – noon, and November 19, noon – 2 p.m. All ages, \$20. New this year is Gilchrist Farm's Student Field Trip programs – “The Gold Rush on the Farm” delivered in period costume, taught from an historical perspective and alive with activities including candle dipping and panning for gold—every participant gets real gold flakes! \$15 per student. October only! Buy “The Works,” field trip including The Pumpkin Patch U-pick pumpkin and wagon ride, \$13. Or “The Deal,” adding on the Gemstone Mining experience, \$22. Gilchrist Farm is open daily 9 a.m. – 6 p.m. Reservations aren't required, but you can make them online. Admission and parking are free!

Continued next page



the gate only. First two weekends on-line only admission is \$22 pre-sale, \$26 admission, and \$28 day of admission. Last three weekends are on-line \$26 admission and \$28 day of. Parking and kids ages 2 and under are free! If you're visiting to simply pick pumpkins, fruit and veggies, admission is \$7, Monday-Friday, \$10 weekends through September 30. Pick-Your-Own pumpkins are \$2 to \$16 each; other fruit and veggies from 79 cents to \$7.99 a pound.

Also topping the list – activity-packed Gilchrist Farm (<https://www.gilchristfarm.com/>) in Santa Clarita celebrating “The Harvest Festival & Pumpkin Patch,” 9 a.m. to 6 p.m., Saturdays & Sundays, October 1 – 31st, and so much more. Pick pumpkins out of the field. (Priced by the pound.) Bring your fur babies to “Pets in the Patch” photo days, October 11 to 13 – and snap your pooch in the pumpkins. The staff is happy to immortalize you and your family in the pumpkins, too. Don't miss the

Looking for a bit more educational experience? Saddle up and take the 210 Freeway to Ontario. Amy's Farm (www.amysfarm.com/our-farm/) is "rooted & grounded in love." A non-profit polycultural (everything is used and nothing is wasted) organic farm designed to show us the best practices for sustainable, humane farming. Take a hands-on, age-appropriate guided tour through its 10 acres of organic veggies and 138 farm animals. Milk a cow – wow! Feed greens to the pigs. Smell the fresh herbs on the Sustainable Garden walk and meet goats, horses and others in the Petting Zoo. Before you leave, pick up some of their super fresh organic carrots, broccoli, cilantro, beets, dinosaur kale and other delish produce at Amy's Farm Stand. Tours: \$10 to \$30 per person. Reservations required. Open Tuesday to Saturday, 9 a.m. – 5 p.m.

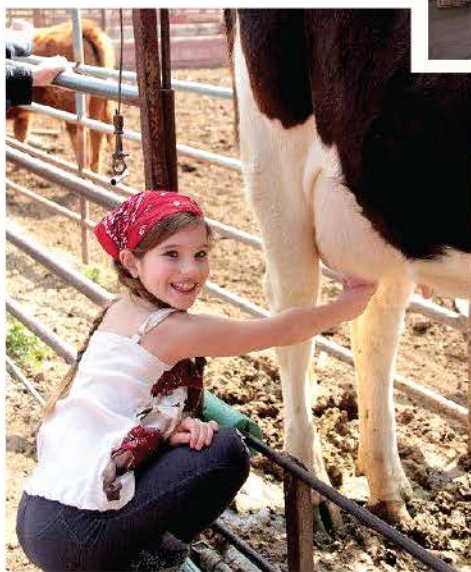
the farm fun and children's garden, displays, demos, games, contests and more. Details to be posted soon. Consider a group field trip. AGRIsapes' "Fall Pumpkin Field Trips" begin October 5. For 25 or more kids – but smaller are often combined. Every child picks their own pumpkin. From \$9 to \$16 per participant depending on the number of activities. Free parking.

Scarecrow Basketball?! What an image! Reason enough to high tail it to Tanaka Farms' (www.tanakafarms.com/) in Irvine "Pumpkin Patch" festivities, September 17



through Oct. 31, 9 a.m. – 6 p.m. You-pick pumpkins right out of the huge patch. Then take a shot at the Pumpkin Canon, Scarecrow Basketball, Duck Races, Farmer Golf, Big Digger, Mini ATV rides, arts & crafts, wagon rides and Educational Barnyard. General admission \$10; ages 2 years and under free. Unlimited wagon rides, \$6. Barnyard, \$6. Other activities are \$2 each or 20 activities for \$36. Value Package is \$20 including entry, wagon rides and Barnyard. Monday to Thursday, free parking; Friday, Saturday and Sunday, \$10 parking.

Pick apples – but beware! The Headless Horseman may be on the hunt at Riley's Farm (rileysfarm.com/) in Oak Glen, an hour's drive from LA in the San Bernardino Mountains. "The Legend of Sleepy Hollow" plays out on and off the stage by the Riley's Farm Theatre Company, while you feast on a three-course dinner – apple pie for dessert, of course – dance the night away to country music, and enjoy pie-eating and pumpkin seed-spitting contests, apple-bobbing, pumpkin carving, games and hay rides. When you arrive, you'll hop on the hayride and take a trip through the countryside with several of the Sleepy Hollow townsfolk including Ichabod Crane. Watch out for the Headless Horseman! Sept. 23 to Oct 29; Thursdays and Fridays, 7 – 10 p.m., and Saturdays, 6 – 9 p.m. Adults, \$65; ages 3 to 12, \$44.



Get the inside scoop on world renowned university farming at Cal Poly Pomona's AGRIsapes Discover Farm (https://www.cpp.edu/~agriscapes/) in Pomona, on 20 acres of farmland just west of campus. Be among the first to experience AGRIsapes' new "First Annual Pumpkin Fest Preview Event," September 30, 5:30 – 8:30 p.m. This one's adults only, pouring Cal Poly Pomona's beers and wines along with food & dessert tastings, live entertainment and all the festival fun including antique tractor hay rides, petting farm, mini corn maze, sunflower fields and of course the pumpkin patch! Check the site for ticket prices. Then bring the kids to "Pumpkin Fest 2022," October 1 – 30, so everyone can experience

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Switch it up with alpacas! Make a date on a Saturday or Sunday and tour the Sweetwater Alpaca Ranch (<https://www.sweetwater-alpacas.com>) in the hills of Santa Clarita.

Feed and play with these Andean charmers, try your hand at looming alpaca yarn. Buy 100 per cent baby alpaca yarn, and alpaca-yarn hats, scarves and other apparel in the gift shop.

Or giant birds! Meet the ostrich wranglers of Quail Run Ranch (<https://quailrunostrichranch.com/>), a working ostrich farm in Lake Hughes, for a 30-minute tour. Hold and touch the feathers and gigantic eggs. Buy fresh ostrich eggs for an unforgettable harvest breakfast.

Feed and pose with your new feathered friends. By appointment. Adults, \$10; ages 5 and under, \$5. Free parking.

Hipster Eats & Merch!

Get your groove on and shop local for bright and bold, retro and newly-crafted apparel, art, crafts, jewelry, foods, plus live entertainment, at the Makers & Shakers

Market and Bazaar (<https://www.makersandshakersmarket.com>), 1715 North Cahuenga Boulevard in Hollywood (around the corner from Musso & Frank's), September 17.



VEGAN Exchange North Hollywood

Check the site for times. Created by a collective of small, indie designers, crafters, collectors, farmers and artists, this is not-to-miss.

Choose "Leaf over Beef" at VEGAN Exchange LA (<https://www.veganexchangeevents.com/>) in North Hollywood,

626 Night Market Santa Monica



Sundays, 3 – 9 p.m. It's 100 percent Vegan with yummy locally-made beverages and cuisine including delish surprises like tacos, pizza, even messy, "cheesy" fries. Plus creative apparel, cosmetics, candles and lifestyle vendors – all vegan.

It's back! 626 Night Market Mini @ Downtown Santa Monica (<https://www.626nightmarket.com/mini>), September 17 & 18, 1 – 10 p.m., at Third Street Promenade Lot 27. Nosh on epic faves like Bang Bang Noodles, blue Maine lobster, teddy bear-shaped sweets and French macarons. Sip limited-edition cocktails, Stella Rosa

wines and Heavensake sake at the full bar. Shop for handmade delights from Boba candles and creative silk clothing to jewelry, art and crystals. Reserve free tickets or the \$20 VIP tickets to skip the lines at the bar and entry.

Suds & Songs

Rock the harvest vibe at Boots & Brews. It's Tim McGraw!!!! October 14, 3-10 p.m., at Surfer's Point Live at Ventura County Fairgrounds. VIP, \$249 with exclusive stage location, bars and food vendors; Paddock Level, \$139, and general \$79. Better yet, be the "influencer" for you and three besties with the \$3,500 Private Corral package featuring four VIP tickets, a daybed, private bar service, and other cool amenities. Or the Private Cabana package, \$7,500, including 10 VIP tickets, up to 20 guests, private bar, service and more perks.

Happy Harvesting!

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The Pink Elephant Thai Cuisine - 22039 Sherman Way

<https://pinkelephantla.com/>

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Valley Scene Magazine

PUBLISHER
Joshua S. Kushner, Sr.

EDITOR IN CHIEF
Patricia Bradford Rambo II

SENIOR ASSOCIATE EDITOR
Barbara Beckley

RESTAURANT EDITOR
Brad Winchell

TRAVEL EDITOR
Susan McAuley

ASSOCIATE TRAVEL EDITORS
Dru Jenson-Jones
Ronnie Greenberg, Joshua Kushner, Jr.

SPECIAL EVENTS EDITORS
Derek Devermont
Bruce Wildstein

SENIOR TECHNOLOGY EDITOR
Brad Winchell

THEATRE EDITOR
Steve Moyer

PET EXPERT/CONTRIBUTOR
Valli Aman

CONTRIBUTING WRITERS
Barbara Beckley, Jay Warsinske
Chris Boucher, Joanna Parker,
Bruce Wildstein, Jonathan Weichsel,
Rick Castaneda, Kerry Reid,
James Domine (Classical Music)
Brenda Eichinger, Thomas Ferguson,
Lark Aldrin-Fieman, Rhonda Heaslip,
John Hershberg, Shea Vaughn
Hollie Overton, Heather Rayne,
Jessica Renslow, Ester Schultz,
Tony Reverditto, Joan Russell,
Keri Schwab, Tim Wassberg,

STAFF PHOTOGRAPHY/WRITER
Danika Levine, Joshua Shevchuk

LAYOUT & DESIGN
Pam Strugach

ADVERTISING SALES DIRECTOR
Trisch Kushner

ADVERTISING SALES MANAGER
Josh Sanford

CLASSIFIED ADVERTISING MANAGER
Mark Selfman

ACCOUNT EXECUTIVES
Laura Gina Mendos

CIRCULATION MANAGER
Eric Escobar

MAIN OFFICE
(818) 888-2114

ADVERTISING
(818) 888-7141
Fax (818) 888-7142

www.valleyscenemagazine.com

E-mail
contact@valleyscenemagazine.com

Address
6520 Platt Ave Suite 336
West Hills, CA 91307

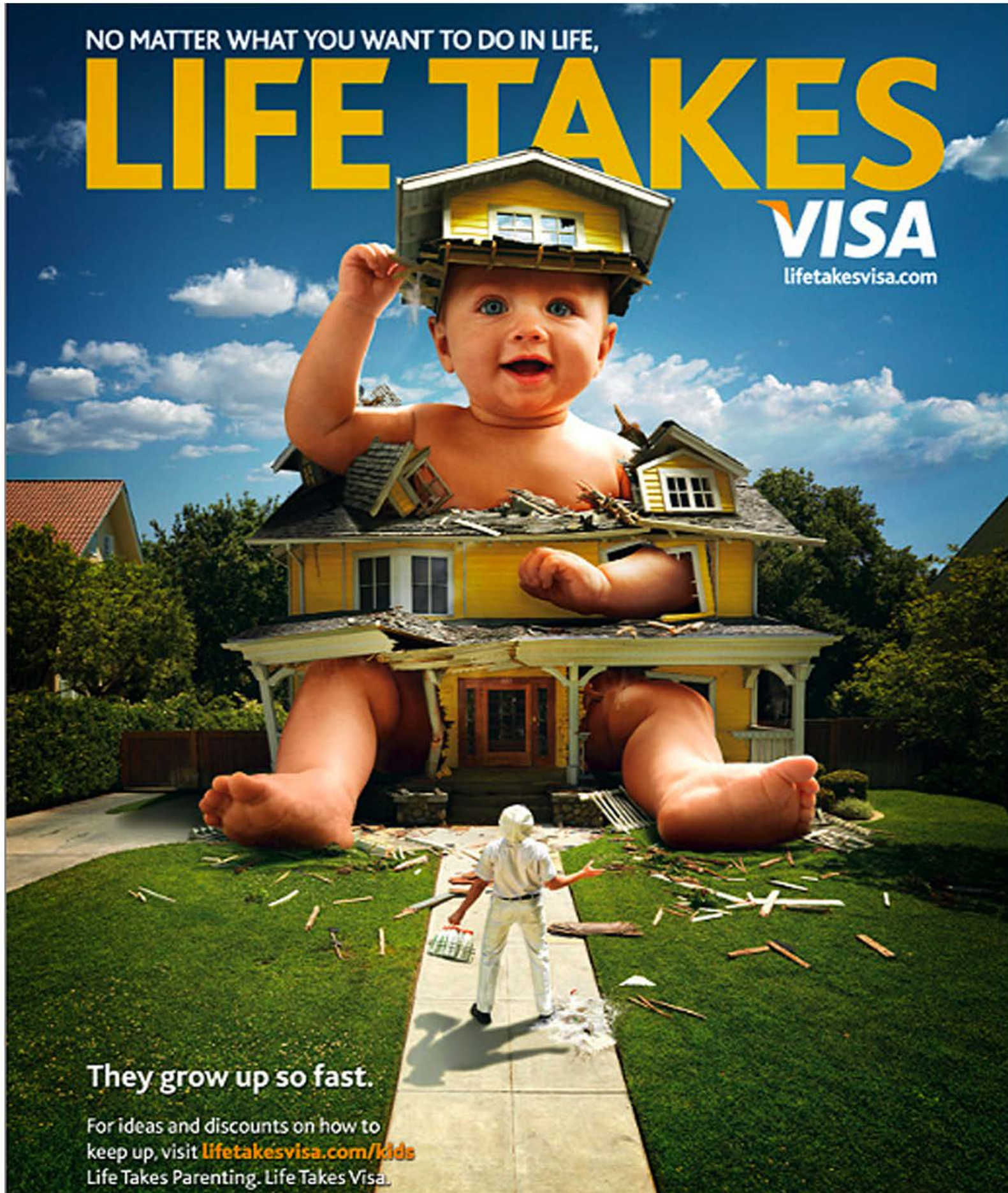
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Valley Scene Magazine every
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Go Beyond the Traditional with Unique Amaryllis Varieties

Melinda Myers hosts *The Great Courses* "How to Grow Anything"

By Staff Writer

Boost your spirits and winter décor with new shapes and colors of amaryllis. Today there are many beautiful options beyond the traditional red.

Double amaryllis have jumbo flowers with multiple layers of petals. Kick off the season with the early-blooming variety Alaska. Its frilly white petals contrast nicely with the lime green throat and the flowers last for weeks. Early blooming amaryllis are grown in the southern hemisphere and, if planted by early November, they bloom in time for holiday decorating and gift-giving.

Extend amaryllis season with doubles

that are grown in the northern hemisphere. Start these amaryllis bulbs any time before January for flowers in mid to late winter.

Sweet Nymph has layers of creamy white petals that are decorated with coral pink stripes. The blossoms add romantic charm to any setting. The extra-large flowers of Giant Amadeus change colors as they go from bud to mature bloom. The blossoms start out mostly white with a fine red outline. The color of the petals gradually intensifies to blushing pink, rose, and coral.

Doublet is another stunning winter-blooming double. Its flowers feature



narrow petals in a variety of widths, all with red and white candy cane stripes. You can expect two or three flower stalks from each bulb and as many as a dozen flowers. For more subtle beauty, consider double amaryllis Elvas with white petals outlined in red.

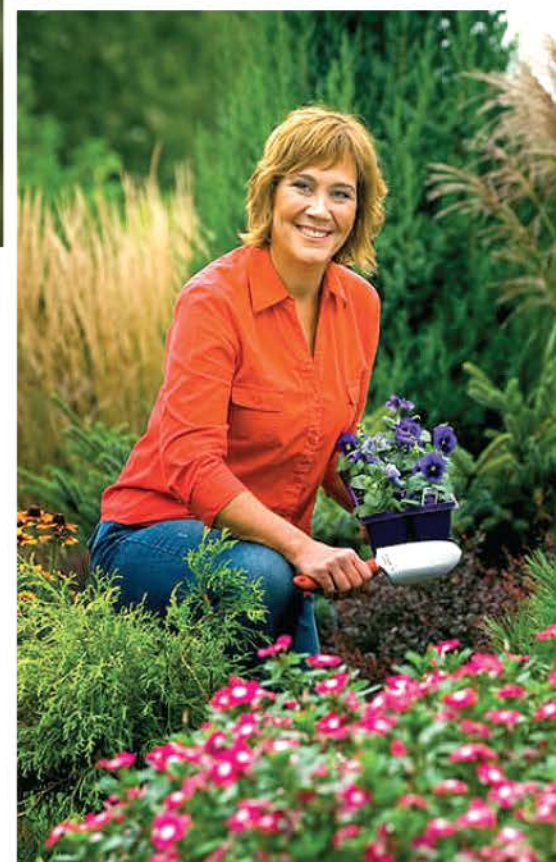
New varieties of single amaryllis can be equally dramatic. Opal Star is an early bloomer with slightly longer and narrower petals than most. Its muted, pale red flowers feature a chartreuse and white star in the center that extends to the tips of the petals. Cape Horn has broad, rose-pink petals and a white star. Remember to plant these early-blooming amaryllis in the fall so you can share living bouquets for the holidays.

Keep the flowers coming with varieties that bloom in January and February. Terra Cotta Star is sure to attract attention with its striking colors and exquisite details. The salmon, rose, buttercream and pistachio petals have dark red veining that makes each blossom a stand-out. Yellow Star is another unique variety with elegant ivory and lime green flowers that are sure to lift your spirits. Rosy Star's exquisite flowers feature snowy white petals and a rose-pink blush.

Don't underestimate red amaryllis as there are many exciting variations to choose from. Charisma is an early-blooming single with petals that display an ombre effect of

red and white. Gervase and Flamenco Queen are later blooming singles with a similar fade on their petals. For extra bold red and white flowers, consider single amaryllis Spartacus or Minerva, and the double variety Splash.

Order your amaryllis bulbs early for the best selection. When the bulbs arrive, store them in a cool, dry dark place until you are ready to plant. After you pot up the bulbs, place them in a warm, bright location to encourage them to break dormancy. Once the first bud emerges, you can expect to have flowers in two to four weeks. Enjoy all the beauty that growing amaryllis



(Longfield-Gardens.com) provides with only minimal care.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD instant video series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her web site is www.MelindaMyers.com.

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Kol Tikvah Youth Groups and Teen Programs

Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

Cali Camp

Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature. *All activities are pre-assigned and rotate on a daily basis. Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

Star Galaxy- Academic, Homework lab, Sports STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activi-

ties. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

Teenage Drama Workshop (TADW)

is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

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Squads by ID Tech Camps

Learning tech is cool. But experimenting with the hottest tech alongside friends? That's game-changing. Want to code and monetize your own game with Roblox? Make mods for Minecraft? Start a YouTube channel? Your Squad, your goals! Book now for Squads running September through December. Space is limited www.idtech.com/after-school

Code REV Kids - Encino provides the ultimate Coding, STEAM, Game Design, Engineering, and Digital Design class experience for students and campers in its live, virtual format, led by expert instructors with extensive virtual teaching experience. CodeREV virtual learning is backed by: Premier Curriculum created by Top Ed Tech Specialists & Engineers Only the most elite instructors with at least 5 years' teaching CodeREV tech courses and real world tech work experience A diverse set of unique courses to meet different age groups and interests Thousands of students educated online Options for both virtual learning and hands-on project learning from home. We are truly uniquely positioned to help your family push forward right now and through camp season. www.coderevkids.com

Camp Woodland Hills

Located on the Oxnard Campus of Woodland Hills Private School. 2022 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, board games, puzzles, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground. POOLS – The two in-ground pools and much more. for details: camp.woodlandhillprivateschool.com



Everything Will Be Fine in the End at Silicon Beach Film Festival

By Contributing Writer

Indie film company Small Factory Films is excited to premiere their feature film, *Everything Will Be Fine in the End* from award-winning, screenwriter, filmmaker, and composer, Joe Bartone as part of the Silicon Beach Film Festival at the TCL Chinese Theater 6 in the heart of Hollywood on September 14 at 7:30 pm.

The neurotic film follows the maniacal Buzz, who has taken his girlfriend George's dog, a labradoodle named Leo. George goes on a revenge spree of poor decisions with her friends Kai and Renka to get Leo back, ignoring that she, in fact, had

previously stolen Leo from Tom, a kindly man also searching for his beloved pet. Narrated by Isaiah, an urban shaman, George, Kai, and Renka botch a

making this film unique for today's productions and qandie films of the 80s, 90s, and 00s, such as *Paranoid Park*, and *Repo Man*. Trailers for *Everything Will Be Fine in the End* can be seen here and here.



break-in robbery ending in homeowner Julia's death - who then follows George around in her ghost form to witness the consequences of their actions.

The film features Kent Harper as Buzz and introduces Elsa Kennedy in her first lead role as George, the film also stars musician actors Cheska Zaide and Steven Michael Martin.

The film features an original score and songs written and performed by the director joined by Kennedy on vocals and Martin on drums,

Filmmaker Bartone notes, "I never dreamed writing songs for my friends would one day bring me to standing in front of an audience at the world-famous TCL Chinese Theater to share my vision, words, and music. I hope that my hard work and that of my cast and crew can show others that all things are possible if we choose life."

The event will kick off at 6:30 pm at TCL Chinese Theater 6 at 6801 Hollywood Blvd, Los Angeles, CA 90028 with a red carpet

featuring stars of the film and notable supporters. The screening will take place at 7:30 pm. Following the screening there will be a premiere party at the nearby Hollywood Roosevelt Hotel, 7000 Hollywood Blvd, starting at 9:30 with a red carpet. In the Hollywood Roosevelt Pool bar, music and a cash bar will continue until 11:15 pm.

Joe Bartone is a WGA caucus member. His films have won 18 awards in filmmaking, screenwriting, and composing. He has also notched 19 finalist placements and 8 semi-finalist placements in film festivals. He was a member of the Warner Bros. team that took the 2013 Technical Emmy for innovative digital delivery systems. His screenplay, *Worst Night Ever* was chosen as the 3rd best horror screenplay at Slamdance in 2021. In music, he was named among the 2015 best new jazz artists from JazzFM - the top syndicated jazz radio programming for NPR for the album *Master Plan B* with his group *Thelonious Dub*.

In addition to his own films, Bartone has been on the sound team of over 120 film and television productions.

The public can purchase tickets at the film festival in advance or at the door. Advanced tickets may be purchased online at www.siliconbeachfilmfestival.com/tickets, please scroll down to Block OO Wednesday, 7:30 pm 9/14. Tickets must be added and then scroll down to the check-out at the bottom.

Me Time

By Contributing Writer

There is a montage in "Me Time," the new Kevin Hart and Mark Wahlberg Netflix comedy, where Hart's character Sonny gets a day to himself for the first time in a long time. For years, he's devoted himself as a stay-at-home dad to his two kids (Che Tafari and Amentii Sledge). It's a job he takes very, very seriously, making Instagram influencer-worthy lunches and managing the home while his wife Maya (Regina Hall) is working.

Sonny has a modest vision for his day off: He wants to golf. He wants to find an underground barbeque spot. And he wants to do a few other things in private. But nothing goes the way he hoped it would. Unfortunately, his underwhelming experience is similar to that of watching the film itself. "Me Time" squanders a solid premise, a stacked cast and a seemingly unlimited budget. It didn't need to be anything great. But considering who was involved, it should be better than it is.

"Me Time" was written and directed by John Hamburg, who also did "I Love You, Man" and



"Along Came Polly," and it is as fine a premise as any to pair a standard straight man with a wild and crazy friend from his youth. In this case that friend is Huck (Wahlberg). We meet them celebrating Huck's 29th birthday. His wild activity that year is BASE jumping, which provides a lively and promising start that then comes to a complete

halt. "Me Time" cuts to 15 years later and spends far too much time establishing Sonny's home life instead of just getting him back.

As Huck, Wahlberg was clearly ready to go all out. He gets to be a high-rolling party fiend, which has its moments even though his character never really makes much sense. Hart, meanwhile, stays in

his comfort zone as a slightly frazzled family man. It's something he's very good at, but also something we've seen before. Still, it's nice to see both try a different comedy partner out. And though the two actors seem to be having fun together, the film never really finds its lane.

There's always a bit of fantasy involved when it comes to financial realities of characters in big Hollywood comedies. It is often used to signal a middle class life that is comfortable without being flashy. It is relatable and slightly aspirational and something that is supposed to be background. In "Me Time," the wealth on display is distracting.

Huck's costly lifestyle and elaborate parties turn into a bit of a plot point when a loan shark (Jimmy O. Yang) comes after him for \$47,000 — which seems like a lot but not enough for someone who shells out thousands of dollars to have a personal raw bar in the desert and a tour bus wrapped with pictures of himself. And then there's the question of why Maya, who her billionaire client (Luis Gerardo Méndez) says is "the best architect in the world," lives in a cookie cutter Sherman Oaks home. Maya is just one of the underwritten characters at play here.

These are all quibbles that would be beside the point if this movie was consistently fun or funny, which is frustrating because you can see the possibilities here. "Me Time" just missed the mark.

FALL SHOWS AT THE FAMOUS EL PORTAL THEATRE

By Staff Writer

Kick start your fall vibes with great live entertainment at the famous El Portal Theatre in the vibrant NOHO Arts District. This season is loaded with some of the best talent in the country and tickets are selling fast!

This month show business veteran and uber talented Kim Eberhardt is a true artist. She and her terrific band perform beloved hits of country legend Dolly Parton brilliantly.

Kim's award-winning show business career as a multi-talented singer, actress, dancer, and choreographer has taken her all over the world. She sings and talks like



Dolly!

LOVE DOLLY delivers Dolly's music, wit and glamour with polish and precision. With all-time smash hits like 9 to 5, Jolene, Islands in the Stream, and I Will Always Love You, this is a country party you've just got to see.

Treat yourself to this seriously fun night out! Sunday, Sept. 25, 2022 @ 3 pm

Then Get ready for a concert of blues music to soothe your soul with jazz great GRANT GEISSMAN!

Legendary, Emmy-nominated jazz guitarist Grant Geissman (who has played with such greats as Chuck Mangione, Steve Tyrell, Burt Bacharach, Elvis Costello, and Ringo Starr) in a world premiere CD release live concert! With special guest, Grammy Award-winning sax player Tom Scott (solo artist, Steely Dan, George Harrison, LA Express, Blues Brothers)!

Grant and his amazing band (Brian Scanlon, woodwinds; Jim Cox, piano and B3 organ; Lyman Medeiros, bass; Ray Brinker, drums) make their first appearance at El Portal. (But you may have seen Grant backing Steve Tyrell here in March.)

Veteran guitarist and composer Grant Geissman releases his 16th album, BLOOZ, via his Futurism label in a joint venture with Mesa/Bluemoon Recordings. Leading the way, he takes the listener on a stylistic adventure, exploring the genre in many forms. "The album is called BLOOZ because it's my take on the blues. It's a fairly wide interpretation, and not always traditional," said Geissman. "It's the album I always wanted to make."

Apart from his own albums, Grant co-wrote the music for all 12 seasons of "Two and a Half Men," as well as all 6 seasons of "Mike and Molly."

Check out Grant talking about his albums and playing his iconic solo from Chuck Mangione's "Feels So Good" at Norman's Rare Guitars here:

<https://www.youtube.com/watch?v=cYI-vKIXHVIA>

One show only Saturday, Sept. 24, 2022 @ 8 pm. The line-up runs through the holidays with great shows to get you going and feeling the magic at the one and only El Portal Theatre! www.elportaltheatre.com

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DIRTY VIBE MEDIA By Pam Froman



Dirty Vibe Media offers high-quality videography and photography services. They create stunning visuals viewed by millions of people across the nation. If you are looking for advertisements, event coverage, fashion photography, or social media content, Dirty Vibe Media has you covered.

In 2020 co-owners Josh Kushner Jr. and Morgan Betts founded Dirty Vibe Media. It was the height of the pandemic, and Josh, who



One of their biggest focuses right now is creative music-driven advertisements for brands. "We love being able to build a seed and plant something that we can invest our time into and see it turn into something amazing," says Josh. "I think to be able to actively invest your time in a project makes you so excited to see where it takes you."

How does Dirty Vibe Media come up with ideas?

"I love the concept of Biomimicry and incorporating that ideology into surrealist & abstract art" says Josh. "The combination of those elements of design are very inspiring to me"

"I'm greatly inspired by the satisfying aspects of design," says Morgan. I've got a natural attraction to things that look aesthetically pleasing. I think the more abstract and surreal art is something Josh & I gravitate towards a lot. But there are a lot of technologies that are emerging currently that change the way we design and appreciate art.

What makes Dirty Vibe Media's photos or 3D content top-notch is that extra 20 percent. These days it's really easy to get 80 percent in media projects but that final bit of polish, the attention to detail, especially in 3D content is what sets Dirty Vibe Media apart. "I would say that textures and the way that things are shaded and lit are what's going to take something to that next level," says Josh. "It's the same with photos and video. You are working with different foregrounds and backgrounds, and you need to understand the equipment that you are using, the fundamentals, and knowing how you can put your own implementation in it. I think that is what gives us quality work."



Morgan Betts

Dirty Vibe Media is also comfortable working with higher caliber people. The business has worked with several celebrities – such as people in the hip-hop industry when creating music videos. These include high-profile rappers like Master P and Rarri. Antoine Sallis, who is a well-respected credit advisor on the Forbes Magazine Financial Board of Advisory is also a client.

Dirty Vibe Media is also known for its 3D motion graphics or 3D logos for advertisers and brands. However, up and coming in the space will be crossovers of music videos that feature 3D animation. This is becoming more and

more popular. Dirty Vibe Media takes the time to understand what problem the brand has, what they are looking for, and how Dirty Vibe Media can solve it. The focus on consistency and having a thoroughly planned outline keeps things cohesive.

This focus on clients makes DMV's projects fresh and engaging. On top of that, their attention to customer service sets them apart from the competition. Josh and Morgan both have backgrounds in restaurant service industries and one concept from working in a space like that is a camaraderie or a teamwork mentality. "Everybody helps out," says Josh. "I think that attitude when we work with clients, allows us to adapt for each situation."

Larger and larger projects are in Dirty Vibe Media's immediate future, especially in 3D advertising. As well, video is the key to where content is moving. "Video is one of our key focuses so that's probably where we are going in the future," says Josh. "The key is for our brand to be recognized. I don't want it to be in a niche market space. I want Dirty Vibe Media to be universally enjoyed and accepted."

Dirty Vibe Media email is Booking@dirtyvibemedia.com, and @dirtyvibemedia on Instagram and TikTok For more information on Dirty Vibe Media log onto www.dirtyvibemedia.com



Josh Kushner Jr.

had previously been working as a musician and DJ, found his revenue stream drying up because of the loss of live events. He decided to explore videography and photography and began making videos. Morgan, who had always been passionate about film and media, joined in and the twosome clicked.

Dirty Vibe Media got its start as a professional media company by randomly filming around Hollywood. One of their soon-to-be most loyal clients, fashion designer De'Monte Washington of Band Runnaz Clothing, saw the two of them shooting and asked if they could do a project for him. Josh and Morgan came to the shoot with every piece of camera gear that they owned at the time. "We were like okay, we need to bring everything because it's got to be as good as we can make it," says Josh. "That's always been our thing – we're going to try as hard as we can to make it as good as we can. De'Monte liked us and wanted to do more with us, and the business escalated to more and more clients."

The company does everything from music videos, advertisements, 3D motion graphics, videography, and even TV commercials.

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JAMES DOMINE, MUSIC DIRECTOR
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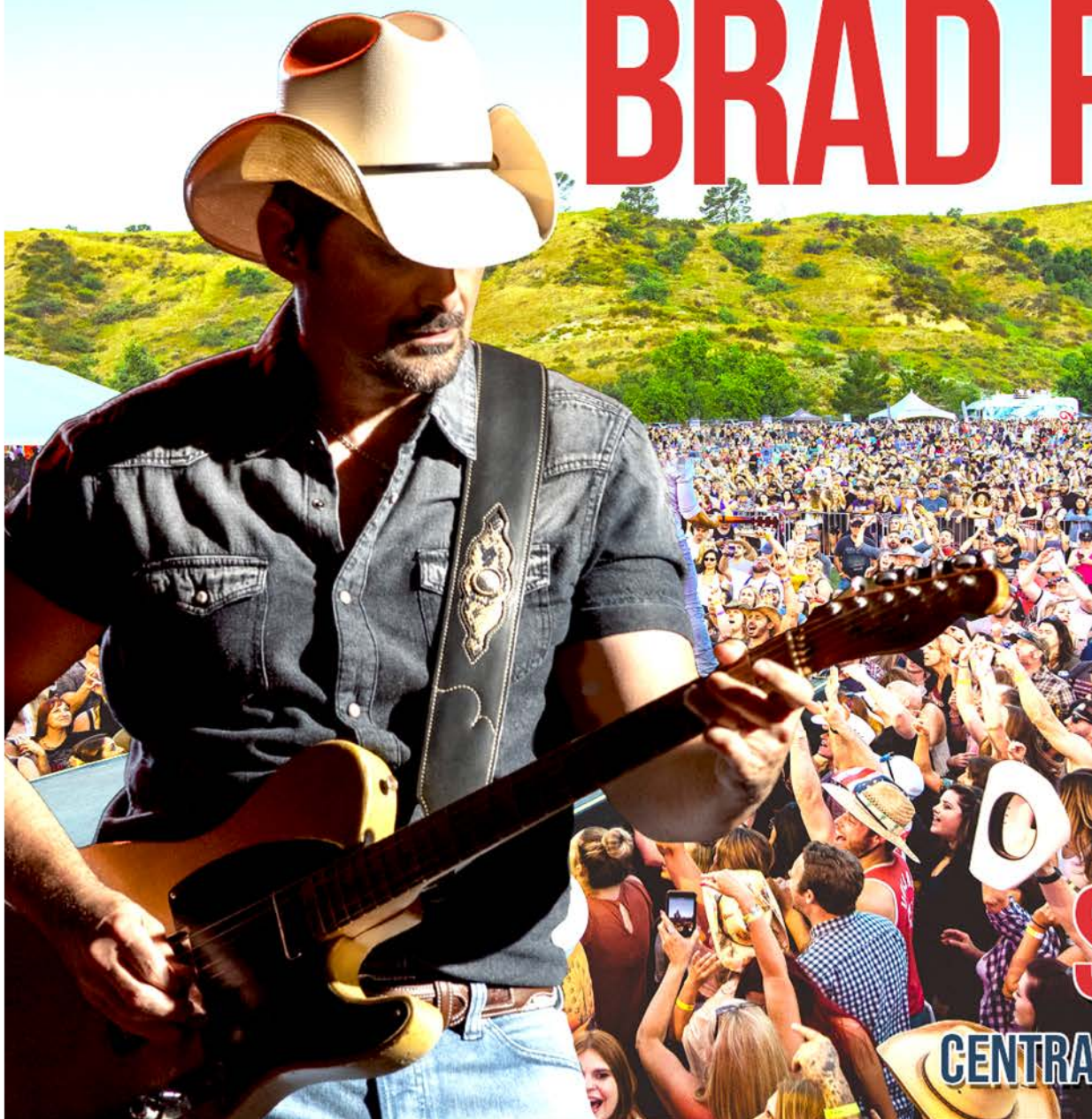
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BEAT THE HEAT WITH A TASTY ADULT TREAT!

By Jonah Flicer

The Best Booze for Warm Weather
Pull up a lawn chair and grab a glass.

“Utepils” is a Norwegian word. It means “A longing and anticipation for the first beer enjoyed in the sunshine.” Anyone counting down the days until those super fun 20-degree surprise temperature plummets stop happening (please, for the love of our collective sanity, stop happening) has probably been experiencing a lot of utepils this spring.

That first crisp IPA enjoyed on a bar patio while wearing shades is one of the great joys of life – beads of cool condensation on the glass, the sun on your skin, and plenty of evening daylight. But as any vitamin D-deficient drinker knows, the joy of warm

weather boozing doesn't stop with beer. It's finally time to swap out our catalog of warming spirits and cocktails for their cool, refreshing counterparts.

Gin - For gin and tonics, punches, and most anything else

Oh gin, harbinger of warm breezes through open windows and 9 pm sunsets. Second perhaps only to white rum, gin is the most quintessential warm weather spirit out there. It's light, it's refreshing, and its

spritely botanical flavors take on and enhance the characteristics of whatever it's paired with (and it should always be paired with something). Sweet, citrus, herbaceous, tart – it doesn't really matter. It'll all be fine in gin's capable hands.

But part of the joy of gin resides in its simplicity, so if the bar cupboard is all but bare, a gin and tonic (or several) is the perfect companion for the lingering twilight. And gin's economy both in price and in sugar levels make it an ideal partner for that ubiquitous and sorely missed summer hallmark: the punch.

The beauty of punch is that you really don't need a recipe. Just remember: one part sour, two parts sweet, three parts strong, and four parts weak. As just one example: sour can be fresh-squeezed grapefruit. Sweet is simple syrup. Strong is gin. Weak is champagne. Why these ingredients? Number one,



it's summer in a crystal bowl. Number two, it's a perfect combination, as the gin will meld terrifically with the citrus notes without being cloying, and add its own notes of juniper to the mix. Champagne contributes a fizziness and more flavor complexity, along with a little more sugar. Just make sure you add a huge ice block to dilute this drink, or your party will be a lot wilder and probably end a lot sooner than you expected.

White Rum - For sangria, punches, mojitos, or daiquiris...

White rum is the poster child for summer drinking for good reason. It's sweet, it's mixable, it won't weigh you down, and it looks really pretty when mixed with fruit and colorful liqueurs.

Whereas dark rum is typically aged in charred barrels, giving it a complex flavor and often a molasses-y heaviness, white rum is far lighter with very little native flavor other than a pleasant sweetness.

By virtue of that fact, it's a great additive to anything you want to make a.) sweeter and b.) boozier. That can be sangria, punch, and other big batch offerings. But we would suggest making one of the delightfully simple and summery white rum classics - the

mojito or the daiquiri.

A mojito is essentially white rum, lime, sugar, and mint. There are a couple ways to tackle this:

Muddle a quarter of a lime with a teaspoon of granulated sugar, then gently introduce and bruise some mint leaves, add crushed ice, two ounces of rum, top with club soda and stir.

Just add an ounce of lime juice, a quarter or half ounce of simple syrup (for ease of mixing and preventing that nasty granular crunch), then the mint, crushed ice, rum, soda.

A daiquiri, really, is a mojito without the mint. Combine a half ounce of lime juice, half ounce of simple syrup, and two ounces of white rum in a shaker with a healthy amount of ice, shake it until your hand gets really cold, and strain it into a martini glass. The beauty of the drink is that you can get really experimental without sacrificing the integrity of the drink. Want to throw in some orange bitters, or hell, an orange wedge? Go for it. Want to sub Mike's Hot Honey for simple syrup? Well, we actually tried that, and it's ridiculous. In a good way. Spicy, sweet, tart, boozy... what could be better than that?

Tequila - For margaritas – the good kind

What would a lineup of summer booze be without tequila? Love it or hate it, it's a warm-weather essential, and so is its smoky uncle, mezcal. They're both born in the sun-scorched plains of Mexico, where the soil is a volcanic dust. The plant that grows in that soil is blue agave, an aqua green ball of spiky leaves. Tequila is made for heat – it doesn't know anything else.

If the only way you've had the stuff is in enormously sweet mixed drinks or hastily chased shots, you're missing out – good tequila doesn't need to be masked with fruit syrups or huge amounts of granulated sugar.

Pimm's - Pimm's No. 1 is a fantastic liqueur with a shiniingly complex notes of citrus and quinine and an even better story. Legend has it only six people alive today know exactly how to make it, and a properly made cocktail using the stuff is like the entire summer season stuffed (almost literally) into a single glass.

As you crank the A/C and fill a few extra ice cube trays in the freezer, we hope that these drinks will help make your warmer months everything they should be. From our patio chair to yours - here's to a long summer.

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CALIFORNIA FARMER'S MARKETS ARE OPEN FOR BUSINESS

A FUN AND FRIENDLY DAY FOR EVERYONE

By Julia Stafford

The California Farmers' Markets Association (CFMA) hosts certified Farmers' markets for the community, farmers, and producers. The markets offer fresh fruits and vegetables direct from farmers, grass fed beef, fresh fish, flowers, eggs, local honey and gourmet artisan food specialties for thousands of households who attend each week.

The California Farmers' Markets Association is a mutual benefit corporation providing Certified Farmers' Markets for the Bay Area since 1993 and is known for its ability to create an atmosphere of community in a marketplace.

The California Farmers' Markets are known for their ability to showcase high

quality, trend setting fruits and vegetables which have provided a source of education for numerous food editors and writers around the country who come to the Farmers' Markets just to learn about the new explosion of varieties that are offered. In this sense the farmers' markets have been a trendsetter in introducing new varieties into the marketplace.

The California Farmers' Markets have an extensive special event and promotion program. These include annual fruit festivals, the monthly comparative tasting events, cooking and gardening demonstrations, annual Harvest Festivals and the Holiday Harvest Celebra-



tion Fairs. The Association serves to promote the nationwide 5-A-Day healthy eating program for children and has aligned itself with the Let's Move program fighting childhood obesity.

Since 1993, the California Farmers' Markets Association has been managing Los Angeles and San Fernando Valley areas. In addition, markets are more than "pop-ups". These markets have high standards in products and customer service, and take pride in their produce and hand made foods.

"Certified Farmers' Markets" and "Certified Producers" are certified and regulated by State of California law. It is illegal for farmers to buy and re-sell agricultural products at a Certified Farmers' Market. A Certified Farmers' Market is a location, certified by the Agricultural Commissioner, where a producer sells only their own fruits and vegetables directly to consumers. A Certified Farmers' Market may only be operated by a local government, a certified producer or a non-profit organization.

Certified Producers enjoy the exemptions of certain State regulations that require strict packing, labeling, size and grading standards. These exemptions foster the freshness and product availability that enhances every Certified Farmers' Market in California.

Each farmer or other agricultural producer must carry in transit and post at the Certified Farmers' Market a copy of

his/her Certified Producer's Certificate, which is provided by the farmer's production county agricultural commissioner. There are over 700 Certified Farmers' Markets in California including many in the Valley and surrounding areas. California Farmers' Markets Association's system of 14 markets serves over 26,000 households each week. The markets are outlets where consumer's benefits

include:

- Obtain farm-fresh fruits and vegetables that travels a shorter farm-to-table trip.

- Purchase directly from a family farm.

- Obtain cultural/specialty fruits and vegetables not easily available in super-markets.

- Purchase of local products, which strengthen the local economy while decreasing the demand on transportation from outlying areas.

Farmers' Benefits include:

- Access to outlets where tree-ripened and vine-ripened produce is in high demand.

- A place to sell heirloom and antique and/or specialty crops (such as thin-skinned high moisture Babcock peaches that do not easily withstand the stress of shipping, sweet potato leaves used for stir-fry, etc.).

- A place to sell smaller quantities not usually accepted on the shipping channel(s).

CFMA reserves over 750 stall days for farmers each week during the peak agricultural season through its system of 14 certified farmers' markets. An additional database of over 3,000 certified growers and an active "referral" system supported by our member growers assist the CFMA in supplying the markets. The market product mix is pre-determined each year by the annual reservation system.

Other Vendor On Site

The addition of specialty food purveyors to the certified farmers' markets originated when markets wanted to add "non-certifiable farm products", direct from the producer, to their product mix at the market. These items include honey, cut flowers, dried nuts and jams. Since then, these items have become certifiable and are included in the "certified area" of the markets. Over all, it's a fun and healthy day for the whole family!

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EXPERT TIPS FOR STAYING HEALTHY IN A HEATWAVE

By Contributing Writer

With extreme heat warnings being issued in southern and central states these coming days, the importance of knowing how to stay safe and healthy in this climate grows. With this in mind, health experts at NiceRx have shared 5 tips for staying healthy in a heatwave.

Keep hydrated

Start drinking water from when you wake up, taking regular hydration breaks throughout the day to stay on top of your fluid



intake.

Eating fruits like watermelon and nectarines can help keep you hydrated.

Protect your skin

Make sure you apply sunscreen before going out into the sun; reapplying every 2 hours.

If you have fair skin or are

prone to sunburn, the higher the SPF of your sunscreen should be (preferably SPF50).

If you have exposed moles or birthmarks, either ensure they're covered or apply high SPF over them.

Check on others

Some people may be more

prepared for the heat than others, be sure to check in on those around you, and make sure they are keeping safe and are feeling well.

If you or someone you know has a health condition that may be affected by the heat, let people know so they can check in and make sure you're keeping safe.

Plan ahead

Keep checking the weather forecast to plan your days around the temperature.

Try to avoid driving or exercising during the hottest parts of the day.

Be prepared for potential water shortages which may be caused by the temperature.

Stay cool

The sun rises in the east and sets in the west, in the mornings, keep any east-facing windows and blinds closed, but open any others. In the afternoon do the opposite,

closing your west-facing blinds and windows.

Have ice cubes ready in your freezer - these can help cool the body down when applied to pulse points, such as your wrists and neck.

Navin Khosla, Medical Writer at NiceRx has shared the following advice on staying healthy in a heatwave:

"According to US weather forecasters, temperatures could be exceeding 90° over the course of the next week, especially in the southern states, and this, in turn, causes concern for the health and safety of the population.

A heatwave is typically registered as a prolonged period of at least three days where there is hot weather relative to the expected conditions of the time of year - and although some of the US is not too far above average for the month of August, other areas are nearing dangerous levels.

It is vital to maintain your hydration levels, aiming to drink around 20% more than your usual intake of water. Try to avoid caffeinated and sugary drinks such as tea, coffee and alcohol as these can increase dehydration. It is also advised to avoid direct sunlight where possible, making sure you are reapplying sunscreen and covering up with lightweight, loose clothing to reduce the chances of sunburn and heat exhaustion.

It is important to check on others during this extreme weather. Be sure to contact those around you, ensuring they are keeping safe, cool and hydrated. If you, or someone you know, suffers from a medical condition which may be affected by the heat, let the people around you know. Elderly people and children are especially vulnerable during the heat, check in to make sure they are comfortable and have easy access to water and are managing to remain cool."

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8 Essentials for a Healthy Heart

By Contributing Writer

Cardiovascular disease is the No. 1 cause of death in the United States. Studies indicate more than 80% of all cardiovascular events may be prevented by a healthy lifestyle.

To help Americans, the American Heart Association introduced Life's Essential 8, a checklist that explains eight habits and health measures that affect heart and brain health.

The checklist incorporates knowledge gained from more than 2,400 scientific papers on cardiovascular health. It has been expanded to apply to anyone age 2 and older, and now includes sleep as the eighth cardiovascular health component.

"The idea of optimal cardiovascular health is important because it gives people positive goals to work toward at any stage of life," said Donald M. Lloyd-Jones, M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwest-



em University's Feinberg School of Medicine. "We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people."

Start making positive changes to improve your heart and brain health:

Eat Better

A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein; and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils

Get Active

(like olive and canola) for cooking. The target level of moderate physical activity is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids ages 6 and older need 1 hour or more of play and structured activities per day.

Quit Tobacco and Nicotine

Nicotine makes your heart rate and blood pressure skyrocket while carbon monoxide and tobacco rob your heart, brain and arteries of oxygen. There are about 4,000 chemical components found in cigarettes; at least 250 of them are harmful to your health.

Get Adequate Sleep

Getting a good night's sleep is vital to cardiovascular health. The optimal level is 7-9 hours daily for adults.

Maintain a Healthy Body Weight

Although the measure of body mass index (BMI) is not perfect, it is easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular health.

Manage Cholesterol Levels

Non-HDL ("bad") cholesterol, rather than total cholesterol, is a reasonable predictor of cardiovascular risk. Non-HDL cholesterol can be measured without fasting, which means it can be assessed at any time of day and reliably calculated.

Manage Blood Glucose

When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate. Hemoglobin A1c readings measure your long-term blood glucose control. A normal A1c is below 5.7%; between 5.7%-6.4% indicates pre-diabetes.

Understand Blood Pressure Readings

Optimal blood pressure is less than 120/80 mm Hg while hypertension is defined as a 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

For more ideas to achieve optimal cardiovascular health visit heart.org/lifes8.

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“ROOTED IN MINDFULNESS”

THE NEW JW GARDEN AT THE JW MARRIOTT DESERT SPRINGS RESORT & SPA

By Barbara Beckley

Never the same twice! There’s always something new at the JW Marriott Desert Springs Resort & Spa (<https://www.marriott.com/en-us/hotels/ctdca-jw-marriott-desert-springs-resort-and-spa/>) in Palm Desert.

landscape are a fully integrated experience. Plant-life is like my personal wellness and self-care—it resets my whole energy field.”

As a garden enthusiast myself, I was charmed on several levels. First, the plants are colorful and lush. Pink cactus – the entire plant is a beautiful dusty rose hue!



Golden flowers and silver leaves. All local to the desert including sages, desert marigold, milkweed, wildflowers (to provide habitat and ecosystem support to fauna and insects), rosemary, prickly pear and olive trees. The Signature Herb is Sage. Which will be incorporated into the resort’s foodie recipes and spa products.

Second, The JW Garden is easy to enjoy. No slogging through dirt here. The plants are growing in organically-shaped, waist-high stucco planter beds (that double as seating) for easy appreciation (and harvesting). Yet another beautiful location to relax and encourage meditation.

Why a garden? Turns out Alice Marriott, the wife of founder J. Willard Marriott, grew fruits, veggies and herbs for her Sunday dinners. A cool way for Marriott “to honor family tradition and highlight its commitment to mindfulness for guests to be nourished in body and revitalized in spirit,” explained Marriott’s global brand leader, Bruce Rohr. And the reason they invited Kwong to design it. “There is a synergy between JW Marriott’s point of view on well-being and Kwong’s passion for

bringing people back to nature,” he said.

It’s also a unique experience. The JW Garden is one of only three such gardens in the country! Along with the JW Marriott Orlando Bonnet Creek Resort & Spa in Florida and the JW Marriot Essex House New York.

As The JW Garden grows (using repurposed low-emission materials, water-conserving techniques and no spray pesticides or fungicides) and the olive trees spread their limbs shading the walking paths and benches, and stylish white sails add more shade – look for this to become a new favorite relaxation spot. To watch the swans on the lake, the sunset and drink in the JW’s one-and-only sweeping views of the lake, golf course and Santa Rosa Mountains.

Also new!

My incredible room. I hadn’t overnights at the JW since the property-wide redesign in late 2021. Wow! The breezy cool décor of my eighth-floor Main Building Standard Room was the perfect match to my truly astonishing view! From on high I gazed at EVERYTHING – directly down on the sprawling lake, the pool, both Desert

Springs Golf Club championship courses and the private JW Marriott estate homes, all framed by the magnificent Santa Rosa Mountains and blue, blue sky. The best room ever!!!

And delicious sushi at Aquifer65 & the JW Sushi Bar (aka the Lobby Bar) paired with delightful fellow guests. As the desert’s largest event property, my stay coincided with the Desert Classic Dancesport (Ballroom Dancing) Championships! Sequins, flowing gowns and high heels heightened the glamor for us weekenders who were decked out in stylish, but still just shorts and sandals. And the three fashionable women and their grandson, enjoying a weekend from LA, who introduced me to the resort’s crazy-cool signature drink – The Pink Flamingo. A frothy, (non-alcoholic for their grandson) concoction of strawberry ice cream, half-and-half and whipped cream topped with pink donuts, pink lollipops, pink cotton candy, rainbow sprinkles and a pink paper flamingo! Oh, my! “We love the JW. The Pink Flamingo is our grandson’s must-have every time we come,” they said – as we adults sipped martinis.



What’s the latest? The JW Garden! Not just any garden. Described as a “kitchen garden with a twist,” this lush collection of edible native plants and a budding olive tree grove debuted in May beside the lake. It’s a new space inviting guests to relax and “smell the roses” so to speak – as well as providing fresh ingredients for cocktails and cuisine in the resort’s nine restaurants and bars; and oils and scrubs in The Spa at Desert Springs.

Created and planted by acclaimed landscape designer Lily Kwong, founder/owner of Studio Lily Kwong, “The JW Garden is more than a garden,” she explains. “I designed it using native plants and edible herbs to support the resort’s culinary efforts, but also to be an education and respite center for guests. For me, mindfulness and

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Netflix's "Iron Chef" Challenger Talks New Hosting Gigs, Restaurant & Hmong Cuisine

By JT Hainje & Lilyan Park

Recently seen competing as a challenger on Netflix's "Iron Chef: Quest for an Iron Legend" and featured as the cover story of Bon Appetit Magazine, James Beard-nominated celebrity chef, restaurateur, and TV personality Chef Yia Vang (chef/owner of Minneapolis' Union Hmong Kitchen) is known to have taken an unconventional approach to his nomadic Hmong cuisine fighting his way to the top of the Minneapolis food scene. Yia is the new host of Food Network's digital series "Stoked" (premiered August 12th and currently streaming) and Outdoor Channel's "Feral" which is set to premiere in November 2022. Yia has worked in several top-tier kitchens (Nighthawks, Borough, Spoon & Stable) before he created the pop-up sensation Union Hmong Kitchen. Yia is now gearing up to open his new Hmong-centric restaurant Vinai in Central Minneapolis.

On "Stoked," Yia celebrates the legacy of cooking Hmong food over a wood-fired grill and viewers can join him in live fire cooking as he makes recipes inspired his heritage. He was also the host of TPT's web series "Relish" where Yia features international flavors found in Minnesota. Yia's wonderment and curiosity shows when he meets with a diverse array of local chefs to explore the dishes that tell their stories, from potica to Guatemalan mole. In November 2022, Yia will also be hosting his own show "Feral" which will be part of Outdoor Channel's "Taste of the Wild" Monday night block with Andrew Zimmern's show "Wild Game Kitchen."

Yia is currently the owner/chef of the James Beard-nominated restaurant Union Hmong Kitchen located in Graze Food Hall in North Loop Minneapolis specializing in Hmong cuisine. The stateless, nomadic community's history reveals itself in its



spicy, smoky, mouth-walloping cuisine, marrying influences from Thailand, Laos, Vietnam and Southern China. Union Hmong Kitchen started out years ago as a pop-up in his friend's backyard where he was charging \$5/plate. Its popularity led him to buy a trailer to sell his food and eventually a location at North Loop's food hall. Though Minnesota is home to the largest diaspora of Hmong people living outside Asia, no brick-and-mortar restaurant has been exclusively dedicated to Hmong cuisine until Yia and his business partner, Dave Friedman, launched a Kickstarter campaign for Vinai, the Twin Cities' first brick-and-mortar restaurant devoted to "the past, present, and future of Hmong cooking." Vinai is named after one of the largest refugee camps in Thailand where Yia was born and where 90% of Hmong people ended up prior to moving to the Midwest after the Vietnam War. The ingredients will be sourced from Minnesota's Hmong farmers and the restaurant will be filled with plants – a nod to Mama Vang's green thumb. In the backyard will be a communal wood-fired grill – a fancier

version of what Yia remembers tending alongside his dad at big family gatherings. His vision for Vinai is to create a home for his Hmong food that celebrates his parents' legacy and tells his family story through food. The restaurant is slated to open in 2023 in Northern Minneapolis.

*Some of Chef Yia's favorite recipes include Grilled Butterflied Chicken with Lemongrass Sauce, Coffee Rub Ribeye with Cowboy Chips and Grilled Vegetables, Smoked Pork Belly Hash with Grilled Vegetables and Duck Eggs, and Grilled Rainbow Trout with Herbed Salad and Fried Rice.z

One of seven siblings, Yia was born into a Hmong family in a Thai refugee camp (Vinai), following the Vietnam War. The Hmong people come from Southeast Asia (Laos, Vietnam, Thailand) and are nomadic with no country of their own, held together by their traditions, culture, art and cuisine. IThrough sourcing what's in season and combining local traditions with those from his family and cultural traditions, Yia brings Hmong flavors to American palates

and invites people to change how they think about food by considering the influences in each bite. He firmly believes that Hmong food isn't a type of food but is really a philosophy of food and a way of thinking. Their cultural DNA is intricately woven into the foods they eat. Hmong were a traveling group and every place they landed, they learned from the people there. They had to create their own culture and then the next generation is expected to build on to that platform and keep the legacy going. <https://www.bonappetit.com/story/yia-vang-fathers-recipe> ia has been featured on National Geographic and CNN's United Shades of America. Among other accolades, he is a 2022 James Beard Foundation Best Chef Midwest semifinalist, 2022 James Beard Foundation Best New Restaurant for Union Hmong Kitchen semifinalist, MSP Magazine's "Chef of the Year 2019," recently voted "Best Chef 2020" in City Pages "Best-if" issue and was featured as the cover story in the May 2020 issue of Bon Appetit Magazine.

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EXERCISE BIKES VS. TREADMILLS

By Contributing Writer

You want to exercise at home. The most popular equipment are treadmills and exercise bikes. The biggest obstacle to a home exercise is sticking with it.

Treadmill vs. Boredom

On a treadmill, you walk. Walking isn't fun. You can walk at different speeds, but that isn't much more

fun. If you get a treadmill that offers incline, that keeps it more interesting.

Exercise Bikes vs. Boredom

Exercise bikes are unique in that many of them come programmed with various biking routines. You simulate different courses that require you to sprint, pedal



uphill, and perform at different levels within one workout. You can even select random programs so you don't know what's coming. Some exercise bikes can even be plugged into televisions and video games to let you interactively pedal.

On upright exercise bikes, you run into some of the same problems as treadmills as far as reading. Recumbent bikes, however, allow your hands to be free to hold a book or magazine, video game controller, or phone.

Multi-tasking during an exercise bike workout keeps it from becoming boring.

The Calorie Factor

Most people burn about 750 calories per hour on a treadmill. The same people are likely to burn about 550 calories per hour on an exercise bike. So it's a no-brainer, right? You should get a treadmill because they burn more calories.

Well, not exactly. You can't get so caught up in which machine burns the most calories. Take a lot of other



factors into consideration. How likely are you to sustain a treadmill routine as opposed to an exercise bike?

Exercise bikes are usually more fun than treadmills, so you are much more likely to stick with it.

You might also find it difficult to use it long enough per workout session to get full benefits. Most people find it easier to workout for 20 minutes on an exercise bike than 20 minutes on a treadmill. If you are likely to only do 10 minutes on a treadmill but can easily do 20 minutes on an exercise bike, you will burn more calories on an exercise bike.

Your Safety

The biggest difference between exercise bikes and treadmills is overall safety.

You can fall off of a treadmill. It's very difficult to fall off of an exercise bike.

Another safety hazard is injury from the activity itself. A treadmill puts stress on your joints. People with conditions such as arthritis will find a treadmill painful.

Exercise bikes put much less stress on your joints. A properly positioned exercise bike supports your weight and allows you to receive the benefits of a higher impact cardio workout.

An Exercise Bike is Better for Your Health than a Treadmill

As you can see, both pieces of home fitness equipment have advantages. While the treadmill continues to be the most popular piece of home gym equipment, most people are more likely to faithfully use an exercise bike. This means you're more likely to have to dust a treadmill until it gets the garage sale sticker.



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BARKITECTURE

is the latest design obsession

By Contributing Writer

The experts at Ferguson Bath, Kitchen & Lighting Gallery share how to incorporate the trend, on the heels of National Dog Day 2022 last week

The experts at Ferguson Bath, Kitchen & Lighting Gallery share the latest trend obsession of incorporating fido-first design into kitchen and mudroom design.

BARKitecture was initially used to describe the design and construction of dog houses and other structures specifically for dogs. Over time, the term has grown as today's pet-loving homeowners increasingly incorporate BARKitecture into their kitchen and bath design.

Today, homeowners embracing BARKitecture customize their pet-friendly homes with aesthetically pleasing and luxury features like hidden food storage and watering stations, as well as places to shower and groom their pets. Mudrooms specifically designed for families' best friends are becoming increasingly popular additions, as they make the care and feeding of animals more effortless and convenient. Additionally, they keep the main living spaces clean and free of pet hair.

The Rise in Popularity of Dog Wash and Feeding Stations: Why?

The popularity of dog wash and feeding stations in the home is due to several reasons. Perhaps the most important reason is that people realize the importance of caring for their pets. A properly groomed and fed dog will be happier and healthier, which all pet owners should strive for.

Furthermore, home decor is becoming increasingly creative, and many people choose to include their pets in their design schemes. A beautiful dog feeder or wash station can add a touch of elegance to any room. Finally, many people see these stations as a way to show appreciation to their pets. A well-maintained feeding or washing station is sure to please any pup!

Install a hidden food and watering station.

Kitchen cabinetry can hide or recess food storage compart-



ments. Many of these built-in feeding stations are usually incorporated into the center island and creatively incorporate a pot-filler faucet at their pet's water bowl level. While this certainly is more aesthetically pleasing, removing the food and

water bowls from the floor also thwarts the danger of tripping over them.

Homeowners who serve fresh foods or subscribe to a food delivery service requiring refrigeration for their pets can install an under-counter refrigera-

tor dedicated to Fido's culinary delights.

Households adopted pets in record numbers during the pandemic.

Many news outlets, including the New York Times, reported an uptick in animal adoption foster applications nationwide immediately following the initial COVID outbreak. Humans rescued animals from homelessness; animals rescued humans from pandemic hopelessness as families adopted the

perfect pet, creating a crucial two-way lifeline. The furry, unconditional and ongoing support sustains many Americans during this landmark time, and the trend continues perhaps when most needed.

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WOOD FLOORING REMODELING A GUIDE TO AFFORDABLE AND EFFECTIVE RENOVATION

By Contributing Writer

You love your house. But there's no doubt parts of your home need updating. If one of those areas is a floor, there are some very affordable and easy home upgrades.

Having your floor remodeled brings new life to your home. But before you decide which floors need remodeling, it's essential to plan everything out.

You may be trying to sell your home or just want to upgrade it.

Learn all you need to know about planning your wood flooring remodeling.

Flooring Remodeling

Before you dive into home's remodeling, it's good to know all you'll need to plan.

Every renovated area adds value. If you decide to keep your home or sell, adding value is always a benefit. Many people start with replacing flooring because they know flooring helps set up the home's aesthetic look.

A remodeling project can be done all at once or in stages. Many flooring remodeling enthusiasts default to hardwood and decide to take on steps as well.

Hardwood and hardwood variations offer many flooring and stair choices. Engineered hardwood stairs offer you stair treads in Red Oak, Maple, and Hickory.

Stair Treads

You can go exotic and select an exotic wood for your stair treads. Premade stair treads get a higher grade of wood and consistent color. The higher grade of wood ends up staining better and matches the new flooring.

Your stair tread will be closed, boxed, or open on one or both ends. That means the return hangs over the edge of the step by a couple of inches. No matter what wood product you're purchasing, it's best if you have a return that hangs over your step edge by a couple of inches.



What Easy Home Improvements and Upgrades to Make

There are two ways you can upgrade a home that brings immediate notice. Instantaneous upgrades happen when you repaint or remodel floors.

Quality flooring allows a house to shine. Hardwood is appealing, and many high-quality wood laminates are very affordable.

You can even go eco-friendly and use bamboo and cork on your floors, which gives luster, shine, and longevity. If you already have a quality hardwood on your floors, but it's dull and scratched up, you can easily give it a good sanding and refinishing.

It's essential to set up your budget in advance, so you know what your costs are.

How to Renovate Your Flooring

How do you bring floor remodeling moving parts together? You start at the beginning.

When You're Refinishing Real Wood. Remove any staples, nails, or anything else protruding from the

sure you very thorough. Sand, Sand, and Sand Again. Sand down your floor with a power sander. You always want to work in the direction of the boards and never move the sander across them. Use and move through your sandpaper from coarse to fine.

It's okay to use a hand-held sander. When you remove the old surface with a scraper use 80- and 100-grit paper by hand.

Vacuum and Mop. Mop the floor with a rag and water. Rinse and repeat. Remove as much dust and old finish debris as possible.

Wood Filler. You're going to notice large holes in the wood after you strip it. Use a wood filler that matches the color of your floor. Fill holes with a scraper and smooth it.

Wood Sealer. Apply wood sealer to close the pores in the wood floor. You only need a paintbrush for this, and it's easily painted on and will leave a smooth wood surface. Allow it to dry for a couple of hours.

Floor Coating. The floor coating is polyurethane or wax. This coating prevents soil and grime from getting in the wood. You want your coating to be as light in color as it can be. That's because you want your floor grain to shine through. You paint the floor coating on with a brush and always work in the direction of the floorboards. Put three coats on and give each coat several hours to dry.

Curing the Floor. Give the floor two or three days to cure and don't set furniture on it until that time has passed. Set your furniture on the floor and don't drag it when you're rearranging your furniture. Also don't clean your flooring for at least a week.

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By Andrews McMeel Syndication **Top Stories**

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Cleveland, Georgia, is home to Babyland General Hospital, the Mirror reported, but don't go there with a broken finger or to deliver a human infant. The faux hospital is actually a toy store where fans of Cabbage Patch dolls can witness a "birth" as a nurse calls out "dilation" updates: "five leaves apart, seven leaves apart, nine leaves apart" — even announcing the necessity for a "leaves-iotomy" (like an episiotomy). "Finally," according to a Twitter post from Sarah Baird, a recent visitor, "the cabbage patch doll is born." Shoppers/visitors who want to adopt a new doll have to sign adoption papers, but the store's guarantee is comprehensive: If your doll becomes damaged, you can send it back, and if it can't be repaired, they'll send you a coffin and death certificate so you can lay it to rest. One Twitter user who visited as a child replied, "I am so glad to know it is just as odd and terrifying as I remember."

When Jenn Ross returned home from the gym about 7 a.m. on Aug. 17, she found an unexpected guest in her Mount Maunganui, New Zealand, home: a young fur seal. Ross' husband, Phil, is a marine biologist but unfortunately wasn't home to meet the interloper, the Guardian reported. "I really missed my time to shine," he said. He believes the seal came in through the cat door and spent some time in the guest room and on the couch, but thankfully didn't relieve itself inside. "I think that would have been pretty terminal for the furniture," he said. It's not uncommon for the young seals to range far and wide at this time of year, Ross explained. "I guess, like all teenagers, they don't necessarily make sensible decisions," he said.

A hot spring in Yellowstone National Park is the site of an ongoing investigation after a park employee discovered a human foot, inside a shoe, floating on the surface of Abyss Pool on Aug. 16, Denver 7 TV reported. Officials believe the foot may belong to a person who died on July 31 at the same hot spring. "Currently, the park believes there was no foul play," a statement read. Law enforcement officers are still looking into the July death. The Abyss Pool is one of the deepest in Yellowstone, and its temperature can reach 140 degrees. Although park regulations and signage discourage visitors from getting too close to the pools, since 1890, at least 22 people have died from hot-springs related injuries.

The owner of a "cursed fridge" in England has been posting fliers around London, offering the haunted appliance "free to collect" to anyone who can live with the "soul within," the New York Post reported. "My stepmother had a heart attack on our kitchen floor in the middle of an electrical storm," the poster explained, "and her soul was transferred into the computer unit of our smart fridge." The owner claims the fridge is judging them on "how many slices of cheese I've eaten or whether I've properly put the lid back on something. She has to go." In an even odder twist, however, the attached phone number rings not to an individual but to a kitchen showroom. Hmmm ...

Wrong Place, All the Time

Ray Minter of East San Jose, California, has lived in his home since 1960, he told KTVU-TV. But since 1972, Minter's house has been hit 23 times by cars as they exit the 680 South freeway. Despite steel poles, installed by his insurance company, and a chain-link fence out front, cars still slam into his home. "I've had four of the cars come through my house completely," Minter said. "All the other ones have torn up my fence, and I've lost three cars in the yard." Amazingly, none of his family have suffered serious injuries, although his niece had an arm broken and spent time in the hospital after one incident. Of the drivers, Minter said, "Most of them have been drunk. Like the guy in 2016. He hit (Minter's car) at 105 mph." The City of San Jose says it has no authority over the off-ramp but encourages drivers to slow down and obey traffic laws.

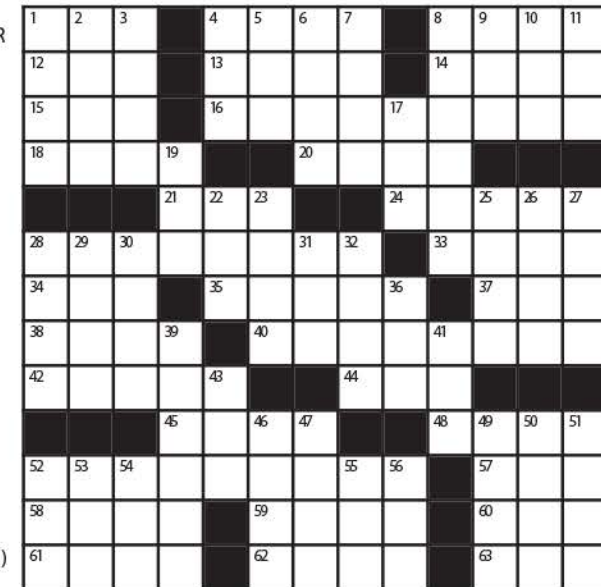
-- Oh, that mischievous imp, Dennis the Menace. A 3 1/2-foot-tall bronze statue pays tribute to the cartoon strip character at Dennis the Menace Playground in Monterey, California -- except for when it's on the run. The statue, which was installed in 1988, was stolen -- again -- on Aug. 21, Monterey police told KSBW-TV. Thieves used a grinder to cut Dennis' foot and remove the 200-pound artwork, called "a symbol of the goodness and happiness of the City" by City Manager Hans Uslar. The statue was first stolen in 2006; a replacement statue was placed in the park a year later. In 2015, a Dennis the Menace statue was found at a scrap yard in Orlando, Florida, but it was determined to be a different piece than the Monterey Dennis. The kid gets around.

Across

1. ____ Hornish Jr. of NASCAR
4. Give or take
8. Wind instrument
12. Most important
13. Stool pigeon
14. Inside shot?
15. Lithium-____ battery
16. 80
18. Zest
20. Goddess of earth
21. Have a bug
24. "Disraeli Gears" singers
28. Chop suey with noodles
33. Profits
34. High-tech display
35. Smooth shell nut
37. Come together (of a Board)
38. Open
40. Camper's supply
42. School assignment
44. Computer tube, abbr.
45. Exploit
48. Burglar
52. Helper
57. Mafia head
58. Cuts off
59. Sports event
60. Type of testing on "Law and Order"
61. Lackluster
62. Run into
63. In addition

Down

1. Mountain runners
2. Long time
3. Mimicking bird
4. ____ with her head!
5. Brazilian town
6. Good fit
7. Gumbo vegetable
8. Old time farming equipment
9. Guy relation
10. Galley need
11. Potato feature
17. Attack
19. Manhandle
22. Urchin
23. Soup ingredient
25. Alleviate
26. Related
27. Allot, with "out"
28. Whodunit hint
29. Domestic fowl



30. "Against all ____"
31. Winter lake phenomenon
32. Drug agent
36. Neither's partner
39. Acting like a clumsy person
41. Porker's home
43. Rock group
46. Explosive, when split
47. Sticky stuff
49. Maelstrom
50. Eaten up
51. Itsy-bitsy biter
52. Tirana country, for short
53. Spanish sun
54. Fitness Center relaxation area
55. Born (Fr.)
56. Demolition compound

DAD JOKES

Why was 6 afraid of 7?
Because 7 8 9!



From August 19



Elite Modular Mansion Homes

By Contributing Writer

You might be lucky enough to consider buying or building an elite modular mansion home. These are homes that are really popular on the market.

There are a couple of things that you need to make sure about when you are considering purchasing or building your own elite mansion home.

Elite Mansion Homes Mean Expensive Homes

If you are looking for an elite mansion home, or considering



building one, one thing is for sure, these homes are expensive.

Besides the purchase of these expensive homes, there are also the maintenance costs. It cost a lot to keep these houses maintained and in good condition. Normally the utility bills are also more expensive than other homes, because of more water use, gas use, and electricity use.

Who Can Purchase One of These Mansion Homes for Themselves?

Knowing how expensive these mansion homes are and how

expensive it is to maintain these homes, there is one question. Who can actually afford to purchase one of these mansion homes on the market?

There are people that can actually afford these expensive homes. Or, that can build such a big home for their families. To keep expenses down, these mansion owners often have a huge family that is all staying under one roof. Or, there are more than one

family that is sharing a home because the home is so large. **When You Are Looking for This Type of Home Yourself**

If you are lucky enough to be able to afford one of these elite



mansion homes, there are a couple of things that you need to make sure about, before purchasing your home.

What are your needs? The number of rooms you require, your budget and the reason why you want a mansion home in the first place. You will need to make sure to look at the condition

FINER THINGS



at the home too. Make sure that the previous owners were able to maintain the home and kept it in good condition.

Things to Look for When Purchasing a Mansion Home

There are many different things that you need to look at when you are purchasing a mansion home.

The first thing is your budget. With a huge, expensive home you still need to consider what you can actually afford. You should make sure about the condition of the home and the price of the house as well. If the price is cheaper than what you thought, then there might be a problem with the home that you don't know about.

Elite mansion homes are homes that most of us are just dreaming about. But if you can purchase the home of your dreams, make sure that you know how to purchase an expensive mansion home, rather than a low-quality home that needs a lot of work. If you can dream it, and you have the funds, you can have it.

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SIMPLIFY SECURITY THIS BACK-TO-SCHOOL SEASON

By Contributing Writer

The beginning of a new school year offers plenty of excitement each fall, but it can also be a stressful time for parents and students alike.

As expensive electronics like laptops and tablets become increasingly common for student use in classrooms and at home and complex schedules require students to bike to school or enter the house after school with minimal parental supervision, it can often be challenging for families to juggle the changes that back-to-school season brings.

To help alleviate back-to-school stress



and safeguard high-value purchases, Master Lock, the leading name in security for more than 100 years, offers a variety of solutions to provide peace of mind for both parents and students – whether enrolling in elementary school or heading off to college.

For everything from padlocks for school lockers to bike locks for students on the go and personal safes for dorm room storage, parents and students can visit MasterLock.com to explore back-to-school security products designed to safeguard



everything worth protecting.

Secure Lockers with Ease

As one of the most known and widely used padlocks for back-to-school season, the Master Lock 1500D Combination Dial Padlock offers a reliable,

keyless solution to help protect students' personal belongings while in the hallway or locker room. With a shackle made of hardened steel and a locking mechanism with anti-shim technology, this padlock provides maximum security with extra resistance against cutting and sawing. Plus, the easy-to-use dial and three-digit combination allow for quick and convenient access between classes when time is tight.

Safeguard Your Bike or Scooter

Whether heading to school or commuting to campus, the Master Lock 8143D Combination Cable Bike Lock offers on-the-go security for students of all ages, especially those who may not be able to drive yet or simply prefer to ride a bike or scooter. Made with braided steel for flexibility, a protective vinyl coating for added weatherability and a preset four-digit combination for keyless convenience, this bike lock also features a self-coiling design for easy use and compact storage in a locker or backpack.



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The Best Baby Gifts You Can Buy for New Parents

By Contributing Writer

Looking for the best baby gift for new parents? You really can't go wrong with giving them one (or two!) packs of diapers.

The average baby uses more than 2,700 diapers during the first year of their life. That often leads to new parents spending upwards of \$600 on diapers when everything is all said and done.

You can help parents save money on diapers by hooking them up with a couple of boxes before the arrival of their baby. They're guaranteed to get put to good use right away once the baby is born.

There are some other great gifts that you should consider giving to new parents, too. Take a look at some of the best baby gifts below.

Clothes

As we just mentioned, babies tend to run through a lot of diapers during their first year. But that's not the only thing that babies are going to run through early and often.

Babies also need clothes—lots and lots (and lots!) of clothes. So it's not a bad idea at all to pick up a few cute outfits for babies to wear throughout their first few months.

Steal some of these baby fashion ideas and use them to choose the right clothes for a new baby. New parents will get a lot of use out of them right away.

Closet Dividers

In the months leading up to the birth of a baby, most new parents will accumulate their fair share of baby clothes. They'll buy some clothes themselves, and they'll also receive clothes as gifts from other people.

At some point, they'll have so many baby clothes that it'll start to get hard to keep track of them all. Why not help new parents organize their baby's clothes by setting them up with closet dividers?

Parents can use these closet dividers to separate baby clothes by size. They'll be able to break down them into sizes like:

Newborn

3 months, 6 months, 9 months, 12 months, 18 months and 24 months

Closet dividers will really come in handy when new parents are scrambling to find something that fits their baby at a moment's notice.

Bibs

One of the reasons why it's important for new parents to have plenty of baby clothes on hand at all times is because babies make a lot of messes. They'll often spill things on their clothes and force their parents to change them when they do.

You can help keep a baby's clothes protected by providing new parents with bibs that can be worn around the house. Bibs will stop babies from spilling things all over their clothes and making a big mess.

You can find all kinds of adorable bibs with lots of cute sayings on them. Look for bibs that you know new parents will appreciate when they see them.

Hamper

No matter how diligent new parents are about trying to keep their babies clean, their clothes are inevitably going to have to get changed at least a few times each day. It comes with the territory when you have a new baby living in your home.

If new parents don't have a hamper to put all their baby's dirty clothes, give them one that they can put into their child's nursery. There are personalized baby hampers that come with a baby's name on them that would be great for any nursery.

A trusty hamper will help parents keep track of their baby's dirty clothes and make it easy for them to wash them. It'll also help parents keep their baby's nursery as clean as it can be at all times.

Blanket

If you choose to give new parents a baby blanket as a gift, there's a good chance that you're not going to be the only one to do it. A baby blanket has turned into one of the go-to gifts for those looking for a present for new parents.

But you shouldn't let that stop you from giving new parents a baby blanket as a gift anyway. It's one of the best baby gifts around and will definitely get used a lot during a baby's first year.

If you want to set your baby blanket apart, think about having a baby's name put on it. It's simple enough to make it a personalized gift for a baby.

Baby Book

A lot of new parents have started using social media to document the first year of their baby's life. They post photos each month highlighting how much their baby has grown and write about all the things they like and dislike.

Parents are free to do this if you want. But there is no telling whether or not the social media sites that are around today will be around in 10 or 20 years.

With this in mind, you should also encourage parents to keep track of their baby's first year in a baby book. You can provide them with a personalized baby book gift that gives them everything they'll need to do it.

Growth Chart

Babies don't stay babies for very long. From the moment a baby is born, they'll begin to grow, and at the end of their first year, it'll be amazing to look at them and see how big they've gotten.

You can help parents monitor the growth of their baby by supplying them with a customized



growth chart that they can hang in their child's room. New parents will love keeping an eye on how much their baby has grown over time. **Buy One of the Best Baby Gifts for New Parents Today**

New parents need to get their hands on many things prior to the birth of their first baby. You can help by getting them a gift.

Consider going with one of the best baby gifts for new parents listed here. Or come up with your own ideas to provide new parents with what they'll need to take good care of their baby after they're born.

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By Pam Froman

BAND RUNNAZ CLOTHING



a rap artist and created a song called "Dope Runnaz." So when D'Monte decided to branch out and name his clothing brand he took the moniker from his song and switched out Dope to Band. He felt that Band was a more universal name.

But the term dope is still reflective of his style. "If I had to describe my style in one word I would say dope," he says. "It's rare, something you've never seen before." He often wears clothing he's made from scratch from his brand.

D'Monte is most influenced by his lifestyle within Los Angeles. Nature



is also a huge inspiration for him. "Creatively I am always thinking," he says. "If I see the beach or a palm tree, I will make a similar outfit. I just let my fashion speak for me."

D'Monte feels his clothing appeals to stylish young adults. His line also speaks to people who like custom pieces because one of his specialties is one on one clothing. In addition, he designs merchandise for businesses, artists, and other creatives. Some of these include celebrities such as Jay Leno, Amina Buddhaflly from Love & Hip Hop,



Egypt as well as her boyfriend Sam both from Growing Up Hip Hop, record label DTR, as well as well known rappers Money Man, Eldorado Red also Hawaiian Hip Hop artist Rocco. He has also been featured in fashion magazines like Voyage LA.

Band Runnaz Clothing stays popular and upfront by staying active, and eventful, creating popular looks, and sponsoring events. The line stands out because of its professional quality.

The newest line will be out in October and is called DDWD91. DDWD91 is a branch of Band Runnaz Clothing that showcase custom one of one pieces. You won't see someone else with the same outfit you have on. It's all about perspective and will be created along with other artists, designers, and brands. It's going to be very different and will bring something new to fashion. "I feel like I had to create this style for the brand because honestly, I don't want to see someone else wearing the same thing I have on," says D'Monte. "I am a brand that is comparing myself to Nike and Gucci. Nike is activewear and Gucci is luxury – and my line mixes the two."

To check out Band Runnaz Clothing and try it for yourself, log onto www.bandrunnazclothing.com

If you are looking for stylish, one-of-a-kind apparel, then Band Runnaz Clothing is a perfect fit. Band Runnaz Clothing was founded in Montgomery, AL in 2014 and has been a celebrated clothing brand in Los Angeles, CA since 2016. They offer an exclusive collection and unparalleled quality pieces.

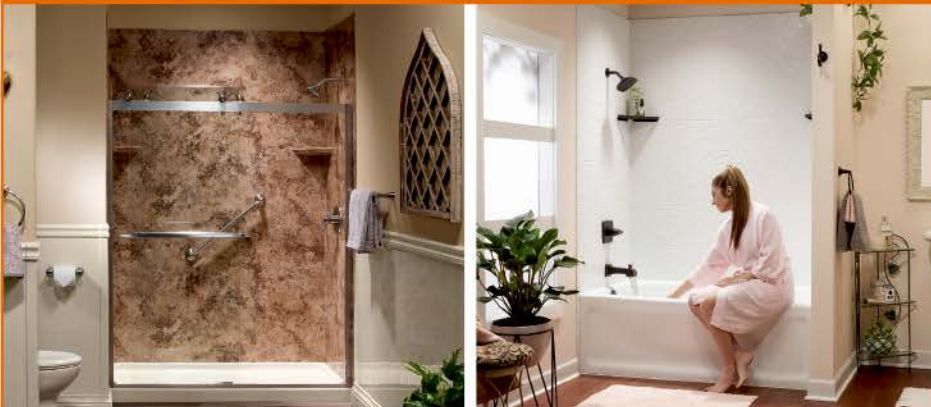
D'Monte Washington is the CEO and Head Designer for Band Runnaz Clothing. As he grew up, he was always getting positive feedback on his personal style. This led him to create his own designs in his hometown and eventually make his way to California where he attended The Art Institute of Hollywood and then The Art Institute of San Francisco. "At school, I learned how to make clothes and the technical details of making garments for my brand," says D'Monte. "I wore my own styles and clothing, and people wanted to buy them."

He was making t-shirts, joggers, and hoodies, and sometimes his fellow students would model for him. As well oftentimes they would purchase his clothes. There were even Los Angeles stores such as Flasher on Melrose that decided to carry his garments.

Hip Hop was and still is a passion for D'Monte. Before his foray into fashion, he was



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