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# Valley Scene

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**MOVIES**

*Entertainment ★ Leisure ★ Lifestyles*

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

→ October 1 - 14, 2021 Volume 22 No. 23



**THE GUILTY  
SPIRITS**



**SEASONAL COCKTAILS  
EVENTS**



**NEW WEST SYMPHONY**

## STREAMING APPS THE FUTURE OF ENTERTAINMENT IS HERE TO STAY

By Barbara Beckly

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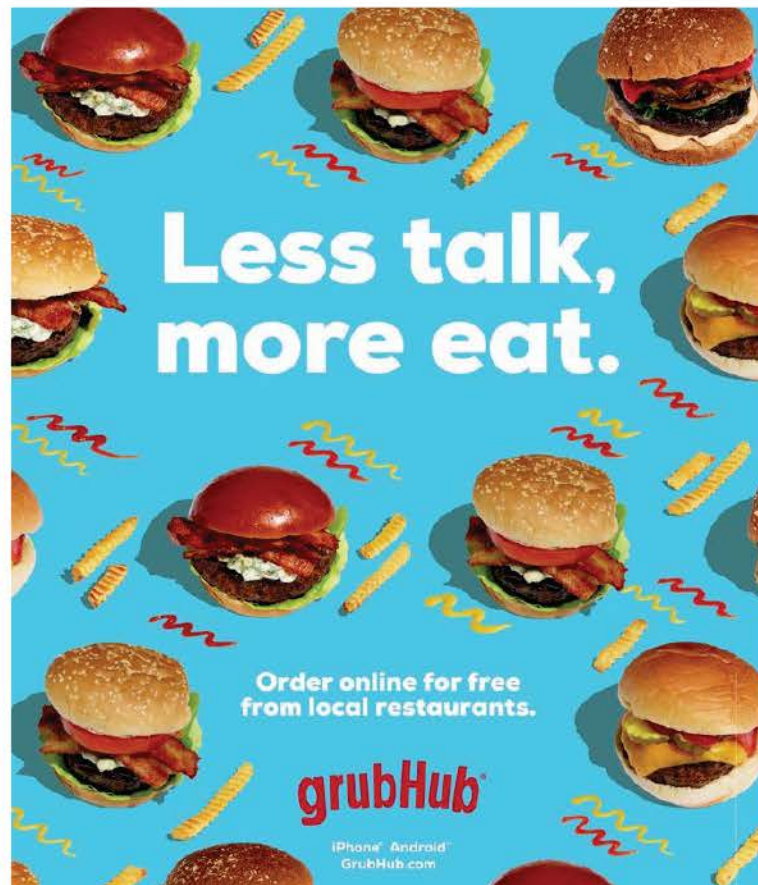
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# Year of the Violin

## featuring violinist Fiona Shea

By Pam Froman

You are in for a night of beautiful music when San Fernando Valley Symphony Orchestra and founding Music Director and Conductor James Domine present the Year of the Violin featuring violinist Fiona Shea. The program includes Weber – Overture to "Oberon," Liszt, Les Preludes, Bruch. Violin Concerto #1 in G minor, and Domine – Violin Concerto #2 in B minor and a World Premiere Inaugural Performance.

Featured violinist Fiona Shea is currently pursuing a Bachelor of Music degree at the Colburn Conservatory, where she studies violin performance with Professor Robert Lipsett. She has appeared as a concerto soloist with the Mesquite, Waco, Conroe, Kingsville, and Abilene Symphonies in Texas as well as with orchestras in Jacksonville, IL,

Interlochen, MI, and Pacific Symphony as part of their "Symphony in the Cities" series.

She has also been featured as one of the soloists in Colburn's 2019 Concerto Showcase and has had opportunities to play in masterclasses with artists including Ray Chen, Stefan Jackiw, and Hilary Hahn. She received a Bronze Medal in the Junior Division of the 2017 Fischhoff Competition, as a member of the Aurielle Quartet, and was a member of the 2016 Class of Texas Young Masters by the Texas Commission on the Arts.

Fiona comes from a musical background. Both of her parents play – her



Mom is a freelance pianist and her Dad is a University Clarinet Professor. Starting at the tender age of three, Fiona took to violin from the start.

"The best part about playing music is the entire process," she says. "I like starting a piece from scratch and getting to work on it. Then ultimately getting to share the music with an audience. There's something special to me about spending so much time with a piece."

At Year of the Violin, Fiona will be performing the Bruch Violin Concerto and Domine's Violin Concerto #2. She loves to perform anything classical, from chamber to orchestral.

Fiona's music career is taking off as a soloist. "I'm enjoying the options that are coming my way to be able to play with an orchestra," she says. "That's my goal – to

continue, but ultimately doing a little bit of everything."

She got involved with the San Fernando Valley Symphony Orchestra through her teacher, Professor Robert Lipsett who introduced her to founding Music Director and Conductor James Domine.

"I've never performed with Mr. Domine before," says Fiona. "But we went through the concerto together and it was really fun. Hearing his inspiration for the piece and hearing him express his ideas makes me look forward to the upcoming actual performance."

Fiona will be playing two different concertos in one concert – a first for her. "I'll be playing both the Bruch and Mr. Domine's concerto," she says. "Just getting to play those in the same concert is going to be very exciting."

San Fernando Valley Symphony Orchestra and founding Music Director and Conductor James Domine present Year of the Violin on Oct. 16 at p.m. Scherr Forum Theater Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd, Thousand Oaks. Admission is \$40 Students and Seniors are \$35.

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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.



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# BEST ENTERTAINMENT SOCIAL MEDIA APPS

By Barbara Beckly

**DON'T MISS OUT! HERE'S WHAT'S TRENDING NOW – AND DROPPING SOON ON OUR FAVORITE APPS. GRAB YOUR DEVICES AND LOG ON. FROM NETFLIX TO YOUTUBE, TIKTOK, INSTAGRAM, GAMING TO CELEBRITY-HIP GAMBLING APPS, HERE'S THE SKINNY ON OCTOBER'S NEW ONLINE GAMES AND CONTENT.**

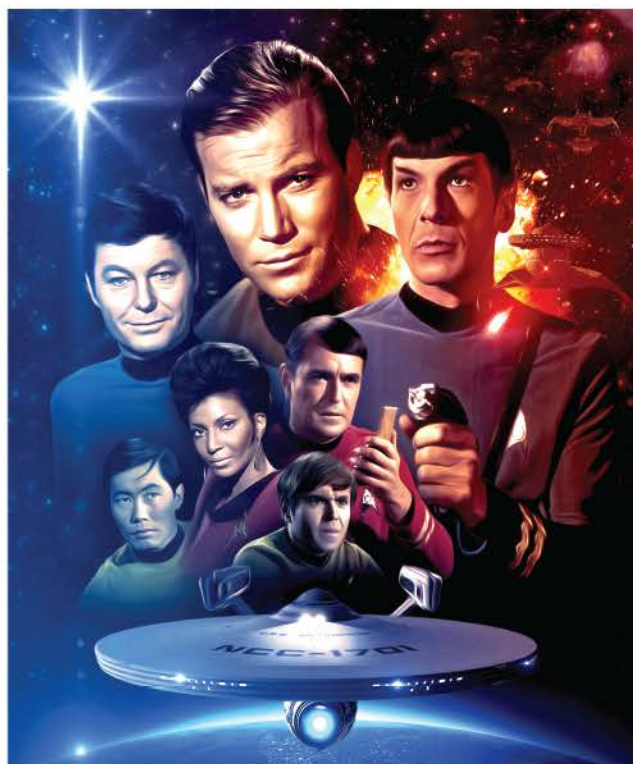
## GANGBUSTERS FOR GAMING

Ready, set, play!

The continuing popularity of e-sports is leading to more MOBA games, say producers of the McGames on YouTube. (<https://www.yahoo.com/now/top-gaming-trends-2021-far-110047637.html>). A prime example is new "Battlefield 2042" (PS4, PS5, Xbox One, Xbox, Series X, PC), launching October 22, with huge 128-player battles across the globe and ever-changing gameplay challengers. Also look for more social gaming that allows you to interact as you play or watch. And more Rogue-like gaming.

Top future releases (<https://www.gamesradar.com/new-games-2021/>) include "Call of Duty Vanguard" (for PC, PS5, PS4, Xbox, Series X, Xbox One) out November 5, taking you back to WWII following the stories of four characters based on real fighters! "Jurassic World Evolution 2" (for Xbox, Series X, PS5, PS4, Xbox One, PC), November 9. Marvel's "Guardians of the Galaxy" (for Xbox, Series X, PS5, PS4, Xbox One, PC) October 26, where you'll be Star-Lord leading the

guardians to save the universe. "Back 4 Blood" (PS4, PS5, Xbox One, Xbox, Series X, PC), October 12 is a Left 4 Dead 3 in all but name with Zombies galore! "Metroid Dread" (Nintendo Switch) October 8. This is the first time in 19 years we're seen a new 2D Metroid game and this finally ends the story that began back in 1986. With new



robotic enemies you'll run – a lot! "Far Cry 6" (PS4, PS5, Xbox One, Xbox, Series X, PC) launches October 7, with you as a guerrilla fighter out to take down a dictator. Also "Solar Ash," out October 26; "Age of Empires 4", October 28; "Riders Republic," October 28. Look for "Spider-Man 2" next year, it's the first confirmed game for 2023. On the sweet side, late September releases include "Sable," (Xbox, Xbox One, Series X, PC), a

beautifully styled rite of passage animated adventure from indie developer Shedworks. And "Kena: Bridge of Spirits" (PS4, PS5, PC), an adorable animated adventure where you're a young spirit guide.

Check out mega-hit mobile game "Fortnite" on the Epic Games app, and female-favorite "Animal Crossing" on Nintendo Switch and Nintendo Switch Lite.

## MOVIES STREAMING

Hundreds of titles are dropping from Netflix. Those worth looking forward to include Netflix originals "Maid," a comedy/drama; "Diana: The Musical" (2021), "Unthinkable," a Samuel L. Jackson crime thriller, and oldies but goodies "Hairspray," and "Titanic," on October 1. "Scissor Seven" (season 3), October 3; "The Billion Dollar Code" (season one), October 7; Netflix original "A Tale Dark & Grimm" (season 1), October 8, and "The Baby Sitters Club" (season 2), October 11.

Must-sees just out in September include Netflix originals "Q-Force," adult animated comedy, September 2; "Worth," starring Michael Keaton as a D.C. attorney battling for 911 victims, September 3; and comedy "Sex Education" (season 3) on September 17. "Go! Go! Cory Carson: Chrissy Takes the Wheel," September 21. Plus all four "Jaws" movies since September 16.

HULU's still around! And Trekkies rejoice. It just got 10 – count 'em, 10 -- "Star Trek" movies from the 1979 motion picture to 2002's "Nemesis" on October 1. And new releases like thrillers "Censor," streaming October 18, and "Gaia" October 22. Plus oldie favs like "Goldfinger," 1964, "Date Night," 2010, all four "Hunger Games," 2013, 2014 and 2015. (<https://www.pcmag.com/news/everything-coming-to-hulu>).

Indie films such as "River's End" (<https://www.riversendfilm.com/>), a documentary by a USC film graduate, releases on VOD in the US and Canada on November 2, exploring the global water crises using California as a microcosm. On AppleTV/iTunes, Amazon, Google Play, and Vudu.



COMEDY CLUBBERS

On YouTube and across the streaming universe, here's a sampling of October's top, fresh, free and ticketed laugh shows. Watch "The Living Room Comedy Show Straight to Your Living Room" (<https://www.eventbrite.com>

free on YouTube, 5 – 6 p.m., October 1. It's the longest running stand-up show in Brooklyn, N.Y. Laugh out loud to "Zoom and Chill's Best of San Francisco Stand-up Comedy: Zoom Edition," October 2 and every Saturday, 8 – 9:30 p.m. ([www.bestofsfstand-up.com](http://www.bestofsfstand-up.com)),

On October 4, enjoy "Chirping Bird Comedy" free at 5 p.m. on Netflix, featuring comedians from HBO, Comedy Central, MTV, Sirius XM, Fox, HBO Max, NBC and more. Check out the "Open Mike Comedy Show," October 4 at 7 p.m. And the "Comedy in English Online International Comedy Show" at noon, and "Wheel of Fate! A Zoom Comedy Game Show" from San Francisco Comedy Productions at 7 p.m., both on October 7. Also "One More Dad Joke Comedy Show," October 12 at 8 p.m. "Gleib Off the Top – Crowd Work & Improvised Madness with Ben Gleib," October 9 and 23, at 5 p.m. from \$15. All at Check Eventbrite for ticket info.



TUNES

First, here are the new listens. Just dropped BTS and ColdPlay's collaboration single, "Universe" (<https://www.nme.com/news/music/watch-coldplay-perform-new-bts-collaboration-my-universe-live-3055544>) is killing it! Rock your app with upcoming releases (<https://www.billboard.com/articles/news/9506516/2021-album-release-calendar/>) including Lady Gaga & Tony Bennett, "Love for Sale;" Ministry, "Moral Hygiene;" Brandi Carlile, "In These Silent Days," on October 1. La La, "I want the Door to Open," October 8. Coldplay, "Music of the Spheres;" Finneas, "Optimist;" Toby Keith, "Peso in My Pocket;" Young Thug, "Punks;" Dos Santos, "City of Mirrors," and the Zac Brown Band, "The Comeback," on October 15. Duran Duran, "Future Post;" Elton John, "The Lockdown Sessions;" Lana Del Rey, "Blue Banisters;"

and My Morning Jacket, "Self-Titled," on October 22. ABBA, "Voyage" on November 5. Courtney Barnett, "Things Take Time, Take Time," and Little Mix, "Between Us," on November 12. Taylor Swift, "Red" (Taylor's version) November 19.

Now, here are the top music apps – and why, according to PC Magazine (<https://www.pcmag.com/picks/the-best-online-music-streaming-services>). Apple Music, best for Apple device integration. LiveXLive, best for curated channels. Sirius XM, best for satellite radio. TIDAL, best for music related extras. Spotify, best for podcasts.

Amazon Music, best for Amazon device integration. DEEZER, best for MP3 uploads. Qobuz, best for hi-res audio. YouTube Music, best for former Google Play music subscribers. iHeartRADIO, best for terrestrial radio.

YOU BET!

Online sports betting is taking off, and celebrity endorsers are leading the way. Here are the top

betting apps – and who should use them – according to Gaming Today (<https://www.gamingtoday.com/sports-betting/>).

First up is DraftKings (<https://sportsbook.draftkings.com/>). It's rated best for overall betting experience, is partnered with the NFL, and with Michael Jordan and Martin Lawrence endorsing it, who can argue? BetMGM (<https://promo.nj.bet-mgm.com/en/promo/geolocator?orh=sports.betmgm.com>) is the best for new bettors and fans of celebrity Jamie Foxx. WynnBET (<https://www.wynn-bet.com/>) is rated best for Vegas bettors, fans of celeb partners Shaq and Ben Affleck (who isn't?) and the NFL. Caesars (<https://www.caesars.com/sportsbook-and-casino>) is great if you're a retail bettor and love celebs Trey Wingo, Curb Your Enthusiasm's actor J.B. Smoove and Pat Oswalt, and the NFL. PointsBET (<https://nj.pointsbet.com/>) has celeb Drew Brees and is rated best for exotic bets (think Euro soccer like Manchester United vs. Villarreal) as well as partnered with the MLB. BetRivers (<https://www.betrivers.com/>) is best for deposit bonus. FanDuel (<https://sportsbook.fanduel.com/>), the best for iOS and Android apps, and is partnered with the NFL.

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## ONLINE FAME &amp; FUN

Challenges, crazy stunts, short and long videos. You've got the laughs on YouTube, TikTok, Instagram Reels and Snapchat.

TikTok recent blow-ups include (<https://inflownetwork.com/top-10-tiktok-trends-in-september-2021/>) "When Tears Flow Down Your Cheeks," (<https://www.tiktok.com/@itsjacksonjansen/video/>), the hilarious take on "Good Soup," (the iconic sound from the TV show "Girls," where Adam Driver takes a sentimental spoonful of soup and says "good soup.") And "Berries & Cream," to the sound from a 2000's candy commercial when a new haircut made her look like a character is the commercial @salamadunk; "Starbucks Cake Pop" @sarinasayahh, originating with @cakepopguy; "Double F, When One F isn't Enough" @majiqmike; and "Mama Said That it Was Okay," showing off some dubious preferences.

YouTube is hot with two billion monthly users and we love it for three reasons, says Cyberlink.com ([www.cyberlink.com](http://www.cyberlink.com))>blog>youtube-trends-2021).

How-to videos are still tops. Trending newcomers include "How to Beat Every DEATH Game" in the hit "Squid Game" Korean TV series on Netflix.

We're also loving YouTube for ASMR (autonomous sensory meridian response) content videos. What? Viewers report ASMR videos produce relaxing sensory tingles that start in the scalp ie "brain massages." And immersive shopping experiences – yes!!! A whopping 80 percent of online shoppers saw a product they were planning to buy on YouTube before they purchased it! (<https://financesonline.com/youtube-trends/>). Enjoying "hauls," with a YouTuber showing and trying on items they recently purchased to "shop with me" experiences and gift guides. If you've noticed, videos are trending to more live streaming. And more "subscribers decide" videos, with curators making decisions based on the results of polls of the subscribers. "Decide my outfit." "Decide

the game I play." "Decide what I eat for 24 hours" are big.

Looking for a challenge. Want to create one? Instagram's relatively new Reels has brought it into this fun video zone. "Show Your Moods" is one of the hottest, posing like the shown emoji. Along with "Which one is your Favorite?" where you try on your outfits – fast! "Oops, I did it again," just find something you can't stop doing, but want to stop doing. The "Blink Challenge," blinking at exactly 4.000 – more difficult than you think. "Say No" challenge, all different ways you can say no – happy, emotionless, guilty, angry, flirty, one after the other. "Give Your Child Your

Hand ... and see what happens. Sweet and funny. And of course, the Dance Challenge – Oh, my! – now grooving to "Woman" by Doja Cat!

Snapchat's still in the running, with 65 percent of 18 – 29 year-olds loving it. Get in on the video fun by snapping into the weekly sketch comedy action of "The Me & You Show." Another new feature, "Snap Chat Trends" (<https://trends.snapchat.com/>) launched in

August makes it easy to find what's trending for you and your followers.

## GOING VIRAL!!!

It's our dream! And perhaps the best entertainment. Sharing the crazy cool surprises that go viral, with our friends and a portion of the 3.78 billion (<https://explodingtopics.com/blog/social-media-trends>) online folks around the world. Like this month's person making a pizza in a cone!

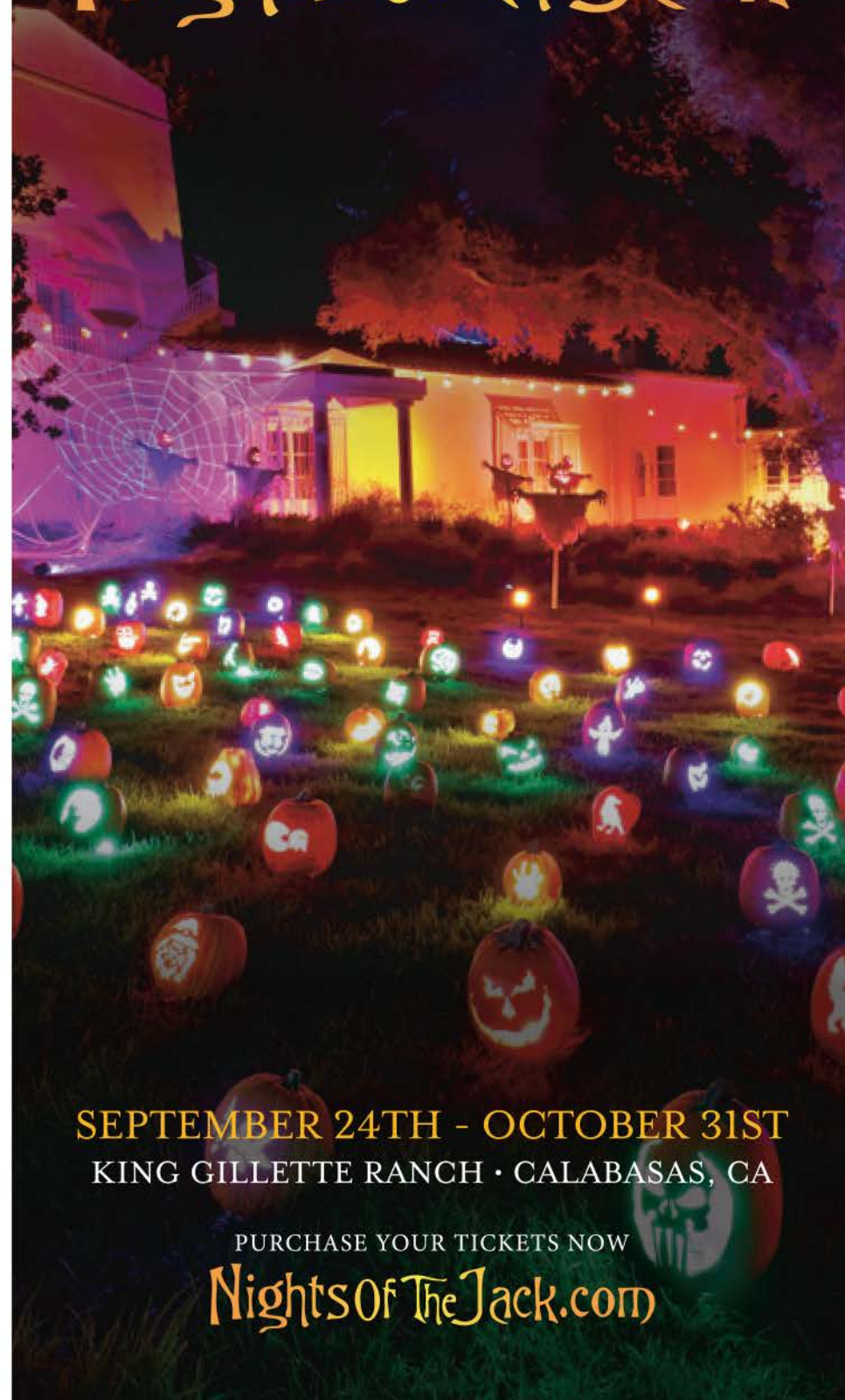
Who knew? And celebs including Lady Gaga and Beyonce, who were Twittered into the September Met Gala red carpet arrivals. And Elon Musk's September 17 SpaceX Twitter video of an orbital sunset.).

And classics that may last forever, like Bernie Sanders in mask and gloves (<https://www.popbuzz.com/internet/viral/best-memes-2021/>)! Last year's TikTok skate boarding lip-sinker to Fleetwood Mac's 1977 Dreams. And going and going... YouTube's "Baby Shark Dance"



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Torrential Publishing publishes  
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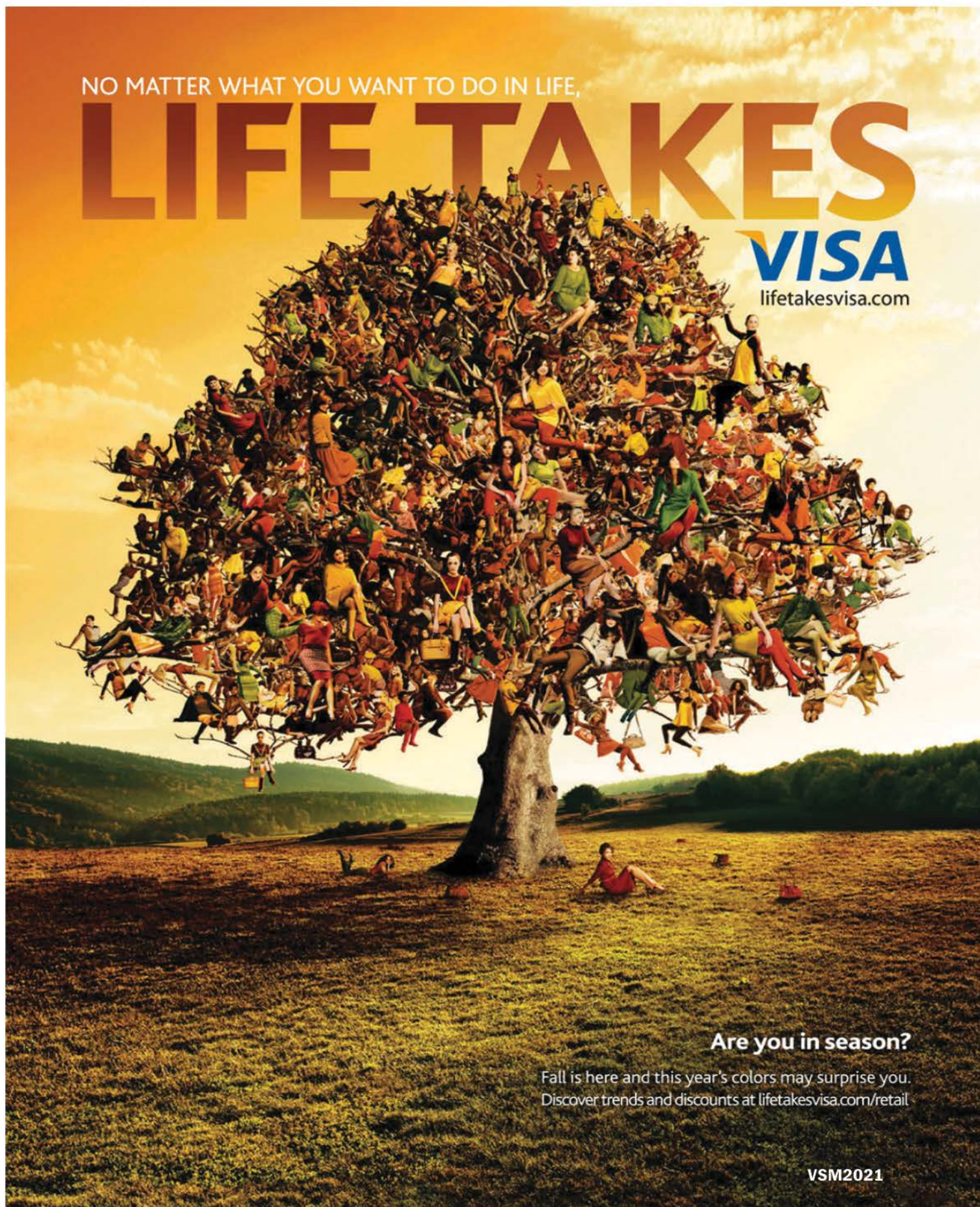


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# LIFE TAKES

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VSM2021



## 5 AFFORDABLE & EASY WAYS TO SPRUCE UP YOUR HOME FOR FALL



By Jeanelle Ditto

**Y**ou're free! With the kids back in school, you now have time to browse your favorite home inspiration sources and fix your home up for Fall. To get you started, Jeanelle Ditto, Interior Designer and owner of Blush Luxury Interior Designs, is offering five ways you can level up the class in your home while keeping it warm and inviting.

First impressions matter. Whether you're

preparing for autumn guests or surprise visitors, you'll be glad you upgraded your Entryway! Depending on the scale of your foyer area, start with a table, whether it be a round or console table. This will give you a good base to start adding a variety of textures and materials (glass, basket weave, flowers, candles) and finish with a mirror or a festive Autumn art piece. Need something a little more? Don't forget a cute coat rack or



wall hooks as well as a bench for guests to remove their shoes with ease.

Next, let's update that office! White, black, and beige are the foundation colors for fashionista home offices. Order custom cabinetry, get a new countertop, and hang a chandelier. Decorate your white shelving with breakables (because they're safe here). Reconfigure your office layout to hide computer cords, powerstrips, and other necessary-but-unsightly items.

Start layering up those beds and sitting areas with some cozy chunky blankets and pillows. Here are some of my favorite woman owned business shops I love to source with: Don't forget your little fur babies! I absolutely adore these cute handmade beds by Petey's at Home: <https://www.shoppeteys.com/>

Make your home cozy with fall fragrances! Absolutely hands down one of the best ways to evoke the feeling of fall is through some amazing spiced aroma! From yummy favorites like Cinnamon and Spice to Fresh Balsam & Warm Sugar Cookies, you really can't go wrong with a whimsical smell of seasonal favorites! If your looking to support some amazing businesses this fall check out: woman owned <https://www.sweetwaterdecor.com/> or this local gem: <https://thesivancollection.com/>

Final tip for this upcoming fall season is lighting. Did you know that overexposure

to LED lighting can mess with your circadian rhythm? Check out those light bulbs you have throughout the home. Let's set the mood and swap out those bright white light bulbs with a warmer, calmer light. Don't forget to add some warm LED strip lighting too! Try adding some underneath the cabinet base in the kitchen and bathrooms or perhaps along the back of the fireplace mantle. Lighting can make a huge difference to the coziness of the home. If you don't have it already, I highly suggest putting dimmers on pretty much everything! Not all lighting is created equal in all parts of the house. Just sayin'!

About Jeanelle Ditto:

Always having an eye for beautiful things, Jeanelle Ditto was drawn to Interior Design. She's a firm believer in surrounding yourself with positive energy. Your environment can change the way you feel and think, which is why she was drawn to this field. She is the owner of Blush Interior Designs, Inc. in Carlsbad, California. Blush Interior Designs specializes in high-end residential and commercial spaces. Like fashion designers, they follow and research all the latest trends. Ditto is proud to say at Blush, they approach every project with a big picture perspective, considering every aspect of the space down to the materials, fabrics, accessories, and even landscaping. No detail is too small.

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Providing a crucial link between formal education and remote learning, Synergy Academics offers numerous programs to assist students with distance learning during Covid, including remote and in-person 1:1 tutoring, a proctored study center, standardized test prep, and college counseling. [SynergyAcademics.com](http://SynergyAcademics.com)

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# DEAR EVAN HANSEN

Filled with a murderer's row of talented musical actors singing their hearts out, *Dear Evan Hansen* is an ode to sincerity even while telling a tale of a insincere protagonist. Stephen Chbosky's previous adaptation, *Wonder*, was essentially about the choice between being nice and being kind, and this film plays in a similar sandbox. The film offers empathy to all its characters, even some who may not deserve it, offering every player a chance to sing their feelings and make a case as to why they matter. That it's in service of a story that could have easily been a dark comedy, and is a tricky balancing act. There is grace in its attempt.

In the film's introductory song, the first thing you'll notice is that 28-year-old Platt looks a little old to be playing a high schooler, and Platt has a killer set of pipes. The age difference between himself and, say, Kaitlyn Dever (she turns 25 in December) is far smaller than, say, Maitreyi Ramakrishnan (19) and Darren Barnet (30) in Netflix's *Never Have I Ever*. There are moments where Evan's isolation is enhanced by the visual discrepancy, and others where it looks like a spin-off of Jaume Collet-Serra's *Orphan*. I'm not going to argue the filmmakers shouldn't have

found a more youthful-looking 22-year-old, but it's only a deal-breaker if you let it be.

Based on the 2016 Tony-winning Broadway show *Dear Evan Hansen* is almost a challenge to a critical establishment that claims to want new entertainments even as it prefers to snark. *Dear Evan Hansen* is a movie about a single set of characters underdoing a singular journey. The movie concerns Evan (Platt), who suffers from social anxiety and the loneliness that comes with being alone in high school. Through circumstances that make a grim Rube Goldberg-level sense, a mocking signature on his cast and a stolen letter to himself creates a fiction when that thief dies by suicide, leaving the young man's grieving parents to think that he and Evan were friends.

Steven Levenson's adaptation of his show creates an unlikely scenario where young Evan doesn't invent this fiction, but instead has his initial denials ignored by an anguished family and goes along with what he thinks will be a "okay, just this once and be done with it" façade. Some of the broad strokes as a fiction concerning the death of a high schooler becomes a cultural event into which everyone imprints their feelings.



This film notes the social good that decent people get from believing this falsehood. It condemns how society performatively latches onto a "faith in humanity restored" blip in time before moving on. We don't need to be told that folks have stopped caring, as a shot of the late student's locker decorated with dead roses is enough. The progression of Evan's lie, from an awkward dinner with the late Connor's parents to fabricated emails to a big speech in front of the school, has a grueling Venus flytrap quality, where Evan is less attempting to prolong the con than patronizing interested parties just one more time. Just when Evan thinks he's out, he gets pulled back in.

In word and in song the picture doesn't let Evan off the moral hook. It expects its audience not to require a yellow highlighter. The supporting cast all get their moments of anger and grief sans judgment. The film expects you to understand that Amandla Stenberg being cast as a secretly medicated overachiever always needing to appear on-task is not simple race-blind casting. Amy Adams crushes a challenging role as a grieving mother, while Dever is terrific as Connor's sister Zoe. The latter resents now being defined by the actions of her long-troubled older brother.

# THE GUILTY

By Nick Johnston

Where Gustav Moller brought a Scandinavian chill to his film *Den skyldige*, a thriller about a 911 operator trying to weave through a mystery following a call from a kidnapped woman, the pairing of director Antoine Fuqua and writer Nic Pizzolato bring heat to *The Guilty*, its English-language remake. This take is set in an ablaze LA, its emergency services overwhelmed by a fire, displayed on televisions in front of those manning the phones. Ash rains from the sky and the smoke irritates everything, including the lungs of Joe Baylor (Jake Gyllenhaal), a disgraced cop who finds himself working the lines while he waits to go to trial for an offense committed in the line of duty. He's sweaty and gaunt, coughing in the bathroom, collecting himself for what should be a final shift. How wrong he is.

Pizzolato renders his lead into a firecracker, ready to pop off at anybody, be it a caller who gets robbed by prostitutes or a reporter from the *LA Times* asking for his side of the story. His attitude conceals pain

and fear hindering the decent person, the good dad he wants to be or the not-shitty ex-husband he wishes he were, that only the right situation can challenge him to overcome. In the middle of this ashift, he's forced to confront all of it when he picks up the phone and hears a shaky voice talk to him like as if he were her kid. The woman's name is Emily (Riley Keough), and she's trying to communicate with him by pretending that Joe's her daughter so as to not aggravate her kidnapper. From then on, Joe swears that he's going to save this woman, whatever it takes.

Yet, Joe comes to realize the depths of the institutional rot that he's been a part of, and how little good intentions matter when it comes to mobilizing a response to save lives. His conflicts with the other dispatchers, the CHP, and his former police Sergeant begin to roll together, and, when combined with the situation are trickling in with every phone call from Emily, Joe starts to come apart. Gyllenhaal is an aggressively earnest actor, and as the script strips him of his defenses. One could compare it to radio



or theater and, indeed, the single-location drama can often be rightfully accused of all that, but the distance between the audience and Joe's anguish is immediate.

That's not to say that the director doesn't bring other aspects of the film to life, and there are some fantastic bits of color-contrast. We leave

the dispatch room and follow movement under the ash-choked sky, though those scenes are few. There are a few missteps as well, such as the ending, which has an element of hoariness. But with the array of voice talent assembled and misery seeping through, *The Guilty* is a pretty worthy remake.



# FLOATING RECORDS RELEASES 'DRINK MORE' BY THE COUNTY WELL

By Staff Writer

Floating Records is proud to announce the return of the sonically-experimental musical collaboration known as The County Well: Drink More (Release Date: Tuesday, September 21). Drink More follows the success of the release of their debut CD, "Future Country," and second outing, "A Little Infinity," which was paired with the creation of a uniquely crafted infinity lager beer from the Sawtooth Brewery.

Don Zimmer is Floating Records co-founder and musician, who both produced and penned most the tracks on Drink More and plays guitar on the album as well.

"Drink More" continues the creeds of Freedom and Fun. Having moved to the Wood River Valley of Idaho from Marin County, where The County Well was conceived, Don Zimmer, County Well co-founder, who is also producer, guitarist and songwriter, has continued his creative pursuit of the Tom Waits-Mad Professor-of-the-Recording Studio style.

Painstakingly recording one track at a time with stalwart musicians from across the country, Zimmer has produced a twelve-song, thirty-two-minute journey across multiple musical genres. Graham Guest, County Well co-founder (of Houston-based group Moses Guest) provides lead vocals,



Don Zimmer (Photo by Jodane Cristofferson)

guitar, banjo, pedal steel and keyboard throughout—all while adding significant tone, texture and style to the tracks. Local Idaho heroine Michaela French and Michael Batdorf (One Ton Pig) contribute lead vocals as well. Also featured: on drums, Josh Kelly (Bruce Willis Band); bass, Lyle Evans (Chris LeDoux); horns, Bob Hemenger; violin, Bill Panks; keyboards, Adam Rossi (Jeffrey Halford); local Paul Gregory on guitar, Mark Karan (from Bob Weir's Ratdog); plus the aforementioned Guest and Zimmer.

The uniqueness of The County Well: Drink More comes from the joy of the recording studio and the love of blending voices while keeping the rhythms and grooves tight. Drink More was produced at a time when session work was the only work around. Floating Records is honored to share the recorded sounds of these incredibly talented artists. of these incredibly talented artists. Floatingrecords.com.

SUNDAY, NOVEMBER 21, 2021



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By Nidhi Dutt

# What is 5G?

**5G is novice technology after 1G, 2G, 3G, and 4G. 5G allow us a network of machine and devices that are used to connect virtually everyone. The major difference is that 5G is 100 times faster than 4G.**

**W**hat is 5G? 5G is the latest cell phone technology, which stands for the fifth generation. It is an advanced generation of wireless technology enhancing mobile technology. As we all know technology helps us to complete our daily tasks easily. 5G technology signal speed can reach up to 1500 feet without any attenuation. 5G is technology after 1G, 2G, 3G, and 4G. 5G allow us a network of machine and devices that are used to connect virtually everyone.

The major difference between 4G and 5G is that 5G is 100 times faster. Now a day's our needs of daily life in personal and professional are increasing so we need to upgrade our previous technology.



5G is an upgrade higher frequency radio waves version than the previous 4G cellular network. 5G also means a new future for the technology world. How does 5G technology work? Large amount of data can be transmitted over the wireless network because it has more bandwidth. In 5G networks, each cell uses a system of cell sites that divide into sectors and transmit encoded information via radio waves. Each cell site connected to a network backbone in a wired or wireless manner.

5G technology is not limited to the new radio spectrum. It is developed

to support heterogeneous network wireless technologies. 5G structure is software-defined platforms that can create sub-network constructs known as network slices. These slices allow network administrators to guide network functionality based on users and devices. Difference between 4G and 5G 5G is more reliable due to the high band spectrum. In this spectrum, your devices will access superfast speed.

**Latency:** It is the amount of time taken by devices to generate communication. In 5G, information is sent and received in milliseconds.

**Speed:** 5G technology works with great speed. Its speed range

from ~50 Mbit/s to over a gigabit/s.

**Capacity:** Due to a wider bandwidth gadgets can connect very easily to one another in 5G technology.

**Advantages:** 5G technology provides greater speed in the transmissions and peer-to-peer communication. Lower latency and greater bandwidth. Greater number of devices connectivity. Develops robotic medical advancement, AI diagnostics, and telemedicine. Doorbell cameras, fitness tracker and alarm systems are supported.

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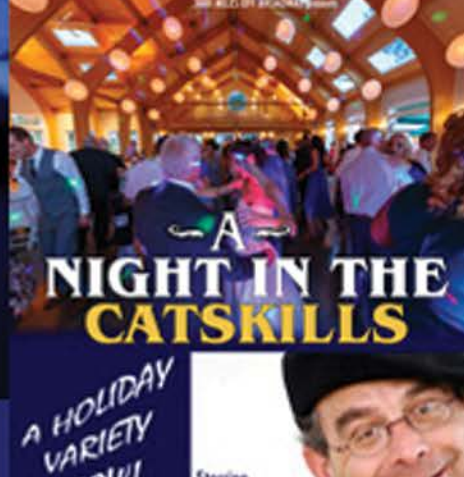
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# Seasonal Cocktails

## Mix It Up A Little

By Trent Higaldo

You don't need to stick to the tried and tested cocktail recipes that have been around for decades. Ring the changes this year and shake things up with some hot new ideas for cocktails for 2021. New trends in the cocktail world include garden-fresh drinks using ingredients grown in your own plot, cocktails you can drink without the hangover, and even beverages blended from teas.

Get inspired by our collection of delicious drinks and mix it up this year with some new combinations of ingredients and spirits. Just add sunshine for a bright 2021.

### Tea Lovers Cocktails

We're all familiar with the use of coffee in liqueurs and cocktails but one of the hottest new cocktail trends for 2021 is to mix tea with spirits to create refreshing blends. Irish coffee is a little too heavy for drinkers today, with its emphasis on cream, and a tea cocktail provides the ideal balance between lightness and a caffeine hit.

Try a gin and Earl Grey mixture or indulge in white tea liqueur and citrus, or make a green tea mojito. You can also try creating a long island iced tea with a boozy touch, adding speciality tea leaves plus fresh

peaches.

### Fresh From The Garden

Autumn is the time to enjoy long, happy lunches and dinners outdoors with friends and family. Put a barbeque grill in the corner and serve simple salads, grilled meats and fresh vegetables straight from the

### cordial.Low-Alcohol and No Alcohol

Low-alcohol concoctions are increasingly popular, and there are many new mocktails on the menu that contain no alcohol. Perfect for anyone looking to limit their intake. The great news is you don't have to compromise on taste to enjoy these drinks.



coals.

And why not add a splash of freshness to your cocktails? Garnish your drink with a touch of thyme, muddle with some fresh mint taken directly from your pots, and you can even add homegrown chilli to a beverage to make it extra fiery. Homegrown ingredients are the way forward.

### Long Spritzes

Many more people are embracing a lower-alcohol intake and the spritz is the ideal way to enjoy a leisurely cocktail without any of the headaches. Plus, bubbles make everything seem happier and lighter. You can use prosecco or champagne, or make things alcohol free with a sparkling

Premium no-alcohol spirits made from botanicals are taking the market by storm. And flavoured tonic waters are sought-after for both alcoholic and non-alcoholic mixers.

If you're looking for more inspiration and ideas for 2021 drinks, check out the Bacardi Cocktail Trends Report 2021 which lists all the ways the drinks market is transforming this year. The best way to enjoy these drinks is by experimenting. Try different flavour combinations and add fresh ingredients for a delicious taste. Choose whether to add alcohol, and enjoy drinking these creations with friends.

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# FALL IN LOVE WITH WALDEN FARMS FOOTBALL FAVS WITHOUT THE GUILT

By Jedediah Bender

Fall is for football, foliage, first days of school, food, and Walden Farms® famous dressings condiments, Syrups & dips and more. Featuring newly-improved, great tasting recipes— same great nutritional benefits and now with natural flavors and ingredients—along with an eye-catching new design with engaging photography, Walden Farms dressings will be your go-to for every fall recipe all autumn long.

The Walden Farms' lineup provides endless opportunities for any and every fall occasion: looking for a healthier, tastier ranch dip to perfect those infamous Buffalo wings you crank out for Sunday Night Football? Look no further than Walden Farms Ranch Dressing. Hoping to up your kid's packed lunch game? Introducing Walden Farms Italian Dressing...upgrade from monotonous meals and sandwiches to delish Italian Subs and tasty pasta salads and watch as your children become the talk of the cafeteria!

Walden Farms' dressings are proudly free from artificial flavors and dyes, made with real vegetables, fruit fibers, and natural flavors. Offering a full line of specialty condiments and food enhancers with zero calories, zero net carbs, zero sugar and zero fat, Walden Farms uniquely provides consumers with unmatched attributes vs. other competitors in the marketplace. Additionally, all products are keto-friendly, gluten-free, kosher, and have no high fructose corn syrup; and most are vegan, dairy-free, and cholesterol-free.

The Walden Farms products appeal to a wide range of consumers, including those who don't want to waste calories on high-fat dressings & condiments and those who follow a vegan, gluten-free, or keto diet. They also strongly resonate with people living a



healthy and active lifestyle, or those looking to manage their weight or control their diabetes.

The brand refresh coincides with the debut of an engaging new website [www.waldenfarms.com](http://www.waldenfarms.com) where people can find appetizing recipe ideas, nutritional facts,

product details, store locator information, or easily buy directly online.

Consumers who watch calories and carbs use salad dressings 30% more than the average consumer and nearly half of that audience seeks dressings that have zero



## CASUAL CONNOISSEUR



calories, fat, sugar, or gluten\*. These consumers know more than anyone that 'Small Swaps Save Calories™'.

"Walden Farms' Dressings allow them to control calories, fat, carbohydrates, gluten or sugars without giving up great taste," says Deborah Sidney, Senior Brand Manager for Walden Farms.

"Walden Farms' dressings are incredibly versatile such as for spreading on sandwiches, dipping with vegetables, and using as marinades for cooking!"

With creamy and vinaigrette varieties in 22 flavors, Walden Farms has a salad dressing for every palate including Bacon Ranch, Balsamic Vinaigrette, Bleu Cheese, Caesar, Chipotle Ranch, French, Honey Dijon, Italian, Ranch, Raspberry Vinaigrette, Sesame Ginger, and Thousand Island. Walden Farms' salad dressings are available in 12-ounce bottles for a SRP of \$4.99 at natural and grocery retailers nationally and sold online directly at [waldenfarms.com](http://waldenfarms.com).

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# Clearing up the confusion between good cholesterol and bad cholesterol

By Emily Paulsen

If you're wondering about good and bad cholesterol and what they mean for your health, you're not alone. Even people with the highest risk of heart disease may have a hard time understanding the connection between high cholesterol levels and heart health and what they can do to lower their levels.

Here we'll describe the differences between good and bad cholesterol to help you make the best decisions for your health going forward.

What is cholesterol?

Cholesterol is a waxy substance your body needs to make healthy cells, hormones and vitamins. However, too much cholesterol can raise your risk of heart disease, stroke and other health problems. Nearly one in three American adults has higher than the recommended cholesterol levels.

Cholesterol moves through the body on lipoproteins, which are a combination of fat and protein. What we refer to as "good" and "bad" cholesterol are actually different types of lipoproteins. High-density lipoproteins (HDLs), which are the good kind, help

carry cholesterol out of the body.

Low-density lipoproteins (LDLs) enter the walls of the arteries (the tubes that carry blood), causing them to become hard and clogged with plaque. When that plaque builds up, the heart has to work harder to get blood to the rest of the body, including the brain. This increases the risk of heart attack and stroke, two of the major causes of death in the U.S. LDLs are what we call the "bad cholesterol."

There's also another type of bad cholesterol: very low density lipoprotein, which contributes to the buildup of plaque as well. Since HDL clears out cholesterol, raising your HDL numbers usually lowers your LDL numbers, which is a win-win for heart health.

Check your levels

When you get your cholesterol levels checked (which adults should do at least every five years and even more often with age), you'll get a series of numbers:

- Total cholesterol: This should be under 200-240.
- HDL level: Recommended HDL levels are 40 mg/dL for men over 20 years old and 50 mg/dL for women.
- LDL level: Adults should have LDL levels of less than 100 mg/dL.
- VLDL level: This should be less than 30 mg/dL.

Your results will also show another important number: your triglyceride level. Triglycerides are another form of fat in your blood that raises your risk of heart disease. You want this number under 200 mg/dL, or better yet, under 150 mg/dL.



Diet and cholesterol

Your body makes all the cholesterol it needs, but many of the foods we eat also contain cholesterol. These include egg yolks, meat, cheese and other products that come from animals. So, is eating high-cholesterol foods the problem? This is where the issue of cholesterol becomes a bit more complex.

Eating cholesterol doesn't necessarily raise your cholesterol levels, nor does eating foods from animals. Low-fat dairy products, eggs and lean meats are important parts of a healthy diet. Additionally, eating foods with unsaturated fats or monosaturated fats (sometimes known as "good fats"), such as nuts, olive oil and fish can actually help lower disease risk.

However, foods that are high in cholesterol also tend to be high in saturated fat, and saturated fat causes the body to make more LDL cholesterol. To add to the confusion, some plant-based foods also contain saturated fats, including coconuts, palm oil and cocoa butter. These can raise bad cholesterol levels as well.

Many processed foods, such as margarine and shortenings, may include "trans fats," which are made by adding hydrogen to liquid oils to make them solid. These are even worse for your health, as eating trans fats not only raises LDL levels but can also lower HDL levels.

The big picture

High cholesterol occurs for many reasons. Your age, family

history and weight can all affect your risk, and if you have diabetes or are obese, you are at higher risk. What you eat and how much exercise you get can also contribute to cholesterol levels.

There are steps you can take to decrease your bad cholesterol levels and your risk of heart disease, such as:

- Eating a healthy diet that includes some unsaturated fats, few saturated or trans fats, and a high amount of fiber. Good choices include fruits, vegetables, whole grains, beans and lean meats. You could try the DASH Eating plan or use the MyPlate website to get ideas for healthy meals your family will enjoy.

- Taking steps to increase your physical activity. This can be as simple as walking or taking time for any another exercise you enjoy, such as dancing, yoga or weight training. Aim for 75-150 minutes of exercise a week, depending on the intensity of the activity.

- Managing your stress. Long-term stress may raise LDL levels (that's the bad one).


- Quitting smoking. Smoking can lower HDL levels (that's the good one) and damage blood vessels, which can contribute to plaque buildup.

See your provider to check your cholesterol levels, and make sure you're doing everything you can to maintain healthy cholesterol levels and reduce your risk of heart disease.

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# NEW WEST SYMPHONY Presents Delights and Dances October 16 - 19

By Staff Writer

Following a year-long, around-the-world virtual concert tour, the New West Symphony, led by artistic and music director Michael Christie, returns to the stage to share the joy of live classical music performances. Delights and Dances is a 70-minute program of well-known works and delightful surprises.

With patrons' safety in mind, the programs will be presented without intermission, and proof of vaccination and masks will be required.

"The musicians of the New West Symphony are eager to take the stage and do what they do best – passionately perform great music in beautiful harmony," says

music director Christie. "This program, which includes the music of Grieg, Tchaikovsky, Copland and more, is a mix of pieces from several eras and genres that we know will delight you and get your toes tapping. Patrons have been asking when we will return to the concert platform and these performances are an opportunity for us all to gather and revel in the live concert experiences we've been yearning for."

The concert in Malibu will feature the first ever side-by-side collaboration of New West Symphony and students from Pepperdine University's Seaver College under the direction of Director of Instrumental Ensembles, Dr. Pierre Tang. The students will join the professional musicians on stage to perform Edvard Grieg's Holberg

Suite and Aaron Copland's famous "Hoe-down" from Rodeo.

Maestro Christie focuses on making the audience experience entertaining, enlightening, and enriching at each concert he conducts. The Symphony has selected these

"We are preparing a full season of programs beginning in December 2021. Our October concerts are an opportunity to whet the appetite of music lovers for the return of live, in-person performances, said New West Symphony CEO Natalia



four concert venues in order to bring this exciting musical experience to the broadest audience possible, in convenient locations close to home.

Staneva. "We want to re-ignite the passion for live classical music that we know people have missed. Our concerts will be produced with the strictest Covid 19 protocols in place, giving concert-goers that they can come together safely to enjoy live music again."

Tickets & Information  
\$40 general admission  
[www.newwestsymphony.org/delights-and-dances](http://www.newwestsymphony.org/delights-and-dances) 866.776.8400

### Dates & Venues

- October 16, 2021, 3:00pm | Ventura  
Ventura College Performing Arts Center  
4700 Loma Vista Rd, Ventura, CA 93003
- October 16, 2021, 7:30pm | Agoura Hills  
Agoura High School Performing  
Arts Education Center  
28545 W. Driver Ave. Agoura Hills CA91301
- October 17, 2021, 3:00pm | Camarillo  
Rancho Campana Performing  
Arts Center  
4235 Mar Vista Dr, Camarillo, CA 93010
- October 19, 2021, 7:00pm | Malibu  
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## UNCOVERING THE BEAUTY OF KENYA

By Contributing Writer

With the removal of Kenya from the UK's red list, the light at the end of the tunnel seems to be getting brighter for global travellers wanting to visit the country. Here are top picks of exquisite hotels and experiences in the region for a once-in-a-lifetime journey of discovery.

While the world has been faced with the pandemic, Anna Trenbinski decided to look inwards and work on herself to give life to a beautiful, tasteful, authentic yet unfiltered celebration of what a

real contemporary experience in Nairobi is. Eden is first a place for Kenyans, a retreat where people go to connect with like-minded guests or reconnect with themselves. It is also a place for travelers who want to bond with a vibrant city full of talent.

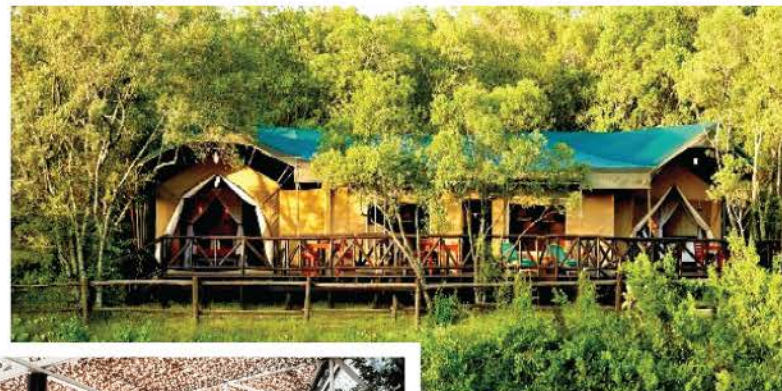
In the main living room there is a huge yellow triptych of 3 baboons. The story behind is a trip down to Langata road where Tonio saw a Baboon that had been run over. The body of the beast laid torn open on the tarmac and left and right of it were two baboons:

one screaming a primal yell, the other holding its head. This scene made a huge impression on Tonio and how closely we are connected in emotion so he painted this magnificent piece. There is a personal collection of over 250 headrests from the entire continent collected over the past 35 years.

[www.eden-nairobi.com/](http://www.eden-nairobi.com/)

Fairmont Mara Safari Club Nairobi, Kenya

Fairmont Mara Safari Club is located in the renowned Maasai Mara Game Reserve, home to the great wildebeest migration. The Club, set on the foot of Aitong Hills offers 51 luxuriously furnished tents featuring four-poster beds, en suite facilities and private decks overlooking the hippo filled Mara River. The



property features an outdoor swimming pool, lounge and restaurant and exciting game drives accompanied by the most

scenic sundowner cocktails and dining experiences in the bush.

In May 2020 the area was destroyed by one of the worst floods of the last 40 years. An extensive renovation process that started as the country entered lockdown in an attempt to fight the pandemic. 12 months later the property re-opens its doors with new public spaces and experiences. [www.fairmont.com/ma-sai-mara-safari/](http://www.fairmont.com/ma-sai-mara-safari/)

Enaidura Luxury Camp, Kenya

Enaidura Luxury Camp combines classic camp style with modern comforts in the heart of Kenya's Masai Mara National Reserve. Located in a wooded area along the Talek River, close to the convergence with the Mara River, Enaidura Camp is ideally situated for viewing the hundreds of thousands of wildebeest and zebra that cross into the Mara each year.

With seven classically styled tents and a unique family tent, the experience is complemented with open-air dining and lounge areas and a bonfire spot by the river. Every element of Enaidura Camp is seamlessly merged with its bush land surroundings.

Enaidura Luxury Camp introduces a special package to get the ultimate great migration experience. This 3 days program designed by with 3 of the top 25 Africa cicerones the co-owners, and gold level status guide Paul Kirui, Johnson Ping'ua "Ping" Ole Nkukuu, and Peter Kiyaa. [enaiduracamp.com/](http://enaiduracamp.com/)

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# King of Holiday Films 5 Upcoming Movies!

By Contributing Writer

**B**orn and raised in Toronto, Ontario, Jaime Callica is the hottest thing out of Canada having fast become one of Hollywood's rising stars. King of the holiday-film genre, Callica can next be seen in two films perfectly timed to Halloween – Disney+'s remake of the classic film UNDER WRAPS and Netflix's

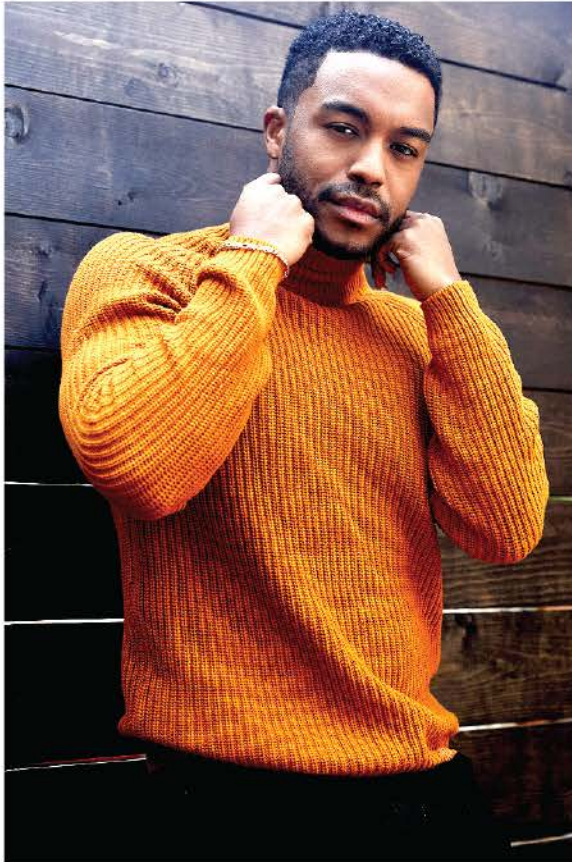
PROPOSAL, opposite Adam Rodriguez, all slated for a 2021 release. Additionally, Callica is set to return for Season 2, Part 2 in Tyler Perry's BET drama series "Ruthless" (a spin-off of fan favorite "The Oval"), this fall.

Born and raised in Toronto by a single Trinidadian mother of mixed Chinese,

Indian and Spanish ancestry, acting wasn't always at the forefront of Jaime's mind, but he was always a performer. From a young age, he was inspired by the pop stars he saw on screen and decided to take dance classes, specializing in tap and jazz. He graduated on to martial arts, becoming a black belt at 13 (though he had to wait for his official belt until age 16), and eventually, through a mishap by running late to class, found himself joining and competing on the track team. When pursuing colleges, Callica settled on criminology in Vancouver, before eventually transitioning into business. He always had a knack for numbers, and soon was buying condos, townhouses and businesses to call his own. But the acting bug struck suddenly one day - and realizing life is all about taking chances - he dove into the high-risk career in the entertainment industry. Within a year he sold his businesses, started taking

acting classes, doing background work and whatever he could, and made the official move to Los Angeles. With over 35 credits in just 4 years, he hasn't looked back.

Now splitting his time between Los Angeles and Vancouver, when he's not filming, Jaime likes to spend his time working with causes that focus on helping single moms, or parents with disabilities.



horror thriller HYPNOTIC, opposite Jason O'Mara, Dulé Hill, and Kate Siegel, set to premiere across 130 countries in October. He is also set to star in three separate Christmas films OWN's A CHESTNUT FAMILY CHRISTMAS opposite Meagan Holder, Lifetime's MERRY LITTLE CHRISTMAS BABY, opposite Kelly Rowland, and CBS's A CHRISTMAS

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## Exercise, Music and Headphones

### Tips and Trends for Women When Working Out

By Contributing Writer

These days, working out is almost impossible without some source of music. When's the last time you went to the gym without your iPod? While music and exercise have always paired well together, new studies show real benefits.

Whether you jog, lift weights or take yoga classes, music—including how you get it—is critical to a good workout. Research from London led by the deputy head of research at the School of Sport and Education at Brunel University, Costas Karageorghis, found that music at the right tempo can increase motivation and lower your perception of physical effort.

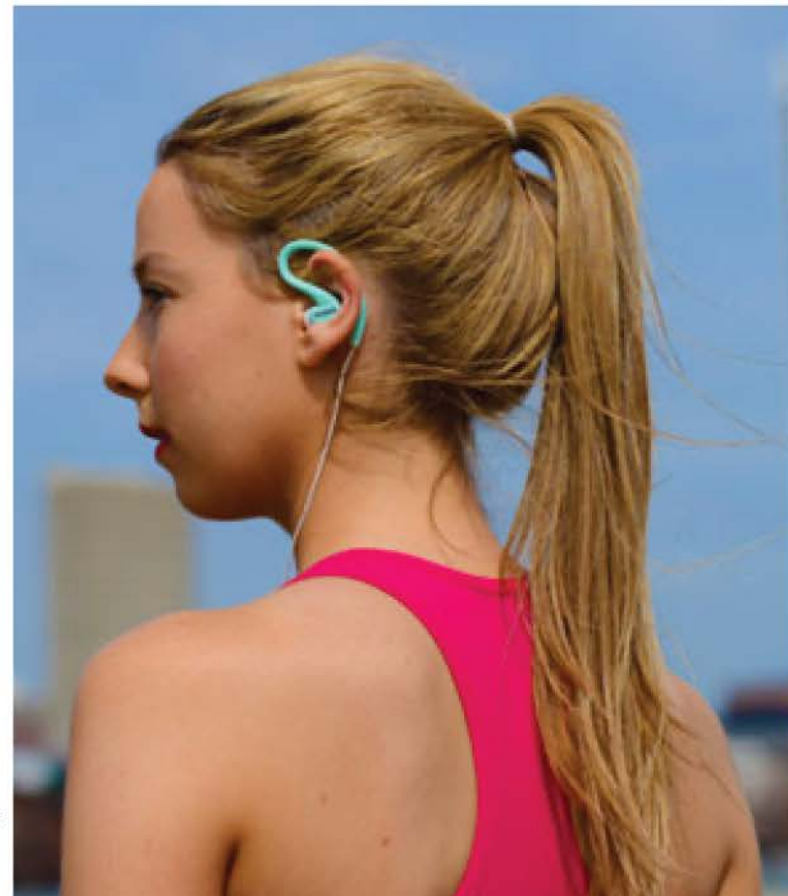
Other data supports similar findings.

The Journal of Sport and Exercise Psychology published a study showing that treadmill walkers who listened to high-tempo music displayed more endurance. But to get the most out of exercise, it helps to have high-quality headphones. Unfortunately the current marketplace doesn't have many options for women.

As an active woman, both the playlist and headphones should be selected with care to match your personality and your preferred workout activities. If you're having trouble finding the right headphones, consider the following tips:

1. Comfort is critical. On the days you wind up wearing headphones for several hours, it helps to have comfy buds that easily fit in or around your ear. Try out a few products if need be to find something that feels pleasantly secure.

2. Find the right fit. Typically headphones are made in standard sizes, which don't always work for all ears. Companies have recently introduced headphones just for women, like the Koss Fit Series Headphones. The Koss Fit Series are 33 percent smaller than the average headphone. Make sure your headphones fit you; your music will literally sound better.



3. Variety is key. Stash a few pairs of headphones in different locations so they're handy whether you're at home or work. But remember to consider what qualities are important to you. Are they sweat-resistant? Do you prefer over the ear headphones or something smaller? If variety is truly the spice of life, your exercise routine deserves the same treatment.

4. Make them fun. Up-tempo music can energize any workout, especially when your headphones match your style. Choose headphones that reflect your personality.

5. Never compromise quality for price. To be frank, five-dollar earbuds probably won't last long and definitely won't provide the same quality. To keep motivation levels up, invest in a product known for its craftsmanship and enjoy the best sound quality at all times. In this case, it's best to go with companies that have been in business for decades.

To learn more about finding headphones to suit your active needs, visit [www.koss.com](http://www.koss.com).





## TOP 5 CAT HAIRBALL QUESTIONS ANSWERED

By Contributing Journalist

Your cat is gagging and spitting up. Could he or she have hairballs? Most cats experience hairballs at some point in their lives, and usually it's simply a minor annoyance. Below we answer five common questions about hairballs, including what they are, why cats get them and steps you can take to help prevent them

### 1. What are hairballs?

Cats groom themselves by licking their fur which can cause them to swallow loose hair. Usually, the hair goes right through the cat's gastrointestinal tract and comes out in the stool. Sometimes, hair collects in the cat's stomach and forms into hairballs — resulting in coughing, gagging and ultimately a regurgitated fur mass on the floor. Cats generally feel better after getting rid of a hairball.

### 2. My cat coughs and hacks. Could my cat have hairballs?

A cat who hacks for more than a month likely has more than a hairball. Longhaired cats, such as Persians, tend to get hairballs more frequently than shorthaired cat breeds, but cats do not "hack" or "cough" up hairballs continuously. Technically, cats "spit up" or vomit hairballs. If hairball diets, gels or ointments do not curb the problem another issue could be causing your cat to cough and hack, which should warrant a call to your veterinarian.

### 3. Does hairball medicine work?

Medicated hairball gel or paste contains mineral oil or petroleum jelly that is not absorbed in your cat's system, but adds lubrication

so the hairball will pass easily. Hairball treatments should not be given with food in order to avoid interfering with your cat's regular diet.

### 4. Are hairballs to blame for my cat's vomiting?

Hairballs are a common cause of vomiting and also can contribute to constipation. However, vomiting immediately after eating can be a sign that your cat eats too quickly or perhaps the type of food (for instance, dry versus canned) is irritating your cat's gastrointestinal tract.

Cats can also vomit from either a metabolic problem (like renal failure or hyperthyroidism) or a

gastrointestinal problem. Blood and urine tests can rule out common metabolic causes of vomiting. If you suspect gastrointestinal causes, try changing your cat's food to a bland, non-irritating diet or a hypoallergenic diet. If your cat continues to vomit, ask your vet if an ultrasound or endoscopy would be beneficial to

determine the cause of the problem.

### 5. Can cat hairballs be prevented?

Hairballs in cats aren't entirely avoidable, but the following steps can help you minimize the problem Brush your cat regularly. The more fur you can remove, the less is likely to end up in your

intestinal contents through your cat's system. This type of food also contains specific enzymes that help prevent hairballs from forming in the stomach in the first place.

Be sure to contact your veterinarian if your cat is vomiting frequently as it may be a sign of a more serious condition.



cat's stomach.

Give your cat hairball ointment two or three times a week. Most cats enjoy the taste and consider it a treat.

Consider feeding your cat food designed to reduce hairballs. Hairball formula food contains higher amounts of fiber, which helps push

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# Get Your White Kitchen

By Alice Campbell

If you take a look at the recent home improvement magazines or simply go through some online blogs, then you will see that white kitchens are no longer a dream or no longer restricted to the houses of the celebs. Now, many home owners are opting for it and there are more reasons than one behind it. First of all, it looks

really classy and luxurious. You can actually give your entire house an uplift by just turning your shabby and brown kitchen to an unique and sophisticated white one.

Secondly, they can make the space look bigger, which is a great way to make small kitchens look spacious. Thirdly, you can really experiment when it comes to a white kitchen. A thing here and a dash of colors there – tada, a new look is here. So, think of it as a onetime investment.

However, here are a few golden rules that you must pay heed to. Otherwise, it can turn into an eyesore. Take a look.

Think White Cabinets – Yes, first thing first – when you are thinking of decking up a white kitchen, then do think out of the box and opt for white kitchen cabinet. There are plenty of white cabinets available in the market now such as polar cabinets, white shaker cabinets, vintage white kitchen cabinets, and many more, from which you can choose according to your choice and house decor. While one might suit the traditional interiors, the other would be more apt for a stark modern one. So, do pick wisely. Now, you must be wondering, from

where should you buy them, right? Well, there are various online stores from where you can buy these cabinets at pretty reasonable prices.

Add Splashes of Hues – Coming to the second golden rule, I would say do not make it all boring with just white! Yes, a bit of red here and a dash of yellow there, or some

turquoise and lime green here and there would break

the monotony and uplift the look

a few notches higher.

Lights have a Role to Play – And yes, do not

forget about the lights. The

lights can make or break the look of an

entirely white kitchen. If possible,

ask an interior decorator to suggest you with some lights or else, go for some chandeliers for the best effect. Trust me, white kitchens

and chandeliers are like best friends. Visit a good store and you will find them at quite affordable rates.

Countertop – You shouldn't neglect the countertop as well. If you are doing a white kitchen with white cabinets, white tiles, etc, then a colorful countertop is what I will suggest. Granite countertops are classy as well as robust so go

for them. Marbles are also an option. So, this is again another golden rule to follow.

Keep it Simple – Lastly, keep it simple. If you want a very classic look, opt for steel and nude shades to accompany the white kitchen. Otherwise, select just two hues for complementing the entire decor. Do not go over the top and pay heed to all the features. Simple things such as a window curtain also can ruin the decor! So, be a little careful.



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By Andrews McMeel Syndication

Remember Bernie Sanders' look at the 2021 inauguration? Cozy parka, heavy knitted gloves? You too can pull off the Bernie look for Halloween, The Boston Globe reported. For just \$85, partygoers can don the "Once Again Asking Costume Set" from Dolls Kill. It includes the coat, mittens and surgical mask. Sen. Sanders' office even commented: "If fans of Sen. Sanders' mittens are looking for a real scare this Halloween, they should see how hard the wealthy and world's biggest corporations are fighting to stop Congress from finally addressing the long-neglected needs of the working class," said spokesperson Mike Casca.

Bright Idea

File this one under Marketing Ideas Gone Wrong: Speech Academy Asia in Singapore planted clowns outside multiple primary schools in early September in an effort to persuade students to enroll in public-speaking courses, The Straits Times reported. In response, principals and parents urged students to stay away from strangers, including the clowns. Kelvin Tan, the director of the academy, apologized for alarming people. He explained that "road show" employees were told to put on "cute mascot" costumes, but he wasn't aware they'd be wearing clown getups. "Maybe the clowns were too scary. It's wrong and we won't do it again," he said.

New World Order

The divorce of Valeria Udalova and Danila Medvedev, former co-owners of cryonics company KrioRus in Moscow, Russia, has turned ugly as they battle over 81 bodies of KrioRus clients, Slate reported. On Sept. 7, Udalova reportedly broke into a cryostorage facility that is under Medvedev's control and loaded containers with dead bodies onto a truck, causing damage and spilling liquid nitrogen in the process. Both parties now own separate cryonics businesses, but police continue to investigate who controls the 81 bodies, which in the meantime rest at Medvedev's facility.

-- An elderly woman in Okemos, Michigan, moved to a nursing home, and an auction company was hired to clear out her home, MLive.com reported on Sept. 22. One of the

items found by Epic Auctions and Estate Sales' Brad Stoecker was a 5-foot-tall granite headstone with the name Peter J. Weller on the front. Apparently, the woman's family didn't know the origin of the stone, saying they used the reverse side of it to make fudge. Stoecker donated the stone to the Friends of Lansing's Historic Cemeteries, but a genealogist was unable to find any surviving family members of Weller, who died in 1849. However, they did track down his grave, which had been moved in 1875. That's probably when the gravestone was lost, experts believe. Cemetery preservationists restored the stone to Weller's current resting place and repaired and cleaned those of his family members nearby.

-- Some students at Piedmont High School in Union County, North Carolina, were upset after a sign reading WHITE was placed on a drinking fountain at the school, The Charlotte Observer reported on Sept. 23. A Snapchat video of the sign circulated on social media, and parents became upset, prompting a response from Principal Dylan Stamey, who said he had investigated and the placement of the sign "was not intentional." "During practice, a cheer sign was left just outside the gym on the floor, and it was picked up and placed on a water fountain. We apologize if anyone was offended," he said.

As a 48-year-old man pumped gas in St. Louis on the morning of Sept. 21, a woman approached and said she and her son needed a ride to her mother's house. He agreed, KSDK-TV reported, but when they arrived at the home, the woman reportedly grabbed the keys from the ignition, and her 11-year-old started pistol-whipping him in the head. The woman then dragged the victim out of his car and sped away with her son. Police are still looking for the carjacker. [

On Sept. 17, at a penguin colony near Simonstown, South Africa, 63 endangered African penguins were killed by a swarm of bees, CNN reported. South African National Parks issued a statement saying that the "deaths occurred suddenly sometime between Thursday afternoon and Friday morning." Examinations revealed that "all the penguins had multiple bee stings," many of which were around the birds' eyes, which one expert called a "fluke."

Crossword by Myles Mellor

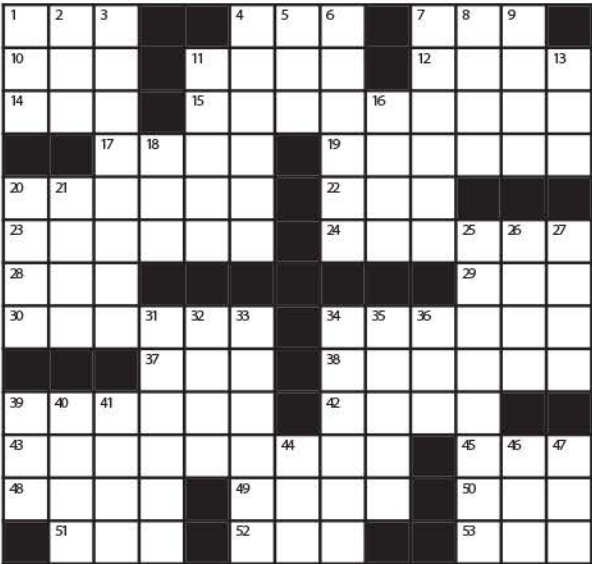
Print this Page! Ctrl + P

Across

- 1. Back of the boat
- 4. "\_\_\_ better to have loved..."
- 7. Fourth-to-last Greek letter
- 10. Further
- 11. Mongrel
- 12. Shoestring
- 14. Backflow
- 15. Great Bear
- 17. Eye up and down
- 19. Eye section
- 20. A knitting pattern with diamond shapes
- 22. Guinness Book suffix
- 23. Comedian
- 24. Young Sydney girl
- 28. Eggs
- 29. Curry side
- 30. Smoothly
- 34. Quantum of electromagnetic radiation
- 37. Try to gain the support
- 38. Raspy
- 39. Natural
- 42. Instrument of Julian Bream
- 43. Grinders
- 45. \_\_\_ in the sky
- 48. "Agreed!"
- 49. Nose out
- 50. Tiny particle
- 51. ESPN sportscaster
- 52. Sleep clinic study
- 53. Washout

Down

- 1. Went to McDonald's
- 2. Watch pocket
- 3. Luge
- 4. Serving dish
- 5. \_\_\_ all over
- 6. Gawks
- 7. Missouri feeder
- 8. Muslim pilgrim
- 9. Image
- 11. The head of a mosque
- 13. Notable period
- 16. Fit together
- 18. YMCA feature
- 20. Full of excitement
- 21. Carry on



- 25. Fearless
- 26. Vientiane is its capital
- 27. Vampire author Rice
- 31. More than one layer
- 32. Tales and such
- 33. Over there
- 34. Calmness
- 35. Put up
- 36. Breakfast grain
- 39. Contraction
- 40. Christmas carol
- 41. Braveheart hillside
- 44. Lyric poem
- 46. Marker
- 47. Stopping point



Bad Dad Jokes  
What kind of noise does a witch's vehicle make?  
Brrrrooom, brrrrooom

Previous Puzzle







# COLIN MOCHRIE AND BRAD SHERWOOD SCARED SCRIPTLESS TOUR AT PEPPERDINE

By Pam Froman

Colin Mochrie and Brad Sherwood came to Pepperdine University recently for a comedic stop on their Scared Scriptless Tour. The stars of "Whose Line Is It Anyway?" Mochrie and Sherwood presented an extraordinary evening of live improvisational comedy. The two mixed it up with original scenes, songs, and more based on audience participation. This hilarious duo has performed together for over a decade, as one of the longest-running comedy tours in history.

Colin Mochrie is an alumnus of Toronto's Second City troupe and is considered to be one of the leading improvisers in the world. After nine years as a regular on the British version of "Who's Line Is It Anyway?" he became a regular on the American version hosted by Drew Carey which ran for six years on ABC and three

years on ABC Family. In 2001 the entire cast was reunited in Vegas for "Drew Carey's Improv-A-Ganza." Mochrie can currently be seen in the revival of "Who's Line Is It Anyway?" on the CW network. He also appears regularly in film and television and was notably a cast member of CBC's classic news spoof "This Hour Has 22 Minutes" for two seasons. As well, with his wife, Debra McGrath, he produced, wrote, and starred in the CBS show "Getting Along Famously."

Brad Sherwood is best known for his 13 seasons as a series regular on the American version of "Who's Line Is It Anyway?" on ABC and ABC Family. He currently appears in the revival of "Who's Line Is It Anyway?" on the CW network. Other credits include "The Drew Carey Show," "Talk Soup," "The Newz," "Drew Carey's Improv-A-Ganza," "This Vs.. That," "The Dating Game," "L.A. Law," "The Tonight



Show," and "The Green Screen Show."

The show began with the dynamic duo pulling up eleven people from the audience to join in the fun. Mochrie and Sherwood narrated an original story with the participants interjecting their own unusual moments – gong-show style. The result was a mix of hilarity and originality – a night of nonstop laughter.

Next was a game where the audience created a "crime." Mochrie had to guess that he was "an accomplice to a shark attack in Rancho Cucamonga for a human taxidermist using a fork." The entire audience cheered him along the way as Sherwood presented clues until Mochrie figured the entire sentence out.

Finally, the duo sang a hilarious custom montage with all different kinds of music from Frank Sinatra to Eminem. Sherwood was especially creative with this as he rapped his improvisation for over 10 minutes!

For more information on seeing Colin Mochrie and Brad Sherwood on their Scared Scriptless Tour log onto [www.colinandbradshow.com](http://www.colinandbradshow.com)

Upcoming shows at the Center for the Arts include An Evening with GRAMMY-nominated JD Souther who has penned countless hits for the Eagles, Linda Ronstadt, Roy Orbison, James Taylor, Don Henley, George Strait, Trisha Yearwood, and Brooks & Dunn on Oct. 7, and Catapult, an America's Got Talent finalist, that features incredible dancers who work behind a screen to create shadow silhouettes of shapes from the world around us on Oct. 16.

The Lisa Smith Wengler Center for the Arts is located at 24255 Pacific Coast Highway, Malibu. For tickets for upcoming performances call (310) 506-4522 or log onto <https://arts.pepperdine.edu>

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October 1 - 14, 2021

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# WORLD'S FUNNIEST ANIMALS RETURNS FOR SEASON TWO ON THE CW OCTOBER 9TH

By Steve Moyer

World's Funniest Animals, hosted by Elizabeth Stanton, returns for Season Two debuting on All-New Saturday Nights on The CW starting on October 9, 2021 with two 30-minute episodes airing back to back at 9/8C.

Elizabeth Stanton said, "I'm so excited to be returning to The CW for Season Two of World's Funniest Animals to share with you video clips of the funniest, craziest and jaw dropping antics of animals of every variety. My own dogs, Hank and Ruby, my sidekicks and show mascots, join me weekly to watch animal video clips, along with my celebrity guests and show panelists who

make hilarious commentary."

Each week a celebrity guest joins Elizabeth Stanton and introduces her to their pets. World's Funniest Animals is produced by Associated Television International and executive producers David McKenzie, David Martin and Laura McKenzie.

Rotating weekly celebrity panelists on the series, who make commentary on the animal videos, include: Mikalah Gordon, Brandon Rogers, Brian Cooper, Carmen Hodgson, Maiara Walsh, Neel Ghosh and Noah Matthews.

SEASON PREMIERE – The cuteness is back! Host Elizabeth Stanton shares the most adorable,

spoiled pets, some unlikely animal friendships, animals who are not fond of the latest fitness craze, and some very jealous pets. Colin Mochrie ("Whose Line Is It Anyway?") is the special guest for this episode, with his dogs, Derry and Berin, with commentary by Brian Cooper, Mikalah Gordon, Carmen Hodgson, and Noah Matthews. Segments include: Anticipating Animals, Pampered Pets, Simply Silly, Opposites Attract, Play With Me, Down On The Farm, Just Plain Cute and The Gang's All Here.

"Daring Ducks, Bashful Bunnies and Playful Pigs"

LOOK AT ME! Host Elizabeth Stanton shares the biggest attention hog pets, furry best friends, clumsy dogs, hilarious pigs, the strangest goats you've ever seen, and perhaps the cutest kitten in the world. Molly McCook ("Last Man Standing") with her dog, Maxine, joins in on the fun with commentary by Brian Cooper, Mikalah Gordon, Maiara



## KIDS FORUM



Wlash and Neel Ghosh. Segments include: Slip and Slide, Bath Time, Look At Me, Stuck, "Goat"-Ed, Close Call, Best Buddies and Cuteness Overload. Every episode of World's Funniest Animals will be available to stream on The CW App and [www.CWTV.com](http://www.CWTV.com) the day after the broadcast for free and without a subscription log-in or authentication required.

Elizabeth Stanton serves as Host of World's Funniest Animals. Other television credits

include: Host of POPSTAR! This Week, a daily syndicated show, Co-Host of the annual Hollywood Christmas Parade on The CW, Host of Elizabeth Stanton's Great Big World, and appearing as an actress on This Just In and The Agency.

Learn more about World's Funniest Animals by visiting the official website for the show at: <https://www.cwvpr.com/the-cw/-shows/worlds-funniest-animals/about>

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## HOW TO KEEP YOUR COOL WITH YOUR SCHOOL KIDS

By Thara Prashad - Contributing Writer

If you're anything like me, getting back into a routine of dropping the kids to school instead of setting them up for virtual school, the last few weeks have been a whirlwind! Of course we are all so grateful to have our kids back to school in person but it's certainly added a little bit of busyness back into the morning run! During quarantine, I was able to enjoy a leisurely cup of a coffee AND a meditation before my kids even began to stir but all of that feels a lifetime away, now that we have two drops to make before 8:20am. So how do we find the balance? It can't just be chaos all the time. That can't be the way that we begin our days, five days a week! I'm a big believer in not letting my day happen to me but rather creating the day that I want. So I've created my tips and tricks to help you start your day with a little less chaos and a lot more calm.

### Night Before Activities:

1. Showers
2. Pick outfits
3. Get the lunch box ready; snacks packed and water bottles filled.
4. Check your kid's folders for anything that may need a reply from you.
5. Set yourself up for a successful day with at least 7 hours of sleep.

### Morning Of Activities:

1. Give yourself at least 20 minutes of quiet time before waking your kids. If you can manage 30, then grab it!
2. No phones upon rising. That means no emails, text messages or IG and FB scrolling!
3. Have a warm glass of water with lemon to wake your digestive system.
4. Make your favorite cup of coffee or tea. Sit with it and savor the smell and that first warm sip.
5. Sit quietly for 15 minutes. Keep a journal handy and write down a few things you are grateful for as you begin your day.

6. Meditate or repeat positive affirmations for 10 minutes to start your day with ease and a clear vision of where you want

Make your favorite cup of coffee or tea. Sit with it and savor the smell and that first warm sip

the day to go.

7. Wake your kiddos with a smile on your face because you made some time for you, which means you have more to give to them!



Preparation is our first key to success in anything we want to do and especially important if we want to do it well! So a lot of the tips I shared are those basic prep tips that we can do the night before to set ourselves up for success. But it's those morning of activities that are really the sweet spot. If we can all get those right, we are setting ourselves up to have a really beautiful day. Starting the day mindfully

and with a little bit of peace, will make all the difference for how we handle those road bumps which inevitably come. We may not be able to control what happens around us, but we can always control how we respond to life. A little bit of prep will go a long way in creating a lot less chaos and a lot more calm. Make your day a great one friends!





# FASHION

## Fall Looks with Stylist Jenn Loyd

By Contributing Writer



**I**t's almost that time - get ready to pack away swimsuits and summer dresses for sweaters and boots!

Jenn Loyd, Fashion Stylist featured on NBC & CBS, a seasoned Personal Fashion Stylist, Lifestyle Expert, and founder of bespoke earring collection, Lobe Love, has some Fall 2021 fashion trends to share.

Over the years, Jenn has styled hundreds of women, and is passionate about helping women look and feel their best, and uncover their own unique, personal style.

"When I'm not helping women win their freedom from 'Outfit Overwhelm' into 'Clothing Confident', you'll find me creating and celebrating a life that is functional AND fun," says Jenn.

Jenn's recommendations for Fall cater superbly for both the modern professional and chic women synonymous with the West Coast. While Los Angeles winters don't call for as much layering and heavy winter looks as other cities, it is perfectly suited for what Jenn calls, "the light winter look." Jenn's Fall look recommendations reflect the hip, innovative fashion style that the City of Angels is known for. Think blazer, and blazer sets, midi length dresses & skirts, vests & sweater vests, for that consummate LA look. A classic tee, blazer and jeans never fails to disappoint and add some excitement with an unexpected pop of color. Jenn is loving lime greens, lilac and blush pinks for that not-bargained-for hue this winter. Who doesn't love a surprise element.

Night out on the town? Jenn suggests acid wash denim and a head-to-toe denim look for the bold and brave. Skinny is so last year... wearing jeans has just gotten easier with a return to the straight and wide leg denim. Straight leg jeans are a return to normal (love this!) and need to be a staple in any wardrobe. Pair these with a good leather jacket, or a faux leopard coat (puffer as well) for those

extra cool nights. Bored with black? Spice it up with some color or a print and unleash your rockstar!

"Feeling comfortable in your clothes is imperative," says Jenn. "You'll instantly feel more comfortable with yourself." That is why Jenn loves the shacket, which remains popular this season. In her opinion, this essential, hybrid fashion item is the perfect summer-to-fall outerwear piece for the West Coast gal. The shacket works perfectly with any straight and wide leg denim, and is the perfect solution to West Coast fall evenings.

Of course, no outfit is complete without accessories, and this is Jenn's area of speciality, with Lobe Love, her statement earring membership service that is the perfect compliment to any Fall look. All earrings are poignantly curated by Jenn, and with her background as a professional stylist, the results are spot on. Accessorize those denim looks with colorful statement earrings, and accentuate blazers with sculptural and chain link earrings. Shopping for accessories just got easier with Lobe Love's statement membership service that makes life easier and more stylish. Each season, Jenn curates the perfect collection to compliment fashion trends, and with a membership, these arrive effortlessly at your doorstep. Go on and rock this Fall with Jenn Loyd and Lobe Love!

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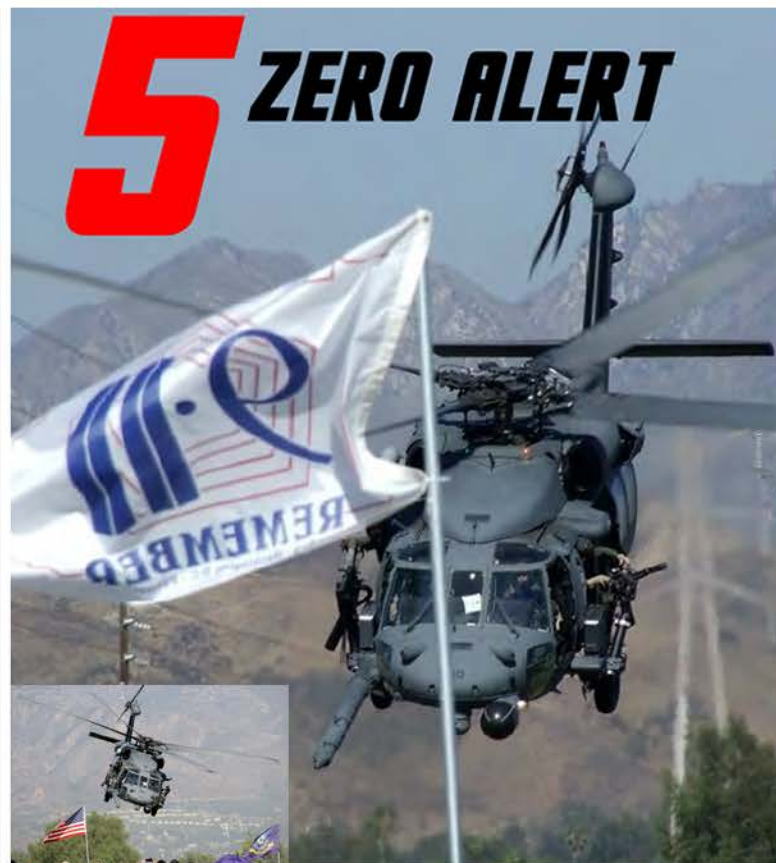
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PRICE – “Juba” from *String Quartet in A Minor*

MORRICONE – *Gabriel’s Oboe*

ABELS – *Delights and Dances*

TCHAIKOVSKY – “Finale” from *Serenade for Strings Op.48*

COPLAND – “Hoe-down” from *Rodeo*

ALL TICKETS/OPEN SEATING: \$40 (+\$3 ticket fee)

NewWestSymphony.org | 866.776.8400

### PERFORMING ARTS CENTER

VENTURA COLLEGE

OCTOBER 16 | 3 PM

### PERFORMING ARTS EDUCATION CENTER A-PAEC

AGOURA HIGH SCHOOL

OCTOBER 16 | 7 PM

### RANCHO CAMPANA PERFORMING ARTS CENTER

CAMARILLO

OCTOBER 17 | 3 PM

### LISA SMITH WENGLER CENTER FOR THE ARTS

PEPPERDINE UNIVERSITY

OCTOBER 19 | 7 PM

We are committed to ensuring that you have an exceptional concert experience in a safe environment. This 70-minute performance will be without intermission. Proof of vaccination and masks are required at all venues.