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→ OCTOBER 14 - 27, 2022 VOLUME 23 NO. 15



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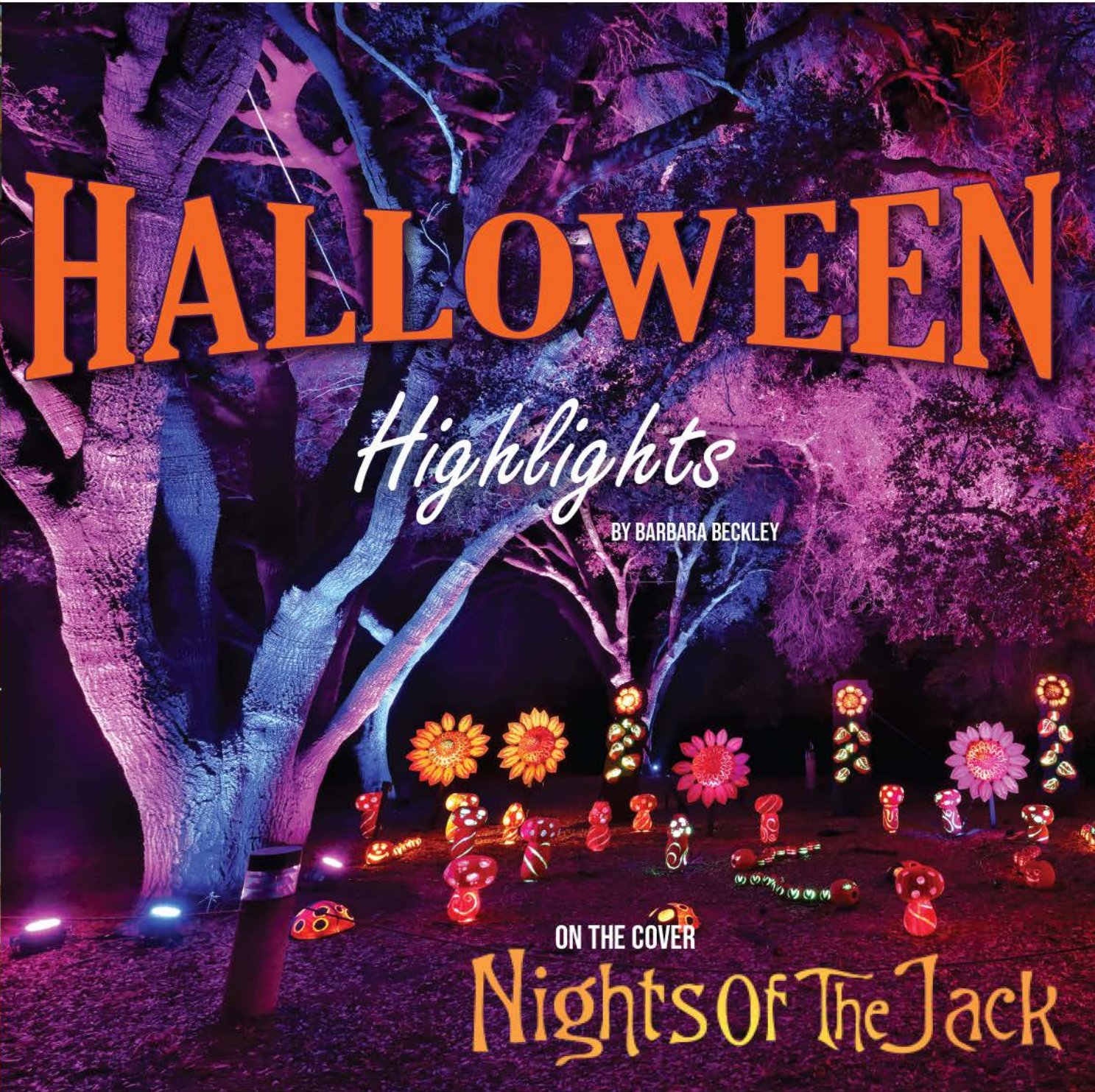


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# HALLOWEEN

*Highlights*

BY BARBARA BECKLEY

ON THE COVER

*Nights Of The Jack*



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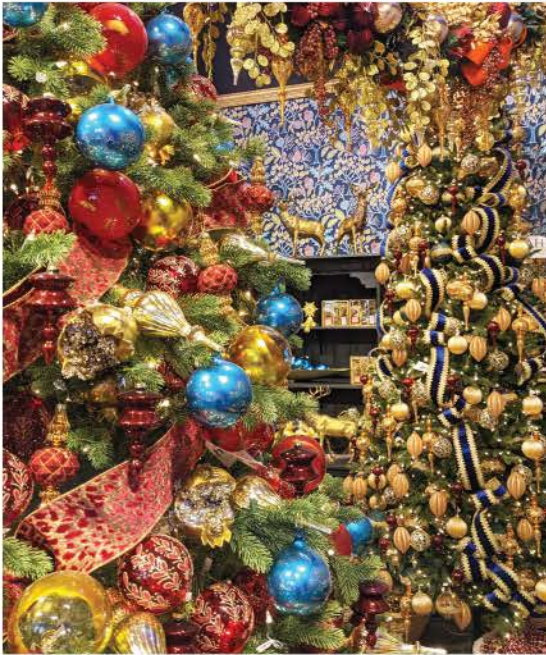


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# NOHO'S EL PORTAL THEATRE - MONROE FORUM TRANSFORMS INTO HIGH CLASS SPEAKEASY VENUE FOR TOP ENTERTAINMENT

**NOHO** Arts District is well known for its resurgence over the past decade and has continued to grow in all aspects of a funky artsy destination for locals to catch a stage show, dining and shopping.

Although there is no shortage of entertainment along the Lankershim "strip", there seems to be an emergence of demand for intimate, speakeasy-esque venues that offer less noisy and more classy ambiance for an enjoyable evening.

The El Portal Theatre, legendary venue since the 20's, has evolved through the times in concept, but always delivers the highest quality live entertainment. Since its reopening and redevelopment in the NoHo Arts District in 2000 the historic El Portal Theatre has featured musicals, plays, dance, educational arts programs, and

unique acts from around the world. Celebrities including Dick Van Dyke, Debbie Reynolds, Bea Arthur, Jimmy Kimmel, Billy Goldenberg, Kitty Carlisle Hart, Jo Anne Worley, Fritz Coleman, Smokey Robinson, Rene Taylor, Joe Bologna, Rachel Bloom, James Corden, Charles Nelson Reilly, Sam Harris, Neil Patrick Harris, Sally Struthers, Kate McKinnon, Carol Lawrence, Joe Campanello, Fred Savage, Leslie Jones, Todrick Hall, Ruta Lee, Matt Walker, Beth Kennedy, Bobby Creighton, Ron Dante, Adrienne Barbeau, Jamie Lee Curtis, and many more. have starred on the Main Stage.

Now adding to their already stout line up for Fall, on the main stage, they have developed and transformed the already stunning Monroe Forum into a spectacular throw-back entertainment club-like room for performers to get up-close and personal



to the audience!

There are 74 fixed theatre seats with ample room for up to 25-30 more people in seats on the venue floor. The theatre now features cocktail table seating and premium seats with beverage trays for more fun!

To kick off the Fall lineup in this new

concept club configuration, Jason Graae will grace the stage and sings even more of his Graatest Hits that got him where he is today. Where that is nobody's sure.

There will be Sondheim, Jerry Herman, Cy Coleman, John Bucchino and much more. Friday, Oct. 21, 2022 @ 8 pm

Cocktail tables are available in pairs, so order tickets soon, before they sell out!

Next up Long time show business veteran magician Bernie Shine will thrill you with his up-close magic and tickle your funny bone with entertaining stories and anecdotes.

Bernie has been described as "reclusive and exclusive," a performer who quietly chooses his venues, doing it in his own unique manner. You won't find him on Twitter, YouTube, Facebook, or the typical promotional platforms pursued by many. His magic is like a message in a bottle, a special surprise to those who happen to find him. A dazzling show not to be missed! Saturday, Oct. 22, 2022 @ 8 pm.

All tickets available at [elportaltheatre.com](http://elportaltheatre.com).

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written by lynn nottage  
directed by shanna beauchamp

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# HALLOWEEN

## Highlights

**Happy Halloween! Delight the neighbors with jack o' lanterns, skeletons and fairy scary home décor. Then hit the Halloween haunts with family and friends for pumpkin carving and face painting, hay rides and mazes and terror-ific ghosts, goblins and, OMG –**

### Family Frights

Immerse yourselves in the shadowy wonderland of “Nights Of The Jack” (<https://nightsofthejack.com/>), a Halloween favorite with all ages at the King Gillette Ranch in Calabasas. Through October 31, 6 – 10 p.m. It's spooky but never scary. Stroll the 2/3-mile trail of intricately carved illuminated Jack O' Lanterns lighting the dark in blazing characters from sharks and dinosaurs to scarecrows, Dracula, your fav TV characters, even the Hollywood Sign. Watch the professional pumpkin carver. Sip hot cider, craft beer, wine and cocktails at the Spookeasy Bar. Enjoy LA's top food trucks and a cool gift shop. Advance tickets and parking required. \$29.99 to \$44.99. Parking \$9.99 per vehicle.

Not to miss “Haunt O' Ween” (<https://hauntoween.com/los-angeles/>) in Woodland Hills – NBC-TV called it an “Open-Air Spooktacular” for all ages. Thrill to nine thematic environments including an illuminated pumpkin tunnel with more than 35,000 pumpkins; “Ghoul Town,” the “Beyond the Grave Rave” and trick-or-treating in the Town of Haunt O' Ween. Plus games, face painting, a

Merry-Go-Round, arts and crafts, a pumpkin patch, pro pumpkin carving, rides and live entertainment. Through October 31, 4 – 10 p.m. General admission \$36. VIP \$60 including express entry, skip the lines for face painting and rides, a branded trick-or-treat basket and popcorn and a candy apple. Ages under 2 are free.



Pumpkin Party - Bring the kids! Calabasas - Annual family-friendly Halloween Party on October 22nd from 1:00 pm – 4:00 pm. Hands-on crafts, live music and demonstrations. Costumes are admired; not required. Admission is \$8 – FREE for under 2 Y/O and museum members. Leonis Adobe Museum - 23537 Calabasas Road Calabasas, California 91302

In Santa Clarita, “Gilchrist Farm Harvest Festival & Pumpkin Patch 2022” (<https://www.gilchristfarm.com/>) is Halloween ready for pumpkin picking and farmyard fun.

Daily through October 31, 9 a.m. – 6 p.m. On weekdays pick pumpkins in the Pumpkin Patch, pose for pictures, visit the farm animals, navigate the straw bale maze, watch live goat-milking and tour the farm and garden. On weekends, there's more! Pig races at 11 a.m., 1 and 4 p.m.; wool spinning and forging demos, food concessions, a petting zoo, arts, crafts, wagon rides, horse and pony rides, axe throwing, train rides, pumpkin sling-shot, pumpkin decorating and live music and entertainment. Admission and parking are free. Individual activities are \$5 to \$25. Buy a \$30/\$40 Weekday Wrist Band or \$50 Saturday/Sunday Wristband and voila -- many activities are included. Sorry, no dogs or pets allowed.

Treat your little ones to “Spooky Science” at the Discovery Cube Los Angeles (<https://www.discoverycube.org/spooky-science-fun-places-to-go-with-family/>) in Sylmar. Toddlers love the tractor ride, take the Pumpkin Tetris Challenge. The Monster Academy features a Monster-Making Lab. Also a costume parade, Trick-or-Treat stations, scavenger hunts throughout the science center and on weekends a live DJ. Through October 31, 10 a.m. – 5 p.m. Ages 15 + \$15.95; ages 3 to 14, \$13.95.

Halloween hits the waterfront at Ventura Harbor Village (<https://www.venturaharborvillage.com/>) with the “Seaside Skeleton Hunt,” October 29 and 30. Take photos of the skeletons you find – extra points if you spot the Mermaid Skeleton – and post to social media for a chance to win a Harbor Halloween prize pack of goodies from the Village shops. The 10th annual “Howl-O-Ween Dog Costume Contest” kicks off October 29, 11 a.m. – 12:30 p.m. Your doggie gets a goody bag from Ventura Pet Barn just for signing up, and prizes include gift certificates from Village shops and a two-foot-long rawhide bone! Youngsters take center stage on October 30 for the “Kids Seaside Trick-or-Treat” festivities 11 a.m. – 1 p.m., with more than a dozen treat stops including a craft station, photo op at the Halloween Hearse, a face painter and even a fortune teller. Admission and parking are free.



Also on the water in Long Beach, treat yourself and friends to dinner in the frighteningly decorated “Creepy Cabana” at Fuego restaurant in the Hotel Maya (<http://www.hotelmayalongbeach.com/>), with scary views of the Queen Mary ocean liner – one of the most haunted – for real – locations in America! Eerie props, mood lighting, skeletons and cobwebs chillingly adorn the “Creepy Cabana,” while Halloween and Dia de Los Muertos food and drink specials adorn the menu. Available nightly through November 2 by reservation for up to 12 people through November 2. It’s all part of “Hotel Maya Does The ‘Maya Mash,’ A Waterfront Smash.”

A beloved Halloween tradition – come in costume and take a Spooky Stroll at “Boo at the L.A. Zoo” (<https://www.lazoo.org>) enjoying the hauntingly festive décor and hair-raising photo ops. Visit the “Extinct Animal Graveyard” (and learn how to save at-risk wildlife). Come face-to-face with rare snakes, poisonous frogs and venomous lizards at The Lair. Enjoy the “Wild, Weird and Wonderful Tour” and learn wacky, creepy and funny facts about your fav



animals. Weekends feature open-air live shows including the “Spooktacular Science Show,” “Owl-EEN” to learn about these night birds of prey, and trick-or-treating (October 22 & 23, and 29 & 30) donated by MARS at stations throughout the zoo. Daily through October 31, 10 a.m. – 4 p.m. Advance online entry. Ages 13 to 61, \$22; 62+, \$19; and ages 2 to 12, \$17.

Thrill to “Carved” with more than 1,000 illuminated carved pumpkins along a one-mile walk through the Camilla Forest and Oak Grove at Descanso Gardens in La Canada Flintridge (<https://www.descansogardens.org/programs-events/carved/>). Also giant sculptures made of sticks and other natural materials, plus favorites like the



Pumpkin House, the Hay Maze and themed food and beverage. Open daily through October 31, 6 – 10 p.m. Admission \$32 - \$38.

Head to Temecula wine country, two hours south – but be careful! Don’t lose your head on “The Headless Horseman Haunts Temecula” (<https://www.temeculacarrriageco.com/>) horse-drawn carriage ride. Enjoy a traditional horse drawn carriage ride past scenic and spooky sites, while listening to the Legend of Wine Country Hollow. Look out for the Headless Horseman to come galloping alongside! Friday and Saturday nights in October, 5:30 – 9:30 p.m. \$15 per person. Reservations required.

Or the OC, and shudder at arguably the scariest movie ever made! Alfred Hitchcock’s 1963 masterpiece thriller “The Birds,” showing October 23, 1:30 – 4 p.m., in Santa Ana during the Bowers Museum’s A Night at the Movies (<https://www.bowers.org>). Before the film begins, learn more fun facts about The Birds in as a Hitchcock insider leads a discussion about the making of the film including its script, casting, production, reception, and legacy. Admission \$15.

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**Beware! Ages 13 and Older Only**

Do you have what it takes to brave the "Castle Dark"? Find out – but only if you're 13 years or older – at Castle Park (<https://www.castlepark.com/>) in Riverside. Prowl through this frightening Halloween adventure of mazes, The Fun House of Terror and ultra-scary House Next Door. From 7 p.m. to midnight on Fridays, Saturdays and Sundays through Oct. 30 Castle Park transforms into a fright-filled compound, where The Evil Morgana has opened her spell book, summoning haunts, ghouls and monsters from every nook. She's captured Merlin and locked him away, leaving you alone to navigate sinister traps amid frightening characters for truly the scariest nightmare night around. Get there early and celebrate the fun of Dia De Los Muertos with music and dancing from noon to 5:30 p.m. Castle Dark tickets, \$24.99. Or the combo including Dia De Los Muertos, \$44.99. Adult chaperones required for ages 13 to 17.

**Pumpkin Perfect**

Be the envy of Halloween Haunts with the biggest baddest or the smallest cutest jack o' lanterns on the block! And bring the kids. Many patches pair pumpkins with family fun.

Long-time favorite Bennetts Best Christmas Trees & Pumpkins (<http://www.bennettsbest.net/>), at two locations in Agoura Hills, is the go-to for pumpkins of all shapes and sizes up to 200 pounds!!! Prices vary from about \$8 up. Don't have the tools? Bennetts does. Carving kits, knives, stencils, pumpkin paint and stickers! Open weekdays and Sunday, 10 a.m. – 8 p.m.; Friday and Saturday, 9 a.m. – 9 p.m. at both locations.

Also Tina's Pumpkin Patch (<https://www.tinaspumpkinpatch.com/>) in Sherman Oaks, through October 31, Sunday to Thursday, 10 a.m. – 8 p.m.; Friday & Saturday, 10 a.m. – 9 p.m. Tina's Halloween fun includes pony rides, \$8; a petting zoo, \$4; train ride, \$4; obstacle course, \$4; slide, \$4, and a free straw maze.

Mr. Jack O' Lanterns Pumpkin Patch ([www.mrjackolanternspumpkins.com](http://www.mrjackolanternspumpkins.com)) in Santa Monica pairs pumpkins up to 50 pounds, gourds, squash, corn stalks and hay, with mazes, bounce houses, games and activities. Even better, if you don't want the hassle of decorating – guess what? Mr. Jack O' Lanterns delivers and installs full pumpkin and Fall porch displays! Open daily through October 31, 11 a.m. – 8 p.m. For added fun, visit Mr. Jack O' Lanterns

Pumpkin Patch at The Original Farmers Market@The Grove in the Fairfax District and try your hand at pumpkin bowling, pumpkin decorating, petting farm animals and more. Open daily through October 31, 11 a.m. – 6 p.m.

**CELEBRATE THE DAY OF THE DEAD**

It wouldn't be Halloween without a pilgrimage to the Hollywood Forever Cemetery (<https://hollywoodforever.com/event/carrie/>). Watch the very scary 1976 horror flick "Carrie," October 22, 5:30 – 10 p.m. \$22. And celebrate the 23rd Annual Dia de Los Muertos on October 29, 9 a.m. – 1 p.m. featuring art exhibits, a children's plaza, alters, culinary vendors and more. \$35 to \$150. Followed by "Noche de Los Muertos," 5 p.m. to midnight, with altars, arts and crafts, Aztec, folkloric dancers, Mariachis and food and beverage vendors. \$55 to \$200.

Join the Simi Valley Historical Society and Museum's Annual Dia de Los Muertos (<https://www.simihistory.com/portfolio-items/dia-de-los-muertos/>) in Strathearn Park October 30, 11 a.m. – 5 p.m. Kiddie crafts including skull, folkloric mask and tissue flower-making. Plus face painting,



food, storytelling and Mariachis and folkloric performances. Ages 13+, \$8. Kids 5-12, \$5.

And Canoga Park, for its 22nd Annual Dia de Los Muertos Family Festival (<https://www.mainstreetcanogapark.la/>), November 6, 10 a.m. – 5 p.m. featuring Aztec dancers, Mariachis, altars, a classic car show, arts, crafts, specialty food carts and beautiful altars.

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EDITOR IN CHIEF  
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Barbara Beckley

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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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By Pam Froman

# Phunky Auto

Have you ever wanted to paint and customize your ride to make it truly unique? Then you should check out Chico-based Phunky Auto. Owner Joshua Flores specializes in amazing paint and bodywork to make your car stand out from the crowd.

Joshua grew up working on cars with his dad at their dealership so he always had the motivation of creating vehicles that were amazing and trailblazing. He learned to specialize in repainting and refinishing. As he grew up, friends asked him to work on the cars on the side, and it gradually evolved into a business – Phunky Auto.

"I grew up seeing all my boys with their nice cars. Then my Pop introduced me to cleaning and polishing cars. I learned how

to paint and fix them," he says. "I was influenced by being around the car industry."



Despite starting the shop in 2017, Phunky Auto was derailed due to Covid. However, once the pandemic died down Joshua reopened the business. It was at the behest of his friend Mike who owned a car repair shop in Chico and wanted to work with him. Phunky Auto was back with a vengeance. The collaboration works out for everyone. "He builds cars and I paint them and do custom work," says Joshua. "It was just the right time and place."

The car restoration that Joshua is most proud of is the first job he knocked out – a 1972 Chevelle. "It opened my eyes to knowing I could do it – seeing it start to finish," he says. That was a proud moment and a big turning point for me. I knew I could make a living off this."

Joshua hopes to take the Phunky Auto brand worldwide and become a franchise. That is his end goal. He advertises his business through Instagram (@phunkystangs) as well as word of mouth. With 10.9 thousand followers, he is surely on his way.

"When I started the page I knew that I needed to start posting my work so people could see it," he says. "I was just posting things I was doing in the shop to try and get some business. Then I got the first few customers and it was all uphill from there."

While Joshua especially has a place in his heart for old-school

restoration and custom auto body and paint he has opened his work to a variety of clientele of all auto body and collision repair.

So what car would he dream of for himself? A custom vehicle of course! "If I could have any car I want I'd want to build my own personal car," he says.

Check out Phunky Auto on Instagram at @phunkystangs. Call them at (707) 386-1729 or email them at jjoshfflores98@gmail.com



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# Tár

By Contributing Writer

Philharmonic, protégée of Leonard Bernstein, a glass ceiling-shattering figure of the classical music world, an EGOT-winner with a new memoir, “Tár on ‘Tár,’” out — are as impressive as her regal, polished stage presence.



Yet an introductory, fleeting moment of a phone camera pointed at an asleep Lydia, with mocking texts filling the screen, presages that the conductor’s perch may be in jeopardy. The spaces Lydia occupies are crisply contemporary. It’s in these chilly, highbrow environs that Lydia operates with exquisite intellect and cunning — and Blanchett gives a colossal tour-de-force performance.

“Tár,” written and directed by Fields, is, itself, distinguished by time. But though Lydia’s issues — whispers about her propensity to groom young female players as her lovers; the suicide of a former trainee conductor following Lydia’s blacklisting; a young daughter (Mila Bogojevic) she leaves largely for her wife and philharmonic concertmaster (Nina

at Julliard. One describes himself as “a BIPOC pangender person” who is “not into Bach.” He shakes as Lydia, calmly tears into him as “a robot.” “Don’t be so eager to be offended,” she says.

Lydia’s perspective will rile some and be applauded by others, but in her smooth torrent of words she also makes less controversial, sincere arguments for “sublimating” and “obliterating” one’s self before art. Lydia spends much of “Tár” running her business, manipulating the inner-workings of the philharmonic with her personal assistant (Noémie Merlant) and eyeing a young Russian cellist (Sophie Kauer). But when she’s rehearsing with the orchestra or in the full thrall of the music, Lydia is masterful. She may always be performing, but that doesn’t mean she isn’t being herself. “Music is movement,” Bernstein is heard saying during the film. Lydia, too, is a force of headlong momentum.

Once the noise that’s plagued Lydia finally consumes her, we don’t experience her downward spiral as you expect. It’s a kind of nuisance. “Tár” sags here and there But I think its misstep comes when the movie’s sober spell breaks in a not-believable fit of violence. That I recoiled at these moments is a testament to the deft balance Fields strikes, demurring judgement of Lydia and declining to saddle her with the expected art-vs-artist commentaries. But above all, it’s because Blanchett has created such a symphony of a character, one that uses every trick and tone of her vast repertoire, that any wrong note jars. The word I’m looking for is “maestro.”

Hoss) to care for — are increasingly public, “Tár” is a thoroughly intimate film. We follow Lydia’s every move with a mix of awe, curiosity and wonder. How deeply connected is Lydia’s cruelty to her genius?

The answers Fields supplies are not always satisfying, but he and Blanchett orchestrate a mesmerizing character study. The first such scene places Lydia, who describes herself off-handedly as “a U-Haul lesbian,” as a guest lecturer

# Amsterdam

By Contributing Writer

The stars appear one after the other — a banquet of talent — and yet nothing clicks.

Welcome to “Amsterdam,” writer and director David O. Russell’s answer to the question: Can some of the top actors in the world manage to elevate poor material? The answer is a dull no.

Just look at this lead cast: Christian Bale, Margot Robbie and John David Washington. Russell wastes them with pointless dialogue and tedious scenes.

Then imagine a second tier roles with Alessandro Nivola, Anya Taylor-Joy, Chris Rock, Michael Shannon, Mike Myers, Taylor Swift, Zoe Saldana, Rami Malek and Robert De Niro. All are left powerless. They are in a charisma-removal machine.

Bale and Washington play World War I veterans and friends — soldiers who crossed the racial divide — and Robbie plays a nurse

who treats them. This bonded trio stumble onto a plot to overthrow the U.S. government while being framed for murder in 1930s New York.

It uses these three characters to explore a real event in which a cabal of American businessmen conspired to overthrow President Franklin D. Roosevelt by duping a retired general into being their figurehead.

“Amsterdam” shifts from 1933 to 1918 as it fills out backstories and love affairs. After returning to the ’30s, Bale has become a doctor and Washington’s character a lawyer, both helping vets. The nurse is strung out on drugs.

But unable to find a tone the film plods along at its pace, leaving most of the actors befuddled.

It’s a film where no one seems to answer a direct question, gruesome autopsies are performed



on camera followed by whimsically sung ditties, and a script that tries for the profound when it says things like people “follow the wrong God home.”

“Amsterdam” reaches for something contemporary to say about race relations, concentration of wealth, veterans and fascism but ends up with a plodding, mannerist noise.

Take Bale, who already reached his glass-eye limit onscreen when he starred in “Big Short.” Somehow he agreed to another such role, this time with the eyeball popping out numer-

ous times and spilling on the ground. He attacks his role with a weird “Columbo” thing going, tilting angularly and adopting a rich New York accent.

Washington and Robbie have apparently chosen to ignore Bale’s lead by acting as if they are in two separate and different movies — she plays a manic pixie artist who uses shrapnel to make sculptures and he makes his character stone-faced and passive. Everyone else seems to be badly mimicking old ’30s films. (Swift sings at one

point but otherwise she is marooned and wooden.)

It’s not just the cast that is taken down: Emmanuel Lubezki, a celebrated director of photography who wowed with “Gravity” and “The Revenant,” turns in a film that seems very brown and undynamic.

Russell, the director of such taut dramas as “Three Kings” and “American Hustle,” has clearly vanished here. You can almost hear the collective rejoinder from the real city of Amsterdam: Why’d you do us dirty, man?



# LOS ANGELES UKULELE FESTIVAL PRESENTS TAIMANE

By Contributing Writer



regularly tours and sells out shows. Her 2022 world tours shows she is hungry to dazzle audiences with her one-of-a-kind talent, style, and repertoire. Taimane is first and foremost, a world-class entertainer.

Recently, Taimane made waves with the release of her first new album in four years, "Hawaiki," an autobiographical record. The

album is sure to resonate with southern California music lovers with its signature song, "Pipeline's Daughter", the dreamy groove of "Bora Bora Sunset" and a south Pacific soundscape that transports listeners to a tropical paradise.

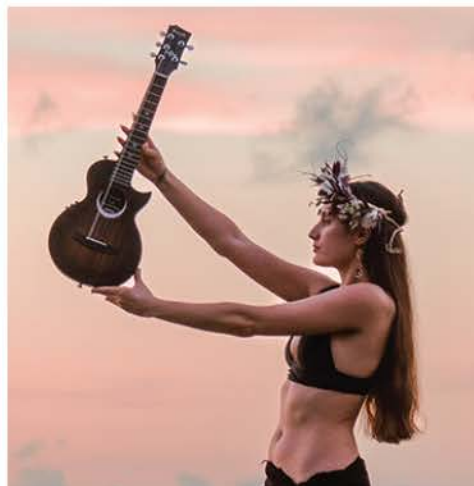
Taimane's star rose to new heights performing live on Germany's 'Morgenmagazin', captivating concertgoers at the Elbphilharmonie venue in Hamburg, selling out concerts from Paris to Palm Beach and more, and winning Hawaii's Nā Hōkū Hanohano Award. Taimane has released a NPR Tiny Desk concert with over 1 million views, modeled for ALLSAINTS, conversed with BBC World Service to celebrate ukulele and contributed to a video recording of "The Weight" alongside Ringo Starr, Robbie Robertson and others.

"It feels amazing to be hitting the road again. My first show at Kahilu Theatre was so special, showcasing my new music," shares Taimane.

When: Sunday, October 23, 2022; 3 p.m.

Where: Redondo Beach Performing Arts Center, 1935 Manhattan Beach Blvd, Redondo Beach

Tickets: \$15 - \$45.  
To purchase tickets visit [www.kalako.com](http://www.kalako.com), email [kalakoent@mac.com](mailto:kalakoent@mac.com) or call (800) 595-4849.



has the worldwide release of her first-ever signature ukulele, "The Moon" by ENYA.

Taimane is the most popular ukulele player in the world with nearly 500,000 social media followers, sold out concerts and 50 million video views. Taimane has a unique sound and a live show that wows. She

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# TAIMANE

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# INSTAGRAM SPY APP

## How To Spy On Instagram

By Contributing Writer

### Do Instagram Spy Apps Work?

The answer is yes. You can download an Instagram Spy App to secure your kids from online predators, and find out what your lover is sharing and much more.

Some people may try to hack an Instagram account on the internet to find out about someone's activity. But this is not the ideal way. In addition, most sites require users to complete meaningless surveys or download a useless app.

Instagram is a huge online circle where users can share their life or feelings. But in reality, about a quarter of users try to hide their accounts. If you want to hack these Instagram account with lots of followers, this can give you the inspiration to attract more free Instagram followers. Fortunately, there is the best way to achieve your goal.

### AddSpy Best Instagram Spy App for Parents

AddSpy is a newly developed product designed to help parents keep their children safe and help employers monitor employees. AddSpy allows parents to track their kids' Instagram activities, including viewing their private messages, posts, photos, and videos.

Parents can ensure that their children do not interact with strangers and are not exposed to potential Instagram threats such as cyberbullying. AddSpy also has other features: Facebook Spy App, Snapchat Spy App, Cell Phone Spy, and Text Message Spy. With the app, you can access text, photos, and GPS coordinates of your kids or lovers. Available for iPhone and Android.

Stay in touch with what your loved one is doing on social media. Download AddSpy.



Instagram is a famous social network with many users who share their life or express their feelings every day. The app, loved by young people, is constantly updated and adds many features like reel, IGTV, shoutout, etc. Some parents want to know what their kids are up to. Lovers may be curious about what they share with their boyfriend or girlfriend.

### What's An Instagram Spy App?

An Instagram Spy App is utilized to check someone's Instagram activity privately. The app has the following features.

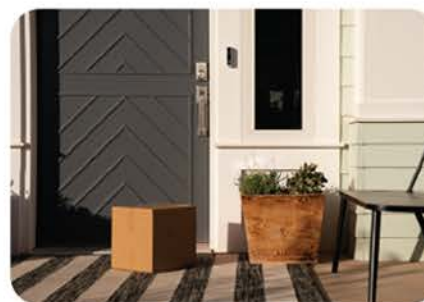
Remotely track Instagram private messages in invisible mode and see what other people are talking about and who their friends are in direct Instagram messages.

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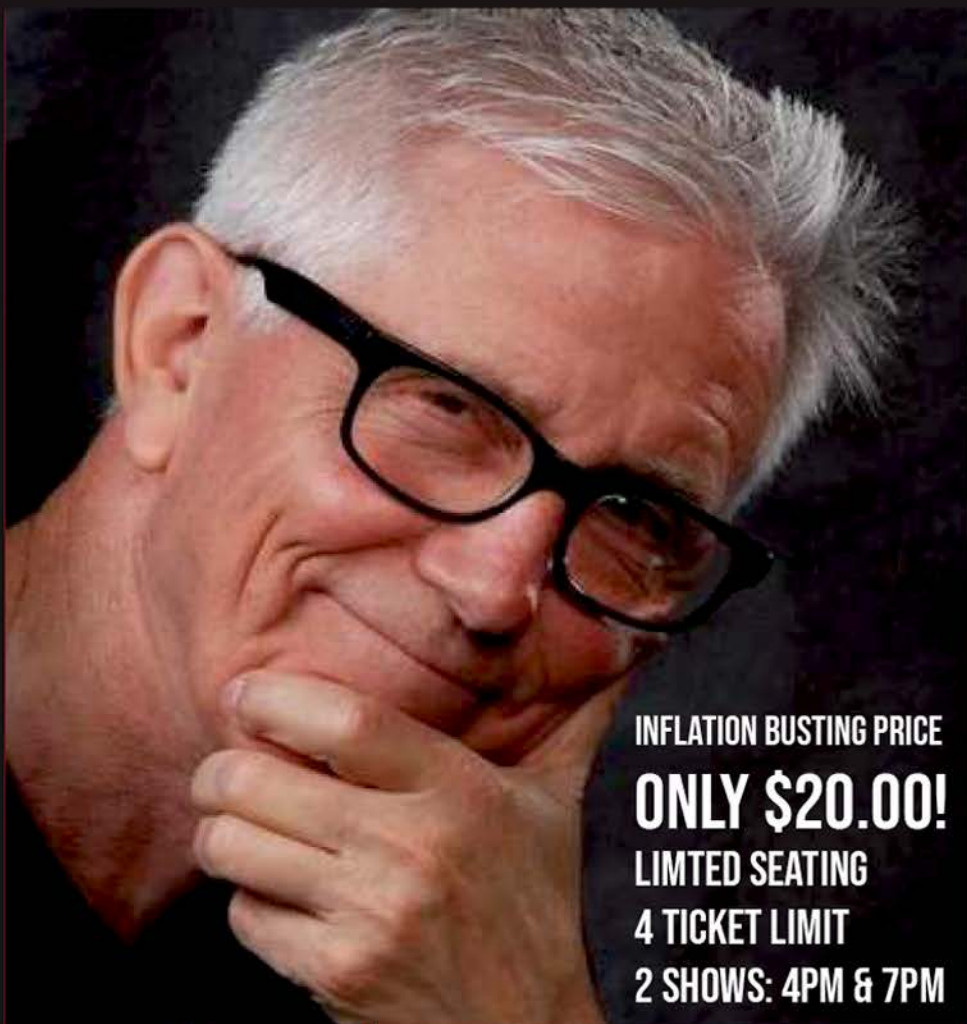
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## NEW DEEP SEA WINE TASTING ROOM Opens Seaside in Ventura Harbor Village

By Staff Writer

Just in time for Fall, the new Deep Sea Wine Tasting Room in Ventura Harbor Village is giving wine lovers a reason to toast the coast. Owned and operated by the Conway family of Santa Barbara/Ventura County, this modern wine tasting room is sure to be a popular spot with 15 different wines of interesting and unusual blends of reds and whites, each produced in small batch production. Along with their friendly and knowledgeable tasting room hosts, daily tastings offer a selection of both Conway and Deep Sea wines offering something for all palates. <https://www.conwayfamilywines.com/Santa-Barbara-Tasting-Room/Ventura-Tasting-Room>

Deep Sea Wine Tasting Room, along with the Conway siblings John, Tom, Gillian, and Sally, have created a relaxed atmosphere with indoor and outdoor seating in the picturesque Ventura Harbor setting.

“We have been searching for the perfect location to open a second Deep Sea Wine Tasting Room (the original wine tasting room is at Stearns Wharf in Santa Barbara) for years and have spent a lot of time here in Ventura Harbor. We truly felt Ventura Harbor Village would be the ideal spot with its relaxed vibe overlooking the ocean just steps away,” says Co-Owner John Conway.

The siblings, and their parents, Chris and Ann Conway, have always shared a love for California wine, the wilderness and

especially the Pacific ocean. Some of them surf, some of them sail, and the entire family are certified open water scuba divers.

“We are thrilled to have Deep Sea Wine Tasting Room join the vibrant mix of shops, eateries and attractions at Ventura Harbor Village to serve residents and visitors alike,” says Brian Pendleton, General Manager of the Ventura Port District. “The Conway family’s passion for wine is evident, and the sea-themed details in the design of their new tasting room is a perfect complement to our waterfront Ventura Harbor community,” Pendleton said.

Sourced from the highest quality grapes from sustainably farmed coastal vineyards in Santa Barbara, Santa Ynez Valley, Sta. Rita Hills and Los Alamos, the Conways strive to capture this special “sense of place” in all their wines. The maritime influence in their vineyard sources can be noted in the unique flavors of their wines. Most of their wine is fermented in stainless steel tanks to preserve the natural and existing flavors of the varietals, and some are then aged in French oak barrels.

Deep Sea Wine Tasting Room offers wine enthusiasts the chance to savor wine by the glass (\$13-18), by the bottle (average of \$32) and as part of Tasting Flights (Signature Flight \$18 and Reserve Wine Tasting Flight \$24). The winery’s most popular picks include their top sellers: Deep Sea “Seastar,” Rose of Pinot Noir, Deep Sea “Seaturtle” Chardonnay and the winery’s red blends. A fan favorite is the Deep Sea, “The Duel,” that offers a blend of two different varietals: 50% Cabernet Sauvignon and 50% Malbec. New vintages such as the CONWAY Cabernet Sauvignon and CONWAY Pinot Noir have been recently released.

As part of the ultimate wine experience, Deep Sea Wine Tasting Room provides several Wine Club Options with membership benefits that include 20% off ALL wines and merchandise, \$9 wine-by-the-glass anytime, and one complimentary Signature Tasting Flight per month.

Along with tastings, Deep Sea Wine Tasting Room hosts fun and creative special events, such as Oceanic Flow Yoga Class (\$25) followed by a glass of wine on the harbor side patio on the first Sunday of each month from 10-11 AM and Live



Music on Sundays from 3 – 7 PM. Seasonal events such as Pumpkin Carving on the patio and holiday wreath making will also be on the calendar of events. Plus, the wine tasting patio is dog-friendly!

Wine lovers can also partake in delicious food pairings to accompany the fine wine selection at Deep Sea Wine Tasting Room, such as a chocolate flight created by Top This Chocolate in the Ventura Harbor Village, a curated meat and cheese plate locally sourced in Ventura, or delicious flatbread pizza. Visitors are also welcome to enjoy takeout from Ventura Harbor Village restaurants while sipping on a glass of wine at the tasting room.

With its scenic views, the Deep Sea Wine Tasting Room and outdoor patio are perfect celebration spots to host private events, weddings, and intimate gatherings. Stop in to shop “Deep Sea” themed merchandise, including hats, T-shirts, stickers, wine glasses, wine openers, wine chillers, and “Deep Sea” scented candles or purchase a bottle or case of wine to enjoy at home.

Deep Sea Wine Tasting Room is located on the waterfront at 1591 Spinnaker Dr. Ventura, California, 93001 in Ventura Harbor Village near the Village lawn. Open daily at 11 AM with hours Sunday through Thursday until 8 pm and Friday and Saturday until 9 PM.

For more information about Deep Sea Wine Tasting Room call 805-321-9463

## DO NOT FEAR THE BEER







# SPOOKY SNACKS

# SPOOKY SNACKS THAT MAKE HALLOWEEN POP



tablespoons lime gelatin dessert mix; green food color (optional); 3/4 cup chocolate chips; licorice strings; 8 chocolate ice cream cones; orange sugar sprinkles, placed in small dish; jelly beans; candy corns.

Spread sheet of waxed paper and place wafer cookies on it. Spray large mixing bowl with nonstick cooking spray and place popcorn inside.

In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin powder until marshmallows are melted. Adjust color with 1-2 drops food color. Pour mixture over popcorn and mix.

Spray hands with nonstick cooking spray and press firmly to form eight balls. Place balls on eight wafer

cookies. Press candy decorations into popcorn balls. Heat chocolate chips, covered, 10 seconds. Stir to aid melting. Repeat as needed. Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair." Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form hats. Place hats on popcorn balls. Allow chocolate to set about 45 minutes. Serve in plastic wrap.

## Green Halloween Zombies

2 1/2 quarts popped popcorn; 6 tablespoons butter or margarine; 3 cups mini marshmallows; 4 tablespoons lime gelatin powder; red gum balls; candy corn; flat green candy strips or fruit leather; green sugar sprinkles

Place popcorn in bowl; In saucepan over medium heat, melt butter. Stir marshmallows into butter until melted. Stir in gelatin powder.

Pour mixture over popcorn and stir. Shape popcorn into ovals. Flatten one oval and squeeze one end to form "skull". Place on parchment-lined baking sheet.

Press two gumballs into each skull for "eyes." Press candy corn to form "teeth." Trim candy strips for "hair." Sprinkle sprinkles. Allow "zombies" to set 20 minutes before wrapping individually in plastic wrap.

Happy Halloween and enjoy these yummy treats!



Popcorn is beloved for its seed-to-snack simplicity as a snack that's naturally low in fat and calories. Add in its irresistible smell, taste and versatility. Find more Halloween treats at popcorn.org.

## Witchy Popcorn Balls

16 chocolate wafer cookies; nonstick cooking spray; 3 quarts popped popcorn, 4 tablespoons butter or margarine; 3 cups miniature marshmallows; 3

By Contributing Writer

From watching scary movies to dressing up, spooky season means it's time to pop up your loved ones' favorite snacks for a ghostly good time. Gather your minions in the kitchen for some family-friendly fun crafting these tasty treats.

Honor National Popcorn Poppin' Month with delicious eats like Green Halloween Zombies or Witchy Popcorn Balls that add festive fun to Halloween.

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## Effective Hair Loss Treatments That May Help You Keep Your Hair

applied to the scalp. In other cases, hair transplants or micropigmentation can be used. Let's review the most common and most effective treatments.

### Minoxidil

If you are looking for a topical treatment minoxidil might be right for you. It is FDA-approved meaning it has been tested and is safe to use.

This treatment works by stimulating hair follicles and causing hair to regrow from the scalp. It generally works better for men and women that have lost some hair but are not completely bald.

You do not need a prescription and you can purchase it over-the-counter or online. It may take up to six months to see results. This treatment is affordable and easy to access.

### Micropigmentation

Micropigmentation, also known as scalp micropigmentation (SMP) is a hair loss treatment that works by giving the illusion of thicker, fuller hair. Only a professional should perform micropigmentation.



What most people wonder at this point is, does it hurt? There will likely be some pain or discomfort but if you have a high pain tolerance, it may not be that bad. The professional will use a topical solution to numb the area.

You can ask the practitioner about what to expect during the initial consultation. After that, they will tell you how many sessions you will need and the approximate length.

They will also give you instructions on how to care for your scalp before treatment,

The process works by using an electric tattooing device. The professional will create very small dots to recreate the appearance of normal hair follicles. By using different shades of black, the small dots mirror the shadow you would normally see on your scalp.

By Contributing Writer

Losing your hair is not inevitable.

There are now advanced hair loss treatments that are easy and work!

### Hair Loss Treatments

Hair loss treatments may come in pills, creams, gels, or foams directly

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between treatments, and after treatments have been completed.

The benefit of this treatment is that it is a long term solution. Results last for up to eight years. The cost varies, but each treatment usually costs between \$400 and \$1,000. It can be used for men or women and when completed by a dedicated professional, the results are incredible.

### Finasteride

Finasteride is an oral medication for hair loss. It is used to stop hair loss or prevent hairlines from further receding. It is a prescription pill taken once a day.

It may take up to six months for the medication to work, and stopping treatment will likely result in resuming hair loss. It is non-invasive and easy to take.

Finasteride is generally safe, but if you have concerns you should talk to your doctor or a medical professional.

### Red-Light Treatment

Red light therapy, also known as laser therapy uses photons (from light) to increase hair growth. It works by stimulating hair follicles to grow hair on the scalp. It has been approved by the FDA and does not have any known side effects.

By wearing a laser therapy cap, you can painlessly undergo treatment to improve hair growth. The caps can be expensive, and may not work for everyone. Daily, 10-minute sessions are recommended for best results. You can purchase one of the therapy caps online.

### Hair Transplant

A hair transplant works by moving hair follicles from areas of the scalp with hair to areas that do not have as much hair. It is fairly complicated, but the results are natural-looking. It may require a few treatments to complete the hair transplant and it may be painful. Hair transplant surgery is expensive but it is a long term solution to hair loss. There may also be some scarring as a result of the hair transplant. Using micropigmentation can actually reduce the appearance of scarring from a hair transplant as well. Hair transplants should only be performed by a professional. You can get a consultation from a specialist before deciding whether a hair transplant is right for you.

### The Time Is Now

If you are considering a treatment for hair loss, time is of the essence. The sooner you act, the better.



# HAVING A HIGH GLUCOSE LEVEL? FOLLOW THESE 5 NATURAL HOME REMEDIES

By Contributing Writer

**H**igh blood glucose levels can be attributed to poor lifestyle, diet, and stress. However, high glucose levels can be managed with holistic lifestyle choices and medication.

## Repercussions of High Glucose Levels

High glucose levels can cause diabetes. Diabetes inhibits your body's ability to use blood glucose, leading to high blood sugar levels. Over time, this buildup can cause fatal strokes and heart diseases. Dry mouth or frequent thirst, vision problems, tiredness, itchy skin, and frequent urination.

Lifestyle modifications go a long way in managing type 2 diabetes.

## Fenugreek seeds

Fenugreek seeds are a dietary source of glucomannan fiber. This fiber plays a role in the slow absorption of sugar in the intestines. Fednugrecin, an alkaloid and amino acid, 4 hydroxy isoleucine occurring in the fenugreek seed works on the pancreas and releases insulin. This helps in balancing high blood sugar levels.

## Ladyfinger (Okra)

Ladyfinger is a good source of vitamins, minerals, and fiber. This low calorie and low GI natural food is perfect for reducing blood sugar. Myricetin in ladyfinger enables enhanced cellular blood glucose absorption. Furthermore, the seeds and the green peel of the vegetable delay the absorption of sugar in the intestines. This helps to lower blood glucose levels.

## Moringa or Drumsticks

Insulin resembling proteins may help to lower blood glucose levels. Moreover, the leaves of Moringa have certain plant chemicals that may metabolize sugar better, affecting the way the body releases insulin. Furthermore, the antioxidants and vitamin C present in Moringa support diabetic health.

## Apple Cider Vinegar (ACV)

Acetic acid is the main component of apple cider vinegar. Many studies support the use of ACV in managing blood glucose levels. Taking ACV with meals helps lower the glycemic load of a carbohydrate-rich meal.



## CBD

CBD helps alleviate the effects of high blood sugar levels on other cells in the body. CBD holds promise in treating diabetic complications and the buildup of plaque in the walls of arteries.

## Takeaway

Besides natural remedies, following a healthy lifestyle with regular follow-ups with your healthcare professional can help high blood glucose levels.

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# Skilled Travel Advisors Craft Your Ultimate Luxury Vacations

By Contributing Writer



Expert planners can handle the important details, from identifying unique destinations to navigating the variety and shifting safety and testing protocols of post-pandemic travel. "Consider us your matchmakers; the connection between the trip you've been dreaming about and the vacation we create that makes those dreams a reality," says Brianna Glenn, owner and travel designer for Milk + Honey Travels, a boutique travel service that designs custom vacations.

Travelers don't need the added stress of trying to navigate the details that elevate a vacation from a good time to a truly unforgettable experience, she adds. Now is the perfect time to plan a fall getaway, and a professional travel advisor can help.

Some of the benefits of a customized, bespoke travel service include:



### Personalized Planning

The best trips start with a look at what you really want. After years of being stuck at home, travelers have their wish lists ready, and



a professional advisor can help make those dreams a reality. Whether your dream is a beach getaway, an African safari, an all-inclusive resort or a family-friendly European adventure, a professional advisor can make sure that everything is in place, and that you know what to expect for safety protocols, local transportation and special events or excursions.

### Expert Backup

Upscale travelers want peace of mind as they plan the complex and exotic trips that they have dreamed about while stuck at home. The more complex the trip, the more important it is to have a knowledgeable advocate in your corner if something goes wrong or if safety regulations should suddenly change. Professional travel advisors can help with purchasing travel insurance and with

negotiating refunds if reservations, flights, cruises or other travel-related activities are canceled. "Ultimately, we save you hours of time and energy so you can focus on the things that matter most to you," Glenn says. "You get the trip of your dreams with none of the leg-work. All you have to do is pack your bags."

Visit [milkandhoneytravels.com](http://milkandhoneytravels.com) to learn how professional travel advisors can help make your post-pandemic getaway seamless and stress-free.



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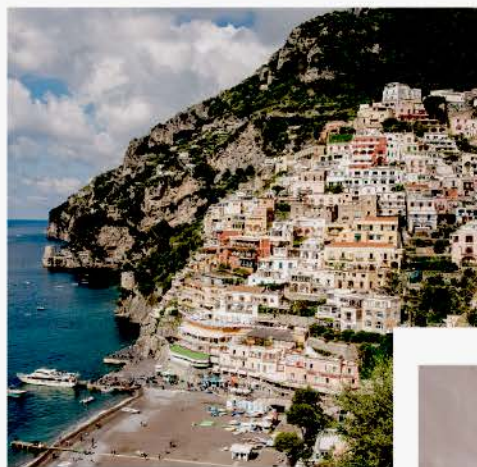
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Vacations are back, but not just any vacations. As the pandemic wanes and travel restrictions relax, travelers with pent-up enthusiasm are ready to get back on the road in a big way. Travelers of all ages are looking for unique experiences and personalized details that make a trip truly memorable. Many people who used to make their own arrangements are rediscovering the value of a professional travel planner.



# "Vampire Academy" Star Jonetta Kaiseron On New Hit Series!

By Staff Writer

**S**tunning actress and singer Jonetta Kaiseron stars in the NBC Peacock series adaptation of "Vampire Academy" from paranormal television experts Julie Plec and Marguerite MacIntyre ("The Vampire Diaries," "The



Vampire Academy succeeds in creating a series that is a lite political drama intertwined with a classic supernatural teen drama, swirling together to create a season-long story filled with mystery and intrigue. - PASTE Magazine

Based on the bestselling novel by Richelle Mead, "Vampire Academy" comes a story of friendship, romance, and danger. In a world of privilege and glamour, two young women's friendship transcends their strikingly different classes as they prepare to complete their education and enter vampire society. One as a powerful Royal, the other a half-vampire Guardian trained to protect against the savage

'Strigoi' who threaten to tear their society apart. That is, if Royal infighting doesn't do the job first. Kaiseron will play 'Sonya Karp', quiet, careful and decidedly odd, Sonya is not of royal bloodline and sits out on the fringe of Moroi society, preferring to spend her time in the library or her gardens. Not a person who likes a scene, nonetheless she has a quiet but profound power of her own. She is taken by surprise

when a Dhampir Guardian named 'Mikhail' shows interest in her, a relationship that will expose both the brightest and darkest parts of her heart.

Born and raised in Louisiana, Kaiseron grew up knowing in her heart that she wanted to be an actress and at the age of 14, after receiving a jarring diagnosis for

scoliosis, she decided to actively pursue it. She researched how to become an actress (thank you Google), took her own headshots in her back yard, and started sending her resume out to casting directors. Around this time, she also started developing a

passion for STEM and tech, teaching herself how to code and create websites which led to her starting her own tech

business. She ultimately went to college for biochemistry but dropped out her junior year to fully immerse herself in the acting world and move to Los Angeles. Her first break was landing a role in a Big Sean music video, and from there she booked the SnapChat series "Two Sides" and "Breakwater". She also shot the sitcom "Millennials" opposite Philip Bolden and Kyle Massey.

Kaiseron is a big advocate for mental health and body image positivity, something she personally has struggled with due to her scoliosis. Growing up in a low-income community herself, she is passionate about giving back and mentors underprivileged youth showing them that there are pathways to break the poverty cycle and empower them to get into fields related to STEM and entrepreneurship. She also has a special connection to sexual abuse and lends her voice to causes that fight against human trafficking. She additionally advocates for diversity in television and film both in-front and behind the camera.



Originals," "Legacies") who both write and executive produce, with Plec directing the series. The newly minted hit fantasy horror series (80% positive critical review on Rotten Tomatoes) invites fans to the new and exciting world of St. Vladimir's Boarding School and a royal society of vampires and half-human dhampirs, with new episodes airing on NBC/Peacock every Thursday.

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## ACUPUNCTURE WEIGHT LOSS

By Contributing Writer

**W**eight loss is a difficult problem for some of us, and not even an issue for others. Being overweight is now officially a disease. Just recently “language has been removed from the Medicare Coverage Issues Manual stating that obesity is not an illness. The medical science will now determine whether we provide coverage for the treatments that reduce complications and improve quality of life for the millions of Medicare beneficiaries with obesity.”

Acupuncture for Weight Loss hit the press when Reuters, CNN and others reported successful acupuncture weight loss clinics in China. Chinese medicine theory, traditionally holds that overweight people have imbalanced digestive systems. By stimulating the digestive system through acupuncture and herbs, it becomes more balanced

and efficient, thus nutrition is more bio-available and the person feels fuller. Other theories are that acupuncture helps reduce appetite and improve metabolism.

A slow increase in obesity in China has led to this new specialty – acupuncture weight loss. Treatments for weight reduction have been practiced, studied and refined over the past 5 years.

While an exact comparison between the US and China is difficult, in China the numbers may be close to 10 - 13% overweight adults, as compared to 64% for the US, but with their lifestyles and economic changes that number is beginning to rise.

In Beijing, students eagerly enjoy down their Kentucky Fried Chicken, McDonalds, Coca-Cola, Pepsi and pop tarts. These foods have slowly replaced the previous hot spots with traditional Chinese snacks found



this modest program – patients are said to lose between 22 and 33 pounds per month.” Huge weight losses of up to 242 pounds are boasted. In China, they say that 4 of 5 patients lose weight.

The unique acupuncture weight loss program we are offer here in Los

in places like Grandma’s Dump-ling House. The obesity rate among primary and middle school students has risen to 18 %, from 10 %.

So what kind of acupuncture weight loss treatments do they offer? Acupuncture, on the body and/or the ear, herbal supplements and exercise that’s not overly taxing. These are the primary treatment modalities that are used, but acupuncture is the pillar of their weight loss strategy.

How successful are they in losing weight? One source states “on

Angeles at the Oriental Med Spa is a synergy based on the treatment protocol currently used in China. Chinese Dietary Therapy including nutrient packed supplements and nutrition for weight loss is taught to physicians. It is a gradual reduction method and includes Oriental Medicine Diagnosis, a series of eight acupuncture for weight loss treatments, Auricular acupuncture (ear seeds) and herbal pharmaceutical grade Chinese nutrition supplements.

Acupuncture and nutritional

herbs are used primarily to strengthen the digestive system so it becomes more efficient. The food you eat is better assimilated and you feel full more quickly with less cravings.

Breathing exercises are also vital. For additional support we provide Chinese Nutrition diet analysis, eating plans, Lifestyle Changes Support, RejuvaQi Qi Gong exercises, Slim & Toned IR BodyWrap and AromaWraps for weight loss. Treatments range from active to pampering. Each program is tailored and individualized for the patient’s unique situation.

All of the following are important, lifestyle choices such as daily exercise, smart diet choices, dealing with your “inner eating demons”. Others are important but haven’t gotten quite as much press – proper breathing, body balance & flexibility, and constitution. Let’s face it we all come in as a unique individual with our own DNA, personality profile and favorite foods. First is the decision to lose weight, next is the right support.

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## HALLOWEEN AND YOUR PETS

By Contributing Writer

**H**alloween is such fun for children and their families, why wouldn't the furry family member enjoy going trick-or-treating too?

If on regular days your dog is shy, or afraid of new people, children, and strange noises, they will not enjoy being out on this night. The nicest way for your pup to spend the evening will be at home in their crate or a quiet room



with a special new chew toy. The family member staying behind to hand out candy can check on them often.

On the other hand, if your dog is a social butterfly with a history of being unfazed by new and strange things, then going trick-or-treating should be a walk in the park.

Does your dog like all children? On this night the kids will be going at full throttle, wearing weird outfits, making lots of noise, and running haphazardly while flailing their bags and buckets of candy. Even a normally outgoing, well-adjusted dog might be frightened by the excitement and chaos of a neighborhood on Halloween, so constantly check on your dog's body language and make sure he is not becoming stressed.



### Tips for Trick-or-Treating With Dogs

A few tips for keeping your dog safe if Rover joins you on the trick-or-treating adventures:

Put reflective tags or a vest on your dog for visibility. Take a flashlight

Try a front-hook (no-pull) harness if they need help walking on a loose leash. If they are still learning to walk nicely on a leash,

practice now. Halloween isn't the best night to start!

Bring poop bags to clean up after bathroom breaks

Do not allow anyone to give him candy, and be aware that there will be candy dropped on the ground.



Be extra alert! There may be other dogs out, and kids in a candy frenzy do not look where they are going. Neither do parents looking for their kids.



Take along some treats (dog treats, not candy!), and reward them periodically for being such a good dog.

If your dog seems unhappy, don't force them to come along. Take them home and give them a dog-safe goody.

About that candy: be sure that your dog does not get any of it. It is not good for dogs, and chocolate is poisonous to them. Ingesting wrappers and little trinkets and toys that some people give away can also be very harmful.

A little bit of planning will help your dog have a fun and safe Halloween,

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# COMMON MYTHS ABOUT SOLAR POWER BUSTED

where your solar panels are installed, the level of maintenance will vary. In places that experience more extreme weather, your solar panels will require more regular maintenance and precautions. Any blockage of the light source or dirt trapped in the panel mechanisms will require regular cleaning.

We recommend you clean panels at least twice a year to make sure you get the most out of them. Dirty solar panels are measured to operate at 50% capacity. Leave this to the experts for the best results too.

### Heat and Heat

Another common misconception about solar panels is that they work to harness the heat or heat of the sun, rather than its energy. Many people think that they have to live in warmer climates. This is not the case. The panels use energy from the sun, rather than the heat or heat it generates to store energy for use. This means that even in cloudy climates sunlight will still be harnessed by your panels.

By Contributing Writer



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**B**efore you install solar panels on your home, it is important that you get all of the facts. The use of solar panels is increasing. One of the main reasons for its popularity is the growing awareness of sustainability, respect for the environment, and the reduction of energy costs. These panels are also not as expensive, so they are becoming more accessible.

Regardless of its many benefits, many people still hesitate to switch.

### Maintenance

One of the most common myths is that solar panels require significant maintenance. That's not true. Depending on the geographic location

### What happens at night?

Just because solar panels use sunlight does not mean that when the sun goes down they stop. Solar panels generate excess energy throughout the day. This stored energy is available at night.

### Roof damage

Many fear that installing solar panels will be irreversible and will cause damage to their roofs. This is not the case. Before installation, professionals will always inspect your ceiling. This allows them to ensure that they can facilitate the panels and how they can best install them. If your panels are installed correctly by professionals, there should be no damage or deterioration.



By Andrews McMeel Syndication **Top Stories**

A family is seeking to press charges against an unnamed man who was briefly married to their mom in the 1970s, the New York Post reported. Their beef? Allegedly, the New Jersey man arrives at Linda Torello's tombstone in Orangetown, New York, early almost every morning with his current wife in tow, where he urinates on her grave and sometimes leaves a bag of excrement. Torello died in 2017, according to her son, Michael Andrew Murphy, 43. In April of this year, he and his sister discovered a bag of poop and supposed a dog walker had dropped it. When the second bag showed up, they called police. Then they went to work, setting up a trail camera that recorded the man's visits, and on Sept. 18, taking video with a cellphone that identified him as Torello's onetime husband. "My sister was crying ... I was sick I was so angry," Murphy said. "No one in my family has had contact with him since 1976 or so." Police have been unhelpful; Murphy said he's called them three times and they won't put him in touch with a detective.

Amanda Gommo, 51, of Bristol, England, required hospitalization after an unfortunate incident involving her daughter's Chihuahua, Belle, the Daily Mail reported on Sept. 26. As Gommo and Belle cuddled together during a nap, Belle suffered "violent diarrhea," some of which fell into Gommo's open mouth. "It was disgusting, and I was hurling violently for hours after -- I just couldn't get the taste out of my mouth," Gommo said. Afterward, she suffered stomach cramps so bad that two days later, she went to the hospital, where doctors discovered an infection that had been passed on by the dog. "I'm happy to say both me and Belle are on the mend," she said, but noted that she'll "be more mindful of what position we sleep in in the future."

-- Can't sleep? Pack your bags and head for Sussex, England, where you can spend a night next summer in a "luxurious" double bed at the Shleep Sanctuary, according to the Daily Star. As you drift away, numbered actual sheep will mill around the grassy hillside outside the glass dome enclosing your bed. Emma Sleep, a tech company, is offering the one-night stay, which includes dinner, morning yoga and breakfast. "Counting sheep is more than an old wives' tale," said Dr. Dennis Schmoltzi, CEO. "It's a tried-and-true visualization technique that Brits are relying on to send them to sleep." Zzzzzzz.

From the "make your resume stand out" files: Karly Pavlinac Blackburn, 27, of Wilmington, North Carolina, was recently laid off from her job, the New York Post reported. Hoping to land a position with Nike in Beaverton, Oregon, and knowing they'd be celebrating Just Do It Day on Sept. 8, Blackburn cooked up a plan: Working with Albertson's Grocery Store, she ordered a sheet cake with an edible resume printed on top. Next, she talked with Instacart driver Denise Baldwin, who promised her she would "do whatever it takes to get this cake to where it needs to be." Sure enough, Baldwin delivered the sweet treat into the appropriate hands, and Blackburn has meetings on the calendar with the sportswear brand -- and more. "There are a bunch of companies that are kind of involved in the process," she revealed.

The obvious question is: Why are there so many naked people outdoors these days? On Sept. 25 in McMinnville, Oregon, KOIN-TV reported, an "unclothed male subject" was in his front yard, which drew the ire of his across-the-street neighbor. The neighbor launched two full beer cans, hitting the naked man's house, which prompted him to go inside to retrieve a shotgun. The neighbor grabbed a handgun and shot five shots into the ground in an effort to scare the naked man. No one was hurt, but the beer thrower was cited for criminal mischief.

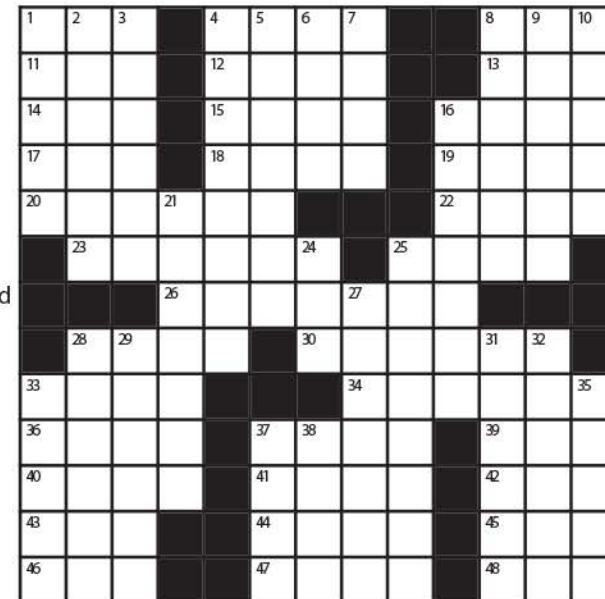
### Sweet Revenge

Porch pirates in a south Austin, Texas, neighborhood are driving residents crazy, KXAN-TV reported. The same people in the same car are hitting front stoops day and night, so a woman identified only as Gabriela came up with a plan. Her husband put a box of used, dirty diapers on the porch, and sure enough, "The same people came back and took the package," she said. Unfortunately, they "came back and smeared those diapers on our front door. Thirty minutes later, they came back with a giant bag of cow manure. They spread that all over our front porch and on our cars in the driveway. I called police, filed a report, and now there's a detective on the case." Britany Walker, who lives near Gabriela, confronted the thieves herself, yelling, "I have a baby," but she said they just laughed at her. "It was a really upsetting moment." Austin police advise against engaging with the suspects.

- Across
- "\_\_\_ woman" movie
  - Assist in wrongdoing
  - Second degree?
  - Tabloid topic
  - Gathering
  - Deviation
  - Place for gloss
  - \_\_\_ friendly
  - Scotch's partner
  - Liveliness
  - He fiddled while Rome burned
  - Makes like
  - Make an indirect reference
  - Nearby
  - Separate
  - Street drug
  - Receive from a predecessor
  - Dunce
  - Character
  - Colorful dress
  - Porous stone
  - Virtuoso
  - Turkish military title
  - \_\_\_ vapore (steamed)
  - Skin cream additive
  - Water under the bridge
  - Fall behind
  - Zippo
  - Double curve
  - Secure
  - Engineering org.
  - Auctioneer's closing word
  - Eight-time Norris Trophy winner

- Down
- Mea \_\_\_
  - Far \_\_\_
  - Upset
  - Plentiful
  - Urgently request
  - \_\_\_ and anon
  - Apprentice
  - Nearsightedness
  - Good-for-nothing
  - Under water
  - Goes with inner
  - Put to work
  - Chicken creator
  - Located
  - Renaissance painter
  - Showy bloom

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- Baltimore ballplayer
- Marketplace
- French pastry
- Some trumpeters
- Longing
- Half of an old radio duo
- Kind of dancer

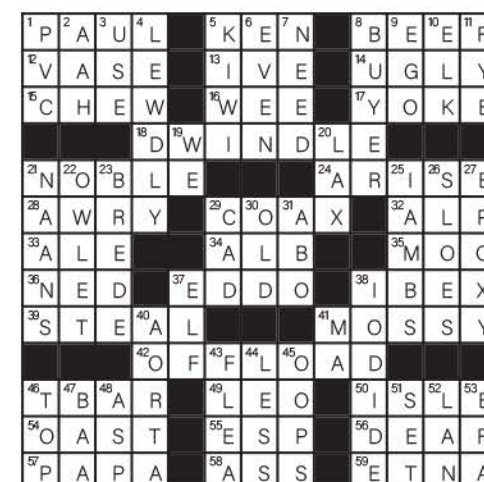


## DAD JOKES

What kind of monster loves to disco?

- The boogieman.

From September 16







# Features For Every Luxury Home

By Contributing Writer

A home can have several meanings, but most people are on the same page about when it is a luxury. Homeowners, agents, builders, and other real estate players agree that a luxury home should offer the ultimate living space. Luxury homes should cater to all your needs.

Of course, extra details and unique designs can take properties from ordinary to luxury. This is why luxury home builders invest time and resources into making sure that all the details in a luxury home are well thought out. This article will discuss some of the



top essential features a property must have to be considered as a luxury home. **Premium Quality Home Security System**

Because of their flashy nature, luxury homes are attention-grabbing. This means that their beautiful and impressive nature can attract people's attention quite effortlessly. While this can be a fantastic quality, it can also bring the wrong type of attention to the house. This is one reason why

burglars and other criminals frequently target high-end neighborhoods.

To control this disadvantage, homeowners often employ quality home security systems. The systems function to ensure much-needed security for lives and properties in the house.

#### Smart Home Features

A smart luxury home is designed to contain an integrated system of equipment and appliances that function

together and can be remotely controlled. You should also be able to automate this system's functions if you choose.

Today, you can enhance almost every aspect of a home with smart technology. This includes features like Internet-connected security cameras, app monitoring security systems, automated or sensor lighting systems, error detecting appliances, adjustable thermostats, and computerized curtains.

All these features contribute to making life more seamless and enjoyable.

#### Luxury Bathrooms and Kitchen

Spaces like the bathroom and kitchen are built in homes for practical purposes. However, this does not mean that they can not be made to be luxurious. Bathrooms in luxury homes often make the difference by featuring professional spa-level facilities. Some of the facilities include steam rooms, showers separated from tubs, saunas and multipurpose touch screen mirrors/TVs, etc. They

all contribute to making your luxury bathroom a "comfortable heaven."

Kitchens in luxury homes can also be made beautiful and luxurious by including some fantastic features like heating drawers, double ovens, butler's kitchen, etc. Also, it would be best if you made the kitchen to be very spacious.

#### Extra Luxury Features

Some other extra touches and finishes can contribute to making your home a luxury apartment. Some of them include archways, polished art nooks, crown molding, an infinity-edge swimming pool, a gas-powered fire pit, BBQ equipment, etc. Your luxury home builder should be able to suggest the ones that are most suitable for your home.

#### Conclusion

It is no longer news that luxury homes are one of the most beautiful and comfortable housing types. This is thanks to their unique extra features that stand them out.

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## CARVE OUT MORE FAMILY TIME THIS HALLOWEEN

By Contributing Writer

By the time Halloween rolls around, many families are deep into the hustle and bustle of school. The holiday provides a great opportunity to focus on family.

Shared experiences bring loved ones closer, and Halloween is perfect for doing something with the people in your life, whether it's your family, college family, friends, or siblings.

These family-friendly activities can help you create some special spooky memories:

**Visit local attractions.** Many communities offer seasonal events where you can find all kinds of family fun. Some examples include corn mazes, pumpkin patches and haunted houses. You might also find other attractions such as hayrides and petting zoos.



**Decorate pumpkins.** Designing the perfect jack-o'-lantern can be fun for the whole family. Toddlers and younger children can express creativity through painting, stickers and accessory kits while

older children and young adults may find carving kits to be more their style. Consider the options from Pumpkin Masters, which creates new products every year so you can always find something fresh. For example, Premium Sticker Patterns make it easy to peel, stick and carve with pattern transfer sheets while options like Mummy Carving and Decorating Kit or Unicorn Decorating let little creatures in on the fun. [www.pumpkinmasters.com](http://www.pumpkinmasters.com)

**Go trick-or-treating together.** Participating in this age-old tradition can make for a fun evening. You can also incorporate numerous teachable moments, including reminders about safety around strangers and when crossing the street, practicing manners like please and thank you or taking turns ringing doorbells.

**Watch scary movies.** Whether you relive your own youth by introducing your kids to the classics or explore more contemporary flicks, gathering the group around the screen for a frightening movie night can appeal to the whole family. You can easily find something age-appropriate – just be sure to add some seasonal snacks. Find more ideas at [pumpkinmasters.com](http://pumpkinmasters.com).

### Recycle Your Pumpkin

Once the holiday fun is done, you may wonder what to do with your leftover pumpkin. Consider these ideas:

**Bake the seeds.** Whether you eat them yourself or share them, roasted pumpkin seeds provide a tasty treat. They're delicious with a light coating of olive oil and salt.

**Make slime.** The stringy, gooey insides of a pumpkin make for a ghoulish bowl of goopy guts, perfect for Halloween. You can use the pulp in its natural form or search for recipes that add ingredients like glue, water and baking soda.

**Compost it.** Pumpkins generate organic waste, so adding them to a compost bin can be quite beneficial for soil. Either option returns organic matter to the Earth, rather than heaping it into a landfill where it's just adding to food waste.

**Create a planter.** If you save the pieces carved from your jack-o'-lanterns, you can use a toothpick to secure them in place. Then you'll be left with a vessel that's perfect for using as a seasonal planter. Add some mums or other autumn blooms.

**Donate to a nearby farm.** Pumpkins can be a tasty treat for wildlife. If you don't have animals like bunnies and squirrels to share your pumpkin with, check with area farms to see if they'd like your leftover pumpkins to use as food.

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# Ventura County Farm Day: "Meet All The Hands That Feed You."

By Contributing Writer

On Saturday, November 5, more than 15 Ventura County farms, ranches and agricultural organizations will invite the public to experience a day of free agricultural activities and tours during the 10th Annual Ventura County Farm Day. This year's theme is "Meet All The Hands That Feed You."

tion of the hard work that goes into growing each piece of produce."

Participating in Farm Day include Reiter Affiliated Companies (berries), Driscoll's (strawberries), Duda Farm Fresh Foods (row crops), Alpacas At Windy Hills (Alpaca fleece), Good Farms (strawberries), Oxnard Historic Farm Park (antique farm



SEEAG's mission is to help children understand the farm origins of their food through classroom agricultural and nutrition education and free farm field trips. Through this and other SEEAG programs, over 60,000 elementary

is astounding—strawberries, celery, lemons, tomatoes, peppers and avocados are just a few. Farm Day is an opportunity to see the growing process up close."

Ventura County Farm Day sponsors include The Wood-Claeysens Foundation, Driscoll's, Gene Haas Foundation, Kaiser Permanente, Bobalu Berry Farms, Ventura County Agricultural Commissioner, The Port of Hueneme and Reiter Affiliated Companies.

school students in Central and Southern California have increased their understanding of the food journey since SEEAG's founding in 2008.



Visitors can map out their day by selecting locations from the Farm Day Trail Map at <https://venturacountyfarmday.com/-map>. Each site offers tours and produce and other giveaways. Tour hours are from 10 a.m. to 3 p.m. Some locations require reservations.

"Agriculture is Ventura County's largest industry. Farm Day is the opportunity to see how fruits and vegetables are grown, harvested and then shipped to stores for sale," says Mary Maranville, founder and CEO of the nonprofit Students for Eco-Education and Agriculture (SEEAG), which puts on Ventura County Farm Day each year. "You'll come away with an apprecia-

equipment, vegetable crops, talks about the agricultural heritage of the Oxnard Plains), Prancer's Farm (strawberries, tomatoes, avocados), Agromin (organic compost, mulch), The Abundant Table (nonprofit farm), Sow A Heart Farm (regenerative agriculture), McGrath Family Farm (organic farming), SEEAG's Farm Lab (hands-on farm-related kids activities) and Petty Ranch (also the Farm Day hub). The Ventura County Farm Day Trail Map list of participating locations is updated daily.

"There are thousands of food-producing acres in Ventura County," says Chris Sayer, manager of Petty Ranch in Somis. "The variety of what's grown on our local lands



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## SMART FABRICS AND WEARABLE ELECTRONICS

### The Future of Clothing

By Contributing Writer



Intelligent" or "smart" clothing is part of an exciting technology that involves building computing, connectivity, and sensing abilities into materials people are comfortable wearing. Some of the latest products are very fashionable, lightweight, and look no different than other clothes. In some cases, the electronic circuits that make up the brains of the wearable computers and sensors are sewn in. In others, the circuits and other components are literally built from conductive yarn and thread that makes up the clothing.

Right now, as devices get smaller, we often find ourselves with a different electronic device in each pocket. Each technological advance shrinks these devices and integrates them with one another. It's only logical that as these portable devices that connect us, we can eventually find ways to integrate right into the clothing we wear.

There are actually three distinct types of smart clothing:

**Passive Smart:** Where the clothing "reads" or senses the environment or something about the person wearing the clothing. Examples include built-in GPS, clothing-integrated baby breathing monitors, and clothing that gives feedback about potential changes in weather.

**Active Smart:** Where clothing not only senses the environment, but reacts to it. Examples

include: Clothing that changes density depending on the temperature, jackets that store solar energy to charge cell phones and cameras, and even built-in sensors that can guide pinpoint massage to a wearer depending on his or her level of stress.

**Active Very Smart:** Where clothing has built in computing and or intelligent sensing. Examples include sleeves that function as keyboards, clothing that can function like a powerful calculator, and shirts that can store information through a built-in fabric keyboard and send it via Bluetooth.

Other classifications of intelligent clothing include "phase change" and "shape memory" materials. Phase change materials change aspects such as their density in reaction to the environment, in order to increase comfort or functionality. These clothes might become denser when it is cold and more porous when it is hot. Shape memory materials can change from a temporary deformed shape back to an original shape.

In the future, all of us might be wearing intelligent clothing that senses medical problems, gives the ability to charge electronic devices while on the go, and even allows for basic computing. We might not need different clothing for different seasons due to phase change and shape memory technology. There might be means of communication and general connectivity built in to our clothes. This emerging technology is exciting and soon to take over the consumer market.

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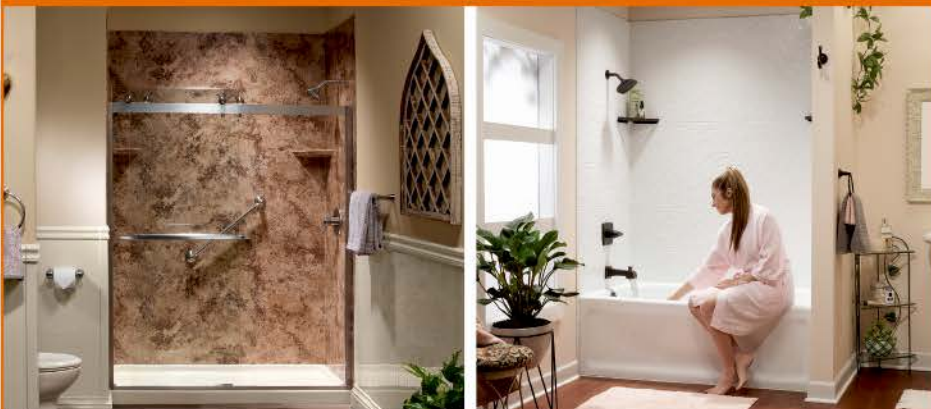
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