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Classical Nights at The Soraya return this fall with a fascinating array of four different performances that explore a boundless collection of music. London Philharmonic Orchestra (LPO) will launch classical events at The Soraya on Thursday, October 10 with the U. S. premiere of Cuban American composer Tania León's "Raíces" ("Origins"). With Maestro Edward Gardner on the podium, the evening will also introduce The Soraya audience to noted American violinist Randall Goosby, performing works by Samuel Barber, and Tchaikovsky's "Symphony No. 4 in F minor, Op. 36."

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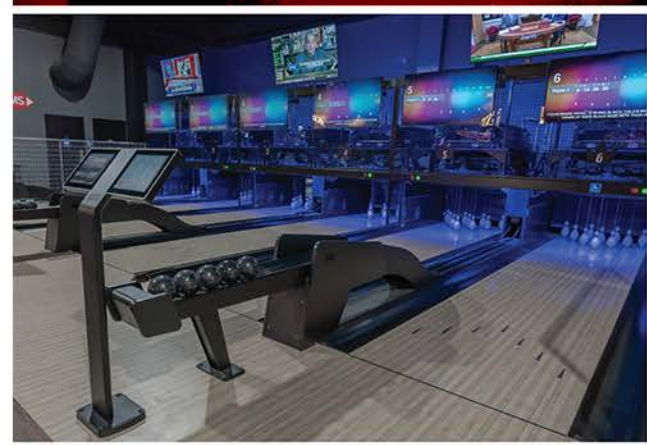
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Classical Nights At The Soraya Return This Fall

By Contributing Writer

Classical Nights at The Soraya return with a fascinating array of four different performances that explore a boundless collection of music. London Philharmonic Orchestra (LPO) launches classical events at The Soraya on Thursday, October 10 with the U. S. premiere of Cuban American composer Tania León's "Raíces"



("Origins"). With Maestro Edward Gardner on the podium, the evening will also introduce noted American violinist Randall Goosby, performing works by Samuel Barber, and Tchaikovsky's "Symphony No. 4 in F minor, Op. 36."

In the 2024 - 25 Season The Soraya shines a bright light on American composers, choreographers, and performing artists. Appearing throughout the season are the fresh faces of a new generation of American artists.

With violinist Randall Goosby, the London Philharmonic Orchestra returns to The Soraya for the first time in a decade. Making his professional debut at nine years old, Goosby is acclaimed for the sensitivity and intensity of his musicianship alongside his determination to make classical music more inclusive and accessible. Goosby will perform an American classic never heard before heard at The Soraya — Samuel Barber's Violin Concerto. **Who Is The Soraya?**

The Soraya offers discovery, participation, engagement, and life-long learning. Some patrons walk to events from nearby neighborhoods, and others travel from hours away. In the lobby, The Soraya invites suits and ties as well as shorts and sandals. The Soraya is a place where students, families, arts patrons, and first-timers are all equally welcomed.

For artists The Soraya offers care, attention to detail, and admiration. High art and folk art, local and international, highly amplified and the barely

audible — the stage is a welcoming place for all. At The Soraya, some artists are revered worldwide, and some are newcomers yet to be discovered. Innovation and refinement alike, artistic excellence is foremost.

The Soraya's highest purpose is realized when we see each other in reflection—when audiences and artists regard collective humanity and individual differences. At The Soraya, there is a common vision of the Valley where a thriving performing arts center forges a future for the region and uplifts its peoples. Together, we share this extraordinary place, a home where diverse artists and audiences cohabitate for enrichment.

Where Is The Soraya?

California State Northridge (CSUN) is the largest university in the largest public higher education system in the world — serving more than 40,000 students annually. This campus is home to the Younes and Soraya Nazarian Center for the Performing Arts (The Soraya). Nestled on the South-most part of campus, The Soraya welcomes the world to CSUN and reflects



the curiosity and intellectual development of its students, faculty, and staff back to the campus. **Who Does The Soraya Serve?**

Multicultural and multigenerational. Family day and date-night. Somewhere new and somewhere to call home. Students and community members alike peak their intellectual curiosity and open their world to new cultures by attending a performance at The Soraya. The Soraya welcomes anyone who comes to share an armrest with their neighbor and experience the world come alive onstage.

The Soraya also serves artists who grace the stage with their craft. They are part of the team and they work with them from months to years in advance to fine tune their performance—and share in the glory of their success. Like the audience, performers are multicultural and multigenerational — and whether they're here for the first or their hundredth time, they are home at The Soraya.

Tickets are \$60 - \$158

Younes and Soraya Nazarian Center for the Performing Arts, 18111 Nordhoff St., Northridge (818) 677-3000
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The Ultimate Fall Escape

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As the heat of summer gives way to cooler, crisper air, fall in Southern California brings with it an opportunity for unique escapes that highlight the best of the region's natural beauty and tranquility. Whether it's an isolated beach hideaway, a desert retreat, a glamorous glamping adventure, or a peaceful mountain retreat, there's something magical about experiencing these destinations in October and November. Let's explore some of the most serene, picturesque, and unique hideaways across Los Angeles, Ventura, the San Fernando Valley, and Conejo Valley during fall 2024.



Coastal Hideaways: Secluded Beach Escapes

El Matador Beach, Malibu: Nestled between the rugged bluffs of Malibu, El Matador Beach is a hidden gem known for its dramatic rock formations, sea caves, and golden sand. During October and November, the crowds thin out, making this secluded beach the perfect hideaway for a peaceful, romantic retreat. As the Pacific sunsets become more vivid, visitors can enjoy quiet strolls along the shore or explore the rocky tide pools at low tide. For the

more adventurous, sunrise yoga sessions on the sand are a rejuvenating way to start the day. Pack a picnic and settle in for a serene afternoon at one of the most scenic beaches in Southern California.

Leo Carrillo State Beach, Malibu: A slightly more remote option along the Malibu coast, Leo Carrillo State Beach is ideal for those seeking a longer beachside retreat. This beach offers unique coastal caves, tide pools, and hidden coves, making it a great destination for photographers and nature lovers. The fall months bring cooler temperatures, perfect for hiking along the bluffs or exploring the nearby Leo Carrillo Ranch Historic Park, where history and nature blend beautifully. It's also a popular spot for surfers looking to ride the fall swells, but for others, the calming rhythm of the waves is perfect for a tranquil beach getaway.

Desert Oasis Retreats: Serenity in the Sands

Joshua Tree National Park: October and November are the best months to explore the otherworldly landscape of Joshua Tree National Park, as the desert heat cools to a more comfortable level. Joshua Tree is a perfect hideaway for those seeking solitude, meditation, and a deep connection with nature. The park's surreal rock formations, towering Joshua trees, and breathtaking stargazing make it a favorite among artists, musicians, and spiritual seekers. Renting a private desert retreat—complete with cozy, bohemian-style décor and outdoor hot tubs—lets you enjoy the beauty of the desert with all the comforts of a luxurious stay. Many accommodations also offer yoga retreats, sound baths, and meditation workshops, providing a holistic escape for the soul.

Pioneertown, Yucca Valley: Just outside of Joshua Tree lies Pioneertown, a historic Old West town that's been converted into a quirky desert retreat. Originally built as a film set in the 1940s, today it's home to unique accommodations like rustic cabins and Airstream trailers, providing a

fun and offbeat way to experience the desert. October and November are prime times to explore the surrounding desert by day, then catch live music at Pappy & Harriet's, a legendary local venue, by night. The cooler fall weather



also makes it a great time to explore nearby attractions like the Integratron and the Noah Purifoy Outdoor Desert Art Museum.

Glamping Adventures: Nature Meets Luxury

Ventana Big Sur Glamping: For a truly luxurious outdoor experience, look no further than Ventana Big Sur's Glamping resort, located just a few hours north of Ventura County. While not in the heart of Southern California, this hideaway offers a blend of nature and comfort that's worth the journey. Set in the redwoods, the glamping tents are spacious and come complete with plush beds, wood-burning stoves, and private decks overlooking the forest. Fall is a spectacular time to visit, as the foliage begins to turn golden, and the crisp mountain air provides the perfect backdrop for morning hikes and cozy evenings around a campfire.

Malibu Safari Glamping: Closer to LA, Malibu Safari Glamping offers a unique twist on the glamping experience, allowing guests to sleep under the stars in a safari-style tent surrounded by exotic wildlife. Located on a private ranch in the hills of Malibu, the tents are outfitted with all the comforts of home, including plush beds, en-suite bathrooms, and private outdoor seating areas with stunning views of the surrounding vineyards.



In October and November, the vineyard's fall harvest season is in full swing, providing a perfect opportunity for wine tasting and private vineyard tours, followed by relaxing evenings in your luxurious tent.

El Capitan Canyon, Santa Barbara: For those looking for a family-friendly glamping experience, El Capitan Canyon near Santa Barbara is a must-visit. Situated along the Pacific Coast, the resort offers safari tents, yurts, and cabins set against a



backdrop of rolling hills and towering oak trees. The fall months are ideal for hiking along the canyon trails, enjoying coastal horseback rides, and taking in the fresh ocean air. El Capitan Canyon offers seasonal events like harvest festivals, outdoor movie nights, and evening

campfires with s'mores, making it a perfect destination for families or couples looking to embrace the spirit of fall in comfort and style.

Mountain Retreats: Peace in the Peaks

Ojai Valley: Just north of Ventura, Ojai Valley is an idyllic mountain retreat known for its peaceful ambiance and spiritual energy. Fall in Ojai brings cooler weather, making it an ideal time for outdoor adventures like hiking in Los Padres National Forest or exploring the serene Ojai Meadows Preserve. The valley is also home to several luxurious resorts and spas that offer wellness retreats focused on relaxation and rejuvenation. Visitors can partake in yoga sessions, meditation workshops, and even sound healing ceremonies—all set against the stunning backdrop of the Topatopa Mountains, which glow pink at sunset during the fall months, creating the phenomenon known as the "Pink Moment."

Lake Arrowhead: For those looking for a classic mountain escape, Lake Arrowhead in



the San Bernardino Mountains offers the perfect hideaway. Known for its charming alpine village and pristine lake, Lake Arrowhead is a fall favorite for those seeking relaxation in nature. In October and November, the fall foliage is in full display, creating a picturesque setting for hiking, boating, or simply relaxing by the lake. For a more immersive experience, visitors can rent cozy cabins or lakeside cottages, complete with fireplaces and stunning views of the surrounding forest. It's the perfect destination for a peaceful autumn retreat.

Big Bear Lake: Located just a couple of hours from Los Angeles, Big Bear Lake is another ideal mountain retreat for fall. The crisp air and golden foliage make it a picturesque destination for outdoor enthusiasts, offering activities like hiking, fishing, and biking during the day and cozy cabin stays at night. Big Bear's annual Oktoberfest is a major fall highlight, featuring Bavarian music, traditional food, and beer. For a more tranquil experience, visit the Big Bear Alpine Zoo or take a scenic drive along the Rim of the World Highway, offering stunning views of the San Bernardino Mountains.

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Fall Ceremonies & Festivals

Dia de los Muertos Celebrations (Los Angeles & Ventura): Dia de los Muertos (Day of the Dead) is a major cultural event in Los Angeles and Ventura, celebrated in late October and early November. This traditional Mexican holiday honors deceased loved ones through colorful altars, processions, music, and dance. In LA, the largest celebration takes place at Olvera



Street, where altars are built, and families gather to pay tribute to their ancestors. In Ventura, Dia de los Muertos is celebrated with similar vibrancy at the Ventura County Museum, featuring live performances, art exhibits, and community altars.

Ojai Day (Ojai): Held every October, Ojai Day is a community celebration that showcases the town's unique artistic and cultural heritage. The event features live music, art demonstrations, and a vibrant street fair with local vendors and food trucks. Visitors can participate in workshops, attend performances, and explore the town's many art galleries and boutique shops. The fall weather adds to the festive atmosphere, making it a perfect day trip for those looking to immerse themselves in Ojai's creative spirit.

Topanga Canyon Harvest Moon Ceremony (Topanga): For a more spiritual experience, the Harvest Moon Ceremony in Topanga Canyon offers a serene and reflective way to celebrate the changing season. Held at The Yoga Barn, this ceremony includes guided meditation, sound healing, and a fire ritual that honors the harvest season and

encourages introspection and gratitude. Surrounded by the natural beauty of the canyon, this event is a deeply moving way to connect with the rhythms of nature and prepare for the quieter, reflective months ahead.



Fall in Southern California's Hidden Retreats

Whether you're seeking the quiet solitude of a secluded beach, the spiritual energy of the desert, or the crisp air of the mountains, Southern California offers a wealth of unique hideaways for those looking to escape the hustle and bustle of everyday life. In October and November 2024, these coastal, desert, glamping, and mountain retreats—along with the cultural and spiritual ceremonies—will provide the perfect backdrop for relaxation, adventure, and rejuvenation. Embrace the beauty of fall by discovering the hidden gems that make this region so special.

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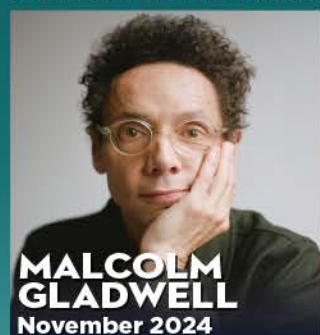
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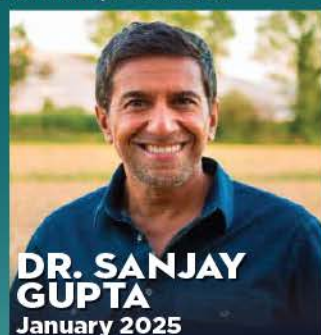
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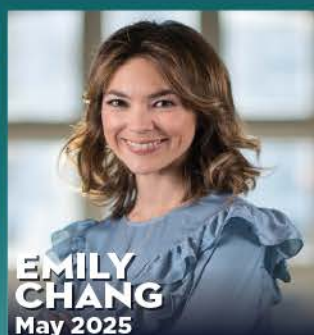
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Valley Scene Magazine

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Torrential Publishing publishes
Valley Scene Magazine every
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Oysters and Martinis

Where To Find
Reasonably Priced
Delights in Malibu

By Contributing Writer

Malibu, known for its coastline, celebrity sightings, and laid-back yet luxurious atmosphere, is home to some great food and drink. While many associate Malibu with high-end dining, there are spots where you can enjoy the luxury of fresh oysters and perfectly crafted martinis at reasonable prices.

Malibu Seafood Fresh Fish Market & Patio Café

Malibu Seafood Fresh Fish Market & Patio Café offers a casual and relaxed environment with stunning views. This local favorite is known for its fresh seafood, including oysters that are available at market price. The oysters here are freshly shucked, with a briny, delicious flavor.

While Malibu Seafood may not have an extensive cocktail menu, it's a great place to start



your day. Grab oysters on the half-shell, sit on the patio, and soak up the salty sea air while you sip a beverage. Though the martini may not be on the menu, pairing a cold beer or a glass of crisp white wine with your oysters can be just as delightful.

Location: 25653 Pacific Coast Hwy, Malibu
Price Point: Oysters at market price, typically around \$2-3 each.

Highlight: Ocean views and a casual, friendly atmosphere.

Duke's Malibu

A legendary spot along the Malibu coast, Duke's Malibu offers a lively yet upscale vibe, but there are great deals to be found, particularly during their Aloha Hour (happy hour). Duke's offers a rotating selection of freshly sourced oysters that are usually available at



a discounted price during happy hour, which runs Monday through Friday from 3 p.m. to 6 p.m. The oysters are fresh, briny, and served with the traditional accompaniments of cocktail sauce, lemon wedges, and mignonette.

Duke's has a solid selection of cocktails, including a perfectly chilled martini. Their Aloha Hour also features reasonably priced drinks, including cocktails starting at around \$8.

Location: 21150 Pacific Coast Hwy, Malibu
Price Point: Oysters \$2.50 each during Aloha Hour; martinis around \$10-12.

Highlight: Aloha Hour specials with an unbeatable view of the ocean.

Moonshadows Malibu

For a more upscale yet still approachable option, Moonshadows Malibu is another fantastic spot for oysters and martinis. This restaurant is perched right on the edge of the water, offering an intimate dining experience with waves crashing beneath you. The happy hour menu, which runs from 4 PM to 6 PM, is where you'll find the best deals. Their oysters are fresh and served with house-made sauces, offering a refined experience at a price that's surprisingly reasonable for Malibu standards.

When it comes to martinis, Moonshadows offers a selection of well-crafted cocktails, including a classic martini that pairs beautifully with their oysters. During happy hour, the martinis are priced around \$10, which is a steal considering the quality and the ambiance. If you're in the mood for a more tropical twist, you can also try one of their specialty cocktails like the lychee martini.

Location: 20356 Pacific Coast Hwy, Malibu
Price Point: Oysters \$2.50 each during happy hour; martinis around \$10.

Highlight: Happy hour deals with spectacular ocean views.

Malibu Farm Pier Café

For a more casual yet chic experience, Malibu Farm Pier Café is an iconic spot located at the end of the Malibu Pier. While it is known for its farm-to-table dishes, it also offers oysters at a reasonable price, especially during their daily happy hour from 3 PM to 6 PM. These oysters are sourced sustainably and served fresh, with a variety of condiments to enhance the experience.

Malibu Farm Pier Café also has a strong cocktail game, offering martinis that are crafted with care and made using high-quality ingredients. During happy hour, you can expect martinis priced around \$12, which is a great deal given the stunning location. The relaxed atmosphere and unbeatable views of the ocean make this an ideal spot to enjoy oysters and martinis without the steep price tag.

Location: 23000 Pacific Coast Hwy, Malibu
Price Point: Oysters around \$3 each during happy hour; martinis priced at \$12.

Highlight: Pier-side dining with fresh, sustainable oysters.

Broad Street Oyster Company

A true gem for oyster enthusiasts, Broad Street Oyster Company is a relatively new but popular addition to Malibu's dining scene. This casual seafood shack specializes in oysters, offering them at market price, and often features special deals during happy hour. The oysters are incredibly fresh, and you can order them by the half dozen or dozen to satisfy your seafood cravings.

Though Broad Street Oyster Company is more of a grab-and-go spot, it's an excellent place to pick up oysters for a beachside picnic. While they don't serve martinis on-site, the nearby restaurants offer options to complete your experience. Or you could simply bring your oysters to go and pair them with a pre-made martini enjoyed at a nearby scenic spot.

Location: 23359 Pacific Coast Hwy, Malibu
Price Point: Oysters at market price, typically \$3-4 each.

Highlight: Fresh, sustainably sourced oysters perfect for a casual seafood experience.

In conclusion, finding reasonably priced oysters and martinis in Malibu is easier than you might think. From the casual charm of Malibu Seafood to the refined experience at Moonshadows, these spots offer excellent value without sacrificing quality or ambiance. Whether you're looking for a beachfront happy hour or a relaxed seaside café, you'll find that Malibu has something for every oyster and martini lover.

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ON SCREEN



A DIFFERENT MAN

By Contributing Writer

Imagine you wake up one morning, stand at the mirror, and literally peel off any of your looks you don't like — with only movie-star beauty remaining.

How would it change your life? How SHOULD it change your life?

That's a question for Edward, protagonist of Aaron Schimberg's fascinating "A Different Man," featuring a stellar trio of Sebastian Stan, Adam Pearson and Renate Reinsve.

The very title is open to multiple interpretations. Who (and what) is "different"? The



original Edward, who has neurofibromatosis, a genetic disorder that causes bulging tumors on his face? Or the man he becomes?

When we meet Edward, a struggling actor in New York (Stan, in elaborate makeup), he's filming some commercial. We soon learn it's an instructional video on how to behave around colleagues with deformities. But even there, the director stops him, offering changes.

On Edward's way home, people stare. Back at his small apartment, he meets a young woman, in the midst of moving to the flat next door. She winces when she first sees him, as everyone does.

But later, Ingrid (Reinsve) tries to make it up, coming over to chat. She is charming and forthright, and tells Edward she's a budding playwright.

Edward goes for a medical checkup and learns that one of his tumors is progressing over the eye. But he's also told of an experimental trial he could join. With the possibility of a cure.

So Edward, spurred by frustration at not being able to get closer to Ingrid, joins the trial. These scenes take on the sudden feel of a sci-fi fantasy film.

As for the medication, it starts working sooner than anyone had hoped. Soon, Edward's skin is starting to come off in

clumps. It's terrifying. And then he finds himself at the mirror, disintegrating. But suddenly, Edward looks like — well, he looks like Sebastian Stan.

Naturally, life changes. When he goes back to the same bar in which he'd been stared at, he becomes everyone's buddy. A woman even wants to have sex with him. He catches his own eye in the mirror, as if to say: "What's happening to us?"

Edward makes a momentous choice. He simply disappears from his former life and becomes a "different" person. Now his name is Guy, and he lives in a nicer place. He has a job as a real estate agent — the ultimate face-forward career.

But Guy is not comfortable in his own skin. One day, he sees Ingrid walking into a theater. She's holding auditions for the play she's written — about a man just like Edward. In fact, it IS about Edward. And he becomes obsessed with playing the role.

In the auditions, Edward runs into another actor with deformities who says, poignantly, "I was born to play this." Guy of course cannot say why he disagrees — which is that HE is Edward. Here Schimberg is tapping into the thorny discussion over casting, and whether disabled roles should only be filled by disabled actors, trans roles by trans actors, and so on.

Ingrid does both. As playwright — and here, the superb Reinsve acquires an edge that her initial, sweeter incarnation lacked — she seems to understand instinctively that Guy, despite his dashing looks, has a connection to the character.

Enter Oswald.

We can't say too much about Oswald without veering into spoiler territory, because Oswald (Pearson) is the indispensable part of the last act. Oswald is (as is Pearson) an actor who has neurofibromatosis, but in all other ways he's extremely different. He's outgoing, engaging, brimming with effortless wit — British, too — and interacts with the world in ways Edward could only have dreamed of. Obviously, this will throw Edward/Guy for a loop.

What is Schimberg trying to say? He throws out questions about authenticity in life and art. Then, he shocks us with head-spinning developments that feel like they come out of nowhere.

But it's absorbing, and Schimberg works with confidence and brio. His cast is so good, you want the story to go on and on.



By Contributing Writer

The tension in "Wolfs," starring George Clooney and Brad Pitt as rival fixers brought in to clean up the same crime, isn't the threat of police arrest or Albanian mob assassination — both of which are concerns. It's that Clooney and Pitt aren't pals.

The two start out as strangers. It's a testament to Clooney and Pitt's jovial on-and-off screen chemistry, and their bond in shared movie-star charisma, that it's genuinely discomfiting to hear Pitt tersely call Clooney "sir" as he does in the opening scenes.

Pitt and Clooney first acted together in 2001's "Ocean's Eleven." And like that remake riff on the Rat Pack original, "Wolfs" is as much, if not more, about its movie stars as anything else. The movie's appeal is in their charm and chemistry — the eye rolls and games of one-upmanship that accrue until, finally, they're buddies.

Clooney is 63 and Pitt is 60, and there are few bits about back pain and Advil. But "Wolfs" is designed to show you that they can still get the job done.

When their characters meet, they are both standing in the penthouse of a luxury New York hotel where a tough-on-crime district attorney (Amy Ryan) is in need of a cover up. A young, nearly naked man is dead on the floor. She's frantically searched her phone for a number once given for such emergencies. That brings the first never-named fixer (Clooney). Not long after, the second, also unnamed fixer (Pitt) knocks. After a moment of confusion, he points to a small camera at the ceiling. He's been dispatched by the hotel owner (Frances McDormand) who doesn't want bad press.

The two fixers are spiritual descendants, you might say, from Harvey Keitel's Winston Wolfe, the fast-driving cleaner of "Pulp Fiction." Each is a specialist, supposedly the only man who can do what they do. "Wolfs" is a little bit like the pointing Spider-Man meme brought to life. Fitting, then, that it comes from Watts, director of the three Tom Holland Spider-Man films. He also wrote the script.

There are more movies that "Wolfs" has kinship with, too, like Tony Gilroy's "Michael Clayton," a high point for Clooney. "Wolfs" doesn't measure up to "Michael Clayton" — what does? — and isn't trying to, anyway. This is more of an old-school movie-star-driven entertainment featuring two actors with skills as rarified as their characters'.

Informed that they have to finish the job together, the two fixers begin to go about the business of getting rid of the body. They eye

each warily, disinterested in giving away any tricks of the trade. This mostly falls to Clooney's character, whose creative way of lifting the body onto a luggage rack begins to earn the respect of Pitt's character.

They turn out to have much, maybe everything, in common. Slowly, reluctantly, they inch toward a partnership. It's a credit to Watts' keen sense of rhythm and his stars' subtlety that it more or less takes the whole movie to get there. Once outside the hotel, "Wolfs" unspools over the course of one night, shot sleekly in the shadows of downtown Manhattan by cinematographer Larkin Seiple.

Things get a jolt when the body in question turns out to be alive, and kind of a hoot, too. The kid, credited only as "Kid," is roused from a drug-induced stupor, and quickly, in tighty whities, goes escaping down the street, forcing the two fixers on an extensive chase leading up to the Brooklyn Bridge. The kid is played with a lot of goofy moxie by Austin Abrams ("Euphoria," "The Walking Dead"), and his account of how he got into this mess, delivered in a cheap motel, may be the film's



best sequence. Along with Sean Baker's upcoming "Anora," it's turned into a surprisingly good season for New York nocturnal odysseys propelled by mop-haired kids who end up in Brighton Beach.

But the kid's perspective on his two captors also pushes "Wolfs" along. He's naive enough to think they're his friends, even though they would seem duty-bound to dispatch him. Regarding Clooney and Pitt, both in leather jackets, from the back seat of the car, he otherwise correctly assesses them, calling them "like the two coolest people I've ever met."

Thankfully, someone has come to the not-hard-to-deduce realization that Clooney and Pitt are good together. A sequel has already been announced. "Wolfs" turns out to be both the beginning and the coda of a beautiful friendship.

Kendrick Lamar To Headline 2025 Super Bowl Halftime Show

By Contributing Writer

Lamar expressed excitement for the show: "The Super Bowl Halftime Show is a monumental stage, and I'm honored to have the opportunity to share my music and my message with the world. We're going to make this a performance to remember."



What to Expect

Kendrick Lamar is known for his live performances, and the halftime show will be no exception. His blend of artistry, passion, and storytelling will result in a visually stunning and musically immersive experience.

Fans are speculating about which hits Lamar will perform. Choices include "Alright," a song that became an anthem for social justice, and "HUMBLE.," a chart-topping track that showcases lyrical prowess.

Lamar is also known for his collaborations, leading to hopes of surprise guests.

Super Bowl LVIX Halftime Show: Breaking Records?

The Super Bowl Halftime Show is one of the most-watched television events. Last



year's performance by Rihanna drew 120 million viewers, and insiders believe Lamar's performance could push even higher.

Lamar has a history of pushing boundaries, so expectations are high. Given his reputation, we can expect a performance that resonates with audienc-

es. Whether through groundbreaking visuals, powerful messages, or guest performances, Lamar's Super Bowl moment will go down in history. **A Super Bowl Halftime Legacy**

The Super Bowl Halftime Show has long been a platform for music's stars. From Michael Jackson's 1993 performance to Prince's guitar solo, the halftime show has provided unforgettable moments.

How to Watch

The 2025 Super Bowl Halftime Show will air on February 9, 2025, during Super Bowl LVIX. Fans can tune in on Fox Sports. Viewers can also stream via the NFL app and the Fox Sports app.

For those planning to attend in person, tickets for are available through the NFL Ticket Exchange.

Super Bowl LVIX Date: February 9, 2025

Location: State Farm Stadium, Glendale, Arizona

Tickets: NFL Ticket Exchange

Halftime Show: Kendrick Lamar

The 2025 Super Bowl Halftime Show promises to be one of the most memorable performances in history. Known for his ability to combine complex narratives with infectious energy, Lamar is poised to deliver a halftime show that will be talked about for years to come.

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TURN YOUR OLD IPHONE OR IPAD INTO A RETRO GAME MACHINE

By Contributing Writer

If you have an old iPhone or iPad, there's a fun way to breathe new life into it—turning it into a retro gaming machine.

Assess Your Device

Check your iPhone or iPad's compatibility and condition. While many retro games don't require powerful hardware, your device should still be functional, have battery life, and support the software needed.

Choose An Emulator

An emulator is software that mimics the hardware of a specific console, allowing you to play games from that system.

AltStore: AltStore is an alternative app store that allows you to sideload apps, including emulators, without jailbreaking your device. You'll need a computer (Mac or PC) to install.

Delta Emulator: Once you've installed AltStore, use it to download Delta, one of the best emulators for iOS. Delta supports NES, SNES, Game Boy, Game Boy Color, Game Boy Advance, and Nintendo DS games.

RetroArch: Another popular emulator is RetroArch, a versatile emulator that supports a wide range of consoles, from Atari to PlaySta-



tion 1. It's a bit more complex to set up but offers a wide array of customization options.

Install The Games (ROMs)

Once you have your emulator installed, the next step is to load the games—ROMs.

ROMs are digital copies of games. There are thousands of classic games available online, but it's important to note that downloading ROMs of games you do not own can be illegal.

How To Add ROMs

Cloud Services: Many emulators, including Delta, allow you to import ROMs from cloud services like Google Drive or Dropbox. Upload your ROM files to a cloud account, then connect the emulator to that service and import the games.

Direct Transfer: You can also transfer ROM files via iTunes (Finder on macOS), or use file-sharing apps like AirDrop. Once transferred, most emulators will recognize the ROM files and add them to your game library.

Add A Bluetooth Controller

While many emulators offer on-screen touch controls, playing retro games with physical buttons can enhance the experience. Thankfully, most modern iPhones or iPads support Bluetooth controllers:

PlayStation and Xbox Controllers: Starting with iOS 13, iPhones iPads support both PlayStation and Xbox controllers. These high-quality controllers offer responsive gameplay and are perfect for console games.

Retro-Inspired Controllers: If you want an authentic feel, you can purchase retro-inspired Bluetooth controllers, like the 8BitDo controllers. These are designed to mimic the

layout of classic consoles while offering wireless connectivity.

Pairing a Bluetooth controller is simple: just turn on the controller, go to your Bluetooth settings, and select the controller. Most emulators will automatically recognize the controller.

Customize the Gaming Experience

Many emulators come with settings to optimize your gaming. You can tweak the controls, adjust the display, and even apply shaders that give your games a nostalgic CRT screen effect. Additionally, some allow you to save and load game states, making it easy to pick up where you left off.

You can further personalize your retro game machine by adding custom box art, cheat codes, or skins to your emulator.

Organize Your Game Library

Once you've installed games, it's time to organize your library. Emulators offer intuitive interfaces for browsing your collection.

Optimize Battery Life

Running emulators and playing games can drain your battery. To optimize battery life, reduce the screen brightness, close background apps, and play games in Airplane Mode. A portable charger is also a good idea.

Turning your device into a retro game machine is a fantastic way to relive classic gaming. You can transform your iPhone or iPad. Best of all, it's an inexpensive and provides hours of entertainment, keeping those nostalgic memories alive!

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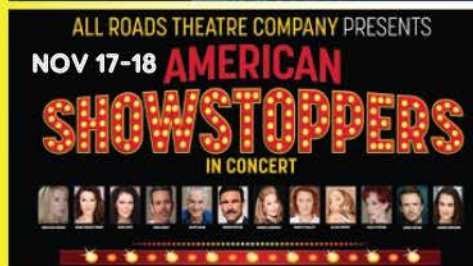
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Leading in Napa's offerings is Screaming Eagle, often considered the crown jewel. This wine is crafted in small quantities and fetches thousands of dollars per bottle. Its silky tannins, dark fruit flavors, and structured complexity



A Journey Through California's Premier Vineyards

By Contributing Writer

California, hailed as one of the world's greatest wine-producing regions, boasts a range of top-shelf wines. With a climate that mirrors the Mediterranean, rich soils, and a passion for viticulture, California's local vineyards consistently produce exceptional wines. **Napa Valley: Pinnacle of Cabernet Sauvignon**

Napa Valley takes center stage. Famous for its Cabernet Sauvignon, the region's terroir and ideal growing contribute to wines that are rich, complex, and age-worthy.



make it one of the most sought-after wines in the world. Harlan Estate, another Napa heavyweight, delivers similarly extraordinary wines.

Beyond big names, boutique wineries in Napa also produce top-shelf wines. Corison Winery and Continuum Estate are examples of producers that focus on limited-production wines with an emphasis on quality. **Sonoma County: Pinot Noir Perfection**

Just west of Napa lies Sonoma County, which is famous for its cool climate and diverse soils, making it the perfect region for growing Pinot Noir and Chardonnay. Sonoma's top-shelf wines offer a more nuanced, refined experience compared to Napa's bolder reds, often featuring bright acidity and subtle flavors that evolve beautifully with age.

Kistler Vineyards, located in the Russian River Valley of Sonoma, is a prime example of top-tier local winemaking. Known for their Burgundian-style Chardonnays, Kistler's wines feature vibrant citrus and stone fruit notes balanced with minerality and a creamy texture. Their Pinots are equally stunning, with bright cherry, raspberry, and floral notes, making each bottle a testament to the potential of Sonoma's terroir.

Williams Selyem is another name synonymous with high-quality Pinot Noir from Sonoma. Sourcing grapes from some of the finest vineyards in the Russian River Valley, the winery produces wines with remarkable precision and depth. Delicate flavors of strawberry, pomegranate, and baking spices dance across the palate, creating a wine that is both elegant and complex. **Central Coast: The Rise of Rhône Varietals**

Moving south from Sonoma, California's Central Coast is a burgeoning region known

for its Rhône varietals, including Syrah, Grenache, and Mourvèdre. The warmer climate and diverse terrain allow winemakers to experiment with blending and crafting wines that are as bold and expressive as they are refined.

One of the standout producers in this region is Saxum Vineyards. Located in Paso Robles, Saxum has gained a reputation for crafting powerful, top-shelf Rhône-style blends that showcase the richness of the Central Coast. Their wines often display intense flavors of blackberry, plum, and spice, with a full-bodied mouthfeel and the structure to age for years.

Another Central Coast gem is Tablas Creek Vineyard, a pioneer in Rhône-style wines in the region. Partnered with Château de Beaucastel from France's Rhône Valley, Tablas Creek produces wines with both Old World finesse and New World vibrancy. Their Esprit de Tablas blend is a standout, featuring Grenache, Syrah, and Mourvèdre in perfect harmony, with notes of dark berries, leather, and herbs. **Santa Barbara: Chardonnay and Pinot Noir Nirvana**

Farther south, the Santa Barbara wine region has garnered international acclaim for its cool-climate Chardonnay and Pinot Noir. The area's proximity to the Pacific Ocean provides the perfect conditions for producing wines with bright acidity, vibrant fruit, and remarkable balance.

Au Bon Climat is a renowned winery that has been producing exceptional Pinot Noir and Chardonnay for decades. Their top-shelf offerings are known for their elegance and restraint, with flavors of crisp apple, lemon zest, and subtle oak in the Chardonnay, and ripe red fruits, earth, and spice in the Pinot Noir.

Another top-tier producer in Santa Barbara is Brewer-Clifton, whose Chardonnays and Pinot Noirs are revered for their purity of fruit and expression of place. These wines are often described as "transparent," showcasing the essence of the vineyard without excessive oak or manipulation. **A Toast to California's Local Vines**

From the bold Cabernets of Napa to the refined Pinots of Sonoma and the expressive Rhône varietals of the Central Coast, California's top-shelf wines are a testament to the state's winemaking prowess. Whether you are seeking a wine to add to your collection or simply want to enjoy a glass of something truly special, exploring the offerings from these local vines will not disappoint. Each region, each vineyard, and each bottle tells a story of passion, dedication, and a deep connection to the land that makes California one of the world's premier wine destinations.

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EAT YOUR WAY THROUGH LOS ANGELES WITH THESE FOOD TOURS FALL 2024

By Contributing Writer

Los Angeles has always been a melting pot of cultures, and there's no better way to experience that diversity than through its food scene. Fall 2024 is packed with food tours that allow you to indulge in everything from street tacos to gourmet pastries, all while exploring the city's vibrant neighborhoods. Whether



you're a local or a visitor, these curated food tours will give you a taste of LA's culinary richness. Here's a guide to some of the best food tours you won't want to miss this fall.

Downtown LA Food Tour

Downtown Los Angeles is a culinary playground that has exploded in recent years with trendy restaurants, hip food halls,



and cultural cuisine from all over the world. This tour takes you on a journey through the historic core of the city, with stops at Grand Central

Market, known for its eclectic mix of global street foods. From authentic Mexican dishes to vegan-friendly delights, this market offers something for everyone. Don't miss Eggslut's famous egg sandwiches or the artisanal Thai street food at Sticky Rice. The tour also visits Olvera Street for traditional Mexican fare and Little Tokyo for sushi and Japanese sweets.

www.sidewalkfood-tours.com/los-angeles/downtown-la-food-tour

Venice Beach Food Tour

Venice Beach may be known for its bohemian vibes and iconic boardwalk, but it's also home to a thriving food scene. This walking tour lets you sample the flavors of Venice, from locally sourced seafood to organic, plant-based cuisine. You'll start with artisanal coffee before indulging in fresh fish tacos and ending with a sweet treat at one of the area's famed ice cream shops.

www.culinarybackstreets.com

West Hollywood Food Tour

This guided West Hollywood food tour includes six unique stops showcasing the diverse culinary



experiences from traditional cuisines of the neighborhood to the cutting edge. Expert foodies have done extensive and delicious research to offer you the ultimate best-of food tour of West Hollywood. Sidewalk Food Tours was inspired by a deep love of food, history, and the unique stories of different neighborhoods in different cities. You will feel as if you're exploring the city with a close friend who's showing you all their favorite local hideaways.

www.sidewalkfood-tours.com/los-angeles/west-hollywood-food-tour

Old Pasadena Food Walking Tour

The entire tour takes place throughout Old Pasadena, and guests walk from one location to the next. While it is branded as a food tour, guests are pleasantly surprised to also learn about the city's history and architecture. Guests are lead through



Old Pasadena's beautiful alleys and secret thru-ways that exist on land formerly occupied by orange groves. The food tour features Pasadena's independently owned restaurants,

many of which are family-run and have been in business for decades. These are the types of restaurants that travelers would not easily find on their own, essentially, it is a tour of hidden gems that can only be found in the alleys rather than the main boulevards.

www.visitpasadena.com/directory/melting-pot-food-tours

This fall, immerse yourself in LA's food culture by joining one of these tours. Whether you're interested in casual bites or gourmet experiences, Los Angeles offers an exciting and delicious way to explore its neighborhoods. Get ready to taste the best of LA!



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The Breakthrough Skin Cancer Vaccine That's Changing The Game

By Contributing Writer

In recent years, the battle against cancer has seen advances, but none more than the breakthrough skin cancer vaccine. This new vaccine could potentially revolutionize the way skin cancer is treated and prevented. Skin cancer, the most common form of cancer, has long posed challenges for scientists and doctors due to its ability to spread quickly and recur. This groundbreaking vaccine offers hope against one of the most aggressive forms of skin cancer—melanoma.

Understanding Skin Cancer

Skin cancer occurs when abnormal cells in the skin grow uncontrollably. The three main types are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma, the latter being the most deadly. While BCC and SCC are often treated effectively when caught early, melanoma is known for being far more aggressive.

Skin cancer treatments have included surgery, radiation, chemotherapy, and immunotherapy. However, each of these methods comes with limitations. Treatment can be invasive, with significant side effects, and for some patients, recurrence of cancer is common.

The Science Behind the Vaccine

The vaccine builds on cancer immunotherapy, which focuses on harnessing the body's immune system to fight off cancer. This vaccine is designed to stimulate the immune system to recognize and attack cancer cells.

This breakthrough focuses on personalized medicine, meaning each vaccine is customized to the individual patient. Using genomic sequencing, researchers can identify specific proteins on the surface of cancer cells—neoantigens—that are unique to each patient. The vaccine is then designed to teach

the immune system to recognize and attack those specific neoantigens, leading to the destruction of cancer cells.



While immunotherapy drugs like checkpoint inhibitors have already made waves in the treatment of melanoma, this personalized vaccine represents a step forward. It offers long-lasting immunity against melanoma by training the body. Patients not only have a better chance at success, but they also avoid relapses.

Promising Clinical Trial Results

One of the most exciting developments have shown promising results. A partnership between Moderna and pharmaceutical giant Merck has produced



remarkable outcomes in their Phase 2 trials. The experimental mRNA-based cancer vaccine, mRNA-4157/V940, has demonstrated a 44% reduction

in the risk of melanoma recurrence or death when combined with checkpoint inhibitor Keytruda.

These trials have targeted patients with high-risk melanoma who had already undergone surgery. In those who received the vaccine in addition to standard immunotherapy, the chance of the cancer returning was reduced. Researchers are optimistic that, if the vaccine continues

to perform well in subsequent trials, it could become a vital tool in both treating melanoma and preventing it from coming back.

The Potential Impact of the Vaccine

The introduction of this vaccine could mark a watershed moment in cancer treatment. For many patients, melanoma treatment can be a long and arduous journey. With this vaccine, however, not only could treatment become more effective, but it could also provide lasting protection against recurrence.

Additionally, the principles behind this vaccine could pave the way for similar treatments for other cancer. Researchers are hopeful that the approach of identifying unique mutations in individual patients and training the immune system to target them could be expanded to other types of cancer, potentially changing how we approach cancer treatment altogether.

Looking Ahead

While the vaccine is still in clinical trial, the success seen provides hope for the future of skin cancer treatment. The trials will help determine the vaccine's effectiveness in larger, more diverse populations, but the results have been enough to suggest that a new era in cancer treatment may be on the horizon.

For those who have battled melanoma, and for those at high risk, this breakthrough is hope. As the science behind cancer immunotherapy continues, the potential to eradicate cancer through personalized vaccines might become a reality. The skin cancer vaccine is a testament to how far medical research has come—and a glimpse into the future.

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HAMILTON AT THE PANTAGES THEATRE

An Unmissable Experience
Running Through October 13

By Contributing Writer

The cultural phenomenon Hamilton has returned to Los Angeles at the iconic Pantages Theatre, offering audiences a chance to witness Lin-Manuel Miranda's revolutionary musical live. Running through October 13, this limited engagement presents an opportunity for both seasoned theatergoers and newcomers to experience the blend of hip-hop, R&B, and traditional show tunes that has made Hamilton one of the most celebrated productions in Broadway.

The Pantages Theatre's production features a stellar cast that brings this powerful story of ambition, legacy, and the American Revolution to life. With tickets available at broadwayinhollywood.com, it's time to secure your seats. **The Revolutionary Story of Alexander Hamilton** tells the life story of Alexander Hamilton, an immigrant orphan from the



Caribbean who rose to become one of America's most influential Founding Fathers. From his early days as an outsider to his role as George Washington's right-hand man and the first Secretary of the Treasury, Hamilton's story is one of perseverance, genius, and tragedy. Through modern music, Hamilton brings to life the conflicts and passions of the early American political landscape. The show masterfully weaves in historical figures like

George Washington, Thomas Jefferson, and Aaron Burr while exploring timeless themes of legacy, ambition, and the cost of building a nation. **The Cast**

Alexander Hamilton is played by Pierre Jean Gonzalez, whose powerful portrayal captures both relentless ambition and vulnerability. Gonzalez's vocal delivery is impeccable. Opposite Gonzalez is Jared Dixon, who takes on Aaron Burr, Hamilton's rival and killer. Dixon's Burr is charismatic and layered, oscillating between envy, ambition, and regret. Stephanie Umoh stars as Eliza Schuyler Hamilton, Alexander's wife. Umoh brings warmth and emotional nuance to the role. Eliza's sister, Angelica Schuyler, is portrayed by the electrifying Ta'Rea Campbell, who delivers a show-stopping performance. Desmond Sean Ellington takes on the role of George Washington, capturing the

gravitas and nobility of the nation's first president. Rounding out the principal cast is Warren Egypt Franklin as Thomas Jefferson. David Park brings comic relief as King George III, with his cheeky performance poking fun at the British monarchy's futile attempts to control the American colonies. **The Music and Choreography** Lin-Manuel Miranda's score drives Hamilton, blending hip-hop, R&B, and traditional Broadway styles into a soundtrack that redefines the genre. The choreography, helmed by Andy Blankenbuehler, is just as integral to the storytelling as the music. The ensemble's precise movements amplify the drama. **The Pantages Theatre: An Iconic Venue** Pantages Theatre is the perfect setting for a show as monumental as Hamilton. With its art deco interior and state-of-the-art sound system, the Pantages adds to the grandeur of the experience. **Why You Should See Hamilton at the Pantages** Hamilton is a once-in-a-generation musical. The production at the Pantages Theatre is a must-see. The show's run makes this your chance to experience the magic of Hamilton live. Tickets and information are available at www.broadwayinhollywood.com

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EXTRAORDINARY THINGS THAT CAN ONLY BE SEEN IN DUBAI

By Contributing Writer

Dubai is synonymous with luxury, innovation, and an unrelenting drive to push the boundaries. This dazzling city in the United Arab Emirates is home to attractions and experiences that exist nowhere else in the world, combining architectural marvels with cutting-edge technology and deeply rooted cultural traditions. If you're looking for a unique experience, Dubai's got it, from sky-high adventures to unparalleled man-made wonders.

Burj Khalifa: The World's Tallest Building

Burj Khalifa stands as a testament to human ingenuity, towering at an astonishing 828 meters



(2,717 feet). While skyscrapers abound worldwide, nothing quite compares to standing at the top of the tallest one. The observation deck, located on the 148th floor, provides breathtaking panoramic views. During the day, you can see the Arabian Desert stretching out in one direction and the azure waters of the Persian Gulf in the other. At night, the city below is transformed into a network of lights.

The Palm Jumeirah: The Iconic Man-Made Island

From above, Palm Jumeirah looks like a palm tree floating in the sea, a symbol of Dubai's ambition. It's not just the world's largest artificial island; it's also a luxurious playground filled with world-class resorts, including Atlantis The Palm, which offers aquatic experiences and views of marine life at the Lost Chambers Aquarium. Palm Jumeirah is a marvel of engineering and design that showcases Dubai's grand-scale projects.

Dubai Mall: Shopping on a Whole New Level

Dubai takes shopping to a new level with the Dubai Mall, one of the largest shopping centers in the world. But it's not just about luxury goods and designer brands. The mall boasts its own indoor aquarium and an Olympic-sized ice

skating rink. One of the standout attractions is the Dubai Fountain, where water jets soar as high as 150 meters, choreographed to music and lights.

Skydiving Over The Palm
Nothing beats skydiving over the iconic Palm Jumeirah. The view as you free-fall from 13,000 feet is stunning—imagine seeing the entire Palm island, the glittering skyscrapers of Dubai Marina, and the expansive desert in one panoramic shot.

Ski Dubai: Indoor Snow in the Desert

Dubai is known for defying the natural environment, and nothing exemplifies this more than Ski Dubai, located within the Mall of the Emirates. This indoor ski resort features five ski runs, a snow park, and even live penguins. Visitors can ski, snowboard, or simply enjoy playing in the snow.

The Museum of the Future: A Glimpse Into Tomorrow

One of Dubai's newest landmarks is the Museum of the Future, an architectural marvel shaped like a giant eye, symbolizing the possibilities of tomorrow. The building itself is a sight to behold, with its fluid, futuristic design and illuminated Arabic calligraphy inscribed on its surface. Inside, the museum explores the future of science, technology, and innovation, giving visitors a glimpse into what life could look like in the decades ahead.



The Dubai Miracle Garden: A Floral Wonderland

Dubai is also home to the Dubai Miracle Garden, the world's largest natural flower garden. This 72,000-square-meter garden features more than 50 million flowers arranged in intricate designs and sculptures.

Al Fahidi Historic District: A Glimpse of Old Dubai

The Al Fahidi Historic District takes visitors back to the city's humble beginnings. Wander through narrow alleyways, traditional houses, and wind towers that date back to the 19th century.

Dubai constantly pushes the envelope in architecture, culture, and experiences. Whether you're marveling at the tallest building, skiing in the desert, or skydiving over a man-made island, these extraordinary things can only be seen in Dubai. A visit will leave you awestruck.

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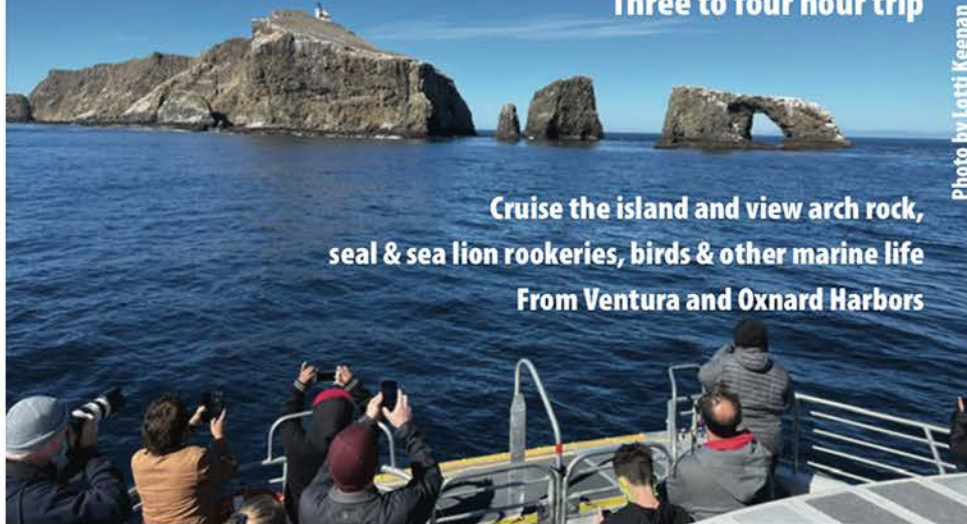


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The Most Successful Lead Singer Swaps In Music History

By Contributing Writer

In music, lead singers define a band's identity. Their voice, charisma, and stage presence become synonymous with the band's sound. However, when bands swap lead singers, it can either lead to incredible success or a loss of fans. **AC/DC: Bon Scott to Brian Johnson**

When AC/DC's frontman Bon Scott died in 1980, the band's future seemed uncertain. Scott's



powerful, gritty voice and high-energy performances had become central to AC/DC's identity. But the Australian rockers recruited Brian Johnson, a singer with a raspy voice and a background in blues and rock. The transition was seamless, and the band recorded the album Back in Black—which became one of the best-selling albums of all time.

This swap elevated them to a new level of superstardom. Johnson's vocal prowess won over longtime fans and new listeners, proving a band can survive—and even thrive—after losing its frontman. **Van Halen: David Lee Roth to Sammy Hagar**

Van Halen burst onto rock in the 70s with David Lee Roth. Roth's stage presence and distinctive

voice helped the band become one of the biggest rock acts. But tensions between Roth and the band reached a breaking point, and Roth left to pursue a solo career. In came Sammy Hagar, a successful solo artist known for powerful voice and songwriting skills.

The switch was surprisingly smooth. The band's sound shifted from hard rock party anthems to a polished, radio-friendly sound. Van Halen scored four No. 1 albums. While fans debate which singer was better, there's no denying the success Van Halen experienced with Hagar.

Genesis: Peter Gabriel to Phil Collins

When Genesis formed in the 1960s, Peter Gabriel became the face of the band. However, in 1975, Gabriel left the group to pursue a solo career. The band promoted their drummer, Phil Collins, to the role of lead vocalist.

Under Collins' leadership, Genesis evolved from a progressive rock band into a pop-rock powerhouse. Albums like Invisible Touch brought Genesis commercial success, and Collins' approachable, mainstream style won over new fans. Collins' solo career also flourished alongside his work with Genesis.

Iron Maiden: Paul Di'Anno to Bruce Dickinson

Iron Maiden began their career with Paul Di'Anno as lead vocalist. Di'Anno's raw, punk-inspired energy helped define the band's early sound. However, by 1981, the band felt that Di'Anno's vocal style was limiting their musical growth, and they replaced him with Bruce Dickinson.



Dickinson's arrival marked a turning point. His operatic vocal range and stage presence helped propel the band to new heights.

Journey: Steve Perry to Arnel Pineda

When Steve Perry left Journey in 1998, fans doubted whether the band could continue. Then the band found Arnel Pineda on YouTube.

Pineda's vocal similarity to Perry amazed both the band and fans, and his background added a compelling underdog story. Journey's tours with Pineda have been wildly successful, and he's brought new life to the band's timeless hits.

While changing lead singers can be a risky, AC/DC, Van Halen, Genesis, Iron Maiden, and Journey show that with the right frontman, bands can reinvent themselves. These swaps not only preserved these bands' legacies but pushed them into even bigger global fame.



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Oblique Exercises For A Stronger Core And Spine Support

By Contributing Writer

A strong core is the foundation of a fit body, and it's not just about having six-pack abs. One component of the core often overlooked are oblique muscles. These muscles run along the sides of your abdomen and play a crucial role in supporting your spine, improving posture, and enabling movement such as twisting, bending, and stabilizing the body. Strengthening obliques not only enhances your physical appearance but also improves core stability, reduces risk of injury, and contributes to a healthier back.

Why Focus on Oblique Strength?

The core is thought of as the abdominal muscles, but it includes the entire torso. The obliques play a significant role in stabilizing your



Prevent Lower Back Pain: By strengthening muscles that support the spine, you reduce risk of overworking other muscles.

Enhance Athletic Performance: Oblique strength is key for athletes, especially in sports like tennis, golf, or baseball.



Support Everyday Movements:

From bending down to twisting to reach for something, strong obliques make daily activities safer and easier.

Best Oblique Exercises for Core and Spine Support

Incorporating oblique exercises into your fitness can strengthen important

muscles and provide comprehensive core and spine support. Below are some highly effective exercises that target obliques.

Side Plank

The side plank is one of the best exercises for targeting obliques and building core stability.

Start by lying on your side, with legs stacked on top of each other. Prop yourself up on one forearm, keeping your elbow beneath your shoulder. Lift your hips off the ground, creating a straight line from your shoulders to your feet. Hold this position for 20–30 seconds, then switch sides.

Russian Twists

Russian twists are a dynamic exercise for working the obliques.

Sit on the ground with knees bent and feet flat. Lean back slightly, keeping your back straight. Hold a weight (or clasp your hands) and twist your torso to one side, then the other, while keeping your core engaged. To make it more challenging, lift feet off the ground.

Bicycle Crunches

Bicycle crunches are a classic abdominal exercise that targets

the obliques by incorporating a twisting motion.

Lie flat on your back with hands behind your head. Lift your knees to a 90-degree angle and bring your opposite elbow towards your knee as you straighten the other leg. Alternate sides in a slow, controlled motion.

Woodchoppers

This functional exercise mimics chopping wood, making it an effective oblique and full-body workout.

Stand with your feet shoulder-width apart, holding a weight with both hands. Start by holding the weight above one shoulder, then swing it diagonally across your body toward the opposite hip. Return to the starting position and repeat.

Mountain Climbers with a Twist

This variation adds a rotational element to the exercise, engaging the obliques and elevating your heart rate.

Start in a high plank with hands directly under your shoulders. Bring one knee towards the opposite elbow, twisting your body as you move. Alternate sides.

Tips for Oblique Exercises and Core Training

Engage your Core: Engage your core through each exercise to protect your back and maximize muscle engagement.

Breathe Properly: Focus on controlled breathing. Exhale during the exertion phase of the exercise and inhale during the return to the starting position.

Consistency: Incorporating oblique exercises will lead to improvements in strength, posture, and spine support.

Avoid Overtraining: While it's important to strengthen obliques, overtraining can lead to muscle imbalances or strains. Balance your workouts with exercises targeting all areas of the core, including the lower back, hips, and rectus abdominis.

Strengthening obliques is essential for developing a strong, stable core and providing better support for your spine. By incorporating targeted oblique exercises like side planks, Russian twists, and woodchoppers into your fitness routine, you'll not only improve your posture and reduce your risk of injury, but also enhance your overall strength and athletic performance. Whether you're an athlete or someone looking to build a more resilient body, oblique exercises are a key piece of the puzzle for core and spine health.

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SHOULD YOU LET YOUR PETS SLEEP IN BED WITH YOU?

By Contributing Writer

For many pet owners, the sight of their dog or cat curled up in bed beside them is comforting. Sharing your bed with a pet can bring security and emotional warmth. However, there's a debate about whether it's a good idea. While some find it to be bonding, others raise concerns about hygiene, sleep quality, and the behavioral impact on the pet.

The Benefits

Here are positives to sleeping with your pet.

Enhanced Bonding and Comfort

Sharing your bed with a pet can deepen the emotional bond between you and your furry companion. Pets, especially dogs and cats, are social animals that enjoy close physical contact. This proximity fosters a sense of belonging and companionship.

For many, sleeping with a pet can also reduce loneliness and anxiety. Pets offer a soothing presence, and their rhythmic breathing or purring can have a calming effect. Some people report falling asleep more quickly or sleeping more soundly when their pet is near them.

Increased Sense of Security

For those who live alone, having a pet in bed can provide security. Dogs are known to be protective of their owners and will alert them to unfamiliar sounds or dangers. Even small dogs can be effective early-warning systems.

Stress Reduction

Interacting with pets can reduce stress. Pets trigger the release of oxytocin, a hormone that promotes happiness and relaxation. If you've had a particularly stressful day, having your pet nearby might help to alleviate some of that tension.

The Drawbacks

While there are clear emotional benefits, there are also practical concerns.

Disrupted Sleep

Pets can disrupt your sleep. Pets move around, and movements can jolt you awake. Cats may jump in and out of bed multiple times, while dogs might shift positions, scratch, or even snore.



For light sleepers, these disruptions can lead to poor sleep quality. Chronic sleep deprivation can lead to mood swings, reduced cognitive function, and even a weakened immune system. If you're someone who struggles to fall or stay asleep, having your pet in bed may not be the best idea.

Hygiene Concerns

Pets, no matter how clean they are, can bring dirt, allergens, and parasites into your bed. Dogs and cats walk outside or around the house, tracking in dirt, pollen, or other allergens.

Additionally, pets can shed fur, which may exacerbate allergies or asthma.

There's also the risk of parasites like fleas or ticks, which can transfer from your pet to you. Even if your pet is well-groomed and regularly treated for parasites, the possibility of introducing bacteria

or germs into your sleeping environment remains a concern.

Behavioral Impact on Pets

Allowing pets to sleep in your bed can affect their behavior. Dogs are pack animals that thrive on structure and clear boundaries. When dogs are allowed to share their owner's bed, it may blur the lines of authority, leading them to believe they have equal status within the "pack." This can result in behavioral problems. For pets with separation anxiety, sleeping in bed with their owner can exacerbate the issue. While it might seem kind to allow a pet with anxiety to sleep in bed with you, this can reinforce their dependence on being near you at all times.

Finding a Middle Ground

If you're torn between the emotional benefits and the downsides, there are ways to strike a balance.

Create a designated pet bed: Instead of allowing your pet to sleep in your bed, you can place a cozy pet bed next to yours. This way, your pet is still close, and you can maintain that bond without compromising sleep quality or hygiene.

Set boundaries: If you're okay with your pet sleeping in bed occasionally, consider setting clear boundaries. Train your pet to sleep at the foot of the bed, rather than near your body, to minimize disruptions. Limiting bed-sharing to certain times or nights can help maintain structure and prevent behavioral issues.

Keep your pet clean: Regular grooming, baths, and vet check-ups are essential. This helps reduce the amount of dirt, fur, and allergens they bring in.

Letting your pet sleep in bed with you is a personal decision, with benefits like enhanced bonding and emotional comfort, but also potential drawbacks like disrupted sleep and hygiene concerns. If you find that your pet's presence helps you relax and sleep more soundly, it may be worth continuing the practice. However, if your sleep quality suffers or if you have concerns about hygiene or behavior, setting boundaries or finding alternative sleeping arrangements for your pet might be a better option. The choice comes down to what works best for you and your furry friend.

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The Six-Digit Price Diamond-Studded Nokia Mobile Phone in Dubai

By Contributing Writer

In a world where smartphones have become everyday tools, a new market of ultra-luxurious mobile phones is redefining exclusivity. At the forefront of this is the six-digit price diamond-encrusted Nokia mobile phone, a symbol of unparalleled luxury and craftsmanship that has made headlines, particularly in Dubai, a city synonymous with wealth and extravagance. This extravagant mobile phone is more than just a communication device—it is a statement piece.

Dubai has been known as a hub for high-end luxury, from sports cars to designer watches and exclusive real estate. The diamond-studded Nokia mobile phone fits right in, offering a glimpse into the world of bespoke technology and craftsmanship.

The Concept of Luxury Mobile Phones

The idea of luxury mobile phones is not new, but the diamond-studded Nokia takes it to

another level. For decades, companies like Vertu, Gresso, and Mobido have produced high-end phones featuring rare materials like gold, titanium, and alligator leather. These phones cater to a niche market of individuals who seek exclusivity, privacy, and prestige. However, the six-digit price tag elevates it to an entirely new category of luxury.



This diamond Nokia mobile phone merges the functionality of a traditional mobile device with the finest materials money can buy. The handset is crafted with precision, featuring a solid gold body, diamonds encrusted around the edges, and custom engravings to personalize each device. It's not about having the latest operating system or the fastest process-

or—this phone is all about the prestige and elegance that comes with owning a one-of-a-kind luxury item. **The Six-Digit Price: What Makes It So Expensive?**

The eye-watering six-digit price tag attached to this diamond-encrusted Nokia mobile phone is justified by several factors.



Materials

One of the primary reasons for the phone's high cost is the use of precious materials. The body of the phone is made from 24-carat gold, while its surface is adorned with diamonds. These diamonds are carefully selected for their quality, cut, and clarity, adding to the phone's exclusivity. The handset may also feature leather or exotic skins for added opulence.

Customization

Another key factor in the price is the level of customization available. Buyers can personalize their phones by choosing the type of gold, the size and arrangement of the diamonds, and even unique engravings, such as initials, logos, or custom artwork. Each phone is handcrafted to the buyer's specifications, ensuring that no two devices are exactly alike. This bespoke approach to design increases both the value and exclusivity of the phone.

Limited Edition

Limited production runs also contribute to the phone's high value. Only a select few are made, with some models limited to as few as ten units globally. This scarcity drives up demand among collectors and affluent buyers who are willing to pay a premium for a phone that sets them apart from the crowd.

Craftsmanship

The level of craftsmanship that goes into creating these luxury phones is unparalleled. Expert jewelers and craftsmen spend hours, if not days, meticulously setting each diamond and polishing the gold casing. The result is a phone that is not only functional but also a work of art.

Dubai: A Hotspot for Luxury Technology

Dubai, with its thriving economy and appetite for luxury, has emerged as one of the world's top markets for exclusive and

high-end goods. It's no surprise that the six-digit price diamond Nokia mobile phone has found a significant market here. Dubai's affluent population, made up of billionaires, royalty, and high-net-worth individuals, has an insatiable demand for one-of-a-kind luxury items, from custom-designed supercars to rare jewelry and, now, diamond-studded mobile phones.

In Dubai, owning luxury technology is often seen as a status symbol. The diamond Nokia phone, with its dazzling design and sky-high price, offers the ultimate expression of wealth and success. Local celebrities, business magnates, and even international buyers frequently visit Dubai's high-end shopping districts to seek out such extravagant devices.

Who Buys a Six-Digit Price Mobile Phone?

The target audience for a diamond-encrusted mobile phone is a very select group of individuals. These phones appeal to the ultra-wealthy, who see them not just as a gadget but as a piece of wearable art. For many buyers, a phone like this is more than just a tool for communication—it is a statement of their success, style, and social standing.

Collectors of rare luxury items, such as watches, jewelry, and cars, are often drawn to such devices because they offer an added layer of exclusivity. Moreover, for those who already own the best of everything, a diamond-encrusted Nokia offers something truly unique and custom-made, distinguishing them from the ordinary elite.

The Future of Luxury Mobile Phones

As the world of technology continues to evolve, so too does the market for luxury mobile phones. While the latest smartphones offer unparalleled performance and features, there will always be a niche market for devices that prioritize exclusivity and craftsmanship over functionality. The diamond Nokia mobile phone in Dubai represents the pinnacle of this trend, combining high-end design with rare materials to create a mobile device that transcends its traditional purpose.

In the future, we can expect to see more collaborations between luxury brands and technology companies, further pushing the boundaries of what a mobile phone can represent. Whether it's through more extravagant materials or even greater customization options, the demand for luxury phones among the ultra-wealthy shows no signs of slowing down.

The six-digit price diamond-studded Nokia mobile phone is more than just a communication device—it is a symbol of status, wealth, and individual style. In a city like Dubai, where luxury is a way of life, such an exclusive item fits perfectly into the landscape of opulence. With its combination of precious materials, expert craftsmanship, and limited availability, this phone is destined to remain a coveted possession among the world's elite.

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Pet-Friendly Potted Trees You Can Grow Indoors To Enhance Your Space

By Contributing Writer

For pet owners, enhancing your home with indoor greenery can sometimes feel like a balancing act between aesthetic appeal and safety. While many houseplants and trees can bring life and beauty to a room, not all are safe for our furry friends. Luckily, there are several potted trees that are non-toxic to pets and will still transform your indoor environment into a lush sanctuary. These trees provide all the benefits of indoor greenery, from purifying the air to creating a calm, soothing atmosphere, without posing a risk to your dogs or cats. Below are some of the best pet-friendly potted trees you can grow indoors to elevate your space.

Parlor Palm (*Chamaedorea elegans*)

The Parlor Palm is one of the most popular pet-safe indoor trees. With its feathery fronds and elegant appearance, it adds a tropical feel to any room. It is also incredibly low-maintenance, making it perfect for busy pet owners. Parlor Palms thrive in low to medium light conditions and don't require frequent watering. Their air-purifying qualities help improve indoor air quality, which can be beneficial for both pets and humans.

The fact that the Parlor Palm is non-toxic to both cats and dogs makes it a fantastic choice for pet-friendly households. You can place this tree in any room without worrying about your pets nibbling on its leaves.

Areca Palm (*Dypsis lutescens*)

Also known as the Butterfly Palm, the Areca Palm is another beautiful tree that's safe for pets. Its arching fronds bring a sense of grace and movement to any indoor space. This palm can grow up to 6 to 8 feet tall indoors, making it a great option for filling empty corners or adding height to a room.

The Areca Palm thrives in bright, indirect light and prefers moderate watering, though it can tolerate some neglect. Its pet-friendly nature means you won't have to worry if your curious cat decides to investigate. It's also known for being an excellent air purifier, making it both a functional and aesthetic choice.

Bamboo Palm (*Chamaedorea seifrizii*)

The Bamboo Palm is a stunning, pet-safe tree that can add a sense of lush greenery to your indoor space. It resembles the Areca Palm with its long, arching leaves and slender trunks, but it tends to be a bit smaller, growing up to about 6 feet indoors.



Bamboo Palms prefer bright, indirect light but can tolerate lower light conditions, making them perfect for spaces that don't get a lot of direct sunlight. This palm is safe for cats and dogs and has the added benefit of filtering toxins like formaldehyde and benzene from the air, making it a healthy choice for homes with pets.

Kentia Palm (*Howea forsteriana*)

If you're looking for a pet-friendly indoor tree with a touch of sophistication, the Kentia Palm is an excellent option. This slow-growing palm has long, graceful fronds that create a timeless, elegant look. Kentia Palms can grow up to 10 feet tall indoors, making them an ideal choice for rooms with high ceilings.

Kentia Palms are incredibly low-maintenance, requiring only occasional watering and thriving in low to bright indirect light. Best of all, they're non-toxic to pets, so you won't have to worry if your dog or cat gets too close.

Calathea (*Calathea* spp.)

While technically not a tree, the Calathea is a large, pet-safe plant that can grow to an impressive size, making it a wonderful alternative for those seeking a smaller indoor tree. Known for its striking, colorful foliage, the Calathea adds a burst of vibrant green, purple, or pink to your space.

Calatheas thrive in bright, indirect light and require regular watering to keep the soil moist but not soggy. These plants are non-toxic to pets, making them a safe choice for homes with curious animals. Their eye-catching leaves and compact size make them ideal for placing on the floor or on elevated plant stands.

Spider Plant (*Chlorophytum comosum*)

The Spider Plant is another pet-friendly option that, although not technically a tree, can grow quite large in a hanging basket or a tall pot. With its cascading, arching leaves, it provides an interesting and dynamic look for any room. Spider Plants are non-toxic to both cats and dogs and are known to help purify the air by absorbing carbon monoxide and formaldehyde.

Spider Plants thrive in indirect sunlight and prefer occasional watering, making them an easy-care choice for busy households. They also produce small "pups," or offshoots, that can be propagated into new plants, allowing you to multiply your greenery over time.

Banana Tree (*Musa* spp.)

For a bold and tropical feel, consider growing a Banana Tree indoors. Dwarf Banana Trees



are non-toxic to pets and can thrive indoors under the right conditions. With their large, paddle-shaped leaves, they make a striking focal point in any room.

Banana Trees require bright, direct sunlight and regular watering to stay healthy. Although they can grow up to 6 feet tall indoors, they do need some extra care to keep their humidity levels high, which can be achieved with regular misting or placing

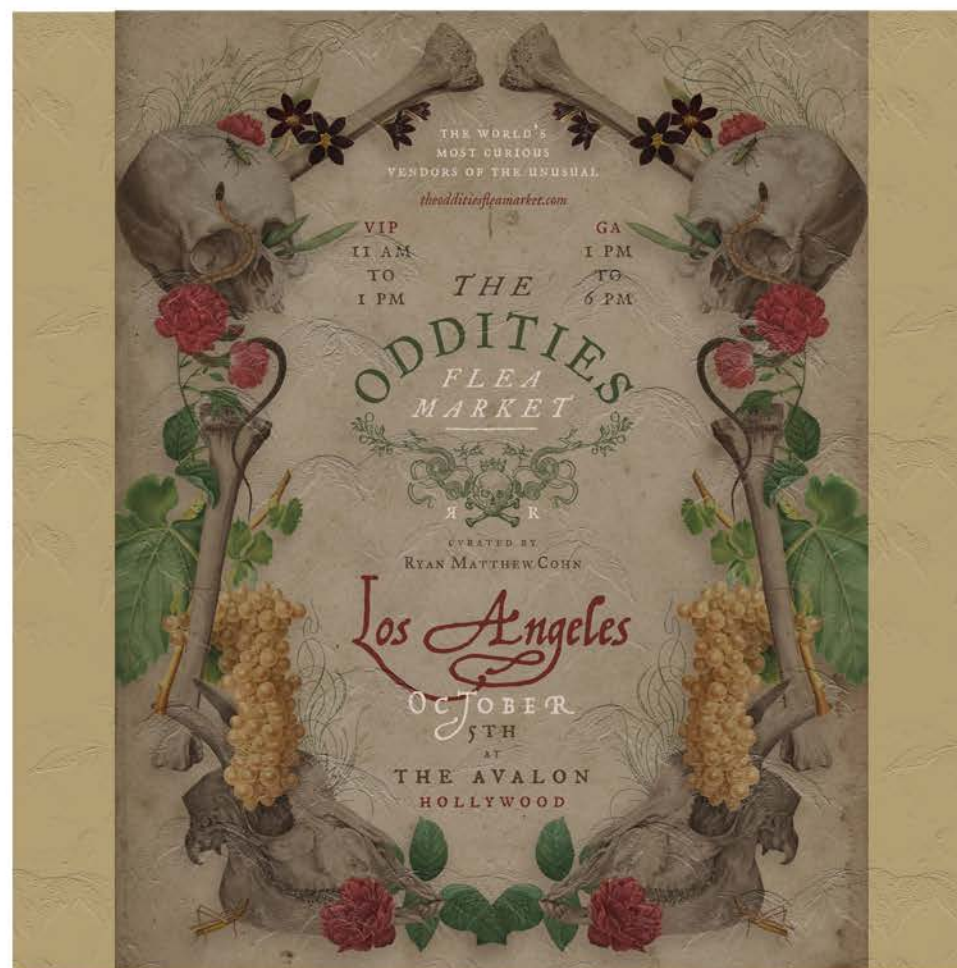
them near a humidifier. This tree is a perfect choice for pet owners who want a large, dramatic plant that's safe for their furry companions.

Caring for Your Pet-Friendly Indoor Tree

While these trees are non-toxic to pets, it's still essential to care for them properly to ensure they thrive in your home. Most indoor trees prefer bright, indirect light, though some can tolerate lower light conditions. Make sure to choose a pot with good drainage to prevent water from pooling at the roots, and be mindful of how often you water, as overwatering is a common issue.

Regularly dust the leaves to keep your indoor trees healthy and clean. It's also a good idea to keep an eye on your pets to ensure they don't use your potted trees as scratching posts or chew toys, even if the plants are safe.

Having a pet doesn't mean you have to forgo the beauty and benefits of indoor trees. The Parlor Palm, Areca Palm, Bamboo Palm, Kentia Palm, and other pet-safe trees can enhance your home without posing any risk to your beloved animals. By choosing the right plants and providing them with proper care, you can create a vibrant and pet-friendly indoor oasis that everyone in your household will enjoy.



By Andrews McMeel Syndication **Top Stories**

Literally. Sean Edward Uribe, 35, was arrested on Sept. 12 in the wake of two incidents over the summer at Miami clothing stores, The Smoking Gun reported. During the first encounter, at a Ross Dress for Less in June, Uribe allegedly used a medical syringe to squirt a substance on the back of the shorts of a juvenile as he recorded with his phone, police said. Witnesses alerted store employees and the victim as Uribe fled the scene. In late August at a Marshalls store, Uribe allegedly struck again, this time targeting an adult woman to "spray an unknown substance on the victim's left buttocks area," police said. When Uribe was taken into custody, he confessed and said the liquid in the syringes was moisturizing lotion. Then he called his father, as police listened, and instructed him to go to his house and remove hard drives. "Put them under lock and key," he said. Officers got there first and seized the drives, along with loaded syringes. So far, he's been charged with battery on a child, two misdemeanor battery counts and tampering with evidence.

A Scandinavian Airlines flight from Oslo, Norway, to Malaga, Spain, was diverted to Copenhagen, Denmark, on Sept. 18 after a mouse crawled out of a passenger's in-flight meal, the BBC reported. Jarle Borrestad, who was sitting next to the passenger whose meal harbored the rodent, told the BBC that people on board remained calm, but he put his socks over his pant legs so the mouse couldn't crawl up his leg. Oystein Schmidt, SAS spokesperson, said such events happen "extremely rarely"; passengers were transferred to another plane and went on their way.

On Sept. 24, as the Kamloops, British Columbia, city council met in the council chambers, someone zooming in online queued up a pornographic video clip while sharing their screen, the CBC reported. The council's public participation segment of the meeting allows people to ask questions or comment on agenda items, but councilman Bill Sarai said Tuesday's incident was the final straw for him. "It's really swayed far, far away from what it's meant to be," Sarai said. He wants to eliminate the public portion of the meeting and ask the public to interact through email or in-person meetings.

-- In November, Stack's Bowers Galleries in Boston will offer an extremely rare three-pence coin from 1652 for auction, CBS

News reported. The coin, which was minted in Boston at the Hull Mint, was purchased from a shop in the Netherlands. It is one of only three known coins like it, one of which was stolen and hasn't been seen since. Store manager Stanley Chu expects it to fetch well over \$1 million.

-- Student volunteers were helping out with an archaeological dig in Eu, France, when one of them found a small glass bottle inside an earthenware pot, United Press International reported. Inside the bottle was a message, written in January 1825, from one "P.J. Feret, a native of Dieppe, member of various intellectual societies." Feret was carrying out excavations at the same site and left the message for future explorers. "It was an absolutely magic moment," said Guillaume Blondel, head of the town's Regional Archaeology Service. Local records revealed that Feret was a well-known archaeologist of his time. Blondel said such finds are rare: "Most archaeologists prefer to think that there won't be anyone coming after them because they've done all the work."

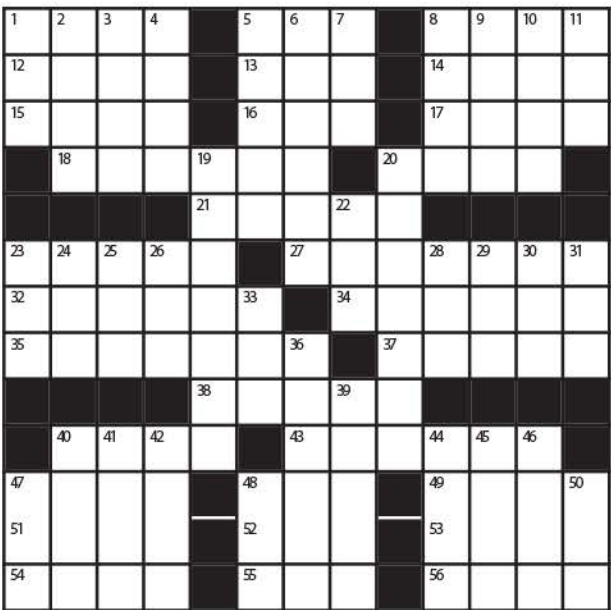
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A 27-foot-tall puppet in the shape of a seated baby has been installed in the center of the town of Rochdale, England, the BBC reported on Sept. 25. The baby, named Lilly, with a mouth and eyes that open and shut, is part of a council project to encourage schoolchildren to talk about the importance of the environment. Ostensibly, the kids will speak to Lilly; their conversations will be recorded and broadcast from the baby at an event on Oct. 24 at Hollingworth Lake Nature Park. But townsfolk aren't warming up to Lilly, calling it "the ugliest baby I've ever seen." One said, "It's creepy with its eyes shut, never mind open." No telling how school-aged kids will react to it.

-- A 58-year-old Simcoe, Ontario, Canada, woman, Wendy Washik, was taken into custody on Sept. 1 and charged with assault with a weapon, the CBC reported. The charges stemmed from an incident at a backyard party when Washik, who was playing with a child, accidentally shot a neighbor with a water gun while he mowed his lawn. Washik said she apologized repeatedly, but the "victim" "wouldn't listen to me and ... was screaming at me." She said police "didn't ask me a single question. They didn't ask to see the water gun." Washik was due in court on Sept. 24.

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 - 12. The euro replaced it
 - 13. Parent's order
 - 14. Rachel Ray equipment
 - 15. Consumer
 - 16. Buzzing about
 - 17. Remove
 - 18. Unvarnished
 - 20. Charitable handout
 - 21. Set up
 - 23. Volume expression
 - 27. Fancy desk
 - 32. Having no tension
 - 34. Oddball
 - 35. Chair type
 - 37. To date
 - 38. Character of a culture
 - 40. Verizon product
 - 43. Degree
 - 47. Excellent
 - 48. Absorbed, as a cost
 - 49. Female deer
 - 51. ____ you care!
 - 52. A filthy place
 - 53. Computer expert
 - 54. Whip mark
 - 55. Shed item
 - 56. Looking like certain trees

- Down
- 1. Viral disease
 - 2. Type of CPU (abbr.)
 - 3. ____ code
 - 4. Mountain pool
 - 5. Transmitting
 - 6. Silo contents
 - 7. Wee hour
 - 8. Refrigerate
 - 9. Egg
 - 10. Not as many
 - 11. Queen, maybe
 - 19. Measurement of sound
 - 20. No less than
 - 22. Bull's mate
 - 23. Metered transport
 - 24. Sport ____ (all-purpose vehicle)
 - 25. Slithery creature
 - 26. Country stopover
 - 28. Sue Grafton's "____ for Lawless"

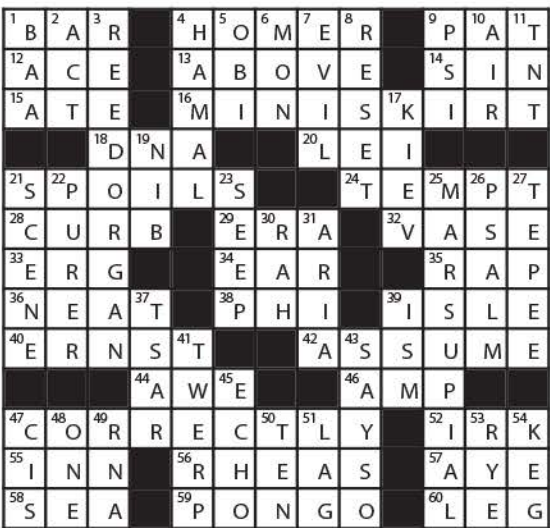


- 29. Give it a whirl
- 30. Poem
- 31. Container
- 33. Bebopper
- 36. Poor area of the city
- 39. Wild flower
- 40. Law suit
- 41. Bad to the bone
- 42. Hit the road
- 44. Halftime lead, e.g.
- 45. Winter air
- 46. Abound
- 47. Not cooked
- 48. ____ Wednesday
- 50. "Vanilla ____"

DAD JOKES



Air used to be free at the gas station, now it's \$1.50. You know why? Inflation.





SUMMER AND FALL AFTER SCHOOL LEARNING



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Join Discovery Cube Los Angeles for Camp Discovery as you travel beyond the classroom to explore and engage in fun, hands-on science. Campers will take a walk on the wild side during Curious about Creatures, which features animals from prehistoric past to present. Kids will go out of this world during our Space camp, as they explore "strange new worlds" through space crafts, engineering

and experiments. In World of Motion, campers will explore the exciting principles of physics and motion as they experiment with racecars & build flying machines. In California STEAMin' campers will engineer their own solutions to real-world problems. t: (714) 263-3837 w: <http://www.discovery-cube.org>

SVCAC's Young Artists Playground (YAP) Youth Arts Education Program features interactive arts workshops and camps for youth ages 5-14 years old. YAP is dedicated to enriching the lives of local youth through quality arts education and performance based programs. YAP builds visual and performing arts skills through programs that foster confidence, compassion and resilience in students of all abilities. We offer opportunities for youth to develop and share their creative voices. For more information contact: Stephanie Lesh at 818-601-0582

Destination Science is a warm, wonderful science camp where kids feel comfortable making connections with others! Parents tell us that their child loves that everyone at camp shares the idea that it is cool to be smart! Multiple locations: destinationsscience.org 888-909-2822 Enrollment special until March 1, call today!

Mind Crafters - West Hills

The future for our children is now, and there's no time to waste. Mind Crafters Mission is to bring STEM knowledge to kids, as early as possible. Grasping these concepts at an early age guarantee "OWNING THE FUTURE". Programs combine expert instruction, hands-on learning, and real world tools. As a result, they're interactive, engaging, and effective. And most important, kids genuinely enjoy them. Call Today (747) 263 0821

Summer Art Academy - Agoura

Explore our many unique summer programs designed to open minds and change lives including Art Camp, Art Camp 101, Teen Camp, Winter Camp, Mini Camp, and Spring Break Camp. Your kids will enjoy painting, cooking, working with clay, musical theatre, cartooning, magic, sewing, yoga and most importantly having fun! www.summerartacademy.com

Teenage Drama Workshop (TADW) TADW 2024 Registration IS NOW OPEN

Dates: June 13-July 26, 2024
Ages: 12-18 TADW is a conservatory-style program at CSUN. Our goal is to teach teens ages 11-18 about the theatre arts. Join us for our 65th summer, which will culminate with SPONGEBOB THE MUSICAL

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After School Conservatory is a music based program located on Ventura Blvd. near the border of

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We are conveniently located near Woodlake elementary, Woodland Hills elementary, Calabash charter academy, Hale charter academy, El Camino high school and many more. After School Conservatory has a spacious facility (over 3000 SF) and is equipped with top-notch quality musical instruments including Schimmel and Kawai grand pianos, Roland TD 17 series electronic drum set and the Yamaha LC4 music lab system with 8 Yamaha P-45 digital pianos for a group piano teaching environment. (818) 436-2675

Star Galaxy- Academic, Homework lab, Sports

STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activities. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. registration@starinc.org

LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

The Leonis Adobe Museum is hosting its annual summer program, Lil Ranchers, Tuesdays from 7/11 - 8/8 between 9:30 am - 11:30 am. Enjoy a different theme and activities each week! Leonis Adobe Museum 23537 Calabasas Road

Calabasas, California 91302
Phone: (818) 222-6511
Members are free or \$8 for non-members.

Camp Woodland Hills

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Golden Performing Arts Center After School Programs

- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, Golden PAC has offered Musical Theater workshops for children and teens for over 35 years. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. All enrollees are guaranteed a part regardless of prior training or experience. Workshops are presented in the spring, summer, and fall. Each workshop culminates with a professional-quality production of a licensed Broadway musical in which young people play all the roles. <https://www.goldenpac.org/> Now in a brand new location!



Dealing With Separation Anxiety Understanding And Coping With The Emotional Struggle

Coping Strategies for Separation Anxiety

Dealing with separation anxiety requires a combination of emotional support, gradual



adjustments, and therapeutic techniques. The following strategies can help both children and adults manage anxiety more effectively.

Gradual Exposure to Separation

One of the most effective ways to reduce separation anxiety is through gradual exposure. For children, this might involve slowly increasing the time they spend away from their parents in safe, supportive environments. Short, positive experiences with a babysitter, daycare, or school can help them build confidence and realize that separation isn't as frightening as it feels. Adults can use similar techniques by slowly adjusting to being alone or practicing independence.

Create Predictable Routines

Routines help create a sense of security and predictability, particularly for children who struggle with separation anxiety. Establishing clear morning and evening routines, outlining specific departure and return times, and consistently reinforcing them can minimize the anxiety surrounding separation. Adults can also benefit from creating daily routines to help reduce the stress associated with unpredictable absences.

Positive Reinforcement

Rewarding positive behavior during separation periods can help alleviate fear and anxiety. For example, if a child is able to spend time apart without becoming distressed, offer praise, encouragement, or small rewards. Adults can also set personal goals related to independence and reward themselves when they successfully manage separation without anxiety.

Calming Techniques

Calming techniques such as deep breathing, mindfulness, and progressive muscle relaxation can help manage the physical and emotional symptoms of anxiety. These techniques are useful for both children and adults and can be practiced together as part of a supportive routine. For children, incorporating fun, playful breathing exercises or guided meditations can make these practices more engaging.

Therapy and Professional Support

In some cases, separation anxiety may require professional intervention. Cognitive-behavioral therapy (CBT) is highly effective for treating anxiety disorders, including separation anxiety. This therapeutic approach helps individuals identify and challenge negative thought patterns, teaching them healthier ways to cope with anxiety.

For children, play therapy can provide a safe space for them to express their feelings



about separation and work through their fears. Family therapy can also be beneficial for addressing attachment issues and building more supportive relationships.

Communication and Reassurance

Consistent communication and reassurance play a crucial role in helping individuals cope with separation anxiety. For children, explaining when you'll return and giving them a sense of control over small choices (like choosing a favorite toy or activity while you're away) can be comforting. Adults can benefit from regular check-ins, maintaining open lines of communication with loved ones, and focusing on healthy boundaries to ease the fear of separation.

Helping Pets with Separation Anxiety

Separation anxiety doesn't only affect humans; pets, particularly dogs, can also experience intense anxiety when left alone. Symptoms may include destructive behavior, excessive barking, or house soiling. Gradual desensitization to being alone, combined with positive reinforcement and environmental enrichment (toys, treats, calming music), can reduce a pet's anxiety over time.

Separation anxiety is a challenging but manageable condition. With the right strategies, individuals can build resilience, develop independence, and reduce the overwhelming fear of separation. Whether dealing with childhood anxiety, adult anxiety, or a pet's distress, the key is consistent support, patience, and a willingness to seek help when needed. With time and effort, separation can become less daunting and more of an opportunity for personal growth.

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TOOTH FAIRY TRADITIONS FROM AROUND THE WORLD

A Global Journey Through Childhood Magic

By Contributing Writer

The tooth fairy is a beloved figure in many cultures, symbolizing magic during childhood when a lost tooth is exchanged for money or gifts. While the tradition of the tooth fairy is well-known in Western societies, different cultures have their own unique customs surrounding the loss of baby teeth. These rituals reflect the values, beliefs, and creativity of various communities, often blending elements of superstition, family connection, and the transition from childhood to adulthood.

The Western Tooth Fairy Tradition

In the United States, Canada, the UK, and much of Europe, the tooth fairy is the central figure in tooth-loss. When a child loses a tooth, they place it under their pillow, and while they sleep, the tooth fairy visits and leaves a small reward, typically money, in exchange. This tradition dates back to the early 20th century, gaining popularity as a way to comfort children during the potentially unsettling experience of losing a tooth. It also introduces an element of excitement and fantasy.

The amount of money left by the tooth fairy varies, with inflation and local customs influencing the "going rate" for a tooth. In some households, gifts like toys or candy may replace money.

El Ratoncito Pérez: The Tooth Mouse of Spain and Latin America

In many Spanish-speaking countries, including Spain, Mexico, and Argentina, a small mouse named "El Ratoncito Pérez" (Pérez the Little Mouse) takes on the role that the tooth fairy plays in the English-speaking world. The origins of El Ratoncito Pérez date back to the late 19th century, when a Spanish author, Luis Coloma, wrote a children's story for a young Spanish king. In the tale, the mouse visits the homes of children to collect their lost teeth and leaves behind a small gift.

This tradition is celebrated with great enthusiasm in Spain and throughout Latin America. Children typically place their tooth under their pillow or in



a glass of water for the tooth mouse to retrieve. The glass of water is a particularly charming variation, as El Ratoncito Pérez is believed to drink the water before taking the tooth and leaving a reward.

Throwing Teeth on the Roof: Japan and Korea

In Japan and South Korea, when children lose their baby teeth, the ritual involves throwing the tooth onto the roof of the house if it comes from the lower jaw, or under the house if it's an upper tooth. This tradition is steeped in the belief that the direction the tooth is thrown will influence how straight the child's new teeth will grow. By throwing a lower tooth upward and an upper tooth downward, children hope that their new teeth will grow in a straight and healthy manner.

In Japan, children often chant a phrase calling for a "stronger mouse tooth" to replace their lost one, as mice are known for their strong, sharp teeth. This playful superstition connects children to nature and animal symbolism, adding a layer of fun to the process.

The Tooth Tree: India and Sri Lanka

In India and Sri Lanka, a special tree plays a role in the ritual of losing baby teeth. Children in these countries are often encouraged to throw their lost tooth onto the roof or bury it in the ground near a tree. The tree, often a fig or banyan tree, is considered sacred in many communities, symbolizing life and growth. By giving their tooth back to nature, children are participating in a ritual that emphasizes the cyclical nature of life and the passage from one phase to the next.

This custom may also be connected to Hindu and Buddhist traditions, where trees hold spiritual significance. Burying the tooth near a sacred tree can also symbolize the child's growth and transition into a new stage of life.

Tooth-Shedding Superstitions in Africa

Across many African cultures, tooth-loss traditions are often closely tied to community life and local beliefs. In countries like Nigeria and South Africa, children may be instructed to throw their lost teeth onto the roof with the hope that a bird or small animal will carry the tooth away. This act is believed to help ensure the growth of strong, healthy adult teeth.

In some African cultures, children bury their teeth in the ground or place them in a sacred



KIDS FORUM

spot as a way of symbolically letting go of childhood and embracing the journey toward adulthood. These traditions often emphasize respect for nature and the wisdom of the elders, who may play a key role in guiding children through the experience of losing their first teeth.



France's "La Petite Souris" and Italy's Tooth Fairy Hybrid

In France, the tooth fairy takes the form of "La Petite Souris," or "The Little Mouse," similar to El Ratoncito Pérez in Spanish-speaking countries. Children leave their tooth under their pillow for La Petite Souris to find, and in return, they receive a small coin or treat. This tradition mirrors that of Spain but maintains its own distinct charm.

In Italy, the tooth fairy tradition is a delightful blend of both fairy and mouse folklore. While some Italian children believe in a tooth fairy, others follow a tradition more similar to the Spanish El Ratoncito Pérez. This fusion highlights the cultural connections across Europe, where both traditions coexist, allowing for a unique blend of storytelling and imagination.

Tooth-loss traditions around the world may vary, but they all share common themes of childhood wonder, growth, and family connection. Whether it's placing a tooth under a pillow for a magical fairy, throwing it onto the roof in hopes of straight new teeth, or entrusting it to a sacred tree, these customs highlight the importance of rites of passage in a child's life. As children shed their baby teeth, they are stepping into a new stage of life, and these traditions provide them with comfort, excitement, and a little bit of magic to ease the transition.

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FASHION

CUTE AND COMFY EXERCISE DRESSES

Look Good While You Work Out

By Contributing Writer

In recent years, the idea that workout gear has to be purely functional has been flipped. No longer are we confined to baggy tees and basic leggings. Enter the rise of exercise dresses—the perfect fusion of style, comfort, and practicality. These dresses are becoming a top choice for women. So, what makes these dresses so appealing, and why are they taking fitness by storm?

Why Choose Exercise Dresses?

Exercise dresses combine form and function, allowing you to look chic while working out. Not only do they offer breathability and movement,



but they also feature designs that flatter various body types. The ideal exercise dress strikes a balance between being cute and offering support.

Comfort and Versatility

With many designed with built-in shorts or compression, you won't need to worry about wardrobe malfunctions during high-intensity movements. These dresses are versatile; they work perfectly for both workout sessions and everyday errands. Throw on a pair of sneakers, and you can transition from yoga class to brunch.

The Benefits of Wearing Exercise Dresses

There are plenty of advantages to wearing an exercise dress, beyond just looking great.

Freedom of Movement: Exercise dresses are designed with mobility. With stretchy fabrics that move with your body, you'll have the full range of motion whether you're practicing Pilates, going for a run, or doing yoga poses.

Breathability and Moisture-Wicking: These dresses are made from lightweight, moisture-wicking fabrics that help keep you cool and dry during even the toughest workouts.

Built-In Support: Many exercise dresses come with built-in sports bras, providing extra support. No need to layer up; these dresses streamline your workout wardrobe while still giving you the necessary support.

Flattering Silhouette: These dresses offer a flattering silhouette that enhances natural curves without compromising comfort.

Transition Ready: Need to run errands or meet a friend for coffee after your workout? No problem. Exercise dresses can take you from the gym to the street.

Popular Styles and Features

When it comes to styles, there are endless options. From bold prints to neutral tones, you'll find something that fits your personal taste.

Built-in Shorts: Look for dresses that have built-in shorts with pockets. Not only will this provide extra coverage, pockets can be a game-changer for holding keys or your phone.

Adjustable Straps: Adjustable straps can make a world of difference, especially if you're doing high-impact activities.

Breathable Fabrics: Fabrics like polyester-spandex blends offer moisture-wicking benefits and ensure breathability.

Cut-Outs and Mesh Panels: If you're looking for more flair, some dresses come with cute cut-outs or mesh panels.

Top Brands to Consider

Several brands have embraced the exercise dress trend:

Outdoor Voices Exercise Dress: Known for pioneering the movement, Outdoor Voices offers a cult-favorite dress that's lightweight, stylish, and perfect for both casual wear and working out.

Nike Sportswear Dress: With a more athletic take, Nike combines classic elements of its sportswear line into a sleek, functional dress.

Lululemon Court Crush Dress: This brand's version provides great support and is made with their signature lightweight, sweat-wicking material.

Cute and comfy exercise dresses are here to stay, offering the blend of fashion and functionality. They allow you to move freely, feel confident, and look great while breaking a sweat. Whether you're hitting the gym, running errands, or hanging out with friends, these dresses are designed to keep up with your lifestyle.



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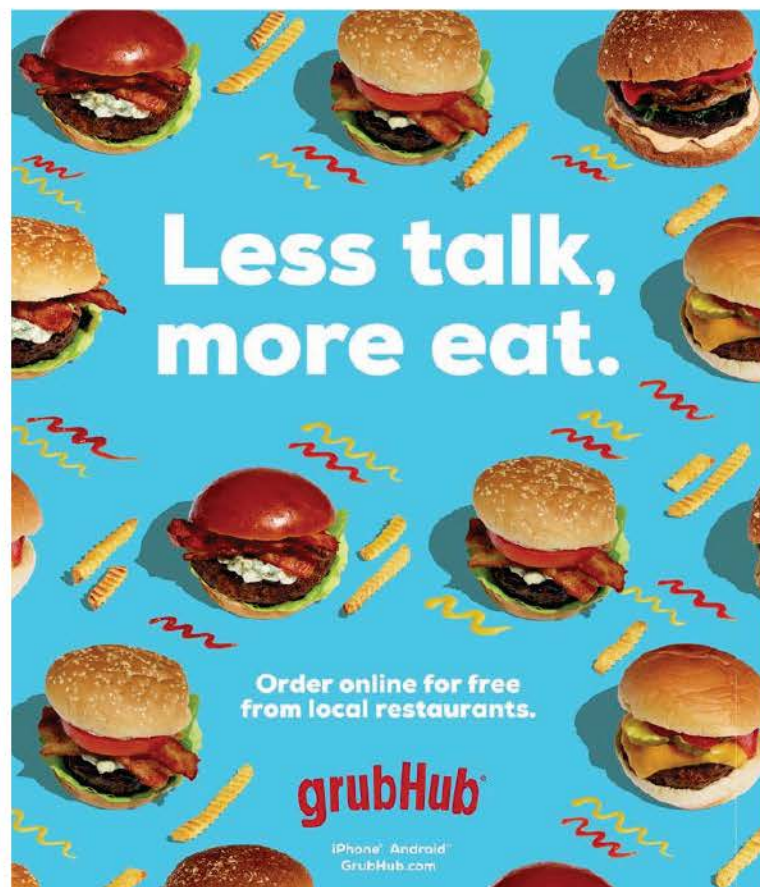
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