



Valley Scene

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Entertainment ★ Leisure ★ Lifestyles

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→ October 15 - 28, 2021 Volume 22 No. 23

MOVIES



**HALLOWEEN KILLS
ON STAGE**



**DRACULA!
FINER THINGS**



NEW WEST SYMPHONY

Halloween

Highlights

By Barbara Beckley



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Hood baby soul food

Boonion Station Is Back at Union Station LA

By Contributing Writer

The iconic Union Station South Patio will once again become a ghoulishly gleeful garden of goblins at the 3rd annual Boonion Station, a free, two-day, family-friendly Halloween hoopla in downtown LA.

The fiendishly fun event will be held on Saturday, Oct. 30, and Sunday, Oct. 31, from 11 a.m. - 5 p.m. with two spirited sessions each day from 11 a.m. - 2 p.m. and 2 p.m. - 5 p.m. Free advance general admission tickets are required and available at Eventbrite. Walk-ins will be welcomed on a first-come, first-served basis.

Boonion Station will transform the

downtown destination into a Halloween village featuring delightfully devilish activities for families including a fun and fuzzy spider forest, Halloween crafts, tarantula tattoos and mad scientist slime sessions to keep little monsters entertained.

Throughout the day the village will become a sorcerer's stroll around the treats-on-track trail, which promises to deliver a spellbinding sugar high. Guests can "boo-gie" down with a spooky spin on some Halloween favorites at monster mash dance parties or don haunting or hilarious costumes for the creepy & clever costume contest with prizes at 1 p.m. and 3 p.m. each day.

A pumpkin patch picnic will feature



food trucks dishing up some frighteningly fabulous fare throughout the day.

Additional activities include a cobweb craft corner, a Day of the Dead destination, and a host of howling stilt walkers and Halloween characters.

For the health and safety of our guests, COVID-19 protocols will be followed. Capacity will be limited, social distancing will be encouraged, and masks will be

required as mandated by County of Los Angeles Public Health guidelines.

For additional information, visit unionstationla.com.

Connect with Union Station on Instagram, Facebook and Twitter.

Go Metro to all events by taking the Red, Purple, Gold or Silver Line directly to Union Station LA.

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The San Fernando Valley Symphony Orchestra is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Arts Commission.





BOO!

IT'S HALLOWEEN! THE SPOOKY SEASON WHEN WITCHES, GHOSTS, CREEPY CHARACTERS AND PUMPKINS, PUMPKINS, PUMPKINS REIGN SUPREME. SO COSTUME UP! GET YOUR JACK O' LANTERN ON! AND CELEBRATE.

HERE ARE THE TOP HALLOWEEN EVENTS FROM PUMPKIN SUPER FARMS AND KIDDIE CUTENESS TO HORRIFYING HAUNTS AND GHOSTLY APPEARANCES TO MAKE THE MOST SPOOK-TACULAR ALL HALLOW'S EVE EVER.

PUMPKINS GALORE – AND MORE!

Nights Of The Jack (<https://nightsofthejack.com/>) is back! The Halloween extravaganza for all ages at the King Gillette Ranch in Calabasas. Walk along the 2/3-mile trail and treat all six senses to this Halloween wonderland. Jack O' Lanterns from every mystical sphere make a spook-tacular show. Blazing gourds and illuminations from sharks and dinosaurs, scarecrows, Dracula, even the Hollywood Sign – plus thousands of hand-carved pumpkins. Hot cider and cocktails at the Spookey Bar; LA's top food trucks, a gift shop and pumpkin carver. Through October 31, daily 6 – 10 p.m. Advance tickets and parking required. Admission \$9.99 to \$44.99. Parking \$9.99 per vehicle.

"Haunt O' Ween" in Woodland Hills (<https://socialhauntoween.com/>) boasts 35,000 pumpkins!!! Plus, the Malibu Wines Tasting Garden and 150,000 square feet of fun including trick-or-treating in the Town of Haunt O' Ween, pumpkin carving, Halloween themed tunnels, face painting, live performances, carnival games and more. \$35 or \$31.50 per person for eight or more. Through October 31, daily 5 – 11 p.m.

"Carved" at Descanso Gardens in La Canada Flintridge (<https://www.descansogardens.org/programs-events/carved/>)

has more than 1,000 illuminated carved pumpkins along a one-mile walk through the Camilla Forest and Oak Grove. New this year are giant sculptures made of sticks and other natural materials. With favorites the Pumpkin House, Hay Maze and themed food and beverage. Through October 31. Daily entry times: 6:30, 7, 7:30, 8, 8:30 and 9 p.m. Admission \$32 -- \$35.

"Harvest Festival & Pumpkin Patch 2021" at Gilchrist Farm (<https://www.gilchristfarm.com/>) in Santa Clarita pairs pumpkin purchasing with a petting zoo, arts and crafts, and weekend pig races, wool spinning, forging demos, live bands, wagon rides, axe throwing, train rides, pumpkin sling-shot and pumpkin decorating. Through October 31, daily 9 a.m. – 6 p.m. Shawn's Pumpkin Patch in Mar Vista (<https://shawnspumpkinpatch.com/>) features "mountains of pumpkins," hay bales, corn stalks, gourds, a straw maze, face painting, giant slide, petting zoo, train ride and obstacle course. Through October 31, Monday to Thursday, 1 – 8 p.m.; Friday & Saturday, 10 a.m. – 9 p.m., Sunday, 10 a.m. – 8 p.m. 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.

GHOSTLY GOINGS ON

It's loud, obnoxious and trying to destroy you! The "Ventura County Fear Grounds" (<https://cbfproductions.ticketspice.com/ventura-county-fear-grounds>). Plunge into three open-air adventures: "The Cage," can you survive? "The Fright Train," through 100 fields of fright, and "The Terror Trail," nothing will harm you IF you stay on the path. Then enter "The Dead End" at Surfer's Point LIVE for food, drinks and fun. Ventura County Fair Grounds, October 14-17 and 21-31; Thursday, 6-10 p.m.; Friday & Saturday, 6-11 p.m.; Sunday 6-10 p.m. \$29 per person.

See Dracula! The Actors' Repertory Theatre of Simi presents Bram Stoker's "Dracula" October 15 – 31 at the ARTSpace Black Box Theater (<https://www.actorsrepofsimi.org/>). Friday & Saturday, 8 p.m.; Sunday, 2 p.m. General admission \$20. Seniors and students \$18.

Take in a scary double feature at the San Fernando Valley Halloween Drive-In (<https://tickets.myvalley-pass.com/events/view/san-fernando-valley-halloween-drive-in-night-7>) on October 16. See "The Nightmare Before Christmas" at 7 p.m., followed by "Gremlins" at 10 p.m. Enjoy one movie for \$20 per person or \$55 per vehicle. Or both for \$30 per person and \$95 per vehicle.

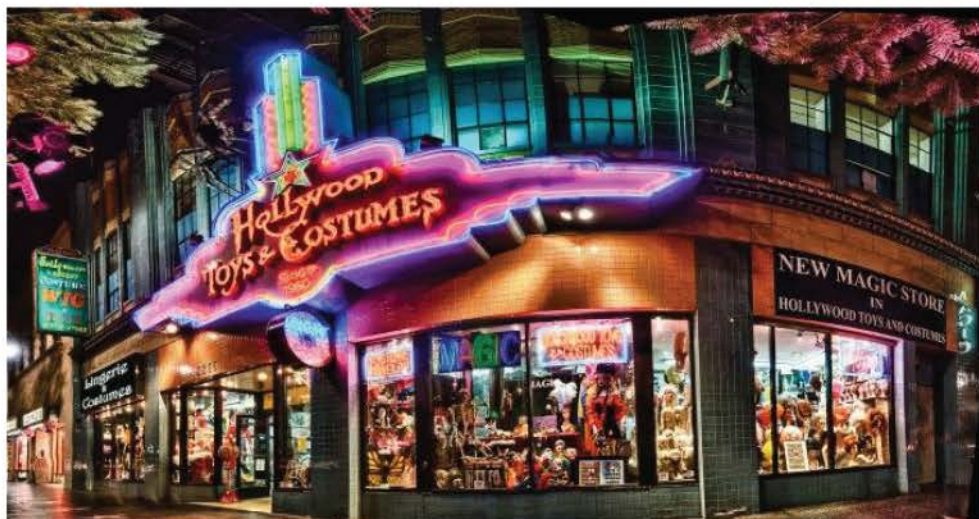
Experience Tinseltown's paranormal history with an "Evening Ghost Walking Tour" (<https://www.getyourguide.com>). Begin on Hollywood Boulevard outside the El Capitan Theatre and discover LA's darkest secrets visiting



Dracula! The Actors' Repertory Theatre

eight to 12 haunted sites. Nightly at 8 p.m. Includes food and drinks. One-hour \$27.50. 90 minutes \$32. Or freak out and download the "Haunted Hollywood Exploration Game" (<https://www.getyourguide.com/los-angeles-1179/los-angeles-haunted-hollywood-exploration-game-t397011/>) app. You'll begin at the legendary corner of Hollywood & Vine, and follow the prompts into a spookier side to LA through the life and death of Marilyn Monroe. Solve clues and unlock stories on your phone, as you explore the city's theatres and Walk of Fame through the eyes of a ghost. Daily 24/7. \$11.54.

Continued from page 6



Experience real ghost stories in Santa Ana at the Bowers Museum “Spooky Spotlight – Halloween’s History, Horror and Humor” (<https://www.bowers.org>). You’ll tour the museum’s historic wing, learn the history of Halloween and the unsolved mysteries surrounding the Bowers’ oldest artifacts including the ghostly presence often felt in the museum’s original 1936 building. October 24 and 31 only. 10 a.m. – 4 p.m. Admission \$10.

Dare to visit SoCal’s wine country, where “The Headless Horseman Haunts Temecula” (<https://www.temeculacarriageco.com/>). Take a Horse Drawn Wagon ride with Temecula Carriage Company through “Wine Country Hollow” and enjoy scenic and spooky sites. Look out for the Headless Horseman to come galloping alongside as you listen to a narration of the Legend of Sleepy Hollow. Through October 31. Fridays, Saturdays and Sundays 5:30 – 9:30 p.m. Reservations required. \$75 per group up to six people in your own wagon.

HALLOWEEN FAMILY FUN

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. The Monster Academy features a Monster-Making Lab, sound-effects lab, tractor trail rides, the Perilous Pumpkin Launch and a decoration station. On Saturday & Sunday, the “Hallowweekend Costume Party Parade” and Trick-or-Treating add to the fun. Through October 31, Thursday to Sunday 10 a.m. – 5 p.m. Ages 15 + \$15.95; ages 3 to 14, \$13.95.

At Boo at the L.A. Zoo (<https://www.lazoo.org/plan-your-visit/special-experiences/boo/>) take a “Spooky Stroll” among

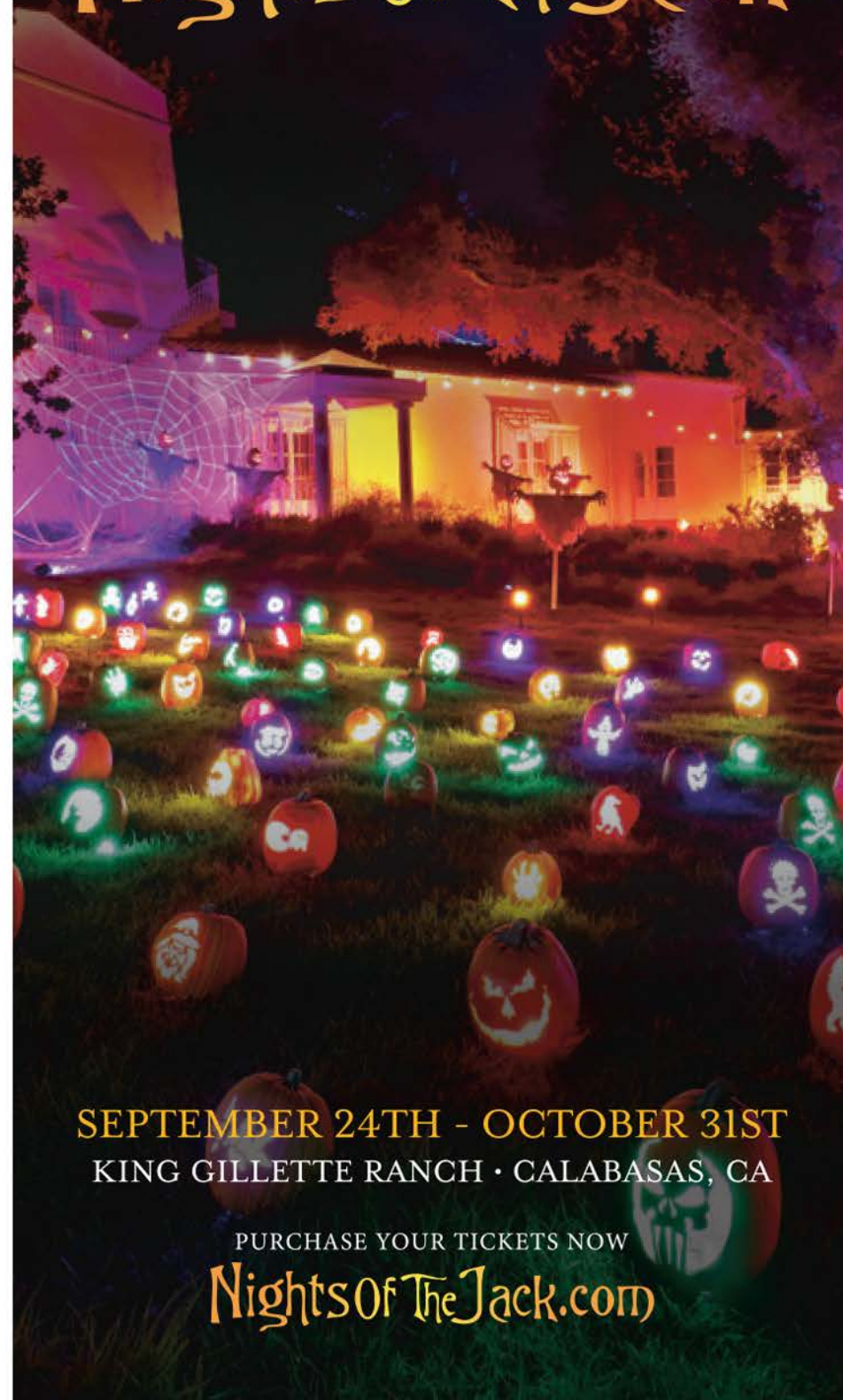
hauntingly festive décor and hair-raising photo ops. Visit the “Extinct Animal Graveyard.” Come face-to-face with rare snakes, poisonous frogs and venomous lizards at The Lair. Enjoy the “Wild, Weird and Wonderful Tour” and learn wacky, creepy and funny facts about your fav animals. Weekends feature open-air live shows like the “Abraca-Zoo!” magic show; “Spooktacular Science Show,” animal pumpkin feedings, photo ops among the zoo’s Halloweeniest critters, and “make a spider web.” Through October 31, 10 a.m. – 4 p.m. daily. October 23 & 24 and 30 & 31 only, trick-or-treating with treats donated by 99 Cents Only Stores!

Costumes are encouraged as the kiddies march, dance and strut the cat walk in the daily Halloween Parade at Kidspace Children’s Museum in Pasadena (<https://kidspace-museum.org/>), enjoy pumpkin decorating, silly story times, make costumes, masks and crowns in Ye Olde Costume Shoppe, and up-close visits with “hairy-not-scary” spiders through October 31. On October 30 & 31, the Bob Baker Marionette Theater presents “HalloWe’en SpoOkTaCular!” starring Dracula, Vampira, the infamous BLACK CAT, the Invisible Man and Grumpy Pumpkin. Tuesday through Sunday 10 a.m. – 5 p.m. Admission for adults and kids is \$14.95

Spooky fun extends to the legendary WWII Battleship USS Iowa (<https://www.pacific-battleship.com/>) docked in San Pedro and “Halloween STEMembrance.” Come in costume and trick or treat at candy stations, play carnival games, collect Halloween Vicky the Dog (the mascot) stickers, and learn a little science while building a light-up wand, flying a spooky kite and launching a spider rocket! Family friendly Halloween movies and spooky story books readings throughout the night. October 30 from 6 – 10 p.m. Free.

AN IMMERSIVE HALLOWEEN EXPERIENCE

Nights Of The Jack



SEPTEMBER 24TH - OCTOBER 31ST
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NightsOfTheJack.com

COMMUNITY HAUNTS

See the “Nightmare Before Christmas” from the comfort of your car at “Halloween Spooktacular” Drive-In Movie night, October 24, sponsored by the parent volunteer non-profit E-Team, Inc. (<https://www.encinoelementary.net/events/halloween2021.html>) supporting Encino Elementary Charter School. The show begins at 6 p.m., but get there early for the Monster Mash dance party, lively trunk-or-treat trail and carnival games. It’s at the Encino Farmers Market/One Generation Parking lot on Victory Boulevard. \$55 per vehicle in advance. \$65 per vehicle at the door.

Trunk-or-treat for goodies, discounts at businesses and enter the “Big Give” away for a chance to win a one-night stay at Le Meridien Arcadia and \$150 dining credit at the hotel restaurant, Melange, at “Halloween Haunting Trick-or-Treating” in Downtown Arcadia (<https://lp.constantcontactpages.com/su/Y3VRcIY>). October 29, 4 – 6:30 p.m. Dress in costume and trick-or-treat in the shops at Old Town Monrovia’s “Trick-or-Treat Halloween Bash” (www.monroviaoldtown.org). There’s a costume contest for kids, adults and dogs; photo booth and games. October 31, 3 – 6 p.m.



CELEBRATE THE DAY OF THE DEAD

Join the Simi Valley Historical Society and Museum’s 7th Annual Dia de Los Muertos (<https://www.simihistory.com/portfolio-items/dia-de-los-muertos/>) in Strathearn Park October 24. Kiddie crafts include skull, folkloric mask and tissue flower-making. Plus face painting, food vendors, storytelling and Mariachis and folkloric performances. 11 a.m. – 5 p.m. Adults \$10. Kids 5-12 \$5.

The 21st Annual Dia de Los Muertos Family Festival (<https://www.mainstreetcanogapark.la/>) Canoga Park is November 7 from 10 a.m. – 5 p.m. featuring Aztec dancers, Mariachis, altars, a classic car show, arts, crafts, licensed food trucks, specialty food carts and beautiful altars.

The 22nd Annual Dia de Los Muertos at Hollywood Forever Cemetery (<https://www.ladayofthedeath.com/event-info/>) rocks on October 30, with two celebrations. “Dia de Los Muertos” 9 a.m. – 3 p.m. featuring art exhibits a children’s plaza, arts and crafts vendors, cultural performances, altars and culinary vendors. And “Noche de Los Muertos,” 5 p.m. to midnight with altars, arts and crafts, Aztec, folkloric dancers and Mariachis, and cuisine vendors. Daytime tickets \$40 to \$150. Nighttime tickets \$50 to \$200.

Have Fun, and always be safe!

INSIGHT: HOW WE EXPERIENCE HALLOWEEN (AND ALL ENTERTAINMENT) POST COVID.

SoCal’s Halloween events are varied and all adhere to COVID protocols.

Outside – The Los Angeles County Department of Public Health, to enhance safety and lower the risk of transmission at large outdoor events, recommends that unvaccinated attendees wear masks when they are in crowded outdoor settings and when they are in sustained close contact with others whose vaccination status is not known. Outdoor events including the Ventura County Fear Grounds, Nights Of The Jack, pumpkin patches and Dia de Los Muertos celebrations follow county protocols with social distancing and masking for non-vaccinated.

Safe Together – The San Fernando Valley Halloween Drive-in movie night and Temecula Carriage Rides keep families together, with masks required when outside your vehicle. Outdoor Canoga Park Dia de Los Muertos requires only non-vaccinated guests to wear masks per county regulations and this year booked only licensed food trucks.

Double Check – Always carry a COVID mask. And check event guidelines before you go. Rules can change and differ between events. For example, Shawn’s Pumpkin Patch, Sylmar’s Discovery Cube Los Angeles and the USS Iowa Museum require everyone to wear masks. However, The Bowers Museum requires only non-vaccinated guests to mask-up.

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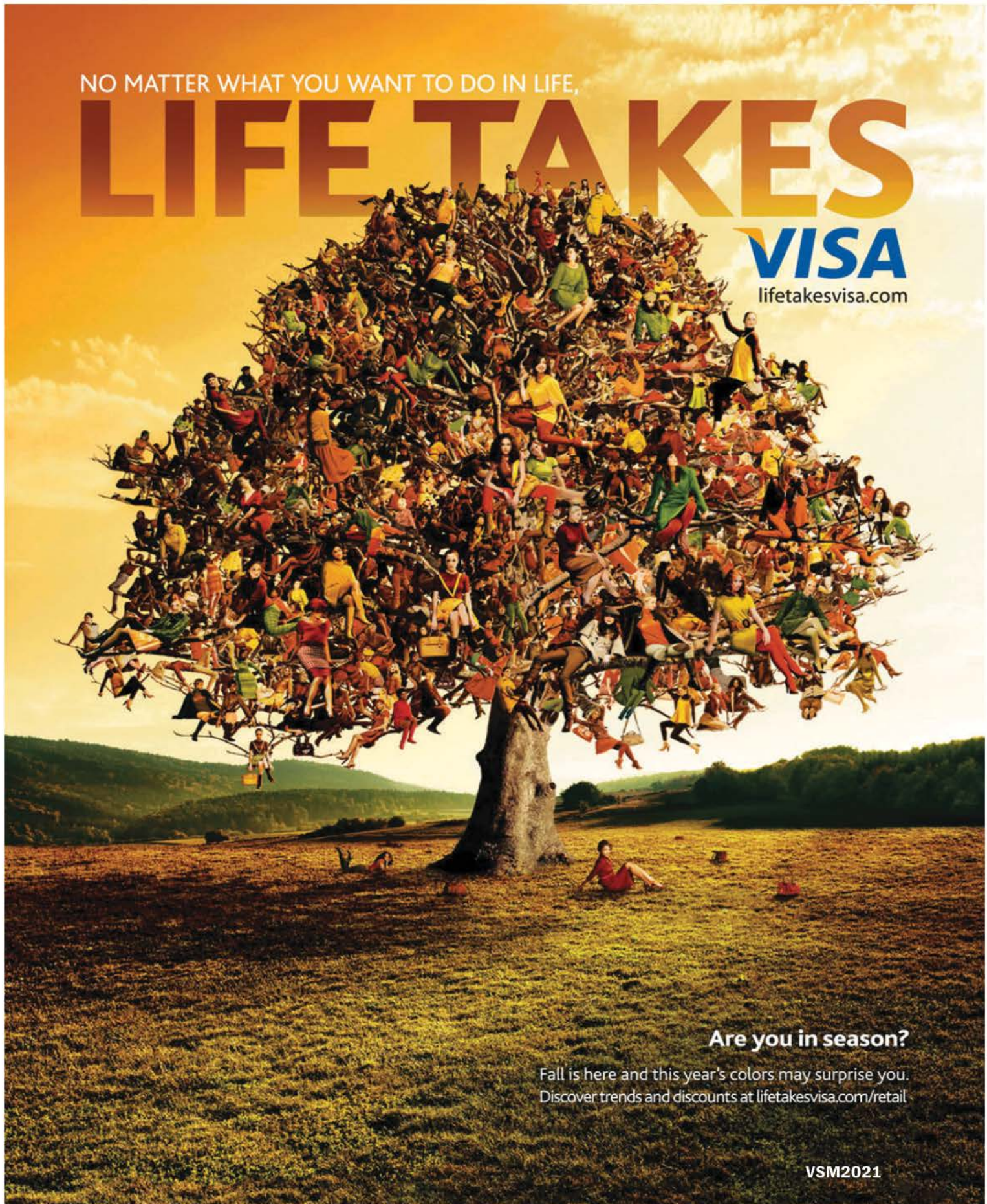


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VSM2021

DOWNTOWN SANTA MONICA HOSTS DÍA DE LOS MUERTOS COMMUNITY CELEBRATION

By Hanya Bruner

Downtown Santa Monica, Inc. (DTSM) is honoring Día de los Muertos, highlighting the traditional Mexican cultural celebration of life and death, with a mix of live entertainment, art installations and family-friendly activities on the Third Street Promenade, Saturday, October 30 from 5 – 10 pm. Festivities include papel picado and crafts and face painting by Lil' Bitter Pixie, in addition to booths with goods from over 30 local BIPOC vendors with Angel City Market and

Market Exchange, a collaboration between Santa Monica artisans Ines Garcia, Laura Hernandez, Carmela Morales and Cog•nate Collective, initiated by the 18th Street Arts Center.

A diverse lineup of performances begin at 5:30 pm on the Promenade Main Stage (located at the 1300 block of Third Street Promenade near Arizona Avenue) hosted by Normz la Oaxaqueña of Cumbiatón LA and will feature appearances from Santa Monica Ballet Folklórico who provide a traditional



blessing and dance performance, students from Santa Monica High School Latinx clubs who will present on the importance of Día de los Muertos traditions, Ballet Folklórico Flor de Mayo, Santa Monica Youth Orchestra Mariachi Perla del Oeste, and DJ Funky Caramelo, and DJ Sizzle Fantastic of Cumbiatón LA who will host a dance party to conclude the day's events.

Sculptures by Los Angeles-based artist Ricardo Soltero of La Catrina, one of Día de los Muertos' most recognizable figures created by Mexican illustrator Jose Guadalupe Posada, will be viewable throughout three blocks of the Promenade beginning Friday, October 29 through November 2. Altars created by local organizations and artists will also be on display beginning October 30 through November 2.

Soltero's iconic La Catrina sculptures range up to 14 feet in height and welcome guests to the Promenade in brightly colored traditional Mexican attire inspired by Day of the Dead traditions, Mexican icons and embroidery. La Catrina was first born out of Mexican social satire and has become a well-known figure in celebration of the holiday.

The Día de los Muertos Community Celebration is on Saturday, October 30 from 5 – 10 pm. La Catrina sculptures will be on display daily from 10 am to 8 pm, October 29 through November 2. Community altars will be on view October 30 through November 2.

The community celebration, altars and La Catrina sculptures will take place along the Third Street Promenade with performances on the Promenade Main Stage (located at the 1300 block of Third Street Promenade near Arizona Avenue).

About Ricardo Soltero
Mexican artist Ricardo Soltero is the director and stage-set designer behind the largest Day of the Dead celebration in the United States, which takes place annually at the Hollywood Forever Cemetery in Los Angeles. Born in Nayarit, Mexico, Ricardo has introduced color and culture to exhibits and fundraisers throughout the country with papier-mâché, wood, fiberglass, recycled materials and most importantly, his heritage at the forefront of each piece.

Ricardo's current and ongoing creative project collaborations include: the annual Hollywood Forever Dia de los Muertos celebration, Meet Me at the Metro, the 20-year running play of Frida Kahlo with the Synergy Theatre Group, 24th Street Theatre set design, Semblanza Latinoamericana, The Autry Museum, East L.A. Meets Napa, Denver Botanic Gardens, Santa Clarita Valley Festival for Day of the Dead, La Vista Memorial Park's annual Día de los Muertos celebration, UNICEF's Annual Gala, and the Metropolitan Fashion Show.

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By Joshua Mackey

NO TIME TO DIE



In *No Time to Die*, Daniel Craig's swan song as MI6 agent James Bond, Craig gives his run as 007 a poetic finale. *No Time to Die* forces the titular character to reconcile with the past, embrace the present, and struggle with moving forward. Where previous Bond movies either leaned heavily into darker or more campy tones, Craig's final film as Bond merges both elements.

Accompanied by returning cast members like Jeffrey Wright, Naomie Harris, Léa Seydoux, Ben Whishaw, Ralph Fiennes, and Christoph Waltz, and newcomers Lashana Lynch, Ana de Armas, Billy Magnussen, and Rami Malek, this Bond chapter is solid.

Bond and Madeleine Swann (Seydoux) have escaped to a romantic life in Italy. The honeymoon phase is cut short when the sins of Swann's and Bond's pasts come back to haunt them. Bond is forced to end his retirement and team back up with MI6 and CIA operatives to eliminate a mastermind threat, Lyutsifer Safin (Malek). All the while, he must question and risk relationships he holds dear, wrestle with

being replaced by the new 007 (Lynch), and learn how to move forward.

In the 25th Bond movie, director/writer Cary Joji Fukunaga, actor/writer Phoebe Waller-Bridge and team, take a deeper look into the legacy that Bond leaves behind. Previous Bonds have shown him as the charming, handsome, and polished playboy super spy. Craig's turn brought to life a gem of an agent not yet polished. Him being rough around the edges added depth that opened ground for who Bond could be.

Craig's Bond brought arrogance, grit, and emotion to the role that bring new life to a character that's constantly reinvented. After five films, we see a fully realized agent who still seems to struggle with his personal and professional life.

Living in the past seems to be the common theme. What does it mean to be at peace with sins of the past and what do you do when they come back to haunt you? Not everyone has the answer and when they do, it still leads to catastrophe. Nevertheless, while returners deal with that question, newcomers navigate the path that the legacy of agents of old leave behind.

De Armas is an overload of charm as CIA agent Paloma. Partnered with Bond you can't help, but focus on her as she charmingly navigates her first "big mission". Lynch takes on the role of Nomi, the successor of the 007 moniker. She captivates as the ambitious, rising star of MI6, projecting Nomi's strong sense of self and fierce determination into each scene. Nomi is the polished 007 with the credentials to prove it.

Beyond the constellation of characters, there's always a menacing villain. We find this in Malek's Lyutsifer Safin, sort of. Malek is known

for providing a sense of eeriness to his characters, but here the creepiness borders on unpleasant. Malek's character lacks charisma and exchanges it for an awkwardness that resonates heavily on film.

The film shines in giving new perspectives on what Bond films can bring. Women characters designed solely to fawn over Bond, are traded in for women characters with fully developed storylines. A charming 007 is exchanged for an emotionally fraught Bond. The thrills, cool, and camp still make their way, taking a new dive into what this espionage franchise could become.

HALLOWEEN KILLS

By Rafael Motamayor

Halloween Kills is a dark chapter in the story of Laurie Strode and Michael Myers, with a somber tone and even more gruesome murders. It finds fulfilling ways to expand the world of Carpenter's original with a larger focus on the town of Haddonfield and characters from the 1978 classic, while unfortunately suffering from feeling incomplete.

The film starts with a flashback to the end of the original *Halloween*, expanding the role of Deputy Frank Hawkins (Will Patton) to show us what really happened when Michael was finally caught. Director David Gordon-Green and cinematographer Michael Simmonds recreate the look of Carpenter's original down to the film grain, and even find shockingly faithful ways to bring back old characters. *Halloween Kills* feels more closely indebted to the first film than the 2018 reboot/sequel did. There are nods to everything from Michael's gruesome disposal of a dog in the original movie, to Easter eggs to the entire franchise in addition to the returns of several

fan-favorite characters. The nods and cameos are more than just fan service; they enhance the franchise as a whole, connecting the trauma of the past with the resurgence of *The Shape* in the present.

The main story takes place immediately following the events of the 2018 *Halloween*, with Jamie Lee Curtis' Laurie Strode, Judy Greer's Karen, and Andi Matichak's Allyson leaving Laurie's burning home, believing Michael to be dead. Of course, evil never truly dies, and the Boogeyman comes home. This time, the cast expands to include more than the Strode women and innocent bystanders. Several characters from the 1978 original return, including Tommy Doyle (Anthony Michael Hall), Lindsey Wallace (Kyle Richards), Lonnie Elam (Robert Longstreet), and even former sheriff Leigh Brackett (Charles Cyphers).

The townspeople of Haddonfield form a mob and hunt down *The Shape*. This is unique for a slasher movie, and one that *Halloween Kills* doesn't really know what to do with.



Michael Myers is in no way the underdog. This is a much angrier, darker, and more violent film, and it includes shocking and disturbing kills. *Halloween Kills* fully displays Michael's brutal butchering.

The shock value is exemplified when *Halloween Kills* gives us our first proper look at Michael's sadistic artistic expression via his grandiose and campy staging of mutilated corpses. Even John Carpenter's score is darker, slower, and more dramatic, building up to what can best be described as the *Empire Strikes Back* of the *Halloween* franchise.

That's not to say that *Halloween Kills* is completely devoid of fun. It still knows when to balance the scares with moments of levity, including two new comic relief characters, played by Scott MacArthur and Michael McDonald.

Most problems come from it being the second chapter in a trilogy. Some characters sit out the action for no reason, while themes and reveals are introduced and then dropped, including allusions to *The Curse of Michael Myers*. Much of *Halloween Kills* is just table setting for the final confrontation.

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By Dale Harris

CLEAN YOUR COMPUTER FROM THE INSIDE



Getting rid of duplicate files is a must for an organized machine.

Organizing Your Files

The first step of organizing files is removing redundant ones, so you're already set. Now you need to categorize.

Most files will fit into two categories of "personal" and "business." Make two folders for each, then work further down.

Learn To Love Folders

Rename your folders: the names that programs pick aren't the most intuitive. Stick to your system, making sure that you always save your files in the right place.

We hope that you've enjoyed this look

at how to clean your computer from the inside.

Put our tips into practice and you'll have fewer files clogging up your machine and a better organized drive, too.

Knowing how to clean your computer's storage is vital. You likely don't need to keep all of the files on your machine, and they could even be slowing it down!

The ones that you do need, well, they need to be well-organized.

Follow our tips, and you'll have a faster machine and files that are far easier to find when you need them.

Delete Unnecessary Files

Your computer likes to keep old files around in case they're ever useful again. These include temporary files, prefetch data, and other kinds of data that accumulate on your hard drive.

If you're running Windows, you can get rid of a lot of this data by opening up the Disk Cleanup utility, selecting the data that you want to clear, and letting it do its thing. If you're on Mac, you can go Storage Management and optimize storage.

However, there's one type of file that won't be caught by these utilities: duplicate files. If, for instance, you've got duplicate photos, these utilities won't touch them, and there'll stay on your drive, taking up unnecessary space.



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VENTURA HARBOR VILLAGE TO CELEBRATE A SPOOK-TACULAR LINE-UP

By Staff Writer

A HOWL-O-Ween Dog Costume Contest, Seaside Trick or Treat, and a Witches Paddle are Sure Bets for Fall Fun

Witches, warlocks and skeletons...Oh my! Halloween festivities return to Ventura Harbor Village, and this year's line-up of events will definitely not disappoint. The spook-tacular seaside destination invites visitors from near and far to stop in for a spell as it hosts free community events for costumed kids, pets and parents who wish to kick off the spooky season in style.

Festively decorated with vibrant pumpkins, bales of hay, cornstalks and a myriad of photo ops and scenic marina backdrops, Ventura Harbor is pulling out all the stops for Halloween weekend, made possible by community partner, Underwood Family Farms. Find the full lineup of fall fun: venturaharborvillage.com/events/ Plus, here's a closer look at what's brewing up by the beach in Ventura Harbor Village later this month:

Seaside Skeleton Hunt:

Over a dozen skeletons have escaped and are on the loose at Ventura Harbor. Visitors are invited to roam the waterfront Village and locate them all at Seaside Skelton Hunt on October 30 and 31! Take photos of all the skeletons you find and post to social media for a chance to win a Harbor Halloween prize pack filled with goodies from Village shops (use #SeasideSkeletons in the caption and tag @venturaharbor to enter). In addition, a select few small golden skeleton heads will be hidden in Ventura Harbor Village on Halloween weekend! Keep your eyes peeled for one and keep the festive prizes secured inside.

HOWL-o-ween Dog Costume Contest:

Get your furry four-legged friends and their creative costumes ready! The 9th Annual Ventura Harbor Village HOWL-O-Ween Dog Costume Contest is back. The Instagram-worthy pet costume event, set for Saturday, October 30 from



Noon to 2PM, is a crowd favorite.

A fashionable line up dogs dressed in thematic costumes have a chance to win prizes for the best attire. Owners and their furry com-pet-itors are encouraged to arrive at noon on October 30th to check-in at Ventura Harbor Village before the judging begins. The contest is open to canines only, and a maximum of 75 dogs can enter. There is no entry fee and online pre-registration is encouraged to secure your spot: venturaharborvillage.com/howl2021/

Owners are encouraged to get dressed up in theme too. Memorable dog/owner duos from previous years include: farmer & a cow, bumble bee & bee trainer, and a fisherman & his first mate. This year, participants will vie for the top dog spot in costume categories that include: Best in Show, Spookiest, Cutest/Prettiest, Most Creative, and Most Sea-worthy.

Winners will receive a blue ribbon, a \$30 gift certificate to a Ventura Harbor Village restaurant, a pumpkin courtesy of Underwood Family farms, and a complimentary pup cone from Coastal Cone. All registered doggies who participate are treated to a doggy goody bag from Ventura Pet Barn as

well! A professional photographer will also be on site to snap photos of costumed pooches and their owners.

Kids Trick or Treat:

The fang-tastic series of seaside events continue for a Kids Trick or Treat on October 31, 2021 from noon to 2PM in Ventura Harbor Village. Families decked to the 9's navigate through the Village with over 20 treat stops at participating Harbor boutiques and restaurants. Trick or treaters are encouraged to bring their own treat bags. Treats are available while supplies last.

Kids get creative at a complimentary craft station where each child can decorate mini pumpkins using colorful stickers and sparkles (300 pumpkins and décor donated by the kind folks at Underwood Family

Farms). Bring the entire family for a spooky photo op with the Halloween hearse in Ventura Harbor's courtyard.

For a nominal fee, a face painter can add a bit of glitz and final costume touches, and a fortune teller can add some mystic. Need a last-minute costume accessory or some



fall décor? Harbor shops and galleries have you covered. Check out Ventura Harbor Village's Ventura Pottery Gallery, Lost in Socks, Hats Unlimited, and festive face masks at Ventura Swimwear.

Community Witches Paddle:

Be spooked, bedazzled and bewildered at Ventura Harbor Village as fab-boo-lously dressed witches and warlocks take to the sea at the 3rd Annual Witches Paddle, a community-organized event on October 29 from 3 to 4:30 PM at Ventura Harbor's Dock C. Grab your witch hat, striped socks, and a cape, and jump on a paddle board or kayak before taking a flight around the Ventura Harbor. For paddle and kayak rentals, visit Ventura Boat Rentals: venturaboatrentals.com

Professional Pumpkin Carving:

Throughout Halloween weekend on

October 30-31, 2021, kids and adults can meander throughout Ventura Harbor Village and catch a glimpse of professional pumpkin carving each day from Noon - 2PM. Local artist and professional pumpkin carver, Dawn Reily, will be on the seaside Promenade Stage carving a massive pumpkin! Get a front row seat to the creative carving process and "sea" what she makes. Also visit Harbor Village Gallery & Gifts where Riley is a contributing artist. Discover her mixed media art for sale that is on display just a short walk away from where she will be carving.

Escape Room Experiences:

Got tweens? The Ultimate Escape Rooms at Ventura Harbor Village offers thrilling, interactive experiences daily. Choose from five themed rooms where participants solve riddles, puzzles, and more to try to escape in an hour or less IF they can. Put your brain to the test and earn bragging rights with your buddies. Most rooms can accommodate 10 people maximum; reservations are recommended.

How Sweet It Is:

Ventura Harbor Village has no shortage of seasonal sweet treats! Sink your teeth into an array of delectable desserts from Ventura Harbor Village's top confectioners: Top This Chocolate (customers can witness candy being made right before their eyes), Coastal Cone, Sugar Lab Bake Shop, and Le Petit Café & Bakery. For some good old-fashioned fun, give kids the chance to indulge in arcade games while enjoying delicious candy apples at Village Carousel & Arcade.

Celebrate Seafood Month:

Cap off a great day of Halloween festivities by saluting the sea in celebration of National Seafood Month. Stop to get the fresh catch of the day. Visit venturaharborvillage.com/seafood-month-2021/ for the "Top 6 Ways to Celebrate," and get hooked on the national-recognized holiday. Enjoy some succulent seafood lunch or dinner at local restaurants or by visiting top notch fish markets, including Andria's Seafood Market and Wild local Seafood.

For additional visitor information, contact Ventura Harbor Village at 805-477-0470, or visit www.VenturaHarborVillage.com. Ventura Harbor Village is located at 1583 Spinnaker Drive in Ventura.



THE PHYSICAL AND MENTAL HEALTH BENEFITS FOUND IN THAI CUISINE

By Daniella Cuesta

Oriental gastronomy has spread around the world and it has become part of many people's everyday diet. Even though the most known dishes from the oriental cuisines might come from Chinese and Japanese cultures, many times with Gastronomic variants, the Thai cuisine has also crossed borders and oceans. Its variety of flavors and the many benefits on people's health are two of the amazing qualities found within the Thai dishes.

For this culture, food is an essential part of any social gathering, and it is often precisely the reason to get together and celebrate. Thais tend to eat slowly, calmly, and enjoy together the pleasures served at the table. Family and friends gather to savor exquisite dishes and share their

experiences, plans and dreams over pleasant dinner times.

Thai cuisine is based on four fundamental flavors: sour, salty, spicy, and sweet. At each meal, the inhabitants of this beautiful Asian country and connoisseurs of its gastronomy try to use the four flavors. In fact, a fully satisfying dish is considered to contain all these flavors.

Healthy ingredients such as garlic, peppers, lemon, fresh vegetables, and fruits are commonly used in Thai cuisine. Servings are light, with a balanced content of protein, carbohydrates, vitamins, fiber, and minerals.

Ingredients and the way they

are prepared, make Thai food easy to digest.

Among other proven benefits of the dishes and ingredients used, are improving blood circulation, being very nutritious due to providing balanced doses of proteins, carbohydrates, vitamins, fiber, and minerals. Thai food also makes abundant use of fish and rice, as in other culinary cultures of the Far East. It provides tons of antioxidants into our diet, due to the large number of fresh vegetables in its dishes. It is anti-inflammatory, and helps relieve arthritis, control certain allergies, and strengthen our immune system conditions.

Cooks pay great attention to the quality of rice and have many techniques to prepare it. They are very careful with using the correct cooking temperature, amount of

water, and time to cook rice perfectly.

Noodles are also used frequently in Thai cuisine, but not as often as rice. The Thai Government has been featuring its Thai Hom Mali Rice for decades. It is grown only once a year growing into a long, slender grain as white as a jasmine flower and with a wonderful natural scent.

Thai Hom Mali Rice Certification Mark is a quality mark of Thailand's Department of Foreign Trade, Ministry of Commerce. It is registered with the Intellectual Property Department, to show that this rice variety originated from Thailand and its quality meets the superior standards defined by the Ministry of Commerce. Operators who meet the qualification required and allowed to use this certification mark are manufacturers, millers, distributors and exporters. This certification mark is issued for a period of three years.

Food presentation is also very important. Chefs are very demand-

ing with the details and the appearance of the food they serve. In addition to taste, in Thai culinary culture food must be visually appealing. Thai gastronomy is closely linked to aesthetics.

The origin of Thai cuisine dates to ancient history. Back in the 13th century, the foundations of the modern gastronomy already existed: evidence of various types of meat, fish, and shellfish, combined with rice, vegetables, fine herbs, and ingredients such as garlic and pepper has been found at archaeological sites. Soon after, the Chinese introduced noodles in the Thai cuisine.

The gastronomy of this Southeast Asian country also gathers influences from neighbors such as Vietnam, Laos, Cambodia, Indonesia, Burma, and Malaysia. All these diverse influences have combined to create the delicious and sophisticated flavors of today's Thai cuisine, one of the most popular around the world.

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Keep Your Cool at Work With These Five Tips

By Emily Paulsen

You might be stressed.

Well, given the circumstances, we're probably all stressed. From childcare to chores to COVID-19 concerns, our lives at work, or at home, or as is often the case recently — work-from-home — can contribute.

Not to worry: Here's five quick-and-easy tips to help you step back and chill out. Read on for your go-to guide for staying cool and stopping stress from taking over your life:

Have a "work buddy"

Do you have workplace allies you can connect with when the going gets tough? Having someone you can rely on at work, either professionally or personally, can really help. Take a moment — weekly, or even daily — to connect with them. Sharing your thoughts (and listening to theirs) can be an effective way to relieve stress for both of you.

Unplug after hours

After hours, many of us have the email monkey on our backs, telling us to check our phones at night or on the weekends. Work is important, but it's more important to power down your devices to

give your brain a real chance to disconnect. Putting away your screens — even just for a couple

.....
A recent SWNS survey reported that 45 percent of respondents considered getting mental health treatment because of the COVID-19 pandemic

.....
of hours — reduces anxiety and can set you up to be more productive when it's time to punch the clock.



Get to stretching

Whether you're on your feet all day or hunched over a laptop screen, a few simple stretches can always help. Here's a quick yoga pose: Stand up straight, drop your shoulders, and interlace your fingers behind your back. Lift your hands as high as you can and hold for 8-10 seconds. You'll feel great and have better posture, too!

Take a stroll

Step away from your workspace and take a 15-minute walk — NOW. Seriously! Stress is an immediate reaction to difficult things, so it can become a habitual response to any challenges you experience at work. By taking a walk, you can break the chain and give yourself time to decompress. This will clear your head to help solve the problem at hand and reduce stress for the rest of the day.

Ask For Help

A recent SWNS survey reported that 45 percent of respondents considered getting mental health treatment because of the COVID-19 pandemic. And nearly half (47 percent) believe seeking therapy is a sign of weakness. It's important to remember that management can't offer support if they don't know you need it. If you're feeling pressure, talk to your manager about the possibility of a deadline extension, a more flexible schedule, or a reduced workload. By seeking professional help, you may be able to address your issues before burnout symptoms worsen.

Take advantage of counseling and other support programs offered through employee assistance programs or contact Mental Health America to find resources closest to you.

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St. Jude patient Jordyn, age 11, acute lymphoblastic leukemia



Unique Bra, Robe Combination, Aids in Breast Cancer Recovery



By Staff Writer

According to the American Cancer Society 1 in 8 women will be diagnosed with breast cancer during their life, and more than 100,000 U.S. women undergo some form of mastectomy each year. These numbers have increased the past year as screenings and treatments were delayed due to the pandemic. Breast cancer screenings fell around 90% compared to previous years, causing a rise in not only breast cancer diagnoses, but later stages and treatment options for women.

Breast cancer surgeries, including mastectomies and breast reconstruction surgeries, can leave women struggling to cope not only with their cancer battle, but

also their new body. The mental and physical toll women experience during this time increases the difficulty of the healing process. Having beautiful recovery clothing that not only feels and looks great, but that is designed to meet women's medical needs, can help keep women from feeling discouraged during the recovery process.

Brobe Intl. has created a product to support and celebrate resilient breast cancer survivors.

The product was inspired by the CEO and founder Allison Schickel's friend who was diagnosed with breast cancer and needed a mastectomy. After inventing a bathrobe-bra mashup that could help her friend heal physically after the surgery and feel comfortable and attractive despite the scars, drains and other post-surgery changes, Allison brought the idea to the market to help other women.

The Brobe is a super-soft bra and robe combination that is designed specifically for women following surgery to wear at home or even out in public with leggings. The patented design features pockets inside the robe for post-operative fluid drains, a soft and supportive detachable bra with front Velcro closure and pockets to hold ice, heat packs or prosthetic breasts, and three-quarter length sleeves for easy IV access during treatment. Every aspect of the design is based on feedback from women who have been through breast

cancer surgery to perfect the ultimate recovery product.

The company has also expanded its line to feature breast surgery recovery bundles packaging the Brobe with a thermal comfort contour pillow, a post-op fluid drain belt, cooling neck wraps and other products to use before, during and after recovery so women can focus on healing and taking time for themselves. Because of the unique design of the Brobe it also beneficial to those recovering from organ transplants, open heart surgery, tummy tucks and any other surgeries where the patient has drains.

Brobe Intl. has created an opportunity for people to donate a Brobe to a woman battling breast cancer and recovering from breast surgery. Through its HelloFund Donation Page, any amount can be donated with 100% of proceeds used to deliver free Brobes and recovery products to women that need them. Brobe Intl. also provides free content on its blog page with instructions on breast self-exams, surgery recovery tips, what mastectomies, explant surgeries and other procedures look like, and more to support women through every step from diagnosis to recovery.

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7 REASONS TO MAKE CARSON VALLEY YOUR NEXT GETAWAY

By Contributing Writer

When wide-open space is just what the adventurer is craving, Carson Valley, Nevada is the place to go. Whether road tripping through northern Nevada or destination-bound to the legendary valley, this region of four American West communities is full of unexpected discoveries. The towns of Gardnerville, Genoa, Minden and Topaz Lake welcome vacation planners with eight reasons to put Carson Valley's historic roots, laid-back vibe and outdoor lust at the top of

the list.

1. Aquatic Adventures

While Nevada's dry conditions may suggest the area is more high desert than water wonderland, Carson Valley is unique. Situated in the foothills of the Sierra Nevada, Carson Valley is home to crystal clear lakes, reservoirs and rivers for water sports of all paces. Enjoy early morning glassy waters at Topaz Lake where visitors can drop a line for year-round fishing. Find rafting thrills on the Carson River in the spring where Sierra



acquainted with local legends, learn about the region's rich pioneer history and hone a new skill like wildlife photography or country dancing. Signature events include the historical Genoa Candy Dance Arts & Crafts Faire,

Nevada snowmelt creates novice to intermediate whitewater. For a classic experience, visitors can opt for a sightseeing boat cruise around Lake Tahoe. Get more details here.

2. Welcoming Outdoor Events

Now more than ever, it's wonderful to gather with old and new friends. Carson Valley has a generous year-round event schedule where visitors can get

Harvest Festival and Eagles and Agriculture. For a full calendar, visit online.

3. Power Up

Carson Valley is home to exciting 4x4 motorized access trails. In each direction, four-wheelers can explore nearly endless OHV trails. One popular route is the Mount Siegel area for year-round explorations of the Pine Nut Mountains.

4. Self-Powered Exploration

For self-powered trail enjoyment, Carson Valley's extensive network of well-developed singletrack and multi-use trails provide hikers, mountain bikers and equestrians with beginner to advanced terrain. Whether to feel the burn of a challenging climb, view abundant flora and fauna or get the heart racing with a thrilling descent, Carson Valley's trails have something for everyone each month of the year. For more information, visit carsonvalleytrails.org.

5. Soar Like a Bird

Carson Valley is ranked as one of the top three soaring locations in the world. Engineless glider planes depart from Minden Airport for expertly piloted tours of Lake Tahoe, Yosemite and the magnificent landscape of Carson Valley. This is a once-in-a-lifetime experience that allows visitors to float like a bird. For more information, visit online.

6. Tee Off!

Carson Valley is home to four golf courses, each with their own easy-going atmosphere and gorgeous views of the adjacent Carson Range and neighboring Pine Nut Mountains. For those looking for a golf alternative, Carson Valley is also home to two disc golf courses that are a little bit off the beaten path and a whole lot of fun for all ages. For more information, visit online.

7. Outdoor Dining for All Tastes

Carson Valley embraces its agricultural lifestyle with cuisine as close to farm-to-table as one can get. From authentic family-style Basque fare to reimagined American favorites, Carson Valley is a foodie's dream. Best of all, Carson Valley is home to a variety of fantastic patio dining under nearly year-round pleasant weather.

To plan a trip to Carson Valley, please visit VisitCarsonValley.org.

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Emmy Winner on New Jay-Z & Will Smith Produced ABC Series

By Contributing Writer

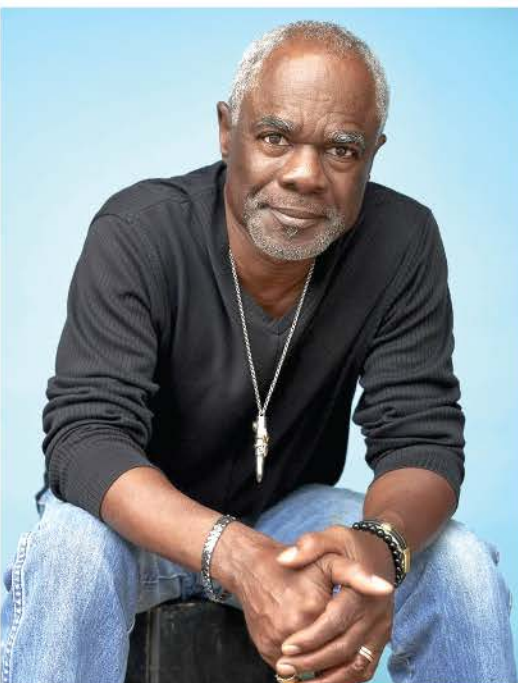
Emma-winning actor Glynn Turman (Fargo, Ma Rainey's Black Bottom) is coming off an incredible last year with buzz-worthy performances in Netflix's MA RAINEY'S BLACK BOTTOM and a Critics Choice nominated role in FX's "Fargo" and up next, he stars opposite recent Tony Award winner Adrienne Warren in ABC's Jay-Z & Will

Actor in a Drama for his role as Nate Lahey Sr. in the Viola Davis starrer "How to Get Away with Murder." He quickly followed that up with a major arc on the most recent season of the David E. Kelley/Jack Bender series "Mr. Mercedes," on the Audience Network. Being incredibly in-demand, Turman was also opposite Ben Affleck in the Gavin O'Connor-directed Warner Bros. film THE WAY BACK, earlier this year as well as the Ava Duvernay-produced film JUSTINE, in which he's also an executive producer, which is now streaming on Netflix.

Glynn is also the newest face for Beyoncé's IVY PARK denim line, modeling the new clothing in the video, that was filmed on Glynn's own IX Winds ranch in Southern California. Glynn stars in the video opposite his granddaughter, Melinda. Turman's longtime passion for horses and showcasing the American history of Black cowboys and cowgirls made him a perfect fit for this campaign.

The New York City-born actor enjoyed his first real taste of acting success as a young teenager, originating the role of Travis Younger on Broadway in the landmark play "A Raisin in the Sun" opposite Sidney Poitier and Ruby Dee as his various family members.

Upon graduation from the renowned High School of Performing Arts in New York, he apprenticed in regional and repertory companies throughout the country until he settled in Los Angeles in the mid-1970's. Turman is also an award-winning stage and television director, helming episodes of "Hanging with Mr. Cooper" and "The Wayans Bros," also directed during his seasons of acting work in "A Different World." His strong work in film and television continues today with his memorable roles on "The Wire," "House of Lies" and "Queen Sugar" among many others.



Smith-produced "Women of the Movement," as Mose Wright, a real-life Civil Rights movement leader and great-uncle to Emmett Till. The show is set to premiere on the network in early 2022. Turman is also currently filming RUSTIN, the biopic on the Civil Rights icon which sees him reunite with former MA RAINEY co-star Colman Domingo and director George C. Wolfe in the first film for the Obama's Higher Ground production company for Netflix.

Turman's true "Glynn-aissance" is in full swing, coming off of his recent Emmy nomination in 2019 for Outstanding Guest

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Include Recovery Time In Your Exercise Plan

By Contributing Writer

Five words or less – When you think about getting in shape, you might flash back to '80s movie montages of jogging up stairs, hitting punching bags and practicing martial arts moves. But if the movies had it right, they'd also show the hero kicking back with a glass of chocolate milk — when it comes to getting in shape or improving performance, recovery time is just as important as working out. Exercise creates micro-tears in muscle fibers. The body repairs those muscles, making

them stronger than they were before the workout. But muscle repair takes time. If you exercise before your muscles recover, you increase the damage. Over a period of time, you'll actually sabotage your performance by repeatedly breaking down muscle without giving it a chance to rebuild.

The faster your body can recover after exercise, the stronger you'll get, because you'll be able to exercise at a higher level more frequently. Here are some tips for improving



muscle recovery for better performance:

* Fuel your muscles. Muscle recovery starts right after a



workout, so you should give your body the nutrients it needs to rebuild muscle as soon as possible. Drink water and electrolytes immediately after exercise.



Exercise uses up muscles' glycogen energy stores, so replenish them with simple carbohydrates. Make sure to eat protein within two hours after working out. In one study, those who drank chocolate milk after exercise recovered more quickly than those who drank a sports beverage, probably due to milk's balance of minerals, carbohydrates and protein.

* Increase circulation. The more blood going to your legs, the better. Stretching and massage can help your muscles release toxins. You may also want to try a pain-relieving liquid, such as Absorbine, Jr. (www.absorbinejr.com). The natural herbal formula provides temporary relief from muscle aches by improving circulation and reducing pain, so you can speed up your recovery time and get back to your sport.

* Rest. Getting a full eight hours of sleep will help your body recover. On a similar note, give your body time to rebuild between workouts. Most athletes include one or two recovery days in their training programs, when they will either not exercise or will perform a low-intensity activity, such as walking.

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GABRIEL FEITOSA

DOG GROOMER WITH A CAUSE

By Victoria Collins

Gabriel Feitosa, world-renowned dog groomer and star contestant of ABC's hit competition show "Pooch Perfect," has been revolutionizing the dog grooming world from a necessity to an art form. But his talent for color and sculpture is more than just a job for him – it was a lifeline when he was growing up in the favelas of Brazil.

Gabriel is outspoken about the importance of diversity, both as a Brazilian and a member of the LGBT community, and the impact that can have as the artistry of dog grooming finally finds its way into the spotlight.

"My final design on Pooch Perfect was inspired by my life journey," Gabriel explains. "Throughout the show, I wanted to draw on my own beautiful, rich culture, and create something that honors where I came from. It is so rare to see LGBT Latino men make it as far as I did in reality shows, and becoming the Brazilian that went the furthest on American reality TV makes me incredibly grateful for having that opportunity. It was an amazing experience."

Dog grooming was both a passion and a necessity for Gabriel when he first started. The poverty-stricken favelas in Sao Paulo, where he grew up, are known for being some of the poorest, and most dangerous, communities in the world. At the age of eleven, Gabriel's family structure crumbled when his parents divorced, placing him and his two older sisters on a tricky situation.

This is when Gabriel found his first job at a dog grooming salon.

His talent was immediately clear, and he was able to build a career that took him to international dog shows and earned him awards in 4 different countries. He has styled for magazines, ad campaigns, and television – including Pooch Perfect, which he starred in last spring.

"There aren't a lot of opportunities where I came from, so a lot of kids turn to crime. It's hard to build a life that way, but people are just trying to survive. When I had the chance to learn something that was not only productive, but creative and fun, I really dedicated myself. I knew it would help keep me safe – and I became so



fascinated by the craft that kept me out of trouble," Gabriel says.

Despite the adversity he faced growing up, Gabriel is close to his Brazilian heritage. It's something

that inspires him and adds an extra edge to his work. His colorful, highly-stylized designs make him something of a Keith Haring in the dog grooming world, but with a flavor all his own.

In San Diego, Gabriel runs a salon catering to clients looking for a high-end cut for their dog. He's proud to be a Latino business owner, and he is even prouder of the team of dog groomers he has built. Clients rely

on them for classic, well-groomed looks for their pooch on a regular basis. However, Gabriel is known for working with them on colorful, bright designs when they crave

something to truly make their pup stand out.

Through it all, he has always stayed in touch with his roots. He works closely with Fight for a Kid, a Brazilian nonprofit that works on the ground within the favelas of Rio de Janeiro to teach kids martial arts. The training keeps them off the streets and provides opportunities to join competitions, giving them a safer alternative to crime or violence.


"I know that every bit of help makes a huge difference," Gabriel says. "I hope one day to do so much more."

For more information about Gabriel's work and his salon, please visit: <https://www.gabriel-feitosagroomer.com/>

To learn more about Fight For a Kid or to make a kind donation, please visit: <https://fightforakid.org/>

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Home Exterior Paint Ideas and Trends

By Contributing Writer



Did you know that adding a fresh coat of exterior paint to your home can increase your property value by 5%?

This is one of the most cost-effective and simple updates a homeowner can perform.

The question, however, is what shades and colors you should opt for. We're here to offer up some of our best home exterior paint ideas.

Get Natural With Vibrant Grey-Greens

In the past decade, younger folks have taken to plants and gardening. From the succulent craze of the 2010s to the plants-as-pets trend of 2020, the younger generations love their plants.

It's no surprise, then, that this love of greenery has seeped into home design. Now, people don't just decorate a space with ferns and potted ivy. More and more popular designers are incorporating natural green tones into interior and exterior design.

When you're choosing to paint your exterior green, we recommend choosing a muted green with grey undertones. Gem tones and earthier shades may not be everyone's cup of tea, but a classic grey-green look stunning in every landscape. **Opt for a Modern Colonial Look With Navy Blue**

Picture a large colonial-style home. What color is it? If you pictured navy blue, you're onto something.

Truly classic colors never go out of style. One that we're seeing all over the place lately is navy blue, which looks great on historic and contemporary homes.

If you want to lean into a more pop art-modern look, consider pairing navy blue exteriors with

bright yellows or oranges. If post-modern classics are more your vibe, you'll find that natural wood and wood tones will quiet down that navy blue.

A Separate Door Color for a Pop of Brightness

If your home's exterior paint is in good shape consider painting your door with a surprising shade.

Younger generations are leading the pack. Dusty rose or blush tones are a top contender. If your home is white or cream-colored, consider brightening things up with a light grey-pink door.

Not sure that pink is the way to go? A bright yellow door also creates an inviting focal point.

Charcoal Shades With Soft Pastel Touches

If there's one trend worth taking it's the departure from conformity. Homeowners are looking for ways to make their homes unique. To start, you'll want a base paint in a charcoal color. Light and dark greys work well.

It's time to pick soft pastels to paint your door, shutters, and trim. Soft mint tones, sweet pastel yellows, and, pinks all look fantastic when paired with a charcoal color. We recommend warmer pastels paired with darker greys and cool pastels paired with light greys. **Go Daring With a Black Exterior**

Painting your home's exterior black is something slowly starting to trend. But an all-black exterior may not appeal to everyone. **DIY Home Exterior Paint**

It's important to talk about quality. Unless you have extensive experience painting exteriors, we recommend hiring an exterior painting contractor.

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By Andrews McMeel Syndication

Timothy Wolfe of Lake City, Florida, arrived at the Lake City Chrysler Dodge Jeep dealership on Sept. 20 to buy a new car, WTLV-TV reported. And, bonus, he had a trade-in. But when employees checked the VIN of the trade, they found it was a car that had been stolen from that dealership just a few days earlier. Police were called, and Wolfe admitted to the theft, which had been captured on a surveillance camera. He was charged with grand theft and dealing in stolen property, among other crimes.

Two men in Byram, Mississippi, couldn't believe their luck on Sept. 19 when they came across an Acura with keys in the ignition and a "free car" sign, People.com reported. They drove the car to a family member's home and started to check it out, and that's when they found a surprise in the trunk: the body of 34-year-old Anthony McCrillis. The body had been there at least 24 hours, noted Copiah County Coroner Ellis Stuart. The men called 911 and waited for authorities; the car was registered to McCrillis, and his death is a mystery: He had "no visible signs of trauma," Stuart said. An autopsy is underway.

Betty Reid Soskin, a ranger at the Rosie the Riveter/World War II Home Front National Historical Park in Richmond, California, has been on the job for 15 years, but that's not what she was celebrated for on Sept. 22. Soskin, whose tours are some of the most popular at the park, according to People.com, turned 100 years old that day. She is the oldest active ranger in the National Park Service. In 2015, she said she is not "a trained historian -- my tours are necessarily a way to share my oral history with the public. I tell the story of the African American workers."

In Summit County, Colorado, schools are struggling to find bus drivers, but Josh Smith, 12, has a solution. Smith, who lives with his parents in Silverthorne, approached them about kayaking to school across Lake Dillon, rather than having them drive him the long way. "I have a 12-year-old who wants to be adventurous, wants to do something none of his buddies would do, and how can I say no to that?" said Jason, Josh's dad. KDVR-TV reported that on Josh's first commute, he arrived almost on time. "I was late to one of

my classes, and everyone was like, 'Josh, where were you? We were worried,' and I was like, 'Oh, I was kayaking to school,'" Josh said.

Police in Madison, Wisconsin, are looking for a sculpture that was stolen from the Art Fair on the Square on Sept. 25. The unique piece, titled "Dumpty Humpty," is a bronze of the nursery rhyme character sitting on a toilet with his pants around his ankles and a book in his hands. It's worth \$1,400, according to United Press International. The vendor told police she'd seen two men loitering around her booth, and when she stepped away, they vanished, along with the artwork. Security camera footage also captured the men leaving with Humpty. Hope they didn't drop him, because, you know

What a Character!

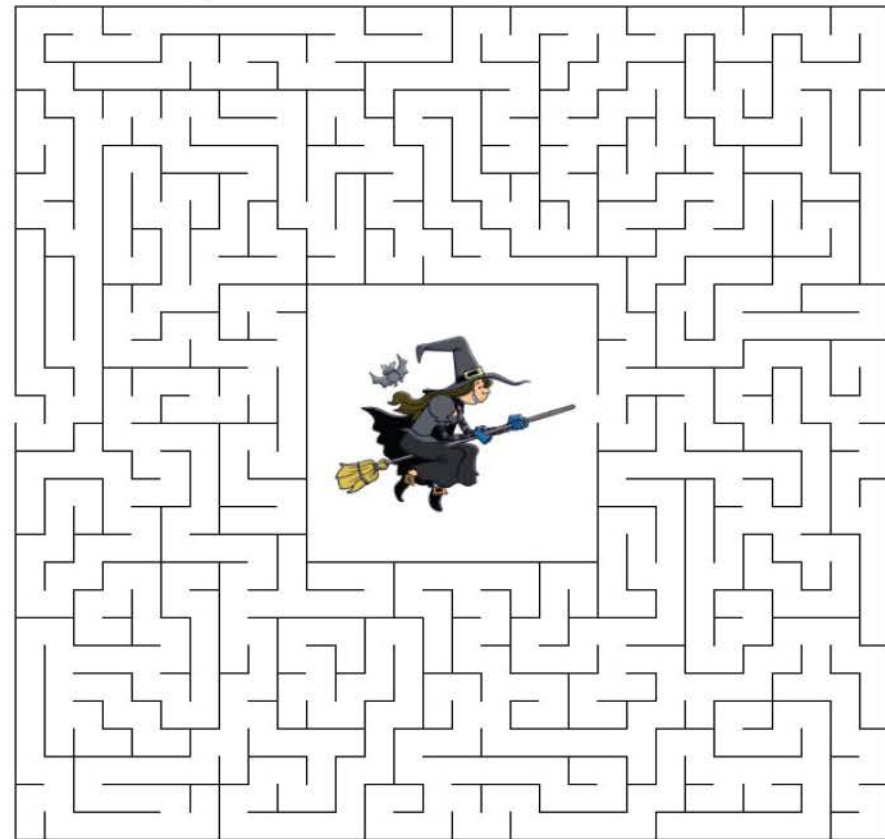
Red Cross weren't enough to protect an 11-year-old boy at the Cuyahoga County (Ohio) Fairgrounds on Sept. 18 when a haunted house actor took his role a little too far. According to The Washington Post, the boy, his sister and some friends were headed to the 7 Floors of Hell haunted house when Christopher Pogozelski, 22, approached them, trying to scare them. The boy told Pogozelski he wasn't afraid, that the ghoulish knife was "fake." "Oh, it's real. Trust me, it's real," Pogozelski replied, then began poking the boy's feet with the weapon until he drew blood. Reportedly, the actor was using his own Bowie knife rather than a rubber one, believing it wasn't sharp enough to hurt anyone. Still, he lost his job over the incident. After getting bandaged up, the boy returned to be spooked again.

Sign of the Apocalypse

In the village of Ust-Tarka in southwestern Siberia, people are wondering what caused several hundred ravens to fall dead out of the sky on Sept. 22, the Mirror reported. Sergei Kuzlyakin, a veterinarian, said the birds are being tested to see if they were poisoned, but called himself "shocked." "I have been working as a doctor since 1975 and this is the first time I've seen this," he said. A local ornithologist thought the birds might have ingested pesticides, but the mass death event has "caused anxiety among residents," local officials noted.

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Help the witch escape from the maze on her broom.



Bad Dad Jokes

What do you call a Huanated Chicken?
A "Poultrygeist"

Previous Puzzle

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INTERVIEW

NEW WEST SYMPHONY DELIGHTS AND DANCES

By Pam Froman

Symphony music is coming back to Los Angeles! Experience the amazing New West Symphony performing Delights and Dances – favorites that you will enjoy and have you moving in time with the sounds! The concerts are from October 16th - 19th at four different venues.

Led by Grammy Award-winning Artistic and Musical Director Maestro Michael Christie, the music played will be timeless classics from Grieg, Tchaikovsky, and Abels along with caressing melodies of Schubert and Morricone. This in-person concert is the perfect way to enjoy music and melodies that you will cherish.

"It's great to be coming back, everybody's excited," says Maestro Christie. "We are really happy to have the opportunity to be able to hear clapping from the audience at the performance."

The program includes Schubert "Ave Maria," Grieg "Holberg Suite," Lilley and Loesser "I've Got Spurs that Jingle, Jangle, Jingle," Florence Price "Juba" from String Quartet in A Minor, Ennio Morricone "Gabriel's Oboe," Michael Abels "Delights and Dances," Tchaikovsky "Serenade for Strings, Finale," and Copland "Hoe-down" from Rodeo.

At the Pepperdine venue, New West Symphony is partnering with the university's Seaver College and is thrilled to offer an opportunity for select instrumental students to join New West musicians onstage in a "side-by-side" opportunity. It's a unique way to experience Pepperdine's talented artists in person.

"We are excited to be in the space and performing, and we have several pieces where music majors and minors will have an opportunity to play with the orchestra," says Maestro Christie. "That is a neat experience for the university level students."

New West Symphony orchestra includes some of the world's most famous and accomplished musicians. Tenured orchestra

members have appeared as soloists with the finest orchestras, are Grammy-nominated artists themselves, and can be heard on almost any film soundtrack you can imagine, from Jurassic Park and Star Wars to La La Land. New West Symphony performs exceptional music, exceptionally close.

Founded in 1995, the New West Symphony is a professional orchestra that draws its players from the rich talent pool of professional Los Angeles-area musicians. The Symphony is the resident company of the Thousand Oaks Civic Arts Plaza and performs at the Rancho Campana Performing Arts Center in Camarillo. It presents six Masterpiece Series concerts annually, performing major works from the symphonic repertoire with internationally-acclaimed artists as guest soloists. The Symphony also provides quality outreach and educational opportunities through its annual Symphonic Adventures concert programs for youth, its traveling Music Van, and the Laby Harmony Project, a year-round music and leadership program for underserved students.

Maestro Michael Christie started as a trumpet player but moved on in his college years into his current role as a conductor. With over 20 years of conducting experience, Maestro Christie has led top orchestras all over the world. He is a thoughtfully innovative conductor, equally at home in the symphonic and opera worlds, and is focused on making the audience experience his performances entertaining, enlightening, and enriching.

Orchestra music is everywhere in Los Angeles, from film scores, commercials, outdoor settings, and of course indoor concert settings. And Los Angeles is a hub for dynamic musical performances and performers.

At his performances, Maestro Christie works with a hybrid style of program to try to reach the audience. "The music is bold



and it's energetic. You'll see a little bit of Hollywood, a little bit of standard classical, things that I can sing, new things so I'm taking a pretty aggressive approach," says Maestro Christie. "This is a great opportunity to broaden what people experience. I'm really curious to see if people perceive the changes and how they're feeling about

coming to us in the future for these kinds of performances."

Showtimes venues include The Performing Arts Center, Ventura College, on October 16 at 3 p.m., Rancho Campana Performing Arts Center, Camarillo, on October 17 at 3 p.m., Performing Arts Education Center A-PAEC, Agoura High School, on October 17 at 7 p.m., and Lisa

Smith Wengler Center For The Arts, Pepperdine University, on October 19 at 7 p.m. This 70-minute performance will be without intermission. Proof of vaccination and masks are required at all venues. Tickets are \$40 (plus a \$3 ticket fee).

For more information and to purchase tickets log onto www.newwestsymphony.org/delights-and-dances

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FUN FALL ACTIVITIES FOR CHILDREN

By Thara Prashad

Calling all fall fanatics, the new season is upon us!

The changing colors and smells of pumpkin spice means it officially feels like autumn.

This season, get inspired with these activity ideas to create memories with your children!

SETUP DIY ARTS AND CRAFTS

Don't let arts and crafts scare you! There are so many great ways to bring out your child's creative side this fall. Create leaf ornaments and wreaths to decorate your home or make colorful turkeys using paper plates. These crafts should create little to no mess!

SPEND THE DAY AT THE PUMPKIN PATCH

This time of the year, you can find acres of farmland solely filled with round, orange pumpkins and hay bales stacked high. No matter what age your child is, visiting a pumpkin patch is a fun and memorable experience. The background also makes for the perfect family photo!

CARVE A JACK-O-LANTERN

What better way to get ready for Halloween than by showing off your freshly carved

Jack-o-lantern on your porch? Assist your child through the step-by-step process of emptying the seeds, drawing the face and finally, safely carving the pumpkin! Watch your creation come to life by placing a LED tealight candle inside and watch it glow!

ATTEND LOCAL FALL FESTIVALS

Welcome new members into the community or meet new friends by attending local festivals. Bring the whole family to enjoy a day of fun, food, games and other kid-friendly activities!

CREATE A MEMORY JOURNAL

This time of year is a whirlwind of activities with friends and family. With so much going on, we tend to forget some of



the fun things we did. So why not grab a journal book, even from the dollar store and decorate it and begin to fill the pages with your experiences, program from events, photos, leaves or whatever might be a keepsake for years to come.

Last, but not least, grab a blanket and snuggle up on the couch to watch the holiday classics. Our personal favorites are Toy Story of Terror, Casper the Friendly Ghost and a Charlie Brown Thanksgiving!

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9TH ANNUAL VENTURA COUNTY FARM DAY MEET THE HANDS THAT FEED YOU

By Contributing Writer

Now in its ninth year, Ventura County Farm Day is back with free, in-person, open farm tours on Saturday, November 6. This year's theme is "Meet The Hands That Feed You." Tour hours are from 10 a.m. to 3 p.m.

Visitors can use a new online Farm Day Trail Map to build a custom itinerary to travel between growers throughout Ventura County at their own pace. The public will experience a day of agricultural activities, farm tours and produce and other giveaways, plus meet the local farmers who grow the food we eat.

"We sometimes take for granted how many workers are involved in

the process of producing the foods we see in the store. The public will follow the growing journey--from prepping the soil, planting, caring for, harvesting and packaging--to finally shipping the food to market," 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.

Over 15 agricultural entities will participate including Reiter Affiliated Companies (berries),



Alpacas At Windy Hills (Alpaca fleece), Blue Ridge Honey (raw honey), Earthtrine Farms (oranges, greens, figs and basil),

Good Farms Making a Difference (strawberries), McGrath Family Farm (certified organic vegetables) and Oxnard Historic Farm Park (featuring antique farm equipment,

vegetable crops and talks about the agricultural heritage of the Oxnard Plains). Every stop is unique. The full list is at <https://venturacounty-farmday.com/farm-tours/map>. It's updated daily.

Ventura County Farm Day sponsors include Bobalu Berry Farms, Farm Credit West, Reiter Affiliated Companies and Ventura County Agricultural Association.

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. "While our primary focus with SEEAG is to educate children," says Maranville, "Ventura County Farm Day gives all ages the opportunity to appreciate and enjoy the farms throughout the area."

For more information about Ventura County Farm Day and a list of participating farms, visit www.VenturaCountyFarmDay.com or call 805-901-0213.

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How to Wear Sneakers With a Dress

By Contributing Writer

Is your style the perfect blend of sporty and feminine? You might love dressing up, but prefer comfy, athletic kicks that keep your look balanced and approachable. We don't blame you. After all, studies show that high heels are the biggest culprit behind female foot pain! Ready to put a new spin on your signature look? Today, we're sharing our top tips on how to wear sneakers with a dress.

Why This Look Works

Does the idea of pairing dresses and sneakers make you raise your eyebrows? This look is more fashion-forward than you'd expect. In fact, it popped up everywhere during London Fashion Week!

Sneakers are popping up on runways around the world, paired just as easily with long, flowing dresses as the latest in athleisurewear. From sporty, high-end designer ones to simple, classic options, there are so many options!

However, it's one thing to see the latest supermodels rocking this look. How can you translate it to your everyday ensembles?

How to Wear Sneakers With a Dress

First, let us remind you that there isn't one perfect way to embrace this style. When you let your personal aesthetic rule, you're bound to create an outfit you adore. Still, there are a few general guidelines.

Pair Patterns With Solid Colors

The key to wearing sneakers with a dress? You have to be willing to step outside the box.

If your dress is solid-colored, you can have fun with your casual footwear. Inject color, pattern, and personality into your outfit!

Keep It Simple With Patterned Dresses

While wild-patterned sneakers look great with simple dresses, the same doesn't apply to more elaborate one-pieces. If your dress features a pattern, it's best to stick with a simple, monochromatic pair of sneakers to add appropriate balance.



Planning to rock a floral midi-dress? What about a polka-dot floor-length one? In either case, choose a solid-colored pair of sneakers. Of course, this doesn't mean the look has to be boring! There are plenty of ways to let your style show.

Consider Your Accessories

Are you planning to carry a clutch? Did you cinch your waist with a skinny belt or throw a colorful ribbon in your hair? You can accessorize a dress in a million different ways. Consider matching your sneakers to your accessories. You can either match the colors or choose complementing ones that pair well together.

Let Length Be Your Guide

Even the most low-profile sneakers will be bulkier than a pair of delicate sandals or heels. That said, sneakers usually go best with lightweight sundresses that are casual enough for everyday wear.

To find the perfect pair, consider the overall length of your dress. If it's ankle-length or trailing the floor, a flat, low-cut pair will work best. On the other hand, a pair of high-top sneakers will look great with a mid-cut piece or a minidress!

Think About the Event

Are you looking for casual sneakers you can wear to work? Or, do you need a stunning pair that you can rock at a formal event? Thinking about where you plan to debut your new sneakers can help you choose an appropriate style.

When it comes to fashion, who says you can't have the best of all worlds?

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